



**AFRH-GULFPORT**

## Over 700 Cruisers visit AFRH-G

Story & Photos by Becki L. Zschiedrich | Public Affairs

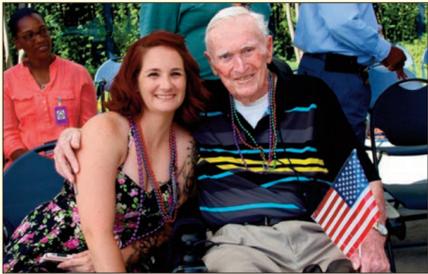


Cruisin' The Coast® comes to the Mississippi Gulf Coast every October for one full week. On October 2nd over 700 antique, classic and hot rod vehicles emanated through the gates of the AFRH-G. We received an unbelievable response this year from the Cruisers and we are extremely grateful for their participation. Residents were thrilled when the cruisers started arriving. It was quite nostalgic for the residents to see all the cars, each and every one of them unique in their own way. There were vehicles all the way back from the early 1900's. Many residents remembered having cars like that in the past. When you see hundreds of classic vehicles drive by you, it triggers a memory that brings you back in time. This is an exceptional event that the people of Mississippi and the residents of AFRH-G look forward to every year. We were astounded with the show of support to our veterans this record breaking year.



It is known as America's largest block party and is the biggest special event in the state of Mississippi. It has been voted best car show in the United States by USA Today. It all started in 1996 as a festival to celebrate antique, classic and hot rod vehicles. The first year 374 classic cars registered and it has now grown to over 8,000 registered vehicles from all over the United States and continues to grow more every year. This weeklong event takes place along 30 miles of coastline, from Bay St. Louis to Pascagoula, Miss. 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. We look forward to seeing the Cruisers again next year on October 8, 2019.

A very special thank you to all the Cruisers who took the time to come by the AFRH-G, the Naval Base Chapel volunteers, the U.S. Coast Guard Gulfport Station Volunteers, who participated in traffic duty and assisted healthcare residents to and from the event and did the tear down of tents and folding chairs afterwards. We are so lucky to have such a growing support system with the military.



**AFRH-WASHINGTON**

## Portraits honor AFRH-W veterans with heart, memories and respect

Story and Photos by Robert W. Mitchell | AFRH-W Volunteer Coordinator

Seven decades after a cease-fire halted hostilities along the 38th parallel, Korean War veterans continue to be recognized for their efforts and contributions during the conflict.

In an Oct. 5 ceremony at the Armed Forces Retirement Home, Washington, D.C., retired U.S. Army Lt. Gen. and former commander of the 8th Army in South Korea, Bernard S. Champoux honored and thanked AFRH-W residents for their brave efforts.

"On behalf of the Korean people and on behalf of an old Soldier and veteran, I want to thank you all for your service and sacrifice," he said before handing out medals, roses and framed portraits of residents who served during the conflict from 1950 to 1953.

AFRH-W Ombudsman Robb Webb (U.S. Navy retired) moderated the ceremony and thanked the former Army Commander and his entourage for paying homage to Korean War veterans at AFRH-W.

Residents and staff in attendance applauded the ongoing support and appreciated the continuous recognition for their service.

"After seventy years, you are still saying, 'we thank you,' that's very unusual," AFRH-W resident Sam Graham said in a video interview.

Photographer Rami Hyun (project-soldier.com) with backing of Hanwha Group (a South Korean defense firm) had reached out to AFRH-W earlier looking to chronicle the story of Korean War veterans. In a previous visit to AFRH-W, he took professional black and white photos of residents and veterans with a specific interest in those who served in Korea. He later returned with more than 70 personally signed black-and-white portraits.

"The reason I am here, is because of you. Without you, I am not here," he said. "As a Korean, I have a duty to the next generation, to tell them who you are, what you did, what you are for."

Hyun's ongoing project (photography, videography, floral arrangements and food and beverages) is sponsored by Hanwha Group, a South Korean defense firm of which Champoux is the vice president.



AFRH-W resident John Baker holds his prized portrait with volunteer Michelle Misook Won, Korean Women Veterans Association Chair.



