

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

## All About Dr. Reba Patterson

On June 5, 1934, in Grand Bay, Alabama (Mobile County), a dynamic woman named Reba Patterson was born to Simon and Emma Patterson, Sr. She was the eighth of thirteen children. She graduated from Central High School, Mobile, Alabama. After graduating from high school, she attended Alabama State College Branch in Mobile for 2 years. She later moved to New York City where she enrolled in Columbia University. While attending Columbia she worked as a sales associate for Macy's Department Store. She graduated from Columbia University with a degree in mathematics. She continued her education and obtained her Master's and Doctorate degrees. She taught several years in the school system of New York City. Dr. Reba lived in New York the majority of her life. Due to illness in 2022, she moved back to Mobile to be with her family.



## Resident Spotlight



JULY 2025

## Sunscreen—An Everyday Habit

With the summer sun high in the sky, keeping sunscreen nearby just makes sense. But protecting your skin from the sun should be a part of your daily routine, regardless of the season.

The sun's harmful UV rays are stronger and more noticeable in the summer but are still present during the cooler seasons, as well as on cloudy days and even through windows! Not all sun damage is in the form of a sunburn. Overexposure to UV rays can cause changes to skin texture and health, from wrinkles and age spots to skin cancer.

Skin cancer is one of the most common types of cancer in the world. At least one in five Americans will receive a skin cancer diagnosis by age 70, and 90% of those cases are directly related to UV radiation.

People of all skin colors can develop skin cancer, and because sun damage accumulates over time, the risk of skin cancer increases with age. Older adults can also be more susceptible to sun damage, since skin naturally gets thinner over time.

The good news is that skin cancer is highly preventable with—you guessed it—sunscreen! Every day, apply sunscreen to your face, hands and other areas of exposed skin. Use whatever sunscreen you prefer, whether a cream, gel, stick or spray. Just make sure it's a broad spectrum sunscreen that's SPF 30 or higher.

**HAPPY  
BIRTHDAY**



**Sharon McDougald**



 **Tarantino**

JULY 2025

Citrus  
Melonade

Summertime is sweet when you’re sipping on this fruity beverage.

**Ingredients:**

- 1 cup water
- 2 cups sugar
- 6 cups cubed watermelon, seeds and rind removed
- 2 cups orange juice
- 1 cup grapefruit juice
- 3/4 cup lemon juice
- 3/4 cup lime juice
- 2 to 3 medium oranges, peeled and diced
- 1/2 cup fresh mint leaves

**Directions:**

Combine water and sugar in a small saucepan and heat on low until sugar is dissolved. Refrigerate until chilled. In a blender, puree 4 cups of the cubed watermelon until smooth. Pour into a larger pitcher. Add the chilled sugar syrup, orange juice, grapefruit juice, lemon juice and lime juice. Stir until well combined. Add remaining 2 cups of cubed watermelon, diced oranges and mint leaves to pitcher. Refrigerate for 2 hours. Serve over ice and garnish with an orange slice and fresh mint.

Find more recipes at  
FloridaCitrus.org.

“You cannot swim for new horizons until you have courage to lose sight of the shore.” —William Faulkner

