

AFRH-WASHINGTON

V-E Day 70th Anniversary in DC

Washington went back in time to commemorate Victory in Europe Day. On May 8, 2015 our Nation's Capital honored WWII veterans during the 70th Anniversary of V-E Day. The Armed Forces Retirement Home-Washington took 24 veterans to the National Mall for this special event. AFRH-W resident Harry Miller, WWII Veteran, including the Battle of the Bulge, laid a wreath with Defence Attache' Commodore Keating of New Zealand. The highlight of the day was 56 vintage aircraft making with way over the National Mall during the "Arsenal of Democracy World War II Victory Capitol Flyover".

The flyover included dozens of World War II aircraft flying in 15 historically sequenced war bird formations overhead. The formations represented the War's major battles, from Pearl Harbor through the final air assault on Japan, and concluded with a missing man formation to "Taps." Never before has such a collection of WWII aircraft been assembled at one location, to honor the large assemblage of veterans gathered at the WWII Memorial for a ceremony. To honor the heroes who fought in the War and those on the home front who produced the tanks, ships, and aircraft that enabled the United States and its Allies to achieve victory, one of the most diverse arrays of World War II aircraft ever assembled flew above the skies of Washington, D.C. on Friday, May 8, 2015, the 70th anniversary of Victory in Europe (VE) Day, as part of the Arsenal of Democracy World War II Victory Capitol Flyover.



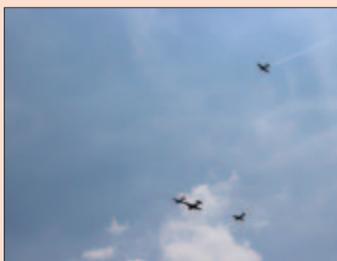
Harry Miller receives a coin from the representative for New Zealand.



WWII veterans along with representatives from over 30 countries attended the 70th Anniversary of V-E Day at the WWII Memorial.



FiFi is the only known B-29 still flying the skies.



The missing man formation closed out the ceremony.



WWII Veteran, Philip Burge, was greeted by the media when he arrived on the Mall.

AFRH-GULFPORT

Memorial Day Remembrance Ceremony



On Memorial Day, AFRH-Gulfport held a Memorial Day Ceremony in the Community Center in honor of all veterans who have lost their lives for our freedom. Our Volunteer Coordinator, Jennifer Briley, sang the National Anthem and our RAC Chair, Henri Gibson was the Emcee. The Gulfport High School JROTC posted and retired the colors and assisted in placing the Memorial

Wreath in honor of all veterans who have lost their lives while protecting us.

Memorial Day is a US Federal Holiday, which falls each year on the last Monday of May. Memorial Day is a day of remembering the men and women who died while serving in the United States Armed Forces.

Formerly known as Decoration Day, it originated after the American Civil War to commemorate the Union and the Confederate soldiers who had died in the Civil War. By the 20th century Memorial Day had been extended to honor all Americans who have died in all wars.

On Memorial Day, the Flag of the United States is raised briskly to the top of the staff and then solemnly lowered to the half-staff position, where it remains only until noon. It is then raised to full-staff for the remainder of the day. The half-staff position remembers the more than one million men and women who have lost their lives in service of their country. At noon their memory is raised by the living, who resolve not to let their sacrifice be in vain, but to rise up in their stead & continue the fight for liberty and justice for all.



The Gulfport High School JROTC and Gulfport Residents take a photo with Col Delancy and Col Wilhite. Photo by Resident Photographer Ray Ross



The Gulfport High School JROTC assisted with the placing of the Memorial Wreath. Photo by Resident Photographer Ron Persing



The Gulfport High School JROTC posted and retired the Colors. Photo by Resident Photographer Ron Persing

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AFRH COMMUNICATOR

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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



Doris pictured here circa 1975 in Orlando, Florida.

Doris J. Hopper was born on November 29, 1946 in a very rural section of west Tennessee. She was one of four children, the second child and only girl, born to her father who was a farmer/retired highway construction worker and her mother who was a housewife/retired factory worker. Her three brothers eventually grew up and joined the military. Her eldest brother became a Seabee;

her second brother joined the Army; and her youngest became a sailor. She has many fond memories of growing up in the country. She said that she didn't have much money as a child but felt like her family did. She, along with her schoolmates, worked in the fields during the summer and fall picking and chopping cotton. She would use her money to buy nice clothes for each new school year. She and her friends considered it a pleasure to pick and chop cotton. They would even have class reunions to

recall the fun times they had.

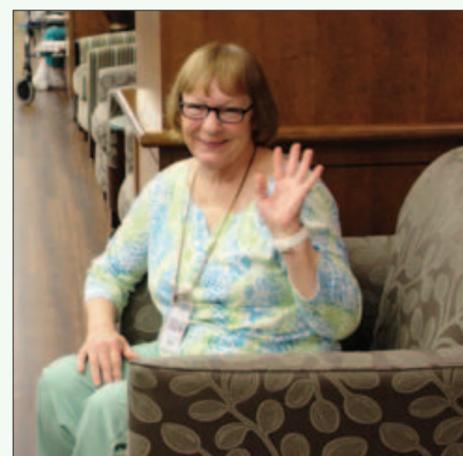
Upon graduation, she and her best friend wanted to join the Navy. Her parents disapproved of the idea so she and her friend decided to become airline stewardesses. However, that did not work out for Doris so her parents sent her to cosmetology school to become a hairdresser. During that time, she was briefly married and gave birth to her daughter, Monica. After working as a hairdresser for about nine years, she decided she would try again to join the Navy. Because her brother was still in the Navy at the time, she knew that she was still young enough to join. Her daughter went to stay with her mother so she could attend boot camp and "A" school to become a storekeeper.

