



**AFRH-WASHINGTON**

## D.C. Mayor honors veterans at AFRH-W

By Robert W. Mitchell | Volunteer Coordinator  
Photos by Jack Beck | AFRH-W Resident



Honored for their bravery, sacrifice and overall contributions to the United States of America, military veterans were recognized at the Armed Forces Retirement Home-Washington's 2018 Veterans Day Wreath Day Laying Ceremony on November 11.

At the start of the ceremony, a seven-member honor guard of military volunteers from the Defense Intelligence Agency at Joint Base Anacostia-Bolling, Washington, D.C., paraded and presented the Nation's colors with five flags and two rifles. The remaining military volunteers smartly set up seating, the podium and the sound system before the start of the event. Resident Advisory Chairman Billy Ray White led attendees in the reciting of the Pledge of Allegiance, while

Mrs. District of Columbia International 2018 Terri Ann Confair sang the National Anthem. Catholic Chaplain Father Carlos Roman delivered the invocation and Public Affairs Officer Christopher Kelly served as the master of ceremonies.

In her remarks during the ceremony, AFRH-W Administrator Retired U.S. Navy Capt. Susan L. Bryhan noted that this year marks the 100th anniversary to the end of WWI. She discussed the origins of Veterans Day, talked about how it transitioned from Armistice Day to Veterans Day and delivered a stirring poem about the flowers (poppies) that still bloom in the battlefields of WWI. Graciously accepting an invitation to be guest of honor at the ceremony, Washington, D.C. Mayor Muriel E. Bowser delivered honorable remarks praising the service and sacrifice of AFRH residents and all veterans throughout the District.

"While we gather here today, on Veterans Day, we remember every day, those who gave their lives in service to our nation. We are a better and stronger city and nation because of your courage and selflessness," she said before a large crowd of residents, staff, guests and volunteers seated and standing near the flag pole courtyard between the Scott and Sherman buildings. "You teach us what it means to sacrifice for a larger cause, show us the importance of putting country before self and you show the world that an all-volunteer service is possible," she said. Bowser, a long-time friend of AFRH-W, frequently participates in the annual ceremony at the Home. This year marks at least four consecutive years in which she has faithfully attended the event.

White (a U.S. Navy veteran) and Frank Lawrence (a U.S. Air Force veteran) both delivered their own ceremonial remarks prior to the laying of the wreath at the flag pole by Mayor Bowser, Bert Spangler (U.S. Army veteran) and Billy Bowen (U.S. Navy veteran).

AFRH Chief Executive Officer Retired Army Maj. Gen Steve T. Rippe attended the event. He and Bryan both welcomed and thanked the mayor and her team for supporting the AFRH-W Veterans Day Ceremony.



**AFRH-GULFPORT**

## AFRH-G annual Veterans Day open house

Story & Photos by Becki L. Zschiedrich | Public Affairs



Hundreds of people gathered on a single mission at the Armed Forces Retirement Home in Gulfport on November 9, 2018 for the Home's Annual Veterans Day Open House and Ceremony. Captain Ron Piret, Commander, Naval Oceanographic Office, Stennis Space Center was our special keynote speaker.

It's this timeless service from all branches of our nation's military that's behind this open house and ceremony held each year at the Armed Forces Retirement Home when the Veterans Day holiday rolls around. The people of the community are part of the reason we open our doors once a year, to let them come in and see what we do, who we serve, and to see the beautiful resort we have for our veterans on the Gulf Coast.

We all should be expressing gratitude to America's veterans every day of the year, not just on November 11, which is a national day to recognize the sacrifices of our nation's heroes. To those in uniform serving today and to those who have served in the past, we honor you today and every day. For your bravery, hard work, and dedication to our country, we thank you.



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# AFRH COMMUNICATOR

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

## Serving Washington, D.C. and Gulfport, Mississippi

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>



<https://www.facebook.com/AFRH.gov>



The Joint Commission  
<http://www.jointcommission.org>

**AFRH-Gulfport and AFRH-Washington  
currently have no waiting time for residency.**

A CARF-CCAC Five-Year Term of Accreditation was  
awarded to the Armed Forces Retirement Home.  
<http://www.carf.org>



## AFRH-G Resident Highlight – Frank Zubko

By Lori Kerns | Librarian



Frank Zubko is the eldest of six children born of two Ukrainian immigrants who settled in Cleveland Ohio after WWII. During the war, his father was taken by axis military forces and sent to a forced labor camp in Belgium, mining coal in support of axis powers logistical requirements. After Germany surrendered, his father, who spoke several languages, assisted regional US Military units as an interpreter. His efforts were rewarded with letters and recommendations by several Commanders to allow him to immigrate to the United States. Growing up, he heard his father's stories regarding his support during the war. This guided him to join the military. In 1970, Frank enlisted in the Army wanting to do his part in the Vietnam War. Although the draft was still in effect, as a volunteer, he had several options available to him on Military Occupational Specialties (MOS). He chose Helicopter Crew Chief, was sent to Ft. Campbell, Kentucky for Basic Combat Training (BCT), then to Ft. Rucker, Alabama for follow-on Advanced Individual Training (AIT).

After completing training, he was sent to Ft. Sill, Oklahoma for Forward Observer (FO) training. Helicopter crew chiefs were not only required to be door gunners aboard helicopters but were also required to be able to call for fire from direct and general support artillery units within range of enemy ground forces. While at Ft. Sill, he earned a secondary military occupational specialty of Field Artillery. While training, he was required to attend a mandatory presentation by recruiters looking for volunteers for airborne duty. He volunteered for airborne duty because paratroopers received an additional monthly \$55.00 in hazardous duty pay.

