



AFRH-WASHINGTON

Ruppert Landscape Field Day at AFRH-W

By Rebecca Newton, Public Affairs Specialist

After a gracious donation of \$150,000 worth of time, materials and labor, the AFRH-W received new pavers, sod, perennials, grasses, shrubs and trees, courtesy of Ruppert Landscape, Laytonsville, MD.

As part of their Field Day, Ruppert employees traveled from Maryland, Pennsylvania and Georgia to plant trees, sod and flowers for Residents. AFRH-W was entered into the running by Patrick Benjamin, Chief of Campus Operations. As a result, Residents will now enjoy newer, more aesthetically pleasing grounds, as well as some much needed shade. In addition, Ruppert employees enjoyed many contests amongst the various Ruppert branches. They competed with each other in tree planting, shrub planting, mulching, sodding, and laying stone pavers. This talented group of landscapers even sodded the rear grounds of our Scott building, in less than five minutes.

In the end, the Maryland branch took home the trophy. But, our Residents feel like what they won, is priceless!



AFRH sends out a very special thanks to all of the Ruppert employees for making the AFRH-W grounds look even more beautiful.



Ruppert employees listen to welcome remarks from CEO Craig Ruppert.

AFRH-GULFPORT

An Honorable Donation to AFRH-G

By Jennifer L. Briley, Volunteer Coordinator

On Friday, September 4th, 2015, Mike and Laurel Sweeney donated several limited edition prints depicting military personnel during battle, getting married, as well as other life changing events. The print that stood out the most was the print by Paul Steucke named "DUTY-HONOR-COUNTRY". There is a quote under the print that says, "...The Long Gray Line has never failed us. Were you to do so, a million ghosts in olive drab, in brown khaki, in blue and gray, would rise from their white crosses thundering those magic words – Duty-Honor-Country..." The print is beautifully framed and signed by Bob Hope, Jim Ellis, Colin Powell, Norman Schwarzkopf, and William Westmoreland. We would like to give a great big THANK YOU to the Sweeney's for their contribution to our home which will soon be his home as well. After donating the prints, Ray Ross and I gave the Sweeney's a tour of our campus and they were mesmerized by all the different things here. They were very excited and that very day he started on his application to join our community.

Here is a little history of the print according to forwhattheygave.com <http://forwhattheygave.com/2008/12/27/duty-honor-country-speech/>:

The artist painted 4 Cadets from the Class of '62 onto MacArthur's Duty Honor Country. The 4 faces are from a photo taken at MacArthur's penthouse apartment in NYC on the occasion of MacArthur's 82d birthday (26 Jan '62). The four cadets were George Kirschenbauer (who was on a baseball trip in May of 62 when MacArthur gave the talk), "Mike Grebe", Glen Blumhardt, and Jim Ellis. Blumhardt is the guy in the lower left corner of the painting. Ellis is pretty clear in the middle. George is easy to pick out but "Mike Grebe" is harder to identify. The artist (Paul Steucke) worked full time for FAA in DC and was hired by Lew of Vladimir Arts to paint the event. Paul and I conferred several times on the setting and I provided him a copy of the photo so he could see cadet uniforms and have a profile shot of MacArthur as he looked at that time. Paul's career as an artist took off as a result of this work; so, he retired from the FAA, moved to Seattle and works full time as an artist.

The Class of '63 bought 518 copies of the print (for about \$140 each). They then had each copy signed by 5 people (Bob Hope, Jim Ellis, Colin Powell, Norman Schwarzkopf, and William Westmoreland). They sold each print for \$700 as a way of raising money for their class gift to West Point. This initiative was orchestrated by Lynn Cook who is the President of that Class.



Christopher Alexander, Acting Resident Services Chief, receives the generous donation from Mike & Laurel Sweeney.



The above print by Paul Steucke named "Duty-Honor-Country" was signed by Bob Hope, Jim Ellis, Colin Powell, Norman Schwarzkopf, and William Westmoreland.

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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

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>

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



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**

Patrick J. "P.J." Johnson was the youngest of three children born on April 8, 1940 in Minot, ND. His mother, a housewife, barely made it to the hospital for his birth. His father was a bulk oil truck driver. When P.J. was two years old, his pinky finger got closed in the door of a Model A Ford. The tip of the finger had been cut off. The running joke with his family of how he lost his finger was that his mother said she did it to teach him his right hand from his left. Growing up, he attended the same parochial school for all twelve years of his education. He recalls being a member of the "Thirsty Five."

P.J. on deployment in Germany with the 2 MOB in 1972.

This was a group of boys who would break into the school safe to take mixers for booze. They eventually got caught and were suspended. Close to his graduation, P.J. had gotten sick and put in the hospital missing three to four weeks of school. He ended up graduating with two incompletes. According to him, they let him graduate because they did not want him returning to the following year to the new school that was built.

Right after his graduation, P.J. and a buddy decided to join the Navy. However, the Navy recruiter was out so they decided to

join the Air Force. He was sent to Lackland AFB, TX and Keesler AFB, MS for boot camp and school. His aptitude test results placed him as a radio intercept operator. Unfortunately, he had to phase out due to a broken collar bone. He was sent to Ship Island for three weeks to await instructions. His orders were for NORAD (North American Aerospace Defense Command) in Colorado Springs to become a teletype/crypto operator. This was before NORAD moved its operations inside Cheyenne Mountain. At the time, this base was the number one target for Russian missiles. His next few duty stations were located in the United States. Then he was sent to Baguio, Philippines for over three years. After his deployment in the Philippines, he went back to North Dakota and decided to get out of the Air Force.

It wasn't long before he decided to re-join. Luckily he was able to get back his rank of E-5. He did some training in the States before being sent to Cam Ranh Bay, Vietnam. Upon leaving Vietnam, he became a member of 2 MOB (Mobile Communications Group) in Germany. While in Germany, he met an English woman and married her. He decided to put in to go back to North Dakota knowing that his request would be accepted since no one wanted to go there. Once he put his five years in, he retired as an E-6 Technical Sergeant and had received commendations for his service.

P.J. and his wife moved to New Hampshire with 30 sled dogs. He and his wife never had any children because, according to him, "You have to grow up to have children." He lived on 112 acres of land without the comforts of electricity or water. Unfortunately, his marriage did not work out. He says he got divorced, sold his land, and got rid of his dogs all in the same week. This brought him back to North Dakota where he worked for the park district.

