

# Thanks to the volunteers that change our world

## National Volunteer Week celebrated at AFRH

National Volunteer Week was observed April 27 - May 3 for the Resident Volunteers at AFRH. Over 250 residents volunteer their time and talent to make AFRH a more efficient and friendlier place to call Home. The week was filled with small socials as a way of showing our appreciation to the Resident Volunteers.

On Tuesday April 29, it was Fruit and Juice Tasting Bar; Wednesday a fun filled Nut Bar with cashews, pistachio, and the favorite hot Cajun style peanuts; Thursday was a pizza lunch party; Friday was Good Fortune Day with fresh lemonade and fortune cookies; and Saturday morning was flavored hot and cold coffees. AFRH formal Volunteer Ceremony with Presidential Volunteer Awards given to resident volunteers will be on June 17, 2008. Community Volunteer Appreciation Day will be held on June 27, 2008.



Chaplain John Goodloe and Loraine Murphy enjoy a snack during one of the many social events held during the week to honor Resident Volunteers.

## VOLUNTEER INTERN Commissioned into Air Force

On May 14 in Stanley Chapel with 200 guests in attendance, Howard University Air Force ROTC commissioned five cadets, one being our 2007 Summer Volunteer Intern, Ashleigh Wesche. Ashleigh held a volunteer internship with partnership with Trinity College and was able to assist in all areas of AFRH. She takes with her years of hard earned advice from our residents on the military and life in general.

Good Luck in your Air Force career!



Ashleigh Wesche pictured here with resident Harry Casino last summer. Also pictured is a Howard University ROTC volunteer.



Coast Guard personnel do a walk through of the pond area to identify work that will need to be done when they return on June 18.

## U.S. Coast Guard continues Pond Partnership with AFRH

On Tuesday, May 6, the U.S. Coast Guard Chief Warrant Officer's Association (CWOA) and the Chief Petty Officer's Association (CPOA) with committee members CWO4 Sean Fennell, past CWOA President, MAT4 Rusty Huyck; Lt. Dave Solorzano, and ISM2 Brent Light, did a pond inspection in preparation for the USCG Annual Pond Beautification Day on June 18, where 30 - 35 Coasties will put their knowledge and muscle to work making the pond a showplace for all to enjoy.

AFRH is appreciative of the support we get from these Coast Guard volunteers!

**U.S. Coast Guard  
Annual Pond  
Beautification Day  
June 18  
AFRH Pond**

## Dog days at AFRH

By Melodie Menke  
Volunteer Services

On Sunday, May 4th beautiful weather and happy dogs made for a perfect combination for the 2nd PAL Dog Day Agility Training at AFRH. The 20 year partnership with pet therapy, People Animals Love of Washington D.C. continues to grow with more ideas and greater socialization for dogs and residents. Colonel Nikki Hall, Chief, Appellate Defense Division, Air Force Legal Operations Agency, and master training for dog agility, brought her dogs and the team put on quite a show as they maneuvered through the agility course much to the delight of the residents. After the field work, the dogs were happy to relax and be pampered by the audience.

"The dogs love to interact with people," Col. Hall said. "They can tell the difference in the venues we attend.

For instance, when we go to a retirement home like this, they are calm and enjoy the attention. When we get to a competition, either dog agility trials or fly ball, they get out of the car and are very excited and ready to go."

Colonel Hall has been in the Air Force for 20 years. She said she plans to attend the AFRH PALs visits on a regular basis.

"My son and I travel a lot attending different competitions throughout the year," Col. Hall said. "But we definitely want to continue to be a part of this. The dogs love coming and visiting the residents and my son and I enjoy coming here too.

The next fun event is June 21 for a PAL Picnic on the Scott Patio.

**Dogs, dogs, and more dogs.... residents enjoy spending time with the dogs that come during the monthly PALs visits. This month, the visit included a dog agility demonstration.**