Once Doris finished "A" school, she was issued orders to Fleet Combat Directional Training Center. From there she went to KMCAS (Kaneohe Marine Corps Air Station) in Hawaii and then to Naval Air Maintenance Training Group (NAMTRAGRU) in Millington, TN. She was then issued orders for her first sea duty on board the submarine tender USS Frank Cable (AS 40) making her one of the first women allowed aboard a supply or support ship. Her next orders sent her back to shore duty at SUPSHIPS Newport News, VA. She was sent again to sea duty on the USS Emory S. Land (AS 39). Her final orders were for NAS (Naval Support Activity) back in Millington where she retired in 1995 as Chief Petty Officer with 20 years of service. According to her, the best time she had in her Navy career was the six years of sea duty. She said she had a great experience in the military.

Upon her retirement, she began working as an aide in a nursing home. She also worked as a custom molder at an injection molding factory for car parts and as a Dollar General cashier. At age 62, she decided to take things easy and retire from civilian work. However, she found this very difficult to do since she had to work

most of her adult life. So she started caregiving for the parents of her family's friends. This is when she decided to apply for AFRH-G.

Doris is one of AFRH-G's most active residents. She is usually found participating in tournaments, plays, and classes, or volunteering. In her spare time (what little there is) she is learning to play golf and keeping up with her daughter, Monica, and three grandchildren, Mandy (27), Montana (25), and Meagan (19). Her family is so happy for her about her new home. She describes the residents and staff as "so nice and helpful" and says that she is "honored to be among the residents here." It is an honor to have Doris here at AFRH-G. Her genuine smile and sweet demeanor make her a pleasure to be around. It's so great to see her enjoying her retirement and setting a great example for others.



Doris today enjoying life at the Armed Forces Retirement Home-Gulfport.

AFRH-W Veteran Highlight

By Christine Baldwin, AFRH-W Librarian

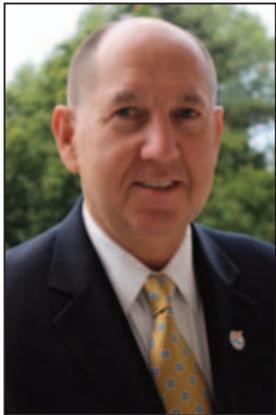
Marvin Archer was born in Mannheim-Friedrichsfeld, Germany. He attended German School for five years and then came to the states in 1959. He spent his Freshman and Sophomore years in High School in Verdun, France, where he got to live in a dorm. Marvin ended up finishing High School in Fayetteville, NC. In 1967, he received a letter from "Uncle Sam" and decided that he wanted to do something different from his father, so he joined the US Air Force. He took his Basic Training at Amarillo AFB, TX and completed Inventory Management Tech School. He spent four years at Homestead AFB, FL. He then left the Air Force, but decided to re-enlist in 1971. After serving 18 months at McGuire AFB, NJ; Marvin went to Da Nang Air Base, Vietnam, where he spent the last three months of the Vietnam War. Next, he went to Osan Air Base, Republic of Korea. Marvin finally made it back to his "first Home" when he was sent to Germany at Hahn Air Force Base. Now, he could travel and see the country. He was also able to ski in Austria over Christmas one year and remembers the picturesque beauty. It was in Germany that Marvin was assigned to Stock Control and Demand

Processing, where he maintained item accountability from a computer. His next assignment took him to The Pentagon, where he did requisitioning of parts and supplies for the Air Force Data Service Center. Marvin then went to Lackland AFB, TX, where he heard of an interesting special assignment at Fairchild Aircraft Company in Long Island, New York. He thoroughly enjoyed this assignment, working on the T-46a Trainer. He was also able to go to Wright Patterson AFB, OH, where he took classes in Acquisition and Provisions at the AF Institute of Technology. He worked in RILSA (Resident Integrated Logistic Support Analyses) reviewing data that the contractor provided. Marvin returned to Lackland AFB in 1986, where he retired from the military in 1988.

Marvin worked in private industries next, including a car dealership, where he oversaw that parts were delivered to customers and repair shops. He retired from this in 2005. He knew about AFRH since the time he was at The Pentagon, when a friend told him that he was going to retire there. After being on the list for several months, Marvin decided to move into AFRH-W in September of 2014.



Message from the Chief Operating Officer



They say "April showers bring May flowers," I'm not sure about the flowers but May has certainly brought the heat here in DC! One consistent hallmark for May is Memorial Day; a significant holiday for our Nation and especially important to the AFRH community. The White House blog remarked that "Memorial Day is one of those moments, where we pay tribute to those who forged our history, but hold closely the memory of those lost." This is especially true in our community and as such AFRH stood tall this Memorial Day.

AFRH-Gulfport had a Memorial Day Remembrance Ceremony in the Community Center where the Gulfport High School Junior ROTC Color Guard posted and retired the colors. JROTC members assisted in the wreath laying ceremony as well.

