



Knollwood

BUGLE CALL

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SEPTEMBER/OCTOBER 2021



ADF

INNOVATORS IN
HEALTHY AGING

MESSAGE FROM THE CEO



Every season at Knollwood is a fresh reminder of the strong bonds that make Knollwood a special community. In the pages to follow, you'll read about the amazing activities, events and community residents and team members who give Knollwood its charm, smarts and heart. The warm and touching stories in this edition of the Bugle serve to remind us clearly that we are on this earthly journey to our Lord and all those around us.

We are dedicated to setting the conditions for providing you with quality care and the latest in aging services, brought to life by you and made possible with the work of the ADF and charitable support. Working together in harmony and continuing to rise to the challenges we face daily, I wish to offer you my deepest appreciation for making us Knollwood Strong! I hope this issue of the Bugle will serve as a reminder of the friendships and care that surround us each day.

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

MUSEUMS AND GARDENS AND FLOWERS, OH MY!

Earlier this summer, Knollwood residents took a trip to visit the Hillwood Museum and Gardens in NW DC. Hillwood is the former home of businesswoman, philanthropist and collector Marjorie Merriweather Post. There are extensive gardens surrounding the estate and residents enjoyed exploring the grounds, seeing the special Roaring Twenties exhibit and having a gourmet lunch on the property.



An enthusiastic group of Knollwood Residents excitedly waiting to explore the grounds



Karl Western enjoying the flowers



Mary Pat Gaffney, Bonnie Dawson and Jan Miller enjoying the Roaring Twenties exhibit at Hillwood

ON THE COVER

Mary Pat Gaffney scampering across the Japanese Garden stream at Hillwood Museum

RESIDENT SPOTLIGHT

Betty "Printzy" Sims moved to Knollwood in 2005 and will be turning 102 years-young in October of this year! Printzy is a skillful musicologist with an advanced degree in public school music education. Starting back at Grinnell College (her alma mater) Printzy has always used her talents to entertain and educate.

In the years following college, Printzy joined the Marine Corps in 1943 because she wanted to help the war effort (WWII). "I thought 'I can't stay here and teach music, I've got to do something for my country,'" Sims said. Her family suggested she join the Army or the Navy, but she decided on the Marine Corps. "That was almost unheard of because the Marine Corps did not want women," Sims said.

After joining, Printzy was sent to boot camp at Camp Lejeune where she learned about aviation. She became a fixed gunnery instructor, piloting a mock plane while men were trained to shoot from it. "It was very exciting," Sims said. "You were working for a purpose and that was to defeat the enemy." During her time in the Corp, she often created choirs at military installations where she was stationed. She then married into the Navy and continued teaching as they moved around the world. As the wife of a Naval Officer, and the mother of 2 daughters, Printzy saw the need to develop support services for the sailors and their families.

In Bremerhaven, Germany, where the Printzy lived for 4 years, she organized a pre-school for the children, taught GI's who were studying for their GED and, once again, her musical talents were on display as she directed the 1st Navy Choir.

Years later, during which Printzy taught in New Jersey and Virginia, she moved to Silver Spring, MD near her daughter, then to Knollwood. She often thinks about a day in the life of a soldier who was dreaming about his girl, and waiting impatiently to say "Put your arms around me honey." When the soldier's day comes to an end, so too does our musical story.

Thank you Printzy for all you've given to Knollwood and your country. We salute you!



Printzy proudly posing in Knollwood's lobby with the Louis Prima, Jr. Band

WELLNESS MATTERS

OCTOBER IS EMOTIONAL WELLNESS MONTH!

It's the perfect time for our community to evaluate their emotional health and take charge of their emotional wellness, especially as the coronavirus pandemic continues. Emotional wellness is an awareness, understanding and acceptance of feelings, and the ability to manage effectively through challenges and change. It includes how you feel about yourself, how you cope with stress, and being able to express your feelings in healthy ways.

