



Armed Forces Retirement Home

# Communicator

VOLUME IV NUMBER 12

ARMED FORCES RETIREMENT HOME

DECEMBER 31, 2007

## Last load out of Gulfport

# A fresh start

Story and photos by Mary Kay Gominger

On Tuesday, Dec. 11, 2007, at precisely 2:15 p.m., an equipment operator scraped up and loaded into a dump truck the very last pile of debris leftover from the demolition of the Gulfport Armed Forces Retirement Home main building. The site now stands ready to take on the construction of the brand new facility which is scheduled to open in 2010.

Hurricane Katrina took care of the demolition of most of the other buildings on the property including five guest quarters, the Wood Hobby Shop, the cabana and picnic area south of the pool and the Main Gate. Building 5, located on the west side of the property line nearest to Anniston Avenue, flooded and left in shambles, was taken down this fall by the demolition contractor, MaChis Lower Creek Indian Tribe from Samson, Alabama. The former Campus Ops building, Bldg. 13, remains on the site and will be demolished at a later date.

Yates Construction of Biloxi, Miss., received the award by the General Services Administration for the replacement of the AFRH Gulfport facility. GSA was designated by Congress (PL 109-234) as the lead construction agent on behalf of AFRH and the Department of Defense. Yates is the 23rd largest contractor in the U.S. and 2nd in multi-unit residential housing according to Engineering News Records. The Design/Build Team is made up of W.G Yates & Sons Construction Company, URS Corporation, and SFCS. URS

Corporation will provide design and engineering services and SFCS will serve as the lead architect and is recognized as experts in the design of senior care facilities in the U.S.

As the project progresses in 2008, visit [www.afrh.gov](http://www.afrh.gov) for the latest photos and updates.



(Above) - With work done, a front end loader moves to the staging area for loading and departure.

(Left) - As the site looks now. (Below) - The last pile of debris is loaded in a dump truck on Dec. 11 at 2:15.



## *AFRH - an investment in their future*



In a visit to the AFRH on Dec. 17, Army Command Sergeant Major William J. Gainey, Senior Enlisted Advisor to the Joint Chiefs of Staff, explains to soldiers that their monthly allotment of 50 cents is of great purpose. The soldiers of E Company, 169th Engineering Battalion (TRADOC) from Ft. Belvoir, Virginia, were visiting the AFRH to meet residents and tour the facilities.

Photo by PO1 Derrick Ingels

## Inside this Issue



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## Notes from the Resident Advisory Council



Well, another year has come and gone. And with each year there are changes. An important change for the residents and the Armed Forces Retirement Home is a

new Chairman of the Resident Advisory Committee (RAC). Yes, I am the new Chairman, taking the place of Mr. Kitson.

One could rightly ask what changes are in store for the RAC? As I see things, there are no changes that need to be made. The RAC is on the right path, keeping the right amount of heat on the agency to insure that things function correctly. From the smallest to the more important issues we will continue to ensure that your interests are met and even exceeded.

One thing that I feel that I should mention is how to start the process of attempting to get your problems solved. First, you have to document dates, times, people involved, just like Sergeant Friday used to say on Dragnet. Just the facts. Be sure that you write all this information on one of the RAC forms (located in the open area near the Scott dining hall), and then make sure that you sign the form. As a reminder, forms not signed will not be read or acted on. The purpose here is to insure that your request and answer gets back to you. Its purpose is not to place you on any list. If that were to happen, I, for one, would be most unhappy.

Then take the form to your floor representative who will take the initial action on your request. If they are unable to finish action on our request, they will give your request to me for assistance. Or you can leave your request in the RAC Box. In any case your signed request will be worked on. I welcome the chance to work for you in my new position. Together we can continue the fine work of the departing RAC Chairman-working for the betterment of AFRH.

You can reach me by e-mail at [esker.mcconnell@us.army.mil](mailto:esker.mcconnell@us.army.mil).

### RAC floor representatives

#### Scott building:

William Woods  
Andrew Pellkofer  
Ray Gischia  
Ed Sullivan  
Doris Jones  
Henry Pike  
Billy Malcomb

#### Sheridan building:

Charles Gray  
Russell Smith  
Donald Barnard  
Ray Bloom  
Charles Kapreades  
Roger Brown  
David Anderberg  
Edith Ellington  
Francis Conley  
Nick DiCampli

*Esker McConnell  
RAC Chairman*

*"...From the smallest to the more important issues we will continue to ensure that your interests are met and even exceeded..."*

**RAC  
Chairman**

## AFRH COMMUNICATOR

Phone: 1-800-422-9988

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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.*

## 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>**

### *Survivors of Pearl Harbor honored on Dec. 7*



**Cutting the Cake - Residents honored during the reception in their honor are (from left) Thomas Buonfigli, Clyde Simpson, David Rouse (Interim Director), Francis Stueve, Edward Davis and Bob Carson.**

# Message from the Chief Operating Officer



Happy New Year to all the residents and staff of the AFRH! It doesn't seem quite possible that another year has come and gone so quickly but as the saying goes...time waits for no one...and so we move on and welcome the new year.

This month's paper is a real testimony to the goodness and generosity of our local community and it also emphasizes the close ties we at the AFRH share with the active duty military community. The number of wonderful people that visited our campus this month to help make

this a magical time of year for our residents was truly overwhelming. Active duty volunteers could be seen throughout the campus putting up holiday decorations, judging door decorating contests, entertaining the residents at King Health Center, and sharing fellowship and food with their fellow veterans.

Representatives from veterans' service organizations, local schools and colleges, boy scouts, community businesses and others (see pages 11 and 12) gave so selflessly of themselves; their precious donation of time and gifts. It was heart warming to witness that level of respect and appreciation that our active duty members and community volunteers have for our country's retired military members and veterans.

As we move into the year 2008, we will continue to pursue modernizing the antiquated buildings on the DC campus for the comfort of our residents. We are constantly looking for ways to improve the efficiency of the historic, yet outdated infrastructure without sacrificing the beauty of our surroundings while maintaining the solvency of the Trust Fund. Balancing all of these sometimes feels like juggling swords but I am confident our team is up for and looks forward to the challenge. We take seriously our duty to protect the monthly investment of today's active duty force so that one day, they, too, can be a part of the AFRH and be proud to call it home. Their presence here helps us maintain that vision.

Modernization efforts will continue in the Scott building. In Gulfport, as most of you know, the demolition of that building is complete and construction should begin soon on our new facility. Many of you are following the progress of this project closely and we will continue to provide you with updated photos and information as they become available to us.

I would like to close out the year with a very special thank you to the dedicated and hard working employees that have worked tirelessly throughout the year to make this a better place for our residents to live. They transform this random group of buildings and people into a place that can be collectively called 'home'. The future of AFRH has never looked brighter, of that I am sure. May you have a joyous and prosperous new year.

*Timothy Cox*

**"...thank you to the dedicated and hard working employees that have worked tirelessly throughout the year to make this a better place for our residents to live..."**

*From the AFRH COO - Ms. Leslye Arsht, Deputy Under Secretary of Defense (Military Community & Family Policy) asked that I place her response in this edition as clarification of the agency's direction from the Department on this issue. Please excuse any misguidance my article may have caused.*

Veterans' retirement home to retain status  
The Clarion-Ledger • December 16, 2007

I want to clarify the Department of Defense position on the Armed Forces Retirement Home which differs significantly from the personal views expressed by Mr. Timothy Cox's guest column ("We need a new model for our elderly veterans' retirement home," Nov. 14).

