

AFRH-WASHINGTON

Prince Charles and the Duchess of Cornwall visit D.C.

The Armed Forces Retirement Home in Washington had the honor of hosting the Prince of Wales and the Duchess of Cornwall on Thursday, March 23, 2015. Prince Charles and the Duchess had a very busy second day in Washington, DC. The Royal Couple spent almost an hour touring the Scott and Sheridan Buildings, and speaking with residents and staff along the way.

Steve McManus, Chief Operating Officer and Shaun Servais, AFRH-W Administrator introduced the Prince and Duchess throughout the facility as the media and United Kingdom staff commented that the Royals were very chatty from the beginning.

The Royal Couple arrived in the Hall of Honor where they were met by AFRH-Washington residents, some who previously traveled to England (visiting the Royal Hospital Chelsea) to personally welcome the Royal Couple to their Home. The Royals spent a few minutes with SFC John Williams who was born in London, England then moved to the United States and retired from the U.S Army after 20 years of service.

Among the stops during their visit were the Wellness Center, Memory Support, Rehabilitation Services, art studio, fitness center, ceramics and wood shop and bowling center. The Royal Couple spent time speaking with resident artists Mike Martinez, Mimi Rivkin and Michael Furgala regarding their individual artwork. Ivan Saucier and Roger Healy spoke with the Royals about the wood shop and their current wood working projects. Marvin Flood had the opportunity to show off a wide variety of resident arts and craft projects to Prince Charles and the Duchess of Cornwall at their stop in the ceramic area. One of the highlights of the visit was when resident Patricia Kirchner asked the Prince if he would like to try his hand in bowling. The Prince took Patricia on her offer to the delight of residents, media, and staff and of course his wife, Camilla.

Once again AFRH-W is deeply honored to have had the opportunity to host the Royal Couple on their official visit to the United States.



Resident Michael Furgala enjoys speaking with Prince Charles and Camilla in the Art Studio.

AFRH-GULFPORT

Mississippi Governor Phil Bryant and First Lady Deborah Bryant visit AFRH-G

By Becki Zschiedrich, Public Affairs

On March 16th Mississippi Governor Phil Bryant and First Lady Deborah Bryant visited the Armed Forces Retirement Home in Gulfport. The AFRH-G Administrator, Chuck Dickerson, took the Governor and First Lady on an remarkable tour of the Home. Governor Bryant was quite impressed with what he saw and was very happy to see the beautiful Home that is provided for our nation's heroes. First Lady Bryant was equally impressed and said, "This is beautiful". They were captivated by how much the AFRH has to offer the veterans.

Governor Bryant and the First Lady interacted with the residents in the Recreation Game Room, where a Corn Toss Tournament was going on, in the Art Room where residents were painting, in the Sewing Room, where residents were sewing, in the Wood Shop where residents were carving, and on the Boardwalk where residents were getting ready for chow. Mr. Dickerson also took the Governor to the Wellness Center where the Chief of Healthcare, Anne Pechotta-Knapp, briefed the governor on the clinic. Governor Bryant said, "What a great place for these veterans to reside. They have everything they need right inside the Home."

Governor Phil Bryant was sworn in as Mississippi's 64th governor on January 10, 2012. He was elected in November 2011 after capturing 62 percent of the vote. Residents and employees of AFRH-G were very pleased to see the Governor visit their Home and we were very delighted to have the Governor and First Lady here.



First Lady Deborah Bryant knew how to make resident Ron Persing smile.



Norwood Bellamy greets Governor Bryant.



Governor Bryant and the First Lady were amazed at the talent of Ray Eckert (left) and Gerry Gorsky (right).



Calvin Dart was thrilled to show the Governor and First Lady some of his recent pottery.

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AFRH COMMUNICATOR

Phone: 1-800-422-9988 Web site: www.AFRH.gov Email: sheila.abarr@AFRH.gov

Sheila Abarr - AFRH Public Affairs Officer
Becki Zschiedrich - AFRH-G Public Affairs
Greg Moore - AFRH Public Affairs/Marketing
Sherry Lawrence - AFRH 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. Materials will be edited by the *AFRH Communicator* staff for journalistic style and length. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

Serving Washington, D.C. and Gulfport, Mississippi



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

AFRH-Gulfport waiting time for residency is
27-29 months from the date of application approval

AFRH-Washington has no waiting time for residency

AFRH is not just a place to live but a place to live more. Our model retirement communities are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

Eligibility: Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

- 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.
- who are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of injuries, disease, or disability.
- who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH, PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400. Visit us on the web at: <http://www.AFRH.gov>



The Joint Commission
www.jointcommission.org

A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home. <http://www.carf.org>
<http://www.carf.org/aging>



AFRH-G Veteran Highlight

By Lori Kerns, AFRH-G Librarian

Joseph Bernard O'Carroll was born on January 9, 1934 to a steam engine mechanic for the B&O Railroad Co. and a housewife. He was a middle child of four children. His family lived in the backstreets of south Baltimore in an area known as "Pigtown." This section of town was named for the slaughter house located there that gave off such an unpleasant smell that most people did not want to live in the area.

Joseph was a quiet child in school, never getting into trouble. When he got older, he went to work with his father for B&O Railroad starting as a mail boy. He and his younger brother had watched his oldest brother join the Navy and go off to fight in WWII. So in December 1952, Joseph decided to follow in his brother's footsteps and joined the Navy. Upon evaluation, the Navy realized that he wasn't an inexperienced kid. They were getting a skilled, union worker. After boot camp, instead of getting orders to go fight in Korea or to board any ship he was getting sent to Washington, DC to work for the newly developed NSA (National Security Agency). He worked as a CT (Communications Tech) and lived in the barracks in Arlington, VA. Working and living here made him a sailor in name only since he had yet to board a ship.

