

Steel Valley Dolphins

November 2016



The official newsletter of the
USS Requin Base of the USSVI
Pittsburgh, Pennsylvania

USSVI Creed:

"To perpetuate the memory of our shipmates who gave their lives in the pursuit of duties while serving their country. That their dedication, deeds, and supreme sacrifice be a constant source of motivation toward greater accomplishments. Pledge loyalty and patriotism to the United States of America and its Constitution."



Meetings held on the second Saturday of the month normally in Leetsdale at the VFW Post and quarterly meetings held around our membership area.

- **Make a difference, get to a meeting!**

----- Pride Runs Deep -----

Next Meeting: 1230 December 4th, 2016 At the
German Club 857 Phineas St., Pittsburgh PA

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----- Pride Runs Deep -----



Binnacle List

Aaron Ellis
Judy Elster
Judy Elster
Bob Gourley



Commander Matt Shiplee Guest speaker talked on the 1st, 2nd and tenth amendments.

COMMANDERS CORNER:

KUDOS to the members and first mates of the Requin Base. We had close to 60 members and first mates attending. We all enjoyed our guest speaker- Commander Matt Shiplee, who was a navy seal. We hope to build on the attendance in the coming year. It is very important to LET US KNOW WHEN you will be attending a base meeting and how many GUESTS you will have accompanying you so we can make sure that we do not run out of mid-rats.

We want to thank each and everyone of you that TURNED 2 and helped clean up and store our equipment after the meeting. All help is greatly appreciated.

CHRISTMAS LUNCHEON:

The Requin Base is planning to have a special holiday celebration this year to thank all members, both regular and associate, and especially all the new members of 2016!

WHEN: Sunday, December 4, 2015

Where: Teutonia Mannerchor (German Club)

857 Phineas Street

Pittsburgh, Pa 15212

TIME: 12:30 Meeting (Insulation of Officers, Tolling of the Boats & Mia/Pow Ceremony)

13:00 German Buffet - cash bar

14:15 Honor our WW2 Shipmates

14:30 Entertainment (North Star Kids) over 30 kids will perform

(The above times will be flexible after the 12:30 start)

The cost of the BUFFET and ENTERTAINMENT is \$25.00 per person. As of the 22nd of November, we have a total of 79 that will be attending. That includes 64 members/family, 4 ww2 members with family, guests and presenters. If your kids are twelve (12) or under, the cost will be \$10.00 per child. We have room for 100 and if need be, we can cram in a few others.

There will also be a male-female, \$10.00 grab bag for \$10.00. To participate, please bring grab bag gift to be able to receive a gift.

DUES COLLECTION FOR 2017

Base Officers & Committees - 100%

Associate Members - 80%

WW2 Vets - 100%

The Pa/out of Pa members = 84%

There are 28 Shipmates that have not sent in their dues as of Nov 28!

BIRTHDAY

LLOYD, Alfred 11/17/36

BEAUREGARD, Rich 11/17/65

BENCE, James 11/11/47

BOLCATO, Val 11/09/50

BOUTS, Clair 11/22/39

HAWK, Bill 11/21/37

KLINE, Robert 11/09/31

LEWIS, James 11/06/40

McGee, Allen 11/04/40

NIXON, Charles 11/06/46

SEGELEON, Vince 11/12/24

SPOUSE BIRTHDAY

Patsy Bookwalter 11/25

Dorothy Bright 11/22

Dorothy Brown 11/01

Judy Elster 11/03

Audrey Lasher 11/08

Sherry Nixon 11/22

Marianne Phelen 11/05

Betty Simpson 11/28

Joanne Welts 11/27

ANNIVERSARY'S

Lee & Patsy Bookwalter 11/30

Wil & Patricia Carlton 11/23

Ed & Rosemary Covey 11/27

Graham & Sandy Dunlop 11/24

John & Helen Donnelly 11/24

Ken & Judy Edwards 11/17

Bill & Priscilla Hawk 11/21

Fred & Trudy Hayes 11/20

Angelo & Cathleen Nasso 11/11

Clyde & Sharon Porter 11/13

Chris & Ruth Ann Shal 11/01

Jeff & Eileen Simon 11/14

(Any additions or corrections , please let me know)

THANK YOU MESSAGE FROM EDIE:

Thanks dear friends, for all those lovely cards and phone calls, wishing me a speedy recovery. It is no wonder why I am progressing so well, with the love and support you've sent me. Those good wishes really cheered me up. I want you to know how much I appreciated your kindness. I feel blessed with your friendship.