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 11:00 Piano Playing and Singing with Ms Shirley 1:30 Color Me Wonderful 3:00 Catholic Mass with Father Domenic	2 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 10:00 Praise & Workout with Christina Boyd 1:00 Hang Man 3:00 4th of July ART	3 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 1:30 Activity with Audrea 2:30 4th of July Refreshments - Celebration 3:30 Bible Study with Brother Allen	4 <b>Independence Day</b> 9:00 Devotion with Carla 9:30 Activity with Audrea 9:30 Gospel Music Program (YouTube) 10:00 Bingo 1:30 Outing with Carla 3:30 Activity with Andrea	5 9:00 News on TV 10:30 Chair Yoga for Seniors (YouTube) 2:00 Color Me Wonderful 2:30 Table Top Activities - Resident Choice 3:30 Afternoon Movie
6 9:30 Church with TCOG 10:00 Refreshments/Hydration 1:30 Courtyard Stroll 2:00 Bingo 3:00 Activity with Audrea	7 9:00 Devotion with Carla 9:30 Praise and Worship (YouTube) 10:00 Nail Salon with Carla 1:00 Bean Bag Toss 3:00 Bible Reading with Ms Emily	8 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 11:00 Piano Playing and Singing with Ms Shirley 1:30 Color Me Wonderful 2:00 Hydration and Snack 3:00 Outdoor Stroll	9 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 10:00 Praise & Workout with Christina Boyd 1:00 Tongue Twisters 3:00 Color Me Wonderful	10 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 1:30 Activity with Audrea 3:30 Bible Study with Brother Allen	11 9:00 Devotion with Carla 9:30 Activity with Audrea 9:30 Gospel Music Program (YouTube) 10:00 Bingo 10:00 Revival with Elizabeth & Friends 1:30 Outing with Carla 3:30 Activity with Andrea	12 9:00 News on TV 9:30 Activity with Audrea 10:30 Chair Yoga for Seniors (YouTube) 2:00 Color Me Wonderful 2:30 Table Top Activities - Resident Choice 3:30 Afternoon Movie
13 9:30 Church with TCOG 10:00 Refreshments/Hydration 1:30 Courtyard Stroll 2:00 Bingo 3:00 Activity with Audrea	14 9:00 Devotion with Carla 9:30 Praise and Worship (YouTube) 10:00 Nail Salon with Carla 1:00 Bingo 3:00 Bible Reading with Ms Emily	15 9:00 Book Mobile/Outreach Services 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 11:00 Piano Playing and Singing with Ms Shirley 1:30 Color Me Wonderful 2:00 Hydration and Snack	16 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 10:00 Praise & Workout with Christina Boyd 3:00 Color Me Wonderful 3:00 Joyce Robinson Devotion Time	17 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 1:30 Activity with Audrea 3:30 Bible Study with Brother Allen	18 9:00 Devotion with Carla 9:30 Activity with Audrea 9:30 Gospel Music Program (YouTube) 10:00 Bingo 1:30 Outing with Carla 3:30 Activity with Andrea	19 9:00 News on TV 10:30 Chair Yoga for Seniors (YouTube) 2:00 Color Me Wonderful 2:30 Table Top Activities - Resident Choice 3:30 Afternoon Movie
20 9:30 Church with TCOG 10:00 Refreshments/Hydration 1:30 Courtyard Stroll 2:00 Bingo 3:00 Activity with Audrea	21 9:00 Devotion with Carla 9:30 Praise and Worship (YouTube) 10:00 Nail Salon with Carla 1:00 Bingo 3:00 Bible Reading with Ms Emily	22 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 11:00 Piano Playing and Singing with Ms Shirley 1:30 Color Me Wonderful 2:00 Hydration and Snack 3:00 Outdoor Stroll	23 1:00 Summer Art Painting 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 10:00 Praise & Workout with Christina Boyd 3:00 Color Me Wonderful	24 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 1:30 Activity with Audrea 3:30 Bible Study with Brother Allen	25 9:00 Devotion with Carla 9:30 Activity with Audrea 9:30 Gospel Music Program (YouTube) 10:00 Bingo 1:30 Outing with Carla 3:30 Activity with Andrea	26 9:00 News on TV 9:30 Activity with Audrea 10:30 Chair Yoga for Seniors (YouTube) 2:00 Color Me Wonderful 2:30 Table Top Activities - Resident Choice 3:30 Afternoon Movie
27 9:30 Church with TCOG 10:00 Refreshments/Hydration 1:30 Courtyard Stroll 2:00 Bingo 3:00 Activity with Audrea	28 9:00 Devotion with Carla 9:30 Praise and Worship (YouTube) 10:00 Nail Salon with Carla 1:00 Bingo 3:00 Bible Reading with Ms Emily	29 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 11:00 Piano Playing and Singing with Ms Shirley 1:30 Color Me Wonderful 2:00 Hydration and Snack 3:00 Outdoor Stroll	30 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 10:00 Praise & Workout with Christina Boyd 1:00 “Guess What I am” Game 3:00 Color Me Wonderful	31 9:00 Devotion with Carla 9:30 Gospel Music Program (YouTube) 1:30 Activity with Audrea 3:30 Bible Study with Brother Allen 4:30 Luau Dinner - dress Luau colors		



