

THE Knollwood Pointe Lifestyle



KNOLLWOOD
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ASSISTED LIVING COMMUNITY
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MARCH 2024

Happy St. Patrick's Day!

May the luck of the Irish be with you on March 17 and all the days to come. Happy St. Patrick's Day to all our residents!

are you
wearing
green?



It's That Time Again!

The seasons are changing, and the time has come to update your loved one's wardrobe. Please be sure that he or she has clothing appropriate for the season. When you bring in new items, please also remove any clothing that is out of season or has been worn or damaged. This will make finding the right clothes for the right season that much easier. Thank you!

Time Change

Daylight saving time begins at 2 a.m. on the second Sunday in March. Be sure to "spring forward" the night before by setting your clocks an hour ahead, and consider going to bed early to help you rise and shine on Sunday morning instead of sleeping in.

Five a Day

National Nutrition Month, observed during March, is a reminder to make healthy eating a priority. For many adults, an attainable goal is to eat three servings of vegetables and two servings of fruit every day. This "five a day" suggestion is linked with a lower risk of chronic disease and increased longevity.

Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

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Count Your Caffeine Intake

For many people, caffeine provides an energy boost on sleepy mornings or drowsy afternoons. Medical experts agree that 400 milligrams of caffeine a day is safe for most adults, but consuming too much or at the wrong time can interrupt your sleep or make you feel anxious. During Caffeine Awareness Month in March, refresh yourself on the typical amount of caffeine in an 8-ounce serving of popular beverages:
 Coffee: 96 milligrams
 Black tea: 47 milligrams
 Green tea: 28 milligrams
 Energy drink: 29 milligrams
 Cola: 22 milligrams
 Keep these numbers in mind, and read labels, to adjust your caffeine intake as needed.

Walk for Health

With spring just ahead, it's a good time to put on your walking shoes. Regular walking, even for short amounts of time, is linked to numerous health benefits.

**"Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum."
—Paul J. Meyer**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>—Happy— Birthday —to you—</p>	<p>March Birthday:</p> <ul style="list-style-type: none"> 03/06 Jack W. (AL) 					
<p>9:00 Sunday School with Theodore Church of God (MC Living Room) 10:00 Gaither Homecoming Music Program (on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 10:30 Resident Council Meeting 1:00 Bus Outing 3:00 Manicures (AL) 3:30 Movie Matinee</p>	<p>Walmart Shopping Trip 8:30 Morning News 9:00 Devotional 10:00 Conversation Catch Class 10:30 Boogie Woogie Dance Class 1:30 Take a Stroll Outside 2:00 Easter Sand Art 3:30 Movie Matinee: Hidden Figures</p>	<p>8:30 Morning News 9:00 Devotional 10:00 National Oreo Day Social 10:30 Activity with Rebound Rehab 2:00 Bingo 3:00 Worship with Joyce (MC Living Room) 3:30 Movie Matinee</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Balloon Badminton 10:30 Manicures (MC) 2:00 Arts & Crafts: Nature Collage 3:00 Brother Allen 3:30 Movie Matinee: Eat Pray Love</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 11:00 Chair Yoga Class 2:00 Working Women's Day Social 2:30 Women's Day Reminiscing 3:30 Documentary: "Ruth Bader Ginsburg"</p>	<p>9:00 Take a Stroll Outside 10:00 Jigsaw Puzzles in Activity Room 11:00 Music Therapy (Choose different genres on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets</p>
<p>9:00 Sunday School with Theodore Church of God (MC Living Room) 10:00 Gaither Homecoming Music Program (on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 11:00 Chair Yoga Class 1:00 Bus Outing 3:00 Manicures (AL) 3:30 Movie Matinee</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Concert featuring Christ United "Voices of Hope" 1:30 Take a Stroll Outside 2:00 Assorted Games in Activity Room 3:00 Trivia 3:30 Movie Matinee: Annie</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 10:30 Manicures (MC) 2:00 Bingo 3:00 Worship with Joyce (MC Living Room) 3:30 Movie Matinee</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Potato vs. Corn: Chips & Popcorn Social 11:00 UNO Card Games 2:00 Arts & Crafts: St. Patrick's Day 3:00 Brother Allen 3:30 Movie Matinee: Air Bud</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 11:00 Mindful Talk & Coffee 2:00 St. Patrick's Day Reminiscing 2:30 St. Patrick's Day Activity 3:30 Movie Matinee: Fried Green Tomatoes</p>	<p>9:00 Take a Stroll Outside 10:00 Jigsaw Puzzles in Activity Room 11:00 Music Therapy (Choose different genres on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets</p>
<p>9:00 Sunday School with Theodore Church of God (MC Living Room) 10:00 Gaither Homecoming Music Program (on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 11:00 Chair Yoga Class 1:00 Bus Outing 3:00 Manicures (AL) 3:30 Movie Matinee</p>	<p>Target Shopping Trip 8:30 Morning News 9:00 Devotional 10:00 Arts & Crafts: Play-Doh Craft 1:30 Take a Stroll Outside 2:00 Tea for Two Social 3:00 Conversation Catch 3:30 Documentary: Becoming by Michelle Obama</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 10:30 Activity with Rebound Rehab 2:00 Bingo 3:00 Worship with Joyce (MC Living Room) 3:30 Movie Matinee</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Arts & Crafts: Freestyle Painting 11:00 RUMMY Card Games 2:00 Manicures (MC) 3:00 Brother Allen 3:30 Movie Matinee: Mulan</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 11:00 Mindful Talk & Coffee 2:00 Word Games 2:30 Bingo 3:30 Movie Matinee: Sixteen Candles</p>	<p>9:00 Take a Stroll Outside 10:00 Jigsaw Puzzles in Activity Room 11:00 Music Therapy (Choose different genres on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets</p>
<p>Daily Activities: SAME AS ABOVE</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 11:00 Chair Yoga Class</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Something on a Stick Social 11:00 Trivia</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 10:30 Manicures (MC) 2:00 Bingo 3:00 Worship with Joyce (MC Living Room) 3:30 Movie Matinee</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Arts & Crafts: Spring Themed Drawing 11:00 Mindful Talk & Coffee 2:00 Easter Egg Dyeing 3:00 Brother Allen 3:30 Movie Matinee: Rise</p>	<p>8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 11:00 Word Games & Coffee 2:00 Easter Egg Hunt 3:00 Easter Reminiscing 3:30 Movie Matinee: Persuasion</p>	<p>9:00 Take a Stroll Outside 10:00 Jigsaw Puzzles in Activity Room 11:00 Music Therapy (Choose different genres on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets</p>
<p>Daily Activities: SAME AS ABOVE</p>	<p>1:00 Bus Outing 3:00 Manicures (AL) 3:30 Movie Matinee</p>	<p>1:30 Take a Stroll Outside 2:00 Bingo 3:30 Movie Matinee: Mamma Mia</p>				