During his early retirement, P.J. would catch a bus to play cards at the casinos on the Mississippi Gulf Coast. On his rides down, he would see the Naval Home. Once he got a letter

stating that the home was open to all branches, he decided to move to AFRH-G. He began working in the wood shop, when he moved into the home because he knew he had to do something besides watch TV and go to the casinos. In the old home when the wood shop equipment was used, saw dust would get all over anyone who used it. Because he worked in there so much, he would leave covered in saw dust from head to toe. This is when he earned the nickname "Sawdust Man."

Nowadays, you can still find him in the wood shop. His creations can be found scattered throughout the Home. He likes to give back to the community by creating toys to donate to Toys for Tots each Christmas. When asked why he enjoys living at AFRH-G, P.J. explained that "the Home is a paradise." He also says he's happy for what he's got and not for what he wishes he could have. He's definitely one of the liveliest and most creative Residents around the Home making him a great addition to AFRH-G!



P.J. holds a mail truck bank he made, while standing in front of other wooden toys that he created.

AFRH-W Veteran Highlight



**By Christine Baldwin,
AFRH-W Librarian**

Dr. Linda Hardy was born in South Dakota and was raised on the Pine Ridge Indian Reservation. Her fondest memories were attending powwows and falling asleep at night listening to the sound of the drums and singers echoing from a pow wow being held at the bottom of the hill where she lived.

In 1968, Linda joined the US Navy. (Her father served in the US Navy as a Fireman First Class during the Second World War.)

Linda while serving in the Navy.

She attended Recruit Training at Bainbridge, MD. Linda proudly proclaims she was originally a Navy WAVE (Women Accepted for Volunteer Emergency Service). She had to leave the service 9 months later because she had gotten married and pregnant and during that era, women could not have dependents. However, in 1976, while working at the Ventura County, CA Sheriff's Department Crime Lab, a forensic scientist who was a Major in the US Army Reserves encouraged her to join the US Naval Reserves as a part-time job. When she spoke with the recruiter, after reading over her DD-214 and her resume, he turned to her and began to say, "How would you like to come back..." and before he could finish his sentence with "on active duty", Linda quickly said "yes". Less than one month later, she found herself back on active duty in the US Naval Reserve TAR Program at NAS Point Mugu, CA.

Linda's duties as a Personnelman included many tasks, some of which were maintenance of enlisted service records, preparation of advancement examination cycles; classification duties and career counseling. Through her studies to provide better counseling for her customers,

she included information on the Naval Home in Gulfport, MS. Two questions on both her E5 and E6 advancement exam would ultimately pertain to the Naval Home. For example, one was: "What is the title of the person who runs the Naval Home?" The answer was "Governor". Never staying in one duty station very long, Linda's duties took her from California to Maine and many points in between. Linda also served one tour of sea duty onboard the USS BOWEN (FFT-1079), home ported out of Naval Station, Staten Island, NY. She was the first female Chief Petty Officer to "man the rails" of a US Navy warship in a foreign port.

While serving as a Naval instructor, Linda found her passion, that of being a teacher. She received her B.B.A. in 1989 and her Masters of Science in Management in 1991. However, all came to a full stop when she voluntarily "terminated shore duty" to go to sea. While serving aboard the USS BOWEN (FFT-1079), she was the only female Chief Petty Officer onboard and the only enlisted crewmember to qualify as Junior Officer of the Deck (Underway). However, after her ship had gone through two Home Port changes, a Change of Command and a Decommissioning in a three year period, Linda found herself advanced to Master Chief Petty Officer. One week after being notified of her selection, she was handed a "Command" Application. A week and three "selection boards" later, she was a Command Master Chief. Twelve out of her thirty years of service were as a Command Master Chief at one command or another. 75% of her career was spent either in operational aviation commands or at commands whose sole purpose was to support Naval aviation squadrons. Her fondest memories of squadrons are of flying in P-3's and sitting on the radio equipment box behind the pilot's seat, holding on the headrest, and peering around his shoulder as the aircraft performed "touch & go's". Her final tour of duty was as the Command Master Chief of VP-64, soon to be transitioned to VR-64. The day before the last flight, the Skipper took her on a flight to Maine and back. As they approached home base, he asked for any final requests. Without thinking, she asked for two sets of "touch and go's". "Aye-Aye Master Chief," he replied, and she climbed up on the radio box and felt that magical surge of power as the aircraft landed

and quickly took flight once again. It was a bittersweet ending to a thrilling career spent predominately in P-3 Squadrons. The next morning, the last P-3 lifted off the tarmac, on its way to the bone-yard in Tucson, AZ. As it rose into the sky, Linda stood at attention and saluted the pilot and the aircraft she had loved so deeply. As the pilot ascended, he dipped his left wing to salute her back.

While transitioning VP-64 to VR-64, Linda was also writing her Doctoral Dissertation on Tribally Controlled Colleges. She holds a Doctor of Education in Higher and Adult Education from the University of Memphis. Linda was the first female enlisted member of all the branches of the Armed Forces to have earned a Doctorate while serving on active duty. During her career, she spent her days as a Command Master Chief and her evenings as an Adjunct Professor at local colleges. She retired in 2005.

Adam McLane once wrote, "If you stop dreaming, you are dying." Linda adds, if you stop learning, you are dying an even worse death. Therefore, she is learning to read, write and speak Korean. Having had the discipline to earn a Doctorate, she feels mastering the Korean Language may be a challenge she can accomplish readily.

While browsing through a store in London, she came upon a plaque with a quote from Johann Wolfgang von Goethe, "Decide who you want to be, pay the price AND BE WHO YOU WANT TO BE." She has aspired to live her life by those words ever since that day. While speaking of AFRH-W, Linda said that she found many of the residents had become "like family" to her and the staff bends over backwards to assist you. She honestly feels that to reside at AFRH-W is to be "abundantly blessed."



In her dress blues, Dr. Linda Hardy, a retired MC, stands with a Navy Chief Petty Officer selectee.

