



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.*

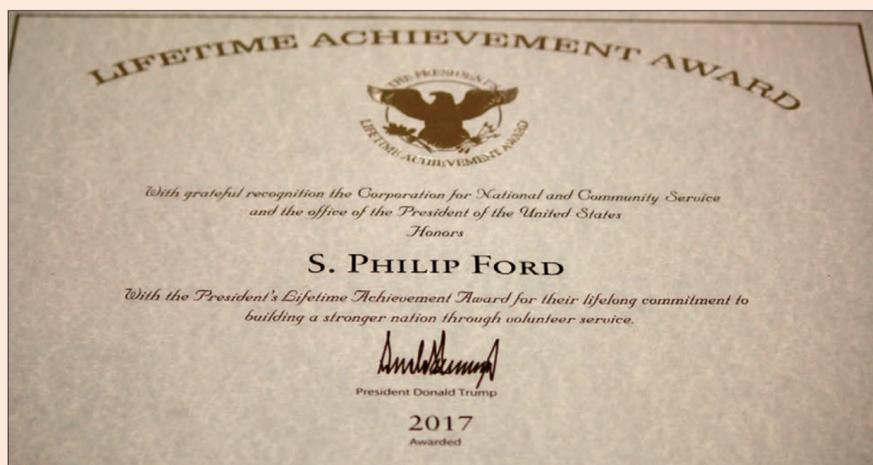
*You have served as a model of the American spirit. Your many hours of service have strengthened the bonds of cooperation and trust that bring people together, while helping to address some of the greatest challenges of our time.*

*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.



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# AFRH COMMUNICATOR

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

## Serving Washington, D.C. and Gulfport, Mississippi

AFRH is not just a place to live but a place to live more. Our model retirement communities are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment. **Eligibility:** Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of injuries, disease, or disability.
- who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to:

AFRH, PAO/Marketing, #584

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

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



<http://www.facebook.com/AFRH.gov>

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



The Joint Commission

<http://www.jointcommission.org>

A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home.

<http://www.carf.org>



## AFRH-G Veteran Highlight – Doris M. Jones

By Lori Kerns | Librarian



Doris M. Jones was born and raised in Waterloo, a small town nestled among the Finger Lakes in upstate New York. Her hometown is credited with beginning the observance of Memorial Day. Her parents were entrepreneurs who also dabbled in the experimental farming field in collaboration with Cornell University. This was 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 field. She moved to Miami to live with relatives and began nursing school.

While in school, she had a friend who was also a nurse and was in the Army Reserve. Doris attended a couple of meetings and made the decision to join the Army. She entered at the age of 22 and began her work as a registered nurse, mostly with severely burned combat victims. She was involved in cutting edge research while working at Brook Army Medical Center at Fort Sam Houston in San Antonio, Texas. Their team was involved with the reconstruction of the burn victims returning from the war in Vietnam.

Working in this field proved to be very stressful. To cope, her commanding general allowed the staff to ride horses to blow off steam. She decided to buy a horse, a red and white Paint Quarter horse named Sugar Foot, and would ride at night with her coworkers. Sugarfoot was trained 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 American Legion camp 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.

Doris moved to AFRH-G only a couple of months before Hurricane Katrina devastated the area. She relocated with most 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 Committee 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 lifelong 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 recognize 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

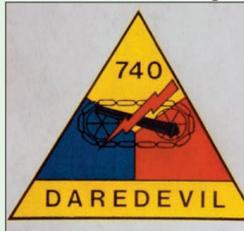
By Christine Baldwin | Librarian



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. To help make money for the family, Harry delivered newspapers. Harry had always wanted to join the U. S. Army, ever since he had watched local WWI veterans march 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 Neufchateau, 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 "Buzz Bombs" 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 Sprimont, Belgium, where tanks would be issued. But most of the personnel had already fled, leaving dead bodies and worn-out equipment behind. "It was a smell I will never forget," Harry said. So after piecing together three M4 Sherman tanks and an M-36 Tank Destroyer, they were off to Stoumont, Belgium to attack the Germans. "Everyone was scared," Harry remembered. "Their eyes were bugged out." And it was inside one of those tanks that Private Miller, on the job for all of one month, passed heavy 105mm shells to a gunner. He never could see the effects of their fire; only the explosions and the church steeple. After taking La Gleize, the battalion crossed the Siegfried Line moving to capture the south side of the city of Cologne. Then it was further south to Rohrbach, then back north for the "Ruhr Pocket Battle" at Siegen. Finally, Harry and the rest of the battalion had a two-week rest in Dusseldorf. The last place they were sent to before the end of the war was occupying a castle on Lake Schwerin.



