



AFRH-GULFPORT

Three Volunteer Ceremonies held at AFRH-G

By Melodie Menke, Volunteer Coordinator
Photos by Becki Zschiedrich, Public Affairs

On Saturday, June 3, 2017, the Pet Therapy Appreciation Ceremony was held for our seven dog owners. Even though we missed our four legged dog volunteers, it was a wonderful opportunity for the proud "Dog Parents" to enjoy meeting and talking to one another and after the ceremony to enjoy a delicious lunch with residents. All our pet therapy dogs, Lucy, Sassy, Eve, Chewy, Mickey, and Bella, Charlie, Riley, and Prince received a well-deserved appreciation "doggie bag" filled with treats.

On Monday, June 5, 2017, the Community and Military Volunteer Appreciation Ceremony was held for Community and Military Volunteers that share their time and talents with over 6,000 volunteer hours. Community Volunteers are a committed part of the AFRH-G team. Community volunteers are in our library, our administration office, assisting with bingo and scooping up ice cream at socials. Many volunteer with our recreational therapy staff lending that helping hand. We have talented community artists that teach classes and the MS Society Sons of the American Revolution that teach genealogy classes, reminding us all there is no age limit to learning.

Our military volunteers, Keesler Air Force Base; Naval Construction Battalion Center; Gulfport; Camp Shelby Joint Forces Training Center; US Coast Guard Station, Gulfport, US Coast Station, Mobile; Stennis Space Center; USS Portland (LPD -27); USS Ramage (DDG-114); and, the MS Air National Guard wear their uniforms proudly and give reassurance to the Residents that their time in service is not forgotten. These military volunteers are always a welcome sight at AFRH-G, going above and beyond to support our residents. AFRH-G is truly fortunate, no truly blessed, to have such strong relationships with our community and military that welcomes us into their hearts and shares the gift of their time and talents with us.

On Tuesday, June 6, 2017, the Resident Volunteer Appreciation Ceremony was held for 106 residents. Residents were welcomed to the ceremony with a staff receiving line, and plenty of handshakes and hugs were included with the staff thank-you's. Our resident volunteers are part of the team that bring the extras to AFRH-G with over 10,122 volunteer hours. Resident volunteers ensure there are movies played every night and a matinee on Wednesday, they volunteer in the thrift store; the clothing store; and the library. They collect monies for meal tickets and bingos; they call bingo games and are trip callers. They are pool safety monitors and teach water aerobics. They play live music at our birthday dinners. They volunteer for committees. They man admin desks; greet staff and visitors with friendly hellos and run messages to rooms. They give prospective residents and visitors tours of our beautiful Home and are sponsors to new residents moving in. They assist in our religious services and activities and are the friendly face in the Lord's cabin. They are drivers and medical escorts. Resident volunteers are taking care of their own by escorting healthcare residents to events. Residents volunteer in the bike shop, the fitness center, the art room and in the wood shop. They teach computer classes. They are photographers and videographers that capture our special moments. Seven residents received the Bronze President's Volunteer Service Award - Doris Denton, Carol Harmes, Sam Kirsch, Thomas Miller, Leonard Priel, Ernest Rousch and Mildred Sobierajski. Four residents received the Silver President's Volunteer Service Award - Edward Farrell, Robert Klotz, Thomas McNamara and Calvin Wall. Ten Residents received the Gold President's Volunteer Service Award - Peter Behl, Roy Cook, Wayne Cupp, Kenneth Falk, Bernice Goldstein, Thomas Lynch, Donald Ober, Benjamin Smith, Carl Smith and James Snell. Residents Sally Blythe and Charles Bronson received the President's Volunteer Service Lifetime Award with each contributing over 4,000 volunteer hours.

As Mr. Eads, AFRH-G administrator summed up at the ceremony, "resident volunteers lend a hand wherever it is needed. With their military core values, of honor and integrity they acknowledge the value and power of teamwork. We are blessed to have such caring individuals in our Home that know they can make a difference by putting forth the effort to make it happen."



AFRH-WASHINGTON

Volunteer groups, drug firm spruce up AFRH static displays

By Robert W. Mitchell, AFRH-W Volunteer Coordinator



The exercise walkway and military static displays at the Armed Forces Retirement Home, Washington, D.C. (AFRH-W) are looking sharper these days thanks to volunteer work during the "2017 Day of Service at AFRH."

Volunteers from Volunteer Fairfax (VF) and EMD Serono, a Boston-based pharmaceutical firm, teamed up to sweep leaves and remove fallen branches from the exercise walkway making sure residents have a hazard free pathway to safely walk along. They cleared dirt and debris built up from the static displays (the M48 Patton tank used in Vietnam and the F86 Saber Jet used in Korea). Volunteers also trimmed the tips of the some of the low hanging branches making an impression on residents here at the Home. "The work was above and beyond our expectations and we appreciate their contributions to our home," said retired U.S.

Army veteran Sheldon Shorthouse, an AFRH-W resident and Resident Advisory Committee Chairman.

Following the outside work, volunteers and residents both worked side by side cutting fabric, measuring material, supplied by VF, to create multi-colored, patriotic blankets and dog chew toys. The completed items were later donated to the AFRH. After the projects, volunteers mingled with residents and enjoyed hearing stories about military life over lunch in the dining hall.

VF, an organization that mobilized people and resources for the community outreach, led the outreach event and donated rakes and other gardening supplies to the Home. VF frequently provides recurring volunteers to AFRH-W to support Bingo and other recreation activities. EMD Serono is committed to good corporate citizenship through employee volunteerism.

Thank you resident volunteers

By Christopher Kelly, Public Affairs Officer

Thanks to our terrific AFRH-W resident volunteers Frank Lawrence, Paulette (PK) Knorr and Dave Kaetzel for marketing the Home to veterans at the VA Medical Center in Washington, DC. Our resident volunteers are there one day each month talking to potential residents about the benefits of living at AFRH - W!