Message from the Chief Operating Officer



Fall is officially here, arriving 23 Sep, and the leaves are definitely beginning to turn. Can't say I'm sad to see summer go, we have definitely felt the heat this year. This fall began with a bang for AFRH.

My theme for this month's article is "giving." Francis of Assisi said, "For it is in giving that we receive," this was certainly apparent during this month. Ruppert Landscape had their annual Field Day at AFRH-W, 18 Sep, and to say it was a success is like saying LeBron James is a good ball player.

Ruppert's "Field Day" enables the company and its employees to give back to the community, combining charitable giving, training and competition amongst their various branches (no pun intended). Over 600 of Ruppert's top employees competed in a variety of events like relay races and obstacle courses; others tested their knowledge and skills, like identifying plants and operating heavy equipment; all had

direct, lasting and outstanding benefits for the AFRH.

Craig Ruppert, owner of the landscape company, summed it up in talking to the local D.C. media covering the event, "allows us to do something good in the community, allows us to learn and get better at what we do, and AFRH needs us...we get to give back to our Veteran's."

Bob Barnard of DC's Fox 5, called it a facelift for AFRH-W, and it was that and so much more. As part of the Field Day a 45 foot shade tree was planted behind the Sheridan Building, an area where Residents walk and sit with loved ones and other Residents, this will truly brighten their days.

AFRH-Washington doesn't have a lock on giving. When I think of giving and

AFRH-Gulfport the first person that came to mind was our Acting Administrator, Colonel Dwayne Wilhite; Col Wilhite's presence alone highlights the premise of giving. Can you imagine, as you culminate decades of military service, when many are running around with out-processing checklists and taking transition assistance classes, Col Wilhite volunteered to lead AFRH-G...and lead he did.

Col Wilhite oversaw an 18 million dollar annual budget leading a multidisciplinary staff that provides security, healthcare, facility operations and other resident services that enhance the patient centered care lifestyle. Col Wilhite led the drive to hire nursing staff to meet the home's staffing model, potentially saving in excess of 120 thousand dollars in contract costs,

plus he empowered nursing leadership and individually mentored many.

We will recognize Col Wilhite formally, 1 October, but wanted to take this opportunity to acknowledge all he has given to AFRH this summer. Please join me in giving him thanks and wishing him well in retirement!

Steve McManus



Bob Barnard, Fox News 5, interviews Steve McManus. CEO Craig Ruppert stands in the foreground.

U.S. Senator Cory Booker visits AFRH-W

By Rebecca Newton, AFRH-W Public Affairs

Residents of Armed Forces Retirement Home, Washington were treated to a special visit from United States Senator Cory Booker. Senator Booker, former mayor of Newark, now represents the Garden State in the Senate.

During his visit, the Senator was greeted in the Hall of Honors by Residents from not only New Jersey, but other states, as well. Senator Booker expressed heartfelt gratitude and told the group how passionate he is about helping Veterans.



U.S. Senator Cory Booker shares a laugh with the residents of AFRH-W.

Ode to AFRH-G

By Helen Bieda, Resident

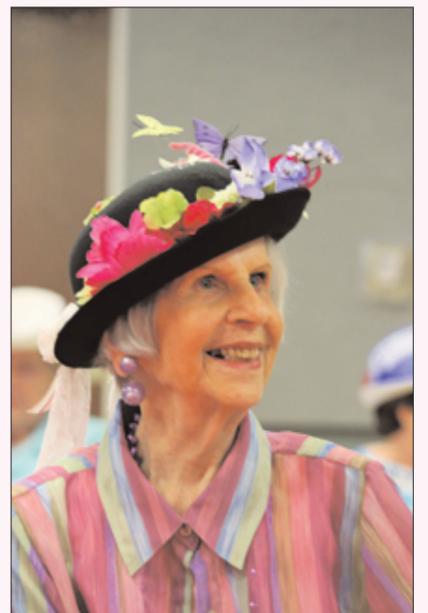
It's a Rec Center; it's a Home,
It's a place where veterans roam.
After years of service to country dear,
We sometimes wonder, "Why am I here?"

Well.... no more need to cut the lawn,
No more upkeep for that old barn,
No more to wonder, "What's for lunch?"
No more dishes after we munch.
No more need to sweep the floor.
Those old jobs are out the door.

We play and swim, work out and read,
Go to movies, find all we need
At NAVEX for snacks and such,
Shoot pool, play cards, and count our bucks.
We go to clinic when we feel ill
For healing advice, or another pill.

We paint and make fun things with wood,
Go to chapel when we think we should.
We sit or sleep in our private space,
Or meet with friends for a lively pace.
Maybe dance the night away,
Well, what more can I say?

Hooray for AFRH-G!
I'm so glad you're here for me.



Helen Bieda, pictured above at the Annual Ladies Tea, wrote this poem about her love of AFRH.

Gulfport Resident Establishes WWII Model Museum



Steve Crews won 1st Place in the 2015 National Veterans Creative Arts Competition for the above WWII airplane model.

In honor of our World War II veterans at AFRH-G, resident Steve Crews, who is a published author and has written three books, created a World War II model museum in their honor.

This project was started last November and took a lot of time and effort to glue together and meticulously hand paint the 58 plastic model kits so they would closely resemble the aircraft, ships, tanks and military personnel as they appeared in World War II.

The plastic model kits range in price from as low as \$5.99 to as much as \$163.00 for the hard to find British Avro Lancaster heavy bomber. Each kit contained anywhere from a few dozen parts to several hundred,

like the German Heinkel HE-111 medium bomber which had 353 separate parts.

Because many types of aircraft that flew in World War II are no longer made in the United States nor are available in most American hobby shops, Crews had a Hobby Town USA in Mobile, Alabama order over a dozen model kits from different countries on the internet for him. In one trip to their store, he bought 18 model kits for a cost of \$963.95, most models coming from 11 different countries. Model kits were also purchased from Hobby Lobby in Biloxi and Gulfport, Michael's in Gulfport and Hobby Shop of Orange Grove in Gulfport. The total cost of all the model kits, paint, glue and brushes came to a little over \$2,000.00.

The Russian model aircraft kits made and shipped from Russia sometimes had every word of the instructions printed entirely in Russian and added an extra level of difficulty in putting the models together correctly. The various types of models in the museum represent all branches of the U.S. military that participated in World War II. The aircraft in the museum represent those flown by the United States, Canada, Great Britain, Russia, German and Japan.

