AFRH-WASHINGTON

AFRH-W resident turns 100

Story & Photos by Carolyn Haug | Public Affairs

Happy 100th Birthday Ray Colvard! Mr. Colvard received a very special gift, which was being able to enjoy this milestone birthday with his son, David and daughter-in-law, Kelly, who flew in from California to celebrate with him. Mr. Colvard has been a Resident of AFRH-W for 25 years spending his time volunteering with Public Affairs and President Lincoln’s Cottage. He was recently featured in an article written by President Lincoln’s Cottage. To read more about Ray Colvard, check out the following link: http://www.lincolncottage.org/team-lincoln-ray-colvard/

AFRH-GULFPORT

AFRH-G resident receives President’s Lifetime Achievement Award

Photos by Becki L. Zschiedrich | Public Affairs

Congratulations to the AFRH-G Resident Advisory Committee (RAC) Chairman Phil Ford for receiving the President’s Lifetime Achievement Award. President Trump stated in his letter to Mr. Ford:

“On behalf of a grateful Nation, I thank you for your lifetime of service to your fellow Americans and those most in need. Through at least 4,000 hours of service, you have ensured the continuation of America’s unparalleled commitment to improving the lives of others. You have served as a model of the American spirit. Your many hours of service have strengthened the bonds of cooperation and trust that bring people together, while helping to address some of the greatest challenges of our time.

One of our Nation’s greatest strengths remains the compassion of our everyday citizens, who give so willingly of themselves and their lives for the benefit of others. Each generation of hardworking and kindhearted volunteers helps to write a new chapter of American greatness, and our Nation is proud for your commitment to this honorable tradition. As we reflect on your many acts of kindness and charity throughout your life, our Nation draws inspiration from those who answer the call to help their communities and our Nation. With your continued efforts to build on our Nation’s culture of service, America will proudly remain a land of freedom and opportunity for all.

Thank you for your enduring commitment to serving your community and our Nation. I trust that you will continue to work for the betterment of others and an even stronger future for the American people.”

Thank you to Phil Ford for your lifelong commitment to building a stronger nation through volunteer service at the AFRH.
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.

AFRH is a home for veterans 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, under certain circumstances, 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.

Eligibility
- 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, diseases, or disability.
- 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.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to:
AFRH, PAO/Marketing, #584
3780 N. Capital St. NW, Washington, DC 20051-0450

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

AFRH-G Veteran Highlight – Doris M. Jones
By Lori Kerns | Librarian

Doris M. Jones was born and raised in Waterboro, a small town nestled among the Finger Lakes in upstate New York. Her hometown is dedicated with beginning a new Higgins Amphibious Memorial Day. Her parents were entrepreneurs who also dabbled in the experimental farming field in collaboration with Cornell University.

In addition to raising their three children. As a child, Doris was a tomboy who loved the outdoors. After high school, she decided to follow in the footsteps of several family members by entering the medical profession. After graduating from college in English and western disciplines of riding. Although Doris rode western, she leased Sugarfoot out for English lessons and used the money to pay her stable fees.

Doris’ nursing career with the Army spanned over 20 years. She dedicated over 12 years of service on active duty and eight as a reservist. Her work took her around the U.S., including Hawaii, and overseas to Germany. She only enjoyed her retirement for two short weeks before she was offered a position as the RN aboard a cruise ship. She enjoyed her new civilian career sailing to exotic locations such as the Bahamas and Mexico. On every port of call that she was off duty, she would go snorkeling and scuba diving, a hobby she picked up while stationed in Hawaii. Her diving adventures even took her on shark feeding dives. Once the cruise ships started getting larger and handling more people, Doris decided that her ten-year run as a cruise ship nurse would end.

Retired again, she settled in the Florida Keys and worked part time as a summer camp nurse for the Girl Scouts and Boy Scouts. During her time off, she continued her lifelong love of the outdoors by canoeing, kayaking, snorkeling, and diving. She was working as a nurse for an Amish family. When she came to the Mississippi Gulf Coast on a casino junket. She toured AFRH-G while she was in the area and eventually decided to relocate to the Home.

After moving to Mississippi, the couple of months before Hurricane Katrina devastated the area. She relocated with some of the other residents to AFRH-W and enjoyed life in DC until the home in Gulfport reopened. Although she is retired, she stays extremely active in the home and out in the community. At the Home, she enjoys art classes, tournaments, poetry readings, and more. She’s an active member of the MWR Committees and the RAC. She also dedicates time to finding fun trips for the residents with limited mobility. She stays active in the community with her involvement in garden clubs and as a Boy Scout Troop Leader. Most impressively, Doris continues her quest as a Helion learner by earning CEUs (continuing education unit) to keep up her RN certification. She also attends a variety of classes offered at local colleges. Each year during Nurses Week, she is actively involved in festivities to honor and recognition of the nursing staff working at AFRH-G. Doris dedication to the field of nursing is second to none.

Her volunteer work is a shining example of selflessness.