## Volunteer Visits

Do you have a talent that you would love to share with others? How about a topic that you could present to a group? Vacation photos to show off? Or maybe you would just like to sit down for a friendly chat or card game. We are always looking for volunteers of all types. Contact the office for more information. We'd love to have you!

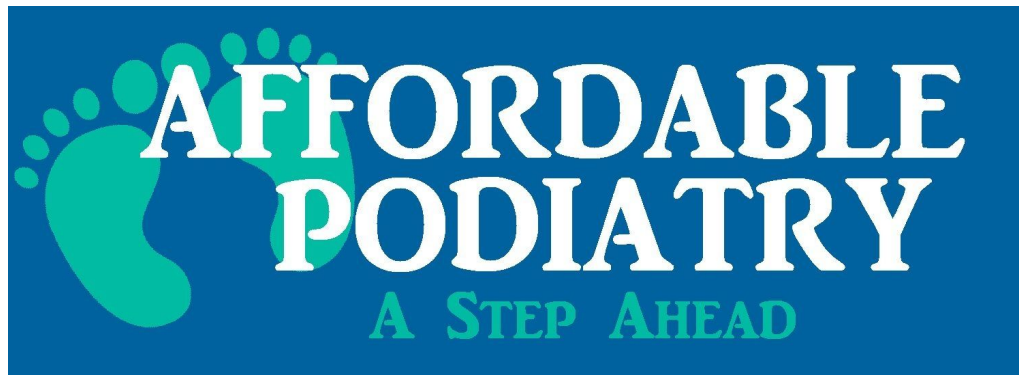
## Here's the Scoop on Some Favorite Frosty Treats

Frozen desserts are the most delicious way to cool off on a hot day. The hard part is choosing between all the flavorful options! Help satisfy your next craving by consulting this menu of summer's classic sweet treats.

*Ice cream.* We all scream for it! In a dish or cone, slow-churned or soft serve, ice cream is the second bestselling treat in the United States, after cookies. Flavors, toppings and mix-ins are practically endless, but vanilla remains Americans' No. 1 choice.

*Frozen yogurt.* Lighter and tangier than ice cream, froyo is a good source of protein and probiotics. With fun flavor combinations and tasty toppings like fresh fruit and candy bar pieces, kids—and adults!—will never know they're getting extra nutrition.

*Snow cones and shaved ice.* While similar, these fruity, icy treats have distinct differences. The ice pieces in snow cones are larger, which can be fun to crunch on, and the syrup often settles at the bottom of the cone, resulting in a final sip that's super tasty. Shaved ice is softer and flakier, like actual snow, and absorbs the syrup more evenly, so each bite is full of flavor.



**Dr. Stuart Alter** from **Affordable Podiatry** will be visiting our community on **Thursday, July 10th, 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.**



Our community is dedicated to making sure you feel at home. We've had several residents move in this month, and we'd like to extend a special welcome to those folks who are new to our community.

Our job is to make sure that your life in our community is comfortable, safe and enjoyable. We want you to be happy here and to feel like you've found a place to stay.

If you do like it here—and we truly hope you do—please tell the people you know. Wouldn't it be great to have your friends as your neighbors?

With gratitude,  
**Kendrick Wells,**  
Executive Director

