

The New

BUGLE CALL

FROM THE CEO

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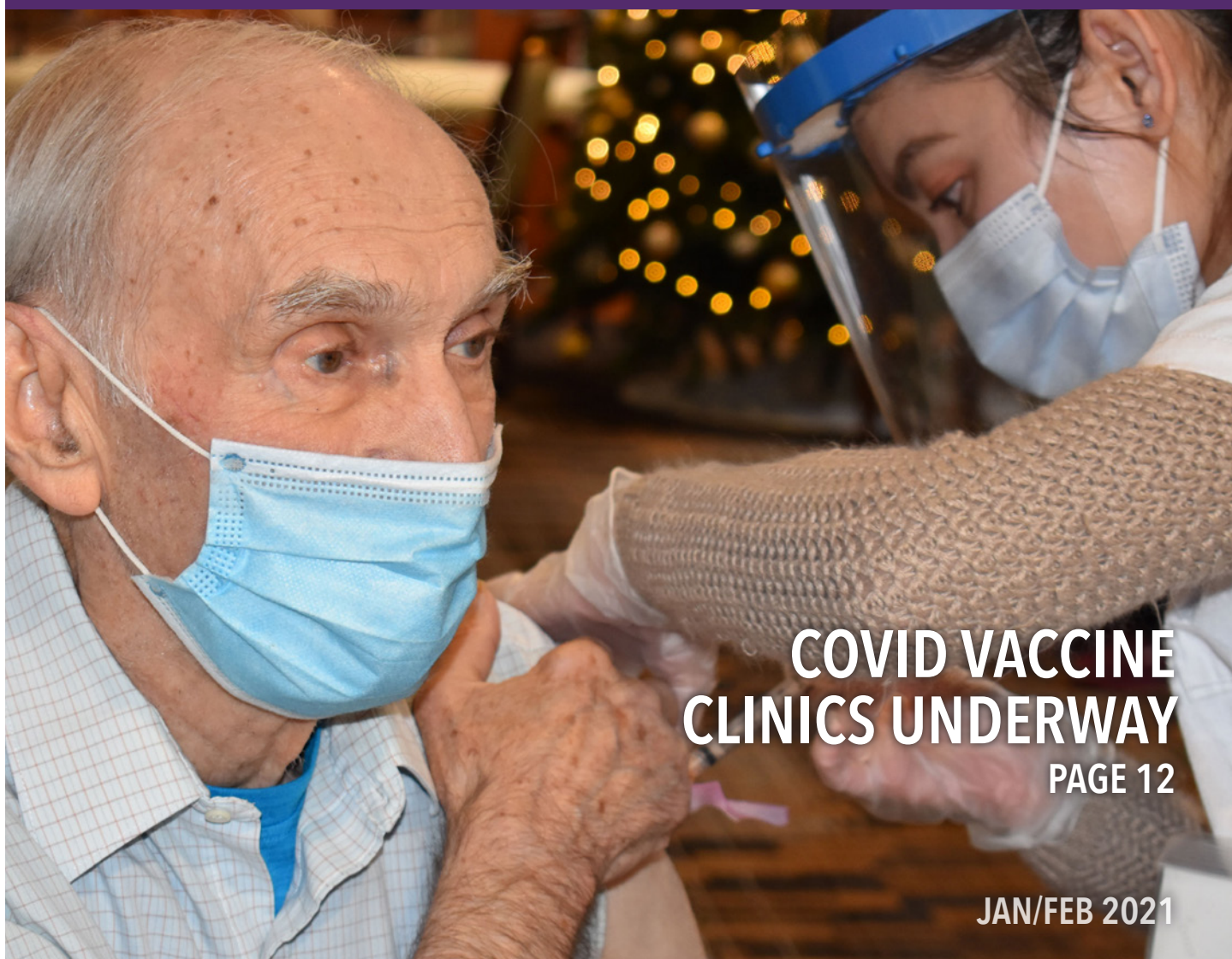
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JAN/FEB 2021



ADF

INNOVATORS IN
HEALTHY AGING

MESSAGE FROM THE CEO



Happy 2021 to you!

I am looking forward to a healthy and happy year. The end of the COVID-19 pandemic is well in view.

