



AFRH-GULFPORT

Cruisin' the Coast passes through AFRH-G

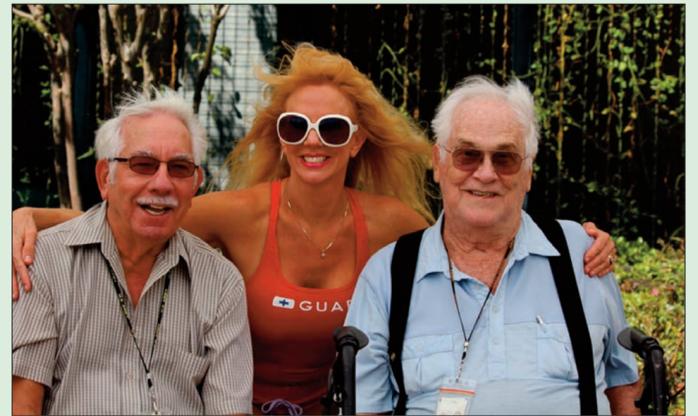
Story and Photos by Becki Zschiedrich, Public Affairs



On October 3rd several antique, classic and hot rod vehicles rolled through the gates of the AFRH-G. Residents were extremely enthusiastic when the cruisers started arriving. Each classic vehicle was striking and unique. This is an event that the residents look forward to every year.

Cruisin' The Coast® comes to the Mississippi Gulf Coast every October for one full week. Known as America's largest block party, it all started in 1996 as a festival to celebrate antique, classic and hot rod vehicles. Over 8,000 vehicles registered this year. It's exciting to go back in time and witness vehicles cruisin' the 30-mile stretch

of beachside highway in and around Gulfport, Mississippi. Automobiles sure have changed, but it was enjoyable to see what cars used to look like. Unfortunately Hurricane Nate cut the cruisers' time on the coast by a day or two. They were instructed by government officials to leave the coast early so the classic cars wouldn't get ruined or flooded in the hurricane. We look forward to seeing them again next year.



AFRH-WASHINGTON

Trip to the Baltimore Aquarium

By Amanda Jensema, CTRS

October has been a month filled with animals, but let's not forget about our ocean life. On Wednesday, Oct. 18th, thanks to the Fenwick Foundation, residents were able to go to the Baltimore Aquarium to see the animals that live under the sea, and some that live above. The aquarium is separated into three sections. First we went to visit the Dolphin Discovery. It had just opened for the day and we had the chance to see the dolphins swim around through an underwater viewing area. It was a little hard to see them, but before we left we returned to view them from above the water. The residents enjoyed watching them swim around, playing with their toys, and even jumping a few times. After watching the dolphins, we enjoyed a lunch at the Harbor Market Kitchen, where we could choose between pizza, burgers, sandwiches and pasta. Once we filled our bellies, we continued to the Australia Wild Extremes Exhibit. There we saw many different kinds of birds flying around overhead, as well as a variety of fish, snakes and frogs. We then went to the Atlantic Coral Reef and Shark Alley. We saw many large fish, but the one that caught the most attention was a puffer fish that seemed to just want to watch everyone as they strolled by. Swimming with the fish was also a 20-year-old sea turtle who had been rescued when she was younger and had her front left fin amputated due to frostbite. The sea turtle weighed 500 pounds! We had a great time at the aquarium and enjoyed the beautiful weather. We hope to return again in the future! Thank you again to the Fenwick Foundation for providing the tickets and allowing our residents to visit.

INSIDE THIS ISSUE

Page 2
Resident Highlights

Page 3
Veterans Day Celebration and Open House at AFRH-G on November 10th

Page 6
Visitor from the Royal Hospital Chelsea



AFRH COMMUNICATOR

Phone: 1-800-422-9988 Web site: www.AFRH.gov Email: Public.Affairs@AFRH.gov

Christopher Kelly - Public Affairs Officer
Carolyn Haug - Washington Public Affairs
Barbara Bradley - Washington Public Affairs

Becki L. Zschiedrich - Gulfport Public Affairs

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 waiting time for residency is
24 months from the date of application approval.

AFRH-Washington has 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-W Resident Highlight – Charles Setzer

By Christine Baldwin, AFRH-W Librarian



Charles Setzer was born in North Carolina. He grew up across the street from a U.S. Marine and was very impressed with him. On the Monday after Pearl Harbor, at the back of the school bus, Charles and his friends discussed which branch of service they were going to join. Charles picked the Marines, but was too young to enlist. So as soon as he graduated from high school, he went to sign up. Basic training was at Parris Island, South Carolina and no slack was given to the recruits. This was no problem for Charles, since he felt personally involved when Pearl Harbor was attacked. He then went to Camp Lejeune, North Carolina, where as it turned out, the last Marine unit was being formed for World War II. This was the H Company of the 3rd Battalion of the 29th regiment of the 6th Marine division. They were first sent to Guadalcanal, but the fighting was over when they arrived. However on Easter Sunday (April 1) of 1945, they landed at Okinawa for that famous battle. Fortunately, Charles was not hurt. After that, he was fully expecting to go home. But shortly after, during an inspection, the general stopped in front of him and asked "Are you prepared to live in the field?" Charles's response was "Yes sir, looking forward to it, sir." So instead of going home, he was sent to China. Apparently, there were about 80,000 Japanese soldier prisoners that needed to be taken back to Japan. So along with the U.S. Navy and their LSTs, Charles spent the next seven months doing this job. Finally sent back home, he re-enlisted at the U.S. Naval Gun Factory (Navy Yard), Washington, DC.

During these five years, Charles had never been home for Christmas, but on the sixth year, he not only made it home; he met his future wife, Sybil. When they got married, she

promised to be a good Marine wife, though she knew nothing about military life and he promised to be a good civilian husband, after he retired from the Corps. Charles retired after twenty years from the Marine Corps at Camp Pendleton, California.

