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May-June 2017

Bugle Call

The Knollwood Newsletter



HONORING VOLUNTEERS

by Carol Campbell, Director of Resident Services

Our annual ceremony in April is designed to recognize the values of volunteerism and honor an extraordinary number of Hall residents whose willingness to give of themselves makes our residence the warm and dynamic place we love. At our event on April 28, KRA President Bonnie Kenny spoke in depth about the history of volunteerism in the military and its tradition at Knollwood. CEO MG Timothy McHale brought to bear personal accounts from his life and career to augment the theme. Several residents shared why they volunteer: Frank and Elizabeth Cucolo, Thelma Mrazek, Sharon Brown and Phil Soriano spoke with heart about what giving means to them. Chair Julia Plotnick described the selection process and recognized past awardees who make up the Committee.



Awardees Elizabeth and Dick Compton cut the cake flanked by Bonnie Kenny and MG Tim McHale.

Finally, Dick and Elizabeth Compton were pronounced Volunteers of the Year for 2017, to the delight and hearty applause of residents present. Since 2008 when the Comptons moved to Knollwood, this personable twosome has given much of their time and talent for the betterment of our mutual residence – including opening their lovely home for marketing and fund raising tours. As a couple, they have served on the Health Services Committee, as coordinators of Catholic services, and as proctors

Article continued on page 9

The Bugle Call is a publication of the Army Distaff Foundation and Knollwood, a military retirement community located at 6200 Oregon Avenue, NW, Washington, DC 20015 and is published for residents of Knollwood.

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 Ruth Kulvi: Do You Know?
 Pat Rich & Pat Jones: Chapel News
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May Birthdays

Daniel Whiteside	5/1	Callie Daugherty	5/16
LaVert Seabron	5/2	Rita Stephens	5/24
Phil Soriano	5/5	Margie Wright	5/27
Betty Greig	5/12	Richard Marsh	5/29
Marmetta Hamilton	5/14	Martha Kline	5/30
Marjorie Carroll	5/16	Miriam Reed	5/31
		Mary Ann Garrett	5/31

June Birthdays

Joanne Bondy	6/1	Margaret Jones	6/15
Elizabeth Aman	6/2	Janine Humphrey	6/15
Mary Anne McKay	6/2	Richard Wyrrough	6/15
Marge Todaro	6/4	Frances Wyrrough	6/17
Richard McArdle	6/4	Virginia Johnson	6/17
Tanya Soriano	6/8	William Wells	6/18
Maggie Kelly	6/9	Emile Bernard	6/18
Matthew D’Souza	6/9	Sue Lair	6/20
John Barnett	6/10	Charles Shuey	6/21
Fran Selden	6/12	Paul Darnauer	6/22
Nancy Dahl	6/13	Peter Kowalchek	6/23
Aquilla Stanfield	6/14	Janet Miller	6/25
Eleanor Wheeler	6/14	Judith Millon	6/27
Ruth Bettencourt	6/14	Helene Manning	6/28
Eleanor Kowalchek	6/14	Janet Cline-Moody	6/30

HAPPY BIRTHDAY TO YOU ALL!



Your birthday will be listed if you’ve turned in a form authorizing publication or spoken with Loraine Wilson—call x135 for more information.

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CHAPEL NEWS

By Pat Rich and Pat Jones, Residents and Co-Chairs, Chapel Committee

We hope everyone enjoyed the Easter Lilies in the Chapel. These were donated by residents in honor of loved ones.

The National Day of Prayer is being held on May 4 at 10:00 AM in the Chapel. A quartet of singers from the Army Chorus will perform for us. The theme this year is "For Your Great Names' Sake Hear Us – Forgive Us – Heal Us." The Guest Speaker will be Chaplain (CAPT) Jeremy Dunn, AHS Installation Chaplain. A reception will follow in the Anderson Salon.

The Love Offering was very successful this year and is a great help in keeping the Chapel operating with Protestant, Episcopal and Catholic services weekly. Thank you!

We honored a special resident this month. BG/Dr. Richard Compton has retired from the Chapel committee after serving faithfully and tirelessly for many years. At a recent gathering, we presented him with a certificate of appreciation for all he's done.



Chapel Humor:

John: My wife treats me like a God.

Bill: So, she worships, honors and obeys you?

John: No, she ignores me until she wants something.

Please note that all apartments located in the new/expansion wing have a separate mail area with their own mailboxes and mail slots for in-house mail. This is an easily found spot across from the café. I have noticed lately that people leave things for new wing residents in empty slots or other interesting places in the main mail room. Unless someone "in the know" sees these, they won't get delivered. Remember that if you ask an aide to deliver mail to someone's mail slot, make sure he/she knows that there is a separate place for items going to new/expansion wing residents. **Thank you for your understanding from Loraine Wilson.**

LIBRARY NOTES

By Priscilla Cunningham, Resident Librarian

Again we have lots of new titles for lazy summer days. I hope to divide the categories so you can find what you wish to read quickly.