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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, #584
3700 N. Capitol St. NW, Washington DC 20011-8400.

Visit us on the web at: <http://www.AFRH.gov>



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

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

AFRH-Washington has no waiting time for residency.



The Joint Commission
www.jointcommission.org

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



AFRH-W Veteran Highlight – Muriel Kupersmith

By Christine Baldwin, AFRH-W Librarian



Muriel Kupersmith was born in Brooklyn, New York. Her first memories are of sitting on her father's lap while he played songs on his mandolin. As a teenager, she had the job of air raid warden turning street lights off at dawn if a siren went off. This was done with a special key and she never remembers being afraid of walking around the city in the early morning. Later in life, she wanted to join the U.S. Marines because both her fiancé and future brother-in-law were Marines, but she was too young. So when she turned 20 Muriel went to enlist, but she was underweight, only 89 pounds! She was told to eat bananas and drink milkshakes, but her mother had a better idea. Taking a cup full of pennies, tying them in a handkerchief and wearing them discreetly, Muriel now at "98" pounds was able to enlist! The physical aspect of boot camp at Camp Lejeune was not difficult for her. Muriel didn't mind the hot weather and was good at all the obstacle courses. However, when it came to performing indoor duties like making the bed, she did not do well. And when she had mess duty, the pot Muriel had to clean was bigger than her! After boot camp, Muriel was stationed at the all-female Henderson Hall in Arlington, Virginia. One of the women she met was a future actress named Bea Arthur. It was very strict at Henderson Hall and if any male was coming in, an announcement would be made on the intercom. Muriel's job was to notify the family of deceased Marines. She had to go through their personal effects and pull out anything that would upset the family. One day, she got word that her fiancé, Bud, had been wounded at Okinawa and would be coming home. A few days later, Muriel was told to go and see the Colonel. Everyone was quiet around her as she walked to the office. Rather than hearing the good news about Bud, she was told that he had been killed on the hospital ship. Greatly saddened, Muriel was granted leave to go home. But after a few days, she was back to work for, what she felt, was a very good cause. A short time later she would also hear that her brother-in-law was killed at Iwo Jima.

One benefit that Muriel and her friends had was the ability to use free hops on planes to go to various places. Once they went to Florida for a weekend. Muriel ended up getting sunburned and on the way back home the plane experienced turbulent weather. It was so bad everyone had to wear the very heavy life preservers. After a rough landing and a visit from the ambulance staff to make sure everyone was alright, Muriel and friends were able to make it back to the barracks with a half hour to spare. On inspection the next day, she was asked by the Lieutenant where she got the sunburn and Muriel said "at the St. George's hotel pool in Brooklyn." At that point, Muriel swore off taking the hops...until the following weekend, when she got a chance to go to Chicago. Even though they had no money, the girls, wearing their Marine Corps uniforms, got to ride the L train to Wrigley Field and see a Cubs game all for free.

After the war, Muriel was getting ready to get discharged. She was given money to buy civilian clothes and found a great unknown store called "Copycat." Some of the other women asked her where she got her outfits and Muriel said "Copycat." "No, no," one replied "We don't want to copycat your outfits, just tell us where you got them." "Copycat" Muriel replied. "Really we won't buy the same outfits!" another exclaimed. Muriel laughed and explained about the name of the store. Now a civilian, and a few years later, the Marines wanted her back. But she was married now and not eligible to return to duty. Muriel worked in a bank in Brooklyn and she and her husband raised a son and a daughter. She likes to tell the story of her son's birth. While waking up after the very difficult delivery of over five days, Muriel heard the Marine Corps song being played. Is it any wonder that her son became a Marine who would serve for 26 years? He was also the one who discovered that Muriel was eligible to come to AFRH-W eight years ago. Muriel has four grandchildren and eight great grandchildren and we are thankful that she is a part of the Home.



AFRH-G Veteran Highlight – Hayes Carlton Larkins

By Lori Kerns, AFRH-G Librarian



Hayes Carlton Larkins was born in Washington, D.C. in the year 1929. His father was a pharmacist's mate in the Navy and his mother a registered nurse. Because his father was a career sailor, the family moved around quite often. Hayes celebrated his first birthday in Port-au-Prince, where his sister was born. Hayes changed schools ten times before graduating high school. In 1945, he was appointed as a page on the Democratic bench for the U.S. House of Representatives. Later that year, he returned to Marion Military Institute to complete his high school education at the age of 16.

When Hayes was 17, he joined the Army Air Corps for a short enlistment of 18 months. After completing basic training at Amarillo Air Base, he completed surgical technician training in Osaka, Japan. In January 1947, he reported to the U.S. Military Academy Prep School in New York. After failing English, he transferred to Mitchel Field. He soon discharged from the Army after this assignment.

Using the GI Bill benefits, Hayes enrolled at George Washington University. He did not fare so well, so he decided he needed the stricter environment that Marion Military Institute provided. He earned an associate's degree and was appointed second lieutenant in the ROTC. An officer talked him into going back to active duty. He was sent to Fort Benning, Georgia to complete an associate infantry officer's course for company grade. Within nine days of going off active duty, he received orders to report back to Fort Benning, where he was assigned to the 78th Combat Engineer Battalion to give new recruits infantry basic training. He applied and got orders for an assignment in Korea. He reported to the 17th Infantry Regiment of the 7th Infantry Division. As infantry platoon Leader in a rifle company of 40 men, he took his men to relieve a ROK (Republic of Korea) company. After three nights, his platoon was attacked. Hayes lost three of his men in the attack. About a month later, he led a platoon in a probing attack on North Korean lines. Of his 35 men, 24 were wounded or died in the attack, including him. Hayes was shot twice and was evacuated to Japan where he stayed for four weeks. Upon his return, he was sent back to Korea to take over the company's weapons platoon.

