



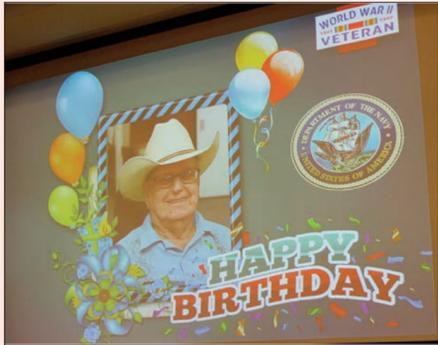
AFRH-GULFPORT

AFRH-G Celebrates 100th Birthday of WWII Veteran

Photos by Lori Kerns | Librarian

On September 9, 2019 AFRH-G held a celebration to honor Mr. Harry Gordon on his 100th birthday. Family, friends, residents and employees gathered in the community center for an ice cream social to celebrate this huge milestone with Mr. Gordon.

Mr. Gordon was born on September 9, 1919 in Pensacola, Florida. He served in WWII and retired from the Navy as an E-6 in 1958.

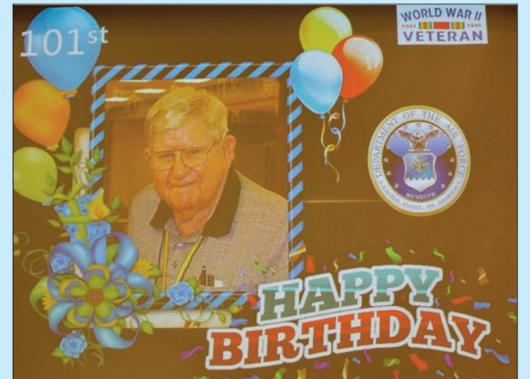


WWII veteran turns 101

Story & Photos by Becki L. Zschiedrich | Public Affairs

On September 16, 2019 AFRH-G held an ice cream and birthday social in honor of James "Jim" E. Windham's 101 birthday. Mr. Windham was born in Memphis, Tennessee on September 16, 1918. He served in WWII and retired from the U.S. Air Force as an E-7 in 1960.

Thank you to U.S. Senator Roger Wicker and Mrs. Wicker for stopping by to celebrate Jim's 101 birthday.



AFRH-WASHINGTON

Local student provides AFRH-W residents with a variety of leisure activities!

By Carol Mitchell | Recreation Therapy

Photo by Lorraine Nordlinger

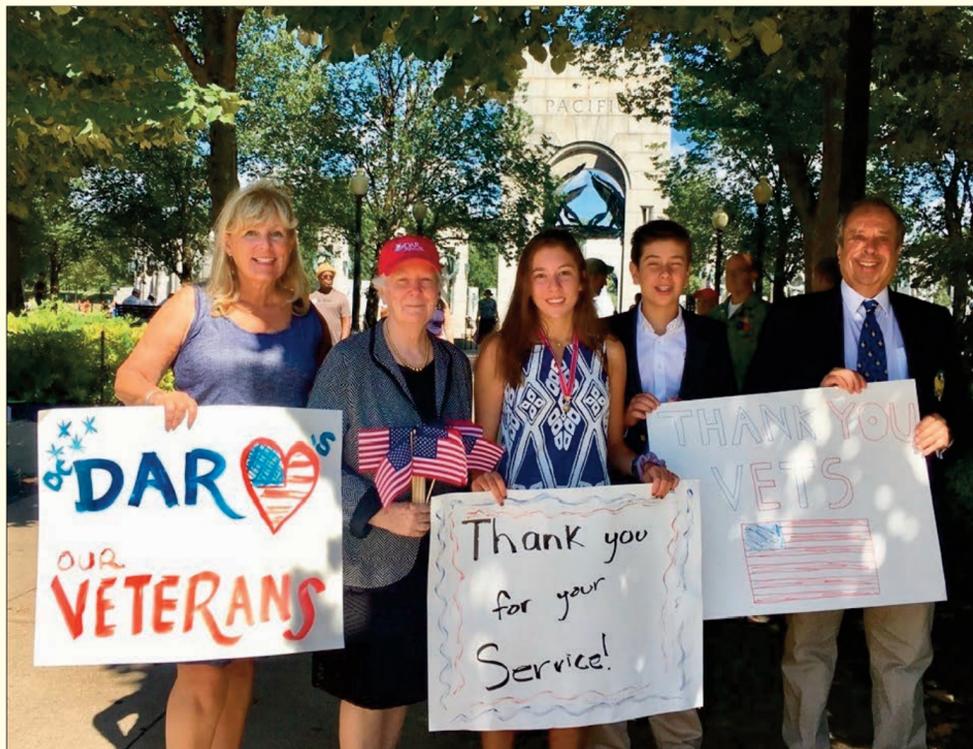
Sarah Nordlinger, the District of Columbia Children of the American Revolution (CAR) president and a student of Washington-Liberty High School in Arlington, Virginia, has gone above and beyond in her pursuit to provide a wealth of leisure activities for the veteran residents of the Armed Forces Retirement Home - Washington. CAR is one of the largest and oldest patriotic youth organizations in the nation. Some of the objectives of CAR include "to love, uphold and extend the principles of American liberty and patriotism" and "to ascertain the deeds and honor the memories of the men, women and children who rendered service to the cause of the American Revolution." Each chapter president is tasked with developing a service project and following a sense of kinship to resident Dave Kaetzel, she decided to focus on enhancing the veteran retiree experience through leisure and learning activities at AFRH-W.

She met Dave during one of his swim practices at the indoor pool where he was training for the National Senior Games held in New Mexico in June 2019. Sarah was heading to New Mexico as well to attend the Junior Olympics as a member of a synchronized swim team. She's a very busy young woman between the International Baccalaureate program at Washington-Liberty High School, working on the Girl Scout Gold Award, President of DCCAR, lifeguarding, and maintaining being an awesome young lady inside and out! Despite this, she felt the desire to make a difference for the veterans of AFRH-W.

