



AFRH-WASHINGTON

Pageant winners attend George Brewer's Famous Fish Fry

By Steven Briefs, Supervisor of Recreation Therapy
Photos by Rebecca Newton, Public Affairs

On Friday July 8th, our famous Resident fisherman, George Brewer, hosted a fish fry in the Defender's Inn. Using fish he had caught while on a fishing expedition in Massachusetts, George, along with his friends, Billy White and Lee Smith, prepared and breaded a variety of fish. He deep fried them and invited everyone to come join him for a party.

In addition to offering french fries, delicious beer and sodas we had a visit from Kinosha Soden, Mrs. DC, and Brit Jones, Mrs. Logan Circle. Residents met and took pictures with these Mrs. America hopefuls, who also autographed photos. More than fifty residents, volunteers and staff members attended the event, which lasted nearly three hours. Everyone agreed that George's fried fish was "good eating" and the special visit was just as great!

Thank you George for sponsoring this fun event.



AFRH-GULFPORT

Victory Belles put on stellar performance

Story & Photos by Becki Zschiedrich, Public Affairs

It was a patriotic, star-spangled day on July 5th when the National WWII Museum's charming vocal trio, the Victory Belles, put on a staggering performance for the Residents at the AFRH-G. Residents were taken on a nostalgic journey through World War II-era musical classics. Their performance took our veterans on a trip down memory lane. They also performed many patriotic songs including the Armed Forces Medley all sung in rich, three-part harmony. Their spirited show put smiles on the faces of many veterans. They entertained and danced with Residents plus gave many kisses!

The Victory Belles perform often at the WWII Museum's Stage Door Canteen in New Orleans, and entertain at events all around the country. This entertaining show of timeless 1940's treasures was thoroughly enjoyed by all, and helps the National WWII Museum keep America's magical musical history alive!



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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 & 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.
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ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

AFRH-Gulfport waiting time for residency is
27-29 months from the date of application approval.

AFRH-Washington has no waiting time for residency.



The Joint Commission
www.jointcommission.org

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



AFRH-G Veteran Highlight - James Edward Brogan

By Lori Kerns, AFRH-G Librarian



James Edward "Jim" Brogan was born in the small coastal city of Newburyport, MA in 1931. Jim was the second child of five born to a Navy civilian employee and a housewife. Growing up, he always had an inclination to join the Navy. In fact, some of his childhood memories are of him drawing pictures of ships and sailors. At the young age of 16, he decided to live out his dream of travel and adventure by joining the Navy. He was finally sworn in at 17 years old and sent off to Great Lakes, IL for boot camp.

Jim originally had the desire to be a signalman but the Navy had other plans for him. They felt he was best suited to serve as a hospital corpsman, now commonly known as a medic. His orders took him to Great Lakes Naval Hospital Corps School where he studied for three months. After his schooling, he was sent to Pensacola, FL where he stayed until the Korean War broke out. Jim was then transferred to a ship in the Pacific Fleet where he spent two years still working as a

hospital corpsman.

Jim's next assignment was to attend an environmental health school in Oakland, CA. Upon finishing, he was sent to Brooklyn Navy Yard where he stayed for about three years. Around this time, there were not enough doctors to put on every ship so the Navy used hospital corpsmen in their place. He worked an independent duty as a corpsman on an LST (landing ship tank) for two years. After his stint on the LST, he was sent to Naples where he worked in a naval hospital.

Jim ended his 20-year Navy career when he retired from Naval Air Station Brunswick in Maine. He then began a civilian career working for the Brookline Health Department in Massachusetts. He worked for the department as a health inspector for 18 years. After leaving the health department he moved to Venice, FL. One day while reading the Navy Times, he happened to see an article advertising for contractors to work at the United States Embassy in Moscow, Russia. He decided to apply and was hired to work a two-year contract in building maintenance. Jim took the opportunity to travel around Europe while in Russia. He was also present when the 1993 coup involving the Russian President Yeltsin and the Russian Parliament occurred. With the U. S. Embassy located diagonally from the Russian White House, Americans at the embassy had to evacuate and proceed to an underground gymnasium where they stayed for two days and two nights. Jim remembers the noise level being extremely high in the gymnasium. Luckily, the evacuees stayed safe underground. Only one American Marine who was posted as a lookout lost

his life during these events.

After his contract was up, Jim moved back to Venice and decided to begin volunteering. He volunteered at a local hospital and with the Big Brothers Big Sisters program. With the program, he served as a mentor for underprivileged youth.

Jim is the proud father of two sons. One of his sons is a retired Marine gunnery sergeant. His other son is the Chief Operating Officer of a financial services company.

When the AFRH-G opened up after Hurricane Katrina, Jim decided to move to the home. He continued his love of volunteering by giving tours and serving as a sponsor for new residents. As a great example of the long-lasting friendships residents can make at AFRH-G, Jim can almost always be found hanging out with his great friend, Roy.



Jim today at the AFRH in the Hall of Honors.