AFRH-W Resident Highlight – Harry F. Miller
By Christine Baldwin | Librarian

Harry F. Miller was born in Ohio. He was one of three boys and three girls. His childhood was during the Great Depression, in which his mother died when he was three and his father later lost his job. In high school, she decided to follow in the footsteps of her parents. He delivered newspapers. Harry had always wanted to join the U.S. Army, ever since he had watched local WWII veterans parade in parades. He joined the Enlisted Reserve Corps when he was 15, claiming he was 18. When he applied for active duty, Harry was assigned to Ft. Knox, Kentucky for Basic Training, then to Ft. Ord, California where he joined an amphibious tank unit.

During WWII, Harry served in the 740th Tank Battalion as a tank crewman. On Oct. 29, 1944, the battalion departed Weymouth, England and arrived at Utah Beach the next evening. There were no tanks available as promised, so moving without orders, Harry’s commander, Col. Rubel, marched the group through several towns. They arrived in Neuvechâtel, Belgium on Nov. 6. After being “chewed out” for leaving Utah Beach without permission, HQ assigned the radio code word “DAREDEVIL” for the battalion. Harry remembers nightly “Bomber Banz’” passing overhead, but none hit their area. On Dec. 16, the Germans began what we call today “The Battle of the Bulge.” Harry’s battalion proceeded to Sintomont, Belgium, where tanks would be issued. But most of the personnel wereissued the “Daredevil” handling more people, Doris decided that her ten-year run as a cruise ship nurse would end.

Retired again, she settled in the Florida Keys and worked part time as a summer camp nurse for the Girl Scouts and Boy Scouts. During her time off, she continued her lifelong love of the outdoors by canoeing, kayaking, snorkeling, and diving. She was working as a nurse for an Amish family. When she came to the Mississippi Gulf Coast on a casino junket. She toured AFRH-G while she was in the area and eventually decided to relocate to the Home.

After moving to Mississippi, the couple of months before Hurricane Katrina devastated the area. She relocated with some of the other residents to AFRH-W and enjoyed life in DC until the home in Gulfport reopened. Although she is retired, she stays extremely active in the home and out in the community. At the Home, she enjoys art classes, tournaments, poetry readings, and more. She’s an active member of the MWR Committees and the RAC. She also dedicates time to finding fun trips for the residents with limited mobility. She stays active in the community with her involvement in garden clubs and as a Boy Scout Troop Leader. Most impressively, Doris continues her quest as a Helion learner by earning CEUs (continuing education unit) to keep up her RN certification. She also attends a variety of classes offered at local colleges. Each year during Nurses Week, she is actively involved in festivities to honor and recognition of the nursing staff working at AFRH-G. Doris dedication to the field of nursing is second to none.

Her volunteer work is a shining example of selflessness.

Upon devactiation of the 740th, Harry was assigned to the 39th Infantry Regiment at Bad Tölz, Germany in the Regemental Message Center. One of their orders was to scout through the Alps looking for Hitler’s former secretary, Martin Borman. Next, Harry was assigned to the police unit at HQ Troop, 2nd Constabulary Regiment at Freising, where he worked in the message center. When the Korean War broke out, Harry headed MacArthur’s alert team, which went to Korea in advance of the general whenever he entered the battlefront. He came back to the States and was with the Army Security Agency in Arlington, Virginia. Then back to Germany with the communications intercept unit. Harry didn’t have an assignment and requested to go back to Korea, but was refused because of his security clearance. He knew too much to risk capture. So after 10 years, he left the Army; went to the Air Force and asked if he could join. He entered with the same rank, technical sergeant and was assigned to Stewart AFB, New York. After serving in Alaska, back to Stewart and being assigned to U.S. Air Forces Europe, he was sent to SAC HQ at Offutt AFB, Nebraska, with which additional security clearances, Harry assisted in aircraft accident investigations of lost codes and cryptehering equipment. When the Cuban Missile Crisis began, he was put on war status, working 12 to 24 hours a day. When the Vietnam War started, Harry helped plan B-52 strikes, using special codes needed for Vietnam. Harry retired in 1966 with the rank of Senior Master Sergeant (SM/Sgt E8). After his military service, became a private investigator. Eight years later, he became an assistant director of Public Security and Safety for St. Vincent Hospital in Santa Fe, New Mexico. He also worked at the University of Texas at Arlington as a Safety Inspector, where he retired after 15 years. He came to AFRH-W in 2013. For more of Harry’s World War II experience, check out the Winter 2018 edition of ‘WWII Quarterly’ with the article titled “Assault Gun Tanker” at the library.
Message from our Chief Operating Officer