In 1952, he was sent back to the States and assigned to the 164th Infantry Regiment of the 47th Infantry Division. He had relatives living within 40 miles of the post. It was through a cousin that he met his future bride, Dora.

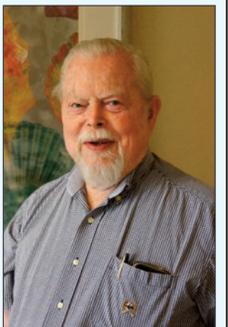
After many different assignments, including flight school, Hayes was released from

active duty. He then enlisted in the Army for assignment to the Army's Counter Intelligence Corps (CIC). Upon the completion of his training, he was sent to Denver, Colorado as a CIC Special Agent, where he was promoted to captain in the Army Reserve. While undergoing training, he learned that he was selected for college study. Hayes moved his family to East Lansing, Michigan so that he could attend Michigan State University. Graduating with high honors, Hayes earned a Bachelor of Science degree.

In 1961, with the development of the Berlin Crisis, he received orders to Germany as a CIC Special Agent with the 513th Intelligence Group. After almost three years, he got assigned to instruct at the U.S. Army Intelligence School. Soon after, he applied for the Army Degree Completion Program and was accepted. He conducted research for two months for his thesis and successfully defended his work before an academic committee. He was awarded a master's degree in 1965. Around this time, the conflict was heating up in Vietnam. By 1966, he received orders for operations of a classified nature. He also did part time work in the corps headquarters in Hue Phu Bai that lasted a year. After these assignments, he returned to the intelligence school to instruct and decided to retire. He ended his 20-year military career on December 31, 1968.

During the last four months of his military service, Hayes had been teaching part time at a community college in Baltimore, MD. Upon his military retirement, he was offered a full time position as an assistant professor at the college. With the college, he would serve as a program coordinator, a department chair, and a division dean. In the 1980's he began teaching part time at the University of Maryland, in addition to working on a Doctor of Administration in Higher Education degree. Sometime later, he decided that he was not willing to conduct the necessary research and writing to complete his degree. He left the program with an ABD (all but dissertation).

Hayes and Dora have been happily married for 64 years and have raised five children, four daughters and one son. Sadly, his son passed away in 2013. His four daughters have had children, making him a grandfather of eight and great grandfather of two. The family lived in Maryland until 2015 when Hayes and Dora relocated to Gulfport, Mississippi for him to move into AFRH-G. The couple made the decision for him to move to the retirement home so that he would not end up being a burden to his children. Now, he splits his time between AFRH-G and an apartment, where Dora lives. AFRH-G is very proud to have Hayes, a highly educated WWII, Korea, and Vietnam Veteran, among its family!



Message from the Chief Operating Officer



As I prepare to head back to Michigan to spend much-needed time with my family, I can't help but reflect on the meaning of Independence Day – our Nation's 241st birthday! All of us who have served in the military share a special bond with the patriots who fought for our liberty in 1776. What a precarious year that was for our men in uniform. That July, General George Washington gathered his troops together and had the Declaration of Independence read to them – it was on their shoulders that our Nation's future rested. And the years of war that followed led to a victory that forged our identity.

And it was on your shoulders that our modern Nation's future rested. Your service during times of war and peace will never be forgotten. As you celebrate Independence Day at Gulfport or Washington –with your fellow AFRH residents, family and friends – my personal thanks to you for your sacrifices on behalf of the United States.

I also want to take a minute to respond to an issue that arose in Gulfport this past month, regarding the display of U.S. Flags in the Home. I received over 20 separate resident comments in the COO message box, and Mr. Eads addressed this at the last Town Hall meeting. This issue will be addressed through the Resident Advisory Committee.

Have a safe and happy holiday!

Dr. Timothy Kangas



Dr. Timothy Kangas (right) talks with Gulfport resident Bob Rutherford (left) after the Flag Day Ceremony.

“Old Glory – 2017 Flag Day Remembered”

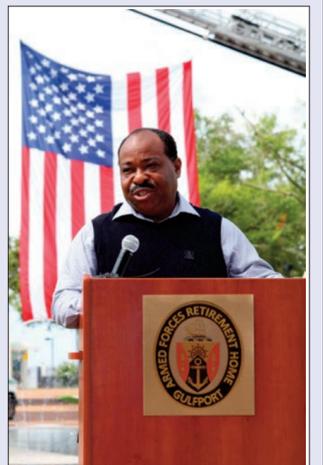
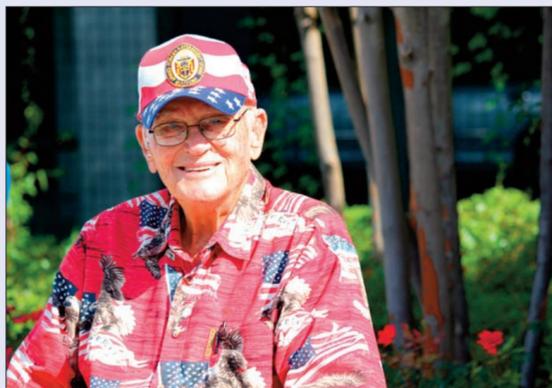
By Susan Bergman, MT-BC, Recreation Therapy Services
Photos by Becki Zschiedrich, Public Affairs



On Wednesday, June 14, 2017, residents, military volunteers, staff and members from the community, including guests from the Gulfport Fire Department, gathered outside the front entrance of AFRH-Gulfport for a morning of remembrance in honor of “Old Glory.” Flag Day is celebrated on June 14 as it commemorates the day the flag was adopted by the Second Continental Congress in 1777.

June 14 is also the day the American Continental Army was adopted in 1775. The holiday was first observed on June 14, 1877 with government buildings flying the flag for the 100th Anniversary. President Woodrow Wilson proclaimed June 14 as Flag Day in 1916, and in August 1949, an Act of Congress established National Flag Day.

