



AFRH-GULFPORT

“Laissez Les Bon Temps Rouler” in Gulfport!!

By Sean Campbell | Lead Recreational Specialist
Photos by Becki L. Zschiedrich | Public Affairs

Music and laughter filled the hallways at AFRH Gulfport as the annual Mardi Gras Parade rolled down the Boardwalk. “Laissez Les Bon Temps Rouler” means “Let the Good Times Roll”, and that is just what residents and staff did Thursday, February 28. The Krewe of NAMAC has celebrated Mardi Gras for many years. NAMAC stands for Navy, Army, Marines, Air Force and Coast Guard. This year’s grand marshal, Patricia Kirchner (Peppermint Patty), led the parade down the halls accompanied by several AFRH residents “second lining” to the festive music. The procession included past Kings and past Queens, along with AFRH residents and staff all dressed up and throwing beads.

The 2019 Queen of NAMAC was Bettylu Dennis. Queen Bettylu is a long time resident of the AFRH and is a WWII veteran. She was also instrumental in the founding of the Krewe of NAMAC many years ago. The 2019 King of NAMAC, Jack Oyster, is another WWII veteran and is also a POW survivor. The King and Queen rode in festively decorated golf carts in the parade and were crowned in a ceremony at the Mardi Gras Social following the parade.

Spectators enjoyed authentic King Cakes and refreshments while listening to the sounds of Mardi Gras in New Orleans. In an unusual twist to the annual event, this year’s parade was hosted in the afternoon instead of the evening in an effort to encourage more attendance and participation from residents. This proved successful as the parade boasted more spectators than previous years. The annual Mardi Gras Dance was held on the following night and the 2019 Royalty were introduced again just before residents and guests celebrated with live music provided by the “Silver City Band.”



AFRH-WASHINGTON

Air Force volunteers improve AFRH-W campus

Story & Photo by Robert W. Mitchell | AFRH-W Volunteer Coordinator

A large group of active duty Air Force volunteers descended onto the campus of the Armed Forces Retirement Home this month for a large-scale, multi-project community service activity aimed at furthering the beautification and maintenance of the AFRH-W campus.

The volunteers, comprised of 50 active duty Airmen from Joint Base Andrews and Joint Base Anacostia-Bolling, were divided into about ten five-member teams. The teams were assigned to help clean up the auto hobby shop, haul non-working PMDs to the loading dock, neaten up common areas and storage closets, and provide technical support to residents needing assistance with a variety of electronic devices (i.e. smart TVs, remotes, smart phones, tablets, etc.).

A special volunteer detail was tasked to help catalog and organize books, videos and other materials in the AFRH-W Library.

Following the work details, several Airmen decided they wanted to volunteer in a different capacity. So, they ventured to the upper levels of the Scott building to visit health residents. They and the residents traded military stories and experiences with each other and both gained a little more insight about military life from another perspective.



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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 have 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 suffering from 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

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The Joint Commission
<http://www.jointcommission.org>

**AFRH-Gulfport and AFRH-Washington
currently have no waiting time for residency.**

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



AFRH-G Resident Highlight – Lester “Les” Brownstein

By Lori Kerns | Librarian



Lester “Les” Brownstein was born and raised in the city of New York. His parents, a city worker and an administrator for a screw company, raised their three children in the Manhattan area. Les grew up as a Jewish boy in an Irish neighborhood. Gang wars, zip guns, and singing on street corners were not just in the movies but were part of his experiences growing up in the 50s.

Les was drafted on Veterans Day in 1968. The 25-year-old was sent to Fort Jackson, South Carolina to begin basic training for the Army. He was found best-suited to work in finance and sent to Walter Reed Army Medical Center in Washington, DC. He stayed for four months before receiving orders for Germany. Even though the Vietnam War was in full swing, he never received orders to go there. Les did three tours in Germany, one in Japan, and served his final tour in Hawaii where he retired after 22 years of dedication to the Army.

He decided to remain in Hawaii to begin his civilian career. He dabbled in

different career fields, such as a government budget analyst for the next sixteen years before he moved to West Palm Beach, Florida to care for his mother, who passed in 2015 at the incredible age of 101. Les stayed in the area for about sixteen years. All the while, his name had been added to the list of potential AFRH-G residents once the Home reopened in 2010. Each time he was called, he asked to be moved to the bottom of the list until he was ready. That time came just last year when he reported for check-in Labor Day week.

