


THE Knollwood Pointe Lifestyle



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY

5601 Girby Road • Mobile, AL 36693 • (251) 666-1005 • www.knollwoodpointe.com

Stay Safe in the Heat

When temperatures rise, we need to take precautions to prevent heat exhaustion and heatstroke. These conditions are caused by the body overheating and can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:

Stay inside. During extreme heat, the safest place is an air-conditioned area, especially during midday hours. Stay indoors or opt for outings to cool places such as a shopping mall, library or movie theater.

Hydrate. Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

Dress appropriately. Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

Take a break. On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

Check your meds. Some medications can affect the way the body regulates temperature. Ask your physician or pharmacist if any of your medications increase your risk of heat-related illness.

Watch for symptoms. If you or someone else shows signs of heat exhaustion, which can lead to heatstroke, seek medical help right away. Symptoms can include heavy sweating; cold, damp skin; weak, rapid pulse; nausea; dizziness; and headache.



JUNE 2025



A Wonderful Wildflower

The native North American wildflower known as "coneflower" brightens prairies, roadsides, parks and gardens with cheerful blooms that attract butterflies, bees and birds. The flowers, which belong to the daisy family, get their name from their spiny seed heads that resemble a cone. The classic purple coneflower is the most popular, but you'll also see white, red, orange, yellow and pink varieties. Our residents enjoyed creating beautiful flower arrangement to adorn our dining room tables.



JUNE 2025

Signs of Summer

We’ve enjoyed sunny days and warm weather for weeks, but summer officially starts this month on June 20. It’s the longest day of the year, when most of North America will see between 14 and 18 hours of sunlight, and nature shows many signs of the changing seasons. At noon, the sun will appear very high in the sky, and your shadow will be shorter than on any other day. The summer air is filled with sweet fragrance as apricots, cherries and strawberries ripen, and coneflowers, daylilies and rosebushes open their blooms. When night begins to fall, you may notice the sun setting more slowly than usual, promising a season of long, late sunsets.

Enjoy Your Own Scoop

“Don’t let your ice cream melt while you’re counting somebody else’s sprinkles.”
—Akilah Hughes