Large Print are the hardest to find, but the most read here at Knollwood. I was able to find two: from Charles Todd "No Shred of Evidence" which is an Ian Rutledge mystery, and from Jaqueline Winspear, "In This Grave Hour" which brings Maisie Dobbs to the onset of WWII.



Science and Technology is getting interesting if only in the area of business investments. From Etheon Alpaydin "Machine Learning" explores the algorithms that lead to machine learning. This is a topic of interest at Knollwood as we may have some robots learning right here. We also have been gifted "Automate This" by Christopher Steiner which explains how this technology has taken over our markets, our jobs and our world.

Two titles came from last months Book Chat. I found the latest Wallace Stegner novel "The Spectator Bird" which won the National Book Award. It is a novel that investigates the question of whether we are designers of our lives or spectators. Anthony Franze, a D.C. attorney, has written his second mystery "The Outsider." It is set in the Bethesda area and you can evaluate his descriptions from experience.

Mysteries work well in the summer months. Charles Todd has gone to the beginning of the Ian Rutledge series again to introduce the detective prior to World War I. He must develop the curiosity that will be so useful in Scotland Yard without a Scott in the back seat of his car. Lyndsay Faye brings us "The Whole Art of Detection: Lost Mysteries of Sherlock Holmes" which gives the reader fifteen tales that would make Dr. Watson proud.

Fiction has interesting variations. Alice LaPlante brings us a thriller that starts with a funeral. "A Circle of Wives" begins with a funeral where a number of wives appear to celebrate his life and justify their own. Louise Erdrich in "La Rose" uses an ancient indian practice to soothe the pain and tragedy which is destroying two families. Jennifer Ryan gives us some humor in "The Chilbury Ladies Choir".

"As all our male voices have gone to war, the village choir is to cease following CDR Edmund Winthrop's funeral next Tuesday." The Vicar begins with that note and goes from there. Hillary Mantel brings us the sequel to "Wolf Hall" with "Bring Up The Bodies" which takes us through the downfall of Anne Boleyn. Another PBS series perhaps?

Mrs. Marianne Lee donated a collection of her husband's books. They include books on Revolutionary uniforms and weaponry, antique gun collecting, and the civil war. There are two books I recommend to all library visitors. One is titled "Detailed Minutiae of a Soldiers Life in the Army of Northern Virginia." The title alone is wonderful. The other is Dan Troiani's "Civil War" which is a collection of his brilliant artwork. I put it in the Reference room, but it could easily blend in to our collection of Fine Arts book.

WELCOME TO KNOLLWOOD

RICHARD & FRANCES WYROUGH

The Wyrroughs have been at Knollwood since June, 2016.

Dick and Franci met at Georgetown University, where he was studying for a Master's in History and Franci was in the Foreign Service School. They graduated together in 1955 and were married later that year. They have three sons and eight grandchildren.

Dick graduated from West Point in 1950. He served first in Washington as a platoon leader with the 3rd Infantry Regiment. As an added duty, he was named a White House Aide under President Truman. In Korea, in early 1952, he commanded a heavy mortar company and earned his first Combat Infantry Badge. 1953 and early 1954 saw service at The Signal School as an infantry instructor at the beginning of the Army-McCarthy hearings. From 1955 to 1959, he taught at West Point, specializing in US diplomatic history. In the early 1960's he served in Germany, first as Operations Officer with a tank battalion; briefly, as Battalion Commander; and later as senior aide to the Commanding General of the US Seventh Army during the Berlin Wall crisis.

In his first Pentagon tour early in the 1960's, one of Dick's tasks, while assigned as Military Assistant to the Army General Counsel, was to relocate the ransomed members of the Cuban Brigade to jobs throughout the US. He later served in the Office of the Army Chief of Staff, concerned with intelligence and operational

issues. Following his attendance at the Industrial College of the Armed Forces, he went to Vietnam, where he served from 1967 to 1970. His first assignment was as a Deputy Brigade Commander on the Cambodian border. Next, he oversaw the conversion of the Vietnamese military academy from a two- to a four-year degree-awarding college modeled after West Point. His last assignment was as the Commander of a brigade-sized force, Task Force South.

Dick's second Pentagon tour was in International Security Affairs, concerned with Panama, Central America, and Mexico. In 1974 Ambassador Ellsworth Bunker, newly appointed as the chief US negotiator for the Panama Canal treaties, invited Dick to join the renewed effort. Dick retired from the Army and joined the US Foreign Service in his role as military advisor to Ambassador Bunker. Signed in September 1977, the treaties were ratified in 1978 and entered into effect in 1979. From 1980 forward, he was the State Department's principal officer concerned with Panama. He was active in the efforts to unseat Panamanian General Noriega until he retired in late 1990, following Noriega's arrest and the restoration of democracy in Panama.

