Seal Team 1 X-Ray Platoon - Resident honored


Charlie Romero stated, “DiCroce inspired us, he encouraged us and he motivated us to reach further than any of us ever had. He taught us not to give in, not to quit, even if the going got tougher than we could imagine. He was there to lift us up and carry us if he had to, but most of the time all it took was a certain look, a nod of the head, and his slight grin to acknowledge that you did good. Most of the time that was all it took. He was an incredible leader, one that I most certainly will never forget.”

Lou DiCroce is surrounded by the Romero family, the Chief of Resident Services, Ron Kartz, and the AFRH-W Administrator, Sean Servais.
Serving Washington, D.C. and Gulfport, Mississippi

AFRH-W Veteran Highlight
By Christine Baldwin, AFRH-W Librarian

Fredi Pelt was born on July 2, 1923 on the island of Alameda, CA. She was the youngest of three sisters. Her father, a painting contractor, was born in Amsterdam and migrated over with his family through Boston, MA. Her stay-at-home mother was the daughter of a shipbuilder originally from Nottingham.

Fredi in 1945 while in the Marine Corp. Fredi would ride every morning with her mother to drop off her grandmother at the shipyard where other members of her extended family worked. During the summer she would have loads of fun swimming in the bay situated across from San Francisco. They would also enjoy boat rides in the area's estuary. After graduating high school, she and one of her sisters began talking about joining the military. In 1944 she decided to join the Marine Corps. Her mother was so upset about her decision that she did not ride with Fredi to the airport for her flight to boot camp. She went through boot camp training at Camp Lejeune, NC. She remained there to attend quartermaster school. Upon completion she continued her stay at the camp to begin her job as a freight checker. She recalls there being a bakery across from where she worked. The bakery would give her fresh bread. She enjoyed her time on the beautiful camp by attending movies on-site and by taking the summer bus to the beach. In May of 1946, she was discharged once she earned her way to corporal. On her way back home, she was ordered to stay in New Orleans overnight with a few other female Marines because she would have had to ride the train back in a cattle car full of men. She remembers that as an enjoyable night she had with her friends. She finally made it to Camp Pendleton, CA for her discharge. Fredi went back home to Alameda and began a job doing office work. Eventually she became a field office manager for a heavy industrial piping company.

Fredi today at AFRH-G.

AFRH-G Veteran Highlight
By Lori Kerns, AFRH-G Librarian

Fred Van Pelt was born on January 19, 1924 in Amsterdam, NY. He was working in Maine, when his father was a US citizen, Lionel was subject to both U.S. and Canadian province of New Brunswick. Since his father was a US citizen, Lionel was sent on a special assignment to Europe. It was during one of his many different assignments to Germany (a total of seven years) that he met and married his French War Bride in 1947. They later had six children. Also during his career, Lionel worked in the fields of anti-aircraft artillery and in the Quartermaster Corps. After returning to the states, he went to Fort Hood, TX and Camp Chaffee, AK and later spent ten years assigned to the 526th Military Police Company, Fort Meade, MD. Getting his orders directly from The Pentagon, Lionel was sent to French West Africa in 1961, where he worked security and delivered equipment for humanitarian aid. He was stationed in Upper Volta, only 40 km from Timbuktu, but due to the extreme heat, everything stopped between 1200 – 1500 every day, making the job long and difficult. He also used his skills in Vietnam in 1963 as a French linguist before the Vietnam War began. Lionel retired in 1965 from Fort Meade and spent the next 22 years with Arimo Steel Company in Baltimore, MD. There he worked his way up from janitor to Senior Inspector in the wire lab. He knew all about the Armed Forces Retirement Home, so he was happy to come here three years ago.

Sheila Abarr - AFRH Public Affairs Officer
Becki Zschiedrich - AFRH-G Public Affairs

The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.
Message from the Chief Operating Officer

As summer begins and before people take off in various directions, I want to take a moment to reflect on the retirement of our AFHR-Gulfport Administrator, Mr. Chuck Dickerson. Chuck Dickerson’s kindness, talent, and extraordinary ability served us well. Mr. Dickerson was a remarkable leader and military supporter and inspired all of us throughout this process.

His time came to do even more when Hurricane Katrina struck our Gulfport campus in August 2005. Charged with receiving the displaced Residents from Gulfport, Mr. Dickerson put forth his best efforts and eased us with the smooth efficient transition from the buses to the living quarters for 300+ new Residents on the Washington campus. However, all were not Independent Living Residents and not all the Residents could take the bus. He accommodated Assisted Living and Long Term Care residents from Gulfport who were transported to Andrews Air Force Base. The arrival and adjustment for all Residents was perfected by Mr. Dickerson. Truly a round the clock Herculean team effort was led by Mr. Dickerson and his staff to welcome, train, and make the ‘new’ Residents feel at home.

