



ARMY DISTAFF
FOUNDATION
LEADERS IN HEALTHY AGING

2019 ANNUAL REPORT



CELEBRATING 60 YEARS OF INNOVATIVE CARE



ARMY DISTAFF FOUNDATION

LEADERS IN HEALTHY AGING

The Army Distaff Foundation is a 501 (c)(3) organization established in 1959 that provides housing, health, and wellness services to older adults who served our nation, regardless of financial status, through Knollwood Military Life Plan Community, which we built, own, and operate.

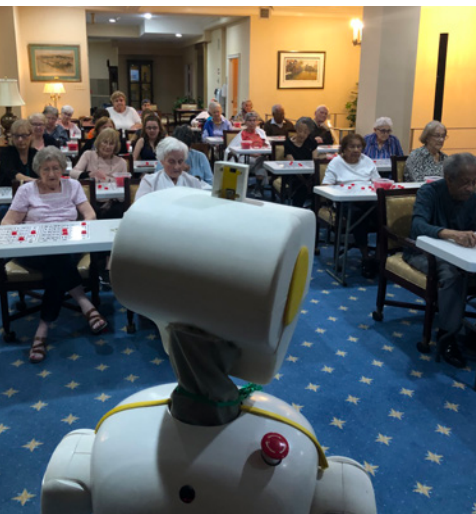
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CONTENTS

FROM OUR LEADERS.....	5
WHAT WE DO.....	6
2019 BY THE NUMBERS	7
HISTORIC IMPACT	8
FUTURE IMPACT	14
FINANCIALS.....	16
THANK YOU	18
PARTNER WITH US.....	19

CREATING SOLUTIONS FOR AN AGING NATION

As an industry leader with a vision to improve how older Americans age, ADF contributed expertise to a research study that was featured in TIME Magazine on the potential of socially assistive robots in life plan communities.



FROM OUR LEADERS

While the purpose of this Annual Report is to highlight our accomplishments in 2019 and commemorate our 60th Anniversary, it is being published during an unprecedented time – the COVID-19 pandemic. The men and women in our care, people over age 65, are among the most vulnerable to this disease. Caring for them has been our top priority in recent months.

The pandemic has brought challenges for our organization, but it has also created opportunities. We look to the future knowing that life will not be as before, just like 9/11 marked a change.

We are pouring our efforts into making our community **Stronger, Smarter, Safer**. We must invest more deeply in technology and innovation to protect our community. Ultraviolet light disinfection systems, on-site rapid testing capabilities, tele-medicine programs, and social connectivity platforms are critical to making us more resilient.

As we study and explore how to improve quality of life for older adults through our research, testing, evaluation, and implementation of new programs, we will continue to speak at conferences and publish information on the impact of technology and innovation on aging, which will help organizations like us improve their ability to care for older adults.

Caring for the men and women who devoted their lives to serving our nation is an important mission. Your support equips us to succeed. Thank you for partnering with us.



General John M. Keane, USA (Ret.)
Chairman of the Board of Directors
Army Distaff Foundation



Major General Timothy McHale, USA (Ret.)
President and Chief Executive Officer
Army Distaff Foundation

WHAT WE DO

MISSION

Provide a compassionate community with exceptional wellness care and purposeful living for older adults who served our nation.

VISION

Be a national leader in developing and implementing an innovative health and wellness experience for older adults who served our nation, inspiring our residents and other communities by excellent example.



VALUES



COMMUNITY

We are devoted to providing a caring, compassionate, socially engaging community with a top-notch health and wellness experience so people thrive.



ACCOUNTABILITY

We will be excellent stewards of resources and pursue our mission and vision with integrity.



