



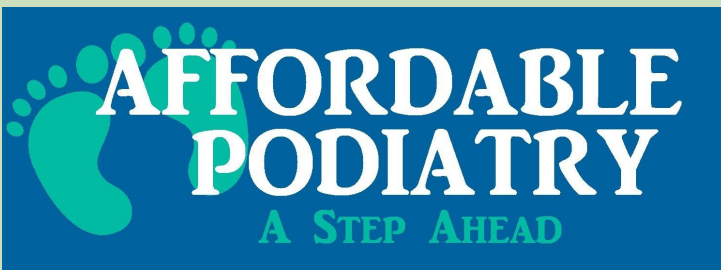
KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

THE Knollwood Pointe *Lifestyle*

ASSISTED LIVING COMMUNITY
5601 Girby Road · Mobile, AL 36693 · (251) 666-1005 · www.knollwoodpointe.com

APRIL 2024



Dr. Salter will be visiting our community on April 18, 2024, at 2PM for toenail trimming. The cost is \$25 per resident. All checks must be made out to Affordable Podiatry. Please give your payments to our Admin Assistant, Carolyn.



Meet the Staff

Executive Director Kaye Pringle
Registered Nurse Tim Wiggins
Resident Coordinator AL Valerie Bell
Resident Coordinator MC Charnelle Nichols
Dining Services Interim Andreada Bolar
Maintenance Director Rudy Fairley
Activities Director Jess Kimbler

**"Everything is possible to
one who has faith."**

—Mark 9:23



HAPPY 84TH BIRTHDAY TO MS. CATHERINE!



Parkinson's Awareness

A neurodegenerative disorder, Parkinson's disease affects 10 million people worldwide and about 1 million in the U.S. Every April, Parkinson's Disease Awareness Month offers opportunities to learn more about this condition and discover ways to provide support.

APRIL 2024

Step Out Into Nature

Walking is a recommended form of exercise, but taking your steps outside can benefit your mind as well as your body. Researchers say that a walk in a park or other natural surroundings appears to affect the part of the brain that controls brooding. In a study of people who strolled in a green space, scans showed less activity in that brain region, and the walkers reported fewer negative thoughts and improved mental health.

Circadian Rhythm Reset

Biological Clock Day on April 28 brings awareness to our circadian rhythm—the body’s internal sleep-wake cycle. Are you struggling to fall asleep? Or getting groggy during the day? Try out one of these tips to “reset” your circadian rhythm: (a) stick to a regular sleep schedule, (b) use bright light therapy to simulate sunrise, (c) avoid caffeine in the evening or (d) exercise regularly and limit screen time.