From 2006 to 2007 AFHR regulation, Mr. Dickerson was an active participant in the design of the new Gulfport facility. His Air Force experience as Command Chief of Eglin Air Force Base, where he assisted in the design of new dormitories (that became the standard for the entire Air Force), served him well. Then in 2009 AFHR embarked on the Scott Project to replace the aging Scott Building. With the Gulfport design experience recently completed, Mr. Dickerson jumped in and played a vital role in ensuring the Washington facility would be equal to or better than the new Gulfport facility. Any lessons learned from the Gulfport were quickly pointed out by Mr. Dickerson as he engaged his impressive skills in the Scott Project.

At the same time Mr. Dickerson initiated the plan to move the Gulfport Residents who had been in Washington for almost five years back to the newly constructed facility. The precision with which he carefully laid out the logistics of moving Residents who had been in Washington for almost five years back to the newly constructed facility. The precision with which he carefully laid out the logistics of moving Residents who had been in Washington for almost five years back to the newly constructed facility. The precision with which he carefully laid out the logistics of moving seemed effortless: transportation to the airport, charter flight, household goods, personal luggage. Mr. Dickerson thought of every detail in a plan of action where all continuities were considered. The move went without a hitch. Residents and staff were so excited and pleased. All these complex projects that were executed so smoothly were a tribute to Mr. Dickerson’s extraordinary foresight and planning.

Simultaneously, the Washington campus was preparing for the move of its own Residents from the old Scott Building which was being torn down to make way for the new Scott. Not only Residents had to be moved, but AFHR functions like his own Resident Services, Dining, the Health and Wellness Center. Again, Mr. Dickerson lead the effort and weighed in significantly on the requirements for what we called the Scott Transition.

With the new Gulfport facility opened in 2010, Mr. Dickerson lent a helping hand to the Chief of Residents Services, providing operating procedures, guidance, and advice. The One Model we aimed to perpetuate in the new facility became a reality as he assisted and guided the new Gulfport staff to become part of the AFHR standard.

His Certification as an Aging Services Professional (CASP) with the University of North Texas provided him with the skills and experience required to understand what is required for aging military veterans. Therefore in July 2012 Mr. Dickerson was selected as the Gulfport Administrator, an honor he truly deserved. He knew all the intricacies of running a Continuing Care Retirement Community. Many of the Gulfport Residents had been on the receiving end of his kindness and great leadership when the hurricane forced their temporary move to Washington. He was a perfect fit for the job. Being responsible for assisting the COO in executing the agency’s mission, policies and programs, and ensuring compliance with Federal statutes, regulations and applicable decisions and directions, he was keenly aware and had been compliant for years. His eleven plus years as Chief of Resident Services in Washington, along with his active military service, prepared him well for this job.

Not to be daunted any challenges, when Hurricane Isaac hit Gulfport soon after his arrival in 2012, Mr. Dickerson adeptly executed the hurricane preparedness plans. The Gulfport Residents literally weathered the storm under his leadership with only awareness again for his many talents and ability to reach out and provide what the Residents really wanted.

Without question, AFRH will miss Chuck Dickerson. In total Chuck Dickerson’s performance included the Legion of Merit, Meritorious Service Medal, and Air Force Achievement Medal. His time with AFRH included numerous awards including the Legion of Merit, Meritorious Service Medal, and Air Force Achievement Medal.

Another major accomplishment was achieved at Gulfport under Mr. Dickerson’s management. With the requirement to have healthcare accreditation from a nationally known organization, Mr. Dickerson rallied his staff to prepare for The Joint Commission survey in 2014. The survey went extremely well with few recommendations and observations. This again was a tribute to his insightful understanding of the requirements, his ability to lead, and his success in producing results.

Even this past year Mr. Dickerson negotiated a Memorandum of Understanding with Keesler Air Force to allow medical providers to come to the Gulfport facility and provide healthcare to the Residents. These unprecedented accomplishments bear witness to all his talents and ability to reach out and provide what the Residents really wanted.

Steve McManus

Steve McManus presents Miko with a bouquet of flowers for her support of Chuck at AFHR.

Steve McManus issues Chuck Dickerson his retirement certificate for 14 years of service.

Steve McManus ‘Mac’ greets Miko at Chuck’s retirement.

Charlie Jenkins (right) wishes Chuck Dickerson well.

Chuck Dickerson receives a standing ovation after his speech.

On behalf of the AFHR-W Campus, the Administrator, Shaun Servais, thanks Chuck for his service.
From the AFRH-W Administrator

The Washington campus has been hard at work making allowances for new Residents to join their com- panions and take care of the place. I’ve fielded calls regarding the need for more friends. I’ve been hard at work making allowances for new Residents to join their companions and take care of the place. I’ve fielded calls regarding the need for more friends. I’ve been hard at work making allowances for new Residents to join their companions and take care of the place. I’ve fielded calls regarding the need for more friends.

This month, our campus hosted Walter Reed National Military Medical Center Senior Leadership during an off-site meeting June 3rd. Brigadier General Jeffrey Clark (now MG Clark) was here and spent the day with us, and we were thrilled! It was the perfect way to kick off the day’s events.

The mentor gave this person a bag of nails and said that every day we need to hammer a nail into the bucket, 37 nails into the bucket, 37 opportunities to do something but instead doing nothing. The mentor and the individual were gone. The mentor and the individual were gone. The mentor and the individual were gone. The mentor and the individual were gone.

