



AFRH-WASHINGTON

Seventy years of air power marked by an amazing air show

By Robert W. Mitchell, AFRH-W Volunteer/Activities Coordinator

Residents of the Armed Forces Retirement Home in Washington, D.C. enjoyed a day trip to Joint Base Andrews for the 2017 Joint Base Andrews Air Show: America's Air and Space Expo.

This year's show featured stunts and aerial theatrics by the United States Air Force's Thunderbirds as well as aerial demonstrations by the Golden Knights, an F-22 Demo Team and the GEICO Skytypers.

Other presentations included static displays of a KC-135 tanker, an F-16 Fighting Falcon, NASA's Super Guppy, the UH-1N Iroquois and other military aircraft.

AFRH-W residents shared their military aircraft knowledge and experience with the flight and ground crews on hand, ready to trade their military stories.

This year's event commemorated the U.S. Air Force's 70th year of service.



AFRH-GULFPORT

AFRH-G receives award for favorite retirement community on the Gulf Coast

By Becki Zschiedrich, Public Affairs

For the second year in a row the Armed Forces Retirement Home-Gulfport was voted the #1 favorite retirement community on the Gulf Coast. AFRH-G Administrator Jeff Eads accepted the award from The Sun Herald's media consultant Derrick Ivy at the monthly Town Hall meeting on September 20, 2017.

Mr. Eads said, "We are very pleased and honored that the Armed Forces Retirement Home has received recognition for being the #1 retirement community on the Gulf Coast for the second year in a row. 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 heritage of the AFRH goes back to the 19th century. The U.S. Navy first established the U.S. Naval Asylum in 1834 in Philadelphia, Pennsylvania and is the oldest continuing care retirement community in the United States, and then the U.S. Army established the U.S. Soldiers' Home in 1851. Ever since, thousands of former U.S. military service members have enjoyed a relaxed and secure retirement at AFRH. In 1991, the two distinct Homes merged as one: the AFRH.

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

The AFRH is a flourishing retirement home with a focus on health and wellness. 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 person-centered care so the residents can stay happy, healthy and get the most out of their retirement. Thank you to all of our veterans for all you have done for us.

To learn more about the AFRH, please visit our web site at www.AFRH.gov.



The Sun Herald's media consultant Derrick Ivy (left) presents AFRH-G Administrator Jeff Eads (right) with the award for #1 Retirement Community on the Gulf Coast.

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

Serving Washington, D.C. and Gulfport, Mississippi

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

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

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

AFRH, PAO/Marketing, #584

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

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



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

AFRH-Gulfport 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-G Veteran Highlight – Grayson Best

By Lori Kerns, AFRH-G Librarian



Grayson Best was born in Myrtle Beach, South Carolina. He and his five siblings were raised on a farm about ten miles from Myrtle Beach. The whole family had to pitch in on the farm to help raise the livestock, such as horses, cows, chickens and hogs, in addition to farming tobacco, corn, cotton and other crops. When Grayson was about ten years old, the family left their farm and moved to the city of Richmond, Virginia for his father to become a truck driver. Moving from a community of about 100 residents to a bustling city was a huge culture shock for him. At the age of 12, Grayson's father decided that he would have to start paying \$10/week for room and board. Finding a job at that age was not easy. Eventually he found a couple of paper routes and would wake up every day at 4:00 a.m. to deliver his papers and then return home to eat breakfast and go to school. When he turned 16, he found work with Western Union delivering telegrams by bicycle.

Feeling confident that he was making enough money, he moved out of his family's home and rented a room at a boarding house. He lived here for two years until he graduated high school.

The draft for the Vietnam War was occurring around this time. Grayson's draft number was 11 so he began weighing his options. If drafted, he likely would have been required to give a six-year commitment of active duty. He decided to join the Marine Corps with the mindset that he would only be required two years of service.

At the age of 19, Grayson was sent to boot camp at Parris Island, South Carolina. His next stop was Camp Lejeune, North Carolina to begin general warfare training. To finish his training, he attended advanced jungle warfare training at Camp Pendleton, California. With his new skills behind him, he boarded a plane to Vietnam and was taken to the jungle to begin his first tour doing reconnaissance. During this tour, he was shot in his right shoulder. He healed and was sent for another recon mission back in the jungles of Vietnam where he was shot in his right thigh. Again, he healed and was ordered back to the jungle for a third tour. During this tour, he stepped on an anti-personnel mine and nearly lost his leg. Grayson spent seven months recovering at a naval hospital in Key West. Due to his severe injuries, he was granted a disability retirement once he was released from medical care. He retired with two years of service with the Marine Corps and received 18 commendations for his efforts, among them three Purple Hearts.

Grayson went back to Richmond to take advantage of the GI Bill by earning a Bachelor of Science degree in Business Management. He began working in the banking field only to realize that it did not suit him. He found a job in retail working for Goodyear Tire and Rubber Company where he stayed for several years. Using his business degree and experience in retail, he decided to leave Goodyear and open his own business. He moved back to Myrtle Beach and began a Club Car golf cart dealership. After developing and running his business for several years, he decided he wanted to travel. He began touring the U.S. and parts of the world. Some of his most exciting times were when he would stay at the national parks and rough it by living in a tent. Once he became bored with traveling, he decided to go back to school and get his contractor's license. With his license, he started building residential homes and commercial buildings. His building career lasted for about ten years before he decided it was time to permanently retire from working.

The next chapter in Grayson's life brought him to work with different Christian organizations. He preached on Sundays as a substitute for pastors that were on leave. He also enjoyed preaching at revivals. However, the work he feels was most fulfilling was his involvement with prison ministry. He volunteered his time with these organizations for about ten years.

