

THE Knollwood Pointe Lifestyle



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

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

JANUARY 2024

Your Year in Review

The year has come to a close, and a new year full of possibilities lies ahead. Join family and friends to talk about the last 12 months and your expectations for the future.

- Looking back, what is one word you would use to sum up the previous year?
- What were some highlights of last year? Did you go on any special outings or trips? What about memorable holiday celebrations? Share photos and memories of these occasions, and talk about the people who were with you making those memories.
- How did the year compare with years past? Are there any experiences you would want to repeat?
- Have you changed in any way? Did you learn something new or grow in an unexpected way?
- What was your biggest accomplishment? Did you set any goals, and did you reach them? What motivated you to succeed?
- Have you made any resolutions for the year ahead? What are they? Did you learn anything from last year that will help you reach your goals? Share helpful advice with the group.
- What are you looking forward to the most this year? Why?



Arriving in America

Historians estimate that over two-thirds of Americans can trace their ancestry to Ellis Island, the immigration station in New York Harbor that opened on Jan. 1, 1892. During the checkpoint's 62 years of operation, more than 12 million people passed through its doors on their way to a new life in the U.S.

Choose a Word of the Year

Instead of making a New Year's resolution, many people pick a word of the year, which serves as motivation for daily activities as well as bigger goals. Brainstorm a list of inspirational words, such as "grow," "balance," or "reflect." After you choose a word, write it on a note and place it where you'll see it every day.

Hug Therapy

Hugs may keep you healthy during cold season. In a study where subjects were exposed to a cold virus, those who received regular hugs were less likely to develop cold symptoms than participants who didn't receive daily hugs. Researchers say hugging reduces stress and strengthens the immune system.

JANUARY 2024

MEET THE TEAM

EXECUTIVE DIRECTOR
KAYE PRINGLE
DIRECTOR OF NURSING
LINDA DEES, RN
MC RESIDENT CARE COORDINATOR
CHARNELLE NICHOLS, LPN
ADMISSIONS & SALES DIRECTOR
JENNIFER MEDEIROS
DIETARY DIRECTOR & CHEF
DAVID TWACHTMAN
MAINTENANCE DIRECTOR
RUDY FAIRLEY
ACTIVITY DIRECTOR
JESS KIMBLER

Dates to Remember

Thirty-one to be exact! That's how many chances January offers for our residents to observe a birthday. Odds are there could be numerous cakes, candles and celebrations, leaving us to wonder: how many wishes will come true? Only time will tell. In the meantime, we're wishing a happy birthday with many more to come:

- Charles K. was born on Jan 1st.
- Sue D. was born on January 15th.

“And now let us believe in a long year that is given to us, new, untouched, full of things that have never been.”
—Rainer Maria Rilke

