



Contact: Christopher Kelly
Armed Forces Retirement Home
202.541.7550
christopher.kelly@afrh.gov

**Northborough, Mass. native Frank Lawrence to deliver remarks at
Armed Forces Retirement Home –Washington’s Veterans Day Ceremonies**



Retired United States Air Force Master Sergeant Frank Lawrence, a native of Northborough, Mass. and a 1947 graduate of Northborough High School, will deliver remarks at the Armed Forces Retirement Home (AFRH)’s Washington, D.C. Veterans Day ceremonies on November 11.

AFRH is the only federally-funded independent-living retirement community in the United States, with locations in Washington, D.C. and Gulfport, Miss.

MSgt Lawrence moved to AFRH-Washington in 2014 – and loves it there. “There is so much to do,” he says. “We have a great gym, a therapeutic pool, a bowling alley, acres of land to walk around, a nine-hole golf course (free to residents), gardens and a pond. There are several trips a month to various restaurants, shopping centers, ball games, theater events and military commissaries. If I want, I can drive to these myself or even take a bus or metro.”

While at Northborough, MSgt Lawrence became an Eagle Scout and served in the Massachusetts State Guard as a machine gunner in a rifle company. He enlisted in the U.S. Air Force in 1948, and embarked on a career that took him to multiple postings in England and the United States, including several years with the Strategic Air Command at Lockbourne AFB, Ohio and Griffis AFB, New York. During his final tour at Royal Air Force Base Lakenheath, England, MSgt Lawrence participated in re-writing a USAF directive that made it possible for fighter organizations to deploy self-sufficiently.

Following retirement from the military, he served as a post exchange manager in England and later in Landstuhl, Germany. He and his wife settled in Sweeny, Texas, where he served as a zoning commissioner and on the board of directors for the Sweeny Chamber of Commerce. He remains a member of the Bay City, Texas American Legion Post 11.

MSgt Lawrence is grateful to live at AFRH-Washington, citing access to excellent medical care nearby – and that he’s never bored! He volunteers at the Home and takes part in multiple recreation activities each week. “It’s a new lifestyle here. I made some wonderful friends that I can sit with in our great dining facility and when my family comes to visit, I can book a room in our guest rooms. I wouldn’t change a thing!”

Learn more about the Armed Forces Retirement Home in Washington, DC or Gulfport, MS!
Contact AFRH at 800.422.9988 Ext. 1 or by email at admissions@afrh.gov .

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