By now, most of our community has received the first dose of the COVID-19 vaccine at our on-site clinics. We worked closely with health officials to ensure that everyone living and working at Knollwood would be included in the first phase of vaccine administration in our region.

I am proud of how we got through 2020 together. Thank you for maintaining a positive, supportive attitude in the midst of our many health and safety protocols.

As you can see, our Bugle has a new look! I hope you enjoy it and I invite your feedback. We are always looking to improve how we communicate and share news about our community. I would love to know your thoughts.

Best wishes to you and yours!

Sincerely,

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

SANTOS LEADERSHIP AWARD HONORS FOUR

In memory of the late Enrico Santos, our dedicated Chief Financial Officer who passed away in April 2020, we created the Enrico Santos Exceptional Leadership Award to recognize outstanding Knollwood leaders. The award recognizes those who display extraordinary compassion, commitment, integrity, humility, and selfless service – qualities that were so evident in Enrico.

At a ceremony on December 22, 2020 attended by Enrico’s family and ADF Chairman Jack Keane, we honored four leaders for their outstanding service over the past year in our community:

- Arlette Kesseng-A-Mbassa, RN, Director of Nursing
- Margo Buda, RN, Clinic Nurse
- Taci Merkley, Controller
- Sarah Prowitt, Wellness Director



2020 award winners with the Santos family, featured left to right: Louisa Santos (daughter), Margaret Santos (wife), Taci Merkley, Sarah Prowitt, Arlette-Kesseng-A-Mbassa, Margo Buda, Gabriela Santos (daughter), Rosi Santos (daughter), and Joseph Santos (son).



Enrico Torres Santos served as Chief Financial Officer of ADF and Knollwood for 15 years, from 2005 until his passing in 2020. A faithful Catholic, loving and devoted father, and proud American citizen, Enrico was a remarkable man steeped in honor and integrity.

KNOLLWOOD RESIDENT ASSOCIATION NEWS

Residents and families contributed \$75,000 last December to the annual Knollwood Employee Appreciation Fund (KEAF) drive to recognize employees for their excellent service. Special thanks to our KEAF Committee, ably led by Ray Lepesqueur, for making the drive such a great success.



WHAT'S A MAKERSPACE?

A place where people create, invent, tinker, explore, and discover using technology and tools, such as computers, 3D printers, craft machines, and more.



HELP SUPPORT OUR LAB

Your donation to our Innovation for Health and Wellness Fund can help grow our makerspace. Call James Michels at 202-541-0492 to learn how to make an impact.

WELLNESS MATTERS

THE JOY OF MAKING

Studies show that people who participate in meaningful activities report feeling healthier and happier. Makerspaces have much to contribute in this regard.

KNOLLWOOD OPENS MAKE & TECH LAB

Makerspaces started in libraries, museums, and universities to help connect learning and technology. Committed to lifelong learning as a part of healthy aging, Knollwood built a Make & Tech Lab, a collaboration between the Knollwood Resident Association, management, and researchers from University of Maryland's Information School. Knollwood is the first life plan community to offer a makerspace to independent living residents. Officially opening its doors in December 2020, our well-equipped workshop offers computers, a color printer, a digital sewing machine, a button maker, a 3D printer, a digital embroidery machine, a Cricut machine, and jewelry-making supplies. From handmade cards to new jewelry to election-style buttons, opportunities abound. One creative thinker even upcycled a vest into a purse!

NO EXPERIENCE NEEDED!

The lab was built with accessibility in mind. Laminated instructions help residents understand how to use each machine, and staff and resident volunteers are there to lend a hand. When COVID restrictions no longer apply, family members, students, and volunteer makers from DC public libraries will be invited to use the lab, creating new opportunities for intergenerational volunteering.

EASY TO USE

The equipment has many user-friendly features, such as self-threading needles on the digital sewing and embroidery machines. And, the machines were hand-picked with versatility in mind. The Cricut allows users to cut or draw on cardstock, vinyl, and even iron-on material. The 3D printer can translate .stl models into real life objects, from bird houses to planters and more, now on display in the lab. People who simply need a computer will find a Mac and a PC, both connected to Wifi and color printing.

