



Knollwood

BUGLE CALL

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OUT ON
THE TOWN

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JULY/AUGUST 2021



ADF

INNOVATORS IN
HEALTHY AGING

MESSAGE FROM THE CEO



Now that the Covid pandemic has subsided and vaccinations have been distributed, I have so enjoyed the ability to walk down our halls and interact with each of you as I had before. I hope this Bugle issue will encourage all of us to enjoy a good book, friendly discussion with friends, learn a new language, renew a hobby, like art, music or creative writing, or take a few moments to work on the community puzzles in the library. We must all commit to lifelong learning in order to live stimulating and full lives.

With Covid still circulating around the world, we will keep a watchful eye on developments so we will be prepared to protect our community!

Thank you to everyone who makes Knollwood such a wonderful place to live and work!

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

TRIPS ARE BACK

After 17 months, residents were able to get back outside for a dining experience at La Ferme Restaurant in Chevy Chase, MD, a local gem for French cuisine. As vaccinations rise and pandemic-related restrictions begin to loosen, Knollwood residents are once again able to enjoy trips to local restaurants. Joie de vivre!



An enthusiastic group of Knollwood Residents excitedly waiting for their French fare



Joe Dulany looks longingly at Pat Jones' special souffle masterpiece



Jane Palmer enjoying her delicious souffle

ON THE COVER

Our new resident, Mrs. Jane Albro, was warmly welcomed at one of our three big tables at La Ferme Restaurant's patio. Left to Right: Jan Miller, Patt Sackett, Janie Druskin, Frances Mahncke, Jane Albro, Sally Smith

STAFF DIRECTORY CORRECTION: Please make the following corrections on your staff directory
Security Manager, Stephen Brice - x618 Vice President for Facilities, Ross Weiner - x196

RESIDENT SPOTLIGHT

Thelma Mrazek is a longtime Knollwood Retirement Community resident and Army Distaff Foundation supporter, including being a leader in the formation of the Rosamond Davis Legacy Society and proud member of the General Maxwell D. and Lydia Taylor Society.

Thelma spent her entire career traveling the globe and working between Washington, DC and New York City. She is a loyal alumna of Duke University and University of Pennsylvania. Having worked for a Florida congressman after college, she decided to pursue a career in "saving the world for Democracy." This decision led her to the Foreign Policy Association in New York City, then later becoming the Chief Researcher for Time Life. Thelma was the very first woman in this position.

After transitioning to the public sector, Thelma worked for multiple White House Administrations as an editor. She now commits her time to extensive volunteer work in DC and even established a partnership between Knollwood and Lafayette Elementary School where seniors share their life experience with students and seek to inspire a sense of service within them.



Thank you, Thelma, for being an incredible community member and making Knollwood your home

CECA FOUNDATION AWARDEES

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

CASEY MURPHY

Casey Murphy (center), Executive Assistant to the Executive staff, was selected for the April Ceca award for her excellent work during the vaccine clinics. Several individuals who nominated her said "She is the ultimate team player and never fails to make you laugh." Because of her efforts, all vaccine clinics ran efficiently and not one drop of the vaccine was wasted. Casey represents the very best of our community and deserves to be recognized as Knollwood's Ceca Winner of the Month for April.



SHIRLEY LINDER

Shirley Linder (center), Housekeeper, received the May award for her faithful service to Knollwood residents. She is an incredibly hard worker and keenly aware of her surroundings. One nominator said that Shirley immediately reported an issue and got action. They also mentioned that she is single-handedly keeping the Southwest wing clean. Thank you, Shirley, for serving at Knollwood and making it a better (and cleaner) place to live!





5 EASY WAYS TO KEEP YOUR MIND FIT

1. READ A BOOK

Read anything that expands your mindset, your views, or your knowledge.

2. BE SOCIAL

Attend one of our activities such as Billiards Club, Bridge Club, and Opera House.

3. START A NEW HOBBY

Train your brain by learning a new skill or activity – like gardening in the Knollwood Community Gardens.