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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:

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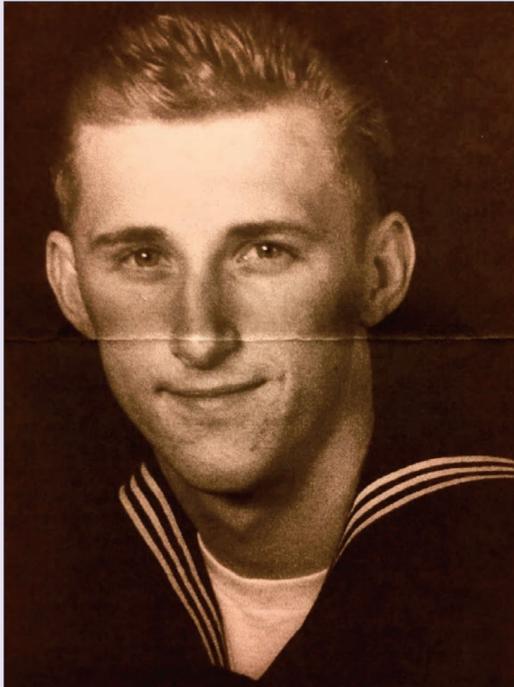
**AFRH-Gulfport and AFRH-Washington  
currently have no waiting time for residency.**

A CARF-CCAC Five-Year Term of Accreditation was  
awarded to the Armed Forces Retirement Home.  
<http://www.carf.org>



## AFRH-W Resident Highlight – David Kaetzel

By Christine Baldwin | Librarian



David Kaetzel was born in Scranton, Pennsylvania and grew up in one of its beautiful parks, Nay Aug. Even though it belonged to the city, David thought that his family owned it, since they were the only family living there. There was so much to do, with such activities as an amusement park, zoo, museum, swimming pool and a gorge with a magnificent falls; all of which delighted David, his brother and sister, friends and relatives, times he will never forget! In fact, living at AFRH-W reminds him of those days, as he walks the vast forested property, often catching glimpses of the animals that inhabit the campus, fishing in the ponds, gardening, swimming in our pool and being entertained by the many delightful musical groups.

While attending High School, David's desire was to enter the U.S. Navy upon graduation. This was partially due to the fact that he had always been near water and enjoyed swimming competitions. Also, his brother was in the Navy, which also helped with his decision.

So in 1961, David enlisted, trained at Great Lakes (which he didn't think was so great as some Corpsman was always trying to stick him for some reason or another), received "A" school training as a communications technician (later re-designated as cryptologic tech) at Bainbridge, Maryland, and then was off to the Philippine Islands for his initial tour of duty. For the next thirty years it was fulfilling the needs of the service in such places as Japan, Washington, D.C.,

Hawaii, Washington State, California, Germany and Florida.

Upon retirement (not!), David joined his brother in the transportation industry for sixteen years, commuting between Pennsylvania and Florida. He finally settled down in Pensacola, Florida and was active in the community for 22 years before coming to AFRH-W. He had already known about the two homes and had visited Gulfport as part of a service organization mission. But it took a low vision issue to convince David to come here because of the numerous medical research entities and, being unable to drive, the superb support for independent living. He is happy to be here!

David has three children, eight grandchildren and has recently married for the second time around. He has two sayings that he has lived by for a long time: "The core of life is the experience of challenge," and "Preserve perspective and calculate the consequences." David would like to offer his services if you would like to learn to swim. He entered the Maryland Senior Olympics in September and for his efforts was awarded a Gold and a Silver Medal, with an invitation to the National Senior Games in June 2019, in Albuquerque, New Mexico. (GO NAVY! BEAT ARMY!)



## AFRH-G Resident Highlight – Richard Michael Lasher

By Lori Kerns | Librarian



Richard Michael Lasher was born in March of 1922. He was the third of six children raised by his parents in Huntingburg, a city in the southern part of Indiana. He attended primary school at St. Mary's but finished his education at his local public high school. After graduating, he worked for a couple of years in a furniture factory before he was drafted to the Army Air Corps.

Richard began his military career in medical air evacuation. He was stationed at a couple of bases in the U.S. before receiving orders to join the efforts of the European Theater during WWII. When he returned back to the States, he retrained to begin a new position as an administrative specialist. He worked in this field until computers were introduced and he was retrained to become a computer specialist.

Richard remained in what was now the Air Force through the Korean War, although he remained stateside for the conflict. After 22 years of service, he retired from his position as a computer maintenance superintendent.

However, his military career did not end. Richard served eight more years in the Air Force Reserve, which also included time spent during the Vietnam War. He dedicated 30 years to our country with a career spanning three wars.

Toward the beginning of Richard's Air Force career, he had been stationed in California. He had a young lady named Annie working for him. The two began dating. As a result, Richard ended up losing an employee but happily gained a wife. Later, the couple had two sons, Richard, Jr. and Donald. When asked if he now has any grandchildren or great grandchildren, Richard laughed and said, "A lot of them!"