The ceremony included the Gulfport Fire Department Honor Guard / Pipes & Drums Corp., presentation of colors, the National Anthem, Pledge of Allegiance, and invocation by Pastor Michael Gibson. Chris Alexander, Chief of Resident Services, followed with a reading of “My Name is Old Glory” and special guest speaker, District Fire Chief Don Knox, from the Gulfport Fire Department, spoke on the history of the Pledge of Allegiance. The ceremony concluded with the picturesque “Old Glory” waving atop the Gulfport Fire Department truck ladder as George M. Cohan’s “You’re a Grand Old Flag” was sung in unison. We send a special thank you to the Gulfport Fire Department along with Keesler Air Force Base and Seabee Military volunteers for their involvement in commemorating the day.



Battle of Midway 75th Anniversary

Several AFRH-G Residents attended the Battle of Midway 75th Anniversary Commemoration at Keesler AFB.

The Battle of Midway proved to be a turning point of the War in the Pacific. As the years pass, the voices of those who lived through that fateful battle have become few, but their memories remain sharp, and the lessons they share are just as powerful as ever.

Though the battle itself was waged hundreds of miles out to sea, a tiny atoll halfway between America and Japan played a critical role. Today that atoll is a national wildlife refuge, conserving a dazzling assortment of wildlife and habitat.



Aerographer's Mate 1st Class Ian Smith takes a moment to pose with Capt. (Ret.) Dr. John Sylvia after the ceremony. AG1 Smith is assigned as an AG-C School instructor aboard CNATTU. (Photo by Chief Aerographer's Mate Drew Ribar)



Chief Aerographer's Mate Michael Ramos helps Mrs. Marion Ritchie to her seat before the ceremony. Mrs. Ritchie is a Navy veteran whose service included tours in World War II. (Photo by Electronics Technician 1st Class Tommy McGuire)



Mr. William Jossendal raises a triumphant fist as he is recognized by AG1 Anderson. Jossendal served in the US Navy during World War II aboard the USS Shelton (DE-407), a John C. Butler-class destroyer escort. (Photo by Chief Aerographer's Mate Drew Ribar)

AFRH-W celebrates Army Birthday

By Necilia Jones, Public Affairs

The Armed Forces Retirement Home in Washington, D.C. celebrated the United States Army's 242nd Birthday on Friday, June 9, 2017, in the Hall of Honors. Guest speaker Command Sergeant Major Kenneth M. Graham accompanied by 18 year old PFC Jodee C Clark, of the 20th CBRNE Command, Aberdeen Proving Grounds, Maryland, addressed the residents and regaled them with his stories and anecdotes of his time in the service. Ms. Deitch our oldest living Army veteran was on hand and PFC Jodee C. Clark (the youngest woman Army enlisted) and Ms. Deitch (the oldest woman Army veteran) cut the cake together.



From the AFRH-W Administrator



The Armed Forces Retirement Home – Washington's summer is off to an excellent start. We are hitting our stride as we continue preparations for re-accreditation of healthcare programs, selecting/filling key open positions, celebrating, and concluding the employee rating period.

Providing quality health care to meet residents' needs is one of the most challenging, yet important features of the Home's operation. To ensure we are following best practices and industry standards, AFRH-W maintains three program accreditations from The Joint Commission. The re-accreditation surveys are anticipated to be sometime later this summer for Nursing Care, Ambulatory Care, and Home Care programs. Akeia Ball has been promoted to Director of Nursing! Akeia was promoted from her position as Clinical Nursing Supervisor and officially took the reins this month. Congratulations Akeia!

Friday, June 9th, we celebrated the US Army's 242nd Birthday. The event was well attended, featuring our guest speaker Command Sergeant Major Ken Graham from the Aberdeen Proving Ground. As a special token of our appreciation of the US Army, Administrator Coins were given to the eldest Army veteran, youngest enlisted soldier present, and CSM Graham.

Speaking of birthdays, this July 4th marks the birth of the United States and its adoption of the Declaration of Independence in 1776. The Washington campus will have its

gates open to the public for picnicking, fishing, and viewing fireworks from our elevated vantage point. The Friends of the Soldiers Home (FOSH) will coordinate and organize the event which will include music, beer and food sales. I hope to see many residents, family and friends here to celebrate the day with America's heroes, the residents of AFRH!

We have a wonderful Home here in our Nation's Capital. It would not be what it is without the sincerely dedicated staff, who work long hours to maintain operations. Many of the staff members are veterans themselves and I am grateful for each and every person who contributes to making the AFRH-W all that it can be. Congratulations to those who went above and beyond this rating period -- your service is truly appreciated, and keep up the good work!

See you on the 4th!

Shaun Servais



American Legion, Samsung comfort vets with care packages

By Robert W. Mitchell, AFRH-W Volunteer Coordinator

Volunteers from the American Legion and electronics giant Samsung teamed up to give back to military veterans by donating Operation Comfort Warriors (OCW) care packages to residents at the Armed Forces Retirement Home in Washington, D.C.

Sixty residents received large shopping bags filled with plenty of comfort items including brushes, combs, puzzles, candies, pens and other items. The gift bags were presented to the residents following a brief presentation by American Legion and Samsung representatives thanking the residents for their service to the country.

The outreach effort was a community service activity that provided winners and alumni of the Samsung American Legion Scholarship Program an opportunity to interact and honor military veterans at AFRH-W. Scholarship recipients, all undergraduate or graduate students, are direct descendants of wartime U.S. military veterans who served on active duty during WWI, WWII, Korea, Vietnam, Lebanon/Grenada, Panama, the Persian Gulf, Operation Enduring Freedom, Operation Iraqi Freedom and War on Terrorism.



