



AFRH-WASHINGTON

AFRH-W Ladies celebrate Women's History Month

By Rebecca Newton, AFRH-W Public Affairs



Four members of the American Legion, National Headquarters took time out to celebrate the service of our female residents in a big way. Armed with teddy bears representative of each ladies' service, coins, lapel pins and a Letter of Commemoration signed by the President of the United States, these women, who also served, decided to give back.

First they visited the upper levels of care, delivering personalized greetings and getting smiles in return. Then, they greeted more residents in the Community Center. There, each lady was handed her very own bear and coin. Resident Jane Hessler expressed, "Thank you so much for this!"

After the distribution of gifts, six ladies headed to the only major national memorial honoring all women who have defended America. Public Relations Officer LTC Marilla J. Cushman, USA Ret., offered a special tour of the Women's Memorial at Arlington Cemetery. Marilla recognized many

of the residents who were instrumental in getting the Memorial off the ground in the 1990's.

One such resident, Helen Sadowski was able to find herself in a photograph taken with a sea of other women at the grand opening of the Memorial. Then, she was able to sit in her very own seat (that she purchased) during a fifteen minute film, highlighting the sacrifices of women in the military from the 1700's to present day.

The group admired a recent painting of Brig. Gen. Wilma L. Vaught, USAF, Retired. She is the President Emeritus of the Board of Directors, and is the driving force behind why there is a "Women in Military Service for America Memorial." In a room separate from the exhibits, the residents were able to access a living database of women who have served, and have been registered. There, three of the ladies found their biographies, records and photographs from their service. Once the tour concluded, the ladies stood outside for a group photograph and were surprised to see a special lady, lying in wait for them. Catherine Deitch noticed General Vaught standing with a smile. She took the time to meet with the ladies, shake their hands and thank them for their visit, and their service!



Virginia Sicotte, Jean Ringuette and Edith Ellington admire their gifts from the American Legion.



Norma Rambow and Catherine Deitch meet BG (R) Wilma L. Vaught outside the Women's Memorial.



Michelle Busch holds her lapel pin and commemoration certificate signed by President Obama.



Dorotha Hershey holds her U.S. Marine Corps teddy bear.

AFRH-GULFPORT

AFRH-G Ladies Tea

Photos by Becki Zschiedrich, AFRH-G Public Affairs

A Spring Tea Party on Tuesday March 22nd created a fun and festive event for Residents at the AFRH-Gulfport Home. Brightly decorated tables welcomed participants. Each table had handmade decorations and party favors. Everyone who attended was presented with a raffle ticket and many won Afghans donated by Mrs. Anna Robertson, mother of Mrs. McManus; and her friend Sharon Lungaro of South Harbor Woman's Knitting Group. Each winner was thrilled with their newly gained treasure. Typical tea time treats were available including petit fours, chocolates, and other delicious delights were enjoyed during the tea. Residents enjoyed time with each other while "Alice in Wonderland" played on the big screen. Special thanks to all the volunteers, the Navy Seabees, staff, and the many Residents who attended.



Barbara Folk, Sally Blythe, BettyLu Dennis, Doris Denton, Dianna Dopp, and Edna Hall get together at the Ladies Spring Tea Party.



Nancy Dixon takes a photo with the AFRH-G Administrator Jeff Eads.



Frances Scott looked stunning in her hat.



Gerry Gorsky wears her hat well.



Doris Jones looks beautiful in her hat and outfit.

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AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the *AFRH Communicator* staff for journalistic style and length. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

Serving Washington, D.C. and Gulfport, Mississippi

AFRH is not just a place to live but a place to live more. Our model retirement communities are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

Eligibility: Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to 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. 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-G Veteran Highlight

By Lori Kerns, AFRH-G Librarian



Lillian L. "Fraz" Fravell was born in the small town of Orient, IL to a coal miner and housewife. She was the sixth sibling of nine brothers and eight sisters. She enjoyed having fun with her seventeen siblings and liked growing up in a small town. Fraz especially loved school. By the time she was 11, she knew that she wanted to go to college. To get a college

education, she planned to join the Navy when she was old enough. After high school she moved to Peoria, IL and began working at the Caterpillar Tractor Co. It was during her time at this company that she was given the name "Fraz."

Her first duty station was Washington, DC. Her next duty stations included Pearl Harbor in Hawaii, Boston, MA, and Brunswick, ME. While at Pearl Harbor, Hawaii was not a state yet so her assignment was considered overseas shore duty. After she left Brunswick, she was sent to Norfolk, VA for instructor school. She instructed for radioman school and also for recruit training for women. During her military career, Fraz worked during some momentous occasions. She was Chief in Charge in Washington, DC at the Communication Station during the Cuban Missile Crisis and also when President John F. Kennedy was assassinated. She was stationed at Pearl Harbor during the Korean War. According to her, these were all turbulent times. After 20 years of service, she retired from the military as Chief Radioman and went back home to Orient.

