

THE Knollwood Pointe Lifestyle



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

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



Audiobook Benefits

With millions of audiobooks available online, through mobile apps and at the library, it's easy to see why their popularity is on the rise for both new and longtime readers. A main reason people turn to audiobooks is so they can do something else while they're listening. Listening to a book also gives your eyes a break, which is especially important if you spend a lot of time in front of a computer, TV or phone screen. Allowing your eyes to rest can result in fewer headaches and better sleep.

Listening to a story strengthens memory and critical thinking skills as your brain processes the information that you hear. Since it's sometimes easy to tune out noise, audiobooks challenge you to stay focused. This can increase your attention span and make you a better listener.

Just like reading a book can make you a better writer and speaker, so can listening to one. You can learn new words as well as the proper rhythm and flow of language. For many, audiobooks don't replace traditional reading, but instead offer a different way to enjoy a story. A strong, engaging narrator can reveal further insights and add another layer of entertainment to a book you've already read.

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 one of the biggest contributors: The hot dog, AKA "Frankfurter," potato salad, and the beloved hamburger are just a few. The hamburger dates to the Mongol horsemen (Remember Genghis Khan?) They used to eat ground beef, but after some refinements in Hamburg, Germany, it made its way with immigrants to the U.S.

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

TRETTA 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>THE SHUTTLE BUS IS IN THE BUS "HOSPITAL" HAVING A CHECKUP TO ENSURE THAT IT IS SAFE FOR OUR RESIDENTS TO USE ON OUR COMMUNITY OUTINGS. SCHEDULED OUTINGS ARE SUBJECT TO CHANGE THIS MONTH!</p>	<p>Residents joined together to paint rocks for our Kindness Rocks Project! The colorful rocks will be distributed at our local parks during our upcoming, community outings!</p> 				<p>8:30 MORNING NEWS 9:00 COURTYARD STROLL 10:00 BINGO 12:30 RESIDENT CHOICE 2:30 KP WALKING CLUB 3:00 LEMONADE IN THE COURTYARD 4:00 MUSIC THERAPY 6:00 MOVIE MATINEE</p>
<p>8:30 MORNING NEWS 9:00 SUNDAY SCHOOL CLASS WITH THEODORE CHURCH OF GOD 10:00 CHURCH WITH TAWANNA 12:30 RESIDENT CHOICE 2:30 KP WALKING CLUB 3:00 LEMONADE IN THE COURTYARD 4:00 MUSIC THERAPY 6:00 MOVIE MATINEE</p>	<p>9:00 MORNING NEWS 10:00 JAZZERCISE 12:30 AUDIOBOOK CLUB 1:30 MANICURE MONDAYS 2:30 KICKBALL 3:00 LEMONADE IN THE COURTYARD 4:00 COLOR ME WONDERFUL 6:00 BINGO HOUR</p>	<p>4TH OF JULY LUNCHEON 9:00 COURTYARD STROLL 10:00 BINGO 12:30 AUDIOBOOK CLUB 1:30 ARTS & CRAFTS 3:00 POPSICLES IN THE COURTYARD 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE WITH POPCORN & DRINKS</p>	<p>9:00 BIBLE STUDY WITH TAWANNA 10:00 JAZZERCISE 10:30 GROUP DISCUSSION 11:00 MUSIC THERAPY 12:30 AUDIOBOOK CLUB 1:00 APPLE PIES AT THE PARK 4:00 COLOR ME WONDERFUL 6:00 BINGO HOUR</p>	<p>9:00 COURTYARD STROLL 9:30 MUSIC WITH MIKE LEE 10:00 KICKBALL 12:30 AUDIOBOOK CLUB 1:30 ARTS & CRAFTS 2:30 TRIVIA & POPSICLES 3:00 BROTHER ALLEN 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE WITH POPCORN & DRINKS</p>	<p>9:00 MORNING NEWS 10:00 JAZZERCISE 10:30 GROUP DISCUSSION 12:30 AUDIOBOOK CLUB 2:00 RED, WHITE, & YOU ICE CREAM SOCIAL SPONSORED BY SOUTHERN CARE (MEAGAN) 3:30 INDEPENDENT ACTIVITIES: DOMINOES, CHECKERS, KINGS IN CORNER 6:00 KP DANCE PARTY HOUR</p>	<p>8:30 MORNING NEWS 9:00 COURTYARD STROLL 10:00 BINGO 12:30 RESIDENT CHOICE 2:30 KP WALKING CLUB 3:00 LEMONADE IN THE COURTYARD 4:00 MUSIC THERAPY 6:00 MOVIE MATINEE</p>
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<p>EVENTS SAME AS ABOVE</p>	<p>EVENTS SAME AS THE 3RD & 10TH</p>	<p>9:00 COURTYARD STROLL 10:00 BINGO & WATERMELON SPONSORED BY OAK STREET HEALTH 12:30 AUDIOBOOK CLUB 1:30 ARTS & CRAFTS 3:00 POPSICLES IN THE COURTYARD 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE WITH POPCORN & DRINKS</p>	<p>9:00 BIBLE STUDY WITH TAWANNA 10:00 JAZZERCISE 10:30 GROUP DISCUSSION 11:00 MUSIC THERAPY 12:30 AUDIOBOOK CLUB 1:00 EXPLORING DOWNTOWN MOBILE OUTING 4:00 COLOR ME WONDERFUL 6:00 BINGO HOUR</p>	<p>9:00 COURTYARD STROLL 9:30 MUSIC WITH MIKE LEE 10:00 KICKBALL 12:30 AUDIOBOOK CLUB 1:30 ARTS & CRAFTS 2:30 TRIVIA & POPSICLES 3:00 BROTHER ALLEN 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE WITH POPCORN & DRINKS</p>	<p>9:00 MORNING NEWS 10:00 JAZZERCISE 10:30 GROUP DISCUSSION 12:30 AUDIOBOOK CLUB 2:00 "GREAT AMERICAN BIRTHDAY BASH" SPONSORED BY GENTIVA (CINDY) 3:30 INDEPENDENT ACTIVITIES: DOMINOES, CHECKERS, KINGS IN CORNER 6:00 KP DANCE PARTY HOUR</p>	<p>8:30 MORNING NEWS 9:00 COURTYARD STROLL 10:00 BINGO 12:30 RESIDENT CHOICE 2:30 KP WALKING CLUB 3:00 LEMONADE IN THE COURTYARD 4:00 MUSIC THERAPY 6:00 MOVIE MATINEE</p>
<p>EVENTS SAME AS ABOVE</p>	<p>BOOKMOBILE 11:45AM-12:15PM EVENTS SAME AS THE 3RD & 10TH</p>					



