



Knollwood

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MAY/JUNE 2021



ADF

INNOVATORS IN
HEALTHY AGING

MESSAGE FROM THE CEO

Dear Friends,

Life is finally approaching our new normal. Around the globe, COVID-19 restrictions are loosening as vaccine roll-out continues. At Knollwood, visitors have returned to campus and our calendar is once again full of life-enhancing wellness programs – especially the arts! And, we’re resuming trips and excursions to outdoor venues. As always, a heartfelt THANK YOU to the residents, staff, and faithful donors who make Knollwood a wonderful place to call home.



Timothy P. McHale

Major General, USA (Ret.)

President and CEO, ADF (Army Distaff Foundation) & Knollwood Military Life Plan Community

KNOLLWOOD SINGERS SPREAD THE JOY OF MUSIC

The Knollwood Singers performed *A Taste of Honey*, a musical produced by Phil Soriano with Kathy Byus as Stage Manager and Janie Druskin as emcee. This performance included favorite melodies from the past that warmed hearts, nurtured spirits, and refreshed souls.



Ellie Wheeler singing
I Cain't Say No



Thomas Ridgley singing
Climb Every Mountain



Pat Jones singing *Wind Beneath My Wings* in dedication to her husband

ON THE COVER

Front row (left to right): Thomas Ridgley, Margie Wright, Lyn Scott, Judith Allen, Katie McLaughlin-Young, Pat Jones, Ellie Wheeler.

Back row (left to right): Phil Soriano, MG Tim McHale, Elizabeth McNamara, Victor Smith, Patricia Snowden, Bonnie Dawson, Janie Druskin, Kathy Byus.

RESIDENT SPOTLIGHT

PHIL SORIANO

Phil moved to Knollwood in 2015 with his wife, Tanya. A man who loves to sing, Phil spreads the joy of music throughout Knollwood. Most recently, Phil produced and performed in *A Taste of Honey*, a special Knollwood Singers show that inspired listeners with a broad repertoire of favorites. We also have Phil to thank for the lively karaoke program he launched a few years ago at Knollwood, initially to keep people engaged during a big snowstorm. Its popularity led to a twice-monthly karaoke night that lasted until COVID required a temporary pause.

His love for music comes from his father, who joined the Royal Hawaiian Band and Honolulu Symphony after retiring as a U.S. Army musician. In the mid-1970s, Phil’s interest in singing flourished when the choir director for his local church asked him to sing every Sunday. Phil hung up his golf clubs and joined the choir, a move which deepened his interests in both music and God. He sang in church choirs for 42 years, until moving to Knollwood. For the past 17 years, he’s been an active member of a musical theater group that outreaches to local nursing and retirement communities, bringing the healing power of music to older people, many with Alzheimer’s disease. Although COVID has paused live performances, the group continues with virtual shows, in which Phil continues to perform.



*Phil considers music
“food for the soul”
and firmly believes in
its power to positively
impact health and
well-being.*

LORI BARNET

Lori moved to Knollwood in September 2019 with her husband, Bill Duncan. A musician who teaches at George Washington University and plays in several performance groups, Lori blesses Knollwood through her amazing cello concerts. During our COVID shutdown, Lori lifted spirits – one floor at a time – through repeat performances throughout the Hall. With restrictions now relaxed, Lori performs in the Anderson Salon, complementing her beautiful music with informative discussions about her instrument and her music.

A Washington, DC native, Lori launched into music at age four, starting with piano. In 4th grade, she took up the cello when her music teacher encouraged her to pursue a stringed instrument. She now owns several cellos for different purposes, including a French instrument used for historically informed performance of Baroque repertoire. Lori has shared her music at festivals around the globe: Russia, Cuba, Denmark, England, Italy, and Beijing. Now, Lori is transforming lives at Knollwood through the therapeutic benefits of music. Not only is she improving quality of life for residents, Lori says her Knollwood concerts have “saved her own creative soul.”