Frank was sent to Ft. Benning, GA, completed his Airborne training, earned his jump wings, and was assigned to the 5th BN 81st Field Artillery (Airborne) in Germany which was part of the 8th Infantry Division. In 1973, as airborne positions were being reduced in Germany, Frank volunteered for assignment to the 1st BN 509th Infantry, Airborne Battalion Combat Team (ABCT) with an intra-theater transfer to Vicenza Italy where he participated in multiple mass tactical parachute operations, NATO and Ace Mobile Force (AMF) forced entry, denied access, and airfield seizure exercises. Upon completion of his overseas assignment in 1974, he was reassigned to the 82nd Airborne Division at Ft. Bragg, North Carolina as a section chief of a 105mm howitzer crew. During his assignment, he earned the 82nd Airborne Division's Artillery "Top Gun" title during tactical competitions over several days with 53 other howitzer sections. This victory led to a promotion to staff sergeant with assignment to the 18th Airborne Corps as an instructor at the Non-Commissioned Officers Academy. During his assignment at Ft. Bragg, he married his fiancé, the former Rita Wheatley before receiving new reassignment orders to return to the 1st BN 509th Infantry, ABCT in Vicenza Italy. While stationed in Italy, the couple

welcomed the births of their daughter April and their son Frank II. Frank served his assignment as a howitzer section chief, was promoted to sergeant first class, managed to get some battalion-level staff experience as an S-3 air NCOIC with responsibilities for scheduling and coordinating fixed and rotary wing air support for the battalion as well as air transport of personnel, vehicles, and equipment. While in that position, he set-up battalion-level training for Airborne Refresher, and Jumpmaster Certification Courses. As a senior field artillery NCO in the battalion, he returned to Delta Battery with duties as the first sergeant due to an unexpected departure of the previous first sergeant and completed his tour with the 1st BN 509th ABCT in 1982.

His next assignment sent him back to the 82nd Airborne Division. While there he held an S-2 Intelligence NCO position at battalion, was promoted to first sergeant, and planned and participated in numerous battery-level training and field exercises in support of brigade-level operations in preparation for no-notice world-wide deployments. During his seven-year tenure, he was promoted to CSM with follow-on assignment back to Vicenza Italy, but this time to the 559th US Army Artillery Group (USAAG), which was responsible to Southern European Task Force (SETAF) for Special Weapons support to NATO. 1991 marked the beginning of the Berlin Wall coming down, the start of removing US Army tactical nuclear weapons from the European Theater by 1992, and culminated with the end of the Cold War with the dissolution of the Soviet Union. His tour of duty being cut short in Italy, with no other available assignments in Europe, Frank was ordered stateside by HQDA with assignment instructions to the US Army Force Mgmt Support Agency, a Field Operating Agency (FOA) with duties in the review and realignment of Army Force Structure, adjustments to manning and equipment, re-stationing of Army Forces, as well as troop reductions. After five years with HQDA, he retired in 1997 with 27 years of active military service. After retiring, Frank accepted a position as a contractor with the US Army Personnel Command (PERSCOM), declassifying Army records. Several months later, Frank was offered and accepted back to HQDA as a government civilian to continue the work in Army Force Structure.

In 2015, Frank sold his home and moved to AFRH-W while still working with HQDA. After approximately a year or so, he decided to assist his fellow residents by serving as RAC ombudsman for assisted-living residents, a bicycle shop manager, and the on-call after duty hours auto hobby shop manager. He continued to serve with HQDA until receiving a call from AFRH-G that his name had made the top of the list for transfer to Gulfport. Frank retired in May 2018 with 20 years of federal civilian service and transferred to Gulfport later that same month. After taking a couple of months to get settled in, he applied for the RAC ombudsman position to support those residents in upper level care (ULC), and was recently appointed as RAC chairman while continuing his support to those ULC residents. We'd like to formally welcome Frank to AFRH-G and thank him for his level of commitment to his fellow residents.

## AFRH-W Resident Highlight – Roger Davison

By Christine Baldwin | Librarian

Roger Davison was the youngest of ten children. He was fortunate to have eight sisters who helped raise him. He also was not in line for hand-me-downs! He grew up as a farm boy from Indiana and the Wabash River was his good friend. In fact, their seven-bedroom house was right on the river! Roger was a child of the Depression and learned to make his own enjoyment. He learned how to fish and how to handle various guns. All of this outdoor life was to be useful in his military career. In October 1945, at the age of 16, Roger broke his leg in gym class. This didn't deter him from wanting to join a service. So he checked out the U.S. Army Medical Corps, but he needed a parent's signature to join and neither parent would sign. In August of 1946, Roger turned 17. Even though he was still a junior in high school, he had enough credits to graduate and so he enlisted in the U.S. Army Air Corps.

Roger took basic training at Lackland, Texas, where he was pulled to become an instructor of the use of various guns. He moved up the ranks quickly. He was a PFC in six months and one month later he was a corporal! Roger spent four years at Lackland, including a stint at their technology school. He was then sent to Korea from 1950 – 1952, where he was in the parachute and equipment section. One of his tasks was to help write and update the main test for the airmen. He then went to Harlingen Air Force Base (AFB), Texas for five and a half years, where he made his E-8 in operations.

Roger's next assignment was to Chanute AFB, Illinois from 1959 – 1963, where he became the superintendent of Life Support Schools. There were 800 students and the classes included six basic, four adult NCO, and one officer's course. Roger then went to Panama for Jungle School, where he helped train the Mercury, Gemini and Apollo astronauts! His last assignment was in Vietnam with the inspector general's team. He retired in 1970 and went into civilian work in San Diego, California.

Roger came to AFRH-W in 1991. He had visited the place earlier and knew that this was

where he wanted to be in retirement. He has always been active, incorporating lots of travel around the world and even now participates in physical therapy and attends the recreation therapy events. Roger has three daughters; Patty, Sandy and Judy, who come to visit regularly.



# Republic of Korea Minister of National Defense Visit

By Carolyn Haug | Public Affairs

Photos by Barbara Bradley | Public Affairs & Jack Beck | Resident

Earlier this month, the Republic of Korea (ROK) Minister of National Defense Jeong Kyeong-doo came to show his gratitude at AFRH-W on behalf of his government to our veterans who served during the Korean War. After an office call with MG (ret) Steve Rippe, AFRH's chief executive officer, the minister met with our Korean War Veterans and toured the facility. A donation of four leg massager machines was gifted to the Home. Concluding the visit, he spoke to our veterans in the Hall of Honors and handed out his coins to our veterans in attendance.



## AFRH-W welcomes Members of Congress

By Carolyn Haug | Public Affairs

Photos by Barbara Bradley | Public Affairs

AFRH-W welcomed U.S. Representative Glenn "GT" Thompson, 5th District, Pennsylvania, U.S. Representative Lou Correa, 46th District, California and U.S. Representative Ralph Abraham, M.D., 5th District, Louisiana. Major General (ret) Stephen T. Rippe, U.S. Army, AFRH CEO briefed our visiting Members of Congress, which was followed by breakfast with our residents and tour of the Home. During the visit, Representatives had the opportunity to listen to our residents and staff and see what makes the Armed Forces Retirement Home a vibrant and distinctive community.