The Department of Defense has no plans and is not considering any proposal that would change the status of the Armed Forces Retirement Home from an independent federal agency to any other type of governance. We have introduced no legislation that would change the way the home is financed or that would change eligibility criteria.

We are, in partnership with our construction agent, the General Services Administration, rebuilding the Home at Gulfport, and we look forward to the return to full operation in 2010. The construction plan being implemented provides for the full spectrum of continuing care retirement living: independent living, assisted living, and long-term care, in an Americans With Disabilities Act-compliant design that we expect will be in great demand by veterans.

We are always looking for new ways to improve services and maintain the proud military heritage for our veteran residents. Congress has been instrumental in helping us improve operations at the Armed Forces Retirement Home over the years and provided the funding, which allows us to rebuild Gulfport.

We also recognize the important role the Congress plays in the oversight of the department's stewardship of the home. Big changes to the operation, management and governance of the home would only be implemented after consultation with the residents and the appropriate committees of the Congress.

Mr. Cox is most knowledgeable of the management of continuing care retirement communities and has made significant improvements during his tenure at the home. His views as an expert are, therefore, worthwhile and worthy of consideration, but the readers of The Clarion-Ledger should not infer that this is a statement of administration policy or interest.

**Leslye A. Arsht**  
Deputy Undersecretary of Defense  
(Military Community and Family Policy)  
Washington, D.C.

# Conversation with the Chief Financial Officer



Happy Holidays. In my last article I highlighted the Agency's Performance and Accountability Report (PAR). We are very proud of our PAR and many resi-

dents are featured inside as well as on cover of the document. One last reminder for those interested — you can find our PAR at the following website:

[www.afrh.gov/afrh/about/par/afrhentirepar07.pdf](http://www.afrh.gov/afrh/about/par/afrhentirepar07.pdf). The website can be accessed on our library computers or a hardcopy of the document can be found in the Ombudsman's Office.

I also highlighted our Fiscal Year 2009 Budget Request which we have briefed to the Department of Defense and sent to the Office of Management and Budget (OMB). Still no official word on the renovation of the Scott Building, but things are looking positive. As I noted in last month's article, I will be working with the Campus and RAC to develop a communication plan and having focus group meetings to address resident concerns and questions once we have confirmed our Budget Request with OMB. Watch the Weekly Bulletin and C99/100 for the announcement of Focus Group meetings, which will be starting in January 2008.

Last note on resident fees for CY 2008 — for those residents who have not provided the necessary information to compute their resident fees for our January billing, a letter will be placed in your file and you will be assessed the maximum fee beginning January 1, 2008.

**Independent Living – \$1,170**  
**Assisted Living – \$1,754**  
**Long-term care – \$2,924**

As an additional note on resident fees, we will be working with a few residents as we start the New Year to recover unpaid resident fees. If you are one of these residents, you should expect a letter from the Business Center in January. We will work with each of you to setup payment plans to recover your unpaid resident fees. Hopefully we can work together and begin a positive New Year and avoid the negative actions that would result from not paying your resident fee. We look forward to working with each of you.

Here is a little trivia you may or may not be aware of. Many of the Home's successes are the result of many studies that have taken place since 1995. AFRH has successfully addressed change in the following areas:

**Solvency of the Trust Fund**  
**Reduction of FTE (Full Time Employee)**  
**Improve revenue generating potential**  
**Management Restructuring**  
**Better utilization of facilities**

One of the most detailed and beneficial documents was the Department of the Army Inspector General's Joint Inspection of the Armed Forces Retirement Home of

1999. The Joint Inspection recommended closing 13 underutilized facilities totaling approximately 400 thousand square feet. Here are a few of the buildings recommended for closing:

- Administrative Building
- Anderson Cottage
- Barnes
- Forwood Building
- Hostess building
- Ignatia Guest House
- Old Mess Hall
- Pipes Building
- Security Building

Here is an extract from the conclusions and recommendations of the inspection:

"...The most notable impediments impacting the effective and efficient operation of the AFRH involve the AFRH administrative structure and the pending insolvency of the Trust Fund. Of these two, the insolvency issue is critical and jeopardizes the AFRH mission....Without modifying current business practices, it is doubtful that the AFRH can restore fiscal health....

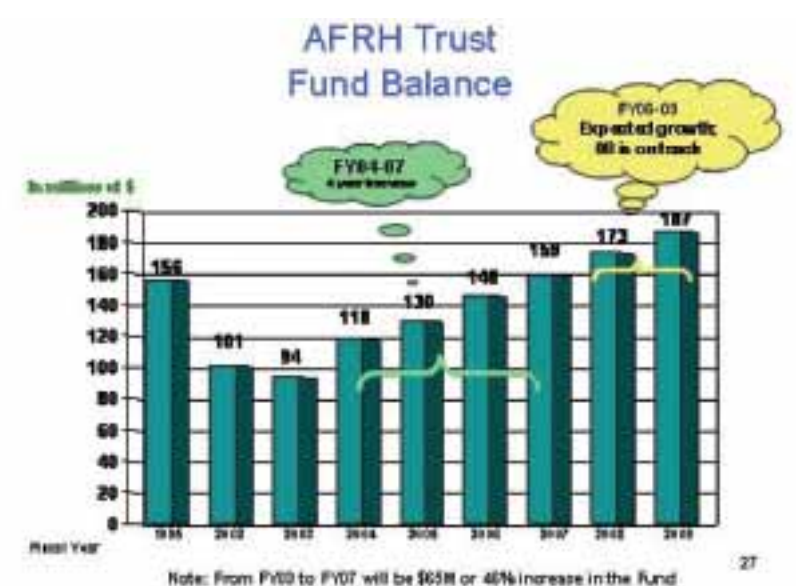
Additionally, the organization of a permanent corporate structure to guide and synchronize development and implementation of AFRH unified policies, services, and operations should be included in the MEO (Most Efficient Organization) study."

As a result of the 1999 DoD Inspector General Report and the many other

studies that have occurred since 1995, Congress drafted legislation in National Defense Authorization Act of 2002 and created a permanent corporate structure for the Agency as it is today. Since the enactment of this legislation, the Home has gone through significant change. Many of our facilities have been closed and the AFRH Master Plan has focused on a new, independent revenue stream for the Trust Fund. The solvency of the Trust Fund and our ability to renovate the Scott Building are a direct result of our successes over the past few years. The chart below depicts the growth of the Trust Fund since 2003 and highlights how change can create an ability to improve our facilities like the Scott Building and enhance living conditions for our residents.

Thank you all for your open discussions when you see me on the campus and your positive comments or raising your concerns. Have a wonderful holiday.

*Steven McManus*



*The ultimate gift*

# Giving of oneself

*By Dr. David Moshier*

This year is a little different in my house. My wife and I have decided not to exchange gifts – not even fill the stockings. We've had a little financial misfortune and attempting to acquire gifts for each other would not help the situation. We asked each other if there was anything either of us really wanted and discovered we had all we wanted. The decision not to exchange gifts became a no-brainer.

I suspect that many who read this article have spent a little too much on gifts, or perhaps have your own financial challenges and can't afford any gifts. Either circumstance begs the question: What is giving anyway?