Each year, the National Memorial Day Concert presents a unique program honoring the valor and patriotism of Americans who have served our country. Two AFRH-Washington Residents had the pleasure of attending this year's Concert, Sunday, 24 May. Residents Eugene Downs and Norma Rambow were escorted to the concert by the new AFRH-W Ombudsman, Master Chief (ret) Robert Webb. At the concert, former Chairman, Joint Chiefs of Staff, GEN Colin Powell, actor Gary Sinise, and entertainer Gloria Estefan all had the honor of meeting our Residents. Our Residents had "ring-side" seats to the concert sitting on the stage! I am extremely grateful of the recognition the community offers our Residents.

It was a busy weekend for Master Chief (ret) Webb, he was among the speakers at the Wreath Laying Ceremony at the Logan Mausoleum at the U.S. National Soldiers and Airman's National Cemetery. Master Chief did us proud!

On another note, during a recent visit to AFRH-Gulfport, I had a "Brown-Bag Luncheon." The luncheon was a large success; we had great conversations with sharing of ideas and philosophies. I am re-energizing this program, if you'd like to be a part of future luncheons (at either campus) please let my Exec, Chuck Hollings, know.

I hope you've had an opportunity to meet Col Dwayne Wilhite, Interim AFRH-Gulfport Administrator, and Pamela Delancy, Interim AFRH-Gulfport,

Chief Healthcare. Both come with an abundance of knowledge and experience, I believe you will enjoy meeting and speaking with them.

In closing, Memorial Day is kind of the kick-off to summer, the Air Force used to refer to it as the 101 critical days of summer, the days with the greatest chance of accidents. Please adhere to the Safety Bulletins provided by the campus Safety Officers, Frank Bermudez (AFRH-Gulfport) and Maria Silva (AFRH-Washington) and ensure we all have a safe enjoyable summer.

Steve McManus



On a beautiful blue sky day, AFRH-W staff and Residents spend time at the Memorial Day Picnic.

First Graduate of AFRH-G Scholarship Fund

By Milt Williams, Art Specialist

Since 2011 the Gulfport Residents have contributed to the Armed Forces Retirement Home Scholarship Fund and have provided up to \$4,000.00 for a student who desires to go to college and who could use some assistance. Well, on May 20th, Resident Doris Balfour, and Brandon Kirkwood, one of the scholarship recipients, were on campus and some of us got to meet our first graduate.

In May, 2015, Brandon finished his studies at the University of Southern Mississippi, receiving a Foreign Language Degree in Spanish, French and Portuguese. He told Doris "I would pray, should I take a semester off? Should I get another job? Then, the scholarship arrived and allowed me more time to focus on my studies".

While in school he worked for the Mayor's Administration in Hattiesburg as a Hispanic liaison and this summer he is going to help with a non-profit organization called Youth Works" in San Diego.

Our hats are off to you Brandon, you have accomplished so much and to our Veterans, thank you for your lifetime of coming to the aid of others, the AFRH-G Scholarship Fund is another delightful example.



Pictured from left: Henri Gibson, Phil Keeler, Edna Hall, Mrs. Kirkwood, Brandon Kirkwood, Doris Balfour, Tom Lynch

Wreath Laying Ceremony at the US Soldiers' and Airmen's Home National Cemetery

By The Staff at President Lincoln's Cottage

President Lincoln's Cottage was the Lincoln family's seasonal home during the Civil War. While living here, President Lincoln plotted Union wartime strategies, developed his emancipation policy, and made the 13th Amendment abolishing slavery his platform for reelection.

Living here brought Lincoln close to the military in many ways, and their great sacrifice was never far from his thoughts. Wounded veterans occupied the building next to the Cottage and Union soldiers, sent here to protect the President and his family, camped in tents in their backyard. Perhaps the most sobering, though, was President Lincoln's view of the cemetery. By 1864, as many as one in four American military families experienced a loss during the war, and the Soldiers' and Airmen's Home National Cemetery had been filled to capacity. Eventually the coffin-loads had to travel a new route to Arlington, Virginia. In all, more than 600,000 Americans lost their lives in the Civil War.

A wreath laying ceremony was held at the US Soldiers' and Airmen's Home National Cemetery on Memorial Day to honor the men and women who died while serving in the United States Armed Forces.

Sailors from the USS Abraham Lincoln and People to People laid wreaths at the Mausoleum of General John Logan, who established Memorial Day as a National Holiday. After the Civil War, many people desired ways to honor the fallen soldiers. General John Logan officially proclaimed Decoration Day, what he called Memorial Day, with the following: "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land."



People To People laying a wreath at the US Soldiers' & Airmen's Home National Cemetery.



US Soldiers' & Airmen's Home National Cemetery.



Charles Felder, Ombudsman-Robb Webb, and RAC Chair, Phil Ford at the ceremony.



USS Abraham Lincoln Color Guard presenting the Colors.

From the AFRH-W Administrator



May is coming to a close with many stretch goals coming to fruition. It is very exciting to see the positive impact employees and volunteers are having on home projects

and programs. The month of May has been warm and sunny, we concluded the void of federal holidays with Memorial Day May 25 when we paused to remember those who paid the ultimate sacrifice in service to their country.

May 4 began National Nursing Week at AFRH-W. Gifts were given to all nursing staff to formally acknowledge their efforts caring for residents throughout the year. The supervisors also

put on a skit in the Scott Theatre! It was well received by nursing personal and made for a lot of laughs. Kudos to Kristin Williams, John Lewis, and Sophia Georges for making work fun by acknowledging their coworkers.