At the age of 20, Fraz decided to follow her dream and joined the Navy. Amazingly, eight of her brothers also joined the military. This made nine full-blooded siblings from her family, with her being the only girl, to serve. She began her basic training in Great Lakes, IL. She was trained and placed in communications to work as a cryptographer deciphering codes.

Fraz became employed by the state of Illinois to work with selective service. She switched jobs and began working for the Veterans Hospital in Marion, IL. She finally made the decision to fulfill her dream of a college education. She enrolled in John A. Logan Junior College. Majoring in social work, she finished her Bachelor of Science degree from Southern Illinois University at the age of 49. It was during these college years that she made great friends and thoroughly enjoyed learning.

Upon graduating, she began working as a social worker in oncology with nursing home programs. Her first job was in a veteran's outpatient clinic in Las Vegas, NV. Her next job took her to Tampa, FL to work at James A. Haley Veterans Medical Center. At the age of 54, she finally retired completely. She moved from Florida back home to Orient. She enjoyed her retired life by golfing, playing softball, and bowling. She said she had to be athletic growing up with nine brothers. She also drove from

Orient to Mobile, AL to work women's professional golf tournaments. Working with the LPGA, she kept score and drove the golfers around.

Fraz had known about the Naval Home in Gulfport from teaching naval history in recruit training. In 1992 she decided to move back down south to live at the Home. Because she enjoyed visiting and helping her fellow Residents, Fraz became the first Resident Ombudsman. After living at the Naval Home for about eight years, she decided to move back to Orient. She fixed up her grandmother's house and lived with her pets. She spent her time doing church and family activities. After a while, she decided to move back to the Home, which had changed to the Armed Forces Retirement Home. She asked for the assignment of Resident Ombudsman again since she enjoyed it so much the first time. Fraz still serves under AFRH-G's Ombudsman, Master Chief Wise, as the Resident Ombudsman. She's always visiting with Residents and using her helpful temperament to aid in any way she can. Always a pleasure, Fraz is such a great Resident to have around AFRH-G!



Ms. Fraz pictured above at the Ladies Tea Party last week at AFRH-G.

AFRH-W Veteran Highlight

By Christine Baldwin, AFRH-W Librarian



Norma Gene Rambow was born in Indiana. On December 7, 1941 Pearl Harbor was bombed. Norma was an eighteen year old freshman at Indiana State Teacher's College and was very angry and wanted to take revenge. But she had to be twenty to join our women fighting forces. During her sophomore year, she was not able to join again due to a family emergency. On February 13, 1943, the U.S. Marine Corps Women's Reserve was established and Norma was finally able to join. After being sworn in, she had to wait a few months and was called into active duty on November 15, 1943. When she arrived

at Union Station in Washington, DC, Norma wondered what she had gotten herself into. Women in uniform were yelling "Fall In" to hundreds of us!

Norma had Boot Camp at Camp Lejeune, NC and this experience really put things in order for her. She felt truly alive living and working with girls from across this great country. The military routine was just what she needed. Battalion Reviews were exciting exercises, full of pomp and circumstances. Norma graduated in December 24, 1943. She had hoped to go to Photography School, but instead went to Cooks & Baker's School. After training, she was assigned to Mess Hall 54 Battalion Area at Camp Lejeune. Norma was proud of her Corporal stripes and performed her duties in appreciation. She cooked, ground coffee, cleaned, etc. She served as an Assistant Cook, a Chief Cook, a Wing Sergeant (supervising the Mess girls) and later a Supply Sergeant. The friendships she enjoyed were a blessing. The military experience was a good one. On November 16, 1945, Norma had enough points for discharge.

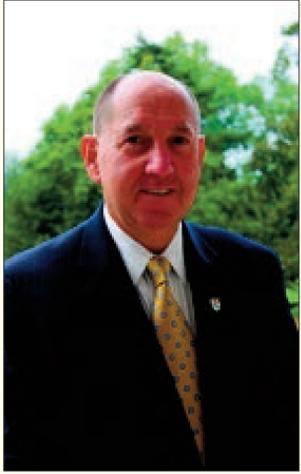
The year 1946 determined Norma's life for the next 53 years. In the summer of 1946, she was invited to spend time with her mother and her new family in Battle Creek, MI. Her mother had worked for Post Cereals during the war year, 1941 thru 1945. Norma worked in a neighborhood drug store, where she met a handsome young man. After they were married in April of 1947 they welcomed a son and later a daughter. In the summer of 1956, Norma took a couple of classes at Western Michigan University. She

carpooled with teachers at a local school. In August, 1956, Norma got a call from a superintendent asking if she would be interested in teaching first grade in a two teacher building. That was when her 27 year career began with just two years of college training and a promise that she could continue her education. It was a real challenge for her parenting, but Norma had help from her husband and a very supportive neighbor. She did earn a B.S. degree and later a Masters. Norma felt that her experience in the classroom was going home. It gave her a very satisfying feeling that she was doing what she should be doing.