Upon deactivation of the 740th, Harry was assigned to the 39th Infantry Regiment at Bad Tolz, Germany in the Regimental 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 visited the battlefield. 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 like this 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, where with additional security clearances, Harry assisted in aircraft accident investigations of lost codes and cyphering 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 (SMSgt E8).

After leaving the service, Harry became a private investigator. Eight years later, he became the Director of 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 fees, 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're including, 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 hardships that 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.

Unfortunately, residents and front-line 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 are best for your security and well-being.

*Jim Branham*

## Gulfport resident entertains students with volcano presentation

Gulfport resident Clifford "Smitty" Smith, regularly volunteers at St. James school. He recently volunteered at the St. James library for an encore performance of "Volcanoes" for the first and second grade students. Included at the end of his presentation was an actual lively eruption at the recess field. Even though this demonstration has nowhere near the power of an actual eruption it still packed a punch with the audience. The students entered a contest for the best scientific drawing of a volcano. The winner will receive an actual volcanic rock necklace to feature the facts they learn from Mr. Smith's visit.



## Preventing resident falls

By *Shaneika 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 Allegiance and Loyalty Halls had a total of 48 falls with 3 moderate to severe injuries. Below are a few tips on the causes and ways that you can prevent falls.

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

- Individuals aged 85 and older are at increased risk for falls.
- Medical history of memory loss
- Medical history of bone cancer
- Previous falls
- Previous fractures
- Osteoporosis
- Medications: Pain meds, blood thinners, sleep aids

### Prevention Methods

- Have provider review and monitor medications
- Proper lighting
- Monitor your surroundings for any fall hazards (rugs, spills, clutter, cluttered walkways)
- Proper and non-skid/slip footwear
- Paying special attention to "Call don't fall" signs

## Infection prevention Mosquito season is here

By *Amanda Herold RN, SWOC | Infection Preventionist*



Our local area did have mosquitos that tested positive for West Nile Virus last year. We can bet our hard-earned money that this year will be no different.

Being aware that vector-borne illnesses exist in our area is only part of the battle in protecting yourself and those you love. Prevention is priority. While outdoors in the early morning or evening hours, use an EPA registered insect repellent that contains one of the following ingredients. Deet, Picaridin, IR 3535, Oil of lemon eucalyptus (OLE), Para-menthane-diol (PMD), and 2-undecanone.

Planning a vacation? Educate yourself on your destinations specific health risks by visiting: CDC Travcost common symptoms of a vector-borne illness include: fever, headache, body aches, joint pain, nausea and rash.

## 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 all types of elder 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
- Improper 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 directly to these requests.
- Execute a power of attorney only for someone you know and trust. You can give a general power of attorney which allows access to you money now, or a durable power of attorney that goes into effect only if you become incapacitated. A power of attorney is a robust document with broad powers, so you need confidence that the person you appoint will work.

### What to do if you suspect abuse:

- Contact your social worker, security, ombudsman or other officials immediately if you suspect fraud.
- Security and health care officials will investigate, and if abuse is suspected, social workers and health care administrators are obligated by law to notify adult protective services.
- We will help you contact banks and credit card companies if necessary.
- If you suspect another resident is being abused, make contact with Home officials on behalf of the resident. We will maintain your privacy, but we are all part of this community and look after each other.

## The Trackers Train Show at AFRH-W

By *The Trackers & Constance Maziel | Lead Recreation Specialist*

Photos by *Bill Hakkarinen & Jack Beck*



All Aboard!!! The Trackers are back at AFRH-W for another year of spark, fun, and true train show wisdom with all the residents at AFRH-W! The room was filled with residents from all levels of care, coming in to view 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 of 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 layout every year at the AFRH since its inception a few years ago. After our April, 2017 visit, Hayes decided to cull his considerable stamp collection for those with images of every imaginable kind of locomotive to assemble the collage. He framed it, too.



