

Armed Forces Retirement Home

Communicator

Volume IV Number 07

Armed Forces Retirement Home

July 31, 2007

Once a Marine, always a Marine!



Now this is a way to start your day!

General Robert Magnus, the Assistant Commandant of the Marine Corps, greets and gives his personal coin to Marine veteran resident James Denney. The two actually served in the same company at Camp LeJeune in 1977-78 in the 2nd Air and Naval Gunfire Liaison Company. James was the logistic chief and General Magnus was the Captain of the company. James retired from the Marines in 1982. General Magnus was on a tour of the AFRH when he saw James in the hall. The General spoke of the many positive changes that have taken place in the Marine Corps with technology and for the troops since James has retired. James was very pleased to see the General again and will cherish the General's coin for years to come.

Seabees assist with pre-demo work in Gulfport

Story and photos by Mary Kay Gominger

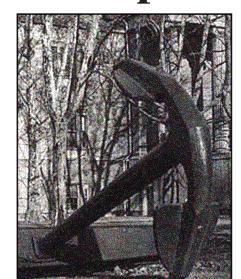
A group of Seabees from Naval Mobile Construction Battalion Seventy Four (NMCB-74) braved the extreme heat followed by a typical afternoon thunderstorm on July 6 while carefully moving several historic and treasured items from in front of the main building. The items were shipped to Gulfport from the original Philadelphia Naval Home in the mid-70s and will be stored until they can be put back on display at the completion of the construction of our new facility.

The Seabees made easy work of moving the two historic cannonades that date back to 1815 when they were taken from the British sloop of war Cyane when captured in company with H.M.S. Levant by the Frigate Constitution on Feb. 20, 1815 under command of Capt. Charles Stewart, USN.

The 12,000 pound wood-stock anchor proved to be a bit more challenging but with a little Seabee ingenuity, the crew moved the anchor to safe storage.

The ship's bell, which was also safely recovered from the storm and in storage, is from the cruiser *Philadelphia*.

The Seabees that helped with this project were: EO1 Worley, EO2 Smith, EO2 Millee, EO2 Humphrey, EO3 Newman, EOCN Black, and EOCN Buard.



This photo shows the anchor on the grounds of the Naval Asylum in

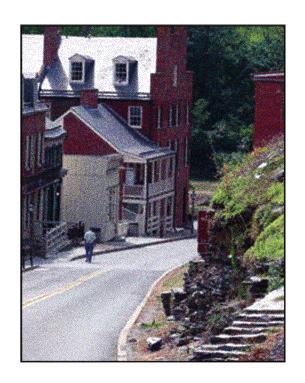
Philadelphia. It was taken by John R. Wells of suburban Philadelphia between 1952 and 1953.

A Seabee directs the equipment operator as the crew carefully moves the anchor from in front of the main building. The anchor will be safely stored until the new facility is in place and it will once again be displayed in a prominent position.

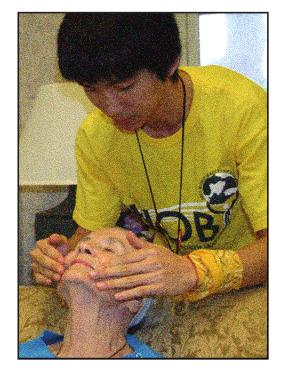
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Guest speaker set for Coast Guard birthday celebrations



Master Chief Boatswains Mate Mark H. Allen, U.S.C.G., will be the guest speaker at the AFRH celebration of the Coast Guard birthday set for Tuesday, July 31 at 1:30 p.m., in Scott Theater and a social

to follow in the dining hall.

Master Chief Allen was born on January 13, 1959 in Takoma Park, MD. He began his Coast Guard career on April 22, 1977, attending basic training in Cape May, NJ.

His previous duty assignments include Coast Guard Headquarters, Washington, DC; Coast Guard Station St. Inigoes, MD; Coast Guard Station Washington, DC; and Coast Guard Station Alexandria, VA. Master Chief Allen has been recalled to active duty in response to contingencies such as the Mariel Boat Lift, Air Florida Flight 90 crash, El Toro II sinking, and 9/11 terrorist attacks. A member of The Coast Guard Reservist Editorial Board, he has served as Staff Assistant in the Coast Guard Reserve Communications Division at Coast Guard Headquarters, Washington, DC. He is currently serving at Coast Guard Headquarters as Reserve Chief Petty Officer Academy Liaison in the Office of Leadership and Professional Development.

Master Chief Allen also serves on the Coast Guard Mutual Assistance Board of Control and as a member of the Recruit Company Mentor Program. He serves on the Coast Guard Chief Petty Officers Association National Board of Directors, and has been elected to six terms as Washington, DC Chapter President, during which time he assisted the DC Chapter in earning its first and second President's Outstanding Chapter Awards.

He is a graduate of Frostburg State
University with a BA degree in English,
minor in Public Relations, and concentration in Spanish. He has also completed his
coursework toward an MA degree in
Modern Humanities at Frostburg State.
Master Chief Allen is a graduate of the
Coast Guard Chief Petty Officer Academy
(Reserve Class VII); is the second Coast
Guard Reservist ever to graduate from the
Navy Senior Enlisted Academy (Class 102
Gold); and is a graduate of the Coast Guard
Senior Enlisted Command Master Chief
Course.

Master Chief Allen's personal awards include the Coast Guard Commendation Medal; Coast Guard Achievement Medal with Operational Distinguishing Device; Coast Guard Commandant's Letter of Commendation (three awards); Coast Guard Reserve Good Conduct Medal (6 awards); Humanitarian Service Medal (two awards); Armed Forces Reserve Medal (2 awards) with Mobilization Device; Coast Guard Rifleman; and Coast Guard Expert Pistol Medal.

He also wears the Global War on Terrorism Service Medal; Secretary's Outstanding Unit Award; Coast Guard Unit Commendation with Operational Distinguishing Device; Coast Guard Meritorious Unit Commendation with Operational Distinguishing Device; Meritorious Team Commendation (3 awards); Coast Guard Bicentennial Unit Commendation; and National Defense Service Medal (2 awards).

> Everyone is invited to stop by and join the celebrations Tuesday, May 31 at 1:30 in Scott Theater

AFRH COMMUNICATOR

Phone: 1-800-422-9988
Web site: www.afrh.gov Email: sheila.abarr@afrh.gov

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.

How to become a resident today



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.

Veterans are eligible to become a resident of the AFRH if their active duty service in the military was at least 50 percent enlisted, warrant officer or limited duty officer and who are:

- •Veterans with 20 or more years of active duty service and are at least 60 years old, or
- •Veterans unable to earn a livelihood due to a service-connected disability, or
- •Veterans unable to earn a livelihood due to injuries, disease, or disability, and who served in a war theater or received hostile fire pay, or
 - Female veterans who served prior to 1948.

To receive an informational brochure please contact the following office: AFRH at 1-800-422-9988, or write to AFRH Public Affairs Office, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400.

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



Eugene Young with contestants (from left) Darlene Deeben, Mrs. North America, Radiah Hyatte, Ms. North America, and Wendy Sledd, Mrs. Europe.

Galaxy Queen contestants make stop to visit AFRH residents

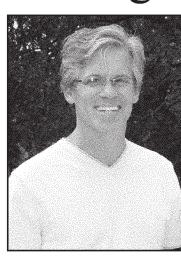
On Saturday, July 14, three Galaxy Queen contestants from the International Pageant Trunk Show made a stop at the AFRH and put on a performance for the residents in Scott Theater.

Emphasizing beauty, style, and cultural appreciation, the Galaxy International Pageant® is a personal development opportunity for women of all nations. The delegates who become part of the Galaxy International Pageant® gain confidence and poise in an increasingly competitive world. The pageant affords each delegate the opportunity to grow and advance her personal and career goals while acting as a role model in her community.



Francis Stueve talks to Wendy Sledd, Mrs. Europe.

Message from the Chief Operating Officer



For any organization to achieve any level of success, be it a sports team, a military unit, a federal agency, or a huge private corporation, the members of the group all need to be operating under the same plan. Just as construction crews adhere to the exact requirements of federal, state and county codes, all organizations have guidelines that they too must follow.

When I first came to work as the Chief Operating Officer of the AFRH in 2002, one of the first things I put into place was a Business Plan. The first draft of the Business Plan was the result of many, many hours of AFRH agency staff, service chiefs and staff members from both campuses, all working together to create a set of short and long term goals and specific ways to achieve these goals. It wasn't easy work, as most will attest, and was met with some resistance as can be expected with any change, but as we all started to see results and started to hear positive feedback from our residents, we knew we were on the right track.

And just as we were hitting our stride, Hurricane Katrina blew in and literally rocked our world. Our focus shifted from strategically planning for our future to meeting the immediate day to day needs of our Gulfport residents. It was a very difficult time, for everyone, and our Business Plan, though not completely abandoned, was put on the back burner while we tended to the business of helping our southern residents redefine a way of life in an unfamiliar place, far away from their home, for an undetermined amount of time, something that no one could have ever foreseen or prepared for.

Earlier this spring, when I felt we had transitioned out of that survival mode, I asked the staff to revisit the Business Plan, update it as required, and for us to once again use it as a tool to guide us in our progress forward.