Michael Bayles the new Chief, Healthcare Services came on board May 18th and is asking the right questions and bolstering the campus healthcare programs. I personally want to welcome him and very much look forward to working together for the betterment of the home. Mike is a 30-year US Army veteran and is a great addition to the team.

The AFRH Advisory Council convened their biannual meeting May 7. There was healthy discussion regarding the home operations and plans for the future including changing the \$0.50 monthly payroll deduction to \$1.00. We are fortunate to have an active interest in the legacy of AFRH and benefit from the top notch professionalism of the Advisory

Council.

The US Coast Guard was out May 13 to conduct clean-up work and improve access for residents. Truck load after truck load of debris and overgrowth was removed from the area, greatly improving the aesthetic and tranquility of the fishing ponds. Residents are reminded of the opportunity to fish at their leisure, all supplies provided.

It was a pleasure to tour Dr. Junor and her staff from the Department of Defense on May 14. The group stayed for lunch and ate with the Residents in the dining hall. There is so much to be proud of at our Home and it begins and ends with the Residents.

May 19 we toured 12 E-9s and Sergeant Major Shultz through the facilities. It was a great tour for the high ranking guests, who can in turn share information about programs and activities of the Washington Campus. It's very helpful to get the word out amongst our enlisted men and women.

Memorial Day is a special holiday for us at AFRH. "It is the day that's set

aside to remember with gratitude and pride all those who served and died for our country and our freedom." Thank you to Chaplain Goodloe, Ombudsman Robb Webb, Volunteer Coordinator Carolyn Haug, and others for making the Memorial Day Service such a special event.

Shaun Servais



Kristin Williams, LTC Clinical Supervisor, and John Lewis, AL Clinical Supervisor, kick off Nurses Week with a skit in the Scott Theater.

New Chief, Healthcare Services in Washington



Michael Bayles, our new Chief of Healthcare Services started his position at AFRH-W on May 18. He is a retired Army Nurse, who served the bulk of his career in public health leadership. He also served in performance management and quality improvement, oversight of Warrior and Family care for the National Capital Area Joint Task Force, and operation of a combat support hospital in Iraq. He is especially interested in disease prevention and management. Over the next few months, he will be working on staffing, reviewing the clinic operations, and getting to know our family of residents and staff.

Mr. Bayles said, "It has been an exciting first week on the job. I feel like I need a little more time to familiarize myself with what's going on here, the people and the role of Chief of Healthcare." He is very excited to be on board with the Veterans of AFRH-W and he is looking forward to getting to know the Residents.

AFRH wants to hear your military stories. Please contact the Public Affairs Office.

**AFRH-G
228-897-4429**

**AFRH-W
202-541-7550**

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



I recently had the opportunity to take some leave and covered 5 states, 11 cities in 12 days. The tail end of my trip concluded with a stay at AFRH-G. I purposely planned my leave that way so I could meet with my counterpart – Henri Gibson, AFRH-G's RAC Chairman. I also wanted an opportunity to see the differences between the two homes, as I had heard how different Gulfport was from DC.

While impressive and massive, (and also much newer than our physical buildings (other than Scott)), I really did not see anything at Gulfport that is available to residents that is not offered here at AFRH-W to us.

There were some minor operational differences which I will be discussing with our Administrator, Chief of Residence Services and Ombudsman. Were the differences significant? That would depend on one's personal view. Different is not good or bad, it is just different. Thank you Henri and Shipmates at AFRH-G for making me feel as much at home there as I do here at AFRH-W. We truly are one home – AFRH!

Personally, I was glad to get back to AFRH-W and my 'family' here. It is good to be home again. My definition of 'AFRH family' includes residents, staff and administration. Together we can all make a positive difference in our home; whether it be looking out for each other, taking the time to pick up a piece of dropped whatever and properly disposing it, helping one another, hearing and listening to what others have to say, not jumping to conclusions before all the relevant information is obtained. The list of positive differences we can individually, and collectively, make to ensure we continue as the

premiere retirement home for veterans goes on and on.

My new motto is something along the lines of let's find ways to accomplish more with less and ways to find "why we can" instead of simply and automatically having a negative tone of 'nope', 'can't afford it' or 'that's not going to happen'. Will some items requested be turned down? Absolutely. None of us can have everything we want. Can positive attitudes make a positive difference and directly impact our individual and collective lives here at AFRH-W? A resounding yes.

The bottom line – what affects and effects our quality of life here at AFRH-W is resident driven. If I wake up and have the attitude it's going to be a great day more often than not it is. I mentioned in a previous article I only allow myself two kinds of days, a good one or a better one. With this mindset, it is almost assured all my days will be good. Yes, some will be better than others, but all will be good, at a minimum.

OUR new Ombudsman is on board! If you haven't met Robb Webb I encourage you to do so. He appears to have the passion and desire to help us make the AFRH-W a phenomenal place to call home. He will be at our RAC meetings held the 3rd Wednesday of each month at 10 AM. Welcome Aboard Robb!

Please join me on our journey together through life and great times at AFRH-W and let's make it a good day! As always, if you have something you would like me to include or discuss in this article, let's sit and chat.

Highlights from last meeting held on May 20, 2015:

Chairman's Welcome to all / Announcements

>Please be reminded that emergency pendants are available at no cost from Security.

>The RAC Fund always welcomes 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.

AFRH - W Ombudsman

>Advocate for resident's working through the RAC. Striving to ensure that AFRH-W is a great place to live, thrive, and work. RAC FLOOR REPRESENTATIVE REPORTS and COMMITTEES FLOOR REPS: No report

CAMPUS OPERATIONS: Numerous projects underway.

