



Armed Forces Retirement Home

Communicator

VOLUME V NUMBER 8

ARMED FORCES RETIREMENT HOME

AUGUST 29, 2008

Quality: Accreditation standards established with resident input

CARF-CCAC

Setting the standard for quality

The AFRH is one step closer to receiving a seal of approval from the Continuing Care Accreditation Commission (CCAC). Earlier this month, a team from CARF visited the campus and surveyed the services and programs provided to our residents on the DC campus. This is but one step in the process of obtaining CARF accreditation.

"You all should be very proud of what each and every one of you does to contribute to the care and wellbeing of our residents and each other," said Timothy Cox, AFRH Chief Operating Officer in a message to staff members.

Founded in 1966, CCAC is a private, not-for-profit organization that promotes quality rehabilitation services. It does this by establishing standards of quality for organizations to use as guidelines in developing and offering their programs or services to consumers. CCAC uses the standards to determine how well an organization is serving its consumers and how it can improve.

The CCAC, which was acquired by the Commission on Accreditation of Rehabilitation Facilities (CARF) in 2003, is the nation's only accrediting body for continuing care retirement communities and other types of continuums of care that we refer to

as aging services networks.

Today, CARF-CCAC accredits continuing care retirement communities and aging services networks that are part of home, community, or hospital-based systems; sites under a corporate organization; and other types of providers.

The CCAC standards were developed using active involvement and input from our residents, employees and program managers. The accreditation process involves operating under those standards for at least six months before a survey is done. The survey is a tool

for quality improvement within organizations. Its intent is to identify the level of conformance by an organization to a set of internationally recognized, field-developed standards.

Once AFRH receives accreditation from CCAC, annual surveys will be held to evaluate the programs as they match up to international state of the art standards and to reassess resident focus. AFRH will continue to undergo biannual Department of Defense Inspector General inspections as they have been performed in the past.



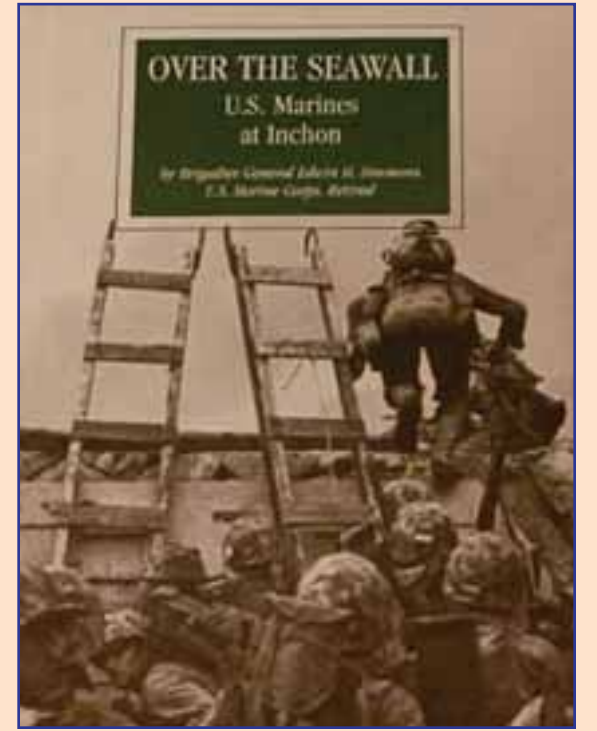
CARF/CCAC representatives Ronald Dischinger (far left) and Kevin McLeod take notes during a focus group meeting with residents. Walter (Kit) Kitson (far right) and Edward Davis participated in the session.

AFRH-G - An artists' rendition



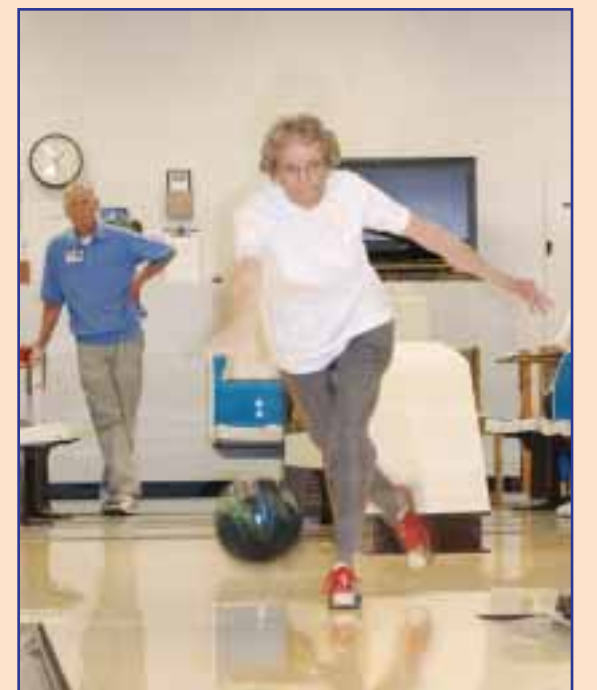
Pictured here is an artists' rendition of the front entrance of the new Gulfport AFRH. GSA provides the following update: Progress continues on construction of the new Gulfport facility. Design/build - Total completed on the main facility 20.4%; Design - 95% complete, front entrance and loading dock redesign, and Issued for Construction Drawings continue to be released to match the construction schedule; Construction - section of third floor elevated slab installed, concrete work and rough-in of mechanical, electrical and plumbing systems installed. See page 3 for more photos. Weekly photo updates are available on the AFRH official website, www.afrh.gov.

Inside this Issue



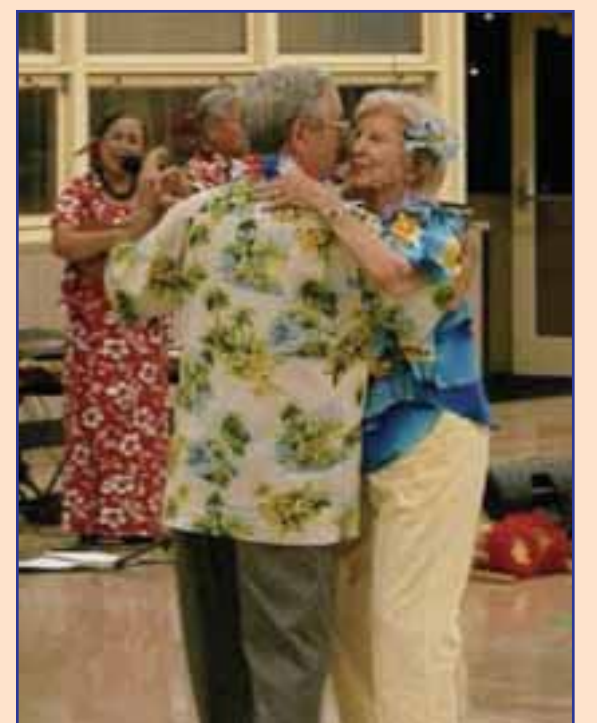
One of the 'Frozin Few'