4. PLAY STRATEGY GAMES

Choose a game that challenges you to use as much skill as possible, such as Chess, Risk, or Monopoly.

5. EXERCISE

Mix up your routine. Try adding in aerobic and muscle strengthening exercises, such as Zumba, walking around campus, or using the NuStep.

WELLNESS MATTERS

ODYSSEY OF THE MIND

Many people focus on physical wellness and taking care of their bodies. However, it's just as critical to dedicate time and energy to keeping your mind healthy. Not only does intellectual wellness boost your brainpower and improve overall health and happiness, but engaging in mentally stimulating activities may also reduce cognitive impairment and put you at a lower risk for dementia and Alzheimer's.

WHAT IS INTELLECTUAL WELLNESS?

The National Institutes of Health (NIH) describe intellectual wellness as an active pursuit of working towards an optimal intellectual state. This can include being open to new ideas, thinking critically, expanding your knowledge and skills, exposing yourself to new ideas, people, and beliefs, discovering more about yourself. For example, the MacArthur Foundation found that 70 percent of physical aging and approximately 50 percent of mental aging is determined by the personal wellness choices we make every day. They also discovered that memory function in seniors is improved by regularly doing tasks that require active engagement and that are challenging – like learning a new skill.

INTELLECTUAL WELLNESS AT KNOLLWOOD

Intellectual wellness means different things to different people. For some, it means reading the newspaper or enjoying a lecture. For others, it might include joining a committee or playing games of skill.

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>

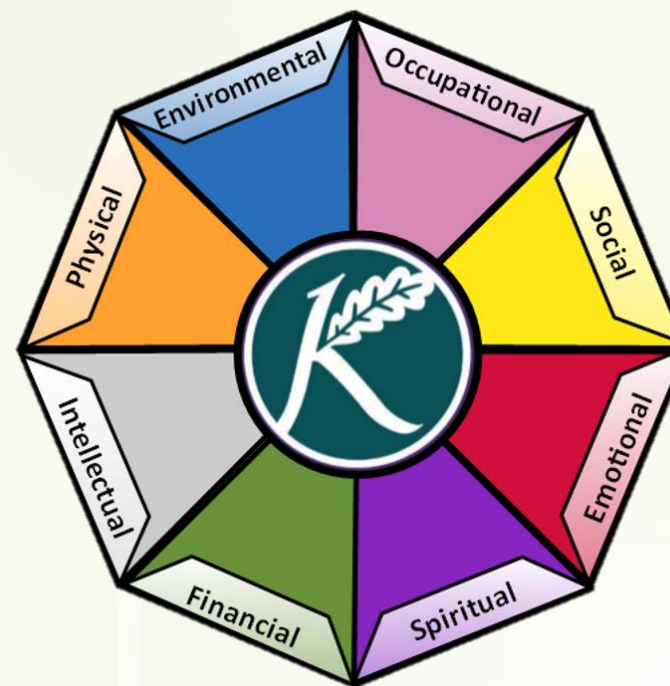
<https://www.americanmentalwellness.org/prevention/healthy-older-adults/>

<https://www.wheretheyoulivematters.org/wellness-really-mean-age/>

STORY HOUR RETURNS

Story Hour returns in September on the four Thursdays after Labor Day, 3-4 PM in The Anderson Salon. Speakers include: General Jack Keane and his wife, Angela McGlowan, Greta Baltazar, Engineer Brothers Steve and Lloyd McLean (with a song from Steve) and more! Let Margie Wright (x244) know when YOU would like to tell your life story with a favorite Bible story or verse.

KNOLLWOOD WELLNESS WHEEL



Knollwood offers wide-ranging programs and activities that span the eight dimensions of wellness.