*Lori reduces stress,
lifts spirits, and brings
happiness to the
Knollwood community
through her
performances.*



BENEFITS OF CREATIVE PURSUITS

Dr. Barbara Bagan, PhD, a registered and board-certified art therapist and certified expressive art therapist, says that engaging in creative arts can:

- ✓ Facilitate relaxation
- ✓ Reduce stress, fear, anxiety
- ✓ Offer a sense of control
- ✓ Create balance and order
- ✓ Promote spontaneity
- ✓ Improve communication
- ✓ Improve cognition
- ✓ Restore muscle memory
- ✓ Encourage playfulness and sense of humor
- ✓ Improve physical health
- ✓ Enrich relationships
- ✓ Reduce dependence on medication
- ✓ Enhance morale

WELLNESS MATTERS

CREATIVITY COUNTS

It's common knowledge that a healthy diet, regular exercise, and a good night's sleep contribute to healthy aging. But did you know that participating in the arts may help improve health and well-being as you age? Older people are prone to withdrawal, loneliness, and depression. In part, this is due to a gradual loss of independence, especially among people who spent their earlier years as leaders and decision-makers.

IMPROVED MENTAL HEALTH

Artistic and creative endeavors are being hailed as ways to help people stay connected and feel a greater sense of purpose as they age. Painting, poetry, singing, dancing, storytelling, and similar pursuits are making life better for people as they navigate the challenges of aging. For example, one study showed that older people who participated in a choir program reported reduced feelings of loneliness and an increased interest in life. A study of people with early stage dementia found that theater improvisation improved mood, decreased anxiety, and increased feelings of achievement, empowerment, and self-discovery.

BETTER PHYSICAL HEALTH

Creative pursuits benefit more than just the mind. Research shows that regularly participating in the creative arts can improve physical health. In one study of older adults, after a 12-month period of engaging in participatory art activities, those who engaged reported a higher rate of physical health, fewer accidental falls, a decrease in the amount and types of medications they needed, and a decrease in the number of times they needed to visit the doctor or other healthcare professional. A control group of similarly situated older people who did not participate in the art activities did not report the same benefits.

Sources:

www.nia.nih.gov/news/participating-arts-creates-paths-healthy-aging
www.forbes.com/sites/nextavenue/2016/10/03/the-arts-and-aging-5-surprising-insights-on-creativity
www.seniorsmatter.com/engaging-in-creative-arts-is-beneficial-to-the-elderly
www.artandaging.com/art-for-elders



Your giving helps improve our creative arts programs. Call James Michels at 202-541-0492 to make an impact.



Katye McLaughlin-Young and Bonnie Dawson perform with Knollwood Singers



Jeannie Kunkle (artwork shown left) and Barbara Connolly (right) enjoy the life-enhancing benefits of Poetry-Inspired Watercolors



GET CREATIVE AT KNOLLWOOD

Writers' Workshop

Watercolor and Oil Painting Classes

Multi-Media Craft Classes

Jewelry Making Classes

Knitting Club

Cri-cut Machine Crafts

3D Printing Crafts

Knollwood Art Group and Art Shows

Knollwood Singers

Music Performances

Gardening Group

Questions about our Creative Arts programs?
Call Janie Druskin x130



“

“I feel good while doing my painting. I get a feeling of accomplishment. Once I start it, I feel the necessity of finishing it.”

Barbara Connolly, resident

“...typically quiet and reserved, they literally blossom when they pick up a paint brush... their eyes light up, they are talkative, and everyone can see the joy they experience as they put paint on paper...”

Janie Druskin's observations of resident experience in Knollwood art class

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	Returning soon
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

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
call x403 to schedule

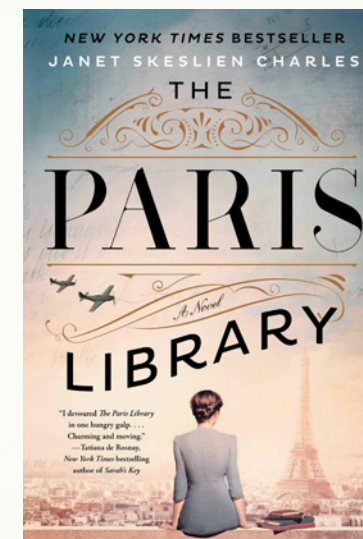
CHAPEL

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

HEALTH FORUM

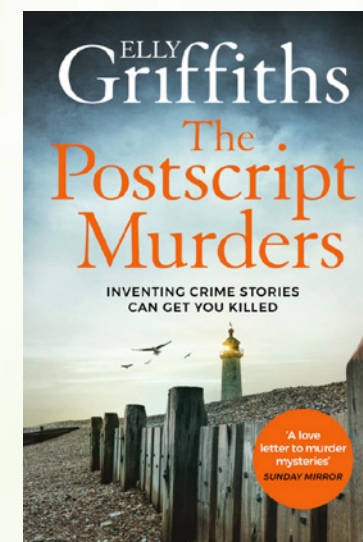
Join us the **last Monday of every month at 11am in the Anderson Salon** for presentations on important health and wellness topics.