After visiting AFRH-W, talking and touring the facility with Recreation Therapist Carol Mitchell, and speaking with residents, Sarah was determined to help by raising funds to replace the Home's bingo machine which was on its last legs. The bingo machine is utilized by all levels of care including Independent Living, Independent Living Plus, Assisted Living, Long-term Care, and Memory Support. She also wanted to raise funds for the healthcare garden terraces and gardening programs.

She kicked-off her fundraising with a GoFundMe page, a television feature on ABC Channel 7's "Good Morning Washington," an article in The Washington Post and Express, radio spots on WMAL and the Bobby Bones radio show, and going international with an article in Canadian Bingo News. She has passed out brochures about the Home, created a pin to support our veterans, and so much more. To date Sarah's GoFundMe page has brought in \$15,000+ enabling the Home to move forward with the purchase of a new bingo machine, ADA picnic tables for the healthcare terraces, and gardening equipment and supplies. Thank you to all who donated with special thoughts and funds for the veterans of AFRH.

We cannot thank Sarah Nordlinger enough for her support.



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AFRH COMMUNICATOR

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



Christopher Kelly - Public Affairs Officer
 Carolyn Haug - Washington Public Affairs
 Barbara Bradley - Washington Public Affairs
 Becki L. Zschiedrich - Gulfport Public Affairs

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

Serving America's Veterans

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 have 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 suffering from 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**

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AFRH-G Resident Highlight – James “Jimmy” Windham

By Lori Kerns | Librarian



James “Jimmy” Windham was born in 1918 in the city of Memphis, Tennessee. He is the youngest of seven children born to an automobile mechanic and a housewife. Growing up during the Great Depression, Jimmy knew that there were not many job opportunities so he made the decision to join the military. He was only sixteen when he went to the recruitment office and the sergeant told him that he was too young to join. Unfortunately he did not have a birth certificate, so he went to his doctor and asked for documentation stating that he was eighteen. His doctor obliged.

At the young age of sixteen, Jimmy set out for Army boot camp in 1935. He dedicated ten years to the Army, including serving during WWII. Throughout that time, he held many different positions going “wherever they needed somebody.” After his time with the Army, he decided to extend his military career. At the time, the newly formed Air Force was trying to build their forces so they were offering those prior servicemen their former rank if they joined. He took that offer and trained to become an airplane mechanic. He stayed with the Air Force for about thirteen years before retiring from military service.

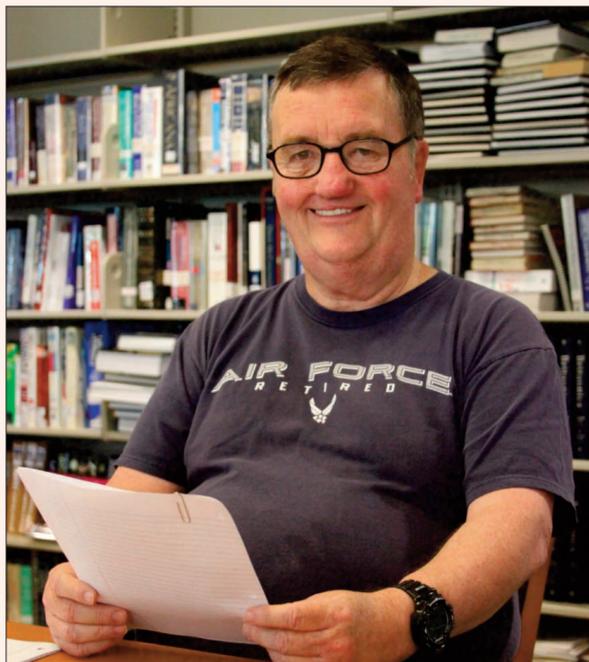
As a civilian, Jimmy began working in the trucking business. He and his wife, Julia, raised their two children, Jim and Jan, back in her hometown of Birmingham, Alabama. The couple was happily married for 51 years until Julia's passing.

Jimmy moved to AFRH-G about four years ago. Until that time he had enjoyed such pastimes as hunting, fishing, and a little golfing. Now that he's completely retired, he enjoys a more “simple life.” This month, he happily celebrated a milestone birthday with his fellow residents at an ice cream social to honor the occasion. Happy 101st Birthday, Jimmy!



AFRH-W Resident Highlight - Jack Beck

By Christine Baldwin | Librarian



Jack Beck was born in New Jersey. He is one of three boys and one girl. Jack was always active as a youth. He was in football and wrestling, before he got interested in music. Jack actually lettered in playing the sousaphone and euphonium in high school, playing in concerts and the marching band. He was also active in his local church.

In 1971, at the age of nineteen, Jack decided that he would join the U.S. Air Force in their Delayed Enlistment Program. He then went to basic training at San Antonio, Texas with his MOS in administration. With Jack's IQ of 136, he ended up graduating four weeks ahead of time. He was stationed at Keesler AFB, Mississippi and

then at McGuire AFB, New Jersey. Jack was bored with his duties, so decided to volunteer for the honor guard. He spent the next seven years, at different bases, performing this service.

Jack's favorite station was at Kadena AFB, Okinawa, Japan. He worked hard, but was able to do many volunteer jobs. He became a unit commissioner in the Boy Scouts, helped in the recreation department, and was the youngest vice chairman in the NCOA.

Jack was only the fourteenth person in the world to receive the NCOA's “Award of Excellence.”

Jack retired in 1991 and spent the next 23 years as an armed security officer at Fort Worth, Texas. When he was ready to retire again, after attaining the rank of lieutenant, he searched the internet and saw information about the Home. Remembering his contribution of \$.50 a month, Jack made further inquiries and came to AFRH-W in 2014.

