



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

THE Knollwood Pointe *Lifestyle*

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

NOVEMBER 2023



Someone You Know Loves Someone With Alzheimer's

When President Ronald Reagan declared the first National Alzheimer's Disease Awareness Month in November 1983, fewer than 2 million Americans had the disease. Today, there are more than 6 million.

This month, join the cause to help raise awareness about Alzheimer's. Here are some ideas:

- **Walk for a cure.** The Alzheimer's Association Walk to End Alzheimer's is an annual event that takes place in communities nationwide throughout the year, with many walks occurring in the fall. Invite friends and family to join your community's team to raise funds for Alzheimer's care, support and research.
- **Put on some purple.** The color purple is used to represent Alzheimer's awareness. Go further than just wearing a purple ribbon—why not dress head to toe in purple? You can also hang a purple wreath or banner on your door. Ask tech-savvy relatives and friends to use purple fonts and images in their personal email messages or on social media sites.
- **Honor a caregiver.** November is also National Family Caregivers Month, and this is no coincidence—Alzheimer's affects caregivers as well as those with the disease. Send a card or special treat to a caregiver, letting them know they are appreciated.



Recognition for Veterans

On Veterans Day, Nov. 11, America comes together to honor and thank veterans for their service in the nation's armed forces. See our Veterans on page 4. Our Veterans Luncheon will be on Nov. 10th @ 12pm.



Thanksgiving Dinner

To celebrate all that we are thankful for, we are hosting a Thanksgiving feast on November 15th @ 12pm with turkey and all the trimmings, prepared by our very own chef. Guests for this event are limited to 2 per resident. We look forward to seeing you all.

**NOVEMBER
2023**

**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

**The Glee of
Giving**

“The happiest people are those who do the most for others,” said leader and educator Booker T. Washington. That joyful feeling you often get from giving is apparently part of our biology. Neuroscientists studying the human impulse to help others used detailed brain scans and saw that acts of generosity lit up parts of the brain connected to pleasure. They say it’s proof of why doing good can make you feel good.

“Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others.”
—Charlotte Rae

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 This Day in History 9:30 Courtyard Stroll 10:00 All Saints' Day Quiz & Word Search 2:00 Art Class: Pilgrims 2:30 Adolphe Sax Biography & Music 3:00 Worship: Joyce Robertson (Living Room)/ Catholic Rosary & Communion (Dining Room) 4:00 Color Me Wonderful 6:00 Resident Choice	2 HAPPY BIRTHDAY OVILLA M. 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Dia de Muertos: Day of the Dead History 10:30 Book Club 2:00 Kindness Bingo 3:00 Music Therapy 3:30 Brother Allen 4:00 Color Me Wonderful 6:00 Resident Choice	3 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Black & White Television Quiz 10:30 Men's Club Meeting: Inventors You've Never Heard Of 11:00 Music Therapy 2:00 Apple Pie & Apple Cider 3:00 Kickball 4:00 Color Me Wonderful 6:00 Resident Choice	4 ALABAMA VS LSU AUBURN @ VANDERBILT
5 9:00 Church with Theodore Church of God 10:00 Gaither Homecoming Music Program 12:30 Courtyard Stroll After Lunch 2:00 Activity Packet 3:00 Sunday Movie Matinee	6 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Manicures in the Courtyard: Kindness Poems 11:00 Music Therapy 2:00 Crafting Class: Scavenger Collages 3:00 Book Club 4:00 Color Me Wonderful 6:00 Resident Choice	7 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Reminiscing: The Early Days of Black & White TV 10:30 Book Club 1:00 Bus Outing 3:00 Catholic Saints Quiz 3:30 Amazing Beer Trivia 4:00 Color Me Wonderful 6:00 Resident Choice	8 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Taste of Autumn: Pie Tasting Competition 10:30 Book Club 2:00 USA Inventions Bingo 3:00 Worship: Joyce Robertson (Living Room)/ Catholic Rosary & Communion (Dining Room) 4:00 Color Me Wonderful 6:00 Resident Choice	9 HAPPY B-DAY ACT DIR JESS 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Propaganda Posters 10:30 Book Club 2:00 Cover the Number: Dice Game 2:30 Art Class: Making Christmas Cards 3:30 Brother Allen 4:00 Color Me Wonderful 6:00 Resident Choice	10 9:00 This Day in History 9:30 Courtyard Stroll 10:00 US Military Life Bingo 11:00 Music Therapy 12:00 Veterans Day Luncheon & Presentation 2:00 Veterans Day Word Search 2:30 Cars Trivia 3:00 Voyage to Sydney- Short Story by Mark Twain 4:00 Color Me Wonderful 6:00 Resident Choice	11 ALABAMA @ KENTUCKY AUBURN @ ARKANSAS
12 9:00 Church with Theodore Church of God 10:00 Gaither Homecoming Music Program 12:30 Courtyard Stroll After Lunch 2:00 Activity Packet 3:00 Sunday Movie Matinee	13 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Confucius Motivational Quotes & Kindness Links 11:00 Music Therapy 2:00 Epictetus: A Remarkable Philosopher 2:30 Kindness Word Search 3:00 Pass the Ball, Stop the Music 4:00 Color Me Wonderful 6:00 Resident Choice	14 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Manicures in the Courtyard: Mark Twain Sayings 11:00 Music Therapy 1:00 Bus Outing 3:00 Creative Thinking Exercises 3:30 Who Am I? November Birthdays 4:00 Color Me Wonderful 6:00 Resident Choice	15 9:00 This Day in History 9:30 Black & White TV Facts & Trivia 10:00 Turkey Trot in the Courtyard 12:00 Thanksgiving Family Feast 2:00 Crafting Class: Thanksgiving Turkeys 3:00 Worship: Joyce Robertson (Living Room)/ Catholic Rosary & Communion (Dining Room) 4:00 Color Me Wonderful 6:00 Resident Choice	16 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Piano Recital by Andre Forney 12:30 Rest Hour 2:00 TV Bingo 3:00 Cars Word Search 3:30 Brother Allen 4:00 Color Me Wonderful 6:00 Resident Choice	17 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Book Club 10:30 Cars Trivia 11:00 Music Therapy 2:00 International Men's Day Social 3:30 Pass the Ball, Stop the Music 4:00 Color Me Wonderful 6:00 Resident Choice	18 ALABAMA VS CHATTANOOGA AUBURN VS NEW MEXICO ST
19 9:00 Church with Theodore Church of God 10:00 Gaither Homecoming Music Program 12:30 Courtyard Stroll After Lunch 2:00 Activity Packet 3:00 Sunday Movie Matinee	20 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Manicures in the Courtyard: 17 Great Manhood Quotes 11:00 Music Therapy 2:00 Painting Class: Monet's Sunflowers 3:30 The First Digital Camera: Steven Sasson 4:00 Color Me Wonderful 6:00 Resident Choice	21 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Claude Monet Biography 10:30 Tongue Twister Tuesday 11:00 Music Therapy 1:00 Bus Outing 3:00 Thanksgiving Sing-Along & Quiz 4:00 Color Me Wonderful 6:00 Resident Choice	22 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Taste of Autumn: Pie Tasting Competition 10:30 Kickball 2:00 Thanksgiving Bingo 3:00 Worship: Joyce Robertson (Living Room)/ Catholic Rosary & Communion (Dining Room) 4:00 Color Me Wonderful 6:00 Resident Choice	23 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Macy's Thanksgiving Day Parade 2:00 Thanksgiving Tongue Twister Competition 2:30 Thanksgiving Scavenger Hunt 3:30 Brother Allen 3:30 MTD Parade Trivia & Facts 4:00 Color Me Wonderful 6:00 Resident Choice	24 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Ladies' Club Meeting: Famous Female Inventors 10:30 Pass the Ball, Stop the Music 11:00 Music Therapy 2:00 Farmers Market Event 3:30 Popular Sayings & Their Meanings 4:00 Color Me Wonderful 6:00 Resident Choice	25 IRON BOWL SATURDAY!!!! WAR EAGLE!!!! ROLL TIDE!!!!
26 9:00 Church with Theodore Church of God 10:00 Gaither Homecoming Music Program 12:30 Courtyard Stroll After Lunch 2:00 Activity Packet 3:00 Sunday Movie Matinee	27 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Inventors Word Search 10:30 Book Club 11:00 Music Therapy 2:00 Gentle Chair Exercise Bingo 3:00 Sandwich Day Trivia & Facts 4:00 Color Me Wonderful 6:00 Resident Choice	28 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Manicures in the Courtyard: Philosophers on the Question of Happiness 11:00 Tongue Twister Game 1:00 Bus Outing 3:00 Remembering Ferdinand Magellan 3:30 Music Therapy 4:00 Color Me Wonderful 6:00 Resident Choice	29 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Painting Class: Monet's Lilies 2:00 Book Club 2:30 Cover the Number: Dice Game 3:00 Worship: Joyce Robertson (Living Room)/ Catholic Rosary & Communion (Dining Room) 4:00 Color Me Wonderful 6:00 Resident Choice	30 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Religions of the World 10:30 Classic TV Series Word Search 2:00 Words Ending with AGE 2:30 Words Starting with "N" 3:30 Brother Allen 4:00 Color Me Wonderful 6:00 Resident Choice		

Word for November: Service

Each year, on Nov. 11, we celebrate Veterans Day by honoring the courageous men and women of the military for their service to our country. Merriam-Webster defines service as "contribution to the welfare of others." You can follow our service members' example and find ways to make the community a better place. Volunteer at a school or charitable organization. Pick up litter around the neighborhood. Or simply reach out to friends and neighbors who may need a helping hand and a smiling face. We love you all and thank you for your service! **Thank you goes to our MC veterans: Mr. Charles K, Mr. John P, Mr. Jim B, Mr. Pat P, Mr. Wilfred S, Mr. Joe B, Mr. Spencer F, Mr. Manning B, Mr. John L, and Mrs. Diane C.**



Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans. Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for future generations. Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute. To date, the project has collected 108,000 stories, making it the nation's largest archive of oral history of its kind. Some accounts have been digitized and are available for viewing online. To learn more about the Veterans History Project and how to participate, visit LOC.gov/vets.



The Gettysburg Address: A Score of Facts

On Nov. 19, 1863, President Abraham Lincoln delivered some of the most enduring words in American history, his Gettysburg Address. Lincoln's remarks were given at the dedication of a soldiers' cemetery at Gettysburg, Pa., the site of the Civil War battle that was fought earlier that year. Lincoln was not the event's keynote speaker. His address followed the featured guest, popular orator and former Secretary of State Edward Everett, who spoke for two hours. The famous first words, "Four score and seven years ago ..." refer to 1776, when the Declaration of Independence was written. A score is equal to 20 years. Lincoln wrote every word of the speech himself. He later gave handwritten copies of the text to five different people, and each copy had slight variations. One of the copies is displayed in the Lincoln Room of the White House. The words of the Gettysburg Address are carved into the south wall of the Lincoln Memorial in Washington, D.C.