Part of the museum is located in the glass display cabinet in the center of the Art Display Room. Most of the museum models are displayed in the Reception Room near the front entrance of the building on the first floor. Crews said the World War II model museum at AFRH-G is dedicated in honor of all residents who served in World War II. He has put his heart and soul into this project and it shows. When asked why he put so much money and time into this project he expressed, "I wanted to thank the World War II veterans for serving our country when we needed them the most and for helping to preserve the freedoms we still enjoy today."

Photos by Becki Zschiedrich, AFRH-G Public Affairs



Steve Crews stands in front of all the models that he built.



The WWII models are displayed in the Reception Room and in the Art Display Room at AFRH-G.

From the AFRH-W Administrator



The fall season is underway in Washington and it is by far my most favorite time of year. Blue jeans and a hooded sweatshirt have got to be the most comfortable things to wear on a cool autumn evening. The leaves are about to turn,

school-zone speed limits are reinstated, and you can finally walk around outside without melting into a sweaty hot mess! I look back and remember childhood backyard football games, and little league playoffs. What do you like most about fall?

This September our campus accomplished a lot through team work, effort, and care. The Independent Living Plus program ended its pilot status and became an official level within the continuum. This level of care is vital to saving the home resources and maintaining appropriate staffing levels at the upper levels of care in

Assisted Living, Long-Term Care, and Memory Support. The service is available to all independent living residents who fit the program criteria and can help you stay in your room and avoid a premature transition to the upper levels of care. An example would be a resident who can mostly take care of themselves, but needs help managing numerous medications prescribed to treat chronic and acute conditions. (Even over-the-counter medicines can have an adverse impact on your health when combined with prescription drugs. It's important your provider reconciles all medicine you take to avoid errors that could impact your health.) Our ILP staff are working together to operate this program the way it needs to work: in the resident's room, not at the service station. Congrats to Marie Zepp, ILP Clinical Supervisor, and her team for making great strides in the pursuit of our accreditation for this new official level of care.

Ruppert Landscape Field Day took place September 18th, and over 500 green-shirted volunteers helped to make an immediate impact on the grounds. Our entire community owes a debt of gratitude

for the generous gift given by Ruppert Landscaping Company. This was a huge event that made local television news channels around Washington. Thank you to the resident judges who graded the efforts of the landscaping teams from around the east coast, from Pennsylvania to Georgia. Our keynote speaker for the event was Ms. Rosemary Williams, who serves as the Deputy Assistant Secretary of Defense for Military Community and Family Policy. It was wonderful to have her present and address the residents and guests. A true team effort!

Our Senior Medical Advisor from the Defense Health Agency was present during the healthcare operational assessment September 21st and 22nd. We value the support we receive from DHA and thank all the professionals who came out to the Home. The accreditation of Nursing Care, Ambulatory Care, and Home Health Care is of vital importance to maintaining quality services for residents. The standards established by The Joint Commission guide our operations to ensure high quality care. I am proud of the health-care, campus operations, and overall

Washington Team for how far we've come in ramping up for the survey. It is certainly a team effort and my hat is off to all who contributed!

My next article will be written from sunny AFRH-Gulfport. I will serve in the acting administrator role until a new permanent administrator is selected. Though it will be tough to be away from home, it is my privilege to serve Veteran Residents who served our great nation. Congratulations to Col Wilhite on his retirement from 30 years in the United States Air Force. Wishing him the best!

Shaun Servais



Administrator, Shaun Servais, is interviewed by a local D.C. news channel during the Ruppert Landscape Field Day.

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



Transformation. Change. Courtesy. Respect.

All words I have heard over and over the past month plus (plus, plus...) Our campus was transformed on Friday the 18th through the generosity of Ruppert Landscape.

What a phenomenal gift we received of approximately \$150,000.00 of materials and labors, all donated by Ruppert Landscape and their partners. If you haven't seen the backyard of Sheridan and all the new plants, shrubs, bushes, trees and paver pads with new benches, it is worth viewing! THANK YOU RUPPERT!

Which leads to change ... the campus was transformed and changed through Ruppert's generosity. That is not the only change that is occurring. After hour nursing care is now back in the Wellness Center and ILP services offered in rooms. The ILP Offices in Sheridan are offices, no longer used for resident (direct) care, but used for the ILP nursing staff to coordinate their 'home' (in room) care for residents in the ILP Program.

Our administrator is, by the time you read this, temporarily assigned as Acting Administrator at AFRH-G and Michael Bayles will be our acting administrator at AFRH-W. These changes will probably last a minimum of 6 - 8 weeks, perhaps longer (we hope shorter, as we want Shaun home, as I am sure, his wife Emily does).

Residents were notified the Golf Course maintenance would no longer be funded by the Agency budget as of October 1, 2015. Extremely short notice when received in early September. An agreement was made that the Agency would fund one-half (1/2) of the maintenance for FY 2016. Thank you to the administration, agency, and DoD for finding a way to keep the golf course running for the next golfing season. More changes will definitely be coming as we strive to find a way to have the golf course remain viable AND self-sustaining (i.e. pay for itself!). Believe me, the Administration, Agency, Master Plan Committee, Golf Committee, RAC and FOSH and trying to go down the road to viability and economic sustainability of the Golf Course... TOGETHER. More information will be forthcoming as solutions are identified and agreed upon.

I awake each day wondering what can I do to make AFRH-W remain the premiere retirement home it is? I go to sleep after asking myself what did I do to make our home a better place? Fortunately I am (almost) always able to answer both questions on a daily basis, positively. Courtesy is at the core of how I do it. If we all took the time to think 'how can we do...' or 'what can I do...' for the betterment of all, rather than find ways to complain, the pos-

sibilities are endless how significant the mood of the campus would transform overnight (Yup, a positive change). Try seeing the glass as always half full rather than half empty... It will change your viewpoint on so many different levels.

Along with courtesy comes respect... respect for ourselves, our fellow residents, the staff, management and contractors of AFRH-W. Being civil and forthright are the keys to a happier life. Why get your blood pressure up into the stratosphere when you can simply say, hey - this issue is at hand and how can I best get it resolved quickly and amicably? An inner attitude of courtesy and respect goes such a long way to a happy healthier campus mood and a personal level of fulfillment.