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 Morning News 9:00 Devotional 10:00 Exercise Class 10:30 Coffee & Cover the Numbers Dice Game 1:00 Rest Hour 2:00 Manicures 3:00 Take a Stroll Outside 4:00 Movie Matinee	2 8:30 Morning News 9:00 Devotional 10:00 Outside Time: Courtyard or Front Porch 11:00 Music Therapy 1:00 Rest Hour 2:00 Word Games 3:00 Craft Class 4:00 Movie Matinee	3 8:30 Morning News 9:00 Devotional 10:30 Activity with Rebound Rehab 11:00 Music Therapy 1:00 Rest Hour 2:00 Coffee & Cardio 3:00 Worship with Joyce Robertson (MC Living Room) 4:00 Movie Matinee	4 8:30 Morning News 9:00 Devotional 10:00 Coffee & Word Games 11:00 Music Therapy 1:00 Rest Hour 2:00 Craft Class 3:00 Brother Allen 4:00 Movie Matinee	5 8:30 Morning News 9:00 Devotional 10:00 Exercise Class 10:30 Coffee & Cover the Numbers Dice Game 11:00 Music Therapy 1:00 Bus Outing 3:00 Take a Stroll Outside 5:00 New Year's Party	6 9:00 Music Therapy 10:00 Movie Matinee in Activity Room (Manager on Duty Activity) 1:00 Vitamin D & Me Courtyard Socializing 2:00 Activity Packets
7 9:00 Church with Theodore Church of God 10:00 Movie Matinee in Activity Room (Manager on Duty Activity) 1:00 Vitamin D & Me Courtyard Socializing 2:00 Activity Packets	8 8:30 Morning News 9:00 Devotional 10:00 Exercise Class 10:30 Coffee & Cover the Numbers Dice Game 1:00 Rest Hour 2:00 Manicures 3:00 Take a Stroll Outside 4:00 Movie Matinee	9 8:30 Morning News 9:00 Devotional 10:00 Outside Time: Courtyard or Front Porch 11:00 Music Therapy 1:00 Rest Hour 2:00 Word Games 3:00 Craft Class 4:00 Movie Matinee	10 8:30 Morning News 9:00 Devotional 10:00 Exercise Class 10:30 Coffee & Cover the Numbers Dice Game 1:00 Rest Hour 2:00 Bingo 3:00 Worship with Joyce Robertson (MC Living Room) 4:00 Movie Matinee	11 8:30 Morning News 9:00 Devotional 10:00 Coffee & Word Games 11:00 Music Therapy 1:00 Rest Hour 2:00 Craft Class 3:00 Brother Allen 4:00 Movie Matinee	12 8:30 Morning News 9:00 Devotional 10:00 Exercise Class 10:30 Coffee & Cover the Numbers Dice Game 11:00 Music Therapy 1:00 Bus Outing 3:00 Take a Stroll Outside 4:00 Movie Matinee	13 9:00 Music Therapy 10:00 Movie Matinee in Activity Room (Manager on Duty Activity) 1:00 Vitamin D & Me Courtyard Socializing 2:00 Activity Packets
14 9:00 Church with Theodore Church of God 10:00 Movie Matinee in Activity Room (Manager on Duty Activity) 1:00 Vitamin D & Me Courtyard Socializing 2:00 Activity Packets	15 8:30 Morning News 9:00 Devotional 10:00 Exercise Class 10:30 Coffee & Cover the Numbers Dice Game 1:00 Rest Hour 2:00 Manicures 3:00 Take a Stroll Outside 4:00 Movie Matinee	16 8:30 Morning News 9:00 Devotional 10:00 Outside Time: Courtyard or Front Porch 11:00 Music Therapy 1:00 Rest Hour 2:00 Word Games 3:00 Craft Class 4:00 Movie Matinee	17 8:30 Morning News 9:00 Devotional 10:00 Walmart Trip 1:00 Rest Hour 2:00 Coffee & Cardio 3:00 Worship with Joyce Robertson (MC Living Room) 4:00 Movie Matinee	18 8:30 Morning News 9:00 Devotional 10:00 Piano Recital by Andre Forney 11:00 Take a Stroll Outside 1:00 Rest Hour 2:00 Podiatrist Visit 3:00 Brother Allen 4:00 Movie Matinee	19 8:30 Morning News 9:00 Devotional 10:00 Exercise Class 10:30 Coffee & Cover the Numbers Dice Game 11:00 Music Therapy 1:00 Bus Outing 3:00 Take a Stroll Outside 4:00 Movie Matinee	20 9:00 Music Therapy 10:00 Movie Matinee in Activity Room (Manager on Duty Activity) 1:00 Vitamin D & Me Courtyard Socializing 2:00 Activity Packets
21 9:00 Church with Theodore Church of God 10:00 Movie Matinee in Activity Room (Manager on Duty Activity) 1:00 Vitamin D & Me Courtyard Socializing 2:00 Activity Packets	22 8:30 Morning News 9:00 Devotional 10:00 Exercise Class 10:30 Coffee & Cover the Numbers Dice Game 1:00 Rest Hour 2:00 Manicures 3:00 Take a Stroll Outside 4:00 Movie Matinee	23 8:30 Morning News 9:00 Devotional 10:00 Outside Time: Courtyard or Front Porch 11:00 Music Therapy 1:00 Rest Hour 2:00 Word Games 3:00 Craft Class 4:00 Movie Matinee	24 8:30 Morning News 9:00 Devotional 10:30 Activity with Rebound Rehab 11:00 Music Therapy 1:00 Rest Hour 2:00 Bingo 3:00 Worship with Joyce Robertson (MC Living Room) 4:00 Movie Matinee	25 8:30 Morning News 9:00 Devotional 10:00 Coffee & Word Games 11:00 Music Therapy 1:00 Rest Hour 2:00 Craft Class 3:00 Brother Allen 4:00 Movie Matinee	26 8:30 Morning News 9:00 Devotional 10:00 Exercise Class 10:30 Coffee & Cover the Numbers Dice Game 11:00 Music Therapy 1:00 Bus Outing 3:00 Take a Stroll Outside 4:00 Movie Matinee	27 9:00 Music Therapy 10:00 Movie Matinee in Activity Room (Manager on Duty Activity) 1:00 Vitamin D & Me Courtyard Socializing 2:00 Activity Packets
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Laugh Lines: Silly Old Bear

