AFRH-WASHINGTON

Memorial Day 2016 at AFRH-W

Photos and story by Rebecca Newton, Public Affairs

Armed Forces Retirement Home, in coordination with President Lincoln’s Cottage, celebrated Memorial Day at the United States Soldiers’ and Airmen’s Home National Cemetery. Ron Kartz, Chief of Resident Services served as the Master of Ceremony for the event.

The U.S. Army Military District of Washington’s Old Guard performed a Presentation of the Colors. Honorees and special guests walked through a Patriot Guard Flag Line comprised of Virginia Patriot Guard volunteers. Chaplain John Goodloe led the audience in prayer and singing of the National Anthem.

Callie Hawkins, Associate Director for Programs at President Lincoln’s Cottage, shared a memorial account of President Lincoln walking the USSAH grounds during the time of war. Rodenick Gainer, Chief Curator Arlington National Cemetery followed with the staggering number of lives lost.

Rodney Ross, Representative of Illinois State Society read General John A. Logan’s General Order No. 11, in which he proclaims, “Let us, then, at the time appointed, gather around their sacred remains and garland the passionless mounds above them with choicest flowers of springtime; let us raise above them the dear old flag they saved from dishonor; let us in this solemn presence renew our pledges to aid and assist those whom they have left among us as sacred charges upon the Nation’s gratitude,—the soldier’s and sailor’s widow and orphan.”

The Wreath Laying at General Logan’s Mausoleum was carried out by AFRH-W Resident Ed Davis, Ralph Mayville, veteran of the Devil’s Brigade and members of the Canadian Army’s 1st Cav. Veterans.

The ceremony concluded with guided tours of the cemetery, courtesy of Michelle Martz, Coordinator for Programs at President Lincoln’s Cottage and Curtis Harris, Marketing and Membership Coordinator for PLC.

AFRH-GULFPORT

AFRH-G pool party

By Sean Campbell, Lead Recreation Therapist

Photos by Sean Campbell & Ray Ross

Gulfport residents enjoyed music, food, & fun at the annual AFRH-G Pool Party. For the first hour, residents and guests feasted on delicious Sliders, Hot Dogs, & Ribs while relaxing by the pool listening to great music. Several guests even slipped into the pool for a nice swim to help celebrate kicking off the summer at the pool party.

As the sun began to set, the party was kicked up a notch by a Gulf Coast Band, “The Vital Signs”. Despite the ironic name for a band playing at a retirement home, the band’s fun and reminiscent music kept toes tapping and the dance floor full. The happy crowd at this year’s party was recognized as the biggest one yet, and the beautiful weather, great music, and delicious food are all to blame.

Recreation Services sponsored the event with fantastic support from Fiddler’ Green and Dining Services. Fiddler’s Green provided a wet bar and the local Navy Seabees assisted with serving food. The AFRH pool is open 7 days a week from 0600-2200 but is closed for cleaning and maintenance on Monday, Wednesday, Fridays from 0600—0900.
Leonard A. Priol, the fourth child of seven siblings, was born in 1933 on a dairy farm located on the outskirts of the state of New York. He and his family were responsible for milking 60 head of cattle, twice a day. Leonard attended elementary school in a one room school house until he went on to high school in Springville, NY. During high school, he played the trumpet and bass for the school marching band. After graduating, Leonard began working for Bethlehem Steel Corp. Once the steel workers began taking of, he decided to join the Air Force. He was sent to basic training at Sampson Air Force Base in NY. After basic, he attended auto mechanics school in Cheyenne, WY. However, he would never use this training while in the Air Force. Instead, he was trained as a communication operator (a.k.a. fry cook). During the eight-week course, he and his fellow classmates lived in Milwaukee, WI in a WWII penitentiary. They used the former office spaces as bedrooms. Once he completed his training, Leonard was sent to French Morocco and assigned to a six-man radio communications site to work as the generator maintenance operator. Leonard’s next duty station was in California at Castle Air Force Base. Here, he was assigned to the flight line for ground equipment maintenance. This is where he went through many different types of training like hydraulics, ground heaters, aircraft engines, and jet engines. While in California he met a “sweet young lady” named Andy Jane. The couple got married and left the West Coast when he got transferred to Westover Air Force Base in Massachusetts to work in standby generator maintenance.