THE BENEFIT OF LIVING AT KNOLLWOOD

Living in a life plan community, and specifically Knollwood, is beneficial for all aspects of your well-being, including emotional health. The Age Well Study from Mather LifeWays Institute on Aging found that residents of Life Plan Communities have high levels of emotional wellness. In fact, residents scored significantly better on many emotional outcomes than older adults in the community at large. They have higher levels of life satisfaction, positive mood, perceptions of aging, and optimism. On-site fitness programs and nutritious dining make it easier to stay active and healthy. And having professional support through staff, geriatric psychologists, and support for spiritual wellness help with both everyday and long-term needs.



To access 24/7 professional care and support to assist with combating the emotional health challenges faced while aging:
Call the DC Access HelpLine at 1-888-793-4357



Donald Robinson and Knollwood staff member, Thomas Ridgley enjoying a laugh during a stroll over to Knoll House

WAYS TO MAINTAIN EMOTIONAL HEALTH AT KNOLLWOOD:

- Join a fitness class
- Attend events, programs and classes scheduled on the Hall events calendar
- Invite another resident to join you in a meal
- Visit the Knollwood Chapel

MAKING A MASK AND REMEMBERING

Masks provide a wonderful way to express feelings, fears, and emotions that are often hidden or suppressed. Identifying feelings is a critical step in awareness of the things that we fear and are angry about.

A reflection by Rear Admiral Julia Plotnick about the mask-making workshop held in July 2021.

Recently there was a session on mask making at Knollwood, led by a certified counselor and art therapist. She presented many ideas to the group and had brought a wonderful assortment of materials for us to use.

This activity made me think of an incident I experienced many years ago. I was on an assignment to the country of Sudan. My mission was to solve the issue of a famine in one part of the country. The ruling government would not allow food to be delivered to the starving millions. During one of my visits to the camps, a 13-year-old girl approached my driver and me. She took my hand. The driver interpreted that she was asking me to come with her to see her sister. We went with her to a plastic covering. Her sister lay on a mat and was visibly near death. The young girl and I held her sister's hands and prayed in our own way until the sister died. We wrapped her in the blanket and brought her body to a place where the other dead bodies were to be collected for a mass burial.

I was so moved by this experience, I realized that I had to do all in my power to end this famine for thousands of starving people. I publicized the incident and this forced the government to allow the food to be distributed to the starving people. My mask represents my young friend and myself as we prayed together that day.



Julia Plotnick with her mask she created



Julia Plotnick sharing with a group the meaning behind her mask

MIGHTY HEALTH INITIATIVE BEGINS OCTOBER 15 AT 3PM IN THE ANDERSON SALON



Mighty Health is a new personal exercise, nutrition, and wellness coaching program for older adults that can be used from the comfort of their home. This initiative was brought to our campus to empower Knollwood residents to become healthier every day through digital home workouts, personalized nutrition programs, and 1:1 coaching.

Through ADF's partnership with AARP, we are able to pilot this program for 10 residents completely free of charge. If, you are interested, please sign up in the activities book.

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	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	Candace x614

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	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 library is doing great after the change of command from Priscilla Cunningham to Susan Russo.

Recently added library books!



THE MIDNIGHT LIBRARY BY MATT HAIG

Nora Seed's life has been full of regret and misery. When she finds herself at the Midnight Library she has a chance to make things right.

EARLY MORNING RISER BY KATHERINE HEINY

A novel that is alternately bittersweet and funny. Early Morning Riser is astonishingly wonderful!



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): kfryer@armydistaff.org

COMMUNITY LIVING ★ THE HALL



From left to right: Janie Druskin, Thelma Mrazek, Elaine Law, Roslyn Barry, Bonnie Dawson, Ray Lepasqueur, Greta Baltazar, Mary Pat Gaffney, Gloria Speed, Terry Gean



Bonnie Dawson and Elaine Law posing next to a statue of Abraham Lincoln

LOCAL OUTINGS!

On July 2, 2021, residents enjoyed a detailed tour of President Lincoln's Cottage near the Armed Forces Retirement Home, which is a National Historical Landmark, a National Monument and a site of the National Trust for Historic Preservation.