Once his first enlistment was up, Joseph decided to get out of the Navy. He wanted to take his father on vacation to Disneyland. Shortly after, he received a letter from

the Reserves wanting him back. This time around he was no longer a trainee but an experienced machine operator. He ended up at Naval Radio Facility Kamiseya in Japan working with the U. S. Naval Security Group Activity. He enjoyed working here so much that he asked to stay longer. Because of the line of work he did, he wasn't allowed so he had to move on. After his enlistment he decided to get out of the military again and visit with a family of Japanese friends in Yokohama. Since he had worked in the security field, the Navy didn't like the idea of him staying in Japan with his friends so they wanted him to re-enlist again. He was sent back to Kamiseya, which was just fine with him.

Somewhere in the midst of him visiting Japan, he fell in love and got married. When it came time for new orders to move from Kamiseya to a new duty station, he was told he could not bring his new Japanese bride for security reasons. He got moved to a couple of different duty stations but eventually paperwork was squared away and the newlyweds were sent back to the United States to live in Norfolk. In 1983, Joseph finally decided to retire while at Commander Fleet Activities in Japan after dedicating 31 years to the Navy.

As a civilian, Joseph stayed in Japan with his wife. He taught American English language and Customs Lifestyle. He lived in Japan until 1997 until his loving wife passed away. He decided to move back to

the States and moved into the Naval Home, AFRH-G as we now know it. Joseph is still a quiet, yet extremely interesting and intelligent person. His Navy career is quite a unique one because he never sailed. A friend once told him that he should write a book about his experiences. That would be one fascinating and well-written book!



AFRH-W Veteran Highlight

By Christine Baldwin, AFRH-W Librarian



Patricia Kirchner was born and raised in Milwaukee, Wisconsin. She went into the US Navy to change her way of life and do something different since her job was working at McDonalds. She started out as an E-1 at boot camp in Orlando, FL in 1986. While there, she was meritoriously promoted to E-2. Her next assignment was YN "A" School at Meridian, MS. Next, Patricia was stationed at VP-30 Training Command at Jacksonville, FL,

where she was the Administrator in the Instructional Material Library. Next she went TAD to Ocean Venture 88 at Fort Bragg, NC and Hurlburt Field AFB, FL; a joint command operation. Other duties on her way to E-5 included Administration in VP-30; Training Department Administration and NATOPS and tactical training.

After that tour, Patricia went into the Naval Reserves for 8 months with a command called SOCLANT (Special Operations Command, Atlantic). She went back to active duty in a billet as a Training and Administrative Reservist, training reservists to take on the responsibilities of the active duty Sailor, so that the active duty personnel could go to war. After three months at Jacksonville, FL, Patricia went to the Navy and Marine Corps in Omaha, NE. This was a great tour because by the time she left every Yeoman knew every job that a Yeoman did on active duty.

Next, Patricia went to Naval Reserve Forces Command in New Orleans, LA, where she placed Reservists in different billets around the world and got her promotion to E-6. She then went to the Enlisted Placement Management Center in New Orleans, where she worked with detailers placing personnel in billets that had been gapped for long periods of time. Next, Patricia went off to sea aboard the USS FREDERICK (LST1184) in Honolulu, HI. She got to see lots of sights and crossed the equator; where she became a shellback and shortly after a Chief Petty Officer while in Guam. Patricia has the utmost respect for those making Chief Petty Officer on a ship because it is no easy task doing some of the things they were assigned to do. However, it was fun none the less.

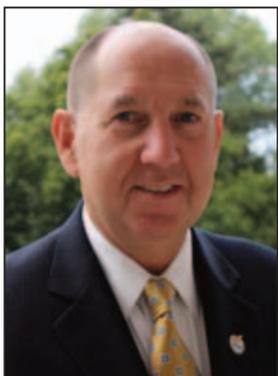
Unfortunately, 9/11 hit at this time, so Patricia was pinned after a prayer breakfast.

At the end of the deployment, the USS FREDERICK was decommissioned LAST OF ITS CLASS in October 2002. Next, it was off to the Naval Warfare Group ONE in Imperial Beach, CA, where they deployed all the units that were under their command to Iraq. They trained them, put them through NMPS and then off they went!

The next tour for Patricia was EODMU SEVEN in San Diego, CA to train divers from EOD and the Secret Service and deploy personnel to different areas throughout the world. Another enjoyable assignment because she got training driving rib boats and other equipment. During a four day training evolution, Patricia got the chance to give a Master Chief an IV without blowing out the vein!

Patricia's last tour was at the Navy Operational Command in New Orleans, LA, where she was a physical fitness trainer for both Pensacola, FL and New Orleans. She also was in control of the government credit cards and made sure the Administration Department was run correctly. Patricia had to leave the Navy, not because she wanted to, but because she started getting sick. Her dreams of picking up E-8 and being the first Navy woman MCPON were put to a halt. But she had a great career as it was.

Message from the Chief Operating Officer



Down goes March! Spring is officially here, though in D.C. you wouldn't know it by the weather! I'm not sure statistically, but this has been the coldest start to spring in recent memory. March was a great month for AFRH, each campus hosted high-level visits that kept AFRH on the forefront. The AFRH-Washington campus hosted the Prince of Wales and his wife Camilla, the Duchess of Cornwall, AFRH-Gulfport hosted the Governor of Mississippi, Phil Bryant.