About 11 years ago, Grayson decided to move from Myrtle Beach to Biloxi, Mississippi. He always knew that the injuries he sustained with the Marine Corps may cause him to need extra medical care. He decided the proximity to Keesler Medical Center and the VA Medical Center in Biloxi would be ideal. He also knew AFRH-G was close by if he should decide to live in a retirement community. He finally decided to put his name on the waiting list for AFRH-G. After a three-year wait, he was able to move into the Home.

Grayson says he absolutely loves the Home and the people. Living here, he is still able to keep in touch with his son, Patrick, who is a teacher, artist and musician back in Myrtle Beach. Grayson is also able to take advantage of "coast life" by golfing several days of the week and fishing for speckled trout and other local favorites in the area. His most recent adventures have taken him on a trip with his golf buddies to Hawaii, where they played golf, ate the local cuisine, and enjoyed the museums and concerts. It's always refreshing to see our new residents, like Grayson, move in and enjoy their retirement with what "coast life" has to offer.



AFRH-W Veteran Highlight – George Berry

By Christine Baldwin, AFRH-W Librarian



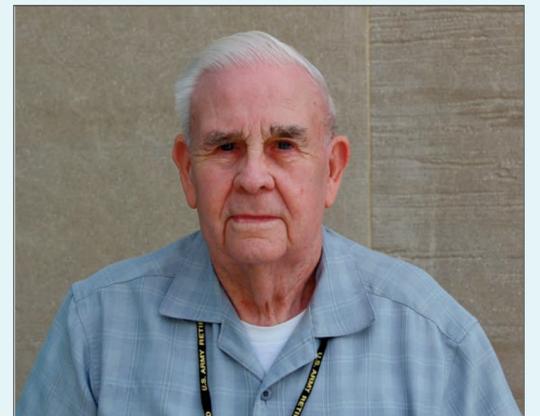
George Berry was born in New Hampshire. As a youth, he joined the Boy Scouts and he always lived by the motto 'be prepared' throughout his life. He quit school in the 8th grade (though later he got his GED). His father worked in the woodworking field and George had to help him out. He saw what it did to his father's hands and didn't want this as a career. So at the age of 21, George joined the U.S. Army, partly because he knew they had good schools for mechanics; a field he excelled in. George went to automotive school in Atlanta,

Georgia and engineer repair and maintenance school at Ft. Belvoir, Virginia. He was a hard worker and loved figuring out how to make engines run smoothly. In fact, he was known as Mr. Fix-it! Some of his work included overhauling tanks and working with armored reconnaissance and airborne assault vehicles. George also received two bronze stars while serving in Vietnam. In one instance, he drove through hostile territory to get to a depot for parts to repair their vehicles. George also worked as an advisor for the Vietnamese Army. He retired in 1972 from Cameron Station, Virginia.

His first civilian job was with the Fairfax Motor Pool, where he did everything from repairing police cruisers to doing roadside assistance. After three years, he got a civilian job at Cameron Station. He started as an automotive mechanic foreman (WS-9) and within a year he received a promotion to WS-10 supervisor, not an easy accomplishment. George often worked 16 hours a day, but again he loved the work. He was even able to help out at the Fort Myer's hobby shop! During this time he also started repairing VHS players as a hobby. After 23 years at this job he retired again. At this time, he received an achievement medal for 35 years total

government service.

George loves to tell the story of how he met his wife, Reiko. It was in 1953 at an Army Base on the island of Eta-Jima, Japan, when he was recovering from an emergency appendectomy. While walking down a street, he saw three young Japanese women. One was quite shy, but she whispered to him to be careful. He asked her why she gave him a warning and she told him that she didn't like to see anyone taken advantage of. George knew that this quiet girl was not only beautiful, but honest as well; a trait he strongly admired. After a few dates, they were in love, but George had to leave the country on a new assignment. He promised to write Reiko every day and she promised not to cut her hair until they met again. Four and a half years later, they met at a bar in the village of Otsu, with Reiko's hair falling near to her waist. They married and three years later had a daughter. In July of this year, George and Reiko renewed their wedding vows after nearly 60 years of marriage!



Message from the Acting Chief Operating Officer



September was a month of change here at AFRH. As our residents and staff know, the Deputy Chief Management Office (DCMO) – a Department of Defense office tasked with oversight of AFRH, announced a leadership change for the Home on September 14. The following day, Mr. David Tillotson, the acting DCMO, held Town Hall meetings to articulate his vision and expectations for AFRH going forward. Please know that our commitment to you, our residents, is stronger than ever. Every day AFRH staff focuses on providing you with exceptional care and extensive support services. It is because of their work on your behalf that the storied mission of the Agency, which is now more than 160 years old, continues stronger than ever.

I would like to this opportunity to tell you a little more about my background.

I've been with the AFRH for just over 11 years, and have served in a variety of capacities, including chief information officer, director of human resources, EEO and special projects coordinator, oversight for public affairs, compliance officer and inspector general. On numerous occasions I've served as the acting chief operating officer and as the acting administrator, AFRH-Washington.

My federal experience includes service with the Department of the Navy, the Small Business Administration and the Department of Homeland Security, managing programs and offices with budgets from \$2 million annually to those that awarded contracts and grants for over \$2 billion annually.

My background also includes two six-month details on Capitol Hill, as a legislative assistant on the U.S. Senate Small Business and Entrepreneurial Committee and in a similar capacity on the Senate Banking and Finance Committee.