A dearly loved storybook bear is celebrated each year on Jan. 18. That date marks Winnie-the-Pooh Day and the birthday of his creator, author A.A. Milne. Over the decades, fans of all ages have enjoyed the character's lighthearted thoughts.

"People say nothing is impossible, but I do nothing every day."

"Let's begin by taking a smallish nap or two."

"A bear, however hard he tries, grows tubby without exercise."

"I'm so rumbly in my tumbly."

"It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like, 'What about lunch?'"

"I wasn't going to eat it; I was just going to taste it."

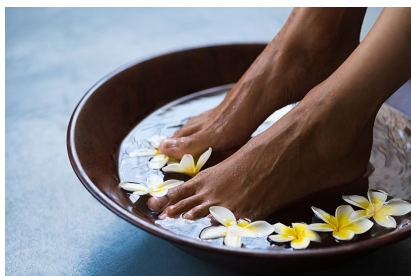
"Well, I did mean a little larger small helping."

"One of the advantages of being disorganized is that one is always having surprising discoveries."


"My spelling is wobbly. It's good spelling but it wobbles, and the letters get in the wrong places."

"I always get to where I'm going by walking away from where I have been."

"Nobody can be uncheered with a balloon."



For an easy, at-home pedicure, soak your feet in equal parts warm water and apple cider vinegar. The vinegar has antifungal properties and will help keep your feet healthy.



**AFFORDABLE
PODIATRY**
A STEP AHEAD

The podiatrist will be visiting Knollwood Pointe on January 18th @ 2pm. The cost is \$25 per resident. Cash and checks are accepted. Please make all checks out to Affordable Podiatry! Payments can be dropped off at the front office with our Admin Assistant, Carolyn.

A Dream Remembered

In January, we honor the life, service and legacy of Martin Luther King Jr. He organized nonviolent boycotts and protests against racial discrimination and directed a 250,000-man march on Washington, D.C., where he delivered his famous "I Have a Dream" speech. He became the youngest person to receive the Nobel Peace Prize, and his leadership led to reform in civil rights laws for all people. This year, take a moment to remember King and the movement toward equality he inspired.



Famous Firsts: MLK Jr. Day

On Jan. 20, 1986, the first Martin Luther King Jr. Day federal holiday was observed. Efforts began in 1968 to establish a nationwide commemoration of the Jan. 15 birthday of the American civil rights leader. In the spirit of King's belief that "Everybody can be great because everybody can serve," the holiday was expanded to a day of community service in 1994.