Prince Charles' visit to AFRH-Washington was extraordinary; a significant portion of the Prince of Wales's role as Heir to The Throne is to support Her Majesty The Queen as a focal point for national pride, unity, allegiance and bringing people together across all sections of society, representing stability and continuity, highlighting achievement, and emphasizing the importance of service and the voluntary sector by encouragement and example. Their Royal Highnesses (TRH), 19 March, visit accomplished that and so much more.

The excitement on the AFRH-Washington campus was palpable the day of the visit and TRH did not disappoint. Their interaction with both Residents and staff was a sight to be seen, natural and warm, TRH made an impression on AFRH that will not soon be forgotten.

Not to be out-done, AFRH-Gulfport hosted Governor Bryant and



Chief Operating Officer, Steve McManus presents Prince Charles with an AFRH coin along with the AFRH-W Administrator, Shaun Servais.



Governor Bryant shares a laugh with Gulfport resident Wolf Kiessling in the wood shop.

First Lady Deborah on 16 March. Known for his integrity and commitment to an accountable government, Phil Bryant was sworn in Mississippi's 64th governor on January 10, 2012. Governor Bryant and the First Lady toured the AFRH-Gulfport facility and met a multitude of Residents throughout their visit. Both the Governor and First Lady Deborah were very impressed with not just the layout of the home, but how the home looked post-Katrina.

Visits such as these serve multiple purposes; they not only trumpet the AFRH mission, they highlight the work put in by our illustrious staff and place a focus on our Residents, the reason we are here.

What does April have in store for us? April 15th will mark 150 years since the assassination of President Abraham Lincoln (significant in our Nation's history and also in that the Lincoln Cottage is located on AFRH-Washington grounds), and it is also Tax Day, please remember to file! Thanks for all you do!

Steve McManus

Vietnam War 50th Anniversary Commemoration Event

By Reginald Edwards CMSgt USAF OSD OUSD P-R (US)

We hosted a Vietnam War 50th Anniversary Commemoration Event in conjunction with the DC Militia MWR 6th Annual Military Benefit Car Show. The Vietnam War 50th Anniversary Commemoration Event was supported by the Patriot Guard Riders, MDW Armed Forces Joint Color Guard, the Vietnam War Commemoration Foundation, DCNG Youth Challenge Cadets, military volunteers from each service, ROTC Cadets-Washington Math and Science Technology Charter School. There were several DVs in attendance to include MG Errol Schwartz, Commanding General, District of Columbia National Guard, MG Peter Aylward, Consultant, Vietnam War 50th Anniversary Commemoration, SGM Michael Schultz, SEA, Under Secretary of Defense P&R/RA, MCPO Eric Johnson and spouse (Val), MCPO USCGR. During the ceremony, we welcomed home over 126 Vietnam Veterans and gave thanks for their Service, Valor, and Sacrifice. Each Vietnam Veteran received a signed copy of the Presidential Proclamation, a Vietnam Veteran lapel pin and a specially designed challenge coin. After the ceremony, they were given access to the car show and car owners. All had a great time!



Vietnam veterans from AFRH-W are welcomed at the 50th Anniversary Commemoration event.



Ken Faller is honored for his service during the Vietnam War.

Photographs by Frank Lawrence, AFRH-W Resident

AFRH-G Volunteer Corner

By Jennifer L. Briley, Volunteer Coordinator

Community Volunteer of the Month Shout-Out to:
GULF COAST WIND ENSEMBLE

Here is a Shout Out to the Gulf Coast Wind Ensemble, Directed by Shane Henker. The Gulf Coast Wind Ensemble is a Concert/Community Band playing all over the Gulf Coast for the past 40 years. They rehearse every Tuesday evening from 7pm to 9pm at the Cowan Road Baptist Church in Gulfport.

The Gulf Coast Wind Ensemble visited us on March 3rd 2015. There was a small audience at first, but as the band played, the music filled the halls and soon our Community Center was full of life. The Band's Master of Ceremonies for the night was Ms. Linda Dutton, she announced the different pieces that the band played and even threw in a few trivia questions about the music keeping the audience intrigued and engaged. By the end of the concert there wasn't a still foot in the house. Music for the night included two themed medleys, one with 42 different movie themes and the other featuring 11 television theme songs, as well as 3 different marching tunes composed by John Philip Sousa featuring "The Stars and Stripes Forever" March.



Director Shane Henker navigating the Gulf Coast Wind Ensemble through The Stars and Stripes Forever March.



Ms. Linda Dutton, the Master of Ceremonies for the evening.

From the AFRH-W Administrator



We are welcoming the spring time weather here in Washington as the trees begin to bud and tulips start to pop-up. Our campus is sweeping up the salt and sand from our

last snow-day 5 MAR and we are moving forward with our plans for the year. We had several tours to showcase our home this month, including staffers from the HAC, SAC 11 MAR followed by the SASC staffers 13 MAR.

On 19 MAR it was our honor to host their Royal Highnesses Prince Charles of Wales and Camilla Duchess of Cornwall. As one of the hosts I was able

to be up close and hear their kind words and well wishes expressed to our Residents and Staff. They were both very gracious and interested in how we take care of the veterans who saved the world. The tour covered a lot of ground and it was a great success as the result of our employees who made a royal effort. The British Ambassador and his wife were here during the visit the home for the first time. Thank you to all staff who take pride in their home and the service work they do for our Residents every day.

In closing I want to welcome Mr. Charles Dickerson back to Washington for a week as our acting COO and Washington campus administrator. Chuck has been a helpful mentor for me and sounding board for ideas. I am thankful to have him as a resource via email and phone. The week of 30 MAR I will be in Gulfport as acting administrator and Chief, Resident Services. My wife Emily is excited to



Resident, Billy Bowen, talks to Prince Charles along with resident Patricia Kirchner & AFRH-W Administrator, Shaun Servais.

meet the residents and participate in activities at the end of the week. Thank you to the Gulfport staff for always making me feel welcome.