At the offsite meeting we had in May, we discussed

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the Business Plan and as a group determined what areas required immediate focus and what items to put in the long term goal category. We had much discussion on the topic of military heritage and how best to integrate our veterans' history into our daily way of life. The fact that service to country is the common denominator for all our residents is

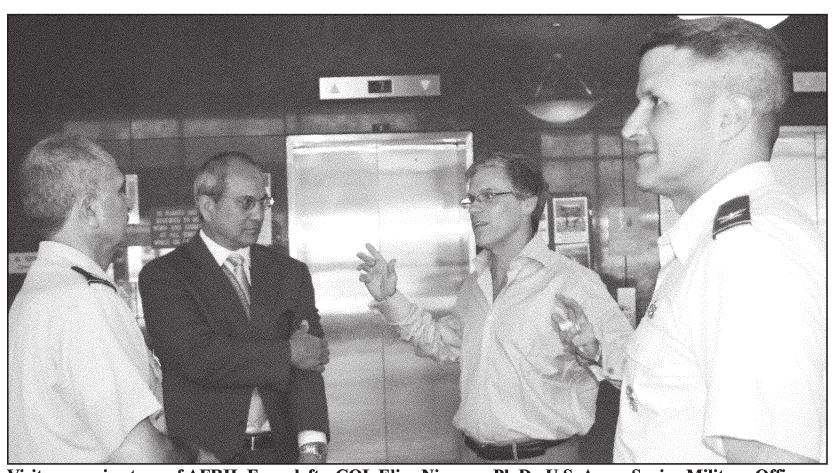
the very thing that separates us from any other retirement community in the country. Maintaining our military heritage became one of our key focus points.

Celebrating military birthdays with cake cuttings and socials is one way we have always honored the military tradition. We have also recently updated our website to include the many military functions our residents attend both in house and out in the community at military bases in the local area. We host many active duty military units every month for tours and we have many military volunteers that enjoy spending the afternoon with our residents bowling, playing bingo or cards.

Next month, the Public Affairs Office is kicking off a new initiative for promoting our military heritage. We need your help to make it work. The PAO staffs' goal is to start featuring residents on the website and on our in-house TV station, C99, with military photos, either in a then and now format or as a slideshow of your military past, depending on the photos you have available. You will be asked to sign a release form but your identity will be carefully protected with minimum information provided about you personally. This is not only a great way to share your story with your fellow residents and veterans around the country but with your children and your grandchildren.

To find out how you can become a part of preserving our military heritage, contact the Public Affairs Office. With your help, the history and stories of your past can be honored and remembered for generations to come.

Tim Cox



Visitors receive tour of AFRH. From left - COL Elias Nimmer, Ph.D., U.S. Army Senior Military Officer, DoD IG, Brem Morrison, Assistant Inspector General, Inspections and Evaluations, Tim Cox, Chief Operating Officer, AFRH, and COL Edward Adelman, Deputy Director for MWR Policy, DoD.

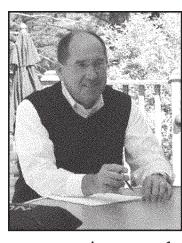
Update on Master Plan

The Master Plan is being updated to address all of the issues and concerns raised by the National Capital Planning Commission and the various parties involved in the environmental and historical review processes. The Home hopes to be able to make a presentation before the NCPC later this year and get final approval for its plan.

AFRH selected a developer for the first redevelopment parcel on the campus, Crescent Resources. The company has proposed a mixed use development which will include more than 20 acres of green space which will be open to the public and more than 300 units of affordable housing. This project is subject to final negotiations between AFRH and Crescent and the approval of the Master Plan by NCPC and agreement on zoning and other issues with the District of Columbia.

Updates about the Master Plan will be provided to you as information becomes available.

Conversation with the Chief Financial Officer



Starting in August I will be conducting focus group meetings with residents, interested family members, and conservators on the computation of resident fees. The first focus

group meetings are scheduled for August 1st and 2nd at 10 a.m. in Scott Theater and LaGarde respectively. I will also schedule time with the RAC to discuss resident fees. Here are a couple of key points I will highlight and discuss during the focus group meetings:

The monthly resident fee is determined by multiplying the total amount of all monthly income received by the resident by a percentage as follows:

- Independent Living 35%
- Assisted Living 40%
- Long Term Health Care 65%In the case of a married resident
- who files a joint income tax return, only that income received by the resident will be considered in determining the resident fee. Income received from jointly held assets will be applied equally unless otherwise documented.
 - The monthly income will be deter-

mined by dividing by twelve (12) the total -

- Income reportable as Adjusted Gross Income (AGI) on the U.S. Individual Income Tax Return and

- Tax exempt income received by a resident during the same tax year. Tax exempt income includes benefits administered by the Department of Veterans Affairs, the Social Security Administration; disability retired pay, Combat Related Special Compensation, pensions and annuities, and IRA distributions that are not included in the AGI.

The following items will be excluded from the computation of monthly income -

- Stipend income received by the resident from AFRH.
- Tax exempt interest and dividends. (line 8b of Form 1040)
- In computing monthly income, there is allowed as a deduction the current amount paid by a resident for -
- Medicare Part B and one supplemental health insurance policy, or
- TRICARE enrollment fee and one supplemental health insurance policy.
- Directors may adjust the amount of a resident's fee in extraordinary circumstances. Consideration will be given on a case-by-case basis for residents experiencing a significant change in income which affects their ability to pay the current fee. This would typically apply to new residents

and include such circumstances, for example, as a decrease in income resulting from loss of employment, and increases resulting from sale of a residence or receipt of an inheritance. Exceptions made by the Directors shall be reported to the Chief Operating Officer.

- The fee will be adjusted to provide a retained resident income of no less than \$150 per month.

During our focus group meetings earlier this year, residents raised some great questions associated with the computation of resident fees. These questions were also highlighted in June's issue of the Communicator. We have completed a legal review and will discuss these questions and many more during our upcoming focus group meetings on resident fee computation.

- Should the distributions from Thrift Savings Plans, annuities, life insurance policies, etc. be included as the monthly income and monthly payments (including Federal payments) received by a resident?
- If a resident's spouse is in a retirement home other than the AFRH and part of their income goes towards the spouse's fees, should those fees be deducted from the resident's income as part of the resident fee computation?
- If a resident receives winnings from legalized gambling, should the winnings be included in the resident fee computation as

income?

- If a resident cashes in bonds, should the cash received from the bond be considered as income? If yes, is there any type bond that should not be included as income?"

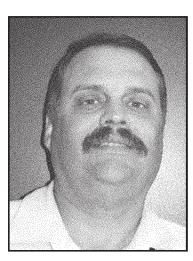
We are currently about 40 percent complete on our resident fee computation for next year. Although we still have a ways to go, this is a significant improvement from last year when we were computing a majority of our fees in November and December. We have been sending out reminders to bring in your paper work. In August we will be sending out notices to only those residents who have not submitted the necessary paperwork to compute their fees. If we have not received your paperwork by the end of August, you will be notified by letter and your name placed on a list in admissions. In fairness to the many residents who do submit their paperwork annually, we will require it of all residents. We will make every effort to notify you.

In closing, I would like to thank the many residents who have submitted their paperwork for next year's fees. I look forward to our upcoming focus group meetings and discussions with each of you.

Keep the questions coming! I enjoy talking to each of you.

Steve McManus

From the Interim Director



In keeping with the theme of last month's article, I would like to talk about value. Webster's dictionary defines value as, "a fair return or equivalent in goods, services,

or money for something exchanged." In meeting the needs of our residents, the AFRH staff and contractors provide an outstanding value option in the Continuing Care Retirement Community (CCRC) for our nation's military retirees and veterans. I am sure you are wondering on what basis I am making this statement - fact or perceptions. The answer is both!

The facts are a review of similar CCRCs in the Washington DC area would show you that there is only a handful that provides the continuum of care from Independent through Long Term near the monthly fees charged to our residents.

However, the monthly fee alone can be very deceiving in determining the value of the Retirement Community. All of these CCRC require a substantial entry fee of between \$50,000 to \$750,000 to "purchase" your room accommodations. In addition these fees may only cover one meal per day, there may be additional fees associated with medically related issues, and almost none have the amount of planned recreational trips and opportunities provided to our residents. So in most cases, your actual month cost at these other locations would be substantially higher than your direct cost at AFRH.

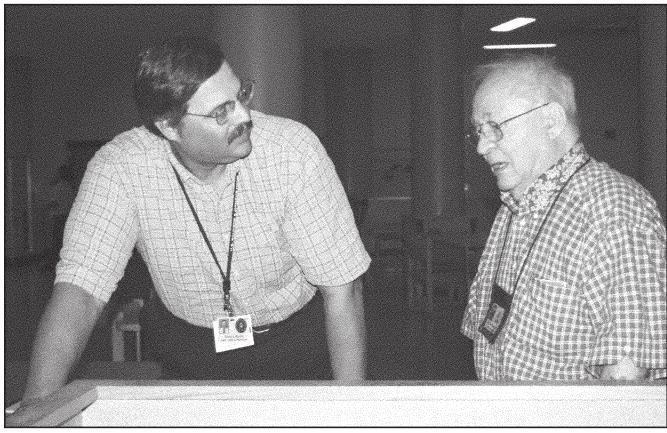
But there is more to the value of residing at AFRH than just the monetary issues; there is a sense of belonging to a select group of individuals who answered the call of their nation when it needed them most. Each resident here adds value to the entire AFRH experience; since, you are not just tenants you are active members of the community. Through your interactions in sporting events, artistic pursuits, religious affiliations, various celebrations, or just mere conversation, you strengthen your own

relative worth, utility, or importance to each other and yourselves for what you have accomplished so far in your lives.

