Cruisin’ The Coast®, was a go for 2020 despite the coronavirus pandemic. While the crowd may have been a bit smaller than the past few years, there still were over 6,000 antique, hot rod and classic cars registered from 41 states on South Mississippi roads October 4-11, 2020.

On October 6, 2020, 229 of those classic beauties drove through AFRH-G to wave to the veterans and show their cars. Each and every vehicle was one-of-a-kind and unique in their own way. Many residents remembered having cars like that in the past. This is an extraordinary event that the people of Mississippi and the residents of AFRH-G look forward to every year. This year was a little different because of the pandemic, but we are so grateful the cruisers still made time to swing by the Home.

Cruisin’ The Coast® comes to the Mississippi Gulf Coast every October for one full week. It is known as America’s largest block party and is the biggest special event in the state of Mississippi. It has been voted best car show in the United States by USA Today. It all started in 1996 as a festival to celebrate antique, classic and hot rod vehicles. It’s so exciting to witness vehicles cruisin’ the 30-mile stretch of beachside highway in and around Gulfport, Mississippi.

Next year Cruisin’ The Coast® will be held October 3 – 10, 2021 and will also mark the 25th Anniversary of the event. We look forward to seeing the cruisers at AFRH-G again next year on October 5, 2021.

A very special thank you to all the Cruisers who took the time to come by the AFRH-G. It was so nice to see so many smiling faces and beautiful classic cars. We thank you for supporting our veterans and we hope to see you all again next year.

Families reunite virtually

Depending on the last time a family member visited, some have not seen their loved ones here at AFRH-W since March or longer due to the Coronavirus. This type of isolation can have a negative impact on a person’s mental well-being. We have had to get creative with ways to overcome the obstacles that this pandemic has caused. Thankfully, we live in an era of technology that allows us to visit with loved ones virtually. Thanks to The Old Soldiers Home Foundation, Microsoft Surface Go tablets were purchased with the intent of using them for family visits and other virtual program needs. The Old Soldiers Home Foundation received generous donations from the Safeway Foundation and Recorded Future who gave permission for their donation to go specifically towards COVID-19 needs at AFRH. Since receiving the tablets, several families have been able to reunite virtually through Zoom and Skype. As a recreation therapist, I have already witnessed the positive effects these tablets and virtual programs have had on our residents’ quality of life. Robert Russell, a resident on assisted living, was able to see his aunt and uncle through the use of Zoom for the first time in three years. To see him shed tears of happiness filled my heart. On behalf of the residents, their families, and staff at AFRH, I would like to say “thank you” to the Safeway Foundation, Recorded Future, and the Old Soldiers Home Foundation for making such a generous donation. This already has, and will continue to, improve the quality of life and well-being of our residents, as well as provide peace of mind to their loved ones during this pandemic.
Serving America’s Veterans

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:

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to have a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be suffering from injuries, disease, or disability.
- who served in a women’s component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to: AFRH, PAO/Marketing, #584 ~ 3700 N. Capitol St. NW, ~ Washington, DC 20011-8400

Visit us on the web at: https://www.afrh.gov

APPLY TODAY! IMMEDIATE OCCUPANCY AT BOTH GULFPORT & D.C.
Happy 10th Anniversary AFRH-G

By Becki L. Zschiedrich | Public Affairs

October 4, 2010 is known as a very special and emotional day at AFRH-G. It’s hard to believe that it’s been ten years since the AFRH-G reopened after Hurricane Katrina devastated the Gulf Coast on August 29, 2005. The old building was imploded to make way for construction of the new facility. After five long years residents were able to move back in on October 4, 2010. On that very memorable day, we welcomed back over 100 residents who had been displaced and re-located to Washington, D.C. after Hurricane Katrina.

Check out the AFRH-G official Facebook page to view the ten-year anniversary video presentation created by our Lead Recreation Specialist Sean Campbell. It is definitely worth the 30-minute watch. The video has raw footage of Hurricane Katrina, the old building being imploded, along with a lot of photos of the construction and welcoming home our veterans. You can also watch it from this link: https://www.youtube.com/watch?v=WNbUhdyKvE&list=153d5

Happy 10th Anniversary to the Armed Forces Retirement Home – Gulfport.

