AFRH-WASHINGTON

Bringing In the New Year 2016 at AFRH-Washington

Story & Photos by Jerry Carter, Fitness Specialist

In the season of celebration, AFRH-Washington Residents, family, and friends all gathered together in the Scott Defender’s Inn on December 31st, 2015 to bring in the New Year. The festivities began with celebratory music performed by AFRH-W’s very own entertainer, Mr. Waymon Lucas, Jr. Mr. Lucas played various instruments such as the guitar and harmonica, which delighted all of the Residents as they sang and danced to the music. Throughout the remainder of the event, AFRH-W’s very own D.J., Mr. Billy White, provided everyone with a mix of Oldies but Goodies and new age music; taking them back through the years to the present. Residents and guests danced and reminisced as Billy played music from the 1920’s to the present.

The celebration continued as participants enjoyed delicious finger foods and drinks provided by AFRH Dining Services, which included chicken wings, cheese and crackers, fruit, vegetable plates, and punch. Of course, the Residents and guests also enjoyed wine, beer and champagne as well. As the countdown began, everyone turned their attention to the “Ball Drop” on television, and raised their glasses with excitement and anticipation as everyone toasted into the 2016 New Year. A special thanks to the Resident Volunteers Sheldon Shorthouse and Brian Dowd for making the New Year Celebration a success!

AFRH-GULFPORT

A party for New Year 2016

By Jen Biernacki, Recreation Therapy Assistant
Photos by Resident Photographers Ray Ross & Ron Persing

The Residents as well as many family and friends rang in the New Year with dancing, eating, drinking, visiting, reminiscing and just having an all-round good time here at AFRH-G. The dancing continued throughout the night as the music filled the room. The food consisted of cheeses, wings, egg rolls and a few others that were topped off with fantastic desserts such a chocolate mousse cake and key lime pie. As the New Year approached, the champagne bottles were popped and poured in glasses for all to share in a special 2016 New Year’s toast. Following the toast, the balloons were dropped and gathered quickly for the $5.00 prizes. A fun time on this 2016 New Year had by all.

Recreation Therapy toast in the New Year celebration

By Carol Mitchell, Recreational Therapist

The “RT Toast In The New Year” party was a wonderful kick-off to the 2016 season! The event was held on New Year’s Eve at 10:00a.m. in the Scott Community Center.

Healthcare and Independent Living Residents enjoyed a morning of Sparkling Cider, Champagne, Mimosas, and delicious appetizers prepared by the AFRH-W Food Service department. The Residents also enjoyed listening to music; a review of 2015 memorable events, 2015 Fun Facts & Trivia, making exciting, loud, happy party noises, and our traditional “Toast In The New Year” contest. The best toast was a tie between residents Catharine Deitch and Al Sanford.

Edna Hall and Mary Nelson enjoyed the food and spirits at the party.

Residents and guests “boogie” to the music.

Residents and guests “boogie” to the music.

Sally Manning and Rita Ball were all smiles.

James Broussard celebrated in Fiddler’s Green.

Resident Howard Smith celebrates the start of 2016.

Resident Warren Barbour and a guest dance at the New Year’s Eve party.

The festivities began with celebratory music performed by AFRH-W’s very own entertainer, Mr. Waymon Lucas, Jr.

Sonny Tanner provided the music in the Community Center.

Bill Allen was dressed to impress on New Year's Eve.

Mencho Hernandez didn’t have his sombrero on, but he did have his party hat on.

Raymond Terry and Jim Brogan celebrate the New Year.

Mencho Hernandez didn’t have his sombrero on, but he did have his party hat on.
A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home. http://www.carf.org
www.care.org/aging

Phone: 1-800-422-9988  Web site: www.AFRH.gov  Email: Public.Affairs@AFRH.gov

AFRH COMMUNICATOR

Rebecca Newton - AFRH-W Public Affairs
Becki Zachschiedrich - AFRH-G Public Affairs

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. Material 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-G Veteran Highlight

By Lori Kerrs, AFRH-G Librarian

Mencho Hernandez was born in Goldthwaite, TX on March 18, 1933. He is the eldest of eight children born to parents of Mexican descent. Originally his name was to be Enemissino but when his father filled out the information for his birth certificate, he put down Mencho. His father, a sheep and goat shearer, and his mother, a “good” housewife, spoke Spanish to the children. It wasn’t until he attended elementary school at age six that he learned the English language.