AFRH-W gets top rating by Nielsen

By Robert W. Mitchell, AFRH-W Volunteer Coordinator

In their second visit to the Armed Forces Retirement Home-Washington, D.C., AFRH-W, volunteers from the Nielsen Ratings Company, Washington, D.C. brought smiles and good cheer to residents in a day of service geared to give back to the military community.

About 15 Nielsen employees interacted with residents by assisting recreation therapy staff. They helped serve breakfast, assembled and painted wooden art projects and traded stories with residents about everything from war experiences to the news of the day.

"We enjoyed having the volunteers from Nielsen help us with news reading, craft-making and engaging with residents," said AFRH-W Recreation Therapy Specialist Carol Mitchell.

Nielsen volunteers were also on hand for the arrival of two cyclists who just trekked all the way across the country from Los Angeles to Washington, D.C. to honor Korea War veterans at AFRH-W (see Communicator May 31, 2017, page 6).

"We had an awesome time with our retired troops and the entire AFRH staff," said Nielsen volunteer coordinator Dana Parker. "We certainly appreciate the warm and welcome hospitality."

The volunteers are looking forward to returning to AFRH-W to serve military veterans.



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



Greetings from the RAC Chairman!

It's been a very busy June, for the residents of AFRH-W. It all started with Twilight Tattoo at Fort Myer, Virginia. Our group arrived and was given the VIP treatment, with special seating. The performance was outstanding!

Next came the British Brass Band from Columbus, Ohio. They were a little late due to traffic. But the wait was worth it! Their sound was very unique, just brass and percussion.

Then came Voices in Praise, from Friendship, Maryland. This was called a Sentimental Journey - A Celebration of Swing. They performed dance moves from the swing era of the 1940's and the residents just loved it!

And last, we were honored to have a visit by the U.S. Marine Corps Silent Drill Team, from 8th and 1 and that's the Marine Barracks, Washington, DC. They just wanted to come by and relax, and have some fun with the residents. They broke up into groups and did some bowling, bingo, and sang some karaoke! It was a very enjoyable day.

And this day in History!

- July 1-3, 1863-Beginning of the Battle of Gettysburg during the American Civil War.
 - July 4, 1776-The Declaration of Independence was approved by the Continental Congress.
 - July 20, 1969-Apollo's 11 Astronaut Neil Armstrong took his first step onto the moon. As he stepped onto the moon's surface he proclaimed, "That's one small step for man, one giant leap for mankind"
 - July 27, 1953-The Korean War ended the signing of an armistice by U.S. and North Korean delegates at Panmunjom, Korea. The war lasted just over three years.
- Please have a safe 4th of July, remember don't drink and drive. And if you are going to be outdoors, please use sunscreen.

Sheldon Shorthouse



From the AFRH-G Administrator



Greetings my fellow Americans,

I want to begin by offering my thanks and appreciation to all of our resident volunteers for everything y'all do daily for the Home, and especially for each other. We had our annual Volunteer Appreciation Ceremony earlier this month and we calculated the number of resident volunteers' hours and it is well over 9,000 hours. If we didn't have so many modest volunteers who withheld their time sheets our resident volunteer hours would have been well over 10,000 hours. I also want to thank everyone who prepared, participated in and attended our second Flag Day celebration. It was another great ceremony conducted on our campus. The highlight for me was to see our beautiful flag flying from the Gulfport Fire Department ladder truck waving beautifully in the gulf breeze.

The 242nd Army birthday ceremony was also held on Flag Day, June 14th. For those of you who did not attend, in my opinion, you missed our best service birthday speaker. S.M. Ted Durand was entertaining, informative and inspiring. I wish this ceremony had been filmed so all could watch it. You will also notice we are getting the dining room chairs repaired this week. They look fabulous and I was told the new material will make our great food taste better.

I want to thank each and every resident for their service to our wonderful country and for choosing to make the Armed Forces Retirement Home your home. There is no place I would rather be than right here with each of you.

God bless you and God bless America!

Jeff Eads



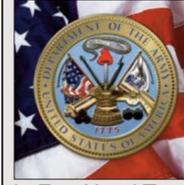
Jeff Eads was the emcee at the Flag Day Ceremony.



Jeff Eads presents Goldy with her Volunteer Appreciation Certificate.

Army Birthday

By Melodie Menke, Volunteer Coordinator
Photos by Resident Tom Peeks



CSM Theodore (Ted) Durand, 2-410 BSB, 177 AR BDE, made the personal decision to honor his commitment to speak at the 242nd Army Birthday at AFRH-G when his schedule changed and he would be in Fort Hood Texas. CSM drove to Gulfport, MS spoke at AFRH-G and then left the next day back to Ft Hood. The residents were very glad he made that decision. His sharp military presence and motivational speech had everyone proud to be an American, and even more proud for those that have served in the United States Army.

Resident Tony Langdon, U.S. Army (ret) was the official tour guide for CSM Durand and his wife, Christine. CSM's enthusiastic cake cutting with resident Ms. Frances Scott, U.S. Army, was a delightful and fun highlight of the evening.



CSM Theodore (Ted) Durand, 2-410 BSB, 177 AR BDE, Tony Langdon and Jeff Eads at Army Birthday.



Resident Frances Scott cuts the cake.

Residents are recognized at Louisiana Capitol Building



On Wednesday, May 31st residents took a bus trip over to Baton Rouge, Louisiana to tour the old state capitol and then toured the new state capitol where they observed a committee meeting on education.

They were then taken into a committee room where senators recognized AFRH-G residents for their military service to our country.



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



Greetings,

I have been sitting here hoping that residents would provide questions regarding almost anything at AFRH-G that the RAC could respond to, or assist them in getting a response. I think it would be great to actually have this monthly column turn into an "Ask the RAC," or to at least partially fill the column. If it is on your mind it is also probably of interest to other residents.