As with any informed consumer, you need to seek out the "best value" for your dollar. I believe when you weigh all of the

tangible facts and intangible perceptions associated with living in this community, you will agree ~ AFRH is a quality community and your home!

David Rouse



AFRH Interim Director David Rouse, left, discusses the dining facility with Anthony DeMartino after a Town Hall meeting held on July 26.

A grand 4th of July celebration at AFRH



What picnic would be complete without an ice cold watermelon! Marylin Norris, from the dining service staff, carries a watermelon out and serves it up for the residents.

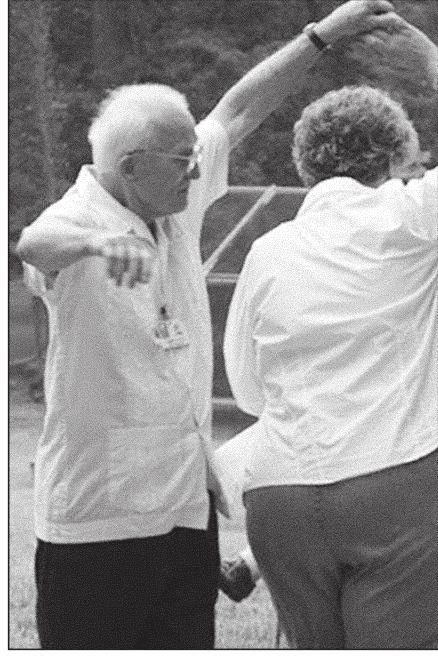
Proud to be an American

By Jerry Carter

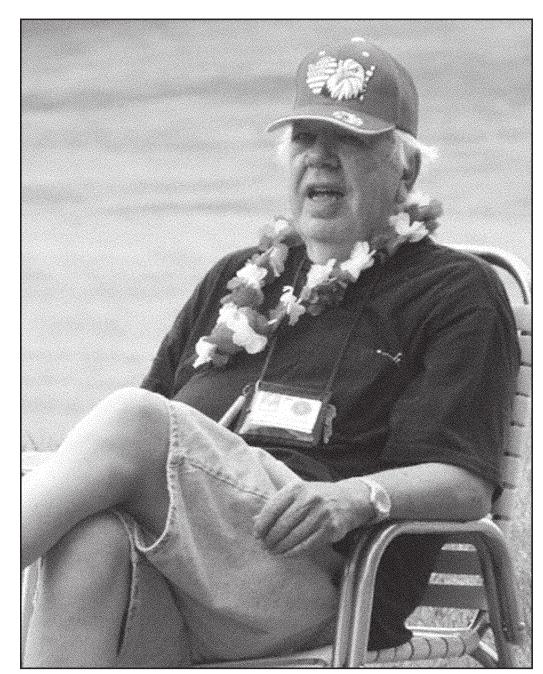
As our Nation celebrated Independence Day on the 4th of July, the AFRH-W residents joined in on the action! Residents were treated to a cookout, ice cream social, cold beverages, wine, and music by the South Bound Band.

Over 275 residents attended this event and not even a thunderstorm could stop the celebration. The band and everyone moved inside to the Scott dining hall and the independence gala continued throughout the evening. To top off the evening the residents watched the National fireworks display from the hill and feasted their eyes on the brilliant display above.

Recreation Services thanks Food Service, the South Bound Band/ great show, staff, and all the volunteers who helped out during this 4th of July celebration! Lastly, to all the residents who attended this event, we are "Proud to be an American."



Robert Royce and a guest turn the lawn into their dance floor during the 4th of July celebrations. They danced to music provided by the South Bound Band.

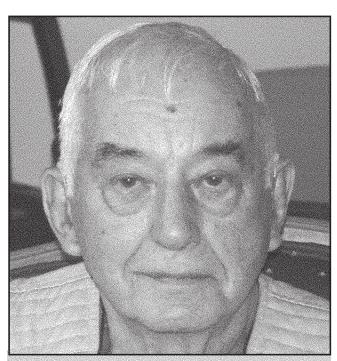


Joe Wachter sits back and takes in the festivities at the 4th of July picnic held at AFRH.

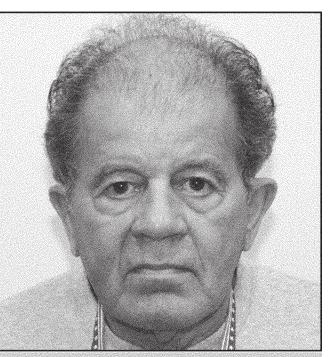


Elizabeth Hurley gets some watermelon and finds a seat to sit back and enjoy the music and festivities of the 4th of July celebration.

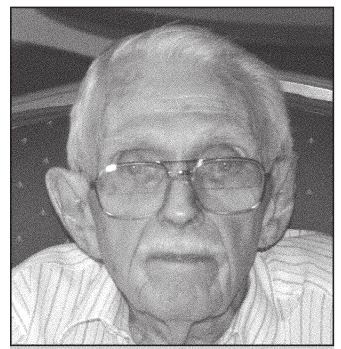
Welcome Aboard



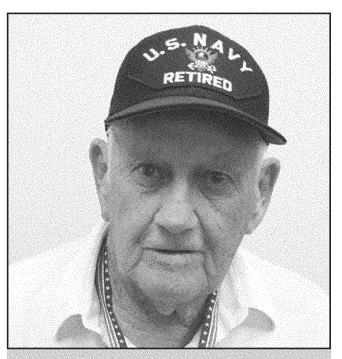
Name: Paul A. Manser
Branch of Service: USA
Entry Date: June 1959
Separation Date: April 1985
Rank: MSGT E-8
War Theaters: Vietnam



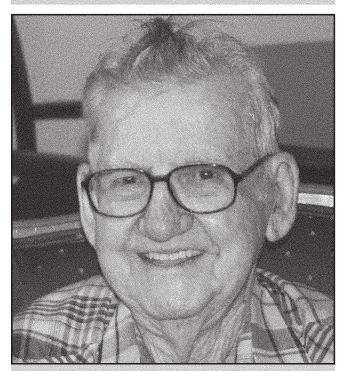
Name: Ramon R. Padillo
Branch of Service: USA
Entry Date: August 1948
Separation Date: April 1972
Rank: E-7
War Theaters: Vietnam & Korea



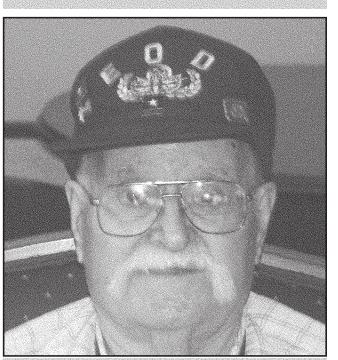
Name: Lloyd Thomas
Branch of Service: USN
Entry Date: May 1943
Separation Date: November 1962
Rank: E-7
War Theaters: South Pacific



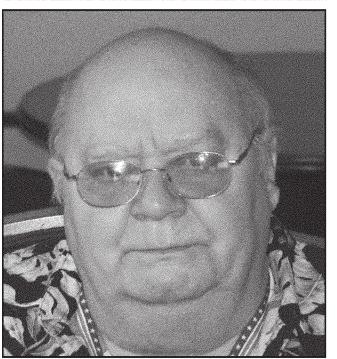
Name: Lyman Adams
Branch of Service: USN
Entry Date: September 1943
Separation Date: April 1965
Rank: E-6
War Theaters: Korea & WWII



Name: Rufus Gibbons
Branch of Service: USN
Entry Date: January 1943
Separation Date: December 1964
Rank: E-7
War Theaters: Pacific



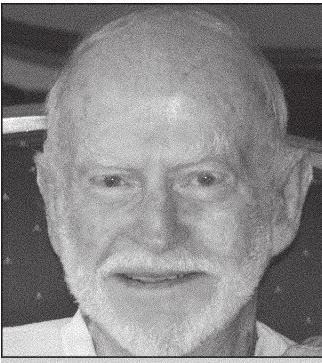
Name: Donald H. Horton
Branch of Service: USA
Entry Date: 1949
Separation Date: September 1971
Rank: E-9
War Theaters: Korea



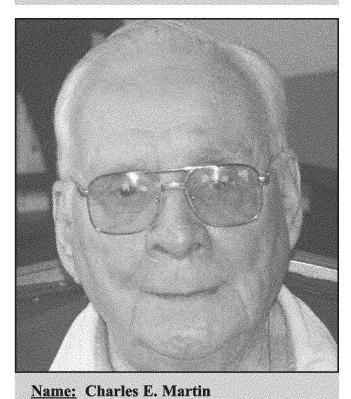
Name: Norman E. Chaney, Jr. Branch of Service: USAF
Entry Date: May 1965
Separation Date: April 1986
Rank: E-7
War Theaters: Vietnam