The senior team here at AFRH will be working behind the scenes with the DCMO to develop a strategy that will implement new measures to ensure that the AFRH will continue to thrive for another 160 plus years!

During the search for a new AFRH COO, I will make myself available to everyone – staff and residents alike - to help fulfill the needs of our residents. Feel free to reach out to me anytime with any questions or for assistance.

Respectfully,

Maurice Swinton

Never forgotten

By Sean Campbell, Recreation Services
Photos by Tom Peeks, Resident Photographer



Every year on the third Friday in September, we honor those who were prisoners of war and those who are still missing in action. This day is set aside to honor the commitment and sacrifices made by them and their families during their service to our nation. In his annual proclamation, the President of the United States declared that "It is our sacred obligation to pay tribute to the thousands of men and women of our Armed Forces who have been imprisoned while serving in conflicts and who have yet to return to American soil." He added, "They paid an enormous price and remained dedicated to our sacred principles, even while under extreme duress."

On Friday, September 14, 2017 the 2-410 BSB Phoenix Battalion from Camp Shelby, Mississippi under the leadership of CSM Ted Durand, visited the AFRH-G and conducted a moving ceremony honoring our POWs and MIAs. The table ceremony showcased the symbolism present in each item included on the POW/MIA table. CSM Durand and five of his soldiers reverently conducted the ceremony and offered a moving tribute to honor our Prisoners of War and those Missing in Action.

The white table cloth symbolizes the purity of their motives when answering the call to serve. The single red rose reminds us of these Americans, and their loved ones and families who keep the faith and seek answers. The yellow ribbon symbolizes our continued uncertainty, hope for their return and determination to account for them. The slice of lemon reminds us of their bitter fate, captured and missing in a foreign land. The pinch of salt symbolizes the tears of our missing and their families. The lighted candle reflects our hope for their return. The Bible represents the strength gained through faith to sustain us and those lost from our country, founded as one nation under God. The glass is inverted to symbolize their inability to share a toast. The chair is empty, they are missing.

Upon the conclusion of the ceremony, AFRH-G resident and former POW Jack Oyster offered a sincere gesture of appreciation to CSM Ted Durand and his battalion for their participation in honoring those our POWs and MIAs. Mr. Oyster asked fellow residents to remember that many service members from our last three wars are still missing in action: 79,000 from WWII; 7,800 from Korea; and 1,741 from Vietnam.



Gulfport resident receives Certificate of Appreciation for 70 years as a Mason

By Becki L. Zschiedrich, Public Affairs

WWII veteran William Kihneman received a certificate of appreciation for a 70-year membership as a Mason from the Grand Lodge of the State of Louisiana Free and Accepted Masons (F&AM). Mr. Kihneman has been a Master Mason in good standing for a period of seventy years. Worshipful Master (WM) James Case from Gulfport Lodge #422 presented the certificate and pin to Mr. Kihneman on behalf of the Masons of Louisiana with the fervent hope that his years of service to the craft will continue to increase.



U.S. Navy "Tripoli" LHA 7 Christening

By Becki L. Zschiedrich, Public Affairs
Photos by Tom Peeks, Resident Photographer

On Saturday, September 9th residents took a recreation bus trip to Ingalls Shipbuilding in Pascagoula, Mississippi to attend the christening of U.S. Navy Tripoli (LHA 7). AFRH-G residents were recognized at the ceremony and received a standing ovation.

Tripoli (LHA 7) is named for the Battle of Derna, Libya, the first land victory by the U.S. on foreign soil, and for the heroic U.S. Marines who fought on the "shores of Tripoli." It is the second of the America-class large-deck amphibious assault ships built by Ingalls Shipbuilding for the U.S. Navy. The largest of all amphibious ships, she is capable of supporting the most advanced aircraft. Amphibious warships such as LAH 7 provide the Marine Corps a superb means of ship-to-shore movement. LHA 7 features several aviation capabilities enhanced beyond previous amphibious assault ships. These include an enlarged hangar deck, realignment and expansion of aviation maintenance facilities, a significant increase in available stowage for parts and support equipment and increased aviation fuel capacity.

Ingalls Shipbuilding has always been a great supporter of the AFRH-G. They continue to support our veterans and always donate gorgeous flower arrangements to display throughout the building for everyone to enjoy.



From the AFRH-W Administrator



Dear residents, friends, neighbors and staff,

September has proven to be another action-packed month at the Armed Forces Retirement Home. The Washington campus stayed busy with accreditation activities, hosting distinguished visitors and getting ready for the annual Fall Fun Fest.

September 6-8 was the triennial accreditation survey for the Nursing Care Center, Home Healthcare, and Ambulatory Care Centers. Accreditation is a requirement of Title 24 of the United States Code, Chapter 10. The Home maintains accreditation of its programs by following standards outlined by The Joint Commission (TJC). Overall, the surveys performed were very positive with a lot of reinforcement for the healthcare services provided to the veteran residents. My hat's off to the dedicated employees who put forth tremendous effort to prepare, perform and correct any recommendations for improvement.

On September 15, the acting Deputy Chief Management Officer (DCMO) Mr. David Tillotson III visited the Home to meet with employees and residents during the Town Hall meeting. The DCMO is the oversight holder for the AFRH Agency as delegated by the Secretary of Defense. Mr. Tillotson briefed attendees on his decision to replace the Chief Operating Officer (COO) and responded to questions about plans to increase revenue. Our new acting COO is Mr. Maurice Swinton, AFRH's Chief Information Officer and Compliance Officer. The search for a more permanent COO is underway. In the meantime, we are in good hands with Mr. Swinton.