As a commercial society, we are bombarded with images of what we must have (according to the manufacturers and sellers). If our lives are to be complete, then we must give or receive the latest and the greatest whatever, regardless of cost. We can be sucked into this propaganda and blindly comply, only to have a lot of bills in January. Or, we can bemoan our state of poverty that denies us of what we must give or receive (according to the manufacturers and sellers).

May I point out one gift that each of us can give and receive in abundance and never

run out? The price tag is reasonable; it's free.

If you can give nothing else, then you can give of yourself: A kind act or a thoughtful gesture; a smile and a friendly greeting to others who pass by in the hallways; a word of encouragement to someone struggling.

After all, in the Christian tradition, this is what Christmas is all about. A gift of a baby – God come in human form. He was not a wealthy man in his lifetime, but He gave of Himself over and over again to lift people from their human struggles.

Finally, He would give an ultimate gift. It is a gift not totally unfamiliar to those of us who have served in combat. Our history records many occasions when someone fell on a grenade, took a fatal bullet, exposed oneself to hostile fire – all in the sacrificial act of giving ourselves for the safety and well-being of others. For the deliverance of all mankind, Jesus' gift to us would be that He stretched His arms out on a cross, and died.

I hear the hottest gift (according to the manufacturers and sellers) this season is the Wii. That's not even close. The hottest gift this season, in fact any time of year, is *ourselves*. How simple. How economical. How durable. How more meaningful than any other gift!

*Dr. David I. Moshier, an Assisting Bishop of the Methodist Episcopal Church U.S.A., serves the AFRH-Washington community as Superintendent of the Soldiers' and Airmen's Home National Cemetery.*

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## January Trips and Events

**January 1 - Potomac Mall and Walmart**

Departs at 9:30 a.m.

**January 2 - Golf Fitness/Yoga classes**

Starts at 10 a.m. in the Fitness Center

**January 3 - Andrews AFB**

Departs at 10 a.m.

**January 4 - Air and Space Museum, Dulles**

Depart 10 a.m.

**January 5 - Laurel Race Track & Mall**

Depart 11 a.m.

Bingo will resume

**January 6 - Bunco**

Starts at 1 p.m. in Scott Dining Hall

**January 8 - Concentration Game Show**

Starts at 1 p.m. in Scott Dining Hall

**January 9 - Trip Selection Meeting**

Starts at 9 a.m. in Scott Theater

**January 11 - Tour of Washington DC**

Departs at 9 a.m.

**January 12 - NBC 4 15th Annual Health and Fitness Expo**

Departs at 9:30 a.m.

**January 13 - American Indian Museum**

Departs at 10 a.m.

**January 15 - Birthday Dinner**

Starts at 4:30 in Scott Dining Hall

**January 18 - Ice Cream Social**

Starts at 1:30 p.m. in Scott Dining Hall

**January 20 - Bunco**

Starts at 1 p.m. in Scott Dining Hall

**January 22 - Resident/Employee Social Bowling**

Starts at 1:30 in the Bowling Center

**January 25 - Washington Auto Show**

Departs at 10 a.m.

**January 30 - AARP Driving Class**

Part 1 begins at 9 a.m. in the Sherman Bldg.

Conference Room

**January 31 - AARP Driving Class**

Part 2 begins at 9 a.m. in the Sherman Bldg.

Conference Room

## Continual Recreation Department Activities

The following activities are held throughout the week:

<b>Open Card Games</b>	<b>Ceramics Class</b>
<b>Bridge</b>	<b>Computer Lab Classes</b>
<b>Bowling</b>	<b>Stretch Class</b>
<b>Chess</b>	<b>Pool Tournaments</b>
<b>Pinochle Tournaments</b>	<b>Amateur Radio Club</b>
<b>Chair Exercise</b>	<b>Bingo</b>
<b>Movies</b>	<b>Group Walking</b>
<b>Tai Chi Class</b>	<b>Golf Fitness/Yoga</b>
<b>Stamp-n-up Class</b>	

See the weekly bulletin or stop by Recreation Services to get a complete listing of times and places for the above events.

## Welcome Aboard



**Name:** Willie Deans  
**Branch of Service:** US Air Force  
**Entry Date:** February 1952  
**Separation Date:** March 1964  
**Rank:** E6  
**War Theaters:** Korea & Vietnam



**Name:** John Porter  
**Branch of Service:** US Air Force  
**Entry Date:** March 1949  
**Separation Date:** August 1969  
**Rank:** E7  
**War Theaters:**



**Name:** Monroe Sweet  
**Branch of Service:** US Army  
**Entry Date:** June 1942  
**Separation Date:** July 1962  
**Rank:** E6  
**War Theaters:** WWII & Korea



**Name:** Shirley Smith  
**Branch of Service:** US Navy  
**Entry Date:** September 1940  
**Separation Date:** November 1946  
**Rank:** 2nd Class Machinist Mate  
**War Theaters:** WWII



**Name:** William Black  
**Branch of Service:** US Army  
**Entry Date:** February 1951  
**Separation Date:** February 1973  
**Rank:** E6  
**War Theaters:** Korea & Vietnam

*Start the new year off safely.  
Sign up for the next AARP Driving Class.*

Part 1 begins on January 30 at 9 a.m. in the Sherman Bldg.

Conference Room

## AARP Driving Class

Part 2 begins on January 31 at 9 a.m. in the Sherman Bldg.

Conference Room

## Lincoln Cottage Visitor Education Center opens for residents

By Wilfred McCarty

On December 6, AFRH residents got an advance look at the new Visitor Education Center for President Lincoln's Cottage at the Soldiers' Home. While there we got the welcome news that there will be no charge for residents to visit as originally planned. It was good to learn also that no ticket is needed to get into the Visitor Education Center where visitors will first be taken for a briefing, so if you have visitors that cannot get tickets they can at least see the Visitor Education Center which is beautiful and photography is allowed. It is like a museum with slide presentations and there will be a gift shop where one can buy souvenirs. I understand they have hired five or six guides who are getting special training but residents will be allowed to volunteer for the gift shop and the Visitor Education Center. My information might not be correct.

Visits to Lincoln's Cottage by residents will depend upon space availability. Only so many visitors will be allowed per day. There is a beautiful wall mural that is best seen from the second floor. Student groups will be brought in at the rear door and they will have a room for their briefing and for them to get settled down before going upstairs. In the last briefing room before going to Lincoln's Cottage there are some photos of home mem-



bers. I am not included but these home members shown are going to be seen by thousands of visitors. There will be special parking places for visitors and they seem to have arrangements for crowd control. I may have facts wrong but residents can stop by visitors center anytime with their cameras when it opens and get the latest information and correct up to date facts. I enjoyed the visit and the fact that they have not forgotten us residents in their planning. Go have a look.



A view from the second floor - Residents enjoy refreshments while browsing through the Visitor Education Center at Lincoln's Cottage at the Soldiers' Home on the AFRH campus in DC.

Left - Residents read some history on President Abraham Lincoln.

## Visitor Education Center for Lincoln's Cottage provides ways for visitors to 'expand their knowledge' of his world

The Robert H. Smith Visitor Education Center (VEC), housed in a 1905 Beaux Arts style building adjacent to President Lincoln's Cottage, will be the site's orientation point, playing a central role in the visitor experience. Significantly, the rehabilitated Visitor Education Center will be the first National Trust Historic site structure to qualify for LEED (Leadership in Environmental and Energy Design) certification from the U.S. Green Building Council. This 'green' renovation was supported by a \$1 million grant from United Technologies Corporation.