As always, your floor representatives and I are standing by to assist (we all have yellow I.D.s). I have yet to have something presented to the RAC or a RAC member that could not be resolved using courtesy and respect. Try it, you might like it.

There is a lot going on and I encourage you to take the time to find answers to the questions you have when you hear "stuff". Life is a lot better when you have the correct information to guide you. Rumors and innuendo will only lead to a dead end or a path not well traveled and wasted time, energy and thoughts. So I'll close by saying you have a choice of what kind of day you want to have or are having... for me it's always a good day or better day. The right mindset does miraculous things.

Furthermore, if you have something you would me to discuss in this article let's sit and chat or drop me a note.

Highlights of our September 16, 2015 meeting;

-Minutes of August 18, 2015 meeting 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 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. NOTE: Anonymous submissions may receive NO action if further information needed and it is unobtainable.

> Between meetings of the RAC each month the Chairman and Vice Chairman meet with the Chief of Residence Services, Ombudsman, Chief of Health Care (or designee) and Chief of Campus Operations on Mondays. Numerous items remain under discussion. The RAC does listen and is involved with discussions with Administration and staff on a regular basis to keep AFRH-W the premiere retirement facility that it is. AFRH - W Ombudsman

> Please leave a note if not in office and he will contact you. A majority of day is spent

out of office advocating/working for and with residents.

RAC FLOOR REPRESENTATIVE REPORTS and COMMITTEES

FLOOR REPS: No report

CAMPUS OPERATIONS:

> Request received from Charter School to use campus on Sunday evening September 27, 2015. RAC felt request reasonable if not congregating in residential area (i.e. use golf course or driving range). Security should be involved.

FOOD SERVICE:

> Next meeting September 22, 2015 10:00 a.m. in Dining Hall.

> Non-residents can use dining facility if on premises for AFRH or AFRH "affiliated function". They must adhere to visitor policy (i.e. pay for meal, times to eat, etc.)

> Please put your comments, suggestions and concerns in suggestion box located between the menus at entrance to Dining Hall. They are read and addressed.

GOLF:

> Two tournaments planned (one in morning, one in afternoon) for October 4, 2015. All donations / sponsorships of wounded warriors for these tournaments goes directly to RAC Recreation Fund. Donation of \$100.00 by Resident made to sponsor 4 wounded warriors in appreciation for work the RAC does for everyone's benefit. Thank you!

> Sponsorship/donations forms available in recreation office. Please consider donating / sponsoring a wounded warrior for \$25.00.

> Positive developments occurring regarding Golf Course. It should be open for next golfing season. We are awaiting clarification and answers before further information can be disseminated.

HEALTH AND WELLNESS:

> When the Medication Distribution Room is closed during posted hours (Monday through Friday 8:00 a.m. to 4:00 p.m.), 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 the Pharmacy Tech is not present.

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

> If you are having issues getting medications please see a member of the Resident Health Care Committee (RHCC). The RHCC is not a RAC Committee. It is a stand-alone committee created by a mediated settlement. The mediated agreement is posted in Sheridan Building Ground Floor, near Tunnel. Please see an RHCC or RAC member if you cannot locate it.

MORALE WELFARE and RECREATION: Bowling Alley changes are not contemplated. MASTER PLAN:

> A "Buy a Brick" fundraising campaign is being planned. Current areas are under discussion. Stay tuned for its roll-out soon!

Committee is encouraged to roll out the program as the RAC Resident Fund needs the income.

RESIDENT FUND ADVISORY COMMITTEE:

The resident fund is expending more than it is receiving. Donations greatly appreciated (and needed!)

SECURITY: none

OLD BUSINESS:

> Request made to consider changing employee-resident golf tournament back to 1300 as it had been in previous years instead of new time of 1600. Next resident - employee Tournament is Oct 1, 2015. (awaiting reply from administration)

> Resident Suggestion received to have military birthday ceremony and other events held in Media Room (Theatre). After a short discussion, the RAC endorsed the suggestion going forward to Administration for consideration. (7 in favor, 1 opposed) (awaiting reply from administration)

NEW BUSINESS:

> Please see a member of the RAC if you hear something that does not sound correct. Rumors only hurt everyone. Get the facts, PLEASE.

> Resident requested that Security be informed that there appears to be many people walking around the campus with no ID of any type, or parking permit. (referred to Security Committee) NOTE: Residents are encouraged to call security if they have a concern with someone or something they see on campus (i.e. no visitor tag, no volunteer badge, no parking permit, etc.)

> WE HAVE A SECRETARY! Thank you for volunteering, and welcome aboard, Phil Burge!!!!

RESIDENT CONCERNS FOR ADMINISTRATIVE REPLY

In addition to items above;

> Request made to update the campus emergency plan as a resident reports it includes buildings no longer in use, need for residents to have emergency provisions, etc.

> Can Pebble Beach or other ILP spaces no longer utilized be used for resident purposes? RAC advised resident that it does appear spaces are still utilized for ILP administrative functions, but would request administrative reply.

Motion to adjourn at 10:26 passed, Next meeting at 10:00 a.m. on October 21, 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!

Please contact us; a) in person, b) through submission of form placed in RAC box in tunnel, or c) by e-mail at rac.afrh@gmail.com. Minutes approved for posting on September 16, 2015

Phil Ford

From the AFRH-G Administrator



I started my first article with a date so it is only fitting that I place 1 Oct 2015 in the first sentence of my second and final article. From this date forward, the first of October, the AFRH-G will be forever etched in my memory. This date marks the end of a 126 day stretch

challenges, risk, rewards, changes, and long days. As I reflect on the last 126 days, I'm amazed at just how much life can be lived in such a short period of time. I wasn't able to meet and really get to know every resident or

staff member of AFRH-G as well as I would have liked, but I did get to know a great deal of you. This has been the best "temporary duty" location in which I've served in my entire career (except Hawaii and Thailand). You do want me to tell the truth, right?

I'm going to miss the monthly "Town Hall meetings" and the "Birthday Celebrations;" those were the two most exciting days of the month. While on the subject of Town Hall meetings, I guess it is only fitting that I give you a quick update on our progress thus far. Let me introduce our new Director of Nursing, LTCOL Debora Joiner, she was selected the best from a large pool of very qualified candidates.