I'd like to encourage all to attend the annual Fall Fun Fest on October 1st. The event is from 9:00 am to 5:00 pm and is one of only three annual events which open the gates to the public. The many activities scheduled make this a perfect opportunity to plan your visit to our beautiful Washington Home. I hope to see you there!

Shaun Servais



AFRH-W Administrator Shaun Servais presents the AFRH challenge coin to CCMSgt Perry.

AFRH-W celebrates the USAF 70th birthday

The Armed Forces Retirement Home was the setting for a recent celebration of the Air Force's 70th birthday by Joint Base Andrews, Maryland, members and veterans. "The impact of us coming out here is monumental because it lifts the residents' spirits, and our own," said Tech. Sgt. Michael Moomaw, 89th Maintenance Group C-40B crew chief noncommissioned officer in charge. "It bridges the gap between the past and the present. This is a great mentoring opportunity to learn and discover experiences from prior service members." More than 50 people attended the Sept. 7 event, where Chief Master Sgt. Nathaniel Perry, 11th Wing and Joint Base Andrews command chief, was guest speaker. "I understand the only reason I'm able to wear this uniform and bask in a sense of pride is because of the giants that have come before me," Perry said. "[The AFRH residents] are those giants and have paved the way for our service to be what it is today. [You all] created the legend that is our Air Force."

Retired Air Force Master Sgt. Herbert Simonds, a 96-year-old AFRH resident, is the oldest airman at the retirement home and was invited to the celebration as a special guest. He served in the Army and Air Force for a total of 21 years and received honors such as the French Croix De Guerre, the European-African-Middle Eastern Campaign Medal with 10 service stars and the Air Force Commendation Medal.

The event ended with a special cake-cutting ceremony that involved the Vanguard V-21 sword, which symbolizes the sacrifices made by past armed forces members. Simonds and Joint Base Andrews youngest airman, Airman 1st Class Marshall Robinson, 89th Communication Squadron radio operator, were invited to cut the cake together.



The youngest Airman, A1C Marshall Robinson and Eldest Air Force Veteran Herbert Simonds, enjoying each other's company.

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



Greetings from the RAC Chairman!

This month at AFRH-W we celebrated the 70th anniversary of the U.S. Air Force. The celebration was held in our Hall of Honors with guest speaker Command Chief Master Sergeant Perry from Joint Base Andrews and the U.S. Air Force Color Guard. CCMSgt Perry gave an inspiring speech covering the history of the U.S. Air Force from its early days in WWI to the War on terrorism today. Later, Administrator Shaun Servais presented CCMSgt Perry, A1C Marshall Robinson and Air Force veteran and resident Herbert Simonds the AFRH-W challenge coin. After the traditional cake-cutting ceremony there was a meet-and-greet with the residents and Air Force guests. Happy 70th Birthday U.S. Air Force.

This Month in History

- October 1, 1908 - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.
- October 2, 1967 - Thurgood Marshall (1908-1993) was sworn in as the first African American associate justice of the U.S. Supreme Court. He served until 1991 and was known for opposing discrimination and the death penalty, and for championing free speech and civil liberties.
- October 3, 1863 - President Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day.
- October 3, 1990 - After 45 years of Cold War division, East and West Germany were reunited as the Federal Republic of Germany.
- October 4, 1957 - The Space Age began as the Russians launched the first satellite into orbit. Sputnik I weighed just 184 lbs. and transmitted a beeping radio signal for 21 days. The remarkable accomplishment by Soviet Russia sent a shockwave through the American political leadership resulting in U.S. efforts to be the first on the moon.
- October 5, 1813 - Shawnee Indian Chief Tecumseh was defeated and killed during the War of 1812. Regarded as one of the greatest American Indians, he was a powerful orator who defended his people against white settlement. When the War of 1812 broke out, he joined the British as a brigadier general and was killed at the Battle of the Thames in Ontario.
- October 8, 1871 - The Great Fire of Chicago erupted. According to legend, it started when Mrs. O'Leary's cow kicked over a lantern in her barn on DeKoven Street. Over 300 persons were killed and 90,000 were left homeless as the fire leveled 3.5 square miles, destroying 17,450 buildings. Financial losses totaled over \$200 million.
- October 8, 1918 - During World War I in the Argonne Forest in France, U.S. Sergeant Alvin C. York single-handedly took out a German machine-gun battalion, killing over a dozen and capturing 132. He was later awarded the Medal of Honor and the French Croix de Guerre.
- October 13, 1775 - The United States Navy was born after the Second Continental Congress authorized the acquisition of a fleet of ships.
- October 13, 1792 - The cornerstone of the White House was laid by George Washington. The building, located at 1600 Pennsylvania Avenue, is three stories tall with over 100 rooms, and was designed by James Hoban. In November of 1800, President John Adams and his family moved in. The building was first known as the "Presidential Palace," but acquired the name "White House" about 10 years after its completion. It was burned by British troops in 1814, then reconstructed, refurbished and reoccupied in 1817.
- October 14, 1947 - U.S. Air Force Captain Chuck Yeager became the first man to break the sound barrier, flying in a rocket-powered research aircraft.
- October 14, 1964 - Civil Rights leader Martin Luther King, Jr., became the youngest recipient of the Nobel Peace Prize. He donated the \$54,000 in prize money to the Civil Rights movement.
- October 16, 1978 - Cardinal Karol Wojtyla of Poland was elected Pope. He was the first non-Italian Pope chosen in 456 years and took the name John Paul II.
- October 16, 1859 - Fanatical abolitionist John Brown seized the Federal Arsenal at Harpers Ferry with about 20 followers. Three days later, Brown was captured and the insurrection was put down

by U.S. Marines under the command of Col. Robert E. Lee. Brown was convicted by the Commonwealth of Virginia of treason, murder, and inciting slaves to rebellion, and was hanged on December 2, 1859.