LIBRARIAN'S PICKS



THE PARIS LIBRARY

Written by Janet Skeslien Charles, this is an engaging story of heroic librarians at the American Library in Paris during World War II and the power of literature to hold people together.



THE POSTSCRIPT MURDERS

Written by Elly Griffiths, this is a gripping mystery that is investigated by older people in England. Agatha Christie fans will love this read.

You'll also find on our shelves new books by Charles Finch, Tana French, Alexander McCall Smith, Donna Leon, Kate Atkinson, and Charles Todd, all of which are posted at the library's entrance. It should take you well into the summer to read them all. Enjoy!

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



Many thanks to Ellie Wheeler for organizing the Guess the Sweethearts contest. Ellie displayed 64 photos of young couples, of which one or both live at Knollwood, and challenged residents and staff to guess who they are. It was a wonderfully fun and nostalgic peek into the past. Congratulations to winners of the guessing contest: Reggie Coleman from our dining team (1st place), resident Tanya Soriano (2nd place), and our bus driver Greg White (3rd place).

HAPPY BIRTHDAY!

Margaret Todaro	6/4	Eleanor Wheeler	6/14	Eileen Hammond	7/8
Barbara Saunders	6/5	Richard Wyrrough	6/15	Elizabeth Rowny	7/11
Gloria Speed	6/6	Frances Wyrrough	6/17	Elaine O'Malley	7/15
Ralph Howard	6/8	James Bruton	6/18	Jane Asher	7/17
Susan Howard	6/8	Larry Goldes	6/20	Frederic Brown	7/18
Martha Jones	6/8	Sara Snodgrass	6/23	Nancy Lindsay	7/18
Shirley McConnell	6/8	Janet Miller	6/25	Lois Callahan	7/21
Tanya Soriano	6/8	Jerry Smith	6/25	Bonnie Dawson	7/23
Matthew D'Souza	6/9	Maria Johnston	7/2	Sharon Brown	7/24
John Barnett	6/10	Marie Hilliard	7/5	Barbara Connolly	7/30
Ruth Bettencourt	6/14	Karl Western	7/6		



Dixie Robinson shows her lovely watercolor painting.



Thelma Taylor creates beautiful paper flower bouquet boxes.



Ann Kem shares her colorful homemade wreath.



Knollwood residents make origami cranes. Often referred to as poetry on paper, this ancient art form can help relieve stress, improve hand-eye coordination, and enhance mental concentration – in addition to bringing beauty to our surroundings. Stop by the Card Room to see the lovely paper crane display.

Left to right: Pat Jones, Ruth Bettencourt, Mary Dulany, Mary Beth Hutchinson, Pat Rich, Ann Kem



WHAT'S NEW: MEN'S GROUP

Left to right: Victor Smith, Gene Dewey, Phil Soriano

Moderator Victor Smith leads a group of Knollwood men twice a month to share insights about a wide variety of topics. The lively, informative conversations have created wonderful new connections. Participant Gene Dewey praises the newly formed group: ***"...a most positive and popular activity...fills a significant gap...exactly what the men need and want... extraordinary promise..."***

Questions? Contact Victor at victorharlan@hotmail.com

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

THE TERRACE



Since we could not see the Cherry Blossoms this year, we created our own festival. Residents created gorgeous paintings and displayed them for all to enjoy. Artists featured left to right: Gloria Sperry, Jane Smoot, Margaret Sheehy, and Micheline Conn.



Anne Blackwell (left) and Mary Moe make colorful dyed eggs for Easter.

Kitsy Kinkor (left) and Sonia Zachary paint flowers in celebration of Earth Day.

HAPPY BIRTHDAY!

Mary Anne McKay	6/2	Mary Ann Poling	7/26
Maggie Kelly	6/9	Ann Quinn	7/28
Eleanor Kowalchek	6/14	Helen Sherwood	7/30
Janet Cline-Moody	6/30		

NURSING CENTER



Residents making beautiful flower arrangements. Featured left to right: Naomi Thomas, Catherine Adams, and Jude Barker

POET'S CORNER

A collection of poems created by residents Catherine Adams, Bill Lewandowski, Judith Barker, Marmetta Hamilton, Priscilla LeBourgeois, and Frances Johns.