In 1960, he was deployed to Johnson Air Force Base in Japan. He was assigned to the 1st MOB (mobile communications unit) where he worked in generator maintenance. Then, for the next few years, Leonard was sent to Vietnam, Thailand, and then reassigned to the Philippines as part of the expeditionary forces to set up mobile communications. While in the Philippines, his first child, a daughter, was born. The young family got transferred back to California where they only stayed for 11 months. His duty at Travis Air Force Base was cut short as he had been diagnosed with cancer, because he was in the top 1% in his career field, to work at Andrews Air Force Base in Washington, DC. The move was hectic as his wife was expecting their second child, a son. Once at Andrews, Leonard was assigned to Presidential Wing 69th Special Missions where he worked with Air Force One and other aircraft for the President. He stayed at Andrews for ten years working for Presidents Kennedy, Johnson, and Nixon. In the meantime, his second child, a daughter, was born. In 1973, Leonard finally retired from the Air Force.

Upon retirement, Leonard decided to attend preacher school in Texas. He became a part-time preacher for the next 20 years while working full time in Lubbock, TX as a school maintenance supervisor. He decided to retire from the school and his preaching career and went to Alaska. Here, he began another career working for the state parks. Leonard and Andy Jane decided to sell their home to live in an RV as he continued working for the national forest. Sadly, he lost his wife after the couple had been married for 55 years. Over the years, the couple’s children have provided them with four grandchildren, five great-grandsons and one great-grand-daughter.

After 15 years with the state parks, Leonard decided to move to AFRH-G. His selling point for moving to the home was that the rooms are bigger than his RV and he wanted to enjoy the camaraderie.

He still enjoys travelling and will spend most of his summer visiting family for birthdays, reunions, and holidays. Living in the home, he spends much of his time as a volunteer. He is always happy to help. His sweet demeanor is one you cannot miss!
Message from the Chief Operating Officer

Hello! It is an honor to write my first article as Chief Operating Officer! I am humbled and honored to have been selected for the position. A little about myself:

Prior to being selected to join the Armed Forces Retirement Homes I served the citizens of the State of Michigan for over 20 years in multiple capacities, with the last 7 years being as a Regional Healthcare Administrator for the Michigan Department of Corrections. During my tenure as a Regional Healthcare Administrator I was responsible for providing direct oversight for the provision of comprehensive healthcare services to over 20,000 inmates located within 3 prisons spread across the lower half of Michigan.

I also served as the Trauma Coordinator for the State of Michigan, where I led the effort to create and implement the first statewide all-inclusive trauma system for Michigan. I developed and established the administrative rules to regulate the provision of trauma care for 158 hospitals, over 700 Life Support Agencies, and 65 Medical Control Authorities.

I was employed as a member of a Provisional Reconstruction Team for the U.S. State Department in Iraq in 2007/2008. I was appointed as a senior advisor leading the Essential Services/Infrastructure team, in this capacity I was responsible for the oversight of an Essential Services/Infrastructure team on a Forward Operating Base in Baqubah, Iraq. I served 9 years as a combat medic in the Michigan Army National Guard as a member of the 107th Engineering Battalion.

I officially became COO, 18 April, and have tried to get out and about and meet Residents and staff, so I may have already met many of you. Strange one of the questions I’ve been repeatedly asked is “how long do I intend to be here?” My continued response is as long as you’ll have me! I intend to be here for at least 20 years!

From recent Town Halls and All Hands, I’ve gotten several other questions, let me try to answer some (questions summarized and in bold):

Why is there a difference in the services at AFRH-G and AFRH-W? Answer: We strive to provide similar services at each Campus, we have identified Massage Therapy as an area lacking synchronization. Jeff Eads, AFRH-G Administrator, is working with the AFRH-W staff to provide similar services in Gulfport.