RESPECT

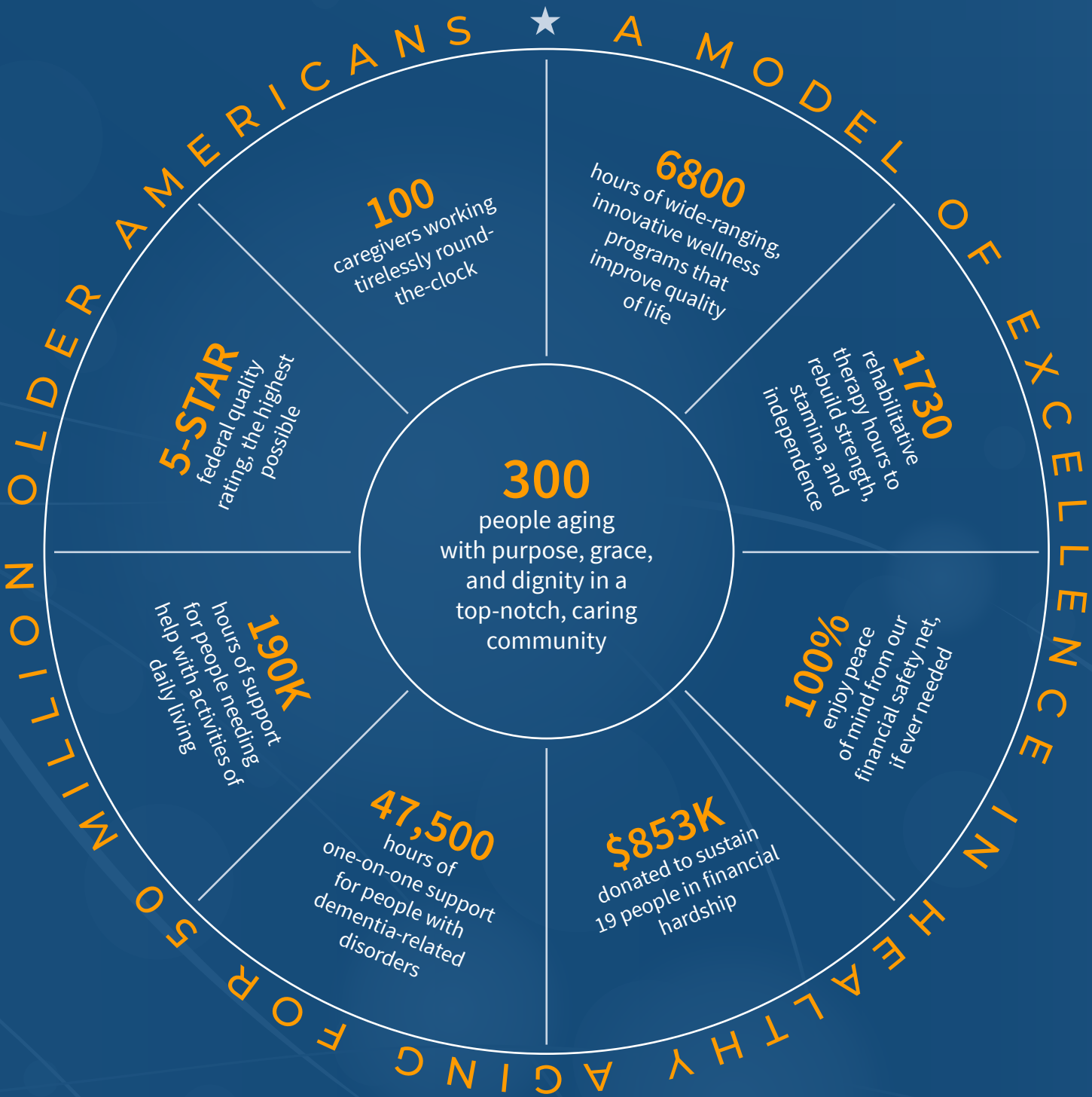
We will always strive to treat our residents, our guests, and our teammates with dignity and honor.



EXCELLENCE

We will pursue the highest levels of quality and value in all that we do.

2019 BY THE NUMBERS



HISTORIC IMPACT

60 YEARS OF LEADERSHIP,
INNOVATION, SOLUTIONS, & GROWTH

1959

1959-1969

1970-1979

1979

1959-1969

BUILDING A HOME AND COMMUNITY FOR VULNERABLE WOMEN

When it became apparent that aging widows and female relatives of US Army servicemen lacked the ability to sustain themselves, ADF was established to build a community for them. Our 1959 founders – bold, spirited, solutions-driven, and growth-minded – had the vision to create a place of *“security, companionship, and purposeful living”* that would serve as *“a shining example”* for others.

President Dwight D. and Mrs. Mamie Eisenhower personally led a world-wide fundraising campaign so the newly founded ADF could purchase a 16-acre property and build a community where people would age with dignity and grace. Mrs. Lyndon B. Johnson presided as guest of honor on opening day in January 1962, welcoming 15 women to their new home. At the same time, our founders established a donor-supported Financial Assistance Fund – active and vital to this day – to ensure any woman living in our facility was guaranteed meals, room and care through the rest of her life. By July 1963, our organization was home to 166 women.