I am very much looking forward to

seeing the cherry blossoms in DC that I've heard so much about! Bring on the spring!

Shaun Servais

Dining at its best at the Armed Forces Retirement Home

By David Eichaker

Feeding the residents of the Armed Forces Retirement Home is an enormous responsibility and the military retired manager is up to the task.

After serving over 26 years in the Marine Corps, retired Master Sgt. Cleophus Snow, Jr., now serves as the Dining Facility Manager at the Armed Forces Retirement Home in Washington, D.C. He discusses what the facility has to offer to the Residents of the Home.

"We have a variety of main entrees," said Snow, which include regular and diet lines along with a short order line. The diet line consists of foods that are low in both sodium and salt, adding that low sugar deserts are also available to the residents. If residents prefer to eat on the lighter side, other options are available. "We have a great salad bar," the retired Master Sgt said. There are a

lot of items and choices residents can choose from.

Entrée foods and salads are not the only things available. Most of our vegetables are steamed, said Snow, adding that the facility serves a variety of fruits such as bananas, apples and oranges. On occasion, the facility will bring in something special for the residents. We do a lot of chef specials, Snow said. "We will bring in some blueberries, fresh strawberries, fresh cantaloupe and some tangerines. Meals for residents requiring special diets are also available."

"We offer a variety of foods so everyone is taken care of", said Snow, adding that he is aware of residents that are diabetics and vegetarians. The Home filled with military retirees from different eras can add up to a lot of hungry men and women. "We serve between 1000-1200 meals per day," Snow said,

adding that there are seven kitchens spread throughout the campus to ease the burden of having to travel to the cafeteria. Cleaning up after the residents are done eating is a simple process. "We have a conveyer belt," he said. Residents can just slide their tray in it and leave. They also have bus carts residents can use if they do not feel like walking to the conveyer belt, he said.



A food services employee serves a resident's meal to him at the Armed Forces Retirement Home in Washington, D.C. The dining facility, which serves up to 1200 meals a day, provide a wide variety of entrees, fruits and vegetables to the residents and also offers meals for residents with medical conditions.

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



Your RAC serves as the forum for ideas, suggestions, recommendations and representation to the AFRH management for the improvement of operations that affect morale, safety and health. We are your vehicle for the

dissemination of information, policies, regulations, constructive ideas, and concerns. We attempt to be responsive in a timely manner. To this end, please do not wait for a RAC meeting. Speak to any RAC member (we all have a yellow I.D. tag) or place a note in the RAC box in the tunnel; for without your telling us what is on your mind we cannot be of service.

I sit here after attending a Senate Sub-Committee meeting and posting of the minutes throughout Sheridan Building from today's RAC meeting. I am reflecting on how fortunate I am to have floor representatives and Committee Chairpersons that are so attuned to the issues we face and also all the good things residents talk about to us. I am reflecting about the proactivity of the Agency and Administration personnel to ensuring a solid foundation for the future of our home.

I look forward to spring's arrival, a chance to sit outside, stroll the property, watch golfers golf, horseshoes being pitched, the Bocce ball court utilized, the new grill fired up, shuffle boarders shuffling, and most importantly listening to the camaraderie. It is indeed great to be a resident of the premier retirement facility for Veterans. I appreciate the support of all, and the time residents take to voice their comments, suggestions, and concerns.

Tying it all together is fairly simple. We are indeed a team (Together Everyone Accomplishes More). Residents, staff, administration, and management all striving to ensure, as far as possible, that we continue

to be the nation's premiere Armed Forces Retirement Home.

Finally, I am preparing to attend the semi-annual Agency Advisory Council meeting on May 7, 2015 as your representative. If you have an item you feel merits the attention of the Agency's Advisory Council let's sit and discuss; catch me in the halls, on the grounds, in my room (7004 Sheridan) or call (337) 248-2345. As always, if you have a particular item you would like to see addressed in my future columns in the Communicator, let's sit down and discuss.

Highlights of last meeting:
Call to order at 10:00, March 18, 2015 in the Scott Community Center,

Roll Call -- Members present: Phil Ford, George Freburger, Michelle Busch, Jack Bruneel, Lillian Miller, Joe Maier, Howard Shirley, Ken Faller, AL Brotski
Members absent: Ken Faller, George Brewer
Staff and Guests present: None
Minutes of February 18, 2015 meeting with one change approved by unanimous vote

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 bequests(wills).

>Please place comments and concerns in RAC box in Tunnel for the most expeditious handling rather than waiting for a RAC meeting. All RAC representatives have yellow ID tags.
RAC FLOOR REPRESENTATIVE REPORTS and COMMITTEES
FLOOR REPS: None
CAMPUS OPERATIONS: beautification of area behind glass as your turn into tunnel from Sheridan building underway.

FOOD SERVICE: meetings held 2nd Tuesday of month at 10AM in Dining Facility. U.S. Food trip went well. Possible menu addition samples to be available for tasting at noon on Thursday the 19th in dining hall.