AFRH-W Veteran Highlight - Lee Smith

By Christine Baldwin, AFRH-W Librarian

Lee Smith was born in Florida. Around Christmas time in 1950 he was thinking about a present for Christmas from Santa, but instead he received a card which read "Christmas Greetings, Mr. Smith. You will report on or before 27 DEC, 1950." Yes, he was being drafted by the U.S. Army. Shortly after this was another card telling Lee to report instead on 20 MAR 1951 to Fort Jackson, SC, which he did. Lee went to Fort Leonard Wood, MO, for basic training and then in October 1951, he was sent to Korea. At that time, they had a point system going and in 1953 Lee almost had enough points to go home. But when the truce was signed in 1953, the Army made Korea a tour of 18 months, so Lee was extended another year. He left Korea in 1954 and went back to Fort Leonard Wood. Shortly after, Lee was sent to Germany and then came back to Fort Jackson. After reenlisting, he was sent to Fort Leonard Wood. After tours in Germany, Fort Campbell, KY, Fort Rucker, AL, and Fort Bragg, NC, Lee was sent to Vietnam in 1966. He was supposed to be sent back to Germany but didn't want to go and was able to stay in Vietnam for 2 ½ years. He then ended up back in Fort Leonard Wood, where he was an instructor until his retirement came up. It was at this time, Lee was put in a TDRI Status Leave. After two more years, Lee decided to retire from the military in 1973.

After retiring, Lee bought a house at Ft. Leonard Wood. He also bought a tractor, trailer and 18 wheeler. After 2 ½ years on the road, Lee retired again. He then went to school for carpentry, electric wiring and air conditioning. He did well, and didn't need a full time job anymore because his dependent had left home, so it was just Lee and his dogs. So from then on he did small jobs, which included driving a taxi! That was just what his doctor had prescribed. But now Congress had come up with the idea of reducing retirement pensions and cutting medical privileges. This put a little fright into Lee, so he decided to go to school for Tool Maintenance with the Foley Manufacturing Co., who made a particular machine for his type of work, sharpening tools. After one week, Lee bought the machine, came home and started his own business. He even got a contract with the Army and did very well. He tried to spread out a bit and bought a trailer court, which kept him busy for about 6 years. He sold it and went to Las Vegas, but didn't care for it and left there in a hurry. So, Lee came back home and devoted all of his time to the DAV. He worked his way up to Commander of Chapter #49 in Waynesville, MO. The nearest VA Hospital was 100 miles away and they

could not provide transportation for the Veterans, but Lee was able to get a van from another source to take the Veterans back and forth to the hospital. To this day, some 10 years later, that van (or a car) is still running every day. Lee came to AFRH-W in 2015, because he felt it was a trusted place that will always be there for him.



Lee enjoys the company of Soldiers from Fort Belvoir.

Message from the Chief Operating Officer



Greetings! Can't believe I'm saying this, but I'm truly looking forward to winter! The last few weeks of record breaking heat have me yearning for the cold. Typically there is a significant difference climate-wise in Gulfport and D.C. but that has not been the case of late.

Tolerance. I've talked about perception - and understanding, noting that we may not always clearly convey our meaning - but I think we all need to remember part of examining perception is practicing tolerance and patience with each other.

My Exec has a habit of reciting definitions when I start brainstorming ideas for articles, and he sent me Merriam-Webster's definition for tolerance: a willingness to accept feelings, habits, or beliefs that are different from your own. This is spot on. Regardless of your perception of an action or that person's honest intent, equally important are our responses.

While your feelings are important, just as significant is how you allow your feelings to manifest themselves. We should remain professional and considerate; disagreement does not have to be hostile. Some of the best paths forward come from disagreement and discourse. So let's not only be mindful of perceptions, but also tolerant in our dealings with each other.

As you may or may not know, AFRH Corporate Medical Director, Dr. Sissay Awoke, is retiring effective July 29. Dr. Sissay has been a significant asset to the AFRH and has helped me immensely during my short tenure. I wish him and his family all the best.

Additionally, I'd like to end with a heartfelt thank you to our former Chief Operating Officer, Steven McManus, for presiding over Dr. Sissay's retirement. I have had a previously scheduled medical appointment that could not be altered, and Steve really helped out, thank you.

See you in the smoke shack...

Dr. Timothy Kangas



Ronald Dressen is all smiles as he talks with Dr. Kangas.

REPORT FRAUD, WASTE & ABUSE (FWA)

One of the core missions of the Armed Forces Retirement Home Inspector General is to prevent fraud, waste, abuse and mismanagement. You can report concerns in several ways:

Call and leave a message on the AFRH Inspector General Hotline: 202-541-7503

Fax the AFRH Inspector General: 202-541-0662

Email the AFRH Inspector General Hotline: afrh.ig@afrh.gov

Write the AFRH Inspector General:

AFRH Inspector General

3700 N. Capitol St NW

P.O. Box 535

Washington, D.C. 20011-8400

Visit the AFRH IG office located on the AFRH Washington D.C. campus in Sherman Hall (Room 302) during normal duty hours (appointments preferred please call 202-541-0667). The AFRH IG is committed to addressing FWA matters. When providing information please be as detailed as possible. Complainants are permitted to lodge anonymous complaints however, anonymous complaints may hinder action on the part of the AFRH IG if more or follow-up complaint data is deemed necessary.

