AFRH-GULFPORT

100 Motorcycles roar into AFRH-G

By Becki Zschiedrich, Public Affairs

Every year The Nation of Patriots organizes a national effort that pays tribute to, and honors, all of America's Armed Forces - Past, Present, and Fallen. On July 2nd over 100 motorcycles roared into AFRH-G. Their stop here was just one of a 100 day tour, from Memorial Day to Labor Day. They honor these soldiers by raising and lowering the same American flag in one city in all 48 contiguous United States. Mississippi Governor, Phil Bryant, and the Gulfport Police Department, led the pack of over 100 motorcycles that rolled into the Armed Forces Retirement Home. They were greeted with cheers, waves, and salutes.

This united effort is known as The Patriot Tour and they ride for the members of our military - to show America's support, our thanks, and our united pride by passing one American Flag throughout the country. It's the very foundation of this symbol and all it represents that our brave men and women in the military have stood and died defending continue to stand and protect, and will forever fight for. The Seabee Honor Guard assisted the HOG's with raising and lowering the flag. This year's MS Coast HOG Flag Bearer was Paul Ramm.

Steve Carrington, the local organizer of this event, said, "We do it for the love of the veterans, for the love of our nation, for the love of the American flag. The flag is what they live by every day. And to honor that flag in front of this audience, it's a wonderful thing."

Governor Phil Bryant got emotional when speaking at the Armed Forces Retirement Home. He said, "I believe riding with me are those young men that never returned. They were there, enjoying the breeze, beautiful ocean, smiling because they know we honor them."

"What a better place to honor than all the veterans that have walked before us and led the path for us to follow," said Steve Carrington. "It's wonderful. It's all of our hearts. There's many people, many bike riders that are previous veterans and we're just so proud and happy to do this," said Carrington. "This is the sixth year that the flag has toured the nation, the second time we've done it at the Armed Forces Retirement Home, and we love it."

The Flag Tour started Memorial Day weekend in Milwaukee, Wisconsin. It will end there during the Labor Day holiday.

Over 100 motorcycles roared through the front gate of AFRH-G.

The Seabee Honor Guard assisted the HOG's with raising and lowering the flag.

Mike Buckeckrain, on his Harley, has a laugh with Governor Bryant.

The Nation of Patriots honored our veterans.

Doris Denton and Mary Nelson speak with Governor Bryant.

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AFRH is not just a place to live but a place to live more. Our model retirement communities are designed for military veterans from each service branch can live at AFRH. The following persons who served as residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

-who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay because of a service-connected disability incurred in the line of duty in the Armed Forces.
-who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.

AFRH-G Veteran Highlight

By Lori Kerns, AFRH-G Librarian

Roy Cook was born May 28, 1943 at Ft. E. Warren Army Air Corps Base (now F.E. War ren Air Force Base) in Cheyenne, WY. Coincidentally, his mother was born May 28, 1920 in Cheyenne, WY and 20 hours before Roy at the same hospital and delivered by the same doctor. At that time, the base was a cavalry post called Fort D. A. Russell. His father, who retired from the Air Force as a one-star, was stationed at the base as for the majority of Roy’s first sixteen years. As a child, he could never get in too much trouble because everyone would watch him like a hawk. If he ever got into mischief, word got back to his parents in a flash.

With the advice of his father and the intent to do some of the same things his father did (except as an enlisted soldier), Roy joined the Army in 1960. He was sent to Fort Ord, CA for basic training and then to Fort Holabird, MD for advanced individual training. Before his military retirement, Roy had purchased a large farm about 35 miles south of Huntsville, AL. Upon his retirement he immediately began working for Lockheed Martin Corporate in Huntsville and worked his farm growing weed-free hay. He retired from Lockheed Martin in 2003 and then completely retired in 2010.

In his words, he “vegetated” on his farm until he came to AFRH-G in 2013. At the home, he made close friends with two other residents, Jim Brogan (Navy) and Andy Hunter (Marine). They are known around the home as the “Three Amigos.” They enjoy taking cruises and road trips together. The three guys are hoping to inspire others to get out and do activities to keep their bodies moving and brains active. Roy contributes to this mission and to the home by serving as a RAC Vice Chair. Along with these responsibilities, he’s sponsored countless new residents, does tours of the home for various groups, and loves to socialize.