After high school graduation, Mencho decided he wanted to “get out and do things.” So he joined the Navy on June 5, 1951. He served all his time in the Far East during the Korean Conflict. He most enjoyed his time as a senior ranking NCO, he was shipped out involuntarily to Japan on a consecutive tour. Here, Phil was put in charge of Chinese Army Captain from Taiwan. It was a quasi-military arrangement, in which Phil was stationed near the base. He also was an advisor to the Korean Air Force, dealing with the Aircraft Early Warning System. Phil retired after 20 years from the Brooklyn Army Base, NY.

After retiring, Phil spent his next ten years working in Civil Service as a Foreman at an Air Force depot, repairing electronic equipment. He was here that he had originally been a nun. They fell in love, married, and had three children, two girls and one boy.

In the Air Force, Mencho first worked in personnel but then got moved to the fire department. He stayed with the fire department as a staff sergeant while stationed at airbases in various parts of the United States. He was in charge of a unit overseeing fire protection. He was promoted rapidly and when it became time to be in charge, he was promoted to the rank of Lieutenant Colonel. He was eventually promoted to the rank of Colonel.

Mencho and his bride, Aurora, in 1963 while stationed in Bentwaters AFB in England.

Mencho celebrating another Resident’s 90th birthday in Fiddler’s Green.

Philip Cardinals was born in the lower East Side of New York City and grew up between the lower East Side and Harlem. His parents had been part of the Great Migration of the early 1900’s. Phil was the seventh out of nine children. Being raised in the city helped Phil learn about awareness of surroundings and keeping a proactive attitude. Phil graduated at the top of his high school class, and he even had a 2nd class commercial FCC license for broad-casting before graduating, which allowed him to work in electronics. Unfortunately, at the age of 19 and being an African American, he found it difficult to get a job in this field. So Phil decided to join the U.S. Army in 1951. He did his Basic Training at Camp Gordon, GA, which was his first experience both in the army and the “Cotton Curtain.” He graduated at the top of his class at Tech School (Electronics) also at Camp Gordon. This was the era of integrating the military for African Americans and Phil became a frontrunner for this endeavor.

Phil’s first tour of duty was in Korea working in the Electronics field, repairing equipment. It was here that he was shot at by a sniper, but fortunately the sniper missed him. He was the first African American in the unit. Phil was promoted rapidly and when it became time to be in charge, as a senior ranking NCO, he was shipped out involuntarily to Japan on a consecutive tour. Here, Phil was put in charge of ship to ship electronics as the NCOIC. Later, Phil did a tour in Vietnam, where he was a military escort for a Nationalist Chinese Army Captain from Taiwan. It was a quasi-military arrangement, in which Phil was stationed near the base. He also was an advisor to the Korean Air Force, dealing with the Aircraft Early Warning System. Phil retired after 20 years from the Brooklyn Army Base, NY.

After retiring, Phil spent his next ten years working in Civil Service as a Foreman at an Air Force depot, repairing electronic equipment. Again he was promoted quickly in this job. As a foreman, he was responsible for overseeing the installation and maintenance of the Tartar Radar System. After promotion to the rank of Captain, he was transferred to Keesler Air Force, is also close enough to visit often.

Mencho celebrates another Resident’s 90th birthday in Fiddler’s Green.

Living at the Home, Mencho enjoys playing dominos and bingo, singing karaoke, and collecting all types of hats. He has achieved notoriety in the home for his hat collection, which includes cowboy hats, Scotland Yard hats, and sombreros. He thoroughly enjoys his life at AFRH-G and says, “They’ll have to carry me out in a box because I ain’t leaving.”

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

AFRH-G 228-897-4429
AFRH-W 202-541-7551
Message from the Chief Operating Officer

JANUARY 31, 2016

ARMED FORCES RETIREMENT HOME

Another month is in the books. January was a blur; it seems we were just celebrating the holidays! In Washington, D.C., January is winding down with a massive dig out. Winter Storm Jonas was all it was reported to be!

