

# 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](http://www.knollwoodpointe.com)

## JULY 2023

### BOOKMOBILE VISIT!!!!

The county bookmobile will be making a stop at our community this month. Check the activities calendar for the date and time, or ask the activities director if you need help with a book or materials request.



### Recommended Reading

For many people, there is no better way to spend a lazy afternoon than reading a good book. If your "to read" list is running low, here are some ideas for discovering new books and new authors.

**Book clubs.** The pleasure of reading can be enhanced by sharing the experience with others. Besides discussing chosen selections, a book club is the perfect forum for gathering recommendations from fellow readers.

**Best-sellers lists.** Book reviews and lists in prominent publications are a great source for discovering new reading material, both fiction and nonfiction. The New York Times has been ranking popular works for decades.

**Libraries.** Many public libraries have displays dedicated to staff suggestions or works that are related to current events or special occasions.

**Bookstores.** Like libraries, bookstores often highlight current best sellers or seasonal selections. You can also ask store employees for recommendations, or even pick up advice from fellow shoppers in the section you're perusing.

**Online.** There are several websites that specialize in helping readers find new favorites. You can search by entering various criteria, or enter some of your own preferred titles and the site will suggest similar works.

### CHEF'S CORNER

The 4th of July is "Independence Day" in the USA. We celebrate this day much the same way most celebrations happen all over the world, we eat. A lot! But as a nation of immigrants our favorite foods to celebrate our nation's birthplace came from other countries. So, where did they come from? You can't get more traditional 4th of July than barbecue, but the English word may have its roots in the Caribbean Indian tribe called "Taino". Their word "barbacoa" first appeared in a Spanish explorer's journal in 1526 meaning "to cook on a raised grate over an open flame".

As for our favorite foods, the country of Germany may be some of the biggest contributors. The hot dog AKA "Frankfurters", potato salad, and the beloved hamburger are just a few. The hamburger dates to the Mongol horseman (remember Genghis Khan). They used to eat ground beef, but after some refinements in Hamburg, Germany, it made its way with immigrants to the US.

Fried chicken, a classic southern dish, can be found in one of the earliest known cookbooks dating back to 1AD. However, the Scottish were probably one of the first Europeans to bring the method to the Americas and combined with West African traditions of using spices and batter and palm oils.

Even though you can find a variety of baked bean dishes all around the world, the Boston baked bean is probably more of an American dish. Native Americans used to take soaked Navy beans mixed with bear fat and maple syrup and slow cook them in deerskin pots over open fires.

So, when you sit down with friends and family this holiday, look around your table and see how many different countries represent the "salad bowl" that is the USA.

**JULY 2023**




**MEET THE  
TEAM**

- EXECUTIVE DIRECTOR**  
KAY PRINGLE
- HR ADMINISTRATOR**  
DONTA YOUNG
- DIRECTOR OF NURSING**  
TRETТА HUFF
- AL RESIDENT CARE COORDINATOR**  
VALERIE BELL
- MC RESIDENT CARE COORDINATOR**  
CHARNELLE NICHOLS
- ADMISSIONS & SALES DIRECTOR**  
JENNIFER MEDEIROS
- DIETARY DIRECTOR & CHEF**  
DAVID TWACHTMAN
- MAINTENANCE DIRECTOR**  
DAVID MAHAN
- MC ACTIVITY DIRECTOR**  
JESS KIMBLER
- AL ACTIVITY DIRECTOR**  
STORMY MORING

**Hurricane Preparations**

It's hurricane season. Rest assured that our community has a disaster plan in place, and we have taken the necessary precautions to ensure the safety of all our residents and staff. For any questions or concerns, please stop by the front desk.

**"I don't need a fancy party to be happy. Just good friends, good food and good laughs. I'm happy. I'm satisfied. I'm content."**  
—Maria Sharapova