Requin Base Meeting Minutes

November 12, 2016

Leetsdale, PA

Base Commander Huey Dietrich called the meeting to order.

Attendees: Mike Allen, James & Jennifer Beachler, Tino & Sally Bolcato, Eric Bookmiller, Lee & Patsy Bookwalter, George & Cindy Brown, Ron Campbell, Joe Campisi, Robert Davis, Huey Dietrich, Reno Farino, Pete & Stephanie Foster, Major & Loretta Galloway, Gerry & Linda Gaylor, Dick & Beverly Geyer, Robert Goldman, Bill & Dona Greenlee, Woody Gunderson, Lou Hamil, Jason Kitchen, Bill & Sandra Lindsey, James Messer, Vince Metz, Bob & Jude Myers, Fred Nelson, Frank Nicotra, David & Ann Sawin, Bob Schmidt, Harry Sills, Jeff & Eileen Simon, George Staas, John Stewart, Carl Stigers, Jack & Ginny Sutherin, Mike & Tina Wyckoff, John Yaksich and guest speaker Matt Shiplee.

Base Commander Huey Dietrich: Quotes of the day: "Be ever questioning because ignorance is not bliss. You don't go to heaven if you die dumb. Be better informed learn from other's mistakes because you will not live long enough to make them all yourself."

Requin History: On November 13, 1945 Requin crossed the Arctic Circle.

Base Commander Huey Dietrich: Let us at this time, with a moment of silent prayer, remember our Shipmates who made the supreme sacrifice that we may gather here in Peace. We dedicate this meeting to our Shipmates on Eternal Patrol, to perpetuate their memories in our lives and to honor our Shipmates on active duty in the service of the first line of defense of our Nation.

Boats Lost:

USS ALBACORE (SS 218)	November 7, 1944
USS GROWLER (SS 215)	November 8, 1944
USS SCAMP (SS 277)	November 9, 1944
USS CORVINA (SS 226)	November 16, 1943
USS SCULPIN (SS 191)	November 19, 1943
USS CAPELIN (SS 289)	November 23, 1943

We also wish to remember our shipmates of the Requin Base: Arlow Julian Jr, Paul Hoffman, Larry Weiss, Don Roach, James Wilkes and George Stefaniak. Finally let us remember all the brave submariners who died performing their duties aboard submarines, some individually and some in groups, but where the submarine itself was not lost.

Chaplain Carl Stigers gave the Invocation.

Base Secretary Jeff Simon led the Base in the Pledge of Allegiance.

Members introduced themselves and the boats they qualified on.

Base Secretary Jeff Simon reported that Minutes of the last meeting were published in the SVD and the base website. With no objections, the minutes were approved as published.

Treasurer Lee Bookwalter gave an accounting of base assets, expenditures, and deposits. With no objections, the report was approved.

Other Reports:

Binnacle List: Edie Dietrich, Aaron Ellis, Judy Elster, Bob Gourley

Charles Tolbert went on eternal patrol

Membership stands at 223 making Requin the sixth largest USSVI base

USS Dace is having a mini reunion here in Pittsburgh and Elwood City PA today.

Carl Stigers reported on the Eagle Scouts presentation program.

Storekeeper Frank Nicotra reported on small stores available.

Old Business:

Base elections will be held at the December meeting. Members wishing to be nominated should contact Rick Elster or Bernie Sigler. Dues for 2017 must be paid before year's end.

Commander Matt Shiplee was today's guest speaker talking about the US constitution.

Eric Bookmiller spoke regarding his participation in the National Rec White & Blue Mass held in Norwich CT

Eric Bookmiller discussed possible locations where the Requin Base can hold its meetings

The Leetsdale VFW is now asking \$100 per month for the base to hold meetings and store memorabilia at their facility.

New Business:

The North Star Kids will be performing at the December meeting

WWII veterans will be honored at the December base meeting and members are needed to sponsor them.

For The Good Of The Order:

Members can apply online for College Scholarships.