Members of the Library Committee had a lovely celebration for Pricilla Cunningham as she transitioned the role of Librarian over to Susan Russo. Thank you both for your dedication!



Pricilla Cunningham and Susan Russo



From left to right: Elizabeth McNamara, Patricia Ann Burkett, Julia Plotnick, Lyn Scott, Tracy Whiteside, Susan Symons, Pricilla Cunningham, Susan Russo, Vivian Kemp, Sally Smith



Elizabeth Compton, Roslyn Barry and Thelma Mrazek paint with magical light fibers at the Planet Word Museum with Jerry and Sally Smith. Residents enjoyed touring the world's first voice-activated museum on July 22, 2021 and learning about different languages, origins of words, exploring hidden treasures in an unusual library and singing karaoke.

HAPPY BIRTHDAY!

October

Laila Grabowsky	10/5
Patricia Snowden	10/5
Mary Beth Hutchinson	10/7
Evelyn Tuckson	10/7
Raymond Lepasqueur	10/13
Ruth Kulvi	10/14
Sally Smith	10/14
Patricia Sackett	10/16

Clifford Young	10/17
John Eisold	10/21
Pat Mauck Messer	10/24
Cecil B. Harris	10/25
Donald Robinson	10/25
Printzy Sims	10/30
November	
Harry Delany	11/3
Frank Gregg	11/15

Bonnie Rae Kenny	11/15
Diane Reason	11/16
Terry Gean	11/18
Ann Kem	11/21
Joseph Dulany	11/22
Priscilla Cunningham	11/26
Tracy Whiteside	11/26

ARMY BIRTHDAY CELEBRATION



Dr. Bill Duncan and Dr. Jerry Earll, younger and older Army veterans cut the cake for the Army Birthday on June 14th. Both men were Chiefs of Medicine at Walter Reed National Military Medical Center.

COAST GUARD BIRTHDAY CELEBRATION



Happy Birthday to The Coast Guard August 4th!

Special Guest Speaker, CDR Brendan O'Shea and Resident Coastie Don Connolly cutting the Birthday Cake.

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

THE TERRACE

Terrace residents enjoyed figuring out a variety of puzzles and word games. Pictures are titled “Puzzled”



Janie “Kitsy” Kinkor



Gloria Sperry



Mary Moe



Mable Bryant

HAPPY BIRTHDAY!

October

Margaret Sheehy	10/20
Ramona Sussmann	10/26
Gloria Sperry	10/28
Sylvia Ann Davis	10/31

November

Margaret Devanny-Price	11/7
Albert Bryant	11/10
Sonja Zachary	11/16

NURSING CENTER

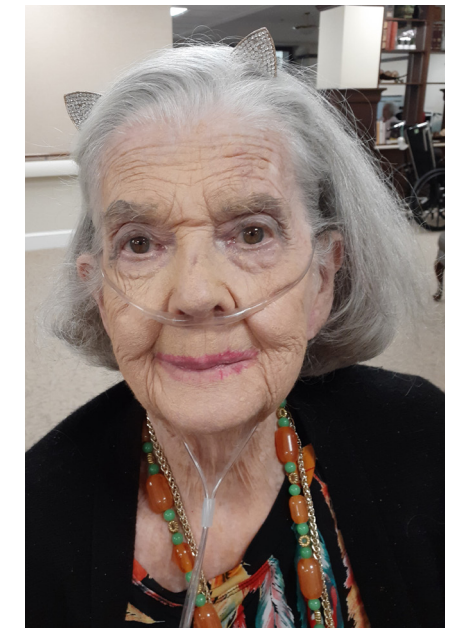
The salon is open and residents are taking full advantage! Check out these residents enjoying their recent visit.