Many times it seems that a game I used to play when just a young 'un occurs (i.e. perception being the reality). The game entailed a question being asked, an answer received, answer not what I wanted to hear, question posed to someone else, same answer, and the game continued until I hopefully received the answer I wanted so I could flaunt it and say "See, I was right!" I hope my perception that this seems to occur regularly at the AFRH-G is incorrect.

Why is it preferable that your contact for assistance from the RAC be in writing, with the name and room number identified? To provide a way for you to be given a response or the ability to obtain further information if needed to fully address the issue you are concerned about. (NOTE: An issue, as used in the previous sentence, is not always negative.) All comments, suggestions, ideas, compliments, complaints, (basically anything) that are submitted in writing to the RAC receives a written reply. Yes, it may not be the reply hoped for, it may be a reply that it will take time for a particular resolution to occur but it is in progress, or the reply being the issue is not within the RAC's purview and cannot be addressed. Most of the time this would be stated when it involves a violation of the Health Insurance Portability and Accountability Act (HIPPA). Please know that all submissions, even anonymous ones, are handled to the best of the RAC's ability.

Members of the RAC spend a considerable amount of time each month talking to residents, helping resolve issues, assisting residents to get a problem resolved, working on committees, addressing suggestions, ideas, comments, etc. In short, the RAC is here for you!

I have been asked why the RAC meeting is not open to resident participation. The RAC meeting is the one time each month when the RAC assembles to discuss Floor Representatives reports, committee reports, and to tackle new and old business. It is the one hour each month we are not accessible to residents. However, at the end of every RAC meeting, I have always asked the residents observing if there is anything they would like addressed. In general almost every RAC member stays after the meeting to hear that conversation.

I am open to any suggestions of topics you would like me to discuss, or to answer questions in this column that may be of importance to you. If it is on your mind it must be important to you, and chances are it is also of importance, or at least informative, to other residents to know the answer. Til next month I wish you all the best.

Phil Ford

Highlights of the June 13 RAC Meeting:

Committee Reports:

- Food Service: minutes posted, next meeting June 21st, 1400
- MWR: minutes posted of May 16 meeting



-Health and Wellness minutes posted of June 8 meeting. The Podiatrist will be here on Wednesdays and seeing residents on a walk-in, no appointment needed basis (on Wednesdays only). All other Podiatrist services still require an appointment.

FLOOR REPRESENTATIVES:

- Can the trashcans in bathrooms by elevator be moved closer to the doors? (A7) reply was that due to ADA it might impede those using MPVs.
- Furniture still missing from dayroom since the carpet replacement (B2)
- Dining facility issues presented (A4)
- Can signs be placed to remind residents not to use canes when pushing elevator buttons (C8)
- Emergency/Call button availability in locker room by gym, shower, toilet and locker room area by pool discussed. (C4) see motion below

OLD BUSINESS:

- Coins - NEX is willing to sell AFRH-G coins at a cost of \$13.00 each. Initial order would be for 100 coins. Discussion ensued about selling them in Thrift Shop. Informal poll of the RAC Floor Representatives indicated agreement that NEX proceed with purchase and sale of AFRH - G coins

NEW BUSINESS:

- Proposed spending plan for Resident fund presented and discussed. No vote was taken as approval of RAC is no longer required per changed Directive 3-4.

ANNOUNCEMENTS:

- RFAB spending plan (budget) for FY 2018 currently underway and Floor Representatives were requested to submit any items they would want considered as soon as possible.
- Wheel Chair and PMD cleaning coming soon.
- All residents are encouraged to obtain an emergency pendant/call button from security. This recommendation is made so that you would have a way to get help, not only for yourself but also for another resident (or any person) that you may come across at a moment when they are in some emergency/medical distress on AFRH-G grounds.

REQUEST FOR ADMIN RESPONSE:

- MOTION: Proposed that the Administrator direct Campus Operations to take appropriate action to ensure that adequate Emergency Call buttons (pendants or other comparable system) be placed in appropriate areas of both resident storage (cage) rooms located at the east end of the first floor. (motion carried by voice vote)
- Request that the vehicle that recycles/shreds documents park in a different location when on site to alleviate blocking traffic, impeding residents, and other issues.
- What is the actual cost of room turnovers?
- What is warranty for carpets? (A5)
- Will there be a reply to request for reconsideration of room change fees issued?(A5)
- When will side gate be repaired and opened for resident use again? (B7)
- Why was all furniture not returned to dayroom on B2 when the carpet was replaced? (B2)

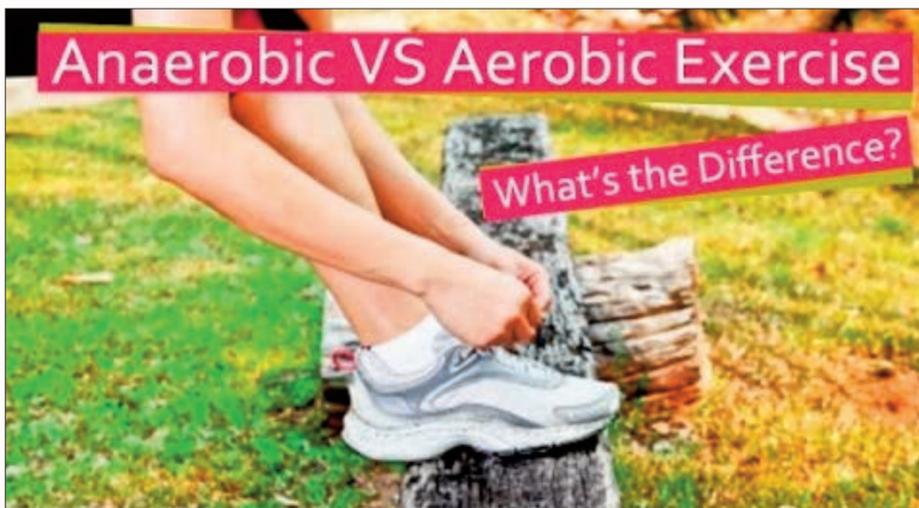


Phil Ford at the Flag Day Ceremony on June 14.