Letters to the base were read

Chaplain Carl Stigers gave the Benediction and blessing of today's meal.

Adjournment: The meeting was adjourned.

Next meeting: Sunday December 4, 2016 at Teutonia Mannerchor (German Club), 857 Phineas St., Pittsburgh PA 15212. Meeting starts at 1230 hours (Election, Tooling of the Boats, POW/MIA Ceremony). Buffet Lunch starts at 1300 hours. North Star Kids perform at 1400 hours. Cost is \$25 per person with cash bar. Members are encouraged to participate in a \$10 gift exchange (male, female, generic). RSVP to Huey [Dietrich](#).

Former Parche sailors' best stories can't be told

July 29, 2016



Larry Steagall Gene Michonski, from Tennessee, served on the USS Parche from 1977-80.

By [Ed Friedrich](#) of the Kitsap Sun

Shared experiences aboard the Navy's most decorated vessel drew 60 former crew members to a reunion last week, but they still can't share their stories. Exploits aboard the spy submarine USS Parche remain classified. "This girl was a special girl," said Daniel Gonzalez, joining peers for a welcoming ceremony July 22 around the sub's preserved black sail. Colorfully marked with the boat's many awards, it sits in front of Puget Sound Navy Museum in downtown Bremerton. Gonzalez, of Modesto, Calif., served two stints as a storekeeper aboard the Parche.

Commissioned in 1974, the Parche spent 30 years and 19 deployments as the United States' top espionage sub. It reportedly tapped into the Soviet Union's undersea military communications, recovered missile fragments from the ocean floor after test launches and performed other intelligence gathering.

The Parche earned nine Presidential Unit Citations for "extraordinary heroism against an armed enemy ... under extremely difficult and hazardous conditions." Most ships never get one. It also received an unprecedented 13 Navy Expeditionary Medals and 10 Navy Unit Commendations.

How the honors were achieved remains officially secret, though some have tried to tell the submarine's story. In particular, a book called "Blind Man's Bluff: The Untold Story of American Submarine Espionage," by Sherry Sontag and Christopher Drew, details many of Parche's alleged exploits. The Navy neither confirms nor denies the stories.

One Presidential Unit Citation was awarded for a 1982 mission in which the Parche stayed submerged for a then-record 124 straight days. Several alums at the reunion were there.

"When we came in (to Mare Island Naval Shipyard), we did not have enough food for one more meal," said former yeoman Gary Robertson, 57, of San Diego.

Submarine crews, working together in a tube for months at a time, develop a camaraderie and closeness. The Parche added an aura that the sailors were part of a crucial mission, though not everybody knew what it was.

"Some people knew more than others," said Robertson. "I knew it all because of my job. It's interesting, but I can't talk about it."

The Parche was designated by the Navy as a "research and development" submarine. To serve on it, sailors needed to be chosen for "special projects," which required a "top secret" security clearance instead of the usual "confidential."

The boat changed its homeport to Bangor in 1994 and operated from there for its final 20 years. It was decommissioned at Puget Sound Naval Shipyard in 2004 and scrapped in 2006.

Crew members don't mind that they must remain mum. Most are proud that so little information has leaked out. The missions happened quite a while ago, though.

"I understand the importance of national security and stuff, but I think enough time has passed," said Dan Morsette, 54, a former mess cook from Finland, Minn. The whole world needs to know about this boat how important this crew is."

The Grey Lady and the Sailor

by Mike Hemming

Standing there, he hears the voice again that came from so far away after all these years,

"You came."

It is the same voice that called him to this deck when he was young.

"Yes I came, I heard your call. I didn't realize it was you at first. Why did you call me?"

"I called all of you. You came as some of the others will too. I called because my time is at an end now... I will be cut up for scrap. I was hoping to be sunk in the sea with the others, but it is not to be."

"Yes but why me? Why not one of those brave men that fought the Japanese with you from your days of glorious battles. My time with you was just long training and cruises to nowhere. We had fun... But there was no glory in our Cold War."

"Your wrong. There was no glory in their war, either. Just sinking ships by gun and torpedo or being sunk by depth charge, mine or gun. Until the war was over, our story couldn't be told. Then it was lost, in atom bombs, nuclear power and aviation."