According to Roy, the best decision he ever made was to come to AFRH-G. We are so very happy that he made this decision and glad that he serves as an inspiration to so many.
**Message from the Chief Operating Officer**

Here we are again, another page off of the calendar. July was a fruitful month; we had several good visits (Department of Defense Working Group, Korean delegation, Healing Waters), Gulfport, had consulting visits by The Joint Commission Resource Inc., and made headway on the selection of a new Nurse staffing software. Which brings me to this month’s topic, nursing.

Merriam-Webster defines a nurse as a person who is trained to care for sick or injured people and who usually works in a hospital or doctor’s office; not really accurate for us. NursingWorld.org is a bit more specific, they define nursing as the protection, promoting, and optimizing of health and abilities, prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of human response, and advocacy in the care of individuals, families, communities, and populations. Probably a more appropriate quote comes from Clara Barton, pioneering nurse and founder of the American Red Cross; “I may be compelled to face danger, but never fear it, and while our soldiers can stand and fight, I can stand and feed and nurse them.” That is the sentiment our nursing staff shares with Residents around the clock, every single day, at both the Cross; “I may be compelled to face danger, but never fear it, and while our soldiers can stand and fight, I can stand and feed and nurse them.” That is the sentiment our nursing staff shares with Residents around the clock, every single day, at both facilities. Using a military analogy, our nurses are at the tip of the spear. They have the most direct contact with our Resident body and in a nutshell are invaluable.

Our dedicated nursing teams are comprised of Supervisory Nurses, Registered Nurses, Licensed Practical Nurses and our Certified Nursing Assistants. These key Healthcare Professionals coordinate all aspects of resident life at both facilities by assisting Residents with their activities of daily living in our Independent Living Plus program, supporting licensed medical staff in the Wellness Centers, and administering medication in our upper levels of care. In the midnight hour they provide assurances to the Independent Living Residents by their availability to respond to emergency pull cords. The Healthcare Team is hard at work 24 hours a day 365 days a year serving Residents in all levels of care.

I am continually impressed as I walk through our facilities and see the interaction between our nurses and Residents. As I lead visits of dignitaries; be it from DoD, Legislators, et al, they are as significantly captivated by the level of care our nurses provide our Residents. The love and attention of our nursing staff assists in bridging the gap for Residents who have no loved ones near the Campuses; their efforts cannot be overstated. I wanted to ensure this month that our nurses realize that their efforts are not going unnoticed.

As we proceed into August I would like to encourage you to enjoy the remainder of the summer, it is going by rapidly. I believe Mississippi begins school in the coming days! Please take the opportunity to decompress, and do so safely! Until next month...

Steve McManus

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**Take a splash...for your health**

By Becki Zachridich, Public Affairs

Resident Carl Hardy, who is a very young 81 years old, teaches water aerobics classes at AFRH-G on Monday, Wednesday, and Friday from 10:00 until 11:00. There are so many benefits to participating in the water aerobics classes offered here at the Home. The U.S. Department of Health and Human Services issued a statement that claimed water aerobics can reduce the incidence of chronic illnesses with just two and a half hours a week in the pool. Water aerobics is easy on the joints and can even increase muscle strength and endurance due to the water's built-in resistance. This form of exercise is preferred by many as opposed to a more traditional form of fitness, like lifting weights, because the weight doesn’t pull the person down the same way a regular workout would. Therefore, a person can exercise longer on water than on land without the extra effort or the joint and muscle pain that often accompanies a regular exercise routine because of its low impact. Plus, water aerobics is 75 percent gentler on your joints.

Carl Hardy lived in Thailand for 18 years and started teaching water aerobics there in 2003. He taught ages 6 to 50 at the YMCA in Bangkok, Thailand. He said he was a water bug all his life, and loves swimming because it works every muscle in the body. Carl expressed, “only 10% of your body weight is in the water so you can’t fall down and hurt yourself. It is also good for your blood pressure and cholesterol. After three days, most people in the class do not want to ever miss a day.”