Galleries in the VEC will provide historical context and multiple ways for visitors to expand their knowledge of Lincoln and his world. They include:

Four Themed Galleries:

### Wartime Washington

In the decades between its establishment as the Nation's Capital in 1800 and the dawn of the Civil War 60 years later, Washington was far from the grand, cosmopolitan center envisioned by L'Enfant. This gallery will illustrate the city's transformation during the Civil War from a sleepy Southern town to the bustling center of the Union cause and will highlight Lincoln's interaction with a diverse populace on his daily commute to the Soldiers' Home.

### Commander-in-Chief

From the moment of his arrival in Washington in 1861, Lincoln faced the crisis of the dissolution of the Union. Though underestimated by some, Lincoln would prove to be an astute politician whose inherent honesty and selflessness grounded his approach to leadership. In his single-minded devotion to saving the Union, Lincoln plotted military strategy, hired and fired Generals and worked with political allies and foes to turn the tide of the war. Lincoln's calculated public pronouncements linking the end of slavery with the war effort swayed public opinion and ultimately enabled him to issue the Emancipation Proclamation as a military necessity.

### The Lincoln Family at the Soldiers' Home

In June of 1862, seeking refuge from the trauma of the recent death of their son Willie and the pressures of life in wartime Washington, the Lincolns packed up furnishings and personal effects from the White House and moved three miles north to the grounds of the Soldiers' Home. Here, Mary Lincoln found solace in the pastoral setting and relief from the summer heat. For the President, the Soldiers' Home offered a reprieve from the parade of office seekers and politicians who lined the corridors of the White House.

## Annual Christmas Bird Count held on grounds of AFRH

By Anne Anderson  
National Audubon Society

Saturday, December 15, dawned cold, but mercifully dry. The 108th Annual Christmas Bird Count, sponsored by the National Audubon Society and run all by volunteer "citizen scientists," is the largest effort of its kind in the world. We provide a rough count of resident species all over the United States during the winter and help keep track of the state of our environment and the health of our feathered friends. This year, four intrepid counters wandered the beautiful grounds of the AFRH for several hours. We counted many Canada Geese, Mallard ducks, two

Great Blue Herons, and some hawks. We had fun watching a Red-Tailed Hawk being mobbed by crows. We also saw some Slate-colored Juncos hopping in and out of a big holly tree just east of the ponds. We could tell that the birds were "hunkering down" in preparation for the weath-



er that we watched darken the sky as the day wore on. Last year we were thrilled to see bluebirds, but there were very few small birds this year. We think that Chickadees and Tufted Titmouse have been strongly affected by the West Nile virus that hit our birds a few years ago. Other notable sightings in the neighborhood were an adult Bald Eagle, a Sharp-shinned Hawk, a Ring-necked Duck, and a Yellow-breasted Sapsucker. Thanks to the AFRH for your hospitality and your birds!

Two volunteers quietly observe the area around the AFRH pond during the National Audubon Society's Annual Bird Watch held on Dec. 15.

### The History of the Soldiers' Home

The Soldiers' Home was established in 1851 with \$100,000 exacted in tribute from Mexico City by General Winfield Scott in the Mexican American War. With these funds, the Federal Government purchased the 300 acre estate of banker George Riggs and his Gothic Revival home where Abraham Lincoln would ultimately find sanctuary and change the course of history. Over the course of the 19th century, four presidents: Buchanan, Lincoln, Hayes and Arthur would use the Soldiers' Home as a retreat.

### Three Interpretive and Educational Galleries:

#### Lincoln's Toughest Decisions: An Interactive Experience

In this innovative educational gallery visitors are seated around a large wooden table evoking Lincoln's Cabinet table. Each of the 15 places at the table is outfitted with a computer monitor. The monitors provide access to a variety of programs, foremost 'Debating Emancipation,' in which visitors take on the role of a Cabinet member to debate the complexities and consequences of issuing the Emancipation Proclamation. Other programs will explore 'Lincoln and His Generals' and the 'Re-Election Campaign of 1864.' Each of these interactive programs is designed to be used by visitors of all ages, in groups or individually.

#### Special Exhibitions Gallery

To further enhance the visitor experience, a state-of-the-art gallery space has been created to present rotating displays of Lincoln-related artifacts. The first exhibit, In Pursuit of Emancipation, will include a signed copy of the Emancipation Proclamation, the pen Lincoln used to sign it, the inkwell he used to draft it, and a signed copy of the 13th Amendment abolishing slavery. Future exhibitions will explore other aspects of Lincoln's presidency, displaying artifacts from Lincoln collections around the country.

#### Visitor Orientation Theater

Before touring President Lincoln's Cottage, visitors will gather in this intimate space with their guide for an introduction to the site and to the tour experience. An interactive audio visual presentation with the tour leader will set the context for the Lincoln's move to the Soldiers' Home and the world in which they lived. From this room visitors will proceed directly to the Cottage.

#### Learning and Discovery Room

This large, flexible space located on the ground level of the building will be the center of all school group activity at the site. Groups of up to 50 children can be accommodated at one time, and this Room will have a dedicated entrance linking it to the school bus loading station.

More information about the Visitor Education Center at Lincoln's Cottage can be found on the web. Go to [lincolncottage.org](http://lincolncottage.org)

# 2007 Photo Recap - Residents meet and greet

*By Mary Kay Gominger*

The year 2007 has come and gone with many highlights and memories. So many, in fact, it was hard to capture them all on just two pages of the newspaper. Here are a few that were selected because they represent the essence of what the residents at AFRH are about - comraderie, reverence, traditions and fellowship. Pictured below are representatives of the AFRH participating in some of the many activities evolved around the active duty military force today.



Resident John Smith (left) meets LTC Phillip Reiman during Marine Corps birthday celebrations held on Nov. 9 at Ft. Belvoir.



Phyllis Bradford is escorted by Colonel Cravens (left) and LCpl Cartwright during the Marine Corps 232nd birthday celebration held at Ft. Belvoir on Nov. 9.



Ann Whittaker talks with a petty officer second class at the Navy Birthday celebration at the Defense Threat Reduction Agency in October.



From left - On June 7, Master Chief Petty Officer of the Coast Guard Charles 'Skip' Bowen meets residents Carrol Collins and David Anderburg at A Night of Heroes, a banquet sponsored by the Pentagon Federal Credit Union. Ten AFRH attended the annual event.



Charles Felder and Carrol Collins participate in the wreath laying ceremony held at Ft. Myer on Oct. 5. The wreath laying ceremony was part of Ft. Myer's Retiree Appreciation Day that featured speakers and vendors specializing in military retired benefits and activities.



Resident Woodrow Williams meets Queen Elizabeth during her visit in May to the National World War II Memorial in DC. A group of World War II veterans from the AFRH attended the the wreath laying ceremony and got the opportunity to meet the Queen.



Resident Lanier Phillips shakes hands with a Navy chaplain in Pascagoula, Miss., on June 2 at the christening ceremony held for the USS Truxton (DDG 103). Lanier was a special guest of honor at the ceremony that dedicated the 6th Truxton. Lanier survived the sinking of the 3rd Truxton in 1942 in which 110 shipmates were lost.



Residents Charles Felder (center) and Don Egolf (right) talk with a sergeant major in the Marine Corps at the Army Birthday celebration in the Pentagon courtyard on June 14.