## AFRH-W Walking Club update

By Linda Bailey CTRS | Recreation Specialist

The Walking Club is about to take a hiatus for the holidays. We have had to spend more days walking indoors than out the last two weeks. Luckily we had a great weather for our last walking trip on November 1st. The group headed out to Roosevelt Island, a National Park Service memorial to America's 26th President. The group circumnavigated the island, walking 2.6 miles around through wooded areas and on the boardwalk above the swampy area of the island. We were rewarded with the appearance of a blue heron not 20 feet from the path, along with numerous ducks and squirrels. The week prior we headed out to Bladensburg Waterfront Park, on the Anacostia River. Along with walking the trails by the river, we took the pontoon boat tour.

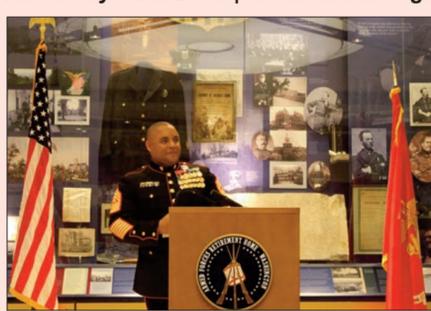
We hope to resume our group walking in the spring, as it is always nicer exercising with others. There are many more waking paths waiting to be explored in the D.C. area.



## Marines celebrate 243rd birthday at AFRH-W

By Robert W. Mitchell | Volunteer Coordinator

Photos by Jack Beck | Resident Photographer



The service and sacrifice of Marine veterans at the Armed Forces Retirement Home, Washington were recognized in a November 9th ceremony to celebrate the 243rd birthday of the United States Marine Corps. Attendees, including residents, staff, guests and volunteers heard commentary about the history of the Marines and celebratory remarks directly from the Commandant.

"For 243 years, Marines have fought and won whenever and wherever the Nation call. In the harshest conditions, over the most brutal terrain, and against the most formidable enemies, Marines defend the ideals of freedom with grit and tenacity. Though the battlefields change and capabilities evolve, history proves that the true victory comes from the individual Marine with steeled resolve, the drive to overcome any obstacle, and the warrior spirit to fight on against all odds. It takes a steadfast faithfulness – Semper Fidelis – to Corps, country, and each other that abounds throughout our storied legacy," U.S. Marine Commandant Gen. Robert B Neller said in an excerpt recited during the AFRH-W ceremony.

Keynote speaker, U.S. Marine Corps Sgt. Maj. Edward D. Parsons (Joint Base Myers-Henderson Hall, Arlington, Va.), thanked AFRH residents for their part in shaping the Marine Corps into what it is today. "When I look across the room, and I had the opportunity to talk with the Marine veterans here, it is wonderful to know that we have some Korea (war) vets that understand what living at the edge of life really means. Some of the World War II veterans, that are here, they are the nation's greatest generation, and not only are they within that group of folks, they also decided to put their hands up in the air and become United States Marines."

Speaking on behalf of the Home, AFRH-W Administrator Susan E. Bryhan, Captain, U.S.Navy (Ret), presented Parsons with an agency coin thanking him and his fellow Marines for their participation and gratitude toward AFRH-W residents.

The ceremony concluded with the traditional cutting of the birthday cake by the oldest Marine (Muriel Kupersmith, AFRH- W resident) and the youngest Marine (Lance Corporal Russell). Using an NCO sword, they both simultaneously sliced the cake before singing the first verse of the Marine Corps hymn.

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## Mystery Tournament

Story & Photos by Dennis Crabtree | Recreation Specialist

AFRH-G Recreation held its Mystery Tournament and there were 14 residents who participated. The mystery was Basketball Bowling. Residents were given instructions on how to play. The way to win was to knock all the bowling pins down with two shots. There could only be three winners: First place was Sam Robertson, second place was Frank Baker, third place was Woody Hilliker and fourth place was Jerry Anderson.



## Bowling Tournament

Story & Photos by Dennis Crabtree | Recreation Specialist

AFRH-G residents competed in the Bowling Tournament at the Armed Forces Retirement Home in Gulfport. Jimmy Smith, Wolf Kiessling, Jim Hayden, Eugene Allison, Wayland Webb, Woody Hilliker, Frank Baker, Doris Hopper and Earl Gassery all bowled in a friendly tournament. Jimmy Smith took 1st place, Earl Gassery took 2nd place, Jim Hayden took 3rd place and Wayland Webb took 4th place.



## Chick-fil-A gives back to AFRH-G residents

Story & Photos by Becki L. Zschiedrich | Public Affairs

On November 13th members and managers of the Chick-fil-A from the Edgewater Mall in Biloxi, Miss. brought residents a really nice treat to thank them for their service. Thank you to Rick Rapson and the Chick-fil-A crew for bringing hundreds of chicken sandwiches and smiles to the AFRH-G residents. Chick-fil-A wanted show their appreciation to our veterans by providing chicken sandwiches. On behalf of all the residents, we would like to thank Chick-fil-A for their huge act of kindness. It was greatly appreciated.



## From the AFRH-W Administrator



Hoping everyone had a great Thanksgiving. The leaves have changed colors and have mostly fallen and we had a bit of snow; guess we'd better get our coats out as we begin a very busy time of year. Take a moment to count your blessings and enjoy the season. This can also be a time of sadness for some, please reach out to a social worker, nurse or friend if you are feeling sad.

This is also the season for illness. I encourage all to get immunized against the flu. The more who get the shot, the better for us all. It is the single best preventive measure you can take. Also remember to wash your hands frequently and cover your cough. Let's all do our best to stay healthy!

We were very honored to have the Republic of Korea (ROK) Minister of National Defense, Jeong Kyeong-doo, visit us this past month. He was in the U.S. to meet with Secretary of State Mattis, but made sure to tell us that we were his first official stop. When speaking to our residents, he wanted them to know that he came on behalf of his country to give their thanks and gratitude to our Korean War veterans. He spent time with MG Rippe, met our Chosin Reservoir survivors, visited with long-term care residents and gave a speech in our Hall of Honors where he also gifted all attendees with his coin.