Winter Storm Jonas kicked off Wednesday, January 20, with an initial round of snow and ice, and quickly turned into a major snowstorm Friday and into the weekend all over the East Coast. The blizzard conditions brought damaging winds, significant icing, and coastal flooding. At last count 30+ people have died as a result of winter storm Jonas, which dropped several feet of snow up and down the East Coast this weekend, affecting more than 80 million Americans.

I mention all of this to set the stage when I say I could not be prouder of the efforts AFRH-W personnel put forth during this historic blizzard.

Our Residents received the typical high standard of care throughout Jonas; personnel from Healthcare to Campus Operations went above and beyond to ensure the safety and care of our Resident population. We had employees that came in Friday and worked through Tuesday, staying on campus the entire weekend.

These efforts were not just restricted to healthcare, several employees from Resident Services and Campus Operations stayed the entire weekend, as well as Healthcare personnel.

One of the most impressive stories is technically not an AFRH employee but absolutely a significant member of the AFRH family; Reggie Brockett, our AAFES Shoppette Manager. Reggie walked through the storm into work over the weekend to ensure the Residents had Shoppette access. The past several days have been an extraordinary team effort and I must restate my pride in the service of our folks.

January also had two significant personnel actions; AFRH-G’s new Administrator, Jeffrey Eads, came on board and the AFRH Public Affairs Officer, Sheila Abar, retired.

Jeff comes to AFRH with a great deal of experience from the private sector in South Carolina. I believe he will provide a fresh perspective and great leadership to AFRH-G.

Sheila’s departure is absolutely bittersweet, while I am happy for her and I’m happy for her family, AFRH will miss her immensely. Sheila was my go-to person, be it Inspector General, our Acting Administrator, Sheila was always willing to step in and did so well! Please join me in wishing her good luck and God speed.

Steve McManus

Gulfport resident cultivates winter vegetables

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

Gulfport Resident Atze “Andy” Lemstra, who is a young 82 years old and originally from The Netherlands, returned from a reunion in Holland this past September and brought back a packet of seeds. The seeds were Boerenkool, or Kale as we know it. Mr. Lemstra started the seeds in individual small pots and put them under grow lights in the garden room at AFRH-G. After approximately four weeks, he moved the plants to the outside garden. The end result was a striking green compact plant. He planted Kale because he said he is used to it. During WWII he ate it a lot because it’s full of vitamins, iron, and all things that are good for you. He said he likes to eat it like collard greens. He puts the Kale in water and microwaves it in the microwave for about 10 minutes, then adds a little salt and pepper and voila, he’s good to go!

Mr. Lemstra has also grown enormous sweet potatoes. “I just do my thing and bought the slips for the sweet potatoes and planted them immediately. I watered them at first and then I let nature take its course,” he said. He says potatoes “do not like to get their feet wet.” He also enriched the soil, which probably led to them being supersized. Since sweet potatoes are grown underground he was amazed when he dug them up before Thanksgiving. “I’ve never seen a sweet potato that big,” he said. “I don’t have a magic answer to why they grew so big but I do show them tender loving care and I keep the weeds out.”

He grew up occupied by the Germans in Holland during WWII, where they took away all of their liberties. During the war he helped his dad in the garden because it was a necessity. He eventually took over the gardening and whenever he had the opportunity to plant something, he would. He has grown sugar snap peas, pole beans, tomatoes, rhubarb, spinach, lettuce, cucumbers, Swiss chard, and everything in between. He eats most of the vegetables he grows and also gives the excess to Feed My Sheep, a non-profit organization who feeds the homeless in Biloxi, Mississippi.

Mr. Lemstra served 20 years in the Army and originally joined the service because he wanted to travel. He said being in the military made him richer by knowing different cultures. He looks forward to living a long and prosperous life at AFRH-G and is glad he can still have a garden at the retirement home.

