



## AFRH-GULFPORT

### U.S. Air Force Honor Guard Drill Team volunteers at AFRH-G

By Melodie Menke | Volunteer Coordinator

The U.S. Air Force Honor Guard Drill Team stationed at Joint Base Anacostia / Bolling, Washington D.C. took time out of their annual training at Keesler Air Force Base to volunteer at AFRH-G on Monday February 11, 2019.

They will soon begin their travel schedule of over 180 days doing impressive drill performances to recruit, retain and inspire. And inspire they did- not by doing their famous drills but by their friendly professional manner and openness to lend a hand wherever it was needed. The residents and staff enjoyed long conversations about life and the military and shared many laughs. We look forward to their visit next year. Safe travels from your veteran fans at AFRH-G.

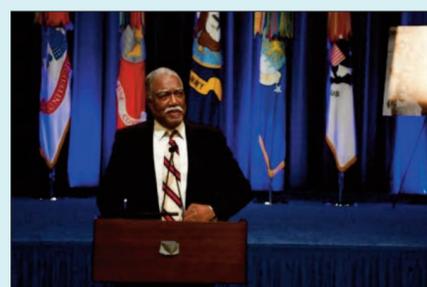


## AFRH-WASHINGTON

### AFRH Chaplain presides over 35th MLK Jr. Observance at Pentagon

By Carolyn Haug | Public Affairs  
U.S. Army photos by Eboni Everson-Myart

On Thursday, January 17th, the Department of Defense commemorated the 35th annual Dr. Martin Luther King, Jr. observance. Mr. Michael Rhodes, director of administration for the Office of Chief Management Officer, pointed out that the Department of Defense's observance occurred one year prior to our national observance honoring Dr. Martin Luther King. The Armed Forces Retirement Home - Washington's Chaplain John P. Goodloe, Sr. was invited to give the invocation and benediction for the observance. Staff and residents of the Armed Forces Retirement Home were seated in the front row inside the Pentagon auditorium. The keynote address was given by Mr. Robert K. Goodwin, past president and CEO of Points of Light Foundation. Thank you to the Office of Chief Management Officer for inviting us to take part in this special occasion.



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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 have 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 suffering from 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, #584

3700 N. Capitol St. NW, Washington, DC 20011-8400

Visit us on the web at:  
<https://www.afrh.gov>



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The Joint Commission  
<http://www.jointcommission.org>

**AFRH-Gulfport and AFRH-Washington  
currently have no waiting time for residency.**

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



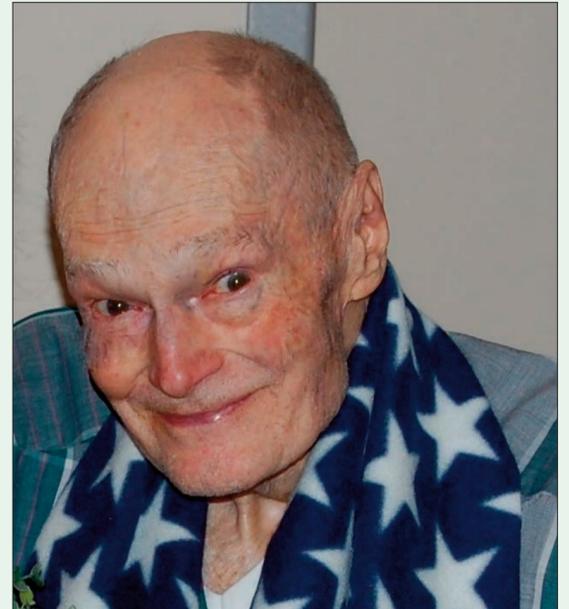
## AFRH-W Resident Highlight – Philip Uhlmann

By Christine Baldwin | Librarian

Philip Uhlmann was born in New York. One proud memory Philip has is that his uncle, an artist by trade, was asked to design the U.S. Army 7th Corps shoulder patch after D-Day. His mother is the one who encouraged him to play an instrument, because she felt a person could always get a job and in fact, could make music into a profession. Philip's choice was the clarinet because he felt it was so versatile, with a wonderful range of tones. After graduating from high school and later Hofstra University, New York, Philip decided to enlist in the U.S. Army in 1955.

