Cruisin’ the Coast

Photos by Becki Zschiedrich, AFRH-G Public Affairs

Cruisin’ The Coast® comes to the Mississippi Gulf Coast every October for one full week. It is known as America’s Largest Block Party. It all started in 1996 as a festival to celebrate antique, classic and hot rod vehicles. 374 vehicles registered that first year and now it has grown to over 7,000 registered vehicles. As you drive down Highway 90 it is exciting to go back in time and witness thousands of antique and hot rod vehicles cruisin’ the 30-mile stretch of beachside highway in and around Gulfport, Mississippi. Seeing these vehicles gives you a feeling of nostalgia. Cruisers stopped by the AFRH-G to show their hot rods off to our veterans. Some of our car enthusiastic residents were even offered rides by the “Cruisers” and actually went “Cruisin’ Down the Coast.”

Hail to the Washington Redskins

By Carol Mitchell, Recreation Therapist & Sarah Kenan, Recreation Assistant

On October 4th Washington Residents enjoyed an exciting day at the Fed Ex Field watching the Washington Redskins clip the wings of the Philadelphia Eagles.

The day started off with the possibility of the game being moved to Ford Field in Detroit due to an extreme cold front, rain, and wind. A ride to Detroit would have been a long one to endure. The Recreation Therapy staff and residents made the decision to head on out to the Fed Ex field... the weather calmed down and the game was on! We were able to tailgate prior to the start of the game with thousands of other Redskin diehard fans. Sarah Kenan from Recreation Therapy made our tailgating feast which included: Baked chilli, grilled hot dogs, sodas, potato salad, fruit, and delicious chocolate brownies. It was a tight game throughout but the Skins pulled it off with a winning field goal by kicker Dustin Hopkins. The final score was 23-20.

Fun Fact: The rivalry between the Redskins and the Eagles dates back to 1934 where they played their first 3 seasons as the Boston Redskins. GO SKINS!!!!!!!

The Resident’s view at Fed Ex field.

Naomi Davis of Occupational Therapy and Resident Peter Martinek brave the cold during the game.
Military veterans from each service branch can live at AFRH. The following persons who served as

Becki Zschiedrich - AFRH-G Public Affairs

AFRH-G Veteran Highlight

father was employed with the Marine Corps, he worked as a commercial

the Marine Corps Air Station, his mother, and his older sister. Before his

AFRH-G sailing his remote control sailboats.

ArmyNBVAYFARCORMARINESCORPS COASTGUARD

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.

Email: sheila.abarr@AFRH.gov

AFRH-W Veteran Highlight

By Christine Baldwin, AFRH-W Librarian

Stan Steward was born in Indiana and moved around many times during his early childhood mainly setting

in Evansville, IN, when he was 9 years old. After graduating from high

school and seeing that the draft was still active, even though the Korean War was over, Stan decided to

join the US Army in the winter of 1955. The recruiter said he would be

going to Naval Station Great Lakes in December. The Air Force recruiter at the next desk, seeing an opportunity,

asked if he would prefer California. Stan was sold and became an Air Force enlistee.

So it was off to Parks AFB, just outside of Oakland, CA for basic training, then to Chanute AFB, IL for Tech school. His

next several assignments were to Portsmouth, NH: Goose Bay, Labrador; Thule, Greenland and Keflavik, Iceland. Not exactly

warm weather.

Davis was born on Midway. Two years later he was stationed at OAFB, CA. After a month trip in Okinawa, he met

Sammy Ray Davis was born in a

Morehead, NC hospital. His

family lived on nearby Harbors Island. His family was

made up of his mother, his father, an

illustrator at the Marine Corps Air Station, his mother, and his older sister. Before his

father was employed with the Marine Corps, he worked as a commercial

fisherman. Sam loved to speckled trout fishing with his father. He always

felt very comfortable near water since he enjoyed fishing and liv-

ing on an island. Growing up, he absolutely hated school. He decided to

quit in ninth grade, after failing three times. He also quit so he could

marry his high school sweetheart. Because he hooked up to his

father’s bank account, he was sent to the Coast Guard, he went to the Coast Guard recruiter at

age 17. The recruiter needed a job to support his soon-to-be wife. The

recruiter originally told him he could file it, but he thought he could

pass the aptitude test to join since he had failed so many times. Sam

took the test in 20 minutes and passed.