After retiring from the military, Richard began a civilian career working for Sears and Roebuck. He worked with the company for only a year before being promoted to manager of his own store in Texas City, Texas. He stayed with Sears for ten years until retiring altogether. He had always collected stamps so he continued dedicating his time to his hobby while his wife, Annie, remained at her job as a school teacher.

The couple eventually moved next door to their son in Jennings, Louisiana. While living there Richard had heard about his eligibility to live in AFRH-G. He applied and was accepted pretty quickly. Unfortunately, his move would have to be put on hold because Hurricane Katrina decided to come through and destroy the Home. He decided to put his name on the list to move in once the AFRH-G was rebuilt. In the meantime, Richard lost his beloved Annie.

In March of 2012, he was finally able to move into AFRH-G. He began an extensive project of gathering information and photographs of the Pacific Theater in WWII. He printed the information into posters and had them framed. The 52 posters he created helped decorate the bare walls of the newly-built home.

Richard decided to pass on his stamp collection to one of his sons so that he could live a quieter retirement at the Home by enjoying some of the activities offered. He's very proud that in a few months he will be turning 97!



# Mrs. D.C. International volunteers at AFRH-W auto show

Story & Photos by Robert W. Mitchell | AFRH-W Volunteer Coordinator

Outfitted in her ceremonial sash and sparkling crown fit for a queen, the 2018 Mrs. District of Columbia International visited with distinguished military veterans and families during the 2018 Antique Auto Show at the Armed Forces Retirement Home, Washington, D.C.

The reigning queen, Mrs. Terri-Ann Confair, came with smiles, laughter and grace as she posed with residents and the antique automobiles. Children, families and veterans were all delighted at her attendance during the annual event.

Confair posed with a few of the classic automobiles on display alongside the Scott Building. She launched in her first Facebook live video during the event bringing attention legions of fans and followers throughout the District.



## Mississippi World War II Veterans Memorial Highway Dedication

By Becki L. Zschiedrich | Public Affairs

The Mississippi Department of Transportation held a highway dedication in Braxton, Mississippi on September 26 and honored several AFRH-G WWII veterans. The entire segment of Highway 49 in Simpson County is now designated as Mississippi World War II Veterans Memorial Highway. The bill designating it as such was passed in this year's legislative session.

All of the veterans in attendance were quick to tell you that it was their fellow men who paid the ultimate sacrifice and made the freedoms we have today possible who deserve the thank you.



## Christening of Frank E. Petersen Jr.

By Tony Langdon | AFRH-G Resident

On October 6, 2018, AFRH-G Residents Claire Dimler-Smith, John Sylvia, Keith VanDoren, Roger Schulrud, Charles Jenkins and Tony Langdon showed their pride posing in their uniforms at the christening of Frank E. Petersen Jr. (DDG121) at Ingalls Shipbuilding in Pascagoula, Mississippi.



## An afternoon with Todd Hoke

By Sean Campbell | Lead Recreation Specialist

AFRH-G was treated to a special treat when musician Todd Hoke stopped by the Armed Forces Retirement Home in Gulfport for an afternoon of music and stories. Hoke performed as a single musician but filled the room with sound featuring guitar, mandolin, tambourine, harmonica, as well as vocals. The folksy bluegrass songs told stories of life and Hoke shared stories of his experiences with the crowd. The singer from Austin, Texas confirmed the line in his biography on his website that he "really is a good guy...just like his momma says."



## Piatigorsky Foundation concert

Story & Photo by Sean Campbell | Lead Recreation Specialist

For several years the AFRH-G has been privileged to have some of the worlds most talented musicians visit and perform for residents. The annual tradition continued this year as the Piatigorsky Foundation provided two amazing musicians; Qing Li (violin) and Paolo Andre Gualdi (piano). These performers who hail from China and Italy, respectively, played and amazed AFRH residents for over an hour.

For over 28 years the Piatigorsky Foundation's commitment to artistic excellence and public outreach has fascinated many avid concert goers as well as curious first timers. The New York based foundation presented a tour of eight concerts in South Louisiana last year and again this year. They aim to reach hundreds of people in the local southern Louisiana and Mississippi area to increase musical awareness and appreciation of classical music.



## Navy Birthday Cake Cutting had 82 years difference between oldest and youngest!

By Melodie Menke | Volunteer Coordinator

Photos by Lee Corban | Recreation Services Supervisor



On October 12, 2018 we gathered to wish the Navy a happy 243rd birthday and to watch as resident Marion Ritchie had the honors of cutting the cake along with Navy CECA Alexandria Parmeley.

There were 82 years difference between the youngest and oldest Navy female shipmates and countless stories between the two.