"WE WILL BE A SHINING EXAMPLE OF THE AMERICAN WAY - OF BOLD, PRIVATE INITIATIVE IN AN
ATTACK UPON A NATIONAL PROBLEM." – FOUNDERS OF THE ARMY DISTAFF FOUNDATION

1970-1979

PROVIDING SKILLED CARE FOR PEOPLE WITH DECLINING HEALTH

People with compromised cognitive and physical health needed high-level care, often round-the-clock. In response, with the continued support of concerned donors, we expanded, enhanced, and modernized our facilities. We delivered skilled nursing care so people could age with dignity and feel purposeful at every stage of aging.



"FOR THE SICK IT IS IMPORTANT TO HAVE THE BEST."
– FLORENCE NIGHTINGALE

1980-1989

EXPANDING HEALTH AND WELLNESS SERVICES TO HELP MORE OLDER ADULTS IN NEED

With advances in healthcare, it became clear more people needed our services. We responded by expanding our community to male and female officers of all seven uniformed services, as well as their female relatives. As our community grew, so did our reputation as a leader in healthy aging.



"TO CARE FOR THOSE WHO ONCE CARED FOR US IS ONE OF THE HIGHEST HONORS."
– TIA WALKER, AUTHOR

1990-1999

PEOPLE CARING FOR PEOPLE

As care needs became more complex, we pursued an unprecedented expansion to broaden and strengthen our health and wellness programs. We upgraded our skilled nursing services by establishing a federally-certified Health Services Center licensed to provide round-the-clock long-term care and rehabilitative therapies for people living in our community, as well as the general public.

Further, we expanded our community to serve 45 people who needed 24/7 assistance with activities of daily living, such as grooming, bathing, and dressing. This vast expansion in person-centered care ensured that people would enjoy purposeful living at every age and stage of life.



"ALL OF US WANT TO HAVE PURPOSE IN OUR LIVES. YOU NEVER GET TOO OLD TO WANT THAT."
– MRS. SYBIL MARKS, KNOLLWOOD MILITARY LIFE PLAN COMMUNITY RESIDENT, AGE 98

2000-2009

SERVING PEOPLE WITH DEMENTIA

As the century turned, we further expanded to meet the needs of people with Alzheimer's disease and other forms of dementia. Committed donors funded the building of a state-of-the-art Special Care Center to serve people with cognitive impairments. ADF collaborated with a panel of experts from the Alzheimer's Association and communities with acclaimed special care programs to develop a dementia care program that reflected the latest research and practices.

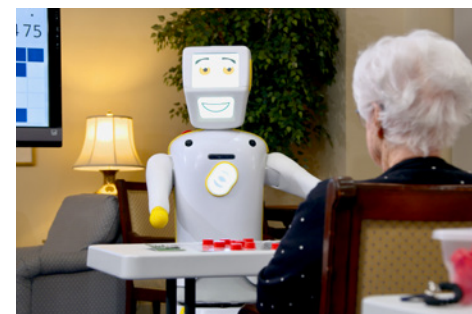


"THOSE WITH DEMENTIA ARE STILL PEOPLE AND THEY STILL HAVE STORIES AND THEY STILL HAVE CHARACTER AND THEY ARE ALL INDIVIDUALS AND THEY ARE ALL UNIQUE."
– CAREY MULLIGAN, ALZHEIMER'S SOCIETY'S GLOBAL DEMENTIA FRIENDS AMBASSADOR

2010-2019

APPLYING INNOVATION TO TRANSFORM THE EXPERIENCE OF AGING

Over the past decade, we initiated numerous important innovations to improve health and well-being for people in our community—as well as to inform the aging community at large through research and information-sharing. ADF re-committed itself to the bold spirit of leadership, innovation, solutions, and growth envisioned by our early founders, who imagined ADF as “...a shining example of the American way...” that would “...point the way to development of similar residences...”



RESEARCH STUDY ON
SOCIALLY ASSISTIVE ROBOTS



ROBOTIC EXOSKELETON
PHYSICAL THERAPY



MULTI-DIMENSIONAL COGNITIVE
THERAPY SYSTEM



IN-HOME FALL PREVENTION SMART DEVICES



WELLNESS THERAPY PROGRAMS

"BETTER IS POSSIBLE. IT DOES NOT TAKE GENIUS. IT TAKES DILIGENCE. IT TAKES MORAL CLARITY. IT TAKES INGENUITY. AND ABOVE ALL, IT TAKES A WILLINGNESS TO TRY."
– ATUL GAWANDE, AMERICAN SURGEON AND PUBLIC HEALTH EXPERT

FUTURE IMPACT

FURTHER IMPROVING HEALTH AND WELL-BEING THROUGH TECHNOLOGY AND INNOVATION

By 2025, older people will compose a greater proportion of our society than ever before. We are committed to researching, developing, testing, and implementing technologies and innovations that will enhance the aging journey.