Norma also enjoyed needlework, such as quilting and embroidering, and singing with three choir groups. She came to AFRH-W in November 2014. She left to visit relatives for a month in 2015 and couldn't wait to return "Home", where all her needs are taken of. Norma keeps active helping other Residents, participating in the various programs and helping with the Reading Buddies program for the new school.



Thank you to our Chief Operating Officer Steve McManus! Your dedication and committment to the AFRH has touched so many lives. We wish you the best in your retirement.



As I started to write my last Communicator article, I was reflecting about the many moments we have shared together and realized I could easily write a book. Whether it was about Hurricane Katrina, reopening Gulfport, the earthquake that struck our DC Campus, building two new facilities or the many focus groups and town halls; all will remain fond memories.

They say a picture is worth a thousand words. For my last article I thought I would share many of the moments we have shared together. I hope you enjoy taking a ride down memory lane with me.

It has been an honor and privilege to have shared these years with you as the COO of the Armed Forces Retirement Home. I will forever cherish the many memories and friendships that have been forged. I have greatly appreciated the support of both my staff and residents and wish you all the very best.

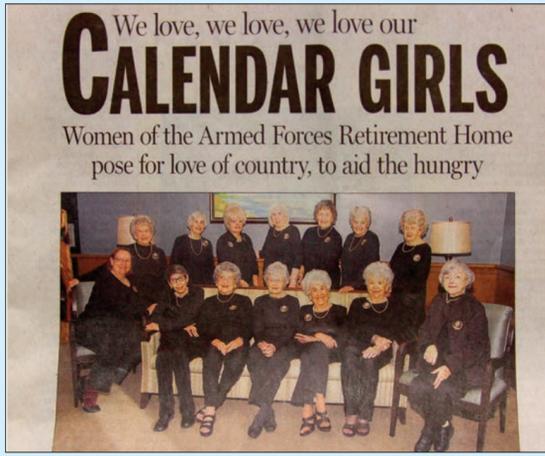
God speed and God bless the heroes I have served...I will always remember you!



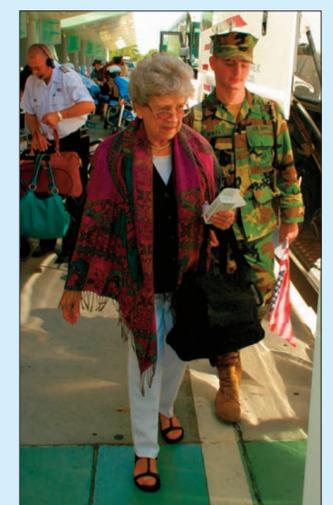
Very respectfully,
Steve McManus



Photos from the Chief Operating Officer Continued



Photos from the Chief Operating Officer Continued



From the AFRH-W Administrator



Dear Residents, Employees, and Families:

Spring has come early to the Capital Region with cherry blossoms blooming this month proving the Groundhog, and his

prediction of an early spring, right. To me, springtime is representative of renewal and growth -- a time to prepare for the months ahead, and get that beach body back in shape!

We at the campus did some

necessary training of our staff this month with the help of our partners at the Bureau of Fiscal Services. Two courses were taught on site by the bureau. The first of these sessions was a supervisory training for managers and supervisors. Topics included employee and labor relations, prohibited personnel practices, time and attendance, and disciplinary actions. The second session was on Contract Procurement and Surveillance. This class targeted the relationship between the Contracting Officers and the Contracting Officer Representatives. This course was a refresher for these important staffers and also served as a review to ensure the Home is exercising positive internal controls.

On the fun side, the campus completed several permits for the use of land for special events and activities to benefit Residents:

I signed a Gardening Permit to help

improve the outcome of the gardening activity space. (A quick plug for the gardens: It is a wonderful activity for persons of all ages and can help you relax and enjoy the fruits of your labor! Please inquire with Recreation Services to reserve a plot to plant.)

Another permit was signed for our Spring Fling, which will be hosted by the Friends of the Soldiers' Home. The event is scheduled May 7th from 12:00 p.m. to 5:00 p.m.

President Lincoln's Cottage will also be hosting their second annual Bourbon and Bluegrass event at President Lincoln's Cottage, which will take place on Sunday, May 15th from 2:00 p.m. -5:00 p.m. Live music will be played on the Band Stand.