Veterans Day weekend was very busy and it began with our Marine Corps Birthday ceremony. SgtMaj Edward Parsons from the Headquarters and Service Battalion (Headquarters Marine Corps), gave a rousing speech about the heritage of the USMC and helped to cut the

cake with our "oldest" Marine, Ms. Kupersmith and one of his young Marines. That evening we had a local radio station broadcasting live from our Hall of Honors; it was fun to see how they do their work and to hear some familiar voices on the radio. The next day, we were visited by the Commandant of the Naval District Washington, RDML Carl Lahti, for Military Family Appreciation Day. We started with a ceremony to honor volunteers, and one resident from each service was highlighted. Then the 170+ active duty and family members spread out both inside and out to perform volunteer activities. It was a great day! On Veterans Day, we were once again honored to have Washington, D.C. Mayor Muriel Bowser join us and speak at our wreath-laying ceremony at the flagpole. It was a beautiful day to celebrate our veterans and their service.

We are still in the midst of the Combined Federal Campaign (CFC), and to bring some attention, we had our first ever "Soup du Jour." Eight staff members made soup for all to taste and vote for their favorite. It was very competitive, but Bill Striegel won with his chicken and wild rice soup! Also, this month we had an Iron Chef competition among the different levels of care. We had three versions of chili and a highly distinguished panel of judges. All attending were able to sample and enjoy. The prize-winner was from the upper levels with their "no bean chili."

Wishing you all a blessed holiday season and hoping you get to spend time with family and friends.

Susan Bryhan

## Words from the Administrator at Veterans Day celebration

By Susan Bryhan | AFRH-W Administrator

Photo by Jack Beck | AFRH-W Resident

Mayor Bowser, General Rippe, fellow distinguished veterans, guests, staff and friends, I am honored to be here with you on this beautiful day as we pay tribute to all those who have served in uniform over the years. Veterans Day is observed every year on November 11th. Originally called "Armistice Day" because it marked the end of warring parties, President Woodrow Wilson proclaimed this day to signify the ceasing of World War I hostilities. In 1954, Congress changed the name Armistice Day to what we now know, Veterans Day.

While Memorial Day is for remembering and honoring military personnel who died in service to their country, Veterans Day is intended to thank ALL those who honorably served in the military – both in war and peace time.

This is a special year. 2018 marks the Centennial Commemoration of the end of World War I on 11 November, 1918. As you may have seen on the posters throughout the Home, the theme for this year is "The War to End All Wars". These posters include pictures of red poppies and barbed wire. The poppy has special meaning. You have probably seen them given out through the years by the American Legion or other veterans groups. Poppies grow throughout the world. They are very special - the seeds can lay dormant for 80 years or more without blooming. If the soil where they are hidden gets disturbed, and the seeds get some sunlight, the flowers bloom.

During World War I, this wonder of nature took place in a Europe where the country-side was decimated by the war. In Belgium, which was home to part of the Western Front in its Flanders provinces, the soil was torn up by miles of trenches and marked by bombs and artillery fire. One battle at Flanders Fields was particularly deadly. Hundreds of thousands of soldiers, breathed their last breath on soil churned up by war.

After another battle in this region, a Canadian doctor noticed red poppies growing near one of Flanders' Fields' mass cemeteries. He wrote a poem to describe what he saw. In his poem, which describes poppies in a cemetery and goes on to encourage people to remember those who lost their life in service to their country. After his poem was published, the poppy served as a recruiting tool for the Allies. Red poppies began to appear not just on posters encouraging people to sign up for the army or to buy war bonds, but in ceremonies honoring the war dead.

Today, poppies still grow and mark the places that were once the battlefields of World War I. It is common to see people wearing them, especially during Memorial Day and Veterans Day - a blooming symbol of a bloody conflict that changed the world forever. So from the death and destruction of the battlefield of war, God shows us life in the form of a small red flower.

In Flanders Fields  
By John McCrae

*In Flanders fields the poppies blow  
Between the crosses, row by row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard among the guns below.  
We are the dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders fields.*

*Take up our quarrel with the foe;  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If yea break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*

Thank you veterans for your service and sacrifice to your country and for making this world a better place. May God bless you!



## AFRH-W leads the flu campaign!

The CEO, COO and DCOO were the first to receive their flu immunizations on the Washington campus this year, setting the example for the rest of us. Every year, health experts recommend that nearly all people six months and older get the flu vaccine, yet only about 50 percent of eligible people in the United States actually get vaccinated. When people forgo getting the vaccine, they also reduce their community's "herd immunity"—the protection that occurs when a high proportion of people are vaccinated against a specific virus or pathogen. Getting a flu shot often protects you from coming down with the flu. And although the flu shot doesn't always provide total protection, it's worth getting.

This year's annual flu shot will offer protection against three or four of the influenza viruses expected to be in circulation this flu season. We are providing the high-dose flu vaccine for maximum protection. The flu vaccine is your best defense against the flu, but there are additional steps you can take to help protect yourself from the flu and other viruses. These steps include:

- Wash your hands often and thoroughly with soap and water.
- Use an alcohol-based sanitizer on your hands if soap and water aren't available.
- Avoid touching your eyes, nose or mouth whenever possible.
- Avoid crowds when the flu is most prevalent in your area.
- Practice good health habits. Get plenty of sleep, exercise regularly, drink plenty of fluids, eat a nutritious diet and manage your stress.

You can also help prevent the spread of the flu by staying home if you do get sick. Do it for our residents, your co-workers, your family, for yourself! All government employees can get vaccinated against influenza at the Wellness Center.



CEO Stephen Rippe

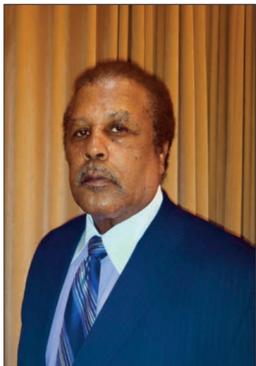


COO Jim Branham



DCOO John RisCassi

## Notes from the AFRH-W Resident Advisory Committee Chairman



Greetings AFRH-W! We had a busy time last month, but we are getting things moving - taking care of our residents and fixing what needs to be fixed. We are moving forward in the business of making our Home a premier retirement community for us and our military veteran family.