He was in the First U.S. Army Band, located at Fort Jay on Governor's Island, New York and, of course, played the clarinet. He was there for one year and then was transferred to two line bands in Tokyo and Yokohama, Japan for another two years. During this time, Philip was selected to play second clarinet in the Japan-America Symphony. This was a temporary organization that was to enhance good relations between the two countries. Nagoya, Osaka, Kyoto and Nagasaki were other cities that Philip toured with the symphony and he thoroughly enjoyed the experience. What was so special about the music was that the Americans played the woodwind instruments and the Japanese played the strings. They truly made beautiful music!

After coming back to the states, Philip had a successful audition with the U.S. Military Academy Band at West Point, New York. He then reenlisted and was able to be permanently stationed there for the remainder of his service. He retired in 1968 and came to the former U.S. Soldiers' and Airmen's Home, where he is living now as AFRH-W. Philip is overwhelmed with the events and activities in the new Scott building and is enjoying bingo, current events, bowling, computers, etc.



## AFRH-G Resident Highlight – Ethel “Sally” Stoner Blythe

By Lori Kerns | Librarian



Ethel “Sally” Stoner Blythe was born in Philadelphia, Pennsylvania in 1923. Her military heritage was engrained early on with her father and mother both serving in the Navy during WWI. Sally and her brother continued the legacy by serving in WWII. She had felt an obligation to enlist with the Army Air Corps because they were needing women to relieve the men for overseas duty.

Sally was sent to Fort Oglethorpe, Georgia for basic training. She was then sent to Sheppard Field, Texas to begin her job as a control tower operator. She stayed in the state of Texas for the three years she served. During this time she had a couple of memorable experiences. When hearing that a ship had blown up near Galveston, she volunteered to help. However, she was not allowed to help because she was a woman. She was on duty when one of the first jet planes came to Biggs Field. As the plane took off to leave, she reported fire coming

out of the back of the plane. The pilot radioed back, “We’d be in a helluva mess if there wasn’t!”

While stationed at Kelly Field in San Antonio Sally met Billie, a ground to air radio operator. The couple started dating and married in 1946. When the couple found out they were expecting their first child, Sally separated, at the rank of E-4 Sgt, from the Army Air Corps to be home with the baby. Billie stayed with the Air Force and Sally followed him around the world to his duty stations raising their four children, William, Robert, Janet, and Beverly.

Sally decided to go to business college once her children were a little older. She

trained to become a clerk typist. Her job as a typist included proofreading and typing textbooks at Keesler AFB on the Mississippi Gulf Coast, working in the legal department at the VA in Houston, Texas, and as a bookkeeper and payroll clerk at Clay's Marine in Lake Charles, Louisiana.

When Billie and Sally retired, they bought an RV and traveled throughout the United States, Canada, and Mexico. They eventually decided to settle down and put in to become residents at AFRH-G. They lived happily in the home until Hurricane Katrina displaced them. The couple moved to AFRH-W to await the reopening of the Gulfport Home in 2010.

In 2012, Billie passed away one month before his 90th birthday. Billie and Sally stayed happily married for 65 years, nine months, and two days. From their four children, they have numerous grandchildren, great-grandchildren, and great-great-grandchildren.

Sally's decision to continue her family's military heritage to our country was not only a benefit to the efforts of WWII, it also led to a happy marriage to Billie, in addition to spending her well-earned retirement at AFRH-G.



**Residents discuss participating in Veteran’s History Project, other activities**

*By Christine Baldwin | Librarian  
Photo by Jack Beck | AFRH-W Resident*

On an afternoon in late January, several residents and outside guests met to discuss projects that the residents could participate in. One is the Veteran’s History Project, sponsored by the Library of Congress, in which an individual’s military story will be forever remembered at the library, for the family and for the home. Another activity presented would be to take residents to the Hirshhorn Museum to discuss an art cyclorama on Pickett’s charge.



**REMINDER: Daylight Saving Time**

Don’t forget to spring forward when you change your clocks on March 10, 2019



**Remembering the love songs of the past with The Sapphires**

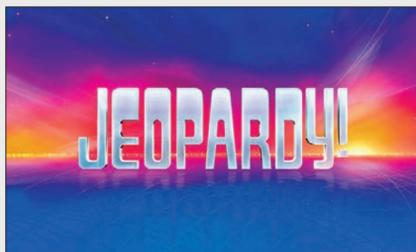
*By Linda Bailey, CTRS | Recreation Specialist and Carol Mitchell | Recreational Therapist  
Photos by Jack Beck | AFRH-W Resident*

February, with its hearts and flowers showing themselves on cards and in stores, bring thoughts of love. And we remember the songs that were on the radio when we were young. On Friday, February 15th in our community center, some of those songs were performed by a group that goes by the name of The Sapphires. A pianist and three vocalists took us back in time. With songs from Frank Sinatra in the 1940s, to Broadway love songs from the 1950s to the Bee Gees from the 1970s, the group entertained and took us on a trip through time. Sangria and cheesecake were sweet treats to go along with the music.