Residents who met at AFRH celebrate 10 years of marriage

By Becki Zschiedrich, AFRH-G Public Affairs

Seems like only yesterday Gulfport Residents, Claire Dimler and Carl Smith, were exchanging wedding vows at the AFRH chapel in Washington, D.C. I guess the saying "time flies when you're having fun" is true. On July 28th Claire and Carl happily celebrated their 10th wedding anniversary.

What's ironic about this love story is that they met in 2003 at the Armed Forces Retirement Home in Gulfport when Claire moved in. She quickly found a friend named Carl Smith, and started going on trips with him. They would eat lunch together at the Home and they would attend dances and socials together as friends.

After Hurricane Katrina devastated the Gulfport Home in August of 2005, they both transferred to the AFRH in Washington, D.C. They were hoping to get in the same building but all the men were living in the Pipes Building and the women were living in the Scott Building. Claire only got to see Carl once a day, if that. She said, "I missed being with him all the time." So in 2006 she proposed to him and said, "Let's get married so we can be together!" Carl thought about it, and decided it would be a good idea.

Claire was born and raised in Ashland, Pennsylvania. She served 13 years in the Army and retired with a disability. She was a missile technician and worked on the guidance package and she was also a track vehicle mechanic who worked on diesel engines for tanks and tracks. She was stationed in Nuremburg, Germany and Red Stone Arsenal, Alabama. Claire joined the Army to get out of the area she lived in because she didn't want to work in coal mining or factories. "I joined the military for the opportunity and it was a great decision", she said. She stayed single while in the military, and it wasn't until she met Carl that she ever considered getting married. "He had bypass surgery and I was really affected by the thought of losing him. We were together all the time after that," she said.

Carl was born and raised in Lookout Mountain, Georgia. Right after WWII Carl joined the Army and served a year and a half. Two years later he joined the Air Force and was stationed in Austria, Lookout Mountain, Canada, and Thailand. He also served our country in Vietnam. He retired from the Air Force where he worked in Air Security guarding runways, aircraft, nuclear weapons, and radar sites.

Three days a week Claire keeps busy by volunteering at the Biloxi VA Medical Center delivering newspapers and setting up the coffee. On the other days Carl and Claire both volunteer in the chaplain's office at the Gulfport AFRH. Most afternoons you can find Carl and Claire outside riding bikes together around the property on the beautiful bike trail, which is surrounded by over 40 acres of beautiful landscaping right across the street from the Mississippi Sound. Claire rides 10 miles a day and Carl rides 3 miles.

Claire expressed, "I love having someone to come home to. He is my best friend. It just means so much to not have to go into an empty room. The AFRH is a blessing to me and has saved my life because it keeps me active by volunteering and going on trips. My health is so much better since I moved here. I'm so grateful to be here with Carl and I enjoy being here with the companionship of like-minded people. It's still a honeymoon for us". Carl, with his quick sense of humor responded, "I thought it was a 'honey do' instead of a honeymoon! It's very nice here. I'm very thankful to be living at the AFRH-Gulfport with my bride."



Claire in 1976 in Basic Training.



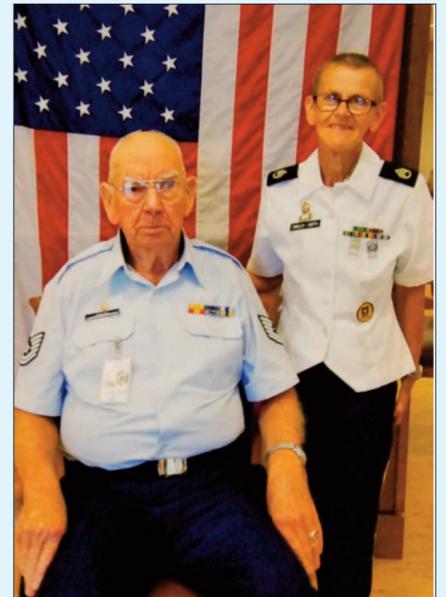
Carl and Claire at their wedding ceremony performed by Chaplain Goodloe at the AFRH-W.



Carl circa 1966 in Ubon Thailand.



Carl and Claire cut the wedding cake at their wedding reception.



Carl and Claire today at the AFRH-G.

From the AFRH-W Administrator



As July began we celebrated America's Independence with a party viewing the national fireworks from our high vantage point in the city. The wet, rainy July 4th did not deter many who still found the desire to come out and take part in the festivities. The event host, Friends of the Soldiers Home (FOSH), has had some bad luck with weather for the last few events so we must be due for a beautiful first Sunday in October. Fall Fest planning has begun, mark your calendars now!