Charles's second career was as the Director of Auxiliary Services at Gaston College, North Carolina where he was a college recruiter, supervised the running of the bookstore, oversaw the post office, was the Veteran's Affairs Officer in charge of monitoring the GI Bill, and even taught vocational classes. He retired from this job in 1985, but his wife wanted to work another five years, so Charles's third career was having an apple orchard and selling farm equipment. He also got a hobby making and flying Ultralight planes. The plane arrived in a box and had no manual, so he literally learned to assemble it and fly by "the seat of his pants." Also during this time, he and Sybil were able to travel. They made it to 73 countries and went on 28 cruises. Sybil wanted to see the World War II sites, so Charles took her to Guadalcanal and showed her where they had slept in a tent. He also took her to China and showed where he had worked with the return of the Japanese soldiers to Japan. They had three children; a son who went to the Naval Academy, a daughter who taught at North Carolina State and Chapel Hill, and another son who worked with Duke Power. Charles knew about the AFRH-W because of the .50 -taken off his pay, and came to us earlier this year.



AFRH-G Veteran Highlight – Kenneth E. "Ken" Schneider

By Lori Kerns, AFRH-G Librarian



Ken Schneider is the second youngest of ten children born to an iron factory worker and homemaker. Growing up during the Great Depression, he and his family felt very fortunate that their father had a decent job during such desperate times. Ken loved to play all sports when he was a child. The love of sports introduced him to boxing. His boxing career even took him to the Ozark AAU Boxing Championship where he fought in the welter-weight division and beat his opponent. His goal was to become a prize fighter. Those plans changed quickly when he received a draft notice.

What began as a draft fulfillment ended up being a productive 21-year Navy career for Ken. Staying mostly on sea duty throughout his career, he served on six different ships that sailed to many exotic locations during WWII, the Korean War, and the Vietnam War. He began his profession working as a barber mostly aboard troop transport ships. His years at sea provided many unique experiences. One highlight was when the movie star Tyrone Power was aboard his ship. He had the privilege of cutting his hair, not once, but twice. He also had another memorable moment when he was stationed in the Philippines and stood a mere ten feet from General Douglas MacArthur. Ken was aboard the first ship that brought food and supplies to Nagasaki after the city was bombed during WWII. During the Korean War, he was aboard a ship that shelled North Korea. During the Vietnam War, his ship patrolled the beaches and ports.

After ten years as a barber, Ken began working as a storekeeper and then served as a yeoman. He was stationed in Pearl Harbor during the last few years of his career. Here, he served as a manager for the enlisted and officers' clubs. In 1965, he retired as a Chief Petty Officer (CPO) after earning ten ribbons and six medals for his successful Navy career.

He began a civilian career in security work after his retirement. For one security detail he was assigned to escort Dolly Parton from her hotel to her venue backstage where she was performing. He also met Hugh Hefner when he was given a detail to guard his plane for three days. According to Ken, Mr. Hefner was very gracious and allowed him to sit anywhere he wanted to watch TV on the plane. Around 1971, Ken was living around the Orlando, Florida area when Walt Disney World opened. He worked as a security guard at the resort for about five months. He remembers how the highways surrounding the park stayed backed up for months. Ken's love for Disney parks began when he was stationed in Long Beach, California and made two trips to Disneyland. He's been to Disney World countless times.

Ken has always loved to travel. Throughout his lifetime, he has been to every U.S. state except Vermont. He has resided in nine of these states and also lived in Canada. One of his favorite ways to travel is by Amtrak. Some of his fondest memories were sitting aboard the train in the morning and looking out the window as he enjoyed bacon, toast, and coffee. Always comfortable at sea, he has also enjoyed over 40 cruises.

Back when Ken was in WWII, he married his sweetheart, Ruth. They had one child who eventually made them proud grandparents to one grandson. The couple was happily married for 22 years until Ruth sadly passed away. Their son, Stan, is also a retired Navy CPO and enjoys collecting military uniforms. Each year, Ken and Stan don vintage uniforms and march in local veterans parades.

Years ago, one of Ken's Navy friends told him about the Naval Home in Gulfport, Mississippi. At the time he was still married so he was not interested. After losing Ruth, he moved into the home and lived on the 11th floor. About one month before Hurricane Katrina, he decided to move out. A few years after the storm he heard that AFRH-G was being rebuilt with much nicer, larger rooms so he put his application in right away. He has been back at AFRH-G for at least five years. Nowadays, he enjoys attending movies in the theater and being a member of the Fleet Reserve Association (FRA). He also has the chance to enjoy yardwork when he spends time with a nearby friend. AFRH-G is honored to have this WWII, Korean, and Vietnam veteran among its heroes. If in the area, be sure to catch Ken and his son when they march in this year's Gulf Coast Veterans Parade in Biloxi, Mississippi on November 11th!



In 1944 Ken wins after a knockout at the Ozark AAU boxing championship.



At 91 years of age, Ken still has no problem taking on the speed bag in the fitness room at AFRH-G.

Message from the Acting Chief Operating Officer



The month of September closed with a flurry of requests and meetings with our external stakeholders. I traveled to Capitol Hill with Mrs. Barbara Westgate, Director, Washington Headquarters Services, and staff from the Deputy Chief Management Officer (DCMO) to provide an update on the status of the AFRH and our collective efforts to explore and develop new revenue streams. There, we met with staffers from the offices of Senator Thad Cochran (R- Miss.), Senator Roger Wicker (R-Miss.) and Representative Steven Palazzo (R-Miss.) who expressed full support for our ongoing plans.

Also during the month, AFRH's Chief Financial Officer, Vicki Marrs, joined me for a meeting with staff from the Office of Management and Budget (OMB) to discuss the Agency's FY 2018 budget request. OMB reviews all requests from federal agencies to support their annual operations and maintenance as well capital expenditures. OMB was very supportive of returning leasing authority to the AFRH, which would allow the agency more flexibility to lease or sell available property. Currently, DoD exercises this authority for the AFRH, but certain legal and jurisdictional technicalities make it difficult for DoD to do so.

I will finish October by participating in the LeadingAge annual meeting and sessions that focused on current industry thinking and standards from experts in the field to help older adults thrive. LeadingAge is a national association dedicated to providing innovative practices that transform services for aging adults, and providing cutting-edge initiatives to develop services that meet their needs. I look forward to sharing insights gained that will

benefit the AFRH senior staff as we continue to explore and develop new revenue streams for the AFRH.

From November 1st to November 3rd, I will visit AFRH-Gulfport, and look forward to meeting with staff, the RAC Chair and its members, and residents to hear any questions or concerns that they may have regarding the current state of the AFRH.