**Happy Hour!.... It’s a game of Jeopardy!**

*Story & Photo by Jen Biernacki | Recreation Therapy Assistant*



On February 6, the healthcare residents experienced Jeopardy during the Valor Hall Happy Hour. The categories were “February, musicals, movies, history and holidays.” The group was split into two teams with the buzzers being coffee mugs that were used to bang on the tables. Each question was up for grabs by either team and the team

winning the question chose the next category and value. Answers were yelled, teams cheered, coffee cups banged and laughter was heard as all the questions and answers completed with both teams within 200 points of each other at the game’s end.

A fun banging good Valor Hall Happy Hour to remember. Great idea Jack Hicks!!



**Up up and away!**

*Story & Photos by Jen Biernacki | Recreation Therapy Assistant*

On Friday February 8, 2019, National Kite Flying Day and a rather cold day for south Mississippi, the healthcare residents enjoyed kite flying from the grounds of AFRH-G. The kites were challenging at first as a struggle to get them to take off was a lesson in patience and endurance. A kite crashed, one ripped, fell apart and yet another lost a tail but the challenge was achieved as two kites designed in the shape of airplanes soared through the sky effortlessly. Successful fun and exercise on a kite flying afternoon. YAY!!



## From the AFRH-W Administrator



As I write this, the snow is falling and our grounds crew is working hard to keep our campus clear and safe for our residents, staff and visitors. The trees and grass are covered with snow and the deer are enjoying the peacefulness that snow brings. It is a beautiful day on the Washington campus! February has been a pretty quiet month for visitors. We had some Veterans Service Organizations visit to see the campus, and some great volunteer groups to include a local school that brought many homemade Valentines for all to enjoy. Our leadership is also working with the proposals for the 80 acre re-development and will soon choose the way forward.

We hosted a Black History Month program to honor the contributions made throughout the years that included participation from residents, staff and outside guests including Lincoln Cottage staff. Billy Bowen lead the resident planning group along with many others and our RAC Chair, Billy White spun tunes. The program included poems, music and a guest speaker as well as refreshments. The program was well received by all who attended.

Many of our residents enjoyed an Italian dinner that they helped to prepare with the recreational therapy staff; it was delicious and a fun time for all. We also had a great birthday meal to treat those with February birthdays. Our dining staff works hard each month to make this a special time. We've had some turnover this month with staff to include our ombudsman, Robb Webb, who left for a promotion. We wish him well in his new position at the Small Business Administration and are looking forward to working through the process to hire his replacement.

The RAC has been busy this month working on special projects and also going out to different groups to market the Home. Thanks to Billy White and his resident team!

As I close this month, I am looking forward to the new life and longer days that spring will bring to the campus.

*Susan Bryhan*

## Roses are red, and violets are blue, but cookies are sweet, so we share them with you

*Story & Photos by Marine Robbins | Recreation Therapy  
Photos also contributed by Carolyn Haag | Public Affairs*

This Valentine's Day, veterans at the Washington campus were surprised on behalf of 1-800-Flowers, Cheryl's Cookies, and AARP Member Benefits. Intersecting a lively game of bingo, residents were treated to delicious sugar cookies and long-stemmed roses.

These kind volunteers also made visits to the rooms of residents living in the long term care and memory support units. Bingo isn't for everyone, but roses and cookies are universally appreciated. A big thank you to the volunteers who came to make our veterans feel special and appreciated. 'Tis the season for love!



## Bowling is right up our alley

*Story & Photo by Marine Robbins | Recreation Therapy*



Following mounds of cake and wine at the monthly birthday dinner, the Friends of the Soldiers Home (FoSH) and Catholic University of America (CUA) volunteers joined AFRH-W for an evening of competitive bowling on February 19th. Totally unfazed by her libations, Ms. Anneliese Albert scored a strike in the first round and continued to impress throughout the evening, earning her the title of most valuable player! With great thanks to our FoSH and CUA volunteers for consistently making bowling night a successful endeavor, we look forward to next month.

