

We Honor Veterans Newsletter



October 2021 Edition

Dale Grimes - United States Navy

Dale Grimes signed up for the Navy in April of 1953 during Easter break while still attending old Sparrows Point High School. He completed boot camp in Bainbridge, MD and was sent to Class A Electricians School at Great Lakes, Illinois.

During his time in the Navy, Dale served on a number of ships including the USS Conway DDE 507 which was a destroyer. He also served on the USS Shenandoah AD 26 which was a repair ship. The USS Shenandoah took part in the Suez Canal crisis in 1956. Dale was discharged from active duty in July of 1957.

After coming home, Dale went to work at the Western Electric plant as an electronics technician. He worked at the plant from 1957 until the plant closed in 1986.

Dale joined the US Naval Air Reserves at VP662 Anacostia Naval Air Station, Washington, DC in 1960. Dale worked as a combat aircrewman, radar operator, bow lookout, and MAD operator on a P2V Navy patrol plane. His crew flew surveillance patrol during the blockade of the Cuban Missile Crisis in 1962.

In November of 1970, Dale transitioned to a P-3A Navy patrol plane out of the Patuxent River Naval Air Station. Dale flew as an aircrewman until retiring in December of 1992. Dale logged over 4000 hours of flight time.

Dale Grimes retired from the Navy in September of 1993 with a total of 38 years of service.

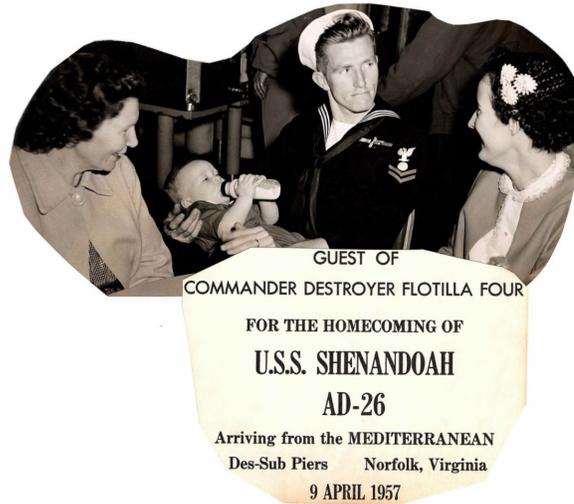
Dale met Kay when they were attending Sparrows Point High School. They dated for two years before getting married. They were together for over 67 years and had three children: Dale Jr, Judy, and Bill as well as six grandchildren and six great grandchildren.

On Sunday, May 16th, Dale Grimes was honored with a Salute to Service Tribute (SST) conducted by Gilchrist staff and veteran volunteers. There were over 50 family and friends in attendance for this special tribute to a man who dedicated much of his life to serving his country. The SST included an opening prayer, Pledge of Allegiance, National Anthem, patriotic music (including Anchors Aweigh of course), and a closing prayer. Dale received the We Honor Veterans pin, a certificate, and a handmade patriotic blanket. Looking sharp in his Chief Petty Officer Navy uniform, Dale proudly returned the formal salute presented by the military veterans.

Dale is very proud of his military service and says "God has been good to us and our church has been a big part of our lives."



Dale Grimes 1954



Dale Grimes Family 1957



Dale Grimes Honored by Gilchrist Staff and Veteran Volunteers

Navy WAVE Joan Heslin Moore

Joan Heslin Moore was Joan Leinen and not yet 21 when Congress created the Navy's Women Accepted for Volunteer Emergency Service (WAVES) program in the summer of 1942. But she knew it was "her dish." She had spent her last two years in college watching as dozens of her friends and dancing partners enlisted in the war effort. Now, she told a Navy recruiter, she wanted to be part of the action.