Again keeping active, he volunteers in Public Affairs, helps on different committees and spent a year as the Commander of Post 70.

He has loaned his honor guard uniform the last four years for the Air Force Birthday month in September for the Hall of Honors. He has also started writing. His first book will be published in a couple of months and he is already working on his next two.



Jack Beck's uniform (pictured above) was displayed in the AFRH-W Hall of Honors for the Air Force Birthday.

Military fraternity donates to AFRH-W

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

Volunteers from the military fraternity Mu Beta Phi Incorporated stopped by the Armed Forces Retirement Home for a social visit with residents and to make a charitable donation. "We are here to show our support and appreciation to the veterans here," said fraternity member Joe Donaldson II (a.k.a. Drop Zone) as he presented the check to AFRH staff. The volunteers were on a limited schedule so their visit was brief. However, there was time for a brief meet and greet with healthcare residents on the second and third floors of the Scott building.



CPO Selectees visit AFRH-W

Story and Photo by Carolyn Haug | Public Affairs

Chief Petty Officer selectees from the Naval Special Warfare Development Group (NSWDG) recently spent time with our residents at the Armed Forces Retirement Home - Washington. The NSWDG FY20 CPO Selectees presented a specially crafted coin rack with the AFRH seal to the Home that will be prominently displayed in our Defenders' Inn.

Congratulations to our newly selected chief petty officers!



Crabs, tuna steak, clams, casino... OH MY!

Story & Photos by Carol Mitchell | AFRH-W Recreation Therapy

Last month Recreation Therapy, Memory Support, Long-Term Care, Assisted Living, and Independent Living headed out on our annual trip to Mike's Crab House restaurant in Riva, Maryland. Mike's Crab House is a family owned restaurant established in 1958 and provides beautiful waterfront views of the South River and delicious fresh seafood. Residents enjoyed eating shrimp, salmon, oysters, and more! Annemarie Wilson, Recreation Therapy Supervisor and resident Alex Picard decided it was the perfect time for picking crabs and devoured a dozen jumbo crabs!

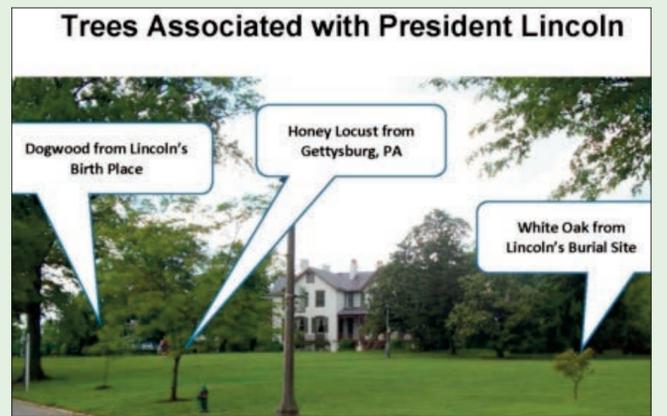


How are the three Lincoln trees doing?

By Christine Baldwin | Librarian

Photo by George Wellman

Ten years ago this past March, the American Forests and the National Society of the Colonial Dames of America in the District of Columbia had a special tree-planting ceremony in honor of the 200th anniversary of Abraham Lincoln's birth. This was done in conjunction with President Lincoln's Cottage and the Home. Each of the three trees planted was grown from a seed taken from an historic Lincoln site: a Dogwood from his boyhood home in Sinking Spring, Kentucky; a Honey Locust from Gettysburg, Pennsylvania, and a White Oak from his burial place in Springfield, Illinois. These trees are located by going outside and to the left of the main doors of the Scott building and they have been growing ever since.



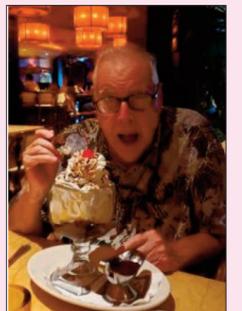
Cheesecake Factory treats AFRH-W residents

Story by Robert W. Mitchell | Volunteer Coordinator

Photos by Shayla K. Young | Volunteer

A small group of AFRH-W residents enjoyed free dinner and dessert last month compliments of a local Cheesecake Factory restaurant giving back to military veterans. Some of the residents enjoyed full course meals, drinks, appetizers and a signature dessert (maybe a cheesecake?). It was an evening full of smiles and genuine delight.

"They enjoyed the food and the chance to get out and about," said AFRH volunteer Shayla Young. Young, and her mother, Samantha, reached out to the Cheesecake Factory and other restaurants to see if they would be willing to offer complimentary meals to AFRH residents and to their surprise, they did. The Youngs are monthly Bingo volunteers at AFRH-W. They have consistently volunteered at the Home for several years.



Charging ahead with tradition

Story & Photo by Taylor Chamberlain | Volunteer Coordinator

Over the past several weeks AFRH-G has had many visitors. We have hosted numerous Navy Chief Petty Officer selectee groups from the surrounding area. During the visits, residents had the opportunity to meet CPO selectees, sign the charge books, share experiences, and bestow pearls of wisdom. The final group visited on September 10 from Stennis Space Center. With 20 CPO selectees it was one of the largest groups to visit AFRH-G during this promotion and CPO initiation season. Resident Rodger Schulrud was eager and excited to spend time with all the groups and jumped into a photo with this one!



What is means to work at AFRH-G

Story & Photos by Deanna Johannsen | Administrative Specialist

I have been with AFRH-G for a year in October and I love it. I am a veteran of the Navy and Army and the spouse of a retired senior chief. I am originally from Pennsylvania and absolutely love the mountains there, but to me there is nothing better than the beauty in the southern skies. Every day when I drive into work and admire the beauty of the sunrise, I think to myself what a great place for this Home. I believe if I lived here I would walk to the pedestrian bridge that crosses the highway to the beach and just watch the sun rise at least once a week.