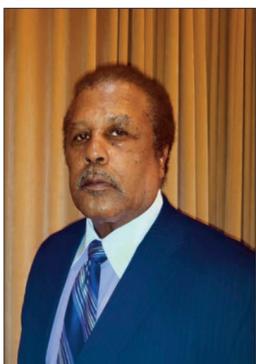
## Special exhibit

*Story and Photo by Christine Baldwin | Librarian*

Displayed outside the Wellness Clinic is a special exhibit from resident Don Marsh. It is some of his miniature police car collection. Don had been in the military police during his U.S. Army career and later worked for Central Texas College teaching law enforcement classes. He has collected these cars throughout his life and enjoys sharing them with residents.



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



March is fast approaching and our community outreach efforts are moving ahead nicely.

This month we (a few residents and myself) intend to travel to Clinton, Md. to visit a veteran center in a community outreach effort set for March 5th.

On March 14, about five residents from AFRH-W will attend D.C. Mayor Muriel E. Bowser's meeting from 10 a.m. to 12 p.m. The meeting will take place in the Ward 4 section of the District at the D.C. Metropolitan Police Headquarters. Residents will engage Mayor Bowser on retirement income and taxation issues. I will speak with the Mayor about ways to identify and locate military veterans throughout the DMV (D.C., Maryland and Virginia) area.

Recently I met with DC Council Member James Bucklin (Ward 5) to discuss ways to improve AFRH-W community outreach throughout the District. Working with the RAC, Mr. Bucklin has agreed to help AFRH reach veterans in his ward.

A big "Anchors Aweigh!" to Mr. Rob Webb (U.S. Navy Retired), our former AFRH-W ombudsman. Mr. Webb has moved on to the next "evolution of training" in his career and we wish him and his family well and much success.

*Billy Ray White*

# From the AFRH-G Administrator



We've been lucky so far with a mild winter along the Mississippi Gulf Coast. Although really foggy at times, it's been better than having freezing temperatures. It seems like we just celebrated the New Year and now we're almost into the third month of the year. I guess that is where the saying, "Time flies by when you're having fun" comes into effect. This month we celebrated Black History Month along with Valentine's Day and President's Day. We also held a Cultural Diversity Social on February 25.

Since the Mardi Gras season is upon us, we started out with a Mardi Gras themed cook-in in the upper levels of care on February 12. Employees participated by dressing up in all things purple, green and gold. Mardi Gras music was playing and beads were given out to all the residents. We held our annual Mardi Gras parade along the boardwalk inside of the building on February 28. We will have more on that and the new king and queen will be announced in the March edition of the Communicator.

I would like to thank Frank Zubko for acting as our interim RAC Chair. We all really appreciate your hard work and dedication. We had a new election and on February 5 a new RAC Chair was announced. Congratulations to Arthur "Art" W. Jones. I am looking forward to working with you.

We have upgraded our Senior TV and I hope you all are enjoying the clearer picture. If you need help reprogramming your TV, please sign up in resident services.

Now that February is over we can look forward to March where we will spring forward on March 10 (don't forget to change your clocks forward an hour). I am really looking forward to having more daylight in the evening.

Don't forget to take advantage of the wonderful trips our recreation department plans. Please check out the March calendar and sign up for trips you would like to attend.

**"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." - Martin Luther King Jr.**

Jeff Eads

# Gulfport residents visit the New Orleans Fairgrounds

By Becki L. Zschiedrich | Public Affairs  
Photos by Dan Ellis | Resident

On February 16 Gulfport residents hopped on a bus and headed west to see the Louisiana Derby live horse racing at the New Orleans Fairgrounds. Some residents placed their bets on their favorite horses and others went along for the ride. Only in New Orleans could you also catch a wedding party "second line" heading down Canal Street. The second line at a wedding signifies the start of a new beginning of life for the bride and groom. A brass band leads the bridal party and the guests from the ceremony to the reception venue.

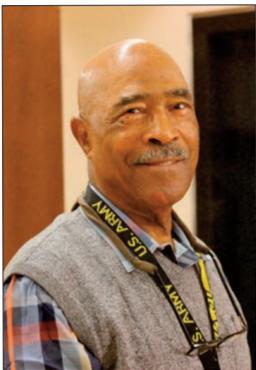
Don't forget to check out the monthly calendar to see the trips you might be interested in. The sign-in book is located on the table in front of the bowling alley.