As July progressed, the campus continued preparation efforts for the impending accreditation survey for our Continuing Care Retirement Community (CCRC). Both campuses are accredited by the Commission on Accreditation of Rehabilitation Facilities for our CCRC programs. We look forward to showcasing the service we provide to Residents in Washington August 24-26 prior to the survey team visiting our friends in Gulfport. I sincerely

appreciate the staff and contractor's efforts to make ready for the accreditation, it's truly important to our organization!

This month we welcomed our new Wellness Center Manager, Susan Bryan (US Navy Ret) who brings a wealth of knowledge and experience leading healthcare programs for the Navy. The Wellness Center Manager position was created in 2015 to manage and assist with leading accreditation efforts for The Joint Commission programs in Ambulatory Care and

Home Care. I look forward to working with and learning from Susan, again welcome on board!

I would also like to recognize Chris Kelly, our new Public Affairs Officer. There are available move-in-ready rooms here in Washington, I'm very thankful to see public affairs at full strength to fill 'em up! Potential Residents considering retirement living in the heart of the Nation's Capital should reach out to Public Affairs by calling 1-800-422-9988 or visiting our website at www.AFRH.gov. We have a great homemade special by the Veterans who thrive within!

On the last work day of this month, we bade farewell to one remarkable man, Veteran, and leader with the Home. Dr. Sissay Awoke, Corporate Medical Director, celebrated his retirement from AFRH after more than three decades of service. His care and compassion, expert knowledge as a gerontologist, and gentle approach to healing will be sincerely missed. I will personally miss having him and his family living nearby in Quarters 3. Congratulations doctor!

Shaun Servais



Shaun Servais provides an overview of the DC campus to Mr. Guy Kiyokawa, Deputy Director, Defense Health Agency.

USS Abraham Lincoln Sailors visit AFRH-W

Story & Photos by Rebecca Newton, Public Affairs

About forty Sailors who serve aboard USS Abraham Lincoln (CVN-72) visited AFRH-W on July 21st. The crew took time out to meet and greet Residents, pick vegetables, make pasta, tidy up areas and tour the campus.

It was certainly a change in scenery for the Sailors who spend much of their time on an aircraft carrier. The Residents were equally as elated to have the company of these great men and women. During their visit, the group admired the facilities and grounds and they are looking forward to coming back to the AFRH.



Health fair promotes wellness

Story and photos by Jack Yang, Healthcare Services

The Armed Forces Retirement Home is committed to the health, safety and welfare of its Residents and employees. On June 29, 2016, the Washington campus hosted an annual Health and Safety Fair to promote injury and illness prevention as well as ways to improve personal well-being. The goal of this event is to celebrate and educate the staff and Residents within our retirement community. The organizers hope to pique people's interest through the use of interactive displays, medical screenings, and promotional items to provide education on how to "live long and live well."

Health professionals were on hand to talk about diabetes, ergonomics, dental health, tobacco cessation, heart disease, physical therapy, nutrition and more. Our Residents and employees received various health checks and screenings which included skin exams, vision exams, blood pressure checks, blood sugar checks, and massage therapy. Many were encouraged to follow-up with their primary care providers for further evaluations or referrals. Fair attendees also received guidance on safety related issue and were educated on falls prevention (one of the National Patient Safety Goals) by AFRH Rehabilitation services. There were myriad of services and agencies present at the fair. This year's vendors included the National Institute on Aging Information Center, DC DMV, Walter Reed National Military Medical Center (Nursing, Dermatology, Pharmacy, and Audiology), VA Vision Rehabilitation, Mobile Dentists, AFRH-Safety Officer, and our in-house rehabilitation services, nutrition services, social services, and optometry clinic.

The event benefited more than a hundred Residents and employees; many brought home with them giveaways and swag from vendors. Health and Safety Fairs are free, confidential and open to all. Because of the warm reception this year, many of the vendors are eager to return for the next year. The Healthcare Services staff at AFRH-Washington will continue to work closely with Resident Services to ensure that events like the Health and Safety Fair will continue for many years to come.



Pete Hudson, Resident, has his blood pressure measured during the Health and Safety Fair.

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



We celebrated our Nation's 240th birthday on the Fourth of July. Even the rain did not dampen our spirits. Though the overcast skies made it difficult to see the fireworks, it did not prevent us from celebrating this special holiday. Friends of the Soldiers Home (FOSH), held their annual party down by the Driving Range. Many of the Residents braved the elements to attend the event.

We have three new employees, two in the Wellness Center and one in Long Term Care.

They are Ms. Susan Bryhan – Wellness Center Manager; Ms. Missy Morse – Staff Educator and Ms. Latoya Barlow – Nursing Assistant, Long Term Care. These new additions to our staff will greatly enhance the Wellness Center's ability to provide better care for our Residents.

We had the honor and pleasure of having Mrs. District of Columbia, 2016 and Mrs. Logan Circle visit with the Residents. It was enjoyable to visit with these two amazing young women and listen while they shared stories.