- October 17, 1777 - During the American Revolutionary War, British General John Burgoyne and his entire army of 5,700 men surrendered to American General Horatio Gates after the Battle of Saratoga, the first big American victory.
- October 19, 1781 - As their band played The World Turned Upside Down, the British Army marched out in formation and surrendered to the Americans at Yorktown. More than 7,000 British and Hessian troops, led by British General Lord Cornwallis, surrendered to General George Washington. The war between Britain and its American colonies was effectively ended. The final peace treaty was signed in Paris on September 3, 1783.
- October 20, 1973 - The 'Saturday Night Massacre' occurred during the Watergate scandal as President Richard M. Nixon fired Special Prosecutor Archibald Cox and Deputy Attorney General William French Smith. Attorney General Elliot Richardson resigned. A firestorm of political protest erupted over the firings leading to widespread demands for Nixon's impeachment.
- October 22, 1962 - President John F. Kennedy appeared on television to inform Americans of the existence of Russian missiles in Cuba. The President demanded their removal and announced a naval "quarantine" of Cuba. Six days later, the Russians announced they would remove the weapons. In return, the U.S. later removed missiles from Turkey.
- October 23, 1983 - Terrorists drove a truck loaded with TNT into the U.S. and French headquarters in Beirut, Lebanon, exploding it and killing 241 U.S. Marines and 58 French paratroopers.
- October 25-30, 1983 - The Caribbean island of Grenada was invaded by the U.S. to restore "order and democracy." Over 2,000 Marines and Army Rangers seized control after a political coup the previous week had made the island a "Soviet-Cuban colony," according to President Ronald Reagan.
- October 26, 1881 - The shoot-out at the O.K. Corral in Tombstone, Arizona, occurred between the feuding Clanton and Earp families. Wyatt Earp, two of his brothers and "Doc" Holliday gunned down two Clantons and two others.
- October 28, 1886 - The Statue of Liberty was dedicated on Bedloe's Island in New York Harbor. The statue was a gift from the people of France commemorating the French-American alliance during the American Revolutionary War. Designed by Frederic Auguste Bartholdi, the entire structure stands 300 feet (92.9 meters) tall. The pedestal contains the words: "Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tost to me, I lift my lamp beside the golden door!"
- October 30, 1938 - The War of the Worlds radio broadcast panicked millions of Americans. Actor Orson Welles and the Mercury Players dramatized the story by H.G. Wells depicting a Martian invasion of New Jersey. Their script utilized simulated radio news bulletins which many listeners thought were real.
- October 31st - Halloween or All Hallow's Eve, an ancient celebration combining the Christian festival of All Saints with Pagan autumn festivals.

Have a safe and healthy October, and remember if you are able to please volunteer. See your volunteer coordinator for details.

Sheldon Shorthouse



The Air Force Color Guard from Joint Base Andrews.

From the AFRH-G Administrator



Greetings!

I would like to begin by thanking each and every person who works here and especially thank each resident for choosing to make AFRH your home, because each day brings so much joy and numerous blessings to me. This is a special place with special people who make a huge difference in lives of so many people. I have worked in senior housing and long-term care for more than 20 years and there is no other place I would rather be than AFRH-Gulfport.

In addition, I would like to share that the AFRH-G had a very productive and beneficial inspection with The Joint Commission (TJC) as they surveyed our Home Care, Ambulatory Care, and Nursing programs earlier this month. We learned a lot about ourselves and TJC also gave us a few recommendations so we can continue to improve our processes to make AFRH-G better. We strive to keep this the premier retirement community for our veterans while making it a vibrant place in which to live, work and thrive.

We not only survived TJC accreditation process but we also passed with flying colors. We will formally receive our accreditation paperwork later this year. This month we also had a visit from the House Appropriation Survey and Investigation staff on Thursday, the September 14th. That meeting went well and the ladies, Ms. Hollingsworth and Ms. Garcia, were highly impressed with the Home and with everyone they met.

We are still awaiting the final visit of the DoD Office of Inspector General to conduct the final phase of the inspection they started earlier this year. We are hopeful The DoD IG will be here in October to complete their inspection.

God bless you, and God bless America.

Jeff Eads



Louis Jones (left), who turned 94 in September, celebrates his birthday at the monthly birthday dinner with Mr. Eads.



Jeff Eads (left) and Chris Alexander (right) present resident Dr. Jerry Burghout (middle) with a coin and thank you letter for assisting with the guest suite reservations.



James Windham has a laugh with Administrator Jeff Eads at the September Ice Cream Social.

Breaking barriers for 70 years

By Sean Campbell, Recreation Services

Photo by Tom Peeks, Resident Photographer

Since September 18th, 1947, courageous Airmen have refined the Air Force mission to Fly, Fight, and Win through the blood and sacrifice. As a service with joint origins, the Air Force is the foundation for multi-service, inter-agency, and coalition operations. It provides the joint team the ability and freedom to fight in the air, on the ground and at sea. The theme for this year's birthday celebration is "American Airmen: Breaking Barriers since 1947."