“There are issues with the Resident Fund directive. Why has it not been revised and is pending coordination between our General Counsel and the Unions.”

“There is discrimination in the parking at AFRH-G. Why do we have so many spots reserved for hybrid vehicles?” Answer: To be in compliance with the Americans with Disabilities Act and Leadership in Energy and Environmental Design (LEED), parking has to be nearest to the entryways. Handicap comes first by law, and the LEED comes next per the standards we are required to meet in Executive Order 13693. This is an initiative for people to purchase and drive fuel efficient cars. Not discriminatory, simply being compliant.

‘What’s going on with the Trust Fund?’ Answer: Trust Fund solvency is an issue and we continue to work with our DoD leadership for a way-ahead. I can tell you from recent meetings at the Pentagon, we are all on the same page in our desire and commitment to ensuring AFRH continues to serve our Veterans for years to come.

I will be getting out and about in both D.C. and Gulfport. I hope to meet as many Residents and staff members as possible. Again, I am honored to be here.

Dr. Timothy Kangas

Resident generates spectacular art from woodturning

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

Eighty old Vietnam veteran Bill Kyzer has been working with wood since he was fourteen years old. His love of wood started in the top loft of his grandparents’ log house where his uncle did fine finish work in Scobey, Mississippi. The first item he made was a telephone stand with a chair carved out of red cedar. “I loved the work enough to pursue it 67 years ago”, he said.

While he was in high school he asked his grandmother if he could cut down a walnut tree on her property because he wanted to make a round single pedestal dining room table for his mom. He used cross cut saws to cut the tree down, then sent the logs to the saw mill where they made lumber.

At 21 Bill joined the United States Air Force and finished tech school at Keesler Air Force Base in 1957. He served two tours in the Vietnam War, each lasting a year. When asked about his time in Vietnam his response was, “It kind of left you wondering.” After the war he worked as an instructor teaching international Morse code at Goodfellow Air Force Base in Angelo, Texas.

After Bill retired from the Air Force on August 31, 1976 he worked for Sears, and later started working for a picture framing company. Next, he was in charge of the Housing Maintenance Department at the University of Southwestern Louisiana (USL) in Lafayette, Louisiana. He retired from USL after 10 years. Bill has a daughter, who still lives in Lafayette, Louisiana.

Bill mainly does woodturning now. The origin of woodturning dates to around 1300 BC when the Egyptians first developed a two-person lathe. A lathe is a machine for working wood or metal, in which the piece being worked is held and rotated while a cutting tool is applied to it. Woodturning is a form of woodworking that is used to create wooden objects on a lathe. It differs from most other forms of woodworking because the wood is moving while a stationary tool is used to cut and shape it. Many sophisticated shapes and designs can be made by turning wood. Bill has turned over 500 bowls, has given at least 250 bowls away as presents, and has also sold some.

One of the reasons turning has become a popular hobby is the end result of a high quality and elaborate piece of art. Mr. Kyzer will work on one bowl for over ten hours. When asked what he liked about creating art out of wood Bill replied, “I enjoy woodturning because it gives me freedom of choice to express myself in wood. I find the lathe is the most versatile machine.”

Bill moved into AFRH-Gulfport on July 15, 2015. Most days you can find Mr. Kyzer in the wood shop at AFRH-G where he is dedicated to the art of creating artistic forms in wood turned bowls. You can also view some of his magnificent pieces in the Art Display Room. Bill was asked what he thought about the AFRH and he said, “I love it, that’s the only way I can describe it. It is everything that I had hoped to find. Having a wood shop is an added bonus to living at AFRH-G.”

Mr. Kyzer creates a bowl on the lathe in the Wood Shop.

Mr. Kyzer engravens on the bottom of all his designs.

This vase was made out of Hackberry with accents.

One of Mr. Kyzer’s favorites since 2009! Answer: is made out of Live Oak Burl.

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I will be getting out and about in both D.C. and Gulfport. I hope to meet as many Residents and staff members as possible. Again, I am honored to be here.