"I called you because you men kept me alive. I was built to last 7 years, to defeat the Japanese war machine.

But because we were needed and you and men like you sailed on me, I lasted over 28 years. Good years, they were... Filled with young men, that cared for each other and me. Men that worked, played and sailed hard, and we won that war too, in the end. Not for glory, just for our country."

The sailor thinking, smiles and answers,

"Yes, they were good times, weren't they? The world was our oyster on 100 bucks every 2 weeks."

Then frowning, he says,

"We lost our share too Cochino, Stickleback and men in ones, twos and threes to fire, drowning and accidents. Men that lost fingers, hearing, chunks of time and marriages doing what we did."

"Yes you did. Nobody ever said submarining was a safe business. But you men did well, training each other to do the job right, all the time. You should be proud of yourselves."

"You should also think of the things they asked us to do, changes and things added to our jobs. Radar Picket boats... Now there was a program well named, Migraine, and Regulus, firing rockets from our decks. And the guidance boats... For them having to get even closer to the enemy coast was dangerous too."

The sailor thinking says,

"Yeah, and making boats into troop carriers like the Sealion. Then adding snorkels and learning how to use them, always in danger of hydrogen gas and flooding the engine rooms."

"Then came the Guppy conversions, our finest hour, with beginning to learn all about high speeds submerged and what can go wrong there."

The sailor says,

"We were always ready. Cuban Missile crisis... Patrols off Russia, Korea and Vietnam even... Following the bad guys, we did it all. Until the nukes were built in sufficient numbers, we were the workhorses of the under-sea fleet."

"Yes, you men should be proud of yourselves, I'm proud of you."

"Look across the harbor... Those young men on that new boat, they are you. My kind has changed... Faster, deeper, quieter, longer times submerged... But don't think those men are different. Whatever lives in you, lives on in them and the men that will follow them."

Then the sailor knows he will never hear her voice softly call to him again. He hunches his shoulders in the cold... Stuffs his hands into the pockets of the foul weather jacket with its shabby collar, stains and faded ship's patches. The jacket, smelling strangely of mothballs and an odor like no other, is his armor and shield that protects his memories from floating away.

Turning inland, back to where he came from, so long ago... Remembering the first time he heard her call, he smiles softly thinking of her last words.

"Remember to honor those among you that didn't return. Memories of them carried in the heart, will last longer than stone or bronze monuments."

"For when there is no need for us any more, there will be no more man."

Depression Update 04 ► Tools to Fight It

For a quick look at depression in the United States, check out these statistics: □ Depression is one of the most common mental disorders in our country, according to the National Institute of Mental Health. □ Our country ranks third as the most depressed country in the world, according to the World Health Organization.

□ Approximately one in five adult Americans experiences some form of mental illness each year, according to the National Alliance on Mental Illness. With reports like these, we should keep tools to fight depression handy. The National Center for Telehealth and Technology (T2), with the Department of Veterans Affairs, designs tools like apps for your smartphone. And these days, there are few things handier than a mobile app. However, before you explore the T2 suite of apps at <http://t2health.dcoe.mil/products/mobile-apps> here's an overview of depression:

Depression. This condition isn't a simple feeling (sad, down, blue, etc.); it is a serious condition that requires patience, understanding and treatment. Clinical depression is a medical condition and like other medical conditions, it can interfere with a person's daily life and can make normal functioning a challenge. Depression can vary in type and symptoms. Signs and Symptoms are:

□ Intense sadness, feelings of hopelessness □ Memory lapse, trouble with attention, □ Social isolation Loss of interest in hobbies, □ Thoughts of death, suicide, □ Exhaustion, fatigue, □ Sleep problems (too much or too little), □ Impatient, fidgety, □ Loss of appetite, changes in weight, □ Body aches (headaches, cramps or digestive problems) without a clear physical connection and no relief, even with treatment

Causes. According to the "VA/DoD Clinical Practice Guideline for the Management of Major Depressive Disorder" "Depression is considered a biological illness but can result from a combination of genetic, biological, environmental, and psychological factors. Trauma, loss of a loved one, a difficult relationship, or any stressful situation may trigger depression, but depression can also occur without an obvious trigger." □ It can present at any age and may co-occur with other medical conditions such as a traumatic brain injury, diabetes or cancer.