Understanding your coverage

## Information about key features of TriCare for Life

**TRICARE For Life**

TRICARE for Life (TFL) is TRICARE's Medicare-wrap around coverage available to all Medicare-eligible TRICARE beneficiaries, regardless of age, provided they have Medicare Parts A and B.

Learn more about your requirements for Medicare.

While Medicare is your primary insurance, TRICARE acts as your secondary payer minimizing your out-of-pocket expenses. TRICARE benefits include covering Medicare's coinsurance and deductible.

Key features of TRICARE For Life include:

Minimal out-of-pocket costs (aside from Medicare part B premium).

No enrollment fees for TFL. But, you must purchase Medicare Part B and pay monthly premiums to be eligible for TFL.

Coordination of benefits between Medicare and TRICARE

TRICARE is the secondary payer for all services covered by both TRICARE and Medicare.

TRICARE is the primary payer for those services covered only by TRICARE.

Additional steps may be required in order to coordinate benefits if you have other health insurance in addition to TRICARE and Medicare.

Freedom to manage your own health care

No assigned primary care manager.

Visit any Medicare provider.

Receive care at a military treatment facility on a space-available basis.

No claims to file (in most cases).

Your provider files your claim with Medicare

Medicare processes the claims

Medicare forwards it electronically to TRICARE.

TRICARE pays similarly to TRICARE Standard in those overseas locations where Medicare is not available.

**TFL and Medicare**

If you use a Medicare provider, he or she will file your claims with Medicare. Medicare pays its portion and electronically forwards the claim to the TFL claims processor. TFL pays the provider directly for TRICARE-covered services.

For Medicare and TRICARE-covered services, Medicare pays first and TFL pays your remaining coinsurance for TRICARE-covered services.

For services covered by TRICARE but not by Medicare, such as care received overseas, TFL pays first and Medicare pays nothing. You must pay the TRICARE fiscal year deductible and cost shares.

For services covered by Medicare but not by TRICARE, such as chiropractic services, Medicare pays first and TFL pays nothing. You must pay the Medicare deductible and coinsurance.

For services not covered by Medicare or TRICARE, such as cosmetic surgery, Medicare and TRICARE pay nothing and you must pay the entire bill.

**TFL and Other Health Insurance**

If you have other health insurance, such as a Medicare supplement or an employer-sponsored health plan, you may use TFL as long as you're eligible for Medicare Part A and have Medicare Part B coverage. By law, TRICARE pays claims only after all other health insurances pay. After Medicare processes the claim it automatically forwards it to your other health insurance. Once your other health insurance processes the claim, you must file a paper claim with the TFL contractor. The contractor will process the claim and pay TRICARE's portion of the claim directly to you.

You must submit your paper claims to the TFL contractor along with a copy of your provider's itemized bill, the Medicare Summary Notice, and explanation of benefits from all other health insurances. You must file TFL claims within one year from the date of care.

If you wish to cancel your other health insurance, you must contact your other health insurance administrator. After canceling your other health insurance, you must mail a copy of the termination notice to the TFL contractor.

**TFL and Military Treatment Facilities**

When using TFL, you may continue to get care in military treatment facilities (MTFs) on a space-available basis.

For access to primary care at MTFs, you may enroll in TRICARE Plus. The option



to enroll in TRICARE Plus is based on availability and capacity at each individual MTF. Contact your local MTF for more information about TRICARE Plus.

**TFL and Veterans Affairs Facilities**

If you're eligible for benefits under both TRICARE and Veterans Affairs (VA) programs, you may choose to use your TRICARE benefit at a VA medical facility as long as: The service is covered under TRICARE and isn't for a service-connected condition. The VA facility is in the TRICARE network.

Since the VA can bill TRICARE but can't bill Medicare, you will be responsible for TRICARE cost shares and the deductible.

**Tricare Prescription Drug Coverage**

You are eligible for TRICARE's pharmacy benefit when you are using TRICARE For Life. To have a prescription filled, you'll need a written prescription and a valid uniformed services ID card. Please see the TRICARE: Summary of Beneficiary Costs brochure or visit [www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy) for pharmacy program cost information. There are four ways to fill your prescriptions:

**1. At Any Military Treatment Facility Pharmacy**

Prescriptions may be filled (up to a 90 day supply for most medications) at any military treatment facility at no cost. You should contact the military treatment facility pharmacy to find out what is on the formulary and for specific details about filling prescriptions. Visit [www.tricare.mil/mtf](http://www.tricare.mil/mtf) to find the military treatment facility closest to you.

**2. Through the TRICARE Mail Order Pharmacy**

If you don't have access to a military treatment facility or your medication isn't available at the military treatment facility pharmacy, the next most cost effective way to have your prescription filled is through the mail order pharmacy. For a small copayment, you may receive up to a 90 day supply for most medications delivered to your home. You may request refills by mail, by phone, or online. Be sure to include the written prescription and the appropriate copayment when you mail your registration. You can also register before placing your first order. Once you are registered, your provider can fax or call in your prescriptions. If you have prescription drug coverage from another health insurance plan, you can only use the mail order pharmacy if the medication is not covered under the other plan or if you exceed the dollar limit of coverage under the other plan.

**3. From Any TRICARE Retail Network Pharmacy**

For a small copayment, you may have prescriptions filled (up to a 30-day supply) at any TRICARE retail network pharmacy—choose from retail pharmacies across the United States, Guam, Puerto Rico, the U.S. Virgin Islands, and the Northern Mariana Islands. For more information or to locate a TRICARE retail network pharmacy, visit [www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy) or call 1-866 DoD TRRX (1-866-363-8779).

**4. From Non-Network Pharmacies**

Filling prescriptions at a non network pharmacy is the most expensive option. You may need to pay for the total amount first and then file a claim to receive a partial reimbursement after your deductible is met. Visit [www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy) or call 1-866 DoD TRRX (1-866-363-8779) for information about filing a pharmacy claim.



### Info on Tricare For Life Dental Programs

TRICARE offers two voluntary dental insurance programs—the TRICARE Dental Program and the TRICARE Retiree Dental Program. Each program is administered by a separate dental contractor and has its own monthly premiums and cost shares.

**TRICARE Dental Program**

The TRICARE Dental Program is available to eligible active duty family members and to members of the National Guard and Reserve and/or their families. United Concordia Companies, Inc., (United Concordia) currently administers the program. For information, visit [www.TRICAREdentalprogram.com](http://www.TRICAREdentalprogram.com) or

call United Concordia toll free at 1-800 866-8499.

**TRICARE Retiree Dental Program**

The TRICARE Retiree Dental Program is available to retired service members and their eligible family members. Delta Dental Plan of California (Delta Dental) currently administers the program. For more information, visit [www.trdp.org](http://www.trdp.org) or call Delta Dental toll free at 1-888-838-8737.

## Questions and Answers

**Does TRICARE For Life cover long term care?**

No. Long term care (or custodial care) is not a covered benefit. However, you can purchase long term care insurance through commercial insurance programs or through the Federal Long Term Care Insurance Program. For information about the Federal Long Term Care Insurance Program, call 1-800-582-3337 or visit [www.opm.gov/insure/ltc](http://www.opm.gov/insure/ltc). Long term care includes a wide range of support services for patients with a degenerative condition, a prolonged illness, or a cognitive disorder, and can be provided at home, in the community, or in various types of facilities, including nursing homes and assisted living facilities. Long term care primarily involves providing assistance with activities of daily living (walking, personal hygiene, dressing, cooking, feeding, etc.) or supervision of someone who is cognitively impaired.