Finally, on October 20th AFRH leadership participated in the entrance conference for the third and final phase of the DoD Office of Inspector General (OIG) triennial assessment.

This phase will focus on the areas of human resources, information technology, facilities management, safety, security, estates, resident services and the AFRH IG hotline. The DoD-OIG expects to have the assessment completed on or before Jan 1, 2018, with a draft report available 30-45 days afterwards. AFRH leadership will keep residents and staff apprised of the assessment and the outcomes.

Respectfully,

Maurice Swinton



Ms. Oby Atta, Nurse Practitioner and Maurice Swinton, Acting COO share a laugh following the AFRH-W Quarterly Employee Breakfast.

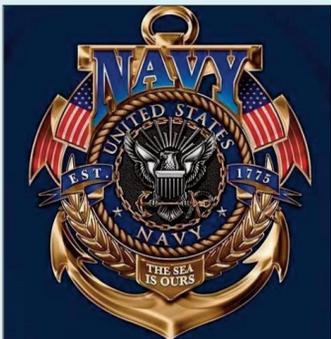
Happy 242nd Birthday Navy

By Sean Campbell, Recreation Services

Photos by Christopher Alexander, Chief Resident Services

For 242 years the U.S. Navy has proudly protected the waters and land of United States interest. AFRH-G residents and staff convened in the Community Center to celebrate this proud tradition at the Navy Birthday Ceremony on October 13th.

Keynote speaker, Captain Kent Hendricks, Chief Staff Officer for Naval Construction Group Two joined residents in this celebration by providing remarks and assisting AFRH residents in the ceremonial cutting of the cake. Our centenarian Ms. Marion Ritchie and nineteen-year-old Airman Apprentice Zach joined Captain Hendricks in cutting the cake as "Anchors Aweigh" was proudly sung. Volunteers on hand to support the ceremony were active duty members of the USS Portland and the Biloxi Shuckers Minor League Baseball office staff.



A testimony to excellence - a letter from a DC resident

By Benny Easter, AFRH-W Resident



As I write this I've been living at the AFRH-W for five months. Though I am still one of the new guys, I probably know more about retirement communities than any resident here. My wife and I started seriously looking into retirement home life in 2002. During the next fifteen years we looked at over thirty places, mostly throughout the Southeast, two in Las Vegas and two in Hawaii. We ate at least one meal in all of them and did three night trial stays in over half of them. We spent three weeks at a home in Honolulu over Christmas of 2013. When I first visited AFRH-W in 2009 I

knew this was where I would eventually want to live. It was far better and far less expensive than any other place we looked. The only problem here was that I couldn't have my wife with me. Finally, in December 2016 I decided that due to my deteriorating hearing and back condition I better apply to the Home while I could still come in at the Independent Living status. We had been looking for a nearby home that my wife could move into and we found ADF Knollwood, which is about four miles up towards the Maryland border. It is a home founded by the Army Distaff Foundation for commissioned officers and their dependents. Two years before my retirement, senior warrant officers were commissioned so I was eligible for both locations. Knollwood is nice and easily accessible by Metrobus, however it had a \$160,000 buy-in and the monthly fees are over twice as expensive as AFRH-W with no meals provided.

I frequently hear residents complain about the food, management, facilities, etc. I have to chuckle to myself and think, "If they only knew what else is out there." There is nothing that compares to this! Like I told the chief of resident services in my in-processing interview, "This must be the premiere continuing care retirement community in the country." I HAVE NO DOUBT ABOUT THAT! You might find a place with better management, nicer facilities, better food, or better amenities but you would have to pay a large buy-in and the monthly fees would be, at minimum, five or six thousand dollars. Having said that, during our fifteen years of looking we found no place that had better management, facilities, food or amenities, but every place we looked at had monthly fees of over two or three times what residents are paying at the AFRH.

So, when I hear you complain I will still chuckle to myself, BUT you will never hear me complain!

AFRH-G Veterans Day Open House Friday, November 10th

Armed Forces Retirement Home
VETERANS DAY Nov. 10th
OPEN HOUSE
Gates Open from 0830-1400
Opening Ceremony at 0930



Scheduled Displays & Demonstrations by:

Gulfport Fire Dept., Biloxi Bomb Squad, Gulfport SWAT, US Air National Guard, US Army National Guard, NCBC Fire Safety House, Harrison County Sheriff Dept., US Coast Guard, Ochsner's Med Flight, Pensacola Harley Owners Group, Patriot Guard, & the Coast Watchers
Antique Military Group, MS Highway Patrol, & MORE!!! (Subject to Change)
Performances by the GHS Admiral Band and local schools during the ceremony.



SPECIAL KEYNOTE SPEAKER

Fred Haise Jr.,

**Former NASA Apollo 13 Astronaut
United States Marine Corps Fighter Pilot
& United States Air Force Fighter Pilot**



AFRH Gulfport - 1800 Beach Drive, Gulfport MS 39507 Call: 228-897-4434 for Details

From the AFRH-W Administrator



Dear residents, friends, neighbors and staff,

Fall is upon us, finally! I'm sure the change in the weather is a welcome relief to the summer stickiness for many of us. My compliments to the Campus Operations team for providing guidance and contract oversight to keep our grounds looking beautiful for residents throughout all four seasons here in Washington.

October began with a bang as the Washington campus hosted the Fall Fun Fest and Antique Car Show October 1st. The weather was absolutely perfect and hundreds of community neighbors came out to participate in the festivities. Residents enjoyed live entertainment sponsored by Friends of the Soldiers' Home after perusing the classic cars parked along MacArthur Drive. Families brought picnic chairs and blankets to socialize with their neighbors as the kids ran wild on the driving range, picked

pumpkins and played in the bounce house. Live music ensured there was something for everyone to appreciate.

Other activities in October included the annual Sheridan Building Fire Evacuation Drill in recognition of National Fire Safety Awareness Month. Two resident "fatalities" occurred, as they refused to participate in the safety drill. Congratulations to our Safety Officer, Laura Fogarty, as well as residents and staff for improving on last year's performance. Conducting this drill increases understanding for what to do in case of fire emergency. We understand our building codes allow for the limited safe use of elevators, even during a fire emergency. Should an elevator shaft have smoke within it, the elevator is designed to retreat to a recall floor, open its

doors, and stop working. During a fire, residents with significant mobility issues have the option to use an elevator, horizontally evacuate through fire doors to an adjacent wing, or defend in place in their rooms. Several Fire Safety Focus Groups- plus the evacuation drill- were completed to educate us so we can be prepared to minimize injury and loss of life.