Since my arrival at AFRH, I’ve had the opportunity to meet and engage with several residents and staff. While I’ve been able to learn about several residents’ families and personal military backgrounds, most dialogues have been about the future of AFRH and the new resident fees scheduled for October 1st. At the most recent town halls on both campuses, residents shared concerns, feelings of anger, anxiety, and in a few cases, despair over an inability to pay the new fees. Many have also shared thoughts regarding which sources of income should be included when assessing their ability as well as several of the hardships imposed due to the new fees not taking into consideration existing financial obligations. We do hear you. Since my most recent town hall meeting in Gulfport, we have met with the two campus business offices and the administrators to discuss and further analyze the revenue sources we have included, and to obtain a better understanding of some of the other financial obligations and hardships residents are facing. We’ve also asked how many residents are actually reporting hardships and/or requesting relief. Although some residents have requested consideration of their special circumstances, it seems that the majority have not asked for such assistance. No resident should have to leave AFRH because they cannot afford to stay. If you have other ways to prevent you from paying the new fees, please go to the business offices and present your case; the business offices and administrators are ready and willing to work with you. This is a very challenging period at AFRH, but unfortunately, residents and our staff are feeling the brunt of the changes we are having to make to ensure we put the Home on the long-term path for stability. We hope you will objectively look at all options and that any decisions you make are truly what’s best for your security and well being.

Jim Branham

How to prevent financial exploitation

By Robert Rabinowitz, Ph.D., LCSW/C | AFRH-W Social Work Service

One of the most common types of elder abuse is financial exploitation. The incidence of financial abuse is estimated to be one out of ten adults aged 60 and above. Estimates are that up to five million older adults are abused each year with only one in fourteen cases reported to authorities. Although abuse is grouped together as financial, physical, and sexual, we focus today on financial abuse.

Financial abuse includes:

- Fraud
- Embezzlement
- Use of funds without permission
- Coerced transfer of property and assets
- Unproper use of power of attorney
- Internet and telemarketing scams

Types of financial exploitation include:

- Unexplained withdrawal of large sums of money or excessive withdrawals of small amounts
- Changes of wills, deeds, power of attorney
- Disappearance of large amounts of funds or assets
- Confusion over ownership of assets and property
- Unpaid bills and inability to afford medical care
- Sudden changes in savings or investments

Risks factors include:

- Decline of physical health
- Decline in cognitive functioning
- Loss of independence

What you can do to prevent abuse:

- Safeguard your assets. Resist all telemarketing and telephone requests for financial information.
- Call the number on the back of your credit card if you receive a text or email about fraud; do not respond to these requests.
- Execute a power of attorney for only someone you know and trust. You have other ways to prevent you from paying the new fees, please go to the business offices and present your case; the business offices and administrators are ready and willing to work with you.
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Infection prevention

Mosquito season is here

By Amanda Herald RN, SWOC | Infection Preventionist

The Trackers Train Show at AFRH-W

By The Trackers & Constance Mazel | Lead Recreation Specialist

Photos by Bill Hakkarien & Jack Beck

All aboard!!! The Trackers are back at AFRH-W for another year of spark, fun, and train show wizardry for all the residents at AFRH-W! The room was filled with residents from all levels of care, coming together this year’s train show! The Trackers received a beautiful one-of-a-kind, framed collage of stamps depicting trains from nations around the world as a gift from an Armed Forces Retirement Home resident. The collage was over 100 stamps from Ghana, Jamaica, Liberia and Luxembourg and over a dozen other nations, was given during our April show by Van Hayes, a resident at the Home who has loyally enjoyed the Tracker long trains every year of his stay here even before it was named after a young man. Every year our resident asks for something special to inspire our residents and the administrators to discuss and further analyze the revenue sources we have included, and to obtain a better understanding of some of the other financial obligations and hardships residents are facing. We’ve also asked how many residents are actually reporting hardships and/or requesting relief. Although some residents have requested consideration of their special circumstances, it seems that the majority have not asked for such assistance. No resident should have to leave AFRH because they cannot afford to stay. If you have other ways to prevent you from paying the new fees, please go to the business offices and present your case; the business offices and administrators are ready and willing to work with you. This is a very challenging period at AFRH, but unfortunately, residents and our staff are feeling the brunt of the changes we are having to make to ensure we put the Home on the long-term path for stability. We hope you will objectively look at all options and that any decisions you make are truly what’s best for your security and well being.

Jim Branham

Preventing resident falls

By Shanekia Brinkley, RN BSN, & Lena Griffin, RN, MSN | Clinical Nurse Supervisors

Falls is a leading cause in resident injuries and hospitalizations. During the months of January, February, and March, many of our residents have had a total of 48 falls with 3 moderate to severe injuries. Below are a few tips to make your surroundings and ways that you can prevent falls:

- Have provider review and monitor medications
- Proper lighting
- Monitor your surroundings for any fall hazards (nugs, spills, clutter, cluttered walkways)
- Proper and non-skill/slip footwear
- Paying special attention to “Call Don’t fall” signs

Risk Factors that place residents at a greater risk for falls:

- Individuals aged 65 and older are at increased risk for falls.
- Medical history of bone loss
- Previous falls
- Osteoporosis
- Mediation: Pain meds, blood thinners, sleep aids

Prevention Methods

- Fall prevention in use of medications and changes in dosage.
- Non-weight bearing for patients with recent fractures.
- SPECS and三角形
- Holter Monitor

Singing around the fire pit

By Linda Bailey CTR S | Recreation Specialist

Photos by Linda Bailey & Jack Beck

Singing around the fire pit on Thursday, June 21st starting at 6 PM.****
**AFRH-W residents on exhibit at the Corcoran**

By Carolyn Haug  | Public Affairs Specialist
Photos by Kaitlin Jensco

“I first encountered the Armed Forces Retirement Home in 2001 while serving in the U.S. Marine Corps. I noticed a 50-cent pay stub deduction listed as ‘AFRH’. Someone said it was for a military retirement home, and I didn’t think of it for the next 16 years. I made the connection again in 2017. As a veteran, I could find another home like this if I ever lost the residence like this.” In an answer to that question, I found a place that’s an example of caring for veterans done right.