When asked what he likes most about being retired he said, “I like doing the things I want to do like visit Holland two times a year for three to four weeks. I’m always glad to get back to AFRH because my bed here is much more comfortable and I like the convenience of not having to cook.” When in Holland he visits with relatives and old friends from way back where they have occasional “spirits” like Jenever, which is a Dutch Gin.

Blizzard in D.C.

Story & Photos by Rebecca Newton, AFRH-W Public Affairs

Recorded as the fourth worst storm amongst northeast storms in the past 100 years, Winter-storm Jonas brought a blizzard of snowfall affecting over a hundred million people. According to the New York Post, Washington, DC saw about 18 inches of snow. The Office of Personnel Management closed federal agencies in the area for three consecutive days, following the storm.

Notice the Soldiers’ and Airmen’s Home National Cemetery in the background.

Another view of the Scott Building, after the storm; with exceptional snow removal thanks to Campus Operations.
From the AFRH-W Administrator

Message from the Chief, Healthcare Services

As mentioned in our recent town hall and healthcare form, we have new additions to our medical staff. Dr. Ethelreda Collins is our new Chief Medical Officer. She has over two decades of medical practice, including extensive experience in pediatrics and emergency medicine. She is board certified in internal medicine. She is married and has three sons.

Doctor Shahid Waraich is our new staff physician, and is also board certified in internal medicine. He comes to us from Veterans’ Affairs. He is originally from Pakistan, and has been practicing medicine in the United States for 11 years. He is also married and has two children. Naturally, we are grateful to our nurse practitioners, Oby Atta and Kaita Colley, who have unselfishly served our residents during their provincial and national stints. Their dedication and perseverance, while we were short on the nursing side, without question would have been a challenge to provide care. Additionally, would like to welcome Dr. Jim Kyle, our new Wellness Center Manager. Dr. Ethelreda Collins is our new Chief Medical Officer. She has over two decades of medical practice, including extensive experience in pediatrics and emergency medicine. She is board certified in internal medicine. She is married and has three sons.

Doctor Shahid Waraich is our new staff physician, and is also board certified in internal medicine. He comes to us from Veterans’ Affairs. He is originally from Pakistan, and has been practicing medicine in the United States for 11 years. He is also married and has two children. Naturally, we are grateful to our nurse practitioners, Oby Atta and Kaita Colley, who have unselfishly served our residents during their provincial and national stints. Their dedication and perseverance, while we were short on the nursing side, without question would have been a challenge to provide care. Additionally, would like to welcome Dr. Jim Kyle, our new Wellness Center Manager.

Wellness Center

We have added 3 new members to the staff: Dr. Ethelreda Collins, Chief Medical Officer Dr. Shahid Waraich, Staff Physician.

We will also be adding a Pharmacy Technician, who will affort our Residents the opportunity to receive their medications in a timelier manner.

Resident Advisory Committee

Your Representatives will be more proactive with the Residents on their floor by:

- Having more involvement in the process of resolving complaints/problems
- Becoming more accessible
- Encouraging Residents to attend RAC meetings each month, thus enabling the opportunity to voice their individual complaints/problems directly to the Committee
- Be of service to Residents, wherever and whenever

Gardening Season

We are planning to have a plot for gardening during the March – April timeframe.

We look forward to continued improvements in our services for our Residents! Thank you, Michael Bayles

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

Happy New Year!! This year we have worked together to resolve some issues, with the 2016 budget, we will tackle one at a time, as well. Highlighted areas we are attempting to improve are:

- Housing: We have new residents and we are working with the Department of Housing to ensure that all Residents have a baseline from which to project. The process is standardized. We scored pretty well, and now have a baseline from which to project. More to come on that in future articles.
- Water Aerobics at the pool. Opportunity for our Residents to participate in water aerobics at the pool. This will be an opportunity for other Residents just how “green your thumbs are.”

Wishing you all a Happy New Year!!

Shawn Servais

DC Administrator Shawn Servais (left) and Gulfport Resident Elbert Berger (right) talk outside while Shawn was the Acting Administrator in Gulfport. Thank you Shawn for all of your help at AFRH-G.

Mike Bayles discusses Healthcare Services with Residents.

