



# THE Knollwood Pointe Lifestyle



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## MAY 2023

### National Nurses Week

As the largest group of health care workers, nurses provide care in jobs throughout our communities, with many of these women and men serving on the front lines.

- Worldwide, there are 20 million nurses. Over 4 million nurses are on the job in the U.S.
- The majority of registered nurses work in hospitals. The rest serve in long-term care facilities, at clinics and schools, and in other settings.
- Every year, there's a whole week dedicated to them. Celebrated May 6–12, National Nurses Week ends on the birthday of Florence Nightingale, the founder of modern nursing.
- A lamp symbolizes the nursing career. Nightingale was known as the "Lady with the Lamp," since she carried one with her at night while checking on her patients.
- The world's first nursing school is said to have started in 250 B.C. in India. Only men could attend.
- Today, women make up 90% of the field.
- The first American to earn a diploma for nursing was Linda Richards, who graduated in 1873 from a program in Boston.
- There are over 100 different nursing specialties.
- Nurses walk a lot! On average, a hospital nurse walks 4 to 5 miles during a 12-hour shift.
- For the past two decades, nursing has been voted the most-trusted profession.



**Thank You**



### Memorable Melody: 'The Air Force Song'

From its opening line, "Off we go into the wild blue yonder," the anthem of the U.S. Air Force captures the military branch's specialty and spirit. In 1938, a magazine sponsored a contest to find an official song for the service, then called the Army Air Corps. Out of more than 600 entries, a committee of airmen's wives unanimously chose the work of musician and amateur pilot Robert Crawford. He debuted the tune at an air show in Cleveland in September 1939.

## MAY 2023

### MEET THE TEAM

**EXECUTIVE DIRECTOR**

KIM THIELKER

**ALF & SCALF DIRECTOR**

TRETTA HUFF, RN

**RESIDENT CARE**

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VALERIE BELL, LPN

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JENNIFER MEDEIROS

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**MAINTENANCE DIRECTOR**

DAVID MAHAN

**ACTIVITY DIRECTORS**

JESS KIMBLER, MC

STORMY MORING, AL

### Recognizing First Responders

May is filled with annual observances that pay tribute to the dedication of first responders. Look for ways to recognize National Police Week, International Firefighters Day, National Emergency Medical Services Week and Nurses Week, all happening this month.