HEALTH BENEFITS OF MAKERSPACES

- **Greater meaning and purpose** by being active, productive, and intentional with your time
- **Meaningful social connections** by collaborating with or working alongside others in an industrious group setting
- **More laughter and happiness** from a fun, engaging experience that can brighten your day
- **Better mental fitness** by challenging your brain to learn new technologies and master new skills

**The Make & Tech Lab is open 24/7.
Drop in anytime!**



A ribbon-cutting ceremony officially opened the new Make & Tech Lab. Left to right: Sarah Prowitt, Jerry Burkett, Col Bricker, Nancy Roderer, Tracy Whiteside, Joyce Simons



Nancy Roderer completing a gemstone bracelet



What new equipment would YOU like to see in the Make & Tech Lab?

Ideas welcome!
Call Sarah Prowitt (x506).

WELLNESS EVERYDAY

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	Thursdays 10am
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
<i>call x403 to schedule</i>

CHAPEL

Catholic	Saturdays 4pm and 4:40pm (reserve with Julia x132)
Protestant	Sundays 11am and 12pm (Episcopal on first Sundays)

LIBRARIAN'S PICKS

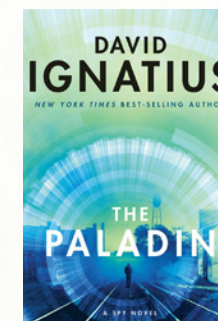
MOONFLOWER MURDERS

Written by Anthony Horowitz, this page-turner features literary detective Atticus Pund and Susan Ryeland, hero of The Magpie Murders. It is a complex thriller with echoes of Agatha Christie.



THE PALADIN

This great read by David Ignatius involves a daring CIA operation gone wrong, prompting Michael Dunne to seek revenge. Recommended by Maggie Kelly!



THE SPLENDID AND THE VILE

Erik Larson's excellent book on Winston Churchill is now available here in large print. A very popular read that is not to be missed.



ASSISTED LIVING (THE TERRACE) & NURSING CENTER

WELLNESS PROGRAMS

Chapel Services and Chaplain Visits
Exercise
Art
Music
Group Games
Letter Writing
Poetry Hour
Scripture Reading
Sing Fit
Story Telling
Brain Games

*Daily activities on varied schedule.
Call Juanell x158 or x325 for details.*

HEALTH SERVICES

Healthy Aging Therapies
Palliative Care
Pain Management
Podiatry
Primary Care
Psychiatry
Rehabilitation and Recovery

*Call Jessica x501 for assisted living
Call Karen x155 for skilled nursing*

FAMILY VISITS - VIRTUAL AND ON-SITE

*Assisted living (jglotzbach@armydistaff.org)
Skilled nursing (kfryer@armydistaff.org)*



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

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



Jan Miller with beautiful snowflakes handmade by her mother 30 years ago



Delores Harris, Pat Rich and Callie Daugherty made necklaces in the Make & Tech Lab



Mary Dulany beautifully adorning a handheld mirror

WHAT'S NEW IN THE HALL?

PARLEZ-VOUS FRANÇAIS?

Join our French conversation group! Call Sam Corlette (x360).

CHEERS!

Whether you're a connoisseur or thirsty for something new, don't miss our Wine Club. Learn more from Sam Corlette (x360).

MAKE & TECH LAB

Open 24/7 so you can be creative any time of day... or night! Call Sarah Prowitt (x506) for details.

JANUARY AND FEBRUARY BIRTHDAYS

Elaine Law	Susan Symons
Joanne McClure	Rebecca Birk
Dixie Robinson	Jane Corlette
Joseph Wachter	Arthur Dewey
Judith Allen	Ethel Norris
Annette Melcher	Rosemary Strange
Susan Burns	Joyce Simons
Faith Earll	William Duncan
Elizabeth Pettit	Linda Carlson
Ruth Haley	Margaret King
Thelma Taylor	Nancy Axelrod
Donald Kaufmann	Deborah Crissman
Katye McLaughlin-Young	



Councilman Brandon Todd presenting Knollwood resident Thelma Mrazek a resolution from the Washington DC City Council recognizing her service to our nation and the Knollwood community.