Van Hayes keeps a very active schedule – just like our septuagenarian Trackers. In the week leading up to our 2018 show, he served on jury duty. He also is a caller for the Home's Bingo games and volunteers his services throughout the Home. Members of the nearby Bolling Air Force Base Honor Guard looked like the real Casey Jones when they operated the hand-held "throbbles" of several trains, including a stack train and a lumber train. AFRH residents enjoyed the bells and whistles of the Lionel and MTH locomotives and the long freight and passenger trains they pulled. "Thank you for coming every year and helping us feel like kids again," one resident told Tracker Bill Hakkarinen. Bill Knapp, the Tracker in charge of the layout, thanked all of the residents for their hospitality and the great time club members had. AFRH-W thanks The Trackers for their continued support to our Veterans & Home. Until next year!!!

## Singing around the fire pit

By *Linda Bailey CTRS | Recreation Specialist*

Photos by *Linda Bailey & Jack Beck*

One of our courtyards contains a fire pit. And what better activity for an evening around the fire pit is there than singing? We had the perfect spring weather on a Friday evening at the end of April to enjoy the warmth from the fire, and the music provided by volunteers Steve Price and Kevin O'Reagan. The duo arrived to practice an hour before the group was to begin, and residents joined them to listen to the music immediately. Patrick Goldsworthy, one of our residents, accompanied the guitars on the harmonica. He was able to play along with the duo on most of the songs without the aid of sheet music or a prior list of songs to practice for the event. Close to 30 of our residents spent some time around the fire that evening, singing along or just listening.



The selections were songs familiar to most, and popular on the radio in the '60s and '70s. Songs sung that evening included *Leaving on a Jet Plane*, *500 Miles*, and *Puff the Magic Dragon*, popularized by Peter, Paul and Mary, *Woody Guthrie's This Land is Your Land*, Don McLean's *American Pie*, Bob Dylan's *Wagon Wheel* and *Knocking on Heaven's Door*, and traditional songs Kumbaya and Amazing Grace, to name just a few. We had planned for an hour-long event, but with the crowd gathering early, and staying late with continued requests, the playing and singing continued for two and a half hours. The pair took requests, and knew most of the songs that were requested. We enjoyed rather messy smores also.

\*\*\*\*\***Look on June's calendar for our next fire pit event, Stories 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 be living there someday. What is life at the residence like? 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 photojournalism student, Eric brings a passion and dedication to his work. Eric completed three combat tours from 2001 – 2005 while in the United States Marine Corps infantry. He is currently in the Navy Reserves and received a

promotion to chief petty officer in 2015. His current billet is the Senior Enlisted Leader of 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 Corcoran will be able to view.



## 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 deduction 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.



## 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 Pickett's Charge. Our trip ended with just a long bus ride home.

### This 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 declared an open city by German Field Marshal Albert Kesselring amid Allied concerns the Germans might stage a Stalingrad-style defense that would devastate the historic 'Eternal' city.

-June 5, 1968 - Robert F. Kennedy was shot and mortally wounded while leaving the Hotel Ambassador in Los Angeles. The shooting occurred after a celebration of Kennedy's victory in the California presidential primary. He died at 1:44 a.m., June 6, at age 42, leaving behind his wife Ethel and eleven children, the last one born after his death. President John F. Kennedy had named his brother and campaign manager, Robert Francis Kennedy, to the post of U.S. Attorney General in 1961. Robert served as the president's closest confidant. After the assassination of JFK, Robert remained as Attorney General until 1964, when he resigned to make a successful run for the U.S. Senate from New York. Allied with the plight of the poor and disadvantaged in America, he spoke out against racial discrimination, economic injustice and the Vietnam War. In March of 1968, he had announced his candidacy for the presidency. And with the win in California, appeared headed for the nomination.

-June 6, 1944 - D-Day, the largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy on the northern coast of France. Operation Overlord took months of planning and involved 1,527,000 soldiers in 47 Allied divisions along with 4,400 ships and landing craft, and 11,000 aircraft. The Germans had about 60 divisions spread along France 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 one time there had been 337,800 Soviet troops stationed in Germany. Over 300,000 Russians died during World War II in the Battle for Berlin.

-June 13, 1966 - The U.S. Supreme Court ruled (5-4) in the case of *Miranda v. Arizona* that an accused person must be apprised of certain rights before police questioning including 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.

