



Knollwood

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**AWARD
WINNING
ARTISTS**
INSIDE COVER

NOVEMBER/DECEMBER 2021



ADF

INNOVATORS IN
HEALTHY AGING

MESSAGE FROM THE CEO



Dear Residents of Knollwood, Family Members, Friends, Supporters, and Staff,

The holidays are upon us and this edition of the Bugle highlights how our community harnesses the power of togetherness. Though there might have been great trials over the past year, it has also brought a renewed sense of community in our Knollwood family. We are a resilient team, deeply committed to doing the right thing, and have always remained committed to that promise.

As this edition of the Bugle goes to print, the Coronavirus is growing throughout the United States and heavily in our region. We must brace ourselves for another wave of Covid Omicron variant and practice protective measures, i.e., wash your hands, use hand sanitizer, wear a mask, keep a safe distance, report symptoms, and quarantine yourself if you are feeling ill with a temperature, chills, aches and pains. It is important that we respect and protect each other. Together we will remain a safe community.

Wishing you and your family a very happy and peaceful holiday season.

Timothy P. McHale

Major General, USA (Ret.)

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

THE KNOLLWOOD ART SHOW HAS RETURNED!

After a long hiatus, Knollwood's Resident Enrichment department presented the 11th Annual Art Show in the Anderson Salon, with the opening on October 27th. The badge for *Best in Show* was awarded to Barbara Delany for her sculpture titled "Torso", and the *People's Choice Award* was given to Jane Asher for her found metal art sculpture titled "This Call is For You" Congratulations to all for another successful art show!



A close up photo of Barbara Delany's "Torso" sculpture



Jane Asher proudly displaying her metal art sculpture

ON THE COVER: Barbara Delany posing alongside her award-winning sculpture.

KNOLLWOOD RESIDENT HONORED IN PA HOMETOWN

Mansfield, Pennsylvania recently honored Knollwood resident Gene Dewey, proclaiming October 16, 2021 as "Arthur (Gene) Dewey Day". That day, Gene's West Point alma mater Sprint football team played his hometown Mansfield University's varsity team - the Mansfield "Mountaineers". The two teams named Gene their honorary co-captain and called on him to do the coin toss. Dewey established his neutral credentials with both home-town and alma mater team with a robust "Beat Navy" as he tossed the coin. On a wet day in the "Endless Mountains" of northern Pennsylvania, West Point won a well-fought game by a score of 19 to 11.

The idea for this recognition originated with Gene's long-time deer hunting buddy and Mansfield University Football Hall of Fame legend, Rod Pursell - who launched the program in concert with local community leaders. Mansfield Mayor Kathy Barrett started the day at the Mansfield History Center with the reading of the proclamation of "Arthur Gene Dewey Day". In response, Gene cited how well Mansfield's teachers and schools, including his eight elementary school years in a one-room schoolhouse ten miles in the deep countryside outside of Mansfield, had prepared him for future academic success at West Point, followed by a graduate degree from Princeton University. Gene pointed to the contributions of northern Pennsylvania's rugged outdoor life, together with character-building grounded in family and spiritual values, as strong supporting factors for his success in 43 years of military and civilian public service. Dewey's postings included three Pentagon assignments; two combat aviation tours in Vietnam; diplomatic service at the State Department; and problem-solving in major humanitarian crises while serving as United Nations Deputy High Commissioner for Refugees in Geneva, Switzerland. Gene's transformational career experience was his selection as a White House Fellow in 1968. His Fellowship work responsibilities for professionalizing the humanitarian night airlift into Biafra saved the lives of countless civilian victims of the Nigerian Civil War during 1968-70. President Nixon later named Dewey director of the White House Fellows Program - the Nation's senior leadership development initiative. Congratulations Secretary Dewey for this distinct honor. We are proud to have you as part of the Knollwood family!



