



Knollwood

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MAR/APR 2021



ADF

INNOVATORS IN
HEALTHY AGING

MESSAGE FROM THE CEO



Happy Spring!
After a challenging year for our community, life is enormously brighter now that nearly everyone who lives and works at Knollwood is fully vaccinated against

COVID-19. We are finally able to reduce many of our operating restrictions. Wellness programs have resumed, the Bistro is open, and we can allow more visitors on campus. We are finally getting back to normal living.

Thank you to everyone who makes Knollwood such a great place to live – our residents, staff, and generous donors.

To your good health and well-being!

Sincerely,

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

BULLETIN BOARD



Need a Notary?

Mary Anne Urban x363
Thomas Ridgely x400



TV or Internet questions?

Loraine Wilson x135



Non-medical late-night emergency?

Front Desk x400



Old batteries or light bulbs?

Dispose in ground floor laundry room.



Need hearing aids?

Costco sells them at big discounts – call 202-269-8561



Need pictures hung, carpet cleaned, something moved?

Andi McCormick x137

CECA FOUNDATION AWARDEES

Congratulations to winners of the Ceca award, created to “Celebrate caregiver” excellence. The Ceca Foundation partners with healthcare communities like ours to recognize outstanding caregivers. Each month, we nominate one or more employees to recognize their outstanding service to Knollwood residents.

MARGO BUDA WINS NATIONAL AWARD

The Ceca Foundation honored three extraordinary health caregivers with its 2020 Annual Ceca Awards. Knollwood’s own Margo Buda was selected for this prestigious honor. Serving as our Clinic Nurse, Margo was chosen for the exceptional leadership, initiative, judgment, and determination she displayed in protecting Knollwood from COVID-19. She oversees our community-wide COVID-19 testing program, including running our donor-supported rapid test lab that she helped establish. Further, she served tirelessly to educate and inform staff and residents on how to protect themselves from the deadly virus. While COVID infection rates skyrocketed last year in the DC area, because of Margo’s effective leadership and discipline, Knollwood experienced 150 days at the pandemic’s height with no new cases. Margo’s performance has been truly magnificent.



BARRY ROACHÉ

Barry Roaché (Transportation Coordinator) received the December 2020 Ceca award for his first-rate service and strong integrity. He expertly coordinates the schedules of all Knollwood drivers, ensuring residents from all levels of care are properly transported. Barry steps in personally (and cheerfully!) to accommodate last-minute requests to take residents to important medical appointments in the MV-1. Barry’s performance draws glowing reviews from residents. He demonstrates the gold standard for which we all should strive. Kudos, Barry!



Donna, Barry, and Peter

DONNA EPPS AND PETER LOEW

Donna Epps (Health Services Administrator) and Peter Loew (Director of Human Resources) received the January 2021 Ceca Award for their exceptional performance planning and implementing Knollwood’s on-site COVID-19 vaccination program for residents, employees, contractors, volunteers, and family members. They worked tirelessly, coordinated exhaustively, and flawlessly executed five clinics that administered 1,400+ vaccine doses in January and February. Not one drop of vaccine went to waste and Walgreens, our pharmacy partner, heralded Knollwood’s clinics as “best vaccine clinics to date in the DC Metropolitan area.” Congratulations and THANK YOU!



WHAT'S A SERVING?

It depends! For salad greens it's a fistful. For an apple, it is half of one large apple.

Use the 1-2-3 method to reach 5 daily servings. Eat 1 at breakfast, 2 at lunch, and 3 at dinner or as snacks.



EVERY SIP COUNTS!

Did you drink enough water today?

Add lemon or cucumbers to your water for a refreshing change.

Supplement your liquid intake with juice or caffeine-free teas.

WELLNESS MATTERS

SMART WAYS TO BETTER HEALTH

A proper diet and active lifestyle can help you feel better, avoid disease, and live longer. Many people want to eat healthier and exercise more, but need help getting started. To set yourself up for success, try an incremental approach with goals that are **SMART** – **S**mall, **M**easurable, **A**ttainable, **R**ealistic, and **T**ime-bound.

EAT RIGHT

A healthy, well-balanced diet helps you stay energized, maintain proper weight, and lower your risk of chronic disease. Many people understand the importance of healthy diets but don't follow them. For example, the majority of older Americans don't eat the recommended five daily servings of fruits and vegetables or even drink enough water.