Eric Dietrich, a student at the Corcoran School of the Arts and Design at The George Washington University, is completing his Bachelor’s in Fine Arts in Photojournalism. Since September 2017, Eric has spent a number of days visiting with our veterans, staff and attending events while working on a project that culminated into the “Fifty Cents a Paycheck” Exhibit currently on display at the Corcoran.

As a veteran and photojournalist who traveled to a city brings a passion and dedication to his work. Eric completed three combat tours from 2001 – 2005 while in the United States Marine Corps and served in the Navy Reserves and received a promotion to chief petty officer in 2015. His current billet is the Senior Enlisted Lead US Navy Reserve Expeditionary Combat Camera, Norfolk, Virginia.

Residents of the Armed Forces Retirement Home took a very special trip to the Corcoran to see his work, and many familiar faces...on display. After the exhibit wraps up at the Corcoran, Eric hopes to do an exhibit at the Armed Forces Retirement Home so those who were not able to travel to the World War I.

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

Greetings from the RAC Chairman!

This month here at AFRH-W a few of the residents took a trip to Gettysburg National Military Park and took a bus tour of the historical battlefield.

The battle of Gettysburg took place on July 1-3, 1863 and ended with the Union Army winning the battle. The Gettysburg Address delivered by President Abraham Lincoln immediately following the battle.

**The Month in History**

-June 4, 1944 - During World War II in Europe, Rome was liberated by the U.S. 5th Army, led by General Mark Clark. Rome had been defended by Manner-Garde, in turn ended with just a long ride home.

-June 4-5, 1944 - Operation Overlord took months of planning and involved 1,527,000 soldiers in 47 Allied divisions along the French coast and the Low Countries. American forces landed on two western beaches, Utah and Omaha, while British and Canadian troops landed farther east on Gold, Juno and Sword beaches. By the end of the day 150,000 Allied soldiers and their accompanying vehicles had landed with 15,000 killed and wounded.

-June 11, 1994 - After 49 years, the Soviet military occupation of East Germany ended. At that time, 15,000,000 Russians died during World War II in the Battle of Stalingrad.

-June 13, 1966 - The U.S. Supreme Court ruled (5-4) in the case of Miranda v. Arizona that the right to remain silent, the right to know that anything said can be used against the individual in court, and the right to have a defense attorney present during interrogation. American police officers now routinely read prisoners their “Miranda” (constitutional) rights before questioning.

-June 14, 1815 - At Waterloo, the 72,000 French troops, led by Napoleon, suffered a crushing military defeat from a combined Allied army of 113,000 British, Dutch, Belgian, and Prussian troops. Thus ended 23 years of warfare between France and the other powers of Europe. Napoleon was then sent into exile on the island of St. Helena off the coast of Africa. On May 5, 1821, the former-vain-glorious Emperor died alone on the tiny island, abandoned by everyone...

-Birthplace - June 12, 1924- American military hero and actor Audie Murphy (1924-1971) was born in Kingston, Texas. He was the most decorated soldier of World War II, awarded 37 medals and decorations, including the Medal of Honor for single-handedly turning back a German infantry company by climbing on a burning U.S. tank destroyer and firing its 50-cal. machine gun, killing 50 Germans. He later became an actor in western and war movies and made 45 films including The Bad Redge of Courage (1951), Destry (1954), and To Hell and Back (1955), based on his autobiography. He died May 28, 1971, in a plane crash near Roanoke, Virginia.

-June 21, 1964 - Three white civil rights workers - James Chaney, Andrew Goodman and Michael Schwerner - left Meridian, Mississippi, at 9 a.m. to investigate a church burning. They were expected back by 4 p.m. When they failed to return, a search was begun. Their murdered bodies were discovered on August 4th.

-June 22, 1941 - Starting at 3:15 a.m. some 3,240,000 Allied soldiers plodded headlong into Russia across an 1800-mile front, in a major turning point of World War II. At 7 am that morning, a proclamation from Hitler to the German people announced, "At this moment a march is taking place that, for its extent, compares with the greatest the world has ever seen...."

-June 24, 1948 - Soviet Russia began a blockade of Berlin. Two days later the Allies responded with an emergency airlift to relieve two million isolated West Berliners. During the Berlin Airlift, American and British planes flew about 278,000 flights, delivering 2.3 million tons of food, coal and medical supplies. A plane landed in Berlin every minute from eleven Allied staging areas in West Germany. The Russians lifted their blockade of Berlin on May 12, 1949, however the airlift continued until September 30th.

