AFRH-WASHINGTON

AFRH-W’s Eugene Downs, the oldest living heart transplant recipient turns 92

By Christine Baldwin | Librarian

Happy 92nd Birthday to Gene Downs, AFRH-W, who is the oldest living recipient of a heart transplant (25+ years with his new heart!) and a great guy. Gene celebrated on July 21 with a dinner party for his friends.

Eugene “Gene” Downs was born in Chicago, Illinois. He was one of seven children. All of his brothers served in World War II, except for one who stayed home to work with the U.S. Army. Eugene joined the Navy in the last days of the war with the German Occupation with the U.S. Army. Eugene is the only one who made a career of 22 years in military service and he chose the U.S. Navy.

He started with ten weeks basic training at Great Lakes, Ill., and followed up with OGU at Camp Pleasant, Calif. Eugene served aboard the USS Honolulu (CL-48) after the ship had been torpedoed and had lost 90 feet of her bow at Savo Island. After extensive repairs, it was off to support the war effort with various bombardment missions, including Bougainville, Guam, Saipan, Rota, Guam and Okinawa, and many others. For recreation between missions, Eugene joined the Boxing team (he was in the flyweight class) and the team went undefeated for two years.

In 1944, just off Mindoro, Eugene’s ship and several others, including three destroyers, were caught in a typhoon. Eugene remembered being tossed up and down in the ocean. He was too scared to be sick,” he said. A day and a half later, the ocean calmed and the fleet picked up about 200 survivors from the waters. Eugene also remembers while in the Philippines, a Japanese torpedo hit his ship. He could see both pilots as they came in. It seemed to take forever, but in only a moment the torpedo was exploding. In total 70 men were killed. Another reminiscence, on a positive note, is one of Eugene’s favorite memories. It was the day before the signing of the Japanese surrender. The water was as clear as glass and from the crow’s nest he could see ships from horizon to horizon. He even took some pictures of this sight.

Some of Eugene’s other duty stations included Norfolk, and Newport News, Virginia; Jacksonville, Florida (where he attended fire fighter instructor school); and Great Lakes, Ill. (where he taught fire fighting at basic training). He was also in the tail end of Guadalcanal and two, Iwo, and all of the Battle of Okinawa. Eugene also served aboard the USS Dixie (AD-14) during the Inchon Invasion in the Korean War. His last tours were goodwill tours of the Philippines and Japan.

After retirement, Eugene became the assistant manager of the Officer’s Club in Bremerton, Wash. and later at Moffett’s Field, Calif. for seven years. He then bought a bar in Mountainview, CA and added catering to his skills. Eugene then spent the next six years managing a bar he owned in Reno, Nev. It was at that time that he started having heart attacks and was given two years to live. He went to Sacramento, Calif. because he heard they had a good heart program and ended up having a heart transplant from a fifteen-year-old youth named Jimmy Van Dusen. Jimmy’s father was a Baptist minister and Eugene is still close to the family and likes to say, “I am the only Irish Catholic with a Baptist heart, so they call me Gene the Baptist.” Eugene is now the oldest living heart transplant recipient and firmly believes in people participating in the organ donation program. He came to AFRH-W in 2015 after a friend reminded him about the place and the costs were getting more and more expensive in California. Eugene is active volunteering, along with Chuck Felder and Frank Lawrence, with groups that come in and need an orientation of the Home.

Happy 92nd Birthday Gene! Photo by Chris Kelly | Public Affairs Officer

AFRH-GULFPORT

AFRH-G resident Joe Z. turns 100!

By Jen Biernacki | Recreation Therapy Assistant

Photos by Jack Horsley and Laurie Langley

Happy 100th Birthday to Gene Downs, AFRH-W, who is the oldest living heart transplant recipient!

AFRH-G resident Joe Zelenak, USN (retired), and a resident of Valor Hall, turned 100! A birthday party began on the evening of Saturday July 14, with family then carried on into the next day with another celebration with residents of AFRH-G, friends and family on Valor Hall. The Saturday night celebration was a family event with great grandchildren, grandchildren and children ranging in ages from one to one hundred. The family spent time together enjoying each other, talking, playing the piano and drinking. Yes, there was some drinking but only for those who were allowed as this bottle of liquor was special, well beyond special to exceptional, well even more unimaginable…. really a wonderful story that will be cherished throughout the Zelenak history for sure as well ours. who were allowed to experience, hear or read such a story…. but here it goes…