Shout-out to Teresa Hui, this year's chairperson on a very successful Health and Safety Fair! Numerous local vendors were on hand October 18th to provide education material pertaining to senior living. I'd like to give another shout-out to Waveney Bathersfield, Licensed Practical Nurse, and winner of the Employee of the Quarter! Congrats for winning the award and being eligible for the coveted Employee of the Year title.

I wish to thank all those who have extended their well-wishes to Emily and me as we celebrated the birth of our son, Maxwell. Max was born at Sibley Memorial Hospital September 26th, weighing in at 7 pounds 11 ounces, and 20.5 inches long. We are so grateful to call Quarters 5 our home and look forward to making many memories as a family. We count our blessings daily to be near such wonderful neighbors, the veteran residents who served our country honorably in the U.S. Military.

Shaun Servais



Here is a photo of baby Max, born on September 26, 2017.

AFRH-W celebrates the Navy birthday

Celebrating the U.S. Navy's 242nd Birthday in a ceremony on October 3, AFRH-W's oldest Navy veteran resident Mary Dannaer joined the youngest Navy veteran resident, Patricia Kirchner, in cutting the cake! Mary and Patricia received AFRH-W coins from AFRH-W Ombudsman (and fellow Navy veteran) Robb Webb.



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



Greetings from the RAC Chairman!

In October we celebrated the U.S. Navy's birthday in the Hall of Honors with a cake-cutting by the oldest sailor Ms. Barbara Dannaer and the youngest sailor, Ms. Patricia Kirchner. Earlier in the month AFRH hosted the annual antique auto show and our own Charles Daniels entered his 1978 Mercedes in the show.

And later in the month we had a visit by Mr. Peter Henry, a Chelsea Pensioner from London, England, which is the British Army's Soldiers' Home. Mr. Henry was honored with a ceremony in our Defenders Inn and presented with the Administrator's Challenge Coin.

And remember on Sunday November 5th too set your clocks back. Have a safe November!

This month in history!

- November 1st - All Hallows Day, also known as All Saints Day among Roman Catholics, commemorating those who have no special feast day.
- November 1, 1848 - The first medical school for women opened in Boston. The Boston Female Medical School was founded by Samuel Gregory with just twelve students. In 1874, the school merged with the Boston University School of Medicine, becoming one of the first co-ed medical schools.
- November 2, 1947 - The first and only flight of Howard Hughes' "Spruce Goose" flying boat occurred in Long Beach Harbor, California. It flew about a mile at an altitude of 70 feet. Costing \$25 million, the 200-ton plywood eight-engine Hercules was the world's largest airplane, designed, built and flown by Hughes. It later became a tourist attraction alongside the Queen Mary ship at Long Beach and has since been moved to Oregon.
- Birthdays - American frontiersman Daniel Boone (1734-1820) was born in Berks County, near Reading, Pennsylvania.
- November 3, 1948 - Dewey Defeats Truman banner headline appeared on the front page of the Chicago Tribune newspaper. Harry Truman actually defeated Republican candidate Thomas E. Dewey for the presidency.
- November 4, 1842 - Abraham Lincoln married Mary Todd in Springfield, Illinois.
- November 4, 1942 - During World War II, British troops led by Bernard Montgomery defeated the Germans under Erwin Rommel at El Alamein after a twelve-day battle.
- November 4, 1979 - About 500 young Iranian militants stormed the U.S. Embassy in Teheran, Iran, and took 90 hostages, including 52 Americans that they held captive for 444 days.
- Birthdays - American humorist Will Rogers (1879-1935) was born in Oologah, Indian Territory (now Oklahoma). "All I know is what I read in the newspapers," he once joked. He was killed in an airplane crash with aviator Wiley Post near Point Barrow, Alaska.
- November 6, 1860 - Abraham Lincoln was elected as the 16th U.S. President and the first Republican. He received 180 of 303 possible electoral votes and 40 percent of the popular vote.
- Birthdays - American conductor John Philip Sousa (1854-1932) was born in Washington, D.C. Best known for his rousing marches including The Stars and Stripes Forever, Semper Fidelis, and El Capitan.
- November 8, 1942 - Operation Torch, the Allied landings in North Africa, began as 400,000 soldiers under the command of General Dwight D. Eisenhower landed at Morocco and Algeria.
- November 9, 1989 - The Berlin Wall was opened up after standing for 28 years as a symbol of the Cold War. The 27.9 mile wall had been constructed in 1961.
- November 10, 1775 - The U.S. Marine Corps was established as part of the U.S. Navy. It became a separate unit on July 11, 1789.

-November 11, 1918 - At 5 a.m., in Marshal Foch's railway car in the Forest of Compiègne, the Armistice between the Allied and Central Powers was signed, silencing the guns of World War I effective at 11 a.m. - the 11th hour of the 11th day of the 11th month. In many places in Europe, a moment of silence in memory of the millions of fallen soldiers is still observed.

-November 11th - Celebrated in the U.S. as Veterans Day (formerly called Armistice Day) with parades and military memorial ceremonies.

-November 11, 1938 - Irving Berlin's God Bless America was first performed. He had written the song especially for radio entertainer Kate Smith who sang it during her regular radio broadcast. It soon became a patriotic favorite of Americans and was one of Smith's most requested songs.