Sam was sent to New Jersey for an eight-week boot camp. While on boot camp leave, he married his sweetheart. After boot camp he was sent for his first duty station to Sabine Pass, TX. He stayed

below zero, the base steam heating system went down. Temperatures in the housing area were freezing. That

morning, the formula bottle was frozen solid! Later that

morning, he presented transfer orders to Midway Is-

land where he was stationed originally to return to December. A daughter was born on Midway. Two years later he was stationed at OAFB, CA. After a month trip in Okinawa, he met

his sweetheart. After boot camp leave, he married his sweetheart. After boot camp he was sent for his first duty station to Sabine Pass, TX. He stayed

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Stan and his wife moved to the Outer Banks area of North Carolina, where they spent years renovating an old farm house. After 53 years of marriage to his child-

Buttress He is the author of several books.

http://www.carf.org/aging

A CARF-CCAC Five-Year Term of Accredit-

ation was awarded to the Armed Forces Retirement Home in July 2010. www.carf.org

Sammy Davis enjoying time out by the pool at

AFRH-G sailing his remote control sailboats.

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Sam teaches other residents how to sail in the pool.

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Message from the Chief Operating Officer

We began October with a retirement ceremony for the AFRH-G Acting Administrator, Col Dwayne Wilhite and I have to note the gratitude I am for his service. We have made great strides this month with Electronic Medical Records, Nurse Staffing Software, and will end the month with an Advisory Council meeting, which is always productive! The months passing mean a bit more now that I have retirement on the horizon.

On that note, you should know that the advertisement for my position, Chief Operating Officer, recently closed, attracting 47 individuals applied and 17 were deemed most qualified. The initial interview panel is comprised of senior officials from the Department of Defense (DoD), Defense Health Agency, and AFRH. That initial panel will rack and stack the candidates, providing names to DoD which will ultimately make the decision at the Assistant Secretary level. We will have someone on board by December timeframe.

Another vacancy that touches a little closer to home for some of you (literally) is the AFRH-G Administrator. There were a number of applicants for that position as well, and we received a list containing ten names. I am completing interviews in the coming days and we’ll have a recommendation to the Assistant Secretary of Defense (Manpower and Reserve Affairs) this month. Both Shaun Servais and Sheila Abarr are doing an outstanding job in the interim and I am grateful.

We also have several medical positions in play; the AFRH-W Chief Medical Officer position is currently vacant, but a selection has been made and an offer tendered, we await a response. Interviews are currently taking place for the other AFRH-W Medical Officer position and we hope to have a selection soon. At AFRH-Gulfport, the vacant nurse practitioner position is being converted to a Medical Officer and recruitment will begin soon. There is an additional vacancy in the AFRH-G Wellness Center, the Pharmacy Technician position is vacant, but a selection is being held later this month.

AFRH has multiple administrative assistant vacancies, these vacancies are well down the road and interviews should begin soon. All in all, AFRH should be filled up within the coming months.

Unfortunately we will have an additional vacancy in the near future, Sheila Abarr, our Corporate Public Affairs Officer, has announced her retirement. I say unfortunate because it is truly a significant loss for AFRH, but we wish her well in her retirement. Recruitment will begin soon but there is absolutely no replacing Sheila. She has been my go-to person and aside from being missed organizationally, I will personally miss her.

Enjoy the fall, the crispness of the weather and the beauty of the changing leaves and I will talk to you soon.

