



AFRH-GULFPORT

Gulfport lets the good times roll!



The Grand Marshall of the Krewe of NAMAC was Resident Doris Young pictured above.

*By Sean Campbell, Lead Recreation Specialist
Photos by Christopher Alexander & Lee Corban*

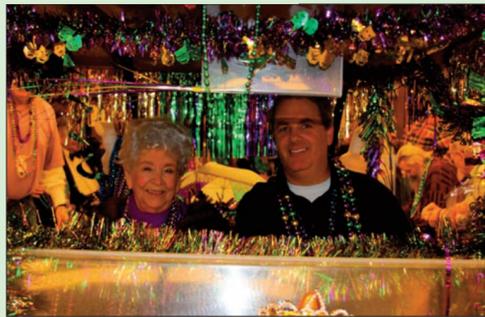
Mobile, Alabama may have invented it, and New Orleans, Louisiana may have perfected it, but the Armed Forces Retirement Home in Gulfport took it and made it their own! Mardi Gras was alive and well at AFRH-G this year as the Krewe of NAMAC once again rolled the halls of the Home and celebrated with Residents, guests, and past and current royalty. This year's King, Mr. Thomas Adams, was joined by his Queen, Ms. Dorothy "Gigi" Malone, as they reigned over the 2016 festivities.

The Krewe of NAMAC (Navy, Army, Marines, Air Force, & Coast Guard) celebrates each year with a festive parade and coronation ball. This year's parade was kicked off by the 2016 Grand Marshall, Doris Young in a wildly decorated "float". The parade consisted of past royalty, and numerous independent and assisted living Residents eager to participate. This year's parade proved to be the biggest yet, as Ability Works, Peoples Bank, and AFRH Security added even more floats to the event. The halls were lined with young and old as the parade rolled by the crowds tossing beads and holding festive signs.

Upon entering the packed Community Center, the King and Queen were introduced and crowned with their royal crown and sceptor by Resident Services Chief, Chris Alexander. Following the champagne toast, Dining Services provided a wide assortment of Hors d'oeuvres and refreshments as local entertainer Eddie McDaniel provided wonderful music to dance the night away.



King Thomas Adams and Queen Gigi Malone at the Mardi Gras Ball.



Queen Gigi Malone is escorted on her float by Lead Recreation Specialist Sean Campbell.



King Thomas Adams is escorted by Recreation Supervisor Lee Corban.



Ability Works always makes gorgeous floats for the parade. Pictured here on the Ability Works float are Scott Necaice & Susie Baumunk.

AFRH-WASHINGTON

AFRH-W Honor Salute

Photos and story by Rebecca Newton, AFRH-W Public Affairs

A group of servicemen, brought together by Olivia Hunter, Naval District of Washington Regional Community Service Program Manager, visited the Armed Forces Retirement Home-W, to pay homage to Resident Fay Steele.

The 99-year-old retired Master Sgt. served in both the Army, and the Air Force. His career included flying in 78 combat missions. Sixty-five of these missions were flown as Waist Gunner and Combat Photographer with the Ninth Air Force, in which he earned the Air Medal with twelve Oak Leaf Clusters.

Fay, nicknamed the "Man of Steel," ran countless marathons, and broke World Records. During the Honor Salute, the audience of Residents and staff fell silent as three Soldiers, and one Airman, quietly presented arms.

Then, each one proceeded to present a gift to Mr. Steele: one Honor pin, one Certificate of Honor, one quilt. Each one thanked Mr. Steele for his service. Mr. Steele softly replied, "a gift!"



Senior Airman Charles Darby, Sgt. 1st Class Danny Goodwin, and Sgt. 1st Class Miguel Cruz render a salute to Mr. Steele.



Olivia Hunter and Administrator Shaun Servais pose with Mr. Steele and members of the Honor Salute.



Mr. Steele receives The Certificate of Honor.

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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-W Veteran Highlight

By Christine Baldwin, AFRH-W Librarian



Holsey Gillis was born in Georgia and was one of six brothers and two sisters in the family. His father had a farm and Holsey learned to work at an early age. Between climbing pecan trees to knock down the nuts to milking cows, Holsey kept busy. After graduating from high school, he was drafted into the U.S. Marine Corps. At that time, there was a quota of accepting seven African Americans a day at Ft. Benning, GA. Holsey went with two other friends and was the final cut for that day. He did his Basic Training at Montfort Point, NC, which was very tough. For example, if one person made a misstep in marching, the group would stop in formation until the person ran to the river, crossed it and returned. All of this in the hot North

Carolina sun. However, one accomplishment at the base was having these Marines set records for target shooting with their 150 mm guns.

After Basic Training, Holsey was sent overseas aboard a Landing Ship Tank (LST) through the Panama Canal with the 10th Depot Company. He still remembers the engineering feat of going through the locks to get from the Atlantic to the Pacific Ocean. After almost two months of riding the rough waves, Holsey made it to Guadalcanal, which was secured by this time and then he was sent to New Caledonia. It was during this time that he met James Ferguson, who also became a resident at AFRH-W. Holsey was in Guam during the Invasion of Saipan. Next, he was sent to the Invasion at Okinawa, and in pouring rain he descended from the ship on ropes into very rough water to board a small boat to get to the beach. He stayed here until the end of the war and was sent back to Montfort Point. Hoping to be home for Christmas, Holsey missed out by a few days and was finally discharged at the age of 21.

After attending Morehouse College for a few semesters, Holsey decided to get back to what he enjoyed, working with his hands. He moved to Philadelphia, PA and worked in a tailor shop, a service station and ended up as a Firestone Tire Manager in Hyattsville, MD. In June 2012, Holsey was one of about 400 African American Marines throughout the country that received the Congressional Gold Medal of Honor from Congress in Washington, DC for their service during World War II.

Holsey was married and has a son who

teaches music in DC. He also has two granddaughters, both in college. It was his primary care doctor who suggested he should come to AFRH-W and after meeting James Ferguson and his daughter at the VA, he decided to check us out and he is happy that he did. One of the things Holsey always liked doing was sewing, so he enjoys volunteering in the Sewing Room here.