AFRH-W Activities

Fitness news

By Jerry Carter, Fitness Specialist



Aerobic and anaerobic:

Aerobic means "with oxygen." Anaerobic means "without oxygen." In reference to physical activity, the terms relate to which of the body's energy systems is the primary supplier of fuel during a given activity.

For most activities, your body blends the use of more than one energy system, depending on intensity and duration of whatever you're doing. For example, a soccer player may be relying primarily on his or her aerobic energy systems while jogging, but the dependence shifts to anaerobic energy for quick burst or relatively intense runs of a minute or so.

For some activities, though, one system predominates. Distance running is primarily aerobic, while golf (use of a cart) draws primarily on the anaerobic immediate energy system to power the swing.

Aerobic activities tend to be "steady state" or "pay as you go," meaning that you you're able to breathe in enough oxygen to keep up with the rate that oxygen is being used. If your intensity level rises to the point where your breathing can no longer keep up, energy production shifts to anaerobic, and fatigue sets in more quickly. People who have developed strong and efficient cardiovascular and respiratory systems, such as distance runners or cross-country skiers, are able to maintain a fairly intense level of activity for a long duration because of their ability to take in and use oxygen. They have a high aerobic capacity.

Delaware in the Civil War book talk

By Christine Baldwin, Librarian

Thomas Ryan came to AFRH-W in early June to give a talk on his book *Essays on Delaware during the Civil War*. Mr. Ryan's program was very informative, with detailed PowerPoint slides demonstrating the numbers of enlistments and casualties for both the Northern and Southern forces from that state. He then had a drawing for ten copies of the book with many happy residents winning. After the presentation, many residents stayed and talked with him and his wife, who is the sister of resident Victor Mosesso, about the book's topic, while enjoying cookies and punch.



Tom Ryan signs Catharine Deitch's book.

Getting ready for golf season



The AFRH Chief Operating Officer Dr. Timothy Kangas and Chief of Resident Services Ron Kartz were spotted maintaining the grounds. We are looking forward to a great season of golf!



Ovation Senior High Vocal Ensemble

By Steven Briefs, Supervisor of Recreation Therapy



On Wednesday, June 7th, young people from the Mt. Horeb United Methodist Church in Lexington, Kentucky visited the AFRH-W and performed a wonderful variety of patriotic and modern Christian songs. Chaplain Goodloe introduced and welcomed them, saying how good it was for them to share their musical talents with us. Some of the songs they sang were, "You're a Grand Old Flag," "This is My Country," "This Land is Your Land," "God Bless

America," "The Star Spangled Banner," each of the Armed Forces Service songs, "We Believe," "He Looked Beyond My Faults," "Thy Will" and "Reflections." In between the songs the students recited some encouraging scriptures and at the end came out to visit with our residents. It's always great to see our residents' generation sharing their stories with our country's next generation of citizens who want to learn from them. We hope they'll come back again!

Animal life at Bladensburg Waterfront Park

By Amanda Jensema & Carol Mitchell

It is an annual event for the Healthcare Residents of AFRH go to Bladensburg Waterfront Park for a pontoon boat ride and picnic in their pavilion. It is not every year though that we see so much wildlife. We saw a bald eagle, geese, ducks, blue heron, egrets, turtles, jumping fish, and turkey vultures! We thought we would share the sights with you!



Who wants Girl Scout Cookies?

By Amanda Jensema, CTRS



Who can say no when a Brownie from Girl Scout Troop 6463 asks, "Would you like a FREE box of Girl Scout Cookies?" Many residents were overjoyed to see them in their uniforms with big smiles on their faces. It is hard to say no to the delicious cookies that they donated to give to the residents here at AFRH. During lunchtime, the Girl Scouts set up in the lobby of the Community Center and offered cookies to any resident who passed by. They had roughly 75 boxes with them, and after the two hours they had given all of them out. The residents at AFRH-W are extremely gracious. Even though community members paid for the cookies that were donated, residents still chose to give donations. The Girl Scouts stated that the money would help go towards their troop's summer camping trip.



AFRH-G Activities

Exercising during the summer

By Carol Davis, Recreation Assistant

It's officially summertime! There's not a better time to get those muscles moving than now. Take advantage of the opportunities you have at AFRH-G. Get out on the walking track and enjoy the warm air and beautiful views. Walking one lap around the track is equal to one mile.

Also, the pool is open and ready for business! Resident, Carl Hardy, leads a water aerobics class every Monday, Wednesday, and Friday at 10:00 and would love for you to join him. But if aerobics is not for you, just go down and swim a few laps. The length of the pool is 25 meters, so it takes 64 laps to complete a mile.

With any exercise, don't forget to stay hydrated. Get out there and enjoy the fun things available to you at AFRH!



AFRH-G volunteers are priceless at Ice Cream Social!

By Susan Bergman, MT-BC, Recreation Therapy Services

On Monday, June 12, 2017, residents in Independent Living and Valor, Loyalty, and Allegiance Halls enjoyed an ice cream social filled with memories and smiles. Volunteering from Keesler Air Force Base (KAFB) Internal Medicine, Licensed Practical Nurses Sharon Simmons and Angela Stokes, brought out smiles and giggles throughout the social. Kitty Gill reminisced about her 25 years working at KAFB as secretary to the chief of surgical services and supervisor of the stenography pool. Steno pool supervisors coordinate and supervise the work of stenographers which often includes dictating documents, manuscripts, recordings, spools of tape, and transcriptions of recorded material. Ms. Kitty said, "I like a lot of responsibility." Marvin Heth enjoyed the lively conversations with brightened smile and rosy cheeks. We look forward to the next ice cream social and a great big thank you to our volunteers who brighten the lives of our resident veterans, unlock memories, and make each moment special!