**“Keep a green tree in your heart and perhaps the singing bird will come.”**  
—Chinese proverb

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 SOCIAL GATHERING 10:30 SIT N BE FIT 12:00 LUNCH 1:00 MANICURES 2:00 BINGO 5:30 DINNER	2 10:00 SOCIAL GATHERING 10:30 KNITTING & CROCHETING CLASS 12:00 LUNCH 2:00 DOMINOES 3:00 KP WALKING CLUB 5:30 DINNER	3 9:00 BIBLE STUDY WITH TAWANNA ON MC UNIT 10:30 SIT N BE FIT 12:00 LUNCH 2:00 BINGO 3:00 CHARADES 5:30 DINNER	4 10:00 SOCIAL GATHERING 11:00 BUS OUTING FOR LUNCH 2:00 DOMINOES 3:00 BROTHER ALLEN 5:30 DINNER	5 10:00 SOCIAL GATHERING 10:30 SIT N BE FIT 12:00 LUNCH 1:30 CINCO DE MAYO FIESTA SPONSORED BY OAK ST. HEALTH 3:30 CHARADES 5:30 DINNER	6 <b>NURSES WEEK STARTS</b> 9:00 VITAMIN D & ME COURTYARD SOCIALIZING 10:00 MANAGER ON DUTY ACTIVITY 12:00 LUNCH 2:00 RESIDENT CHOICE 5:30 DINNER
7 9:00 COFFEE & NEWS 10:00 CHURCH WITH TAWANNA 12:00 LUNCH 2:00 TAKE A STROLL IN THE COURTYARD 4:00 RESIDENT CHOICE 5:30 DINNER	8 10:00 SOCIAL GATHERING 10:30 SIT N BE FIT 12:00 LUNCH 1:00 MANICURES 2:00 BINGO 5:30 DINNER	9 10:00 SOCIAL GATHERING 10:30 KNITTING & CROCHETING CLASS 12:00 LUNCH 2:00 DOMINOES 3:00 KP WALKING CLUB 5:30 DINNER	10 9:00 BIBLE STUDY WITH TAWANNA ON MC UNIT 10:30 SIT N BE FIT 12:00 LUNCH 2:00 BINGO 3:00 CHARADES 5:30 DINNER	11 10:00 SOCIAL GATHERING 10:30 GARDEN CLUB 12:00 LUNCH 1:00 BUS OUTING: SIGHTSEEING 3:00 BROTHER ALLEN 5:30 DINNER	12 <b>NURSES WEEK ENDS</b> 10:00 SOCIAL GATHERING 10:30 SIT N BE FIT 12:00 MOTHER'S DAY LUNCHEON 2:00 RED HAT LADIES' HI-TEA 3:30 CHARADES 5:30 DINNER	13 9:00 VITAMIN D & ME COURTYARD SOCIALIZING 10:00 MANAGER ON DUTY ACTIVITY 12:00 LUNCH 2:00 RESIDENT CHOICE 5:30 DINNER
14 <b>HAPPY MOTHER'S DAY</b> 9:00 COFFEE & NEWS 10:00 CHURCH WITH TAWANNA 12:00 LUNCH 2:00 TAKE A STROLL IN THE COURTYARD 4:00 RESIDENT CHOICE 5:30 DINNER	15 10:00 SOCIAL GATHERING 10:30 SIT N BE FIT 12:00 LUNCH 1:00 MANICURES 2:00 BINGO 5:30 DINNER	16 10:00 SOCIAL GATHERING 10:30 KNITTING & CROCHETING CLASS 12:00 LUNCH 2:00 TEACUP PAINTING 3:00 KP WALKING CLUB 5:30 DINNER	17 9:00 BIBLE STUDY WITH TAWANNA ON MC UNIT 10:30 SIT N BE FIT 12:00 LUNCH 2:00 BINGO 3:00 CHARADES 5:30 DINNER	18 10:00 SOCIAL GATHERING 10:30 GARDEN CLUB 12:00 LUNCH 1:00 BUS OUTING: SHOPPING TRIP 3:00 BROTHER ALLEN 5:30 DINNER	19 10:00 SOCIAL GATHERING 10:30 SIT N BE FIT 12:00 LUNCH 2:00 MYSTERY MAY SOCIAL 3:30 CHARADES 5:30 DINNER	20 9:00 VITAMIN D & ME COURTYARD SOCIALIZING 10:00 MANAGER ON DUTY ACTIVITY 12:00 LUNCH 2:00 RESIDENT CHOICE 5:30 DINNER
21 9:00 COFFEE & NEWS 10:00 CHURCH WITH TAWANNA 12:00 LUNCH 2:00 TAKE A STROLL IN THE COURTYARD 4:00 RESIDENT CHOICE 5:30 DINNER	22 10:00 SOCIAL GATHERING 10:30 SIT N BE FIT 12:00 LUNCH 1:00 MANICURES 2:00 BINGO 5:30 DINNER	23 10:00 SOCIAL GATHERING 10:30 KNITTING & CROCHETING CLASS 12:00 LUNCH 2:00 KINDNESS ROCKS PROJECT 3:00 KP WALKING CLUB 5:30 DINNER	24 9:00 BIBLE STUDY WITH TAWANNA ON MC UNIT 10:30 SIT N BE FIT 12:00 LUNCH 2:00 BINGO 3:00 CHARADES 5:30 DINNER	25 10:00 SOCIAL GATHERING 11:00 BUS OUTING: PICNIC AT THE PARK 2:00 DOMINOES 3:00 BROTHER ALLEN 5:30 DINNER	26 10:00 SOCIAL GATHERING 10:30 SIT N BE FIT 12:00 LUNCH 1:30 RESIDENT BIRTHDAY BASH SPONSORED BY OAK ST HEALTH 3:30 CHARADES 5:30 DINNER	27 9:00 VITAMIN D & ME COURTYARD SOCIALIZING 10:00 MANAGER ON DUTY ACTIVITY 12:00 LUNCH 2:00 RESIDENT CHOICE 5:30 DINNER
28 9:00 COFFEE & NEWS 10:00 CHURCH WITH TAWANNA 12:00 LUNCH 2:00 TAKE A STROLL IN THE COURTYARD 4:00 RESIDENT CHOICE 5:30 DINNER	29 <b>Memorial Day</b> 10:00 SOCIAL GATHERING 10:30 SIT N BE FIT 12:00 MEMORIAL DAY LUNCHEON 1:00 MANICURES 2:00 BINGO 5:30 DINNER	30 10:00 SOCIAL GATHERING 10:30 KNITTING & CROCHETING CLASS 12:00 LUNCH 2:00 DOMINOES 3:00 KP WALKING CLUB 5:30 DINNER	31 9:00 BIBLE STUDY WITH TAWANNA ON MC UNIT 10:30 SIT N BE FIT 12:00 LUNCH 2:00 BINGO 3:00 CHARADES 5:30 DINNER			



Spring is in the air at our first tea party of the season!

## Remember When: Wade Whimsies

For a time, opening a box of Red Rose Tea would result in the delightful discovery of a wee porcelain animal. Known as Wade Whimsies, they were created by Wade Ceramics in England and first sold in 1954. Their popularity and charm led to a partnership with the North American tea company, which began including the tiny treasures with their products as a free promotional gift. Though Red Rose continues to release new series of Wade Whimsies online, the figurines no longer come with every box of tea. However, secondhand shoppers know to keep their eyes peeled for the itty bitty critters, as they've become collectibles in the antique market.



Assisted Living residents joined the Memory Care residents for an afternoon of SIPS & GIGGLES to bring in the Spring season.

## Enjoy a Teatime Treat

A soothing cup of tea becomes a real party when you add some snacks! While you can nibble on whatever you're in the mood for, certain foods pair especially well with different teas. Desserts that are slightly sweet, like shortbread cookies or scones, are a good choice since they won't overpower the tea's flavor. If sipping a fruity blend, spread the same flavor of jam on toast or a biscuit. Cinnamon treats can enhance a spicy chai, and citrus is an excellent match for Earl Grey.



Knollwood Pointe would like to introduce its new Executive Director, Kim Thielker. Kimmie comes to Knollwood with many years of experience working in ALF & SCALF communities, with a special fondness for Specialty Care Assisted Living. Kimmie brightens up the room with her joyful personality and we are certain she will be a shining light at Knollwood Pointe.

## Remember When: Door-to-Door Sales

What do encyclopedias, vacuum cleaners and beauty products have in common? These were some of the items that were commonly sold door to door. Salespeople peddling their wares would make their way up and down neighborhood streets, knocking on doors, offering samples and demonstrating their products, often to homemakers, in hopes of making a sale. Many brand-name products gained loyal customers from these face-to-face encounters.