



ARMY DISTAFF
FOUNDATION



2018 ANNUAL REPORT



LEADERS IN HEALTHY AGING



The Army Distaff Foundation is a 501(c)(3) organization established in 1959 that provides housing, health, and wellness services to retired Uniformed Services officers and their families, regardless of financial status, through Knollwood Military Retirement Community, which we built, own, and operate.

FROM OUR LEADERS

For nearly 60 years, we have had the privilege of serving older adults who sacrificed for our nation. From our Washington, DC facility, Knollwood Military Retirement Community, we deliver housing, health, and wellness programs to nearly 300 military-affiliated men and women, including veterans of World War II, Korea, and the Vietnam War. Because of your faithful giving, our residents receive comprehensive, top-quality care after serving our country for a lifetime—and they receive it regardless of their ability to pay.

This has been a pivotal year for our organization. We have devoted ourselves to going above and beyond providing first-rate services to the men and women who call Knollwood home. In 2018, we set in motion a new dual direction—delivering the best possible care to our residents and demonstrating our impact industry-wide as an inspirational model for other older adult communities. This two-pronged approach embraces one simple theme—people should live better, not just longer. And we are on a mission to help make that happen.

Our role as industry leaders responds to a very real crisis—our nation is aging dramatically. As we consider predictions that the proportion of older adults in this country will rise from 15% now to nearly 25% by 2060, we realize we have both the

capability and the responsibility to contribute new approaches to older adult wellness.

To this end, this past year, we have begun collaborating with private individuals and organizations like yours—academia, businesses, and non-profits—to explore innovations in healthy aging and apply them at Knollwood. We will share nationwide the transformational results, best practices, and lessons learned so that all older Americans can benefit from our work. From cutting-edge robotics to soul nourishing music and art therapy programs, we are front-runners and pioneers on the journey to give aging Americans a better life. Your support makes this possible. Thank you for partnering with us.

General John M. Keane, USA (Ret.)
Chairman, Army Distaff Foundation

Major General Timothy McHale, USA (Ret.)
*President and Chief Executive Officer
Army Distaff Foundation*



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300 LIVES

enriched daily by the exceptional wellness care and purposeful living our community offers

2000 COMMUNITIES

of older adults in our nation for whom we serve as a model of excellence in health and wellness care

16 ACRE CAMPUS

in a tranquil setting with a carefully maintained facility so residents enjoy a safe, secure, welcoming home

15 HOURS DAILY

of multi-dimensional wellness programs that nourish body, mind, and soul and give our residents satisfaction, purpose, and joy

110 LOVED ONES

with physical and cognitive impairments compassionately nurtured 24/7 by excellent staff

5 STAR RATING

from the Federal Government on our skilled nursing capability—the highest possible

\$750,000 DONATED

to give 20 residents in financial hardship the opportunity to age with grace and dignity at Knollwood

100 PERCENT

of residents eligible for financial assistance, if ever needed, giving piece of mind that Knollwood will always remain home

1 COMMITTED TEAM

of directors and staff with a vision to be a leader in developing and implementing healthy aging programs



At Knollwood, we are committed to a wellness model that incorporates eight pillars—intellectual, occupational, physical, social, spiritual, emotional, environmental, and financial. Our multi-dimensional approach provides an exceptional quality of life through whole-person wellness activities designed for all levels of care. From morning till evening, our residents enjoy a myriad of wellness activities to nurture body, mind, and spirit.



SYBIL MARKS
REGAINS INDEPENDENCE
FROM THERAPY PILOT TEST

9:00AM

MAINTAINING MOBILITY AND PHYSICAL STRENGTH

“I am delighted to know that I can learn something new at my age...I thought that I was not useful to the world...there is purpose in what I’m doing...I am grateful to have been given this opportunity...”