GOLF: No report
HEALTH AND WELLNESS: Jack Bruneel appointed Chairman. Motion by Howard, 2nd by Michelle to ratify appointment. Passed unanimously.
MORALE WELFARE and RECREATION: No report.
MASTER PLAN: Renovations to charter school have begun. Brick Program (fundraiser for resident fund) in formative stages. Please see Master plan committee member to get involved. Golf course funding subsidy to be stopped eventually. Alternative funding/operation being explored for Golf Course.
RESIDENT FUND ADVISORY COMMITTEE: no report
SECURITY: Please lock your doors when not in room. With Spring arrival out come the radar guns; 15 mile per hour limit on campus. Please return shopping carts to AFFES/PX/BX. Had 40 now have 4.
OLD BUSINESS: 2nd floor rep and secretary for RAC still sought.
NEW BUSINESS:
>Change in thrift hours to all morning hours (decision to keep 2 morning 1 afternoon upheld).
RESIDENT CONCERNS FOR ADMINISTRATIVE REPLY
From 2/18 meeting (awaiting reply)
>Can heat be provided in pool locker rooms?
>Can more pool lockers be accessible to residents; possibly replacing combination with pad locks.
>Concern regarding Thrift Shop security when dry cleaner is opened but thrift shop and clothing area closed due to holidays. Can dry cleaner be moved to Room 18 and emergency provisions stored in current dry cleaner area? (corrected from 2/18 minutes)
>Can heat be provided in tunnel, ground floor of Sheridan, Ceramics Studio and new elevators of Sheridan (closest to Scott building /400 Sheridan wing)?
>Resident's request made, and endorsed by voice from Floor Reps, that COO consider changing suggestion box on Wellness Center front desk to Campus Administrator .

NEW FROM TODAY'S MEETING

- >Can WiFi in Sheridan and Scott be upgraded?
- >Can trash compacting be accomplished before quiet hours (9 PM)?
- >Where will Charter school parking be?
- >Can Food service personnel be trained not to interrupt residents getting food and drinks?
- >Resident concern raised about being unable to return home after 2 PM to independent living upon discharge from local hospital. (Kudos from a resident who needed transportation back from a local facility and medications at 9 PM)
- >When will doors in stairwells have appropriate signage indicating floor number on stairwell side (Sheridan and Scott Buildings)?
- >Numerous handrails have burrs. Can they be smoothed?
- >Can stairwells and restrooms be cleaned more thoroughly? (specifically/incidence regarding men's room by PX/BX)
- >Why was fire alarm all clear not given? Motion to adjourn at 10:31 passed, Next meeting at 10AM on April 15, 2015.

Phil Ford



RAC Chair, Phil Ford, greets the Duchess of Cornwall at AFRH-W on March 19th.

From the AFRH-G Administrator



The idea for a national Women's History Month was born this month more than 158 years ago and became federally recognized in 1987. In honor of Women's History Month I would like to thank all of our amazing women veterans for the sacrifices they

have made for us and who have contributed to events in history. To our women veterans, you have served us, now we are here to serve you at AFRH. I also want to recognize all the civilian women in the workforce at AFRH-G for all you do for our veterans and for striving for Person Centered Care (PCC) each and every day. To all the women at AFRH, veterans and civilians, thank you for all you have

contributed to our society. Thank you for being here and for all you do.

I would also like to recognize each and every employee for the outstanding jobs that they do. When I go on my rounds throughout the building I take great pleasure in noticing all the Person Centered Care moments that I come across each and every day. We have a fantastic team here in Gulfport and I am so proud to be the Administrator here. The staff is here for you, our Veterans. We strive to provide our Residents excellent service in all departments at AFRH.

The question is WHY are we here? Our Vision at AFRH is: A retirement community committed to excellence, fostering independence, vitality and wellness for our Veterans, making it a vibrant place in which to live, work, and thrive.

Our Mission is to fulfill our nation's commitment to its veterans by providing a premier retirement community with exceptional residential care and extensive support services. With that being said I hope the Residents are proud to call this their

Home and I hope the Employees of AFRH feel honored to work for our heroes who have fought for us to have the freedom that we have in the United States of America.

When Governor Phil Bryant and First Lady Deborah Bryant visited the Gulfport Home earlier this month, they were astonished at what we have to offer here. I was eager to show them the "resort" that we have for our Veterans. They were gratified to see the Veterans being cared for in a very special way here at AFRH.

I would like to emphasize that I appreciate all the hard work that the employees do here at AFRH-G. I am honored to be the Administrator for such a fantastic facility with outstanding employees and a wonderful Home to over 550 incredible Residents. The way my employees feel

is the way the Residents will feel, and if my employees don't feel valued, neither will the Residents.

Steve Jobs once said, "The only way to do great work is to love what you do."

Chuck Dickerson



Chuck Dickerson gives Governor Phil Bryant a tour of AFRH-G.

Forget me not

By Becki Zschiedrich, Public Affairs

Resident Mary Nelson has started a campaign to honor female veterans who have passed away in combat. This project involves planting "Forget Me Nots" throughout the community. Her goal is for everyone to be aware of the women's service in our military now and in the past. She has already met with the Biloxi VA and Gulfport Mayor, Billy Hewes, to get these flowers planted throughout the community. This spring they will be planted first at the Armed Forces Retirement Home in Gulfport, Mississippi.

Mary Nelson joined the Navy when she was 20 years old. She was stationed in Washington D.C. where she worked on breaking codes during WWII. Mary said after she turned 90 she decided that she wanted to make a difference with the life she has left, so she started the "Forget Me Not" campaign. "I want everyone to plant these flowers and to think about the women we have lost in combat every time you look at the garden. At the Armed Forces Retirement Home these flowers will be planted on the grounds and a sign will be made by our Art Specialist, Milton Williams, honoring our women veterans. These flowers are perennials and will come back every year to remind us of all the brave women who fought for our country and lost their lives" said Nelson.



Susie Baumunk (right) helped Mary Nelson (left) grow Forget Me Nots and also put together over 600 packets of seeds for Mary to hand out.