The hard part wasn't convincing the Navy; it was convincing her mother. After a contentious family meeting with her father in her corner, Joan got her blessing. In October 1942, she left her hometown of Rochester, NY, for Northampton, MA, as the second-youngest member of the first corps of women to become Navy officers. After a few months

of intense training—and marching—she graduated from officer training as an Ensign in January 1943. Joan was immediately assigned to the Navy's Eastern Sea Frontier headquarters in Boston, where she worked as a Communications Officer—a “Code Girl.”

Joan's long letters home told of a rotating cast of officers she and her roommates would host when they were in port, of the stares—and, sometimes, comments—she would attract as a woman in uniform, and of the Navy ships and submarines she got to explore. (If you think climbing up and down all those ladders and through some of those passageways looks tricky, imagine doing it in a pencil skirt!)

What her letters *didn't* say is how Joan spent many of her days and, because she also worked swing shifts, her nights: coding and decoding cables, reviewing lists of casualties long before they became public, and tracking German U-boats that came far closer to the East Coast than most in America realized. Her work, and her contribution to the war effort, remained classified for decades.

Shortly after D-Day transformed the European Theater, Joan requested a transfer to the West Coast and the Pacific Theater—she still wanted to be where the action was. She spent the last year of the war in San Francisco, where her roommate was a junior WAVE officer Joan knew well—her younger sister Fran, Joan's best friend for more than 80 years.

Joan left active duty a full Lieutenant in March 1946 to marry Dr. Thomas Heslin, an Army officer she had dated before the war, just days before he shipped out to Japan. (First, she had to tell a Navy officer that she wouldn't be marrying him after all—yes, there is a good story there). She followed Tom to Japan a few months later, and the first of their nine children was born there.

Much more would follow. Joan eventually left the reserves, was widowed twice, raised 14 children, welcomed more than 30 grandchildren and now more than a dozen great grandchildren. Her life would take her from Rochester and Levittown, NY, to Bound Brook, NJ, to Poughkeepsie, NY, to her beloved Pocono Mountains in Pennsylvania. She celebrated her 100th birthday in August as a resident of Mercy Ridge Retirement Community in Timonium, MD.

But Joan never stopped being a Navy WAVE. Let me end by quoting part of a telegram she received from the Navy Bureau of Ordnance the day before her wedding:

“This Bureau learns with approval of betrothal of Lt. Leinen [who] provided much laughter [and] countless good times. ... This Bureau, through its officers ... sincerely desires to toast its good friend Lt. Leinen who it is hoped will settle down to a good life and refrain from hailing Naval officers in hotel lobbies with great shouting, It is requested that addressee keep this Bureau informed of her address so that free meals may be arranged.”

This past July, Gilchrist veteran volunteers honored Joan Heslin Moore with a Salute to Service Tribute. Everyone in attendance was moved seeing one of Joan's great granddaughters holding the flag for the Pledge of Allegiance. As one of the veterans commented, it was an honor to salute Lieutenant Moore.

Note: This story written with love by Joan's granddaughter Jennifer Mueller.



Joan in 1942



Lieutenant Joan Heslin Moore



Military Tribute for Joan Heslin Moore

Seabee Robert Juskelis

Robert "Bob" Juskelis completed a three-year apprentice plumber program before enlisting in the Navy in 1967. With Bob's strong skills as a plumber, he was assigned to the Seabees where he performed plumbing and carpentry work. When asked if he served on a ship, Bob responded, "I was only on a ship for one day and that was enough!"

Bob did two tours in Vietnam with the Naval Mobile Construction Battalion Four (known as the Fabulous Four). During his first tour, Bob's outfit was based in Danang. Here the battalion worked at the Danang Air Base, dug wells at the Special Forces Camp at Con Thien and built a galley for Marines.

His battalion was based in Quang Tri during his second tour. The assignment for this

deployment was the building of facilities for the Commander, Naval Force in Vietnam.

Bob was quick to tell members of the other military branches that there were three important things to know about the Seabees: They always had a roof over their heads; they had good food; and their 25-cent beer was always cold!