**Inside AFRH-W** - At the Nov. 14th RAC meeting, I introduced new members on our RAC team. They are "PK" (Paulette Knorr), Frank Lawrence, Billy Bowen and myself. So, if you see me or my floor reps (wearing yellow name badges), greet them with a warm hello, thank them for taking care of our Home and voice your concerns (if you have any). They will be professional and dedicated in receiving your concerns.

Also, I learned that many residents are having problems getting to their appointments at Walter Reed National Military Medical Center (WRNMMC) because they have no military I.D. This should not be the case for our veterans who, I believe, have earned the right to access any military installation for health care. However, sometimes policies do not line up with the what works best in real life. So, if you need to get to Walter Reed for a medical appointment follow this recommendation from AFRH-W: Get a signed form from the AFRH-W Ombudsman, Mr. Robb Webb, and take that form with you when you go to Walter Reed. Present that document to security (or whomever is requesting a military ID needed to authorize access). Please let me know if anyone experiences problems with this process.

**Outreach** - Your RAC Chair continues to reach out to the community helping veterans learn about AFRH and the benefits of being a resident. Last month, I along with "PK" went to a veterans benefits seminar at Fort Foote Baptist Church Veterans Ministry in Fort Washington, Maryland. We met with veteran service organizations and put out information about AFRH. I invite any resident interested in going to this monthly outreach event to contact me about it.

Also, I stopped in on a Veteran's Caregiver Conference held at the DC Mayor's Office

of Veterans Affairs. I met with veteran caregiver groups (Wounded Warriors, Elizabeth Dole Foundation) and Mr. Ely Ross, Director of the Office of the Veterans Affairs. Mr. Ross is the representative who set up the DC Mayor's participation in our Veterans Day Ceremony. Thank you for that, Sir!

**VIP Visit** - Last month, senior leadership from AFRH-W and the Government of the District of Columbia attended our 2018 Veterans Day Wreath Laying Ceremony. I want to thank our AFRH CEO Stephen T. Rippe, AFRH-W Administrator Susan L. Bryhan and Washington, D.C. Mayor Muriel E. Bowser for being a part of such a meaningful event. Their participation shows our residents how much they are honored and appreciated. I look forward to seeing you all again next year.

Of course there was a lot more going on last month, but these are just a few highlights I wanted to share with you. Thank you all for all that you do for to keep AFRH a great place!

Billy Ray White



# From the AFRH-G Administrator



November was an extremely busy month at AFRH-G. We had numerous activities scheduled for November and the highlight of the month was our Veterans Day Open House on November 9. Rain was in the forecast but held out for the ceremony. However, the three helicopter landings were cancelled because of high winds. There were hundreds of people in attendance, ranging from school-aged children, to active-duty military, prospective residents, and people from the community who stopped by to see the resort we have for our veterans. We also had several static displays, a K-9 demonstration, performances by the Gulfport High band and a musical tribute by Lynn Meadows "Wings" plus so much more. We were very grateful to have Captain Ron Piret, Commander, Naval Oceanographic Office, Stennis Space Center as our keynote speaker. He spoke of the importance of all veterans and thanked the AFRH-G residents for the honor to speak at the AFRH-G ceremony. Our talented resident artists had their arts and crafts on display and for sale in the main hallways. The support by everyone in the community allowed us to have a very successful day as we opened our doors to the public to show them how incredible AFRH-G is. People are just amazed when they come here and see all we have to offer for our veterans. Thank you to Lead Recreation Specialist Sean Campbell for putting this ceremony together so flawlessly and to all the volunteers who made this day a success. Thank you to all of our residents for being so welcoming to the community and for volunteering to help out in so many ways in order to make this day fantastic.

On November 8 we celebrated the U.S. Marine Corps 243rd Birthday. First Sgt. Michael Croft was our guest speaker, whose current position is as the Detachment First Sergeant for Marine Detachment at Keesler Air Force Base. Marine residents Fredi Van Pelt and James Tootle cut the cake along with First Sgt. Croft.

We also held our monthly birthday dinner celebration and the AFRH Chief Operating Officer Jim Branham and Chief Financial Officer Nancy Anne Baugher also attended. This is always such a fun-filled activity that AFRH-G has every month and I really enjoy seeing all the residents and their guests.

This holiday season let us all remember the reason for the season and that is to

give thanks for all that we have. Did you know that giving thanks is actually good for you? Counting your blessings actually improves your health. Grateful people have less depression and stress, lower blood pressure, more energy and greater optimism. Gratitude also can lead to better relationships because it fosters calm and security in relationships.

Thanksgiving is a day where we can reflect on how fortunate we are to live in this great country. The one who is thankful for even a little enjoys so much more.

John F. Kennedy once said, "We must find the time to stop and thank the people who make a difference in our lives." I would like to wish all the residents, employees and their families a very happy holiday season. Thank you to the residents who have served our country and thank you to all the employees who are now here to serve you, the residents.

God bless you and God bless America,

Jeff Eads



Administrator Jeff Eads helps serve ice cream to the residents on November 5th.



Thank you First Sgt. Michael Croft for guest speaking at the AFRH-G's 243rd Marine Birthday Celebration.



Thank you Captain Ron Piret for being our keynote speaker for the AFRH-G Annual Open House and Veterans Day Celebration.

# AFRH-G celebrates the USMC 243rd Birthday

By Becki L. Zschiedrich | Public Affairs



The AFRH-G celebrated the United States Marine Corps 243rd Birthday on November 8 in the Community Center. Following the National Anthem and the Pledge of Allegiance, Administrator Jeff Eads welcomed First Sergeant Michael Croft, who was the guest speaker. Marine residents Fredi Van Pelt and James Tootle cut the cake along with

First Sergeant Croft.

"Semper Fidelis" ("Always Faithful") is the motto of the Corps. That Marines have lived up to this motto is proved by the fact that there has never been a mutiny, or even the thought of one, among U.S. Marines. Semper Fidelis was adopted about 1883 as the motto of the Corps.



# Notes from the AFRH-G Interim Resident Advisory Committee Chairman



Thank you for having me as your interim RAC Chairman. I will attempt to do the very best I can to meet your expectations. I find myself in an unexpected position. The resignation of Ray Ross due to health concerns was certainly sudden and caught everyone by surprise, me included as well.

This month marks six months here in the Gulfport Home since my transfer from the Washington D.C. Home. After getting somewhat settled in, I checked with Melodie Menke in the volunteer office for unfilled positions and decided to continue the volunteer work as a Resident Ombudsman in support of the residents in the upper level care (ULC) areas.