August promises to be a fun-filled month with many activities. There will be the Summer Olympics; the Cook-out with Billy; Pool Day – YMCA; Catfish Social; Luau; Happy Hour; and the famous Resident/Staff softball game. The White House tour is tentatively scheduled for August 31st. There have been complaints from Residents about elevator courtesy. Please stand back

and make way for the Residents getting off of the elevator first. Stand clear of the doors. Please remember: courtesy goes a long way. NOTE: Please STOP turning off the lights in the hallways at night! This is a serious safety issue.

Recently, I saw the following on a calendar page, and thought it was very poignant: "We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating WHAT WE DO HAVE."

Historical events for the month of July:

1862 – President Lincoln signed the first Income Tax Bill, levying 3% on income of \$600.00 – 10,000.00 and 5% on income over \$10,000.00.

1953 – The Korean War ended.

1964 – President Lyndon B. Johnson signed the first Civil Rights Act.

1969 – Apollo II astronaut, Neil Armstrong, took his first step onto the moon. It was then that he proclaimed: "That's one small step for man, one giant leap for mankind."

Marvin Archer



Marvin welcomes pageant winners to the Home.

From the AFRH-G Administrator



It is hard to believe we are only one month into the summer season. Only 60 more calendar days and cooler weather will arrive. Is it just me or does 90 degrees this year seem hotter than years prior? I do not believe in global warming but I do believe air conditioning was one of the greatest inventions ever made. By the way, yesterday was so hot; I saw a fire hydrant chasing a dog!

Each day I come into the Home I am more impressed than the day before. Having a state of the art building to work and live in is such a blessing. To think this Home has all of the modern conveniences known to man still thrills my soul. And this Home is so clean we can practically eat off the floors. I know it is has been said "Cleanliness is next to godliness." If that statement is true then this must be heaven! Some of you have told me this is heaven on earth and the longer I am here, the more I believe it.

Thanks to all of you who participated in the Resident Survey. We received 299 responses, which is 69% of available Residents. This is the 3rd year that we have used the same survey, which is a good

basis for comparisons. This survey was important for us to find out if we are doing a good job and meeting all of your needs. As always the AFRH strives for Person-Centered Care, which is defined as the careful manner in which Residents' needs are considered while developing proactive plans of care and delivering meaningful services. After reviewing the results I am thrilled to announce that we are reaching our goal. You, the Residents, are why we are here. We are here to serve you as you have served us. Thank you again for taking the time out to help us help you!

I would like to congratulate Lynn Blank, RN for receiving Employee of the Quarter. Lynn works in Tower D in the upper levels of care and has gone above and beyond to care

for the Residents and help out family members. She is known as "Angel Lynn". Thank you Lynn for all that you do at the AFRH and for your dedication to the Residents. Also very special thanks go to Custodial COR Darren Jones, and Security Assistant Joseph Smith as both gentlemen were named Honorable Mention for Employee of the Quarter.

I know home is where you make it and I am so glad each of you chose to make this your Home. To think I have been visiting Gulfport for 28 years and now that I can call this area home is very rewarding for me and my family. God bless.

Jeff Eads

Spring game awards

By Sean Campbell, Recreation Services
Photos by Becki Zschiedrich, Public Affairs

AFRH Gulfport spiced up the monthly ice cream social recently by hosting the awards ceremony for the Spring Games recently held at the facility. Even though the games were completed, the unique shirts embroidered with the 2016 Spring Games logo arrived and were ready for distribution at the Ice Cream social on Monday June 20th.

This year's games boasted the highest number of participants yet, with the largest increase being in the ladies division. Forty-five Residents competed in the two-week long string of events that included: Bocce, Football Toss, Softball Toss, Free Throw, Shuffleboard, Golf Putting, Predictability Walk, Washer Toss, Poker Walk, and Corn Toss. Competitors acquired points from their placement in the games as well as qualifying for the commemorative shirt. Overall winners won cash prizes for First, Second, and Third places (\$50, \$30, & \$20 respectively). The winners were as follows:

Ladies Division: 1st-Doris Denton 2nd-Carol Harmes, 3rd-Gerry Gorsky

Men's 79 & Under Division: 1st-Mike Longwell, 2nd-Steve Crews, 3rd-Ric Alford

Men's 80 & Up Division: 1st-Ernie Fowler, 2nd-Fred Ray, 3rd-Wayland Webb

Recreation Services has already begun planning the next installment of the 2016 Fall Games. Stay tuned for more information and don't miss the fun!



COO Dr. Kangas serves Marion Ritchie ice cream at the Award Ice Cream Social.



Ric Alford receives his award from Administrator Jeff Eads.



Lead Recreation Specialist Sean Campbell announced the winners.



James Skelton was thrilled to receive his Spring Game shirt.

A day of family room camping

By Jen Biernacki, Recreational Therapy Assistant

The Residents of Loyalty Hall had a "S'more" good time on Saturday June 25, 2016 with the IOTA Upsilon Chapter of Omega Psi Phi Fraternity. The fraternity joined the Residents in games, reminiscing and fun. The day started with the making a S'more for each Resident out of chocolate, marshmallow crème and graham crackers. The key to a good S'more is the melting of the crème and chocolate. The day continued with the Residents being paired off with a fraternity member becoming teams that reminisced and shared adventures in camping. Following the social time together, the games geared up in action. Winners won flashlights, sunglasses and socks but all experienced fun, laughs, smiles and happiness. A special thank you is sent to the IOTA Upsilon Chapter of Omega Psi Phi Fraternity for sharing a great day with our Residents.