Given Dick's repeated assignments in Washington and the fact that Franci grew up in the Washington area, Knollwood's location is perfect for the Wyrroughs. They very much enjoy the camaraderie of the residents and the courtesy and friendliness of the staff.

WELCOME TO KNOLLWOOD

EMILE & ELIZABETH BERNARD



Emile and Elizabeth (Betty) Bernard arrived at Knollwood in June 2016 just in time to celebrate their 50th wedding anniversary at a party given by their four children. Emile served for 30 years in the U.S. Marine Reserves and has a Ph.D. in Nuclear Engineering. He worked at the Los Alamos National Laboratories in Los Alamos, New Mexico and the Sandia National Laboratories in Albuquerque, New Mexico. Betty, who graduated from the University of Florida with a degree in Elementary Education, taught 4th grade in Daytona Beach, Florida and also worked as a writer and proofreader for the St. Augustine Record Newspaper. They were married in the historic Cathedral of St. Augustine,

FL on June 25, 1966. They feel they have been blessed by God in many ways over the years and are very grateful.

Emile and Betty have four children, Michelle Hoffman (DC); Craig Bernard (Houston); Nicole Engelman (Alpharetta, GA) and Marc Bernard (Albuquerque, NM) and 5 grandchildren ranging in age from 6 – 18. Their oldest grandson Luke attends Gonzaga H.S. here in Washington, DC. In their younger days, the Bernards enjoyed skiing at Durango, Colorado when they lived in Albuquerque. One of their most memorable trips was a cruise with the whole family in 2001 when their grandson Luke was just a year old.

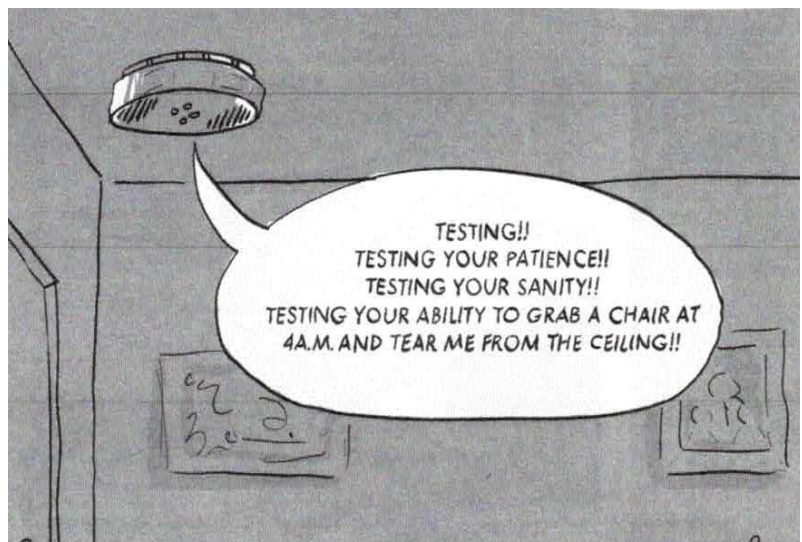
Both Betty and Emile have been active in church activities throughout their lives. They were involved in marriage incentive and marriage prep programs. They also had a few opportunities to participate in personal tours of Nasa in Houston, TX where their son Craig works.

We are delighted to have the Bernards here at Knollwood!

We've all been there!

From The New Yorker
May 9, 2016

Submitted by Don Lair, Resident



WELCOME TO KNOLLWOOD

MARTHA ROSSI

Martha was born in New Jersey. She graduated from high and entered into nurses training at the Jersey City Medical Center and received her RN in 1954. She met her husband Ralph while fulfilling her psychiatric rotation in Morristown, NJ. Ralph had a summer job there and had received a ROTC scholarship to Columbia. He served 4 years active duty in the navy. In 1970, while in the Naval Reserves, Ralph made commander and accumulated 23 years of service. Martha says that Ralph kept turning up in her life and she kept sending “that Bronx guy” away. Love conquered all and they were married in 1958.

After the wedding, Ralph was accepted into Harvard’s MBA program and Martha worked at Mass General in the OR. Their daughter was born in 1959. Their next stop was Rochester, NY where they added another daughter and three sons to their family. Ralph’s job took them to New Jersey and then to Menlo Park, CA. Martha worked in many different areas – medical surgery,



pediatrics, OR and hospital float.

In 1983, Ralph had a heart attack and he decided he wanted to do something different. They moved to Oakhurst, CA and Yosemite National Park became a wonderful part of their lives. They owned a restaurant for 8 years. The Rossis never really retired. Ralph always had some type of job and Martha volunteered at Children’s Hospital for 9 years.

Their children all married and she has 9 grandchildren. **We welcome you, Martha!**

THANK YOU FROM KEVIN JOHNSON, FACILITIES DIRECTOR

The entire Knollwood Facilities team thanks all the residents throughout the building for their patience during the recent inspection of the fire alarm system. This is a yearly code requirement and helps to keep us all safe and the building compliant.