On August 16, 1956, Joe returned from Malta in the Mediterranean on the USS Forrestal carrying a premium bottle of brandy and a shot glass in his belongings. Joe dated the bottle and the shot glass and said, “I am going to drink this bottle on my 100th birthday.” He returned home and many years passed and Joe still had that bottle of brandy. He eventually gave the brandy to his daughter, Carol, for safe-keeping as he moved and downsized his home and lifestyle. As the years moved by and more years passed by and even more years passed, Carol too needed to downsizze her lifestyle. She passed the bottle down to her daughter, Laurie Langley, Joe’s granddaughter. As the years continued the bottle remained unopened waiting for that special day, now in the care of granddaughter Laurie. As his 100th birthday soon became a reality, his family arranged for a party and reunion to take place at AFRH-G to celebrate his centennial. His family came in from as far away as California. As the family was sharing their time together, celebrating his birthday, out came that bottle of brandy from Laurie’s safe-keeping. Yes from 1956.

And …yes all were very excited to see that bottle and all that could …look a shot from that 62-year-old premium bottle of brandy… aged to perfection, just like Joe. A drink so smooth words do not describe how good it was. The legal age person in that room will ever have the privilege to taste. A toast to Joe was made and the cork replaced with some of that very special brandy still left in that 62-year-old of bottle of Brandy.

Joe cut’s the cake with his great grandchildren on his 100th Birthday. Photo by Jack Horsley, Resident Photographer

Joe Zelenak in the Hall of Honors at AFRH-G. Photo by Beckli L. Zachriedich, Public Affairs

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Celebrating Good Times with Long Term Care Residents

VOLUME XV NUMBER 7            JULY 31, 2018

AFRH-GULFPORT

AFRH-G resident Joe Z. turns 100!

By Jen Biernacki | Recreation Therapy Assistant

Photos by Jack Horsley and Laurie Langley

On Sunday July 15, 2018, another extraordinary event happened at AFRH-G. Senior Chief Aviation Machinist’s Mate, Joseph Zelenak, USN (retired), and a resident of Valor Hall, turned 100! A birthday party began on the evening of Saturday July 14, with family then carried on into the next day with another celebration with residents of AFRH-G, friends and family on Valor Hall. The Saturday night celebration was a family event with great grandchildren, grandchildren and children ranging in ages from one to one hundred. The family spent time together enjoying each other, talking, playing the piano and drinking. Yes, there was some drinking but only for those who were allowed as this bottle of liquor was special, well beyond special to exceptional, well even more unimaginable…. really a wonderful story that will be cherished throughout the Zelenak history for sure as well ours. who were allowed to experience, hear or read such a story…. but here it goes…

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Photo by Jack Horsley, Resident Photographer

Laurie Langley

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“I guess it is really something to turn 100.” Joe stated. His celebration continued with yet another party with fellow residents, friends and family. With the help of one of his great grandchildren, Joe cut his cake. Singing, home and chatter filled the room as butter pecan ice cream and cake was served to all to enjoy such a memorable day.
Raymond ‘Ray’ Ross was born in Philadelphia, PA., in 1940. He lived there until the age of seven when his family moved to New Kensington, PA. His father abandoned his family soon after. Ray grew up behind a rear door and felt his parents were not a part of his life. He had to find his own way to get his education, which he ended up serving 20 years, primarily as an instrument auto pilot and avionics repairman. For about four years, he served with Air Force recruiting work in public relations and advertised for half the state of Pennsylvania. The last three years of his career, he was stationed in Las Vegas where he had risen to the rank of first sergeant. He retired in the area where he worked on one of his greatest accomplishments, three years of his career, he was stationed in Las Vegas where he had risen to the rank of first sergeant.

Ray, served in the Army but sadly succumbed to wounds received when he served as part of the U.N. Mission in Kosovo. Ben, his other son, just recently retired from a 20-year Air Force career.

The Navy learned that he had electronic experience along with a top secret clearance. He had electronic training in school and was discharged or released from service in the Armed Forces under honorable conditions. Ray’s soulmate and wife, passed away. Two years later, he made the decision to move to Oceanside cabin in Daytona Beach, Florida when he retired. Ray had owned several businesses which included an engraving service and car wash. He videoed the first virtual reality tour that was ever posted on the internet. He had always wanted to work on airplanes because he had fascinated him. Despite a lack of education, he ended up serving 20 years, primarily as an instrument auto pilot and avionics repairman.