Ms. Irene Lenard enjoying a sunny afternoon watering flowers at the Knollwood community garden



WAYS TO STAY INTELLECTUALLY ENGAGED AT KNOLLWOOD:

- Attend a KRA Committee Meeting
- Participate in the Play Lecture Series
- Learn to 3D print in the Make & Tech Lab
- Discuss great literature during the monthly Book Chat
- Visit a historical DC landmark on an upcoming trip by Wellness



**Interested in providing
constructive feedback about
life at Knollwood? Consider
joining a committee!**

Residents' committees include: Activities Committee, Buildings & Grounds Committee, The Make & Tech Lab Committee, The Wellness Committee, and more! Contact the committee chair for more information on how to enact meaningful changes on campus.

**For more information, contact
Lois Callahan at x166 or visit the
directory at the front desk.**

WELLNESS EVERYDAY

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	Sarah x506

CREATIVE ARTS

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

LEARNING FOR LIFE

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



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

STAYING CONNECTED

Bingo	see calendar
Bridge	Wednesdays 7pm
Billiards Club	Sundays 2pm
Caremerge	Sarah x506
On-Site Family Visits	Loraine x135
Virtual Family Visits	Janie x130

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

Fall Prevention Assessment Presentation	July 23 at 10am
Healthy Aging Therapies	
Pain Management	
Rehabilitation and Recovery	
call x403 to schedule	

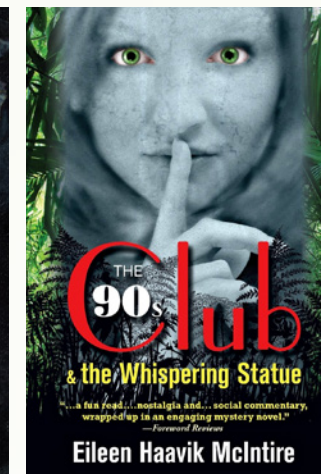
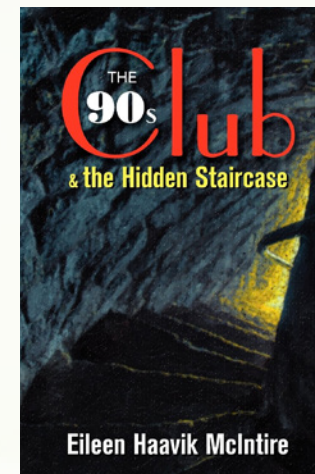
CHAPEL

Catholic	Saturdays 4pm
Protestant	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.

LIBRARIAN'S PICKS



THE 90'S CLUB SERIES

The 90's Club series by Eileen Haavik McIntire is about three residents of a Continuing Care Retirement Community. They are all in their nineties, hence the name of the Club. Crime solving is its mission. They pile up clues like tricks in a bridge game to uncover the culprits, and almost lose their lives. "You can read every day about people who are 90 plus, even 100, and they're still active, alert, and working," says the author, Eileen Haavik McIntire. "My protagonist, Nancy Dickenson, is drawn from a 91-year-old woman I saw swimming laps at a pool party."

You will see people you know among both residents and staff. Volume One is "The 90's Club and the Hidden Staircase" and volume two is "The 90's Club and the Whispering Statue."



Need IT help? Contact Barry Roaché, our new Resident Tech Support at x597

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@knollwoodcommunity.org
Nursing center (virtual): challam@knollwoodcommunity.org
Nursing center (on-site): kfryer@knollwoodcommunity.org

COMMUNITY LIVING ★ THE HALL

TAKE ME OUT TO THE BALL GAME!

Residents enjoyed watching the Washington Nationals win the third game in the series against the Pittsburgh Pirates. Three Strikes, you're out!