We had a lot of fun during our first softball game of the season! Residents and employees played 6 innings under the sun with friendly competition and sportsmanship. Ron Kartz fielded an unassisted triple play from short stop and hit a 2-run home run that rolled down hill! Home Resi- dent Marvin Archer told me the position he played growing up was, “Telf-out!” It was great to have Marvin in the game and resi- dents enjoying the spectacle.

On June 14th, the US Army had its 240th birthday! We recognized the event June 12 with Sergeant Major James Wells from the US Army Reserve as our guest speaker. The guest speaker, our oldest Army service veteran, and a 19-year-old Army private received director coins as a token of our appreciation in service to their country. We also had cake! In closing I would like to personally wish Mr. Chuck Lickfield, and his wife Miko, a very happy, healthy retirement.

Chuck’s contributions to the Home are numerous and cannot be measured, but I know from the many positive comments Residents and staff have voiced, that he has touched many lives during his 15 years of service to the AFRH.

Shaun Servais

DC Health Fair provides valuable information

By Michael Bayles, Chief Healthcare Services

Washington campus’ 2015 annual health fair was a resounding success. It was well received by all, residents, staff, and external agencies that manned displays to provide infor- mation for our residents. Among them were the District of Columbia Office of Aging, which also provided representatives from multiple DC government agencies, to include fire/EMS, motor vehicle administration, and motor vehicle administration. (there were others...may ask OCOA for a list) Torn Jack- son, Miss Senior DC, was also present to visit with the residents. Quite a few representa- tives from the military health service were present, including a dermatologist, pharmacist, Psychiatrist, and an audiologist. The nursing students from the licensed practical nursing program at Walter Reed National Military Medical Center provided blood sugar testing (screening only), and blood pressure testing. The AFRH healthcare services staff also manned displays and provided information on nutrition, vision, Social Work Services, rehabilita- tion (adaptive devices, strength training, fall prevention) as well as dentistry. Resident Services, Recreation Services, and other AFRH Departments also participated. The key focus was to reinforce healthy adaptation to the aging process. Mr. Frogge, a resident, summed it up what many individuals expressed, “This has been the most beneficial health fair...we received valuable information from all the vendors.”

Key takeaways included increasing activity levels and healthy eating behaviors and aim for an ideal body weight. Medication management and educating the healthcare staff when experiencing health-related difficulties was also emphasized. Our Administrator, Mr. Shaun Servais, addressed the group, and on behalf of the residents, expressed thanks to the multiple agencies and personnel involved in planning this event. A special thanks to Ms. Sheree Dale, from Optometry, and Dr. Olivia Pessima, our Nurse Educator, for their coordi- nation efforts.

The Friends of the Soldier’s Home presented with a United States Flag by Representative from Florida, who fielded calls regarding the need for more friends. I’ve been hard at work making allowances for new Residents to join their companions and take care of the place. I’ve fielded calls regarding the need for more friends. I’ve been hard at work making allowances for new Residents to join their companions and take care of the place. I’ve fielded calls regarding the need for more friends.

Each healthcare service department put forth for new Residents to join their companions and take care of the place. I’ve fielded calls regarding the need for more friends.

The Friends of the Soldier’s Home coordinated a Veteran’s recognition event with nine home residents at Joint Base Andrews. The event was in commemoration of the Vietnam War 50th Anniversary. The Residents were touched by the ceremony and were presented with a United States Flag by two US Naval Ceremonial Guardsmen. The following week, on June 10th, we hosted our annual Health and Safety Fair. Each healthcare service department put forth for new Residents to join their companions and take care of the place. I’ve fielded calls regarding the need for more friends.

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

There once was a person who had a habit of wanting to make a differ- ence but instead always put it off. The person discovered it was eas- ier to do something than to drive those nails into the bucket.

Finally the day came when the person died, and the bucket was passed on. The mentor suggested that the person now pull out one nail for each day that something was accomplished. The mentor was dead. It was a habit of wanting to make a differ- ence but instead always put it off. The person discovered it was eas- ier to do something than to drive those nails into the bucket.

The bucket will never be the same. When you procrastinate, it leaves behind just like this one. Our home is a very rare jewel, indeed. There are so many opportu- nities where a difference could be made, but yet no one steps forward. The Thrift Shop hours dwindle, the Auto Hobby Shop goes unmanned, fellow residents have to reschedule appointments because no ess- essary. The Sewing Room stays shut, and the list goes on and on. And now you say “What is your point, Phil”? My point is simply that if each resi- denent, who is able, donated 4 hours a month there would be no holes in the bucket. The mentor suggested that the person now pull out one nail for each day that something was accomplished. The mentor was dead. It was a habit of wanting to make a differ- ence but instead always put it off. The person discovered it was eas- ier to do something than to drive those nails into the bucket.

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Let’s keep our bucket from leaking. To- gether we can make a difference in each other’s lives. Please see Carolyn Haug in Volunteer Services and make a difference by volunteering in one of these areas; Thrift Store, Bowling Center, Metro Ac- cess Class Instructor, Library Circulation Desk, Projection Room, Medical Escort, New Resident Sponsor. If you prefer to volunteer somewhere else – see Carolyn! As always, if you have something you’d like me to discuss in future articles, let’s sit down and discuss.