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Serving Washington, D.C. and Gulfport, Mississippi
AFRH-G Resident Highlight – Raymond “Ray” Ross
By Lori Kerns | Librarian

Raymond ‘Ray’ Ross was born in Philadelphia, PA., in 1940. He lived there until the age of seven when his family moved to New Kensington, PA. His father abandoned his family soon after. Ray grew up behind a rear door and felt his parents were not a part of his life. He had to find his own way to get his education, which he ended up serving 20 years, primarily as an instrument auto pilot and avionics repairman. For about four years, he served with Air Force recruiting work in public relations and advertised for half the state of Pennsylvania. The last three years of his career, he was stationed in Las Vegas where he had risen to the rank of first sergeant. He retired in the area where he worked on one of his greatest accomplishments, three years of his career, he was stationed in Las Vegas where he had risen to the rank of first sergeant.

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The Victory Belles steal the hearts of residents at AFRH-G

By Sean Campbell | Recreation Specialist & Susan Bergman, MT-BC | Recreation Services
Photos by Jack Horsley | Resident Photographer

On the 4th of July residents witnessed many beautiful, new and old, Corvettes in front of the building. For the last two years the Gulf Coast Corvette Club has stopped by AFRH-G on the 4th of July and stayed to have lunch with the residents. We look forward to seeing these stunning vehicles every year.

The Victory Belles stopped by the Gulfport campus to perform while on their way back to New Orleans from a July 4th show in Florida. The Victory Belles always pack a full house in the community center. They sang nostalgic pieces from days gone by and many of the big band era favorites. They also did a salute to the Armed Forces. After visits and photographs with independent living residents, the Victory Belles visited residents on the upper levels of care, where they sang in the dining areas and room-to-room for each individual, expressed their appreciation for their military service, and uplifted the mood of many, many residents who were unable to attend the performance in the community center. Many thanks to the WWII Museum and the Victory Belles for bringing us all so much joy with your remarkable performance and for making this event happen each year.

Thank you also to resident Charlie Jenkins, who assisted in escorting the Victory Belles through healthcare and to Fiddler's Green, and resident Jack Horsley for the wonderful photographs.

Vettes for Vets at AFRH-G

Photographs by Ray Ross & Tony Langdon | Resident Photographers

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The New Orleans WWII Museum's signature singing sensations, the “Victory Belles” once again visited the Armed Forces Retirement Home in Gulfport on July 5th and left residents with big smiles on their faces. The Belles interacted with residents and some lucky gentlemen even donned an imprint of a lipstick kiss from the performance.

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RT Independence Day celebration at AFRH-W

By Carol Mitchell | Recreation Therapy
Photos by Marine Robbins | Recreation Therapy Assistant

What better way to have a party, when your birthday is on the 4th of July, like residents Charles Venne and Sandy Intorre then spending it with 95+ family, friends, volunteers, employees, and fellow residents outside on the Scott 3 Terrace celebrating our country’s Independence Day! The Scott 3 Terrace has one of the best views in DC for the national firework display. Residents from all levels of care were treated to hot dogs & shrimp skewers on the grill, soda pop, water, beer, watermelon, and tasty cupcakes. A lively music playlist was created for the night by Recreation Therapy Assistant Marine Robbins. Door prizes from recreation therapy were also provided for Independence Day trivia.

It was a fun-filled night for all capped off by an awe-inspiring fireworks show! Looking forward to next year!

Independence Day cookout at AFRH-W

By Linda Bailey | Recreation Therapy & Constance Maziel | Lead Recreation Specialist
Photos by Jack Beek | Resident Photographer

It was all Stars and Stripes as residents, guests and volunteers convened at the AFRH-W Independence Day Cookout on Friday July 2nd. Bright sunshine and extreme temperatures brought the cookout indoors. However, the fun did not stop as everyone came out to celebrate the upcoming 4th of July weekend! 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, hosted by our very own RAC Chairman Sheldon Shorthouse! The highlight of the event was the performance by the Three of Clubs band. The live band performed a mix of old school funk, American Classics and so much more! The eclectic flavor of the Three of Clubs brought some residents to their feet, as they sang and danced to the music. As the afternoon came to an end, everyone thanked the band for their stellar performance and stated that they looked forward to next year’s Independence Day cookout! Special thanks to the volunteers and the Three of Clubs band, for making the Independence Day cookout a success!
Notes from the AFRH-W Resident Advisory Committee Chairman -August 1, 1944 - Anne Frank penned her last entry into her diary. 