Les has been enjoying the Home for the last six months and “loves it.” He is impressed by the convenience of never needing to leave the Home and knowing that he will not be a burden to his children, Sara and Chad. He enjoys his retirement by reading, weight training, and watching movies in the theater. He has also been using that street-corner harmony experience he learned as a kid to sing karaoke every Tuesday and Saturday. Les most recently decided to donate his time by serving as a library volunteer. Welcome aboard, Les! AFRH-G is so happy to have you here.



AFRH-W Resident Highlight – Barbara Dannaher

By Christine Baldwin | Librarian



Barbara Dannaher was born in Massachusetts. She was an only child and her family wanted to have her grow up in a small town, so they moved to a place near the coast. She loved it and was able to go through all twelve grades in the parochial school. After graduating, Barbara worked as a bookkeeper in an automobile dealership. It was at this time that her priest started a young person's group targeting working individuals. She met a young man there and he asked her out for a date. The date was on Sunday, December 7, 1941! Later, he would join the Marine Corps and after the war would become her husband. After hearing an ad on the radio about the Navy recruiting women, Barbara wanted to join. She and a friend went to New York and saw the recruiter. Since she was not 21, Barbara needed a parent's signature. Her father was very

happy about her decision, but her mother was a bit more reserved. She, however, was the one to sign the paper. So in December 1942, Barbara boarded a train for basic training at Cedar Falls, Iowa. The Navy had taken over Iowa State Teacher's College for the 1,050 young women. Much to her surprise, when the training was over, she had orders for two assignments! This got straightened out and Barbara was off to the Washington (D.C.) Navy Yard.

Barbara's billet was at the Capitol Park Hotel, right across from Union Station. Her job was at the Navy Department on Nebraska Avenue and she had to swear an oath because she would be dealing with top secret materials; codes! Because of the large number of women (over 2,500) working in this area, the Navy procured the Mount Vernon Young Ladies' Seminary. Right across the street, WAVES quarters were built. They started with three buildings and ended up with 25. The work was so important that there were three “watches:” 0800-1600, 1600-2400, 2400-0800. Day in and day out, Barbara worked

with codes, including the Japanese Naval Code 25. Accuracy was most important, but she also had to be fast! When she finished a sheet, Barbara would hold it up and it would be taken to the next level. All the time, she felt the importance of doing this job, lives were at stake! In fact, their motto was “In case of air raid, keep working!” And of course, if anyone asked what her job was, she would downplay and say “a file clerk.”

When the war was over, Barbara returned to the states, married her Marine husband and settled down in North Carolina. Her husband's job was at Camp Lejeune. They had one son and five daughters. Barbara was also able to go to college and got her degree in teaching. She then taught in public elementary school for two years. After this time, the family moved to Connecticut, where the children would have more opportunities for a choice of careers as they grew older. Barbara taught another 18 years in public school and then got her master's degree in Library Science. She always knew there was a retirement place in D.C., but it wasn't until she was being interviewed one day, that it was brought to her attention. Since her son lived in Arlington, she came for a tour and got on the waiting list. As of 2011, Barbara has lived at AFRH-W.



Happy 102nd Birthday Marion Ritchie

Story & Photos by Becki L. Zschiedrich | Public Affairs

Gulfport resident Marion Ritchie was born on March 6, 1917. Ms. Ritchie joined the Navy in 1944 and was a member of the Navy WAVES during WWII.

Her family came in from California for the celebration in Fiddler's Green on March 6, 2019.

Friends, residents and employees were also there to wish Ms. Ritchie a very happy 102nd birthday. Both local Gulf Coast news stations WLOX and WXXV participated in capturing this milestone. Ms. Marion said her secret to being 102 and full of life is, "Enjoy! That's basically it. If you don't like what you're doing, then do something else."

Happy 102nd Birthday Ms. Marion Ritchie!