Priscilla LeBourgeois



Fran Johns



Alexandra Scott-Paine



Ginny, the hairdresser, doing a blowout



June Lynn

WELCOME TO KNOLLWOOD

JACQUELINE GALLAGHER

Here is a little bit of history about Jacqui in her own words: *I was born at the post hospital at Fort Sam Houston, San Antonio, Texas. My father was USMA 1931 and my mother was an Army nurse during WWI. I met my husband, a lieutenant under my father's command at the Ballistic Research Laboratory at Aberdeen Proving Ground, MD. I have one daughter, one granddaughter, one step grandson, and three great-granddaughters. Although I had pursued graduate work in English hoping to be an English teacher, I ended up being a science journalist covering germplasm, which is anything that can reproduce life. The journal that I worked for was a policy journal which meant that I covered Congress, international affairs, environmental action groups, and relevant science policy. My favorite activities are in the arts with frequent gallery visits and subscriptions to the ballet, the theater, and the opera. I especially enjoy off-Kennedy Center performances and both new plays and classic performances. And I love to read and discuss ideas which I do by attending classes at the Osher Life Long Institute (OLLI). And I am a "little old lady in tennis shoes" who goes to political demonstrations for DC Statehood. At Knollwood I hope to write for the newsletter and participate in the Shakespeare group.*

Welcome to Knollwood, Jacqui!



SIDNEY PETERS

Sidney is moving back east to live at Knollwood with her two kitties, Charleston and Savannah. They are 13 years old and have been on the road with Sidney for most of the year traveling out west to Texas, Arizona and California in her RV. But now she is ready to settle down. Sidney retired as a Capt. from the USAF Nurse Corp and worked in nursing for many years after her discharge. The first five years of her retirement were spent living her dream of working as a campground host and living in her motor home. She has visited DC many times over the years and she is looking forward to really exploring everything she didn't have time for before. She is looking forward to meeting new people and seeing the museums and performances of art and culture in the area.



DAN AND CLAUDIA HOCKADAY

Dan was born in Cedar Rapids, Iowa on April 25, 1941. He attended the University of Iowa as a pre-med student for 2.5 years. He joined the Marine Corp in January 1962, and was commissioned as 2nd Lt in the USMC in 1967. He served in Vietnam in 1968 and retired from the Marine Corp as a Lt. Col. in 1987. Dan has two children, Jeff and Cathy, born in the 1960s. He married Claudia in 1992 and eventually retired from his civilian career as a director of a computer science corporation in 2004.



Claudia was born in Saugus, Massachusetts in 1950. She worked for General Electric as an executive secretary for 25-years and later married Harold "Dan" Hockaday on November 21, 1992. Since retirement, she has been involved in volunteering for various organizations that range from church, transitional home and support services for women to hospice work in Nashua, New Hampshire. Her hobbies include reading, knitting and physical fitness.

WELCOME, WHITNEY BREDE

Knollwood's Resident Services Manager

Knollwood is pleased to welcome its new Resident Services Manager, Whitney Brede. Whitney is originally from Maryland, and recently returned to the area after spending the last 10 years in Alaska. After graduating from college, she joined the Jesuit Volunteer Corps Northwest and completed two years of service working at domestic violence shelters in Anchorage and Bethel, Alaska. She spent the last eight years working for State of Alaska Adult Protective Services. Whitney is excited to explore the area with her husband and son.



When you see her on campus, please offer a warm welcome!

CECA FOUNDATION AWARDEES

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

MITZIE MCLEAN – JUNE 2021

Featured center, Mitzie McLean, a Knollwood charge nurse, received the June award for her commitment to the health of the residents. Mitzie is detail oriented with incredibly sharp nursing assessment skills. Most notably, Mitzie was able to pick up subtle changes in a resident's condition and clearly communicated this with the physician. During her assessment and decision making, Mitzie was kind, compassionate, and reassuring to the resident and the family. She represents the very best at Knollwood and deserves to be recognized as Knollwood's Ceca June Winner of the Month.



REGINA MENACHO – JULY 2021

Regina Menacho, RN won the July Ceca award for her dedicated service in the Independent Living Clinic. Residents and staff regularly comment on her professionalism, friendliness, and caring manner. Her nominator said that "her work is an excellent example of caregiving provided by a nurse that exemplifies the enormity of how healthcare professionals can positively impact someone's life when it is needed most." We completely agree that she is truly an asset for Knollwood. Well done, Regina, and congratulations!