Anne Whittaker learns about the fraternity.



The IOTA Upsilon Chapter of Omega PsiPhi and some Resident winners.

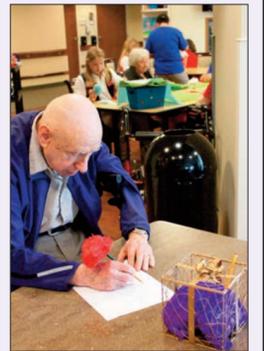
Flowers to brighten the room

By Jen Biernacki, Recreational Therapy Assistant

The American Heritage Girls Troop MS 3230 shared a bright morning with the Residents on Loyalty Hall for National Wildflower week. The girls and a few Residents made flowers from tissue paper to add color and beauty to the dining tables. One large flower was made to fill the center piece box then smaller flowers attached to pencils added a nice touch. As well as being decorative, the flower pencils serve a purposeful function when filling out menus. The girls made nine large flowers and 12 small flowers which added beauty to the Dining Hall.



American Heritage Girls.



Dwyght Shelby tries out the new pencils.

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



Sound, we are looking forward to cooler temperatures coming our way.

The month of July has been full of activities and events. The Gulf Coast Corvette Club came over to the Home to visit and have lunch with the Residents at the 4th of July cookout. The very next day the New Orleans WWII Museum's Victory Belles per-

formed an hour long show in the Community Center. On behalf of the Gulfport Residents I would like to thank the Corvette Club and the Victory Belles for taking the time to come out and visit and entertain us. Everyone really enjoyed both of these activities.

That same week the Harley Owners Group (HOG) held their Flag Transfer Ceremony in the front of the building by the Freedom Pond and Flag Pole. This was their third year in a row doing this. The Residents look forward to this event every year where over seventy-five motorcycles travel through 48 states with one American Flag in 100 days. It's exciting to see so many motorcycles coming through the gate at the AFRH. Please check out the Recreation Calendar for more exciting activities for you to participate in.

We always welcome your input and I would like to thank the 305

Residents who responded to the Resident Finance Advisory Committee (RFAC) questionnaire. We really appreciate the overwhelming response. This was definitely a record on responses. Your input really helped the RAC determine what to do with the 2017 budget.

We are preparing for the upcoming RAC Chair and Floor Rep election in August. From August 9 – August 31 Residents can submit their nominations to Master Chief Wise. On September 1st the candidates will be announced in the Community Center at 0900.

Our next RAC meeting will be August 9th at 0930 in the Community Center. I am honored to be your interim RAC Chair and if you have any questions or concerns, please feel free to contact me.

Roy Cook



Special thanks to the Corvette Club for coming to AFRH on July 4th.



Roy addresses the Residents at the recent Town Hall Meeting.

AFRH-W Activities

Nationals take on the Brewers

By Amanda Jensema, CTRS



Healthcare Residents were treated to a Washington Nationals game against the Milwaukee Brewers on Wednesday, July 6th. The weather was humid, but there was a nice, steady, and cool breeze. The Residents enjoyed eating \$1.00 hotdogs, popcorn, french fries, and ice cream. The game started off with Harper hitting a homerun with two guys on base to score three runs in the first inning! We then scored another run in the 2nd inning but the Brewers tied the game up in the 4th inning.

The Nationals followed that with one more run to take the lead 5-4. In the 6th inning, we scored two more runs, which ended the game with the Nationals winning 7-4. Residents were cheering on our home team

throughout the game. They had a wonderful time at the game and look forward to their next opportunity to cheer on their Washington Nationals! On behalf of the Residents, we would like to thank the Fenwick Foundation for donating the tickets.

Meet the Triple Nickels

By Christine Baldwin, Librarian

Photo by Rebecca Newton, Public Affairs

On Friday, July 8, AFRH-W was honored to meet four members of the 555th Parachute Infantry Association. One member, Martin Jackson, was from the WWII Battalion; while the other three; Donald Christiansen, Richard Briscoe and James Jackson served in Korea. The "Triple Nickels" had many firsts to including the first and only all African American parachute organization and the first parachute firefighting unit in military history. Mr. Christiansen talked about the history of the 555th, as well as personal stories of his time in the service. He also brought several display units, which our Residents enjoyed looking at and discussing with the four. As a special gift, they presented three pictures to the Home of their group.



AFRH-W Annual Fishing Rodeo

By Jerry Carter, Fitness Specialist

Photos by Rebecca Newton, Public Affairs

The AFRH Annual Fishing Rodeo took place on June 17th at the ponds. It was a great day to be outdoors and the weather was perfect for fishing. All participants were treated to a delicious cook-out with hotdogs, hamburgers, and catfish! Trophies were awarded for the following categories:

Billy Bowens

Most Fish Caught (31)

Lillian Miller

Smallest Fish (1 1/2 in.)