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

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

**AFRH-W
202-541-7551**

AFRH-G Veteran Highlight

By Lori Kerns, AFRH-G Librarian



United States until he left the Marine Corps in 1950 upon the death of his father. When he returned to Rhode Island, he took over his family's business and, along with two of his sisters, worked hard to stabilize it.

In 1952, John was drafted to the Army during the Korean War. While at boot camp, he tested for and obtained

John J. Sylvia, Jr. was born on April 18, 1929 in Newport, RI. He grew up, the eldest with three sisters, on Conanicut, a small island located just across the bay from the Naval War College in Newport. His parents owned and ran a local business with the help of John and his sisters.

In 1948, John decided to join the military. Originally he wanted to join the Air Force but decided to follow his cousins who were in the Marine Corps. He was assigned to the 155th Howitzer Battalion. He remained stationed in the

his military driver's license. His first deployment was to Japan to learn how to work on forklifts. After staying only a few weeks, he was sent to Pusan, Korea. Next, he reported to the Eighth Army Headquarters in Seoul, Korea to begin delivering ammunition to the front lines. He served until 1954 and came back home to continue working for his family's business and also serve on the Jamestown Volunteer Fire Department, where he earned the rank of Captain.

During a visit to the USO, he noticed a young woman named Barbara. After they began speaking, he realized he had already known both of her parents. They dated for a while and then married in 1955. The couple had four children, John III, Steven, Paul, and Susan. Tragically, Steven was diagnosed with leukemia and passed away at the age of four.

After the family's loss of Steven, John decided to leave the family business and go to Sherman College to become a chiropractor. After graduation, he moved his family to Mississippi and opened a practice in Gulfport where he stayed until his retirement in 1994.

John and Barbara stayed married for 58 years. Sadly, she was diagnosed with cancer and lost her battle in 2012. John is the proud grandfather of six grandchildren and four great grandchildren.

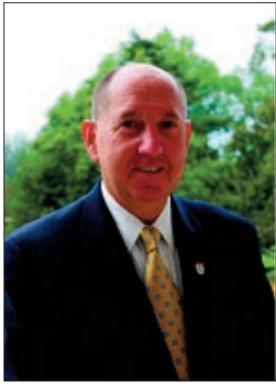
Although he is retired, John still uses his chiropractic education to promote a healthy lifestyle for himself, in addition to explaining the benefit of chiropractic to others. He is also an advocate for women's safety, an issue very

important to him. He does not have many hobbies, other than exercising each morning, but he does enjoy watching Wheel of Fortune. A couple of years ago, he found out that he was eligible to live at AFRH-G when he came to the home to assist his son on a business trip. When asked if he enjoyed living at AFRH-G, he laughingly replied that he feels like he has died and gone to heaven because he was never a good cook!



John Sylvia today at AFRH-G in the Hall of Honors.

Message from the Chief Operating Officer



February 2016 is almost in the books and an eventful month it was. When I wrote about Winter Storm Jonas last month I thought I wouldn't be writing about snow again...wrong! February brought more snow to AFRH-Washington and of course Mardi Gras to AFRH-Gulfport. February also brought the finalization of House Resolution (H.R.) 2029:

"For expenses necessary for the Armed Forces Retirement Home to operate and maintain the Armed Forces Retirement Home— Washington, District of Columbia, and the Armed Forces Retirement Home— Gulfport, Mississippi, to be paid from funds available in the Armed Forces Retirement Home Trust Fund, \$64,300,000, of which \$1,000,000 shall remain available until expended for construction and renovation of the physical plants at the Armed Forces Retirement Home—Washington, District of Columbia, and the Armed Forces Retirement Home—Gulfport, Mississippi: Pro-vided, that of the amounts made available under this heading from funds available in the Armed Forces Retirement Home Trust Fund, \$20,000,000 shall be paid from the general fund of the Treasury to the Trust Fund."

In summary, H.R. 2029 provides \$20 million to the AFRH Trust Fund, ensuring solvency for the immediate future. This will enable AFRH, with significant assistance from the Department of Defense (DoD), the time to review our funding model. DoD has contracted Deloitte Consulting to look at AFRH operations; they will benchmark like facilities, seek best practices and identify cost saving measures, all in an effort to find possible fund savings.

AFRH is not unlike any other Federal agency in that we must be good stewards of our finances. More so as we aren't funded like most government entities. We are scheduled to close the AFRH-Washington Golf Course; we've made cuts to some of our contracts, all in an effort to be more fiscally responsible. The golf course costs approximately \$500,000 per year to operate; receipts are approximately \$180,000 annually – producing an annual loss of approximately \$320,000 per year. We simply cannot afford losses every year of this magnitude; however, our goal is to reopen the golf course in a few years or sooner working on a broader and cost neutral plan that enhances golf for residents while promoting best

use for residents and community of our historical land. If you would like to see where we are headed follow the link <https://www.afrh.gov/aboutus/fireside-chats> to a fireside chat with Washington's Resident Advisory Committee Chair and a member of the Resident Master Planning Committee. I believe you will find it informative and interesting.

On a lighter note, I want to express my sincere appreciation to the American Legion for their visits to both campuses this month. Dale Barnett, National Commander of The American Legion, visited AFRH-Gulfport, 17 February, toured the facility and met with Residents. The American Legion's "Operation Comfort Warriors" visited AFRH-Washington, 22 February, gave "comfort kits" to many of our Memory Support Residents and toured the facility, as well. Their visit was extremely uplifting and will hopefully result in more AFRH-American Legion engagement.

Regarding my impending retirement, DoD has made a selection and will announce soon. Our transition is being planned. Soon after the announcement you will hear more about the selectee and our transition. I would like to say a heartfelt thank you to those that have reached out to wish me luck in my retirement.

Talk to you soon....

Steve McManus



Resident Alma Wilson receives a kiss on the hand from a gracious Legionnaire during the visit from the American Legion. Photo by Charles Hollings

Congratulations to Gulfport's employee of the year:

Roy Deemes

By *becki Zschiedrich, AFRH-G Public Affairs*

Congratulations to Gulfport's Employee of the Year, Roy Deemes. Roy received this honor for exceptional service to the Armed Forces Retirement Home during FY-2015. Roy has demonstrated impeccable organizational skills not only in his assigned duties but in stepping up to handle additional COR duties. He coordinated room refurbishment for new Residents, oversaw numerous room turnovers, and managed five transportation contracts. Roy has proven his dedication to AFRH by being a responsible steward of Home resources and was projected to save the Home \$56,000.00 annually for the utility contract. He has processed invoices that exceed \$1.5 million annually. Roy is keeping up with the motto, "It never stops in Campus Ops".

