



Knollwood

BUGLE CALL

FROM THE CEO
PAGE 2

HOLIDAY FUN
PAGES 4-5

TERRACE ON THE ROAD
PAGE 11

WELCOME TO KNOLLWOOD
PAGES 14-15

60 YEARS OF SERVICE
PAGES 18-19



**KNOLLWOOD'S
2021 KEAF
CAMPAIGN
IS A WIN!
PAGE 15**

Jane Corlette, Margie Wright, Printzy Sims, and Sam Corlette

JANUARY/FEBRUARY 2022



ADF

INNOVATORS IN
HEALTHY AGING

MESSAGE FROM THE CEO



Dear Residents of Knollwood, Family Members, Friends, Supporters, and Staff, First and foremost, I want to reaffirm our commitment to the health, safety, and well-being of the residents and staff. It is moments like these that we remember the resolve of our founders who garnered worldwide support to build a residence for Army wives and families in need. We continue this rich heritage of being deeply committed to serving older people as they age, made possible, in part, by the ADF and thousands of charitable supporters. It was the visionary leadership, hard work, dedication and generosity of thousands of people that led to the grand opening of Knollwood in 1962 – a charitable enterprise of the ADF (Army Distaff Foundation), celebrating 60 years of service in 2022.

We are doing everything we can to protect our residents and staff and will continue this commitment in the days and weeks to come. I hope this issue of the Bugle will serve as a reminder of the friendships and care that surround us each day. We are in this together and Knollwood Strong! Wishing you a happy and healthy 2022.

Timothy P. McHale
Major General, USA (Ret.)
President and CEO, ADF (Army Distaff Foundation) & Knollwood Life Plan Community

THE 25TH ANNUAL ADF GALA AND DWIGHT D. AND MAMIE EISENHOWER DISTINGUISHED CITIZEN AWARDS

After a long hiatus, due to the pandemic, Knollwood and ADF came together to celebrate the 25th Annual ADF Gala on Saturday, December 11, 2021. Residents, friends, and family enjoyed a spectacular evening of celebrating the incredible courage and dedication of the ADF and Knollwood community throughout the COVID-19 pandemic. What fun it was!



Mavis Mueller excitedly awaiting the Gala program to begin



Marie Hilliard and Katie Bricker enjoying a joke with Santa during the VIP Chairman's Reception at Knoll House

100TH BIRTHDAY CELEBRATION

On January 7, our beloved Dixie Robinson celebrated her 100th birthday! Dixie has been a Knollwood resident for 10 years and is known to be the life of every party – spread through her infectious smile and laughter.

Dixie was born in New Orleans, where she attended Sacred Heart Convent, and Newcomb [Tulane] University. She married a Naval Academy graduate, whose goal was to become an aviator. He succeeded with flying colors, and became the 1st Commander of the Naval and Air Base at Rota, Spain. In 2006, she remarried Captain Hugh Robinson, another Naval Academy graduate. She has 6 children, all of which were born in different parts of the world. And that is how she remembers the dates and places she's lived. She calls it "planned parenthood" and the only exception was the daughter who made an early debut in the Nevada desert between Whiskey Flats and Wild Horse Canyon.

Dixie is an active community member, never missing an opportunity to take part in local recreation or bridge game in the Card Room. Ask Dixie about Knollwood and she says "I just love it here; I've never been happier". That's saying a lot from this world traveler. Happy Birthday, Dixie!



Dixie along with Luli, her silky-haired Shih Tzu

CECA FOUNDATION AWARDEES

Congratulations to winners of the Ceca award, created to "Celebrate caregiver" excellence.

MARSY SHATTUCK – OCTOBER 2021

Marsy Shattuck (second from left) is our Activities Assistant and won the October Ceca award. She received this award because of her passion for teaching art to the residents and assisting with Knollwood's Annual Art Show. It was said that "Marsy has a way of empowering others to feel good about themselves. She is patient, good humored and cares deeply about older adults. She has a special love for Knollwood." Thank you Marsy for representing Knollwood so well!