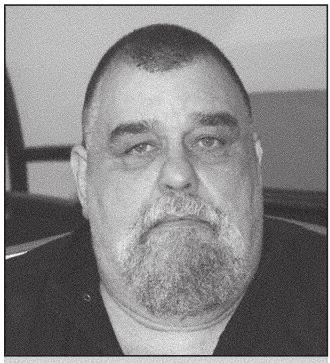
Name: John Miller
Branch of Service: USAF
Entry Date: 1951
Separation Date: 1971
Rank: E-8
War Theaters:



Name: David J. Anderson
Branch of Service: USAF & USN
Entry Date: April 1948
Separation Date: October 1970
Rank: E-7
War Theaters: Korea & Vietnam



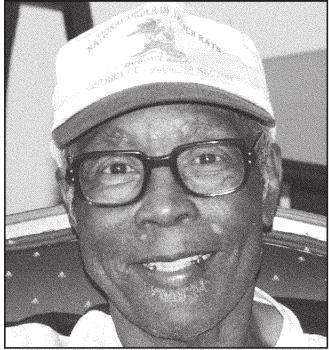
Branch of Service: USN
Entry Date: July 1942
Separation Date: June 1962
Rank: E-6
War Theaters: WWII & Korea



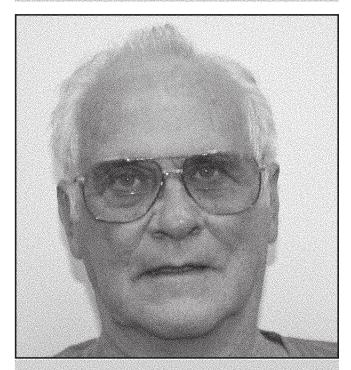
Name: Ralph W. Taylor
Branch of Service: USA
Entry Date: September 1961
Separation Date: October 1981
Rank: SFC E-7
War Theaters: Vietnam



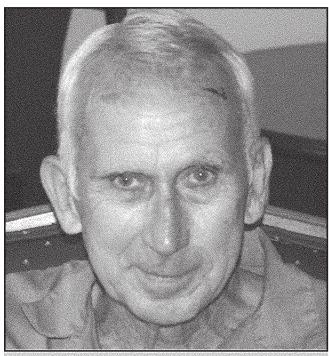
Name: George E. Langan Branch of Service: USAF Entry Date: March 1954 Separation Date: April 1974 Rank: E6 War Theaters: Vietnam



Name: Frank B. Goldsmith Branch of Service: USA Entry Date: June 1953 Separation Date: June 1968 Rank: Sgt War Theaters: Vietnam



Name: Lon Rhudy
Branch of Service: USA
Entry Date: September 1954
Separation Date: June 1977
Rank: W2
War Theaters: Vietnam



Name: Carlton Fraylick
Branch of Service: USN
Entry Date: January 1951
Separation Date: December 1972
Rank: E6
War Theaters: Korea & Vietnam

If you have an interesting past ... a story to tell... and would like to be featured in a future issue of the Communicator, contact
Mary Kay Gominger at 202-365-4863 or Sheila Motley at 3556

Resident has fond memories of time spent serving with the U.S. Coast Guard

By Mary Kay Gominger

The U.S. Coast Guard celebrates 217 years on August 4; established originally as part of the Department of the Treasury. One of our residents served 20 years active duty service with the Coast Guard and he will be a part of the upcoming birthday celebrations.

Donald Stout has been a resident here for two and a half years. He served four years in the Navy, from 1950 to 1954, and worked in the ships' shoe service shop repairing shoes. When he left the Navy in 1954, Donald decided to take advantage of the GI bill and he attended first Michigan State for two years and, not liking that too well, decided to take a different path.

"I struggled at Michigan State to keep up my grades. I was no good at it. So I left and enrolled myself in the Culinary Institute of America. It was a two year program and I graduated as a master chef, finishing number 5 out of a class of 60," Donald recalled.

With a skill he loved in hand, Donald then decided to follow his dad's footprints and he joined the Coast Guard.

"My dad served in the Coast Guard during World War I. Since I was now trained as a chef, I was ready to sign on," Donald said.

During the next 20 years, Donald was assigned to several small units as the cook and eventually got into the storekeeper business. He retired from the Coast Guard in

1980 and spent the next nine years with the Merchant Marines, doing much the same thing he did with the Coast Guard.

"I cooked for crews on refueling ships and tugboats with the Merchant Marines," said Donald. "We traveled all over, up and down the Mississippi – I've done my share of sea service," Donald said with a laugh.

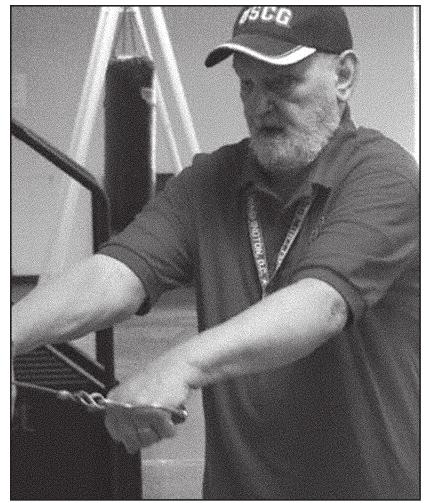
Donald's time with the Merchant Marines ended abruptly and almost tragically when he accidentally went head to head with a steel wall. He was in a trauma unit for a week but he managed to survive that but it ended his work with the merchant marines.

Today, Donald still enjoys participating in the many activities offered at AFRH. He loves to sing and is very active with the choir. He works out regularly at the gym and recently enjoyed competing in the Senior Olympics. He also enjoys sewing, something he learned from his late wife (married 41 years) and he has twin grandsons and has five great grandchildren.

"I love living here," Donald said. "If anyone is interested in playing ping pong, well, look me up! I've played 18 different sports so I'm up to doing anything."

Donald looks forward to participating in the upcoming Coast Guard birthday celebrations.

"Since we have so few Coast Guard veterans here, seems like I'm always the one doing the cake cutting," Donald said. "But I don't mind. I don't have to make the



Donald Stout gets a workout at the gym. Through the years Donald has always enjoyed playing sports so keeping physically fit is important to him.

cake," he said with a laugh, "but I could if they needed me to."

The AFRH Coast Guard birthday party and social will be held on July 31 in the Scott Theater and dining hall at 1:30 p.m. Everyone is invited to attend.

Health Fair a big success with plenty of information available to residents

Story by Dales Irish, RN Photos by Sheila Motley

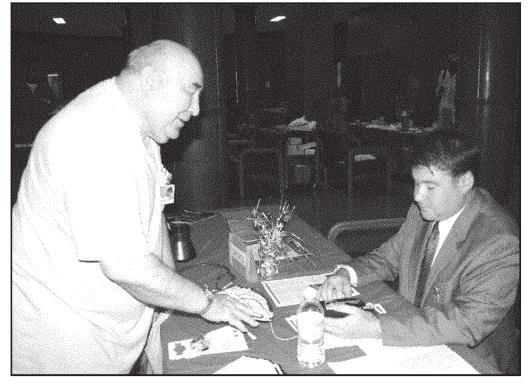
The AFRH Health Fair was held on Friday July 20, from 9 a.m. to noon for all residents and employees. It was a fun filled morning with lots of prizes, information and healthy snacks.

Organizing and participating in the Health Fair were the Wellness clinic nursing team who provided information on mental health, medication safety, fall prevention and conducted blood pressure assessments. The Walter Reed Diabetic and Nutrition team provided blood glucose testing and diabetic counseling. AFRH nutrition services offered valuable counseling on food choices and the importance of hydration. AFRH Volunteer Services headed by Melodie Menke had healthy snacks and highlighted the importance of volunteering.

Chaplain Services, Patient Affairs, and Occupational Therapy provided handouts and information. Social Work Services gave away helpful hints on issues affecting our veteran population and Dental Services gave away goodie bags with dental kits and techniques on maintaining excellent oral health.

Respicare Home Oxygen Services offered oxygen use testing and The Marriott Residence Inn provided information on places for visiting families to stay in the Washington D.C. metro area. The Washington

Regional Transplant Consortium provided a volunteer to discuss the benefits of organ donation, and volunteers from AARP provided information on the vast amounts of benefits and savings available to retirees nationwide.



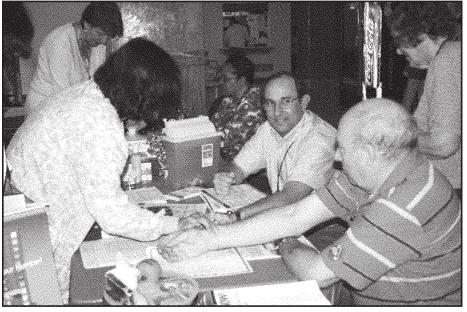
Michael George has his oxygen level checked by Rusty Burke, a representative from Respicare.



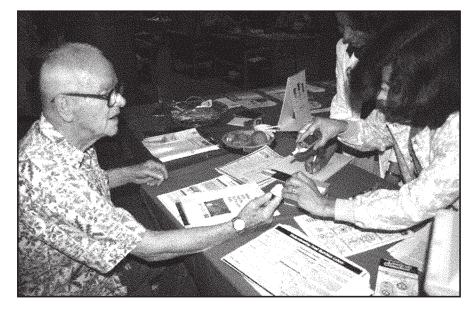
Eugene Hill talks with Joyce Brown, a representative from the Washington Regional Transplant Consortium. Joyce explains the procedures for signing up to give the gift of life.