## Congratulations to the newly elected AFRH-G RAC Chairman, Arthur "Art" Jones. Thank you to Frank Zubko for taking over the role of interim RAC Chair. We appreciate your service and dedication to the residents at the AFRH-G.



# Notes from the AFRH-G Resident Advisory Committee Chairman



The month of February has been a very busy month. We began the month with an election for a new chairman and floor representatives for the Resident Advisory Committee (RAC). This election usually takes place in September but because of health issues and resignations we had a "do over." As a result of that election I became your new chairman of the RAC along with several new floor representatives. Together we thank you for your participation in the election, with over 200 residents voting, and we look forward to working with you in the coming year.

The year 2018 will not be a year fondly remembered. In fact just the opposite. In the spring of 2018 (April) an increase in resident fees was considered necessary for the continued operation of the AFRH and would be based on actual cost and levels of income. Initially the increase was to occur in October of 2018. In July of 2018 the first phase was moved to January of 2019 with an increase of \$500.00 and would be increased each January for three years.

Also in January 2019, the Gulfport Home was visited by Mr. Branham, the COO of AFRH, who brought the "good news" of an adjustment in the proposed fee increases. The new proposal reduces the amount residents expected to pay in 2020 and extends the overall project from three to five years. It allows residents the opportunity to pay their fair share together with other revenue streaming towards securing the solvency of the AFRH trust fund.

Now we can turn our focus away from fees to "quality of life" here in our Home. It is time to set aside negative thoughts, to come together as a team, focused on what we can accomplish working together.

Our Home is relatively new (less than ten years old) and it comes with many of the creature-comforts so necessary for "the good life." Now we need you and your ideas, working through the Resident Advisory Committee with administration to achieve the next level of contentment for all our residents.

In the coming weeks I will be asking for your help in filling the positions of floor representatives and sub-committees that are currently vacant. We need a strong complete team if we are to be successful. We need you!! Now is the time to step up.

**"If not now, when? If not you, who?"**

**JOIN US!!**

Arthur "Art" W. Jones



# AFRH-Washington

## Black History Month Program brings residents and community together

By Linda Bailey, CTRS | Recreation Specialist  
Photos by Jack Beck | Resident

On Friday February 22, in conjunction with President Lincoln's Cottage, our annual Black History Month Program took place at the Home. Master of Ceremonies Billy Bowen made everyone feel welcome. And by everyone we include not just our residents, but members of the community who both came to view the event and take part.

Elder Reginald Johnson gave the invocation. Longtime volunteer Faye Dixon narrated the visual presentation focused on our theme "The Great Migration," along with resident George Johnson. Dr. Brenda McLain linked the theme to today by reciting the lyrics of the song "Glory" which came out in 2015. Lincoln Cottage invited Curtis Harris, our main speaker. Mr. Harris spoke on his research into the life of Anna Harrison Chase, a formerly enslaved woman who visited Lincoln Cottage in the 1930s to see where the President wrote the Emancipation Proclamation. Raymond Allen sang "Change is Gonna Come" written by Sam Cooke. Resident Esker McConnell also recited two poems on our theme. So this was very much a community undertaking.

After Chief of Healthcare Services Michael Bayles presented the AFRH coin to Mr. Harris, Billy Bowen offered closing remarks. In an inspired moment, Mr. Bowen sang the chorus from "Reach Out and Touch Somebody's Hand" while walking among the audience and reaching out to take their hands. Audience members followed suit. It was a heartfelt gesture that truly brought together members of the community.



## Artistic Dance Academy

By Carol Mitchell | Recreation Therapy  
Photos by Jack Beck | AFRH-W Resident

Once a year AFRH-W is honored to have the Artistic Dance Academy (ADA) visit for a live performance in the Scott Community Center. ADA has been performing annually for the past 14 years! On Saturday, February 2, over sixty residents enjoyed watching, clapping and tapping toes throughout the show. Cindy King, the studio owner, instructor, mom, friend, etc., brings a wonderful variety of jazz, tap, ballet, contemporary, hip hop, and more. The students range in age from 4-18 years old. The costumes were beautiful, sparkly, and exciting. We all look forward to next year's show!