Observations of a resident volunteer during a pandemic

By Jack Horsley | AFRH-G Resident

My volunteer jobs take me all around and throughout the Armed Forces Retirement Home in Gulfport, Mississippi. Therefore, I’ve had the opportunity to be an observer of the involvement and cooperation of residents and staff working together to complete the tasks it takes, not to just keep our Home up and running, but also all the extra work and sacrifice it now takes because of COVID-19.

I see a relay team of staff and residents shuttle our upper level of care residents to the barber shop. I see the barber using scissors to shear hair short enough to cut normally. I see the recreation staff handing out special treats at meals, helping with tray service and still keep up with their regular jobs. I see resident services monitor all areas for compliance of mask use and social distancing, open up recreation activities when they can, and deliver the mail, packages and tray service. I see agency support staff pitch in with tray service and COVID19 mandatory testing for the residents. I see security transport packages and helping residents with rundown car batteries. I see the chaplains holding services in shifts to maintain required social distancing. I see the nursing staff, social workers and the dietician coordinate food requirements plus provide healthcare for residents. I see how much more the medical scheduler and the drivers do to get us residents to medical appointments, since we can’t drive ourselves due to COVID19. I see extra work being performed by housekeeping like picking up food trays, extra trash, spills, etc. I see how the landscapers work extra hard to keep the much used walking/biking path clear and other parts of the grounds clear and safe.

This is only a small part of what I see. Now, I see how much it takes to run AFRH-G not only normally but during this pandemic. This picture here is me I see that we, the residents, are not taken for granted. The staff is giving up a lot in their lives to keep us, the residents, safe and for that we thank you.

The military life of Albert Philip "Phil" Keeler

By Dan Ellis | AFRH-G Resident

Albert Philip "Phil" Keeler was born on February 11, 1929 to Merle and Philip Keeler, Sr. in Wethersfield, Connecticut. In 1947 he enrolled at Yale University in New Haven, Connecticut as an Arts and Sciences major. In his third year he gave up his student draft deferment and served in the Army from 1951 to 1953. He mustered in at Ft. Devens, Massachusetts and processed at Ft. Campbell, Kentucky, where he joined the 11th Airborne Division. Prior to receiving basic training, he was sent to the Army Airborne School, more commonly known as Jump School at Ft. Benning, Georgia. He had invited his parents, who didn’t think he could possibly survive this training, to his graduation. This involved a parachute drop over a landing zone where they were seated in visitor bleachers. To their amazement, he landed practically at their feet.

He was selected to learn and then teach criminal justice. He taught evening classes as an instructor with the on-post Armed Forces Institute School throughout his time at Ft. Benning. Since many of his students were senior sergeants and officers, and he was only a PFC, he was allowed to wear civvies during classes. As part of his curriculum, he had invited members of senior law enforcement agencies as guest speakers, among them, FBI's J. Edgar Hoover and Assistant Director Clyde Tolson. It was during this time nearing the end of his two-year tour that he met Col. Aaron Bank, who had founded Army Special Forces, now commonly known as the "Green Berets." Unbeknownst to Phil at that time, a new life into unconventional warfare was beginning to form. He became one of the first members of 10th Special Forces Group in 1952. When his two-year draft period ended, Keeler then enrolled at the University of Miami at Coral Gables, Florida and in 1954 graduated with a BA Degree. During this time he observed his commitments with the Army Reserves.

As the Vietnam War wound down in 1974, he was trained as a specialist with the Dektor PSE (Psychological Stress Evaluation device—Truth Verification or more commonly Lie Detector) which doesn't require wires hooked up to the suspect and is effective with phone calls and even voice recordings. He was sent as an interrogator to domestic and overseas locations where identified military personnel would have been inappropriate. He continued performing covert projects worldwide until his retirement in Florida.