-June 25, 1876 - General George A. Custer, leading 250 men, attacked an encampment of 280 Sioux Indians. The conflict was called the Little Bighorn. Custer and his men were then attacked by 2000-4000 Indian braves. Only one scout and a horse survived "Custer’s Last Stand" on the Little Bighorn Battlefield. News of the humiliating defeat infatuated Americans and led to all out war. Within a year, the Sioux Indians were a broken and defeated nation.

-June 25, 1950 - The Korean War began as North Korean troops, led by Russian-built tanks, crossed the 38th parallel in an all out invasion. The United Nations sent troops to assist South Korea. Five days later, U.S. ground forces entered the conflict, which lasted until

July 27, 1953, when an armistice was signed at Panmunjom, formally dividing the country at the 38th parallel into North and South Korea.

-June 28, 1862 - During the American Civil War, the siege of the Confederate city of Vicksburg began as Admiral David Farragut succeeded in taking a fleet past the Mississippi River stronghold. The siege continued over a year.

-June 28, 1914 - Archduke Ferdinand, Crown Prince of Austria and his wife were assassinated at Sarajevo, touching off a conflict between the Austro-Hungarian government and Serbia that escalated into World War I.

-June 28, 1919 - The signing of the Treaty of Versailles formally ended World War I. According to the terms, Germany was assessed sole blame for the war, forced to give up the Ruhr and Saargebiet, turn over Lowland Belgium and other powers of Europe. Napoleon was then sent into exile on the island of St. Helena off the coast of Africa. On May 5, 1821, the former-vain-glorious Emperor died alone on the tiny island, abandoned by everyone...

-June 29, 1926 - President Calvin Coolidge spoke to the American Legion in California.

-Sheldon Shorthouse

Sheldon Shorthouse receives his Volunteer Services certificate from the AFRH-W Acting Administrator Michael Bayles.

**Fifty cents a paycheck**

Story & Photo by Kayla Bennett  | Art Specialist

On Tuesday, May 1st, residents visited The Corcoran School of the Arts and Design to see the exhibition, “Fifty Cents a Paycheck” by photojournalism student Eric Dietrich. Mr. Dietrich’s project stems from a 2001 paystub deduction he noticed while serving in the Marine Corps as an infantryman. The dedication listed as “AFRH” was explained as being for the Armed Forces Retirement Home. He reconnected with the AFRH in 2017 when he began to wonder what life would look like at the residence. Mr. Dietrich documented the daily lives of the current residents of the Washington facility in a black-and-white photo series.

Sheldon Shorthouse received his Volunteer Services certificate from the AFRH-W Acting Administrator Michael Bayles. This statue of Maj Gen Gouverneur K. Warren overlooks the battlefield on Little Round Top at Gettysburg Pa.
From the AFRH-G Administrator

In this month of May we had many celebrations including “Quatro” de Mayo, Nurse’s Week, Mother’s Day, and our annual Memorial Day Ceremony and cookout. The Memorial Day Ceremony was very touching as we remembered veterans who have lost their lives so we can have our freedom in the United States. I would like to mention how nurses are playing an increasingly important role at the AFRH-G. It takes a special person to choose this profession. We celebrated Nurse’s Week with activities starting on May 7. Every day was a different theme starting with Military Monday, Throwback Tuesday, All White Wednesday, Team Spirit Thursday, and ended with Fundae Friday. Thank you to everyone who participated in making Nurse’s Week such a success. Nurses bring compassion and expertise to provide education and prevention, listen, provide support, use their knowledge and skills in direct care but most of all they support and care for our veterans here at the AFRH-G. A nurse is a person strong enough to tolerate everything and soft enough to understand everyone. Thank you to all the nurses for what you do every day.

June 1st is the start of hurricane season. In preparation for the 2018 season, AFRH participated in a joint military hurricane exercise in conjunction with other local leaders to foster essential collaboration among community partners. In addition, our safety officer, Frank Bermudez, hosted two separate resident hurricane preparedness focus groups to help ready the residents for any tropical event. The leadership (command) staff participated in a table top exercise in preparation for responding to any tropical development with a focus on Incident Command methodology. Emergency Management Directive 7-2 and Emergency Operations Plan chapter 3 Hurricane Plan.

We have already held a table top exercise with the Harrison County Emergency Manager, Gulfport Fire Department, Seabees and many other community partners. We will continue to review our emergency plans to make sure we are prepared and act accordingly.

As always, I am grateful to be your administrator and I look forward to serving you for many more years to come.

God bless you and God bless America!

Jeff Eads

Resident refurbishes outside rocking chairs

The resident rocking chairs have gone under a refurbishment project to revitalize their condition and make them more serviceable. Resident Rick Yamasaki has spent more than 40 man hours of labor (free) and a gallon of wood stain and finish have made them emerge as beautiful pieces of furniture we can be proud of for a long time. Plenty of sanding, filling cracks, and repairs to defective parts added to the finished product. Thank you so much Rick for doing this so the residents can enjoy each day sitting outside in the comfortable and beautiful rocking chairs overlooking the Gulf of Mexico.