FOOD SERVICE:

>Hormel Food tasting went well. Sampled items well received. Working to incorporate into menu as an entrée or to enhance other items on menu.

>Guests have same options as residents for Food service (choice of entrees, seconds, etc.) Please see a dining service supervisor or member of RAC if problem encountered.

GOLF: Pro AM tournament to be held May 21st

HEALTH AND WELLNESS:

>Chief of Health Care Services, Mike Bayles has begun employment!

>When the Medication Distribution Room is closed during posted hours please go to the Wellness Center front desk for assistance. There are procedures in place to get your medications dispensed during posted distribution hours, if Pharmacy Tech not present.

>All residents are encouraged to have an 'emergency bag' available that includes change of clothes, underwear, toiletries, cell phone charger, etc. in case it is needed for an unexpected hospitalization.

>Residents are encouraged to pick a (singular) Primary Care Provider to be the 'gatekeeper' for all their healthcare needs coordination.

>A focus group is being planned in the near future that will focus on Wellness Center and Healthcare issues. MORALE WELFARE and RECREATION: Please volunteer. Always have a place where your skills can be put to use! Cur-

rent need for volunteers at the Thrift Shop.

MASTER PLAN: no report
RESIDENT FUND ADVISORY COMMITTEE: Resident fund is expending more than it is receiving. This issue will be discussed at next Resident Fund Advisory Committee to be held prior to June's Resident Fund Advisory Board. Funds will last (approximately) less than 3 years at current expenditure levels.

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

OLD BUSINESS: Secretary for RAC still sought.

NEW BUSINESS:

>James Judy appointed 2nd FL Rep, Marvin Archer appointed 4th Floor Rep, John Smith appointed Honors Committee Chair, Motion by K. Faller, 2nd by J. Maier to ratify appointments. Unanimous vote to ratify appointments. Welcome Aboard gentleman!

>Howard Shirley has resigned as 4th floor Rep. Joe Wachter has stepped down as Chair of Honors Committee, but will continue as a committee Member.

>A representative from Disabled American Veterans will be at the Washington VA, 4th floor auditorium to assist with benefits and claims information. Please see flyer on RAC Board in tunnel for further information.

RESIDENT CONCERNS FOR ADMINISTRATIVE REPLY none

Motion to adjourn at 10:19 passed, Next meeting at 10AM on June 17, 2015

Thank you for supporting your Resident Advisory Committee
RAC meetings are held the third Wednesday of every month at 10 AM in the Scott Community Room
The Resident Advisory Committee (RAC) is here to serve you!

Phil Ford

Thank you to all the Nurses of AFRH

By Becki Zschiedrich, Public Affairs

Florence Nightingale once said, "Nursing is an art: and if it is to be made an art, it requires an exclusive devotion as hard a preparation, as any painter's or sculptor's work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God's spirit? It is one of the Fine Arts: I had almost said the finest of Fine Arts."

Since Nurses are a crucial part of the healthcare system, the week of May 6 – 12 is dedicated to all nurses as National Nurse's Week. Nurses care, comfort, humor, prevent complications, offer compassion, and save lives. They do a job that only a certain kind of person can do and the care they give comes naturally to them. We would like to thank all the Nurses in the Wellness Center, Independent Living Plus, Assisted Living, Long Term Care and Memory Support for their dedication, caring and loyalty to our Veterans.

At AFRH-G we celebrated Nurse's Week with a Hawaiian Day, Funky Fashion Day, Patriotic Day, Sports Day, Back to the Future Day, and White Uniform Day.

We would like to pay tribute to all of our nurses for everything they do for the Residents of AFRH. The importance of nurses is not only to the Residents, but also to their families. Nurses make a huge difference in our lives. Without a doubt, care giving takes a team, and we are so fortunate to have all the nurses here as part of the AFRH family.

When you're a nurse you know that every day you will touch a life or a life will touch yours.



The Nurses of Valor Hall and Loyalty Hall celebrated Patriotic Day at AFRH-G.



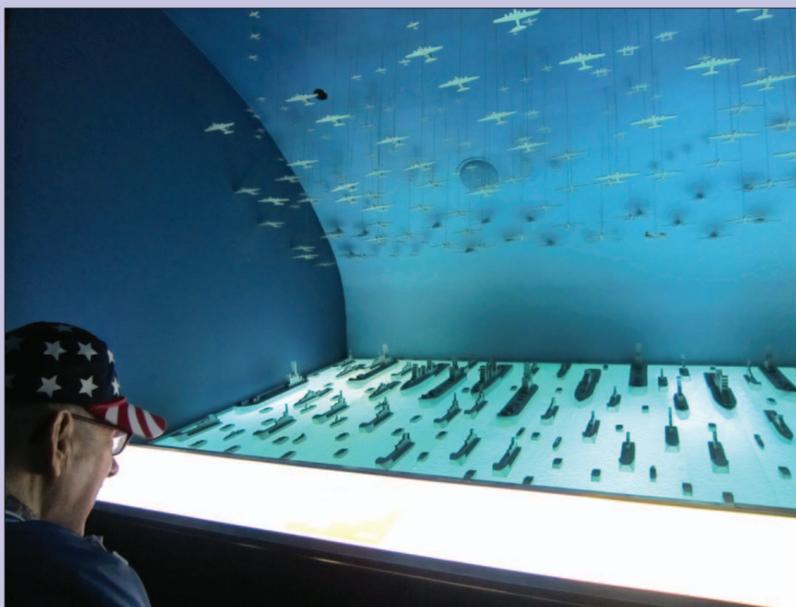
White Uniform Day was a big hit with the nursing staff.

