



Armed Forces Retirement Home

Communicator

Gulfport, MS & Washington, DC

VOLUME XIII NUMBER 9

SEPTEMBER 30, 2016

AFRH-WASHINGTON

Welcome to the White House

Story & Photos by Rebecca Newton, Public Affairs

After a request by the Public Affairs office, and a few phone calls, forty residents were cleared for a public tour of the White House. The trip was divided over two days. During the self-guided tour, residents and staff (including the COO) were treated to many areas of this national treasure.

Although no large cameras or video are allowed, attendees were able to use their cell phone cameras to capture memorable moments. Entering through the East Wing, visitors were greeted by Secret Service officers and perused historic White House photos as they traveled down a long corridor, which led to the ground floor where the China Room is housed.

The next stop was the State Floor, where the East, Red, Blue and Green rooms were viewed. Then, in the Dining Room, Bo and Sunny (the President's Portuguese Water Dogs) made an appearance. Some residents had the opportunity to pet their adorable fur.

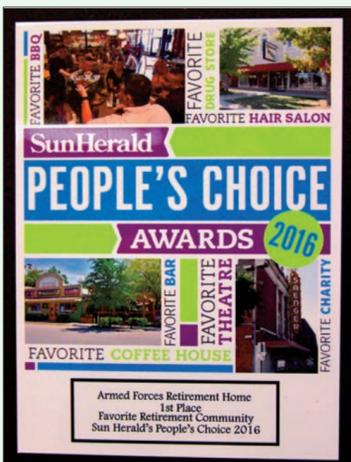
Once in the Entrance Hall, photos were taken in front of the "Seal of the President of the United States," and then the tour concluded with views of the beautiful White House lawn. Residents, many of whom were first time visitors, exclaimed how magnificent their tour was and look forward to upcoming trips to the U.S. Capitol and the Money Factory.



AFRH-GULFPORT

AFRH-G voted Favorite Retirement Community on the Gulf Coast

Photos by Becki Zschiedrich, Public Affairs



The Armed Forces Retirement Home-Gulfport was voted Favorite Retirement Community on the Gulf Coast. The AFRH-G Administrator Jeff Eads accepted the award from Derrick Ivy, with The Sun Herald, for First Place in the 2016 People's Choice Awards.

"Thank you so much for this People's Choice Award," Eads said. "I am very pleased and honored that the Armed Forces Retirement Home has received recognition for being the #1 retirement community on the Gulf Coast. The AFRH is a premier retirement community for our veterans. It's more like a resort here. It is a great honor to be the Administrator of a Home that is dedicated to America's heroes."

The Armed Forces Retirement Home (AFRH) is an independent Agency in the Executive branch of the US Government. The AFRH provides residences and related services for certain retired and former members of the US Armed Forces. The Chief Operating Officer (COO) is the head of the Agency and its communities and is subject to the authority, direction and control of the Secretary of Defense.

The origins of the AFRH go back to the 19th century. The US Navy first established the US Naval Asylum in 1834 in Philadelphia, Pennsylvania and is the oldest continuing care retirement community in the United States. The US Army established the US Soldiers' Home in 1851 in Washington, DC. Ever since, thousands of former US military service members have enjoyed a safe and secure retirement at the AFRH. In 1991, the two distinct Homes merged as one: the AFRH.

Together we have evolved into the premier retirement community for America's military veterans. We offer modern facilities, dynamic activities, healthy meals, wellness programs, advanced care, and much more. The AFRH currently has two communities - one in Gulfport, MS (AFRH-G) and the other in Washington, DC (AFRH-W).

Today the AFRH is a modern, thriving retirement home with a focus on health and wellness. We offer premier services parallel to those offered in the private sector. Yet, one constant remains: all Residents have served in the US military and share a common bond of defending liberty at home and abroad. Each of the AFRH communities has a Hall of Honors to celebrate our military heritage and honor all who served.

Our staff is driven to nurture its residents while giving them the respect they deserve. We continually enhance our great programs and services to deliver highly personal care so the residents can stay happy, healthy, and get the most out of their retirement.

In August, 2005 Hurricane Katrina devastated the Gulf Coast and closed the AFRH-G. It took five years to re-build the new facility. The new AFRH-G opened its doors on October 4, 2010. The new Home is located on 47 acres of prime waterfront land across the street from the Mississippi Sound. It features a multi-tower complex with full amenities such as dining, social, recreational, and therapeutic activities. There is also a swimming pool, hobby shop, a wellness center with basic dental and eye care, a bank, a barber and beauty shop, bowling center, movie theater, a computer room, library, and a pedestrian bridge to the beach.



Derrick Ivy (left), who works for local newspaper The Sun Herald, presents the AFRH-G Administrator Jeff Eads with the 1st Place People's Choice Award.

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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 & 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>

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



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

AFRH-Gulfport waiting time for residency is
27-29 months from the date of application approval.