Phil Ford
From the AFRH-G Administrator

AFRH-G would like to welcome the acting interim Administrator, Colonel Ronald Washington.

Colonel Dwayne B. Wilhite is the Perioperative Master Clinician assigned to the 81st Surgical Operations Squadron, 81st Medical Group, Keesler Air Force Base, Miss. The colonel serves as the Perioperative Nurse Consultant to the Air Force Surgeon General. He provides inputs to and evaluates perioperative clinical practice, leadership, consultation, teaching, and the use of evidenced based practice to 17 Air Force Military Treatment Facilities. He is the subject matter expert who uses specialized knowledge and skills in the care of patients and their families who are undergoing operative or other invasive procedures. He works in collaboration with other health care professionals to provide a multidisciplinary approach to positive changes in the surgical environment and develop Operat ing Instructions, Policies, and Procedures to foster compliance with Air Force, Medical Groups, the Joint Commission (TJC), Health Service Inspection (HSI), Occupational Safety and Health Administration (OSHA), and the Association of periOperative Registered Nurses (AORN). He advises the squadron commander in all areas impacting perioperative surgical care within the activities of 13 surgical specialties, a seven-room multi-specialty surgical suite, a 10-bed post-anesthesia care unit, a 20-bed ambulatory surgery unit, a pre-admissions clinic, obstetrics and gynecology outpatient clinic, and a Phase II surgical technician course.

Colonel Wilhite completed his nursing degree in 1979 at Andrews University in Berrien Springs, Michigan. He was commissioned a second lieutenant in the United States Air Force in 1987. He has served as a staff nurse, flight nurse, instructor and evaluator for flight nurse, Surgical Services Element Leader, Chief of the United States Air Force's only Operating Room Nursing Course, Surgical Services Flight Commander, Deputy Squadron Commander and Squadron Commander. He has been a member of the Association of periOperative Registered Nurses (AORN) since 1997. Prior to his current assignment, Colonel Wilhite was the 673 Surgical Operations Squadron Deputy Commander at Joint Base Elmendorf-Richardson in Anchorage, Alaska.

EDUCATION
1979 Bachelor of Science in Nursing, Andrews University, Berrien Springs, MI
1994 Squadron Officer School - Residence 2002 Air Command and Staff College - Non-Residents
2003 Masters of Science Health Care Administration, California College for Health Sciences, San Diego, CA
2004 Basic Instructor Course, Lackland AFB, TX
2008 Air War College - Non-Residence

ASSIGNMENTS
1. May 92 – February 91 – Staff Nurse Multi-service Unit, Reese Hospital, Reese AFB, TX
2. February 91 – May 92 – Staff Nurse Multi-service Unit, 475MDG, Yokota AB, Japan
3. May 92 – August 95- Flight Nurse, Flight Nurse Instructor, Flight Nurse Evaluator, 374 Operations Group, Yokota AB, Japan
4. January 96 – October 96 – Clinical Nurse Operating Room Services, 81MDG, Keesler AFB, MS
5. October 96 – February 97 - Nurse Manager, Otolarynology Clinic, Operating Room Services, 81MADE, Keesler AFB, MS
6. February 97 – May 00 - Nurse Manager, Central Sterile Services, 81MDG, Keesler AFB, MS
7. May 00 – June 04 - Operating Room Services Element Chief, 374 MDG, Yokota AB, Japan
8. June 04 – July 07 - Chief, Air Force Operating Room Nursing Course, 59 Medical Group, Lackland AFB, TX
9. July 07 – September 07 - Allied Health Education Flight Commander, 59 Medical Training Group, Lackland AFB, TX
10. September 07 – January 09 Surgical Suite Element Leader, 3MDG, Elmenford AFB, AK
11. January 09 – April 10 - Surgical Services Flight Commander, 3MDG, Elmenford AFB, AK
12. April 10 – August 10 – Surgical Operations Squadron Commander, 673MDG, Joint Base Elmendorf-Richardson, AK
13. August 10 – September 11 Surgical Operations Squadron Deputy Commander 673 MDG, Joint Base Elmendorf-Richardson, AK
14. September 11 – Present - Perioperative Nursing Master Clinician, 81MDG, Keesler AFB, MS
15. April 12 – Present - Military Consultant to the Air Force Surgeon General

MAJOR AWARDS AND DECORATIONS
Mentorship Service Medal with three oak leaf clusters
Air Force Commendation Medal with one oak leaf cluster
Joint Service Achievement Medal
AFRF Gulfport, TX
Air Force Achievement Medal

I am going to open this column by quoting portions of letters I recently received from one of our residents, and I think it says quite a bit about how many people really care about our home so here it is. “It has been many times by various people in our home (AFRH) that they are pleased to see how well their “Tax Dollars” are being spent so we veterans can enjoy the standard of living that exists here. They say it nicely, and probably mean it sincerely, however their concept of the home is wrong. That being the notion that AFRH is a taxpayer funded facility and, in some minds, that the residents live here “grants” is not correct. The letter states that we need some sort of public relations handout or plaque informing the public that all the benefits and amenities provided by the home are self-sustaining through the trust fund created over a hundred and fifty years ago, and by mandated monthly payroll deductions from active duty enlisted personnel, and by monthly fees paid by all current occupants of the home. We will spend money to print pamphlets and make a bronze plaque telling our story but a better way I think would be for every one of us in our daily contacts with visitors and family is to let them know the story of the home by word of mouth. That goes for when we are out in public; we can let the people know that we are not feeding on the backs of the AMERICAN TAX PAYERS.