**Nurses are patient people,
and we'd all be worse without a nurse.**

AFRH-G Residents visit the National WWII Museum

By Susan Bergman, MT-BC, Recreation Therapy Services

On Tuesday April 28, 2015, Residents from Independent Living, Independent Living Plus, Valor Hall, & Allegiance Hall visited The National World War II Museum in New Orleans. The group of AFRH residents consisted of US Navy, US Air Force and US Marine Corp veterans who served during WWII, Korea, Panama, and Vietnam. The residents began the day in the Solomon Victory Theater watching Beyond All Boundaries, the award-winning 4D cinematic experience produced by Tom Hanks. Eyes widened as the seats rumbled with the tank footage in Africa, snow fell from the ceiling during the winter scenes of war, and smoke filled the auditorium depicting the raids on Japan. The 4D experience was a must see for future visits (hint: you will have to see it for yourself – can't give all the special effects away). After lunch in the American Sector Restaurant, residents visited the Main Exhibit Galleries which included America Goes to War, D-Day Invasion of Normandy, D-Day: The Landing Beaches, and D-Day Invasions of the Pacific. After a group photo in the Louisiana Memorial Pavilion lobby, residents finished their visit with the new exhibit, Campaigns of Courage: Road to Berlin. The Campaigns of Courage: European and Pacific Theater Galleries are yet to open. With many more exhibits to see, a future trip surely is a must on the to-do list. The veteran residents thoroughly enjoyed their visit to New Orleans and AFRH would like to thank Tommy Lofton, Historian / Curator of The National World War II Museum for making this experience possible.



Marvin Haynes looks at the Air & Sea Armada of June 6th Operation Overlord.



Marvin Haynes, Mary Mayo, Edward Farrell, Robert Agolia, & Billy Boots at The National WWII Museum in New Orleans.

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



Wow, have I been busy these past few weeks since my last column. Don't get me wrong I like my position and the responsibility. I like being your advocate and interacting with the administration to

get the things, we the Residents, need and deserve. On the 7th of May the AFRH Advisory Board met in Washington DC. This board meets twice a year to discuss the direction the Home is going and how to keep it as the premier retirement home for veterans. We in Gulfport attended via Tele-conference. The main topic was the new fee increases and the expected increase in enlisted contributions scheduled for July. Some small things still need to be resolved and the Senior Enlisted Advisors to the Joint Chiefs will be making their recommendations. I hope to know more when the Board meets again in November.

I wish to welcome Col. Wilhite

(USAF) our new interim Administrator and Col. Delaney (USA) our new interim Chief of Healthcare. I intend to give them all the support I can and work with them so the Home continues to be the best retirement facility in the nation.

Some of the things I will be having the RAC look at in the coming months are:

1. Building a "Memorial Brick Wall, Walkway or Path". (Residents, Family members, or Corporations would be able to purchase bricks, have those bricks engraved, and the bricks would be embedded in a wall, walkway or path). There are some hurdles that must be overcome before proceeding. Some of these hurdles are, will it be wall or pathway, the cost to the residents and lastly where on the grounds to put the memorial. However it is my wish to have this project well on its way by the end of the calendar year.
2. I would like to have the lighting in the Community Center up graded so when we have events there we can customize the lighting meet the occasion.
3. The RAC has voted: Residents can now have guest in Spiro's. Please have your guests follow the dress code for the Home i.e., No tank tops, swim clothes, short-shorts or shower shoes.
4. I am looking to re-establish the Health and Wellness Sub-Committee. This sub-committee will work with the Administrator and Chief

of Healthcare to look at our healthcare system. We will also review the interaction between residents and staff and improve communication between them. When we first re-opened the Home back in 2010 the sub-committee was alive and working well, but for the last two years it has ceased to function. Now with the recent changes we need to re-establish this vital committee. I'll be looking for volunteers to serve and you do not have to be a member of the RAC to serve on any committee. If you want to become involved with our healthcare Let me know. Ok, folks the weather is nicer now so let's get up and get moving. Don't spend the rest of your lives in your apartment, the Dining Room or Smoke Shack. Go on a trip, visit friends and family or just take a walk along the beach. The point is to GET MOVING.

Lastly, I'm writing this before Memorial Day so I'll just say I hope all of you will take the time to remember the ones who gave their "Last full measure of Devotion that this Nation under God... shall not perish from the earth". Thank-you for your service.

Henri D. Gibson



DC RAC Chair, Phil Ford, (left) visited the Gulfport Home at the beginning of this month. Gulfport RAC Chair, Henri Gibson (right), gave Phil a VIP Tour of the Home.

AFRH-W May Activities

3rd Annual Spring Fling held on the grounds

The Friends of the Soldiers' Home hosted the 3rd Annual Spring Fling on May 2, 2015 on the lower grounds of the Armed Forces Retirement Home-Washington. This year's event featured nature walks, games for the kids, food trucks and live entertainment.



Entertaining the children during Spring Fling were Little Red Riding Hood and the Big Bad Wolf.



Residents kick back and take it easy at this years event.



Volunteers of Friends of the Soldiers' Home serving up refreshments.