Kathy Barrett, Mayor of Mansfield, PA, reads "Arthur (Gene) Dewey Day" Proclamation at the Mansfield History Center



Coin Toss by Gene Dewey to begin the West Point Sprint (Junior Varsity), and Mansfield University Varsity Football Teams - Dewey's Alma Mater, and Home Town Team, respectively

WELLNESS MATTERS

SOCIAL WELLNESS IS ABUNDANT AT KNOLLWOOD!

At Knollwood, social wellness is a top priority. Residents can find a variety of activities and events to keep them engaged and their minds and bodies active; everything from movie and game nights, planned events around town, physical fitness classes, lectures and guest speakers, and so much more. It's important to find a social activity you enjoy and make those connections with others to live a full, enriching lifestyle.

On these two pages, you'll find some of the bountiful ways that our Knollwood residents have been socially engaged over the past few months. Please enjoy these smiling faces!

In Association with the DC Department of Aging Senior Pet Connection program, the Humane Rescue Alliance brought in dogs for residents to meet.



Estelle Simons connects with Conrad, a yellow Labrador in training for service



Bonnie Dawson greets Winney, a Bernese Mountain dog

BUTTERFLIES GALORE!

Professor Meredith Lair, a faculty member at George Mason University (and daughter of resident Don Lair), presented on the Marvelous Monarch Butterfly, and brought some for us to see up close! Some were hatched just that morning!



Professor Meredith Lair in her butterfly dress



Susan Russo and Bonnie Seabron observe Monarch Butterfly stages through a large magnifier

HALLOWEEN DINNER

Residents enjoyed getting into the "spirit" for Halloween on October 31.



Jane Albro, Mary Beth Hutchinson, Jane and Sam Corlette, Frances Mahnche, and Roslyn Barry



Bonnie Seabron and Delores Harris



Tracy Whiteside



Patricia Snowden and Thelma Mrazek

STORY HOUR

The September STORY HOUR, presented by Margie Wright, hosted GEN Jack Keane and his wife, Angela. Both spoke of their faith and the journey to find each other.



UPDATE:

STORY HOUR is now bi-monthly. Our next STORY HOUR will be held January 6th and again on February 13th from 3-4pm.

No one truly discovers and understands their own story until they learn about God's. That what the Bible does – God tells his story so we can understand ours!

Be sure to call Margie Wright (x244) to let her know when you'd like to share your own unique story and favorite Bible verse or story with your Knollwood family.

WELLNESS EVERY DAY

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



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

STAYING CONNECTED

Bingo	Tuesdays 7pm
Bridge	Wednesdays 7pm
Billiards Club	Sundays 2pm
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.

KNOLLWOOD'S NEW LITTLE FREE LIBRARY

On October 28th, the Knollwood Library Committee, led by Susan Russo, dedicated its very first Little Free Library. The local community has responded by taking and sharing some of their books. A special thank you to Nancy Roderer for purchasing the Little Free Library.



Colonel Paul Bricker and Susan Russo dedicating the Little Free Library with the Library Committee and Knollwood Residents



Nancy Roderer, Colonel Paul Bricker, and Susan Russo during the ribbon cutting ceremony



Need IT help? Contact
Barry Roaché, 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@armydistaff.org
Nursing center (virtual): challam@armydistaff.org
Nursing center (on-site): kfrayer@armydistaff.org

COMMUNITY LIVING ★ THE HALL



Pat Jones and Mary Dulany creating original greeting cards with watercolor and shaving cream



Residents enjoying a delightful lunch to celebrate birthday's during the month of October

A note from Mary Dulany, organizer and driving force of the 11th Annual Art Show

The 2021 Knollwood Art Show was very special. Because of the pandemic and spread of Covid-19 we had no exhibit in 2020. However, Knollwood artists continued with painting sessions, first with Desiree Scherini and then with Martina Sestakova. With the staff support of Kathy Byus, Janie Druskin, Marsy Shattuck and the encouragement of the Knollwood Resident Association and its president Nancy Roderer, residents continued Art, Craft, and Technical activities. These benefited Knollwood residents during the nearly two-year period of semi-isolation. We met in the Art Cafe, the Make & Tech Lab, the Card Room, and the Anderson Salon for varied creative sessions. In addition, residents have arrived at Knollwood who have been producing artwork for many years. In 2021 we were pleased and proud to present an exhibit of diverse works by fifteen Knollwood residents and two staff members.