As a veteran myself I can't think of a better place on earth to work. Even on those not so good days, it is almost a guarantee that a resident will come and see me and put a smile on my face. It is such an honor and privilege to work in such a capacity as this. I love hearing the stories they have to tell and just simply talking with them about everyday life. Recently I had a resident come to me and ask me to help him register for ancestry.com. He was an orphan growing up and never knew who his biological parents were. He told me that he is 93 years old and just wishes to know who they are. Once his results came back, I then reached out to a good friend that does this type of stuff. She was able to trace his lineage and family tree. We not only found who his birth parents were, but we were also able to retrieve pictures of his father. He happens to be the spitting image of his father. We have been unable to locate any pictures of his mother up to this point, although we are still working on it. We found pictures of his mother's two sisters and father's siblings as well. The joy and gratitude that this resident has fills my heart with so much joy that it is unexplainable.

Everything from the sunrises, breathtaking ceremonies, beautiful VA National Cemetery, to all of the amazing interactions with America's heroes every day, are just a few of the reasons that I love working here.



It was a dog day of summer

By Jen Biernacki | Recreation Therapy Assistant

Photo by Becki Zschiedrich | Public Affairs



On August 27, 2019, the healthcare residents participated in a new activity called, "cooling off from the dog days of summer." This time of year and title of the event represents a slow end to the stifling summer heat, however, in south Mississippi, that really doesn't happen....but nonetheless fun happened that day. As residents entered the room to the event, a dog house decoration started their journey into their "dog day." The residents participated and enjoyed games such as "water for your dog" that was

a squirt gun game requiring participants to shoot water from a squirt gun to fill a dog's water bowl, "cool your dog with a squirt" and "toss your dog a biscuit"...just to name a few. Laughter, cheers, ooo's, ahhh's and yeah's were heard and smiles seen as the games were played. The refreshments served were also part of the theme that day with residents enjoying water, hot dogs, cookies called "Sandies", watermelons and watermelon juice. A great day and new event that brought fun and good times for our healthcare residents filled the morning as recaps of the games filled the afternoon. A special "Thank You" is sent out to Tamilla Smith, Taylor Chamberlain, Lee Corban and the volunteers that assisted!!



From the AFRH-W Administrator



We are starting to see some leaves changing colors, but that is the only thing that makes it seem like summer is over. We are still having days filled with heat and humidity. September has been a busy month, as usual, filled with many great events and visitors. It began with our annual survey by the Defense Health Agency staff who spent three days going over our processes and reviewing patient care to ensure we are inspection ready for The Joint Commission and CARF. Overall, our staff did a great job.

We were fortunate to host many groups of Navy Chief initiates as part of their service time from as far away as Norfolk, Virginia. One group serenaded our Army leadership with lovely rendition of Anchors Away! In honor of the Air Force birthday, we had a grand celebration that included a soloist singing our National Anthem. Attendees are still talking about how beautiful she sang our national song.

Our Chief Operating Officer, Mr. Jim Branham, held a Town Hall to let everyone know that our leadership has decided to hold resident rates steady for another year. That was welcome news to all, knowing that they will not have to budget for an increase next year.

We held our last summer cookout and had help from the Army Emergency Relief staff who enjoyed the day golfing, taking walks with residents and assisting at the picnic. We were all happy to spend time with them and appreciate their offer of support to our Homes.

We also welcomed seven Norwich University college students from Vermont as they begin semester-long internships with us. They are all enthusiastic about working with our residents and staff members and we are excited to be able to mentor them. Look for them in the nursing areas, the business office, rehab and administration.

Another visit came from the Virginia office of Veterans Benefits. They will soon come on a regular basis to assist our residents with their benefits. Some of our staff traveled to various Retiree Appreciation events and the Fleet Reserve annual conference to spread the word about our Homes. We are thankful to be getting more and more applications from interested veterans.

Welcome to some key staff members including our new Director of Nursing, Dr. Patricia Howard and the Independent Living Level Social Worker, Ms. NaKeisha Williams. Welcome aboard!

Adding some excitement to the campus, the Lincoln Cottage held their annual 5k race and homecoming and also had Civil War reenactors camped out in front of the Lincoln Cottage as they did in President Lincoln's days. Our month ended with our annual Fall Fest, held in conjunction with the Friends of the Soldiers Home. We had the traditional antique car display, the Army's Fife and Drum Corps, a petting zoo and other fun events for all ages. As always, I am honored to serve as the Administrator of the Washington campus and hope that the coming days bring joy to all.

Susan Bryhan

Happy 72nd Birthday U.S. Air Force

By Robert "Bob" Pullen | Ombudsman

Photos by Carolyn Haug | Public Affairs



On September 13, 2019, staff and residents gathered in the Hall of Honors at AFRH-W to celebrate the 72nd Birthday of the United States Air Force (USAF). The USAF was established as a separate branch of the U.S. Armed Forces on September 18, 1947 with the passing of the National Security Act of 1947. It is the youngest branch of the U.S. Armed Forces. The mission of the United States Air Force is to fly, fight and win in air, space and cyberspace. Their rich history and vision guide their airmen as they pursue the mission with excellence and integrity to become leaders, innovators and warriors. During the ceremony, the Senior Enlisted Advisor for Air Force District – Washington DC, Chief Master Sergeant Christopher Yevchak, addressed the crowd. The USAF Honor Guard presented the Colors and Master Sergeant Amaani Lyle delivered an outstanding performance by singing The National Anthem. Many other active duty

volunteers were present and spent time with our residents. The ceremony concluded after the oldest and youngest Airmen cut the birthday cake and staff and residents sang the service song The U.S. Air Force. Happy Birthday USAF!