"I keep on trying to find a Nazi concentration camps. Anne died at Bergen-Belsen concentration camp on March 15, 1945, at age 15.

-August 6, 1945 - The first Atomic Bomb was dropped over the center of Hiroshima at 8:15 a.m., by the American B-29 bomber Enola Gay. The bomb detonated about 1,800 ft. above persons later died as a result of radiation effects.

-August 6, 1965 - The Voting Rights Act of 1965 was signed into law by President Lyndon B. Johnson.

-August 7, 1964 - Following an attack on two U.S. destroyers in the Gulf of Tonkin off North Vietnam, the U.S. Congress approved the Gulf of Tonkin Resolution, granting President Lyndon B. Johnson authority "to take all necessary measures to repel any armed attack against the forces of the United States and to prevent further aggression."

-August 7, 1990 - Just five days after the Iraqi invasion of Kuwait, President George Bush authorized Operation Desert Storm.

-August 9, 1945 - The second Atomic bombing of Japan occurred as an American B-29 bomber dropped an atomic bomb on Nagasaki. About noon, the bomb detonated killing an estimated 70,000 persons and destroying most of the city.

-August 14, 1945 - Following the two Atomic Bomb drops and believing that continuation of the war would only result in further loss of Japanese lives, delegates of Emperor Hirohito accepted Allied surrender terms originally issued at Potsdam on July 26, 1945, with the exception that the Japanese Emperor's sovereignty would be maintained. Japanese Emperor Hirohito, who was a Student of Star Trek, then announced the surrender.

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-August 16, 1777 - During the American Revolutionary War, the Battle of Bennington, Vermont occurred. It was followed by an American victory.

-August 17, 1977 - During World War II in Europe, the Allies completed the conquest of the island of Sicily after just 38 days. This gave the Allies control of the Mediterranean and also led to the downfall of Benito Mussolini and Italy's eventual withdrawal from the war. However, the Germans managed to evacuate 39,569 troops, 47 tanks, 94 heavy guns, over 9,000 vehicles and 2,000 tons of ammunition back to the Italian mainland from Sicily.

-August 18, 1920 - The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

-August 21, 1959 - President Dwight D. Eisenhower signed a proclamation admitting Hawaii to the Union as the 50th state.

-August 24-25, 1814 - During the War of 1812, Washington, D.C., was burned by British forces that burned the Capitol, the White House and most other public buildings along with a number of private homes. The burning was in retaliation for the earlier American burning of York (Toronto).

-August 29, 1991 - Following the unsuccessful coup of August 19-21, the Soviet Communist Party was suspended, thus ending the institution that ruled Soviet Russia for nearly 75 years.

-August 31, 1976 - Shays Rebellion began in Massachusetts as ex-Revolutionary War officer Daniel Shays led an armed mob. The rebellion prevented the Northampton Court from holding a session in which debtors, mostly poor ex-soldier farmers, were to be tried and likely put in prison. Following this, in September, Shays' troops prevented Supreme Court sessions at Springfield, Massachusetts. Early in 1787, they attacked the Federal arsenal at Springfield, but were soon routed and fled. Shays was sentenced to death but pardoned in 1788.

-August 4, 1787 - The Articles of Confederation were signed, thus ending the Articles of Confederation and creating the United States of America.

-August 1787 - The United States Constitution was signed, creating the United States of America.

-August 28, 1735 - The volcano Mount Rainier in Washington State erupted, killing 52 people.

-August 28, 1945 - President Harry S. Truman announced the end of World War II.

-August 27, 1776 - British troops captured New York City.


-August 24, 1914 - During World War I, British soldiers occupied the city of Brussels.

-August 25, 1995 - The United States Supreme Court ruled that the death penalty is constitutional.

-August 27, 1975 - The United States Congress declared the United States at war with Viet Nam.

-August 28, 1990 - The United States invasion of Kuwait began.

-August 29, 1945 - President Harry S. Truman authorized Operation Downfall, the use of atomic bombs against Japan.

-August 30, 1914 - The British Royal Navy ceased firing on the German battleship SMS Seydlitz.