HAPPY BIRTHDAY!

December

Susan Barnett	12/2
Vivian Kemp	12/3
Elizabeth Fenner	12/7
Mary Leibundguth	12/8
Mary Popper	12/10
John Symons	12/10
Jane Palmer	12/13
Marianne Lee	12/15
Judith Reidy	12/17
Betty Jentsch	12/18

Mary Pat Gaffney	12/19
Pat Fleming	12/22
Martha Rossi	12/23
Arvilla Walson	12/28

January

Elaine Law	1/4
Joanne McClure	1/7
Dixie Robinson	1/7
Judith Allen	1/9
Annette Melcher	1/9

Susan Burns	1/12
Faith Earll	1/13
Elizabeth Pettit	1/18
Ruth Haley	1/25
Thelma Taylor	1/29
Don Kaufman	1/31
Katye McLaughlin-Young	1/31

Residents enjoyed an exciting trip to see the Museum of the US Army, in Fort Belvoir, VA. The Museum is the first comprehensive and truly national museum to capture, display and interpret over 245 years of Army history and it brings to life that history in times of war and peace as told through the eyes of Soldiers.



Greta Balthazar & Gloria Speed exploring the new Museum



An authentic Sherman Tank from the WWII Era

AIR FORCE BIRTHDAY CELEBRATION – SEPT 18



Senior and Junior Air Force Veterans, LTC John Symons and MAJ Donald Kauffman respectively, had cake cutting duties. The celebration was followed by a concert performed by the Air Force Strolling Strings!

NAVY BIRTHDAY CELEBRATION – OCT 13



The Navy Birthday Celebration featured Guest speaker RADM Sam Cox, USN (Ret.), Director of Naval History and Heritage Command. Cake Cutting Honors for the Junior and Senior Navy Veterans; Jerry Burkett and Barbara Connolly.

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

THE TERRACE

Terrace residents enjoyed a variety of activities and parties over the past two months!

HALLOWEEN CUPCAKE DECORATING PARTY



Shirley Dean loving the sprinkles



Mary Ellen Moulton decorating her vanilla cupcake with chocolate icing



Helen Sherwood decorating her cupcake with spooky sprinkles

ARTS, CRAFTS, AND MUSIC!



June Ley painting during a recent art class



Sonja Zachary showing off her artistic talents



Kitsy Kinkor and Charlene Brand participating in a Terrace Chorus rehearsal. Toi toi toi!



A creative Halloween owl craft made by Sylvia Davis

NURSING CENTER

Residents of the HSC and SCC enjoyed a spooky Halloween themed party, complete with crafts, food, and fun. BOO!!



Alexandra Scott-Paine creating her own "Halloween Monster Village"



Catherine Adams gets in on the fun at the Halloween party, a Rainbow of Fun



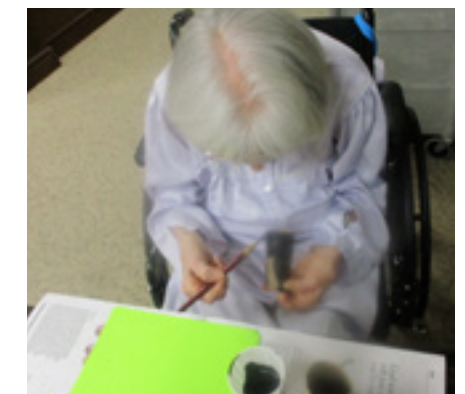
Mary Anne McKay, The Fun Witch, enjoying herself at the Halloween Party over at the HSC



The complete "Monster Village" created by Elizabeth Scott-Paine, Naomi Thomas, Bill Lewandowski and Francis Johns