Bob met Anita at a church teen center and they were married in 1965. Bob went on R&R twice since he did two tours in Vietnam. As a result, he and Anita had two children. Anita remembers that when Bob was discharged, they packed the two kids into the back of their VW Bug and drove from Port Hueneme, California to Maryland.

Upon returning to Baltimore, Bob became a master plumber opening his own business. In his spare time, he went to college and completed his degree in construction management.

Seabee Robert Juskelis was recently honored with a Salute to Service Tribute (SST). The SST is conducted in homes, residential communities, and Gilchrist Centers. The tribute is a meaningful and heartfelt ceremony that includes giving the veteran a certificate of appreciation, a pin, a thank you card from a student, a handmade patriotic quilt, and music from a particular branch of the service.

Bob says that he was successful in life due to the strong work ethic and the focus on always doing work right the first time that he learned in the Seabees.



Seabee Robert Juskelis



Leslie Colvin Salute

Leslie Colvin served in the Army Reserves for six years. Leslie's family was thrilled to learn that Gilchrist wanted to honor his military service with a Salute to Service Tribute. The day of the tribute, Leslie was to be inside near a window so that he could see and hear the Gilchrist volunteers conduct the ceremony. Instead, Leslie told his family he wanted to be outside with the other veterans.

On August 28th, Leslie Colvin was honored by Gilchrist staff and volunteers with a Salute to Service Tribute. The tribute included an opening prayer and the Pledge of Allegiance. The team presented Leslie with a certificate, handmade lap blanket, door plaque and a handmade card from a student. Leslie was also presented with a We Honor Veterans pin. Leslie proudly returned the formal salute at the conclusion of the tribute.



Leslie Colvin Honored with Salute to Service Tribute

Vet Helping Vet

Gilchrist Navy veteran volunteer John Gonnella, a retired plumber, installs a new hand-held shower head for a fellow Navy veteran and new Gilchrist patient.

As all military personnel learn in boot camp, we always take care of our buddies.



Vet-to-Vet Café

A Vet-to-Vet Café is held for veterans at a healthcare or residential facility and allows them

to come together to talk about their military service. This past year we were unable to conduct Vet-to-Vet Cafés due to the pandemic. Only in July of 2021 have we been able to once again plan and conduct Vet-to-Vet Cafés.

We were able to conduct our first Vet-to-Vet Café at Oak Crest Senior Living on July 26, 2021. There were 12 veterans in attendance and the Vet-to-Vet Café was facilitated by three Gilchrist veteran volunteers. Each of the veterans in attendance shared something about their military experience. Many of the veterans brought photos from their time in the military. Following the Vet-to-Vet Café, we received this feedback from an Oak Crest staff member: “One of the Veterans who has attended a number of the Cafes expressed this was the best one yet, he enjoyed all of the sharing.”

On August 6th Gilchrist veteran volunteers conducted a Vet-to-Vet Café at North Oaks Senior Living. World War II Army veteran Marty Waxman brought a framed calendar page to share with the other veterans. When asked, he replied “I’m holding a calendar from February 1953, my last full month in the Army before leaving Germany where I served for 17 months. A replacement was a great cartoonist, and drew characterizations of the soldiers I served with and myself and gave it to me as a departure gift.”

These Vet-to-Vet Cafes provide these veterans with opportunities to talk and share stories with other veterans. More Vet-to-Vet Cafes are scheduled for Oak Crest and North Oaks.



Air Force Veteran Carol Smith Shares Photos with Gilchrist Volunteers at the Vet-to-Vet Café at Oak Crest



Army Veteran Marty Waxman Shares a Special Calendar at the Vet-to-Vet Café at North Oaks

Recall on Some Philips CPAP or BiPAP Devices

The VA has learned of the recall on some Philips Respironics Positive Airway Pressure devices (CPAP or BiPAP) used for sleep apnea. If you do not have a Philips Respironics device, it is not part of the recall and you can ignore this information.