Left to right: Roberta Reed, Chris Reed, Jane MacLeish, Thelma Mrazek, Susan Russo



Shirley McConnell enthusiastically enjoys a special hot dog from Ben's Chili Bowl



Left to right: Elaine Law, John and Katy Higgins, Barbara and Don Connolly



Ruth Bettencourt holding a special cicada visitor during an outdoor rock painting craft



Susan Symons painting a beautiful watercolor piece during The Grand Experiment



Barbara Saunders making a paper flower bouquet in celebration of summer



Residents enjoyed learning about this piece of art: Subway by Lily Furedi (1934)

JUNE HEALTH FORUM

Residents gathered in the Anderson Salon to experience a docent-led art discussion about beautiful works of art that can be found at the Smithsonian through a program called, See Me at the Smithsonian. This program was established in 1991 and provides individuals with dementia and their care partners with intellectual and social engagement by exploring some of the Smithsonian's most beloved collections.

Our next Health Forum will be held on July 26th at 11:00am.



Lyn Scott proudly displaying her collage, which represents beautifully a part of her past



Jane Corlette shares the beautiful collage she created with a beach theme



Members of the Knollwood Men's Group gathered over a meal after the discussion

Left to right: John Higgins, Jim Bruton, Sam Corlette, Gene Dewey, Victor Smith (Moderator)

HAPPY BIRTHDAY!

August

Bonnie Seabron	8/1
Aileen Worthington	8/2
Leslie Dorsey	8/12
Margaret Briggs	8/14
Pat Jones	8/14
Jerry Earll	8/15
Jane Albro	8/18
Dawn Hannah	8/25

Julia Plotnick	8/25
Thomas Montague	8/27
Bill Bellais	8/28
Irene Lenard	8/28

September

Mamie Montague	9/3
Greta Baltazar	9/4
Lori Barnett	9/8
Elizabeth Bernard	9/8

Don Lair	9/8
Sheila Tiedemann	9/11
Nancy Roderer	9/12
Don Connolly	9/14
Thelma Mrazek	9/22
Roger Fleming	9/25
Faith Herbert	9/25
Esther Herman	9/26
Sam Corlette	9/30

COMMUNITY LIVING

THE TERRACE

Residents had a blast creating their own masks. But not the masks we have all become accustomed to since March of 2020. These are much better and had folks belly laughing. After all, “laughter is the best medicine.”



Anne Blackwell



Kitsy Kinkor



Gloria Sperry



Sonja Zachary



Knollwood staff enjoyed delivering roses to Terrace residents!
Left to Right: Valencia Singleton, Donna Epps, Juanell Glotzbach

HAPPY BIRTHDAY!

August

Margaret Ho	8/22
Gale Hardaker	8/23

September

Mable Bryant	9/1
Charleen Brand	9/5

Mary Ellen Moulton	9/10
Jane Smoot	9/16
Janie Kinkor	9/27

NURSING CENTER

Residents enjoyed an afternoon of festive fun for the 4th of July. Everyone enjoyed flashing their brightest smile for the camera.

Thank you, Caroline, for decorating the units and providing delicious snacks and a Patriotic sing-a-long for the SCC residents.



Catherine Adams enjoying the party



Frances Johns waving an American flag



Naomi Thomas celebrating with red, white and blue decor



Picture of Juanell Glotzbach, Jessica Herpst, and Dany Lopez at Jessica's farewell party

WELCOME TO KNOLLWOOD

ELLEN “JANE” ALBRO

Jane has been driving by Knollwood for over 50 years, since it was Army Distaff Hall. She has family very nearby. Her life has been spent doing volunteer work for the Philanthropic Education Organization, and she is an interior designer and a collector of art. Jane’s large family includes 22 great grandchildren! In Jane’s words, “I have been living in Fairfax since the death of my husband, Ames, in 1997. I have always thought the grounds and location were beautiful, and now I will get to meet the residents as well. This makes me very happy!”



ROSLYN BARRY

Roslyn moved to Knollwood from Fairfax, Virginia, where she had lived for 35 years. She was married for 42 years to US Coast Guard CAPT. Kevin J. Barry, who passed away in 2009. For 30 years, Roslyn was co-owner of The Paschal Lamb, a Roman Catholic bookstore in Fairfax. She has three children: Mike, Dan and Melissa and many grandchildren. Welcome to Knollwood, Roslyn!