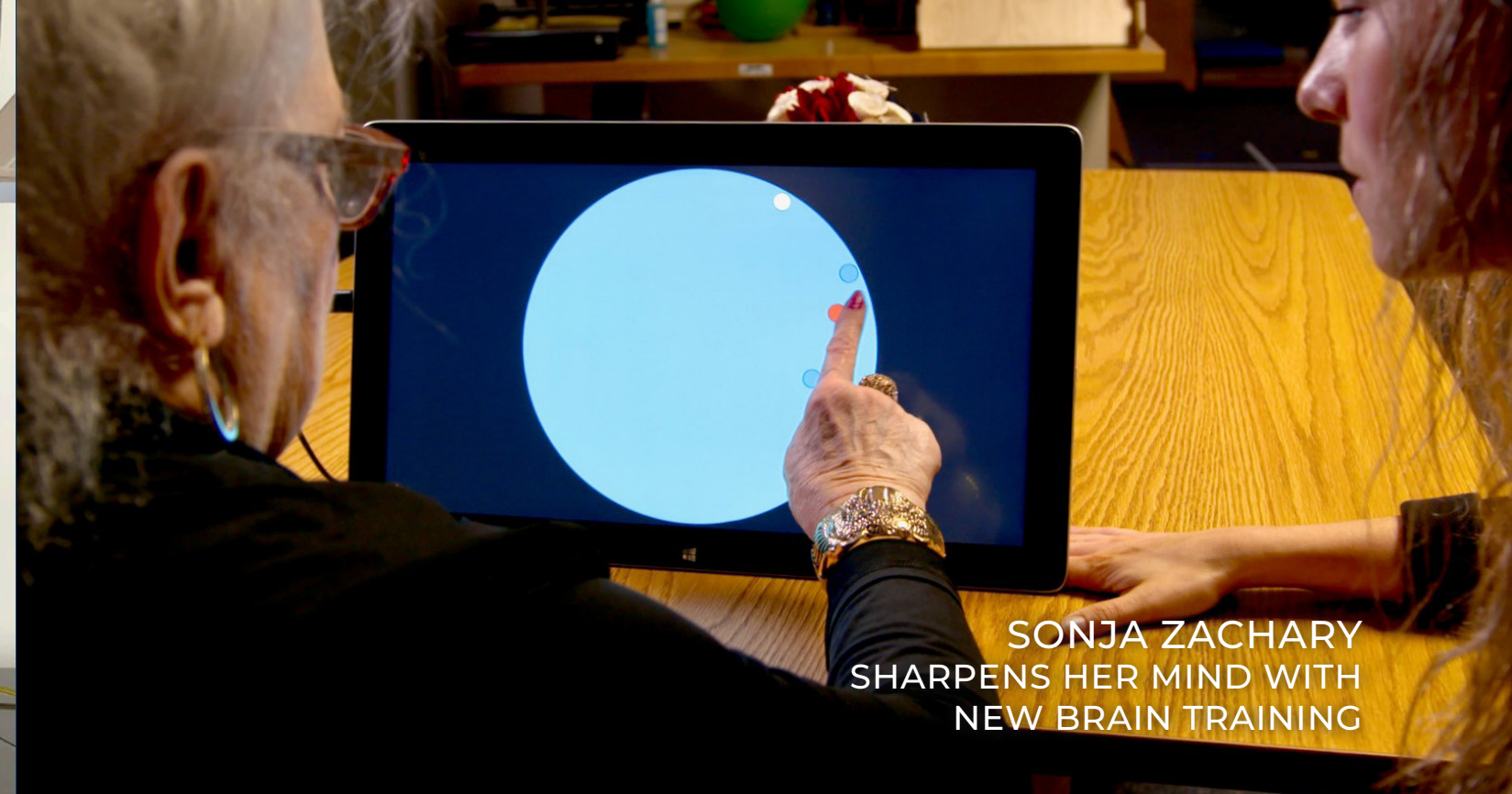
Mrs. Sybil Marks starts off her day with physical therapy. She is an avid supporter of the new EksoGT™ robotic exoskeleton physical therapy program we began pilot testing in February 2018. Enhancing quality of life by preserving physical independence is the primary program goal. After her stroke, Mrs. Marks lacked the mobility, strength, balance, and endurance to perform the activities of daily living. After 11 months of therapy with the robotic exoskeleton, Mrs. Marks regained her ability to live virtually independently. Dramatic improvements in joy and overall well-being accompanied her physical improvement.



Our pilot test is demonstrating that robotic exoskeleton therapy improves gait, balance, mobility, endurance, and muscle strength better than traditional physical therapy. With donor support, we can move from pilot test to full program implementation and share outcomes with other older adult communities.



PHIL SORIANO
RECEIVES HEALING
FROM NEW ART FORM



SONJA ZACHARY
SHARPENS HER MIND WITH
NEW BRAIN TRAINING

10:15AM

HEALING THROUGH ART

“I experienced joy and happiness and an improved mood...I felt a greater sense of purpose...it was good therapy for me...”