Phil Keeler moved to the Armed Forces Retirement Home on July 18, 2013. At that time, he had been on a two-year waiting list and had actually moved to Gulfport from Florida a year prior in hopes of getting in sooner. During that time he served as a community volunteer with the AFRH-G library where he came to know many of the staff members. By the time of his move-in, he had already befriended many of the residents. He was active with RAC as a floor representative for five years and is the founder of the AFRH-G computer group that has helped hundreds in learning the electronics of computers, cell phones, and TV connections.
Infection Prevention Week observed at AFRH-Washington

Story & Photo by Carolyn Haug | Public Affairs

Q. How have things changed with COVID-19? Any other key points/facts you would like to mention?
A. We reinforce the importance of Disease Prevention and Transmission through policies, processes and virtual tools to increase awareness among residents and staff. Such games included a word scramble, puzzles and a hand-washing video game; all of which focused on raising awareness of infectious diseases and preventative measures. This year has certainly put the work of Ms. Williams front and center in our community.

Q. What are some things we can do at home or the office to prevent infections?
A. We raise awareness among residents and staff through training and education. In closing, I continue to be thankful for our many blessings during this uncertain time. Keep taking care of each other and we’ll get through this. Thanks to our residents for your patience and cooperation and to our wonderful staff for all that you are doing to keep us safe and healthy!

Susan Bryhan

The Combined Federal Campaign (CFC) is going strong - we’ve already raised half of our goal

Photos by Annmarie Wilson | Recreation Therapy Supervisor & Marine Robbins | Volunteer Coordinator

Infection Prevention Week observed at AFRH-Washington

AFRH-W observed Infection Prevention Week from October 16 - 22, 2020. AFRH-Washington’s Infection-Preventor, Constance Williams, RN, used the week to focus on hand hygiene, using games and virtual tools to increase awareness among residents and staff. Such games included a word scramble, puzzles and a hand-washing video game; all of which focused on raising awareness of infectious diseases and preventative measures. This year has certainly put the work of Ms. Williams front and center in our community, so we wanted to highlight Ms. Williams and her role in infection prevention at AFRH-W.

Q. Could you tell us about your work experience?
A. I began my career in infection prevention 12 years ago while working in public health (DC Dept. of Health TB, STD, HIV clinic), from nurse case manager to clinic manager. That was after 25 years of a diverse nursing experience. I will celebrate my fourth year at AFRH-Washington this November 14.

Q. How does AFRH address infection prevention?
A. We reinforce the importance of Disease Prevention and Transmission through policies, processes and recommended guidelines. We raise awareness among residents and staff through training and education.

Q. What are some things we can do at home or the office to prevent infections?
A. The most important things that you can do at work or home to stay safe is to follow respiratory and contact protocol. Wear your mask, social distance, and keep your hands away from your face, or your child’s face without cleaning them first, and clean your hands (especially after you return to your car/home/office) from highly touched places (stores, churches, gas stations).

Q. How have things changed with COVID-19? Any other key points/facts you would like to mention?
A. Never in my wildest dreams could I have anticipated the situation that has unfolded across the globe with the COVID-19 pandemic. This COVID journey has not been easy on any of us, but I continue to be in awe of how those around me have risen to the occasion. Once everyone boarded the ship, it was a team effort that had many trials. Together we have addressed supply deficits, even down to toilet paper. We have provided safe care to the Residents and maintained staff safety. I could not do my job without all the support and guidance from my fellow colleagues and co-workers. Thanks for all you do.

RN Constance Williams receives the Employee of the Quarter Award for the 2nd Quarter of 2020.

Notes from the AFRH-W Resident Advisory Committee Chairman

To my fellow residents,

I would like to thank all the residents for allowing me the honor of becoming your RAC Chairman. It is hard to believe we are still in lockdown. Many of us are unable to visit loved ones near or far away. Many would welcome a shopping trip or even a scheduled bus trip. But what I miss most is walking into the dining room and hearing the chatter of my fellow residents as they discuss such important problems like how much would it cost for singing lessons for the staff at the birthday dinner. Also, the satisfaction you get knowing all the world’s problems have been solved in the dining room.

Seriously, I would like to thank all those residents that are helping others during this pandemic. But that is what the residents do.

Fred Layman
Covid has certainly changed the world and how things get done. At AFRH-G, staff and resident ingenuity has helped us find new ways to do things that used to be simple and easy/efficient.