In order to keep this Home self-sufficient and not feeding of the backs of the biggest financial contributors, it is our job to make sure that everyone doing their part to ensure this doesn’t happen by making monthly contributions to our trust fund. I applaud each and every one of you for what you are doing. But I need to explain something to you; if you write a check or use payroll deduction and only put AFRHF as the recipient that money will go into the General Trust Fund. However, when you make AFRHF-Gulfport the recipient the money will come directly to the Home here. Now I want you to do one step further and that is to include the AFRHF Gulfport Resident Fund in your contributions. Money contributed to the resident fund will go a long way in providing more activities and facilities here in Gulfport. And for the rest of you, how about getting on the Band Wagon and starting an allotment through MyPay for $5 or $10 a month, to go towards the “AFRH Gulfport Resident Fund”.

If you have any questions or comments, please feel free to come see me.

Henri D. Gibson

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

My Payroll Deduction is going towards the "AFRH Gulfport Resident Fund".

I would like the AFRH-G to know that I am interested in contributing towards the "AFRH Gulfport Resident Fund".

I would like to see more activities and facilities here in Gulfport.

I am thinking about contributing towards the "AFRH Gulfport Resident Fund".

I am happy with the amount of money being spent by the AFRH-G, but I would like to see some changes in the operations of the Home.

If there are any questions or comments, please feel free to come see me.

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The concept of the home is wrong. That being the notion that AFRH is a taxpayer funded facility and, in some minds, that the residents live here “grants” is not correct. The letter states that we need some sort of public relations handout or plaque informing the public about how many people really care about our home so here it is. “It has been many times by various people in our home (AFRH) that they are pleased to see how well their “Tax Dollars” are being spent so we veterans can enjoy the standard of living that exists here. They say it nicely, and probably mean it sincerely, however
Vietnam Veterans Honored In D.C.
Friends of the Soldiers Home & AFRH-W Partner for a Special Day at Anacostia-Bolling

By John Hughes
Photos by John Hughes & Louis Avenilla

Friends of the Soldiers Home and the Armed Forces Retirement Home in Washington campus partnered for a unique event June 5th at Joint Base Anacostia-Bolling. The veterans were welcomed by a Navy Honor Guard and treated to lunch at the Bolling Club at a table with the base Vice Commander. They were then treated to a special exhibition by Navy and Air Force drill teams. The purpose of the event was for active-duty personnel to say thank you to Vietnam veterans who didn’t get the appreciation they deserved after their service decades ago.

The Friends of the Soldiers Home is grateful to this base for this special day. We are also thankful to AFRH-W, those who support the Friends of the Soldiers Home, and those who made this bus trip possible.

Country Western cookout

By Amanda Jensema, CTRS

Music. Food. Friends. Fun. We had all of that and more! The weather was a HOT 92 degrees with humidity making it feel over 100 degrees, forcing our cookout to be a cook “in”. Everyone had a great time enjoying the music performed by the band “Sidewalk Mule”. They played a variety of country music from greats Johnny Cash and Patsy Cline, to current singers like Miranda Lambert and Lady Antebellum. Residents enjoyed singing along with the songs they knew and clapping along to the songs they did not. Fresh strawberries, hamburgers, chicken breast sandwiches, baked beans, and homemade coleslaw were served, and there was plenty for all. For dessert, they cooled off with cookies and ice cream. We would like to thank all the volunteers who came and helped make the cookout a huge success. Let the summer fun continue!

Reviews are in!

By Christine Baldwin, AFRH-W Librarian

After 4 half hour sessions, Joe Neson’s one man play “Attorney for the Damned” is over. But the reviews keep coming in. Joe’s finely etched performance of the lawyer, Clarence Darrow, had residents afterwards proclaiming how totally convincing he was. Joe made you feel that you were “talking to an old friend”. In fact when meeting him afterwards, sans makeup, one resident couldn’t believe it was the same person! With only a few pieces of furniture and a couple of changes of lights, Joe was able to tell the whole story of Darrow’s life from 1894-1932. He featured the famous cases, but also told about his personal interaction with the defendants and fellow lawyers. “Joe’s emotions seems so real and he was able to tell so much about Clarence Darrow in a short amount of time.” What’s next for our resident actor?

Golf news from the greens

By Jerry Carter, Fitness Specialist

On Thursday, May 21 the Pro Resident Golf Tournament took place here at the AFRH golf course. Participants included residents, employees, and PGA golfers. All had fun, great golf competition and interaction during this exciting golf tournament. The winning team- 1st place honors: Roy Wheeler, Bert Spangler, Marvin Tally and Matt Kayson. Congratulations to the winning team and all who participated in the Pro Resident Golf Tournament! Baltimora and The Country Western band entertained everyone. Volunteers made this bus trip possible. Thanks to AFRH-W, those who support the Friends of the Soldiers Home and the National Press Club.