Colonel Phil Soriano spent most of his morning enjoying a new and innovative art form. He proudly displays his creation from the therapeutic mask-making program he attended at Knollwood in partnership with Uniformed Services University of the Health Sciences and Walter Reed Hospital. Mask-making and other therapeutic art projects are well-documented and studied tools for helping older adults manage feelings of depression, withdrawal, and isolation that are common, especially among those who spent their earlier lives as leaders and decision-makers. Through art, Colonel Soriano and our other residents creatively express themselves, receive encouragement, improve their mood, experience happiness, and enjoy a strong feeling of accomplishment.



Therapeutic art is an important tool for promoting emotional, social, occupational, and even physical wellness. With donor support we can explore and deliver new creative, healing, and engaging programs that will serve our residents and inspire other communities.

11:30AM

IMPROVING COGNITIVE FUNCTION

“Accuracy, memory, and cognition—those are the things it helps with...this is a real treat for me...it’s fun...BITS has become a good part of my life...”

After an active morning, Mrs. Sonja Zachary visits the rehabilitation center before lunch for her brain exercises. Cognitive therapy with the Bioness Integrated Therapy System (BITS) is a major highlight of Mrs. Zachary’s day. She is proactive in her efforts to ensure cognitive decline does not reduce her independence. In August 2018, we launched this innovative, multi-disciplinary therapy program to improve a broad range of cognitive, coordination, memory, visual, auditory, motor, and other functions in our residents. Mrs. Zachary is reaping the benefits of this cutting-edge program and proudly claims that she “...wouldn’t trade it for the world!”



Results to date of BITS therapy suggest its tremendous potential to preserve independence and quality of life by improving the ability to carry out daily tasks, such as grooming and bill-paying. Donor support helps us bring this innovative therapy to more people, document the impact, and share our results with other communities.



FRANCIS JOHNS
MITIGATES STRESS
WITH MOVEMENT THERAPY



GEORGE POLIS
FINDS PURPOSE BY
SUPPORTING OTHERS

1:15PM

ENERGIZING THROUGH DANCE AND MOVEMENT

“I see her stress melt away...the music and movement relax her and bring her a sense of peace...I see marked improvement in her overall well-being as well as her stamina...”

Mrs. Johns loves to start her afternoon tapping her feet to lively 80s music. The joy in her eyes and the smile on her lips are contagious. Master teaching artists and dance therapists know exactly how to engage our residents with creative, lively programming that touches body, mind, and soul. Despite its low-tech nature, it is just as innovative and dynamic as our cutting-edge therapy, like the EksoGT™. Whole-person wellness requires a diverse range of activities and programs. Dance and movement therapy enhance flexibility, mobility, balance, and coordination, all of which are critical to preserving independence and quality of life. Moreover, the contribution of movement and dance therapy to emotional well-being cannot be overstated. Dance and movement therapy can reduce stress, lift depression, alleviate fear, and bring happiness.

»»» Dance and movement programs are a vital component of whole-person wellness. With donor support we can bring new dance therapists and movement experts to Knollwood to develop and deliver motivational, inspirational, and creative programming to enhance the quality of life for our residents.

3:00PM

MAINTAINING PRODUCTIVITY AND PURPOSE

“He spent his life doing things for others and is motivated to continue, despite physical and cognitive limitations he faces now...when he is working productively on a project, I see his determination, focus, creativity and—most of all—his joy...”

Dr. George Polis served his whole life—and he serves still. He winds down his afternoon helping to pot plants that will be sold to benefit a local charity raising money to fight Alzheimer’s disease. At Knollwood, we believe that people should feel a strong sense of purpose at every stage of life.

Because most of our residents held high-level leadership positions, they have a particularly strong need to engage in meaningful programs in which their participation makes a difference. In response, we offer wide-ranging occupational wellness programs to help our residents feel productive, useful, and needed.

»»» People long to feel a strong sense of purpose at every stage of life. Donor support helps us explore and implement creative new programs that encourage our residents, give them meaning, and support their need for productivity.



CHARLES CASSELL
STIMULATES HIS MIND
THROUGH LEARNING



BETTY PRINTZ SIMS
REFRESHES HER SPIRIT
WITH THE MAGIC OF MUSIC

5:00PM

ENGAGING INTELLECTUALLY

“It’s not every day that you get your picture taken with an astronaut...”

