



# ARMY DISTAFF FOUNDATION

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## **Army Distaff Foundation Unveils New Innovations and Technologies in Showcase at Knollwood Military Retirement Community**

**WASHINGTON (March 15, 2019)** – The Army Distaff Foundation has supported increasingly effective technology to supplement the quality of care provided for residents of Knollwood, a life plan community for retired officers of the Uniformed Services and their families. These new technological advancements – which have helped improve the quality of life among their residents, in support of both their physical and mental health – were unveiled at a recent Innovations and Technologies Showcase.

The Showcase included a Fall Prevention program, the EKSO<sub>GT</sub>, BITS, and Stevie the Socially Assistive Robot.

The Fall Prevention Program detects changes and irregularities within resident apartments using infrared sensors and reports to the nursing staff. It alerts staff immediately if a fall occurs to ensure a prompt response. Since 30 to 50 percent of falls in older adult communities are due to environmental causes like poor lighting, the program progressively lights a dark room when it detects motion.

The EKSO<sub>GT</sub> is a ready-to-wear, battery-powered, portable, adjustable robotics “suit”. It helps patients walk, re-learn proper gait patterns and weight shifts, build muscle and strength and improve balance. It has been proven effective with 96-year-old Knollwood resident, Sybil Marks, who has used the suit for exoskeleton therapy. After 11 months she regained her mobility, improved her gait, built her muscles and fostered independence and social skills.

Knollwood is the first and only life plan community offering this innovation as a part of in-house physical therapy.

Thanks to a strategic partnership with **Trinity University in Dublin, Ireland**, Knollwood is the first community in the world to host Stevie, a Socially Assistive Robot. It is a fully customizable and adaptive technology that is being tested and optimized at Knollwood to perform a range of non-core caregiver tasks. It improves resident safety, provides a social companion for residents, facilitates games, plays music and reads books.

It also offers easy-to-use video calling for residents to speak with their friends and family. The robotics team from Trinity University led by **Dr. Conor McGinn** are the foremost researchers into socially assistive robotics, and ADF allowed them to deploy their platform in support of Knollwood residents.

“Stevie has learned about Knollwood and its facilities in his time here. We’re excited to evolve his technology here at Knollwood to improve care outcomes and quality of life for the older Americans they serve, and then share this technology with the global community,” said Dr. McGinn.

ADF chases solutions at the intersection of healthcare and innovation. Through meaningful partnerships, ADF offers care for older Americans that is worthy of their service to our nation. Learn more about the mission and values of ADF at [armydistaff.org](http://armydistaff.org).

**Note to editors:** Photos available upon request.

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**About the [Army Distaff Foundation](#) and [Knollwood](#):**

The Army Distaff Foundation, a 501c3 charity founded in 1959, operates Knollwood, a premier life plan community of choice for officers retired from the Uniformed Services and their families. We provide the full continuum of innovative, person-centered care for older Americans. Our community, located by Rock Creek Park in Washington, DC, continues to serve those who served our nation.