**Does TRICARE cover skilled nursing care?**

TRICARE covers reasonable and necessary skilled nursing care and rehabilitative therapies, semiprivate rooms, regular nursing services, meals, prescribed drugs, laboratory work, supplies, appliances, and medical equipment. Skilled nursing care is typically provided in a skilled nursing facility. For TRICARE to cover a skilled nursing facility admission, you must have had a medical condition that was treated in a hospital for at least three consecutive days, and you must be admitted to the skilled nursing facility within 30 days of discharge from the hospital (with some exceptions for medical reasons). Your doctor's plan of care must demonstrate your need for skilled nursing services in order for TRICARE to pay for the skilled nursing facility care. TRICARE is the primary payer for skilled nursing facility care beyond Medicare's 100-day limit as long as the patient continues to require medically necessary skilled nursing services.



## AFRH Christmas Dance

# Swinging the night away

By a resident writer

While several residents were lacing up their shoes and dressing in the Sunday's best, the Recreational and Volunteer Service staff were gearing up for an evening to remember. Staff, volunteers and residents managed to transform the Scott dining facility into a magnificent holiday dance setting in a matter of hours. When residents and guests entered the facility the Army Brass band was already warming our hearts and minds with big band music with the likes of Glen Miller.

Some of my fellow residents might think they have lost the rhythm or too many years have passed since they waltzed across a dance floor.

"I have two left feet," claimed one resident who managed to use both feet to get to the dining facility for breakfast, lunch and dinner.

"Look at all the beautiful ladies," said Dan Funk as he headed for the dance floor well into the evening. Just like Dan most of us are WWII era veterans with a lot of life left to live even if we are in our 80s. We might take a few more dance breaks than we did 60 years ago but we still enjoy living life to its fullest. Not everyone had to get onto the dance floor to have a great time. Several of us enjoyed listening to

the music and chatting with family and friends.

It was a memorable evening for everyone in attendance. Many thanks to everyone that had a hand in making such an event available to the residents of AFRH.



Thomas Buonfigli enjoys a dance with Maribeth Bersani at the AFRH Annual Christmas dance.



Bill Sinnott and guest Ginny Staubs take a spin on the dance floor.

## High tea or high time

### Traditional Ladies Tea is cherished event for lady residents

Story by a resident writer

Photos by Sheila Abarr

The tradition of an afternoon tea dates back into the late 1700's. The traditional "Ladies Tea" hosted in Quarters One

is not as old or traditional but it has blossomed into a cherished event for the lady residents. The Duchess of Bedford normally served crust-less sandwiches, shrimp or fish pate with toasted breads and jam. The Duchess of AFRH serves fresh fruit, cheese and crackers, crab dip, chicken on a stick, pigs in a blanket and of course a variety of hot steaming teas. This sacred event, this year held on Dec. 12, is not just a gathering

to eat and gossip but more of a time to chat about the latest news from our family and friends.

For the past several years we are challenged with mind games that requires us to select dates or events from years past. Of course we go back to our childhood days in school and discuss our answers with our closet neighbor. As we grow in our golden years we still seek to answer the questions correctly at any cost. The only question that still goes unanswered and continues to be the dinner table discussion is - who was Santa Claus?

If any residents were walking by Quarters One in the early afternoon they would have been delighted to hear us singing old time holiday favorites accompanied by music provided by Bernice Goldstein. The loudest voices heard were

not from us but the Singing E-9s (Chuck Dickerson & Al Mori).

I look forward to this annual event and would like to thank the AFRH lady staff members who make it so special.



Dolly Smith and Mary Allen put their heads together to come up with some answers to the mind games played during the annual ladies' tea.



Helen Abercrombie (left) and Marian Ritchie gather around Santa at the Ladies Tea held in Quarters One. The annual event is sponsored by the AFRH lady staff members and has become a special event for the AFRH lady residents.

## Indian museum tour affords memorable experience, adventure

By Resident Writer Phyllis Bradford

What a memorable day it was on Nov. 14 for many AFRH residents who went by bus to the National Museum of the American Indian, the 18th of the Smithsonian Institution's museums. The Mall Museum in Washington, D.C., which the residents visited, is one of three sites opened in 2004 by the National Museum of the American Indian.

We sat in awe on the 4th level theater beneath the ceiling featuring the natural wonders of the universe, which revolved above us while the various activities of all tribes of American Indians were described pictorially on the screen before us.

In other parts of the museum we saw beautiful artifacts and clothing made by the Indians. There was a lot of clothing with ornate beadwork and other trimming, much of it with sleeves formed by the hides as they had covered the legs of animals. We also learned from written displays about the beliefs, history and contemporary life of the American Indian.

One of the residents on the tour was

Paul Schlegel, whose great-grandmother, Morning Star, was the daughter of a Cherokee Indian Chief in the mountains of North Carolina. Morning Star was purchased for four horses by a Scotsman who traded with the Cherokees. She fell in love with Mr. Taylor and they married and bought a farm in Missouri, where they had no slaves but hired Cherokee Indians. Their daughter, Paul's grandmother, also married a farmer, an Irishman name Still. The Stills had 14 children, including Paul's mother, who married a German truck driver, Mr. Schlegel.

Paul grew up like any other American boy except that he spent summers on an Indian reservation in Oklahoma visiting his cousins. He was "adopted" by the shaman, the spiritual leader of the reservation, who used natural medicines, chants, dances, stories and smudge sticks to drive away evil spirits and provide healing.

The shaman sent 15 year old Paul into the mountains with a bow and arrow and knife for several days to participate in the custom of proving one's manhood,

which Paul did by bringing back a buffalo. The shaman then killed the buffalo, cut out its ear, and drained its blood into a bowl. While the heart was still warm, Paul took a bite of it and drank some of the blood for courage and strength. As part of his ascendance into manhood, Paul also learned riding and other skills such as bow and arrow making.

Paul's mother told him stories which, as in all Indian families, had been passed down from generation to generation. One of the stories was, "Trail of Tears" about the Indians who, when taken from their lands by the U.S. Army to live on a reservation, escaped and hid in the mountains. Many of them died there, but some did make it back to their lands. Today there is a Cherokee reservation in the mountains of North Carolina and also a town named Cherokee.

We learned many other interesting things about the American Indians, such as that the women made the tepees, including the preparation of branches from the trees and curing of hides from the animals. What a great adventure.



Sharing his heritage - Resident Paul Schlegel gives LtGen Dail, Defense Threat Reduction Agency, a ceramic Native American figurine at the annual Christmas tree lighting ceremony at Ft. Belvoir. The next trip to the National Museum of the American Indian is scheduled for January 13, 2008.

*American Legion and Tri Community Charter School***The partnership stays strong**

The American Legion Post 70 has enjoyed a partnership with Tri Community Charter School for many years.

Above, AFRH resident Commander Dick Robinson (second from left) of American Legion Post 70 presents a check to Dr. Franklin, principal of the Tri Community Charter School. Also pictured is Anthony Hedgepeth, Chairman of the Children and Youth Committee, liaison for Post 70 and Tri Community and children from the Tri Community Charter School. According to Commander Robinson, this gift is a continuous giving program adopted by the Post that is designed to benefit veterans and children.

In the photo to the left, Santa is welcomed by the children of Tri Community Charter School.