Previously, Ray and I had conversed numerous times regarding support of all the residents of the home. After some time, he asked me to be his vice chairman. After mulling that over for some time, thinking that an occasional stepping-in to attend a meeting during his absence should be an easy thing to do, I agreed, and as I mentioned previously, certainly unexpected.

As I fumble my way around in the RAC office spending time attempting to get better organized, going through various files, reviewing various committee reports, monthly minutes, motions, and recommendations, it further strengthened my recognition of the value of residents providing input, recommendations, asking questions, volunteering, and identifying almost anything at our Home that the RAC could or should be responding to, or assisting those residents in getting an individual response in a timely manner.

Members of the RAC as well as resident volunteers have certainly been reduced in size, composition, and amount. The departure of over 100 residents has put a strain on the remaining RAC members that continue in supporting all the residents as best they can. Resident ideas, suggestions, recommendations, comments, and complaints will certainly take longer to respond to and address with our staff.

The Draft AFRH Directive 8-12-C that covers the composition and duties of the RAC, although not yet formally released, has partly, in some ways, already been implemented regarding floor representatives and stipends. The resident fee increases scheduled to take effect in January 2019 has had a direct effect on remaining residents, not only their pocketbook, but volunteerism as well.

One of the important issues presented by several of the residents not only in upper levels of care, but residents in independent living and independent living plus, was about getting transportation for personnel errands, such as to the bank, post office, the occasional restaurant, shopping, casinos, and other places as well.

The holiday season is here, and most residents have family members that they want to purchase and send gifts to but are hampered by not only the lack of resident transportation volunteers, but vehicles that can accommodate their PMD, rollator, and wheelchairs needed by them to conduct these personal errands.

Resident Patricia Kirchner, your RAC upper levels of care ombudswoman, has been at the forefront in addressing this issue. Her direct coordination with local taxi cab companies has identified a cab company that has vehicles that can arrive, pick up, and transport residents with their PMD, room for rollators and wheelchairs to their destinations and return you home. This capability will not only meet the needs of residents this holiday season, but throughout the year as well. Her dedication, hard work, and support will have a direct and positive impact on morale and highly appreciated by all of us. Volunteer opportunities abound here at our home with countless

opportunities. Thank you, Patty!

Our work and dedication is a collective effort not only by RAC and staff, but by all residents and volunteers as well. Communication and transparency are key and significant factors in any organization's success; ours is no different. We work through leadership and staff to address any arising issues. As an organization built on military heritage, we are all familiar with the chain which is paramount to an organization's success. Saying that, we welcome the new facility Ombudsman, MCPO John Cunningham, who landed here not long ago with both feet on the ground and has been instrumental in supporting all of us here at Home. We are lucky to have him.

I thank all the staff for their hard work, dedication, attitude, demeanor, and professionalism they exhibit and provide in their daily support and interactions with all us. Their support has been singularly outstanding from all the commodity service areas, from the Offices of the Administrator, Safety, Finance, Performance and Integration, Public Affairs, Staff Support, Resident Services, Security, Chaplains' Office, Healthcare, Campus Operations, Social Services, and those other campus services we have available to us that that provide us services. These include the barber and beauty shop, the NEX, volunteers who operate the thrift store and clothing shop, CMI that responds to needed repairs, Ability Works that provides housekeeping services by cleaning up after us. Special thanks to the Chief of Resident Services Chris Alexander, who was instrumental in quickly coordinating support for the midterm elections on 6 Nov. Lastly, our appreciation to the great Thanksgiving holiday meal that the folks at the dining facility put together for us, our guests, and visitors. Included are the folks who operate dishwashers and sanitize the cookware, the plates and cups, utensils and trays, and wipe down the tables. Thank you all.

In closing, I look forward to all the upcoming festivities, the joy and excitement this coming holiday season will bring, and the expectation of a great new year with a great and supportive staff.

Frank "Z" Zupko



# AFRH-Washington

## AFRH-W National Family Volunteer Day 2018

By Amanda Jensema, CTRS | Recreation Therapist  
Photos by Jack Beck | AFRH-W Resident

National Family Volunteer Day is an annual day of service, designed to demonstrate the power of families who choose to volunteer together to support the communities in which they live and serve. Volunteering as a family provides quality time for busy families, strengthens communication and bonds, and positively impacts local communities across the nation. Each year we have military families who sign up to volunteer at AFRH-W to do a variety of service projects. This year we had 172 volunteers representing each branch of our military. Projects that they worked on included cleaning up the golf course of leaves and branches, organizing and creating an inventory in multiple storage areas, washing wheelchairs, cleaning and organizing the library, and visiting with the healthcare residents. For those who brought young children we had a craft area set up for them to make cards for Veterans Day, Christmas, or Thank You for your Service.

This event has an impact on our Home. When the hours and number of volunteers are added together, it is projected that the volunteers saved the home this year approximately \$16,986.00.

Before the service projects started we had an opening ceremony that included a coin presentation to recognize a resident from each branch who had the most volunteer hours this year. They also received a certificate from our administrator, Susan Bryhan. The resident volunteers honored this year were:

**U.S. Army: Roberta Spangler**  
**U.S. Air Force: Frank Lawrence**  
**U.S. Navy: Richard Walk**  
**U.S. Marines: Norma Rambow**



## Leisure World Chorale returns

Story & Photo by Amanda Jensema, CTRS | Recreation Therapist

This is a performance the residents look forward to every year. The thirty-person choir from Leisure World which is located in Silver Spring, Maryland returned and put on a performance for the residents. They don't just sing either. Four ladies did a tap number and did a wonderful job. They sang songs such as "Sentimental Journey," and "Impossible Dream," as well as a medley of songs from both "The Music Man" and "South Pacific." The residents look forward to their next performance here at AFRH-W.



## Cooking pumpkins to educate during "Eat Better, Eat Together Month"

By Linda Bailey, CTRS | Recreation Specialist

October was "Eat Better, Eat Together" month, and in order to educate our residents on some healthful benefits of October's most-seen, but not always most-eaten fruit, the pumpkin, we held a cooking demonstration and tasting. Recreation Specialist Linda Bailey and Dietician Leslie Boggus prepared pumpkin soup and pumpkin macaroni and cheese. Leslie spoke about the benefits of eating pumpkin, with its high fiber content and Vitamin A benefits. The pumpkin soup was enjoyed the most, as it contained those spices most associated with autumn. The pumpkin mac and cheese was certainly different and filling, and much healthier than the standard variety. Linda talked about the advantages of eating together and using meals as a chance to socialize.