Meet the new Chief of Healthcare – Dana G. Venenga



Mr. Dana G. Venenga is a native of Grundy Center, Iowa. He attended the United States Air Force Academy Preparatory School in 1986. After graduating from the Academy in 1991, he began a career in the United States Air Force as a Medical Service Corps officer.

Throughout assignments in Texas, California, South Carolina, Colorado, Wyoming, Washington D.C., and Mississippi, Dana progressed through multiple functional areas of hospital administration to include jobs in patient administration, TRICARE, medical logistics, and group practice management in additional duty stations at Travis Air Force Base in Northern California and Shaw Air Force Base in Sumter, South Carolina. He also commanded at the squadron and deputy group command levels.

Dana's most meaningful assignment, in addition to squadron command, was during a deployment to Kandahar Air Base, Afghanistan, as the Commander of the Contingency Aeromedical Staging Facility. In six months his team evacuated 717 wounded heroes on 171 separate flights. All patients were transported safely and none suffered in-flight decompositions.

In 2012 Dana moved to Keesler Air Force Base in Biloxi, Mississippi, as the Administrator of the Keesler Air Force Base Medical Center. The Keesler Medical Center is a 50 bed tertiary hospital with 1,700 personnel and a \$110M annual operating budget. He retired in 2014 and returned to Northern Virginia as a healthcare consultant/subject matter expert working for senior leadership at the Navy Medicine Bureau of Medicine and Surgery. In August 2019 Dana became the Chief, Healthcare Services of the Armed Forces Retirement Home (AFRH) in Washington, D.C. Dana feels his current position is one of the most fulfilling jobs he has ever had and looks forward to serving AFRH residents for many years to come.

Dana is most proud of and feels very blessed because of his two daughter's - Brianna, age 24, who is a social worker, and his youngest daughter, Serena, age 20, who is a junior in college studying psychology.

Meet the new AFRH-W Ombudsman – Robert "Bob" Pullen



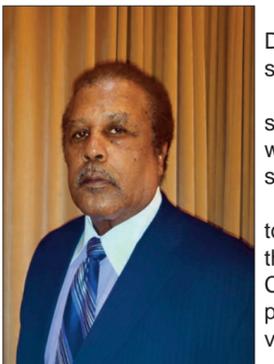
I am the new Ombudsman at AFRH-W and am excited for the opportunity to advocate for residents and work with our staff. I plan to be "out and about" and be accessible to all who need my assistance.

I am originally from Idaho and grew up in a small farming/ranching community where animals outnumbered humans! I joined the Marine Corps in 1989 and recently retired as a Sergeant Major after 30 years of service. I have served with Infantry, Combat Service Support, Marine Air Wing, Marine Special Operations, and Headquarters units during my career. I was a first sergeant for six years and a sergeant major for nine years, which accounts for the second half of my career. I served as senior enlisted advisor through all levels of command from company to flag officer. The last billet that I held was as the sergeant major for the Inspector General of the Marine Corps.

My wife, Melissa, and I enjoy an empty nest. We have two offspring (boys). Our youngest is a Defender (Security Forces) in the USAF and is stationed in Charleston, South Carolina. Our oldest works in a textile mill as a machine fixer in Eden, North Carolina.

I would like to thank the AFRH-W staff for the warm welcome, camaraderie, and patience with me! Semper Fidelis!

Notes from the AFRH-W Resident Advisory Committee Chairman



On August 27 the Naval Special Warfare Development Group Chief Petty Officer selectees from throughout the United States stopped by the Home and Dave Ketzler and I had our pictures taken with them on the steps of the Sherman Building. They looked so good in their uniforms many of us were wondering if we should reenlist! As a token of their visit, the group presented the residents of the Home with a collection of coins that will be a welcome addition for the Home.

The Labor Day cookout was a perfect time to reflect on the great summer vacations and trips many of us took during the summer. Also visits with our families and friends. I hope that all of you had a safe and joyous summer.

On September 12, I visited with Ward 4 Council members and spoke to them about current things happening at the Home. In addition, I gave them information about the DIC benefit that they may be authorized. Councilman Brandon Todd asked me to set up a meeting as soon as possible with his office to discuss new possibilities for recruiting additional veterans for the AFRH.

Billy Ray White



From the AFRH-G Administrator



Greetings AFRH residents, staff, and friends!

September is always exciting because autumn arrives on September 23 and cooler weather will be on its way. September also tells us the first half of hurricane season is over and for that I am always grateful. The Mississippi Gulf Coast has lived through two once-in-a-lifetime hurricanes in the past 50 years and hopefully we will never see another storm come through and wreak havoc.

I am proud to say that AFRH-G was once again recognized as the "Best Retirement Community" in the People's Choice awards, which was conducted by The Sun Herald newspaper. I am so proud to be a part of this retirement community on the beautiful coast and it's nice to know that the people out in the community realize how fantastic the Armed Forces Retirement Home really is.

This month we also had our Fall Games Kick-Off, which took place in the community center. I am happy to say that the participation in these games increases each year. What a fun way to create more comradery between the residents than events such as this.

We also had a visit from our Chief Executive Officer General Stephen T. Rippe, and our Chief Operating Officer James Branham. On September 9 our very own WWII veteran Harry Gordon celebrated his 100 birthday. Then on September 16 WWII veteran James Windham turned 101. Happy Birthday to you both and to all of our residents born in the month of September. I am so honored to have been a part of these huge milestones with our residents.

I would to thank everyone who helped with the Air Force Birthday Ceremony and the POW/MIA Remembrance Ceremony this month. Recreation moved these ceremonies to the Hall of Honors and it's just a beautiful and intimate set up. I have found all of our military ceremonies to be highlights of my time here at the AFRH.