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Gulfport Administrator Jeff Eads, COO Dr. Timothy Kangas and Executive Officer Chuck Hollings.
From the AFRH-W Administrator

Dear AFRH-W Residents, employees, and friends:

Last month I wrote about the weather during the month of April only to be dismayed by May records for cold and rain. As we put May 2016 in our rearview mirror, I would like to take this opportunity to catalog a few of our important events here at the Home.

We welcomed our new Chief Operating Officer, Dr. Timothy Kangas PhD, during a COO Town Hall the first week in May. It was a nice chance for the Residents and staff to hear from our new leader. The feedback received from the Town Hall was very positive and I am personally looking forward to learning more.

That same week we hosted a team from the United States Senate Committee on Homeland Security and Governmental Affairs. We provided a briefing and tour to the committee members who were present. They also stuck around to enjoy lunch with the Residents in our dining hall.

On May 10th and 11th, a volunteer crew from the Coast Guard did yeoman’s work beautifying our fishing pond recreation area. My sincere compliments and best wishes go out to all.

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AFRH-W celebrates National Recognition Day for Nurses

By Jennifer M. Smith RN BSN, Director of Nursing

Photo by Charles Hollings, Executive Officer

Clara Barton, a nurse who founded the American Red Cross in 1904, famously stated, “I may again in the fall with another grade being added to the school. A special thanks to Creative Minds International Charter School staff Robyne Davis, Aura Matias and Emily Ramirez.

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

Lyrics of an old song stated, “Who’ll Stop the Rain.” It’s been close to 20 days, give or take and still the sun is not making an appearance. The residents of AFRH-W are getting “cabin fever” and want the sun to reappear so they can enjoy what is left of spring.

Dr. Kangas, our new COO, held his first Town Hall meeting. He was welcomed and very well received by the residents. We look forward to having a good understanding and working relationship with him on all matters that concern both the residents and the AFRH-W.

It’s budget time.” We will be looking at every possible detail very closely. We need to manage expenditures of our funds more wisely. Our Resident Fund needs money and we have to find ways to raise it. Difficult choices will have to be made “across the board,” yet remembering to keep the needs of our residents first and foremost in mind.

The Spring Fling was a huge success even though the rain dampened some of the scheduled activities. Many of our residents participated in this event and fun was had by all. In the future, many activities are scheduled. They include making the famous softball games between the residents and staff. Look forward to these games beginning in the month of June (if the rain decides to go away) and be sure to come out and support your favorite team.

The bowling alley is still open between 1:00 and 4:00 pm. “Shoot Outs” are still being held on Tuesdays between 1:30 PM and theGEICO Tournament will be coming soon, so contact Roberta for details. The Art Show at the Lincoln Cottage and the adjoining Gazebo is presently being held. On Memorial Day we will hold a cook-out on our campus. There is something planned for everyone to participate in.

Stuart Krat, Jim Kist, Dr. Linda Hardy and David Pauling ventured to Andrews Air Force Base to speak to young Airmen. They were very well received and the audience enjoyed their speeches about their careers. Another event such as this is planned for the future. These residents proudly represented AFRH-W.

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History Events

-1607: 1st permanent settlement. It was located in Jamestown, Virginia.
-1796: The Smallpox vaccine was developed by Dr. Jenner.
-1837: The Golden Gate Bridge opened.
-1937: The Golden Gate Bridge opened.
-1992: The 27th Amendment was ratified which prohibited Congress from giving itself pay raises.

Marvin Archer

Marvin stands with Ralph Mayville, veteran of the Devil’s Brigade and fellow Resident Ed Davis, a Pearl Harbor survivor.
Greetings,

May is always a special month because we have a very special day to remember, show respect, and honor the brave men and women who DIED while in service to our country. They paid the ultimate sacrifice and are missed by their spouses, children, parents, extended family, friends, and their comrades every day of the year. Memorial Day encourages other Americans to reflect on their sacrifices.