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>THE SHUTTLE BUS IS CURRENTLY IN THE BUS "HOSPITAL" HAVING A CHECKUP SO WE CAN ENSURE THAT IT IS IN THE BEST CONDITION POSSIBLE FOR OUR RESIDENTS TO USE! ALL OUTINGS THIS MONTH ARE SUBJECT TO CHANGE!</b></p>	<p><b>Residents joined together to paint rocks for our Kindness Rocks Project. The painted rocks will be distributed at our local parks on our upcoming community outings!</b></p>				<p>9:00 Vitamin D &amp; Me Courtyard Socializing 10:00 Manager on Duty Activity 12:00 Lunch 2:00 Resident Choice 5:30 Dinner</p>
<p>9:00 Coffee &amp; News 10:00 Church with Tawanna 12:00 Lunch 2:00 Take a Stroll in the Courtyard 4:00 Resident Choice 5:30 Dinner</p>	<p>10:00 RESIDENT COUNCIL MEETING 10:30 SIT N BE FIT 12:00 LUNCH 1:00 MANICURES 2:00 BINGO 5:30 DINNER</p>	<p><b>4TH OF JULY LUNCHEON</b> 10:00 SOCIAL GATHERING: INDEPENDENCE DAY DISCUSSION 10:30 KNITTING &amp; CROCHETING CLASS 12:00 LUNCH 2:00 DOMINOES 3:00 KP WALKING CLUB 5:30 DINNER</p>	<p>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</p>	<p>10:00 SOCIAL GATHERING 10:30 GARDEN CLUB 11:00 PICNIC AT THE PARK 3:00 BROTHER ALLEN 3:30 KP WALKING CLUB 5:30 DINNER</p>	<p>10:00 SOCIAL GATHERING 10:30 SIT N BE FIT 12:00 LUNCH 2:00 ICE CREAM SOCIAL 3:30 CHARADES 5:30 DINNER</p>	<p>9:00 Vitamin D &amp; Me Courtyard Socializing 10:00 Manager on Duty Activity 12:00 Lunch 2:00 Resident Choice 5:30 Dinner</p>
<p>9:00 Coffee &amp; News 10:00 Church with Tawanna 12:00 Lunch 2:00 Take a Stroll in the Courtyard 4:00 Resident Choice 5:30 Dinner</p>	<p><b>BOOKMOBILE 11:45AM-12:15PM</b> 10:00 SOCIAL GATHERING 10:30 SIT N BE FIT 12:00 LUNCH 1:00 MANICURES 2:00 BINGO 5:30 DINNER</p>	<p>10:00 SOCIAL GATHERING: EXPLORING OLD MOBILE 10:30 KNITTING &amp; CROCHETING CLASS 12:00 LUNCH 2:00 DOMINOES 3:00 KP WALKING CLUB 5:30 DINNER</p>	<p>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</p>	<p>10:00 SOCIAL GATHERING 10:30 GARDEN CLUB 11:00 RESTAURANT OUTING 3:00 BROTHER ALLEN 3:30 KP WALKING CLUB 5:30 DINNER</p>	<p>10:00 SOCIAL GATHERING 10:30 SIT N BE FIT 12:00 LUNCH 2:00 HAPPY HOUR SOCIAL 3:30 CHARADES 5:30 DINNER</p>	<p>9:00 Vitamin D &amp; Me Courtyard Socializing 10:00 Manager on Duty Activity 12:00 Lunch 2:00 Resident Choice 5:30 Dinner</p>
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<p>EVENTS SAME AS ABOVE</p>	<p>EVENTS SAME AS ABOVE</p>	<p>10:00 SOCIAL GATHERING: COFFEE ON THE FRONT PORCH 10:30 KNITTING &amp; CROCHETING CLASS 12:00 LUNCH 2:00 DOMINOES 3:00 KP WALKING CLUB 5:30 DINNER</p>	<p>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</p>	<p>10:00 SOCIAL GATHERING 10:30 GARDEN CLUB 11:00 RESTAURANT OUTING 3:00 BROTHER ALLEN 3:30 KP WALKING CLUB 5:30 DINNER</p>	<p>10:00 SOCIAL GATHERING 10:30 SIT N BE FIT 12:00 LUNCH 2:00 RESIDENT BIRTHDAY PARTY 3:30 CHARADES 5:30 DINNER</p>	<p>9:00 Vitamin D &amp; Me Courtyard Socializing 10:00 Manager on Duty Activity 12:00 Lunch 2:00 Resident Choice 5:30 Dinner</p>
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L to R: MC Resident Care Coordinator, Charnelle Nichols; Director of Nursing, Tretta Huff; AL Resident Care Coordinator, Valerie Bell

## National Nurses Week

Knollwood Pointe celebrated our terrific nurses during Nurses Week May 6-May 12.

## Celebrating Our KP Heroes During National Nurses Week!



AL Resident Care Coordinator, Valerie Bell can't hide her smile during nurses week!

Valerie was surprised by her staff with a beautiful gift during National Nurses Week! We are all appreciative of the hard work she puts in to provide the best standard of care to our Knollwood Pointe residents!

### The Nurse

by Emily Dickinson

She walked the wards, serene and calm,  
 With noiseless footfall, soft and light;  
 Her watchful care, her healing balm,  
 Made darkest shadows turn to bright.  
 She came and went, with tireless zeal,  
 With ready hand, with patient heart;  
 To all who suffer, she would kneel,  
 And gentlest soothing would impart.  
 She saw the weak and helpless lie,  
 She heard the moans of pain and woe;  
 But ever to the suffering eye  
 She brought a smile, a cheering glow.  
 O nurse divine, whose gentle skill  
 Can lift the burden from the breast,  
 Whose kindly hand can soothe and still  
 The pain that robs the soul of rest!

## Declaration Details

As freedom rings this Fourth of July, explore some facts about the Declaration of Independence.

*Initial autograph.* John Hancock, president of the Continental Congress, was the first to sign the document. His name is the largest, and the term "John Hancock" remains a common expression for a signature.

*Striking script.* Historians say Timothy Matlack, clerk to the secretary of the Congress, is most likely the scribe who wrote out the document's famous script using a quill pen and ink.

*Dirty details.* The bottom left corner of the document is marred by a handprint whose story and identification are unknown. It, along with other blemishes, has been left alone rather than risk damage by attempting to clean it.

*Safe storage.* During World War II, the declaration was moved from the Library of Congress in Washington, D.C., and stored at Fort Knox, Ky. In 1952, it was transferred to its permanent home in the nation's capital, the National Archives, where it is housed in a state-of-the-art case, designed to protect the antique parchment.

*Colonial copies.* Paper copies of the declaration were printed on the night of July 4, 1776, to be distributed throughout the Colonies. Only 26 of these versions exist today, and most are held in museums.