**Sports Scene****More than a football game - Army vs Navy**

By *Lorenzo Tribbett II*

The 108th annual Army-Navy game at M&T Bank Stadium in Baltimore, hosted the Navy Midshipmen beating the Army Black Knights 38 – 3, improving their record to 52 – 49 – 7 (wins-losses-ties). As the two academies played on Saturday, December 1, 2007, the feeling of comradeship fills the air. Since the fact of the matter is that any player or student can be called for duty and serve together.

In the same instance, the Armed Forces Retirement Home residents were displaying the same emotions of comradeship in the Scott Theater. Recreation Services planned the program to provide residents with an afternoon of fun, food and football. Here the residents enjoyed pizza of many varieties, beer, soda and water. During the game residents from all branches of service came together to watch the football game. Some residents had conversations of when they were enlisted, jokes for one another when their respective academy, Army or Navy, made a good play. While others simply enjoyed just simply watching the game. Everyone had their fill of food and refreshments as everything was eaten and drank except some water.

Hope to see residents for next year's game and a thank you to Mr. Jesse James for volunteering his time to assist in helping to serve the residents.

**AFRH wins again!**

By *Jerry Carter*

On Tuesday, November 20th, the Henderson Hall Marines visited the Sheridan Bowling center to participate in annual bowling shoot-out with our residents. This event is met with great anticipation every year and our resident bowlers look forward to mixing it up with the marines.

The Henderson Hall Marines arrived at 5:30 p.m., with bowling balls in hand. At 6 p.m., the Sheridan Bowling center came alive! High games-scratch: Tom Carras 212- 498, Charles Merlino 201-525, Bob Schonherr 193-441, Jerry Lugar 182-444, and Buron Noel 176-443. Charles Merlino bowled 11 Red Pins during the contest.

Recreation Services thanks all the residents and Marines who participated in this bowling extravaganza.

**2008 Winter Golf Fitness**

Beginning Wednesday, January 2nd at 10 a.m. we will start something new. With a little yoga, stretching, and golf drills, we'll do our best to stay/get in shape for the 2008 golf season.

Classes will meet Monday, Wednesday and Friday in the Fitness Center, and will run through March. Call your golf pro, Matt, at the golf shack (ext. 3050) to sign up or for more information. It's a great way to stay in shape during the cold winter months.

**Country Steppers Dance Team****performs Country Stepping to the beat**

By *Lorenzo Tribbett II*

On Saturday, December 8, 2007, the Country Steppers Dance Team performed in the Scott Theater at 1:30 p.m. for the residents of the Armed Forces Retirement Home.

The afternoon performance began with the Country Steppers warming up to military themed music to gain the residents' attention and interest. During the performance, the steppers twirled and stepped to the music through a variety of dance styles from the "Waltz" to the "Tush Push." After the performance many of the residents thanked the Country Steppers for coming out and suggested for them to come on a more frequent basis.

**Group from 169th takes tour**

Approximately 70 members of E Company, 169th Engineering Battalion (TRADOC) visited the residents of the AFRH on Dec. 17. The tour included stops at the bowling center, the wood shop, fitness center, ceramics, library, theater and the wellness center. After the tour, the group had lunch with the residents in the Scott dining hall.

Above - Edith Ellington shows members of the 169th some ceramics.

Left - Volunteer resident Mike Longwell serves as a tour guide for the group.

# The Season of Giving

## Residents attend Christmas Tree Lighting at Ft Belvoir

By Al Mori, AFRH Ombudsman

On December 4, 13 residents attended the Christmas tree lighting at the Defense Logistics Agency and the Defense Threat Reduction Agency at Ft Belvoir. LTG Robert Dail, the Director of the Defense Logistics Agency, welcomed all of the veterans from the Home. He explained to the large audience that because of our veterans the young people singing in the choir from Hayfield High, and the little kids from the Child Development Center, are the reason that the active duty military and civilians working to keep our country free. They are the past, present and the future and they should be proud they are protecting it today. Once the tree lighting ceremony was completed we adjourned to the cafeteria for lunch and dancing.

They had escorts for each of our residents, and after talking with them I found out each had volunteered. They remembered a good number of our veterans from the Veteran's Day ceremony they had previously attended. I believe each and every one of our residents had a grand time. I know it was difficult for some to leave because I nearly had to pry them off the dance floor. I had a couple tell me they wanted to move down there. Unfortunately, I don't think they can put on such wonderful festivities all of the time, there is work to be done.

I spoke with Command Sergeant Major Roman, the Agency Command Sergeant Major, and he assured me that he and some fellow NCO's will be coming to the Home for a visit in the near future.



Resident Curtis Young pictured at the Christmas Tree Lighting at Ft. Belvoir.

## Luncheon honoring Purple Heart recipients



From left - Norman Godfrey, Wilfred McCarty and (seated) Fred McClellan are pictured here with John Keith, commander of the Military Order of the Purple Heart, Chapter 353. On Dec. 15 several purple heart recipients from the AFRH attended the Military Order of the Purple Heart's annual Christmas luncheon, which was held at the Old Country Buffet in Alexandria, Va.

## J5 Party at the Pentagon

Several residents attended the J5 Christmas party at the Pentagon on December 10th. Lieutenant General John F. Sattle, Director for Strategic Plans and Policy, and his staff treated the residents to a second-to-none lunch buffet which consisted of foods and beverages from around the world. The event began with an intimate briefing for the residents and "wounded warriors" from Walter Reed and was followed by a formal recognition ceremony. AFRH residents were visited by many top level Generals, diplomats and VIP's from around the world. The event concluded with a visit by Santa who entertained the children of the active duty members of J5. A good time was had by all.

## Visitors come bearing gifts, food, fellowship

### 'Cooties' is highest honor for VFW members

By Steven Briefs, Recreational Therapist

The Military Order of the Cooties visited with the KHC residents on Saturday, December 15th. They served fresh coffee and donuts and as they do every month, sat with our residents and share in good conversation.

The M.O.C group has been visiting our home for the past 25 years and in each of those years has donated a Christmas gift. This year we were able to buy six Sony stereo's that will go to each of the LaGarde floors. We appreciate their faithfulness to our home.



Frederick Robinson Jr. of the Military Order of the Cooties hands Steven Briefs, AFRH Recreation Therapist, a donation check. Also pictured is (from left) Willie Hopkins, Julia White, Bob, Delois Whitehead, Steven Briefs, Frederick Robinson Jr., Helen Robinson, Oscar Reynolds, Dottie Brown, Sammie Whitehead, and William White.

## Sweet tunes

### Holiday music delivered to KHC residents by Army musicians

By Amanda Jensema

On Monday, December 10th members of the U.S. Army's Old Guard Fife and Drum Corps performed for the residents in the King Health Center. At 10 a.m. the hall was filled with beautiful

music from three trumpeteers. It was a sight to be seen!

Staff and residents gathered around the Christmas tree listening to their favorite holiday songs such as, "We Wish you a Merry Christmas," "Dreidel," "Silent Night," and so much more.

Residents sang along with songs they knew and they all had smiles on their faces in appreciation for this group of talented members of the Army's Old Guard.

As a note, the Army's Old Guard Fife and Drum Corps has inspired audiences throughout the country since it was founded in 1960. The proud tradition that began with the musicians of the

Continental Army continues today with this proud unit.



Three members of the Army's Old Guard Fife and Drum Corps play a holiday song for King Health Center residents.

## Scouts of Troop #1100 share Christmas joy

By Steven Briefs  
Recreation Therapist

On Saturday, December 8th the Boy Scout Troop #1100 visited with our KHC residents and brought refreshments and sang Christmas songs to each unit of the LaGarde building.