A matter of balance

Story & Photo by Toni Richardson | MSDH Director & Carol Davis | Recreation Assistant

Toni Richardson, Mississippi State Department of Health community health director, and Brad Williams, MSDH health educator, continue to partner with AFRH-G to offer a series of evidence-based workshops. Participants, pictured, recently completed A Matter of Balance (MOB): Managing Concerns about Falls program. This course is designed to "reduce the fear of falling, stop the fear of the falling cycle, and increase activity levels."

The program acknowledges the fear of falling but emphasizes practical coping strategies to reduce this fear. These include: promoting a view of falls and fear of falling as controllable, setting realistic goals for increasing activity, changing the environment to reduce fall risks, and promoting exercise to increase strength and balance.

In addition to the balance class, MSDH also teaches a Chronic Disease Self-Management Program (CDSMP) and Diabetes Self-Management Program (DSMP) to AFRH-G residents. Look for sign-up sheets in the Bocce center or contact social worker Karen Zittleman for more information on upcoming classes.



Service Saturday

Story & Photo by Melodie Menke | Volunteer Coordinator

AFRH-G had its 2nd Service Saturday on March 9 with the Keesler Air Force Base 352 TRS Airmen and sailors from the USS Paul Ignatius DDG-117 joining forces to lend a hand to our residents.

They were met by our Resident Advisory Council (RAC) Chairman Art Jones. Resident Team Leaders were assigned - Mary German, Sharon Price, Kesley Farrell, Jack Wallace, Roger Schulrud and D. Saxon led their teams. The teams helped residents set up DVD players, re-program TV's, set up new computers, assemble furniture, move refrigerators and move furniture in residents' apartments.

Resident PJ Johnson aka "The Saw Dust Man" gave a fun presentation of his skills in woodworking and resident Dan Ellis gave an excellent tour of AFRH-G.

If your military active duty group would like to volunteer for a Service Saturday in Gulfport, Mississippi, please contact AFRH-G Volunteer Services at 228-897-4417.



AFRH-G gets ready to let the good times roll

Story & Photos by Becki L. Zschiedrich | Public Affairs

Thank you so much to the Navy Operations Support Center (NOSC) from Naval Base Gulfport and the sailors from USS Delbert D. Black (DDG-119) for helping us decorate the floats (golf carts) and wheelchairs for the residents who were in the annual Mardi Gras parade at AFRH-G. They did such a fabulous job with all the yellow, green, and gold decorations....the colors of Mardi Gras.

Purple represents Justice. Green represents Faith. Gold represents Power. Let the good times roll!



From the AFRH-W Administrator



As I write this, the rain is falling and it is beginning to feel like we are finally getting past the cold days of winter. Our grounds crew worked hard cleaning up the flower beds to make way for the blossoms that spring will bring. The cherry trees are already showing their beautiful pink hues. March has been busy with a green theme of St Patrick's Day. It also brought the beginning of Lent with many showing their faith on Ash Wednesday as we prepare for Easter. It is National Nutrition Month, so there were various events to help our residents try new foods and pick healthy food options.

Our RAC Chair, Billy White, continued to do outreach in the community with a team of fellow residents. They met with the D.C. mayor at one event, receiving support for further outreach to eligible local veterans. Our leadership is still working with a team to choose which development group will get their proposal accepted for the 80 acre re-development and should soon announce their choice.

We hosted visits from several of the service senior enlisted members including the Master Chief Petty Officer of the Coast Guard (MCPOCG Jason Vanderhaden) and the Chief Master Sergeant of the Air Force (CMSAF Kaleth Wright). They were briefed by our CEO, MG (Ret.) Rippe, and had a tour of our facilities and grounds. They were both very pleased to visit the Home and speak to residents. We were also visited by the spouse of the Korean Navy Chief of Naval Operations who spent time meeting Korean War veterans.

Many of our residents enjoyed the first installment of a play written and solely acted by resident Joseph Nesnow. He will hold performances for three more parts of the story in the coming weeks. We also had other events to include a National Park Service lecture and an Eastern Show and Food Tasting.

The highlight of the month for our women residents was the annual Ladies Tea that is co-sponsored by the agency and the Lincoln Cottage. We also had a great birthday meal to treat those with March birthdays. Our dining staff outdid themselves with the cakes this month.