Services here at the DC campus. Among the concepts discussed was Patient-Centered Medical Home, designed to ensure that all Residents who would like to receive their regular medical care are assigned a primary care provider to enhance the continuity and quality of the care provided.

As we head into Black History Month, many Residents have expressed frustration about the fragmentation of medical care, perhaps having their regular doctor at the VA, but seeking a specialist(s) at a different facility. In reality, since they are different systems, they are not really talking to each other, and many times when a Resident comes to the Wellness Center wanting medical care from our providers, we do not have the information from the other locations to properly address their concerns. Many Residents have expressed an interest in receiving their primary care from one location right here where they live. We also touched on a wellness program, and encouraged Residents to stay active, maintain a proper body weight by sensible eating behaviors (portion control, avoiding excessive calories and sodium), and establishing a good sleep pattern. We plan to have a series of seminars available for residents sometime in the coming months on (health and wellness) topics of interest.

Finally, we discussed ways that we will track our performance with staying person-centered. Our agency has adopted the “Arts of Culture Change” program, which we use to evaluate our environment and workplace practices, policies, schedules, increased resident autonomy, to name just a few of the many elements. The nice thing about this program is, it can be used to compare us to other entities, since the process is standardized. We scored pretty well, and now have a baseline from which to project. More to come on that in future articles.

Casey Tree Company is donating 70 trees to the Armed Forces Retirement Home – Washington, DC. They will be planted throughout the campus during the March – April timeframe. Ongoing discussion is being held regarding the opportunity for our Residents to participate in Water Aerobics at the pool.

Shawn Servais

Marvin Archer
Welcome New AFRH-G Administrator Jeff Eads

A soldier returning from Afghanistan surprised his dad on Christmas Eve as he was working in the mailroom at the Armed Forces Retirement Home in Gulfport. It was just another busy day delivering mail right before Christmas for Robert Schatzman, a 19-year-old Gulfport, Mississippi native and Army veteran, who has been the mailman at the Gulfport Home since the re-opening in 2010 and supports our Veterans/Residents at AFRH-G by delivering their mail.

The AFRH-G Mailman, Robert Schatzman received the ultimate Christmas gift when his son, Frank Schatzman, returned from Afghanistan and surprised his U.S. Postal worker dad.

The heartwarming moment at AFRH-G when a soldier returned from Afghanistan to surprise his U.S. Postal worker dad

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

Happy New Year everyone, the new year is gone and now we embark upon the new. I hope you have gotten over writing on 2015, and are now using 2016 on all your checks and correspondences. I am still making mistakes but I get another month and I should have that under control. This year is going to be somewhat challenging. Not real challenging but there is just so much I would like to see accomplished. The RAC is still trying to keep our memorial Brick project alive, and also I want to provide custom portable lighting for the community center to be used for special events and dances. I will be working on those and other things and hope to have them in place before the end of my term. Yes, there I said it. I don’t think I will be running for re-election this September. Being Chairman is not an easy job. It is done right. It requires a lot of time and effort. I want to relax and travel so I will be handing over the controls to someone else to have some fun.

Happy New Year everyone, the new year is gone and now we embark upon the new. I hope you have gotten over writing on 2015, and are now using 2016 on all your checks and correspondences. I am still making mistakes but I get another month and I should have that under control. This year is going to be somewhat challenging. Not real challenging but there is just so much I would like to see accomplished. The RAC is still trying to keep our memorial Brick project alive, and also I want to provide custom portable lighting for the community center to be used for special events and dances. I will be working on those and other things and hope to have them in place before the end of my term. Yes, there I said it. I don’t think I will be running for re-election this September. Being Chairman is not an easy job. It is done right. It requires a lot of time and effort. I want to relax and travel so I will be handing over the controls to someone else to have some fun.

Happy New Year everyone, the new year is gone and now we embark upon the new. I hope you have gotten over writing on 2015, and are now using 2016 on all your checks and correspondences. I am still making mistakes but I get another month and I should have that under control. This year is going to be somewhat challenging. Not real challenging but there is just so much I would like to see accomplished. The RAC is still trying to keep our memorial Brick project alive, and also I want to provide custom portable lighting for the community center to be used for special events and dances. I will be working on those and other things and hope to have them in place before the end of my term. Yes, there I said it. I don’t think I will be running for re-election this September. Being Chairman is not an easy job. It is done right. It requires a lot of time and effort. I want to relax and travel so I will be handing over the controls to someone else to have some fun.