Susie Baumunk, who is the Custodial Supervisor for Ability Works, has worked diligently with Mary by putting together over 600 packets of seeds to hand out. Susie is also going to make sure all the plants are planted at AFRH and hopes they will be blooming by Memorial Day. Mary's legacy will ensure that the military women who have lost their lives for our country may be gone but they will never be forgotten.



Mary Nelson, holds up a Forget Me Not plant that Susie grew from seeds. These plants will be planted on the grounds of AFRH-G in honor of female veterans who lost their lives in combat.

AFRH Gulfport local art show

By Milt Williams, Art Specialist

Local participation in the 2015 National Veterans Arts Competition has drawn 7 of our residents who will be competing nationally. PJ Johnson with a Humvee made of wood, Ron Washington with an abstract acrylic painting, Ray Eckert with oil painting of a Pelican, Tom Keith's Hummingbird Fretwork, Stephen Crews with a WWII model airplane, Bill Williams has a walking cane and Wolf Kiessling has 3 carvings, a transfer engraving and a pyrography portrait. We are rooting for y'all and looking forward to hearing how you did with the National Competition.



Portrait Artist Ray Eckert

By Milt Williams, Art Specialist

Our featured artist has captured the enduring spirit of the faces in his latest series of portrait paintings. He has developed a palette knife technique that enhances the rich history each face reveals. Included in the exhibit is a self-portrait and his first place painting of a Gulf Coast Pelican that he is entering into the 2015 Veterans National Art Competition. Go by the display room at the AFRH Gulfport and view this delightful show.



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



"March came in like a lion" and it looks like it will go out like a lamb. That is good news as this winter has been a testy one, even for us in Mississippi. Now we can look forward to warmer weather and fair winds. Time to think

about getting outside and going places, my mantra is and will always be "get off your duffs" and enjoy one of many trips offered by the Home. Don't want to take a bus ride?

Then go visit a relative or an old friend. Speaking of friends, make some, don't be a loner. If you stay in your room, eat alone and sit alone this can be a very lonely place. I know some of you just want to be left alone but having a friend has its advantages. As the song goes "Everybody needs somebody". Speaking of friends, can you count on more than one hand the number of really true friends you have here in the Home? People who know about such things say that the more friends you have the better quality of life you have, and the longer you will live. So add a few extra good years to your life and make some more friends. If you don't want to make any more friends just be kind and considerate to other residents and then they will start calling you a friend.

Ok I'm off my Soap Box, now on to

another subject. On the 16th of March the Governor of Mississippi, Phil Bryant, and First Lady Deborah Bryant came to tour the AFRH Gulfport. This was his first visit and said that he had met many of our residents at gatherings and they always asked him why he hadn't visited our Home. He made them a promise that he would and now he has kept his promise. He was met by Mr. Dickerson, the Campus Chiefs, and I. Mr. Dickerson gave Governor Bryant and the First Lady an excellent briefing and tour of the Home. The Governor and First Lady asked many questions and seemed genuinely interested in the Home and the Residents. I only wish that they could have spent more time with us so more residents could have had a chance to meet and talk with him. However, he left

here with a clear idea of what our Home means to us and this community on the coast.

Henri D. Gibson



Governor Bryant chats with RAC Chairman, Henri Gibson.

AFRH-W March Activities

National Park Service Rangers educate veterans about the War Memorials



Park Ranger Kristel Nelson, National Parks Service, speaks with residents of the Armed Forces Retirement Home, Washington, D.C., Jan. 31, 2015. Nelson and Park Ranger Kathy Kagle, informed residents of the National monuments and answered questions residents had about the memorials. (Photographs by David Eichaker/leased)

By David Eichaker

WASHINGTON, D.C., March 1, 2015—Veteran memorials are throughout the D.C. area and bringing materials about the national parks and war memorials to the veterans of the Armed Forces Retirement Home was the goal of two park rangers. Rangers Kathy Kagle and Kristel Nelson, from the National Park Service, came up with the idea and acted on it. “We decided we were going to contact the Armed Forces Retirement home,” said Nelson, adding that they wanted to bring the park to the veterans and share their knowledge of the parks with them. Nelson said this enabled the residents to gain facts about the memorials and talk about how the memorials were established. A lot of information was passed to

the residents of the Home and the rangers made it easy for that information to be retained. “We provided our veterans with brochures, maps of the National Mall and parks and other literature about the parks,” said Nelson.

After the rangers were done with their presentation, opportunities for the residents to meet with the rangers proved beneficial. “At the end of our program, there was an opportunity for us to connect with our veterans,” said Nelson, adding that the rangers answered questions and listened to stories from the residents. Talking about the parks and passing out information served a purpose for the rangers. “Hopefully some veterans developed a better understanding about some of the memorials that we have in the National Mall and memorial parks,” said Nelson. “And hopefully they gained more appreciation about their memorials in their backyard.”



Park Ranger Kathy Kagle, National Parks Services, speaks with a resident of the Armed Forces Retirement Home.

AFRH-W Resident Artists Win First Place in Six Divisions at National Creative Veterans' Festival!

By Lori Thompson, AFRH-W Art Specialist

AFRH-W artisans' talent shined once again at this year's National Creative Veterans' Festival Regional Competition at the VA Medical Center on Monday, March 2nd. This year we had fifteen Residents competing. If you were able to view the show, you know the judges had some difficult decisions to make! Congratulations go to Warren Barbour, whose wallet won First Place in Leather Carving; Marvin Flood, whose doll house won First Place in the Wooden Kit Building category; Charles Gammon's dragon fly pottery won First Place in pottery; Michael Kelcourse's color pencil drawing won First Place in Colored Drawing; John Russo's glass jewelry won First Place in Glass Work; Ivan Saucier's wine bottle holder won First Place in Wood Working. Second Place winners include: Mike Martinez, Acrylic Painting; Chuck Merlino, Glass Work; Mimi Rivkin, Watercolor; George Wellman, Color Photography. First Place winners will now compete at the national level. Thank you to all the Residents who participated in or supported this event. Good luck at Nationals First Place Winners!