Coming up in October we start the month off with Cruisin' the Coast on October 8. Last year over 700 hot rods and classic vehicles came through the gate. Please join us outside in the front of the building to view the classic cars that will be driving through from 1330 - 1500.

Our vision at AFRH is a retirement community committed to excellence, fostering independence, vitality and wellness for veterans, making it a vibrant place in which to live, work and thrive.

Our mission is to fulfill our nation's commitment to its veterans by providing a premier retirement community with exceptional residential care and extensive support areas.

Thank you to all who have served our country. Your past has helped shape our future.

Jeff Eads



Mr. Eads (right) wishes Mr. Windham (left) a very Happy 101 Birthday!

AFRH-G celebrates the 72nd Birthday of the U.S. Air Force

Story & Photos by Becki L. Zschiedrich | Public Affairs

On September 18 AFRH-G held a ceremony in the Hall of Honors to celebrate the 72nd birthday of the United States Air Force. After two videos about the U.S. Air Force were shown, everyone participated in the National Anthem and the Pledge of Allegiance followed by the invocation by Pastor Michael Gibson. Chief of Resident Services Christopher Alexander, who was the emcee, introduced special guest speaker Chief Master Sergeant Charles "Boots" Buterbaugh, who currently serves as interim Superintendent for the USAF 81st Training Group at Keesler Air Force Base in Biloxi, Mississippi. At the closing of the ceremony the oldest AFRH-G USAF resident James "Jim" Windham (who just turned 101) cut the cake with CMSgt Buterbaugh and the youngest USAF in attendance A1C Chaz Buterbaugh, who is the son of our special guest speaker.

Aim High...Fly-Fight-Win!
Happy Birthday U.S. Air Force!



AFRH-G Voted Best Retirement Community

By Becki L. Zschiedrich | Public Affairs

We are pleased to announce that AFRH-Gulfport has received 1st Place in the Sun Herald's People's Choice Awards 2018 for the Best Retirement Community on the Gulf Coast. Thank you to everyone in the community who voted for us. We are so honored to receive this prestigious award for the third time.



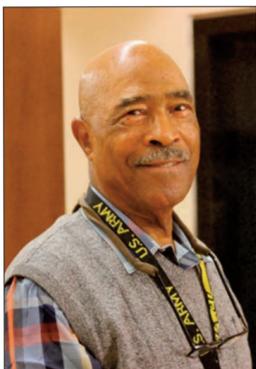
POW / MIA Recognition Ceremony

Story & Photos by Becki L. Zschiedrich | Public Affairs

On September 20, AFRH-G held a solemn and touching ceremony to honor and recognize Prisoners of War (POW) and those Missing in Action (MIA). POW / MIA Recognition day is held every year on the third Friday in September. This day is set aside to honor the commitment and sacrifices made by them and their families during their service to our nation. 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. They paid an enormous price and remained dedicated to the United States of America.



Notes from the AFRH-G Resident Advisory Committee Chairman



Here we are, the end of September, summer has come and gone. Over the past three months a lot of focus has been on advertising the Armed Forces Retirement Homes both here in Gulfport and Washington, DC. A concerted effort is under way to increase the population at both Homes. An occupancy goal of 90% is the target. We the residents can support this effort by telling friends and family the good news about our Home. In the past month, we welcomed our first married couple and one resident with a service dog. We are delighted to have them join our family.

Recently I have spoken of the train room and the construction going on as we expand the layout area. The purpose of this expanded layout area is to provide an activity that all residents can enjoy and more space for residents using PMDs and rollators to work on the railroad, not just watch. The construction of scenery projects allows those residents to become part of the railroad crew and can be therapeutic as well. Some scenery will be constructed on the layout while other scenes will be on dioramas that can easily change the seasons and environments without massive reconstruction.

Obviously a project of this magnitude didn't just happen. It started with a vision of what it could be like and grew. There are not enough "thanks" in this project for everyone: staff, residents who made donations, and Seabees from the construction battalion in Gulfport who came together to make this project a success. A special "shout-out" to Les Crawshaw and Bob Sebastian who spent countless hours doing track work.

Finally, during this month we were visited by the AFRH Chief Executive Officer General Rippe, his first visit this year, and Chief Operating Officer Jim Branham. As always we welcome and thank them for coming. Mr Branham came bearing "GOOD NEWS" that the fee increase schedule for January has been postponed until 2021. HIP... HIP...HURRAY!!!

Arthur "Art" W. Jones

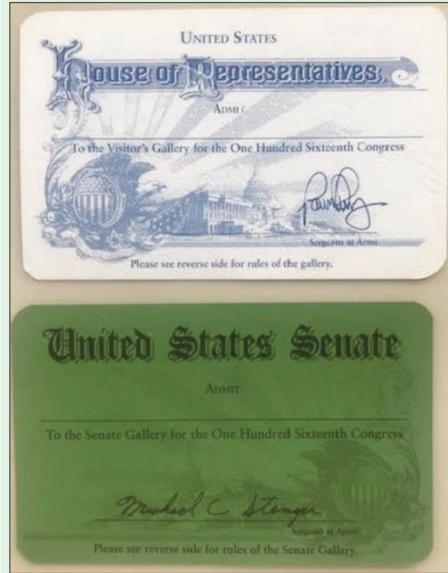


The train room in progress.

AFRH-Washington

AFRH-W residents get VIP treatment on tours of the Capitol and State Department

By Linda Bailey, CTRS | Recreation Specialist
Photos by PK Knor & Paul Armbruster | Residents



One of the advantages of living in our Nation's Capital is getting to take a day trip to tour something people come from around the world to see, or only get to see on TV. A group of AFRH residents did just that with the September tour of the Capitol building. They also were treated to VIP status, with a tour just for our group; no lining up with the tourists to wait our turn. Starting with a shuttle from where our bus needed to wait at Garfield Circle to the front door of the Capitol Visitors Center, our group was led by a tour guide who was also a Navy veteran. Statuary Hall, the Rotunda, and even inside the chambers where the house and senate meet were viewed on this two-hour tour. The tour for the general public runs about 45 minutes.

