AFRH-GULFPORT
Cruisin’ the Coast
Story & Photos by Becki Zschiedrich, Public Affairs

On October 4th around eighty antique, classic and hot rod vehicles flowed through the gates of the AFRH-G. Residents were extremely enthusiastic when the cruisers started arriving. Each classic vehicle was striking and unique. Some of the paint jobs on those cruisers resembled fine art. This is an event that the residents look forward to every year. It was so much fun to watch all these vehicles, some dating back to the 1930’s, cruise by and blow their cow horns. Some of our car passionate residents were even offered rides by the “Cruisers” and actually went “Cruisin’ down the Coast.

Cruisin’ The Coast® comes to the Mississippi Gulf Coast every October for one full week. It is known as America’s Largest Block Party. It all started in 1996 as a festival to celebrate antique, classic and hot rod vehicles. Over 7,900 registered vehicles were registered this year, and that number does not include the number of vehicles that were not registered. It was exciting to go back in time and witness thousands of antique, classic, and hot rod vehicles “cruisin’ the 30-mile stretch of beachside highway in and around Gulfport, Mississippi. Times have changed when it comes to automobiles, but it was fun to reminisce about how vehicles used to be.

AFRH-WASHINGTON
Tour of the U.S. Capitol
Story & Photos by Rebecca Newton, Public Affairs

In keeping with our resident focus, and promoting vitality, Public Affairs booked a special visit to another amazing historic monument. On October 12th, eighteen residents and three staff members travelled three miles up North Capitol Street, via bus, to the U.S. Capitol. Upon arrival, the group was greeted by the special assistant to Congresswoman Eleanor Holmes Norton, and escorted through the south entrance into a conference room where they would wait briefly for their private tour. Once it was time, they took a short walk to the House Floor.

There, Congresswoman Norton greeted everyone and gave a private tour/background of what happens on the House Floor, then posed for a group photograph. From there, the group toured the Senate Floor and gallery; then transitioned to the 580,000 square feet Capitol Visitor Center, stopping in the gift shop to purchase mementos.

After shopping the group split: half dined at the U.S. Capitol restaurant and the other half decided to eat bag lunches before heading to the theater to watch the thirteen-minute film, “Out of Many, One.” Following the film, we enjoyed a guided 45-minute tour (listening to the tour guide through headphones) covering Exhibition Hall, the Rotunda and National Statuary Hall where the “whisper spot” is located.

Once the tour concluded, residents expressed how it was one of the best trips they have ever taken!
AFRH-W Veteran Highlight - Stephen Jennison

By Christine Baldwin, AFRH-W Librarian

Stephen Jennison was born in New York City 98 years ago. His father lost his job during the Depression and they moved to upstate New York. When Stephen was a boy, his favorite memory was when silent movies were a hit. He went to Boot Camp at Newport, RI in 1941. His first ship the USS GLEVES (DD-423) sailed out of Boston, MA and was stationed in Newfoundland. On that fatal day, he was fishing for flounder, when the announcement was made on the bombing. The question he and his fellow “tin can sailors” had was “Where in the world is Pearl Harbor?” It was then that they began running thousands of miles of convoys and became the “Galloping Ghosts in the Atlantic Coast”. Stephen’s next assignment was the USS BELLEAU WOOD (CVL-24), an aircraft carrier sent to the Pacific Theater. After supporting the occupation of Baker Island and taking part in the Tarawa and Wake Island raids, they joined in the invasion of the Gilbert Islands. In 1944, Stephen was part of what is known as the “Mariner’s Turkey Shoot” in which he decimated the Japanese fleet with only minimum losses. After some other convoys and an overhaul at Pearl Harbor the BELLEAU WOOD assisted in the last stages of the occupation of Guam. Next Stephen went stateside to Norfolk, VA where he reenlisted. Then it was back onto aircraft carriers in the Pacific Ocean. Stephen finished up his 20 year military career in recruiting at Norfolk. After retiring, Stephen worked in the U.S. Government with shipping and receiving supplies such as copper, lead, aluminum and rubber. He retired again and he and his wife moved to Florida. Stephen had always belonged to the Fleet Reserve Association and a friend from the group asked him one day “when are we going to the ‘Old Soldiers’ Home”? Not then, but in 2002, after his wife had died, Stephen came to AFRH-W. He has one son and three granddaughters, who he is very proud of.

AFRH-G Veteran Highlight - Thomas Miller

By Lori Kerns, AFRH-G Librarian

Thomas Miller was born and raised in Cotton Valley, a small town located in the northwest portion of Louisiana. He is the second youngest sibling of nine children who grew up on a family-owned farm. Thomas didn’t care too much for farming so as soon as he graduated high school, he joined the Army.