Seabee BU2, Brandon Wilkie is a supreme ice cream scooper.



KAFB LPN, Angela Stokes, Marvin Heth and Susan Bergman are all smiles.



LPN, Sharon Simmons and Kitty Gill share KAFB stories.

Beer Trivia... an excuse to have one!

By Jen Biernacki, Recreation Therapy Assistant

On Saturday June 17th, the residents of Valor Hall and Allegiance Hall enjoyed a late morning group called, "What the Heck... Let's Have a Beer" Trivia. Through the beer trivia questions, discussions and laughter, residents heard beer history, brewing techniques, types and health benefits of beer while they sipped slowly on a cold one. Sipping on a cold one was the most important part to understanding what all the trivia information was about. It was a "staggering" fun time.



Hattiesburg Zoo and African American Military History Museum trip

By Sean Campbell, Recreation Services
Photos by Resident Jack Horsley

Residents at the Armed Forces Retirement Home in Gulfport paid their first visit to the recently renovated Hattiesburg Zoo, in Hattiesburg, MS. The zoo is home to more than 100 species of animals from around the world. After a few hours of browsing the grounds and viewing the animals, residents headed over to the second destination on the day excursion, The African American Military History Museum. This museum in Hattiesburg is located in the only surviving USO built exclusively for African American soldiers and opened in March of 1942 by volunteers. After suffering extensive damage from a tornado in 2013, the museum was repaired and re-opened one year later and tells the story of the contributions of African Americans throughout military history.



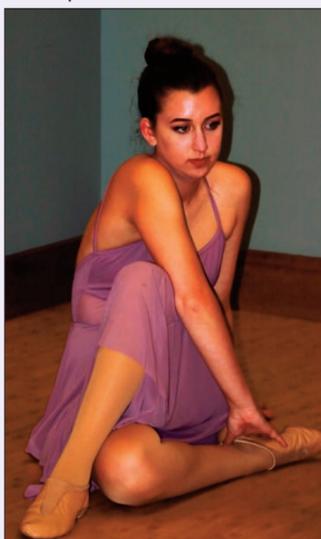
Island School of Performing Arts

By Sean Campbell, Recreation Services
Photos by Resident Tom Peeks

Music and dance filled the room in the Community Center at the Armed Forces Retirement Home in Gulfport as students from the Island School of Performing Arts visited the Home.

Students of multiple age groups performed various routines for residents at the showcase. Studio Director Casey Hilde stated that the local youth were excited to perform for the veterans and say "thank you."

The group also hopes to visit AFRH-G on a quarterly basis and expand their visits to include interactive instruction and other learning opportunities.



WASHINGTON

Thank you Fenwick Foundation!

Photos by Carol Mitchell, Recreation Therapy

Thanks Fenwick Foundation! Great day at Nationals Park with AFRH Vets!



RT International Food Tasting

By Amanda Jensema, CTRS



AFRH went international on Friday, June 23rd. The annual International Food Tasting was held in the Community Center. Food and beverages were served from four different countries. This year the featured countries were Israel, France, Turkey, and of course the USA.

Before each item was served, the recreation therapy staff shared facts about each country. Many residents had visited a variety of them and spoke about their experiences there. Many spoke about the language, food, weather, landscape and people, among other recollections. The residents took a tour of the countries through food, beginning with the challah and honey from Israel as an appetizer. Challah is a traditional bread of the Jews that is served during religious services, and it makes great French toast. Next was New England clam chowder to represent the United States of America. Even though this recipe is from New England, it has become a popular soup in the USA. Our third, and main course, was from Turkey. We served Mediterranean chicken kebabs. They were quite delicious!

Our final course was desserts which consisted of a trio of chocolate beignets. The flavors were dark chocolate, chocolate hazelnut, and white chocolate. After the event many residents treated themselves to seconds of their favorites and shared more stories about their visits to some of the countries. The residents all had a wonderful time and look forward to what countries will be presented at next year's event!



GULFPORT

June – a patriotic picture review

By Susan Bergman, MT-BC, Recreation Services

Take a peek at this patriotic picture review of residents as they move from May to June 2017. Harry Gordon and Walt Seiden ask and receive love from pet volunteer, Eve. Residents, Lillian "Fraz" Fravell and Harry Williamson get out and about at Edgewater Mall with volunteers, Pauline Larson, Edward Farrell, Jack Horsley, Phil Ford and Bob Caldwell. Patriotic décor was adorned by the Order of the Golden Circle. Resident, James Tootle and family enjoyed the Patriotic Cook-In after the Flag Day Ceremony and the oldest Army Veteran, Frances Scott finished the evening with a smashing cake cutting. Here's to picture perfect patriotic moments!



Out and about with Harry and Edward.



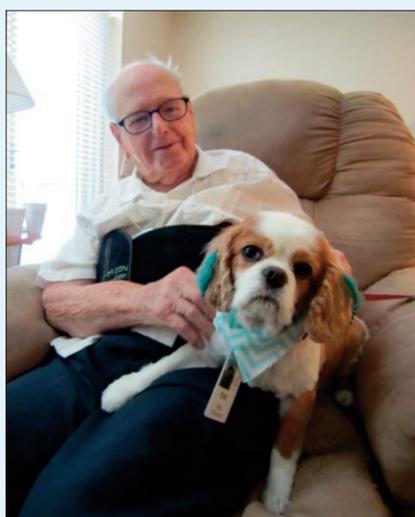
Fraz and Pauline enjoy the mall.



Walter Seiden asks and receives kissed from Eve.



Celebrating Flag Day with a patriotic cook-in.



Harry Gordon and Eve.



The Order of the Golden Circle volunteers.



Resident, James Tootle and family enjoyed the Patriotic Cook-In after the Flag Day ceremony.



The oldest Army veteran, Frances Scott, finished the evening with a smashing cake cutting.



Gordon Stewart at Army Birthday ceremony.