Thank you Roy for your service and dedication to the veterans at AFRH. You are a prime example of exemplifying Person Centered Care (PCC) where AFRH is committed to excellence, fostering independence, vitality and wellness for veterans, making it a vibrant place in which to live, work, and thrive.



AFRH-G Employee of the Year Roy Deemes is congratulated by Chief Operating Officer Steve McManus.

Pet visitors and costumes bring love all around!

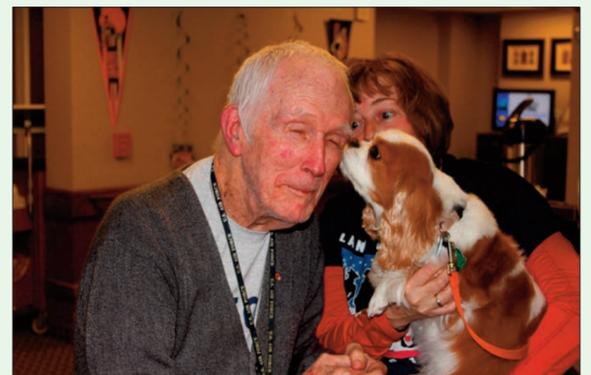
By *Susan Bergman, MT-BC, Recreation Therapy Services*

On Tuesday December 22, 2015, "Sassy" aka "Santa Paws," was eager to bring holiday cheer to residents on Allegiance, Valor & Loyalty Hall. Pictured in her Santa coat delivering a kiss to Mary Mayo, she is a mix of Rat Terrier & Chihuahua. The Rat Terrier is a multipurpose companion that is capable of hunting vermin and rodents below and above ground originally bred for farm work and ratting. The Chihuahua often has a terrier-like temperament as alert, graceful, and compact dog quick on their feet. AFRH-G Resident volunteer, Curtis Jackson, was "pleased as punch" when a local family became the guardians of Sassy allowing him to move into the retirement home pet free. With the family keeping his dog in their private home and allowing him to visit, Mr. Jackson became a pet volunteer and thus Residents are able to enjoy her, too. Sassy had a great visit on January 26 and is looking forward to seeing everyone again in February and on March 22 and 29.

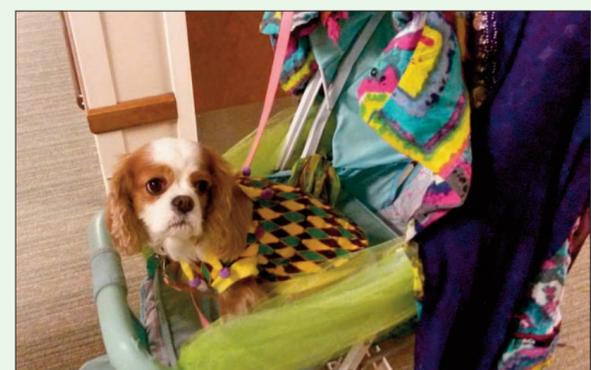
On Tuesday, January 12, 2016, residents were thrilled to see, "Eve" - a Cavalier King Charles Spaniel. Owner & AFRH-G volunteer, Diane Dewees, describes "Eve" as a retired show dog who loves to be photographed and bring comfort to others. Eve began her new life as a pet visitor after a lost tooth led to her show dog retirement. The Cavalier King Charles Spaniel is the most popular breed in the United Kingdom and often resembles Charles II's King Charles spaniel of the Restoration (1660). This breed is very patient, eager to please, playful, and highly affectionate as seen in the photo of "Eve" kissing Clayton Hiss. "Eve" also dressed in style and road in her princess float for the indoor AFRH Mardi Gras Parade on February 5, 2016. As always, puppy kisses delivered upon request (with added costumes) bring comfort, love & smiles all around!



Sassy aka "Santa Paws" delivers kisses to Mary Mayo!



Clayton Hiss asks & receives a kiss from Eve!



Eve dressed for the Mardi Gras parade!

From the AFRH-W Administrator



Dear Residents, Employees, Families, and Patriots:
It seems the shortest month of the year came and went in the blink of an eye! February was another action-packed month with a lot of things going on at the Home. This month the Home was presented with a very special gift; we celebrated 2015's Employee of the Year; hosted a delegation of staffers from the House Armed Services Committee; gave an Honor Salute to a distinguished Veteran; and celebrated our campus diversity with a special event. Whew!

On February 3 Mary Alice and Don Silbert donated a book of indelible photographs from the Nineteenth Century. The book, "Souvenir of US Soldiers' Home," copyrighted in 1895, describes how life was for the "inmates" of the US Soldiers' Home, which we now know as Armed Forces Retirements Home-Washington. We are very lucky Mary Alice spotted it in a used bookstore in Gettysburg, Pa. The book is a treasure that we plan to share with Residents

while also preserving it for the next 121 years! During the time of its publication, 750 men resided here, ranging in age from 24 to 90. Of those Residents, 485 participated in the Civil War. Thank you to the Silbert family for thinking of us.

Congratulations to the AFRH Employee of the Year, Carolyn Haug! Carolyn was chosen as this year's winner by the Agency because of her numerous contributions to Residents as Activities and Volunteer Coordinator. Last year, 32,104 volunteer hours accumulated with Carolyn leading the way. This eye-popping number was achieved through community, corporate, military, and Resident volunteers. Words cannot express the gratitude we have for each and every one of our volunteers whose work paid tribute to Veterans.

On February 17 we gave a facility tour to three staffers from the House of Representatives' Armed Services Committee. The tour covered a lot of ground in a short amount of time. It was clear from the questions asked how much the visitors care about the health and well-being of the Residents and the Home itself. Thank you to the staff tour guides for demonstrating their knowledge, skills, and caring commitment to our heroes.