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-August 31, 1997 - Britain's Princess Diana died at age 36 from massive internal injuries suffered in a high-speed car crash, reportedly after being pursued by photographers. The crash occurred shortly after midnight in Paris inside a tunnel along the Seine River at the Pont de l'Alma bridge. She was a half mile north of the Eiffel Tower. Also killed in the crash were Diana's companion, Dodi Fayed, 42, and chauffeur Henri Paul. A fourth person in the car, bodyguard Trevor Rees-Jones, was seriously injured.
From the AFRH-G Administrator

I hope everyone had a Happy 4th of July. It’s hard to believe that we are more than halfway through the year already. Even though the heat index has been over 100 degrees we still had exciting activities this month. On July 4th the Gulf Coast Corvette Club came out and celebrated and had lunch with our residents. The Vettes for Vets come out every year and the front lawn of AFRH-G looked more like a car show full of Corvettes, new and old. On July 21st the Navy Blue Angels put on a fantastic air show in Biloxi on the beach and residents were treated to the VIP section, where shade and cold drinks were provided.

I would like to thank each and every resident who filled out the satisfaction survey. We received 246 responses, which is 62% of available residents and I am very pleased with that. This survey was important for us to find out if we are doing a good job and meeting all of your needs. Our goal at AFRH is Person-Centered Care (PCC) and you, the residents, are why we are here. PCC is defined as the careful manner in which residents’ needs are considered while developing proactive plans of care and delivering meaningful services. We are here to serve you as you have served us. Thank you again for taking the time out to help us help you!

As you may know the Resident Advisory Committee (RAC) elections will be very soon. I encourage any resident who is thinking about running to do so. Being a part of the RAC not only serves other residents but the RAC chairman is YOUR voice, so I hope everyone comes out to vote. Here are some important dates to remember:

- **August 1** – RAC nominations begin. Residents who are interested can submit their name for nomination to our Ombudsman Paul Wise.
- **August 31** – RAC nominations end
- **September 6** at 1330 – RAC Forum in the Community Center
- **September 10 at 1200** – absentee ballots due to Master Chief Wise.
- **September 11** – Election Day. You can vote for your RAC Chairman starting right after breakfast in the Community Center at 0800 and voting will continue until 1500.

August 12 - I will announce the winner of the RAC Chair position in a Town Hall meeting in the Community Center at 1000. Please remember, this is your voice so get out and vote.

I would like to congratulate our Employee of the Third Quarter Tamico Perry. Tamico goes beyond her job by reaching out to doctors to coordinate appointments so that residents receive the care they need. She most recently worked with a resident’s oncologist to ensure he received the care he needed. Per the resident, “Ms. Perry should be commended for the outstanding job she does. She schedules appointments on and off campus for residents in Assisted Living, Long-Term Care, and Memory Support. She also coordinates transportation and keeps our records updated. Her dedication is commendable and reflects great credit upon herself and the Armed Forces Retirement Home.”

I would also like to congratulate Natalia Hornbuckle for receiving Honorable Mention for the Third Quarter. Natalia was assigned to Loyalty Hall as the staff nurse. While working she performed a “great catch” by identifying a pharmacy prescription error. Ms. Hornbuckle’s knowledge helped to identify this error and alert staff to get the correct medication filled for the resident. Her actions demonstrate her understanding of resident safety, and further support our agency’s mission.

As always, it is a pleasure serving as your Administrator. God bless you and God bless America.

Jeff Eads

Freedom Ball 2018

By Becki L. Zschiedrich | Public Affairs

Thank you to Kevin Cuttill with the Crusaders for Veterans, Inc. for the ten tickets for residents to attend the Freedom Ball 2018 at the Golden Nugget Casino on July 14. The AFRH-G residents enjoyed cocktails and social hour followed by dinner, ceremony and dancing to live music. To learn more about this non-profit organization and how they help veterans, please visit their web site at http://www.crusadersforveterans.com/
Oh my Cod, it's fishing season!