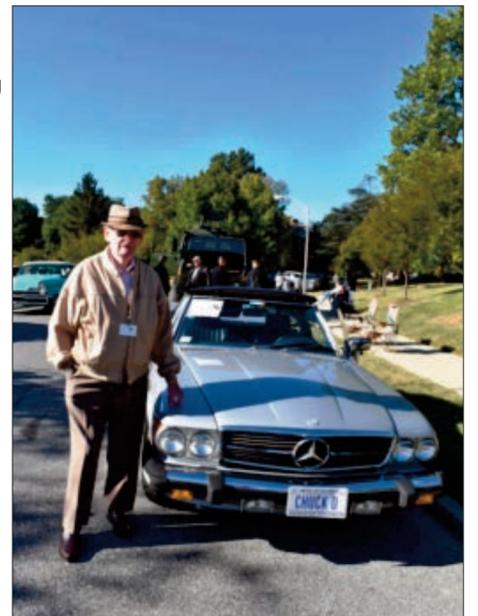
Birthdays - World War II General George S. Patton (1885-1945) was born in San Gabriel, California. In 1942, he led the Allied task force that landed at Casablanca in North Africa. He commanded the U.S. 7th Army during the invasion of Sicily, then received worldwide attention and an official reprimand for slapping a hospitalized soldier suffering from battle fatigue. After D-Day, he led the U.S. 3rd Army across France and into Germany. He died at Heidelberg, Germany on December 21, 1945, of injuries from an automobile accident.

-November 19, 1863 - President Abraham Lincoln delivered the Gettysburg Address during ceremonies dedicating 17 acres of the Gettysburg Battlefield as a National Cemetery. Famed orator Edward Everett of Massachusetts preceded Lincoln and spoke for two hours. Lincoln then delivered his address in less than two minutes. Although many in attendance were at first unimpressed, Lincoln's words have come to symbolize the definition of democracy itself.

-November 22, 1963 - At 12:30 p.m., on Elm Street in downtown Dallas, President John F. Kennedy's motorcade slowly approached a triple underpass. Shots rang out. The President was struck in the back, then in the head. He was rushed to Parkland Memorial Hospital where fifteen doctors tried to save him. At 1 p.m., John Fitzgerald Kennedy, 35th President of the United States, was pronounced dead. On board Air Force One, at 2:38 p.m., Lyndon B. Johnson was sworn in as the 36th President.

-November 26, 1789 - The first American holiday occurred, proclaimed by President George Washington to be Thanksgiving Day, a day of prayer and public thanksgiving in gratitude for the successful establishment of the new American republic.

Sheldon Shorthouse



Charles Daniels stands next to his pride and joy, a 1978 Mercedes.

From the AFRH-G Administrator



Greetings!

I would like to thank all the resident volunteers who assisted the staff before, during, and after Hurricane Nate. I continue to be amazed and impressed by so many of the residents who always find time to give back to the home and to each other. It is a blessing to me to see the selfless acts demonstrated by those of you who continue to give your time to each other and the home. Thank-you to Robert Kittinger, Diana Dopp, Doris Denton, Raleigh "Dawg" Player, Howard Brower, Claire Dimler-Smith, Jerry Burghout, Mary German, Keith Van Doren, Edward Farrell, Fredi Van Pelt, D.C. Breland, James Bass, Wanda Webb, Rick Eyman, John Fritschur, Doris Hopper, Donald Quatro, Mary German, Jeanette Easter, James Eberhardt, James Bass and community volunteer Georgia Hoffer.

I did a head count for the residents' town hall meeting that Saturday evening at 7:00 pm and we had 121 residents attend. That was a great turn-out for such short notice. So thank-you for your attendance that night and especially for your cooperation during that potential stressful situation.

I also want to thank all the staff, who were present at the Home during a "holiday weekend." This is just another example, in a long line of examples, of the caring, commitment, and dedication of the fine ladies and gentlemen who work at AFRH either as a federal or contract employees. I will never be able to show, or put into words, how much I appreciate the devotion each employee showers upon the residents of this community.

Congratulations to the Employee of the Quarter (Fourth Quarter FY2017) Kizzy Hall, LPN for exceptional service to the Armed Forces Retirement Home during July, August, and September 2017. Her demeanor is one-of-a-kind and she genuinely carries out the Mission Statement enhancing the quality of life for our residents. Honorable Mention was given to Trenita Moore, Nurse Practitioner.

The Department of Defense's Inspector General's office has tentatively scheduled the middle of January to complete the third and final phase of their inspection. We eagerly anticipate their inspection and would love to have them sooner than January since I know the team is ready, willing, and able to pass the inspection and get it behind them.

The Deputy Chief Management's Office will have two representatives here to tour and visit the home on November 1, 2017. The representatives are Ms. Stacey Tyley and Mr. Travis Smith.

Jeff Eads



Congratulations to LPN Kizzy Hall, the Employee of the Quarter (Fourth Quarter FY2017).



Resident volunteers work the registration desk during Hurricane Nate.

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



Tangible - is from Latin tangere "to touch," and it simply means something that can be touched or felt, though it can be used in metaphorical senses: "tangible assets" have a value that can be precisely measured, and "tangible grief" can be clearly sensed by an onlooker.

(<https://www.vocabulary.com/dictionary/tangible>)

Intangible - Something intangible can't be touched physically, but most of the time it is understandable or even felt in the heart. (<https://www.vocabulary.com/dictionary/intangible>)

Rumor - gossip (usually a mixture of truth and untruth) passed around by word of mouth.

(<https://www.vocabulary.com/dictionary/rumor>)

Curious how all three tie together? Read on

It is no secret that the AFRH has a major issue: revenue stream. The AFRH and the campus expenditures (and actual operation)

have been looked over, poked, prodded, analyzed, and squeezed to be certain the two campuses and the headquarters do so in an efficient economical manner (so I am told). It is no secret that on February 14, 2017 "As a first step toward stabilizing and replenishing the Trust Fund, the Deputy Chief Management Officer will exercise authority, direction and control of the Armed Forces Retirement Home and its Chief Operating Officer, including oversight of all Armed Forces Home operations..." (Deputy Secretary of Defense Memorandum dated FEB 14 2017). The Under Secretary of Defense for Personnel and Readiness was to provide for the smooth transition of responsibility. (NOTE: The Memorandum, in its entirety, should be hanging on your floor's bulletin board.)

As part of the transition the tangibles were (and are being) scrutinized; items such as food cost, manpower and personnel assignments, contracts with GCE (food), CMI (maintenance), Ability Works (housekeeping), Senior TV, utility costs, medical transportation, and the list goes on and on. Fairly cut and dry and most likely a 'number' (i.e. dollars and cents) could be ascertained to base current and future decisions regarding expenditures on.