May has also been a special month for me. I was able to attend the rededication of the bench located along the walking path on the east side of the campus for Doris Jones on May 12th. Doris dedicated this to all personnel, past, present, and future, of the burn unit at Brooke Army Medical Center, Fort Sam Houston in San Antonio, Texas, who care for our critically burned warriors.

Our nursing department also celebrated Nurses week by having different themed days and many participated by wearing an outfit for the theme of the day. I was highly impressed by Deborah Joiner wearing clothes and a wig for “Back to the Future” day. If you look closely you can find the picture in this edition of The Communicator. Deborah is a good sport and a great Director of Nursing.

I also had the pleasure of having two Resident artists; Gerry Gorsky and Ray Eckert decorate my office this month with a few pieces of their incredible art work. Gerry and Ray also jointly worked on a painting that incorporates a section of a golf course which includes a green, numerous azaleas, and various trees. It is currently displayed in the hallway near the art studio and I am hopeful this painting will find its way to my office.

I found out during our recent Town Hall Meeting that our RAC Chairman, Henri Gibson, is leaving the Home due to personal reasons. It was good to hear Henri will re-apply to come back into the AFRH as soon as he can. Henri worked persistently in achieving this goal and worked diligently and will continue to do so throughout the summer months as we prepare for our surveys in late August and September. We look forward to the challenge as we continue to meet the standards set forth by both commissions.

If ever I had to write a more regrettable column this is it. I have been the RAC Chairman for 20 months and it has been one of the most rewarding jobs or position (ok, when I was an Army recruiter) that I ever had. But because of unforeseen circumstances that involve my Significant Other I am resigning my position as RAC Chairman and leaving the Home for a while. I will be moving to Maryland in order to help take care of her. This was not an easy decision for me because I feel that there were some things I left unfinished. I love the Home, I love the Residents, the Staff, the area, and most of all being RAC Chairman.

As RAC Chairman it was my honor to be an advocate for the Residents. Was it an easy job? No. I put in many long hours and attended many meetings. I investigated, resolved issues, and arbitrated. My main focus was always the welfare of the Residents. I hope I did a good job and I hope your next RAC Chairman will carry on with the same determination I had concerning the care and living conditions of the Residents and be able to work with the AFRH Council and Agency to keep this Home a place Residents can be proud of.

Before I go I wish to thank the Residents who support and have supported our Scholarship fund. This fund has provided a scholarship to one deserving graduating senior at Gulfport High since 1977. This year the Gulfport High School award ceremony was my privilege to bestow three scholarships (one $4,000, and two $1,000) on three deserving students. Our community has supported us so much that this scholarship fund is our way of giving back. Keep supporting it. Now, I said I would be leaving the Home for a while, and by that I mean I will be coming back. And who knows I might run again for RAC Chairman. Until then I will say “so long for now” and may the Good Lord watch over you and keep you safe. God Bless!!!

Jeff Eads

Resident Gibraltar

Resident’s artwork chosen for coastal theme

By Milton Williams, Art Specialist

Resident artists Gerry Gorsky, Ray Eckert and Barbara Folk’s, paintings of marine and coastal subject matter were recently chosen for display at the offices of the Department of Marine Resources (DMR) in Biloxi, Mississippi. Photographer, Steve White, came to the Gulfport campus and took high digital format photos of the art works so they could be printed on canvas, which is called a Fletcher print. This process can be made into art prints and prints can be made for various sizes that fit any space.

Gerry and Ray also jointly worked on a painting of Nursing.

Gerry Gorisky

Mississippi’s First Lady Deborah Bryant visits WWll Resident at AFRH-G

WWll veteran Mary Nelson left a message with the Mississippi Governor’s office for the First Lady a couple of months ago. Mary wanted to let First Lady Deborah Bryant know about the campaign she started. Mary decided when she turned 90 that she needed to make a difference with the life she has left, so she started the “Forget Me Not” campaign. Her “Forget Me Not” campaign honors females who lost their lives while serving our country. Her goal is to increase awareness of the dedicated women who have served in our military and those who will serve in the future. To promote her project she has met with Governor’s administrative staff, saw sample Forget Me Not floral arrangements and learned what it takes to get the project and her message recognized and heard. Mary Nelson is a very nice letter after her visit. When Mary was asked about the governor’s mansion in Jackson, Mississippi.