Spring is a wonderful time of year to visit Washington, D.C. I

encourage families and friends to visit Residents and take advantage of the beautiful grounds and facilities at the Armed Forces Retirement Home-Washington.

Shaun Servais



Administrator Shaun Servais greets a group of Air Force senior non-commissioned officers in the Hall of Honors.

President Lincoln's Cottage now an independent non-profit organization

By Erin Carlson Mast, CEO and Executive Director of President Lincoln's Cottage

On January 1, 2016, President Lincoln's Cottage officially became an independent 501(c)(3) non-profit organization. While we remain affiliated with the National Trust for Historic Preservation, also a non-profit, our operations are now wholly separate and we are responsible for all preservation and programming at the site. We are very grateful for the support from many residents of the Armed Forces Retirement Home. We have received a number of questions from you about our new status, and wanted to provide clarification on how membership, in particular, is now different. In the past, if you joined or renewed membership through President Lincoln's Cottage, we retained the majority of the funds for the stewardship of this site. Now, if you join or renew your support to the Cottage, your whole gift stays with us to support President Lincoln's Cottage. If you previously joined or renewed your membership with the National Trust, no portion of your membership came to the Cottage, and that will remain the same moving forward.

To join or renew your membership with the Cottage, please feel free to come by and see us in our Visitor Education Center. You can also contact us by emailing ncobo@lincolncottage.org or calling 202-829-0436 x0.



Life-size bronze statue of President Lincoln standing in front of President Lincoln's Cottage.

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



March has arrived and Spring is in the air. AFRH-W residents eagerly await warmer weather so we can finally thaw out and get outside to enjoy our beautiful campus. Many of us are

suffering from "cabin fever" and the thought of taking a stroll along the Mall to enjoy the fresh scent of the cherry blossoms in bloom is a very exciting one to have.

Dr. Jim Kyle has resigned as our Wellness Center Manager to accept employment in the private sector. We would like to take this opportunity to thank him for all that he has accomplished, not only in improving our lives but also in the day-to-day operations of the Wellness Center.

The Wellness Center is continuously addressing areas of concern to improve the level of care provided to our Residents. As an example, we are still in the process of hiring a second Pharmacy Technician to assist with dispensing medications.

As a note to PMD Operators – SLOW DOWN! Many residents are continuing to voice their concerns with the rate of speed at which those residents operating PMDs travel around the Home. Not unlike when operating our cars on the highway, someone can get badly hurt if we are not careful about the speed at which we are driving. Remember, the safest speed is "walking speed," (3-5 miles per hour).

I have heard many Residents make a similar comment, "the Recreation Trip calendar is always full...but the destinations are basically all the same." The only way this calendar can change is if more residents

attend the monthly Trip Meeting and submit other suggestions. Everyone has a vote as to where we go. However, if you are not in attendance at this important meeting, your voice is never heard. Plan in attending the next one and help decide new places to go now that Spring is here and we have warmer weather to enjoy.

Just as a reminder, please do not leave clothes on the sofas or chairs at the end of your hallway.

March is also a very special month because it is a time we celebrate Women's History. The struggle for women's equality has been a very long and difficult fight.

Looking back, it began in the United States in 1848 when several women, including Elizabeth Cady Stanton gathered in Seneca Falls, NY for a two-day meeting to discuss women's rights. However, it would take until June 4th, 1919 when the Senate passed the 19th Amendment with just two votes to spare. Elizabeth Cady Stanton was one of the drafters of that Amendment.

Sometimes battling "against all odds," women have gone on to make monumental contributions to our nation. To mention only a few: 1932 – Amelia Earhart made the first transcontinental nonstop flight by a woman. 1942 – Women's services were established by the military. May 18, 1953 - Jacqueline Cochran became the first woman to break the sound barrier. December 1, 1955 – Rosa Parks was arrested, sparking the Civil Rights Movement. 1983 –

Sally Ride became the first woman to ride into space. 1984 – Geraldine Ferraro became the first woman to run for vice president on a major party ticket. And the list goes on and on, each item heralding the accomplishments of women and their esteemed contributions.

One can read scores of history and learn countless things about the contributions of women to our country; however all you need to do is talk to one of the 45 women Residents at AFRH-W and you are talking to a true pioneer and hero. Dating all the way back to World War II, the women of AFRH-W have been amongst the ones who have courageously "paved the way" for the recent Department of Defense

decision to open all opportunities available, including serving on the front lines of battle, to the young women of today. To achieve success, one needs a course to follow. These 45 ladies personally and collectively forged that course.