To help residents and family stay connected, AFRH-G is working “magic” with tablets that allow family and residents to see each other. Resident services staff have reached out to all families on AL, LTC, and MS on the availability of “face to face” and several have taken place. During one of the first Skype sessions, a resident in LTC explained with surprise and joy to his wife (also a resident) that he could see his son on the “TV.” A truly memorable and touching moment. The magical gift of seeing loved ones continues to make a difference. Staff are continuing to assist families in getting Skype accounts set up and are scheduling more “visits” each week. Please look at the great article by AFRH-G Resident Recreation Director Susan Bergman in this edition!

The spirit of creativity and flexibility continues with our annual Veterans Day events. Pre-COVID we would work with the local Veteran Day parade committee to have residents attend the parade that rotates locations along the Gulf Coast each year. This year they are coming to us!!!

Due to the COVID restrictions and in keeping with proper safety and distancing measures, the Mississippi Veterans Parade Committee has chosen instead of their normal annual coast-wide parade to have a drive through parade for AFRH-G at 1000 and then assemble again at 1400 for a parade to see all AFRH-G is working “magic” with tablets that allow family and residents to see each other.

This year on November 11, AFRH-G Recreation services has been working with a virtual celebration to replace the annual open house event. The featured (virtual) guest speaker will be the Commander at KAFB (Col Blackwell). We have also reached out to the Navy, and the Mississippi Army and Air Force National Guard to provide videos of support for our residents and all who have served.

The local schools that usually attend will be invited to view the event online. Several video clips are being obtained from various groups that usually participate in our open house.

Creativity helps create magical things. Nothing is the same as the real thing but with some imagination and technical wizardry magical things can still happen.

Jeff Eads

ABRACADABRA – magic mirror skype tablet visits

On September 21, 2020 just after dodging Hurricane Sally, “ABRACADABRA” six electronic tablets magically arrived, with two assigned to recreation therapy for supervised healthcare resident use, one for recreation services staff to use in connecting with residents, and three for nursing use throughout AFRH-Gulfport. Recreation Supervisor Lee Cotban and recreation staff members, Dennis Crabtree and Sean Campbell, quickly inventoried, set up, and ordered screen protectors and hard cases for the three tablets assigned for resident use.

On September 24 Admissions Officer Lisa Hall added a Wi-Fi router to Loyalty Hall’s family room, tablets were linked, and Valor Hall’s piano lounge Wi-Fi was also tested. For healthcare residents living on Allegiance (Assisted Living), Valor (Long Term Care), and Loyalty (Memory Support) Hall, individual, social distanced visits began in order to explain the new tablets for use in connecting with resident’s family, friends, and loved ones. Before the end of the week, fliers were posted stating, “Magic Mirror…See your family with our AFRH tablets using Skype!” along with contact information to begin scheduling visits through recreation services.

On September 24 Recreation staff were oriented on passwords, touch screens, apps, settings, and most importantly, Skype visit information for the newly acquired tablets for use in connecting with resident’s family, friends, and loved ones. Before the end of the week, fliers were posted stating, “Magic Mirror…See your family with our AFRH tablets using Skype!” along with contact information to begin scheduling visits through recreation services.

From September 25 to October 5, several Skype calls were made to family members with Recreation Assistant Jen Biernacki’s assistance. Along with test calls on September 25 to family members in California, Board Certified Music Therapist Susan Bergman finally had success with an early Tuesday morning call on October 6, with a surprise test call to another resident’s son in Vermont. The Loyalty resident said, “Wow! You just made my day! Is that really you, Michael?! Wow!” He then reached out to rub the screen when meeting “Barney” his son’s dog for the first time in Vermont.

On October 7, another coordinated call was made accounting for the three hour time difference to California to touch base with the “100” year-old about to be “101” resident’s daughter. “Wow!”

Both her father and son were born on the same day in November. On the afternoon of October 7 more calls began with a first ever group Skype across different time zones with Ernie Pain’s three daughters. “Magic Mirror…See your family with our AFRH tablets using Skype!” along with contact information to begin scheduling visits through recreation services.

On October 31, 2020 ARMED FORCES RETIREMENT HOME
Girl Scout Troop 4883 donation
By Marine Robbins | Volunteer Coordinator
Photos by Amanda Jensema | Recreation Therapy

The DC Campus welcomed Girl Scout Troop 4883 to the cannons to receive the generous donation of an iPad and a usage manual that the troop put together for the residents to learn how to use these devices on their own. The iPad will serve several purposes including recreational use, instructional use to teach residents how to use tablets on their own, and for brand-specific uses such as connecting families and residents through FaceTime. Before arriving, they did their homework, researching the Home’s history and learning about our residents’ military and life experiences. Chatting with the young women, we learned that they have done several service projects involving both retirees and veterans, but that AFRH-W was a unique opportunity to combine both of those missions.