Teresita Cabradillia, RN, shares some information about self medication to Don Barnard.



Robert Byrd (right) and Charles Dickerson, Chief, Resident Services, have their sugar level and pulse taken by Lidia Casasola, a registered nurse from WRAMC.



Walter Stevens receives a needle stick to check his sugar level by Lidia Casasola, a registered nurse from WRAMC.

Residents enjoy performance at Washington Monument

By Steven Briefs, Rec Therapy

On Wednesday, June 20th residents from the King Health Center and Assisted Living Unit took a trip to the "Twilight Tattoo" performed at the Washington Monument. It was a beautiful evening with the sun out and the weather just right. The 3rd U.S Infantry, (The Old Guard), and the U.S Army Band, (Pershing's Own") played a variety of military and patriotic songs and the U.S Army Drill Team showed off the skills of close-order-drill.

William Palmer, Charles Henry, Bill Mouser, Cliff Mathews, Tom Davis and Paul Root enjoyed watching the show and said they would like to go another time. The program was held on the Washington Monument grounds and Tom Davis and Cliff Mathews both said they remembered climbing up the stairs to the top of the monument when they were young. There were many tourist there and when it came time to sing God Bless America, we all sang and gave a shout at the end.



The Twilight Tatoo performance at the Washington Monument was a show the residents enjoyed watching.

"Blaze of Glory"

Written By Emma Catherine, Commodore

It was August 1968, deep in the misty jungles of Nam The smell of death lingered, my rifle smoke in my hand Rounds were released as I pulled the trigger The more we fought, the more the war grew bigger. October 1968, body bags and more body bags flew in Among the body bags was one for my best friend. South Vietnam villages were left demolished. I sat watch at camp, my rifle I polished. February 1969, ambushed in Laos, ten were killed, A day like another when blood is spilled. Tired, hungry, and wet --- fighting a losing war But still, I'll fight until I can't fight anymore. July 1969, we were to take Hamburger Hill, Our mission was to overtake and kill. I marched my soldiers into war We fought all day like the day before. August of that same year we took Hamburger Hill We lost a lot of soldiers, I respect them still. Now some 30 odd years later, I live to tell the story Of brave American soldiers who died ---In a Blaze of Glory.

Words of wisdom against fraud

U.S. Securities Exchange Commission shares tips

Earlier this summer, the U.S. Securities Exchange Commission, Philadelphia Regional Office, visited the AFRH and presented a fraud prevention seminar to the residents of the Armed Forces Retirement Home. Here's a brief biographical sketch on the presentors:

Jamey A. Jones, SGM, U.S. Army, (Ret.): Jamey spent more than 24 years in the Army, most of which was in the Signal Corps. Jamey spent the majority of his military career overseas and had duty assignments as a Drill Sergeant, First Sergeant, and Battalion Operations Sergeant Major. Jamey retired from active duty in 2002 and joined the Securities and Exchange Commission in Philadelphia in 2003 as a Securities Compliance Examiner.

Thomas E. "Ted" McGrath: Ted served on active duty as a Corporal with the 8th Marines, 2nd Marine Division from 1996 to 2000. After Ted left active duty, he continued his military service as a Marine Reservist and drilled with the 24th Marines in St. Louis, MO from 2000 to 2002. Ted was awarded the Navy Commendation Medal and the Navy Achievement Medal for his service. Ted joined the Securities and Exchange Commission in Philadelphia in 2003 as a Securities Compliance Examiner.

Both presentors are part of the Securities and Exchange Commission's Seniors Initiative, where they educate seniors about investment fraud and scams that target seniors. They were in the area (Bethesda, MD) conducting an examination of an Investment Advisor as part of their work with the Securities and Exchange Commission and wanted to talk to the residents of the Armed Forces Retirement Home in Washington, D.C. about investment scams.

Jamey said, "As an Army enlisted man for more than 24 years, I always had 50 cents per month taken out of my pay to support the 'Old Soldier's Home', so I wanted to see where the money went. I can tell you that the money I and



After the presentation, Ted McGrath (right) talks with some of the residents that attended the presentation on senior fraud prevention. Jamey Jones is to the left of Ted.

every other soldier sent in was very well spent. You have a fabulous facility and should be very proud of the service you provide to retirees," he told Melodie Menke, Volunteer Services Director.

Here are some key factors that seniors/residents should be mindful of when it comes to investing:

- High-yield investments tend to involve extremely high risk. Never invest in an opportunity that promises "guaranteed" or "risk-free" returns. Watch out for claims of astronomical yields in a short period of time. Be skeptical of "off-shore" or foreign investments, particularly those from Nigeria. And beware of exotic or unusual sounding investments. Many people have lost their shirts investing in non-existent eel farms or so-called "prime bank" securities.
- Make sure you fully understand the investment before you part with your hard-earned money. Always ask for-and carefully read-the company's prospectus. You should also read the most recent reports the company has filed with its regulators and pay attention to the company's financial statements, particularly if they are not audited or not certified by an accountant.
- And remember: if it sounds too good to be true, it probably is!
 - Look out for salespeople who:

sion

-Prey on your fears of outliving your money

- Try to force you to make an immediate deci-

- Won't provide you with written material

- Guarantee high profits and/or low risk
- Try to be your friend

Some common "BUZZ WORDS" seniors should be watchful for are:

Guaranteed - High returns cannot be guaranteed
Limited Offer - Scammers may tell you that this is
an opportunity of a life time and available for a limited
time or only limited to a select group of people, i.e.
Veterans

<u>Safe as a CD or Just like a CD</u> - many times scammers will try to ease your fears by telling you that the investment is like a Certificate of Deposit when it is not

Risk Free - No investment is risk free

Listed below is contact information for neighboring Sate Securities regulators as well:

U.S. Securities and Exchange Commission: SEC Complaint Center, 100 F Street NE, Washington, D.C. 20549-0213. You can also send a fax to 202-772-9295, website: www.sec.gov/investor/seniors.shtml, Virginia State Corporation Commission: (804)371-9051 website: www.scc.virginia.gov/division/srf/webpages/complaint.htm Maryland Attorney General: (410) 576-6360 website: www.oag.state.md.us/securities/

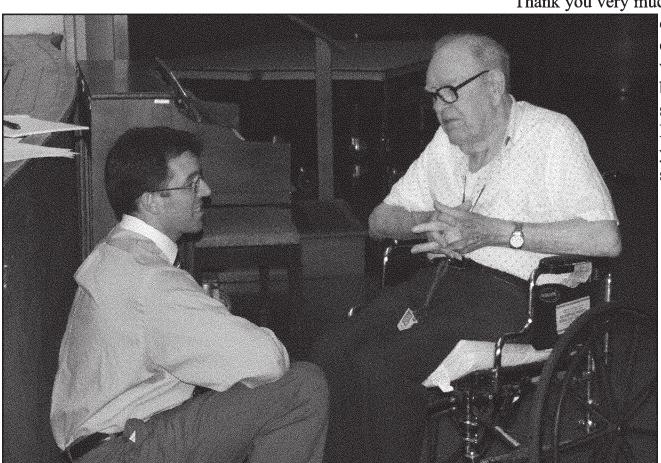
Additionally, Maryland has a good information booklet for seniors on avoiding scams. The booklet is called "A Consumer Guide for Seniors." You can print a copy from the link. Read it online (PDF) or call to request a free copy by mail by calling (410) 576-6500 or toll-free 1-888-743-0023.

"Thank you very much for allowing us to be a part

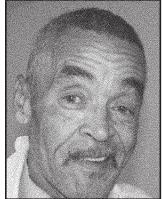
of the education process for our veterans," Jamey said. "It was an honor and a privilege to be able to help those who have served our country for so long. Please do not hesitate to call if you want to schedule another seminar."

Ted McGrath talks over some of the ways to prevent fraud with a resident after the presentation in Scott Theater.

One good piece of advice to remember is - if it sounds too good to be true, it probably is!

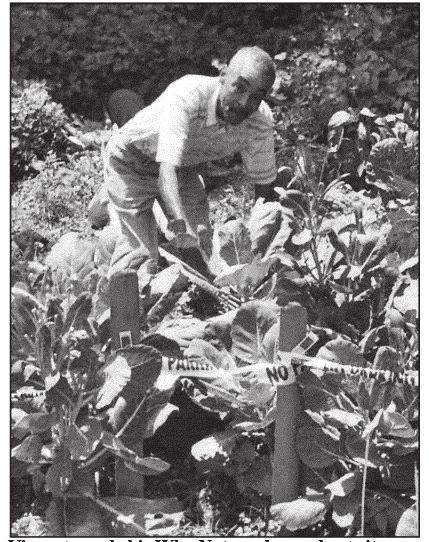


Why Not? That's Vincent "Vinny" Van Allen's philosophy on life



By Warren Helm

What does a retiree do after an illustrious career of military service whose horizons has taken them beyond even their wildest dreams? Having come to know many of them personally, I've always been amazed at what knowledge and understanding



Vincent weeds his Why Not garden and gets it ready for summer picking.

that are gems of wealth they have and share.

I do not recall how nor when we met but meeting Vincent "Vinny" Van Allen, I knew I had one close friend and where to begin, "Why Not?"