ELIZABETH JANE MACLEISH

Jane was born during The Blitz in London and grew up spending time between the gritty wartime streets and the bucolic English Lake district. When twenty-one, she boarded a ship headed for Australia and got off in the midst of the Cuba crisis in Florida. After a life of adventure, working in New York City, she married and moved to Washington, DC. Once her children were raised, she began to work in the world of gardens, designing and building gardens. Jane has two children and multitudes of step-children and numerous English/American cousins who all live around here. Jane is now committed to working for The Preservation of Rock Creek Park, and still is involved in the gardening world. She moved to Knollwood with her wonderful dog Lulu.



MAUREEN MYLANDER

Maureen is no stranger to Knollwood. Her widowed mother, Eunice Murray Root, lived at Knollwood from the early 1970s until 1997. She is currently writing her second novel, a sequel to Brass Ceiling which, in turn, is based on her first nonfiction book, The Generals: Making It, Military-Style. For 30 years, Maureen also worked for the Federal government, and retired in 1997 from NIH’s National Center for Research Resources after heading its public information office. She plays in a ukele band and is enjoying the Knollwood pool and walking the nearby trails in Rock Creek Park.



MARY “CANDY” LEIBUNDGUTH

Candy was born in New Jersey but moved around the world during her childhood with her father, who was in the Army. At twelve-years-old, her family was stationed in Stuttgart, Germany during which time the Berlin Wall was built. After returning to New Jersey some years later, Candy majored in music and was a music teacher for two years. She then joined the Navy, where she met her husband, a naval officer. Candy raised two sons and volunteered extensively – all while working part-time for an opera company. Now, her beloved husband has passed away and she is moving into a new stage of life at Knollwood.



WELCOME, VALENCIA SINGLETON

Knollwood’s Director of Assisted Living

Knollwood is pleased to welcome its new Director of Assisted Living, Valencia Singleton. With over 20 years of working in the community, social programs and the healthcare industry, for Valencia, all roads circled back working with and for seniors. Previously she has been a Program Manager and Director of an Adult Day Health program, Director of Volunteer, Transportation & Chaplain Services and Assistant Administrator throughout the District of Columbia. She is also certified in Assisted Living in Maryland.

Valencia has led and managed teams of hundreds and directed as a part of upper management long term care facilities that provide specialized care to some of our most vulnerable seniors. She leads naturally and her desire is to continue serving the older population, being an example to others and becoming the BEST Leader to any employee or resident that she encounters.

Faith, Family, and Focus guide Valencia in whatever opportunity presents itself. She is a member of Alpha Kappa Alpha Sorority, Incorporated, in which she embodies their motto to be of “Service to All Mankind.” Valencia’s greatest loves include her husband, 3 children, and German Shepherd. She is an active and faithful member of New Life Christian Center, where she serves on the Praise and Worship Team or any way needed.

Valencia brings extensive knowledge and expertise to our community and is now one of TWO certified Nursing Home Administrators at Knollwood. When you see her on campus, please offer a warm welcome!





GENERAL MAXWELL D. AND LYDIA TAYLOR SOCIETY

Established in 1996, the Society offers a unique opportunity for generous benefactors to ensure the health, well-being, and security of those served by the Army Distaff Foundation well into the future.

The ADF Board of Directors established the Society to honor and recognize individuals who contribute leadership gifts of \$50,000 or more, achieved as a one-time contribution or pledge over 5 years. Unless otherwise designated, all contributions support the Financial Assistance Fund, a fund dedicated to supporting residents with limited resources.



YOUR SUPPORT BUILDS A STRONG FOUNDATION

CELEBRATING 25 YEARS OF TRANSFORMATIONAL GIVING

On June 3rd, ADF supporters, friends, and family gathered for a special unveiling ceremony for the newest Members of the General Maxwell D. and Lydia Taylor Society – Mrs. Laila Grabowski, Mr. Robert and Mrs. Margery McKay, and Admiral J. Paul and Mrs. Dianne Reason. These generous individuals have stood as champions for ADF and continue to ensure the health, well-being and security of the Knollwood community well into the future.