Women's History Month

Have you heard of ...

- Deborah Sampson: dressed as a man and served with the Revolutionary forces defending the Hudson River Valley.
- Mary Louisa Walder: brought medical supplies from Canada to troops in Galveston, TX during the Civil War.
- Allison Hopkins: one of the iron-jawed angels who picketed the White House for women's right to vote.
- Eliza Nicholson: only woman publisher of a major metropolitan newspaper in 1875 and founder of the Women's International Press Association.
- Ellen Swallow Richards: a Vassar graduate who devoted her knowledge of science and technology to release women from the drudgery of housework and started the Women's Laboratory at MIT.
- Madam CJ Walker: the country's first black, female millionaire, she worked for black women's economic equality and empowerment through employment.



The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come; Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For Thine is the kingdom, and the power, and the glory, forever and ever. Amen.

Prayer for Holiness

All provident Lord, place Your holy fear as a guard before my eyes so they may not look lustfully; before my ears so that they may not delight in hearing evil words; before my mouth so that it may not speak any falsehoods; before my heart so that it may not think evil; before my hands so that they may not do injustice; before my feet, that they may not walk in the paths of injustice; but so direct them, that they may always be according to all Your commandments. Have mercy upon Your Creatures and upon me, a great sinner. Amen.

Parting Prayer

Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip me with everything good for doing his will, and may he work in me what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.

Reflection

Think of the day ahead in terms of *God with you*, and visualize health, strength, guidance, purity, calm confidence, and victory as the gifts of His presence.

Aim To Be Wellderly

With today's seniors living longer, there's a determined focus on vibrant, healthy aging. Wellderly Week, the third week in March, encourages seniors to embrace growing older. What does it mean to be "wellderly"? The term refers to older adults who focus on health span rather than life span, seeking optimal wellness for as long as possible. They take proactive steps to lead fulfilling, engaged lives without fixating on their age. Thriving, not just living, is the goal.

A number of lifestyle choices contribute to being wellderly. Regular physical activity is key, and it can be as simple as stretching, walking and gardening. A healthy, balanced diet fights illness and helps the body function at its best. Staying socially and mentally engaged are crucial to emotional well-being, as is maintaining a strong sense of purpose. Gratitude, humor and joy are also traits of the wellderly. A good balance of optimism and realism is also important for healthy aging. Growing older is a part of life, but those who strive to nourish their body and mind can truly be wellderly.