## Special guests at the AFRH-W bowling alley

Story & Photos by Amanda Jensema | Recreation Therapy

On Saturday, February 9, the Mecca Court No. 2- Daughters, and Mrs. District of Columbia volunteered with the healthcare residents during the recreation therapy bowling program. Residents and volunteers were bowling strikes and spares throughout the afternoon. The bowling center was full of cheers and laughter, and non-stop conversation.



## RT Italian Luncheon

By Carolyn Haug | Public Affairs

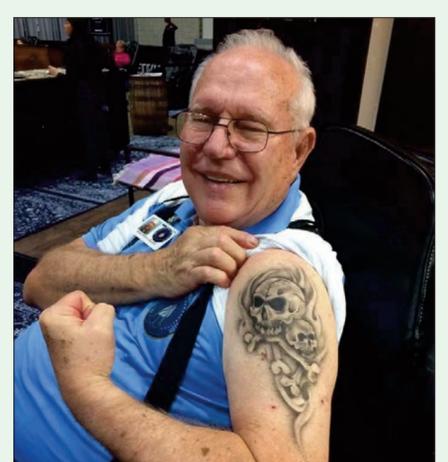
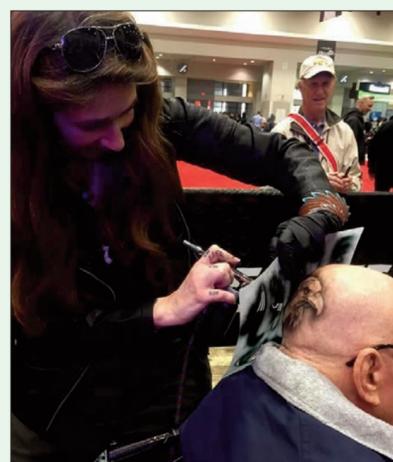
AFRH-W residents enjoyed an Italian lunch sponsored by the recreation therapy staff. On the menu was salad, pasta, soup, breadsticks, Italian dessert and choice of beverage. A blessing and Italian musical serenade was given by Father Carlos.



## Born to be wild

Story & photos by Marine Robbins | Recreation Therapy

Joined by our former motorcycle enthusiasts, we took a trip to the Washington D.C. Motorcycle Show on February 8 (with every intention to purchase, of course.....)! Sharing stories of trips, former bike models, and lives well lived, residents ate root beer floats and earned free swag at the booths hosted by various motorcycle manufacturers. A few daredevils also got inked in the process; Mr. Robert Crann's selection evoked roaring laughter and demonstrated a unique form of patriotism in the form of a bald eagle on the back of his scalp. Don't worry, the tattoos were airbrush ink and temporary! The temptation to ride bikes again? Perhaps not so short-lived.



# AFRH-Gulfport

## Mississippi's History and Civil Rights Museum

**Story & Photo by | Jen Biernacki Recreation Therapy Assistant**

On Thursday January 31, 2019 the independent living residents and I (YAY!! I love these outings) headed out on a day trip to tour the Civil Rights Museum and the Museum of Mississippi History in the capitol city, Jackson. The Civil Rights Museum was quite good. The museum was laid out in a circle of galleries around a beautiful light art formation called "This Little Light of Mine" suspended from the ceiling. I found myself quiet, stepping back and gaining perspective while I learned about the civil rights leaders, events and facts through films, visuals and displays.

Museum two called the Museum of Mississippi History sent us through prehistoric Mississippi to the present in three distinct time periods. Each time period displayed artifacts, presentations and visuals detailing the important points of interest in Mississippi history. The section of the museum with the time period from 1866 to the present displays events of the civil rights movement bringing together both museums. I found both museums a "must do" when visiting Mississippi.



## Valentine's Day Social

**By Carol Davis | Recreation Assistant**  
**Photos by Becki L. Zschiedrich | Public Affairs**



Residents were treated with some sugary snacks and sweet melodies on Valentine's Day at AFRH-G. David Knowles is a local entertainer on the Mississippi Gulf Coast. He is retired from Mississippi Gulf Coast Community College as a choral instructor. Now, he spends his time and talent by entertaining several retirement communities in our area. Thank you to Mr. Knowles for helping us relive some old memories with tunes from the past.



## Bocce Tournament

**Story & Photo by Dennis Crabtree | Recreation Specialist**

On Friday January 25, 2019 residents competed in the Bocce Ball Tournament in the Bocce Room. Mike Longwell and D.C. Breland competed against each other to see who would advance to the final four. Residents were lined up on the outer court watching the game. There could only be four winners for that day. Ernie Fowler took 1st place, Mike Longwell took 2nd place, Woody Hilliker took 3rd place and Fredi Van Pelt took fourth place.