Steve McManus

Message from the Chief, Healthcare Services

OCTOBER 31, 2015

ARMED FORCES RETIREMENT HOME

Every quilt tells a story

By Becki Zsichriedich, AFRH-G Public Affairs

When browsing the halls of AFRH-G you can always catch Gerry DeVoe in the sewing room working. Her goal is to finish sewing 60 quilts before Christmas. This means she has been spending eight hours a day, or more, in the Sewing Room at AFRH-G quilting. Even though Gerry retired from the Navy as an E-6, this is what she considers her “full time” job now. Gerry, who is a very kind and gentle soul, has led a very exhilarating life. Born in Kentucky and raised in Indiana, she joined the Navy in 1973. Her first duty station was in Stockton, California. From there she was stationed in Australia, Guam, Norfolk, Virginia, Bermuda, and San Diego, California. After traveling the world while in the Navy, Gerry settled down in Virginia Beach after retiring. In 2014 she moved to Gulfport, Mississippi and for the past year she has called AFRH-G home.

Quilting is only one of many gifts Gerry has. Not only does she compose breathtaking quilts, she is also a fiber artist, in which she takes wool from a sheep, washes it, spins it, and then knits or crochets it into an item like a shawl, vest, or scarf. She learned how to spin in Virginia at a historical house and she was immediately hooked. She also likes to make homemade soap out of palm oil, coconut oil, castor oil, olive oil and fragrance. Another talent of Gerry’s is basket making. She creates baskets out of reed, which is a part of bamboo. When asked how she knows when she has made something, she said, “I just feel all of these creations at craft shows and historical houses and got interested.” She also stumbled across books on quilting and is mostly just self-taught. “I took classes in the 90’s on quilting. I love it because it is fun. I love making the colors come together and looking back at it. It is awesome and beautiful”, she expressed.

The first quilt she ever completed was white she was stationed in Guam in 1986. Since then she has constructed over 100 quilts. Gerry said when she first started quilting, it was a big challenge and she always worried about having enough material. She has also composed her own Bargello design, which she said was not easy, but was inspired by the satisfaction of knowing she did it.

Gerry’s creativity, vision and imagination is endless. She also designs Dutch and Russian spiral beaded necklaces and delights in painting nature scenes. It’s hard to believe that Gerry did not discover her talents until the 1986’s.

When Gerry is not quilting in the sewing room you can catch her in the exercise room or the swimming pool. She is thankful that she does not have to work to drive, enjoys getting plenty of sleep, and is grateful she does not have to cook anymore. “I do not want to sit on the couch and do nothing. I need to keep active and that is why I like the art of quilting, basketry, beading, crocheting, knitting, spinning and soap making. I appreciate not having a schedule and I don’t have to go to work if I don’t want to because I’m retired”, she said. Out of all of her hobbies she enjoys quilting the most because she can use the quilts to cover up and keep her warm.

Michael Bayles
Chief, Healthcare Services

Message from the Chief, Healthcare Services

Ladies and gentlemen, I just wanted to give you all a quick update from Health Care Services on the Washington campus. During the week of September 21st, our consultants visited conducted an operational assessment of our accreditation preparedness. Overall, we did well. One key area of focus is our new home health program (Independent Living-Plus). In general, we got great feedback, and they had good things to say about the program, a real compliment to Marie Zepp, the Clinical Nurse Supervisor.

However, the reason I am writing to you today is to share with you our approach to providing you the best quality healthcare services, with the goal of supporting you to remain as healthy and independent as possible. We are identifying opportunities to improve, and we are carefully tracking progress. We do this in a couple of ways. First, there are some standard industry measures, which are basic parts of accreditation. The accreditation is important, because it provides us with a framework on which to base our programs. More importantly, as a person-centered-care organization, it is essential that we incorporate feedback from our customers, the Residents. We are tracking concerns brought to our attention by Residents, action taken, and the data we got back to the Resident with a response. Some improvements are the result of concerns presented either individually or by groups of Residents, and those are also being addressed on an action plan.

Examples of issues we are currently working on include ensuring that we have accurately captured Resident’s preferences for key concerns, such as who they prefer to see for their medical care, advanced directives (resuscitation, for example), and which family members that they would like involved with their care. We are also working on improving processes for medication distribution, and continuity of care. So, we are out there aggressively soliciting your feedback to ensure that we are promptly informed about your concerns, as well as looking for great ideas about how to improve our service to you. We will continue to work with the Resident Advisory Committee (RAC), and Robert Webb, your Ombudsman, to ensure we stay on top of this. Thank you.