During the monthly town hall, I briefed the new fee structure that goes through 2023 and also went over the approved fees for couples. Public Affairs Officer Chris Kelly briefed what his team has been doing to market the Home. They have been getting positive responses to the new advertising venues.

We are in the process of setting up interviews for our ombudsman, and a few other key positions. I also hosted two employee all-hands meetings to update our hard working staff on the development planning, fee structures, budgeting and other topics of interest. They also did a brainstorming exercise giving valuable ideas of how to improve communication among various groups. Going forward, we will use that input to make improvements.

As I close this month, I remain honored to lead the Washington Home and the distinguished veterans who live here.

Susan Bryhan

Irish Pub lunch outing

Story & Photo by Amanda Jensema, CTRS | Recreation Therapist

It was a cold, and slightly snowy day on March 8 in the D.C. metro area, but that didn't stop recreation therapy from taking residents to Fiona's Irish Pub for a scrumptious Irish lunch. Residents enjoyed a variety of traditional Irish meal choices. Some not-so-traditional options were offered too, such as chicken curry and fish & chips. The restaurant was filled with delicious scents of Irish stew, Shepard's Pie, and many other tasty items. Also served to some residents with their meal was a traditional brown bread. For dessert many ordered the bread pudding. It was a large portion so a few ended up sharing it with others, but they all agreed that everything they ordered was delectable and they can't wait to return!



Italian dining... Mangiare! Mangiare!

By Carol Mitchell, APC | Recreation Therapist

Photos by Carol Mitchell & Carolyn Haug | Public Affairs



Healthcare residents of Scott 2 & 3 gathered at a Resident Support Group Meeting and decided they would like to have a theme luncheon. The consensus was a resounding "Let's do Italian!" Residents then decided on the menu which included: red wine, fresh garlic butter bread, cheese ravioli, Caesar salad, minestrone and Italian wedding soup, spaghetti & meatballs, and Italian ice for dessert. Residents set the date for February 15 and enjoyed a week of Italian history, trivia, and cooking leading up to the luncheon. Making homemade meatballs for the spaghetti the day before the event was a fun-filled task for residents to participate in and they were delicious. Of course, the resident cooks had to sample the meatballs and they were according to all...delicious!

Special thanks to Father Carlos who blessed the meal the day of the event and then sang an Italian favorite rendition of the song "Volare". Bon Appetit!



Army LPN trainees volunteer at AFRH-W

Story & Photo by Robert W. Mitchell | Volunteer Coordinator

A large group of military students attending the Practical Nurse Course at Walter Reed National Military Medical Center (WRNMMC) stepped away from the classroom recently to meet and greet military veterans at the Armed Forces Retirement Home in Washington, D.C.

The students, about 50 active duty U.S. Army soldiers, greeted residents in and around the community center and took part in a walking tour around the campus before visiting with health care residents in their living quarters.

Some students volunteered their time by helping staff clear out and organize storage closets while others used their talents to help produce unique, home grown volunteer coins made from local branches collected on campus and stamped with the agency logo.

Recurring visits to AFRH-W by students training to be licensed practical nurses (MOS 68C) at WRNMMC is part of the school's community outreach and engagement activity.

In all, the students, residents and staff benefited from the visit and look forward to the next visit by other students from Walter Reed's PNC class.



Notes from the AFRH-W Resident Advisory Committee Chairman

Spreading the good news about AFRH

Community outreach was the order of the day as RAC leadership traveled throughout the National Capital region sharing the news about the Armed Forces Retirement Home a.k.a. the Soldiers' Home.

First, we ventured out to a veterans community center in Clinton, Maryland, where we spoke to about 18 male military veterans and four married couples. The majority of the

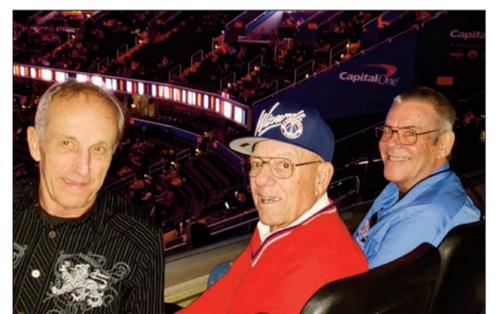
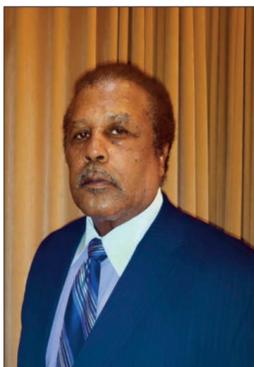
veterans in attendance participated in the Korean War.