Brace yourself for more good news, we are in the process of hiring seven LPNs and expect at least six of them for orientation, along with two CNAs on Oct 5, 2015. I'm

sure our new DON, LPNs and CNAs will join with our current nursing staff to forge a team of professionals ensuring our residents the best nursing care in Mississippi.

I'd like to thank the AFRH-G's leadership and entire staff for being true professionals. During the days of risk, changes, and long days we managed to enjoy some laughs and forged a team that worked well together and thought outside of the box to meet mandates, resolve complaints and plan ahead. I'm having a hard time finding the words to say good-bye to the residents (I really hate good-byes). I've never felt so accepted by such a large diverse group in my life. From my very first day you all showered me with kind words of support, encouragement, and expressed joy of just seeing a uniformed military person as the administrator. Even as you placed your

concerns on my agenda, our team did our best to resolve all concerns at this level and for concerns that required input from higher levels, we elevated them. In fact, we are awaiting their reply to two letters as I draft this article.

Time sure passes fast and it seems to pass faster now than before. In these parting words, I won't mention names because I'd hate to leave anyone out that has been so dear to me, so I'll say: the time here was short but the good memories of my time here with you will be very long. Once again, I thank God and you for allowing me to end a wonderful Air Force career serving many of our nation's greatest citizens. You'll never be forgotten!

Col Dwayne Wilhite

Thank you Col Wilhite!

By Becki Zschiedrich, AFRH-G Public Affairs



Col Wilhite admires the artwork that Wolf Kiessling created out of wood.



Col Wilhite and his wife sing at the Birthday Dinner.



Harry & Catherine Williamson take a birthday photo with Col Wilhite at the September Birthday dinner.



Talented residents created a masterpiece.



Col Wilhite purchases an original from resident artist, Ron Washington, at the Open House.



Col Wilhite presents Gerry Gorsky with a certificate for participating in the Spring Games.



Col Wilhite and USAF residents celebrate the Air Force 68th Birthday.



"Wild" Bill Allen and Col Wilhite have a good laugh.



Col Wilhite speaks at the POW/MIA Ceremony.



Music Therapist, Susan Bergman and Col Wilhite.



Col Wilhite and Steve Crews.



Col Wilhite attends the Memorial Day Ceremony.



Mississippi Governor, Phil Bryant, and Col Wilhite.



Col Wilhite holds the monthly Town Hall Meeting in September.

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



Well we have now reached the end of another Fiscal Year and will be starting a new one shortly. I have now been in office for a year, and wow what a learning curve. I've worked harder than I expected and harder than when I was

working in civilian life. This coming year we are going to see some old problems re-emerge and many new ones raise their heads, but with the help of our fine Floor Reps I'm sure we can work everything out and keep AFRH Gulfport the best retirement Home in the country.

Our trust fund is running low and unless DoD and Congress come up with new ways of replenishing it, I'm afraid some drastic changes will occur. This next FY we will see budget challenges that will effect both homes and we must do our part and work with the administration to help reduce waste, fraud and abuse. Another thing you

can do is let your voice be heard and talk to your Congressman and Senators here in Mississippi. They want to help, but need input from the residents. Let them know that the retired service members need both Homes to be around for many years to come.

By the time you read this column, our Acting Administrator, Col. Wilhite, will be retiring after a long and rewarding career. During his tenure here at AFRH, he had to fill some mighty big shoes, which he did with enthusiasm and tact. Not only did he jump right in and roll up his sleeves, he worked with me and the residents to keep the home running smoothly. He listened to us and our concerns and got things done. One of the changes he made was to include me in the Administrator's Weekly meeting and he solicited my input. I hope our new Administrator (acting or not) will continue the practice. Also, I hope the new Administrator will continue working on projects that Col. Wilhite started, but was not able to finish. Col. Wilhite I wish you and your family the best that life and God sends your way. No bumps, no trials and no stumbles along your paths just clear skies and a fair wind at your back.

Now on to the business of the RAC, on the 16th of this month at our Town Hall meeting the RAC recognized six of our contract

employees for outstanding service that they gave to us, the residents, of AFRH Gulfport. These employees work in Administration, Food Service, House Keeping/Grounds, transportation and Wellness. The RAC wanted to let them know that we appreciate all that they do to make this the best retirement home in country. Nominations were submitted by the residents and a committee of three RAC members made the selections.

This will be an ongoing program and presentations will be made at the last Town Hall meeting of each quarter. This quarter's recipients are Cassandra McGowan (Ability Works), Carlos Bollard (Dining Hall), Esmie Bruno (Wellness- Optometry), Pam Davis (CMI), Libby Murr (Wellness Center) and Terrisa Taylor (Wellness Center). Congratulations to all of the Winners. Let's get your nominations in for the next quarter. Nomination forms are located in the mail room and when completed can be placed in the RAC suggestion

box or dropped off at the RAC Office Room #1409.

Time to sign off so I'll leave you with this, "Did you know that your shoes are the first thing people subconsciously notice about you? Wear nice shoes". This goes along with my next comment. There are three things the human brain cannot resist noticing: food, attractive people and danger. You can take it any way you want to...

Henri D. Gibson



RAC Chair Henri Gibson, (left) greets Commander Solomon from Keesler Air Force Base 81st Training Group.

AFRH-W Activities

D.C. Residents visit National WWII Memorial on V-J Day

By **Rebecca Newton, Public Affairs Specialist**

The Recreation Department of Armed Forces Retirement Home, Washington arranged a trip to the National WWII Memorial in DC to celebrate V-J Day. Residents Norma Rambow, Robert Murdock, Terry Morrison, Joe Frogge, Rick Walk, David Pauling, Harry Miller, Keith Van Doren, Ken Hall, Frank Lawrence, Jack Beck, Ed Davis and guests attended the event, where former Senator Bob Dole was the featured speaker. Representatives from USA, Australia, Canada, China, France, India, Mexico, Nepal, Mongolia, The Netherlands, New Zealand, Philippines, Russia and the UK, all laid wreaths on the wall of the memorial. Residents all agreed this was a fantastic trip!