Treatment. Health care providers can treat depression. The earlier a person starts treatment, the better the outcome. Treatment involves psychotherapy, medication, or a combination of the two. Without treatment, depression can recur frequently and may become chronic. "If you experience several depression symptoms that last longer than two weeks and interfere with normal daily activities, it's time to see a health care provider," said Cmdr. Angela Williams, chief of evidence-based practice at the Deployment Health Clinical Center. "Most people who engage in treatment for depression get better."

Fight Depression with Mobile Apps. This list of mobile apps from T2 can help users understand and manage depression symptoms: □ ACT Coach at <http://t2health.dcoe.mil/apps/ACTCoach> uses mindfulness and acceptance strategies to help users cope with emotions and symptoms of psychological health conditions. □

LifeArmor at <http://t2health.dcoe.mil/apps/lifearmor> offers information, support tools (such as depression assessments), videos and a symptom tracker. It is the mobile compliment to AfterDeployment. <http://afterdeployment.dcoe.mil>. □ Mindfulness Coach at <http://t2health.dcoe.mil/apps/MindfulnessCoach> teaches focused attention using guided mindfulness meditation practices. It includes session logs to track progress and educational materials. □ Moving Forward at <http://t2health.dcoe.mil/apps/MovingForward> features problem-solving tools designed to teach life skills.

□ Positive Activity Jackpot at <http://t2health.dcoe.mil/apps/positiveactivityjackpot> helps users overcome depression and build resilience. It uses augmented reality technology to locate positive activities nearby. □ T2 Mood Tracker at <http://t2health.dcoe.mil/apps/t2-mood-tracker> helps users monitor and track their emotional health. Results are displayed in an easy-to-understand graph.

□ Virtual Hope Box at <http://t2health.dcoe.mil/apps/virtual-hope-box> strengthens coping, relaxation and distraction skills. Users can add personal photos, inspirational quotes, etc., to support positive thinking. If you, or someone close to you, are experiencing depression, talk to your health care provider. For more information about depression and available resources in your area, contact the 24/7 DCoE Outreach Center at 86 <http://www.dcoe.mil/Families/Help.aspx> Professional health resource consultants stand ready to help you access information specific to your needs. Call or email today: 866-966-1020

Seawolf-Class Subs ► Why So Few

The Seawolf-class submarines were envisioned as the best submarines ever built. Designed to succeed the Los Angeles-class attack submarines and maintain America's edge in the underwater domain, the class suffered from cost overruns and the collapse of the Soviet Union. While still some of the best submarines ever built, they were built at reduced numbers. In the late 1980s, the U.S. Navy was faced with a crisis. In 1980, the Soviet Union had received information from the Walker family spy ring that the Navy could track its submarines through excessive propeller noise. As a result, the Soviet Union went looking for advanced Western machinery to make better propellers. In 1981, the Japanese company Toshiba sold propeller milling machinery—now relatively common nine-axis CNC milling machines—to the Soviet Union via the Norwegian Kongsberg corporation.

By the mid 1980s, the Soviet Union's new machinery began to make itself felt. The new Akula-class submarines had a "steep drop in broadband acoustic noise profiles". One government source told the Los Angeles Times, "the submarines started to get silent only after the Toshiba stuff went in." On top of running silent, the Akula class could dive to depths of up to two thousand feet—while the U.S. Navy's frontline submarines, the Los Angeles class, could dive to only 650 feet. To combat the threat of the Akula class, the U.S. Navy responded with the Seawolf class of nuclear attack submarines. The Seawolf submarines were designed with HY-100 steel alloy hulls two inches thick, the better to withstand the pressures of deep diving. HY-100 steel is roughly 20 percent stronger than the HY-80 used in the Los Angeles class. As a result, the submarines are capable of diving to depths of up to two thousand feet, and crush depth estimates run from 2,400 to 3,000 feet.