Next, we stopped by the Metropolitan Police Department headquarters in Ward 4, a local community with the District of Columbia. There we met Mayor Muriel Bowser and had a great "meet and greet" with her staff and other citizens from the city.

Later, we went to the University of the District of Columbia to hear Mayor Bowser speak about her vision to build a second VA hospital within the vicinity of the Armed Forces Retirement Home.

Our final stop on the District of Columbia outreach tour was Capital One Arena. We were honored to see the Washington Wizards play the Denver Nuggets in the D.C. mayor's personal suite. Thanks to Mr. Jamal Lampkin from the VA for the invite. This month's outreach activity gave us the opportunity to connect with citizens, business leaders and politicians throughout the Nation's Capital. RAC members who accompanied me were Dave Kaetzel, Frank Lawrence and Esker McConnell.

Billy Ray White



From the AFRH-G Administrator



March has been a fun-filled month at AFRH-G. We kicked off the end of February with our annual Mardi Gras parade on February 28. The parade rolled through the halls of AFRH-G and then down the Boardwalk and into the Community Center for the coronation of the King and Queen. Jack Oyster was crowned King of Mardi Gras and Bettylu Dennis was crowned the Queen. The grand marshal was our youngest resident Patricia "Peppermint Patty" Kirschner. The participation from the employees and the residents was the most elaborate it's ever been. Residents started the parade off with Mardi Gras music and a second-line (a New Orleans tradition). Everyone was dressed in the colors of Mardi Gras: purple, green and gold. Past kings and queens were in the parade along with employees walking in the parade and some who made floats to ride in. Residents lined the hallways and caught plenty of beads and other trinkets. Once everyone was settled in the community center I proudly announced and crowned King Jack Oyster and Queen Bettylu Dennis. On Friday, March 1 the Mardi Gras ball was held in the community center where residents danced and celebrated into the night with the Silver City Band. We finished off the Mardi Gras season with a King Cake and Coffee Social on Fat Tuesday, March 5. And, we couldn't stop there. On March 15 we held our first St. Patrick's Day Parade and Social. This was led by resident Dan Ellis. Thank you to all the military and community volunteers who supported all these events. We could not have done it without you.

I would like to wish AFRH-G resident and WWII veteran Ms. Marion Ritchie a very Happy 102nd Birthday. She turned 102 on March 6. Ms. Ritchie's family came in from California and the media also showed up to celebrate this milestone with her in Fiddler's Green.

Thank you to our Volunteer Coordinator Melodie Menke for coordinating ceremonies to honor our pet therapy volunteers, resident volunteers, community volunteers and military volunteers. The ceremonies were absolutely fantastic.

We are very excited to now have an extra hour of daylight on the Mississippi Gulf Coast due to daylight saving time. Things are already starting to bloom and look like spring around here.

March was also national Women's History Month. In honor of Women's History Month I would like to thank all of our amazing women veterans for the sacrifices they have made for us. Thank you for your service to our country! To our women veterans - you have served us, now we are here to serve you at AFRH. I also want to recognize all the civilian women in the workforce at AFRH-G for all you do for our veterans day-in and day-out. To all the women at AFRH, veterans and civilians, thank you for all you have given to our society. Thank you for being here and for all you do for our veterans.

"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so we may fear less." - Marie Curie

Jeff Eads



Happy 102nd Birthday Ms. Ritchie!



Thank you to our Volunteer Coordinator Melodie Menke.

USS Alabama – "Living History Drills" bus trip

Story & Photos by Jack Horsley | Resident

Residents boarded a bus and headed east on I-10 to Mobile, Alabama on February 23, 2019 to go see the Battleship Memorial Park. As we approached the huge battleship, which was surrounded in fog so thick it was a blurred image, we were so excited to get on board and start exploring. The Alabama (BB-60) was nick-named the "Mighty A" is the major attraction for Battleship Memorial Park. It also includes a submarine – USS Drum, and 30 aircraft. The Medal of Honor Aircraft Pavilion has memorials for Vietnam and Korean veterans.