One is left to wonder if all of the intangibles were as closely scrutinized. Certainly no easy task to assign a number (i.e. dollars and cents) to how satisfied or unsatisfied (a) resident(s) is (are) with all the services provided for ONE fee, the camaraderie with like veterans, access to medical care, feeling of comfort and security knowing that should one's personal situation (i.e. health) decline there are different levels of care available as one ages in place. The intangible list also goes on and on. Is it safe to venture forth and say it is not easily quantifiable, if a number (i.e. dollars and cents) could be ascertained at all?

Okay now that I have tied the tangible and intangible somewhat together how the heck do I also include rumor?

Will a contract be provided that spells out what amenities a resident will get for the fees paid? Will the fees double or triple, or just rise significantly? Will it still be based on a percentage of income with a cap, or the cap removed and everyone pay a percentage of income? Will current residents be 'grandfathered'? At what price will the grandfathering occur? Will fines and forfeitures and perhaps the .50 deduction 'go away' once the way forward to shore up the trust fund is found? Will the Armed Forces Retirement Home become a 501(C)(3)? What would change in the AFRH's mission and daily operation were it to become a 501(C)(3)? Will the AFRH only accept those that can pay their full share of the cost for residency except for a small percentage (perhaps 10-15%) receiving some type of subsidy from the trust fund? Will those persons eligible for entry be required to divest of their assets (ala Medicare / Medicaid) in order to qualify for admission? Will we continue to have 21 meals per week or will it be 19 (2 on the weekends), 14 (2 a day) or 7 (1 a day) with options to purchase additional meals?

Will those places that are deemed comparable to the AFRH really be comparable in ALL aspects or do they have application fees, buy-in fees, ala carte pricing (separate charges for rent, food, medical, etc.), allow only officers, admit the surviving spouses of retired enlisted members of all U.S. military branches, allow married couples with only one being a retired enlisted U.S. military member, allow mothers of active duty and retired enlisted U.S. airmen and once again, the list could go on and on.

There are very few certainties in life. One item for absolute certain is that more changes will be coming to the Armed Forces Retirement Home. Make sure you're buckled-up; as it appears a (very) bumpy road, with some (deep) potholes, may be ahead. As I prepare to sign off I'll leave these three thoughts; "Will the rumors become reality and a trend that leads to greater concerns? How much window film will be on the transparency residents have been promised? How many retirees would choose (or could even afford) the AFRH if the fees doubled or tripled and AFRH became 'just like every other CCRC (Continuous Care Retirement Community)?"

My biggest hope is that those making decisions regarding the future of the AFRH

always keep foremost in their minds they are dealing with real live flesh-and-bone Veterans with an average age of 83. The same individuals whether active duty, discharged, retired, or reserve who, at some point in their LIFE, wrote a blank check to the United States of America for an amount up to and including their LIFE by serving, and who consider themselves permanently at Home.

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

Meeting highlights of 10-10-2017: Committee Reports:

Food Service: minutes posted. (accepted by unanimous vote)

MWR: minutes posted. (accepted by unanimous vote)
Health and Wellness minutes posted. (accepted by unanimous vote)

FLOOR REPRESENTATIVES:

-Concern regarding persons walking dogs on outside perimeter of property and not picking up after them (A8)

-Concern regarding the number of staff, families and guests being served a meal at same time as residents during the Emergency Preparedness (Hurricane) of the AFRH-G. (see submission to Administration)

-Concern that RAC has to be involved in an issue that reasonable adults follow the rules of the home without necessity of reporting infractions to Security. (B8)

OMBUDSMAN

-Yearly summary of issues handled presented.

OLD BUSINESS:

-Motion to submit a formal report dated 10-1-2017 (attached) to Administration concerning the smoking policy and the compliance of such at AFRH-G with a copy to Acting C O O and DCMO. Discussion held. Voice vote did not have a clear majority. Division (Roll Call) of the members requested. PASSED 9 for 4 against. (NOTE: The report is available if you take the time to e-mail me for a copy racchair@gmail.com)

NEW BUSINESS:

-Speed of MPV should be adhered to. No formal administration action requested by voice vote.

-New bins - will increase longevity of bulletin boards. (The bins are available for all floors.)

ANNOUNCEMENTS

-All residents are encouraged to obtain an emergency pendant/call button from security. This recommendation is made so that you would have a way to get help, not only for yourself, but also for another resident (or any person) that you may come across, at a moment when they are in some emergency/medical distress on AFRH-G grounds.

-Please keep BPV/MPV set at Turtle speed on the property. They should not go faster than the speed of the average resident.

-A2 Floor representative resigned. Floor to be represented by Chairman and Vice Chairman.

REQUEST FOR ADMIN RESPONSE

-Concern about local residents not picking up after dogs on property between fence and street by large AFRH sign facing south to area north of 'delivery gate'. Can signs be placed stating please pick up after your pets? It is noted the area in question may be city right of way and request by Home to city for such signage may be needed.

-Response to Wellness Sub Committee Report dated 10-1-2017 requested.

-Concern regarding the number of staff, families and guests being served a meal at the same time as residents during the Emergency Preparedness (Hurricane) of the AFRH-G. Can a sign be placed with meal hours? Is it possible to post notices that dining is reserved for residents for the first 45 minutes, as is done for the major holidays?



Phil Ford reads a letter from a resident at the mail room. Looks like he may be contemplating this month's article.

AFRH-W Activities

Fitness news - What's a better life?

By Jerry Carter, Fitness Specialist

Living Well

Living well means more than just living longer. Longevity doesn't mean much if you're lonely, bored, depressed or in poor health. There's a difference between more years alive and more life. Some

people live to a very old age but are miserable and bitter. Others find a sense of purpose and zest for life even though they have a chronic illness or disability. The top concern people express as they enter their later years isn't money worries or physical problems, but a sense of meaning and purpose in life. For many people a fulfilling life, or a "better life"-is one in which they feel they've made a contribution, no matter how small or big that may be. Yes, optional aging includes good health, but it also encompasses love, companionship, creativity, productivity, concern for others, learning and a hopeful outlook.