On September 18, AFRH-G residents gathered to celebrate the 70th Anniversary of the founding of the United States Air Force. Special guest speaker Colonel J. Martin "Marty" Destazio emphasized the Air Force's commitment to excellence with a very informative presentation. Colonel DeStazio is the Commander of the Second Air Force Tactical Training Operations Center and 602d Training Group (Provisional), Keesler Air Force Base.

Assisting in cutting the cake were some of AFRH-G's oldest USAF residents: Clayton Hiss (98) and Thomas Adams (98). The youngest active duty on site was Staff Sergeant Willis (30). After the ceremonial cutting of the cake and singing of the Air Force Song, attendees enjoyed cake, coffee, and refreshments provided by dining service.



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



There are so many moving pieces that go on behind the scenes to keep the Home operational and the services to residents uninterrupted. Fortunately we did not have to experience any of those pieces that would need to be put in place after a hurricane on the Gulf Coast. I hate that Harvey hit the West and Irma to the East but sure am grateful they did not come visiting us!

I had what I would call a most unfortunate-fortunate experience over the Labor Day weekend. I sat with one of our recently deceased residents. He had requested someone be with him as he sensed his decline and pending demise. I was able to do so until the family arrived. It was most unfortunate as I knew what the final result from the time I would be spending

with the resident would be. It was fortunate in the amount of knowledge I was able to obtain by being in our upper level (Long Term Care) unit for such an extended period.

The caring and commitment to this resident's well-being and comfort was beyond reproach. Did I feel it was that way because I was there with the resident 24-7? Absolutely not! I could watch and hear what transpired outside the resident's room as the physician, the staff of nurses and CNAs, along with the social worker, ombudsman, nurse practitioner, and those from Security and Resident Services (and apologies to any I am forgetting) and others went about their normal activities.

The continued communication that occurred amongst all parties as it would relate to this resident's well-being and comfort was literally 24-7. When it became apparent that perhaps it was time to have hospice involved, the delicacy of discussing the issue with the family was deeply impressive. Once the family arrived the compassion exhibited to them, by all mentioned previously, was heartfelt, immersive and with true caring as they tended to their loved one. I know I came to live at the AFRH "in case." I often wondered what the "in case" would be like when I am no longer independent. I can say I was incredibly impressed and confirmed that I made the right choice to be a resident at AFRH Gulfport.

For all of the peccadillos one may be able to locate here at the Armed Forces Home – Gulfport, I think it very safe to say they are minor; as the residents' viewpoints, health, welfare and safety seem to be foremost in staff and management's minds as they carry forth in their daily tasks.

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.

Two months have now passed and I have yet to be informed of anyone requesting to serve on one of the three standing committees; Food Service, Morale, Welfare and Recreation, or Health and Wellness. There seems to be no shortage of residents that know how the RAC, a sub-committee thereof, the Home or a particular department thereof, should run and what they should be doing and it saddens me that they will not put their knowledge to work for the good of all. Please consider volunteering. Get involved and make a positive difference!

Til next month I wish you all the best,

Phil Ford

P.S. Where are the minutes? A RAC meeting was not held in September as there were no items for the RAC assembled to discuss or take action on. Please see your Floor Representative, any RAC member (we all have yellow ID's), place a note in the RAC box in the mail center, or e-mail me at RacChair@gmail.com, to discuss items you need assistance with or feel have merit and require the RAC to consider.

P.P.S. I write this after my article was submitted for print. Hopefully a door of true transparency has opened with the Town Hall held by Acting DCMO David Tillotson III on the 15th of September. He appeared to speak with candor and an understanding of the challenges facing the AFRH immediately, as well as into the near and distant future. I look forward to once again working directly and indirectly with our recently-appointed acting COO Maurice Swinton. I extend an invitation for both of them to come and physically meet with the residents, as well as experience first-hand that which is the AFRH-G. Stay attuned for more developments.

P.P.P.S. Dr. K –You indicated a desire to work with the RAC Chairmen and keep them informed; you did so with aplomb. I hope you know how appreciated you were by me, and a significant number of residents. I extend my best wishes to you in all your future endeavors and in true Navy fashion bid you Fair Winds and Following Seas, Sir.



Phil Ford sings "Happy Birthday" to Edith "Jackie" Haslam as she celebrates her 94th birthday.

AFRH-W Activities

Girl Scouts follow-up

By Christine Baldwin, Librarian

As a follow-up from their discussion in July on the book "I am Malala" several Girl Scouts from Troop 6014 came to join residents in viewing the documentary "He Named Me Malala." This story about the Afghanistan girl, who was shot while going to school and later won the Nobel Peace Prize, was quite moving. Afterwards, while eating Girl Scout cookies, many residents stayed to talk about the story with the youth. We are eagerly waiting for the next book that is chosen by the scouts for a book discussion.



Korean War descendants honor veterans at AFRH-W

By Robert W. Mitchell, AFRH-W Volunteer/Activities Coordinator

Military cadets from ROTC 218 at Sungshin Women's University, Seoul, Korea, descended on the campus of the Armed Forces Retirement Home recently to honor and pay tribute to American military veterans for their role in liberating the people of South Korea.

"The Korean people have continuously demonstrated their appreciation to the U.S. military for what they did, their service and sacrifice," said AFRH-W Administrator Shaun Servais. "I think it really helps the veterans who were there (in the Korean conflict) to see the generations that have followed along from the days they were in country. It helps the residents feel good."

The cadets sang songs, performed drill and ceremony maneuvers and presented residents with medals, coins, gift bags and framed photos of their previous visit to AFRH.

Students praised the residents for their invaluable contributions and extraordinary sacrifices made during the Korean War which shaped their current way of life.