Afternoon Poetry & Tea just for you and me



Rick Walk presents one of his two poem readings.

By Christine Baldwin, Librarian

On a warm day in May, a group of AFRH-W Residents enjoyed a nice glass of iced tea and sampled some delicious cookies, while they listened to a wide range of poetry and recitations. The afternoon started with a thoughtful poem written by resident William Sorince titled "Hope". Next, Bill Opferman read "The Charge of the Light Brigade" after telling the background of the poem. A wonderful recital of "Your Chance" by Norma Rambow followed. Two inspirational poems were then read by Rick Walk; "The Road Not Taken" and "Stopping by the Woods on a Snowy Evening". Christine Baldwin then read a poem given to her by resident Harold Taylor that fitted so nice with Nursing Recognition Month titled "Clara Barton". Paul Grimes finished the official program with the poem "While the Bannock Bakes". A special thanks to Nicole Chappell, Sarah Kenan, and Steven Briefs, for helping to make this day special.



Sarah Kenan and Catharine Dietch enjoying an afternoon of poetry.

Kickoff to the summer with Fun Day in DC

By Jerry Carter, Recreation Services

On Friday, May 1st Recreation Services hosted a Fun Day Event for the Residents here @ AFRH. The residents were treated to a fabulous cook-out menu by Food Service and cold beverages served during this event. Also live performances by the Nicole Saphos Trio & our very own Waymon Lucas played the electric guitar and sang several blues songs for the residents. The participants were also entertained by Belly Dancers from the Saffron Dance Company. All of these performances had the Residents clapping and dancing throughout the event. This was a great fun day and what a way to start off the cook-out season!



Waymon Lucas entertained the Residents, guests and staff with several country favorites.

Occoquan River Boat Tour and Picnic

By Carol Mitchell, Recreation Therapy

Beautiful sunny skies and warm weather greeted the Residents of AFRH-W on Wednesday, May 20th in Virginia along the Occoquan River. The Health Care residents stopped to pick up some McDonald's food and enjoyed a picnic overlooking the water and the magnificent multi-million dollar homes! They then strolled over to the 50 foot pontoon boat "The Rivershore" and joined up with Independent Living AFRH-W residents to board the boat and head out on a 90 minute guided tour by Captain Mike. Special thanks to the Fenwick Foundation for donating tickets for this relaxing and scenic event.



Residents enjoying lunch on the bank of the Occoquan River.

Mother's Day Tea

By Carol Mitchell, Recreation Therapy

In honor of the first celebration of Mother's Day on May 10, 1908, as established by Anna Jarvis, the AFRH-W continued the tradition. On May 11th the ladies of our Home enjoyed a lovely afternoon of assorted tea's and appetizers. The event celebrated all Mother's past and present. Food Service prepared fantastic finger sandwiches, assorted cheese & crackers, and fresh fruit. The Ladies also enjoyed learning the history of Mother's Day and a little Mother's Day trivia.



Carol Mitchell uses trivia questions to explain the history of Mother's Day with several of the lady residents.

AFRH-G May Activities

Residents take trip to Seabee Base to receive training in Humvee convey simulators

By Doris Jones, AFRH-G Resident

On May 6th The Seabee Base invited Residents of the Armed Forces Retirement Home to attend training on a new, 21st century convoy training simulator to augment current training for the Seabees. The system consists of six vehicle simulators, three high-mobility multipurpose wheeled vehicle and two medium tactical vehicle replacements, which are programmed with a variety of training scenarios and scenery projected onto a 360-degree screen.

Each vehicle will hold up to five people and is positioned in its own simulation space surrounded by a projection screen which displays the other vehicles within the convoy as it progresses through the simulation. Drivers navigate their vehicles through hostile, life-like scenarios while passengers take the appropriate actions.

Residents who attended this training were Doris Jones, Claire Dimler-Smith and Bill Knight. They were greeted by a CB driver and taken to the simulator training facility at the Gulfport, Mississippi Seabee Base to experience the course, "Hands on Iraq – Humvee Good Guys vs. Bad Guys."

The first exercise took place in the desert area of Iraq. Doris Jones drove the Humvee while Claire Dimler-Smith manned a 50 caliber machine gun and Bill Knight chose the AK47 and M-16 rifles. This exercise was so realistic that the noise and action really got your adrenaline flowing. We all gained a better insight of what our Armed Forces are going through over there.

The second exercise took place in town at a market. We had to decide whether or not to shoot and make decisions in an instant. This was not easy, by no means. Doris Jones tried to avoid hitting goats and camels on the road plus had to spot IUD's. This was really an experience that none of us will forget.

This training is intended to augment live convoy security element training but will not replace it. These simulators allow the Seabees to further develop their convoy operations skills and help prevent skill degradation.

We would like to thank our Ombudsman, Master Chief Paul Wise, for getting this incredible opportunity set up for us and for allowing us to be part of it. God Bless Our Troops and God Bless America.



Claire Dimler-Smith (top), Doris Jones (left) and Bill Knight (right) said this training was very realistic.