Former Senator Bob Dole, representing the United States, lays a wreath at the WWII Memorial.



Residents Robert Murdock and Dave Pauling receive thanks for their WWII service.



The US Navy Ceremonial Band performs traditional songs for the audience.



Resident Ed Davis enjoys the ceremony.

President Lincoln's Cottage Family Day in D.C.

By **Michelle Martz, Curator for President Lincoln's Cottage**

On Saturday, September 12th, President Lincoln's Cottage held its 4th annual Family Day Program. Families were invited on the grounds of the Armed Forces Retirement Home to enjoy live entertainment and creative activities inspired by the Lincoln family and their life at the Soldiers' Home. Guests listened to music from the U.S. Marine Corp Band, enjoyed pony rides and a petting zoo, received history lessons from re-enactors portraying the Bucktail Soldiers of the 150th Pennsylvania volunteers, and made their own stove pipe hats. Despite the rain, 250 people turned out for the event. President Lincoln's Cottage is looking forward to next year's Family Day Program.



USMC Brass Quintet entertained the guests.



Re-enactors portrayed the Bucktail Soldiers and gave history lessons.

American Red Cross donates Girl Scout Cookies

As an added treat for Fun Fest, the American Red Cross donated hundreds of boxes of Girl Scout cookies for the DC Residents.



Administrative Officer Bill Striegel and an American Red Cross Volunteer unload hundreds of boxes of donated Girl Scout cookies for the Fun Fest.

Happy 68th Birthday USAF

By **Constance Maziel, Lead Recreation Specialist**

On Thursday, September 17th, 2015, AFRH-W celebrated their 68th U.S. Air Force Birthday Celebration in the Scott Hall of Honors. The event was hosted by AFRH-W resident, Mr. Stan Stewart, who was delighted to be part of such a memorable event. Mr. Stewart portrayed a delightful sense of humor as he shared exciting memories about his past in the military, while still showing gratitude to all those who served.

The celebration was brought to attention as everyone 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 guest of honor for the afternoon was Mr. Billy Striegel, who served in the U.S. Air Force for 20 years. Mr. Striegel joined the United States Air Force on May 4th 1978, with his first tour of duty in Cheyenne, Wyoming. Throughout his career, Mr. Striegel was awarded the Meritorious Service Medal, the Humanitarian Service Medal, the Air Force Commendation Medal, and the Air Force Achievement Medal, just to name a few, and has completed numerous assignments throughout the country. Mr. Striegel retired on September 1st, 1998 and is now serving all the residents at the Armed Forces Retirement Home, as the Administrative Officer. Mr. Striegel provided an honorable story about his experience as a young Airman and gave an inspiring message that left its mark in the hearts and minds of all those present.

The celebration proceeded with the traditional U.S. Air Force Cake Cutting presentation, which included the Guest of Honor, the oldest Airman present Mr. Fay Steele, represented by the second oldest Airman present, Mr. Richard Huether, who joined the Air Force in 1946 and retired in 1966, and the youngest Airman present, Ssgt Pinos. The ceremony was concluded with admiration to all those who served as every participant sang together to the U.S. Air Force Song. A special thanks to the RAC Honor Committee, Mr. Fay Steele, Mr. Richard Huether, Mr. Billy Striegel, and Mr. Stan Stewart, for making the 68th U.S. Air Force Birthday Celebration a success. Go Air Force!



Resident Richard Huether, SSgt Pinos, Active Duty Air Force, Billy Striegel, AFRH-W Administrative Officer, and Fay Steele, (oldest resident at AFRH-W, age 99) cut the cake at the USAF Birthday celebration.

AFRH-G Activities

My cousin visited the AFRH-G art class

By Milt Williams, Art Specialist

Our own art specialist, Milt Williams, asked one of his "cuzzins" to come over from New Orleans, and shared some exciting painting techniques with the art class. Although he introduced himself to us no-one remembers what his given name is, however, the family gave him the nick name, "BooBoo" and we all agree, especially after listening and watching him paint. We all "got the picture", pardon the pun. He had paint and brushes flying all over the place, interesting how he turned those painting "opps" or "booboos" in his case, into pretty flowers or trees. Everyone had a great time listen to his stories of growing up in a family of imaginative and creative relatives, even though the names they give each other are a bit unusual. He expressed his gratitude for all the veterans who served our country and thanked the Lord for the opportunity to share a few art tips to the class. The residents had fun and hope more of his family can make the trip over to the Mississippi Gulf Coast and see new and exciting painting techniques.

Milt said he wants to ask cuzzins, MiMi and RT, to come and talk ART, soon. MiMi - RT, Sounds like characters in a Star Wars Story. Hmmm! Wonder if they are gonna paint outer space scenes....well, with artist, the sky is the limit or is it....?

Remember to put some paint on a canvas and watch the adventure begin...

Your art specialist, Cousin Milt.



The art class got a big kick out of cousin Boo Boo aka Milt Williams.



Milt plays a character Cousin Boo Boo while teaching an art class.

A Fun-Filled Start to Fall!

By Susan Bergman, MT-BC, Recreation Therapy Services

August and September were filled with exciting events for Valor, Allegiance, & Loyalty Halls. On Friday, August 28, 2015, residents enjoyed a shopping trip to Dollar Tree & Edgewater Mall. On Friday, September 4, Coast Guard volunteers escorted residents on strolls to enjoy a beautiful day and golf cart rides to tour the grounds. To top off September, residents enjoyed Happy Hours and Music Times throughout the month filled with reminiscing on folk songs and school days through melodies on the banjo. Also, an awesome football themed cookout on Wednesday, September 9 with tables decorated for NFL teams and assistance by Coast Guard and AFRH Volunteers brought cheers and comradery by rooting for their favorite teams. From Birthday Dinners to ice cream socials to fun art, the month will conclude with a trip to Sumo Restaurant and MS Coast Model Railroad Museum on Friday September 25, 2015.



Walt Hutchins, "Mac" McGee, & OJ Ferrington enjoy a ride by Jen Biernacki in Recreation Therapy.

Pizza... to Start the Football Season



The pizza was made with homemade dough, cheese, pepperoni, and bell peppers.