In closing, I want to remind everyone of the upcoming Armed Forces Retirement Home Advisory Council meeting on April 21st. If you have items of concern you wish to address to the Committee, please feel free to let me know.

Marvin Archer



RAC Chair Marvin Archer addresses a group of Air Force senior non-commissioned officers during their tour of the Home.

AFRH-G Administrator



Greetings to one and all! I can sum up my first two months as the Administrator for AFRH-Gulfport in one word: WOW! I know many of you have heard me say this is a dream come true to be here working with and for wonderful

Residents and terrific employees. Six months ago I never knew this Home existed, and to be a part of your daily lives is truly a blessing for me and my family. My goal is to work here until I retire because nothing will ever be better than serving you, who have served our country!

I have made a few notes of things I have observed since I first toured here in November of last year. The food is delicious and plentiful. I have yet to leave the dining room hungry. Matter of fact I have to get a cup of coffee before leaving the dining room so that I do not accidentally fall asleep. There are days when the kitchen serves something I am not in the mood for (my wife does this to me at home, too) but knowing we have the grill, soup, and a humongous salad bar more than makes up for

the items I am not in the mood to eat. The recreation department really is interested in providing the best trips, entertainment, and cultural events to make our lives complete. At the previous retirement communities that I have worked I always encouraged Residents to present ideas for recreational activities. However, with the program we have in place I cannot imagine what else we could we possibly offer. Just looking at our monthly calendar wears me out.

Campus Ops, the maintenance team, and the housekeeping department keep everything in working order and extremely clean. The first thing I noticed when I walked into the Home was how everything sparkles and shines. I was not here the day AFRH-G opened, but I cannot imagine how the Home could ever be cleaner than it is now.

The wellness team has really impressed me with their knowledge, experience, and willingness to provide the best care possible, whether it is in the wellness clinic or the upper levels of care. I have worked with a number of providers, nurses, and assistants in the past nineteen years. This group at AFRH-G is by far the most dedicated and caring of professionals I have had the pleasure to work with.

I opened two of the finest retirement

homes, not only in Mississippi, but in the nation. The first one I opened in 2000, and the second one was in 2010. I thought those homes were great but neither compares to the fabulous home we have in Gulfport. From the beach access to the fitness room, and everything in between, this is the best retirement living has to offer.

Let us not forget the AFRH Vision

which is a retirement community committed to excellence, fostering independence, vitality and wellness for veterans, making it a vibrant place to live, work, and thrive.

Thank you for serving our country and each of you are our nation's heroes.

Jeff Eads



Jeff Eads with Resident Catherine Dailey and Recreational Therapy Assistant Jen Biernacki at the Ladies Tea.

National Commander of The American Legion visits AFRH-G

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

Dale Barnett, who is the National Commander of The American Legion, visited AFRH-G on February 17th. He has full power to enforce provisions of the organization's constitution, bylaws and resolutions. Gulfport was one of his stops on his tour across the United States and we were honored that he chose to stop by the Armed Forces Retirement Home.

The AFRH-G Administrator Jeff Eads greeted Commander Barnett and Residents Bob Rutherford and Harry Rhizor gave the Commander and other members of the American Legion a thorough tour of the Home. Commander Barnett was amazed at what AFRH has to offer and he was very impressed with the facility.

Dale Barnett was elected national commander of the 2.2 million member American Legion on Sept. 3, 2015, in Baltimore during the 97th National Convention of America's largest veterans organization.

The American Legion is the nation's largest wartime veterans service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow servicemembers and veterans.

Each year, American Legion department service officers help thousands of veterans receive VA benefits they earned through service to their country.



American Legion National Commander Dale Barnett greets Resident Marvin Westcott.

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



Rumors, rumors, rumors our Home is ramped with rumors usually started by someone who knows nothing of what they speak and are usually wrong. They are the ones who never go to Town Hall or RAC

meetings, but are always asking others "What happened at the Town Hall or at the RAC meetings. They speculate and fabricate stories, or make assumptions I guess to impress others or to make some of us believe they are in the know, but they really know nothing at all. Here's a good example:

This past month we had some special visitors from DC, specifically the Department of Defense (DoD) looking into ways that the Home can save money. If you saw them around the campus and wondered what they were doing, let me shed some light on the matter. Forget about the rumors you've heard that the dining hall is going to cut meals to only two a day or they will only be filling the salad bar halfway and shutting it down early or limiting the amount of food served at each meal. That's all they are just rumors and nothing more. Here's the skinny; there were two separate teams each

looking at different areas of the Home. They were not here to make cuts in service but to streamline contracts and processes to help preserve the Home's Trust Fund. They are looking at the contracts that the Home has with different providers to make sure that the contracts serve the Home and not the contractor.