The first Honor Salute Program was coordinated and honored our Resident Fay Steele on February 18. Mr. Steele is a

long-time Resident of the Home, who has run several marathons and distinguished himself during his service to our country. It was our honor to salute him for his accomplishments and make him the man of the hour.

Finally, our Black History Month celebrated in partnership with President Lincoln's Cottage and was held February

26. Brent Leggs – author, Harvard Loeb Fellow, and senior field officer at the National Trust for Historic Preservation was our guest of honor. Leggs spoke eloquently about the importance of protecting sites of historical significance that reflect the African American experience in the United States.

Shaun Servais



Administrator Shaun Servais receives a donated book entitled "Souvenir of US Soldiers' Home" from Mary Alice and Don Silbert.

Legionnaires Deliver Comfort

Story by Rebecca Newton, AFRH-W Public Affairs

Photo by Charles Hollings

As the nation's largest wartime veteran's service organization, the American Legion is devoted to mutual helpfulness. It is no surprise that more than twenty Legionnaires took time out to visit the Assisted Living and Long-Term care Residents at the Armed Forces Retirement Home, Washington, delivering gifts and smiles.

The American Legion's Operation Comfort Warriors (OCW) program was created to provide nonessential, comfort items to veterans in hospitals, nursing homes and transition units.

Residents of AFRH-W were overcome with joy as their visit from OCW warmed their hearts. They graciously appreciated the time and gifts of items such as lotions and shampoos.



Message from the Chief Medical Officer



Greetings Residents!

This is just an introductory note to share with you the way ahead for medical services here at the DC campus. First, while grateful for the steadfast and dedicated services of our nurse practitioners, Ms. Oby Atta and Mrs. Katia Coley, we now have enhanced capabilities with the addition of Dr. Shahid Waraich and myself. Both of us are board certified in internal medicine, and have extensive experience caring for seniors.

Doctor Waraich now serves as our physician in charge of outpatient (ambulatory) care in our Wellness

Center. He will work closely with Ms. Atta and Mrs. Coley to ensure that we continue to stay focused on continuity of care. In addition to overseeing the conduct of sick call, he will see his regularly scheduled patients in the Wellness Center Monday through Friday until 12:00 noon. We are accepting new primary care patients from AFRH in addition to the Residents already receiving care in our Wellness Center.

Ms. Atta will continue to see the Residents in Long Term Care and Memory Support, in collaboration with Dr. Waraich. Ms. Coley will continue to see Residents in Assisted Living, with my support. So we are pleased to offer you expanded service capability in all areas of the Home. We look forward to meeting all of you and supporting your health and wellness needs.

Ethelreda L. Collins, MD



Dr. Collins introduces herself to staff and Residents during the Town Hall, and provides an overview of her medical experience.

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



Residents of the Armed Forces Retirement Home – Washington survived the blizzard of January, 2016. According to television and newspaper accounts, Washington, DC received 18 to 22 inches of snow, depending upon where you live. I want to take this opportunity to thank all of the Residents and other volunteers who assisted in "digging out" the cars in the parking lot. This was, at the very least, a monumental task.

We would also like to take this time to send out a hearty "Welcome Back" to Mr. Shaun Servais, our Administrator, who just returned from a lengthy tour of duty at the Home in Gulfport.

Reggie, AAFES Manager, is leaving us after 27 years of service to the Residents of AFRH-W. He is being transferred to Andrews AFB. A deeply heartfelt "Thank You," goes to Reggie for all that you have done for us. You will be greatly missed, indeed.

Mr. McManus, the Chief Operating Officer of AFRH is retiring after having served in several positions prior to his current role. It has been a privilege to have worked with him. On behalf of the Residents, I would like to take this opportunity to thank him for all that he has accomplished and done at the Home. We wish him all the best in his retirement. February is Black History Month; a time when

we remember the contributions of African Americans such as:

- The Tuskegee Airmen, which comprised the 99th Pursuit Squadron, and later called the 99th Fighter Squadron was commanded by Benjamin O. Davis, Jr., a West Point graduate. President Clinton advanced him to the rank of 4-Star General in 1988. Flying P-40 aircraft, The Tuskegee Airmen flew an impressive total of over 200 Bomber Escort missions over North Africa, Sicily and Italy.
- W.E.B. DuBois, first African American to receive a Ph.D. in the subject of History from Harvard University.
- Thurgood Marshall, was the first African American confirmed as a justice on the Supreme Court.
- Dr. Martin Luther King, Jr., a Civil Rights leader, won the Nobel Peace Prize in 1964. He is most famous for his speech, "I have a Dream."

President Barack H. Obama, the 44th President of the United States of America.

We were pleased to host Fleet Master Chief April Beldo, her colleagues and their contestants for Sailor of the Year. The winner of their competition will compete for the title of CNO Sailor of the Year. Master Chief Beldo and all, had dinner with the Residents and shared "sea stories." Best wishes from AFRH-W to the upcoming winner.

Just a reminder: It is income Tax Season. Don't forget to have your income taxes prepared by the volunteers from AARP. They are on the second floor of the Sheridan Hall, Tuesdays from 8:30 a.m. to 1:00 p.m., until April 12th.

Marvin Archer

AFRH-G Administrator



I am very excited as I begin my new position as Administrator of the Armed Forces Retirement Home. The AFRH Vision is a retirement community committed to excellence, fostering independence, vitality and wellness for

veterans, making it a vibrant place in which to live, work and thrive.

Most of my professional career has been spent in retirement communities. This has given me some meaningful life experiences to draw upon. I have come to the Armed Forces Retirement Home at a time in my own discernment and faith where I would like to dedicate my professional work, time and energy to the veterans who have fought for our freedom. I am proud to be the Administrator of such a premier facility for our veterans. I have been given this opportunity and I am very thankful for it. All I have met here so far have made me feel so very welcome. I hope I will get

the opportunity to welcome and meet you all personally and individually.

We had a very busy month in February. It all started off with the Mardi Gras Parade and Ball where Thomas Adams was crowned the King and GiGi Malone was crowned Queen. It's great to be back in South Mississippi where people know how to "let the good times roll". I'm amazed when I walk around the building how festive things are around here. Recreation put on a wonderful Cultural Diversity Social where all cultures were honored, food was served representing many different countries, and Greek dancers performed. We also celebrated Black History Month by showing several different movie presentations, including the documentary "Freedom Riders". The National Commander of the American Legion, Dale Barnett, also visited the Home this month and he was amazed at what the AFRH has to offer.