Mary said the First Lady was very helpful and wrote her a very nice letter after her visit. When Mary was asked about the First Lady of Mississippi visiting her she said, “I was very surprised. She takes a great interest in her husband being the governor and she takes an interest in the people out in the community. I felt honored that she was interested in my campaign”.

When First Lady Bryant heard about Mary’s campaign she knew right away that she had to meet her. Last week Deborah Bryant came to the AFRH-G to see Mary Nelson. The First Lady presented Mary with a Governor and First Lady coin, which said “Thank you for your service” and a hand crafted cross. Deborah threw a surprise party for Mary. She had many beautiful flower arrangements, gifts, and cards. Mary said the First Lady was very helpful and wrote her a very nice letter after her visit. When Mary was asked about the First Lady of Mississippi visiting her she said, “I was very surprised. She takes a great interest in her husband being the governor and she takes an interest in the people out in the community. I felt honored that she was interested in my campaign”.

First Lady of Mississippi Deborah Bryant knew she had to meet WWII Veteran Mary Nelson.

Residents Doris Balfour (far left) and Henri Gibson (far right) present the scholarships to the Gulfport High School students.

Henri Gibson

Henri speaks at Gulfport High before he presented the scholarships.

Jeff Eads office.

Resident artist Gerry Gorsky and Kay Eckert paint scamery of a golf course, which will eventually be displayed at Eads office.
Coast Guard pond project

By Carolyn Haug, Volunteer Services
Photos by Adam Reza, Admissions

This year marked the 12th year since the Coast Guard began an annual volunteer effort that quickly evolved into the annual Coast Guard Pond Project. On a soggy day in May, volunteers from the local CWOA, CPOA and CGEA chapters were busy mowing, planting, removing debris inside and around the ponds, painting, staining, replacing and adding posts and line. A little rain did not slow down our hard-working Coasties and their determination to have the ponds ready for use for our Residents.

The project concluded with special recognition of the volunteers who dug post holes, mowed all morning in the rain and attentively painted our wooden fish sculpture. Special recognition was also given to CW04 William “Emrie” Ernestburg, who has coordinated the Pond Project over the last four years. Emrie is retiring this July and plans to hold his retirement ceremony here on Friday, July 29th. Thank you to our Coast Guard volunteers and Emrie for your dedication to our Veterans of the Armed Forces Retirement Home!

Recreation Therapy Ladies Day Tea

By Sarah Kenan & Carol Mitchell, Recreation Therapy

On Monday, May 9th the Ladies of AFRH-W enjoyed an afternoon tea. The event was held in the Scott Defender’s Inn amid soft colors of lavender and fresh flowers. Music by famous female artists played softly in the background by our music man, Resident Ray Anderson. Upon entering, the ladies were greeted with sweet treats and a warm welcoming handshake. Residents were then seated at their tables where they could mix and mingle with each other.

To kick off the event a presentation was given on the assorted teas and then served by the Recreation staff. Resident volunteer, Sheldon Shorthouse, assisted with serving throughout the event. Also, during the program of The History of Tea, Tea etiquette, and Tea Trivia was given and demonstrated. The ladies were also given wonderful prizes for their knowledge on tea history. Special thanks to Food Services for providing a lovely assortment of finger foods to include miniature tea sandwiches. A good time was had by all the ladies. Resident Corrine Robinson came dressed in High Tea attire and we hope to follow suit next year at the Recreation Therapy Annual Ladies Day Tea!

A question about walking

By Resident George Wellman, AFRH-W Walking Club Member

How many steps are there in a mile? This is not an easy question. Everyone has a different stride. My stride is 32 inches, so it takes me approximately 2,000 steps for a mile. (To be exact, it takes me 1,980 steps for a mile) How do you calculate your stride? It is easy. First you take 20 normal walking steps and measure the distance traveled in inches. Next you divide the inches traveled by 20. This will give you the length of your stride.