We hope that when the campuses can welcome visitors into resident spaces again, we can invite them back for technology classes, bingo, and to benefit from the cheerful energy these young women bring with them. We certainly look forward to having them back! Thank you, Troop 4883!

Cool treats on a cool autumn day
Story & Photos by Amanda Jensema, CTRS | Recreation Therapist

Whether it is the dog days of summer or the coldest days in winter, no one can turn down a delicious ice cream treat. Residents in assisted living were greeted in their rooms with ice cream sundaes. The overall favorite was butter pecan with whipped cream. Prior to COVID-19, recreation therapy hosted an Ice Cream Social every month, so this is our way of keeping that going, but socially distanced.

Special volksmarching display
By Christine Baldwin | Librarian

This year’s resident display of Volksmarching medals by Van Hayes feature extra special items. Included are a certificate and patch from a 42K marathon; a 4-day marathon ribbon (the military had to carry a 60 lb. backpack); a timecard and ribbon from a 100K walk within 24 hours; various military-themed medals; and his stamped walking cards, club patch and three medals from his first home club; the American Wandering Club in Augsburg, Germany. He walked during two tours from 1974-76 and 1981-83.

Don’t forget to “Fall Back” on November 1, 2020

Set your clocks back one hour on November 1, 2020
Fat Bear Week celebrated with back-riding a bear!

By Susan Bergman, MT-BC | Recreation Therapy Services
Photos by Becki Zschiedrich | Public Affairs

In Katmai National Park, Alaska, the annual Fat Bear Week was celebrated once again from September 30 to October 6, 2020. Approximately 2,200 brown bears inhabit the Katmai Park and more bears than people live on the Alaska Peninsula. As the bears prepare to hibernate, they may eat 90lbs of food a day and double their body weight by up to 1,000-2,000lbs before laying down to rest for the winter. The bears go into hyperphagia where it is impossible to feel full.

The Fat Bear Week began in 2014 as a one-day event named “Fat Bear Tuesday”; however, due to its popularity, it grew to become an entire week. The bears are numbered “480 Otis” was the first winner in 2014 and in 2019, “435 Holly” beat out 11 other big burly bears to become the 2019 Fat Bear Week Champion. Per the park, this isn’t about fat-shaming but a celebration of life as large body fat brown bears are a sign of good health and an increased chance of surviving the winter. Individuals are encouraged to vote for their favorite bears on the Katmai National Park & Preserve Facebook page beginning September 30. Daily winning bears move up in the brackets to narrow down the winner, which was announced on Fat Bear Tuesday, October 6. The Earl of Avoirdupois Bear #747 was crowned CHAMPION BEAR at an estimated 1400 lbs.

Volunteering during COVID

By Taylor Chamberlain | Volunteer Coordinator

Volunteering during COVID19 restrictions, Cyndi still wanted to give back. She organized a puzzle drive for over half of the AFRH-G residents to vote in a polling-station style center, they even topped the event off with “I Voted” stickers and lived up to the old adage “Hard work plus determination equals success!”

Several months ago, a local community member interested in volunteering at AFRH-G contacted me. No sooner did I have a visit with her scheduled, COVID19 began to spread throughout the local area. Despite the COVID19 restrictions, Cyndi still wanted to give back. She took her colleagues at Chemours, based in Pass Christian, Mississippi to see if anyone was interested in donating some puzzle books. Within four weeks, Cyndy collected over 120 new puzzle books for residents. After isolating these items, they will be available to residents. Thank you to Cyndy and the team at Chemours for thinking of us during these unique and challenging times.

Absentee voting

By Lisa Hall | Admissions Office
Photos by Becki L. Zschiedrich | Public Affairs

Participating in elections is one of the freedoms of American life. Due to COVID restrictions, AFRH-G residents aren’t able to vote at a traditional polling station for the upcoming election, posing a significant question – how in the world would our veterans be able to exercise their right to vote?