Spring, or Not?

Spring is almost here
There is ice on the window
No leaves on the trees.

Fruit Trees

Not a shrub or vine
But not as strong as an oak
Apple, Cherry, Peach.

Forgetful Me

I put on my hat
Grab my keys and out the door
Where is my car parked?

B4

I love to shout it
It's my favorite game to play
B-I-N-G-O !

WELCOME TO KNOLLWOOD

DONALD ROBINSON

Reverend Donald E. Robinson was born in West Virginia into a large coal-mining family. After graduating from West Virginia State University, Don served in the U.S. Army and later worked as a teacher, community youth counselor and activist, minister, and finally, founder of the Beacon House Community Ministry Inc. He was the first Community Minister to be ordained in the Unitarian Church and served at All Souls Church in Washington, DC. He has dual Masters degrees in Religion and Community Counseling/Counseling Psychology from Howard University. He hopes his legacy will be that he did his very best to positively improve the lives and prospects of children, their families, and everyone he meets.



BARBARA AND HARRY DELANY

Born in St. Louis and raised in New York, Barbara earned a BFA degree with honors in Sculpture at Cornell University. Involved in volunteer work in the Harlem community, she also worked several years at the Metropolitan Museum of Art. And, with a post-graduate degree in Art Therapy, she also worked as Director of Therapeutic Recreation at Montefiore Hospital. Harry, who completed undergraduate and medical school at Columbia University, had a career as a physician and surgeon. He completed his internship and surgery training at Bellevue Army Hospital. A U.S. Army Captain, after his discharge in 1965, he worked as a surgeon in the Bronx and later as Chief of Surgery at several hospitals. Harry also served as a professor at Albert Einstein College of Medicine and authored numerous professional and scientific articles. Barbara and Harry married in 1957 and raised a daughter and two sons. They enjoy boating, skiing, tennis, and traveling.



AILEEN WORTHINGTON AND KARL WESTERN

Aileen was born into a U.S. Army family and attended 13 schools, including four different schools during two years in post-WWII Germany. In Aileen's own words, "High School in Naples, Italy was priceless!" A graduate of Georgetown University School of Foreign Service, she had a rewarding career with the Federal government. Karl received a BA in English/Philosophy and an MD degree from Georgetown University, with later training in internal medicine, infectious diseases, and tropical public health. He completed his military obligations at the Communicable Disease Center (now CDC) in parasitic diseases and remained 30 years as a commissioned officer in the U.S. Public Health Service (USPHS) with CDC and the National Institute of Allergy and Infectious Diseases (NIAID) and travelled to over 100 countries. Though retired, he continues to serve as a volunteer at NIAID. Aileen and Karl have two children and one grandchild.



BARBRA SAUNDERS

Barbra's late husband, Major Nicholas Saunders, served 21 years in the U.S. Marine Corps. She moved to Knollwood from Richmond, VA to be near her daughter, son, and grandchildren and to be closer to Arlington Cemetery, her husband's resting place. An artist, Barbara is eager to connect with the many other art enthusiasts in the Knollwood community, as well as participate in the wide-ranging art classes offered at Knollwood. Welcome to Knollwood, Barbara!



CECA FOUNDATION AWARDEES

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

STEPHANIE DANNEMILLER

Shown far right, Stephanie Dannemiller, RN won the February Ceca award for her dedicated service to Knollwood residents. Notably, she worked sacrificially to protect the Knollwood community from COVID-19 by efficiently administering thousands of COVID-19 tests to residents and staff. Many of the tests she administered, particularly at the start of the pandemic, returned positive, but she willingly put herself at risk. A fearless and tireless leader, she works long hours, never complains, and mentors her team. Stephanie always brings a professional attitude to work and encourages excellence. She represents the very best in nursing and deserves to be recognized as Knollwood's Ceca Winner of the Month.



KAREN FRYER

Featured center, Karen Fryer, Knollwood's Social Worker, received the March award for her faithful service to residents. Throughout the pandemic, Karen has been the bridge between residents in our skilled nursing center and their family members. She coordinates biweekly meetings, during which she shares important (and changing) information with families. Karen has made it her mission to ensure each family visits with their loved ones, which she is required to monitor due to regulatory requirements. She selflessly dedicates every other Saturday so families who cannot come on weekdays have their visits. She never complains and is always interested in lifting residents' spirits. Karen demonstrates kindness, dedication, and empathy. Well done, Karen, and congratulations!