Notes from the AFRH-G Resident Advisory Committee Chairman

Greetings,

If you define a hole is a hollow place in a solid body or surface how can there be doughnut holes that are solid. Is it the same as making something out of nothing? Here it is the first sentence of my article and you are wondering where it is going. Might be a funny read so hang on.

The April 30 edition of the Communicator prominently had the New Resident Fees Effective October 1, 2018 as the lead off article on the first page. My reaction after reading that article? "My oh my." A short time later the CEO came to town and held a Town Hall. My reaction after the Town Hall? "My oh my." There was some not-so-subtle head shaking from left to right as a "tsk tsk" statement ensued. The leadership leaders will share more quotes from that article as we journey forth together. Shall we begin our magical mystery tour?

Rightly or wrongly as we deal with the budget woes we’ve increased AFRH personnel to get a better handle on it. (It will be conceded some are paid by DOD funds and not the trust fund.) While “over 25 percent of residents have income of 4,500 or more per month”...100 % of the residents are impacted by the fee increase! By tying maximum fees to cost it ensures a significant number of residents will be let without enough funds to pay their monthly expenses other than fees to the home (in many cases well short of the $400 a resident is required to save each month) are taken away.

"It is difficult to compare AFRH with other homes…." I’d say it is close to impossible to compare. AFRH leaders know this change is tough for residents. “Most will continue to live at the AFRH but are facing difficult money management decisions.” It’s not really that difficult managing money you’ll no longer have when the fee you need to pay averages from 36% to 127% more.

There is a suggestion of current fees will be grandfathered current residents on the existing fee structure. It’s a well-meaning idea, but the new fee structure will benefit many residents. I will not debate how unfair it is for the average resident who will no longer be able to: make their car payment, pay for phone service, pay for insurance, pay the credit card bill, send the grandkids a few bucks at birthdays and holidays, (should I go on and on…nah, you get the point). I am not even going to begin to discuss how changing the admission policy will hurt more than it helps the AFRH. Most will continue to live at the AFRH, why financials are now a required part of initial document submission for admission (if the AFRH’s mission is to care for our veteran residents regardless of their ability to pay) Why do you need to see the financials upfront?, and the BIG one “This means long term care insurance is essentially included for free in independent living fees.” What is that old adage about oh what a tangled web we weave!

This is not only my two cents from this side of the desk, but the view of the vast majority of the residents. Thank you for shattering the promise made when a veteran chose AFRH as their final PCS. I have said orally and in print, for quite some time, that changes were coming but never in my wildest dreams or imagination did I envision the promise made would be broken so ruthlessly, and the future for most now shattered beyond repair. As always, I am open to any suggestions of topics you would like me to discuss, or to answer questions in this column that may be of importance to you. If it is on your mind it must be important to you, and chances are it is also of importance, or at least informative, to other residents to know the answer.

Till next month I wish you all the best,

Phil Ford

As for my opening paragraph...it just felt so appropriate as I thought about empty promises, or should I have pondered how one makes a silk purse from a sow’s ear?"
AFRH-W Volunteer Ceremony

On April 27 residents of the Armed Forces Retirement Home - Washington were recognized for making a difference through their selfless service to others. Our Home thrives on the support of our volunteers. Thank you to Volunteer Coordinator, Robert Mitchell for organizing this event and fulfilling the volunteer needs of the Home throughout the year.

By Robert W. Mitchell | Volunteer Coordinator
Photos by Jack Beck | Resident Photographer
Volunteers showed up in droves last month making sure veterans at AFRH-W had enough water on-hand prior to a planned water outage.

About 60 military service members from the Air Force, Navy, Army, Marine Corps and nonmilitary civilians responded to the call seeking extra hands to help distribute pallets of water bottles throughout the Scott and Sheridan buildings.

Volunteers, divided into smaller 10-member groups, used several recreation carts and flatbeds and hand-carried approximately 800 one-gallon bottles of distilled water to the residents’ quarters and some staff work spaces including the wellness center and occupational therapy clinic.

AFRH-W officials had called for a controlled water outage on May 9 to facilitate repair work on a faulty underground pipe. Water bottles were distributed in advance of the outage to accommodate residents’ needs.

Military, civilian volunteers aid AFRH-W water delivery

By Robert Mitchell | Volunteer Coordinator
Photos by Jack Beck | Resident Photographer

Volunteers showed up in droves last month making sure veterans at AFRH-W had enough water on-hand prior to a planned water outage.

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Catholic University welcomes veterans

Story & Photo by Robert W. Mitchell | Volunteer Coordinator
Residents from AFRH-W enjoyed a fine night out with a fine dinner, socializing and seats for a live stage dress rehearsal performance, compliments of the Catholic University of America’s (CUA) drama department.