AFRH-Washington has no waiting time for residency.



The Joint Commission
www.jointcommission.org

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



AFRH-G Veteran Highlight - Arthur L. Kelly, Jr.

By Lori Kerns, AFRH-G Librarian



Arthur L. "Art" Kelly, Jr. was born in Lindale, GA. He's the first of three sons born to a supervisor in a textile mill and a housewife. Throughout his years in school, Art was usually on the honor roll, which earned him a spot in the Beta Club. He also participated on the Debate Team, in addition to playing basketball and baseball.

His story of how he joined the military is an interesting one. In 1951, Art had received a letter from the Army instructing him to go to Atlanta to get a physical.

At the time, he had Army buddies who had been fighting in Korea. Their gruesome tales did not appeal to him so he left from his physical on a Friday and on Monday joined the Air Force.

Upon completion of basic training at Lackland Air Force Base in San Antonio, TX, he was sent to the University of Alabama for special training. For his first duty assignment, he was sent to Clarksville Air Base in Tennessee. His next assignment was to the Manhattan Project in New Mexico. This project required a "Q" clearance, which is a level above top secret. As part of a group of 15 officers and 35 airmen, he went through 6 months of specialized training on handling and controlling atomic weapons.

Before long, Art received his first overseas assignment to Sidi Slimane Air Base in Morocco. His next assignments brought him back to the United States. In 1957, he was assigned to Headquarters Strategic Air Command (SAC) and stayed for two tours of duty. During his time at SAC

Headquarters, Art received the Commandant's Award, while in SAC Leadership School, and competed with 600 candidates to be selected as the SAC Headquarters Outstanding NCO. After a stint in Orlando, he was sent back overseas to RAF Alconbury, England. Here, he was assigned to the 10th Tactical Reconnaissance Wing with the duty as NCOIC Tactical Training. He was sent back to the U. S. for other assignments for the next few years.

For the third time he was sent overseas, this time to Okinawa. While living on Kadena Air Base, he met Margaret, a DoD teacher who worked on the base. They dated for two years until he was sent back to the States. He missed Margaret terribly so he asked her if she would resign from her position and come to Ohio. Upon her return, the couple married. While stationed in Ohio, Art served as the enlisted advisor to the generals who came and went, six in total.

Art was sent overseas one last time. His assignment was to Osan Air Base, Korea with the 51st Composite Wing. He only had to stay one year. During that time, he was assigned a helicopter to escort and transport the Air Force Chief Master Sergeant, Bob Gaylor, to demilitarized zones.

He returned to Ohio in 1978, where he stayed until he retired at the rank of Chief Master Sergeant in 1981. Throughout his 30-year Air Force career, Art received many medals, awards, and honors. Some of these include a Meritorious Service Medal with one oak leaf cluster, an Air Force Commendation Medal with three oak leaf clusters, and a National Defense Service Medal with one bronze service star.

After retirement from his thoroughly-enjoyed military career, Art became involved with the Shriners. His work with the Shriners was a rewarding one as he

and Margaret made many friends along the way. One of his most commendable acts with the organization is his position as the Commander of the Antioch Legion of Honor.

Art and Margaret enjoyed travelling the world. They also enjoyed splitting their time between their two homes, one in Ohio and the other in Destin, FL. While staying in Destin, the couple delighted in driving to the Mississippi Gulf Coast to visit Art's brother at AFRH-G. While on the coast, they also enjoyed going to the casinos to eat and watch shows. Art finally decided to put his name on the list to move into the home. He moved into AFRH-G in January 2014, while Margaret began living in a condo a few blocks away from the home. Sadly, Margaret unexpectedly passed in October 2014. The couple had been married for 40 years.

Art is a father of three, two sons and one daughter. Altogether he has six grandchildren and four great grandchildren. He and his family are planning to visit during a reunion in Destin over the Thanksgiving holiday.

Maintaining an active daily life is important to Art. Each day he socializes with friends, works out in the home's gym, catches up on the news, and watches every movie shown in the theater. He says that he loves it at the home. He was married a total of 65 years and always had someone taking care of him. At AFRH-G, he has everything he needs in one place. In fact, Art says, "Personally, I don't think I can live at a better place!"