Our guest speaker LCDR Derek Boogaart talked about his grandfather and father and how their sea stories brought a sparkle to their eyes and inspired him. Our own resident Keith Van Doren did a beautiful reading of the poem "Sea Fever" bringing a tear to our eyes followed by a loud round of applause.

Navy CB-133, under the leadership of RP2 Devin Boyette, had a "sea story swapping lunch" with residents then all lent a helping hand for the celebration. It was a fine Navy day.



## From the AFRH-W Administrator



Happy fall! I am starting to see that summer is over as I look out my window and see people wearing jackets and the leaves just beginning to change. This month was not unlike others as we had several high ranking guests including Chief Master Sergeant Rocky Hart, the Executive Assistant to the Senior Enlisted Advisor (SEAC) to the Chairman, Joint Chiefs of Staff (JCS). He was very impressed with our Home and promised to get involved to spread the word about us.

We celebrated the Navy's 243rd birthday with a traditional cake and ceremony and were fortunate to have Fleet Master Chief April Beldo as our speaker. She recently retired as the Senior Enlisted leader for the Navy's Deputy Chief of Naval Operations for Manpower, Personnel, Training and Education. It was great to see a former Shipmate!

We held our quarterly Employee Appreciation Breakfast to honor the service of our hardworking staff. I presented a 50 year pin to Monroe Dorsey and a 35 year pin to Teresa Hui. What a testament of service these employees show every day! Also, Tifni Jennings our Nurse Educator, was selected as our Employee of the Quarter. Congrats to the other nominees; Shawn Howard, Tim Mullins, Kayla Bennett and Rosemary Harden.

Welcome again to Billy White, our new RAC Chair! He is busy putting together his RAC team and has been out in the community promoting the Home.

We can't talk about October without mentioning Halloween... We held a spooky party for the residents and also had a group of the Creative Minds students share their costumes with us as they paraded through the Home. Some of the costumes were outright frightful!!!

This month also marked the beginning of the annual Combined Federal Campaign (CFC) and we held two kickoffs – one at the Employee Breakfast and the other at the Resident Town Hall. I encourage all to give what they can to some very worthy causes.

And once again I can write about the wonderful support from our Republic of Korea (ROK) friends. As part of their midshipmen Cruise Training Task Group, we were honored with a world class performance that included an orchestra, traditional dance and music, Taekwondo, singing and even some breakdancing. It was a performance that will be long remembered by those fortunate to attend. We also hosted the wife of the ROK JCS Commander for a tour and visit with residents. May you all be blessed as we enter the holiday season!

*Susan Bryhan*



Administrator Susan Bryhan receives her flu shot with a big smile!



Congratulations to Employee of the Quarter Tifni Jennings.

## New RAC Chair takes to the airwaves to promote AFRH-W

*Story and Photo by Robert W. Mitchell | AFRH-W Volunteer Coordinator*

Newly elected Resident Advisory Committee (RAC) Chairman Billy Ray White stopped by a local radio station to talk about the benefits and value in being a resident at the historic Armed Forces Retirement Home in Washington, D.C. (AFRH-W) a.k.a. "The Old Soldiers Home."

"I found out about the Armed Forces Retirement Home in 2006, and I was shocked because I had no idea what this place was all about," White said in a one-on-one interview with Dr. Eve Taylor, host/executive producer of the Discover Your Why Veterans Radio Talk Forum (WYCB 1340 AM). "I couldn't believe something this good was here in the nation's capital."

During the interview, White marveled at the amenities he and his fellow veterans enjoy at AFRH-W. He pointed to the 9-hole golf course, garden plots, 24-hour laundry room, fishing ponds, movie theater, bowling alley, walking trail, softball field and an outpatient clinic, just to name a few.

"Also, with your badge," he added, "you can go to Walter Reed (National Military Medical Center) and eat for free, no cost as long as you live there at the retirement home."

While many servicemembers and veterans many not be aware of AFRH and its benefits for military veterans, White hopes to increase public awareness about the Home through public outreach.

"The biggest problem is that a lot of veterans don't know anything about the retirement home, but everybody that put on a uniform [regardless] of what branch you served in, you helped pay for this retirement home. This is your retirement home," he said.

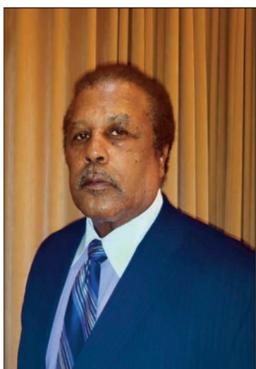
To get the word out, White plans to visit veteran centers and stop at places like the radio station where he can reach a lot of people in far places.