He enlisted with the Army Air Corps in 1944 with the intention of becoming a pilot. While Thomas was in pilot training, D-Day occurred. As a result, the training was discontinued. He was sent on to B-29 flight engineer school. However, during the time of his training the Japanese surrendered. This training was discontinued, as well. Those who had bought a home in the Bayou View subdivision of Gulfport. He began working at the post office in Gulfport but did not care for it. Eventually he purchased a local business, Bayou View Gulf Service Station, which he ran for 13 years.

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AFRH-G is very happy to welcome Thomas as one of its newer residents.

By Arvah McClendon, AFRH-G Librarian

From left to right Arvah McClendon, Thomas Miller, and Bob McGhee during their 2,000 mile trek through the Appalachian Trail.
Message from the Chief Operating Officer

OCTOBER 31, 2016
ARMED FORCES RETIREMENT HOME

Fall is in full swing, leaves are falling, as are temperatures. It is also election season, you cannot turn on the television or read a newspaper and not know we are in the midst of an election. As you all know, AFRH recently completed its election season, new Resident Advisory Committee Chairs were recently elected for both campuses. I’d like to congratulate Phil Ford, the new Chair for Gulfport and Sheldon Shorthouse, the new Chair for D.C. I’d also like to thank their competitors, Doris Denton and Patric Roberts. Really proud of how both campaigns were run.

Would also like to take a moment to thank the previous RAC Chairs, Roy Cook in Gulfport and Marvin Archer in D.C. I believe they deserve a special note of gratitude as they both took the positions on an interim basis and absolutely hit the ground running! Their tenures may have been short but were extremely successful.

For Phil and Sheldon, now the hard work begins! I look forward to both Chairs working with Campus leadership towards our vision of being a retirement community committed to excellence, fostering independence, vitality and wellness for veterans, making it a vibrant place in which to live, work and thrive.

The Chairs will be unable to do their job without the assistance of all Residents and employees, there is a collective effort, we must all work together towards not just their success, but the success of the home.

Communication is a significant factor in any organization’s success and therefore, I believe we are at perhaps the most critical time for success. We must work together to导航到移动提成, issues arising, as an organization built on military heritage, we should all be familiar with the chain of command. Use of the chain of command is paramount to an organization’s success. I have NO problems, let me reiterate a NO problems talking with Residents and employees but among my first questions will be… “did you talk to leadership?” On the flip side of that equation, leaders must lead, taking action(s) or having candid conversations with people.

Before I close I would like to take a moment to congratulate AFH-Washington’s Chaplain John Goodloe. Chaplain Goodloe recently received a PRESIDENTIAL Honor for his good works. An honor very well deserved, it is a privilege to have him on our team.

Enjoy the changing of the seasons and will see you around.

Dr. Timothy Kangas

A Community of Resident Volunteers

By Melodie Menke, Volunteer Services, AFRH-G

As the Volunteer Coordinator at AFRH-G, one of my favorite quotes on volunteering is “Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”

Our 90 Resident Volunteers, from all ages and different backgrounds, vote each day with their time and talent at AFRH-G. Together they ensure that our library stays open; movies are played every night; bingo numbers are called; and courtesy calls are dialed for package pickups. Our thrift store is open for friendly, easy shopping and the clothing store is neat and orderly with bargains of free clothing for Residents. Pictures and videos are taken of events and edited to play on our Home TV. Ham radios are manned, computer labs are open with free classes and genealogy trees are explored for new family histories. Residents sponsor prospective new residents answering their many questions and Resident Tour guides showcase the Home to active duty and community groups. Phone calls are answered in the Lord’s Cabins; vigils are held for our prayer circles pray and bible studies study and Residents volunteer their voices to sing in our choirs. Our Resident craftsmen ensure safety in the woodshop and our Resident artists teach new techniques of creativity. The swimming pool is monitored and bicycles are inspected for safe riding on the grounds. Residents escort others to medical appointments and lend a hand to those that need an extra one. Committees are formed, attended and ideas are exchanged. Guest and staff meal ticket monies are collected with a smile as our talented musician provides live music in the dining hall on birthday night. Our Resident Volunteers vote daily for AFRH-G to be one amazing community to work and live in.

Wellness Center staff offers flu clinic

By Susan Bryhan, Wellness Center Coordinator

In keeping with their name, on October 12 and 13, the Wellness Center Staff gave residents and staff their annual flu immunization. Getting an annual flu vaccination is the best way to prevent getting the usual symptoms of the flu which include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue and may also include vomiting and diarrhea and even death. Sometimes these respiratory symptoms signal an infected person, even those without a fever.