Michael Bayles
Chief, Healthcare Services
It has been an honor and a privilege to serve as the Acting Administrator for the FOSH-AFRH campus. As I did before I joined right before an Emergency Management working with Healthcare & Resident Services as well as the Campus Operations Committee.

In the past six months the work is following up and making sure we are heading in the right direction when it comes to resident’s satisfaction. In the remaining four months there has been a common theme with resident concerns and requests. Most concerns and requests are mildly small but in nature, when action is not taken it turns into a larger problem. The AFRH-FW staff knows that I am very big on follow up and follow through. When issues come up, they have been addressed and if they have not then action will be taken. Concerns and requests brought to the Administration will have an outcome that pleases everyone. If the request or item is never brought forward then we cannot move in the right direction. A resident question to us might make or even make a difference in a fellow resident or staff member’s daily routine or life for that matter. I believe in a Resident First Town. I continuously ask around and explain if you never bring that complaint forward for review and possible resolution. But when the key concern is the chain of command. I will continue to stress the importance of working through the chain of command in Heritage Services, the Administrative Advisor, and Resident Services before jumping to the FRGI or COO. It will take time to get to that certain office level. I will always have an open door policy, but the first question I will ask is “Did you bring this through the proper chain of command or the Resident Advisory Council (RAC)?” I would suggest that you, as a Resident, follow a community and continue to work through the RAC if you are truly interested in and you want your opinion heard. Committee meetings are always open to bring up any concerns and discuss moving forward with ideas and movies. I challenge you to attend and make a difference in the AFRH-FW Community. Always remember your daily actions have what your concerns are. I have had acted on several of the concerns in the short month I have been the Acting Administrator.

This coming month we will have several events and items on the calendar that impact the FOSH AFRH campus. We will start the Annual Facility Fire Alarm Testing. November 6th Marine Corps birthday ceremony. November 11th the Veteran’s Day ceremony will be held. November 14th we will host the National Military Family Volunteer Day, and of course the month ends with its Thanksgiving put by the Dining staff.

So I would like to congratulate Carolyn Haug, Volunteer Coordinator for being selected as the Employee of the Quarter.

Closing. The most important part of my position is walking through the dinner hall at lunch time and saying hello to each of you. I also get the chance to meet new people and say hello. Thank you for your continued support.

Sheila Abarr

Notes from the AFRH-FW Administrator

RAC meeting was held on Monday, October 5th at 5:00 PM in the RAC Chairman’s office. It was called to order at 5:05 PM by the RAC Chairman. The Agenda was as follows:

1. Introduction of new members.
4. Administration updates.
5. Community updates.
7.OLD BUSINESS: NONE

Overview: The meeting lasted approximately one hour.

Staff and Guests present: Robb Webb, Ombudman. Minutes of September 15, 2016 meeting approved by unanimous vote Chairman’s Welcome to all / Announcements

Chairman of AFRH-W Sheila Abarr, Chairman of FOSH – ADMINISTRATIVE AGENCY

On Monday, October 5, 2016 a meeting was called to order by RAC Chairman. in accordance with Procedure of the issuance of Permit on July 22, 2015 to FOSH for the use of 80 acres of the non-constitutionally successful mixed used development of land generally west of Arnold Drive. The initial issuance of a permit on 9/25/2015 that continued maintenance of Golf Course would not continue effective 10/1/2015.

Agreement between Resident Advisory and an agency for continuance of Golf Course Maintenance for next golf season (through September 2016)

Now 75 days into 180 permit.

Question: What is status of permit?

Answer: upon issuance of permit FOSH two ways forward: first entity to be considered FOSH to be an umbrella organization for different activity groups (e.g. seniors, veterans, developerspecialist, resident development organization, among others). FOSH determined that it is an active and responsible manner. The time permit constraints was obtained a single entity. In order to develop a comprehensive study propose of the entire area primarily west of Arnold Drive. The Trust for Public Lands is the entity that was identified with expertise and resources utilizing over their 40 years of experience in successful development of a Hud employee development of an area that is presented by the area generally west of Arnold Drive.