Charles Gammon took 1st place with his dragon fly pottery.



Marvin Flood displays his 1st place winning doll house.

Art as a byproduct

By Lori Thompson, Art Specialist

One day while conducting health checks, I was shown an incredible technological piece of art. It was a computer, with Plexiglas sides and filled with red, white and blue LED lights. I was fascinated seeing the inner workings of a machine that I use daily and never considered the beauty it may contain within.

The stunning computer was created by Mr. Jose Gordon. I was amazed when he said it was the first computer he had ever built. He said the idea had come to him when his daughter had a computer built for herself. He said, “Well, if someone else can do it, I can too. In fact, I'm going to make it even better!” Thus began his year-long construction project. First Mr. Gordon went online and watched how-to videos. Then he did more research and came up with a design. After deciding on which motherboard to purchase, he came up with ideas for the case. Next he added component after component, a water cooling system, a ventilation fan system, lights and a host of other things like a graphic card, software, etc. Later, when I spoke with him in detail about how he built it, I learned more than my “avoidance of tech knowledge” brain ever thought it would know about the inner workings of computers.

However, the real lesson behind Mr. Gordon building his own computer is how often in life do we allow ourselves to be intimidated by a subject or fearful of tackling something that we know little about? Mr. Gordon took the proverbial bull by the horns and built himself a top of the line computer, which also turned out to be a beautiful work of art. Mr. Gordon's computer encouraged me to take a look at how I have avoided taking risks which could have led to personal growth and what areas in my life I have allowed complacency to set the tone. Mr. Gordon's computer inspires self-reflection. Now, isn't that what art is truly about?



Jose Gordon (above) with the first computer he ever built.

AFRH-W celebrates Black History Month

By Christine Baldwin, AFRH-W Librarian

On February 27, AFRH-W in conjunction with President Lincoln's Cottage celebrated Black History Month with a very memorable program. Marvin Talley was the Master of Ceremonies and gave a very good introduction to this year's theme “A Century of Black Life, History and Culture”. After a warm welcome by Administrator Shaun Servais, and an invocation by Reggie Johnson, we had a powerful medley of 3 songs sung by one of our Occupational Therapists', Twila Smith. Resident Gwen Hendly told of the history of Black History Month. Next, a poem titled “Still I Rise” written by Maya Angelou was read by guest Faye McLain Dixon.

This year, President Lincoln's Cottage was able to invite Congressman G.K. Butterfield to speak to the gathering. He was recommended by resident Billy Ray White, who is a friend of the Congressman. Erin Carlson Mast, the Executive Director of the Cottage, gave a brief talk about Mr. Butterfield's many accomplishments. His speech included talking about the Civil War and the role of slavery, along with the aftermath of the Reconstruction Era. After a coin presentation from Mr. Servais, everyone enjoyed refreshments and socialized as Billy Ray played music for all.

Special thanks to all the participants of the program; all the various Departments throughout AFRH-W; Cottage staff: Callie Hawkins, Michelle Martz and Erin Mast Carlson and all the residents that made this special program so memorable, especially Gwen Hendly, George Wellman, Susan Chubb, Brian Dowd, Phil Ford. None of these events would have been possible without the members of the committee including residents Chuck Felder, Warren Pospisil, Patricia Kirchner, Billy Ray White, Esker McConnell, Rick Walk, Russell Smith, and George Johnson, the Lincoln Cottage and the Home's recreation staff.



Master of Ceremonies, Marvin Talley, kicks off this year's Black History Program.



Residents, employees and guests attend the ceremony in honor of Black History Month.



Resident, Billy White, and Congressman GK Butterfield have ties from their homestate of North Carolina.

AFRH-G March Activities

Person Centered Care is the name of the game with the invention of the Magnet Stick

By Dennis Crabtree, Recreation Assistant

On Tuesday March 3, 2015 residents were competing in the Washer Toss Tournament in the Bocce Room. Cecil Sherman and Mike Longwell are seen competing in the Washer Toss. There was a new piece of equipment that Cecil Sherman and Mike Longwell were using. Dennis Crabtree (Recreation Specialist) made the item shown in the picture to help the residents pick up the washers. Wood came from the wood shop with the help of Jim Taylor for cutting. Chance Beech (CMI) supplied the magnets from old computers. Milt Williams (Art Specialist) supplied the glue. The only name we could come up with was the Magnet Stick. The Magnet Stick was made from all recycled parts. The Magnet Stick was such a success that we will make more of them. There were 8 players that played in the tournament but there could only be three winners for that day. Fred Ray took 1st place, Harry Amen took 2nd place, Cecil Sherman took 3rd place.



Cecil Sherman (left) and Mike Longwell (right) use Dennis Crabtree's latest invention of the Magnet Stick.