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2009 Senior Olympic qualifiers

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Luau Dance

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Notes from the Resident Advisory Council



I just finished reading an article in a national newspaper that lamented the price of gas in great Britain (and Europe in general) as the price was near the \$10 a gallon range. And then the

article spoke of the increases in the basic things of life. And then it hit me, even with gas near \$4.00 a gallon, most of us are not touched by increases in the cost of living. Well, or course, we do notice it when we go downtown or travel to the malls but in our home, we do not have to worry about things like what the electric power or water costs; what the price is for our meals in the dining facility, you know, the everyday things that we used to have to worry about when we lived in the places we used to live in before we came to the home. Now we let those who have the management positions worry those things. Now, we just enjoy everything and march on. Life is good.

A few days ago, the committee on the rebuild of the Grant building met with the staff of the Armed Forces Foundation (AFF) in their offices. It was a very productive meeting and took a lot of the worry about forming a foundation, by ourselves, out of our minds. Once we work out the final memo of understanding with the AFF, any worry that we might have had about forms, tax issues, payment of fees, etc., will not be our worry. That will be done under the banner of the AFF and a specific name that we will furnish them so that funds can be collected for us. We still need three or four residents to volunteer to complete the committee. So if you are interested see me anytime, anyplace and let me know. The only requirement is that you are interested in the betterment of the home, in its' history and its' even brighter future.

By the time this article appears, the little gazebo in front of the Sheridan building should have been sanded and repainted. Thanks to the current batch of Navy Chief Selectees from the Pentagon and the Naval District Washington, and the Volunteer office headed by Melodie. Thanks also to the two residents who asked that this be accomplished. Just in case you missed it, the initial work on the building was done by the worldwide BOSS people from the Army. Just another example of all services working for the betterment of residents of our home.

The election for the upcoming RAC will be held September 15, 2008 (or another date if changed) and even though I do not know the names of those who are running yet, one of the important things is that these residents have stepped up to the plate to serve you, the resident.

Once the election is held, the hard part starts. Now you have to support them and the work of the new RAC. New people bring new ideas to the front, new directions to follow; and this is good as long as things are done for the residents, and the home.

Finally, I want to thank all of the current floor representatives and committee chairpersons of the RAC. Working with you has been at times a challenge but in the final analysis, you have done what you were expected to do which is to represent the residents of your home. I would like to think that all of you would like to continue as floor representatives but if not, thanks again for a job well done.

Esker F McConnell

Library

Check out our books, magazines and newspapers. Also, stop by and meet our new librarian Christine Baldwin. Welcome!

AFRH COMMUNICATOR

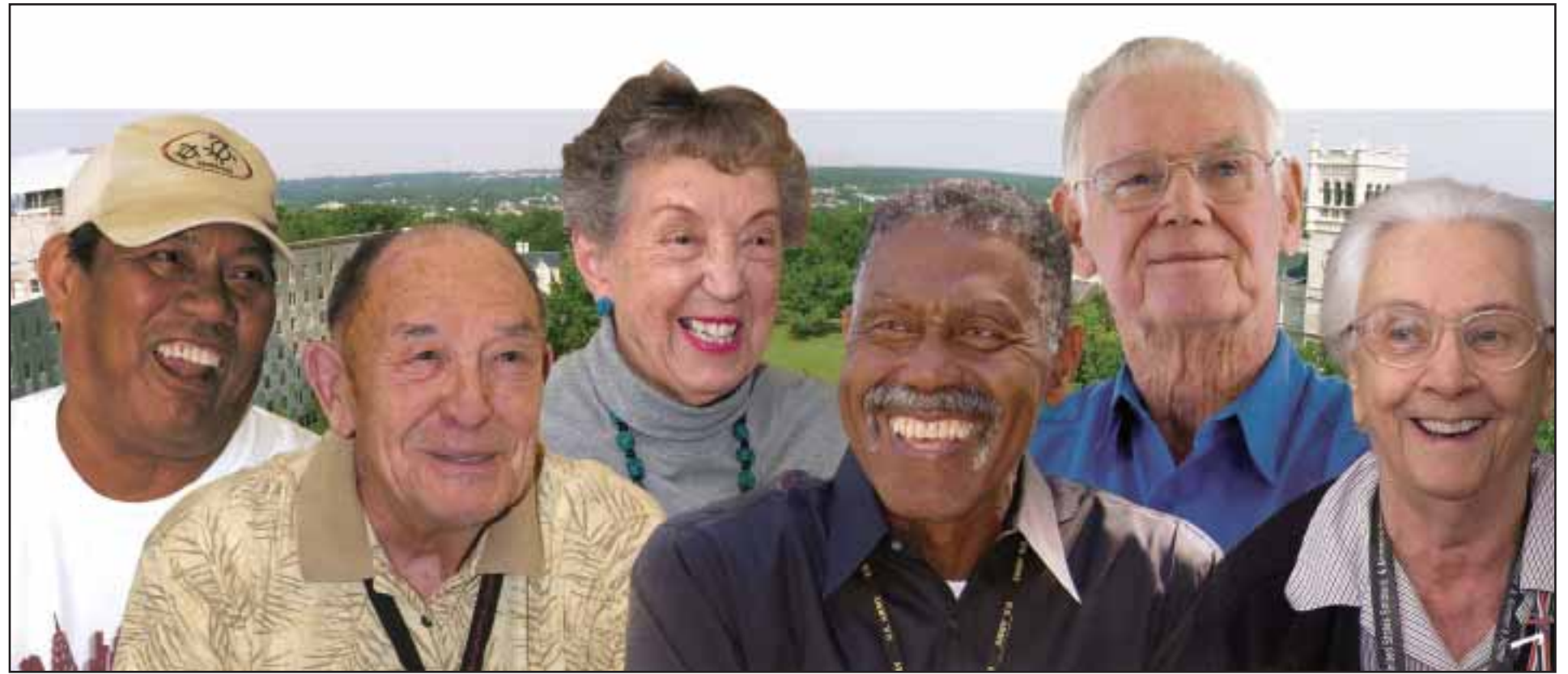
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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the *AFRH Communicator* staff for journalistic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

Serving Washington, D.C. and Gulfport, Mississippi



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.