-Birthday - June 13, 1786- American Army General Winfield Scott (1786-1866) was born in Petersburg, Virginia. Nicknamed "Old Fuss and Feathers" because of his formality, he served in three wars; the War of 1812, the Mexican War, and the American Civil War. He was also nominated for the presidency by the Whig party in 1852 but was defeated by Franklin Pierce.

-June 14, 1775 - The first U.S. Military service, the Continental Army consisting of six companies of riflemen, was established by the Second Continental Congress. The next day, George Washington was appointed by a unanimous vote to command the army.

-June 14, 1777 - John Adams introduced a resolution before Congress mandating a United States flag, stating, "...that the flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the union be thirteen stars, white on a blue field, representing a new constellation." This anniversary is celebrated each year in the U.S. as Flag Day.

-June 17, 1972 - Following a seemingly routine burglary, five men were arrested at the National Democratic Headquarters in the Watergate complex in Washington, D.C. However, subsequent investigations revealed the burglars were actually agents hired by the Committee for the Re-election of President Richard Nixon. A long chain of events then followed in which the president and top aides became involved in an extensive cover-up of this and other White House sanctioned illegal activities, eventually leading to the resignation of President Nixon on August 9, 1974.

-June 18, 1812 - After much debate, the U.S. Senate voted 19 to 13 in favor of a declaration of war against Great Britain, prompted by Britain's violation of America's rights on the high seas and British incitement of Indian warfare on the Western frontier. The next day, President James Madison officially proclaimed the U.S. to be in a state of war. The War of 1812 lasted over two years and ended with the signing of the Treaty of Ghent in Belgium on December 24, 1814.

-June 18, 1815 - On the fields near Waterloo in central Belgium, 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.

-Birthday - June 20, 1924- American military hero and actor Audie Murphy (1924-1971) was born in Kingston, Texas. He was the most decorated American 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 Red Badge 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 am, some 3.2 million German soldiers plunged 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 Sioux Indians near Little Bighorn River in Montana. Custer and his men were then attacked by 2000-4000 Indian braves. Only one scout and a single horse survived 'Custer's Last Stand' on the Little Bighorn Battlefield. News of the humiliating defeat infuriated 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 and launched a full scale invasion of 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 Francis 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 give up Alsace-Lorraine and overseas colonies, and pay reparations of \$15 Billion. The treaty also prohibited German rearmament.

### Sheldon Shorthouse



Sheldon Shorthouse receives 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 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, 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



Administrator Jeff Eads takes a photo with some of the AFRH-G nurses during Nurse's Week.

## 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 Eyman 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 all 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 by definition 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 already wondering where it's going. Might be a bumpy 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 COO 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 tsk" emanated. You will see many " " quotes from that article as we journey forth together. Shall we begin our magical mystery tour?

Rightly or wrongly as we deal with the budgetary woes we've increased AFRH personnel to get a better handle on it. (I'll concede some are paid from 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 left without enough funds to pay their monthly expenses other than fees to the home (in many cases well short of the \$400 a resident will be guaranteed to have after fees are taken each month).

"It is difficult to compare AFRH with other homes..." I'd say it is close to impossible to do so since there are no other homes, I am aware of, that have had the mission the Old Soldiers' Home and Navy Home have proudly carried for over 150 years. Now it is the Armed Forces Retirement Home since the two were combined into one entity, but from where I sit it sure seems a lot of folks are forgetting H in AFRH is HOME! A place the average 83.5 year old resident thought would be his last PCS and now is learning it's actually TDY.... Sold their home, have few kinfolk able to care for them (if any at all) if they weren't here, aging (for most somewhat gracefully but others rapidly declining) in place on the promise given once here AFRH will take care of you. "Difference in fees for residents who need to move to upper levels will be much lower than under the current fee structure" Must be new math as I do not see anything much lower, at all, as of October 1, 2018.

To be totally fair I will unequivocally say I'll concede that going from Independent (or

Level of Care	Max Fee Cap		2016 Gross Annual Income Threshold	
	Presently	As of Oct 1	Presently	As of Oct 1
Independent	1,458	3,054	43,740	61,080
Ind. Plus	1,607	3,570	42,853	71,400
Assisted Living	2,609	8,970	52,180	153,771
Long Term Care	4,757	10,413	71,355	178,507
Memory Support	4,757	10,626	71,355	182,160

Independent-Plus) to an upper level of care will be much less after October 1 than it is now; however, from where I am sitting a significant number of current (Independent / Independent-Plus) residents will not be here as they can ill afford the increase that will occur for Independent living on October 1.