Valor, Loyalty, & Allegiance St. Patrick's "Luck of the Irish" Cookout

By Susan Bergman, MT-BC, Recreation Therapy Services

On Wednesday, March 11, 2015, residents were treated to some special guest volunteers from the United States Coast Guard Port Security Unit (PSU) 308 from Kiln, Mississippi and the Red Cross. Force Readiness Officer, LT Pete Webber was accompanied by Michelle Webber, BM1 Jordan Stafford, MK1 Mike Sabia, YN1 Dorothy Bradley, and MK3 Lesley Tribble. The Coast Guard PSU 308 is an all reserve unit designed to be ready to deploy anywhere in the world in 96 hours to support a maritime security mission. In the past, PSU 308 has deployed to Bahrain, Port of Ash Shuiaba, Kuwait, and Guantanamo Bay, Cuba. Their duties include patrolling the waters in and around military facilities, as well as working and training alongside other branches of the military for up to one year. Red Cross volunteer, Christie Stoker, came for a return visit as she specializes in linking Red Cross volunteers with veterans. The cookout was also assisted by AFRH community volunteers – Chip Wall, Dot McDaniels, Will Christian, & Ron Gross and by AFRH resident volunteers – Clifford Smith, Ernest Rausch, & Pat Smith. Residents enjoyed a morning of chair exercises, jigsaw puzzles, Music Time filled with Irish songs, and a fabulous Green & Gold Cookout with priceless guests. Thanks again to all our volunteers for bringing the "Luck of the Irish" to the Valor, Allegiance, & Loyalty monthly cookout!



Coast Guard and Red Cross volunteers enjoy Valor St. Patrick's Cookout with Larry Papale!

It's "all good" with Ms. Jean Allgood

By Susan Bergman, MT-BC, Recreation Therapy Services

Ms. Jean Allgood, a retired school teacher, performed on piano for Valor, Loyalty, and Allegiance Hall residents on Wednesday March 4, 2015. She played favorite songs, told stories, and reminisced about the importance of gratitude, learning, and aging. She read sayings and poems related to "Old Age." As she described age, she let everyone know that Socrates was in his 80's when he learned to play his first musical instrument. The story concluded with the importance of living for today in the present moment and that you are never too old to learn something new. Ms. Jean relayed, "When you are feeling sorry for yourself - don't!" You can always "help someone...even it is saying a little prayer." She expressed how she cherishes her time with the veteran residents of the Armed Forces Retirement Home, missed everyone in her absence, and looks forward to her next visit. Thank you to Ms. Jean for sharing your musical talents and words of wisdom. You are an inspiration to us all!



Frank Haney visits with pianist Jean Allgood.

International cultural social

By David Eichaker

No passports were needed, as the platform was set, for residents from the Armed Forces Retirement Home, located in Gulfport, Mississippi. Residents congregated to celebrate diversity, by serving different ethnic foods from around the world, all while in the comfort and luxury, of the retirement home.

AFRH-G held an "Around the World International Social" which gave the Residents opportunities to experience various foods from different cultures from across the globe. The relaxing atmosphere provided a chance for the patrons to unwind, socialize, eat and drink, while listening to music and enjoying the environment. Events like this are important, as it provided precious opportunities for Residents to spend quality time with each other while bringing a touch of other countries to the Residents.

Foods, such as garden and pasta salads from Greece, fried rice and egg rolls from China, and lasagna from Italy, were just a few entrees that were available for the residents to enjoy. Drinks were also available and Margaritas seem to be the most popular choice.

This is just one many events residents get to enjoy at the Armed Forces Retirement Home. Events like this are important, as it provided precious opportunities for residents to spend quality time with each other and it brings a touch of other countries to the residents.



Different ethnic foods were served from around the world.



BettyLu Dennis decided to experience a variety of different foods.



Elbert Berger enjoyed all the different types of foods.



Mary Allen (left) and GiGi Malone (right) enjoy the margaritas.

GULFPORT Ride 2 Recovery pedals into AFRH-G

By Susan Bergman, MT-BC, Recreation Services

On Thursday, March 5, 2015, residents greeted 4 groups of Ride 2 Recovery bicycle riders through the front gates of AFRH-G and around the circle as they took a break to visit in the downstairs lobby. Riders and wounded veterans from various branches of service, war theaters, ages, and challenges shared their stories along with resident veterans. The ride this day from Mobile included 60.1 miles, gale force wind advisories and would conclude with 3 more miles onto downtown Gulfport. Riders also included veteran supporters such as Biloxi resident, Jim Bourque from Ingall's Shipyard in Pascagoula who visited with WWII veteran, OJ Ferrington. Rider, Dick Brock, Vietnam Veteran from Southern California, found common interests with Larry Papale, a WWII, Korean, and Vietnam Veteran. Mr. Brock explained how he has been riding the challenges since the beginning, has traveled with Ride 2 Recovery twice to France, and hopes to ride in Germany this summer with the group. He explained how the season just began with this 470 mile challenge from Atlanta to New Orleans that started March 1 and will finish in October 2015.

With cycling as the main activity, Ride 2 Recovery (R2R) is a partnership with the Military and VA Volunteer Service Office to benefit the mental and physical rehabilitation programs for healing heroes and wounded veterans. R2R also raises money to help veterans overcome obstacles through supporting cycling programs at military and VA locations. As part of the healing process, cycling is an activity anyone can do, no matter the disability, helping to speed recovery. We look forward to greeting these riders again as they pass through on their cycling challenge next year!



Rider, Jim Bourque with resident OJ Ferrington.



Ride 2 Recovery bicycle riders entering AFRH-G.



Gulfport residents and the cyclists pose for a quick photo.



Fellow Vietnam Vets Larry Papale & Dick Brock.

WASHINGTON Prince Charles and Camilla Visit with Residents in D.C.



Resident Mike Martinez shows the Royal Couple some of his paintings.



Resident Mimi Rivkin tells Prince Charles and the Duchess of Cornwall about her two paintings on display.



Resident Patty Kirchner talked the Prince into throwing a ball down the lane.



Prince Charles meets Farris Dozier (left) and Lothar Keppler (right).



Ivan Saucier & Roger Healy show Prince Charles and Camilla current wood working projects.



Barbara Dannaher meets the Prince of Wales.



Charles Chambers talks to Prince Charles about his service during WWII.