Lazy Summer Day at the AFRH Ponds

By Amanda Jensema, CTRS

After several hot summer days with torrential thunderstorms and lightning, there was a break in the weather. Lucky for our residents as they had a trip planned to go fishing! The weather was beautiful, the sun was out, sky blue, and there was a nice steady breeze. Fourteen residents came down to the ponds to enjoy a favorite past time and catch fish, or just to enjoy the weather. After all the fishing was done it was time to have lunch. Residents enjoyed turkey sandwiches, hot dogs, macaroni salad, chips, watermelon, and assorted cakes. We even had fresh lemonade to quench anyone’s thirst! During lunch the residents were caught up on current events and held discussions about the world we live in today. We would like to thank our fishing “pro”, Alisa Kartz, for coming down to assist the residents!
**Saturday fun**
*By Jennifer Biernacki, Recreation Assistant*

On Saturday, May 30, 2014, a NOCA class came to volunteer for the Bingo game held on Loyalty Hall. The day began by pairing up each Resident with a TSgt to double their odds of winning while other TSgt called the numbers of the game and yet another snapped photos of the event. The winnings of the day were shared by many as the excitement was seen throughout the room. The Residents also spent time sharing their stories and connecting with the class. A fun and memorable morning for all those present on Loyalty Hall that day.

**Bowling Tournament**
*By Dennis Crabtree, Recreation Specialist*

On Thursday June 4, 2015 residents were competing in the Bowling Tournament at the Armed Forces Retirement Home in Gulfport. Eugene Smith, John Luttrell, Don Ridgeway, Jimmy Smith, John McCoy, Lyn Ouzts and Frank Baker were all bowling in a friendly tournament. Don Ridgeway took 1st place with a score of 663. John Luttrell took 2nd place with a score of 617. Jimmy Smith took 3rd place with a score of 602.

**Indoor Shuffleboard (Knock off) Tournament**
*By Dennis Crabtree, Recreation Specialist*

On Monday June 1, residents were competing in the Indoor Shuffleboard (Knock off) Tournament in the Bocce Center. Jerry Anderson is seen looking for that perfect slide to knock off Bill Long pucks. Bill Long has that smile thinking there is no way Jerry Anderson will be able to knock off any pucks except his own. Fredi Van Pelt, Mary German, Wayland Webb and Mike Longwell are studying the technical style that Jerry Anderson uses during the game.

Michael Longwell took 1st place, Wayland Webb took 2nd place, Fredi Van Pelt took 3rd place.

**Thou art together**
*By Milt Williams, Art Specialist*

In May, Eva Downs came by the craft room to show her daughter Patti her first mosaic work of art, titled “A Heart for Flowers”. While viewing other art works by residents, both got inspired and before they could say “pretty colors” had a brush in hand and together painted on donated ceramic rabbits, finishing before lunch. I wonder if “Rabbit Stew” was on the menu, Hmmm! On another day, Eva mentioned she had to miss a scheduled art class so instead of missing out, she “volunteered” be the first to test a painting technique called, Acrylic Skins. A quick, easy and fun way of painting by pouring a clear acrylic and high flow colors on the flat surface of a picture, mixing and swirling the colors to form interesting patterns. Thanks Eva, we are looking forward to your next art adventure.

**Thank you volunteers**

Special thanks to the Volunteers from the Seabee Base Naval Mobile Construction Battalion 1 First Class Association who washed several wheelchairs and battery powered vehicles for the Gulfport Residents on June 17th.

**A Southern Poet-Tea Reading**
*By Lori Kerns, Librarian*

On Thursday, June 18, Residents at AFRH-G enjoyed a poetry reading. The “Southern Poet-Tea Reading” was held on the 1st floor balcony overlooking the beautiful grounds of the home. The Residents relaxed in the shade while drinking sweet tea and lemonade and eating treats from an enormous spread of finger foods as the readers shared their poems.

Doris Hopper started the program with her poem “My Grandmother.” Following her, O.J. Ferrington gave Resi - dent a giggle with one of his limericks. Mike Longwell recited the song “Dog Face Soldier” in poetic form then read an original poem written by Resident, Kitty Gill. Jack Horsley shared a Maya Angelou poem entitled “Phenomenal Woman.” Doris Jones read an original poem written by a friend. The poem was called “Should We Build Another Wall.” Mary Nelson ended the program with her enthusiastic recitation of “The Owl and the Pussycat.” After the program ended, Residents stayed to enjoy the warm Gulf breeze and to enjoy more of the refreshments provided. A nice time was had by all.