By Marine Robbins | Recreation Therapy Assistant

Photos by Carol Mitchell | Recreation Therapy

July was a busy month…..especially the week of the 9th for the visiting student volunteer service group “Encounter.” The students from St. Ignatius Loyola School, based out of Maryland, came and assisted with a variety of Recreation Therapy programs and entertainment. On their first day, Robert Mitchell, AFRH-W Volunteer Coordinator prepped the group with a tour and volunteer orientation. The students then kicked off their volunteer work week on the 11th with an ice cream social on the Memory Support Unit. During the program resident Waymon Lucas played live music on his electric guitar while singing songs from the past to the present. On the 12th the students visited and socialized with residents throughout the Home. On the 13th they assisted with a Memory Support & Long Term Care cooking group that included fried garlic buttered squash, vegetable salad, and a green bean casserole. The students assisted residents in chopping, mixing, and peeling cucumbers, tomatoes, green peppers, onions, and string beans. All the vegetables came from the Healthcare residents Scott 3 Terrace Gardens. The students then proceeded in assisting with the weekly RT Bingo by escorting residents to, during, and from the event. Sadly, on Friday, July 14th, the “Encounter” students were on their last day… but it was a full day of fun-filled activities to make lasting memories for both residents and students at AFRH-W! Starting off the day which was beautiful, warm, and sunny, residents were guided by the students around the grounds to re-explore some of the old sites and monuments located on the historic campus. Following the leisurely stroll, several activity stations were set up to include painting and parachute fitness exercises. Proceeding all the activities and the departure of the awesome “Encounter” students, residents were ready for a delicious indoor picnic that included hamburgers, hotdogs, string bean casserole, watermelon, chips, water, and soda pop. Truly a wonderful week for residents, students, and staff!

Celebrating good times with Long Term Care residents

By Ritza Reese, RN MS | Clinical Nurse Supervisor

Photos by Olayinka Telli | LPN

July 26th was AFRH-W’s 13th Birthday of which the nurse staff and residents participated in some recreation and music programs. On the 11th the students visited and socialized with residents throughout the Home. On the 12th the students assisted with a Memory Support & Long Term Care cooking group that included fried garlic buttered squash, vegetable salad, and a green bean casserole. The students assisted residents in chopping, mixing, and peeling cucumbers, tomatoes, green peppers, onions, and string beans. All the vegetables came from the Healthcare residents Scott 3 Terrace Gardens.

Don’t be a summer bummer, get out and move!

Story & Photos by Marine Robbins | Recreation Therapy Assistant & Carol Mitchell | Recreation Therapist

The first RT Happy Hour of the season was held outside on the Scott 3 Terrace in June 2018. It was picture perfect night with wonderful weather, a beautiful scenic view of our nation’s capital, a free open bar provided by the awesome Capital Wines and Spirits, an awesome DJ to provide music and our very own Resident Advisory Chairman – Sheldon Shorthouse and Sheridan Resident Paulette Knorr, delicious appetizers from the AFRH-W Food Services, volunteers from the community, music, good and bad jokes, and trivia. Residents from all levels of care enjoyed a good time, and looking forward to the next RT Happy Hour.

RT Scott 3 terrace happy hour

By Carol Mitchell | Recreation Therapy

Photos by Marine Robbins | Recreation Therapy Assst.

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Getting more out of your leisure time

By Linda Bailey CTRs | Recreation Specialist

We have a lot of things to do on the general recreation calendar here at AFRH-W. But at times groups are small, and we could certainly serve more people than are taking advantage of the opportunity to participate. People give many varied reasons they do not participate, but here are a few we hear often, and some reasons this should not be a barrier to enjoying your hard-earned leisure time.

1) “I never get invited to those things.” If the event is on the recreation calendar, and you live at the home, you are invited. Just because you don’t know the usual participants does not mean you are not included. Come down to where the event is happening, and we will introduce you to everyone.

2) “I enjoy shuffleboard/bocce/bocce/basketball/horseshoes etc. but it was not on the calendar this week.” You want to participate in an activity that requires equipment, but you and your friends want to do it when it is not on the schedule. Please come down to the recreation office, and sign out the needed equipment. Bring it back to us the next day. We want you to participate with us. This goes for board games too. Most of those are kept in the game room, but some are in the recreation office, and need to be checked out.

3) “It only plays when there is a prize. Where is my prize?” Your prize for participating is increased mobility, positive use of leisure time, social engagement, a better mood, and so many other reasons to get involved. Spending time with others is one of the things that keeps dementia at bay, so that alone can increase your quality of life.

4) “I can’t do those things, because I can’t see or hear well enough.” The employees of the recreation staff are experienced in adapting activities to overcome issues with hearing and poor eyesight. If we know you have issues with these things, we can adapt many of the recreation activities to include you. Some adaptations are as simple as seating you near a leader in a group so you can hear, or showing you how to do something instead of giving verbal directions. Some others are as involved as projecting onto screens so large images can be seen. But we can do it, both if we know you need changes to get involved.