Farris Dozier

Heaviest Fish (3 1/2 lb. Blue Gill) Longest Fish (12 in. Catfish)

Also, a very special thank you to Resident Sheldon Shorthouse, for cooking the hotdogs and burgers on the grill.



Lillian Miller wins the award for the smallest fish.



Shaun congratulates Billy on catching the most fish.



Farris is proud of his 3 1/2 pound catch.

Hall of Honors sword donated on a Coast Guard's watch

By Christine Baldwin, Librarian

Photo by Rebecca Newton, Public Affairs

The question has been asked many times about the sword used to cut the military service's birthday cake at AFRH-W. It happened during the summer of 2003, when a group of Midshipmen from the U.S. Naval Academy visited the Home. They were hosted by then RAC Chairman Bob Devaney, a former U.S. Coast Guard member, along with Ray Colvard, a retired naval chief petty officer and his wife, Jo. Before the group left, a special ceremony occurred, in which the sword was donated. The lieutenant who presented the sword said that it had belonged to his father when graduating from the academy. A magnificent gesture, which we continue to use to this day!



This long metal blade now lays in the display case in the Hall of Honors.

It's hot in D.C

Photo by Lori Thompson, Art Specialist



Terry Sawyer pictured here holding a thermometer that reads 110 degrees in D.C.

AFRH-G Activities

Strumming fun!

By Susan Bergman, MT-BC, Board Certified Music Therapist, Recreation Therapy Services

Photos by Becki Zschiedrich, AFRH-G Public Affairs

Residents from Valor, Loyalty, & Allegiance Hall gathered for our weekly Music Time in the Valor Resident Lounge (a.k.a. piano lounge). Residents brightened up when Allegiance Hall guest guitarist and singer, Clarence "Mac" McGee entered the room. Residents quickly sang along to their favorite country and western songs. As Clifford "Smitty" Smith entered, Residents were introduced to the Strumstick, and each Resident practiced strumming with a pick and then graduated to Smitty's handmade instruments - the Canjo and the Cigar Box Guitar.

The Strumstick was invented in 1981 by Bob McNally as a variation to his design of the 1980 Backpacker Guitar (a smaller portable guitar). The instrument is based on the Appalachian Dulcimer and has 3 strings held and strummed similar to a guitar. The Canjo or Can-Jo appeared in the 1990's as a modern version to the one string fiddle related to the Diddlebow often used while singing on the front porch.

The Can-Jo is a one string fretted stick with an empty can attached at the bottom as a resonator, and the Cigar Box Guitar is the same just with an empty cigar box attached at the base. Residents took turns playing the instruments along with "Mac" on classics like "When the Saints Go Marching In," "You Are My Sunshine," and "Hey, Good Lookin'." Several Residents even picked out their first tune - "Boil Them Cabbage Down." Thanks to Becki Zschiedrich for capturing a good time. Take a peek at her photo of humor Smitty added to the side of the cigar box - "Surgeon General Warning - Cigar Box Guitars can and have been proven to strike a note that can cause Hearing Fatigue." Here's to more strumming fun in the future thanks to all, especially "Mac" and "Smitty."



"Mac" McGee plays along with Strumstick guitar.



Richard Richey practices his music skills.



Check out Warning as Maynard Howard plays Cigar Box.



Ernest Rousch on Canjo & Smitty Smith on Cigar Box Guitar.

Gulf Coast Wind Ensemble

By Sean Campbell, Recreation Services

Twice a year AFRH Residents are treated to the wonderful sounds of the Gulf Coast Wind Ensemble. This group of amateur musicians work their job during the day and meet on Tuesday nights to practice and perform their craft. These musicians, who perform for the love of music, entertained AFRH Residents in the Community Center with selections from numerous Hollywood classics and movies. Residents were asked to keep track of the various titles performed during the evening, and various tidbits of information about the selections were shared with the crowd by the musicians. Residents now eagerly anticipate their return for their Christmas concert in December.



Bocce Ball Tournament

By Dennis Crabtree, Recreation Specialist

Residents competed in the Bocce Ball Tournament in the Bocce Room. Wayland Webb and Ernie Fowler competed against each other for first and second place. Mike Longwell and Gerry Gorsky played for third place. Thirteen Residents played for three hours in the tournament, but there could only be three winners. Ernie Fowler took 1st place, Wayland Webb took 2nd place, and Gerry Gorsky took 3rd place.

Players not pictured: Doris Denton, Jerry Anderson, Cecil Sherman, Buron Noel, Fredi Van Pelt, Boyd Sullivan, Joe Kelly, Carol Harmes and Fred Ray.



Hearts Tournament

By Dennis Crabtree, Recreation Specialist

Residents competed in the Hearts Tournament on the 2nd floor Club Room. Buron Noel, Frank Baker and Charlie Wood played on the first table. Frank Davis, Wolf Kiessling and Fredi Van Pelt played on the second table. Jerry Anderson, Wayland Webb and Bob Brodeur played on the third table. The Residents at each table played until a player reached 200 points. Then the top three scores were counted for all seven players to determine the winner. There could only be three winners for that day.