We shared similar interests, 'kid stuff' sort of. One can always find more interesting things than tools and oil cans, smelly gas odor and greasy faced men in a garage. There is real guy talk rather than the normal water cooler dialogue. One of my favorite things in a busy monotonous day would be to bike over to the auto hobby shop to have some fun and swap a story of

two with the guys. There, I also met another friend Mike, and between the three of us, we can really keep it going. Similar interests can always generate a lot of interesting stories especially me doing a lot of talking with little experience.

This particular day I arrived and discovered that a sail boat had been purchased on the Internet and Vinny and Mike decided that we three were heading to Ft. Lauderdale to sail back to Washington D.C.! Well, I just stood there in the middle of the garage with my mouth ajar and my eyes wide open in surprise! Finally, I looked at Vinny and he just smiled and simply said, "Why Not?" Well the trip was made with one exception, me.

This garden came to be because Vinny took a wager that a garden could not be grown in a rocky, compact and unlikely space. That day I saw ole Vinny,



on his hands and knees toiling in that spot clawing at the dirt where his garden ultimately was grown. I simply resisted commenting one way or the other in wonderment. Finally he looked up at me while on his knees on that cool spring day, smiling and simply said, "Why Not"?

What does an old retiree do in retirement? Anything, "Why Not?"

Our veterans' history - preserving the past, teaching the future

By John I. Bowery

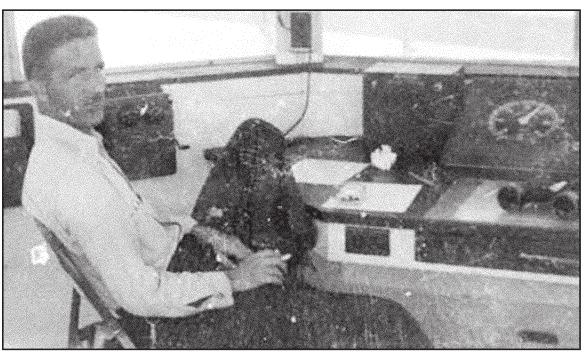
This month I am writing about a subject that is near and dear to my heart ... piloting an airplane. There is a resident Robert C. (Red) Cooper that I admire and even envy. You see Robert (he prefers to be called Red), had a career in the Navy, enlisting January 1941. After Boot training in 1941, he went on to training as an aircraft mechanic, serving in Pensacola in the years 1941 thru 1944. During his remaining years in the Navy he graduated from Radar School and from 1944 to June 1946 he was at NAS Barbers Point, Hawaii. He learned to fly under the WW11 GI Bill in 1947. He also served on the aircraft carriers the USS Forrestal and USS Coral Sea during his enlistment.

He went on to retirement in 1959. He obtained a position with the FAA as Air Traffic Controller for six months. He was not too fond of that job and was encouraged to fly for a living. He later received his commercial pilot's license with Flight instructor rating. He liked that more than controlling air traffic. This allowed him to be more selective in doing what pleased him most. He worked as a fixed base operator at Boca Raton and Brooksville, Florida, serving as aircraft mechanic, flight instructor and charter pilot. He became acquainted with AG flying known as crop dusting and flew seasons in Arkansas, Georgia and Nicaragua.

He worked three months in Trinidad managing a charter company, flying trips all over the Caribbean. He worked for an aircraft ferry company and delivered aircraft to Nicaragua, Honduras, Jamaica and Martinique.

He moved to New Jersey and worked on the Flying W Ranch as flight instructor and charter pilot. In 1966 he hired on with Texas Gulf Sulphur Company as a corporate pilot. He worked for them 14 years. He flew a modified Lockheed Lodstar for three years, a Cessna 421 for six years and a Cessna Citation Jet for the remainder. The company changed hands and he decided to retire. He always wanted to drive big trucks, so he got a job with Kenan Transport Company and hauled propane for three years and flew part time for an aerial survey company. He moved to California and worked for Steck Aviation as a flight instructor, teaching advanced instrument flying and multi engine flying. His last flight as pilot in command was in March 1987. Total flight time was 13,000 plus hours.

There was one other thing that Red did that I think topped all of the above. He married his wife, Rosalie in 1946. She bore him 10 children and they all did well. He moved back to Texas for retirement. It was in 1993 that Rosalie became a victim of Alzheimer's and after three years of home care they came to AFRH in 1999. She passed away, here in 2002. Red lost two of



AC1 Robert C. Cooper at work in NS Sangley Point control tower.

their sons in 2003. The rest of the children extremely exciting life and life story. are well and doing fine.

As I said at the beginning, I really do envy Red and must say he has had an





Robert C. Cooper standing in front of a TG 19.

Left - Chief Robert C. Cooper upon retirement on September 10, 1959, at NAS Pensacola, Fl.

Stories of Service

Share your military memories for todays youth...

Story and photographs by Sheila Motley

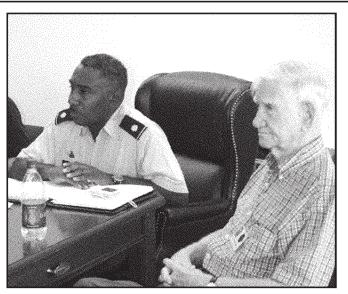
Wednesday, July 18, 2007, Eastern High School JROTC accompanied by LTC (Ret) Les Broadway and Mr. Ryan Hegg, Program Director of Stories of Service, visited AFRH to begin what will hopefully be a long lasting partnership with our community. The nature of their visit was to spear off the "Stories of Service" program here at AFRH by meeting with several residents to tell their military stories with hopes of helping today's youth and future soldiers presently serving in Iraq and Afghanistan and community school students to enlighten them of the sacrifies made by our veterans and fallen soldiers.

Interviews will be aired on The History Channel, one of the leading cable television networks compelling original, non-fiction specials and series that brings history to life in a powerful and entertaining manner across multiple platforms, Franklin and Eleanor Roosevelt Institute and the, Youth Service of America which is a national resource center that partners with thousands of organizations committed to increasing the quality and quantity of volunteer opportunities for young people to serve locally, nationally, and AMVETS – California Service Foundation, a leading veterans group that provides not only support for veterans and the active military, but also community services that enhance the quality of life for this nation's citizens.

Join the effort to save these stories before they are lost to us forever! Help to serve your community, honor unsung heroes and last but not least speak for the fallen soldiers who are not with us today to tell their stories to preserve our national heritage by participating in this national program. All who are interested in participating call Sheila Motley at 202-730-3556.



Daniel Funk, left, goes down memory lane as he tells his story. Cadet CPL, center, Octavia Holt and Willa Farrell listens intently.



LTC (Ret) Les Broadway (left) of **Eastern High School JROTC and** Woodrow "Woody" Williams listen attentively as another resident tells heart felt story of his military life.

Chaplains' Corner

It's time for a re-visit

By Chaplain John Goodloe

Every one of us who drives a car knows how important it is to have routine maintenance performed on our vehicles. Even if we do not own a car, we understand the principle behind regularly having the engine checked, the tires rotated and the fluids changed, to mention only a few of those repeated acts of car care. Whether we are the "do-it-yourself" car owners and don't mind getting greasy and aching from the bending and stooping and lifting to take care of this "mechanical wonder" or we drive our cars to the local (or distant) dealership/mechanic and trust that organization to do for us the repeated steps that make driving pleasurable and care-free, we know it must be done. Many residents can attest to the fact that the routine, repeated maintenance on their cars has made it so that they are still driving "vintage" vehicles that first rolled off the showroom floor 20 years ago or more! Much can be said about the routine and the repeated!!

Deuteronomy 6:6-9 gives a clears example of how necessary it is to repeat something so that it can have lasting bene-

"These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about

them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write on the doorframes of your houses and on your gates."

Those of us who have developed any skill or habit of living know that it takes consistent use or practice before that skill or habit becomes a part of us.

A foreign language professor of mine

in undergraduate school regularly put a maxim on the chalkboard and asked his students to consider the meaning of that say-

ing and how it applies to our lives. One in particular has stayed in my mind – "Repetition is the essence of pedagogy." I have since changed this principle to read, "Repetition is one of the essences of pedagogy." For, I know that pedagogy, "the art of teaching" demands more from the instructor than just repeating what needs to be learned by the students. I believe we can even refine this saying more to get to the heart of its meaning. "Repetition, in the

many forms it may present itself, can be considered a main essence in the science of teaching."

I believe it's time for us to look again at our re-definition of RESPECT. We need to keep these principles of duty and harmony ever before us. We have an obligation to ourselves and to those around us to do what we can to adhere to these tenets. Much of what I discussed with you in previous issues of the Chaplains' Corner that has to do with "RESPECT" responds to common sense, "the obvious," and to godliness.

"...For, I strongly believe that we have RESPONSIbeen given abilities to complete whatever duties We through the

> ENTHUSIASM and gusto. We must never at once better or utopian. But I also underallow those negative phrases of "I can't!" and "I don't know how!" as well as "I'm not just one of us deciding to make things betgood enough!" to stay in our mind and to shade our behavior. For, I strongly believe remember how I began this column. that we have been given abilities to complete Perhaps if said this way, the tenets of whatever job we are called unto. Let's use RESPECT might begin to take hold. our resource of positive SELF-ESTEEM. "I can do all things through Christ who you start with? strengthens me." (Phil.4:13)

Upon realizing that we can do the job set before us, let's make sure we stick to it until the end – PERSEVERANCE is the characteristic called for here.