5) “I used to get out to do things, but I just can’t get around anymore.” If you feel you can’t get around independently to take part in outings, check out the calendar to see what you can do within the home or on the grounds of the home. You might be surprised at what you are missing right here. And many of the physical activities we offer can also be done from a seated position.

6) “I don’t want to participate, but I hear about what you do.” Would you like to come out to an activity, and just watch? That is perfectly fine. And that is a social activity in itself.

Let’s go Nats!

By Carol Mitchell | Recreation Therapy Assistant

Photos by Marine Robbins | Recreation Therapy Assistant

We have been given the exciting opportunity to attend some great ball games at Nationals Park. The tickets are provided by The Fenwick Foundation, a non-profit organization, who keep the veterans of AFRH-W in their thoughts and hearts. On June 21 our Resident Baseball Crew enjoyed watching the Nationals narrowly beat the Atlanta Braves 4-2 and on July 7th a new group of residents attended the Nationals vs. the Miami Marlins game where the Nats crushed the Marlins 18-4. Resident baseball fans look forward to attending another game on August 9th where the Nats go up against the Atlanta Braves.

The Nationals are currently in 3rd place in the NL East GO NATS!
Sweet sounds of Beth

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

On Wednesday July 12, 2018 the healthcare residents came together in the Pianos Room to “Make Noise with Jen.” but instead were delighted to hear the sweet sounds of the piano played by Beth Cox, a community volunteer. With borrowed glasses, Beth played hymns, show tunes, oldies but goodies and every song sheet that was placed in front of her….there wasn’t a song she turned down to play. She even sent the group on “A Jet Plane” - a John Denver classic. The residents fully enjoyed the music as many sang along, tapped their feet and hands and smiled from ear-to-ear as they listened to her talent. A special thank-you is sent to Beth for “making noise” sound so beautiful.

Volunteers clean wheelchairs, rolators & PMD’s

**By Darren L. Jones | Contracting Officer’s Representative (ENVT/CUST/REC)**

I would like to take this opportunity to thank the members of The Gulf Coast Chorale, a non-profit, all-volunteer group made up of singers from the Gulf Coast area. They have traveled to Italy and Austria and also performed at New York City’s Carnegie Hall three times. The Coast Chorale is under the direction of Allen Gorsky, Jerry Anderson, Fredi Van Pelt, Doris Young, Robin Henson and Jeff Goode, Wellness Center Manager who directed the group.

The Royal Pets have a new addition to their family. Houston is an eleven-year-old Cavalier King Charles Spaniel that has the energy of a two-year-old. Houston is a foster dog of Brian Mason and TJ Maren that began visiting the healthcare residents in June with his fellow three dog brothers and dog sister. He caught on quickly to the visits allowing each resident to pet and share moments with him. With nothing to hold in his tongue, as he has no teeth, his blissful personality is easy to fall in love with. Houston was born to visit….no problem here with our Houston… just smiles and joy.

Cooking with Dennis

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

On July 10, 2018 Recreation had its seventh activity called Cooking with Dennis. The recipe for today was Classic Strawberry Shortcake. The main ingredient was strawberries. Instead of using sponge cake the shortcakes were made from biscuits with heavy cream whipped up for the whip cream. Gerry Gorsky, Jerry Anderson, Fredi Van Pelt, Doris Jones and Claire Dimler-Smith could not wait to dig into those Classic Strawberry Shortcakes. Stay tuned for next month’s dish with Cooking with Dennis.

Coast Chorale serenades residents

**Story & Photo by Carol Davis | Recreation Assistant**

Mississippi’s award-winning Coast Chorale performed at AFRH-G. The group sang tunes from the past and several familiar patriotic songs. The Coast Chorale was formed in 1992 and is an all-volunteer group made up of singers from the Gulf Coast area. They have traveled to Italy and Austria and also performed at New York City’s Carnegie Hall three times. Coast Chorale is under the direction of Allen Henson and is accompanied by Robin Young.

Eva Downs’ landscape painting

**Story & Photo by Milton Williams | Art Specialist**

Eva Downs has finished her latest landscape painting, titled “The Four Seasons,” one of her many master pieces. This one is filled with the colors we see throughout the year. She said that the painting needed a little jazzing up and I think she achieved it with. Yes….FLYING COLORS.” The next work will be a little bit smaller but with her delightful “pa-jazz” she puts into her art works.

Congratulations to Diane Snyder on her retirement. She worked for five years at AFRH-G as the Clinical Nurse Educator. We will miss you Diane!