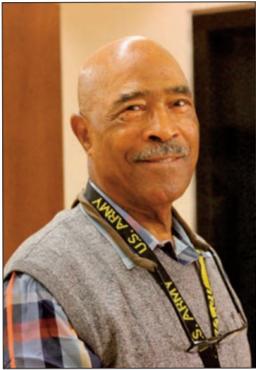
The battleship has three color-coded tour routes that are numbered at important stops that cover below decks to the main and upper decks.

Volunteers are there to explain every aspect of this large ship that was home to over 2,000 men who learned to coexist in less than ideal conditions.

All the displays at the USS Alabama in Mobile were impressive. Check your monthly calendar for more awesome trips in April. Don't forget to sign up outside the bowling alley.



Notes from the AFRH-G Resident Advisory Committee Chairman



Spring is in the air. I'm sure many of you have taken the opportunity to get out and about as we cycle toward beautiful warm days. Time has sprang forward, trees have begun to sprout leaves and the grass is turning green. Birds are nesting and people have begun walking on the beach. Spring is truly a wonderful time to remember "the way we were" and hope to be again.

We began the month of March at a very fast pace. Our Home version of the Mardi Gras parade was held on the last day of February. The parade route was along Route 66, inside the building, and ended in the Community Center. The coronation of King John "Jack" Oyster and Queen Bettylu Dennis, both WWII veterans, was performed by our Administrator Jeff Eads.

The King and Queen then presided over the Mardi Gras Social. A second parade for St. Patrick's Day was held on the March 15. The idea for this parade was the brainchild of resident Dan Ellis. Ms. Beth Cox was the Colleen and yours truly was the grand marshal. The parade terminated with a social in the Community Center and entertainment was provided by Irish dancers from the Macrossann School of Irish Dance. The success of this event is a clear indication that we will do it again next year.

This month was also Volunteer Month. So, I want to give "a big shout out" to all the volunteers we had throughout the month. All branches of services participated and they did everything from helping new

residents move in to decorating wheel chairs and floats for the parades. Life here in the Home is much more enjoyable because of the interest and care shown by these young service people.

On March 12 we held the first RAC meeting since the election. The vacancies for floor representatives were filled. The major focus of the meeting was "brainstorming." Brainstorming is the vehicle we are using to encourage residents' participation in generating ideas and concerns of the "quality of life" here in the Home. We are developing a list of initiatives, reinforced with a positive attitude, when engaged will cause a great shift in the way we think and live here in the Home. Take a moment and give us some of your thoughts.

Arthur "Art" W. Jones



AFRH-Washington

Chocolate Lover's Social & Dance

Story & Photos by Carol Mitchell | Recreation Therapy

Chocolate candy, chocolate cake, chocolate cupcakes, chocolate chip cookies, and to top it off, a chocolate fountain for chocolate covered strawberries and pineapples! The Recreation Therapy Chocolate Lover's Social and Dance is a favorite annual event at AFRH-W! The residents were greeted at the door by the lovely ladies of the Daughters of The American Revolution (DAR) with chocolate treats and also hosted a delicious DAR dessert bar. The ladies of DAR came ready to shake a leg and dance the night away, mixing and mingling with 60-plus residents. Great music was provided by resident DJ Dr. Love (aka Billy White). Food Services provided tasty finger sandwiches, fresh fruit, and cheese and crackers... it's hard to believe that some people don't like chocolate! To top off the refreshments the NAM Knights Capitol Chapter sponsored an open bar known for the night as "Love Potion Central" and was bartended by resident Sheldon Shorthouse. Also, joining in and lending a helping hand were student volunteers from the Catholic University of America; active-duty military personnel volunteers from Joint Base Andrews; and, volunteers from the Friends of The Soldiers Home. It was a great night for all!