AFRH-W Veteran Highlight - Eugene Downs

By Christine Baldwin, AFRH-W Librarian



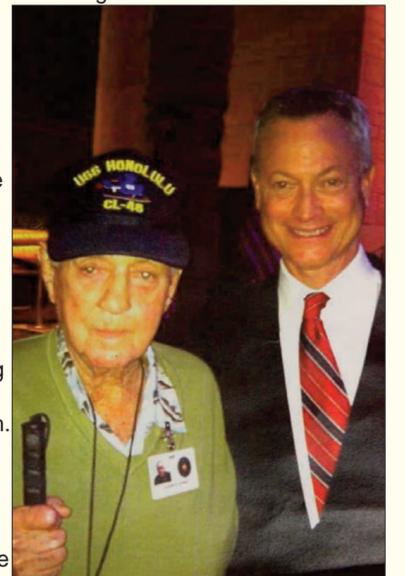
Eugene Downs was born in Chicago, Illinois. He was one of seven children. All of his brothers served in World War II; Eddie with the U.S. Army, Ray with the U.S. Marines, Dick with the U.S. Navy and Bob at the tail end of the war with the German Occupation with the U.S. Army. Eugene is the only one who made a career of 22 years in military service and he chose the U.S. Navy. He started with ten weeks basic training at Great Lakes, IL and followed up with OGU at Camp Pleasant, CA. Eugene served aboard the USS Honolulu (CL-48) after the ship had been torpedoed and had lost 90 feet of her bow at Savo Island. After extensive repairs, it was off to support the war effort with various bombardment missions, including Bougainville, Guam, Saipan, Rota, Green and Georgia Islands and other islands. For recreation between missions, Eugene joined the Boxing team (he was in the Flyweight class) and the team went undefeated for two years.

In 1944, just off Mindoro, Eugene's ship and several others, including three destroyers, were caught in a typhoon. Eugene remembers 70-80 foot waves. "I was too scared to be sick," he said. A day and a half later, the ocean calmed and the fleet picked up about 200 survivors from the waters. Eugene also remembers while in the Philippines, a Japanese torpedo plane hitting them. He could see both pilots as they came in. It seemed to take forever, but in only a moment the torpedo was exploding. In total 70 men were killed. Another reminiscence, on a positive note, is one of Eugene's favorite memories. It was the day before the signing of the Japanese surrender. The water was as clear as glass and from the crow's nest he could see ships from horizon to horizon. He even took some pictures of this sight. Some of Eugene's other duty stations included Norfolk, VA; Newport News, VA; Jacksonville, FL (where he attended Fire Fighter Instructor School); and Great Lakes, IL (where he taught Fire

Fighting at Basic Training). He was also in at the tail end of Guadalcanal and Iwo Jima and all of the Battle of Okinawa. Eugene also served aboard the USS Dixie (AD-14) during the Inchon Invasion in the Korean War. His last tours were Goodwill Tours of the Philippines and Japan.

After retirement, Eugene became the assistant manager of the officer's club in Bremerton, WA and later at Moffett's Field, CA for seven years. He then bought a bar in Mountainview, CA and added catering to his skills. Eugene then spent the next six years managing a bar he owned in Reno, NV. It was at this time that he started having heart attacks and was given two years to live. He went to Sacramento, CA because he heard they had a good heart program and ended up having a heart transplant from a fifteen-year-old youth named Jimmy Van Dusen. Jimmy's father was a Baptist minister and Eugene is still close to the family and likes to say, "I am the only Irish Catholic with a Baptist heart, so they call me Gene the Baptist." Eugene is now the oldest living heart transplant recipient and firmly believes in people participating in the organ donation program.

He came to AFRH-W in 2015 after a friend reminded him about the place, and the costs were getting more and more expensive in California. Eugene is active volunteering, along with Chuck Felder and Frank Lawrence, with groups that come in and need an orientation of the Home.



Message from the Chief Operating Officer



Thursday, September 22nd was the first day of autumn. Autumn is the transitional season from summer into winter and quite apropos of my tenure here. As I arrived things were warming up; campuses were getting ready for the Commission on Accreditation of Rehabilitation Facilities (CARF) and The Joint Commission (TJC). There were significant new hires throughout the AFRH, myself included, and there have been a myriad of other significant events. Now, however, things seem to be cooling off a bit and I hope to be able to settle in.

I would like to provide congratulations to both campuses; both did well with CARF and TJC. I cannot overstate, not just my appreciation for everyone's efforts, but the pride I felt in listening to the remarks of the TJC Team; "cannot say enough about your facility" and "perfect example of aging in place." This organization has endured trials and tribulations over the past 24 months but you all should be proud of the one constant...the level of care we provide.

Last month I noted our differences and asked for tolerance of uniqueness. Unfortunately, we have had recent instances regarding hateful communications and actions, both internally and externally. Management is working each issue, but I feel it necessary to emphasize that unlawful discrimination will not be tolerated at the AFRH.

In all candor, it is impossible to miss the ongoing struggles over equality and fairness that exists in our society as a whole, and as such, our own community that we call the AFRH. I cannot pretend to understand these personal struggles other than from a historical and intellectual framework, as I have not lived each of your lives, nor have I shared your personal experiences. To suggest otherwise would be disingenuous. What I can say, and have repeatedly said is, I am committed to equity and fairness, and that we

treat each other with dignity and respect. But, therein lies the rub, the perception of what those things mean to the individual. We all want to be understood for what we mean, not for preconceptions or misperceptions. Yet, for that to happen, we must be able to give up our own preconceptions or misperceptions. This is a gift that I have asked that we give each other. Is that asking a lot? Maybe not, as it requires only that we be honest with ourselves, that we be self-reflective, and marry our attributions to a greater sense of reciprocity which we wish for ourselves.