By Jen Biernacki, Recreation Assistant

On Saturday September 5, 2015 the Residents of Loyalty Hall, Valor Hall and Allegiance Hall started out football season right with making pizzas. The Residents on Loyalty Hall each made an individual size pizza topped with pepperoni, green peppers, mozzarella cheese and or pineapple. The pizzas were gone before the games even started. On Valor Hall, the Residents attending the cooking group decided to make two double size large pizzas from the dough that was mixed and rolled to fit the pans. The toppings were added and the pizzas were baked sending the fresh baked pizza smell down the halls. A great way to watch a game..... full of pizza.



Joseph Zelenak with Coast Guard Volunteers.



KAFB Volunteer Jones & Glenn Hamilton return from the Mall!

2015 National Veterans Creative Arts Competition

By Milton Williams, Art Specialist

Certificates and medals were presented to our resident veterans by Col Wilhite. Several Gulfport residents competed at the national level in their creative art mediums. All had first place in the local competition; Tom Keith in Scroll Work, Stephen Crews in Model Making, Ron Washington in Acrylic Painting. Ray Eckert in Mixed Medium and Bill Williams in Carving are not pictured in the photo. In the final phase of the competition, PJ Johnson received a silver medal for his "Hummer" in woodworking and Wolf Kiessling won a Gold medal for "My Brothers' Keeper" and a Bronze medal for "Its' A Family Affair".

Y'all get ready for the 2016 Veterans Art Show. We're looking forward to your next creative adventure in arts.



The US Coast Guard Station, Gulfport assists in September's Monthly Cookout.

VOLUNTEER SHOUT OUT September 2015



From left to right: Barbara Folk, Fredi Van Pelt, and Sally Blythe fluffing leis for the Luau Lunch and Dance.

By Jennifer L. Briley, Volunteer Coordinator

I would love to give a Shout Out to Ms. Rita Ball, Ms. Sally Blythe, Ms. Fredi Van Pelt, and Ms. Barbara Folk, whom on Thursday August 13th 2015 from 0900 to 1500 helped with the tedious task of fluffing Hawaiian Leis for the Luau Lunch and Luau Dance held on August 14th 2015. The ladies painstakingly separated a total of 600 leis; 28,800 flowers in all flowers. Without our Resident Volunteer's Helping Hands little touches such as the Hawaiian Leis would not be possible. Ladies, thank you for all you do around our home!!!

DID YOU KNOW? The tradition of the Hawaiian Lei dates back centuries and was introduced by the Polynesians who canoed from today's Tahiti to the Hawaiian Islands. Leis have been made from all sorts of things: feathers, animal teeth, carved beads, all different kinds of leaves, shells, and the most popular flowers. They come in all different colors and textures, which all have a specific meaning to identify the wearer. A Lei is given with the understanding of friendship and affection. It is considered rude to refuse it or take it off in front of the person who gave it to you. Leis should be worn draped over the shoulders with equal parts of the Lei in front and in back. Leis can be given at any time. There are no special circumstances as to when it can be given or worn. So, in the spirit of friendship wear your Lei every day!

GULFPORT

National POW/MIA Recognition Day



Let us all remember the sacrifices and service of those who were prisoners of war (POW), as well as those who are missing in action (MIA), and their families.

The United States' POW/MIA Recognition Day is observed across the nation on the third Friday of September each year. It is a day of remembrance and hope for the speedy and safe return of American Prisoners of War and those still missing in action.

United States flags and POW/MIA flags are flown on this day and joint prayers are made for POWs and those missing in action. The National League of Families' POW/MIA flag symbolizes the United States' resolve to never forget POWs or those who served their country in conflicts and are still missing. The flag features a white disk bearing in black silhouette a man's bust, a watch tower with a guard on patrol, and a strand of barbed wire. White letters "POW" and "MIA", with a white five-pointed star in between, are typed above the disk. Below the disk is a black and white wreath above the motto "You Are Not Forgotten" written in white, capital letters.

Support for these missing Americans and their families are deeply felt. America's POW/MIAs should be honored and recognized, rather than memorialized, with the focus on continuing commitment to account as fully as possible for those still missing.

Please take a few moments to remember our missing soldiers and those held as prisoners of war. You are not forgotten.

*It is he that we pray for,
It is he that we salute,
It is he that stands tall,
It is he who perseveres,
It is he who we'll always remember,
It is he who we'll never forget*



Campus Ops Facilities COR, Laroy Brisco, spoke at the POW/MIA ceremony to honor and recognize prisoners of war, as well as those who are missing in action.

Photos by Ron Persing, Resident



VE01 (SCW) Briley, USNR Retired is lighting the candle for the POW/MIA Table Ceremony. The lighting of a yellow candle signifies the remembrance of our fallen comrades and praying that the still missing will return home soon.

Gulfport celebrates the USAF 68th birthday

Known as the most recent branch of the U.S. military to be formed, the Air Force is also the largest and most technologically advanced air force in the world. Initially part of the United States Army, the USAF was formed as a separate branch of the military on 18 September 1947 under the National Security Act of 1947.

Photo by Ron Persing, Resident



Air Force Residents, Steve Crews and Jack Oyster assist our Acting Administrator, Col Dwayne Wilhite in cutting the cake at the USAF Air Force Birthday Celebration.

Cruisin the Coast is coming to AFRH-G on October 6th

Gulfport Residents please come out to the front of the building and view the Cruisers from 2:00 p.m. until 3:00 p.m. on Tuesday, October 6th.

WASHINGTON

Fun fest in DC

By Sheila Abarr, Public Affairs Officer and Rebecca Newton, Public Affairs Specialist

The Armed Forces Retirement Home, Washington recently celebrated Fun Fest with Residents, staff and volunteers. The biggest attraction were the animals and games. Residents were also treated with barbecued links, Girl Scout cookies courtesy of the American Red Cross, live music and t-shirts.

Thank you to Squeal on Wheels for providing all the precious furry friends and thank you to The Nicole Saphos Trio for entertaining everyone with awesome music.



Music was provided courtesy of The Nicole Saphos Trio.



Health Educator Olivia Pessima and Resident Donald Stout enjoy the animals provided by Squeals on Wheels.



Edith Ellington cuddles with a fluffy bunny.



Erwin Springer runs his fingers through the piglets baby hair.