Small habit changes can add up to big results. Try setting a few SMART goals to get started:

- ✓ Eat one extra vegetable serving every night at dinner
- ✓ Have one piece of fruit daily for a mid-morning snack
- ✓ Enjoy one vegetarian dinner weekly
- ✓ Drink one glass of water at every meal

When you choose fruits and vegetables, remember that different colors indicate health qualities. Most dark leafy greens are high in Vitamins A and K while bright red strawberries and red peppers offer high amounts of Vitamin C. So make your plate colorful! When it comes to protein, vary your sources to help balance your diet. Fish is high in Omega-3 fatty acids while beef and eggs are excellent sources of iron. And when it comes to grains, choose whole over processed!

EAT RIGHT AT KNOLLWOOD



- Choose the Bistro's rotating weekly special to vary your diet – be sure to try the vegetarian option!
- Try the Bistro's NEW AND IMPROVED salad bar to increase your intake of fruits and vegetables.
- Need gluten-free or vegan options? Trying to control calories? You'll find this information on the Bistro menu.



Sit 'N Fit class with Thelma Taylor



Zumba class with John Barnett

MOVE IT

Physical activity helps strengthen your bones and muscles. But did you know it can enhance your mood, improve your sleep, and lower your fall risk?

More good news – all physical activity offers benefits, regardless of the amount of time spent. Even just a few minutes a day of standing or walking will improve your health. If you're pre-diabetic, it's especially helpful to get moving because your muscles will use up some of your excess blood sugar.

Knollwood offers plenty of ways to be more active. Join an exercise class. Use the fitness studio. Take a walk. Grab a friend to make it more fun. Whether you're a workout enthusiast or just starting out, make it a goal to do something every day – *even if only for a few minutes*.

A few SMART fitness goals might be:

- ✓ Walk 10 minutes 5 days a week
- ✓ Join Zumba every Wednesday
- ✓ Spend 20 minutes weekly in the fitness studio
- ✓ Practice Yoga every Thursday

GET MOVING AT KNOLLWOOD

IN-PERSON EXERCISE CLASSES

Offered daily (see calendar)

WALKING PATHS

In Rock Creek Park or surrounding neighborhood

CAREMERGE

Connects you to live and recorded fitness classes from home

OMPRACTICE

Live, virtual yoga, Tai Chi, and meditation classes provided FREE to residents, families, and staff

FITNESS STUDIO

Open 24/7 with orientation and personal training sessions by appointment (call x413)



Help improve our fitness center by donating to our Building and Community Fund. Call James Michels at 202-541-0492 to learn how to make an impact.

WELLNESS EVERY DAY

INDEPENDENT LIVING (THE HALL)

ON THE MOVE

Tai Chi	Mondays 1pm
Sit 'n Fit	Tuesdays and Fridays 1pm
Zumba	Wednesdays 10am
Standing Fit with Chris	Tuesdays 11am
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	Thursdays 10am
Lecture Series	see calendar
Library	Daily 7am to 8pm
Writers Workshop	see calendar

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	Tuesdays 2:30pm
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
Healthy Aging Therapies
Pain Management
Rehabilitation and Recovery
<i>call x403 to schedule</i>

CHAPEL

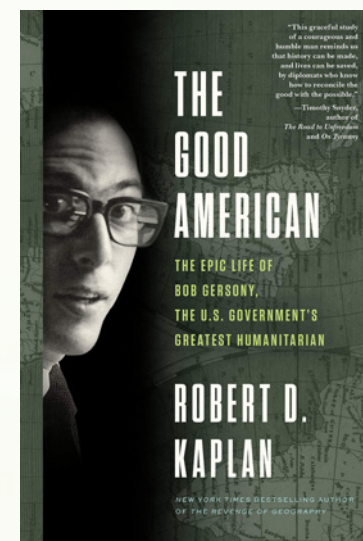
Catholic	Saturdays 4pm (& 4:40pm in March) (reserve with Julia x132)
Protestant	Sundays 11am (& 12pm in March) (Episcopal on first Sundays)