“I really had a good time, really enjoyed it,” said AFRH-W resident Harry Miller. The dinner included a multi-course meal with pork brisket, macaroni and cheese, DIY cold sandwiches and elegantly-prepared cheesecake slices on the menu. Afterwards, drama students and professors rehearsed Thornton Wilder’s “Our Town,” a play about everyday life in a small New England community.

The festivities were part of “Veteran’s Night” at CUA, an event sponsored by the Gary Sinise Foundation’s Arts and Entertainment Outreach program honoring the selfless service and sacrifice of our nation’s veterans.

CUA alumni visit AFRH-W veterans

Story & Photo by Robert W. Mitchell | AFRH-W Volunteer Coordinator
Photo by Jack Beck | Resident Photographer

A group of volunteers from Catholic University of America’s alumni association stirred up smiles and laughter among veterans in a “meet and greet” volunteer activity held at AFRH-W last month.

The volunteers hosted bowling games in the Sheridan Building’s Bowling Center and invited AFRH-W residents to participate and join in on the fun. They happily helped residents line up their bowling balls hoping to smoothly knock down their bowling pins and spares last month.

As the pins fell and the electronic scores were tallied, another group of CUA volunteers commandedeer a few tables in the Scott Building’s Defender’s Inn where they braided paracord bracelets to give to the residents. A few residents joined in as the volunteers meticulously worked on assembling paracord bracelets/bands with lots of colorful “550” cord and small wood braces to get started.

In all, volunteers and residents enjoyed the interaction and socialization, and both look forward to coming together again for a day of meaningful activities and quality time.

AFRH-W rocks!

By Carolyn Haug | Public Affairs

AFRH-W rocks...literally. This past week, residents and staff participated in a community event called “AFRH-W Rocks.” Each participant received a pack of four rocks to paint and decorate. Staff and residents were very creative with the rocks resembling characters from Star Wars and rocks that read “Go Navy” “Beat Army.” The rocks will be placed along the grounds off the paths of lawnmowers of AFRH-W this month. As the rocks are re-discovered, they are placed in a drop-box and PCs’d to the AFRH-W Rock Garden in the Scott Atrium.

So as you are venturing out on the grounds over the next several months, keep your eyes peeled for the AFRH-W rocks.

We wish you the best of luck Cathy!

AFRH-W Chief of Resident Services Ron Kartz presents Catherine Thompson, affectionately called “Cathy,” with a Certificate of Appreciation after 17 years of service at AAFES at AFRH-W. Ms. Thompson retired in April 2018.
On Saturday, April 14, 2018 AFRH-G hosted our Pet Therapy Appreciation Ceremony with seven dog owners that had contributed over 528 hours in 2017. It was a wonderful opportunity for the proud “Dog Parents” to enjoy meeting and talking to one another and the residents. Certificates were awarded to the parents then each therapy dog received their own framed certificate; Ms. Perry, Miss Adesyn Hall, Carmen DeStazio and Yorda Hay. These community volunteers have been scooping out ice cream for close to eight years now. They have been an integral part of the ice cream ladies program.

Residents were welcomed with champagne carts ready for mimosa-making and residents were all smiles and ready for their favorite ice cream flavors. The pet therapy dogs, along with their owners, had a great evening and were all smiles. Residents were all so happy to have such a wonderful group of people supporting them and helping make the event a success.

During the month of April, volunteers were recognized at several AFRH-Gulfport appreciation ceremonies – 4/21/18 Pet Volunteer Ceremony, 4/25/18 Resident Volunteer Ceremony, and 4/27/18 Community & Military Volunteer Ceremony. Here are just a few pictures of our volunteers caught in the act of helping enhance the quality of life for our veteran residents. The nemes and pictures would be priceless, the appreciation abundant, and the moments priceless for the many events, moments, and assistance given. We love and appreciate our AFRH volunteers – thank you from the bottom of our hearts for all you do!

### Lighthouse painting

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

On Saturday, April 14, 2018, AFRH-G hosted the Presbyterian Volunteer Service Award for over 500 hours; Robert Klotz; Ernest Rousch; Robert Rutherford; James Stockstill and Chip Wall. S. Philip Ford received the President’s Volunteer Service Lifetime Award of over 4,000 hours for his combined volunteer hours at both AFRH-G home and Marine Reserve. Residents were welcomed with champagne carts ready for mimosa-making and residents were all smiles and ready for their favorite ice cream flavors. The pet therapy dogs, along with their owners, had a great evening and were all smiles.

### Catching fish, kites and smiles

**By Susan Bergman, MT-BC | Recreation Specialist**

On Friday, May 18, 2018, residents from Alconhouse, Valo, Loyalty Hall and Independent Living grabbed their gear and headed for Fort Maurepas Park in Ocean Springs. With live-bait shrimp on their hooks, residents started reeling in croakers and after adding cut bait fish, larger critters including redfish, saltwater catfish, mullet, oyster toad fish, crab, and sheepshead caught the scent. Everyone pulled in something with catfish, mullet, oyster toad fish, crab, and sheepshead.