Remember, the Department of Defense is giving us twenty million dollars to keep our Trust Fund solvent and the DoD wants to make sure that we (the Home) are being responsible in how we spend that money. So don't fall prey to the rumor mongers, I was assured by Vicki Marrs, our Chief Financial Officer, that if changes are made the Residents will not see any changes to the services they receive. Mrs. Marrs has shown to be very passionate when it comes to our Home. She has stated many, many times that her intentions are to see that our Home is around for a very long time. In order to achieve this goal she must be fiscally responsible and watch every penny. So don't despair, all will work out to our advantage.

Now to get off my soap box and talk about what's going on with the Resident Advisory Committee. I am so proud of what the RAC sub-committees are doing in the areas of Wellness, Moral Welfare Recreation (MWR), Dining and Technology. These sub-committees are chaired by three

outstanding leaders: Doris Denton, Robert Piotrowski and Phil Keeler. With their committees' input the dryers were raised to meet ADA requirements, a Drug disposal safe has been installed in the Wellness Center, Lazy Susans are being placed on all the tables in the Dining Hall and computer classes are being presented on a regular basis. Also Phil Keeler will make house calls to help with your computer problems. Now

that's service!!! Why don't you consider becoming a part of one of these committees and have your voice heard? If so contact Doris Denton, Robert Piotrowski or Phil Keeler to be a part of one of their sub-committees.

With that I will close and say to you, see you around the campus!!

Henri Gibson



RAC Chair Henri Gibson (middle) serves the wine at the March Birthday Dinner Celebration along with Fitness Specialist Rob Miller (left), and Resident Phil Ford (right).

AFRH-W Activities

Happy Birthday Seabees

By Christine Baldwin, AFRH-W Librarian

Paul Grimes and John Wojtowich like to say they have one thing in common; they were both in Antarctica as Seabees. Paul originally joined the U.S. Navy in 1943 and John entered in 1945. They both became Atlantic Fleet Seabees in 1950.

They served on many missions (though they never knew each other until they came to AFRH-W), helping with construction in Guantanamo Bay, Newfoundland, Spain, Africa, Greece, Turkey, Korea and Vietnam. John remembers helping build a new station as part of Operation Deep Freeze in Antarctica. And Paul has a glacier named for him, while he was a Master Chief Equipmentman also in Antarctica.

John's favorite quote is from Bob Hope, "Before the Marines have the situation well in hand, the Seabees have built a bridge across it!" Paul retired in 1968 and John in 1970. Between them, they only served a total of 3 tours of duty in the United States. Paul and John, along with fellow retired Seabee, Ron Kartz celebrated the Seabee Birthday on March 5 by cutting a special cake in the dining hall.



John Wojtowich (left), Chief of Resident Services Ron Kartz (middle) and Paul Grimes (right) cut the Seabee birthday cake.

Vets 4 Vets join Saloon Night

By Rebecca Newton, AFRH-W Public Affairs



Wizard girl Leah Castello autographs a photo for a Resident.

Residents were elated during Saloon Night when two NBA cheerleaders came in to sit with them, and sign posters. Vets 4 Vets is an all-volunteer, non-profit comprised of Veteran NBA/NFL cheerleaders and dancers.

Leah Castello and Adriana Falcon of the Wizards showed their appreciation to our Residents.

Check out their instagram:
<https://www.instagram.com/vets4vetsnw/>



Residents were elated by the NBA cheerleader's visit.

Recreation Therapy FOSH Bowling

By Carol Mitchell, Recreation Therapy

STRIKES! SPARES! And yes... GUTTER BALLS! FOSH Volunteers, Healthcare Residents, and Independent Living Residents join together for a fun filled night of bowling at the AFRH-W Bowling Center. Residents and Volunteers pair up and bowl a couple of games in the hopes of becoming Champions for the night. FOSH provides light refreshments and Recreation Therapy brings the beverages. Everyone has a good time encouraging and assisting each other in bowling the best they can. Those that don't bowl enjoy mixing, mingling, and cheering the bowlers on! FOSH Bowling is held every 3rd Tuesday of the month at 6:30pm in the AFRH-W Bowling Center. Come on out and join the fun!



Friends of the Soldiers Home volunteer assist Resident Virginia Sicotte during Recreation Therapy Bowling.

Recreation Therapy Big Bucks Bingo Night

By Carol Mitchell, Recreation Therapy

Our Residents enjoyed another exciting night at "RT Big Bucks Bingo". This event is held every second Tuesday evening of the month. Residents play one or two cards throughout the night hoping to win a few bucks or one of Recreation Therapist Carol Mitchell's crazy prizes which have included anything from sardines, baked beans, new socks (not used!), sleeping blinders, and other fun prizes. We have wonderful volunteers that come regularly for this program from the Heritage Foundation and also other local volunteers. RT Big Bucks Bingo invites all Healthcare and Independent Living residents to attend and a good time is had by all the 40 - 50 residents in attendance. BINGO!!!!!!