Have you noticed, as I have on many occasions, that we some persons are satisfied with simply getting a task done and forgetting about the quality of the work performed. We need to become less and less tolerant of "mediocrity", especially in ourselves. Remember to initial all of our work with EXCELLENCE. Can you imagine everything that we see around us being at or Each of us needs to display at all times above "the bar"!! Since each one of us a sense of should be in CONTROL of ourselves, each one of us is in CONTROL of these princi-BILITY in ples of performance within the spaces that the perform- we operate. As we do the above, we remain ance of our mindful of those around us so that we can as promote an environment of real "communigood citizens ty" and "caring". THOUGHTFULNESS in this Home. plays a key role in the entire definition of get RESPECT.

I understand that none of us can just day easier if we perform our tasks with snap our finger and "POOF" all the world is stand that change can occur if it begins with ter. I know you've heard this before, but

Which one of these principles will

New crime prevention programs starting

A little prevention goes a long way toward deterring crime take that next step

By Jonathan Greenstein, Chief, SID

The AFRH Security and Investigations Division have unveiled two new programs aided at assisting our residents in the prevention of crime and in the unfortunate event of a loss; in the recovery of property.

The first program is Operation I.D., a national program that encourages everyone to make a detailed list of high value property. S.I.D. has developed a form that residents can use to record the make, model and serial numbers of items such as computers, CD players, cameras and other similar items. Most items have a manufactured applied serial number; this can often be found on the back or bottom of an item. If you need assistance in locating this number, just call.

This list can be of great value when reporting lost property as all the needed information will be in one place. Additionally, this information is often required for insurance purposes. Once completed, residents are

encouraged to store the list in a safe deposit box or other secure location.

job we are called unto. Let's use our

resource of positive SELF-ESTEEM. I

can do all things through Christ who

strengthens me."

The second program is Bicycle Registration, a voluntary program that encourages residents to register their bike with S.I.D.

With this program, we have designed a specific form to record the model of bike, color, serial number and accessories. Once registered, S.I.D. will provide numbered decal to apply, warning that the bicycle has been registered with the police and its theft will be prosecuted.

As part of this program, we have access to a national bicycle theft registry system that will be used to enter stolen bicycles and aid in their recovery.

Although we enjoy a markedly lower rate of crime and other incidents that the surrounding community, we have instituted these and other prevention programs to continue this trend.

As always, if you have a question or would like more information; stop by S.I.D. where we can answer those questions, offer any number of pamphlets related to crime prevention or a cup of coffee.

Residents get unique opportunity to dine on the Spirit of Washington

By Sara Kenan

On Wednesday, June 12, 2007, the residents from KHC and Assisted Living Unit got together for a delicious lunch cruise on the Spirit of Washington. When we first got to the harbor we did some sightseeing of all the ships docked around us.

Tom Davis remembered being at that same dock 75 years ago when he was a little boy taking cruises to Mount Vernon and Marshall Hall.

We had a wonderful lunch of fish; beef stir fry, baked chicken, spinach lasagna and an assortment of salads. Everyone enjoyed the food so much we were getting seconds. Then a stage show began of 50's music. Dottie Brown, a volunteer, and Mr. William Palmer of ALU were dancing in the aisle. Next we played three games of bingo .But no one won from are group. Some residents went up on the top deck to take in the view of the Washington water front.

This was a fantastic trip everyone enjoyed it so much.

Youth group makes stop at AFRH

The residents of AFRH received a real treat on Wednesday, July 25, when a group of youth from all over the world visited the campus. The Hugh OBrien Youth (HOBY) conference was held last week in DC and Glamour Gals teamed up with them for a volunteer project at AFRH. The group was accompanied by Ms Teen of America, Danielle Yarog.

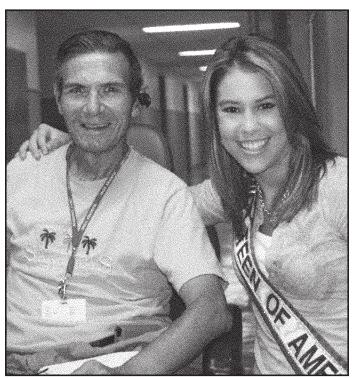
While here the group visited with the residents and gave face and hand massages to those interested.



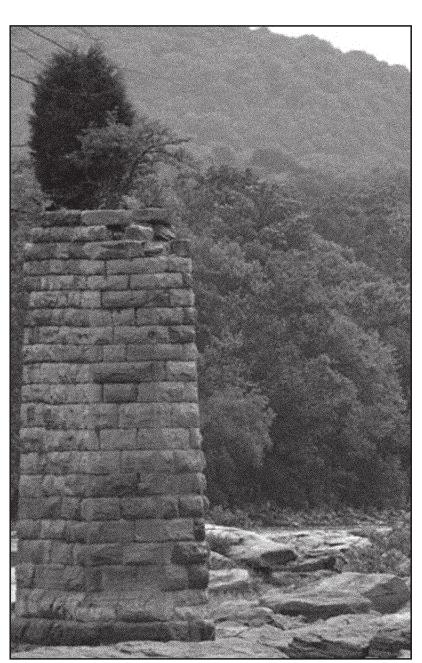
Frances Scott receives a make-over from youth Glamour Gal Megan Dimmitt.



Ethel Blythe gets the royal treatment with a makeover Glamour Gal Haerin "Helen" Paik.

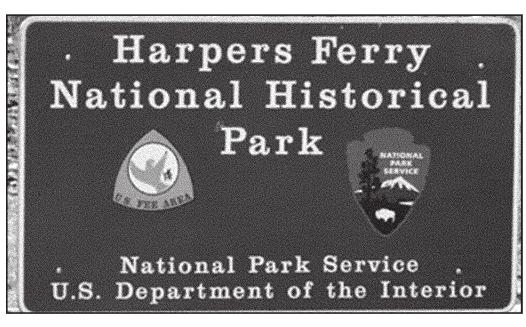


James Denney has his photo taken with Danielle Yarog, Miss Teen of America.



Recreation Services sponsors

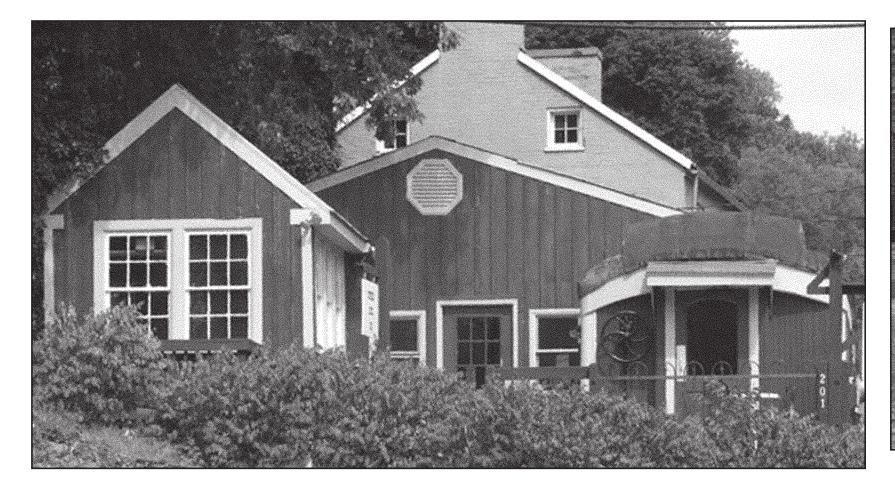
A Trip to Harper's Ferry



This trip is just one of many sponsored every month for the enjoyment of the residents. Check out the August calendar and see what places Recreation Services has planned for this month. If you have an idea or a place in mind that you would like to have a trip planned, stop by the Recreation Service offices and let someone on the staff know. They are there to serve you and all residents. Start making plans now to enjoy the local culture and beautiful outlying country settings.

A special thanks to our favorite anonymous photographer - good job!



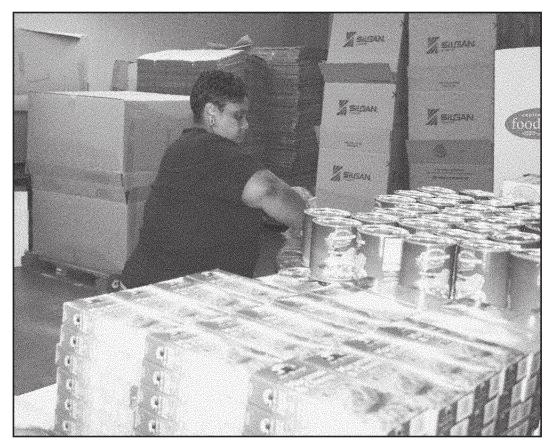




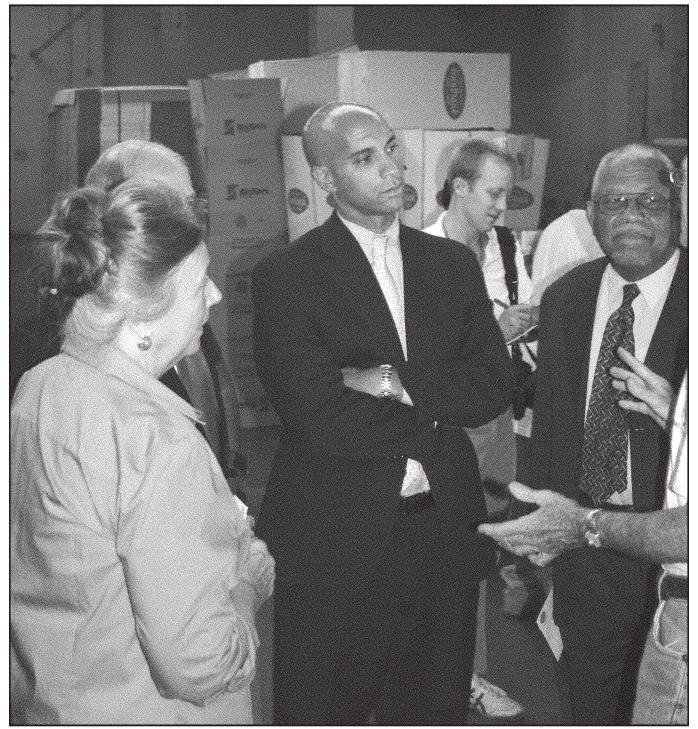
AFRH volunteers spend time at the Capital Area Food Bank