WHITNEY BREDE – NOVEMBER 2021

Whitney Brede (Second from left), Knollwood's Resident Services Manager, received the November Ceca award because of her compassionate and quick response to resident needs. Whitney is incredibly resourceful and often goes above and beyond the call of duty. I think she is outstanding and you should know it." Congratulations Whitney and well done!



KNOLLWOOD HAPPENINGS

VETERANS DAY CELEBRATIONS

Veterans Day is a special time at Knollwood. In November, the Wellness department hosted many wonderful events. From the United States Army Band, a talented group comprising US Army Strings played inspirational and traditional favorites for the residents.



Musicians from the US Army Strings before playing their Veterans Day Concert at Knollwood



LTC Perry Bolding (JTF-NCR J43 Logistics and Readiness Division Chief) gave remarks of thanks to the audience

As Knollwood tradition dictated, the Harmony Heritage Singers came on Veterans Day to entertain residents with their special brand of barbershop harmony! Many of these singers are veterans themselves; they find connection with Knollwood residents every visit.



STORY HOUR UPDATE: STORY HOUR WILL BE THE 4 THURSDAYS OF JANUARY. (NONE IN FEBRUARY, 4 THURSDAYS IN MARCH, NONE IN APRIL, 4 THURSDAYS IN MAY, ETC.) FROM 3-4 PM IN THE ANDERSON SALON. FOR MORE INFORMATION, CONTACT MARGIE WRIGHT x244.

HAPPY HOLIDAYS INDEED!

Residents enjoyed shopping in the AOSCGWA traveling gift shop at the annual Holiday Boutique which included gift wrapping and holiday card creation.



Gloria Speed and Mary Dulany check out the items for sale



Pat Rich wrapping gifts that Elizabeth McNamara plans to give to family members



Jan Miller and Elizabeth Compton admire scarves designed by art teacher Martina members

HOLIDAY SING-ALONG WITH PRINTZY SIMS

An event that is greatly anticipated is the Holiday sing along with Resident Printzy Sims. The Anderson Salon was full of revelry for the singing, and everyone enjoyed the wine, snacks and gathering!



Walker Konkle and Printzy Sims playing "Silent Night"



Marge Todaro and Fran Short help keep the wine glasses full



Don Connolly, John Symons and Sam Corlette sing "We Three Kings of Orient Are"



Elizabeth McNamara, Mary Dulany, Margie Wright, Thelma Mrazek, Ellie Wheeler, and Bonnie Dawson all add their special sound to the fun!

W E L L N E S S E V E R Y D A Y

INDEPENDENT LIVING (THE HALL)

ON THE MOVE

Tai Chi	Mondays 1pm
Sit 'n Fit	Tuesdays and Fridays 1pm
Zumba	Wednesdays 10am
Yoga with Robin	Thursdays 2:30pm
Virtual OmPractice Yoga	Kathy x268
Aerobics	Fridays 10am

CREATIVE ARTS

Make & Tech Lab	Open 24/7
Painting Classes	see calendar
Craft Classes	see calendar

LEARNING FOR LIFE

Brain Fit	see Calendar
Lecture Series	see calendar
Library	Daily 7am to 8pm
Writers Workshop	see calendar
Men's Discussion Group	Twice a Month

JOY OF MUSIC

Drumming for Wellness	see calendar
National Philharmonic Orchestra (Streamed in Anderson)	see schedule
Kennedy Center Online kennedy-center.org/digitalstage	see schedule
Wolf Trap Online wolftrap.org/sessions.aspx	see schedule

STAYING CONNECTED

Bingo	Tuesdays 7pm
Bridge	Wednesdays 7pm
Resident Movie Theatre	Sunday afternoons
Caremerge	Whitney x135
Happy Hour	Thursdays and Fridays 4:30pm