Many residents in the home have had knee or hip replacements and Carl Hardy’s exercise class gives the residents a way to help the body recover from knee and hip replacements. The effectiveness and safety of water aerobics to treat knee and hip problems have been proven to be beneficial. This type of exercise is also recommended for arthritic joints and people who suffer from heart complications. “If you have joint problems this is the best thing there is for joints and everybody should give it a try” said Hardy.

With the heat index of over 100 degrees in South Mississippi there is not a better time to get fit, feel better, and stay cool during the heat wave of the summer. Water aerobics can help improve the physical and mental health of an individual. The beautiful swimming pool we have here can help you relieve stress and tension as the muscles are loosened once you let your body submerge in the water. The little to no impact on joints and muscles helps you strengthen the body and lose weight, sweat free.

Carl revealed, “It’s an overall benefit, it makes you feel better when you get out of the water, plus you feel much better the next day too. After a while, you’ll be doing it yourself because you’ll feel so much better. If you think it’s for you, come out because it can’t do anything but help you.”

If you’re interested in taking the water aerobics classes just show up at 10:00 a.m. Monday, Wednesday, and Friday. Classes will be offered until October 1st, so get out and make a big splash this summer for your health.

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**Greenbelt Dog Show puts on a spectacular show at AFRH-W**

By Amanda Jensen, CTRS

Some residents have said that the Armed Forces Retirement Home has “gone to the dogs!” When the members of the Greenbelt Dog Training came to the Scott Community Center you would have thought that too. There were dogs of all sizes, colors and breeds. In total there were around 20 dogs, and of course their owners, who were here to put on a show for the residents. It began with a demonstration of their agility course and training. They had to walk across a balance beam, go up and down a ramp, run through a tunnel, and leap through a hoop. After that we were taught the secrets of how to train your dog. The secret is that you must train the owner first to listen to commands. Once they know the commands then they can begin to train their dogs to know the commands. They ended the program with what they call “freestyle dog dancing” where the owner and their pooch dance. It was quite interesting to watch. The dogs were rolling over, jumping through their owners’ arms, going between their legs, and even doing the conga! It was a sight to see for those who attended. Ali Lee is the owner and trainer and has over 35 years of teaching experience. The residents of AFRH look forward to when they return!

This canine not only goes through a tunnel, but can walk the plank as well.

Who says this pup can’t enjoy a ride on a skateboard!!

Muriel Kupersmith enjoys a little skateboarding!!

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**ARMED FORCES RETIREMENT HOME**

JULY 31, 2015

Earline Beshard, & Sue Lane during a recent water aerobics class at AFRH-G.

Pictured from left to right, Mo Drolet, Joe Shuff, Carl Hardy, Earline Beshard, & Sue Lane during a recent water aerobics class at AFRH-G.

Carl Hardy (pictured above) has been teaching water aerobics for over 12 years. He encourages residents to attend the classes on Monday, Wednesday, and Friday at 10:00.

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Who says this pup can’t enjoy a ride on a skateboard!!

Muriel Kupersmith enjoys a little skateboarding!!
From the AFRH-W Administrator

July has been another great month at the Washington Campus with many events in the fire. Our healthcare AFRH-W team is continuing to support our residents and it is wonderful to see so many of them for sticking with us during the hiring process. I am very confident we are hiring folks with tremendous experience and potential to bolster our ranks for years to come.

The month began with a rainy campus-wide event sponsored by the Friends of the Old Soldier’s Home (FOSH). The annual Independence Day Celebration opens the campus to the public so residents and neighbors can enjoy the festivities as a community. According to John Hughes, FOSH Chair, this was the largest AFRH-W resident participation in a 4th of July event to date! Thank you for turning out despite the rainy weather.

During a Resident focus group and town hall, the unglamorous topic of address change was presented and discussed. Many residents overwhelming desire is to keep the address as is. The Corporate Facilities Manager, Justin Seffens, fielded questions from the passionate yet respectful crowd. We are very clear that if given the option to maintain our address, that is the major concern of Residents’ wishes. Justin and the campus administration are taking measures to know our options and prepare the Hope Street District of Columbia zoning regulations mandate an address change during the development of the 60-areas. Another Resident was more concerned their pizza would be delivered correctly to a joint physical/mail addressing.