"AFRH leaders know this change is tough for residents." How about abhorrent,

draconian, oppressive, (the list could go on and on)... "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.

"Suggestions have been made to grandfather current residents on the existing fee structure. It's a well-meaning idea, but the new fee structure will benefit many residents." Yes, it will definitely benefit those who currently are left with at least \$150 per month now guaranteed to have no less than \$400. Can someone please explain how it benefits 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, 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?



Phil Ford receives his Volunteer Appreciation Certificate. Phil also received the President's Lifetime Achievement Award - see page 1.

# AFRH-Washington

## AFRH-W Volunteer Ceremony

Story & Photos by Carolyn Haug | Public Affairs



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.



## Military, civilian volunteers aid AFRH-W water delivery

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 900 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.



Two airmen tote big boxes of water through the hallways of the Sheridan Building making sure every AFRH-W resident has two bottles of water.



Air Force Staff Sergeant Melissa Guzman happily delivers bottled water to AFRH-W residents' rooms during a planned water outage May 9.

## 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

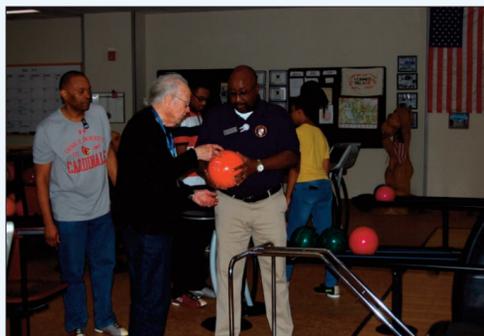
Robert W. Mitchell | AFRH-W Volunteer Coordinator  
Photo by Jack Beck | Resident Photographer

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.

As the pins fell and the electronic scores were tallied, another group of CUA volunteers commandeered 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.



## Painting class

Story & Photo by Kayla Bennett | Art Specialist

On May 18, 2018 we kicked off our painting class series with paintings inspired by artist Julie Ryder. Ryder is a mixed media artist and educator from Australia who creates colorful and whimsical floral paintings. While studying for her education degree, Ryder was a floral designer which has greatly inspired her art work. The residents created lovely flower paintings inspired by Ryder's whimsy and color pallet. The residents were able to learn about color theory and gained basic painting techniques while making their floral creations.



## 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.

# AFRH-Gulfport

## Honoring our AFRH-G Volunteers

By Melodie Menke | Volunteer Coordinator  
Photos by Becki L. Zschiedrich | Public Affairs



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; Sassy, Chewy, Mickey, Lucy, and Bella, Riley, and Prince and in loving memory of Eve and Charlie. The staff and Residents truly have a case of puppy love with our wonderful pet therapy dogs.

On Wednesday April 25, 2018 AFRH-G hosted the Resident Volunteer Appreciation Ceremony with a theme of "We love our Volunteers a whole Brunch." Residents were welcomed with champagne carts ready for mimosa-making!

Our resident volunteers are part of the AFRH-G Home team that enhances all the extras with over 14,112 volunteer hours for 2017. Resident volunteers bring their skills, their experience, and their friendship while donating one of their most precious commodities- their time. Twenty-four residents received their Bronze President's Volunteer Service Award for over 100 hours: Ray Aldrich; James Ball; Rita Ball; Arnie Burgdofer; Jerry Burghout; Mike Busch; Thomas Butler; Michael Cassel; Nancy Dickson; Kelsey Farrell; Terry Graves; Kenneth Hilliker; Doris Hopper; Jack Horsley; Curtis Jackson; Faye Jefferson; Susan Meckley; Tom Peeks;

Leonard Priel; Charles Pinney; Donna Rogers; Phillip Saul; Jerry Schmidt; Charles Taylor. Sixteen Residents received their Silver President's Volunteer Service Award for over 250 hours: Robert Brodeur; Jerry Burghout; Doris Denton; Sandra Gann; Carol Harmes; Paul Hoffer; P.J Johnson; Wolf Kiessling; Sam Kirsch; Pauline Larson; Thomas Miller; Tom Peeks; Frank Pilch; Jean Rhizor; Donna Rogers; Mildred Sobierajski; and Marion Wolke.