## Hook and Ring Tournament

**Story & Photo by Dennis Crabtree | Recreation Specialist**

On Thursday January 17, 2019 residents competed in the Hook and Ring Tournament in the Community Center. The object of the tournament was to throw the six rings and hook them on the hooks for points. Whoever had the most points at the end advanced in the double elimination bracket. All the residents were seen concentrating for all the points that they could get in their throw.

There could only be four winners that day. Wayland Webb took 1st place, Wolf Kiessling took 2nd place, Woody Hilliker took 3rd place and Jim Hayden took 4th place.



## Card Battle Tournament

**Story & Photo by Dennis Crabtree | Recreation Specialist**

On Friday January 18, 2019 residents competed in the Card Battle Tournament in the Community Center. The object of the tournament was to get the highest card to win both cards. Whoever had the most cards at the end advanced in the double elimination bracket. All the residents were seen concentrating for all the cards that they could get in their battle.

There could only be four winners that day. Doris Denton took 1st place, Woody Hilliker took 2nd place, Fredi Van Pelt took 3rd place and Doris Hopper took 4th place.



## Cribbage Tournament

**Story & Photo by Dennis Crabtree | Recreation Specialist**

On Tuesday February 12, 2019 residents competed in a Cribbage Tournament on the 2nd floor Club Room. Fredi Van Pelt kept an eye on Bill Hill for that trick card shuffling. Dave Roth and Bob Brodeur made sure their counting came out right. Woody Hilliker and Wolf Kiessling studied each other to win the game.

There could only be four winners for that day. Woody Hilliker took 1st place, Wolf Kiessling took 2nd place, Dave Roth took 3rd place and Bill Hill took 4th place.



## Hearts Tournament

**Story & Photo by Dennis Crabtree | Recreation Specialist**

On Tuesday February 5, 2019 residents competed in the Hearts Tournament in the 2nd floor Club Room. The rules for the residents changed due to their recommendation. Each player played four hands at the table. The two players with the highest score move to the next table. Each player plays a total of 20 hands by different players. The object of the game is to get the lowest score possible.

Wolf Kiessling took 1st place for 58 points, Woody Hilliker took 2nd place for 100 points, Mary German took 3rd place for 109 points and Frank Baker took 4th place for 111 points.



## Spades Tournament

**Story & Photo by Dennis Crabtree | Recreation Specialist**

On Thursday February 7, 2019 residents competed in the Spades Tournament in the 2nd floor Club Room. The residents played 20 hands. The two players with the lowest hand moved to the next table after four hands. Then the top four scores were counted to determine the winners. There could only be four winners for that day.

Woody Hilliker took 1st place for 561 points, Frank Baker took 2nd place for 548, Doris Hopper took 3rd place for 540 points and Real Gassery took 4th place for 535 points.



## Super Bowl LIII

**By Dennis Crabtree | Recreation Specialist**

Another Super Bowl Party has arrived with the Los Angeles Rams playing the New England Patriots. Residents showed up to support their NFL team with the Los Angeles Rams and New England Patriots tied until the fourth quarter. The Los Angeles Rams could not keep up with the New England Patriots in the fourth quarter. The New England Patriots won Super Bowl LIII over the Los Angeles Rams 13-3. The snacks were well received by all who came. Thank you to Recreation Services for a job well done.



## WASHINGTON

### RT Pre-Super Bowl LIII Extravaganza

By Amanda Jensema, CTRS and Carol Mitchell, APC | Recreation Therapist  
Photo by Carolyn Haug | Public Affairs

Recreation Therapy at AFRH-W hosted a Pre-Super Bowl Extravaganza the Friday before the big game! The day started off in the Scott Community Center with two big screens to watch football bloopers. During that time residents and staff were able to place their fun picks for a variety of different events that would take place throughout the game, to include who won the coin toss, first touchdown and winner with final score. The fun picks were available through the end of the social. Throughout the day the community center was open for all to come and enjoy viewings of past Super Bowls of the Rams and Patriots. During the social amazing appetizers were served thanks to the AFRH food services, which included fried chicken wings, chips and salsa, meatballs, pulled pork, cheese and crackers, chocolate chip cookies, and assorted soda and beer for residents to enjoy. Trivia was once again provided by Recreation Specialist Linda Bailey. During the course of the day, over 70+ residents and employees participated in the events.