**Cribbage Tournament**
*By Dennis Crabtree, Recreation Specialist*

On June 2, 2014, a Cribbage Tournament was held on the Loyalty Hall Club Room. Fredi Van Pelt is keeping an eye on Wayland Webb for that next play – Thou art together

By Milt Williams, Art Specialist

In May, Eva Downs came by the craft room to show her daughter Patti her first mosaic work of art, titled “A Heart for Flowers”. While viewing other art works by residents, both got inspired and before they could say “pretty colors” had a brush in hand and together painted on donated ceramic rabbits, finishing before lunch. I wonder if “Rabbit Stew” was on the menu, Hmmm! On another day, Eva mentioned she had to miss a scheduled art class so instead of missing out, she “volunteered” be the first to test a painting technique called, Acrylic Skins. A quick, easy and fun way of painting by pouring a clear acrylic and high flow colors on the flat surface of a picture, mixing and swirling the colors to form interesting patterns. Thanks Eva, we are looking forward to your next art adventure.

**Thank you volunteers**

Special thanks to the Volunteers from the Seabee Base Naval Mobile Construction Battalion 1 First Class Association who washed several wheelchairs and battery powered vehicles for the Gulfport Residents on June 17th.

**A Southern Poet-Tea Reading**
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**Bowling Tournament**
*By Dennis Crabtree, Recreation Specialist*

On Thursday June 4, 2015 residents were competing in the Bowling Tournament at the Armed Forces Retirement Home in Gulfport. Eugene Smith, John Luttrell, Don Ridgeway, Jimmy Smith, John McCoy, Lyn Ouzts and Frank Baker were all bowling in a friendly tournament. Don Ridgeway took 1st place with a score of 663. John Luttrell took 2nd place with a score of 617. Jimmy Smith took 3rd place with a score of 602.

**Indoor Shuffleboard (Knock off) Tournament**
*By Dennis Crabtree, Recreation Specialist*

On Monday June 1, residents were competing in the Indoor Shuffleboard (Knock off) Tournament in the Bocce Center. Jerry Anderson is seen looking for that perfect slide to knock off Bill Long pucks. Bill Long has that smile thinking there is no way Jerry Anderson will be able to knock off any pucks except his own. Fredi Van Pelt, Mary German, Wayland Webb and Mike Longwell are studying the technical style that Jerry Anderson uses during the game.

Michael Longwell took 1st place, Wayland Webb took 2nd place, Fredi Van Pelt took 3rd place.

**Thou art together**
*By Milt Williams, Art Specialist*

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Discovery Communications volunteers gather in front of the newly cleaned Air Force jet for a final group photo.

Volunteers put a lot of elbow grease into cleaning the tank.

21st annual DC fishing rodeo reels in a total success

Music, Fun & “Sunset” at the AFRH-G Pool Party

Music, Fun & “Sunset” at the AFRH-G Pool Party

By Carolyn Haug, Volunteer Coordinator
Volunteers from Discovery Communications corporate office in Silver Springs, MD, held their annual Global Impact Day at the Armed Forces Retirement Home - Washington on Friday, June 12th. Each year, 4,000 of their employees from 50 offices in 35 countries take a day away from the office to volunteer in their local community. Discovery Communications has been volunteering with the Armed Forces Retirement Home for the last five years. Several of the volunteers were familiar with the Home through previous Impact Day projects as well as participating with Friend of the Soldiers Home events.

The partnership and project is coordinated through Volunteer Fairfax, an organization matching individuals, nonprofits and corporate groups to organizations that utilize volunteers. This year, volunteers held a car wash and gifted residents American flag car fresheners. The large project was held on the Sheridan backyard where they removed dead limbs and fallen limbs from recent storms and cleaned the static displays; including the tank, just in time for the Army Birthday Celebration later that afternoon. Thank you to Chuck Felder and Bill Williams who led the volunteers in their service projects and the residents of the Home who showed the volunteers our hospitality!

21st annual DC fishing rodeo reels in a total success

By Jerry Carter, Fitness Specialist
On Friday, June 5th 2015 the 21st Annual Fishing Rodeo took place at the AFRH ponds. Residents seemed to enjoy the opportunity to fish, interact with fellow mates, and partake in competitive fishing rodeo. Several catfish, sunfish, and perch were caught by participants. The fish were biting throughout the rodeo. Robert Schonherr won award for the Longest Fish Caught for the 8th year in a row! His catfish measured 16 1/2 inches. Margaret Spicer won Heaviest Fish Caught weighing 3 pounds. Farris Dozier caught 21 fish and won Most Fish Caught, and Norma Rambow won Smallest Fish Caught measuring 2 inches. Congratulations to all our winners and participants in the 21st Annual Fishing Rodeo!

By Sean Campbell, Lead Recreation Specialist
Residents at the AFRH-G enjoyed an afternoon of relaxing by the pool. The ferocious gulf coast summer heat took a break as cool breezes washed over the pool deck and residents enjoyed a fun time of camaraderie. Delicious food and cold beverages were provided while tunes from the beach filled the air. It was a true tropical paradise for some as they tested the waters and enjoyed the fantastic amenity the AFRH-G has in its swimming pool.

Resident garden vegetables a grand hit!

By Susan Bergman, MT-BC, Recreation Therapy Services
Residents and guests enjoyed relaxing by the pool in the evening.

The pool party was in full gear as the sun was going down over the Gulf of Mexico.