THELMA MRAZEK HONORED

Knollwood resident, Thelma Mrazek, is a long-standing volunteer on former DC Councilman Brandon Todd's General Advisory Committee, which addresses issues impacting seniors living in Washington, DC.

The DC City Council unanimously recognized, honored, and congratulated Thelma for her valuable contributions to the Council as an editor, researcher, and advocate for older Americans in the District of Columbia, as well as for her service to our nation.

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

THE TERRACE



Jolly Old Saint 'Esposito' showing his holiday spirit



Gloria Sperry and her gingerbread house extraordinaire!



*Jane Smoot giving Santa her Wish List.
Even Santa practiced social distancing!*



*Mary Moe spending time with her loved ones.
COVID made family visits a little different this year...*



*Steve McLean made sure the
tree had no bare spots!*



*Our Little Store decor
brought holiday cheer.*

JANUARY AND FEBRUARY BIRTHDAYS

Jackie Canham
Shirley Dean
June Ley
Clara Langer

NURSING CENTER



John Jacobs displaying his beautiful wreath



Francis Johns making homemade Christmas ornaments



*Marmetta Hamilton-Cooper making spirits bright
with her decorating talent*



*Priscilla LeBourgeois hard at work on her
gingerbread house creation*



Naomi Thomas decked the halls with her tiny tree



Catherine Adams looking fun and festive!

COVID-19 VACCINE CLINICS UNDERWAY

At long last, relief is in sight! The development and administration of the COVID-19 vaccine will put an end to the months-long pandemic that derailed 2020 around the globe. On January 6 and January 15, 2021, we administered **650 doses** of the life-saving vaccine to residents, staff, and contractors! Second doses will be administered in two February clinics.

A heartfelt THANK YOU to Donna Epps, our Health Services Administrator, and Peter Loew, our new Director of Human Resources, for their Herculean efforts to orchestrate Knollwood’s on-site vaccine clinics. Both have worked tirelessly, in close collaboration with Walgreens, local health officials, expert advisors, and our Clinical Review Board, on plans to safely and swiftly administer the vaccine to everyone who lives and works at Knollwood.



DONNA EPPS, HEALTH SERVICES ADMINISTRATOR

A DC native, Donna joined Knollwood in August 2020. She has an extensive background in health administration, including life plan communities, rehab centers, and hospitals. She enjoys tennis, board games, cooking, and writing. She is currently working on her first book.



PETER LOEW, DIRECTOR OF HUMAN RESOURCES

Peter joined our community late last year. He brings more than 20 years of experience in the human resources industry, including 11 years in life plan communities like ours. Peter volunteers for Little Falls Village, which helps seniors who are aging in place.



WELCOME TO KNOLLWOOD

EUGENE AND ESTHER HERMAN

Eugene and Esther met as undergraduate students in 1958 at the University of California, Berkeley. Eugene received a Master of Science Degree and PhD from the University of San Francisco, then briefly served in the U.S. Army before joining the U.S. Public Health Service. Currently, he works at the National Cancer Institute two days a week and enjoys playing the trombone. Esther received a Master of Social Work degree from Catholic University and had a rewarding career as a Social Worker and Child and Family Therapist. They have four children, three of whom live in the area, and many grandchildren. We wish you much happiness at Knollwood, Eugene and Esther!



ROLAND LIPPOLDT

Originally from Kinsley, Kansas, Roland was a wheat farmer during high school and college. He received a Bachelor of Arts degree from Phillips University in Oklahoma. A summer job at the University of Kansas Medical Center led to his commission with the U.S. Public Health Service at the National Institutes of Health, where he conducted medical research for 50 years. Roland also earned a Master of Science Degree in protean chemistry from Georgetown University. Roland enjoys square dancing, travel, theater, classical music, and singing with his church choir. His son Stephen and grandson Aric live in Clear Springs, Maryland. Roland, welcome to Knollwood!



JENNIFER URQUHART

A native Washingtonian, Jennifer lived 43 years in DC’s Palisades neighborhood. After graduating from Smith College, Jennifer had a career with the National Geographic Society as a researcher and writer. Jennifer and her cat, Lucky, moved to Knollwood in November 2020. She has aphasia but fully understands what people say and is eager for conversation! Welcome Jennifer! We are so pleased you are here and look forward to getting to know you!