**“Tomorrow morning,
when the sun shines through
your window, choose to
make it a happy day.”**
—Lynda Resnick

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>You are invited to attend Sunday School at 9am with our Memory Care residents. Our Sunday Service is hosted by Theodore Church of God.</p>	<p>1 7:30 Breakfast 10:00 Chair Exercise 11:00 Resident Council Meeting 12:00 Lunch 2:00 Bingo 5:30 Dinner</p>	<p>2 7:30 Breakfast 10:00 Front Porch Time 10:30 Manicures 11:00 Coffee & Chat 12:00 Lunch 2:00 Bingo 5:30 Dinner</p>	<p>3 7:30 Breakfast 10:00 Chair Exercise 11:00 Coffee & Chat 12:00 Lunch 2:00 Bingo 5:30 Dinner</p>	<p>4 7:30 Breakfast 11:00 Coffee & Chat 12:00 Lunch 2:00 Bingo 3:00 Bible Study with Brother Allen 5:30 Dinner</p>	<p>5 7:30 Breakfast 10:00 Revival with Elizabeth & Friends 11:00 Coffee & Chat 12:00 Lunch 1:00 Bus Outing 5:30 Dinner</p>	<p>6 RESIDENT CHOICE: • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!</p>
<p>7 You are invited to attend Sunday School at 9am with our Memory Care residents. Our Sunday Service is hosted by Theodore Church of God.</p>	<p>8 7:30 Breakfast 10:00 Chair Exercise 11:00 Manicures 12:00 Lunch 2:00 Bingo 5:30 Dinner</p>	<p>9 7:30 Breakfast 10:00 Walmart Trip 11:00 Coffee & Chat 12:00 Lunch 2:00 Bingo 5:30 Dinner</p>	<p>10 7:30 Breakfast 10:00 Chair Exercise 11:00 Coffee & Chat 12:00 Lunch 2:00 Bingo 5:30 Dinner</p>	<p>11 7:30 Breakfast 10:00 Piano Recital by Andre Forney 11:00 Coffee & Chat 12:00 Lunch 2:00 Bingo 3:00 Bible Study with Brother Allen 5:30 Dinner</p>	<p>12 7:30 Breakfast 10:00 Chair Exercise 11:00 Coffee & Chat 12:00 Lunch 1:00 Bus Outing 5:30 Dinner</p>	<p>13 RESIDENT CHOICE: • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!</p>
<p>14 You are invited to attend Sunday School at 9am with our Memory Care residents. Our Sunday Service is hosted by Theodore Church of God.</p>	<p>15 7:30 Breakfast 10:00 Chair Exercise 11:00 Manicures 12:00 Lunch 2:00 Bingo 5:30 Dinner</p>	<p>16 7:30 Breakfast 10:00 Front Porch Time 11:00 Coffee & Chat 12:00 Lunch 2:00 Bingo 5:30 Dinner</p>	<p>17 7:30 Breakfast 10:00 Chair Exercise 11:00 Coffee & Chat 12:00 Lunch 2:00 Bingo 5:30 Dinner</p>	<p>18 7:30 Breakfast 11:00 Coffee & Chat 12:00 Lunch 2:00 Bingo 3:00 Bible Study with Brother Allen 5:30 Dinner</p>	<p>19 7:30 Breakfast 10:00 Chair Exercise 11:00 Coffee & Chat 12:00 Lunch 1:00 Bus Outing 5:30 Dinner</p>	<p>20 RESIDENT CHOICE: • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!</p>
<p>21 You are invited to attend Sunday School at 9am with our Memory Care residents. Our Sunday Service is hosted by Theodore Church of God.</p>	<p>22 7:30 Breakfast 10:00 Chair Exercise 11:00 Manicures 12:00 Lunch 2:00 Bingo 5:30 Dinner</p>	<p>23 7:30 Breakfast 10:00 Dollar Tree Trip 11:00 Coffee & Chat 12:00 Lunch 2:00 Bingo 5:30 Dinner</p>	<p>24 7:30 Breakfast 10:00 Chair Exercise 11:00 Coffee & Chat 12:00 Lunch 2:00 Bingo 5:30 Dinner</p>	<p>25 7:30 Breakfast 11:00 Coffee & Chat 12:00 Lunch 2:00 Bingo 3:00 Bible Study with Brother Allen 5:30 Dinner</p>	<p>26 7:30 Breakfast 10:00 Chair Exercise 11:00 Coffee & Chat 12:00 Lunch 1:00 Bus Outing 5:30 Dinner</p>	<p>27 RESIDENT CHOICE: • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!</p>
<p>28 You are invited to attend Sunday School at 9am with our Memory Care residents. Our Sunday Service is hosted by Theodore Church of God.</p>	<p>29 7:30 Breakfast 10:00 Chair Exercise 11:00 Manicures 12:00 Lunch 2:00 Bingo 5:30 Dinner</p>	<p>30 7:30 Breakfast 10:00 Front Porch Time 11:00 Coffee & Chat 12:00 Lunch 2:00 Bingo 5:30 Dinner</p>				

Praise & Worship



Residents from both communities love coming together for a morning of Praise & Worship hosted by our dear friend, Elizabeth Ervin. **We would love for you to join us on April 5th at 10am for Praise & Worship with Elizabeth and her friends.**

Music Improves Overall Health



Through reducing stress and promoting more physical activity, music by default also benefits a senior's overall health. In addition to these effects, music can also: 1) Reduce pain and require less pain medication as a result. 2) Help in the stroke recovery by increasing verbal memory and reducing the risk of depression which slows recovery. 3) Improve overall heart health, especially relaxing music such as classical. 4) Boost the immune system allowing seniors to fight off illness easier. Improve quality of sleep.

We would love for you to join us on April 11th

at 10am for a piano recital with the talented Mr. Frank Andre Forney.

We Care About Your Opinion

The success of our community depends on our residents—especially those who renew their leases and send new neighbors our way. We know that we serve the best group of people anywhere, and we're thankful for your continued trust in our service. Please take a moment and use the QR code below to leave us a positive Google review.

Thank You



**KNOLLWOOD
POINTE**
SENIOR LIVING AT EASE

for entrusting us with
your loved ones!

If you have been impressed with our service and care, please take a moment to share your experience on Google.



www.knollwoodpointeassistedliving.com



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AL# ALF (SCALF) LIC# P4916

Taking Care of Your Feet

Your feet are complex structures that require regular care to keep them in tiptop shape. April is National Foot Health Awareness Month, a reminder to give your feet the attention they deserve.

Regular inspections. Examine your feet daily, or have someone else inspect them for you. Pay attention to any changes, and see a doctor if you have pain, swelling or discoloration.

Good hygiene. Wash your feet with a mild soap and dry them thoroughly, especially between the toes. Apply lotion to alleviate dry, cracked skin.

Change your socks daily and alternate the shoes you wear.

Nail care. Toenails should be trimmed straight across, and any rough edges should be filed smooth. If you need help doing this, see a podiatrist or health care professional.

Proper shoes. Wearing shoes that fit properly will help ward off calluses and blisters and reduce the chance of falling. Your feet can widen as you age, so have them measured when buying new footwear.

Circulation. Improve blood flow to your feet by walking and taking the time to stretch and move your legs and toes around a few times each day. When sitting, prop up your feet on a footstool to encourage better circulation.