“The most wasted of days is one without laughter.”
—E.E. Cummings

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|---|--|
| <div>CANCER SURVIVOR DAY 1</div> <div>9:30 Devotion with Audrea 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Activity with Andrea</div> | <div>2</div> <div>9:00 Chair Yoga for Seniors (YouTube) 10:00 Table Top Activities - Resident Choice 11:00 Town Hall Meeting 2:00 Bingo 3:00 Bible Reading with Ms Emily</div> | <div>3</div> <div>8:30 Devotion & Prayer with Janna 10:30 Town Hall Meeting 11:00 Exercise with Carla 2:00 Bingo 3:00 Discuss States that would be interesting to visit</div> | <div>4</div> <div>10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 Coffee Time with Friends</div> | <div>5</div> <div>8:30 Prayer & Devotion 10:00 Outing to Shaggy’s in Biloxi for Lunch (on the beach) 2:00 Bingo 3:00 Bible Study with Brother Allen</div> | <div>6</div> <div>9:30 Dance! Dance! Dance! Sumba Gold for Seniors (YouTube) 10:00 Bingo 11:00 Art Activity 2:00 Porch Social With Friends 3:00 Puzzle Work</div> | <div>7</div> <div>8:30 Devotion and Prayer with Ms Janna 10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Courtyard Stroll or Sit on Front Porch</div> |
| <div>8</div> <div>10:00 Courtyard Stroll or Sit on Front Porch 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Independent Table Activities</div> | <div>9</div> <div>9:00 Chair Yoga for Seniors (YouTube) 10:00 Table Top Activities - Resident Choice 2:00 Bingo 3:00 Bible Reading with Ms Emily</div> | <div>10</div> <div>8:30 Devotion & Prayer with Janna 11:00 Exercise with Carla 11:30 Activities Meeting 2:00 Bingo 3:00 Birds- pics of birds / their antics/ birds in Mobile</div> | <div>11</div> <div>10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 Coffee Time with Friends</div> | <div>NATIONAL PEANUT BUTTER COOKIE DAY 12</div> <div>8:30 Prayer & Devotion 10:30 Dollar Tree Outing (45 min) 2:00 Bingo 3:00 Bible Study with Brother Allen 3:30 Discussion of Peanut Butter / have cookies</div> | <div>13</div> <div>9:30 Dance! Dance! Dance! Sumba Gold for Seniors (YouTube) 10:00 Bingo 11:00 Art Activity 2:00 Porch Social With Friends 3:00 Puzzle Work</div> | <div>14</div> <div>8:30 Devotion and Prayer with Ms Janna 10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Activity with Andrea 4:00 Courtyard Stroll</div> |
| <div>15</div> <div>9:30 Devotion with Audrea 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Activity with Andrea</div> | <div>16</div> <div>9:00 Chair Yoga for Seniors (YouTube) 10:00 Table Top Activities - Resident Choice 2:00 Bingo 3:00 Bible Reading with Ms Emily</div> | <div>NATIONAL CNA DAY 17</div> <div>8:30 Devotion & Prayer with Janna 11:00 Exercise with Carla 2:00 Bingo 3:00 Bird Sayings (Wild Goose Chase)</div> | <div>18</div> <div>10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 Coffee Time with Friends</div> | <div>Juneteenth 19</div> <div>8:30 Prayer & Devotion 2:00 Bingo 3:00 Bible Study with Brother Allen</div> | <div>20</div> <div>9:30 Dance! Dance! Dance! Sumba Gold for Seniors (YouTube) 10:00 Bingo 11:00 Art Activity 2:00 Porch Social With Friends 3:00 Puzzle Work</div> | <div>21</div> <div>8:30 Devotion and Prayer with Ms Janna 10:00 Midday Movie in Activity Room 2:00 Bingo 4:00 Courtyard Stroll</div> |
| <div>22</div> <div>10:00 Courtyard Stroll or Sit on Front Porch 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Independent Table Activities</div> | <div>NATIONAL PINK DAY 23</div> <div>9:00 Chair Yoga for Seniors (YouTube) 10:00 Table Top Activities - Resident Choice 2:00 Bingo 3:00 Bible Reading with Ms Emily</div> | <div>24</div> <div>8:30 Devotion & Prayer with Janna 11:00 Exercise with Carla 2:00 Bingo 3:00 “What would you do if ____?”</div> | <div>25</div> <div>10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 Coffee Time with Friends</div> | <div>NATIONAL BOMB POP DAY 26</div> <div>8:30 Prayer & Devotion 9:30 Resident Council Meeting 2:00 Bingo 3:00 Bible Study with Brother Allen</div> | <div>27</div> <div>9:30 Dance! Dance! Dance! Sumba Gold for Seniors (YouTube) 10:00 Bingo 11:00 Art Activity 2:00 Porch Social With Friends 3:00 Puzzle Work</div> | <div>28</div> <div>8:30 Devotion and Prayer with Ms Janna 10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Activity with Andrea 4:00 Courtyard Stroll</div> |
| <div>29</div> <div>9:30 Devotion with Audrea 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Activity with Andrea</div> | <div>30</div> <div>9:00 Chair Yoga for Seniors (YouTube) 10:00 Table Top Activities - Resident Choice 2:00 Bingo 3:00 Bible Reading with Ms Emily</div> | |  | | <div>Various board games, card games and jigsaw puzzles are located in the activity room cabinet. All residents have access to these activity supplies any time during their day.</div> | <div>Thank You CNAs</div>  |

CELEBRATING DADS EVERYWHERE



Father's Day, the third Sunday each June, is a holiday that got its start in the U.S. back in the 1900s. Today about 160 countries across the globe have a day set aside to honor dads. We come together to honor all the amazing dads and father figures who inspire, support, and guide us every day. This year, we're treating our dads to a special outing for some delicious ice cream. A small way to say thank you for being great dads. Wishing all our dads a fun-filled, relaxing, and memorable Father's Day!

Happy Birthday! Barbara Dermarco

Happy birthday to all our residents celebrating birthdays this month! The world is a better place because you're here. We think you're great for our community, too! Have a wonderful day.



Happy Nursing Assistants Week!

THANK YOU
NURSING
ASSISTANTS

We want to take this special time to recognize and celebrate all our incredible Nursing Assistants. Your dedication, compassion, and tireless hard work do not go unnoticed. You go above and beyond every single day to provide care, comfort, and kindness to those in our community. Thank you for being the heart of healthcare. We

appreciate everything you do!



Hello Summer!



As the sunshine brightens our days and gardens begin to bloom, I want to take this moment to shine a light on the

incredible team that keeps our community thriving—our dedicated nursing assistants and certified nursing assistants. June brings *National Nursing Assistants Week*, and there's no better time to celebrate the care, compassion, and heart you bring to our residents every single day. Like the summer sun, your warmth touches everyone around you.

To our team—thank you for being the reason our community feels like home. You are valued, appreciated, and truly the heart of what we do.

With gratitude and sunshine,

Kendrick Wells
Executive Director



Dr. Stuart Alter from **Affordable Podiatry** will be visiting our community on **Thursday, July 10, 2025, at 2:00 PM.**

Foot care services are **\$25. Cash or check payments** should be given to **Jess Kimbler**, our Admin Assistant in the front office.

If you prepay directly to Dr. Alter's office, please inform Jess to ensure you're on the list. Affordable Podiatry is located at **5901 Airport Blvd, Suite 102, Mobile, AL 36608.** For questions or to prepay, call their office at **251-654-4444.**