We know one mile is 63,360 inches. We can now calculate how many steps it will take you to walk a mile based on your stride.

Formula for your steps in a mile:

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How many steps are there in a mile? This is not an easy question. Everyone has a different stride. My stride is 32 inches, so it takes me approximately 2,000 steps for a mile. (To be exact, it takes me 1,980 steps for a mile) How do you calculate your stride? It is easy. First you take 20 normal walking steps and measure the distance traveled in inches. Next you divide the inches traveled by 20. This will give you the length of your stride.

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MAY 31, 2016
ARMED FORCES RETIREMENT HOME

AFRH-G Activities

Resident and RN Doris Jones honored at bench dedication ceremony
By Julia Goode, Wellness Center Manager
Photos by Becki Zschiedrich, AFRH-G Public Affairs
May 12, 2016, Resident and RN Doris Jones was honored at a ceremony dedicating her bench located on the southeast corner of the AFRH campus. The American Legion was present honoring her with a certificate of recognition for her 42 years of service to that organization. Ms. Jones spoke of her experience as a nurse at Brooke Army Medical Burn Center during the Vietnam War and the history of Florence Nightingale. The event was attended by the AFRH Administrator, Nursing Staff, Residents and members of the American Legion Post 33.

Here’s looking at you, Lady Liberty
By Milton Williams, Art Specialist
Photos by Becki Zschiedrich, Public Affairs
The Art Class has completed another fine painting of “Lady Liberty”. This is the 2nd in the series and contains 16 canvas panels painted by 11 residents. It is 5’4” square and is displayed in AFRH-G front lobby entrance on the ground floor. Since this masterpiece is so large, the windows in the crown were the perfect size for photos of all the artists who worked on this amazing painting. This is truly a very unique “self-portrait”. Thank you to all the Residents who participated in this awesome project and for your great team work and adventuresome spirit in taking up this challenge.

Answer to what is it?
By Milton Williams, Art Specialist
A Pine Cone cut in half by a lawn mower and vehicles rolling over many times on the driveway.

A beautiful day to reflect with remote control boats
By Susan Bergman, MT-BC, Recreation Services
On Friday, April 29, 2016, Hobert Wood, Catherine Dailey, Maynard Howard, and Dwight Shelby enjoyed a beautiful afternoon by the outdoor reflection pond. They tested 3 remote control boats, practiced steering, and became battle ready. Before long, the boats were chasing and circling each other with near misses and attempted collisions. Several people watched from the rocking chairs at the main entrance while Independent Living Residents, Earnest Rousch and Frank Teal joined in to test out the boats, too.

Darts Tournament
By Dennis Crabtree, Recreation Specialist
On Tuesday, April 12, 2016 Residents were competing in the Darts Tournament in the Club Room. Ernie Fowler is looking for that Bull’s Eye. Johnny Fuselier is also eyeing that Bull’s Eye. Frank Baker is posing for the camera. Jerry Anderson is also looking for that Bull’s Eye. There were four players that played in the tournament but there could only be three winners for that day. Ernie Fowler took 1st place, Johnny Fuselier took 2nd place and Jerry Anderson took 3rd place.
WASHINGTON

Spring Fling 2016

By Carol Mitchell, Recreation Therapy

The rainy weather of the past two weeks finally let up for the Annual Spring Fling which was held on Saturday, May 7th. The event is hosted by the “Friends of The Home” which is a community-based volunteer organization that provides volunteers for a wide variety of Home events and programs.

This annual event is open to the Community and Residents of the Home and takes place on the AFRH-W Golf Course driving range. The event was action packed with fun-filled activities including: a live band, a George Washington University ballet team performance, a nature walk, awesome food vending trucks, and so much more! The Healthcare Residents attending enjoyed watching local kids playing, listening to the music, tasting the different foods, and the wonderful fellowship this event provided with the community.

Resident Services Chief Ron Kartz and Ombudsman Robb Webb were on hand to make sure the Residents enjoyed the event.