At 353 feet, Seawolf subs were designed to be slightly shorter than their predecessors, by just seven feet, but with a twenty percent wider beam, making them forty feet wide. This width made them substantially heavier than the subs before them, topping the scales at 12,158 tons submerged. The Seawolf submarines are each powered by one Westinghouse S6W nuclear reactor, driving two steam turbines to a total of 52,000 shaft horsepower. The class was the first class of American submarine to utilize pump-jet propulsors over propellers, a feature that has carried over to the newest Virginia class. As a result, a Seawolf is capable of eighteen knots on the surface, a maximum speed of 35 knots underwater, and a silent running speed of about 20 knots. The Seawolf class is equipped with the BQQ 5D sonar system, which features a twenty-four-foot-diameter bow-mounted spherical active and passive array as well as 74 wide-aperture passive flank arrays. The submarines are being refitted with TB-29A thin-line towed array sonar systems. Rounding out sonar systems is the BQS 24, for detection of close-range objects such as mines. The ship's original combat data system was the Lockheed Martin BSY-2, which uses a network of seventy Motorola 68030 processors—the same processor that drove early Macintosh computers—and is now being replaced with the AN/BYG-1 Weapons Control System. The submarines were designed to be true hunters, and as a result have eight torpedo tubes, double the number of earlier submarines. It has stores for up a combination of up to fifty Mark 48 heavyweight torpedoes, Sub-Harpoon antiship missiles, and Tomahawk missiles. Alternatively, it can substitute some of this ordnance for mines. The resulting submarine is according to the U.S. Navy ten times quieter over the full range of operating speeds than the Improved Los Angeles submarines, and an astonishing seventy times quieter than the original Los Angeles-class submarines. It can run quiet at twice the speed of previous boats.

This formidable increase in performance came at formidable increase in cost. The total Seawolf program was estimated at \$33 billion for twelve submarines, an unacceptable cost considering the Soviet Union—and the threat of the Akula and follow-on subs—ended in 1991. The program was trimmed to just three submarines that cost \$7.3 billion. The extreme quietness of the Seawolf class gave the Navy the idea of modifying the last submarine, USS Jimmy Carter, to support clandestine operations. An extra one hundred feet was added to the hull, a section known as the Multi-Mission Platform (MMP). The MMP gives Carter the ability to send and recover Remotely Operated Vehicles/Unmanned Underwater Vehicles and SEALs and diving teams while submerged. It includes berthing for up to fifty SEALs or other attached personnel. Carter also features auxiliary maneuvering devices fore and aft for precise maneuvering in situations such as undersea cable tapping and other acts of espionage.

The Seawolf-class submarines are outstanding submarines, but the Cold War mindset at the time of development accepted high performance and consequently high costs to meet a high-level threat. The post-Cold War Virginia class forced the Navy to reign in costs while still producing a progressively better submarine. While unsuccessful as a class, the tiny Seawolf fleet is still a very useful part of the U.S. Navy submarine force, giving it capabilities not even the Virginia class can match. [Source: The National Interest | Kyle Mizokami | October 22, 2016 ++]

Nursing Homes Update 11 ►

How to Select Tips No matter your reason for looking into long-term care, here are some tips to keep in mind when choosing a nursing home or care facility: □

Consider. What is important to you—nursing care, meals, physical therapy, a faith community, hospice care, or Special Care Units for dementia patients?

Do you want a place close to family and friends so they can easily visit? 90 □ Ask. Talk with friends, relatives, social workers, and your faith community to find out what places they suggest.

Check with healthcare providers about which care facility they recommend. Use their suggestions to make a list of places that offer the services you want. □

Call. Get in touch with each place on your list. Ask questions about how many people live there and what it costs. Find out about waiting lists. □

Visit. Make plans to meet with the director and the nursing director.

The Medicare Nursing Home Checklist has some good ideas to consider when visiting. □

Talk. Don't be afraid to ask questions. You might want to find out how long the director and heads of nursing, food, and social services departments have worked at the care facility. If key members of the staff change often, that may mean there's something wrong. □

Visit again. Make a second visit without calling ahead. Try another day of the week or time of day so you will meet other staff members and see different activities. Stop by at mealtime. Is the dining room attractive and clean? Does the food look tasty? □ Understand. Once you select a nursing home, carefully read the contract. Ask the director or assistant director about anything you don't understand. Ask a trusted friend or family member to read over the contract before you sign it. Go to <https://www.nia.nih.gov/health/topics/nursing-homes> to get more information about choosing a nursing home and paying for care. [Source: National Institute on Aging e-Update | October 18, 2016 ++]