Nine Residents received the Gold President's Volunteer Service Award for over 500 hours; William Allen; D.C. Breland; Edward Farrell; Carol Harmes; 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 Homes.

AFRH-G Administrator Jeff Eads raised a glass and toasted our resident volunteers saying: "We thank you for being here. We thank you for sharing your talents. We thank you for your teamwork. We thank you for your military service. And we thank you for continued service through volunteering and enhancing our lives together. We are blessed to have such caring individuals here. God Bless each and every one of you."

On Friday April 27, 2018 AFRH-G hosted the Community and Military Volunteer Appreciation Ceremony. We launched a Teen pilot program in 2017 and Mr. Ryan Bergman, Miss Carmen DeStazio and Miss Adesyn Hall were honored for their dedication and completing the program. Community Volunteer Leann Wise received the Presidential Volunteer Gold Service Pin for over 500 hours. We honored our incredible Ice Cream Ladies. These community volunteers have been scooping out ice cream for close to eight years now. Yorda Hay; Helke Brumm; Linda Godsey; Joan Miller and Dale Lambert. Mrs. Tracy DeStazio, Mrs. Leann Wise and Mrs. Miranda Turner were our honored military spouses, not only holding their own careers but supporting their active duty spouses and making time to volunteer at AFRH-G.

Our military volunteers, Keesler Air Force Base; Naval Construction Battalion Center, Gulfport; Camp Shelby; CSJFTC; US Coast Guard Station Gulfport; US Coast Station Mobile; USS Tripoli; USS Ralph Johnson; Naval Oceanography Stennis Space Center; and, the MS Air National Guard wear their uniforms proudly and give their time to the residents.

AFRH-G presented the military Above and Beyond Awards to USAF Colonel Marty DeStazio; USAF MSgt Rhoeka Daniel; USN RP2 Devin Boyette; USN Leigh Windham; USA SGM Theodore Durand; USA Kelvin Windham; USCG BMC Jonathon McMurry; USCG BM1 Nicholas Shepardson; and, MS ANG CMSGT John Turner for their outstanding support of our residents. AFRH-G is truly fortunate to have such strong relationships with our community and military that welcomes us into their hearts and shares the gift of their time and talents with us.



### Lighthouse painting

Story & Photo by Milton Williams | Art Specialist



Susan Meckley, who has taken many adventures in her life, has embarked on an art adventure learning how to paint with acrylics. In only for a few months, she has shown herself to have a natural inclination for both painting and being inventive with the use and application of acrylic paints. This painting of a lighthouse is only her fourth and she has done an outstanding job of depicting fog coming in from the ocean. This is a pretty neat technique, Susan. We look forward to seeing your next work of art and traveling through your painting on the next art adventure.

### We love and appreciate our AFRH volunteers

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



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 names and pictures would be endless, 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!

### Catching fish, kites and smiles

By Susan Bergman, MT-BC | Recreation Specialist  
Photos by Beth Cox, Jack Horsley, & Susan Bergman



On Friday, May 18, 2018, residents from Allegiance, Valor, 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 sheephead caught the scent. Everyone pulled in something with the leader board being Lillian "Fraz" Fravell "The Most Caught," Marion Wolke "The Biggest Catch," and Harry Gordon "The Last Catch." By noon, residents headed

for the picnic shelter for a perfect view, wonderful breeze, and an amazing box lunch from dining services. What do you do after lunch when it is raining? Why of course, indoor kiting on a fishing pole. With a wonderful cross breeze, Harry Gordon and others took to kite fishing inside the high ceiling pavilion. Thank you to our resident and community volunteers along with staff and fisher women extraordinaire – Shannon Ray and Natalie Dace-Everett. Can't wait to catch more smiles!



### Balloons at dusk

Story & Photo by Jen Biernacki | 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 bus ride started out with bright sunny skies as we left Gulfport but soon a heavy down-pour of rain created an adventure as we made our way into Alabama. Many thoughts of wonder of even seeing the 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 humungous 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 lite 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.



## GULFPORT

### 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!



## WASHINGTON

### 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."