Question: If golf course needs entire area

Answer: FOSH forgo a ‘community use’ portion.

Answer: – The RHCC is not a RAC Committee. It is a standing committee of 12 residents to review suggestions or comments of any of those in attendance.

– AFRH-W RAC Recreation Fund in their final bequests (wills).

– As a non-profit entity without shareholders current outlay are being considered.

– It is not anticipated that retirement of COO and its impact on use of the land. The permit will help define way forward and benefit both community. As a result, would effect to continue moving forward after retire of COO.

Question: Will the 80 acres of FOSH permit have an impact on the area being focused upon by the permit?

Answer: It is not anticipated a negative impact will occur upon land that is the focus of the FOSH permit. A pattern for the 80 acres is currently being worked on that may allow to move more timely and beneficial to the AFRH-W.

In summation all were thanked for their attendance at meeting. Chairwomen will put forth notice of the request. The floor was then opened to questions or comments of any of those in attendance.

Chair the next meeting was scheduled for November 29/30/2016.

Question: What is the timeline for the approval of the 80 acres of the FOSH permit?

Chair the next meeting was scheduled for November 29/30/2016.

Question: Will there be an enhancement of golf course activities?

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Question: Will a percentage of income come back to the AFRH-FW Resident Fund, i.e. FOSH agrees to fund resident activities at current level (about $125,000 yearly not including money for Golf Course) after donations and amounts raised deducted from the previous year? With that being said it is also recognized that FOSH could make or even large difference in a fellow resident or staff member’s daily routine or life for that matter. I believe in a Community First Town. I continuously ask around and explain if you never bring your complaints to the proper command and review.

In summation all were thanked for their attendance at meeting. Chairwomen will put forth notice of the request. The floor was then opened to questions or comments of any of those in attendance.

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Question: What entity will be responsible for regular updates to residents of AFRH-W regarding the land use of area generally west of Arnold Drive current and future use?

Answer: This will be determined shortly. The CAP is now 75 days into 180 permit issued to FOSH for utilization of land generally west of Arnold Drive. A way forward for the 80 acres is currently being addressed and will have an outcome that is most timely and feasible way forward within AFRH leg.

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Fighting the Flu at AFRH-W

By Rebecca Newton, AFRH-W Public Affairs

According to the CDC, flu causes millions of illnesses, hundreds of thousands of hospitalizations and thousands of deaths every season. In an effort to protect against the virus, many of our staff and residents were vaccinated right here on campus. In keeping with the vision of promoting vitality and wellness for veterans, AFRH-W staff understands that people 65 years of age and older are at high risk of developing flu-related complications.

Ombudsman Robb Webb receives his first flu vaccine in twelve years.

On October 1st, we said congratulations and farewell to our interim administrator, Col Dwayne White. He retired from the US Air Force after 28 years of service. It was clear to me from all the well wishes from Residents that he was admired by many at the home. We had some good conversations about this community and the many challenges leaders face at every level of management.

On October 1st and 2nd, distinguished visitors from DoD were here to check in on how things are going with the Home. Stephanie Barra, Principal Deputy Assistant Secretary of Defense (Readiness and Force Management) was here with her staff to visit Residents and employees. She paid close attention to thoughts shared by staff during an All Hands meeting and other smaller department meetings throughout her visit.

It was great to have madam secretary here to show her support for the mission. Our Chief Financial Officer, Vicki Marrs was here mid-month to conduct business and address Residents in a Focus Group on October 21st. She met with each campus department to review the Fiscal Year 2016 Budgets which have been reduced to save money. I’m confident our CFO is fully in tune with our fiduciary responsibilities and acts as a responsible steward.

I wish to thank all the Residents and staff for the warm southern hospitality during my interim assignment. Many have shared kind words of welcome. A consistent theme amongst Residents I’ve met is the significant pride everyone has for our Home on the Gulf Coast. What a great place to Live, Work, and Thrive; all things to be mindful of as we approach the season of Thanksgiving! Hoping to see y’all at the Open House, this Veterans Day!