EASTER SERVICES

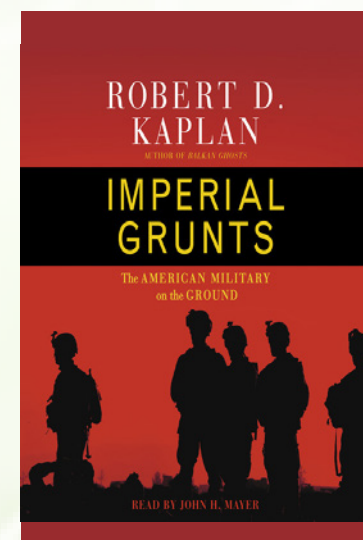
Holy Thursday Catholic Mass	April 1, 4pm
Good Friday Catholic Mass	April 2, 4pm
Good Friday Episcopal Service	April 2, 11am
Holy Saturday Catholic Mass	April 3, 4pm
Easter Sunday Episcopal Service	April 4, 11am

BOOK CHAT

Join us **April 11 at 2pm** in the Anderson Salon for our next Book Chat. **Seating is limited.**



Knollwood's own Secretary Gene Dewey will discuss a book about Robert Gersony. Written by Robert Kaplan, *The Good American* tells the story of Mr. Gersony's State Department career under Secretary Dewey's mentorship.



Another great library read is Robert Kaplan's *Imperial Grunts*, an unprecedented and original series of discussions with American soldiers during the War on Terror.

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

FAMILY VISITS - VIRTUAL AND ON-SITE

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

COMMUNITY LIVING

HAPPY BIRTHDAY!

Pat Rich	4/1
Marti Crissman	4/4
Elizabeth Compton	4/8
Anne Eagles	4/8
Diane Conley	4/12
Carol Wolf	4/12
Martha Mohler	4/16
Katy Higgins	4/22
Lyn Scott	4/22
Frances Mahncke	4/23
Pam Catanzano	4/29
Lee Frick	4/30
LaVert Seabron	5/2
Phil Soriano	5/5
Susan Russo	5/12
Callie Daugherty	5/16
John Higgins	5/22
Margie Wright	5/27
Mickey Reed	5/31

WHAT'S NEW



OMPRACTICE is donating FREE MEMBERSHIPS for **yoga, meditation, and Tai Chi** for another year. Register today for their top-notch classes at ompractice.com/knollwoodcommunity. OMPRACTICE was brought to Knollwood through ADF's collaboration with AARP.



ECHO DOTS will soon be installed in 75 Hall apartments, thanks to an in-kind donation to ADF from CareMerge. The voice-controlled smart speakers will give residents quick and easy access to community information. Check out the device in the Make 'N Tech Lab – sign up for classes, get Bistro updates, hear the news, listen to music, or call a friend.



KNOLLWOOD HEALTH FORUMS have resumed! After a year-long pause due to COVID, these monthly educational sessions are back on the calendar. Join us the **last Monday of the month at 11am** in the Anderson Salon for presentations on a wide range of topics that promote healthy living. The March 29 session features Ben Battle speaking about Bistro improvements.

Questions? Call Candace x614.



*Don Connolly enjoys **Sit 'N Fit**, a great class for all levels that uses weights and exercise bands to work muscles from head to toe*



*Mary Pat Gaffney practices **Tai Chi**, which builds strength, flexibility, and balance through slow, low-impact movements and deep breathing*



*Jan Miller practices **Yoga**, which builds flexibility, releases tension, restores energy, and increases focus*



*Carol Wolf, Julia Plotnick, and Ellie Wheeler enjoy **Zumba**, a fun dance class with great music that promotes balance and coordination*



*Jane Corlette, Ann Kem, Terry Gean, and Ellie Wheeler in **Standing Fit**, a more intensive exercise routine that boosts your heart rate and builds muscle strength*



Judith Allen



Maria Johnston



Don Kaufmann



Margie Wright

Knollwood's First Annual Piano Lounge showcased the musical talents of four residents who played before a full house and large Zoom audience. What a wonderful performance!

COMMUNITY LIVING

THE TERRACE



Shirley Dean, Mary Moe, Jackie Canham, and Albert and Mabel Bryant enjoying Move & Groove with Deborah Chandler (Activity Assistant)



Helen Sherwood doing Sit & Stretch with Juanell Glotzbach (Activity Director)



Mabel and Albert Bryant working out with Hallway Stretch & Flex



Mabel and Albert Bryant enjoy an afternoon toast during our jazzy afternoon door-to-door wine & cheese social



Gloria Sperry always finds time to relax at the piano



Charleen Brand celebrates International Women's Day with Dany Lopez (Activity Assistant)

HAPPY BIRTHDAY!