Carol Mitchell calls out the numbers for the Big Bucks Bingo.



Many Residents had an exciting time at the Recreational Therapy Big Bucks Bingo night.

AFRH-G Activities

Basketball Free Throw Tournament

By Dennis Crabtree, Recreation Specialist

On Monday March 7, 2016 Residents were competing in the Basketball Free Throw Tournament at the Armed Forces Retirement Home in Gulfport. Fred Ray with that determined concentration to just get that basketball so he can shoot. Jerry Anderson is waiting for that rebound to come to him. Harry Aman is going to take that break that he sure deserves. New player William Roberts is waiting for his turn. Fred Ray and Harry Aman had to shoot it out for 1st and 2nd. Jerry Anderson and William Roberts also had a shootout for 3rd. But there could only be three winners for that afternoon tournament. Harry Aman took 1st place, Fred Ray took 2nd place, and Jerry Anderson took 3rd place.



Bowling Tournament

By Dennis Crabtree, Recreation Specialist

On Thursday March 3rd Residents were competing in the Bowling Tournament at the Armed Forces Retirement Home in Gulfport. John Luttrell, Jimmy Smith, Bill Sanders, and Eugene Allison were all bowling in a friendly tournament. Eugene Allison took 1st place with a score of 627 with a handicap of 54. John Luttrell took 2nd place with a score of 581 with a handicap of 25. Bill Sanders took 3rd place with a score of 580 with a handicap of 69.



The American Heritage Girls share a morning

By Jen Biernacki, Recreational Therapy Assistant

On Saturday March 19, 2016, the American Heritage Girls Troop MS 3230 spent the morning with the Loyalty Hall Residents for National Quilting Day. The Girls used a patch design with various fabric pieces to create a unique initial for each Resident on Loyalty Hall. The girls cut, glued and measured the fabric as well as shared stories and questions with the Residents. "It's nice to see the girls working so hard for us," said Anne Whittaker. "They are turning out so nicely," she added. A special thank you is sent out to AHG Troop 3230.



The American Heritage Girls Troop MS 3230 pose for a quick photo before heading to Loyalty Hall.



Anne Whittaker enjoyed visiting with the Girls Troop.

Indoor Shuffleboard (Horse Collar) Tournament

By Dennis Crabtree, Recreation Specialist

On Monday March 7, 2016, Residents were competing in the Indoor Shuffleboard (Horse Collar) Tournament in the Bocce Center. Bill Jossendal is seen looking for that perfect slide to get his points. Mike Longwell has that smile thinking there is no way Bill Jossendal will be able to make any points. Fredi Van Pelt is studying Bill Jossendal's style for getting that puck down the table. Sandra Gann is watching Bill Jossendal puck to count those points. There could only be three winners that day. Michael Longwell took 1st place, Fredi Van Pelt took 2nd place, and Bill Jossendal took 3rd place.



Washer Toss Tournament

By Dennis Crabtree, Recreation Specialist

On Tuesday March 1, 2016 Residents were competing in the Washer Toss Tournament in the Bocce Room. Cecil Sherman and Fredi Van Pelt are seen competing in the Washer Toss. Fred Ray and Mike Longwell were seen coaching on the side lines. Players not in picture are Harry Aman, Buron Noel, Rosie and Doris Denton. The Magnet Stick was such a success that we made four more of them. There were eight players that played in the tournament, but there could only be three winners for that day. Fred Ray took 1st place, Fredi Van Pelt took 2nd place, and Harry Amen took 3rd place.



WASHINGTON

Senior NCOs visit AFRH-W

By Rebecca Newton, AFRH-W Public Affairs

As part of their professional development, 11 senior non-commissioned officers from Joint Base McGuire-Dix-Lakehurst, visited AFRH-W for a tour and visit with residents. Their day began with an enjoyable breakfast, dining with a few residents. Next, was a personalized tour of the Home, courtesy of Ombudsman Robb Webb.

The group got to see recreational areas like the fitness center, bowling alley, library, AAFES, arts and crafts room, as well as the theater; where they received a formal brief. After they were treated to a warm welcome by RAC Chair Marvin Archer and Administrator Shaun Servais, they viewed the room of Resident Frank Lawrence.

Command Chief Master Sergeant Cleveland, the groups' Senior NCO, presented an "Eagles Top 3" coin to Ombudsman Robb Webb, Resident Frank Lawrence and Rebecca Newton, PAO for conducting a tour all of the attendees say benefited them greatly.