Shaun Servais

Resident Donald Riley shares a laugh with Gulfport’s Acting Administrator, Shaun Servais, at the October Birthday Dinner Celebration.

Gulfport Resident places 1st overall for first flight in Golf Classic

By Becki Zschochdorf, AFRH-G Public Affairs

Doris Denton placed 1st in overall for first flight in the International Women’s Veterans Golf Classic in Mobile, AL at Magnolia Grove. Over 100 women veterans from all over the country and from different services participated. This Classic is held every year at different locations throughout the US. Next year it will be held in California.

Doris has been playing golf since 1973 and currently plays for pleasure two to three times a week at Keesler Air Force Base.

Charles Modde, Resident receives his vaccine from Clinical Supervisor, Melba Wardrip.

Doris received a gold medal pendant for winning first place.

The holi-day season is fast approach- ing and it is now that I think about what’s going to happen the next few days or weeks, events and circumstances come along that always interfere with our planning them. So I just tell myself that I will en- deavor to do a better job taking care of my- self and just live a better more productive life. Perhaps if all of us would follow that mantra we all can have a better life.

Before going too far let me give a neatly written thank you and welcome for your serv- ice to Mr. Shaun Servais, our interim Direc- tor. I say thank you because he has to leave his wife and family in D.C. while working down here. Sounds somewhat like our military careers when we had to leave our families and go to perform duties unac- companied in some far off place. So I (we) can understand what he is and will go through. So good luck and I stand ready to assist you in any way I can.

Now on to some RAC business:

No Smoking signs posted in the garage and in my opinion this is a good move. Signs were needed because some residents have been smoking in their parked cars and or walking through the garage smoking and then discarding their cigarette butts on the ground instead of using appropriate receptacles. Don’t get me wrong I smoke, but I smoke in the designated smoking areas and don’t discard my butts on the ground.

Please smoke only outside of the garage or in the “Smoke Shak Area” and don’t throw the butts on the ground, field strip them then discard the filter in the trash. Remember life isn’t fair but it’s still good. For your information: The copier in the Library is gone for now because the con- tract has ended and we are now waiting on a new company to sign a contract and provide us with a copier. Hopefully we will get a new copier very soon. The RAC has requested that a light be installed over the “Distinguished Veterans Board” by the Chaplin’s office and John Cage, Chief of Campus Ops, said this will be done shortly. Soon residents on each floor will be able to see a picture of their floor reps. A photo of them will be posted on each floor’s bulletin board along with their room number. Did you know that most of the changes mentioned above were concerns that residents brought to a RAC meeting and the RAC acted on them? If you see something here in the Home that should be changed, altered or modified, all you have to do is drop a note in the RAC Box in the mail room or come to a RAC meeting and present a suggestion in person. The RAC will dis- cuss the suggestion and if it has merit, and will benefit the Home we will ACT on it.

Now I’ll sign off till next time so remember, “Don’t waste your precious energy on gossip, en- ergy vampires, issues of the past, negative thoughts or things you cannot control, instead in- vest you energy in the positive present moment.”

Henri D. Gibson

Resident serving up wine at the October Birthday Celebration.
DC Residents visit Watkins Regional Park

By Carol Mitchell, Recreation Therapist

It was a beautiful October morning to be outside for the Healthcare Residents of AFRH-W. The Recreation Therapy staff planned an outing to the Watkins Regional Park in Upper Marlboro, Maryland. The park hosts the “Old Maryland Farm” which is an agricultural educational farm open to the public. The farm has agricultural exhibits, vegetable gardens, pumpkin garden exhibits, and a wide variety of animals. Some of the animals included: rabbits, chickens, roosters, peacocks, sheep, hogs, goats, ducks, geese, horses, and a burro.

The farm brought back wonderful memories for residents who grew up living on a farm. The residents then enjoyed lunch at McDonald’s before heading back to the AFRH homestead.