Geoffrey Cheadle	4/17
Anne Blackwell	4/23
Mary Ann Garrett	5/31

NURSING CENTER



Richard Jackson builds his upper body strength



Frances Johns practicing her seated exercises



Marmetta Hamilton-Cooper maintaining strength and flexibility



Catherine Adams baking homemade chocolate chip cookies



Shirley Jacobs doing seated stretches



John Jacobs proudly displays his art projects

WELCOME TO KNOLLWOOD

LARRY GOLDES AND DIANE CONLEY

Larry was born and raised in New York City. He received a B.A. in English at the City College of New York and a Master of Social Work at Hunter College. After he and Diane moved to Washington, he completed a clinical program on psychotherapy practice at the Washington School of Psychiatry and worked as a therapist serving clients with serious mental illnesses. Diane was born in Illinois and grew up in California. She earned a B.A. at Occidental College, an M.A. in French at the University of North Carolina at Chapel Hill, and an M.A. in Comparative Literature at Princeton University. In the 1970s she taught English in France, at the University of Lyon III and the University of Paris V. She earned a J.D. at American University and practiced communications law, first at a DC law firm and then at the FCC. Diane's father was a pilot in the Air Force and flew combat missions in World War II. She is very proud of his service. Larry and Diane have always been interested in literature and continue to pursue that interest. Diane speaks French fluently and has a good knowledge of Russian. Welcome to Knollwood!



LOUISA FISHER

Born in Texas, Louisa graduated from Huston-Tillotson University in 1965 and received a Master of Social Work degree in 1971 from Howard University, where she met her late husband, Vincent, who served in the US Army for more than 20 years. Although they had no children of their own, Louisa has a stepson from this union, who lives with his family in Maryland. Louisa enjoyed a career in healthcare with DC Public Health in pediatrics, maternity, well care, disabled children, and dialysis patients. Louisa is a long-time member of Asbury United Methodist Church in DC. She looks forward to making new friends and discovering new interests. We are glad you moved to Knollwood, Louisa!



EVA FITZSIMMONS

Eva retired from the Pentagon and her former husband is a retired Army Colonel. She moved back to Washington, DC to be near her two daughters and grandchildren who live in the area. She is looking forward to living at Knollwood and making new friends. Please make her feel welcome when you see her on campus. Welcome Eva!



FRANCES MAHNCKE

Frances came to the Washington, DC area after graduating from Wittenberg University in Springfield, Ohio. Her neighbor suggested she apply to the Central Intelligence Agency, where she worked first as a Document Analyst and then as a Desk Officer monitoring and guiding operational activities overseas. She developed an interest in foreign affairs that continues to this day. Frances retired in 1996 and began working part-time for the Alexandria Seaport Foundation, where she helped establish the National Maritime Heritage Foundation. She also became a hobbyist tall ship sailor. Frances and her husband, Frank, lived in Chevy Chase and had two children. Frank worked for a Navy Lab as an Operations Research Analyst and has been in memory care at Forest Side since November 2019. Frances' move to Knollwood allows her to remain in the neighborhood she loves and be nearby her husband. Reading, playing the harpsichord, fostering cats, dancing, listening to opera, and playing Mah Jongg are among her interests. Welcome, Frances!



BEN BATTLE REVAMPS DINING

Knollwood is pleased to welcome Ben Battle, our new Director of Dining Services. Having served several years in the U.S. Navy, Ben is pleased to bring his talents to our military community. His vision is to turn the Bistro into a top-quality dining venue that emphasizes healthy choices (food is medicine!) and farm-to-table freshness. He looks forward to sharing his passion for healthy eating with Knollwood residents.

Ben brings 30 years of culinary experience to Knollwood. Earlier in his career, he served as Chef in a top-rated New York City restaurant owned by actor Charles Bronson. He also served as Chef for the New Jersey Devils Hockey Team. Before joining Knollwood, Ben was the Senior Culinary Director for a large healthcare system and for the University of South Carolina.

If you have yet to meet Ben, please stop by the Bistro and say hello. Be sure to thank him for several new changes he has already implemented, including enhancing our Salad Bar, preparing fresh vegetables and food items to order, improving menu options, and providing nutritional information at the entrance of the Bistro and Terrace dining rooms.