Charleston revisited

By Christine Baldwin, Librarian



People of the past appeared in various forms in this two-act mystery/comedy set on Logan Street in the heart of Charleston, South Carolina. The residents of AFRH-W were treated to a wonderful play about a 95 year old widow and her encounter with a former senator from New Hampshire. With two birds "telling" a bit about the characters, and visual scenes from

Charleston shown on the wall, a story was revealed that had the viewers on the edge of their seats! A big thanks to the author, Anthony Ernest Gallo, who has brought others plays to the Home. We are looking forward to his next production.

High Attendance at DC's Annual Health and Safety Fair – "Living Well, Living Long"

Story & Photos by Carolyn Haug, Public Affairs

AFRH-W hosted their Annual Health and Safety Fair, "Living Well, Living Long" with attendance the highest in recent years. The event's coordinator, Ms. Teresa Hui, Supervisory Dietitian shares that "our goal is to provide the most current health information for general health awareness, self-care and disease prevention." Exhibit booths manned by internal and external health and safety services covered the Community Center. Residents were able to gather information from sponsors including: Mobile Dentist, Nursing Education, Infection Control, Safety Office, Nutrition Service, Rehabilitation Services, Millenium Pharmacy, Vitas Hospice Care, Capital Caring, Simply Thick Products, Medline Products, American Diabetes Association and the YMCA. Many residents were seen getting their blood pressure and blood sugar checked by our Wellness Center staff and learning about falls prevention from Rehabilitation Services. In total, the health and safety booths received 969 visits from those interested in learning more about living well and living long.



Veterans get special preview of 'Far from Home: Reflections of World War II' Navy exhibit

Story and Photo by Bobby Jones, Staff Photojournalist, Enquirer Gazette

Naval Support Activity Washington sailors welcome a group of WWII joint service veterans from the Bay Area Honor Flight Foundation with a special preview of "Far from Home: Reflections of World War II." The exhibition is comprised of 20 true-to-life paintings by internationally acclaimed maritime artist Tom Freeman. The exhibit also marked the 75th anniversary of World War II in the Pacific which coincided with the Navy's 242nd birthday Oct. 13. WWII veterans from the Armed Forces Retirement home in Washington, D.C., were also honored during their visit. Both groups ceremoniously cut a cake to commemorate the 242nd birthday of the Navy.



AFRH is represented at several Appreciation Days in October

This month Public Affairs Officer Chris Kelly represented AFRH at Carlisle Barracks for Retiree Appreciation Day and at Joint Base Meyer-Henderson Hall Retiree Appreciation Day. Christopher Alexander and Becki Zschiedrich represented the Home at the Keesler Air Force Base Appreciation Day.



A visitor from the Royal Hospital Chelsea

By Christine Baldwin, Librarian

Photos by Sheldon Shorthouse, RAC Chair

AFRH-W was honored this month to have a visitor from our sister home The Royal Hospital Chelsea in London, England. Founded in 1682 by King Charles II, the facility houses 300 Army veterans called 'pensioners.' Our visitor, Peter Henry, came to DC to see the sights and was able to stay in one of our guest rooms. Peter remarks, "I naturally enjoyed the sites of your capitol city. I felt at home in AFRH-W and was made to feel welcome by everyone I met, a feeling of camaraderie."

On the last night of his visit, a social was held at the Defenders' Inn honoring his trip. After singing both National anthems and introducing our own 'George Washington' (resident John Baker), Peter, wearing his customary scarlet jacket, treated us to a grand evening regaling stories from his facility. He had also brought a short film highlighting the hospital, which the residents enjoyed viewing. Peter pointed out that the physical differences are obvious: the Royal Hospital Chelsea started in the 1680's whilst the AFRH-W started in the 1860's. He said, "There are two different styles of buildings, each with their own characters and individual features. Whilst the buildings may be different, the communities share a common sense of community. We share a common history having served our respective countries."

A little bit about Peter...he joined the British Army as a boy of 16. He enlisted as a junior soldier in the Royal Artillery (RA). After basic training, he was assigned to the 40 Regiment RA in Munster, Germany. The Regiment quickly moved to England and changed their guns from 25 pounders to 105mm pack howitzers. Peter also served in Malaysia and in the jungles of Borneo. On his return to the United Kingdom, he transferred to the Corps of Royal Military Police (RMP) serving in Germany, Belgium, Holland, Northern Ireland (several times), Berlin, Cyprus, and even a tour with the UN. Peter resigned from the Regular Army in January 1987, after 23 years. He then took up service in the Army reserves for another eight years. Sadly in 2009 Peter's wife of forty-four years passed away. After much deliberation, he moved to live in the Royal Hospital Chelsea in December 2016. "I have a circle of perhaps six friends with like-minded interest and a similar sense of humor. A sense of humor is very important." Peter is enjoying it very much. "Of course, I now have some 300 potential new friends," he said.



AFRH-G Activities

Cycling challenge

By Carol Davis, Recreation

Ken "Woody" Hilliker started the Cycling Challenge at AFRH-G in November 2016. Since then he has biked the length of Route 66 and finished with over 3,300 miles in June 2017....well over the required 2,187 miles needed to complete the Cycling Challenge. Woody has been a resident at AFRH-G since November 2016 and returned home to Fallon, Nevada, for six months this summer. While in Nevada he didn't stop his walking and cycling programs. Through diet and exercise, Woody has lost approximately 100 pounds since 2009. Great job, Woody!

If you'd like to participate in our Walking and/or Cycling Challenges, earn cool prizes and increase your activity level, contact Carol in Room 1209 in the Fitness Center for more information.



Crackers donated by Boy Scouts

By Dennis Crabtree, Recreation Specialist

Boy Scout Troop 211 donated crackers to the residents of AFRH-G. Clifford "Smitty" Smith is seen getting crackers at the table for a snack. It just so happened the snacks came in handy for the residents during Cruisin' the Coast. Thank you Boy Scout Troop 211.



Darts Tournament

By Dennis Crabtree, Recreation Specialist

On Friday October 6, 2017 residents were competing in the Darts Tournament in the Club Room. Ernie Fowler is looking for that Bull's Eye. Ron Jurgensen is waiting for Ernie Fowler to move so he can throw his darts. Doris Hopper is thinking if he can wait a little bit longer that Steve Crews will throw his darts off the board.

There could only be three winners for that day. Steve Crews took 1st place, Ernie Fowler took 2nd place and Ron Jurgensen took 3rd place.