Wolf Kiessling took 1st place, Frank Davis took 2nd place, and Wayland Webb took 3rd place.



Washer Toss Tournament

By Dennis Crabtree, Recreation Specialist

Residents competed in the Washer Toss Tournament in the Bocce Room. Rosie Rosenburgh and Wayland Webb competed in the Washer Toss while Cecil Sherman took notes on the competition. Fred Ray kept his head down hoping that Mike Longwell didn't get any points in his round. Buron Noel and Cecil Sherman kept a close eye on the players. Six Residents played in the tournament, but there could only be three winners for that day. Buron Noel took 1st place, Cecil Sherman took 2nd place, and Mike Longwell took 3rd place.



Putting Tournament

By Dennis Crabtree, Recreation Specialist

Fifteen Residents competed in the Outdoor Putting Tournament. Jerry Masterson took his time aiming for that beautiful shot to make that hole in one. The rest of the players were taking mental notes on how to master the Jerry's form. In the back ground from left to right Art Kelly, Wayland Webb, Boyd Sullivan, Frank Baker, Fredi Van Pelt, Bill Sanders, Carol Harmes, Ernie Fowler and Jerry Anderson.

Not seen in the picture: Mike Longwell, Cecil Sherman, Doris Denton, Franklin Rosenburgh and Bill Hill. There could only be three winners for the day. Bill Sanders took 1st place, Ernie Fowler took 2nd place, and Wayland Webb took 3rd place.



Cuz's Circus World Magic Show

By Susan Bergman, MT-BC, Recreation Services

Magician Rick Webb, presented Cuz's Circus World Magic Show for residents on Valor, Allegiance, & Loyalty Hall. He was assisted by his granddaughter, Kaileigh Willis as they provided a variety of comedy magic followed by personalized tricks that engaged individual Residents.



GULFPORT

The Patriot Tour Flag Transfer Ceremony One American Flag. 100 Days. 48 States

Story & Photos by Becki Zschiedrich, Public Affairs



The Harley Owners Group (H.O.G.) was escorted on July 7th by the Gulfport Police Department to AFRH-G on their Patriot Tour to honor America's Armed Forces. Over 75 motorcycles came through the gate for a Flag Transfer Ceremony which was held by the Freedom Fountain located in front of the building. The riders came to the AFRH to salute our veterans and honor the American flag.

Maj. Gen. Mark A. Brown, 2nd Air Force Commander, Keesler AFB, MS was the guest speaker and gave a heartwarming speech and mentioned several of the Residents who live at the AFRH. He said "Veterans are your neighbors. They're your mothers, your fathers, your teachers, and many other people, ordinary people who did extraordinary things." The Keesler Honor Guard then assisted the H.O.G.'s with the patriotic flag ceremony.

Annually The Nation of Patriots organizes a national effort that pays tribute to, and honors, all of America's Armed Forces - Past, Present, and Fallen. This united effort is known as The Patriot Tour. Every year they ride for the members of our military - to show America's support, our thanks, and our united pride by passing one American flag throughout the country. It's the very foundation of this symbol and all it represents that our brave men and women in the military have stood and died defending continue to stand and protect, and will forever fight for.

The Patriot Tour organizer, Steve Carrington said, "We ride for honor, for our country, and for all members of our military."



WASHINGTON

4th of July celebration

Photos & Story by Steven Briefs, Supervisor Recreation Therapy

This year our Residents enjoyed a traditional Independence Day celebration with fun, food, beer and RAIN. Billy White played his great DJ music, the Friends of the Home, (FOSH), organized a few vendor trucks to sell a variety of sandwiches, French fries, hot dogs and ice cream. Everyone really enjoyed the jazz band from the Duke Ellington School of Music. The beer vendor offered four types of beer to taste, and families from the community joined our Residents to socialize and watch the fireworks. In spite of the rain everyone had a great time!



Independence Day cookout at AFRH-W

By Constance Maziel, Lead Recreation Specialist

Photo by Jack Yang, Administrative Specialist

Residents, guests, and volunteers convened at AFRH-W on Friday July 1st to celebrate the Independence Day Cookout! On the menu for the event was barbecued shrimp, hamburgers, half smoke sausage links, spicy cheese half smoke sausage links, baked beans, corn on the cob, potato salad, and everyone's favorite desserts, watermelon and brownies.

Of course a cookout would not be complete without ice cold beer, which the Residents enjoyed at the beer station! The highlight of the event was the performance by the Plank Stompers band. The band played a mix of bluegrass and country-western music which everyone seemed to enjoy!

The eclectic flavor of the Plank Stompers brought some Residents to their feet, as they sang and danced to the music. As the afternoon came to an end, everyone enjoyed a delicious cold treat of chocolate, vanilla, and strawberry ice cream, as they departed the event. Special thanks to the volunteers and the Plank Stompers for making the Independence Day Cookout a success!!!



Residents enjoy 100-degree temperature under the shade of the Scott building porch.