Each of us must ask ourselves: are our actions equitable, fair, and do they display the dignity and respect for which we wish to be treated? I submit that the path to a sense of greater community first lies with those answers, and an ability to be honest with oneself first, and the willingness to give and receive the gift of leaving misperception and misconception behind.

All of that being said, I am frequently asked how I like the new job and the answer remains the same...love it, happy to be here. Stay positive....

Dr. Timothy Kangas



AFRH-W Public Affairs Rebecca Newton (left) and Dr. Kangas (right) with residents during their visit to the White House

A summertime softball game

Steven Briefs, Supervisor of Recreation Therapy

Residents and staff gathered once again on a warm September afternoon to take part in America's great pastime, a game of softball. We got out some summer chairs, tents for shade, coolers for bottled water and enjoyed the game. Of course there was the usual trickery from Ron Kartz's team having 200 points.

Some highlights were: Terry Morrison making a running one handed catch of a fly ball, and AFRH-W Administrator Shaun Servais hitting two home runs over the left-field hill.

Afterwards everyone agreed it is always fun to join together in an outdoor activity and share some sodas, hotdogs and chips.



Artists and their berets

*By Milton Williams, Art Specialist
Photos By Becki Zschiedrich, Public Affairs*

At 0800 every Wednesday we have painting demonstrations for the residents to come watch, ask questions and be inspired. In 2015, I was given an Artists' Beret by Patrons of the Arts: Myron and Corena Wash. I have enjoyed having it as part of my artistic attire when I paint and my wife, Dorothy and I thought it would be nice to follow the Wash's lead and giving a beret to those who came to the demo. On September 14th, I presented the resident artists, who could make it to the class, their own special Artist Beret. It's neat to see how each positioned the beret to fit their artistic expression. We hope y'all enjoy wearing your beret while painting your next "masterpiece."



From the AFRH-W Administrator



What a month it has been here in Washington, D.C.! With cooler temperatures arriving, we have been ramping up outdoor activities. Several events took place in September honoring Veteran Residents and taking advantage of the beautiful campus and the opportunities for fun in the District sun. Let's look back on some of the highlights.

Thirty female South Korean ROTC Cadets from Sungshin University in Seoul visited Labor Day Weekend on September 3rd. They were here to have lunch with the Residents, tour the facilities, and present tokens of their appreciation to the U.S. Veterans of the Korean War. Resident Albert Meringolo captivated the cadets when he shared his personal war stories with the group. The visitors were very kind to make the Armed Forces Retirement Home a priority visit during their foreign military culture tour. The AFRH-W is home to approximately 100 Korean War Veterans.

Last year, in September, we recognized the Independent Living Plus program as an official level of care within our continuing care retirement community. This year, the ILP staff's hard work culminated in the accreditation survey under The Joint Commission's Home Care standards. Ultimately, the surveyor only made one recommendation for improvement. The surveyor concluded that "the program should be a model for all Home Care programs." My sincere congratulations to the staff, including ILP Nurse Tammy Davis; Acting Clinical Nurse Supervisor Melba Wardrip; and Wellness Center Manager Susan Bryhan for their professionalism and care during the survey and throughout the year!

On the fun side, the Annual Employee/Resident Golf Tournament was played on the cool afternoon of September 15th. My partners were residents Jim Newell, Richard Heinrich, and Sheldon Shorthouse. It's a lot of fun golfing with members of diverse generations as you get to learn new slang. My drive on the 9th hole was touted as a "West Texas Wind Ball!" staying low and straight. It was a memorable afternoon!

We also celebrated the birthday of the U.S. Air Force which turned 69 years old! It was my privilege to give Administrator Coins to the youngest airman, our guest speaker CMSgt Beth Topa, and our eldest Resident Airman Faye Steele who is 100 years old! It was fantastic to see so many active duty airmen and women visiting our residents to share the camaraderie during the afternoon ceremony.

Another big event in September was the Resident Advisory Committee chairperson campaigns and election. Sheldon Shorthouse was elected via paper ballots submitted by residents. I wish to thank Marvin Archer for his service as interim chair. The RAC works with

the Home's leaders on events, activities and other items which affect resident morale and welfare. Thank you for working with us Marvin, you've done a great job! Congratulations to Sheldon and I look forward to supporting him during his two-year term as chairperson, officially starting October 1st.

Final preparations for the Fall Fun Fest were also completed in September. I hope to see many friendly faces Sunday, October 2nd from 9:00 am to 5:00 pm enjoying the campus, events, grounds, food, and refreshments. For the calendar year, the Fall Fun Fest is the third of three events where we open the grounds to the public. Come check us out!

Shaun Servais



Resident Albert Meringolo greets cadets from Sungshin in the Scott Building.