ADF HAS A NEW LOOK

ADF has evolved considerably since our founding more than 60 years ago to serve female relatives of US Army servicemen. Today, as an innovative leader caring for men and women from all military services, we've updated our logo (above) to better represent what we do and whom we serve.

ADF is a 501 (c)(3) non-profit organization established in 1959 that provides housing, health, and wellness services to older adults who served our nation, regardless of financial status, through Knollwood, a residential community that we built, own, and operate.
Tax ID #: 53-0246852

YOUR SUPPORT BUILDS A STRONG FOUNDATION

A NEW WAY TO DONATE

To help sustain and improve quality of life at Knollwood, ADF seeks donor support through various giving programs. New this year, we are creating an Honor Wall on the ADF website where you can donate in honor or memory of a loved one and your gift designation will be presented as a virtual brick as a tangible show of support. We are excited to share details next month on how you can participate.

ADF GIVING SOCIETIES NEED NEW MEMBERS



The General Maxwell D. and Lydia Taylor Society was established in 1996 for people demonstrating their commitment to ADF's mission with a gift of \$50,000 (over five years).



The Rosamond Davis Legacy Society recognizes supporters who further the important mission of ADF through a planned gift, bequest, or donated admissions fees.

Interested in learning how you can improve life at Knollwood? Call James Michels, Vice President of Development, at 202-541-0492.

A RENEWED PARTNERSHIP

Army Emergency Relief (AER) is a committed ADF partner. Since 2017, AER has helped ADF care for Army service members and their families through financial support. In a December 2020 Signing Ceremony between ADF's MG McHale and AER's Chief Executive Officer LTG Raymond Mason, USA, (Ret.), the two foundations executed a new Memorandum of Agreement documenting AER's continued grant support for housing, food, and medical care for Army spouses and their families facing financial hardship. The new agreement continues through 2023. Together, AER and ADF are caring for those who served.



LTG Raymond Mason, USA, (Ret.) pictured far left with his team at ADF's 2020 Camaraderie Classic Golf Tournament

ADF BOARD GAINS THREE

We are pleased to welcome three new members to ADF's Board of Directors. Unanimously approved late last year, our newest members bring valuable expertise to help pursue ADF's mission and vision:



COL Lucretia M. McClenney, MSN, RN, USA, (Ret.) brings a tremendous background in healthcare.



MG Anthony C. Funkhouser, PE, USA, (Ret.) enhances our Board with deep expertise in engineering and facilities.



LTG Edgar E. Stanton, III, USA, (Ret.) offers extensive financial management experience.

CECA FOUNDATION AWARDEES

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

SHANEYA GEOHAGHAN

Shaneya Geohaghan provides IT support to Knollwood residents. She hit the ground running when she arrived, busily helping people with their diverse electronic needs. She is extremely pleasant, very knowledgeable, and a real lifeline for residents who need help connecting virtually with their family members during this challenging COVID season.

Knollwood residents continuously say that Shaneya is a great listener and always patient, always helpful. She has fixed computers, clocks, phones, and more. She even helps out in the Make & Tech Lab, a new favorite for many residents. Always willing to pitch in and lend a helping hand, Shaneya is a real asset to the Knollwood team!



Shaneya with Knollwood's Chief Operating Officer, Col Paul Bricker, USA (Ret.)

GRACLYN ABOSI

Graclyn Abosi is a nurse at Knollwood who excels at caring for others. One Saturday in November, Graclyn was on duty as the Clinic Nurse. A resident in the Hall was experiencing health difficulties, but refused to let anyone provide assistance. A family member arrived to take the resident to the hospital, but the resident still refused help. Calmly and graciously, Graclyn arrived on the scene. She called an ambulance, stayed with the resident, and ensured the resident safely transitioned into the capable hands of emergency medical personnel – even though her shift had already ended. Graclyn is to be commended for her deep care, demonstrated expertise, and willingness to go the extra mile.



Graclyn with Knollwood's Clinic Nurse, Margo Buda