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Residents, volunteers and staff make for a successful Rodeo.

Donald Ober (back left) & Andy Lemstra (front right) working in the garden on the AFRH-G grounds.

Donald Ober shows off all the vegetables that he grew.

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Donald Ober shows off all the vegetables that he grew.

Margaret Spicer shows off her big catch.

Norma Rambow awarded for the smallest catch caught.

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AFRH-G Residents Honored at first Biloxi Baseball Team, The Shuckers, tailgate party

By Becki Zschiedrich, Public Affairs

Four Residents from AFRH-G were quite the celebrities when they pulled up in a stretch limo, sponsored by the Beau Rivage Casino, to the Ultimate Game-Day Experience at the opening of the new baseball stadium in downtown Biloxi on Saturday, June 6, 2015. At the tailgate party AFRH-G WWII Veterans, Bill Allen, Charlie Jenkins, John McCoy and Jack Oyster were acknowledged and thanked for their service to our country. When introducing our D-Day and WWII Veteran, Jack Oyster, the emcee stated, “It couldn’t be more appropriate to introduce D-Day Veteran Jack Oyster”, since the name of the new baseball team is the Shuckers!

Over 5,000 fans attended Biloxi’s Double-A Minor League Baseball team’s first home game on Saturday at MGM Park. Former Mayor of Biloxi, A.J. Holloway, had been working since 2004 to get a baseball stadium built in Biloxi. That dream is now a reality. Mayor Holloway greeted our veterans and was very happy to see them at the tailgate party.

Residents sing out at Loyalty Happy Hour

By Susan Bergman, MT-BC, Recreation Therapy Services

On Thursday, June 4, 2015, Loyalty residents enjoyed a Happy Hour filled with fun, smiles, talents, and treats. The Happy Hour began with their signature “Tiny Bubbles” with “Bubblette Back-Up Singers” Frances Scott and Ray Burger. After an amazing performance at the Music Makers & Shakers in the Community Center on May 27, Allegiance Hall resident, Clarence “Mac” McGee, came up to provide a variety of country western favorites and compositions of his own through singing and playing his guitar. After “Mac” sang a Buck Owens song, resident Warren ‘Al’ Alsup, spontaneously burst into song with “I’ve Got a Tiger by the Tail.” This sparked great memories leading to an encore of “At the Hop” and “Blueberry Hill.” Residents enjoyed their great volunteer hostess, GiGi Boettcher, as she travelled the room delivering cheese balls, chocolate pirouettes, sodas, wine, beer, cheese and crackers. With talents & treats galore, all were Happy!

Happy 240th Birthday U. S. Army

By Constance Maziel, Team Leader, Recreation Services

On Friday June 12th 2015, the Armed Forces Retirement Home- Washington celebrated the United States Army Birthday. AFRH residents, staff, guests, and active duty soldiers all gathered in the Hall of Honors to commemorate 240 years of peace and freedom, in which our U.S. Army has preserved. Chief of Resident Services Ronald Kartz, hosted the celebration and expressed delight and honor in being part of such a memorable occasion. The event kicked off with the National Anthem and Pledge of Allegiance, followed by a heartfelt invocation led by Chaplain John Goodloe. The ceremony continued with guest speaker Sergeant Major James Wells from Fresno California, an accomplished soldier of our U.S. Army. Sergeant Maj. Wells provided an up-lifting personal message to every soldier present and expressed admiration for all branches of service. Sergeant Maj. Wells also honored those soldiers who have fallen and acknowledged gratitude towards the residents at AFRH for their service in defending this great nation. The celebration proceeded with the traditional Army cake cutting ceremony, honoring our oldest and youngest Army soldiers present. The Armed Forces Retirement Home-Washington was proud to have resident, Mrs. Barbara Copare present as the oldest Army soldier at AFRH. The ceremony concluded with heartwarming remarks and reverence to the guest speaker from AFRH Administrator Shaun Serrais, followed by the official United States Army song. A special thanks to Sergeant Maj. James Wells. Mrs. Barbara Copare, Mr. John “Gunny” Smith, and RAC Chairman Phil Ford for making the 240th U.S. Army Birthday Ceremony a success. “Hoo-ah” Go Army!!

Gulfport celebrates U.S. Army 240th Birthday

Chuck Dickerson’s retirement ice cream social

Larry Papale thanks Chuck for all he has done for the residents.

Ed Williamson truly appreciated all the things Chuck accomplished while in Gulfport.

Art Kelly shares a personal moment with Chuck after his retirement ceremony.

Chuck and his wife, Miko, enjoy the well wishes from AFRH-W from the video conference screen.

Mike Longwell presents Mr. Dickerson with his AFRH Admissions package for residency as a joke.

Gulfport and Washington staff and residents congratulate Mr. Dickerson on his retirement.

Mr. McManus presents Mr. Dickerson with a Certificate of Appreciation for excellent service to AFRH.

Dr. Dawn Hansen wishes Mr. Dickerson the best in his retirement.

Chuck Hollings presents Chuck Dickerson with a special blanket from the residents and staff in Washington.

Doris Balfour wishes Chuck the best in the next chapter of his life.