ADF WELCOMES NEW ANNUAL GIVING MANAGER

Join us in welcoming Walker Konkle, our new Annual Giving Manager. Walker will help raise funds to support residents in financial hardship, improve our campus, and enhance our health and wellness programs. Originally from Williamsport, Pennsylvania, Walker joined our community in February 2021. He brings a unique arts background to ADF and comes to us after two years at the Shakespeare Theatre Company, overseeing their membership program. Walker is also a classically trained violinist and a newly minted father to his son, Grayson.



Walker Konkle

YOUR SUPPORT BUILDS A STRONG FOUNDATION

2021 ANNUAL APPEAL

You will soon receive an invitation to participate in the ADF Annual Appeal. Through the Annual Appeal, residents and family members have the opportunity to sustain and improve the Knollwood community. As a charitable organization committed to affordability, quality, and serving those in financial distress, ADF relies on donor contributions to fulfill its mission.

Thank you for taking part in our longstanding tradition of serving those who served through your financial support.

When you give to ADF, you may designate your gift to one of our three funds described below, or provide a general contribution.



FINANCIAL ASSISTANCE FUND

Your giving ensures veterans and their family members can remain at Knollwood, even in financial hardship.



BUILDING AND COMMUNITY FUND

Your contribution supports a modern, vibrant, lasting community.



HEALTH AND WELLNESS INNOVATION FUND

Your donation supports innovative approaches in healthy aging to improve quality of life.

**DONATE ONLINE TO SUPPORT KNOLLWOOD
AT WWW.ARMYDISTAFF.ORG**

CELEBRATING WOMEN'S HISTORY MONTH

ADF was founded in 1959 by a group of dedicated women with a clear vision to help other women in need. The Army Wives' Council in Washington, DC ran a worldwide fundraising campaign to build a community for Army widows. As we celebrate Women's History Month, we remember these great women for their care, concern, and leadership. To help celebrate their legacy, please consider a gift to our Financial Assistance Fund to support residents in financial hardship.



Mrs. Rosamond Davis (far left) helped lead the Army Wives Council of Washington, DC to establish ADF and build Army Distaff Hall, known today as Knollwood.

**More than 300 individuals
helped support ADF in 2020.
With your continued support,
we will reach our 2021 goal of
\$965,000. Thank you for giving.**

**Interested in learning how you
can improve life at Knollwood?
Call James Michels,
Vice President of Development,
at 202-541-0492.**

WOMEN'S HISTORY MONTH

By Presidential proclamation, March is designated Women's History Month to honor the contribution of women in American history. Knollwood is a community created **by** women, and originally **for** women. Of the 248 people living at Knollwood today, 188 are women, all of whom served our nation in some capacity. Several of these women served personally in the uniformed services, to whom we offer special recognition this month.



Col Marie T. Hilliard, USA, (Ret.) had a distinguished career as an Army nurse, which included serving as Executive Officer of the brigade responsible for all Army Reserve medical training in the northeast United States. Her motto: Army Women Strong!



LTC Ruth Kulvi, USA, (Ret.) served in the U.S. Army Nurse Corps, where she worked in pediatrics and maternal-child health. She became the first Pediatric Nurse Clinician at Walter Reed National Military Medical Center in Washington, DC.



LTC Patrice "Pat" Mauck Messer, USMC, (Ret.) joined the U.S. Marine Corps after graduating from Colorado State University. She is a graduate of the Naval War College and holds two Masters degrees in Strategic Studies and International Relations.



Dr. Mamie Montague served in the U.S. Army Nurse Corps. She achieved the rank of Colonel and served during the Gulf War. She taught at Howard University for 35 years and helped Morgan State University's School of Nursing obtain its accreditation.



RADM Julia Plotnick, USPHS, (Ret.) served as U.S. Assistant Surgeon General and Chief Nurse of the U.S. Public Health Service. She helped the World Health Organization (WHO) develop an action plan to reestablish health services in Iraq and represented the U.S. on the WHO's Global Advisory Group on Nursing.



Betty Printz (Printzy) Sims served in the U.S. Marine Corps in the Women's Marine Reserve during World War II and trained pilots to use gunnery systems. A musicologist with an advanced degree in public school music education, she established choirs at military installations where she lived with her husband.



LTC Sharon ("Sam") Stanley-Alden, USA, (Ret.) joined the Army Student Nurse Program in college and became commissioned. She served in Vietnam and later in Bamberg, Germany receiving and evaluating wounded soldiers from Iraq and Afghanistan.