On Thursday, July 25th, Ruling Party Leader Kim Roi Sung toured a portion of the Scott Building and addressed approximately 30 Residents in the Hall of Lincoln’s Cottage. The General Shin was escorting the group of 20 visitors, including legislators from the Korean government. A classy Korean War memento and a cash donation were received by two Korean War Veteran Residents after a heartfelt speech. The thank you note thanked the Veterans for their service and sacrifice in defense of freedom. It was an honor to host the group, and I thank Residents for attending the brief ceremony.

Our Employee Appreciation Breakfast was held this month and several staff were presented with federal service anniversary pins. Five employees were nominated for Employee of the Quarter. The EOC Committee voted and selected Officer Brooks from the security team. Congratulations to the nominees and the winner! Keep up the good work.

HIGHLIGHTS of our July 15, 2015 meeting, Chairman’s Welcome to all / Announcements

➢ Please be reminded that emergency pendants are available at no cost from Security.
➢ The RAC Fund always welcome donations, and requests that residents consider remembering the AFRH-W RAC Recreation Fund in their final requests/wills.
➢ Please place comments and concerns in RAC box in Tunnel for the most expeditious handling.
➢ The RAC-FAC Staff is always available for a RAC meeting. All RAC representatives have yellow ID tags.
➢ The FLOOR REPRESENTATIVE

RAC FLOOR REPRESENTATIVE and COMMITTEES FLOOR REP: No report

➢ Reports on the following projects underway. See project board in consultation.

FOOD SERVICE:

➢ Guests have same options as residents for Food service (choice of entrees, seconds, etc.) Please see a dining service supervisor or member of RAC if problem encountered.
➢ POPSICLES WILL BE AVAILABLE DURING JULY / SUMMER
➢ Kiosk training is complete and Kiosk should be going into operation shortly. Only SAME day tickets can be purchased from kiosk with a debit or credit card. If you want tickets for meals for future dates, or to use cash, Security will continue to sell the meal tickets as they do presently.

HEALTH AND WELLNESS:

➢ A new Physician, Wellness Center Supervisor, ILP Supervisor, and Nurse Educator have begun employment! WELCOME ABOARD!
➢ The Pharmacy Technician job has been offered, and accepted. Personnel paper-work is being completed.
➢ When the Medication Distribution Room is operational during posted hours (Monday through Friday 8AM to 4PM) please go to the Wellness Center front desk for assistance. There will be a sign in place to get your medications dispensed during posted distribution hours, if you would like. Contact us; a) in person, b) through submission of form placed in RAC box in Tunnel, or c) by e-mail at rac.afh@gmail.com.

Shawn Servais

Notes from the AFRH-W, Chairman, Resident Advisory Committee

Dear Dr. John Ellis, your wife Lumi, and their five children. The Ellis household in Ohio has selected AFRH-W to be the recipient of $150,000 of materials and labor to enhance the landscape of the campus. Resident Services will be holding a focus group next month to determine how the funds will be allocated to residents and inform residents of the timelines.

A ‘buy a brick’ fundraising campaign is being planned. Current areas under discussion. Stay tuned for its roll-out soon! RESIDENT FUND ADVISORY COMMITTEE: The resident fund is exceeding more than it is receiving. This issue was discussed at Resident Fund Committee and Resident Fund Advisory Board. Approximately 15-20% cuts to the budget are being submitted. It does not appear that any current services will be impacted! A true win-win!

SECURITY: Pedestrian crossing signs back in place. If there are issues of cars not stopping please let security know ASAP.

OLD BUSINESS: Secretary for RAC still sought.

NEW BUSINESS: Did you or someone you know immigrate to the United States if so, please contact Mr. John Hurst, President Lincoln’s Cottage! In October 2015, the Cottage will open a special exhibit on best ways to Fieldtripping to the Cottage and they are collecting personal accounts for potential use in the exhibit. To schedule an interview, or find out more details about the interview process, please add your name and contact information to the sign-up sheet in the Recreation office.