TELE-HEALTH

Many older people lack access to top-quality medical care, and traveling to medical appointments is often impractical or impossible. We are implementing a new tele-health program to ensure people receive the care they need, when they need it, to stay healthy and well.



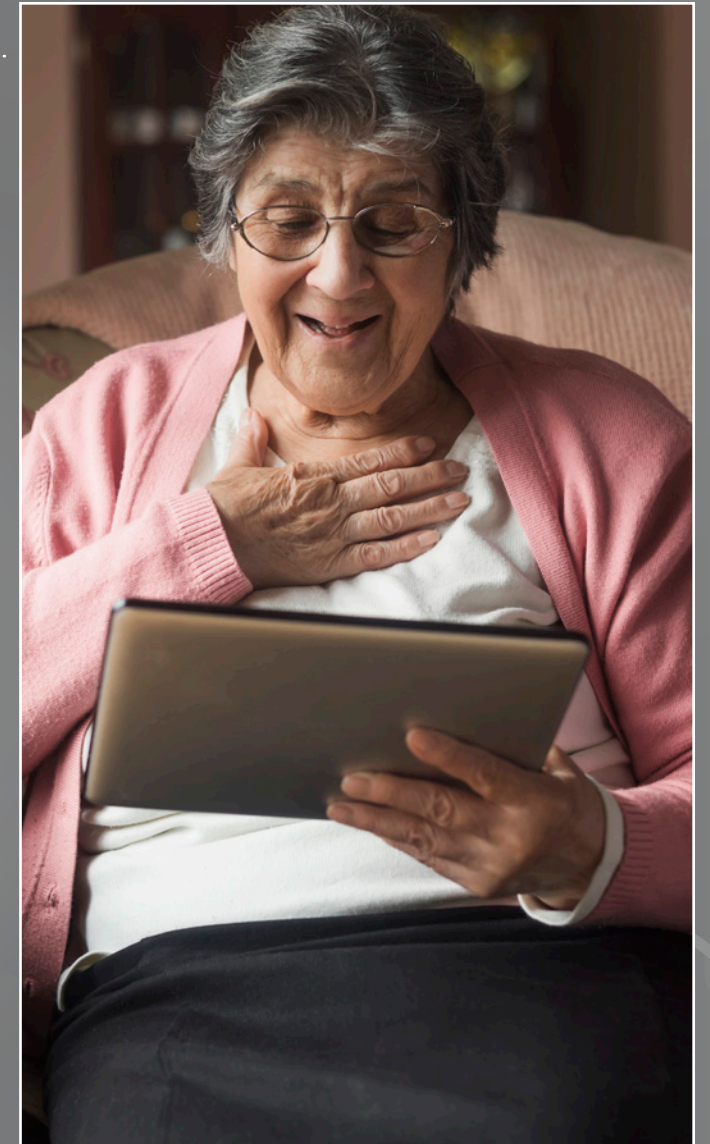
HEALTH ENTRY SCREENING

Our community demands we screen for possible infections. So we are launching a kiosk-based entry screening system program to enhance infection control processes. This new program will lead to the development of a special entry screen designed for senior living communities to keep people safe from possible infection in a post-COVID environment.



INNOVATIVE REHAB PROGRAMS

We have integrated advanced technologies into our rehab programs, including robotic exoskeleton physical therapy, multi-dimensional cognitive therapy platforms, and digital falls assessments. We are evaluating additional technologies to improve physical and cognitive health, such as virtual reality, so people stay healthy and independent.