CPOs and CPO Selectees visit AFRH-W

Story & Photos by Carolyn Haug, Administrative Specialist

On Saturday, September 3rd, CPOs and CPO Selectees from Naval District Washington spent the day engaged in multiple volunteer projects around the Armed Forces Retirement Home – Washington (AFRH-W). The day started with Morning Colors at our flagpole followed by a Service Member Awareness Program from our Chief of Resident Services, Ron Kartz. It was all hands on deck during the morning hours while our sailors washed wheelchairs, cleaned up the Sheridan backyard, fishing ponds and perimeter. After lunch, they had the opportunity to visit with AFRH-W residents during bowling, bingo and a happy hour event in our Defenders' Inn. Thank you to our residents who welcomed them into our Home and shared sea stories. Navy Chief, Navy Pride!



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



It was a race to the finish, and I am so elated to become your new Resident Advisory Committee Chairman. I would like to express my wholehearted appreciation to those who believe I am capable of carrying out the duties of this office. I will do my best to serve all of the residents, here at AFRH-W.

Continuing on from a career of service in the Army, I take pride in this Home where we live and all of the opportunities there are to volunteer. I like to get out and do as much as possible, and I challenge each one of you, if you are able, to volunteer for one of the many programs, activities and trips.

As always, you can count on me, and your Floor Reps for assistance and guidance on issues you may have.

Sheldon Shorthouse



AFRH wants to hear your military stories.
Please contact the Public Affairs Office.

AFRH-G
228-897-4429

AFRH-W
202-541-7551

From the AFRH-G Administrator



Greetings to everyone! This month has been exhausting as the Home experienced surveys from the Commission on Accreditation of Rehabilitation Facilities the last week of August as well as The Joint Commission surveyed our Independent Living Plus program on September 13 and 14. The terrific staff performed well under the microscope and we passed both surveys with flying colors. One of the keys to our success is the staff prepares as if we are undergoing a survey daily. I cannot say enough about the wonderful people who work here. I continue to be impressed and blessed each and every day with the proficient work the employees do. No job is too big or too small and everyone's work here is more than important, it is worthwhile.

I also want to thank all of the residents who helped prior to and during the surveys. Your input and honesty is always appreciated. We are all in this together and there is no other place I would rather be than here with you in Gulfport, Mississippi.

In addition to our successful survey, AFRH-G was recognized as the "Favorite Retirement Community" in the People's Choice contest, which was conducted by The Sun Herald. The fine people living on the coast and you, our terrific residents, voted us the Best Retirement Community. We plan to hang our plaque in lobby for everyone to see.

I would like to thank Doris Denton and Phil Ford for running clean campaigns, as they both vied for the Resident Advisory Council Chairman position. Phil Ford won the election and I look forward to working with Phil for the next two years. I would be remiss if I didn't thank Roy Cook for his contribution to the Home as he completed Henri Gibson's term. I am not sure how many people know this but Henri went to see Roy in the hospital and on his way out the door Henri informed Roy to get well soon because he was the new RAC chairman due to Henri leaving the home. Thank you Roy for the contribution you made to the Home and to your neighbors.

I also want to thank everyone who helped with the POW/MIA ceremony this month. I have found all of our military ceremonies to be highlights of my time here at the AFRH. Thank you to all who have served our country. Your past has helped shape our future. God bless,

Jeff Eads



Mr. Eads congratulates Phil Ford as the new RAC Chairman.

Crusaders for Veterans donates motorized wheelchair to veteran

Photos by Becki Zschiedrich, Public Affairs

On September 8, 2016 Crusaders for Veterans Inc. President, Kevin "Reb" Cuttill, presented a near new Jazzy 600 motorized wheelchair to Bernice "Goldy" Goldstein, a Paralyzed Veteran of America member, in the Hall of Honors at the Armed Forces Retirement Home in Gulfport. This event was memorialized by reporter Laurene Callander and was broadcast on the Fox WXXV 25 evening news.

Crusaders for Veterans received the Jazzy 600 donation from Ms. Connie Clark of Pascagoula in the last week of August. Crusaders then reached out to other veteran organizations in search of a veteran in need. Cheryl Lewis, a Paralyzed Veteran of America member, spoke up for Goldy in request for the chair.

Kevin Cuttill said, "It is an honor to be able to share in the betterment of the lives of our veterans. They have served this country honorably and rightfully deserve our respect and appreciation. Caring for our veterans is national debt that is never paid in full, so we patriots and fellow veterans must come together to make it happen. This was an example of that happening and it was a blessing for Goldy, Crusaders for Veterans, Ms. Connie Clark, and all who partook in making this happen."



Crusaders for Veterans Inc. President, Kevin "Reb" Cuttill pictured here with Ms. Goldy.



WXXV reporter Laurene Callander interviews Kevin Cuttill in the Hall of Honors.