L to R: Memory Care Resident Care Coordinator, Charnelle Nichols; Director of Nursing, Tretta Huff; Assisted Living Resident Care Coordinator, Valerie Bell

Celebrating Our KP Heroes!

Knollwood Pointe celebrated our terrific nursing staff during National Nurses Week, which began on May 6 and ended on May 12, the birthday of Florence Nightingale, founder of the modern nursing profession.

KP Families Celebrate National Nurses Week



L to R: Joanna Boguski, daughter; Resident Care Coordinator, Charnelle Nichols; Ovilla M, mother

At Knollwood Pointe, our families love to pitch in on the many celebrations that we enjoy throughout the community! Thank you, all, for trusting your loved ones to our care.

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!



The Path to Liberty

The 13 Colonies' fight for independence began in Boston over two centuries ago. Today, visitors can step into history by walking the Freedom Trail through the city.

The 2.5-mile red brick path links 16 historic sites, famous for their role in the American Revolution and the nation's early days. Here are some notable stops: *Boston Common*. The south end of the trail starts here, at America's oldest public park, founded in 1634. Hundreds of Redcoats camped on its 45 acres during the British occupation of Boston.

Faneuil Hall. Called the Cradle of Liberty, this building was the site for town meetings and public protests of royal decrees. The structure was named for Peter Faneuil, a merchant who built it as the city marketplace.

Old South Meeting House. Over 5,000 Colonists packed Boston's largest public building at the time to rally against the tea tax, a protest that led to the Boston Tea Party.

Bunker Hill Monument. A 221-foot-tall granite pillar commemorates the 1775 Battle of Bunker Hill, which was the Revolution's first major clash. The USS Constitution warship, Massachusetts State House, Paul Revere House, the Old North Church and other churches and cemeteries are included on the trail. For a virtual tour, go to TheFreedomTrail.org.