ROSAMOND DAVIS LEGACY SOCIETY

Through the steadfast support of people like you, ADF has made Knollwood a leader in healthy aging services. For 60+ years, ADF has helped older people who served our nation enjoy caring, compassionate community living with top-quality care.

As we look ahead to our next 60 years, we ask that you continue to be a part of our important legacy. *The Rosamond Davis Legacy Society* recognizes and thanks people who have made planned gifts to ADF. By including ADF in your estate plans, such as bequests, life insurance, or real estate, you will help secure Knollwood's future. If you have already planned to include ADF in your estate plans, please let us know so we can recognize your commitment and extend special invitations to ADF events.



YOUR SUPPORT BUILDS A STRONG FOUNDATION

LAILA GRABOWSKY GIVES BACK

Laila "Lee" Grabowsky has been a Knollwood resident and ADF supporter for over 10 years. She moved to Knollwood in January 2011 and has been an active volunteer throughout our community ever since. In January 2020, Laila joined ADF's Rosamond Davis Legacy Society. Laila solidified her legacy by generously donating the refundable portion of her admission fee to ADF.



“
Knollwood has given me so much joy; it's my favorite place to be.

Laila Grabowsky on why she gifted ADF the refundable portion of her admission fee

ADF is very fortunate to have such devoted friends and supporters like Laila. Her commitment to our beloved community will ensure future generations will also find their favorite place here at Knollwood.

Like Laila, you can also support ADF. Create YOUR lasting legacy today by joining the Rosamond Davis Legacy Society.

To learn how you can help sustain the Knollwood community for the next generation, please call James Michels, Vice President of Advancement, for a confidential conversation at 202.541.0492.



Ethel Kulhanek holds a vintage photo of herself (far left) and friends. Wife of LTC Bernard Kulhanek, Ethel lived at Knollwood until her passing in 2015.

THANK YOU TO AMERICA'S VETERANS

Memorial Day is a time to remember, recognize, and honor service members who made the ultimate sacrifice to defend our freedom. At ADF, we honor our fallen heroes by fighting every day for the health and wellness of older adults who served our nation.

Through charitable donations, ADF ensures that America's aging veterans and their loved ones have access to top quality housing, care, and services at Knollwood. We are immensely proud to say that, since 1959, no resident has ever been denied services for financial reasons. To celebrate Memorial Day this year, please consider a donation to ADF. Visit www.armydistaff.org/donate. Thank you for your support!



NEW ADF HONOR WALL ★

Across from the main entrance at Greene Circle, you'll find bricks engraved with the names of residents and friends of Knollwood, both past and present. The ADF has restarted this important effort in 2021. As a way to celebrate, honor, or memorialize your love and respect for a special someone, anyone can add their name to our new ADF Honor Wall. With your recurring monthly gift of \$21, you can create a virtual brick to recognize someone who served in the U.S. military or supported someone who served. Your donation will build up our community while tangibly showing love for someone you care about.

Create your brick today at www.armydistaff.org/honor-wall

POETRY IN MOTION

CICADAS

A poem written by Pat Rich, Knollwood resident

Summer of 2021 is going to be a special season
The seventeen year brood of cicadas is the reason
They've been underground since 2004
Now Mother Nature is opening the door
Their mothers laid eggs under the bark of young trees
They hatched and grew fat from eating the leaves
The next stage was a nymph in this metamorphosis
Another chapter in this life of hit and miss
They dug down in the earth for a long hibernation
Unaware of what happened to the world or our nation
The nymphs emerged from the soil via a tiny hole
Much too small for a mouse or a vole
Breaking out of the shell that had been their home
They realize that now is the time to roam
The warm sun dries each delicate wing
And as if on cue, they start to sing
Each day you will listen to their joyous song
Enjoy every moment, for soon they'll be gone
It is their turn now to repeat the cycle, so fascinating
Then in 2038 they will return - will you be waiting?

ARE YOU READY?

Brood X cicadas will swarm our region in mid-May. When the soil 8 inches below the surface reaches 64 degrees, the bugs will dig their way out from underground. They'll emerge by the billions across 14 states, with the National Capital Region at the epicenter.

Expect to hear a deafening crescendo as male cicadas call for their mates. Experts say the din can reach 100 decibels, equal to standing three feet from a chainsaw.

While some people enjoy eating freshly deep-fried, salt-and-pepper cicada, Knollwood's Bistro will NOT be featuring them on the menu.