FOR YOUR HEALTH

Clinic Nurse	Margo x413
Massage Therapy	Annie 202-270-7401
Psychiatry Tele-visits	Margo x413
AllCare Foot and Ankle	703-462-8145

EVERY MIND & BODY

Healthy Aging Therapies
Pain Management
Rehabilitation and Recovery
call x403 to schedule

CHAPEL

Catholic Mass	Saturdays 4pm
Protestant Services	Sundays 11am (Episcopal on first Sundays)

HEALTH FORUM

Join us the **last Monday of every month at 11am in the Anderson Salon** for presentations on important health and wellness topics.

PROTECTING YOURSELF & OTHERS

Please help keep our community safe by taking proper precautions to minimize the spread of the highly contagious COVID-19 Omicron variant.



WEAR A MASK

To properly wear your mask, make sure that it covers your nose, mouth, and chin.



WASH HANDS OFTEN

Regularly and thoroughly clean your hands with either an alcohol-based hand rub or soap and water.



COVER COUGHS AND SNEEZES

Cover your mouth and nose with your bent elbow or a tissue when you cough or sneeze.



CLEAN AND DISINFECT FREQUENTLY

Sanitize surfaces frequently, especially those which are regularly touched, such as door handles, faucets and phone screens.

ADF leadership shares regular Operational Updates to keep residents and family up-to-date about information concerning the pandemic. As new guidance is released, we will do our best to keep you as educated and healthy as possible.

ASSISTED LIVING (THE TERRACE) & NURSING CENTER

WELLNESS PROGRAMS

Faith-based Programs and Services
Poetry Reading and Writing
Themed Doorway Socials
Door-to-Door Activity Carts
Arts & Crafts
Baking
Games (Bingo, cards, memory, sensory)
Zoom Concerts
Sing Fit Program
Current Events
Exercise (stretching, walk group)
Indoor Miniature Golf

*Daily activities on varied schedule.
Call Juanell x158 or x325 for details.*

HEALTH SERVICES

Hair and Nail Care
Healthy Aging Therapies
Palliative Care
Pain Management
Primary Care
Psychiatry
Rehabilitation and Recovery

*Call Valencia x501 for assisted living
Call Karen x155 for skilled nursing*

FAMILY VISITS - VIRTUAL AND ON-SITE

*Assisted living: jglotzbach@armydistaff.org
Nursing center (virtual): challam@armydistaff.org
Nursing center (on-site): kfryer@armydistaff.org*



Please see Caremerge and published monthly calendars for a full program listing and activity locations.

COMMUNITY LIVING ★ THE HALL



Drummers - Esther Herman, Mary Pat Gaffney, and Don Kauffman participated in a Holiday Party with fun hats, great rhythms and rubber chickens



Bonnie Dawson completed a 3D flower in mixed media in a class taught by Martina

After missing last year due to pandemic restrictions, Knollwood hosted the United States Army Chorus for the Hall Holiday Party. They did not disappoint, imparting their special message of Holiday wishes and the Story of Christmas. Even though members of the chorus couldn't stay for shrimp and other goodies, residents enjoyed gathering in the Bistro to enjoy the food and drink, the caroling, and Santa, who popped in for a quick visit.



Members of the United States Army Chorus during the concert



Mary Pat Gaffney and Lee Wilkinson enjoying the holiday party

MARINE CORPS BIRTHDAY CELEBRATION



Celebration for the Marine Corps Birthday included a live zoom presentation from the National Museum of the Marine Corps at Quantico Virginia. Cake cutting honors by Junior and Senior Marine Corps Veterans: LTC Dan Hockaday, and Rev. Bill Bellais. Resident Barbara Saunders shared MAJ Nicholas Saunders, her husband's, service memorabilia.