AFRH-W Derby

By Rebecca Newton, AFRH-W Public Affairs

What a day at the races! Residents joined some staff members in the Community Center on October 2nd, to place their bets on their choice of four horses: Man of War, Sea Biscuit, Seattle Slew and American Pharaoh. Sea Biscuit was the fan favorite. It seems that the Residents liked the odds of an apprentice jockey. So, down the stretch they went. With Acting Administrator Sheila Abarr rolling the dice, Residents were excited to claim their consolation. Betting on white, blue or yellow proved fruitless. It was the red filly who would take it all. Jockey Nicole Chappell, rider of Seattle Slew hit a daily double and knocked out the other racers: Alita Colbert, Andrea Thomas, and Oliva Presima. Win or lose, Residents loved playing the odds!

Residents sigh when the color red hit on nearly every roll.

AFRH-W Activities

By Christine Baldwin, AFRH-W Librarian

Due to the efforts of two residents, David Pauling and John Smith, the National Museum of the Marine Corps, Quantico, VA was able to donate some artifacts to our Hall of Honors. Alexis Rager, Assistant Registrar to the Museum came on the last Friday in September to give us a parade snare drum, a set of four historic USMC drummer prints, one WW2 winter coat and one shirt and cap from the Vietnam-era. The drum and postcards now reside in the Marine Corps case in the Hall of Honors and the shirt, coat and cap will be used in the future for our uniform cases.

Resident David Pauling (right) and Librarian Christine Baldwin (middle) show Alexis Rager, Assistant Registrar of the National Museum of the Marine Corps, the Hall of Honors at AFRH-W.

The National Museum of the Marine Corps provided a gracious donation for the AFRH-W Hall of Honors.

Special donation to the Hall of Honors
AFRH-G Activities

All Aboard for Sumo Lunch & MS Coast Model Railroad Museum!

By Susan Bergman, MT-BC, Recreation Therapy Services

On Friday, September 25, 2015 Residents enjoyed a trip to Sumo Japanese Steakhouse and Mississippi Coast Model Railroad Museum in Gulfport. As the group arrived early, residents took a quick peak next door in the Dollar Tree and found treasures including Halloween items, chocolate, and other goodies. Seated around a Hibachi table, the group quickly began telling stories, reminisced about world travels, and local favorites. Nancy Richey described her antique shop, “Nancy’s Fancy’s” in Michigan and her “All Around the World” trip through Hong Kong on the way back to the United States. Also for an appetizer, a plate of eel sushi was sampled by those daring enough to try. The big show came as the chef lit up the table, created a flaming onion volcano, and sang to Jesse Self for his 84th Birthday sprinkling pepper on top to create fireworks. After a wonderful lunch at Sumo Japanese Steakhouse, residents sang train themed songs on the bus on their way to MS Coast Model Railroad Museum to take in the masterful art of tracks and trains. Upon entering the museum, vintage model trains lined the walls, trains on smaller tables were running, and a cityscape of more than 500,000 Lego blocks was circled by a passenger and freight train. As the residents entered the back train room, a monorail train made its way near Lego block airplane displays. When looking up, train cars displaying club member’s names circled on a track overhead around the room along the walls near the ceiling. The main display included several O-scale track layouts, an upper level bridge, and an inner table of multiple trains running at once. Vice President, Ken Miles accepted a Union Pacific hat donation from resident James Skelton through train advocate, Marvin Heth. Both Ken and Marvin shared their military experiences and were surprised to have North Dakota in common. The MS Coast Model Railroad Museum is located on 504 Pass Road in Gulfport and open 12-5 Tuesday through Saturday. Residents voted thumbs up and decided this was the best kept secret that everyone should see.

Halloween Fun

By Jen Biernacki, Recreation Therapy Assistant

It was a Monster Bash fun time on Wednesday October 14, 2015, for Valor Hall, Loyalty Hall and Allegiance Hall. The dining hall and tables were decorated with a Halloween theme while Monster music played in the background during the cookouts provided on Valor and Loyalty. The Residents on Valor Hall and Allegiance Hall enjoyed a day with a Pirate that provided the entertainment, Cats, a Devil and Rabbits that served up medicines and in nursing care a Clown, a Princess, and a Cowgirl prepared and served a delicious lunch. The Recreation, Nursing and Dining staff all participated to create a fun and enjoyable day for the Residents.