The young scouts shook hands with residents, introduced themselves and offered a variety of refreshments. Our residents enjoyed their visit and wished them a Merry Christmas. It was very nice to see both generations sharing friendships together.



Boy Scout Troop #1100 with volunteers, parents and leaders at King Health Center.

# The gift of giving

## Community volunteers bring holiday cheer to the AFRH

By Melodie Menke, Volunteer Services

Volunteers at AFRH during the holiday season are simply wonderful people to meet and bring a holiday spirit to all the volunteer projects. For the month of December over 410 volunteers have been to AFRH to lend a helping hand, share conversations and a lot of smiles and laughter with the veterans. Here are just a few of the highlights from Volunteer Services: In continuing our community partnership with St Gabriel's Catholic School we were treated to a wonderful children's holiday choir program. A total of 170 faculty and children walked six blocks to AFRH to entertain our residents and enjoy a social afterwards. Principal



Ed Stites is pictured with members of the Gold Star Wives, Potomac Chapter. This group has been volunteering at AFRH for the past 20 years.

Sister Maria Faina thanked the veterans for their contribution to this country and music teacher Mr. Belton and his children's choir of kindergarten through 7th graders filled our auditorium with song. Special thank you to wonderfully well behaved children; Julie Rodriguez and Agnes James who coordinated the after school chess and tutor program that our residents have signed up for, and to John Willging, AARP Income Tax Regional Coordinator, including AFRH, for all their assistance in making the program a first at AFRH.

The AFRH Holiday Door Decorating Contest had an added cup of enthusiasm when Command Sergeant Major (CSM) Gainey, Senior Enlisted Advisor, Joint Chiefs of Staff, brought four of his enlisted staff from each branch of the service, SSGT Mike Fuller USMC; SFC Ryan Kohles USA; SSGT Heather McConaghy USAF; MC1 Derrick Ingles;

to be the honorary judges. This contest creates a cozy neighborhood feel and residents enjoy strolling the spaces and looking at everyone's creative door and lobby decorations. The judges had some lively debates and the winners were announced in a ceremony with CSM Gainey personally awarding each participant with his own personal items and gift cards donated by Top Side Aviation Club.

Here are the results of the Holiday Door Decorating Contest: 1st Place went to Ray Whitelow, plaque from CSM Gainey and a \$50 Target Gift Certificate. 2nd Place went to Willia Cooper, pen set from CSM Gainey and a \$35 Target Gift Certificate. 3rd Place went to George Quick, pen set from CSM Gainey and a \$30 CVS Gift Certificate. 4th Place went to Paul Schlegel pen set from CSM Gainey and a \$25 Target Gift Certificate. Honorable mentions went to Maria Townsend, \$25 Wal-Mart Gift Certificate; Thomas Bartleman, \$25 CVS Gift Certificate, Leonard Pietrewicz, \$15 Target Gift Certificate; Mike Longwell, \$15 CVS Gift Certificate; PJ Johnson, \$10 Wal-Mart Gift Certificate and Ray Smith, \$10 CVS Gift Certificate.

To ensure the next Senior Enlisted Advisor is involved in the holiday spirit at AFRH for the next four years, CSM Gainey donated already made plaques and pen sets till 2011. The residents truly enjoyed the ceremony and socializing with CSM Gainey and his staff.

Costco Wholesale, a huge supporter of our AFRH residents, tried to play secret Santa and donated a huge amount of goodies including the hottest sold out game in the nation, the Wii play set and a beautiful electric fireplace for our coffee lounge, but word soon got out and many residents were enjoying beverages and games of chess and backgammon by the crackling fire. When Costco heard about the success of the fireplace, they generously donated another sleigh full of goodies, including yet another beautiful fireplace and a 50" flat screen TV for the Sheridan Lobby. A huge thank you to the wonderful Costco staff, Dean Roberts; Tonya Mitchell; Andrew Santmier and Joe Tortera, Executive Vice President of the Eastern Division, that make such a special effort of giving of their time and generosity to support our residents.

General W. Hartzog (Ret), Top Side Boss of the Year, and his wife, Bobby were the drivers of another generous sleigh, Caroline Hopkins, president of Top Side Aviation Club and Diana Worley, VP Programming donated numerous new clothing and comfort items and \$200 dollars worth of gift cards for the residents and stayed to meet and greet with residents. Top Side Aviation Club is professional network of staff women from the White House, Congress, the Executive Branch and private



Taking careful notes, a judge of the annual Holiday Door Decorating Contest goes through and decides his scores. Four active duty military, from each branch of the service, served as judges.

industry in the aviation/aerospace field.

Volunteers from Catholic University of America (CUA) Men's Soccer Team and CUA Ladies Field Hockey Team, Howard University; Active Duty Navy National Medical Center Bethesda, Bureau of Navy Medicine and Surgery Chief Petty Officer's Association, U.S. Coast Guard; Army Air Force and Marine Corps, 265th ADA Florida Unit Army National Guard, and civilian community volunteers spent two days decorating over 16 Christmas trees and two main lobbies and delivering holiday cards to 800 residents' doors in Independent Living. Volunteers also took over 150 free Polaroid photographs for residents in front of the new fireplace donated by Costco Warehouse at the AFRH Holiday Dance.

Gold Star Wives, Potomac Chapter, for over 20 years have adopted a Long Term Care Unit and visit every quarter with gifts and smiling faces. And this December, the ladies, Joyce Karas, Ella Delisio, Mary Boone D, and Fort Belvoir MWR, Kristen Williams and SSGT Desiree Lee led by Mrs. Marianne Nugent personally delivered gift bags with new clothing, sweet treats and handcrafted lap blankets. They also held a social with homemade goodies for residents and staff.

In the continuing partnership with the VA Board of Appeals, coordinated by dynamic Alice Booher and in partnership with Red Top Cab Co., they delivered their annual donation in style with Harold behind the wheel, and over 1,200 2008 calendars; lovely handmade scarves; numerous toiletry items and individual gift bags filled with a coffee mug or cup and saucer and hot cocoa packets, were delivered for all residents.

We also had the 4th Annual Victory Church of Jesus Christ Caroling Night and Social. As their rich voices rose without accompanying music, so did many resident's hearts. This annual program is a seasonally highlight at AFRH. The fellowship

of this partnership makes it night to sing along and enjoy the season.

People Animals Love (PAL) of Washington DC, held extra visits for residents in both Independent Living and Long Term Care for the month of December. The residents even decorated a tree for the dogs and owners and in turn the dogs and owners pitched in a lent a helping hand to decorate our ceremonial holiday tree.

For Christmas Day, 45 volunteers were here to play Santa's helpers and assist in both dining facilities, placing tablecloths, placemats and napkins for a lunch service to over 1,100 residents and family members. Volunteers will also be serving or lending a hand wherever it is needed. Our Long Term Care residents have volunteers that will be playing music and singing for the lunchtime feast.



Howard University students make an Elf Delivery to a residents' room.

From left - Dean Roberts and Andrew Santmier, from Costco, visit with PJ Johnson.



Top Side Aviation Club visits the AFRH to drop off Christmas gifts. Pictured above are (from left) Pasquale Giudice, Ron Perry, Diana Worley, Bobbie Hartzog, Caroline Hopkins, Ann Whittaker, Frances Scott and General W. Hartzon, USA, retired.