Musicians from Open Page Ensemble treated residents to a live concert. Performing were Sally McLain on violin, Kathy Brake on piano, and resident Lori Barnett on Cello



Santa visited with Dixie Robinson, Margaret Briggs and Enrichment staff: Marsity, Kathy and Janie

HAPPY BIRTHDAY!

February

Susan Symons	2/3
Rebecca Birk	2/11
Jane Corlette	2/17
Rosemary Strange	2/18
Ethel Norris	2/18
Joyce Simons	2/21
Bill Duncan	2/22

March

Margaret King	2/25
Nancy Axelrod	2/26
Debbie Crissman	2/28
Frances Short	3/4
Louisa Fisher	3/5
Delores Harris	3/7

Jennifer Urquhart	3/9
Elizabeth McNamara	3/11
Evelyn Seraile	3/11
Robert Wolf	3/14
Paul Reason	3/22
Mary Dulany	3/23
Eguene Herman	3/26
Barbara Delany	3/30

C O M M U N I T Y L I V I N G

THE TERRACE

The Assisted Living residents enjoyed an afternoon Holiday Party with some of their favorite foods prepared and served by the Activity Department.

Art Levine and Dan Bellay of Evergreen received rave reviews for their piano and violin duet. They came fully equipped with an array of holiday tunes and prepared to keep the audience clapping and singing along.



*Gloria Sperry assisting the activity staff with
Decking the Halls*



*Jackie Canham helping decorate the
lobby Christmas tree*



*Michelin Conn enjoying some
delicious holiday fare*



*Shirley Dean, Margaret Ho, and Gale Hardacker
sharing their holiday cheer*

The Terrace has never looked better with a thanks to residents and the staff who made this home a “home for the holidays.” Thank you to all the residents, entertainers, staff and volunteer Rebekah House who made this celebration a success!

More photos from the Christmas party!



*Juanell Glotzbach serving delicious treats during
the Terrace Christmas party*



*Mary Ellen Moulton saying “hi”
to the party photographer*

ON THE ROAD AGAIN

Assisted Living residents had the opportunity for 3 bus outings! The trips included a drive to discover the beautiful fall colors and two outings to experience the beauty that is the Seneca State Park Holiday Lights. Masks were allowed to come down for the quick photo shoot. It is so hard to keep all of those beautiful faces covered, but everyone is giving it their best as we are all trying to look out after one another.



Many happy smiles as residents prepare for a trip

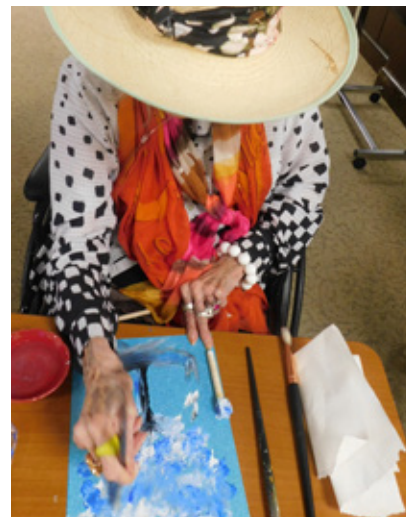


Margaret Sheehy taking in the beautiful fall colors

NURSING CENTER

HSC and SCC Residents enjoyed watching the beautiful winter snow scene develop outside, but preferred seeing it from the warmth and comfort of the Memory Garden window on the SCC.

They were all inspired and were more than willing to create their own Winter Wonderlands and Winter Blizzards during their afternoon art program. Activity Assistant Debi Chandler facilitated this popular activity and the results are beautiful.