RT National Nutrition Month

By Carol Mitchell | Recreation Therapy

Photos by Robert Mitchell | Volunteer Coordinator

On Wednesday, March 6, Recreation Therapy hosted a kick-off to National Nutrition Month Booth with a booth in the Scott Community Center area. Our AFRH-W dietitians Teresa Hui and Leslie Boggus provided numerous informational handouts for all to include: Healthy Snacks Pocket Pals, Healthy Eating After 50, Preventing Dehydration, Aim for a Healthy Weight, Diabetes and You, Cholesterol-Your Plan for a Healthy Heart, and so much more! A short video screening of the informational documentary "Healthy Aging with Nutrition" was set up for residents and employees to take a moment and gain some insight on their eating habits. The favorite table at the booth was the healthy tidbits table which included sample tastings of fresh veggies, protein bars, strawberry & banana smoothies, and fruit & veggie smoothies. Many residents and employees expressed their surprise at how good a blended cucumber, spinach, strawberry, banana, and yogurt smoothie could be! Eating healthy at home and on the go can enable us all to live a healthy and long life.



Encore for Joe Nesnow

By Christine Baldwin | Librarian

Photo by Jack Beck | Resident

On alternating Tuesdays, starting the end of February, resident Joe Nesnow performed his four part play, "Clarence Darrow: In Defense of the Damned." Lasting approximately 40 minutes for each part, the audience was told the story of this famous attorney. Joe highlighted some of the challenging cases such as the Haymarket Riot, the L.A. Times Bombing, Leopold & Loeb, and the Scopes Trial. Many in the audience did not recognize Joe, due to his theatrical makeup and his "actors' demeanor." After his performance, many stayed to talk with Joe to ask questions and give their impressions of his shows. A special thanks to Linda Bailey, Jack Beck and Steven Briefs to help make this happen.



Spring gardening gets an early start

Story & Photos by Carol Mitchell, APC | Recreation Therapist

Tomatoes, herbs, flowers, corn, squash, onions, and more tomatoes! The residents of Scott 2 and Scott 3 got underway with some indoor planting. Hopefully, the weather will cooperate and we can transfer the plants to the terrace garden beds in the early springtime. Once the "Resident Garden Crew" gets started outside they'll be watering, weeding, and enjoying what is sure to be a beautiful sight of fresh-growing vegetables and flowers.



AFRH-Gulfport

Three residents submit art into the 2019 National Competition

By Milton Williams | Art Specialist

Photos by Becki L. Zschiedrich | Public Affairs

AFRH-G has three residents who are entering their works of art in the National Veterans Creative Arts Competition for 2019. Douglas Carroll is entering a black and white photograph, Kenneth "Woody" Hilliker an assemblage, an acrylic painting and a mixed media painting and Wolf Kiessling is entering a piece in woodworking, sculpture and transfer/engraving art kit. We will hear back in April if any of their art work was selected for 1st, 2nd or 3rd for the national art show.

As for our residents, we already picked y'all as first place. We look forward to see what you'll be entering next year, so keep the art adventure going.



National Pistachio Day! Let's eat!

Story & Photo by | Jen Biernacki Recreation Therapy Assistant



On February 26, 2019, the healthcare residents enjoyed National Pistachio Day by tasting Pistachio ice cream, cajun flavored, plain shelled, honey roasted and salted. With a very unique green color, pistachio ice cream was by far the favorite. Pistachios are known for their nutrition list of health benefits for eyes, cholesterol levels and blood sugar...just to name a few. But no one during the social was thinking or chatting about the health benefits of pistachios... they were just enjoying the flavors.

The making of a - memory - wire bracelet

Story & Photos by Milton Williams | Art Specialist

Sharon Price showed several of our residents how to make a "Memory Wire Bracelet" in March. This is her second class and she had repeat students and some first timers. It may have been the treasure hunt for just the right colored bead or experimenting with the pattern of how the beads looked next to each other, but all had fun. Memory wire is a thin flexible wire, coiled-shaped that you can put around your wrist. You loop one end, start stringing one bead at a time on it and when filled up, loop the other end of wire so all the beads stay on wire. Clifford "Smitty" Smith, Ben Ward, Tom Keith and Dr. Silvia each made a colorful bracelet.

Folks, this is a very quick and easy project and some of the residents are gearing up to make more to give as gifts. Thank you Sharon for this class and offering to hold more jewelry crafting classes in the future. Please remember to sign up for the next class and have fun making something precious.