Happy New Year everyone, the new year is gone and now we embark upon the new. I hope you have gotten over writing on 2015, and are now using 2016 on all your checks and correspondences. I am still making mistakes but I get another month and I should have that under control. This year is going to be somewhat challenging. Not real challenging but there is just so much I would like to see accomplished. The RAC is still trying to keep our memorial Brick project alive, and also I want to provide custom portable lighting for the community center to be used for special events and dances. I will be working on those and other things and hope to have them in place before the end of my term. Yes, there I said it. I don’t think I will be running for re-election this September. Being Chairman is not an easy job. It is done right. It requires a lot of time and effort. I want to relax and travel so I will be handing over the controls to someone else to have some fun.

Happy New Year everyone, the new year is gone and now we embark upon the new. I hope you have gotten over writing on 2015, and are now using 2016 on all your checks and correspondences. I am still making mistakes but I get another month and I should have that under control. This year is going to be somewhat challenging. Not real challenging but there is just so much I would like to see accomplished. The RAC is still trying to keep our memorial Brick project alive, and also I want to provide custom portable lighting for the community center to be used for special events and dances. I will be working on those and other things and hope to have them in place before the end of my term. Yes, there I said it. I don’t think I will be running for re-election this September. Being Chairman is not an easy job. It is done right. It requires a lot of time and effort. I want to relax and travel so I will be handing over the controls to someone else to have some fun.
Staying young, with a green thumb

Chester Mahaffey loves to garden. He’s been doing it since he was six years old. He hails from Premier, West Virginia; a small, unincorporated community surrounded by the Appalachian Mountains, and known for its coal mines.

Gardening gave young Chester a way to not only make food, but also cultivate a long-lasting hobby. Now a Resident of AFRH-W, Chester grows turnips in the “All Veterans Garden” on the southern portion of campus.

According to the Centers for Disease Control and Prevention (CDC), moderate-intensity level activity, for 2.5 hours each week can improve your health in so many areas:

- can give you more energy and can help relieve arthritis pain and stiffness.
- can reduce the risk for obesity, high blood pressure, type 2 diabetes, osteoporosis, heart disease, stroke, depression, colon cancer and premature death.

The CDC considers gardening a moderate-intensity level activity. Chester considers gardening the fountain of youth. He says, “It keeps me young!”

Residents sign up for garden plots each season.

Pumpkin squash are a popular harvest at AFRH-W.
Walking challenge champion
By Rob Miller, Fitness Specialist
Photo by Becki Zschiechrad, AFRH-G Public Affairs

For the first time in the GREAT HISTORY of the Walking Challenge, we have a great Champion to rise up to the challenge and defeat the obstacles to walk 10,000 miles. This great champion is Lee Zimmerman, here in the Gulfport Campus. To put it into perspective, 10,000 miles is 52,800,000 ft… and with an average stride length of 2.5 ft, this is converted into 21,120,000 steps approximately. Other examples of this distance are approximately from Los Angeles, CA to Cape Town South Africa, or 40% around the Earth’s equator.

Mr. Zimmerman stated he took it about 4 years to accomplish this feat and wears a pedometer to count his steps and distances. The highlight of this journey was well over 2,500 miles over the past year. On average, Mr. Zimmerman says he walks about 6 to 7 miles per day, every day around the walking path on campus. He says his plan is to reach the highest goal of 30,000 miles and figures it will take until 2024 to do it. For his accomplishment, he has won a beautiful pullover fleece, and for 30,000 miles he will win a Varsity leather jacket. So please congratulate Mr. Zimmerman on this accomplishment and please encourage him to keep on walking!

If interested in the Walking Challenge or any other challenge please contact Rob Miller at 228-897-4413 or in the AFRH-Gulfport Fitness Center.