Shrimp Fest at AFRH-W

By Rebecca Newton, AFRH-W Public Affairs

Popcorn shrimp! Steamed shrimp! Old bay seasoning! Thanks to the Recreation staff, residents enjoyed a feast fit for a king as they celebrated Shrimp Fest with volunteers. One special volunteer was the life of the party. Tyler Stallings, at age four, is an entrepreneur and CEO of Kid Time Enterprises.

Tyler goes out into the community to raise awareness for the sacrifices of veterans, as well collect items he then donates to veterans. His pursuits not gone unnoticed. Tyler recently received a citation from the mayor of Maryland! Tyler even made a gracious donation to the Residents of AFRH-W, and provided a few words about why he loves to help. Tyler is the cousin of AFRH-W Occupational Therapist Lynn Holt.



Jo Soboleski and Sandra Intorre are entertained by Tyler Stallings.

St. Patrick's Day

Story and photos by Rebecca Newton, AFRH-W Public Affairs

The Recreation staff of AFRH-W prepared a fantastic celebration for residents. The affair included green cake, cookies, decorations, hats, beads, leis, outfits and noisemakers. Recreation Specialist Amanda Jensema provided some St. Patty's Day trivia, and offered prizes to those who had the answers. There was a prize for the person who tooted their horn the loudest. Residents had a great time at the party.



William Wood (above) won the prize for the loudest horn.

Trains ignite childhood memories

By Rebecca Newton, AFRH-W Public Affairs

The National Capital Trackers, of Fairfax, Virginia are visiting AFRH-W today, and tomorrow, displaying their expansive train collection. Ten electric train enthusiasts, led by Train Master Clem Clement, set up two tracks in the Community Center.

It took approximately three hours for the team members to get the trains up and running. Members build their own table modules, which contain two tracks. An electric cable connects each module, providing electricity along the way.

Residents have been visiting all day long, fascinated by the small villages within the landscape. Some even reminisced of days when they had their own train sets. Clem, a retired colonel, says, "We love what we do, and love to share it with other veterans."

Club members: Jim Gray, Bill Knapp, Marty Dougherty, Glen Mackinnon, Mike Smith, Bill Hakkarinen, Regis Harkins, Ron Tucker, Chick Keenan.



GULFPORT

Residents attend Seabee Birthday Ball

Residents Tony Langdon, Bill Allen, Charlie Jenkins and their guests attended the 74th Seabee Birthday Ball at the IP Casino in Biloxi, Mississippi on March 5, 2016. The Master of Ceremonies was Senior Chief Petty Officer Erwin Hoffman.



Residents, Bill Allen, Tony Langdon, and Charlie Jenkins enjoy the Seabee Birthday Ball with their guests.

Sensational serenading

By Susan Bergman, MT-BC, Recreation Therapy Services

On Music Time Thursdays, Independent Living Resident, Lige Tackett often makes a surprise visit to serenade healthcare residents from Valor, Loyalty, and Allegiance Hall. On Thursday, February 18, 2016, Mr. Tackett sang the first song he ever sang in public in 1946, "The Girl that I Marry" and dedicated it to the ladies in the room.

Mr. Tackett was born in Kentucky, met his wife in 1949 on a blind date in Tampa when stationed at MacDill Air Force Base (she worked as a nurse at Tampa General Hospital), and were married 4 months later in 1950. They lived outside Clemson, South Carolina and were married for 55 years. Mr. Tackett discussed how he often dreams about his wife, music, lyrics, and melodies, has them in his head, and enjoys sharing them with others. Mr. Tackett often shares the song he wrote in memory of his wife about the grief of losing someone special. The beautiful lyrics include, "The weeping willow cried the day I kissed goodbye...like the weeping willow our love would grow and grow... we'll meet again as nature's plan...the weeping willow will smile again...time for sorrow and time to live again...it's time to live again." The sensational serenading always brings comfort and peace – thank you Mr. Tackett for sharing your talents and memories!



Lige Tackett serenades Residents during Thursday Music Time.

St. Patrick's Day Ice Cream Social

Photos by Becki Zschiedrich, AFRH-G Public Affairs

St Patrick's Day is widely recognized and observed throughout the country as a celebration of Irish and Irish-American culture. Celebrations include prominent displays of the color green, religious observances, parades and at AFRH-G an Ice Cream Social. This holiday has been celebrated in North America since the late 18th century. Thank you to all the volunteers who helped make this social a success and to Music Therapist Susan Bergman for playing Irish music on the flute and bagpipes.



Jean and Harry Rhizor enjoy the ice cream on St. Patrick's Day.



Music Therapist Susan Bergman plays the bagpipes for Richard Causey.



Bobby Harris dressed the part on St. Patrick's Day!