According to the Centers for Disease Control (CDC), people 65 years and older are at greater risk of serious complications from the flu as compared to younger, healthy adults because human immune defenses become weaker with age. During most flu seasons, people 65 years and older bear the greatest burden of severe flu disease. For this reason, we strongly encourage all residents, staff and family members to get vaccinated.

Besides getting an annual flu vaccination, other things to help keep you healthy during the flu season include practicing good health habits such as covering coughs, frequent hand washing and avoiding people who are sick. Always remember to seek medical advice as soon as possible if you develop flu symptoms as you may need to take an antiviral drug. Starting treatment as soon as possible will help you to avoid serious flu complications.

Another vaccination that should be considered for people who are 65 years and older is the pneumococcal vaccination which protects against pneumococcal disease. This disease can result in pneumonia, meningitis, and other bloodstream infections if you’re not vaccinated. To your primary care doctor (PCD) or come to the Wellness Center to find out which vaccines are recommended for you. Also, if you missed the flu shot clinic, you can still get your vaccination at the Wellness Center.

Wellness Center staff offers flu clinic

By Matt Roberts, Recreation Therapy

On Saturday October 8th, AFRH-W hosted a national day of service for Give-an-Hour and Veterans of Foreign Wars focused on increasing awareness of mental wellness. Volunteers from VFW and GAH worked with staff and residents to tackle projects all across the Home. Librarian Christine Baldwin supervised teams, who organized and cleaned bookshelves in the library and the Sherman building.

Members of Give-An-Hour visited with residents and Amanda Jensema in the Scott Building. Leadership from VFW and GAH met with the new Resident Advisory Council and hosted a series of wellness conversations in the Defenders Inn, where residents were served coffee, tea and cookies. They also had the chance to meet country music star Chris Stapleton. In the afternoon, the two organizations conducted a raffle during bingo. In all, more than a hundred volunteers participated.

Resident Patricia Moore receives her vaccine from nurse Tammy Davis.

Ron Kartz, Chief of Resident Services, with GAH volunteers sharing the five signs of emotional pain.

Dr. Kangas and Agency employees outside the historic Sherman Building.
Notes from the AFRH-W, Chairman, Resident Advisory Committee

OCTOBER 31, 2016

ARMED FORCES RETIREMENT HOME

From the AFRH-W Administrator

Fall is upon us at the Armed Forces Retirement Home -- Washington! We have had a heckuva month doing our best to fulfill our never-ending service mission to veteran Residents. Following is a recap of some of the highlights:

The Fall Fun Fest was held October 2nd. This event featured community interaction with Residents and stakeholders. The antique car show was a success despite a few early morning raindrops putting a small damper on participation. Representatives from the Creative Minds International Charter School, President Lincoln’s Cottage, Walter Reed National Military Medical Center, People Animals Love, and a Resident Arts and Crafts sale were featured. The U.S. Army Old Guard Fife and Drum ensemble played at the historic bandstand before the annual 10-kilometer drill team tosses rifles with bayonets through the air. In the afternoon, Residents enjoyed the sunshine, sushi, and food provided by Friends of the Soldiers’ Home. Fall Fun Fest was a major undertaking and my compliments to all the people who planned and executed a great event.

Later that week, we observed the United States Navy’s Birthday on October 7th with a ceremony in the Hall of Honors. The service branch birthdays have traditionally been observed at the Home on the preceding Friday. The event was well attended by Residents and active duty sailors. It’s always a big boost to see the men and women in uniform actively serving their country. Cake and punch was served immediately following the ceremony.

Each quarter, management convenes to discuss Employee of the Quarter (EOQ) nominees. As determined by vote, the EOQ is awarded 8 hours leave and eligible for the AFRH Commission (TJC), as part of our accreditation.

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October was another busy month at the AFRH-G. Our second annual Events Day, which featured a variety of events including a tour of the home, a presentation on the history of the AFRH, and a guest speaker, was well attended. Attendees enjoyed the opportunity to learn more about the history and mission of the AFRH.

Happy Birthday Navy! By Melodie Menke, Volunteer Services AFRH-G Photos by Resident Ron Persing The 241st Navy Birthday was celebrated on Oct 13th, 2016 at AFRH-G with guest speaker Captain Jeremy H. Hill, Commanding Officer, PCU Portland LPD 27. Captain Hill and his wife Cynthia with his officers and enlisted crew enjoyed talking with the residents. The NBC2 Gulfport, SJA Office also attended celebrating with residents. The PPU John Finn DDG113 enlisted crew was on board having the youngest seaman cut the cake with Navy resident Harry Gordon. All personnel joined in for a rousing rendition of Anchors Aweigh. As a citizen of these great United States of America I am so thankful for each resident of both homes for serving our wonderful country. I have been blessed to serve senior adults 20 years. But the greatest blessing is the past nine months I have been able to serve as the home administrator for the Gulfport residents.