I would like to congratulate Roy Deemes, for being named Employee of the Year for Gulfport and I would like to personally thank him for doing such an excellent job while striving for Person Centered Care.

It looks like we have a great schedule planned for the upcoming months in

2016. My hope is that you will participate in the programs planned this year. If I can ever help you in any way, please just let me know.

Let us not forget our mission at the Armed Forces Retirement Home, which is

to fulfill our nation's commitment to its veterans by providing a premier retirement community with exceptional residential care and extensive support services.

Jeff Eads



Gulfport Administrator Jeff Eads meets with the National Commander of the American Legion, Dale Barnett.

Art Show with an international reach

Story & Photos by Milt Williams, Art Specialist

Gerry Gorsky is one of our first resident artists to exhibit her paintings at the Biloxi/Gulfport International Airport. The show features twelve original works, mostly seascapes, wildlife and a historical antebellum home. It will be up for six months and thousands of locals, nationals and international travelers will be able to view her inspiring works of art. The airport has designated a special area for veterans to show their paintings and the facilities personnel arrange and hang them. A little side note: On the day we delivered the art, Peter Grundy, one of the airport facilities crew, met Gerry and she showed him how the art should be displayed. Turns out he is a veteran himself, retired from the Seabees. Their motto "Can Do" is evident by how nicely he arranged her paintings.

Gerry, thanks for sharing your gift with so many folks who will see our Gulf Coast through your impressive art. Remember Art Is An Adventure!



Above is a photo of Gerry Gorsky's art work that is currently on display at the Gulfport/Biloxi International Airport.



Airport crewmember, Peter Grundy, arranged Gerry's art work on the wall in the airport lobby.

Super Bowl party at AFRH-G

By Rob Miller, Fitness Specialist

On February 7th, many AFRH- Gulfport Residents witnessed a great game. The game was shown in the Community Center so everyone had a great seat.

The game kicked off around dinner time so it was perfect timing to open the wall in between the Dining Hall and Community Center and have a big party, allowing everyone to bring their dinner over to the game.

The Super Bowl game went pretty quick due to the defensive struggle. Chips and dip were served in the 2nd quarter. I think everyone enjoyed watching the game and witnessing Peyton Manning win his 2nd Super Bowl title. Residents also enjoyed the commercials!

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



This month's column will be dedicated to "Volunteerism" and what that means to the smooth operation of our Home. Without the volunteers, the cost of running this Home would be astronomical.

Each year Resident volunteers (even if they receive a stipend) save this campus \$450,000 a year in salaries not paid to regular full time employees. The Home would have to hire extra personnel to man the library, show movies, augment the security personnel, operate the theater, run the package pickup room, thrift shop, clothing store and many other activities that make this the premier Senior Living Community in the country. Could you imagine living here without the amenities I just mentioned? For some life would go on because all they want to do is to be free to stay in their rooms, eat, go to bed and just sit around and do nothing. One of their ongoing comments is that they came here to do nothing because they are retired. For others though, retirement is more than just sitting around doing nothing. They are the Residents that are involved and enjoy a greater quality of life because they are active, creative and caring, and they

participate. Yes I know that many of you are not well and have many health issues that prevent any strenuous activities but none of the positions mentioned require anything strenuous, just a will to help.

Here is another way to volunteer. Did you know that your Resident Advisory Committee (RAC) has sub-committees? These sub-committees are a vital part of the RAC and influence how the Home is run. You don't have to be a member of the RAC to be on one of the committees. In fact AFRH directives require that Sub-Committees be composed of two RAC members and two Residents at large. For a while now some of our committees have been operating without "At Large"

Residents; we need your help if you want to have a voice and be heard. Become a part of one or more of the RAC's sub-committees. For instance we have a Wellness Committee, Food Services Committee,

The Moral Welfare and Recreation (MWR) Committee, The Resident Fund Advisory (RFAB) Committee and a few more. Each of the committees work with the respective AFRH staff to address any concerns Residents might have. So come on and volunteer; become a part of the solution and not a part of the problem.

A few of the more important committees are (1) the RFAB - this committee oversees the Resident Fund. This committee decides how our non-appropriated fund is spent and on what. Did you know that our fund pays for the books and movies that are in the library? It pays for trips, special events, dances, the wine and beer we enjoy at special meals, the ice-cream socials, the wood shop, and the

bicycle shop. There are many more activities our Resident's fund pays for and without them this would not be the Home it is. (2) The Wellness Committee – this committee works with the medical staff to insure that we receive the best care and that the Residents' concerns are addressed and solutions are found. And, (3) The MWR Committee – this committee makes recommendations for recreational trips, parties, dances, tournaments, games and many of our Resident activities. If you would like to have a say in planning activities and trips, this is the committee for you. So come on and volunteer and become a part of the solution and not a part of the problem.

With that I'll leave you with this item someone sent me, and I find it quite funny and appropriate for us at our age.

I am now a Seenager: (Senior Teenager) I have everything that I wanted as a teenager, only 60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car. I have an ID that gets me into bars and liquor stores. The people I hang around with are not scared of getting pregnant or getting someone pregnant. And I don't have acne- life is great.

Henri D. Gibson



Henri Gibson serves up the wine at the February Birthday Dinner Celebration.

AFRH-W Activities

The Artistic Dance Academy performs at AFRH-W

By Amanda Jensema, CTRS & Carol Mitchell, RT Therapy Specialist

The Artistic Dance Academy put on yet another wonderful performance as they have done every year for the past 15 years. They performed a wide variety of dances from tap, contemporary, ballet, jazz, hip-hop and much more. They bring dancers of all ages to show off their dancing skills in solo performances as well as groups. Over the years our Residents look forward to their performance because they know they will be watching a wonderful production full of colorful costumes, different styles of music, and of course, amazing dancing.

The dancers are truly becoming professional, dealing with obstacles that could happen, such as the lights mysteriously going out during a couple of the dances. The dancers carried on as if nothing happened showing their knowledge of how to deal with unexpected hurdles.