Ice Cream Social at AFRH-W

By Constance Maziel, Lead Recreation Specialist

On Friday May 13th, the aroma of strawberry, chocolate, and vanilla filled the air as residents, volunteers, and guests joined together in the Scott Community Center for an Ice Cream Social. White and purple décor flowed throughout the room reminding most of spring time, while caramel sauce, whip cream, nuts, and cherries topped off the delightful event. Du Bily White played’ Oldies but Goodies’ tunes as everyone enjoyed the special treat. Some stayed consumed with the delicious dessert, while others danced to the jazzy tunes! The Ice Cream was provided by the Walter Reed Brain Injury Study Group. The distinguished group of individuals introduced themselves and gave a special thank you to all the Veterans for serving this country. The group also helped serve the ice cream and enjoyed the decadent treat too! The event concluded with bright smiles and warm farewells as everyone made their way out of the joyous social occasion. A special thank you to the Walter Reed Brain Injury Study group, Jerry Carter, Sheldon Shorthouse, and all those who assisted in making the event truly sweet!!!

AHRF-G celebrate Nurse’s Week

By Dale Weems, Medical Records

When each Resident journeys through their stay at the Armed Forces Retirement Home, it becomes very evident the important roles that our Nursing Staff plays in our daily lives. When you arrive and enter the Wellness Center, you are warmly greeted by the CNA who takes you back to the exam room where your nurse will go over your medications and get you ready for your appointment, which may very well be with our wonderful Nurse Practitioner. If you have the opportunity to join the Independent Living Plus (ILP) program, your nurses come to your room to assist you with medications, or if you need help with a shower, ensuring that you live independently and safely for as long as you are able.

Traveling up to Assisted Living on C-Tower you will note the caring Nurses and Nursing Assistants providing necessary medical care, and assisting our Allegiance Hall Residents with appointments, baths, and providing a listening ear after a long day. Visiting a friend on the Memory Support unit and Loyalty Hall, you may note how the Nurses and Nursing Assistants provide a structured safe environment, assisting residents with activities they enjoy, and feeding them their favorite meals. On Valor Hall, our Nurses and Nursing Assistants may be assisting a Resident as they walk down the hall, or hugging a grieving family member whose Long Term Care loved one will soon be taking their final breaths.

Behind the scenes, our Nursing Managers are ensuring that operations flow smoothly and that the Nursing Staff is ready for whatever AFRH throws their way in the event of a medical or weather emergency. Our Performance Integrator and Nurse Educator also play a vital role in ensuring that we meet rigorous credentialing standards provided by The Joint Commission and CARF. Our Director of Nursing displays strong leadership that makes sure we all work together to serve you, Our Nation’s Heroes, with the dignity, respect, and honor that you have earned.

Nurses’ Day is celebrated in October of 1954, celebrating the 100th anniversary of Florence Nightingale’s mission to Crimea. In January of 1974, Nurses’ Day was proclaimed May 12, which was Nightingale’s birthday. Over the next few decades it evolved into an entire week, dedicated to celebrating the Nurses that make a difference in our lives. This year we celebrated Friday May 6th through Friday May 13th.

Nurses’ Week at AFRH started out on Friday, where staff donned our silly hats. On Monday we wore our favorite team gear. Tuesday we dressed for our favorite decade, and staff enjoyed a potluck with wonderful dishes, including fried chicken supplied by our Director of Nursing, and fresh fried green tomatoes cooked by Recreation’s Susan Bergman. Wednesday was tropical fiesta day, and staff members took time out of their busy days to join residents on Valor and Loyalty halls for lunch. Thursday our Nursing Staff wore the traditional “Nursing Whites”. We attended a special ceremony where AFRH’s own Doris Jones was honored by the American Legion with a bench dedication. We wrapped up the week with a recognition ceremony in the Community Center where awards were given out, and Deborah Joiner, the Director of Nursing talked about being “Just a Nurse” and pride associated with wearing her ‘Nursing Whites’.