In the meantime, we are planning to hold practice evacuation events in the near future and I will keep you updated when the timing and plans are finalized.

PROFILES

Lily, Dining Services Manager

By Joanne Bondy, Resident

Lily, of course, is Lily Rodriguez; and Knollwood is the place where everybody knows her name. She is an employee of Sodexo, who has worked her entire career at Knollwood. In 1990, Knollwood was a much smaller community; no Terrace, no SCC, and only a handful of men. Then, as now, Dining Services were handled by Sodexo, and it was into this community that Mrs. Rodriguez was hired as Host.

Her starter duties were at the Reception Desk, taking reservations, and assigning stations. When Sodexo put Lily on the fast track to Manager, she earned 15 training certificates in everything from hiring staff, to rating staff performance. Thelma Mrazek, a resident who has known her for 17 years, says that Lily is always concerned with the quality of service, and stops at every table to make sure everything is "OK." Mrs. Mrazek went on to say that Lily was their Hostess of choice for the annual Christmas parties, where two of her children, Jennifer and Alex, played music, and sang carols with the residents. Her older children, Heidi and Sergio, worked as waiters for several years, under Lily's supervision; and her husband, Celio, a Landscape Developer, has worked in the DC area for many years.

One of Lily's highest priorities is hiring top level staff for the front of the house. Knowing how to serve is only her first requirement. Equally important are the "soft skills:" friendliness, patience, and good communication. This may explain their low "churn" or turnover rate. A



good example of longevity is Manuel, a waiter with a quarter-century of service at Knollwood.

Twenty-seven years after she started, Lily looks back at some of the changes. Male family members moved in, and Lily admits it was nice to see more men. One resident tells a story of walking down the Concourse soon after his arrival. He heard someone call his name, then say "you look so nice." It was Lily, and from that moment, he felt welcomed, and at home. Lily is also enthusiastic about the new dining venues: greater food choices, and open more hours. "I don't have to lock people out anymore."

Lily has no plans to retire; but when that day comes, she's going to surround herself with family. She wants to watch her grandchildren grow and thrive; and keep in close contact with her second family: her brother, sisters, and parents, in Guatemala.

HONORING VOLUNTEERS (continued from front cover)

for our “neighborhood watch” program. They founded the Knollwood Art Group with its judged art show in October, now in its 7th year. Elizabeth served four years on the Fine Arts Committee; she has enjoyed years of arranging seasonal silk flowers for the Chapel and beautiful fresh displays along the concourse with other residents. In light of all these contributions, given with a wonderfully generous spirit, it is certainly clear that the award was richly earned by Dick and Elizabeth Compton.



Frank and Elizabeth Cucolo, past honorees who in 2013 were the first couple to receive the award, stand behind Elizabeth and Dick Compton.

A beautiful gift basket filled with food, drink and art-themed gifts prepared by Janie Druskin was presented for their enjoyment in days to come.



RECENT HAPPENINGS IN THE HALL



A Fashion Show was presented on the concourse runway in which some lovely residents dressed in outfits from Taylor Marie Fashions. Models were Elizabeth McNamara, Lee Frick, Callie Daugherty, Ann Kem, Bonnie Dawson, Ruth Bettencourt, Mary Dulany and Diana Millar.

One unusual outing that everyone enjoyed was a private tour of the unique architecture of the Masonic Scottish Rite Temple on nearby 16th Street. Group leader Janie Druskin does a superb job of getting special attention by docents, which keeps our trips so popular.

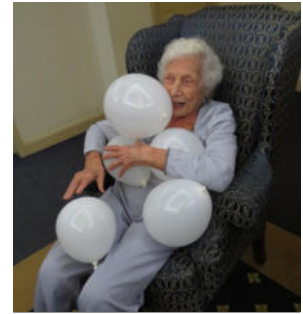


RECENT HAPPENINGS IN THE TERRACE

BY MARNI EWELL, DIRECTOR, TERRACE RESIDENT SERVICES

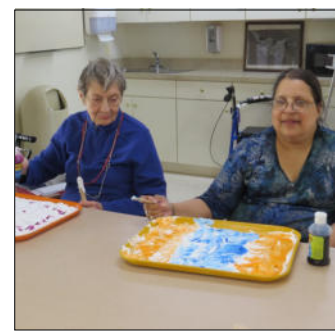
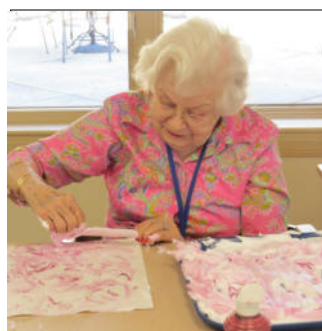
SNOW MUCH FUN DAY

While Washington did not see much snow this winter, we did see a small late snowfall in March. The Terrace took the opportunity to celebrate the white wonderland outside with a “Snow Much Fun Day.” The day was filled with special activities with a snow theme. Residents enjoyed eating snowmen s’mores and drinking hot chocolate while listening to a history/science lesson about the work of Wilson “Snowflake” Bentley, the first person to capture microscopic photos of snowflakes. They made snow crafts and worked on finding out how many words they could make with just the letters in the word snowflakes. But the highlight of the day came with an outburst of laughter as we held our indoor “snowball fight” (with white balloons). Nell Talbott, Lina Czubas, Eileen Meade, Margaret Jones, Joan Ehni, Max Neuman, Rosa Lewis enjoying their snowflake time.