USAF Birthday and POW/MIA Recognition

Photos by Ray Ross & Tony Langdon

On September 16th the AFRH-G celebrated the 69th birthday of the U. S. Air Force and also honored prisoners of war and those missing in action so their sacrifices, and those of their families will not be forgotten.

The Air Force Birthday is a celebration of the proud history and heritage of American Airmen, the service's longstanding culture of innovation, and the unique global aspects of Airpower and the Air Force's enduring contribution to national security.

POW/MIA Recognition Day, a day of remembrance, is observed across the nation on the third Friday of September each year. Many Americans take the time to remember those who were prisoners of war (POW) and those who are missing in action (MIA), as well as their families. May we NEVER forget.



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



who were recently elected.

At our monthly Town Hall Meeting the Contract Employees of the Quarter were recognized. Congratulations to CMI maintenance workers Jonathan Nissan and Jeremy Howell and Front Gate Security Guard Edward Stewart. The Residents really appreciate your dedication to the veterans here at the AFRH.

AFRH veterans commemorated the

September has been a rather busy month. We had RAC elections for 2016 – 2018. I would like to congratulate Phil Ford for being elected as the new RAC Chair, and all the existing floor reps and the new floor reps

September 11th memorial by attending a special ceremony for military veterans, law enforcement and first responders with local and state dignitaries at the Harrison County Fairgrounds. Residents also attended the 3rd Annual Gulfport Anchor Festival at Jones Park. This cultural and heritage festival celebrated everything that makes Gulfport great. The event included a wooden boat show, art, crafts, maritime history and industry displays. This Anchor Fest highlighted Gulfport's maritime history, schooners and luggers, crafted for the seafood industry. Vessels and luxury yachts are still being built in Gulfport today. There were also three lunch/dinner bus trips this month. The Residents went to Wentzell's, The Dock Bar and Grill, and Panda Palace. These trips were very well attended.

At the end of September Residents enjoyed a trip to the "Big Easy". When Residents arrived in New Orleans, they enjoyed the sights and sounds of the

Crescent City. Some visited the WWII Museum and others just strolled around the French Quarter. Every month there is a bus trip to New Orleans. If you missed out on this one, there is always next month so don't forget to sign up.

Since this is my last article I would like to thank Nancy Dickson, John Young, Monica Fragello, Shelly Thompson, and Becki Zschiedrich for helping me succeed as your interim RAC Chair. Without you all, I could not have done my job. I would also like to thank our new RAC Chair Phil Ford, who came from the D.C. Home as their RAC Chair, for his help and expertise in accomplishing the mission and the duties of this job. I appreciate all the support from the Residents and

employees. I wish our new RAC Chair Phil Ford all the best. I know he will do a wonderful job for the Residents of Gulfport.

Roy Cook



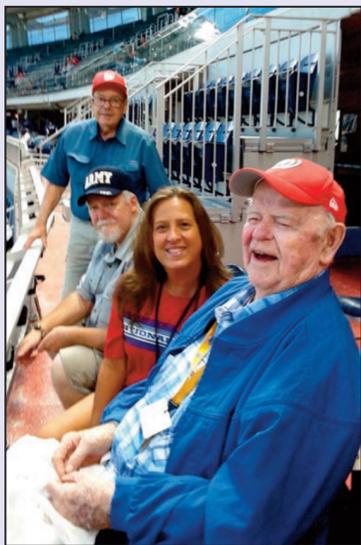
Interim RAC Chair Roy Cook thanks Phil Ford for his support and congratulates him on his RAC Chair position.

AFRH-W Activities

Beer and chip social

Story & Photos by Steven Briefs,
Recreation Therapy Supervisor

On Friday, September 9th, our residents met in the Defender's Inn to enjoy some fresh, cold beer from the tap, special chips and peanuts. Sometimes the guys don't always see each other during the week, so when free beer and chips are offered they are happy to come down. Charles Daniels and Bill Veasey chatted about old times at one table and Robert Crann, James Hunnicutt, John Powell, Hugh Rowe and our own Recreation Therapist Carol Mitchell visited at another. Shelton Shorthouse tended the bar, providing expert service with a smile and Recreation Team Leader Constance Maziel made sure there were plenty of munchies to be served. All in all, this is a great program that brings our veterans together!



Nats vs Braves

By Carol Mitchell
Recreation Therapist

September 7th was a memorable evening for residents and staff who attended the Nats vs Braves game at Nationals Park. The Nats won in extra innings! The rain delayed the game, so it was a late night; but, no one minded since it was so much fun!

Fitness news

By Jerry Carter, Fitness Specialist

Many people complain that they don't have the energy to do things they once did. They assume that their lack of energy is a result of their age, when in truth it is largely the result of inactivity. Endurance exercises, such as walking, swimming, jogging, biking and rowing, improve stamina and energy. After just a few weeks in a walking program, for instance, most people find they have more energy to do things such as gardening, traveling and spending time with friends or grandchildren. Also, there is evidence that regular physical activity can help reduce stress, anxiety, improve sleep, boost your mood, and enhance your self-image and an overall sense of well-being.