Snowflakes, snowflakes everywhere!
By Jennifer Briley, AFRH-G Volunteer Coordinator

The month of December was crazy in the Volunteer Coordinator Office and I would like to thank all my Resident, Community, and Military Volunteers for making our activities a blast to put on for our Residents. We had several special activities for the holiday month that would have been impossible to accomplish had it not been for all our volunteers. You may have all seen the snowflakes that starting showing up in mid-December dangling from the ceiling in the Community Center. There were 67 dangling to be exact, and that is all thanks to Mitt Williams our Art Specialist, Doris Jones, Roy Persing, Donald Quarroy, Wolf Kiessling, Corena Wash, Marion Wolfe, and Rick Eyman. Our Resident volunteers helped to make the snowflakes, paint the snowflakes, assemble the snowflakes, and then last but not least hang the snowflakes. What a fun project to get everyone in the holiday spirit. We hope you enjoyed them. Let’s shoot for 100 snowflakes next year!

Happy times, excellent music
By Rob Miller, Fitness Specialist

Happy Holidays to all and that brings some great musical shows. Throughout December AFRH has had the pleasure of the Gulf Coast Messiah Chorus Performance on Thursday, December 3, 2015. They performed a variety of songs that were done to perfection. On Friday, December 11, 2015, a group of carolers came to the AFRH. This group was from the Loving Care Montessori School. These youngsters brought out a lot of smiling faces performing some new carols and the classics. The most recent show was Monday, December 14, 2015. I am sure the residents of AFRH recognize this group, The Gulf Community Band Yuletide Concert. If you like instrumental music, this was the one to see because of all of the instruments. Residents came and sang along to the music, with a great turnout, the concert was wonderful. Please continue to come out to these events and if you have any suggestions please let Recreation Services know about it. Happy Christmas and Merry New Year!

It was triple the odds
By Jen Biernacki, Recreation Therapy Assistant

The Molly Marine Chapter LA-1, Women’s Marines Association joined the Valor Hall Residents on 1/9/2016 for an exciting game of Bingo. The Molly Marines tripled the odds of winning for the Valor Hall Residents by being paired in teams of three. Shouts of “Bingo” and laughter were heard down the Halls as excitement filled the air. “I’ve never won so much money,” said Ms. Eva Downs: the big winner of the day. A special Thank You is sent to all for a fun day.
GULFPORT

AFRH-G Holiday party and dance
By Dennis Crabtree, Recreation Specialist

This is another year of dancing and partying all night long leaving plenty of tracked sand foots on the floor for Residents, Staff and Guest to enjoy. The first impression on entering the room was how beautifully the community center was decorated from the snowfall from the ceiling to each one of the tables. The hors d’oeuvres were well received by all who came. Thanks to Dining Service for such a fantastic job. Tropical dance levels remained relatively high on the dance floor with a break by Santa as another dance system arrived later in the night. A Well Done to All and To All A Good Night.

A personal touch for the holiday season
By Jen Biernacki, Recreation Therapy Assistant

Tis’ the season for giving! Amanda Gallegos gathered donations through KAFB and Girl Scout Troop 3482 for at least 55 gift baskets for the Healthcare Residents. The gift baskets had a special touch to personalize for each Resident on Valor Hall, Loyalty Hall and Allegiance Hall that included books, socks, candy, ornaments, cards, calendars and toiletries. Tis’ Gallegos along with several volunteers for KAFB and a member of the Girl Scout Troop 3482 spent a little special time with each Resident to present the gift basket, visit and reminisce. Thank you to all that have brightened the holiday season.

WASHINGTON

Winter poetry event
By Christine Baldwin, Librarian

On a chilly day in January, a group of AFWR-W residents enjoyed a wide range of poetry and recitations by fellow residents. The afternoon started with 4 thoughtful poems written by Resident William Sonice titled “Unlucky Tree” and “The Wind”. This was followed by two features that Keith M. Van Doren read “The Duel” and Rudyard Kipling’s poem, “If”. Next, Rick Walk gave an interesting historical background of and then read "The Snow Storm" by Ralph Waldo Emerson. Norma Rambow selection was about a dog that “Mama Wouldn’t Let Her Keep”. Then, Bill Oplerman told about “Recessional” by Kipling and then gave a stirring rendition of the poem. Jen Kidd added three humorous poems that he had written, which made everyone laugh. Paul Grimes finished the program with a powerful Robert W. Service poem “The Passing of the Year”. Cookies and punch followed, as residents shared their thoughts and ideas about the session.