Because Congress had only just returned from a break, they were not present when our group toured. But everyone got a pass to see the 116th Congress in action at any time they were visiting the Capitol.

Another little known place to visit are the Diplomatic Reception Rooms at the State Department building. While the President has the White House in which to entertain heads of state and diplomats, before the 1961 opening of the Department of State Reception Rooms, anyone from the Vice President on down had to entertain dignitaries in hotels or clubs. When the building was built, space was included for the reception rooms, but very little was allocated for furnishings. So the American people were called on to provide furnishings worthy of the task at hand, showing our best to honorees from other countries. Individuals, corporations and foundations have lent the furnishings for these rooms. When President Nixon and the First Lady visited the reception rooms, they stated that the rooms were better furnished than the White House. The rooms are filled with antique period furniture and historic objects and paintings. A group from AFRH took a private tour at the end of July.

Where will we be off to next? With so many wonderful places to visit, it is hard to choose. If you would like to have a say in where we will go on our trips, please attend the next trip meeting on Thursday, October 3rd at 9:30 AM in the theater.



First military sorority visits AFRH-W

Story & Photos by Robert W. Mitchell | Volunteer Coordinator

Decked out in their signature red sports jersey tee-shirts, the women of Sigma Phi Psi Sorority, Inc., the first military sorority, stopped by the Armed Forces Retirement Home in Washington, D.C. for a brief social visits with military veterans.

"We enjoy giving back to our military service members," said Loneshia Shelton, Beta Beta Chapter President of Sigma Phi Psi, founded in 2000. "It is good for them (the residents) to see that people still care and appreciate what they've done for this country."

Residents in the Scott Lounge and Coffee Canteen welcomed the sorority sisters and had a blast trading military stories and experiences over coffee and water.

The visit to AFRH-W was part of a larger outreach effort to engage the local community, Shelton said.

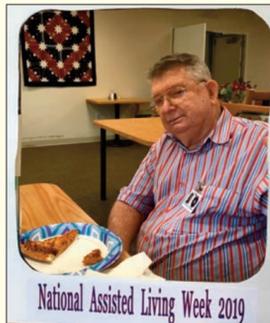


National Assisted Living Week

Story & Photos by Amanda Jensema, CTRS | Recreation Therapist

National Assisted Living Week this year was the week of September 8, and the theme was "A Spark of Creativity." With the assistance of Art Specialist Kayla Bennett, residents created clay pendant necklaces. Each resident received two pieces of clay to create the shape they wanted their pendant to be. Once they did that, they had tools to carve a design if they chose, or stamps to use with a variety of pictures or letters. Several days later when they were ready they were glazed and a leather rope was added to make them into necklaces.

Residents were also treated to a pizza party! Who could say no to pizza? As an added treat, marble brownies were served as well, which were a hit among the residents. It was a great opportunity for residents and staff to socialize and get to know each other better.



Volksmarching and More

Story and Photo by Christine Baldwin | Librarian



The resident's displays continue with Van Hayes showing a few of his Volksmarching awards, along with coasters from the different breweries in Germany.

This brings back many memories for those who served there.

Community support

By Steven Briefs, CTRS | Supervisory Recreation Specialist

Sometimes when you read the news it all seems bad. Well, not this time because AFRH-W received a call from a Good Samaritan recently. Jerry Del Rosso is the co-owner of Rock'n Repair Electronics shop in Washington D.C. and recently he read an article published in the The Washington Post about the trouble we were having with our almost antique bingo console and flashboard.

Well he called us up and offered his services gratis, wanting to show his gratitude for our Home's veterans. He came, basically took our machine apart, discovered three things he thought were causing all the problems and said he'd be back with new parts. On September 11 Jerry returned and replaced a few old computer chips that were burnt out, fixed our console blower that needed a new fuse, changed some light bulbs tested all his repairs, turned it on and our bingo machine... almost worked. Jerry determined our poor machine needs a major overhaul to make it perfect. It actually works better now than before and we can still use it, but a new bingo machine is the best way forward.

Everyone who came to watch Jerry make his repairs appreciated his gumption and desire to help make life better at AFRH. We gave him a warm handshake of thanks and a signed certificate of appreciation for his efforts from our Administrator Susan Bryhan.



AFRH-Gulfport

AFRH-G Annual Games Kick-Off

Photos by Becki L. Zschiedrich | Public Affairs

Recreation held the AFRH-G Annual Games Kick-Off social on September 3 in the Community Center. This event marks the beginning of the games that will carry on through the beginning of October.

Residents can sign up in the Bocce Center for participation in the tournaments.



Seed packets to bird houses: A craft that can take root and grow

By Milton Williams | Art Specialist

Pick your favorite flower "seed packet" and get six more packets displaying the pictures of those flowers and you are well on your way to making a "Seed Packet Bird House." Katrina Bradley donated the supplies and demonstrated how easy it is to make with Dan Elise and Doris Hopper. They are delightful to view and as we go into fall and winter they can be nice reminders of the spring soon to follow. Hmm! Wonder if anyone would be willing to put a little seed door in a seed packet and plant those favorite flowers come this spring.



The Blue Marlin

Story & Photo by Jen Biernecki | Recreation Therapy Assistant

On September 19th, 2019, the independent living residents enjoyed an outing for dinner to a new local restaurant called the Blue Marlin. The restaurant is part of the new Centennial Plaza. It is a resort situated under many old oak trees across from the beach located where the old VA hospital once stood. The resort has a pool with a lazy river.. yes!! A lazy river with a bar... and restaurants. The Blue Marlin is their elegant dining spot that sure pleased the palates of the residents. Social conversations and laughs amongst residents was heard as plates were cleared from the delightful choice of entrees.