By Sherry Artis

On, Monday, July 23, 2007, AFRH resident Warren Helm and employees Sherry Artis and Sheila Motley volunteered at the Capital Area Food Bank located at 645 Taylor Street, NE in Washington, DC. They represented AFRH with the preparation of boxes of food to be delivered to various summer programs for underprivileged children. This was also part of a tour for Mayor Adrian Fenty to see volunteers donating their services to the food bank.



AFRH staff member and volunteer Sherry Artis on the assembly line packing bags to be distributed to local schools.



Mayor Adrian Fenty (center) discusses the significance of the Capital Area Food Bank with various media representatives.

Bowling action for the month of July

Residents team up for friendly bowling competition

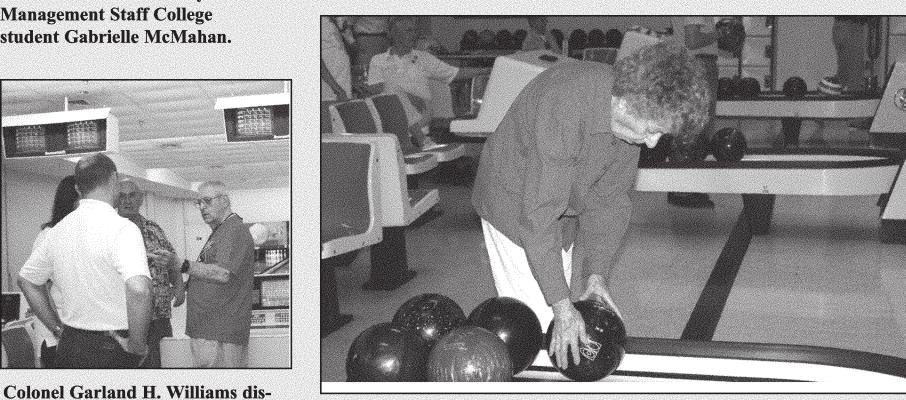


Walter Stevens and Army **Management Staff College** student Gabrielle McMahan.

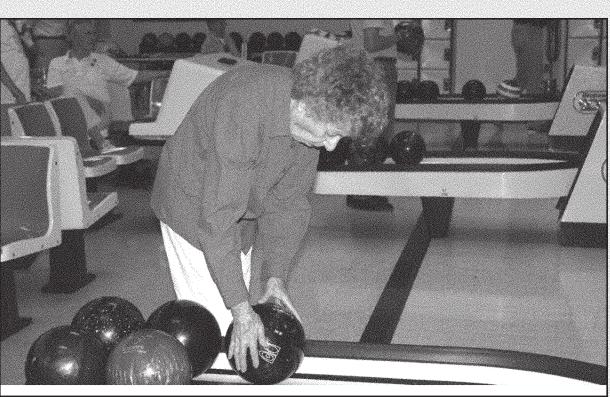
By Jerry Carter

The Third Annual Bowling Super Bowl III, sponsored by GEICO Insurance Company, took place in the Sheridan Bowling Center this month. The top bowler of this event was Jerry Lugar, total pins 2444/ 2nd place Buron Noel 2352 3rd place Steve Kostick 2285 and finishing 4th Tom Carras 2270 pins. This was a 4 day bowling super bowling shoot out and the residents had a good time!

The Army Management Staff College visited AFRH campus to challenge our residents in a bowling shoot-out. This took place on Wednesday, July 18th in the Sheridan Bowling Center. The bowling matches were spirited, friendly, and competitive between our residents and Army College staff.



Mimi Rivkin picks up ball to take her turn in the bowling competition.



Residents enjoy bowling excitement with student from the U.S. Army Staff College.



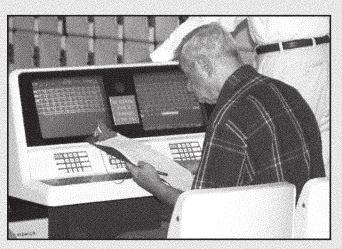
Walter "Smokey" Prussman and Willa Farrell have fun at the tournament.



cusses bowling tips with Ernie

Eldredge (right).

From left - Ernie Eldredge, Frank Dennerly and Colonel Garland wife, Kathy, viewing the scoreboard.



Thomas Carras adds up final scores of tournament participants.

Photographs by Sheila Abarr and **Sheila Motley**

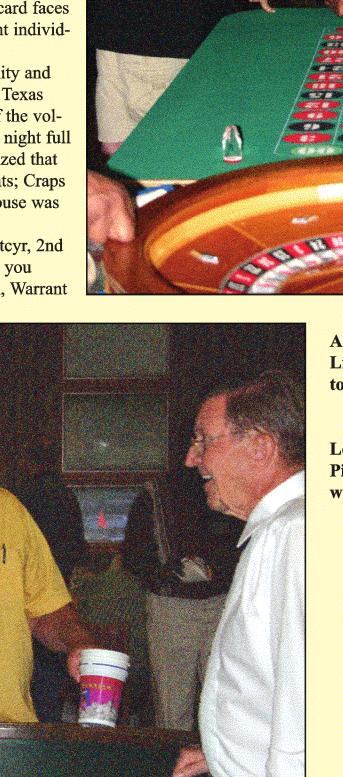
It's Casino Night! Who's feeling LUCKY?

By Keith Turner, Recreation Team Leader

Casino night went to another level this year and the efforts that were put forth to decorate and make the dining hall look like a real casino were completely successful, thanks to AFRH staff Tracy Thomas, Mike Longwell, Michele Bailey, Jerry Carter and Resident Volunteers, Jesse James and Joe Williams. The residents entered and received the full "red carpet" treatment, and as they turned the corner, they walked down Casino Blvd. which was decorated with beautiful stands that had card faces on the top. The resident truly enjoyed themselves, which was stated many times over by different individuals, and there was enough snacks and drinks for everyone.

Special thanks to Melodie Menke, Director, Volunteer Services, and all of the community and active duty volunteers who assisted with Casino Night, volunteering as Blackjack dealers and Texas Hold'em Dealers. A huge thank to the Dining Hall workers for all the hard work and to all of the volunteers who assisted with Casino Night, and Jessie James for all of his hard work. It was truly a night full of fun as we watched people laughing, cheering, and some were very serious, but everyone realized that the main goal was to enjoy the evening which they did. Everything was available for the residents; Craps table, Roulette, Blackjack, Poker and the Money Wheel which went over big once again. The house was packed with over 230 residents.

This year's top three winners were Armand Johnston, 1st place with \$2,200,000.00, James Stcyr, 2nd place with 1,8000,000.00, and Mike Longwell 3rd place with 1,000,000.00. Not real money, but you couldn't tell by the excitement of the winners. A special thanks also goes to our sponsors NCOA, Warrant Officer's Association, Lord Fairfax Chapter.

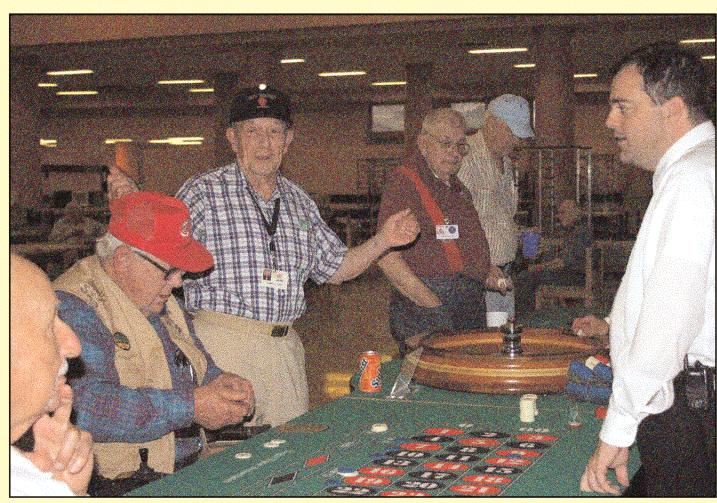


Above - Joseph Wachter (left) and Lindsay Boone wait for the dice to land in a game of roulette.

Left - Daniel Gallucci, Frank Piccarretta and Frank Dennerly watch the roll of the dice.



Claude Vicars (left) and Herbert Oppenheim place their bets.



From left - Al Cotta, Clarence Stone, Daniel Funk, Harold Eby, and Moses Profitt gather around the table during Casino Night.