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:

- 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 AFRH Marketing Office at 1-800-422-9988, or write to AFRH PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400.

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

Seabees of NMCB-1 visit AFRH-G



On July 31, 2008, a group of U.S. Seabees from Naval Mobile Construction Battalion One, homeported in Gulfport, Miss., toured the AFRH-G construction site. Here, Yates Construction Safety Coordinator Jolly Winsor tells the group about successful safety precautions they use on the site.

Message from the Chief Operating Officer



In last month's column I shared with you the National Capital Planning Commission's approval of the multi-use development of a portion of the AFRH DC campus. The announcement couldn't have come at a better time as we are presently working diligently to finalize the AFRH Long Range Financial Plan, which is a 10 year look ahead to our operational and facility funding requirements. And as most of you may have noticed with your personal budgets, the cost of living (gas, food, shopping...almost everything) has increased at an alarming rate in the past six months. In order for the Trust Fund to remain solvent, we must lay the foundation for the plan now. We want to remain the best option for the sailors, soldiers, airmen and Marines of tomorrow.

The AFRH Long Range Financial Plan works in conjunction with our Master Plan. Monies that will be generated from the leasing of a portion of our property go directly into the AFRH Trust Fund. That income will be used to update and modernize our facilities here in DC. We aim to make them nationally equivalent to retirement communities recognized by the American Association of Homes for the Aging (AAHSA) accreditation process and to align them with the amenities being built in the new Gulfport facility. Leasing the property in Zone A allows us to retain ownership of the land and use the earnings for much needed capital improvements to existing facilities. That reduces the risk of depleting the Trust Fund and compromising our financial future. Early projections for the costs associated with the campus facelift exceed \$360 million dollars, over a 10 year period, which is money well spent. The plan addresses features that maximize the overall wellness of our residents, encourages self care, physical activity and mental stimulation and early intervention. Our Trust Fund, now in excess of \$150 million dollars, is the healthiest it has been in a decade and a half. It cannot, however, support the improvements needed. Through the leasing of underutilized buildings and property we are able to reduce our footprint thus cutting maintenance and operating costs.

As a sidebar, seventy percent of our annual income to the Trust Fund last year was derived from active duty fines and forfeitures (59%) and active duty contributions (11%), for a combined total of \$47 million dollars. This amount fluctuates from year to year, from wartime to peacetime, and we must be mindful of this. It is sometimes easy to get caught up in the here and now but it is our responsibility to ensure that we 'protect the promise' for all veterans, now and in the future.

As the Master Plan has developed, we have used information collected from our residents through surveys, focus

groups, the Resident Advisory Council and informal discussion. We've also engaged the consult of Dr. Lorraine Hiatt, an expert in the study and design of senior living. With her guidance and expertise, we have designed a Master Plan that encourages vitality and healthy aging, relying more heavily on residents' involvement in their well-being and having features of personal living units, common area locations, vertical transportation and staff placement to optimize what people can continue to do through healthy aging. Ultimately our goal is for our residents to have a positive aging experience with fewer days in nursing care and more time spent focusing on things they can do versus frustrations on what they can't do and a redirection of our resources, both facilities and staffing.

Listed below are some of the highlights of the plan.

The two-phased renovation of the Scott Building will include both residential living and assisted living accommodations, as well as the main Dining Hall, adding a Hall of Honors and movement of activity and program spaces, administrative offices and building support spaces.

The Sheridan Building will be renovated following the completion of Scott, and will include only residential rooms, resident activity and program spaces and building support. Upon completion of the renovation of Scott and Sheridan Buildings, it is anticipated that a future population of 518 residential and assisting living residents will be served on the DC campus of AFRH.

Resident rooms for both independent and assisted living units will be identical in size and design and will be similar in concept to those under construction in Gulfport.

A 'Main Street' design concept will be created on the ground floor of the Scott Building, continuing through the connecting tunnel to link with existing resident activity spaces on the ground floor of the Sheridan Building.

The existing Health and Wellness Clinic will be main-

tained in its current location to address the needs of both residential and assisted living residents living in the Scott and Sheridan Buildings. The Clinic will be expanded to include an accessible dental exam/treatment area, a redesigned ophthalmologic exam room, and additional work and storage space.

The main Dining Hall will remain in its current location, however, it will be reduced in size and scale, tailored to the needs of those who will remain on the DC campus after the new Gulfport community is opened.

Other dining venues such as the Capital Canteen and a new Resident Kitchen will also be located along Main Street on the Scott Ground Floor. The main kitchen will be downsized and completely renovated, enabling a substantial number of square feet on the Scott Ground Floor to be utilized for other purposes and increasing the operating efficiency and cost effectiveness of the AFRH dining services program.

A new Multi-Purpose Room will replace the existing Scott Theater. The new space will accommodate a variety of events (i.e. meetings, movies, game shows, sportscasts) and will have improved lighting and a level floor to make it safer and more accessible for all participants.

Most hobby spaces are currently located on the Ground Floor of the Sheridan Building and they will not be modified. The Auto Shop and Bike Shop, both located outside of the Scott and Sheridan Buildings, will also remain in their current locations.

As you can see, we have challenging yet exciting times ahead. We started with a vision of creating an environment that accentuates health and wellness in aging. Working within the confines of our existing structures and Congressionally established charges and financing, we are now one step closer to seeing it happen. More information will be provided as the plan is further developed.

Timothy Cox



Principal Deputy Under Secretary of Defense for Personnel and Readiness visits AFRH

Lanier Phillips shakes hands with Secretary Michael L. Dominguez during his recent visit to the AFRH. Pictured next to Lanier is AFRH Chief Operating Officer Tim Cox.

AFRH-Gulfport August Update



The third deck. As of August 26, 2008 a total of 14,737 cubic yards of concrete have been placed.



Front view.



Rear view.