The Karun Court #89 brought fun, laughter and smiles

By Jen Biernacki, Recreation Therapy Assistant

On Saturday October 3, 2015 the Karun Court #89, Order of Eastern Star, shared their morning with our Loyalty Hall Residents. Many sounds of laughter and hoorays were heard as the game of bingo was played. Smiles were seen on many faces while chatter filled the air as the group shared stories and introductions. An overall great time spent with our Residents. A special thank you is sent to the Karun Court #89.

And they are off!

By Jen Biernacki, Recreation Therapy Assistant

On Saturday October 17, 2015 the Loyalty Hall Residents started the fall games off and running. With thirteen Residents participating in the “Loyalty Downs” event, the horse race began at the far end of the halls and ended at the front door, the finish line. The Residents named their horses as the start of the event galloped into action. The horses wheeled down the halls to the finish line as their numbers were rolled. Cheers, roars and yahoos were heard as the horses thundered down one space at a time. The winner of the day was “Cash Roll” Naomi Pointer. A special thanks to all the volunteers that day!
D.C. celebrates the U.S. Navy’s 240th Birthday

By Constance Maziel, Lead Recreation Specialist

On Friday, October 9th, 2015, AFRH-W celebrated the 240th U.S. Navy Birthday celebration in the Scott Hall of Honors. The event was hosted by the Chief of Resident Services, Mr. Ronald Kartz, who is also a retired Navy sailor. Mr. Kartz shared exciting memories about his past in the military, while showing gratitude to all those who served. The ceremony was brought to attention as all participants joined together for the National Anthem followed by the Pledge of Allegiance. The event continued as Chaplain John Goodloe provided a heartfelt invocation which set the tone of the event. The highlight of the ceremony was the honorable speech provided by the guest of honor, Force Master Chief Christopher R. Levesque. Force Master Chief FORCM Levesque became the Force Master Chief Petty Officer of the Seabees on January 10, 2014. FORCM Levesque is a native of Rantoul, Illinois. He enlisted in the Navy in October 1985, and attended Recruit Training Center in Orlando, Florida. He holds a Bachelor of Science in Occupational Education from Wayland Baptist University. Master Chief Levesque is a graduate of the U.S. Navy Senior Enlisted Academy, Class 149, and earned his Seabee Combat Warfare and Master Training Specialist designations. His decorations include the Meritorious Service Medal; Joint Service Commendation Medal; Navy/Marine Corps Commendation Medal (5 awards); Army Commendation; Joint Service Achievement Medal (2 awards); Navy/Marine Corps Achievement Medal (3 awards); and Military Outstanding Volunteer Service Medal. It was an honor to have Force Master Chief Levesque be a part of such a remarkable Navy celebration. The celebration proceeded with the traditional U.S. Navy Cake Cutting, honoring our oldest Navy sailor present, Mr. Herbert Outlaw. The ceremony concluded with admiration to all those who served as every participant joined together to sing the U.S. Navy song “Anchors Aweigh”.

Hooyah Go Navy!

GULFPORT

Happy Birthday United States Navy

By Becki Zschiedrich, AFRH-G Public Affairs

October 13th marked the 240th birthday of the United States Navy. AFRH-G celebrated the Navy’s Birthday in the Community Center where CPO Paul Wise was the emcee. On that day in 1775, the Continental Congress met in Philadelphia and voted to outfit two sailing vessels – the Andrew Doria and the Cabot, with ten carriage guns, swivel guns and a crew of 80 men. The ships were to sail out for three months and intercept transports of munitions and stores meant for the British army in America. Now 240 years later, the United States Navy has a fleet of 271 deployable ships, over 3,700 operational aircraft, over 328,000 active duty sailors, over 110,000 reserve sailors, and nearly 200,000 civilian employees.

“Ready Then, Ready Now, Ready Always”