CRAFT CORNER

The Terrace has a weekly Craft Corner where we explore our creative abilities. Recently we made dreamcatchers, decorated eggs for Easter, printed marbled paper and wove yarn baskets. Below from left to right are Lina Czubas, Priscilla LeBourgeois, Joan Ehni and Marmetta Hamilton-Cooper.



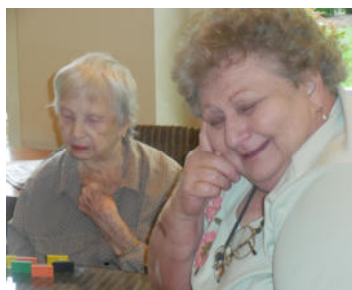
RECENT HAPPENINGS IN THE HSC/SCC

By Juanell Glotzbach, HSC/SCC Resident Activities Director

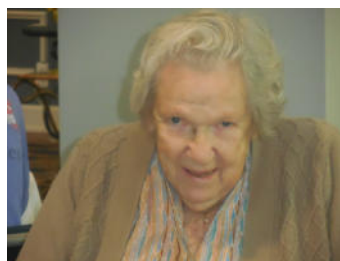
St. John's Having a Ball. It is not your typical 'spring break' destination, but we were pleased that several St. John's High School students chose to spend their break with us in the HSC and SCC. What a wonderful week it was, packed with a large variety of activity programs. With an average of 12 volunteers each day, we had bowling, reading groups, manicures, outdoor fun and refreshment, puzzles, table games, exercise groups and an abundance of individualized attention for the residents. Students assisted with transporting residents to the various programs and leading many activities. These young men and young women did an outstanding job and we are happy they each chose Knollwood as their site for their student service hours.



Steve Chavez



Mrs. Sharon Brown



Mrs. Jane Gorzelnik

Our Annual Volunteer Appreciation Lunch was a tremendous success. It was only fitting that after St. John's students spent their spring break with us, they were treated to a wonderful 'appreciative' lunch. Although not all of our volunteers could make it, those who did attend enjoyed their "Miles of Smiles" tribute. Pianist Ro Cube provided the perfect background music for a delicious lunch buffet prepared by our activity department along with Bonnie Pack, Human Resources. Recognition was given to all our volunteers through a series of door prizes. Awards were presented to the following volunteers for their service: **Steve Chavez** has been volunteering at senior living facilities for 20 years and has been at Knollwood since 2010. Outside of Knollwood Steve is very involved in his church, is an editor with The Adventist Review and also volunteers at another nursing facility in Bethesda, MD. Steve visits Knollwood weekly to provide a group sing along. **Sharon Brown** visits the HSC twice weekly to assist with bingo. Recently, she requested to add another duty to her volunteer duties. She now visits and leads table games and/or art projects with the residents. **Jane Gorzelnik**, SCC resident regularly compiles the volunteer packets for the HSC activity department. Always looking for another chore to be involved with, we are happy to provide. Thank you to all of our volunteers; we appreciate the time, hard work and dedication you put into your service to the residents.

Continued on Page 12

DO YOU KNOW???

By Ruth Kulvi, Resident

A WRITTEN MEDICINE LIST WITH A RECENT DATE IS IMPORTANT AND VALUABLE FOR YOUR WELL-BEING.

Place a copy of your updated medicines in your wallet
Place a copy of your medicines on your refrigerator door, or on the mirror in your bathroom or on the back-side of your apartment door.

Try to remember to UPDATE your medicines on your written medicine list when there is a change in your medicines. It may be a new medicine added, or an old medicine deleted or the dosage has been changed.



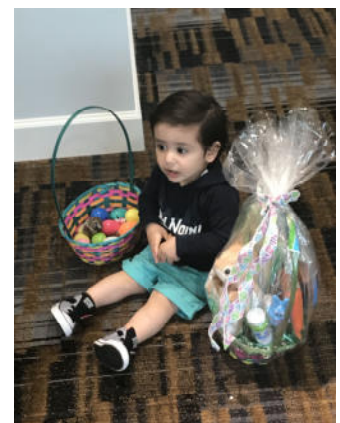
Why:

When you are ill or have a fall and go to the hospital, you cannot remember all your medicines and dosages. No problem, the list is in your wallet or on the mirror in the bathroom or on the refrigerator. (You say, Margo has the list. Is it up-to-date? The ambulance driver will take your list and thank you.