Gulfport residents attend Seabee Ball

Story & Photos by Tony Langdon | AFRH-G Resident

AFRH-G residents and guests attended the 77th Annual Seabee Ball at the IP Casino on March 2, 2019 in Biloxi, Mississippi. AFRH-G resident Charlie Jenkins was the oldest Navy attendee, who cut the Seabee birthday cake along with the youngest Seabee.

Charlie, along with the youngest Seabee, was presented a wooden clock created by AFRH-G resident and woodworking genius Sawdust Man P.J. Johnson.



Cribbage Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist



On Thursday March 7, 2019 residents competed in a Cribbage Tournament in the 2nd floor Club Room. Fredi Van Pelt kept an eye on Ray Eckert for that trick card shuffling. Dave Roth and Frank Baker made sure their counting came out right.

Woody Hilliker and Bob Brodeur studied each other to win the game. Wolf Kiessling helped John Fritscher and Jerry Anderson.

There could only be four winners for that day. Woody Hilliker took 1st place, John Fritscher took 2nd place, Bob Brodeur took 3rd place and Carol Harnes took 4th place.

Hook and Ring Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On Thursday March 7, 2019 residents competed in the Hook and Ring Tournament in the Bocce Center. The object of the tournament was to throw the six rings and hook them on the hooks for points.

Whoever had the most points at the end advanced in the double elimination bracket. All the residents were seen concentrating for all the points that they could get in their throw.

There could only be four winners that day. Ernie Fowler took 1st place, Wayland Webb took 2nd place, Fred Schultz took 3rd place and Frank Baker took 4th place.



Mystery Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On Friday February 22, 2019 Recreation held its Mystery Tournament. There were 14 residents who participated. The Mystery was Dodge Ball Basket. Residents were given instructions on how to play. The way to win was to get the dodge ball into the basket to get the points and to advance through the double elimination bracket.

There could only be four winners for this Mystery Tournament. First place was Wolf Kiessling, second place was Earl Gassery, third place was Frank Baker and fourth place was Ernie Fowler.



Indoor Shuffleboard Tournament

By Dennis Crabtree | Recreation Specialist

On March 4, 2019, residents competed in the Indoor Shuffleboard (Horse Collar) Tournament in the Bocce Center. DC Breland looked for that perfect slide to get his points. Ernie Fowler hoped DC Breland didn't get any more points. The rest of the players watched DC Breland's technique on scoring points.

There could only be four winners that day. Fredi Van Pelt took 1st place, Woody Hilliker took 2nd place, DC Breland took 3rd place and Ernie Fowler took 4th place.



WASHINGTON

St. Patrick's Day Social

By Amanda Jensema, CTRS | Recreation Therapist
Photos by Carolyn Haug | Public Affairs



Residents and staff at the Washington campus celebrated St. Patrick's Day a couple days early on Friday, March 15. Food and drinks were plentiful throughout the social. Residents were offered alcoholic beverages, including whiskey sours and Irish coffee, as well as non-alcoholic drinks which included green punch, assorted sodas and water. The coffee and whiskey were a hit among the residents. To go with their drinks we had key lime cheesecake cupcakes and fruit salad.

Once all residents were served, we began giving toasts. Staff and residents all joined in on the fun. Jokes were also shared during this fun event, as well as Irish trivia, but the best part was the music. What is a St. Patrick's Day party without music and a sing-a-long? Residents and staffed joined in as we sang songs such as "Too Rah Loo Ra Loo Rah," and "Danny Boy." All who attended had a great time and left with smiles on their faces.



GULFPORT

St. Paddy's Day Parade at AFRH-G

Story & Photos by Melodie Menke | Volunteer Coordinator

The first St Paddy's Day Parade was organized by AFRH-G resident Dan Ellis, better known as "Dan the Man from Pass Christian!" Dan had the vision and coordinated with residents to make all the fun happen.

Community volunteers Beth Cox was the honorary "Colleen" lass and Edward Farrell was "St. Patrick" who reenacted the role of driving the snakes out of Ireland.

Resident Advisory Chairman Art Jones was the grand marshal. Dan the Man had his resident leprechaun crew who told jokes and sang songs. It was a fun green parade - can't wait to see what Dan and his crew do next year!