Alexandra Scott-Paine painting a "Winter Wonderland"



Priscilla LeBourgeois chose watercolors, and a combination of foam brushes and bubble wrap on her Winter Wonderland creation



Alexandra Scott-Paine's interpretation of a "Winter Blizzard"



A collection of paintings from all the artists

SCC HOLIDAY SOCIAL

Residents of the Special Care Center were thrilled to be the recipients of the very festive centerpieces from the 25th Annual ADF Gala. The flowers decorated our dining rooms and common areas throughout the holiday season. Residents were briefly demasked as they all enjoyed refreshments at the holiday party held on the unit. As you can see residents were all doing their part by participating in the 'social distancing' policy at Knollwood. These residents and staff have been incredibly resilient in managing COVID restrictions and protocols. SCC Resident John Jacobs gave a friendly reminder that, "we are all ready for this to be over!"



Bill Moody enjoying a refreshing beverage during the social



Priscilla LeBourgeois laughing along with her aide



Marmetta Hamilton-Cooper shares a beautiful smile with the photographer



Naomi Thomas eating delicious treats at the party

WELCOME TO KNOLLWOOD

CONSTANCE DURHAM

Moved in December 14, 2021

Here is a little bit of history about Constance in her own words: *I was born on June 3, 1938 in New York City and lived in Brooklyn until moving to Westchester County, NY where I graduated from Roosevelt High School, in Yonkers, NY and then college in Vermont. For two and half years, I commuted from home to “the city” and worked in various fashion-related jobs. In 1960 I married my husband, James Michael Durham, a 2nd Lt. at the time and my new connection with the US Army began at a Nike Missile battalion across the river near Nyack, NY. We were fortunate to have five children and now nine grandchildren. Finding ourselves in Michigan and all children in school, after eighteen years, I went back to college at Wayne State University and earned a BFA. In Germany once again, I worked at the Wiesbaden AFB with the Mondale Support Activities—Art [a wonderful experience]. I look forward to my 21st home in D.C. and at Knollwood!*



SHIRLEY GREGORY

Moved in December 16, 2021

Shirley is moving here from Silver Spring, MD. She is retired from working for the Dept. of Defense and the National Institute of Health. Her late husband, John Gregory, was a Captain who served for 30 years in the Navy. Shirley enjoys traveling, theater and reading.



DEOBRAH AND RONALD JANS

Moved in January 3, 2022

Deborah was born in Freeport, NY and Ronald was born in northern Illinois. They graduated from their alma mater, the University of Minnesota and Ronald followed this with a Master's degree in Environmental Health/Radiation Protection. They married in 1972 and moved to Rockville, MD. Ronald was commissioned in the U.S. Public Health Service and assigned to the Food and Drug Administration where he worked in the Bureau of Radiological Health and then the Center for Devices and Radiological Health. Deborah began working at the US Capitol as a tour guide. Eventually she became the manager of the U.S. Senate Special Services Office and then Director of Congressional Special Services. In 1997 she became Special Assistant to U.S. Senator Max Cleland (deceased) from Georgia. They retired in 2001 and returned to Minnesota to be closer to family. Now after 20 wonderful years in Minnesota, they are moving back to the Washington, D.C. area they love. Deborah's favorite hobbies are baking, kayaking and snow shoeing and Ronald's are: fishing, bicycling, gardening and golf.



DAPHNE KING

Moved in December 7, 2021

Daphne is a recently retired RN who worked for the State Department. A big part of her role was ensuring all the diplomats had the necessary immunization shots before they leave on their overseas assignments. Daphne is looking forward to living here and once she is settled, her plan is to get a dog. She is looking forward to making new friends and discovering new experiences here at Knollwood.