Genealogy class is still going strong

By Christine Baldwin, Librarian



AFRH-W has been truly fortunate to have a loyal group of volunteers that have been coming since May 2013 to provide the Operation Ancestor Search Program. Members of the DC Society of the Sons of the American Revolution visit each month to help residents with their genealogy quests. The volunteers share their genealogy knowledge and provide access to Ancestry.com (an online genealogy database). Carl

Bedell, 2nd Vice President of the organization, is the main point of contact for the meetings. Paul Hays has been with us since the beginning. He and his wife, Cindy, share their wealth of knowledge about genealogy. They are two of a total of around ten volunteers that come to work with our residents each month.

"I assumed family on my Father's side was all gone. Through Operation Ancestor Search, I found out that during my grandfather's time (probably during a census), his last name was misspelled. Now I know that I do have a lot more relatives," says resident Gwen Hendly. Another long-term participant, Robert Lavender adds, "I have learned so much about making the family tree, how to include pictures and census records, and how to incorporate Findagrave.com into my search. The most important thing the classes have taught me is to authenticate my sources before accepting them." Terry Morrison echoes, "I have learned so much. I wish they could come more often." Gwen summed it up by saying, "After putting in a long day of work at their own jobs they come and offer free assistance to AFRH residents, and while doing it they are dedicated, kind, patient and very friendly." The class meets the 3rd Wednesday of each month at 7:00 pm in the resident Computer Lab.

The Sons of the American Revolution is a patriotic 501(c)(3) male lineage society. Members have proven their heritage to a patriot who fought in or supported the American Revolution. Part of its mission is to support our nation's military and those who have served. Operation Ancestor Search is one of the SAR's national programs to meet this mission.



Washington Mystics Ice Cream Social

By Constance Maziel, Lead Recreation Specialist

"I scream, you scream, we all scream for ice cream," was the jolly chant that the AFRH-W residents and WNBA Washington Mystics players shouted during the Ice Cream Social. Residents from each population gathered together in the Scott Community Center, ready for chocolate, vanilla, strawberry, and even blueberry ice cream treats. The Mystics players joined the residents in table games as everyone enjoyed their treats. The Washington Mystics coach socialized with each resident and provided historical information on the team and the league. As the event went on, a few residents moved on to the dance floor and boogied to classic hits played by the DJ, Billy White. One resident even danced along with a Washington Mystics player who happened to be 6'4" tall! The highlight of the event was when the Washington Mystics autographed photos and basketballs for each resident. The social concluded with full bellies and pure bliss on all the participants' faces. A special thanks to the WNBA Washington Mystics for making the event a real treat!



Military Veterans Bowling Classic

By Pete Hudson, AFRH-W Resident

The ninth annual Military Veterans Bowling Tournament was held at the South Point Bowling Center, Las Vegas, Nevada, on August 8-14, 2016. The tournament brought together 2,030 military bowlers, nationwide, to participate in this outstanding competition in three divisions: Veterans, Retirees and Senior Retirees (age 60+.)

Pete Hudson, AFRH-W Resident, participated in the tournament and distributed brochures to attendees who may be interested in becoming residents of the Home. Pete represented AFRH very well, placing 87th with games of 230, 275 and 240; for a total 3-game handicap series of 745.



AFRH-G Activities

Gulfport Veterans spice it up...Louisiana style!

By Sean Campbell, Lead Recreation Specialist

AFRH-G residents were able to enjoy a long awaited trip to Avery Island, Louisiana, home of the Tabasco Sauce plant in August. A popular trip at AFRH-G prior to Hurricane Katrina, residents often requested if a return trip was possible. Once Recreation Services sorted the logistics out, 38 residents boarded the bus and were Louisiana-bound! The four-hour ride ranks as one of the longest day trips yet experienced by AFRH-G residents, but it didn't fail to entertain all on board. The experienced driver took to the back roads of Louisiana in order to avoid possible traffic congestion in Baton Rouge, LA due to the President's visit.

Tabasco is a favorite spice/sauce for people all across the country and even the globe. During the tour, residents were made privy to all the inner workings of the processes used to make the various Tabasco flavors. Tabasco has been made for over 125 years on the Island, but many don't know that Avery Island actually sits atop a salt dome that extends eight miles below the earth's surface. The grounds also serve as a bird sanctuary where Tabasco founder Edward McIlhenny helped save the Snowy Egret from extinction. Every spring thousands of the recovered species return to the area of the island known as "bird city." Despite the flora and fauna of the Jungle Gardens, or the various wildlife on display at Avery Island, it all comes back to the famous sauce. Veterans wandered through gift shops full of every kind of Tabasco product imaginable.