Phil Ford

PHILIP FORD
From the AFRH-G, Chairman, Resident Advisory Committee

May 2015 started as just another routine morning, except that instead of going to Keeler Medical Center for work, this day I was going to be a pa-
lient. After returning home and awaiting from a nap I turned on my cell phone. I had missed phone calls and countless text messages from group leaders to call them ASAP! A week later, I was standing be-
fore both residents and staff of the AFRH-G and asked very hard on your behalf. After we ve had the ver-
nification ducts cleaned and will continue to monitor our air quality. Many of you may recall Col Reid Dave Sherland that came down from D.C., he had a major role in contacting the local leadership and drafting a letter to CTA that I signed. Subsequently, we engaged in dialogue with CTA on restoring bus service and I fully expect to see very soon stand before the RAC and announce that bus service has returned to the AFRH. Your RAC chairman now has a seat at our leadership meetings every Tuesday morning giving you a voice in decisions and strategic plans that impact your quality of life. We are currently working to fill the Director of Nursing position and we are also in the process of filling RN, LPN, and CNA vacancies that fall within our staffing model. Col Delancy’s impact on the residents and our nurs-
ing staff was very powerful in the six short weeks she was here. Our residents will forever remember the hugs and smiles given on a daily basis. Communication with the nursing staff im-
proved, empowered leadership was instilled, and the Wellness Committee was re-established. She left the nursing leadership with “WWOP” (What Would Olin Paige do last, but certainly not least, I’d like to thank RN’s Corinn Burton, Kendal Diaz, Tina Gauthier, Brandon Kinchen, and Mike Bayles, (our acting Director of Nursing) for all their support they have given me and the Healthcare staff.

Every time I walk through our Hall of Honor, a great sense of national pride and the legacy of freedom that we enjoy today because of your generation’s service to our country overwhelms me with gratitude. I’ve met resi-
dents that served during World War II, Korea, and Vietnam and a few that served in two of the three wars. The most humbling china pro-
duction conversation I had was with a WWII veteran resident that told me of his experience stand-\nning in the presence of Generals Eisenhower, Patton, and Bradley at the same time. Experi-
ences like that should be captured on video for all time. I’ve mentioned in our “Town Hall” meetings that I’d like to have group photos taken of our veterans to go with their WWI, Korea, and Vietnam in order to capture the faces of our residents that have been on the forefront of keeping our great nation free for generations to come. Becki has graciously consented to assist us with capturing our veterans from each

On Monday, July 13, 2015, performers from Lynn Meadows Discovery Center WINGS Performing Arts gave a preview of the upcoming Mary Poppins summer programs held at MGCCC (Mississippi Gulf Coast Community College) in Gulfport. Individuals across the Gulf Coast from age 5 and up gather throughout the summer to prepare and col-
laborate through acting, singing, dancing, back stage tech, music, amplification, and di-
rection. To accommodate the large number of talented individuals, the 9 performances are split between two cities. Mattie Coy, portraying Mary Poppins, and Ethan Worch as Bert, popped in and brought smiles through their conversations, songs, and characters during the ice cream social in the community center. They highlighted the favorites in which residents will see at the

The Lynn Meadows Discovery Center WINGS Performing Arts gave our residents a preview of the upcoming Mary Poppins summer show.

The 180th Fighter Wing/Medical Group Ohio Air National Guard volunteered this month at AFRH-G.

They helped with getting Long Term Care and Memory Support Residents to outside to see the HOG Patriot Tour Flag Transfer where Governor Bryant was the guest speaker. They also showcased their talent by playing music for the Residents in the Reception Room.

Thank you for entertaining our Residents with your beautiful music.

You can always find Bobby Renfro around the pretty ladies!

Ken on a group this month, as they perform their WWL Remembrance Show on Thursday, Aug 6, 2015 for all ages and, don’t be a laggard and let others lead you around, get up and be a leader. Participate, participate, and participate!!! Here’s a goal setting challenge. There are so many kinds of apples, that if you ate a different one every day, it would take over 20 years to try them all. Okay so let’s all pledge to eat different varieties of apples each day.

I think I’ve said enough so I’ll close now by saying, we were American fighting men and women and we served in the forces which guarded our country and we’re prepared to give our lives in its de-
fense. Thank you—until next time.

Henri D. Gibson
**AFRH-W June Activities**

### AFRH-W Fashion Show

By Amanda Jensema, CTRS

How do you end a hot summer month of June? By making it even hotter with the AFRH Fashion Show! Residents, staff, and community volunteers all came out and put their best foot forward to create a fun fashion show. The room was packed to the point that there was standing room only.