"Thank you for inviting and greeting us. First, we all admire you. Last semester we learned bravery, loyalty, honor and sacrifice is the main virtue of a soldier. As we learned, we were filled with gratitude and patriotism. We all can stand here because you and your bravery," Cadet Jaeyeon Kim said during the ceremony held in the Scott Theater.

"We have guarded liberty and defended the capability of English with an alliance between Korea and the United States. I am honored that I can meet you all, who represent the starting point of this alliance. Today, we renew our admiration and appreciation to you," she said.

Commander of the 218th ROTC, Lt. Col. Kisung Park appreciated being invited back to AFRH and offered warm wishes and good health to the staff and residents.

"We are very proud of this event and we are eager to share this experience with others," Park said through a translator.



Fall into poetry

By Christine Baldwin, Librarian

During the week that we say hello to Fall, a group of AFRH-W residents enjoyed a few moments of poetry and recitations in the Scott Theater. It started with a poem written by resident William Sorince, "Fall2017." After a brief introduction of the history of his poem, Bill Opferman read "6 Blind Men and the Elephant." Next, Charles Setzer read a poem that he had written titled "Mattie." Another original poet, Emmy Lu Daly, read five of her poems from a book she had published. Three poems written by John O'Donohue were read by Martin Cody.

Next, Ernest Janes recited some humorous poetry from Cassius Clay before he fought Sonny Liston in the early 60's. "The Old Brown Schoolhouse" was read with lots of emotion from Norma Rambow. Rick Walk followed with two poems from his favorite poet, Robert Frost. Larry Hountz added some humor with his poem, on "Fleas." A wonderful reading by Paul Grimes of the powerful Robert W. Service poem, "The Cremation of Sam McGee" finished the official program. What a wonderful variety of poetry!



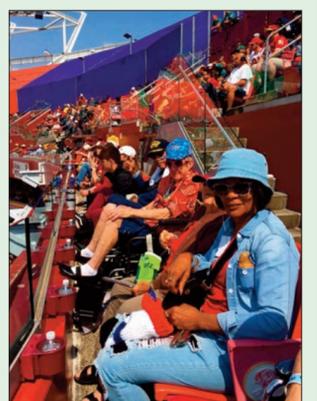
Mark your calendar for the annual Fall Funfest and open house at AFRH-W



Sunday
October 1, 2017
9:00 - 5:00
 Open to the public
AFRH-W
3700 N. Capitol St., NW
Washington, DC 20011

Opening day at FedEx Field

It was a beautiful day at FedEx field for a football game. Unfortunately the Skins couldn't pull off the win. Thank you Purple Heart for the tickets!



GEICO bowling challenge

AFRH-W residents participated in the annual bowling tournament sponsored by GEICO. Volunteers from the Friends of the Soldiers' Home and Catholic University helped out.



FALL FUN FEST
 at The Armed Forces Retirement Home

Featuring:
FRE+nAUTS BLUEGRASS
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Sunday, October 1, 2017
9am - 5pm

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AFRH-G Activities

Beauty and butterflies a-plenty on cart ride

By Susan Bergman, MT-BC, Recreation Therapy Services



On Friday, September 1, 2017, residents from Loyalty Hall jumped on the golf cart as the sun was shining, the breeze was gentle, and the butterflies lit up the sky. Lew Wehunt said, "Sure...let's go" spotting a clear, blue sky after so much rain related to Hurricane Harvey. He grabbed the front seat along with Lois Hogan who sat right behind him. Recreation staff's, -Carol Davis drove the golf cart, and stopped to highlight the relaxing sights and sounds as she circled the AFRH-Gulfport grounds. Residents watched a variety of butterflies along the flowering purple bushes on the front of the grounds and listened to the rolling stream over the bridge in the back of the property. On her first golf cart ride, Lois Hogan said, "I could do this all day." She also admired the variety of nature saying, "If these old trees could talk...oh, they could tell us some stories." We look forward to our next adventure and exploration on the golf cart.



Art at any age

By Melodie Menke, Volunteer Coordinator and Milton Williams, Art Specialist

Mr. Jim Melcher sold his first painting on August 22 to 2dLt Michelle Malone, USAF, who had volunteered at AFRH-G while on TDY at Keesler Air Force Base. Mr. Melcher's painting of a beautiful blooming magnolia instantly transported Michelle back to her childhood when her grandfather would bring her magnolia blooms. Mr. Melcher started painting about nine months ago, taking classes with Milton Williams, AFRH-G Art Specialist. Jim said Milt is one talented teacher and Milt says Jim has a Rembrandt inside!



Art Specialist Milton Williams (left) takes a photo with Jim Melcher (middle) after the first sale of his artwork to 2dLt Michelle Malon.

Neshoba Navy Junior ROTC

By Melodie Menke, Volunteer Coordinator
Photo by Tom Peeks, Resident Photographer

Neshoba Central High School Navy Junior ROTC from Philadelphia, Mississippi under the leadership of Capt Regan Keiff (ret) and AKC Keith Page (ret) and 24 students toured the Home and met with residents on Sept 8, 2017. Lead tour guides were residents Tony Landgon and Rick Eyman.

Residents Claire Dimler Smith, Charlie Jenkins, and Tom McNamara greeted the yellow school bus and answered questions throughout the tour. Resident photographer Tom Peeks captured all the moments. The ROTC capped off the visit with an impromptu marching precision drill on the grounds to the delight of the residents.