Happy Birthday! To all Veterans Day November 11th, the day each of us can celebrate and thank our Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. This will be a special day for me as we open the home to the community so they can participate with us as we honor the men and woman who reside at the Armed for Retirement Home-Gulfport.

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**AFRH-W Activities**

**Courage from the heart book talk**

*Story & Photo by Christine Baldwin, Librarian*

Glenna C. Orr came to the AFRH-W to share her new children’s book ‘Courage from the Heart’ with residents. This intergenerational book deals with the interaction of Louise, a retired nurse in the U.S. Navy Corps, and a mother and her two young children. The story details the career of Louise’s aunt, who was a nurse serving in the Philippines during World War 2. With meaningful illustrations, this book serves as a history lesson, not just for children, but anyone who reads it. The comments and questions from the residents that followed her presentation were precise, genuine, and so familiar to all who were in attendance.

Glenna, a career public school teacher and reading specialist, has worked in the Department of Defense Dependent Schools (DoDDS) schools, among other places. During her research for the book, Glenna worked with resident Norma Rambow, who afterwards gave an endorsement. After the talk, Glenna gave each resident a signed copy of her book.

**Autumn Art Fair**

*By Lori Thompson, AFRH-W Art Specialist*

*Photos by Rebecca Newton, Public Affairs*

On October 2nd, during the Antique Car show, residents set up tables for the annual Autumn Art Fair. Manning the tables were Ron Bennett, Marvin Flood, Jo Colvard and Lewis Burkett. They were in charge of selling various residents’ ceramics and fused glass pieces, as well as their own arts and crafts. We all appreciate your efforts and applaud your success! Thank you also to our Librarian, Christine Baldwin, for helping the crafters. And a hearty thank you to all who purchased some of their beautiful wares. Our next public art fair will be at the Greenbelt American Legion and the AFRH-W Holiday Fair, both are in early December.

**Recreation Therapy Mexican Fiesta**

*By Carol Mitchell, Recreation Therapist*

The Recreation Therapy department hosted a ‘Mexican Fiesta’ in the St. John’s students who volunteered to assist with the program as waiters/waitresses. The Residents expressed that the event was “Muy Bien!”

**A day at the races**

*By Amanda Jensema, CTRS*

*Photos by Steve Briefs*

And they’re off!!! Recreation Therapy put on a Horse Race for the residents. Our four horses racing were all past Triple Crown Winners! Racing were War Admiral, Secretariat, Seattle Slew, and American Pharaoh. They were all present for races held in the Community Center on the one year old track. A total of five races were run during the course of the hour. Residents were able to place “bets” on which horse they thought would win the race. Once all bets were in for each race we had two rollers roll the dice to get the race started. The jockeys and rollers were employees Amanda Jensema, Carol Mitchell, Chris Baldwin, Susan Bryhan, Shaun Servais, and resident David Kaetzel. All traded off between being jockeys and rollers.

At the end of the day, the winners with the most ‘money’ were:

1st Place: Al Brotski
2nd Place: Corrine Robinson

We would like to say thank you to all residents and employees who attended this event and made it a huge success!!!! We all look forward to our next race!

**Capturing leaves before they all fall**

*By Lori Thompson, AFRH-W Art Specialist*

The ‘Crazy Artists Club’ has gone leaf wild during the last two club sessions. It all began with a relief printing experiment using leaves. (Relief printing is when you put the image you want to make in relief-let’s pretend it’s a stamp.) We rolled out ink over leaves and printed them. We also rolled ink over the leaves to get their outlines, and had great results combining the two methods.

At our latest club meeting, leaves, grass, twigs and stones were placed on paper and Tyvek (for our book covers) and spray painted. The items were then rearranged and applied a different color of paint. The process continued building subtle layers, until the artist felt it was completed. Once dry, the pieces can be framed as is or they may be written, printed, drawn or painted on. Other printing projects we will explore this fall/winter are: intaglio prints (incised lines are printed, not the raised surface), coliograph prints (think embossing, but much deeper) and silk screening. We would like to say thank you to all residents and employees who attended this event and made it a huge success!!!! We all look forward to our next race!
Annual Fall Pool Party makes a big splash again

By Dennis Crabtree, Recreation Specialist

Music from the 50’s and 60’s plus requested music played by DJ Billy Hughes was a big hit at the Annual Fall Pool Party. Residents and guests were seen dancing and socializing throughout the night. The weather was perfect and there was not a cloud in the sky to put a damper on this pool party. This year there were hamburger sliders, mini hot dogs, egg rolls, wings, poppers, desserts and refreshments. Fiddler’s Green was there at pool side supplying adult beverages to the residents for a small price.