Residents pack the Anderson Salon, where we routinely welcome guest speakers on a wide range of topics. Charles Cassell is fascinated by a presentation given by Colonel Shane Kimbrough, who made his first space flight in 2008. His engaging discussion about his spacewalks and expeditions is among a long list of events, activities, and programs we offer to promote intellectual wellness. According to widely-published research, cognitive decline may be prevented or slowed by keeping the mind engaged in intellectual activities. Through our programs, we encourage lifelong learning and the continuous acquisition and application of new skills and abilities.

7:30PM

CELEBRATING WITH MUSIC

“This music performance was among the best I have ever seen—and I have seen many...!”

Not quite a backstage pass, U.S. Marine and music educator Betty Printz Sims (Printzy) proudly poses in Knollwood’s lobby with the Louis Prima, Jr. Band, which delighted residents with lively Jazz. They are one of the many music performers visiting Knollwood. Music is well-regarded as therapeutic, emotional, and spiritual. It unites people, brings joy, stimulates memory, and promotes general well-being. Some studies show it is even more effective than medication for certain conditions. Printzy wholeheartedly agrees!



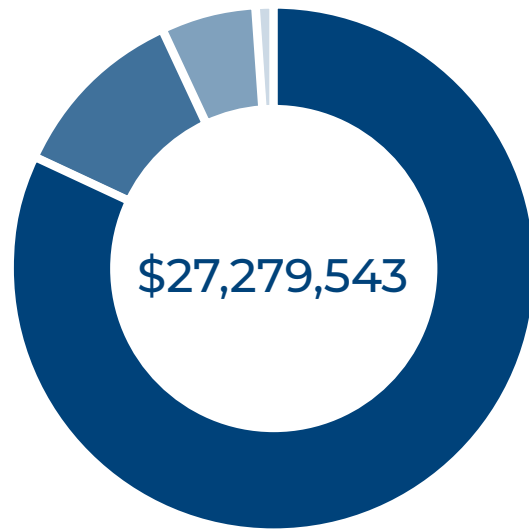
People need mind-stimulating activities at every stage of life. Through donor support, we can offer our residents a broader range of programs to challenge their minds, stimulate their intellect, and spark their creativity.



Music is an essential component of a balanced, effective whole-person wellness program. With donor support, we can offer our residents vibrant music performances that deliver the wide-ranging benefits of music programming, from stress reduction to memory stimulation to sheer pleasure.

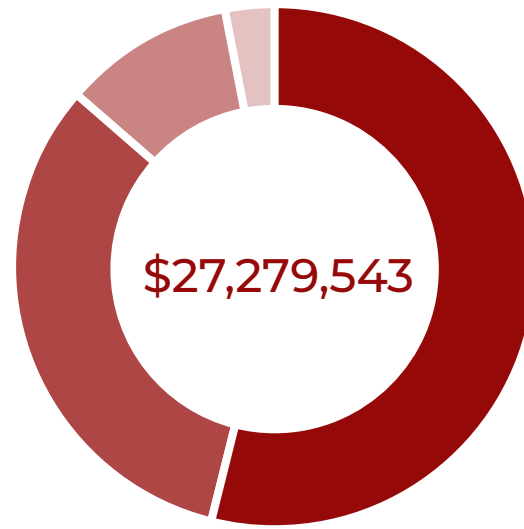
FINANCIALS

2018 RESOURCES AND SPENDING



SOURCES OF FUNDING TO DELIVER CARE

■	FEES PAID BY RESIDENTS \$22,412,029
■	SUPPORT FROM GENEROUS DONORS \$2,979,962
■	AMOUNT FROM RESERVES \$1,621,638
■	INVESTMENT AND OTHER INCOME \$265,914



HOW WE USE OUR RESOURCES TO DELIVER RESULTS

■	SAFE, SECURE COMMUNITY LIVING FOR 300 SERVICE-AFFILIATED MEN AND WOMEN \$15,475,865
■	COMPREHENSIVE HEALTH AND WELLNESS PROGRAMS FOR HEALTHY AGING \$8,326,686
■	MANAGEMENT AND ADMINISTRATIVE COSTS REQUIRED TO DELIVER EXCELLENCE \$2,708,394
■	SCHOLARSHIPS TO HOUSE AND CARE FOR THOSE WITHOUT THE MEANS TO PAY \$768,598

ONLY 9.9%

OF RESOURCES SUPPORT
MANAGEMENT AND ADMINISTRATION

BOARD OF DIRECTORS

CHAIRMAN OF THE BOARD

GEN John M. Keane, USA, (Ret.)