Taylor, honored to have U.S. Navy veteran White as a guest on her weekly radio talk show, likened AFRH, with its distinguished veteran population, to a national treasure.

"The Soldiers Home is more than a home, it is, in my opinion, a national icon serving and providing shelter for all branches of the military," she said.



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



Greetings AFRH! First, let me introduce myself, for those who do not know me. I am Billy Ray White, the newly elected Resident Advisory Committee Chairman for the Armed Forces Retirement Home in Washington, D.C. I am honored and humbled that you all chose me to represent your interests and concerns. Thank you, from the bottom of my heart, for your vote of confidence and for your support in selecting me for this position. I will work hard and fair to address your concerns and needs and please feel free to approach me or my RAC representatives whenever you have something that needs attention and something that I can work to fix.

My vision down the road is to make our Home a better place in any way possible. I want to improve the quality of life for all of you and I want you all to participate. Help me help AFRH-W make our lives easier. For example, if a resident is feeling not quite right about their living quarters or the laundry room or the menu options, please voice those concerns. We want to make sure everyone has a way to say how they feel and a place to express that.

As you know, AFRH-W is not known to a lot of people and I would like for more to know about it. Military veterans, their families, their spouses, their children and their relatives should know that there is a place to come to after giving up their personal life in the service of this country. So, a good part of my work as RAC Chairman includes community outreach and getting the word out to veteran organizations and events by the VA. Join Esker McConnell and I on October 16, 2018 when we visit the Prince George's County Vet Center in Clinton, Maryland to talk about AFRH-W. This center offers veterans counseling (individual, group, bereavement), medical referrals and other services. I plan to bring a group of visitors from this center to AFRH and learn about our Home. Also, I am involved in the Fort Foote Baptist Church Veterans Ministry in Fort Washington, Maryland. Please reach out to me if you want to know more about this. And, if you have any ideas on outreach, share those with the committee. We would love to hear them.

Next, I would like to congratulate AFRH-W resident and fellow U.S. Navy veteran David Kaetzel for his accomplishment in the winning gold/silver in the Maryland Senior

Olympics swimming competition. Way to go, Dave! Next, I want to recognize Sheldon Shorthouse for his outstanding work with the Defenders' Inn and his accomplishments as the previous RAC Chairman. He held the position for two years and has done a great job. Thank you for serving your fellow veterans here at AFRH-W.

Finally, thank you to all the great staff and every department here at AFRH-W! I appreciate all that you do for each and every resident, each and every day.

*Billy Ray White*



Former U.S. Navy Fleet Master Chief (Manpower, Personnel, Training and Education) April Beldo with AFRH-W RAC Chair Billy White (U.S. Navy veteran).

# From the AFRH-G Administrator



October was another busy month at the AFRH-G. On October 2nd over 720 classic cars and hot rods from Cruisin' the Coast flooded through the gates of AFRH-G. The response was incredible and we appreciate all the Cruisers coming out in support of our veterans. There was a steady stream of gorgeous vehicles for two hours and the residents loved every minute of it. We also celebrated Oktoberfest with a wonderful German lunch on October 4th. The Navy Birthday celebration was well attended on October 12th. I would like to thank guest speaker, LCDR Derek Boogaart, Civil Engineer Corps, U.S. Navy, Naval Construction Group TWO, where he works as the Future Operations and Readiness Division Officer. LCDR Boogaart is a registered professional civil engineer in Michigan. His personal awards and decorations include the Navy and Marine Corps Commendation Medal (two awards), Navy and Marine Corps Achievement Medal (three awards), qualified as a Seabee Combat Warfare officer, and has his PE in Civil Engineering. We also held our Quarterly Employee Meeting this month and announced the new Employee of the Quarter. Congratulations to Medical Scheduler DaLa Weems (Fourth Quarter FY2018) for exceptional service to the Armed Forces Retirement Home during July, August, and September 2018. Congratulations also to Security Supervisor Miranda Turner and Librarian Lori Kerns for receiving Honorable Mention.

On October 23rd the Keesler Air Force Base 81st Medical Group Commander and staff came by AFRH-G for a briefing and tour. It is an honor and a privilege for AFRH-G to have such a special partnership with Keesler Air Force Base. Thank you to Colonel Beatrice T. Dolihite, and staff for visiting the AFRH-G. Also on this day the Wellness gave out flu shots to residents in the Community Center, which was very well attended. Over 200 residents received the shots. Employees also received flu shots the week prior.

Coming up on November 9th we will be holding our annual Veterans Day Open House at AFRH-G. Gates will open to the public at 0800, and the opening ceremony will begin promptly at 0930 with special keynote speaker Captain Ron Piret, Commander, Naval Oceanographic Office at Stennis Space Center.