Outdoor Shuffleboard Tournament

By Dennis Crabtree, Recreation Specialist



On Friday September 8, 2017, residents were competing in the Outdoor Shuffleboard Tournament at the Basketball Court. The morning was cool, crisp and the bugs were not biting. Ernie Fowler is seen looking for that perfect slide to get his points. Doris Hopper is getting pointers from Ernie Fowler to knock his disc off the court. Doris Denton, Mary German, Carol Harnes and Frank Baker are waiting for their turn.

There could only be three winners that day. Doris Denton took 1st place, Ernie Fowler took 2nd place and Doris Hopper took 3rd place.

Putting Tournament

By Dennis Crabtree, Recreation Specialist

On Tuesday September 5, 2017 residents were competing in the Outdoor Putting Tournament. It was a beautiful day outside to have a tournament. Franklin (Rosie) Rosenburgh is seen taking his time aiming for that beautiful shot to make that hole-in-one. The rest of the players are seen taking mental notes on how to master the form from Franklin (Rosie) Rosenburgh. Franklin (Rosie) Rosenburgh and Frank Baker had a shootout for 1st and 2nd place.

Franklin (Rosie) Rosenburgh took 1st place, Frank Baker took 2nd place, and Doris Hopper took 3rd place.



Cinnamon bread day with cinnamon rolls

By Jen Biernacki, Recreation Therapy Assistant

On the morning of Saturday September 16, 2017, the American Heritage Girls Troop 3230 came for a visit to help make cinnamon rolls to celebrate "National Cinnamon Bread Day." The healthcare residents and the girls socialized while they rolled out the dough, spread butter, sugar and cinnamon on the dough and then rolled the dough in log shapes to make a delicious treat. While the rolls were baking, the sweet smell of hot cinnamon rolls wandered down the halls. "That smells good, I want one" was heard well after the rolls were done and taken out of the oven. "Nothing like having dessert before lunch," stated Ms. Helen Bieda, an Allegiance Hall resident. A special thank-you is sent to the American Heritage Girls for a nice visit of fun.



Tripling the odds with the chiefs

By Jen Biernacki, Recreational Therapy Assistant

The FY18 Chiefs Select from NCBC Gulfport, Mississippi volunteered on Saturday August 26, 2017 for a fun game of Bingo to triple the odds of winning for the healthcare residents. The excitement was everywhere in the room as the competition to win accelerated. The Residents pocketed the money as the Chiefs yelled "Bingo." The Chiefs won five out of the six games played for the residents. Thank you for a fun and entertaining morning.



GULFPORT

Sensational smile-filled summer

By Susan Bergman, MT-BC, Recreation Therapy Services

Closing out August and heading through the month of September, Valor, Allegiance and Loyalty residents engaged in a variety of sensational summer events. The highlights begin with Richard Lasher and Maynard Howard enjoying a bus outing to Keesler Air Force Base (KAFB) on Friday, August 25, 2017, for shopping, lunch, and conversation while reminiscing with members from KAFB 602nd Training Group. On Wednesday, September 13, it was all about touchdowns, field goals, and festive food from dining as resident, -Anne Whittaker rooted for her favorite team at the football cookout. In the community center on Friday, September 15, residents were enthralled with the Belly Dancers Extraordinaire as they balanced swords on their heads, twirled scarves, and showcased their talents. On Monday, September 18, Selso Sanchez took in a pet visit from Golden Retriever, Chewy and Julie Rachie followed by the evening Air Force Birthday Ceremony. Curtis Young along with KAFB 602nd TRG watched as his "Buddy Clem" - Clayton Hiss, 97 years young and 3rd oldest Airman at AFRH-G, helped cut the cake. Joseph O'Carroll greeted visitors in Japanese, "Konbanwa" (good evening), "Oishii" (delicious), and sang-a-long at the Monthly Birthday Dinner to celebrate other healthcare residents turning 94, 96, 98, and 99 years young.

Wow - what a smile-filled sensational summer!



Selso Sanchez visits with Chewy.



Richard Lasher on the bus trip to KAFB.



Maynard Howard and KAFB 602 TRG.



Joseph O'Carroll Says Oishii - Delicious!



Touchdown for Anne Whittaker!



Belly Dancers Extraordinaire in the Community Center.



KAFB 602 TRG and Curtis Young.

WASHINGTON

Funfest Fairgrounds

By Amanda Jensema, CTRS

The patio of the Scott building was transformed into a fair on Friday, September 21st. Residents tried their hand at different carnival games, and were overjoyed with the animals from the Squeals on Wheels Petting Zoo. Residents were able to put their target and shooting skills to the test with the Shooting Gallery. They had the chance to work their trigger finger on the crossbow, which shot Velcro darts at their target. Another popular game was the traditional Coke Bottle Ring Toss. Residents were given three rings to toss and try to ring a coke bottle. Many residents played thinking it was going to be easy, but they soon discovered it was not as easy as it looked. A new carnival game that was tried out was the Hi-Striker. Many tried, only a few succeeded in ringing the bell. Staff even tried their hand at it, and few were successful. After attempting their hands at the games, all residents who participated walked away with their very own Funfest Fairgrounds t-shirt. To help keep everyone entertained, our very own DJ Billy White played music to keep everyone in a festive mood! Residents were dancing and having a grand time.

Our evening would not have been complete without the petting zoo. This year we had bunnies, guinea pigs, ducks, a baby piglet, goats, a llama and a miniature dwarf horse. Everyone joked that we should keep the horse and goats on the golf course and they could help keep the greens cut, but of course that wouldn't work.

We would like to thank the staff and volunteers who came and assisted during this fun event. We look forward to the next Funfest!