During the trek home, the travelers stopped off in Houma, LA for a taste of creole cuisine at Thibodeaux and Boudreaux's Cajun Cooking. Feedback from passengers was positive, and a return to Avery Island is very much a possibility in the future.



Jim Ball takes a photo at the Tabasco Sauce plant located on Avery Island. Photo by Resident Jack Horsley.

The Masters at Augusta

By Milton Williams, Art Specialist

Ray Eckert and Gerry Gorsky, our artist duo, once again teamed up to paint the famous 13th hole at Augusta National Golf Club. The 13th hole is one of the more famous scenes on the course and not an easy shot, but for these two it was like a hole-in-one. This hole boasts having over 1,500 azaleas, and it looks like Gerry painted every one of them. Ray, an avid golfer, worked on the sky, the greens, and is painting a tree branch in this photo. You both handled this shot wonderfully and made every stroke count. Folks, we have Eagles here! Thank you for the dramatic finished work of art. We all look forward to your next art adventure.



Popcorn anyone?

By Dennis Crabtree, Recreation Specialist

After a brief training on the popcorn machine, Clair Dimler-Smith stepped up to make popcorn for the Wednesday afternoon matinees. Even though Clair Dimler-Smith is supposed to be retired and taking it easy, you can find her volunteering to do her part to make this her home. Clair made popcorn without salt for the residents who could not have salt. Clair also made popcorn with salt and butter for residents. Clair was seen putting a little extra butter for residents who asked for it. So come down and see Clair make that popcorn at the movie matinee for the residents.



Outdoor Shuffleboard Tournament



Doris Hopper and Frank Baker are counting up the points.

Story & Photo by Dennis Crabtree, Recreation Specialist

On Tuesday September 13, 2016, residents were competing in the Outdoor Shuffleboard Tournament at the basketball court. The morning was cool and the bugs were biting. There was a 50% chance of precipitation and the rain came down in the final four.

The final four had to play the next day to place in the tournament. There could only be three winners that day. Harry Rhizor took 1st place, Glenn Yost took 2nd place and Frank Baker took 3rd place.

Pets and painting

By Susan Bergman, MT-BC, Recreation Therapy Services

Every 4th Monday of the month, the Biloxi First United Methodist Church Pet Ministry visits to bring smiles and joy to residents starting in the front main lobby and then traveling to see residents on Allegiance Hall, Valor Hall, & Loyalty Hall. Making a stop in the weekly fun art group, toy poodle - Lucy, age 12, soon to be 13 in February, caught the attention of painter, Eva Downs. The Pet Ministry team visits a different place each Monday of the month including the Veterans Administration Residential Care in Biloxi, Sunplex Sub-Acute Care in Ocean Springs, the Pillars of Biloxi, and concluding the month with AFRH in Gulfport. Pets and painting sure are the best!



A warm gift

By Milton Williams, Art Specialist

Doris Hopper recently made a flannel blanket for one of our residents in assisted living. These warm and cheerful colors match the heart of the gift giver and we know the person who received this blanket will be very grateful. Thanks Doris for contributing to the well-being of your neighbors.



GULFPORT

Swimmingly fun at Institute for Marine Mammal Studies!

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

Residents from Valor, Loyalty, and Allegiance Hall started their day with a fabulous lunch at Sicily's Pizza Buffet before heading to the Institute for Marine Mammal Studies (IMMS) in Gulfport. Residents began their afternoon tour in the auditorium with a bird and reptile presentation along with a slideshow about sea turtles, conservation, and species along the Gulf Coast. After, residents moved to the museum to search for a shark tooth in the fossil dig.

Onto the Discovery Room hands-on touch pools, residents were able to encounter horseshoe crabs, sea urchins, sea stars, stingrays, and yes...even a shark along with observing an array of aquariums filled with marine, amphibian, and reptile life. Awaiting the main attraction, residents moved outside where trainers explained and showcased the intelligent Bottlenose Dolphins.

To conclude, residents traveled to another outdoor area to experience the thrilling sea lion exhibit. We thank our many volunteers, residents, and the Institute for Marine Mammal Studies for a swimmingly fun educational outing in our own backyard.



A soaring bottlenose dolphin really put on a show for the residents.



IMMS education, conservation and research presentation.



Residents got a hands on experience in the discovery room shark & sting ray touch area.



Harry Williamson enjoys the sea lion show.

WASHINGTON

Maryland Zoo: fur, feathers and scales

Story & Photos by Carol Mitchell, Recreation Therapist

Over fifty residents and fifteen student volunteers from Georgetown Law School enjoyed an informative and interesting presentation by the Maryland Zoo. The Maryland Zoo is an outreach program that goes out to the local surrounding areas with live animals and an informative lecture on the animals in attendance. The residents got an up close view of representatives from different animal families such as a skink and a kookaburra and discovered what makes each unique and special. Residents look forward to the next Maryland Zoo visit and the interesting animals they bring!