Fast forward to Sunday, Super Bowl LIII, recreation therapy staff were watching the game to ensure the accuracy of the fun picks would take place. The New England Patriots were the favored team to win over the LA Rams. Once the big game kicked off, it was a long, long, long game with a very low final score of 13-3, with the Patriots winning their sixth Super Bowl title. They are now tied with the Pittsburgh Steelers for the most Super Bowl wins. This game has gone down in history as the lowest scoring Super Bowl. Surprisingly throughout the entire game, there was not one single fumbled ball, though it was close with the Patriots recovering the ball. Monday morning the winning fun picks were drawn by RAC Chairman Billy White. Winning residents received cash awards. The winners for the Super Bowl fun picks were:

**Coin Toss: Hector Rascon**  
**First Touchdown: Ray Anderson**  
**First Field Goal: Chuck Daniels**  
**First Sack: Martin Cody**  
**Lead at the Half: Barbara Danaher**  
**First Interception: Bob Crann**  
**Champion & Final Score: Ruddy Holloway**



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

### Teen tech volunteer gets state recognition

Story and photo by Robert W. Mitchell | AFRH-W Volunteer Coordinator

Bridging the gap between computer technology and senior citizen veterans here at the Armed Forces Retirement Home, Washington, D.C. is no small task for anyone, let alone a middle school volunteer from Springfield, Virginia. But that is just what Shayla Young, 13, a highly ambitious and incredibly charming youth has accomplished garnering the attention and praise of officials from the Commonwealth of Virginia. "Your work in conducting a workshop last year to help residents of a veteran's retirement home learn how to make better use of their cell phones is inspiring," said Dr. James F. Lane, the superintendent of public instruction for Virginia's Department of Education.

Shayla, a committed Saturday Bingo volunteer here at AFRH-W, saw residents struggling with their devices (cell phones, laptops tablets, etc.) and then decided to reach out to Volunteer Services at the Home in order to set up a tech support workshop where she and her tech-savvy schoolmates would help assist residents in the community center and volunteer office.

Regarding her daughter's accomplishment, Samantha Young said, "It's great and wonderful." She said her daughter's commitment to serving military veterans may have been, in part, inspired by her father's 26 years of service in the United States Army. Shayla was recently named one of Virginia's top Middle Level Youth Volunteers in the 2019 Prudential Spirit of Community Awards.

"Shayla's grandfather and father both served and retired with a combined total of 46 years as enlisted members. She loves our veterans not only because they have served our country, but they have given so much." Samantha Young.



## GULFPORT

### A fun festive February kicks off with Glocks!

By Susan Bergman, MT-BC | Recreation Therapy Services  
Photos by Lee Corban, CTRS | Recreation Services Supervisor

A kick-off into a fun and festive February began with an introduction to a new instrument at the January 31, 2019 Thursday morning music group. Residents quickly jumped in to play duets while singing familiar songs with peers on an alto and soprano glockenspiel. The name glockenspiel in German means Glocken for bell & Spiel for set. The instrument looks very similar to a xylophone which has wooden bars arranged in a keyboard fashion. The glockenspiel tends to be smaller in size or higher in pitch leading to a brighter sound and is played with mallets that strike the metal steel bars. Some glockenspiel models have moveable metal bars that can be changed or taken off in order to change the key or the sound of the instrument. By the end of the 17th century, it was adapted to play more complicated music by changing its original format of bells to steel bars. It was also used by Carl Orff in the 1930's as a method for teaching music. By the 19th century, a portable version of the Glockenspiel became a regular instrument used in marching bands. Resident Hobert Wood said, "Well, what are we waiting for...let's go" as he added rhythms and improvised along with Lois Hogan with Bryce Winnett watching alongside. Maynard Howard and Curt Young serenaded Jackie Haslam while she clapped and sang along in between them. Dwyght Shelby acted like a pro as he smiled underneath his ball cap. Looks like the Glocks will return for more duet specials and make a new appearance with the Delta Blues in the future.

The fun festive February also included Black History Month music greats, Valentine's Day Social, Mardi Gras cookout, Piano Lounge Social, Cultural Social, and trip to McElroy's and Keesler Air Force Base. The month concludes with the AFRH Indoor Mardi Gras Parade and Social on February 28 and Mardi Gras Ball on March 1.

Laissez les bons temps rouler – Let the good times roll!