Our Safety Officer, Maria Silva, and CNA Berhane “B”, were our first models showing off their cultural outfits. We always enjoy seeing traditional outfits that are worn by other cultures. The next category was business attire. Our own Administrator, Shaun Servais showed off his suit and tie, as well as his special socks featuring President Abraham Lincoln. To start off the Athletic category was Antonioette, a CNA on the Scott 2 unit, and her friend Lashonn, who were showing off their Nationals pride!!! This year we were honored by several residents and staff who wore their military uniforms as they walked the catwalk together wearing similar dressed that complemented each other. In our final category, weekend wear, everyone showed off how they like to relax! It wouldn’t be a fashion show without the Washington Redskins fans showing off their spirit.

### Baltimore Zoo to you

By Amanda Jensema, CTRS

Who knew that a zoo could travel? Well, the Baltimore Zoo has done just that with their ZooMobile. This is an educational program for all ages where you can learn about different animals at the zoo, and they even bring a few with them! All animals presented that day are on the endangered species list.

The first animal on display were African Frogs, in the wild they are poisonous, but when in captivity they are not. In the wild their life expectancy is 5 years, but can live up to 20 years in captivity. Next they brought out an Egyptian Turtle, one of the smallest turtles in the world. When it is full grown it is approximately 6 inches in length, and their lifespan is around 50 years. When it is scared it hides in his shell by pulling his head, legs and tail into the shell. Their shell does not fully close so they use their front legs to hide their face. The third animal they presented was a baby Toucan. He is still learning how to behave on these Zoo trips, but he was fun to look at, and listen to when he spoke. Toucans have long bills that helps keep them cool in the hot environment they live in. It looks heavy but their bill is actually very light and is made out of keratin, the same material as our nails and hair. The final animal was a penguin named Wilma. She absolutely loves going on these trips and greets everyone. She did a lot of shaking because she was telling the staff she wanted food. After a while she gave up and began to walk around. The members who came from the Maryland Zoo not only brought live animals to show us, but they also brought a leopard skin, and an elephant tusk. Remember, all of these animals are on the endangered species list. The animals that are at zoos today are no longer taken from the wild, but are born in captivity. The residents, staff, and visitors learned a lot from this visit and we look forward to seeing what animals they bring on their next visit!!

### DC Golf Scramble

Resident golfers hit the links during a recent golf scramble hosted by AFRH-W. Four teams competed in the 9-Hole scramble beginning at 9:00 on Thursday, July 9th. Several golf scrambles are held throughout the spring, summer and fall on Thursday, July 9th. Several golf scrambles are hosted by AFRH-W. Four teams will consider modeling this year who participated in this event, as well as all the volunteers who was in control of the music, and Constance Maziel who made sure all the residents got their hats, and everything in between! By Amanda Jensema, CTRS

**Friends, Bloomberg take AFRH-W Residents to Kastles Match**

By John Hughes

For the second year in a row, Friends of the Soldiers Home partnered with Bloomberg to take Armed Forces Retirement Home-DC residents to the Washington Kastles tennis match. Sunday's event had the Kastles topping the Springfield Lasers 24-16. Tennis legend Martina Hingis won her singles and doubles match en route to the victory. There was a fun group of Friends and Bloomberg volunteers that mixed wonderfully with the residents for a delightful evening! Friends would like to thank Bloomberg for this very special event.

** AFHW's Tully Donohue aims for the flag stick.**

** AFHW's Mimi Rivkin and her team look to put it in the hole on 4.**

** AFHW's Wilma, the Penguin, from the Baltimore Zoo makes a slow walk down the runway.**

** AFHW's This baby Toucan had a lot to say during his recent visit to the Washington campus.**

** AFHW's Edward Davis is escorted by Patricia Kirchner during the salute to the Military.**

** AFHW's Maria Silva-Vargas wore a beautiful style Spanish outfit to kickoff the Fashion Show.**
AFRH-G June Activities

Victory Belles celebrate the 4th of July with Gulfport Veterans

By Sean Campbell, Lead Recreation Specialist

AFRH-G Residents packed the community center for a special patriotic show by the Victory Belles, presented by the National World War II Museum in New Orleans. In celebrating Independence Day, the trio performed songs from the WWII era with energy that put smiles on the faces of nearly everyone in the crowd. Some gentlemen were even treated to being serenaded by the girls. The Victory Belles travel all around the country showcasing their entertaining style of vocal harmony and choreography, and the AFRH-G always welcomes the group with open arms.