Welcome Aboard



Name: Ardith Greer
Branch of Service: USN
Entry Date:
Separation Date:
Rank: E6
War Theaters: WWII



Name: August Kulick
Branch of Service: USN
Entry Date: October 1943
Separation Date: October 1971
Rank: E7
War Theaters: WWII



Name: Brian O'Neill
Branch of Service: USA
Entry Date: December 1942
Separation Date: November 1968
Rank: E6
War Theaters: World War II, Korea



Name: Chester Holleman, Sr.
Branch of Service: USN
Entry Date: November 1939
Separation Date: September 1968
Rank: LCDR
War Theaters: WWII, Korea, Vietnam



Name: Paul Gustafson
Branch of Service: USN, Army Air Corps, USAF
Entry Date: December 1941
Separation Date: August 1966
Rank: E7
War Theaters: WWII



Name: Ernest Venison
Branch of Service: USA
Entry Date: June 1942
Separation Date: November 1962
Rank: E7
War Theaters: WWII, Korea



Name: Francis Lewis
Branch of Service: USA
Entry Date: June 1952
Separation Date: November 1954
Rank: PFC
War Theaters: Korea



Name: Barbara Folk
Branch of Service: USN
Entry Date: June 1944
Separation Date: June 1946
Rank: S/1
War Theaters:



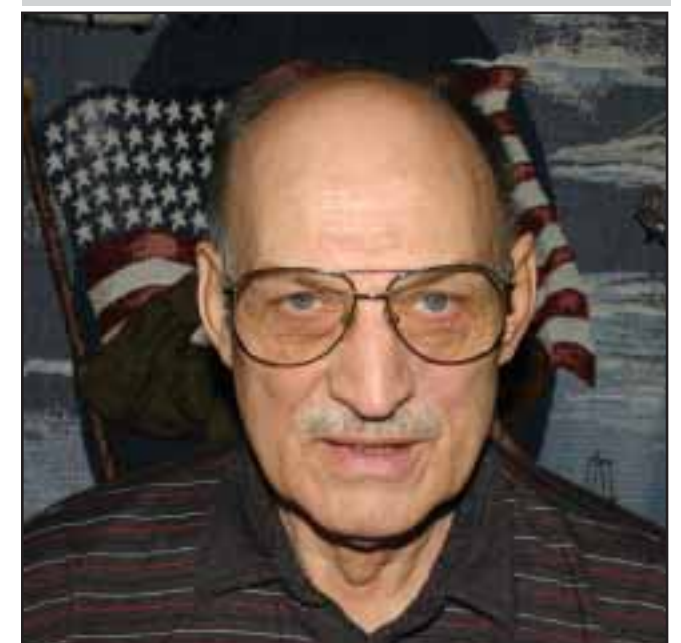
Name: Eva Downs
Branch of Service: USN
Entry Date: January 1944
Separation Date: September 1945
Rank: E3
War Theaters: WWII



Name: Paul Downs
Branch of Service: USMC
Entry Date: November 1938
Separation Date: January 1961
Rank: SgtMaj E9
War Theaters: WWII, Korea



Name: Ronald Thompson
Branch of Service: USA
Entry Date: September 1953
Separation Date: June 1975
Rank: CWO2
War Theaters: Vietnam



Name: Ralph Wineland
Branch of Service: USA
Entry Date: November 1956
Separation Date: December 1980
Rank: CWO3
War Theaters: Vietnam



Name: Louis Bose
Branch of Service: USN
Rank: E5
War Theaters: Vietnam



Name: Donald Gilley
Branch of Service: USN
Entry Date: April 1949
Separation Date: April 1953
Rank: E4
War Theaters: Korea



Name: Joseph Connor
Branch of Service: USAF
Entry Date: September 1942
Separation Date: May 1964
Rank: E5
War Theaters: World War II, Korea

**AFRH will
 celebrate the
 U.S. Air Force
 Birthday
 on
 September 17, 2008**

1:30 p.m.

Scott Theater

From the Director



We live by a budget at AFRH. Besides that and very much unlike other retirement communities, the AFRH is governed by federal laws. We cannot

overspend the budget Congress approves for the Home. Even though we have money in the trust fund, our budget is limited to that exact amount. If we were to exceed it by just one penny, we would be in violation of the Federal Anti-Deficiency Act. That is why three weeks ago the Agency was significantly shaken by an unexpected utility bill of \$611,000 to get us through the end of the fiscal year due to rising energy costs. Mr. Cox immediately went into a quick response mode and directed all to find the money. Everyone dug deep; Campus Ops, Resident Services and Health Care Services with Donna Smith, the acting CFO, tracking the detail in the budget and made changes to take care of the shortfall for not only the utility bills, but also some additional bills for facility maintenance that had arrived. All staff made sacrifices by living with a hiring freeze, delaying some work, canceling all scheduled travel for conferences or training, and putting off purchasing needed equipment.

It was and is tough but working together, the issue was solved. I personally was disappointed for several reasons. Like Thomas Watson said, "The world rings changes; it is never constant but in its disappointments."

How do you deal with disappointments? None of us likes facing disappointments. We always want to go for and to get the gold. Succeeding is vital to our sense of wellbeing. Here are a few guidelines:

* * * * *

o Don't panic. The sky isn't falling. However, if you think it is, it will seem that way.

o Keep a positive mental attitude. Henry Ford said, "You can believe you can or

you can believe you can't, either way you will be correct."

o Assume that a blessing is being disguised in the problem. Look for ways to lever the bad into a good. Assume that success will come from setbacks. Make success a contest between you and your problem.

* * * * *

Let me tell you about one who turned a disappointment around. Today (August 18th) is my 29th wedding anniversary. Let me tell you about Sue, my wife. I fell in love with her during the last half of our senior year at college.

I dated Sue one time as a freshman and decided I was not interested. She waited three years for me to change my mind. After finding out Sue was interested in me, a friend told her that I was too dumb to realize she was a good thing. She advised Sue to come up with some method "to get me interested". She took the counsel and devised a plan.

It was in the spring of the year when Sue began putting different items in my mailbox and all were signed, "S.A.", Secret Admirer. I was immediately fascinated because these items were varied, handmade, good to eat, and unique. A poem, sesame seed snacks, a funny drawing, a joke, a health bar, etc. Once, I was stung by a bee and in the mailbox the next day I found she had drawn a crazy sketch of me and wrote a ditty about the sting. Each day the surprise was different, originally made, written or drawn by "S.A.". I had no idea who it was but I was intensely intrigued. Every day for five weeks my mailbox had something from "S.A.". It was my routine to sit at the same study cubicle in the library and one day upon entering I discovered a bouquet of fresh lilacs so huge, there was no room for me to put my books down and get to work. So I followed where my heart led and allowed myself to be overwhelmed by their perfume and spent my time thinking. I was falling in love with this girl and I had no idea who she was. I asked everyone, "Who is "S.A.?" No one would spill the beans.

The Friday before Spring Break, which, that year, happened to be the weekend of Easter, I went to my mailbox, and in it was a note from "S.A." instructing me to look above the rack of mailboxes. On the top

shelf was a large reed woven Easter basket, the sort with a large handle and it was full of that fake green grass. It was decorated with colorful ribbons. At this point in my life I am 29 years old, and here I am now walking through the college buildings carrying this "Easter basket" attempting to follow the clues. Picture that in your mind! One clue was in the huge dictionary on the wooden stand in the library, another in a refrigerator

in the college kitchen, another in the President's office, etc. Each clue lead to a surprise and the very last one was Sue McGorman, my "S.A."