Cindy King is the director of The Artistic Dance Academy and she enjoys bringing the dancers to the Veterans. It not only gives the dancers the opportunity to perform for our Nation's Veterans but it also gives them the opportunity to learn some history as they speak with the residents after the performance. The Residents always look forward to seeing the Artistic Dance Academy performances each year!



The Artistic Dance Academy performs for the Residents of AFRH-W.



Their performance included hip hop dances.



A dance student performs an allegro.

RT Super Bowl 50th pre-game party

By Amanda Jensema, CTRS, & Carol Mitchell, RT Therapy Specialist

Recreation Therapy hosted a Pre-Super Bowl Extravaganza the Friday before the big game! Unfortunately the Redskins were not able to be there for the show, but they made an appearance on Friday via replays of their THREE Super Bowl wins, to include a win over the Denver Broncos in 1988! The day started off in the Scott Community Center with the two big screens dropped down to watch the first Redskin Super Bowl win against the Miami Dolphins. During that time residents and staff were able to place their fun picks for a variety of different events that would take place throughout of the game, to include who won the coin toss, first touchdown, and winner with final score. Resident Farris Dozier showed up decked out in his Denver Broncos attire to cheer on his team! Light refreshments were provided that morning leading up to the awesome appetizers provided by AFRH Food Service, and Homemade Oyster Stew by Sarah Kenan during the afternoon social. During that time on the big screens residents and staff viewed the Redskin vs. Broncos, along with Redskin history, and Super Bowl trivia to test our residents Super Bowl knowledge. The fun picks were available through the end of the social. During the course of the day, over 170 residents and employees participated in the events. The final Redskin Super Bowl win against the Buffalo Bills was played at a later date.

Fast forward to Sunday, Super Bowl 50, Recreation Therapy staff were watching the game to ensure the accuracy of the fun picks would take place. Carolina Panthers were the favored team to win, with an awesome 15-1 record this year. The Broncos had a respectable showing this year, with a 12-4 record. Once the Big Game kicked off, it was clear that the Broncos were taking charge, and they did. The final score was 24-10.

Monday morning, with the help of fellow residents, the winning fun picks were drawn. Winning Residents received cash awards and winning employees received a prize. The winners are.....

Coin Toss: Resident William Frederick
 First Fumble: Resident Catharine Deitch; Employee James Rogers
 First Touchdown: Resident Ed Van Wey
 First Field Goal: Resident Rick Walk
 First Sack: Resident Martin Cody; Employee Mariama Kamare
 Lead at the Half: Resident Muriel KupperSmith; Employee Valerie Kirkwood
 First Interception: Resident Martin Cody; Employee Ron Kartz
 Champion & Final Score: Resident Leonard Mitchell picked the Broncos and had the closest score without going over, guessing 21-7.

A good time was had by all. We look forward to next year's RT Pre-Super Bowl LI (51) Extravaganza!



Recreation Therapy Staff gets ready for the Super Bowl.



Residents gather in the Community Center for the Super Bowl Party.

Employee of the Year: Carolyn Haug

Story and photos by Rebecca Newton, AFRH-W Public Affairs

It is said that valuable employees increase productivity. Considering that this year's Employee of the Year did just that, it comes as no surprise Volunteer Coordinator Carolyn Haug received the top honor.

Coordinating large groups of volunteers is Carolyn's specialty; which is no small task in the nation's capital, and its surrounding metropolitan area, including Maryland and Virginia.

Some of the events she coordinated in 2015 include: National Military Family Volunteer Day, where 200 military family volunteers came to wash wheelchairs, rake leaves, dust library shelves, decorate for the holiday season and visit with our Residents; and the Coast Guard Pond Project, a partnership with the DC Chief Petty Officers Association, Chief Warrant Officers Association and Coast Guard Enlisted Association. This initiative helps improve the appearance and accessibility of the fishing ponds for our Residents.

Carolyn also oversees the Resident volunteer medical escort program, which serves a need for Residents who require an escort due to doctor's orders for same day procedures.

In 2015 alone, Carolyn coordinated 5,124 volunteer visits from the community, military and corporate groups totaling 18,408 hours of volunteer service. Not only does she coordinate with volunteers outside of the campus, but she also runs the Resident volunteer program on-campus. This consisted of 103 resident volunteers who volunteered 13,696 hours last year.

With the current volunteer hour in the District of Columbia valued at \$39.86, the total cost savings of volunteer hours from Residents and Non-residents at AFRH-W, equates to \$1,279,665 over the last year.

When asked what this award means to her, Carolyn replied, "It is a blessing

to receive such an honor and a reflection of the amazing work of our volunteers. They are people who are smart, creative, fun, talented and deeply devoted to our Residents. My daily goal is to be a conduit to connect those volunteers to love and serve our community. Many times it is hard to keep up. Receiving such an honor helps affirm that I'm on the right track. Thanks be to God!"



Carolyn Haug, Volunteer Coordinator, accepts the 2015 "Employee of the Year" award from the Administrator, Shaun Servais.

Reading buddies gets started

By Christine Baldwin, Librarian

Eight residents of AFRH-W are partnering with eight children from the new Creative Minds International Charter School that opened on campus this past fall.

The students are from Kindergarten – 5th grade and they meet for a half hour during the children's lunch. The Resident guides the youth with his/her reading or just reads to the child while he/she eats.

The Residents participating for this program which continues through the end of April are Earl Tourgee, Joe Nesnow, Linda Hardy, Norma Rambow, Jim Judy, Frank Lawrence, David Kaetzal, and Michelle Busch.