Three helicopters will be landing in front of the building by the flag pole (Harrison County Sheriff's Office, Ochsner's Med Flight, and the U.S Coast Guard.) There will be numerous static displays, presentations and performances. Fantastic artwork and crafts created by our residents will also be for sale. Please make plans to attend this spectacular event.

With Thanksgiving coming up on November 22, I would like to thank all residents and employees of the AFRH-G. On this Thanksgiving I would like to express my sincere gratitude to all of you. I am truly blessed to be a part of the AFRH family.

God bless you and God bless America,

Jeff Eads



**Congratulations to Employee of the Quarter DaLa Weems.**



**81st Medical Group Commander and staff take a photo with resident Tony Langdon.**



**It doesn't look like resident Jim Hannah enjoyed getting a flu shot!**

# International Infection Prevention Week

By Amanda Herold RN, SWOC / Infection Preventionist  
Photograph by APIC

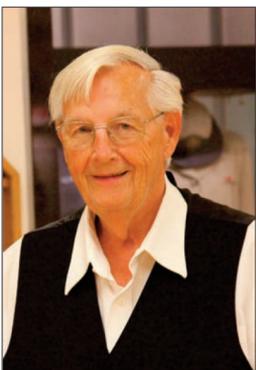
International Infection Prevention Week was October 14-20. At AFRH-G we celebrated by refreshing ourselves on the 10 most important ways we can protect our residents.

1. **Clean your hands before and after providing care.**
2. **Stay home if you are sick.**
3. **Know if antibiotics are appropriate.**
4. **Follow all posted precaution signs.**
5. **Use personal protective equipment.**
6. **Get vaccinated.**
7. **Use safe injection practices.**
8. **Keep resident's environment and equipment clean.**
9. **Educate residents on infection prevention.**
10. **Know who your infection preventionist is!**

Keeping residents healthy and infection free is everyone's responsibility. At the AFRH in Gulfport our infection rate is very low and we could not do this without such wonderful participation from our frontline, thank you for all you do!



# Notes from the AFRH-G Resident Advisory Committee Chairman



Well, I have been the RAC Chairman for a total 22 days. In that time, I've done some good and other times it was a learning experience. It's like any other leadership experience, when you take over you step on some toes, you create some animosity and you also develop a working relationship. I think I've created more good relationships to help the residents out in my position than negative.

Following are two positive articles I'd love to share. The first one has to do with the Cruisin' the Coast. We had 720 antique and classic cars pass through the Home. The below comment is what I heard:

"The difference between the cruisers driving through the Home as opposed to driving up and down Route 90 is the cars we were looking at were not just old cars. They were the first date we had, the first drive-in movie, the car we drove to the prom, and the car we drove at college, the car we drove on our wedding day and the car we drove when we rushed to the hospital for our first child. They were not cruisers they were not just cars, they were our dreams fulfilled. Those cars were live memories not just something in our mind but the actual physical memory of our past and I humbly thank you."

The second one helps us to describe what it's like living in the Home, we never seem to get it just right. About five years ago Helen Bieda wrote this ode to AFRH - G and I've had it ever since. Helen is still with us and I sure would like to see both Homes put this on a plaque to describe what it's like living in the home.

**Ode to AFRH-G - By Helen Bieda**  
*It's a Rec Center; it's a Home,  
 It's a place where veterans roam.  
 After years of service to country dear,  
 We sometimes wonder, "Why am I here?"  
 Well.... no more need to cut the lawn,  
 No more upkeep for that old barn,  
 No more to wonder, "What's for lunch?"  
 No more dishes after we munch.  
 No more need to sweep the floor.  
 Those old jobs are out the door.  
 We play and swim, work out and read,  
 Go to movies, find all we need  
 At NAVEX for snacks and such,  
 Shoot pool, play cards, and count our bucks.  
 We go to clinic when we feel ill  
 For healing advice, or another pill.  
 We paint and make fun things with wood;  
 Go to chapel when we think we should.  
 We sit or sleep in our private space,  
 Or meet with friends for a lively pace.  
 Maybe dance the night away,  
 Well, what more can I say?  
 Hooray for AFRH-G!  
 I'm so glad you're here for me.*



**RAC Chair Ray Ross escorts the Queen of AFRH-G Fredi Van Pelt at Cruisin' the Coast in his convertible Mustang.**

Agency Directive 8-12B pertains to the Resident Advisory Committee. The RAC is an elected body of residents that provides a forum for all residents to express needs, ideas, interests, suggestions, compliments, complaints, and recommendations through the elected RAC representatives. Saying that, please remember that the A in RAC is for Advisory.