We married that summer. She refused to cave into disappointment. God greatly gifted me with my wife, my "S.A.", who became the mother of our six children.

Do not allow disappointments to rule you. Turn them into what will benefit you.

David Watkins

In a goodwill gesture, Japanese flags returned

By Mary Kay Gominger

He doesn't know why he kept them, but resident Bobby Renfro saved two WWII-era Japanese flags that he inherited from his brother-in-law for many years. He took them with him in moves to Arkansas, then Louisiana, to Colorado, and finally, a few months ago, they arrived when he did in DC. On his way to lunch earlier on July 23,, Bobby saw members of the Japanese Embassy touring the AFRH. He went up to his room, dug out the flags, and gave them to the Japanese officials as a gesture of goodwill.

what appears to be a slogan on it, like it is from a military unit, and I thought it would be nice to get it back to the families of those people," Bobby said. "The Japanese officials seemed very appreciative. They already sent me a thank you note. I figured when I saw them here that it was time to let it go."

Bobby joined his fellow veterans at the AFRH three months ago. He shares the same kinship of several other residents - that of being one of the Chosin' Few. Look for Bobby's story in the next issue of the *AFRH Communicator*.

"One of the flags has signatures and



Bobby Renfro, middle, gives officials from the Japanese Embassy his contact information as they check out the flag. Also pictured is resident Stanley Sagara, standing.

Soldiers' Home had 'unsurpassed' dairy herd

From the Archives

The following article is reprinted from the *United States Soldiers' and Airman's Home* publication dated April 26, 1996 By Ray Colvard Associate Editor

In 1950 Congress decided the Soldiers' Home should not be in the milk business. A headline in the Washington Star of March 18, 1951, read, "Soldiers' Home Dairy Herd up at Auction Tomorrow."

Few of the old soldiers came to the sale. The news item mentioned Tommy Traynor, "Whose brogue was as thick as Irish mist." Traynor had come to the dairy at the age of 19, fresh from Country Amargra, and

for more than four decades, from stockman to general manager, had worked to build the herd. There was no comment from Traynor reported. His opinion was probably unprintable.

Traynor had used prize bulls to build the herd - the first all-credited herd of Holstein cattle in the country. Going on the auction block was Bellevue Aiken Piebe Bonheur, whose dame was a daughter of Ormaby Sensation XLV, and was the grandson of Johanna Rag Apple Pabst, by Pontiac out of Tribune Papcose Piebe, a six time all American. His 10 remaining daughters would be included in the sale.

Bellevue Design Cornell would be sold with 52 of his daughters. Wisland

Laverno Educator Forbes would be sold with 30 of his daughters. To the block also would go Bellevue Design Senate, a rookie too young to have had an opportunity to perform.

Although Traynor's herd began in 1906 with the purchase of Holstein-Fresian stock, a

dairy herd had been part of the Home from its beginning. The original stock had to be destroyed in 1893 because of an outbreak of tuberculosis in the cattle. But a new herd was established a few years later to provide milk for the hospital and in just two years had increased to about 50 head. It is worth noting, as Colonel Goode stated in his book, "The dairy always showed a profit."

By 1918, with more than half the herd pure-bred, Goode stated, "The dairy herd was the showplace of the Home." The Department of Agriculture reported that the milk was not only "unsurpassed in quality, but was produced at the lowest possible cost." In 1931 the Soldier's Home Dairy

Farm housed 165 registered Holstein cattle, including five valuable bulls. The total value of the herd was approximately \$50,000. The buildings included three cow barns, a maternity barn, a calf nurser, four silos, a creamery, storage barns, an office and living quarters for the employees. Also part of the complex wa a chicken farm, which included 6,000 White Leghorns. By 1940, the dairy was producing over 100,000 gallons of milk each year at less than 30 cents a gallon.

The auction created a traffic jam along UpshuR and Rock Creek Church Road. Dairymen from Maryland and Virginia and breeders from six states overflowed the auction site. The sales manager called the animals, "one of the top herds I have sold in 30 years."



President Theodore Roosevelt with Soldiers' Home members.

Coast Guard birthday celebrated



On July 29, the AFRH held a birthday celebration honoring the Coast Guard's 218 years. Pictured here with the guest speaker and the youngest Coast Guard member are residents Donald Stout and Reid Hawthorne.

Not Forgotten

Memories burn bright for veteran of historic Korean battles

By Mary Kay Gominger

He doesn't have old photographs hanging on the walls in his room or worn and tattered letters on display. There are no fading newspaper clippings or unit plaques to commemorate the times and places he served during his time with the Marine Corps that started in 1948 and spanned 23 years. He has nothing but his memories, some DD214s that verify his service to country and a few scrapbooks put together by fellow Marines and given to him years later at a reunion. But he remembers. And its about this time every year that resident Albert Meringolo's mind drifts back to another time and another place, September 15, 1950, to be exact. He remembers being on a ship just off the shore of Inchon, Korea, waiting his turn as he and his fellow comrades with the 5th Marine Regiment plunged into the waters with weapons drawn and stormed the beaches. There was no time to worry, no time to think. Only follow orders. And that's what he did.

"All we thought of was what had to be done," Albert said recalling that day. "There were Army units that needed to be relieved. Time was of the essence. As we fought our way inland, the North Koreans retreated. After we took the

beaches, we made our way inland, ultimately to Seoul, clearing house to house along the way. It was slow going but we made it."

Albert was there in Seoul when the American flag was raised and General MacArthur ceremoniously handed the city back over to the South Koreans.

The Battle of Inchon was just a warm up of what was to come, the 'tip of the iceberg' so to speak for those Marines, and Albert, as a few months later they found themselves in the thick of things again, this time the Battle of Chosin Reservoir.

"Yes, I'm a member of the Chosin Few," Albert acknowledges, but only when asked.