AFRH-G Activities

Cycling challenge winners

By Rob Miller, Fitness Specialist

Photos by Becki Zschiedrich, AFRH-G Public Affairs

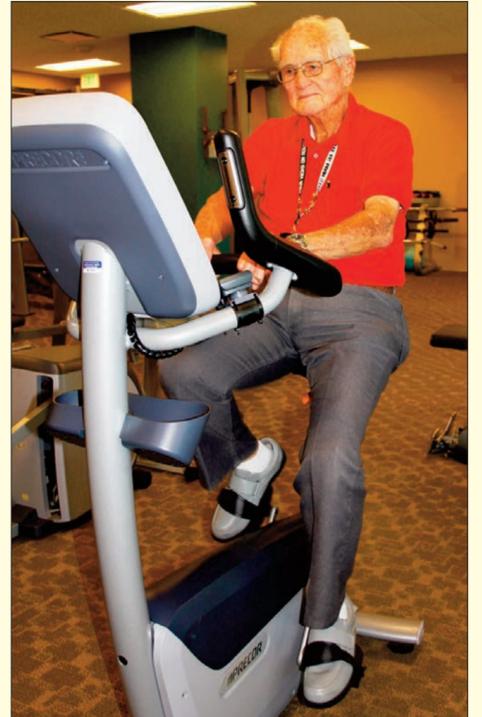
I would like to take the time to congratulate two individuals who have completed the bike challenge "Route 66", recently. I would also like to congratulate another resident who is a "Legend in the cycling arena of sport". The total amount cycled to complete the challenge is 2,187 miles, going from Chicago to Los Angeles. Along the way there are several checkpoints, in which, a pin for that specific state is won. There are seven checkpoints and the average between checkpoint is about 300 miles, so while it is challenging, it is attainable. Doing just one mile per day will allow you to be rewarded with a state pin and at this pace, this challenge can be completed in seven months, at which time you will receive a beautiful RT 66 T-Shirt.

The two most recent champions are Ron Rodrigue who was the **SECOND PERSON** in the HISTORY of the bike challenge in Gulfport to complete the challenge as of July 1st, 2015. And the **THIRD PERSON** in the HISTORY, was Vernon Haugen, who completed on October 21st, 2015. Both averaged 10 to 20 miles per day respectively. However, I cannot forget to mention, **THE LEGEND AND GRANDMASTER, THE FIRST** to complete the challenge, DC Breland. Gentlemen you will go down in History! Please congratulate these men when you see them. You never know, maybe there will be a 30/30 TV show on ESPN about the accomplishment! Or, maybe on Senior TV.

Also, please be advised, maybe you have a different talent that keeps you in shape. Please do not be nervous to share the idea. Maybe that can be the next great challenge to go down in history! If interested, contact Rob Miller at 228-897-4413.



Ron Rodrigue rides his bike about 20 miles a day and was the second Resident to complete the bike challenge.



Congratulations to DC Breland for being the first Resident to complete the bike challenge.

An eventful field trip

By Jennifer Briley, AFRH-G Volunteer Coordinator

AFRH-G Resident Volunteers greeted Three Rivers Elementary School Honor Society Students on February 17th, 2016, for a field trip to interview a few of the Residents and have a tour of the facility. The students ranged from 4th to 6th grade and in age from 9 to 12 years old. We had five tour guides: Ms. Doris Denton, Mr. Rick Eyman, Mr. Thomas McNamara, Mr. Kenneth Falk, and Mr. Robert Rolak who took the kids and chaperoned them around the first floor and showed them all the amenities that our Residents enjoy here at the Home. After the tour the kids asked our panel of Residents a few questions, such as:

1. Why did you join the military?
 2. Where did you serve?
 3. How was it different for Females in the military then verses now?
- And my personal favorite:
4. How do I volunteer here?

The children all had a great time and were excited and engaged with the conversation. Mr. Ray Ross even asked the kids, "Is it better to be here on a field trip or to be in school"? Of course the kids answered, "To be here!"

I want to thank Mrs. Rebbecca Anderson for helping to coordinate this field trip and all the kids for their participation in learning about our Home. Thank you Three Rivers Elementary, we had a great visit with your Honor Society.



We had five tour guides: Ms. Doris Denton, Mr. Rick Eyman, Mr. Thomas McNamara, Mr. Kenneth Falk, and Mr. Robert Rolak who took the students around the first floor on a tour.



Thank you to the Three Rivers Elementary Honor Society for visiting the AFRH-G.

A Mardi Gras "Mambo-Jambo" backdrop

By Milton Williams, Art Specialist

Gerry Devoe put her own project aside and stepped up to the plate, sewing machine plate and foot peddle, that is, to help with decorations for the big Mardi Gras Parade, which was less than two days away when she got started. I think she was sewing around the clock for the 10' x 7' backdrop for the King and Queen. Thank you Gerry for always helping the Home, especially at the last hour.

Oh! "Mambo-Jambo", Dat N'arlenes for let's dance in the parade y'all.



Thank you so much to Gerry Devoe for creating such a beautiful masterpiece for the backdrop at the Mardi Gras Ball.



Gerry's gorgeous finished product shines behind the King and Queen at the Mardi Gras Ball.

The St. James Elementary School stuns Residents with performance

Story & Photos by Becki Zschiedrich, AFRH-G Public Affairs

Fifth Graders from The St. James Elementary School in Gulfport, MS put on a stellar performance for the Residents yesterday. They started with an amazing rendition of the National Anthem that brought tears to everyone's eyes, and ended with The Armed Forces Song in which the Residents stood while their branch of service was performed. The audience was stunned at the professionalism and the talent of this young group.

After the performance, the students greeted the Residents and handed out Mardi Gras beads. They then headed to Tower D to perform for the Long Term Care and Memory Support Residents where they performed again.

It was absolutely delightful to have St. James Elementary School perform for the Residents at AFRH-G.



The St. James Elementary 5th graders let the good times roll.



Mike Swickerath takes a photo with one of the masked second liners.



Residents really enjoyed the patriotic songs.

WASHINGTON

Memorial bowling shoot-out

Photos and story by Rebecca Newton, AFRH-W Public Affairs

Some Residents of AFRH-W, participated in a Memorial bowling shoot-out in honor of "Smoky Prussman," who was a resident of the Home. After a generous donation, winners split winnings of sixty dollars.

Playing in a red-yellow-green pin format, bowlers earn dollars for colored pins, turkeys, splits, clean games, and also pay penalties.

Scratch winners were:

Willie Shives 1st
Pete Hudson 2nd
MiMi Rivkin 3rd

Handicap winners were:

Bert Spangler 1st
Patty Kirchner 2nd
Phyllis Bradfordn 3rd

To get in on the action, come down to the Bowling Center. The hours of operation are 1:00-4:00 p.m., seven days a week.