When your medicine list is not up-to-date, you may receive a medicine that discontinued for you or NOT receive a new medicine that was ordered.

Recent Happenings on the HSC/SCC *continued from previous page*

The Annual Knollwood Egg hunt was a tremendous success. Although the weather didn't cooperate, it didn't dampen our spirits. The hunt for 450 candy filled eggs was moved indoors to the Anderson Salon. The room was filled to capacity with games, arts and crafts, special entertainment and a lot of happy participants and their parents. Thank you to all who jumped in to help with this event and especially to all those eager kids and their parents who spent the morning with us.



COMING SOON IN THE HALL

IN-HOUSE:

May 10—12: Knollwood Singers' Spring Show: *All the World's a Stage*. with Shakespearean lecturer Gregory Stuart, Director, and of course resident Agnes Gish, Artistic Director of this ambitious production since 2007.



May 18: Our annual **Garden Party** will feature accordionist Peter DiGiovanni and our usual Maypole Dance with willing participants.

May 23: Young classical pianist **Solomon Eichner** returns to give us a masterful concert as his career is taking off.

June 5: D-Day speaker: LTC William Forbes will talk about landing on Utah Beach in Normandy at our June Afternoon Conversation.



June 9: The **Sally Blytheway Chorale** features former members of the Mormon Tabernacle Choir.

BUS OUTINGS:

May 23 – Private tour of **Woodrow Wilson House**

June 1 – **Train Tour** in Amish country with Lunch

June 7 – **Gunston Hall** Tour and Lunch

June 14 – **Baseball** game at Nationals Park

June 20 – Exhibits at **Washington Arts Museum** in Hagerstown and Lunch

June 23 – **Charlestown Casino and Racetrack** with a Grand Buffet



COMING SOON IN THE TERRACE

COME LEARN SOME HISTORY

The Terrace offers two separate opportunities to expand your history knowledge each month. History lectures with Dr. Robert Jenner have become a favorite of both Terrace and Hall residents. Dr. Jenner explores different areas of American, World and Social History as he presents his programs to Knollwood the third Thursday of the month at 10:30 AM in the T-3 Auditorium. **His next two topics are “Who was Fidel Castro?” on May 18 and “Dolly Madison: Definitive First Lady” on June 15.** The other opportunity is the appearance of our Singing Historian, Roy Justice - also a very popular program. Roy mixes American History and American folk music in a unique blend of singing history lesson as he tells the story behind the songs. **Roy will be appearing at Knollwood Thursday May 4 and Friday, June 9.** Please join us for these exciting programs.



WE ARE GETTING OUTDOORS

With the nice weather that has finally arrived in Washington, we will be getting outdoors to enjoy our beautiful property and neighborhood. We will be starting a new Terrace Walking Club. The group will meet weekly for exercise and conversation while getting some fresh air. Also we will be moving many of our regular activities such as our Birthday Party and Tea Party to our T-2 Patio (weather permitting). We are planning an expanded nature program to learn more about the plants and wildlife present here in the Knollwood neighborhood.



COMING SOON IN THE HSC/SCC

Cinco de Mayo: Join us as we head south of the border for our Cinco de Mayo Social on Friday May 5 at 2:30 in the SCC. Come celebrate with us!



National Nursing Home Week: Mother's Day (Sunday May 14) will kick off our weeklong celebration of National Nursing Home Week. Join us for a Mother's Day social, and a week of planned fun activities and socials. There is something sure to please everyone during this week of festivity. A salute to our Armed Forces will wrap up the week on Saturday May 20. Stay tuned for more information!

National Nurses Week

Nursing: The Balance of Mind, Body & Spirit

Saturday May 6—Friday May 12, 2017

All Knollwood Nurses and CNA's are invited to participate in the events celebrating YOU!



Capturing a rainbow over Knollwood

The pot of gold is right inside the building!

Thanks to Roberta Reed for this neat picture.

CECA WINNER—March 2017

In early April, Korto Lake, LPN in the SCC, was awarded the latest Ceca award by the Ceca Foundation. If you are new to Knollwood or have forgotten, Ceca stands for Celebrating Caregivers. The foundation was started by the family of a former resident, Mrs. Mary Lawlor, who lived in all the levels of care provided here at Knollwood. The family was so impressed with the care their mother received that they decided to start a foundation to fund monetary grants for excellence of care for staff who go above and beyond their regular duties. Kurto is the latest to be nominated and win the award for doing just that. A resident who had recently been admitted to the SCC for long term care, was having a hard time adjusting to his new surroundings. Korto started asking the gentleman about himself and what he had done for a living. He responded by opening up to her about his career. She went on the internet where she found and printed a picture of him receiving an award for a special achievement. She asked him to read the information. You could see his face light up with joy and pride, and he calmed down and explained what he had done to receive the award. Others on the staff have been using the picture to help him whenever he becomes restless. **Way to think out of the box, Korto!** Nice job!