The RAC serves as a representative body to the staff for the management and improvement of operations that affect morale, safety, support, and the health and welfare of all residents. The RAC provides a vehicle for the dissemination of information, policies, regulations, constructive ideas and concerns to and from the residents and staff to facilitate the orderly administration of our Home as efficiently as possible while meeting equal rights, opportunity, and treatment of all members at the Home.

Ultimately, any recommendations from the RAC are elevated to the staff and administration to make the final decisions who utilize established parameters in funding limitations, regulatory compliance, and DOD directives. Most of the time, our recommendations are approved.

I have been steadily spending time attempting to get better organized as your chairman, going through various files in the office from several previous chairmen, various committees, monthly minutes, financial information, motions, recommendations, and the subsequent decisions, all dating as far back as post Hurricane Katrina. Going through all this historical information, I immediately recognized the value of residents providing input, recommendations, asking questions, volunteering, and identifying almost anything at our Home that the RAC could or should be responding to, or assisting those residents in getting an individual response.

The RAC, comprised of volunteers, is currently not at the strength levels needed to meet the requirements outlined in Agency Directive 8-12B. The definition of a volunteer is special someone who donates time, energy and other personal resources for the benefit of the residents in our Home. Not all volunteers necessarily have the time; but they have the heart and the will to commit and do so, and attempt to mold the kind of Home all want to live in.

We need resident volunteers in numerous positions in order to help support our Home. To learn about these positions please come see me in the RAC office outside of administration in room 1409.

Raymond Ross

# AFRH-Washington

## Republic of Korea Navy brings entertainment to AFRH-W

By Linda Bailey CTRS | Recreation Specialist  
Photos by Ship's Photographer, ROK Navy



Sometimes being a resident of the AFRH-W brings with it benefits that the ordinary person is not privileged to receive. This was the case on Thursday, October 18th when the members of the ROK Navy Cruise Training Task Group brought an amazing show to our residents. The Cruise Training Task Group was sailing on an international tour. The two ships, the ROKS Chungmugong Yi Sun Shin and ROKS Dae Cheong, docked in Baltimore, and offered a tour of the ships to our residents on Tuesday, October 16th.

Members of the crew then visited us on Thursday, October 18th. After enjoying lunch in our mess hall, they put on a performance of both traditional Korean arts and more modern music and dance. All performers were members of the crews of the two ships. A twenty piece orchestra played multiple pieces. A separate percussion group performed with traditional Korean dancers. There was a demonstration of traditional martial arts. Some of the more modern acts included b-boys break dancing, and a guitarist/vocalists singing John Denver's "Take Me Home, Country Roads," Elvis Presley's "I Can't Help Falling In Love With You," and Bruno Mars' "Uptown Funk."

The performance ended with a video of a Korean military drama including music from the orchestra and a vocalist. The show ran for over an hour, and the residents were impressed with both the skill and the energy of the young performers.



## Volksmarching "Feet"

By Christine Baldwin | Librarian

Displayed outside the Wellness Clinic is a special exhibit from resident Van Hayes. It is his Volksmarching medals, a few plates and steins that he earned in Germany. While stationed in Augsburg during the mid-1970s and in Heidelberg during the early 1980s, he walked in over 200+ weekend events. Volksmarching (from the German "Volksmarsch," people's march) is a form of non-competitive fitness walking that was developed in Europe in the mid-late 1960s. By 1968, the International Federation of Popular Sports was formed by Germany, Austria, Liechtenstein and Switzerland. Participants typically walk 10 kilometers (6.2 mi) or 20 kilometers (12 mi) or longer, on a pre-determined outdoor path or trail. Van's favorite medals include the one from Nijmegen, Netherlands (4 day marathon, app. 42.5k a day) and one from Illertsen, Germany (walked 100k in 24 hours). A big thanks to our Woodworking Shop, who helped make this display possible.



## Residents receive VIP treatment at Redskins game

By Carolyn Haug | Public Affairs  
Photos by Carol Mitchell | Recreation Therapy

Our veterans enjoyed the VIP treatment at the Washington Redskins football game. Pictures with the Redskin cheerleaders and a win against the Carolina Panthers made for a wonderful evening! It was an early birthday celebration for Ms. Deitch who will be celebrating her 99th this December. Thank you to The Military Order of the Purple Heart and Tina Tomsey for the club level seats and food package!