Bill Lewandowski painting a cardboard roll monster



Fran Johns putting intricate details on her monster craft



SCC residents enjoyed a delightful violin concert



In October, John Jacobs hosted a yoga class for SCC residents

WELCOME TO KNOLLWOOD

ROBERT “BOB” NORRIS

Bob is a 3rd generation Washingtonian and he moves to us not too far from here. Bob’s family: his daughter, Reid, and granddaughter and son-in-law live in Maryland, hence, for him, Knollwood is a natural place to reside. He attended Landon School and graduated from the University of Virginia. Upon graduation, he was commissioned as a 2nd Lt. in the US Marine Corps. He was stationed in Japan for 11 months and, after returning, Bob attended the George Washington Law School where he was on The Law Review. He clerked for Matthew F. McGuire, US District Court Judge, and then became an Assistant US Attorney for the District of Columbia. Bob went on to private practice until his retirement. He enjoys visiting museums, attending plays, and reading about history—particularly US history. As an Abraham Lincoln aficionado, Bob has written a play called “Lincoln’s Dilemma” that discusses the challenges Lincoln faced when confronted with the request to execute 303 Native Americans in 1862. Welcome to Knollwood, Bob!



LEE WILKINSON

Here is a little bit of history about Lee in her own words: *Originally from Wilmington, Delaware, I came to DC in the summer after graduating from college, married a foreign service officer and served as a diplomat’s wife for the next few years. We were posted in Caracas, Stockholm, and Brussels. My husband and I divorced in 1981. I have twin daughters—one of whom lives in Tacoma Park, Maryland, the other in Tucson, Arizona. My son passed away in 2005 but his widow and two children remain a vital part of the life of my daughters and me. I enjoy gardening, painting and other forms of art, music, and walking on a beach, or in Rock Creek Park, or indeed, any lovely leafy place. Knollwood will keep me in my own neighborhood with friends and family near.*

Thank you, Lee. We’re so glad you joined the Knollwood family!



MICHAEL AND VIRGINIA KUSSMAN

Virginia was born in Adams, MA. She graduated from St. Luke’s Hospital School of Nursing in Pittsfield, MA. Michael was born in Troy, NY. He attended Linton High School in Schenectady, NY and graduated from Boston University in 1968 with a MD/BS. After twenty-eight years in the US Army, he retired as a Brigadier General. He spent another ten years at the Dept. of Veterans Affairs and retired from his last position there as Undersecretary of Health. They have a daughter, Deana and son Joshua, and two grandsons: Max Kussman and Zander Quan. One of the reasons they are happy to join the Knollwood community is that they have close friends who reside here. They are avid readers and look forward to enjoying the rest of their retirement years in familiar surroundings with old and new friends. Welcome to Knollwood, Michael and Virginia!



CECA FOUNDATION AWARDEES

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

DANOUSE CYPRIEN – AUGUST 2021

Danouse Cyprien, a CNA in the HSC/SCC, received the August award for good work and enthusiasm while caring for residents. It was said by a fellow Knollwood employee that she can handle work made for a team of 4 and always does so with a smiley face and “I will try my best!” Thank you, Danouse, for representing Knollwood so incredibly well. Congratulations and well done!



NANCY SMITH – SEPTEMBER 2021

Nancy Smith (right), Knollwood’s bus driver, won the September Ceca award for her service while on the road. During a recent grocery run, Nancy noticed a man entangled in a thorny rose bush. She immediately jumped off the bus to help and was able to quickly free the gentleman. A resident witness said that “not only is Nancy an exceptional employee but she is an exceptional human being to offer help and compassion to someone who needed help.” Nancy, you represent the very best of Knollwood. Congratulations!



AUTUMN

*By Dr. Charles Wright
Former Knollwood Resident*

Sitting by my window
The Japanese Maple
full of Fallish red . . . waits,
Waits with a final bouquet
of Praise to God in ruby splendor
and thrills my heart.
This time of Thanksgiving
neath the Segovia’s canopy
of golden glory,
even the weeping willow
naked of its leaves
Surrenders its sorrow in Praise!