VICE CHAIRMAN OF THE BOARD

RADM Kathleen Martin, USN, (Ret.)

VICE CHAIRMAN, FINANCE

The Honorable Nelson Ford

SECRETARY

LTC Gordy Schnabel, USA, (Ret.)

MEMBERS OF THE BOARD

LTG Patricia Horoho, USA, (Ret.)

MAJ John Kelly, USA, (Ret.)

Leann Martin

MG Timothy P. McHale, USA, (Ret.)

VADM Frank C. Pandolfe, USN, (Ret.)

Amy Roberti

Nancy Roderer

Catherine L. Turley, Ed.D.

CORE VALUES

COMMUNITY

We are devoted to providing a caring, compassionate, socially engaging community with a top-notch health and wellness experience so people thrive.

ACCOUNTABILITY

We will be excellent stewards of resources and pursue our mission and vision with integrity.

RESPECT

We will always strive to treat our residents, our guests, and our teammates with dignity and honor.

EXCELLENCE

We will pursue the highest levels of quality and value in all that we do.

WHAT'S AHEAD >>>>>>

PREVENTING FALLS WITH SMART TECHNOLOGY

For people 65+, falls are the leading cause of injury, which can seriously degrade health and shorten life spans. Nearly 3 million older adults are treated annually for falls.

We're proactively addressing this problem. In 2019, we will be the first facility in the U.S. to pilot test Aladin, a new technology currently available only in Europe that provides in-home lighting and monitoring using a sophisticated technology. When we prevent falls, we preserve independence and improve quality of life.



EXPLORING INTERACTIVE ROBOTS

With today's rapid technological advances, myriad opportunities are emerging with potential for improving the quality of life in Life Plan Communities. Most recently, robots are offering potential for a variety of benefits.

We're partnering with **Trinity College**, a top-ranking, research-intensive university in Dublin, Ireland, on a research study to determine the impact and benefits of interactive robots on Life Plan Communities. Fresh opportunities to improve the quality of life are always at the forefront of what we do.



TREATING NEUROCOGNITIVE IMPAIRMENT

We have begun exploring additional technologies to provide the best possible care to our residents, improving care outcomes, and streamlining processes. One such technology we intend to use in 2019 is Virtual Reality (VR) to aid in the treatment modalities of Parkinson's patients and other residents with neurocognitive motor function impairment.



THANK YOU
FOR YOUR
PAST SUPPORT

BECAUSE OF YOU:

OUR RESIDENTS ENJOY A
BETTER LIFE AFTER THEIR
SERVICE TO OUR NATION.

They live in a vibrant community offering engaged, active, purposeful living with state-of-the-art, person-centered health care and wellness programming.

And we provide these services to our residents whether or not they have the resources to pay.

Because everyone deserves the right to age with dignity.

OLDER ADULTS THROUGH-
OUT AMERICA WILL ENJOY
A BETTER LIFE.

As we continue as pioneers in healthy aging, implementing forward-thinking care approaches that help preserve independence and enhance quality of life, other communities around the country will follow our lead.

When were founded in 1959, we intended to serve as a shining example for others to follow. And we are living up to that challenge.



PLEASE PARTNER
WITH US FOR
THE FUTURE

TOGETHER, WE CAN ACCOMPLISH GREAT THINGS.

HOW YOU CAN IMPACT THE LIVES OF OLDER AMERICANS:



CORPORATIONS. Offer insights into innovations and trends in older adult care. Provide financial and in-kind support. Donate products. Lend marketing, technology, and other business expertise.



ACADEMIA. Offer ideas, advice, and counsel on promising new approaches to healthy aging. Plan and implement a research study at Knollwood. Provide data collection, analysis, and program support.



GOVERNMENT. Provide financial support through grants. Lend credibility to study results to facilitate nationwide dissemination and acceptance.



NON-PROFITS AND INDIVIDUALS. Ensure worthwhile projects receive adequate funding by providing financial and in-kind support.

TO DONATE OR TO LEARN MORE:
WWW.ARMYDISTAFF.ORG



ARMY DISTAFF
FOUNDATION

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