The pumpkins we cooked with had been used as decorations during the Halloween parties. They were the smaller baking type, not the large ones used for jack-o'-lanterns. During the cooking demonstration, we had difficulty opening a can using the hand can-opener. A resident in the group pulled out his keychain and used a "John Wayne" to replace the larger hand tool. Once again it goes to show how helpful it is to have a Marine around.

## An autumn fishing trip

By Steven Briefs, CTRS | Supervisory Recreation Specialist

On November 3rd the Fishing Community organization invited our AFRH-W residents to Lake Fairfax in Virginia for a day of fishing and fellowship. This volunteer organization has been around since 2012 and their mission is to, "promote recreational fishing in a manner to create harmony between the human element and our aquatic habitats." Although they also serve the youth of our communities, it is especially geared towards our wounded and retired veterans in all branches of our military. Ernie Rojas was our contact and he and the members of his team provided all the fishing rods, bait, and expert advice and helped take off any fish that we caught.

The day was sunny with a cool autumn breeze blowing. It looked like the leaves were at their peak in color. On this lake there were many ducks and geese flying about, "quacking and honking," making it a real adventure for us. A delicious lunch of barbecue beef and pork, coleslaw, baked beans, green beans and fresh rolls were provided for lunch. There was also a raffle and AFRH-W residents Terry Tackett and Billy Bowen each won a new fishing rod and reel.

It was a great day for our guys to get out in nature, meet new people and take part in the American pastime of fishing!



## AFRH-W Iron Chef

By Amanda Jensema, CTRS | Recreation Therapist  
Photos by Carolyn Haug | Public Affairs



After a day of snow in Washington, D.C. the AFRH-W Iron Chef Cookoff was set for the perfect time. The residents and staff look forward to what has become a semi-annual event. Each year a different food is selected. This year our chefs had to prepare chili soup. Our reigning Iron Chef Champion, Amanda Jensema, was the emcee for the daylong event. In the morning residents and staff were able to come to the Community Center to watch as each team prepared their chili. In the afternoon we had the tasting.

We had three teams who created three very different chili recipes. Our first team was Team LTC & MS. Our head chef was Carol Mitchell, with assistance from residents Santo DiBella and Ray Anderson, who made a "Texas No-Bean Chili." Our second team was Team IL, with head chef Linda Bailey and assistance from residents Chuck Felder and Lewis Haight made "Grandmom's Chili con Carne." Our final team was Team AL. Head chef Marine Robbins was assisted by residents Bill Fowler and Vere Hotchkiss who made "Creamy White Bean Chili."

Of course you cannot have an Iron Chef competition without judges. Our returning judges were Ron Kartz, Chief of Resident Services, Teresa Hui, Supervisory Dietitian, and Cleophus Snow, Dining Hall Manager. After tasting all three chili soups the judges totaled up their scores and announced the winner.

**3rd Place: Grandmom's Chili con Carne**  
**2nd Place: Texas No-Bean Chili**  
**1st Place: Creamy White Bean Chili**



## Veterans Day Bingo

By Amanda Jensema, CTRS | Recreation Therapist



Veterans Day this year started out with a heartfelt "Thank-You" and a fun filled game of BINGO. The Lambda Gamma Gamma Chapter of Omega Psi Phi Fraternity

hosts a lively game of BINGO on Veterans Day every year. They not only provide a fun way of celebrating and honoring our veterans, but they also provide a delicious cake and special prizes that include watches, gift cards, hats and more.

Their military alumni chapter is located out of Ft. Meade, Maryland. Several games of BINGO were played and then they socialized with the residents and enjoyed cake and punch together. Our residents look forward to their visit every year.

# AFRH-Gulfport

## Alzheimer's Walk for Awareness

By Jen Biernacki | Recreation Therapy Assistant  
Photos by Becki L. Zschiedrich | Public Affairs

The AFRH-G held a walk for Alzheimer's awareness. Due to inclement weather, the walk took place inside around the first floor. Some of the employees, residents and visitors participated in the walk with some walking one lap and others walking greater than 25 laps.

Each participant began by registering at the welcome table then signing a scrapbook page to be used in a memory album for years to come. The walking path was decorated with purple balloons and flowers symbolizing the Promise Garden. The Promise Garden symbol was created by the Alzheimer's Association for this year's motto of "Walk to End Alzheimer's." The promise, as stated by the association, is to remember, honor, care and fight for anyone affected by Alzheimer's.

Many employees volunteered to make the day a success, as many have been affected by Alzheimer's directly impacting their lives forever. It is a disease that disrupts our memories and leaves those lost and forever dependent on those who care. This was a special day for a special cause and a promise to all.



## Art bargains and more

By Milton Williams | Art Specialist  
Photos by Becki L. Zschiedrich | Public Affairs



The residents, staff and guests who attended the AFRH-G open house on November 9th were treated to a great display of art, photography, crafts, leather work, wood working, pottery, fabrics and literature. Our resident artisans have a following of patrons and many happy customers were glad they could make this special event. The resident artists had fun meeting with the guests and showing off their treasures. John Witt, his first time participating at the home, set up his display table and actually demonstrated how he prints and

fashions his collection of "witty" quotes on t-shirts.

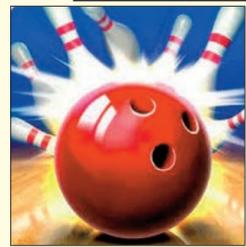
Dan Ellis who is an author and historian, Wolf Kiessling, PJ Johnson and Tom Keith displayed their wood working and pottery, Kenneth "Woody" Hilliker displayed sewing and paintings, Clifford "Smitty" Smith, Gerry Gorsky and Ray Eckert displayed paintings, Warren Barbour displayed leather, Jack Horsley and Doug Carroll displayed their photography.

It was an awesome day filled with adventure, camaraderie and a grateful spirit from our community. Thank you for making it a special open house. Now lets' get busy - 2019 will be here soon. Remember art is an adventure.