Bert Spangler perfects her grip as she prepares to take first place.

Up up and away!

By Carol Mitchell, Recreation Therapy

On Wednesday, February 3rd, the Healthcare Residents of AFRH took a tour of the College Park Airport located in College Park, Maryland. The Airport covers 70 acres and has one runway. It was established in August of 1909 by the United States Army Signal Corps. The Airport is the world's oldest continuously operated airport. It was built to serve as a training location for Wilbur Wright to instruct two military officers to fly in the government's first airplane.

After touring the facility, the Residents boarded the bus and headed out to have a delicious lunch at "Three Brothers" Italian restaurant.



AFRH-W celebrates Black History

Story and photos by Rebecca Newton, AFRH-W Public Affairs

The Community Center filled with staff, Residents and guests, were educated and uplifted during the Black History celebration. The Master of Ceremonies was Dr. Jim Kyle, Wellness Center Manager. Chaplain Goodloe offered a prayer before the speaker was introduced by Erin Carlson Mast, Executive Director of Lincoln's Cottage. This year's theme, "Hallowed Grounds: Sites of African American Memories," was presented by guest speaker, Brent Leggs. Mr. Leggs is an author, preservationist and Harvard Loeb Fellow. He spoke about important landmarks in African American history, and pointed out that preservation is all about "people." "Rather than being remembered as spectators and the enslaved, it is important for those who came before us to be remembered as achievers," he said.

Ombudsman Robb Webb gifted Mr. Leggs with an Administrator's coin to express heartfelt gratitude for sharing his wonderful presentation. Our very own staff member, Twila Smith led the group in spiritual songs of the past, and Frank Leonard, Contract Surveillance Representative, sang another spiritual. Special guest Faye M. Dixon, provided a beautiful spoken word to the audience. The Triple Nickles group spoke about their service, and even set up a display of awards, medals and photos from their own Black History collection. Special thanks to President Lincoln's Cottage, Triple Nickles, and DJ Billy White.



Thomas Myrick and Marvin Archer sing spirituals during the Black History celebration.



Faye M. Dixon presents a spoken word poem to attendees

Sweetheart dance at AFRH-W

By Jerry Carter, Fitness Specialist

On Friday February 12th, hugs and kisses filled the air as the Sweetheart Dance took place in the Community Center at AFRH-W. Residents and guests were dressed to impress and gathered together to listen to the live band performance at the dance. The band consisted of 5 members who played various instruments including brass and percussion. They were the highlight of the evening as residents sang along to the music!

As the evening progressed, residents and guests enjoyed a wide spread of delightful foods! On the menu was a delicious cheese and cracker spread along with a fruit tray including some the resident's favorites such as pineapples and melons! Baked and fried chicken was also served throughout the evening, and of course the Sweetheart Dance would not be complete, if chocolates and wine were not served as well! As the night went on, more and more residents moved on the dance floor and boogied with each other to heart-warming hits. As the evening concluded, all participants left the event with smiles and pure bliss displayed on their faces. A special thanks to all the volunteers for making the event truly sweet!!!

GULFPORT

A Sweet Valentine's

By Jennifer L. Briley, Volunteer Coordinator

Here at AFRH-G we celebrated Valentine's Day early on Friday, February 12th 2016. Our Resident Mr. Raleigh (Dawg) Player coordinated his 5th Sweetheart Valentine's social. Dawg decorated the entire Community Center and partnered with Waffle House 199 on Hwy 90 in Gulfport to donate and serve 200 slices of Apple, Pecan, and Chocolate pie. Ms. Liz Teabout, a waitress for Waffle House 199, and Waffle House District Manager, Jason Dewey, volunteered to serve the pies. The Waffle House Corporate office also sent Valentines letters to our Residents. In addition to pie, Dawg bought and served (with the help of our fabulous Ice Cream Ladies), 10 gallons of Ice Cream and all the toppings to go with it. Also here for all the fun were 15 Keesler Air Force Base volunteers who helped bring Residents down from Tower D, as well as served ice cream and pie on the floors for those Residents who were unable to make it down.

Senior's from Gulfport High School also came by to socialize with the Residents and hand out handmade Valentine's from the 2016 graduating class.

Ms. Sandy Fisk dropped by the Home to donate 119 candy bags and boxes from the Cajun RV Park Snowbird Ladies. The boxes and bags were filled with small candies, Kleenex and other small items. Each box and bag had something different in it.

The tradition of Dawg's Sweetheart Valentines Social all began when he escorted Ms. Marion Ritchie to the Waffle House Sweetheart's Night in 2012. He simply asked if Waffle House would be able to bring it to AFRH and they accepted. The first Sweetheart Valentine's Social was on Tuesday, February 14th 2012 in Spiro's Café right here at AFRH-G and covered by WLOX. What a wonderful tradition. Thank you Dawg for all your hard work!



Waffle House District Manager Jason Dewey and Resident Dawg Player.



Orlyn Boyd receives a beautiful handmade card from the Seniors at Gulfport High School.



The Community Center was packed for the Valentine's Day Social.



Liz Teabout and Dawg Player serve the pie.



Nancy Dickson shows off the gift from the Cajun RV Park Snowbird Ladies.

A special kind of person centered care

By Jen Biernacki, Recreation

The Students from Picayune High School ROTC created a very unique float for Previous Mardi Gras Queen, Frances Scott. A few students drew and painted signs, while others decorated a geriatric-chair that would carry her down the parade route. TSgt Austin Smith, TSgt Travis Meyer, and TSgt Steven Nowicke escorted Ms. Scott down the parade route with special care to assure her safety. "I don't want to miss the parade," said Francis Scott. "I have to be there," she added. Frances Scott finished the parade and joined the others for the Mardi Gras Ball making a special memory and moment for a special person. Thank You to all that made this memory happen for Ms. Frances.



TSgt Austin Smith TSgt Travis Meyer and TSgt Steven Nowicke took very special care of previous Queen Francis Scott during the parade.



Picayune High School ROTC students drew and painted signs.



Picayune High School ROTC students creating the signs for the Previous Queen Francis Scott's float.