This is the second year in a row that the Victory Belles performed on July 4th weekend at AFRH-G.

The Victory Belles really put on a great show for the veterans.

Fitness with Rob

By Rob Miller, Recreation Assistant-Fitness

It has been said that exercise makes you feel better, and if you were to ask a participant of regular exercise, they would agree. Hello, my name is Rob Miller. I am the Fitness Specialist for AFRH-Gulfport, and I would like to let you know about this wonderful facility. The best thing about this center is it is open 24 hours a day, seven days a week, and it is easy to get to. We have free weights and dumbbells going up to 50lbs, with plenty of room and weight benches to really go after it! To help isolate specific areas, great Nautilus equipment is available, which provides a great workout and safety. The center also has some very nice cardio equipment that is hooked up to the theater system. The cardio equipment that is available for use are treadmills (if you want to walk), a couple of elliptical machines (if you would like to “ski cross- country”), and if you are more into biking try the NuStep, machines which will work arms and legs. Attached to the “weight room” is our stretch and exercise room which allows for stretching and work with medicine balls and resistance bands. But the most important thing about this room occurs every Monday thru Friday at 9 a.m. with Chair Exercises (Monday,Wednesday, and Friday) and Stretching Class (Tuesday and Thursday). In addition, we may begin a beginner’s weightlifting class. Tai Chi is another class that follows the exercise class on Monday at 10 a.m., which is taught by Ms. Yorda Hay. Currently, we have a couple of Challenges/Contests that can keep your competitive juices flowing, either with yourself or a partner. In later articles, I would like to introduce you to several participants of these programs and give you more detail about what this facility has to offer.

The Girl Scout cookie giveaway

By Jennifer L. Briley, Volunteer Coordinator

On July 2nd 2015 The Girl Scouts of Greater Mississippi donated 2,412 boxes of Girl Scout Cookies to the Armed Forces Retirement Home-Gulfport through the Cookies for Hero’s program. Every year this program delivers Girl Scout cookies to our Military women and men, Veteran’s, Police Officers, Fire Fighters and other Hero’s here and overseas. There have been three cookie Giveaways so far. The first giveaway we had was on June 16th and we invited three of the local Girl Scout Troops to help pass out cookies. Girls from three age groups, Daises (5-6), Brownies (7-8), and Juniors (9-10), joined us and we successfully handed out more than half of the boxes to Residents so, let’s give a great big Shout Out to the Girl Scouts of Greater Mississippi for all that they do!

It's YAYE time in Gulfport!

By Sean Campbell, Lead Recreation Specialist

A unique theatrical experience entertained AFRH-G residents in July as the theatrical circus show “YAYE” was presented at the Beau Rivage Casino Resort. New age clowns and stunt performers wowed the crowd with their unique brand of circus style entertainment. Beau Rivage has been a constant supporter of the veterans at AFRH-G by allowing the group tickets sales department to work with AFRH- Recreational Services to obtain and secure tickets for admission.

AFRH-G Veterans visit Vicksburg National Military Park

By Sean Campbell, Lead Recreation Specialist

AFRH-G Recreational Services embarked on its most ambitious trip yet, venturing four hours from Gulfport to visit the Vicksburg National Military Park. Residents enjoyed an informative two hour guided tour through the 1,800 acre park, and numerous monuments and markers related to the Vicksburg Campaign and subsequent Battle of Vicksburg. After a picnic lunch at Riverfront Park along the banks of the mighty Mississippi River, the group traveled back to Gulfport after a brief dinner stop in Hattiesburg, MS.