# AFRH-Gulfport

## End of the season pool party

Story & Photo by Sean Campbell | Lead Recreation Specialist

Tunes & laughter filled the air on October 9th as Recreation Services hosted its annual "End of the Season" Pool Party. Residents and their guests were treated to an assortment of snacks ranging from fruit and cheese trays to sliders and mini hot dogs. A new band was on the scene for AFRH residents called "Silver City." The trio of entertainers played a wide variety of hits for attendees, and several enjoyed a dip in the pool as well.



## Dinner and a Drill – residents, recruiters and new recruits

By Melodie Menke | Volunteer Coordinator  
Photo by CEC (SCW) Jeffrey Gee

On October 12th, CEC (SCW) Jeffrey Gee led the team of Navy recruiters and their 20+ delayed entry recruits to meet with residents. Two hours later the dinner plates were empty but the conversations were full and flowing. Executive Officer CDR Laura McDonald along with ET2 Shakitha Brown, YN2 Reginald Jefferson, YNC Laurie Hoods and CSC (RET) Eric Bass and residents and recruits exchanged life stories coupled with a few words of sage advice and dotted with lots of humor as new friendships formed. The recruits sang for their supper with a passionate drill and reciting of the Navy's Creed.

We wish these sailors fair winds and following seas as they embark on their naval career.



## First Annual Valor Hall Happy Fall Y'all Festival!

By Jen Biernacki | Recreation Therapy Assistant

On Saturday October 6, 2018 Valor Hall offered their very first Fall Festival for the residents of Valor Hall, Loyalty Hall and Allegiance Hall. With recreation and Valor Hall nurses working close together, the Fall Festival turned out to be a success with a hometown feel...well a real southern "Happy Fall Y'all" laid back atmosphere. The festival began at 0900 with the games called spoon for apples, duck float, tic tac boo toss, ghost toss, beer toss, water squirt race, pick a pumpkin, plastic needle in a haystack and roll a dough. Yays, wahoos, whoop whoops, awes and laughter was heard as the residents participated in the games. Apple pies were made from the dough rolled during the "roll a dough" game that were eaten after lunch for a tasty dessert. The photo booth was a super big hit capturing many smiles and gathering of friends. The pumpkin carving, decorating and seed roasting were also a part of the festivities while some residents sat around tasting pumpkin spice coffee and eating donuts sharing stories of their hometown festivals as the faces took shape into the pumpkins. A day of family, friends and memories..... that's the first Valor Hall Happy Fall Y'all Festival. Thank you to all the fantastic volunteers. We could not done it without you and you all really made our day special.



## REMINDER

**AFRH-G**  
**Open House**  
**Friday,**  
**November 9**  
**0800 - 1300.**



## Challenge yourself

By Carol Davis | Recreation Assistant

Just a reminder that we still have available spots in the Walking and Cycling Challenges. Join now and start earning cool prizes as you reach milestones throughout the journey. Come see Carol in Room 1209 in the Fitness Center for more information.



## Awesome adventurous outing!

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

On September 28, 2018, residents from Valor, Loyalty, and Allegiance Halls had an awesomely adventurous outing with CB-133 under the direction of RP2 Devin Boyette, Religious Program Specialist. Residents linked up with military members to search and find all their shopping goodies. After visiting over coffee, residents ventured to sit outside awaiting their next destination, Edgewater Mall. Once at the mall, residents aimed for the food court to quell their hungry appetites before heading out to roam, window shop, and find their treasures. We thank our veteran residents and the many volunteers, nursing, and recreation staff for a truly adventurous day!



## Cooking with Dennis

Story & Photo by Dennis Crabtree | Recreation Specialist

On October 16, 2018 Recreation had its new monthly activity called Cooking with Recreation. The recipe for today was Pumpkin Emoji Cupcakes. The main ingredient was vanilla frosting. Place paper baking cup in each of 24 regular-size muffin cups. Make cake mix as directed on box for 24 cupcakes. Bake 14 to 19 minutes or until toothpick inserted in center comes out clean. The residents got creative with coloring of the frosting on the cupcakes. Gerry Gorsky, Fredi Van Pelt and Dorothy Williams could not wait to dig into the Pumpkin Emoji Cupcakes. Stay tuned for next months dish with Cooking with Recreation.



## Harrison County Fair

Don't forget to sign up for the awesome bus trips that AFRH-G provides. All you have to do is kick back and enjoy the ride on a very comfortable and plush bus. Check out all the trips on the November calendar.

Our recreation department strives to provide our residents with the best trips possible. Once you go on one trip, you'll be hooked. Step out of your routine and do something different.



## Tower D football themed cook-in

Photos by Becki L. Zschiedrich | Public Affairs

Recreation scored high with the football themed cook-in. Thank you to all the volunteers who helped serve and to recreation for making this luncheon so much fun!

Geaux Saints!