Pull out the snowballs again! October is even hot!

By Jen Biernacki, Recreation Therapy Assistant

This summer the residents of Valor Hall and Loyalty Hall enjoyed a variety of methods to stay cool as the temperatures made record highs. During the summer, residents enjoyed a snowball flavored with either grape or strawberry. A snowball is ice crushed fine like snowflakes with thick sweet flavored syrup poured all over the ice like a slushy, but so much better. A topping of condensed cream may be added to the delicious refreshing snowball if it’s not sweet enough, or just enjoyed with the flavored syrup. With record highs in October, the snowballs will soon be another hit.

The Gilder Toss - a new game

By Jen Biernacki, Recreation Therapy Assistant

As the Fall Games begin, Valor Hall and Loyalty Hall have a new fall game this year called the ‘Gilder Toss’ after Peter Gildemeister, the carpenter behind the game creation. Mr. Gildemeister, cut and pieced together the wood game to bring an idea for the future Fall games. Gerry Gorsky shared her painting talents to design and paint the board for the completion of the Gilder Toss board. With colors of red and blue, the board has quite a professional appearance. On Tuesday October 18, 2016, Loyalty Hall played the first ever ‘Gilder Toss’ game. “I like this game,” stated Lois Hogan, Loyalty Hall Resident, “I want to make one in each circle. I don’t want to miss,” she added. A sincere appreciation to all that made this idea come true.

A cherry filled morning

By Jen Biernacki, Recreation Therapy Assistant

The American Heritage Girls returned to the AFRH-G for a morning social with our Valor Hall and Loyalty Hall Residents. The girls created a modified version of Cherries Jubilee with ice cream, cherry pie filling and whipped cream. “This is delicious,” stated Lewis Wehunt, “I need some more,” he added. Most residents asked for seconds as the dessert was a sure hit. As the residents enjoyed eating the dessert, the girls conversed with both sides sharing stories and answering questions. What a great day. Thank you to the American Heritage Girls for sharing your talents.

Festive Fall photos

By Susan Bergman, MT-BC, Recreation Therapy Services

September and October were filled with exciting events for Valor, Allegiance, & Loyalty Halls. The highlights are pictured below with Frances Scott weeding the Valor patio garden, Tony Ortolano visiting with Curtis Jackson and Sassy, Clarence ‘Mac’ McGee serenading with classic country favorites, and the Coast Guard visit to the Ice Cream Social Meet and Greet. From ice cream socials to Birthday Dinners to Current Events, the month will conclude with a trip to Keesler Air Force Base and Pops Brothers Popsicle stand Friday October 21, 2016.

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“This is the life – fishing with feet up”

Submitted by Susan Bergman, MT-BC, Recreation Therapy Services
Photos by Resident Jack Horsley

With a forecast right on schedule, September 30, 2016 was a beautiful day. Residents from Allegiance, Valor, and Loyalty Hall traveled to the pier and picnic shelter at Fort Maurepas Park in Ocean Springs, MS. With fishing poles, live shrimp, and military friends, residents began getting bites which landed many catches of the day – speckled trout, saltwater catfish, croaker, and yes – even a rock and a large cluster of oyster shells. After building up an appetite, residents headed across the street for a delicious picnic lunch provided by dining services. Waiting a little later for lunch, Hobert “Woody” Wood said, “This is the life” and continued fishing with feet up setting an example of true relaxation and enjoyment. With a perfect view of the sparkling water and clear blue skies, Resident Volunteer Ed Farrell was able to get the kite flying on the fishing pole for all to see. We thank the AFRH Community, Residents, and Keesler Air Force Base 81st Communication Squadron Volunteers for a day filled with sun and fun.

Fishing in autumn

By Sarah Kenan, Recreation Assistant

What a day we had on Wednesday, October 5th when we went fishing! The weather was perfect, mild and sunny, so we loaded up our bus and visited the fishing pond located right on our AFRH-W campus. In addition to fishing the recreation staff prepared grilled hamburgers, hot dogs, potato salad, strawberries, and cupcakes for all to enjoy. Everyone agreed that the worst part about fishing is cutting up the worms to put on the hook. Other than that we had fun catching catfish, bass, sunfish and listening to music. Carol Mitchell read the newspaper with residents while others enjoyed socializing with each other.