## Spare-Time Bowlers

By Carol Davis | Recreation Assistant  
**ATTENTION BOWLERS!!**



Come join our "Spare-Time Bowlers" group on Tuesdays at 1330 in the Bowling Center. This is just a group of people wanting to bowl and have fun. This is not a tournament.

## Peter Anderson Festival

By Carol Davis | Recreation Assistant  
Photo by The Sun Herald

On Sunday, November 4, the residents of AFRH-G took a short trip to the beautiful city of Ocean Springs for the 40th Annual Peter Anderson Arts and Crafts festival. More than 400 artists, crafters and food vendors set up their booths on the oak-lined streets of downtown Ocean Springs. Last year the two-day event entertained an estimated 150,000 people. The residents could shop from the many festival vendors, from locally owned shops and galleries, or just sit and enjoy the live music. This festival has become an AFRH-G favorite through the years.



## An outstanding tour of Vicksburg

Story & Photo by Jen Biernacki | Recreation Therapy Assistant

The residents set off on a long day of adventure to the Vicksburg National Military Park, with me in tow!! SUPER EXCITED! With the weather in question, the three-hour bus ride turned longer as we traveled slowly for safety. As soon as we arrived in Vicksburg, the weather cooperated with no rain and a cool breeze. The residents enjoyed a quick lunch at the visitors' center then everyone boarded the bus with the museum guide for a journey around the park. The guide shared stories, legends and facts as we traveled around the park using maps as references that kept us all eager to learn more. The tour went up to the Battery De Golyer to the Shirley House, the 3rd Louisiana Redan, other major battle stops to the USS Cairo Exhibit. The USS Cairo Exhibit is an Iron Clad Warship that sank in the Yazoo River in 1862, raised from the Yazoo River in 1964. The ship's parts were brought to Ingalls Shipyard on the coast in Pascagoula, Mississippi. Ingalls restored the ship and many artifacts. Upon finishing the restoration, the ship was brought back to Vicksburg, Mississippi for the opening of the USS Cairo museum in November of 1980. The bus parked at the museum to allow residents to wander around through the ship's haul and view artifacts inside the museum. To finish up the tour, the guide navigated the bus through town sharing many present and historical events as we made our way back to the visitor's center. The guide disembarked the bus following many expressions of gratitude for a superb and enlightening tour.



## Jewelry crafting with Sharon Price

Story & Photo by Milton Williams | Art Specialist

Once a week during the month of November, resident Sharon Price has generously donated her time, materials and knowledge to help residents make some nice ornamental jewelry. As with most crafts there are a few techniques to learn and then it is pure imagination, application and fun. Afterwards, you have a pretty bracelet, necklace, earrings or a Christmas ornament. Several residents have made these and a few are using this opportunity to make gifts for friends and family. Thank you, Sharon for sharing your gifts so others could make memories, treasures and, in turn, gifts too.

This personally reminds me of what our Lord said, "It is better to give than receive." Since this is the season, Merry Christmas and Happy Hanukkah to y'all.



## Indoor Shuffleboard Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On Tuesday November 6, 2018, residents competed in the Indoor Shuffleboard (Horse Collar) Tournament in the Bocce Center. Carol Harmes was looking for that perfect slide to get her points. Wolf Kiessling hoped Carol Harmes did not get any more points. The rest of the players watched Carol Harmes' technique on scoring points.

There could only be three winners that day. Wolf Kiessling took 1st place, Woody Hilliker took 2nd place, Bill Jossendal took 3rd place and Frank Baker took 4th place.



## St. James Youth Group

By Melodie Menke | Volunteer Coordinator  
Photos by Aimee Seicshnaydre

Veterans Day on Nov 11, 2018 took on a special meaning at Sunday Mass with the St. James Youth Group there to lend a hand with the readings. The teens enjoyed a tour and passed out goodie bags, and then had lunch with everyone.

A special thank-you to Aimee Seicshnaydre for organizing the great group of 25 teenagers. A very special thank you to resident Carol Harmes for assisting the group and making them feel welcome in the chapel and to resident Dr. Jerry Burghout for being a fun tour guide and showing off all AFRH-G has to offer to our nation's veterans.



# GULFPORT

## Halloween at AFRH-G

Story & Photos by Becki L. Zschiedrich | Public Affairs

On October 31st AFRH-G held its Halloween Carnival. Residents and employees dressed up in their favorite costumes; some were unique, some were cute and some were very scary.

As laughter and Halloween music filled the room, residents participated in games in the Community Center followed by plenty of delicious snacks and punch.

Special thanks to recreation, the dining staff and all the volunteers. A fun and spooky time was had by everyone.



## USM History Honors Society kick-off the holidays!

Story & Photos by Susan Bergman, MT-BC | Recreation Therapy Services

Started in 2012 and now in its seventh year, the University of Southern Mississippi (USM) Phi Alpha Theta (History Honors Society) visited on Friday, November 16 for the annual Decorate-a-Socking Holiday Project. The history students and alumni reminisced with residents while adding personalized hand-painted designs to each stocking. The person-centered stockings will be secretly filled by the Adopt-a-Veteran Stocking Project with Keesler Air Force Base's 81st Communication Squadron on December 12, and handed out to healthcare residents on Christmas Day. Thanks for the history memories and holiday cheer!



# WASHINGTON

## RT Halloween Happy Hour & Poker Run

By Carol Mitchell & Marine Robbins | Recreation Therapy  
Photos by Steven Briefs, Nam Knights & Jack Beck



The Annual Recreation Therapy Halloween Happy Hour and Poker Run is always a fun and exciting event. Over 80+ residents attended and 30+ volunteers came out to help out for the event. Residents, staff and volunteers enjoyed dressing up in Halloween attire for the program to include witches, bumblebees, cows, bikers, mummies, and more. Upon entering, residents were encouraged to participate in the Poker Run which was won by resident Jim Riordan. They also participated in the "Guess the Weight of the Pumpkins," won by resident Santo Dibella and "Guess the Number of Treats in the Tub," won by resident Donald Stout.

In addition, the strolling blackjack dealers passed out candies to "Beat the Dealers" winners. As the night progressed, residents enjoyed dancing to tunes by DJ Billy White who played a variety of music for all to enjoy. Food Services provided a wonderful spread of chicken wings, taco dip, fresh fruit and assorted cheese platters, and delicious deviled eggs. Of course, all the residents received a helping of Halloween candy! The night provided an opportunity for the residents of AFRH-W to mix and mingle and have a great time!