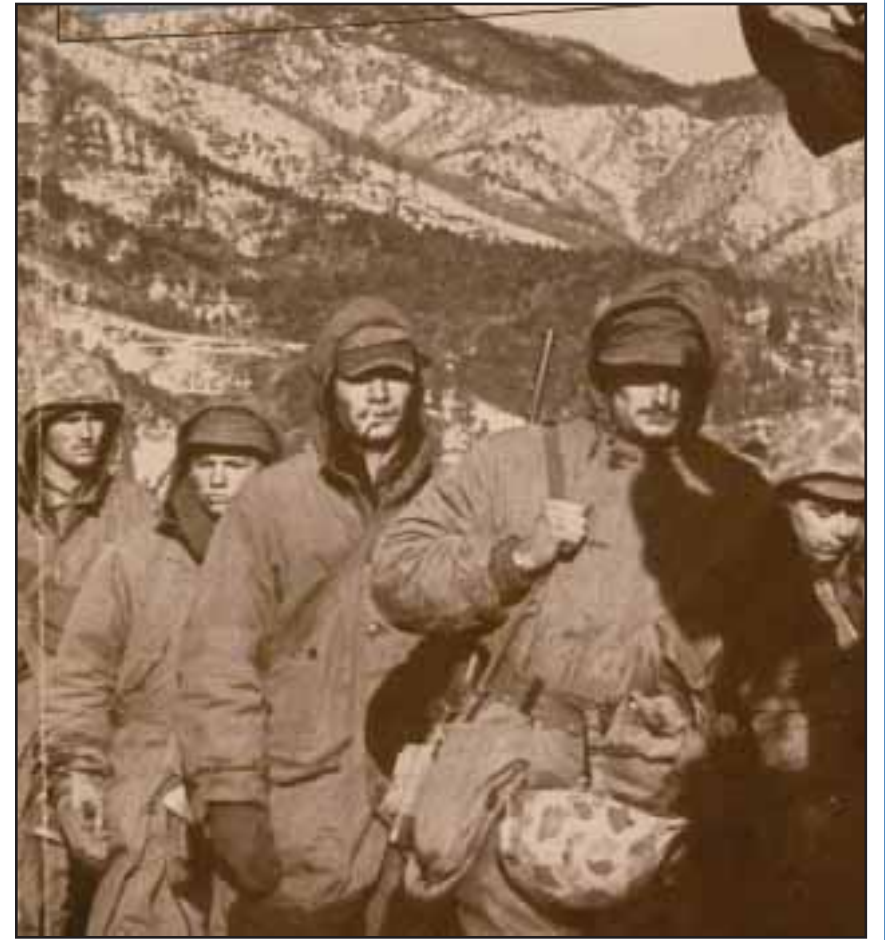
"It was cold," he recalls. "Thirty below. We had parkas...gloves...but that was the extent of our cold weather gear back then.



Albert Meringolo at the AFRH DC campus.

"We were ambushed, totally surrounded and outnumbered. There was only one way out...straight down, 78 miles," Albert recalled.

"That's how we found out that the Chinese had joined the North Koreans in the war. There we were... surrounded and outnumbered by 100,000, at the top of the mountain, in subzero temperatures, with only one way out... 78 miles down a narrow one way road. There was a feeling among us though, as we looked around at each other, we knew we would make it out. They may have had us in num-



A photo taken of a few members of the 'Frozen Few' printed in a book that a fellow Marine gave to Albert at a reunion.

bers but we were confident in our tactical skills and that would make the difference."

Albert made it down that road but spent the next seven months in hospitals recovering from gangrene and other complications from severe frostbite on his hands and feet. Upon release he continued his career with the Marine Corps, serving in a variety of duties stateside and doing a tour in Hawaii and as Marine Security with the American Embassy in Liberia. He retired from the Marine Corps in 1970 having achieved the rank of Sergeant Major and his ties with Corps and the men of 'the Chosin Few' have remained strong throughout the years.

"We've always kept in touch and get together every two years" Albert said. "We served together a long time ago but the experiences we had and our medical issues now, as a result of the frostbite, makes our bond stronger. We keep up with how everyone is doing."

Albert has lived at the AFRH for 18 months. He has family in the area and had passed by the grounds many times in his visits to his family. One day, he stopped and inquired and made the decision to join his fellow veterans.

"I always had it on my mind that I would find a veteran's home someday," he said.

Albert enjoys exercising and reading and his goal is to start volunteering. He plans to start training next month to be a volunteer in the AFRH library.



Marines taking Seoul in 1950.

Same beginnings, different paths

A tale of two travelers

By Bill Tobin

These two residents, pictured here, took very divergent paths to reach their current goal of residing at the AFRH-W. They are of two different services and two different birthplaces, but - they traveled virtually the same lanes down the path of life before meeting each other, here at AFRH-Washington.

They are Alfred (Al) Giunta and Pasquale (Pat) Giudice. Pat, the older of the two, likes to call themselves the only two Yiddish Italians here at the Home. As he explains it, "Both our names start with the same spelling GIU, which when pronounced comes out Jew, so there you are."

His background is as follows. Pat was born on January 15, 1919, in Syracuse, Sicily. His family emigrated to America in 1920 to Utica, NY, thence to Brooklyn in 1929, living at 17 Strong Place there.

Pat's father worked in a butcher shop there. The same butcher shop which Al's family used later on. But neither of them knew each other at the time.

When WWII reared its ugly head Pat enlisted in the Navy. He served for some 32 months as an MOMM2 (motor machinist's mate) from 1943 to 1945, then went into the Naval Reserve. His most memorable moments of that period were serving aboard the USS LST-506 which he went aboard at Jeffersonville, Ind., sailed it down the Mississippi river, up the coast to Bayonne, NJ, on to Halifax, Nova Scotia, across the "pond" to England, then over to France and the beaches at Normandy. After the invasion his ship made some 50 supply crossings of the English Channel, mostly at night to evade

the U-boats & fighter planes.

In 1949 he found himself as a station keeper at Floyd Bennet Field, NY working in Public Works where he made Chief. He achieved the rank of E-9 but turned it down as it would entail too much further service on active duty. It was then on to shore duty at Little Creek, VA to Fire Fighting School. Pat retired in 1963 and subsequently joined the Customs Service where he stayed for some 15 years. One of his most memorable events from that period was meeting Mario Puzo as he went through customs. Pat mentioned that he would have to buy a copy of his book (The



Godfather) but Puzo told him not to do that and later sent him an autographed copy. Pat's wife passed on in 2000. After living by himself, Pat became a resident here in April of 2003. He and Al G had not met each other yet.