A LASTING LEGACY

ADF mourns the loss of Brigadier General Geoffrey Cheadle, our dear friend, trusted adviser, and generous supporter. BG Cheadle was a member of the General Maxwell D. and Lydia Taylor Society and co-founder of the Rosamond Davis Legacy Society.

BG Cheadle believed it was the community's responsibility to perpetuate the mission of ADF and vision of its founders through philanthropy.

We are forever grateful for his lasting legacy.



YOUR SUPPORT BUILDS A STRONG FOUNDATION

ADVANCING KNOLLWOOD THROUGH TECHNOLOGY

ADF is excited to join AARP's AgeTech Collaborative™ to foster innovative solutions in aging. As a partner, there is no cost to Knollwood and the ADF. This partnership will connect the ADF with technology companies for the purpose of mutually promoting and developing innovative solutions that improve the lives of our residents. The tech solutions will likely include mobile apps, sensors, virtual and augmented reality, artificial intelligence, wearables, facial and voice recognition, and data analytics.

Through this partnership, ADF will pursue its charitable mission of caring for older people. The partnership will help address a wide range of health conditions and assess solutions for effectiveness, potentially adopting some new care practices for use at Knollwood.



DID YOU KNOW?

Tech initiatives like Stevie the Robot, BITS, and Ekso Bionics are all made possible through generous grants and charitable contributions!



Have fun with friends, family, and distinguished guests!



Be a charitable gift sponsor!



Be enthralled by award winning entertainers!

MARK YOUR CALENDARS - THE ANNUAL ADF GALA RETURNS!

On December 11, 2021, ADF will hold its most important fundraiser of the year - The 25th Annual ADF Gala and Dwight D. and Mamie Eisenhower Distinguished Citizen Awards. This year, we will recognize Dr. Deborah Birx and Mr. Adam Schechter with the 2021 Eisenhower Distinguished Citizen Award for exceptional leadership and outstanding public citizenship during the COVID-19 pandemic.

The Annual ADF Gala is a critical fundraiser, helping us to fulfill our mission of providing safe, dignified and compassionate care for aging veterans and their families in financial hardship.

Join us for an evening to remember as we pay tribute and honor all those impacted by the pandemic and welcome Knollwood Community cherished supporters, corporate partners, friends and special guests with celebration and festivities.

With nearly 200 distinguished guests in attendance in 2019, the Annual ADF Gala provides a unique opportunity to give a tangible expression of gratitude to those who have given so much throughout the pandemic for our health, safety, and wellbeing. We hope you will join us!

**TICKETS AND SPONSORSHIPS
CAN BE PURCHASED AT
WWW.ARMYDISTAFF.ORG/GALA**

**For questions, please contact
Walker Konkle, Annual Giving Manager,
at 202-541-0105**



Mary Beth Hutchinson and Mary Dulany at one of their many jewelry workshops that they host in the Make & Tech Lab



Jan Miller standing on the pond rocks at Hillwood Museum and Gardens



Priscilla Dewey is painting a ceramic plate on a June trip to All Fired Up

Capital Caring Health

Primary Care at Home

Medical Care for Elders that Delivers Peace of Mind

Who Do We Serve?

Older adults (65+) with chronic illness who need help getting to a doctor's office



What Do We Do?

- 1 HOUSE CALLS** Our doctors, nurse practitioners (NPs), and social workers specialize in primary care of older adults. We see patients regularly to coordinate their routine, urgent, specialty and hospital care.
- 2 24/7 ACCESS** Our team is available by phone 24/7 for urgent concerns and can make urgent visits within 1-2 business days.
- 3 SOCIAL WORK** Our social workers help patients and families find resources, assist with life transitions, and provide counseling and caregiver support.
- 4 MOBILE TECHNOLOGY** We do in-home tests such as blood work, X-rays, and ultrasounds. We offer a secure online messaging tool to communicate with our team. And we provide televideo visits when needed.

800-869-2136

capitalcaring.org/pch