CHARLENE KURTH

Moved in December 17, 2021

Born in Zion, Illinois in 1932, Charlene moved to Madison, Wisconsin in 1934 and lived there until her marriage to high school classmate, Ronald Kurth, in 1954. She graduated from the University of Wisconsin with a BA with a minor in Music in the same year. Her late husband, Rear Admiral Kurth's naval career took them on two tours of duty to Moscow, Soviet Union as a Naval Attaché in 1975-77 and Defense Attaché in 1985-87. Charlene's adventures as a Navy wife took her to Newport, Rhode Island where Admiral Kurth served as the 45th President of the Naval War College. Following his USN retirement, Admiral Kurth served as President of Murray State University (KY), as Dean of Academic Affairs at the Air War College (AL), and as President of St. John's Northwestern Military Academy (WI). They finally retired in 2007 and briefly lived in Springfield, VA before moving to Atlantic Beach, Florida. Charlene has three sons and a daughter. Her daughter, Audrey, lives in Washington, DC and son, Steven in Springfield, VA. The two other sons live in Hawaii and Pennsylvania. Charlene enjoys her grandchildren near and far and is looking forward to seeing them and the rest of her children who will be visiting her during the holidays at Knollwood



KNOLLWOOD'S 2021 KEAF CAMPAIGN IS A WIN!

With our new slogan “KEAF CARES,” the annual campaign that provides support staff with Christmas gift checks kicked-off at Labor Day. Our new “Thermometer Charts” told the story of a community effort, week-by-week. The Team reports that 164 Support Staff received their checks on December 17th, with the average gift of \$514. We thank every individual and family who made this possible. Lyn Scott Chair, with Jane Albrow, Sam Corlette, Ray Lepesqueur, Pat Rich and Tracy Whiteside.



WE NEED YOUR HELP!

Do you know a charitable foundation or corporation?

ADF is seeking recommendations from our residents, family members, and close friends about new charitable partners who may be capable of supporting our organization. Please contact Walker Konkle at x105 if you have any information.

ADF is a 501 (c)(3) non-profit organization established in 1959 that provides housing, health, and wellness services to older adults who served our nation, regardless of financial status, through Knollwood, a residential community that we built, own, and operate.
Tax ID #: 53-0246852

YOUR SUPPORT BUILDS A STRONG FOUNDATION

LEAVE YOUR LEGACY, BUILD ON OURS

Donated Admissions – A simple way to transform Knollwood

There are many advantages to donating your all or part of your Knollwood admission fee. By donating all or a portion of your admission fee you can avoid estate inheritance tax penalties.

For six decades, past residents left a gift behind so that Knollwood would be here to serve future residents. Gifts have made all the difference in the world to Knollwood and the people who've called us their home – funding programs like the Louis Prima Jr. Band and creating resident spaces like the Sippy Art Café.

To learn more about donating all or a portion of your admissions fee for the Rosamond Davis Legacy Society, please contact James Michels, Vice President of Advancement, at Ext. 492 or jmichels@armydistaff.org



IMPROVING BRAIN HEALTH MAY BE WITHIN REACH AT KNOLLWOOD

In 2019, ADF received a generous grant to enhance our ongoing therapy programs with a new, multi-disciplinary platform (Bioness Integrated Therapy System, or BITS). In layman's terms, BITS is like a large computer screen that displays powerful therapy platforms to assess and improve a broad range of cognitive functions, as well as physical and speech capabilities.

The BITS technology offers the Knollwood Rehabilitation Center over 28 therapy programs and four standardized assessments. With this high-tech, multi-disciplinary therapy solution, residents can work to prolong their independent living and enhance life quality. Among the capabilities that BITS can improve:

- ✓ Attention
- ✓ Mental flexibility
- ✓ Reaction time
- ✓ Visual search speed
- ✓ Hand speed



Jerry DeMuro, former CEO of BAE Systems and 2019 Eisenhower Award recipient, demoing BITS during the Annual ADF Gala in 2019

To learn more about BITS and other innovative AgeTech devices, please contact the Rehabilitation Center, Ext. 403.

OVER 100 KNOLLWOOD RESIDENTS HAVE USED THE BITS TOOL TO ASSESS AND IMPROVE A BROAD RANGE OF PHYSICAL AND COGNITIVE FUNCTIONS.