If you use a Philips Respironics CPAP or BiPAP device, such as a Dream Station or System 1, continue to use your device as prescribed and, as soon as possible, register your device on the Philips Respironics website [Home | Philips Recall \(expertinquiry.com\)](https://www.philips.com/usa/healthcare/recall) or call 877-907-7508.

You will receive a new device when one is available along with a box to return your old device. This may take up to a year. VA will be notified when your machine is registered.

For more information on the recall, visit the Philips Recall website ([Medical Device Recall Notification, Sleep and Respiratory Care devices | Philips](https://www.philips.com/usa/healthcare/recall)) or the VA Philips Respironics Recall site for Frequently Asked Questions ([Philips CPAP and BiLevel PAP Recall - VHA National Center for Patient Safety \(va.gov\)](https://www.va.gov/patient-safety/philips-recall)).

Loneliness Can Impact Your Health

There are many things that affect your health that aren't medical, but social. Known as social determinants of health, they are part of the national conversation on healthcare.

The conditions in the places where people live, learn, work and play affect a wide range of health risks and outcomes.

These barriers to good health occur outside of the health care system and can be things like poor education, low income or lack of transportation, food insecurity and loneliness.

Social determinants of health are so important and solutions require partnerships between the government, physicians, community and veterans service organizations – that address care of the whole person.

It's common to experience feelings of loneliness, even when surrounded by friends and family. Loneliness is a feeling of sadness or distress about being alone or feeling disconnected from the world. It can strike when a person doesn't feel a sense of belonging or have social connections to friends, neighbors or others.

"Many veterans don't realize that support for loneliness may be available to every veteran through his or her primary care physician (PCP) or veterans service officer," said Ed Sandrick, Director of the Veterans Channel at Humana.

For more information, contact the Veterans Administration ([VA.gov Home | Veterans Affairs](#)).

Uniform Smiles

Radio conversation released by the Chief of Naval Operations on November 10, 1995.

Americans: Please divert your course 15 degrees to the North to avoid a collision.

Canadians: Recommend you divert YOUR course 15 degrees to the South to avoid a collision.

Americans: This is the Captain of a US Navy ship. I say again, divert YOUR course.

Canadians: No. I say again, you divert YOUR course.

Americans: THIS IS THE AIRCRAFT CARRIER USS LINCOLN, THE SECOND LARGEST SHIP IN THE UNITED STATES' ATLANTIC FLEET. WE ARE ACCOMPANIED BY THREE DESTROYERS, THREE CRUISERS, AND NUMEROUS SUPPORT VESSELS. I DEMAND THAT YOU CHANGE YOUR COURSE 15 DEGREES NORTH, THAT'S ONE FIVE DEGREES NORTH, OR COUNTER-MEASURES WILL BE UNDERTAKEN TO ENSURE THE SAFETY OF THIS SHIP.

Canadians: This is a lighthouse. Your call.

Please Share

If you enjoyed reading this edition, please forward a copy to other veterans that you know so that they can also enjoy the newsletter. If you are reading a shared copy and would like to receive your own copy of future editions, please send an email with your request to wehonorveterans@gilchristcares.org.

Looking For a Few Good Volunteers

Would you like to be a Gilchrist volunteer? We are always looking for volunteers –

especially those who have military experience. Our military veteran volunteers are involved in Salute to Service Tributes for veterans under hospice care, visiting public schools to talk about military service, meeting with veterans to talk about their military service, supporting our annual Welcome Home event for Vietnam Veterans, and many other activities.

If you would like to learn how to become a volunteer, contact Gilchrist at wehonorveterans@gilchristcares.org.

We Want Your Input

If you have suggestions for content you would like to see in future issues of the Gilchrist We Honor Veterans Newsletter, please contact us at wehonorveterans@gilchristcares.org.

The logo for Gilchrist features the word "gilchrist" in a bold, green, lowercase sans-serif font. A single green leaf icon is positioned above the letter "i".

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