Al went into the Navy at 17 and completed boot camp at Sampson, NY. He was then posted to a light cruiser, the USS Portsmouth. The war was over soon after and Al stayed a civilian until he went into the Army (no seasickness there). He found himself in Korea also known as the Land of the Morning Calm. Al liked to call it Frozen

Chosen (Chosen was the Japanese version of Korea), which was apropos as he had his feet frozen up on the Yalu River and was medevaced to a hospital in Japan. He stayed there for three years. With the onset of the war in Vietnam, Al wound up there with the 86th combat engineers at Long Thanh. Then it was back to Germany and eventually to Schofield Barracks in Hawaii. It was there it was discovered that his wife had contracted cancer, which she did not survive. Staff Sgt. Al was retired at Ft. Dix. He then worked for some 10 years for American Express before entering AFRH in 1995 for the first time. It was during his second "tour" here that he met Pat, in 2003.

It was while Pat was living on the 7th floor of the Sheridan Building that he noticed a name on a door which intrigued him. It was that of Al Giunta. He knocked on Al's door and introduced himself and they both started to reminisce. After some 60 years of divergent paths, those paths had finally crossed - here at AFRH.

They found that they had not only lived in the same city in Brooklyn, but had lived in the same building. At different times of course. They had also been married by the same priest, and had most of the same school teachers. And as they talked they found numerous circumstances of the same events which they had undertaken, all at different times of course, without ever having met each other - - - until meeting here at AFRH some 60 years later.

Now they are pretty much inseparable and enjoy each others' company while helping each other cope with today's living standards. They also find solace in each others' company, now in the evening of their lives. In their case it seems that AFRH was truly a Pathway To The Stars!

STONE SOUP at the GARDENS

By Jerry Carter, AFRH-W

The residents and gardeners gathered once again for the 17th annual Stone Soup Luncheon and Garden Judging Contest. Rick Langford, our super chef and produce grown by our gardeners became the main ingredients for this very special stone soup. Not only was it fun for everyone but it provided a healthy lunch for everyone. Yellow squash, green string beans, cabbage, cucumbers, zucchini, all kinds of peppers, egg plant, lettuce, and spices combined with the special stone made this a flavorful feast!

Recreation services thanks Rick Langford for his cooking expertise, volunteers, staff, judges from USDA-Fruit Lab, and all the residents who attended this event. Lastly, to all our 2008 gardeners for their effort and hard labor throughout the garden season. Congratulations to the following garden competition winners: First place- Jessie James; Second place-Chester Mahaffey; Third place-Danny Gallucci.



Frank Nelson cuts vegetables for the stone soup.

Game time

Family Feud Game Show Surprise

By Keith Turner

The Family Feud Game show was set with high expectations from the two teams who had won the most titles in AFRH game show history. Clarence Stone and his team (The Rolling Stones) and Mike Longwell and his team (The Aces) are two of the toughest teams to beat when it comes to Family Feud and they both had voiced big challenges for one another. The Scott lounge was packed full of people who came to witness this big event between two giants, but before they could meet each other in the championship round, they would have to get past the two new teams that had entered the contest.

The Rolling Stones drew the first match against Doris Jones and the 'Wings.' This happened to be, what many called, the upset of the game shows. The Wings flew



Larry Friesel and John Mill square off during the Family Feud game show.

past the Rolling Stones so fast that the host couldn't believe it was over. The second game between the "Aces" and Sarah Keenan's "Redskins" ended up being an even bigger surprise as the Redskins scalped the Aces and had no pity as they advanced to be the second surprising team in one day to play for the championship.

The championship ended up being as exciting as riding a rollercoaster ride as the two new teams battled back and forth for the first place prize. In the end one mistake by the Redskins gave the Wings the one edge they would need to fly off with the Championship and claim themselves "The New Family Feud Champions." As for Clarence Stone and Mike Longwell, you know you haven't seen the last of them.



The Wings discuss their strategy.

New Game Show Is A Smash!

By Keith Turner

The resident were introduced to a new game show that was similar to the running hit Password. The game was played in the Scott Lounge and over 40 people came out to participate or watch. There were a lot of exciting players who teamed up and said they really enjoyed themselves and had a great time. Some of the surprises were the partnership performance of Phil Uhlmann, who was simply awesome, and Clarence Stone. Bob Cavanaugh and Charles Beebe were good teammates along with Mr. Bolduc and Mel Sams. Even the people in the audience seemed to be on the edge of their seats during certain contests.

The match of the day came between the partners of Jim Grant and Mike Longwell versus Ernest Fowler and Richard Powers. These two teams gave the viewers a great championship match that can't be described in words. It was one of those "You had to be there to

feel the excitement" type of matches. The two teams battled back and forth with the lead exchanging hands time after time, but in the end Ernest Fowler and Richard Powers pulled it out beautifully and played the Password Game show better than anyone could on the actual TV show.

As great as this game turned out, coupled with immediate request to do it again real soon, you can count on this game show popping up as a contest between the residents, employees and contractors. Wow! That could be something great to see. The battle for bragging rights! Stay tuned in because that would be awesome!



Charles Felder answers a question during the new game show Password.

KHC Tuesday Night Happy Hour

By Carol Mitchell

On Tuesday, July 29, 2008, the residents of the King Health Center spent a lively late afternoon celebrating at the Lagarde



Frederick Douglass and CNA Ngozi Umajie enjoy the outdoor event.

Fountain Area. The last Tuesday of every month the Residents of King Health Center enjoy a variety of themed events. July's Happy Hour attendees socialized with each

other and enjoyed burgers, beer, dogs, drinks, and mouth watering watermelon! Residents were also treated to music to tap your toes to and a rousing version of "God Bless America" lead by Robin SESCO, Carol Mitchell, and sung by all!

AFRH athletes qualify for National 2009 Senior Olympic competition

Earlier this month two of our residents, Willa Farrell and Clyde Hairston, were notified by the D.C. Parks and Recreation, Senior Services Division, of their qualification for the 2009 National Senior Olympic games to be held in the San Francisco Bay area during the week Aug. 1-15, 2009. Willa qualified in the bowling singles competition and Clyde qualified in golfing.

"I have never bowled much until the last two years," said Willa. "Now I bowl every-day. I participate in the league play every Thursday and find someone to play with all the other days. I really enjoy bowling."

Clyde Hairston tries to play golf at least once a week and enters tournaments whenever he can. He's pressed for time, though, as he spends many hours a week volunteering at the Smithsonian and with groups such as Habitat for Humanity.

"I look forward to the trip to San Francisco next year," Clyde said. "It's a great opportunity. Anything that involves the game of golf...I'm all for it."