### Balloons at dusk

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

On Saturday May 5, 2018 the residents, visitors and two hitched-hiked staff members jumped on the bus to attend the 14th Annual Gulf Coast Hot Air Balloon Festival in Foley, Alabama. The hot air balloons were running through our minds as we watched the rain just come down in buckets as we road along...this was certainly not what we expected to see on our way to a balloon festival. But by the time we reached Foley, Alabama the rain had ceased to make way for a nice clear, cool and slightly breezy evening. The festival had arts and crafts booths, live music, food and a dog Frisbee show. While waiting for the weather to cooperate for the balloons, some residents captured a tent then volunteered by providing directions to all those who stopped to ask. At approximately 1930, the balloons started to rise one by one...filling the area with humongous balloons of beauty...large, bigger than life on display. As the darkness of the evening progressed, the colors of the balloons were captured in detail glowing as the fire lit the underside...such a spectacular light show in the evening dusk...The glow of the balloons could not be captured on camera for others to see as the darkness of the night did not allow but certainly a memory for all of us viewing to remember.

### We love and appreciate our AFRH volunteers

**Story & Photos by Susan Bergman, MT-BC | Recreation Therapy Services**

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### Honoring our AFRH-G Volunteers

By Melodie Menke | Volunteer Coordinator

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AFRH-G celebrates Nurse’s Week

By Diane Snyder, MSN/EDU, MSHS | Healthcare Educator
Photos by Becki L. Zschiedrich | Public Affairs

The AFRH Gulfport nursing staff celebrated National Nurses Week May 6-12, 2018. There was a week-long schedule of events scheduled for everyone to participate in. Each of the nursing units was asked to select a theme of their choosing and decorate their area. A panel of residents visited each area daily to judge for team spirit, decoration, and staff participation. Ms. Corinn Burton, RN, organized a team of nursing staff to plan the daily activities.

- Monday, May 7, 2018: “Military Monday” – staff wore military themed items or uniforms.
- Tuesday, May 8, 2018: “Throwback Tuesday” – staff wore a costume from their favorite era. Staff also had a potluck lunch for everyone to share.
- May 9, 2018: “All White Wednesday” – staff wore all white uniform or Western Uniform.
- May 10, 2018: “Team Spirit Thursday” – staff wore items based on the theme selected by their unit or their team unit shirts.” The residents and staff enjoyed games and entertainment during the Awards Day ceremony.
- May 11, 2018: “Fundae Friday” – staff wore red to support our Veterans.

Special thanks to Fiddler’s Green, the Recreation Department and volunteers, Mike Brown and Dining Services, Roy Deems and Ability Works, RAC, Phil Ford, Doris Jones, Tom Peeks, Becki Zschiedrich, Sheila Ford, Debora Joiner, Beatrice Overby, Julia Goode, and Mr. Jeff Eads for helping make the event a success.

Congratulations to the following departments/staff that were chosen as this year’s best costume selections:

- “Best Military Costume”—Wellness Clinic
- “Best Throwback Costume”—Loyalty Hall
- “Best Western/White Costume”—“Three Amigos” – Hue Snowden III, Dionni Henderson, and LaRoy Brisco.
- “Best Team Spirit Costume”—Valor Hall.

***2018 Nursing Week’s Champions and Spirit Stick Holders—Loyalty Hall***

Nurses Week Awards were presented by AFRH-G resident, Ms. Doris Jones, RN. Staff was also presented certificates for Nursing Unit Preceptor Recognition. A beautiful cake and refreshments were served after the ceremonies. Overall, the week’s activities were shared by staff and residents to thank the nursing staff for all of their hard work and efforts to provide excellent care at AFRH-G. It promoted team-building and camaraderie with fun-filled events on each day. Ms. Burton and the team members also did an excellent job in coordinating all of the daily events!

AFRH-W Nursing Skills Fair – Around the World in Eight Stations!

Story & Photos by Chris Kelly | AFRH Public Affairs Officer

On May 21 and May 22, 2018 AFRH-W conducted training for all nursing staff with a special “Around the World in Eight Stations” skills fair. These terrific health care personnel updated their skills by mixing education with global fun – and a little diversity!

Nurse Educator Tifni Little, MSN, RN, CCM, organized and coordinated the event. “So many people came together and volunteered their time, contributed their personal effects, and spent their own money to make the fair enjoyable for staff,” she said.

Nursing staff had the opportunity to not only receive the latest in skills education, but to “visit” Mexico (transfer techniques and skills), Paris (falls prevention), Republic of Botswana (oxygen skills and CPAP), Spain, (AED/first aid), Brazil (catheter and perineal care), Bahamas (SBAR/ hand-off communication), China (infection control), and Egypt (wound care and dressing changes).

“The skills fair was much more than simply educating the staff,” said Director of Nursing Akeia Ball, RN, MSN, MBA/HC. “They were able to enter an environment that used several education tactics to stimulate individual learning styles and they had fun. The staff was engaged and excited to learn. Tifni envisioned this and it came to fruition. It’s a reflection of her hard work, commitment and compassion for educating staff.”