A day at the races
By Amanda Jensema, CTRS

On a cold winter day in Washington, DC you would be surprised how many Residents were lining up for their Root Beer Floats! Every month on the 3rd Saturday, Recreation Therapy hosts an Ice Cream Social. For January we had Root Beer Floats, which are always a hit! Residents began to form a line as early as 20 minutes before we opened. They stated they wanted to be first so they wouldn’t have to wait in line. Smart thinking! This event is always well attended by residents and is one they look forward to, even when the weather outside is FREEZING!! We look forward to serving Ice Cream Sundays in February!!!

Army JROTC visits DC
By Christine Baldwin, Librarian

LTC (Ret.) Burnett’s Army JROTC’s Class project was to visit the Armed Forces Retirement Home. Two cadets visited during the Martin Luther King, Jr. Holiday weekend and had the opportunity to meet several of the Residents, including Ed Davis, one of the last survivors of the Pearl Harbor attack. The objective of the visit was two-fold. One to gather information about the history of the Residents for posterity and a second objective was to gather data for the Registry of the American Soldier at the museum. The registry provides an opportunity for anyone who served in the U.S. Army to have his or her name and service history placed on record at the museum. The museum will be at Fort Belvoir, VA and hopes to open in 2018. The group plans to come back in August with their Drill Team.

ARMED FORCES RETIREMENT HOME
JANUARY 31, 2016

Holiday door decorating contest
By Jennifer L. Briley, AFHR-G Volunteer Coordinator

Jingle Bell sing-along
By Jennifer L. Briley, AFHR-G Volunteer Coordinator

Who wants a Root Beer Float?
By Amanda Jensema, CTRS

A day at the races
By Amanda Jensema, CTRS

Photos by Rebecca Newton, AFWR-W Public Affairs

Army JROTC visits DC
By Christine Baldwin, Librarian

LTC (Ret.) Burnett’s Army JROTC’s Class project was to visit the Armed Forces Retirement Home. Two cadets visited during the Martin Luther King, Jr. Holiday weekend and had the opportunity to meet several of the Residents, including Ed Davis, one of the last survivors of the Pearl Harbor attack. The objective of the visit was two-fold. One to gather information about the history of the Residents for posterity and a second objective was to gather data for the Registry of the American Soldier at the museum. The registry provides an opportunity for anyone who served in the U.S. Army to have his or her name and service history placed on record at the museum. The museum will be at Fort Belvoir, VA and hopes to open in 2018. The group plans to come back in August with their Drill Team.

WASHINGTON

Winter poetry event
By Christine Baldwin, Librarian

On a chilly day in January, a group of AFWR-W residents enjoyed a wide range of poetry and recitations by fellow residents. The afternoon started with 4 thoughtful poems written by Resident William Sonice titled “Unlucky Tree” and “The Wind”. This was followed by two features that Keith M. Van Doren read “The Duel” and Rudyard Kipling’s poem, “If”. Next, Rick Walk gave an interesting historical background of and then read "The Snow Storm" by Ralph Waldo Emerson. Norma Rambow selection was about a dog that “Mama Wouldn’t Let Her Keep”. Then, Bill Oplerman told about “Recessional” by Kipling and then gave a stirring rendition of the poem. Jen Kidd added three humorous poems that he had written, which made everyone laugh. Paul Grimes finished the program with a powerful Robert W. Service poem “The Passing of the Year”. Cookies and punch followed, as residents shared their thoughts and ideas about the session.

A day at the races
By Amanda Jensema, CTRS

Photos by Rebecca Newton, AFWR-W Public Affairs

And they’re off!!! Recreation Therapy hosted a joint program with Recreation Services to put on a Horse Race for the residents in line. Smart thinking! This event is always well attended by residents and is one they look forward to, even when the weather outside is FREEZING!! We look forward to serving Ice Cream Sundays in February!!!