Willa Farrell



Clyde Hairston

AFRH Bowling News

By Ed Crump

I had my best month of bowling since I started participating in the shootout over five years ago and it couldn't have come at a better time. For better than a year or longer my bowling was not up to what it should be. My average was down in the 120s and I was trying everything I could to try and do better, but no matter what I was doing, nothing seemed to be working. It was getting to the point where I was wondering if I would ever get my average up to where it should be. It was a real struggle for me but I never gave up. This month, my bowling came back where it should be. I rolled a 172 game with no strikes and nine spares, the only open frame I had was a split. I won first place twice and finished third once and when it was over I took bowler of the month which really relieved my mind. So now the key is to keep doing what I did in July

There were several other bowlers who did very well last month including Chuck Merlino who now owns high game scratch for the year with a 244. Over the last 15 games he's averaged 174. He carries a current average of 169.

Another bowler on a roll recently has been Bob Schonherr who has first, third and fourth place finishes during the month. He has his high game for the year of 190 plus his high five series of 505. Over the past nine games Bob averages 162 including four games of 171 or better.

Then there's Jim Vancil who I take

great pride in. Here's a man 92 years old, mind you, but you would never know it. Back in May he was the bowler of the month. In July he averaged 161 to raise his overall average to 147. He had a high game of 203 last month. I encourage anyone who hasn't seen this man bowl to come to the bowling alley on a Thursday afternoon and watch him bowl. You'll be amazed. If I live long enough to be his age I sure hope I can still bowl.

The annual GEICO Tournament will be held on Sept. 10-11, 22-24. It should be a great tournament. I'm looking forward to it. Hope to see you there.



Jim Vancil was Bowler of the Month in July. He averaged 161 last month to raise his overall average to 147.

Hawaiian Feast

Residents enjoy the food and fellowship during Hawaiian night held at LaGarde on Aug. 5.



LaGarde 4 Hawaiian Nights Dinner

By Sarah Kenan

On Tuesday, August 5, 2008, the residents of LaGarde 4 King Health Center enjoyed a celebration 'Hawaiian Style.' The residents listened to music from the isles of paradise while feasting on sumptuous foods like Mahi Mahi, sweet and sour chicken, fresh pineapple, coconut cream pie, and many other Hawaiian foods. All residents were entered in a free raffle drawing to win tropical prizes. A wonderful time was had by all!

Better Opportunity for Single Sailors

Army volunteers pitch in at AFRH

By Melodie Menke
Volunteer Services

When the Army's Better Opportunities for Single Soldiers (BOSS) personnel convened in Washington, D.C., for their annual worldwide conference amongst all the strategic planning and funding issues, they never forgot to plan to give back to those that wore the boots before them. On Thursday August 7th, over 137 active duty and Army civilians loaded four buses and inched their way through DC morning rush hour for a day of volunteering at AFRH. They were met by 35 residents lined up to shake their hands and offer a big hello. With residents and BOSS all seated in the theater, a hearty welcome was given by David Watkins, Director of AFRH. The laughter and applause soon started with the introduction of the 26 Resident Team Leaders who volunteered to be leaders of the different volunteer projects. These veteran team leaders offer supervision, answer questions and most importantly just share their life wisdom.

Team Leaders Bill Fowler, Catherine Deitch, Don Ober, Dick W. Robinson, Mike Longwell, Ray Gischia, Paul Ennen, Antonio Hedgepath, Robert Carlozzi, John Johnston, Phyllis Bradford, Hugh Wingo, Doc Shultz, Doris Jones, Pat Giudice, Chuck Felder, Clarence Johnson, Bert Huff, Clarence Stone, Ronald Smith, Mike Self, Corrine Robinson,

Dave Davison, Antonio Hedgepath and Al Giunta were quickly put into charge. Volunteer projects included dusting library shelves; rearranging library furniture; disinfecting over 80 dining tables; over 500 theater seats; creating "Bohemian Beach" art for the windows of the LaGarde dining room; polishing pews and woodwork in the Protestant and Catholic chapels; reorganizing the craft cottage including washing windows; rehabbing a very old but beautiful gazebo, lots of scraping paint; trimming low tree limbs; a clean and green of the campus plus lending an administrative hand to departments and even helping recreation staff with new game shows.

By noon everyone was back into the theater and ready to be grouped with resident lunch buddies and enjoy lunch and conversations. At lunch BOSS passed out free mugs; t-shirts and water bottles they had graciously brought for the residents. BOSS also presented appreciation coins to the Food Service crew. Accepting the coins for the entire food service team were Greg Wilson, Fred Hornsby, Liz Garris, and Cleophus Snow, Jr. Extra thank you's to all the residents that participated and made the BOSS feel at home. And a special thank you to Army BOSS Headquarters and SFC Toprane Coatney for all his planning assistance, we wish him well at his duty station. BOSS STRONG till next year !



Resident team leader Hugh Wingo, right, assists as a volunteer works on the Chapel pew.



Better Opportunity for Single Soldiers (BOSS) personnel are greeted by residents as they enter the Scott building on Aug. 17, 2008 for a day of volunteer work.



A BOSS volunteer polishes a candle stick holder in the Chapel.

3rd Annual CUA Leadership Volunteer Day held at AFRH

By Melodie Menke

What a group of energetic, pleasant, courteous and just plain nice young people to be around.

On Friday, August 15, 2008, Volunteer Services had the pleasure of working with student leaders from Catholic University of America (CUA) along with Chuck Felder, Team Leader; and Bernie Hipchen, LaGarde Ombudsman;. The CUA leaders worked magic on getting a large

amount of administrative work neatly organized into packets and put the finishing creative touches on the "Bohemian Beach" theme in the LaGarde Dining Room. After an outside picnic, they helped Recreation with a new game show 'Password.'

The residents and the students had some good laughs. We wish these young CUA leaders a year filled with knowledge and all the best in their future plans.



Creative Artwork

Students from Catholic University of America paint posters that will go on a bulletin board for the residents to enjoy.

Colors abound at the

Luau

By Lorenzo Tribbet

On August 22, 2008, the AFRH Hawaiian Luau began with a cookout and beer being served outside the rear of the Scott Cafeteria. As each resident enjoyed their food and great weather, the sounds of Hawaiian melodies filled the air with the Tiki Torches setting the mood as if you were visiting the islands of Hawaii.

As the night went on the Luau moved inside where everyone could listen to the music being played. Most importantly though, residents got to see the Luau dancers perform and were even invited to learn how to Hula dance. While in watching the festivities residents ate Hawaiian inspired food from Sweet and Sour pulled pork to fresh fruit.

Many thanks are necessary for those residents who volunteered their time. Special thanks to the entire Food Service staff.



A dance for all ages - residents, friends and guests get together on the dance floor.



Dining Hawaiian style (from left) - Dolly Smith, Barbara Folk and Marion Ritchie receive plates of tasty treats served up by Laura Fogarty.