Volunteers clean PMDs for residents

By Darren L. Jones | COR Custodial

I would like to take the time to give kudos and accolades to the volunteers that came to AFRH-G on September 18 and assisted with the cleaning of the residents' personal mobility devices (PMDs). It was greatly appreciated and the residents truly enjoyed your presence.

I also want to thank the recreation staff for setting up the chairs, fans, ice water and the custodial staff for setting up the hoses, chemicals, buckets and towels. I could not accomplish this task every year without your support. I thank you and the residents thank you!



Noodle balloon extravaganza of fun!

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

On September 19, 2019, residents from Valor, Allegiance, and Loyalty Hall gathered for a fall game fun-filled morning of music and balloons with the added benefits of laughter, smiles, memories, and exercise. While seated in a circle, residents warmed-up with brain game stretches followed by tapping partially filled helium balloons with their hands. The colorful balloons soared through the air while a variety of toe-tapping music was played. When the music stopped, residents with balloons in their hands were then brought a music ball in order to pick words that were printed on the ball. Once a word or phrase was picked from the music ball, a song that matched was identified, and residents burst into song to sing-a-long as a group. One resident chanted, "Goldie...Goldie...we want Goldie!" while "Goldie" Goldstein played the piano. The fun ramped up even more when residents chose noodles (yes...swimming pool noodles cut into smaller pieces) to bat the balloons even higher. Gerald Masterson even began to balance the balloon on the end of his noodle for a better batting stance. As the pictures captured the moments, it was definitely a Noodle Balloon Extravaganza of Fun!



Fear of Falling

By Carol Davis | Recreation Assistant

On September 17th, several AFRH-G residents completed an eight-week course offered by the MS Department of Health. The course, "A Matter of Balance: Managing Concerns about Falls," was instructed by a resident, Jack Horsley, and recreation staff member, Carol Davis. The program is designed to help people reduce their fear of falling and increasing activity levels. Participants learned to recognize their positive and negative beliefs about falls and how to shift from self-defeating thinking patterns to positive thinking patterns. They discovered how to make changes in their daily lives to help reduce a fear of falling. Be on the lookout for the next class to be offered in the spring of 2020.

JB and the owl

By Milton Williams | Art Specialist

Photo by Becki Zschiedrich | Public Affairs



Sounds like a title to an adventure story. Well, in a way, it is a neat story that has two chapters and has taken over a year. The first "chapter" was an illustration of an owl, painted by JB

Atchison. This painting was displayed for over a year in our art room and many visitors to our gallery commented on how much they liked it. The second chapter is really the "cover" for the story. A frame, but not just any old frame would do for this story. It had to fit the just right, so, JB made a frame using many pieces of driftwood and glued onto a board that had a hole in it. Yes, the story is complete for where else would a good ole owl be but inside a hollowed tree trunk looking out. So, this picture has a thousand words and the frame two thousand. A novel idea, JB! Oh, he also volunteers in our craft room preparing wooden boards for a future fall art class for his fellow residents. Thanks JB, looking forward to your next "story picture."

Bocce Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On August 27, 2019 residents competed in the Bocce Ball Tournament in the Bocce Room. Fredi Van Pelt and Jerry Anderson competed against each other to see who would advance to the final four. Residents lined up on the outer court are seen watching the game. There could only be four winners for that day. Fredi Van Pelt took 1st place, Bill Truitt took 2nd place, Frank Baker took 3rd place and Gerry Gorsky took fourth place.



Hearts Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On August 29, 2019 residents competed in the Hearts Tournament in the 2nd floor Club Room. The rules for the residents changed due to their recommendation. Each player played four hands at the table. The two players with the highest score move to the next table. Each player plays a total of 20 hands by different players. The object of the game is to get the lowest score possible. Mary German took 1st place for 57 points, Bill Truitt took 2nd place for 75 points, Jerry Anderson took 3rd place for 100 points and Frank Baker took 4th place for 124 points.



WASHINGTON

“Old Maryland Farm” at Watkins Park

By Carol Mitchell | AFRH-W Recreation Therapy
Photos by Carol Mitchell & Marine Robbins | Recreation Therapy

It was a beautiful sunny day at Watkins Regional Park in Kettering, Maryland. The residents of AFRH-W enjoyed visiting the Old Maryland Farm located on the grounds to say “hello” to the animals and enjoy a delicious picnic feast.

The farm is an educational agricultural farm open to the public. It provides agricultural exhibits, livestock, and display gardens providing a farming experience for all to enjoy.

Residents were able to view horses, goats, ducks, peacocks, rabbits, and chickens. They also got the opportunity to feed some of the animals. Chickens roamed the grounds, looking for a bite to eat, keeping resident Rudy Holloway busy shooing them away! The farm brought back many memories for residents to relive and retell.



GULFPORT

Life is cool in the pool

Story & Photos by Becki L. Zschiedrich | Public Affairs



The AFRH-G water aerobics team gets together every Monday, Wednesday and Friday at 1000 by the pool. Take the plunge and come try this low-impact workout that builds muscle strength and boosts your endurance. It's so much fun, and it can be as challenging as you like. The residents have a blast but the pool can definitely hold more Gulfport residents, so come give it a try. You will be hooked!

Each water aerobics class includes a warm-up, cardio and strength-training exercises, and a cool down. Expect exercises like water walking, bicep curls and leg lifts. You won't be swimming, and most water workouts are done in the shallow end of the pool.

The resistance of the water is easy on your joints and anyone can do it. That makes water aerobics a good choice if you have joint problems, chronic pain, or are recovering from injury. It's also the best way to keep in shape because it works every muscle in your body.

Life is simple. Just keep doing water aerobics, and remember Home is where the pool is!