AFRH-G Resident Volunteer corner

By Jennifer L. Briley, Volunteer Coordinator

**Resident Volunteers of the Month Shout-Out to:
Lillian "Fraz" Fravell, Rick Eyman, Gil Didriksen, Paul Hoffer, Ken Falk,
and Raleigh "Dawg" Player.**

Biloxi High School hosted our Residents for Table Top Briefings in their Gymnasium with World History students from the sophomore class on May 13th 2015. The briefings focused on WWII, Korea, and Vietnam. The students designed their questions around our Resident's perception of the conflict, the degree of danger our residents were in, and how everyone coped with their situation at the time, as well as after they returned home. Our Residents were truly honored by all the students to include the Culinary Class. The Culinary students prepared a menu of turkey and ham croissants, freshly chopped fruit salad, and iced tea. At the very end Biloxi High School presented each of our Veterans with a Gold Medal to honor their service to our country. Raleigh "Dawg" Player drove our group to Biloxi High and due to an over booking of the van that day kept a rigorous schedule for two trips to the area, Thrift Stores, as well as making the time to pick up our Residents after a grateful and fabulous day at Biloxi High School. Thank you to our Veterans that participated in keeping history alive in the eyes of our youth!



AFRH-G Residents and Biloxi High School students get together for a photo in the Biloxi High School Gymnasium after their Table Top Briefings.

Art pieces by PJ Johnson and Wolf Kiessling, going to the Nationals

By Milt Williams, Art Specialist

The 2015 National Veterans Arts Festival being held in Durham, North Carolina is the next phase of the art competition. PJ Johnson's piece in the woodworking category titled "Hummer" is a hand made from scratch or I should say, made with precise calibrated cuts of various types of wood, a pinch of glue and a whole lot of "self-rising" patience. We're rooting for you PJ.

Wolf Kiessling has one in the Transfer/Engraving Art Kits category titled "His Brother's Keeper" and "A Family Portrait" in Original Design Pyrography. He uses a wood burning tool to draw the subjects. He certainly has been "on fire" with re-creative ideas. All three works of art are going to the next phase of the competition. Hope you both bring home the "Gold Medal".



PJ's entry "Hummer" is in the wood working category of the NVCAF Competition.



Wolf's entry, "A Family Portrait" is in the original pyrography category of the NVCAF Competition.



Wolf's entry titled, "His Brother's Keeper" is in the Etching/Tracing category of the NVCAF Competition.

AFRH-G Community Volunteer corner

By Jennifer L. Briley, Volunteer Coordinator

Community Volunteer of the Month Shout-Out to: Naval Facilities Engineering and Expeditionary Warfare Center Reserve Unit – Detachment Bravo

Here is a Shout Out to LTJG Kirk Williamson, CM1 Paul Willette, his daughter Sierra Willette, LS2 Steven Vickers, and CE2 David Shaw. These Naval Seabees volunteered to decorate for our "Senior Prom" Dance on the 1st of May 2015. Not only did they volunteer to decorate our Community Center, they even donated the decorations. Rolls upon rolls of streamers, glow in the dark stars, and even a back drop for the musician graced our Community Center. They finished it off with bottles of bubbles on the tables and balloons. Their inspiration for the night was Frank Sinatra's rendition of "Blue Moon". Once the ball was over LS2 Vickers and CE2 Shaw came back to help clean it all up. Our "Senior Prom" ended up being a magical night for all. Thank you NR NAVFAC EXWC DET Bravo!



GULFPORT Happy Cinco de Mayo

By *Becki Zschiedrich, Public Affairs*

Residents in Gulfport celebrated Cinco de Mayo with a Mexican fiesta. Appetizers consisting of cheddar cheese stuffed jalapeño peppers, cream cheese stuffed jalapeño peppers, cheese enchiladas, Santa Fe rolls, taco pie, and strawberry churros were served. Margaritas were an especially big hit at this celebration of Cinco de Mayo which commemorates the Mexican army's victory over the French forces of Napoleon III on May 5, 1862, at the Battle of Puebla. Muchas gracias to the Dining employees and to Recreation for putting on such a spectacular event.



Arvydas Vycius and James Joyce enjoy the fiesta.



Susan Bergman and David Bovair celebrated Cinco de Mayo in style.



Johnnie Allen dressed the part while enjoying a margarita.



Of course Mencho Hernandez was dressed in style with his mexican sombrero.



Rick Eyman had a pleasant time celebrating Cinco de Mayo with a margarita and a Mexican feast.

WASHINGTON

U.S. Coast Guard making a difference during their recent pond project



By *Carolyn Haug, Volunteer Coordinator*

Sixty-five volunteers from the Coast Guard and their families assembled together at the AFRH-W Fishing Ponds on Wednesday, May 13, 2015 for their 11th annual pond clean up. The volunteers tackled a lot of work after a long winter. A lot of overgrowth was cleared away from the ponds; limbs & branches carried out; the pond skimmed; wooden structures stained; the shed and front fence received a new coat of paint; the small shed received a new door; a couple of sink holes were filled; posts were sunk and rope line attached around the ponds.

CWO3 William "Ernie" Ernestburg has coordinated the volunteers from the USCG Chief Warrant Officers Association, Chief Petty Officers Association and Enlisted Association for the last four years. He commented that since he has been volunteering for this event, the same stick has been used to secure the small shed. Even after replacing the old rotted door, the old stick went back on to secure the new door.

Residents are welcome to come down to the Fishing Ponds. They are all cleaned up for the start of the season. Join us on Friday, June 5th at 9:00 a.m. for the Annual Fishing Rodeo!

Thank you Coast Guard for all of your support!



Coast Guard volunteers dragging just one of the several piles of leaves out of the pond area.



Coast Guard personnel place a new coat of stain on the bridge.



The Coast Guard family pitches in to help stain the railing on the bridge.