Visiting working artist

By Milton Williams, Art Specialist



The residents who filled the art room were treated to a lecture and sampling of acrylic products by Golden Acrylic's working artist, Kevin T., a world renowned artist who always has a wealth of information and art stories to share with our resident artists. Lots of ideas, knowledge and inspiration were given along with some questions answered about "painting techniques." A generous gift bag of painting products was given to all who attended, which means, we hope to see some neat works of art SOON!

Thanks Kevin for giving us a visit and sharing some of the latest painting products Golden Acrylic produces. We look forward to experimenting with them at our next art adventure and for your return in 2018. Remember to take an art adventure.

Pinochle Tournament

By Dennis Crabtree, Recreation Specialist

On Thursday October 19, 2017 residents were competing in the Pinochle Tournament in the 2nd floor Club Room. All twelve residents were playing their first pinochle game for the new Fiscal Year 2018 (FY18) year. There was no sadness at this game because they all knew that there would be more pinochle games for FY18. So, they eased into the chairs around the tables provided by the AFRH-G Club Room and broke out the cards. Front Table players are Wayland Webb, Jerry Craven, Carol Harmes and Woody Hilliker. Middle table players are Fred Ray, Frank Baker, Jim Hannah and James Turner. Back table players are Bob Brodeur, Steve Crews, Albert Neville and Michael Cissell. But there could only be three winners for that afternoon. Steve Crews took 1st place, Jim Hannah took 2nd place, Carol Harmes took 3rd place.



Washer Toss Tournament

By Dennis Crabtree, Recreation Specialist

On Thursday September 21, 2017 residents were competing in the Washer Toss Tournament in the Bocce Room. Steve Crews is seen throwing the washer with Wayland Webb taking notes on the competition. Steve Khula, playing against Fred Ray, is waiting for his turn to get some points. Mike Longwell, Doris Hopper, Frank Baker, Mary German, Ernie Fowler and Fred Ray are trying to figure out how Steve Crews keeps making those points. Frank Baker took 1st place, Steve Crews took 2nd place, and Ernie Fowler took 3rd place.



Residents take recreation bus trip to Washington Parish Fair

Photos by Jack Horsley, Resident Photographer

On October 19th residents boarded a bus to Louisiana to attend the Washington Parish Fair. Plenty of animals were there for residents to view and some even saw chicks hatching in an incubator. This fall carnival was a hit with the residents where they enjoyed live music, cajun food and camaraderie on a beautiful October day.



WASHINGTON

Baltimore, Maryland Zoo week highlights

By Amanda Jensema and Carol Mitchell

It was a week of animals galore!! The theme of the week was "Animals and their Habitats and Adaptations." It started out with a trip to the Maryland Zoo in Baltimore, Maryland. We had perfect, sunny weather on a beautiful fall day. Upon arriving at the zoo we were escorted to an open air trolley, which guided us to the entrance to the world of animals. Typically you would think to only see penguins in Antarctica, but the first animals to greet us were African penguins, along with their pelican friends. As we followed the zoo trail, we came upon the African journey, enabling us to view animals you would find on an African safari. First on the journey, were a flock of pink flamingos, where many were sleeping in their one-legged stance. As we strolled along the path, we saw an aviary full of a wide variety of birds, big and small. The biggest birds we saw were ostriches, who were hanging out with the zebras, antelope and a rhinoceros. While taking our lunch break at the Oasis Café, we were able to gaze upon the giant giraffes as they ran and played around their habitat. We even got to see the baby giraffe who was under a year old. Once we re-energized from lunch, we continued on our journey. Our next stop was the crocodiles, who were lazing around in the sun. At this point we began the safari loop to the chimpanzee forest, which had an indoor and outdoor area. Residents Lillian Miller and Patricia Moore particularly enjoyed the outdoor area, enabling them to come face to face with the chimpanzees. One in particular appeared to be engaging with Ms. Miller, until another one stampeded towards the glass enclosure startling all residents and staff. Upon leaving the African journey, we also saw a variety of big cats which included lions, cheetahs, and panthers. We were hoping to see the polar bears, but at the time of our visit, they were being assessed by the zoo keepers. The Maryland Zoo is hoping to be the first to have a baby polar bear born in a zoo, to help increase the population of polar bears. There was so much more to see, but we ran out of time. We hope to come back again to see the Maryland wilderness side of the zoo, and see many new animals. Thank you to the Fenwick Foundation for the tickets to this wonderful zoo experience.

Our week ended on Friday, with the Maryland Zoo Outreach Program visiting us at AFRH-W. This enabled residents who were unable to go to the zoo to have a glimpse of animals with an educational aspect. The outreach program is also entertaining and interactive. The theme of this visit was "Amazing Adaptations." They brought five different animals with them, ranging in size from fitting in the palm of your hand, to the size of a small child. All animals have a way of adapting for life in the wild and have their own unique ways to survive. The animals were well-received, but the one that had the biggest reaction was the West African crocodile. When he was brought out, many residents and staff in attendance gasped in shock to see a crocodile creeping on the floor. Luckily they are lazy hunters, so they are used to lying still for hours. He didn't move far, and he wasn't interested in us for lunch. The instructors were very informative and passionate about their job, and the animals and were happy to engage in questions and answers. This is an annual program that is looked forward to by all residents in all levels of care at AFRH-W. We look forward to them returning next year with a new program!



GULFPORT

Many fish and smiles caught on trip to Ocean Springs

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

On Friday, September 29, 2017, residents from Allegiance, Valor, and Loyalty Hall grabbed their fishing poles and headed for Fort Maurepas Park in Ocean Springs. Jay Miller at The Tackle Box shop in Long Beach helped make the trip a success as he provided extra live bait shrimp. This led to an increased catch and release rate of at least 30 fish including trout, redfish, croakers, bluefish, saltwater catfish, and pinfish. After building up an appetite, residents headed for the picnic shelter to enjoy a sandwich lunch from dining services and a perfect view of the sparkling water. After lunch, no luck in kite fishing as the breeze was at a complete standstill. Several Independent Living residents joined the trip along with community, resident, and military volunteers. We can't thank them enough including fisherman extraordinaire from the Coast Guard, BM1 Nicholas Shepardson and Mississippi Power volunteer, David Buckner. We look forward to our next catch of the day in the spring.