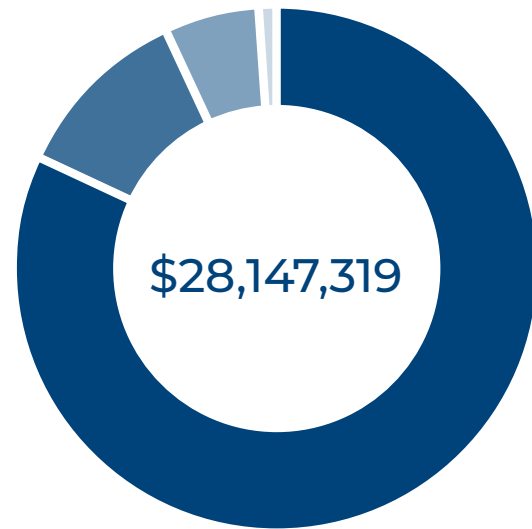


SOCIAL CONNECTIVITY

Nearly one-third of older people reports feeling lonely. We are continuing to explore technology options to keep people connected to others within and beyond our community using digital platforms, AI, and socially assistive robots.

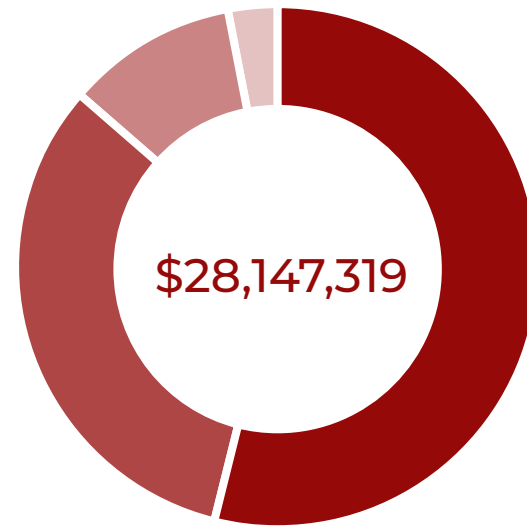
FINANCIALS

2019 RESOURCES AND SPENDING



SOURCES OF FUNDING TO DELIVER CARE

■	FEES PAID BY RESIDENTS \$20,128,855
■	SUPPORT FROM GENEROUS DONORS \$806,685
■	AMOUNT FROM RESERVES \$5,771,351
■	INVESTMENT AND OTHER INCOME \$1,440,428



HOW WE USE OUR RESOURCES TO DELIVER RESULTS

■	SAFE, SECURE COMMUNITY LIVING FOR 300 SERVICE-AFFILIATED MEN AND WOMEN \$15,839,072
■	COMPREHENSIVE HEALTH AND WELLNESS PROGRAMS FOR HEALTHY AGING \$8,434,130
■	MANAGEMENT AND ADMINISTRATIVE COSTS REQUIRED TO DELIVER EXCELLENCE \$3,021,108
■	HOUSING AND CARE FOR THOSE WITHOUT THE MEANS TO PAY \$853,009

ONLY 10.7%

OF RESOURCES SUPPORT
MANAGEMENT AND ADMINISTRATION

BOARD OF DIRECTORS



CHAIRMAN OF THE BOARD
General John (Jack) M. Keane, USA (Ret.)

MEMBERS OF THE BOARD OF DIRECTORS

The Honorable Nelson Ford

Kimberly A. Kuryea
Senior Vice President, General Dynamics

RADM Kathleen Martin, USN (Ret.)

Leann Martin
Volunteer, Army Spouse

MG Timothy McHale, USA (Ret.)
President and CEO, The Army Distaff Foundation

VADM Frank Pandolfe, USN (Ret.), PhD
CEO, Pan Global Strategies

Nancy Roderer
President, Knollwood Resident Association

LTC Gordy Schnabel, USA (Ret.)

Dr. Catherine L. Turley, EdD
School of Medicine and Health Services,
George Washington University

THANK YOU FOR YOUR SUPPORT



TOGETHER, WE CAN SHAPE THE FUTURE OF AGING



CORPORATIONS



GOVERNMENT



ACADEMIA



NON-PROFITS AND
INDIVIDUALS

AMONG OUR 2019 PARTNERS

BAE SYSTEMS

AM General

GENERAL DYNAMICS



[M] McKeon Group

NORTHROP GRUMMAN

BOEING

Select
Rehabilitation



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



GraneRx

MARAFATSOS & SONS INC.

THE GEORGE WASHINGTON UNIVERSITY
WASHINGTON, DC

A BETTER LIFE FOR THE PEOPLE WE SERVE

We ensure men and women who sacrificed
for our nation enjoy the right to age with dignity.

A BETTER LIFE FOR ALL OLDER AMERICANS

As pioneers in healthy aging, we intend to
serve as a shining example for others to follow.

TO DONATE OR EXPLORE PARTNERSHIPS:
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**ARMY DISTAFF
FOUNDATION**

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