ADF CELEBRATES OPENING ITS DOORS 60 YEARS AGO



2022 marks 60 years since First Lady, Lady Bird Johnson cut the ribbon at the opening ceremonies for Army Distaff Hall, which opened its doors to fifteen Army wives. While ADF was officially incorporated as a non-profit charity in 1959, we wanted to take the time to recognize this pivotal moment in the history of Knollwood. Stay tuned for more information about ways we are celebrating this exciting milestone!



**AMERICA DEVOTED TO
SERVING AGING FAMILY
MEMBERS OF VETERANS.**

1959-1962 A VISIONARY BEGINNING

ADF was established to bring care for older Americans who had served the nation. The brainchild of a small group of U.S. Army wives, these pioneering women were on a mission to ensure that widows and female relatives of U.S. Army servicemen would enjoy "...security, companionship, and purposeful living in the later years." A fundraising campaign personally led by President Dwight D. Eisenhower and First Lady Mamie Eisenhower enabled the ADF to buy a 16-acre property and build a residential facility to ensure no one would ever be left behind.

1962-1979 A FOUNDATION OF LEADERSHIP SUCCESS

In 1962, Army Distaff Hall opened for 15 residents. With the continued support of generous donors, ADF experienced consistent growth, completing several renovations and expansions to meet the evolving needs of care and service of older adults.



**BY 1989, WE WERE
HOME TO MEN AND
WOMEN WITH A
LIFETIME OF
MILITARY SERVICE
TO OUR NATION.**

1979-1989 A DECADE OF CONTINUED EXPANSION

The 1980's brought sweeping change as the ADF pursued innovation and growth. Most notably, we expanded our admissions criteria, opening our doors to retired officers from all U.S. Uniformed Services and their family members, both male and female.



1989-1999 COMPASSIONATE, PERSON-CENTERED SUPPORT

The 1990's were marked by unprecedented expansion. ADF built Assisted Living apartments and upgrading to a federally-certified Health Services Center that provided round-the-clock care, rehabilitative therapies, and long-term care. With this vast expansion in person-centered care, ADF created robust wellness programs to ensure residents enjoyed purposeful living at every age and stage of life.

1999-2009 SOLUTIONS IN DEMENTIA CARE

As the century turned, ADF expanded to serve men and women with Alzheimer's disease and other forms of dementia. Concerned donors supported ADF's vision to build a state-of-the-art Special Care Unit to serve residents with cognitive impairments.



2009-2022 LIFE ON THE CUTTING EDGE

Over the past decade, ADF has changed at an accelerated pace, due in large measure to rapid technology advancements and the need to contribute solutions to keep our community safe throughout the COVID-19 pandemic. ADF re-committed itself to the bold spirit of leadership, innovation, solutions, and growth envisioned by our early founders.

As we celebrate this milestone, we remain committed to caring for the men and women who devoted their lives to serving our nation. We hope you will partner with us on this worthwhile journey.

KNOLLWOOD RESIDENTS LOVE TO TRAVEL!

Knollwood residents visit the new exhibit at the **American University's Katzen Art Center**. Painter, photographer, and climate activist Diane Burko has long been a prominent advocate for art's role in addressing climate change. Continually traveling to some of the most affected areas around the world—the Arctic Circle, Antarctica, the Great Barrier Reef—she has interacted and collaborated with members of the scientific community, while producing a visually compelling oeuvre that powerfully communicates the threats posed by climate change.



Lee Wilkinson at the Renwick's New Glass exhibit looking at the Meat Chandelier which transforms the ornate, floral Venetian chandelier into a butcher's rack



Jan Miller and Thelma Mrazek at the Hirshhorn's Barbara Kruger exhibit



A visit to the Humane Rescue Alliance resulted in two new cats being adopted by residents. Gloria Speed pets a very active puppy that only stayed still when he was on her lap.

Residents got an insider tour of the **Museum of the US Navy**. They learned how the Navy has confronted past challenges and fulfilled new obligations to evolve into today's modern fighting force while illustrating the Navy's importance to broader political, social, and cultural historical developments in the United States.