BG GEOFF CHEADLE HONORED AT NATIONAL CATHEDRAL



This article was written by Rev. Olivia Hilton, Knollwood's Episcopal Priest

Knollwood resident BG Geoff Cheadle (USAF, Ret.), a member of Knollwood's Episcopal congregation, was honored April 26 by Episcopal Bishop Mariann Budde in a service at Washington National Cathedral. The annual event, entitled "Seabury Celebrates Service," is coordinated by Seabury Resources for Aging and honors older members of Episcopal and United Church of Christ congregations in the greater Washington area. Bishop Budde recognized Geoff, a lifelong Episcopalian, for his dedicated service as a frequent lay reader who also sings with Knollwood's prologue choir and has contributed to *The Living Church Foundation* as a guest columnist, publishing such articles as "A Matter of Righteousness: ECUSA and Israel" (August 30, 2005). Geoff's late wife Margaret (Peg) was a graduate of Virginia Theological Seminary, the Episcopal Seminary in Alexandria, VA. At all of their postings, the Cheadles were active in the Episcopal congregation. Before moving to Knollwood, Geoff and Peg were members of Washington National Cathedral. Geoff continues to pursue the principle given by the title of his wife Peg's final thesis at the Seminary: *The Primacy of the Holy Eucharist in Christian Worship*. Congratulations, Geoff!

WELCOME ROBERT POLITE DIRECTOR OF ENGINEERING

Mr. Robert Polite has been named the Director of Engineering for Knollwood. He started working here in April and we wanted you to learn a little bit about him and his qualifications for the job.

After graduating from J.M. Calhoun Engineering, Easton, Maryland, Mr. Polite started his professional career aboard US Merchant Marine Vessels and on Military Reserve Fleet Vessels, as an engineering officer. He was responsible for operation management of all shipboard power systems, which included 1,500-psi HP steam boilers, main engine steam turbines, electrical turbine driven generators up to 30 MW, and main engine diesel propulsion systems up to 50,000 horsepower.

After 20 years of service, he retired from the US Merchant Marines as a Chief Engineering Officer with an unlimited horsepower diesel and steam vessel license. Upon retirement, Mr. Polite earned his BS Degree in Business Management from Potomac College, Washington, DC and currently holds a Masters Degree in Business Management, International Systems Administration, from Central Michigan University, MI.

In 1995, BP Associates, Inc. was created as an engineering consultant firm under the leadership of Mr. Polite. The firm specializes in design-build church and power plant generation projects and

operations. In May 2007, he was appointed an associate member of the National Association of Church Facilities Managers.

Mr. Polite has received the EPA's Energy Star Award for other facilities for which he was responsible. At Gallaudet University, he evaluated and re-engineered the combustion management system for the High- Pressure Steam Boiler System resulting in a reduction of energy, water, and steam and fuel consumption.

Mr. Polite resides in Mount Vernon, Virginia with his family and has served as past Chairman of the Environmental Committee for Mount Vernon Civic Association for several years. An active community participant, he also volunteered at the City of Alexandria Homeless Shelter to support their efforts in serving the community. Mr. Polite served as past President of Potomac College Alumni Association located in Washington, DC.



A Note from Environmental Services

As a few of you have experienced, we are having problems with moths throughout the building. If you see any moths or their larvae in your apartment please call the front desk and the receptionist will put your name in the service book. Meanwhile, they are particularly partial to natural fibers such as wool, cotton and linen. If you see moths in your apartment, have your natural fiber clothing dry-cleaned and keep the clothes in the plastic. If need be, we can treat your carpets but it is our belief that the problem is mostly with the clothes.

DISPLAY CABINET—APRIL AND MAY

SPRINGTIME by Mary Dulany, resident



Even after the changeable weather as we have had at Knollwood this February and March, we finally welcome Spring! Spring Festivals include Easter for Christians, Passover for Jews and many other festivals for other religious groups.

The eggs in the display case are egg-shaped candles and semi-precious stone eggs from Italy. One set of Italian eggs is from the collection of Elizabeth Compton.

China bunnies and stuffed animals represent the live baby animals of the season.

The lovely real and artificial arrangements around Knollwood represent the wonderful blooming flowers of nature we find outdoors.

The cross is Native American beaded work from Oklahoma.

RECURRING ACTIVITIES

This is just a selection of what our activities departments have to offer!