AFRH-G staff put their thinking caps on and made a plan. Staff coordinated absentee voting with the Harrison County Circuit Court’s clerk; 223 residents requested absentee ballots through an AFRH-G drop-off box on September 22, 2020. On September 30, 2020, County Circuit Clerk Connie Laddner and two of her clerks, Jillian Necaise and Ashley Morgan along with AFRH-G staff Deanna Johannsen, Monica Fragello, Susan Bergman and DaLa Weems delivered their PPE and witnessed or notarized ballots for 142 residents of varying levels of care. Several residents chose to request and mail their absentee ballots on their own, but each voter made sure their vote counted! So much more, before just in time for our regular USPS carrier, Robert Schatzman to whisk the ballots off to the post office! The ladies’ efforts made it possible for over half of the AFRH-G residents to vote in a polling-station style center, they even topped the event off with ‘I Voted’ stickers and lived up to the old adage “Hard work plus determination equals success!”

Open for business

Story & Photo by Taylor Chamberlain | Volunteer Coordinator
Photos by Lee Corban & Taylor Chamberlain

Several months ago, a local community member interested in volunteering at AFRH-G contacted me. No sooner did I have a visit with her scheduled, COVID19 began to spread throughout the local area. Despite the COVID19 restrictions, Cyndi still wanted to give back. She took her colleagues at Chemours, based in Pass Christian, Mississippi to see if anyone was interested in donating some puzzle books. Within four weeks, Cyndy collected over 120 new puzzle books for residents. After isolating these items, they will be available to residents. Thank you to Cyndy and the team at Chemours for thinking of us during these unique and challenging times.

Octoberfest at AFRH-G

Story & Photos by Dennis Crabtree | Recreation Specialist

On October 6, 2020 at 1130 recreation service held what is called Octoberfest. Did you know that the first Octoberfest was held 210 years ago to celebrate the marriage of Bavarian Crown Prince Ludwig and Princess Therese of Saxe-Hildburghausen? During those two plus centuries, Octoberfest has only been called of 24 times, including during the Napoleonic Wars, the Austro-Prussian War, and the Franco-Prussian War; during two separate cholera epidemics in the latter half of the 1800s, and during a period of hyperinflation in 1923 and 1924. This year will be the festival’s first cancellation since World War II. Even though German organizers cancelled Octoberfest for 2020, our residents still celebrated Octoberfest at the Armed Forces Retirement Home in Gulfport with a little help from the best recreation service in the federal government.

Bingo

Story & Photo by Dennis Crabtree | Recreation Specialist

On October 1, 2020 recreation held its bingo game. Resin wicker coolers

Story & Photos by Dennis Crabtree | Recreation Specialist

On October 2, 2020 at 1130 recreation service held what is called Oktoberfest. Did you know that the first Octoberfest was held 210 years ago to celebrate the marriage of Bavarian Crown Prince Ludwig and Princess Therese of Saxe-Hildburghausen. Oktoberfest has only been called of 24 times, including during the Napoleonic Wars, the Austro-Prussian War, and the Franco-Prussian War; during two separate cholera epidemics in the latter half of the 1800s, and during a period of hyperinflation in 1923 and 1924. This year will be the festival’s first cancellation since World War II. Even though German organizers cancelled Octoberfest for 2020, our residents still celebrated Octoberfest at the Armed Forces Retirement Home in Gulfport with a little help from the best recreation service in the federal government.

The ice cream factor

Story & Photo by Dennis Crabtree | Recreation Specialist

On October 2, 2020 recreation held what is called the ice cream factor. Did you know that the ultimate appeal of ice cream is anything that positively influences and it breaks down into the perception of any ice cream flavor? “What happens! ‘What are you trying to say?’ Are you about to explain something to me? ‘Why yes I am in one sentence.’ The ice cream factor appearance sets you up, for what you are about to taste, in the aroma, volatile components, acidity, taste, texture and temperature.

While it remains to be seen if that ice cream in your lunch bag/box or even in that pouch in your PMK (and forgetting about it) that paying careful attention to temperature for delivery is key. That ice cream melts and re-freezes during distribution and storage. This can damage the air cell structure and create large ice crystals, which can negatively affect the texture of ice cream.