Fun-Filled Trip to Target & Red Lobster

By Susan Bergman, MT-BC, Recreation Services

Residents on Valor, Loyalty, & Allegiance Hall enjoyed a fun-filled trip on Friday, June 26, 2015. The day began with an outing to Target for shopping. After visiting and socializing in Starbucks Coffee, residents headed over to Red Lobster for a seafood filled lunch. We send a special thank you to our AFRH community & resident volunteers along with several Seabees & US Navy active military volunteers. As the pictures show, everyone was all smiles!

Bay Vista Puppet Ministry & Senior Adult Choir visit AFRH

By Sean Campbell, Lead Recreation Specialist

Members of Bay Vista Baptist Church delighted residents with their puppet ministry production. In between the positive and uplifting messages, the congregation’s Senior Adult Choir performed various secular and patriotic selections. This is the 3rd year Bay Vista has included AFRH-G on its performance schedule.

Jim Blake works out several times a week on the NuStep machine.
Gulfport residents got treated to a free concert by Lee Greenwood, an American country music artist. This concert was sponsored by Harrah’s Casino on July 4th weekend in Biloxi. Lee Greenwood has been active since 1962, and has released more than twenty major-label albums and has charted more than 35 singles on the Billboard country music charts.

Greenwood is best known for his single and signature song “God Bless the USA”, which was very popular back when it was originally released in 1984, and became popular again after the September 11, 2001 attacks (becoming his highest charting pop hit, reaching No. 16 on the Billboard Hot 100).

Happy 4th of July

On July 4th we celebrated Independence Day in the United States of America, the day we celebrate freedom and honor everyone that has fought for our beautiful country. Independence Day, or the Fourth of July as it’s more commonly spoke of, celebrates the day as it occurred in 1776, when the Continental Congress approved the Declaration of Independence. From that day onward, the 13 colonies, which made up most of the East Coast from Massachusetts to Georgia, were on their way to becoming a sovereign nation and the first states in the United States.

On the 4th of July, we celebrated that monumental moment in U.S. history at AFRH with a cook-out — a far cry from what our founding fathers would have done. It’s easy to forget why we celebrate Independence Day. Let’s not forget the real meaning of the 4th of July. Fill your heart with pride and celebrate America!

WASHINGTON

Annual Casino night at AFRH-W

By Constance Maziel, Lead Recreation Specialist

Casino Night came to AFRH-W on Friday July 24th from 6:30 p.m.-9:00 p.m. in the Defender’s Inn and Community Center. Over 115 residents joined together for a fun filled evening full of games, food, music, and prizes! Residents enjoyed a variety of casino games including, Blackjack, Poker, Slot Machines, Money Wheel, Roulette, and the most popular table game of the night, Craps. There was also an additional exciting game added to the event called High/Low which was ran by AFRH-W’s very own Nurse Educator, Olivia Pessima. Residents were provided with $50,000 fun dollars to play with, along with tokens for the slot machines. The residents with the most money at the end, won BIG!!! The 1st place winner, John Brown, won a gift card worth $500. The 2nd place winner, Ronald Kappel, received a gift card worth $400. Our 3rd place winner, Roger Davidson, won a gift card worth $300. The 4th place winner, Jack Beck, won a $200 gift card, and the 5th place winner, Jack “Pete” Peterson, received a $100 gift card. All the winners were ecstatic and expressed delight about their winnings. All residents had the opportunity to win door prizes throughout the evening. The door prizes included a Sony camera, a Trac-phone + minutes, a comforter set, and gift cards to the Cheesecake Factory, Wendy’s, Outback Steakhouse, and Subway. The 8 door prize winners were thrilled to receive their prizes from the Rehabilitation Supervisor, Lynn Holt, who was dressed to impress and served as our very own “Vanna White” of the evening. The residents, volunteers, and guests all enjoyed food and refreshments served throughout the event, including chicken wings, cheese/guacamole dip, chips, fruit, crackers and a cheese tray. The true highlight of the evening was the beer cart, which was provided to all residents who enjoyed mingling and drinking throughout the night. Special thanks to the Lord Fairfax Chapter, Warrant Officers Association, Washington Gas, and Mr. Richard Markle for donating towards Casino Night and providing valuable time as volunteers. The event was truly a success and Residents, Volunteers, and Employees all look forward to next year’s Casino Night! Recreation Services did a fabulous job in hosting this event for our Veterans.