From left to right: ADM J. Paul Reason, Mrs. Dianne Fowler Reason, Mrs. Laila Grabowsky, Mr. Robert McKay, Mrs. Mary Anne McKay (mother of Robert McKay), MG Tim McHale

Please join us in thanking these 5 individuals for their outstanding commitment and generosity!

To learn how you can be part of ADF's oldest and most esteemed society, please call James Michels, Vice President of Advancement at 202.541.0492.



U.S.C.G. Ceremonial Honor Guard presenting the colors during the opening ceremony



Knollwood staff member, Thomas Ridgley, singing the National Anthem for the opening ceremony



Participants enjoyed red, white, and blue flag cupcakes in celebration of the US Army Birthday

THE 2021 CAMARADERIE CLASSIC

On Monday, June 14, ADF and Homes For Our Troops held its 4th annual golf tournament at the Army Navy Country Club in Arlington, VA.

Twenty-seven teams participated in the 18-hole four-person scramble, and raised \$91,889 to support the work of ADF and Homes for Our Troops. The event began with an 11am shotgun start and was filled with fun and friendship. After a great day out on the green, the golfers gathered for a buffet dinner and closing ceremony where we celebrated the US Army Birthday and awarded prizes to various golfers for their team and individual golfing abilities.

Thank you to all of the residents and volunteers who joined us on the course for the day. Your support helps make a brighter future for those who selflessly served our nation.

We look forward to continuing the tradition in 2022 with the 5th Annual Camaraderie Classic!

EACH YEAR, THE FINANCIAL ASSISTANCE FUND PROVIDES OVER \$630,000 IN CARE AND SERVICES TO KNOLLWOOD RESIDENTS IN FINANCIAL HARDSHIP.

CONTRIBUTIONS ARE USED WISELY. NEARLY 92 CENTS OF EVERY DOLLAR RAISED GOES DIRECTLY TO SERVING OUR RESIDENTS AND CREATING A SAFE, CARING ENVIRONMENT.

A SPECIAL THANK YOU

Loraine Wilson has been a part of the Knollwood team for over 10 ½ years and is retiring in August 2021. She came to us in 2010 and has spent every day caring passionately for residents. Since she was Editor of The Bugle for many years, we wanted to say thank you. The short note below was written by a Knollwood resident, in appreciation of Loraine's incredible work as a person, friend, and team member.



Every employer dreams of the perfect employee, and we think Knollwood has come pretty close to achieving that ideal the last ten and a half years. When a new resident moves in and is overwhelmed with problems, all the other residents will say "Call Loraine"; and if by some strange chance she doesn't know the answer, she will find out for you, whether it is fixing your TV, advising about Verizon or just giving directions. We wonder how many residents know it was Loraine who put our newspaper outside our door every morning and delivered our mail during the pandemic?



You will find Loraine everywhere, from taking notes at a meeting to manning the front desk. The title of Residential Living Director does not scratch the surface, although 70% of her time is spent interacting with residents and solving their problems. Add to this compiling the directories, coordinating memorial services, attending numerous meetings, and much more. One reason that Loraine does such an incredible job is that she really enjoys what she does, loves people and relates well to everyone in all situations.



We hope her future includes a trip to Paris, and that she will come back and visit us often. Perhaps St. Francis of Assisi described her work ethic best: "Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible."



May her future be as happy as she has made our past. We are all better for having known her.

With all our Love and Best Wishes, The Knollwood Residents

LORAINÉ'S FAREWELL PARTY

Wednesday, August 25th at 3pm | Anderson Salon

Please join us for cake and Prosecco as we celebrate the retirement of our wonderful friend and Knollwood employee, Loraine Wilson. Please stop by to wish her the very best!

**Thank you, Loraine, for all you've done for the Knollwood community.
We wish you all the best on this next chapter!**