Hall

- 1st Sunday, 2:00 PM: Book Chat (Hains Library)
- Mondays and Thursdays, 9:15 AM: Gait & Balance Class (Pool, T-3)
- Mondays, 1:00 PM: Bus to Safeway
- Mondays, 7:00 PM: Bingo Night (Card Room)
- Mondays, 7:00 PM: Yoga Class (Auditorium, T-3)
- Tuesdays, 9:00 AM: Aqua Aerobics Class (Pool, T-3)
- 1st Tuesday, 10:00 AM: Hall Coffee (Concourse)
- Tuesdays, 11:00 AM: Bible Study (Chapel)
- Tuesdays, 1:15 PM: Sit & Fit Exercise Class (Auditorium, T-3)
- Tuesdays, 7:00 PM: Bridge Players (Card Room)
- Wednesdays, 9:30 AM: Zumba & Folk Dance Class; 10:15 AM: Chair Zumba (Card Room)
- Wednesdays, 1:00 PM: Art Group (Arts & Crafts Room, T-2)
- Thursdays, 10:00 AM: Mente Brain Fitness Class (Card Room)
- Thursdays, 1:00 PM: Bus to Giant
- Fridays, 9:00 AM—12 noon: Seamstress (1st Floor Solarium—around corner from Fitness Studio)
- Third Friday, 10:00 AM: Shakespeare Lecture (Card Room)
- Fridays, 1:15 PM: Sit & Fit Exercise Class (Auditorium, T-3)
- 2nd Saturday, 10:00 AM: Knollwood Residents Association (KRA) Meeting (Anderson Salon)
- Saturdays, 11:30 AM: Chair Yoga (1st Floor Fitness Studio)
- Saturdays, 7:15 PM: Movie Night (Auditorium, T-3)

Terrace

- Tuesdays, 3:00 PM: Glee Club Sing Along
- Thursdays, 10:00 AM: Range of Motion
- Thursdays, 10:30 AM: Exploring the Arts
- Fridays, 10:00 AM: Movie Matinee
- Fridays, 3:00 PM: Splash Hydration
- 1st Thursday, 3:00 PM: Happy Hour with Roy Justice the Singing Historian
- 2nd Tuesday, 2:00 PM: Massage
- 2nd Sunday, 2:00 PM: Music Trivia with Jerry Roman
- 2nd & 4th Mondays, 10:30 AM: Dance Therapy
- 3rd Monday, 3:00 PM: Birthday Party
- 3rd Thursday, 10:30 AM: History Lecture with Dr. Robert Jenner
- 4th Monday, 3:00 PM: Tea Party and String Music

HSC/SCC

- 1st & 3rd Thursdays, 11:00 AM: Hector at the Harp
- Wednesdays, 4:00 PM: Pet Visits
- 2nd Saturday, 10:30 AM: Ballroom Dance with Victor
- 4th Wednesday, 10:15 AM: Resident Council Meeting
- 3rd Monday, 2:30 PM: Linda on the Keyboard
- Fridays, 10:00 AM: Catholic Services with Eucharistic Minister Julie Findley

For a complete listing of activities, please contact:

Hall: Carol Campbell, x300

Terrace: Marni Ewell x325

HSC/SCC: Juanell Glotzbach, x158

PHYSICIAN SCHEDULE

The following internal medicine physicians are available on a **WEEKLY** basis in the clinic. Please call x489 to schedule an appointment:

- Dr. Nicholas Polis, Medical Director: Tuesdays at 1:00 PM, Thursdays at 2:00 PM
- Dr. Christopher Duke: As needed
- Dr. Marta Schneider: Thursdays at 8:30 AM
- Dr. Sonja C. Wyche: As needed

The following health care providers are available on a **MONTHLY** basis in the clinic. For Podiatry call x489 to let them know you are coming.

- **Podiatry:** Dr. Ira Groban: 1st Friday of every month at 1:30 PM
Dr. Michael Rahn: 4th Monday of every month at 9:00 AM
- **Hearing Aids:** Dr. Paula Johnson-Lawrence: 2nd Tuesday of every month at 2:30 PM—please call her at (202) 785-8704 to schedule an appointment.

The following practitioners are available **BY APPOINTMENT ONLY**. Please contact their offices directly to schedule an appointment:

- **Dental Exams:** Mobile Dentist: (301) 587-7406 (3rd Friday of the month)
- **Optometry:** Dr. Peyam Mojallal: (703) 723-7117 (2nd Tuesday of the month)
- **Psychiatry:** Dr. Richard Virgil: (202) 237-8300
Dr. Edward Swanton: (410) 825-2281
Linda Smith, Ph.D. licensed psychologist: (202)-298-0566
- **Dermatology:** NP Betty McLaughlin: (877) 345-5300 (3rd Thursday of the month)
- **Physiatrist** (Pain Management): Dr. Abha Lockhande: (301) 768-2661

Other available services:

- **Social Services:** Lauren Broschak, x155
- **Registered Dietician:** Shahar Ammar, x230
- **Laboratory:** Contact the clinic at x413
- **X-Ray/Radiation Physics:** Contact the clinic at x413
- **Hospice through Capital Caring and Vitas:** Contact Lauren Broschak at x155
- **Massage Therapist:** Annie Roberts (202) 270-7401

Please be sure that you alert the Front Desk (ext 0) whenever you go to the hospital and are admitted.