WELCOME, REMI ACKERMAN

Director of Finance

Knollwood is pleased to welcome its new Director of Finance, Remi Ackerman. Remi comes to us with years of experience in managing the finances of senior living facilities. She has been tirelessly working with Knollwood leadership to ensure that our community is running as efficiently as possible. Welcome, Remi!



THERE'S STILL TIME TO HELP

While the Gala may be over, there are still many ways to support the worthy mission of ADF before we ring in the new year.



EASY WAYS TO GIVE

BY CHECK:

Donations by check can be dropped off at the front desk - to the attention of Advancement.

ONLINE:

Make an immediate donation today by using our online form at www.armydistaff.org/donate

BY PLEDGE:

To pledge your support and make a donation at a later time, please call the Advancement team at **202-541-0105**.

DON'T FORGET

The CARES Act included a tax incentive for individuals who typically don't itemize. You can deduct up to \$300 (\$600 for joint-filers) for donations made to nonprofits like ADF in addition to the standard deduction on your 2021 taxes.

YOUR SUPPORT BUILDS A STRONG FOUNDATION

THE 25TH ANNUAL ADF GALA WAS A SUCCESS!

On December 11th, the Army Distaff Foundation held its 25th Annual ADF Gala and Dwight D. and Mamie Eisenhower Distinguished Citizen Awards. During the event, it was ADF's great honor to present Dr. Deborah Birk, Member of the White House Coronavirus Task Force and Dr. Brian Caveney, President of Diagnostics, Labcorp with the Dwight D. and Mamie Eisenhower Distinguished Citizen Award. Under the leadership of Chairman of the Board, GEN John M. Keane, the Gala raised incredible support for ADF's Financial Assistance Fund, which supports Knollwood residents without financial means.

Photos are coming soon!

Thank you to all the ticket buyers, sponsors and donors who gave so generously to make this year's Gala successful. It was a very special night of celebrating the incredible work of the ADF and Knollwood community over the past 20 months.



A FEW WORDS FROM OUR 2021 EISENHOWER DISTINGUISHED CITIZEN AWARDEES



DR. DEBORAH BIRX
MEMBER, WHITE HOUSE CORONAVIRUS TASK FORCE

"It's truly an honor to be recognized for the hard work the entire task force put in on behalf of our country's public health response to the COVID-19 pandemic. The 2021 Dwight D. and Mamie Eisenhower Distinguished Citizen Award is especially meaningful to me because ADF and Knollwood serve those I've had the pleasure of honorably serving alongside."



DR. BRIAN CAVENEY
PRESIDENT, DIAGNOSTICS AND CHIEF MEDICAL OFFICER, LABCORP

"I couldn't be more honored to accept this award on behalf of all my colleagues at Labcorp. Our team was ready to respond with universal testing for Knollwood early on in the pandemic. To know we made a life-saving impact is the most gratifying professional accomplishment as a health care professional."

2020 tested the resolve and commitment of our corporations and public health care workers across the globe. We are proud to recognize these two leaders who helped win the fight against Covid-19.

TRAVELING AROUND TOWN!

In October, Knollwood visited the Audubon Naturalist Society in Chevy Chase, Maryland, for the grand opening celebration of Woodend Nature Sanctuary as a restored oasis of sustainable habitats.



Residents received a private tour on the new accessible trails and participated in a fun scavenger hunt. There was much to learn about and see on the mile walk through the forest sanctuary such as butterfly-friendly meadow habitats, a frog pond with lots of tadpoles, more than 350 native trees, 800 native shrubs and nearly 10,000 native plants.

PRIVATE TOUR OF THE PRESIDENT WOODROW WILSON HOUSE

The Woodrow Wilson House is a national historic landmark and house museum. During another exciting October trip, residents had one-hour private tour of the museum and the historic site, visiting the ground floor, the main floor and the private bedrooms of President Wilson and his wife Edith Wilson. All gained a greater awareness of Wilson's public life and ideals for future generations while openly and directly discussing Wilson's challenges, shortcomings and consequential decisions and leadership. The house is a time capsule from the 1920s and they got to see what life was like in this perfectly preserved post-presidential residence.

