

THE Knollwood Pointe Lifestyle



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
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JANUARY 2024

Laugh Lines: Ringing in the New Year

Q: What is a New Year's resolution?

A: Something that goes in one year and out the other.

Q: What did the little Champagne bottle call his father?

A: Pop!

Knock, knock.

Who's there?

Abby.

Abby who?

Abby New Year!

Youth is when you're allowed to stay up on New Year's Eve. Middle age is when you're forced to.

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.

My New Year's resolution is to get better at pretending to know the words to "Auld Lang Syne."



Stay Healthy This Season

A tickle in your throat, a congested nose or aches and pains are all signs of a respiratory illness. Keep these tips in mind to continue feeling fresh and spry this season.

Leading a healthy lifestyle is a great way to stop any sickness from taking hold. Drink plenty of water, stay active, sleep around seven hours a night and eat a balanced diet rich in vitamins and minerals.

Do everything you can to stop the spread of germs. Many respiratory illnesses are acquired by touching contaminated surfaces or coming into contact with someone who's sick.

The biggest tip to stay germ-free is to wash your hands. Use soap and warm water, scrubbing for at least 20 seconds. If you don't have access to a sink, hand sanitizer is a good alternative. Additionally, try to keep your hands away from your face, as touching your eyes, mouth or nose will allow germs to enter your system more easily.

Vaccinations for many respiratory illnesses are available, and wearing a mask can help contain bacteria transmission.

Most importantly, stay home if you are feeling any signs of sickness.



JANUARY 2024

THE TEAM

EXECUTIVE DIRECTOR
KAYE PRINGLE
DIRECTOR OF NURSING
LINDA DEES, RN
AL RESIDENT CARE COORDINATOR
VALERIE BELL, 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:

- Mona P. was born on Jan 15th
- Iris P. was born on Jan 16th
- Gail P. was born on Jan 28th

"And now let us believe in a long year that is given to us, new, untouched, full of things that have never been."

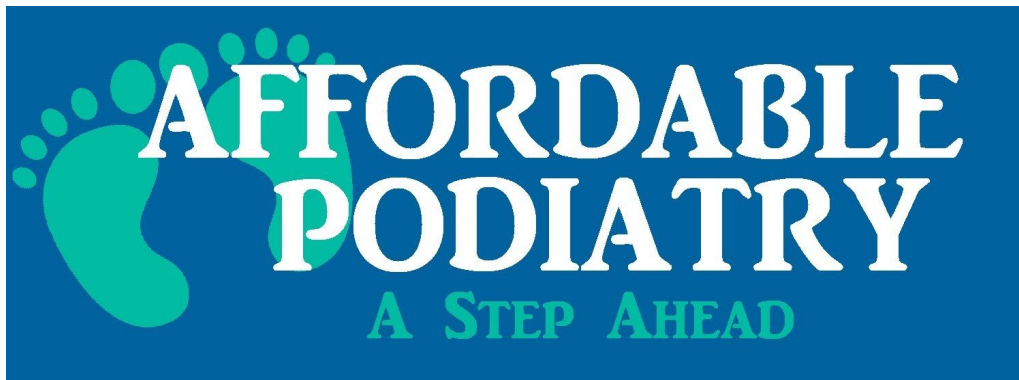
—Rainer Maria Rilke

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 Bingo 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 1:00 Bus Outing 3:00 Take a Stroll Outside 4:00 Movie Matinee 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 MC Living Room 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 Bingo 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 MC Living Room 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 Bingo 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 MC Living Room 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 Bingo 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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A Committed Life

"Yes, if you want to say that I was a drum major, say that I was a drum major for justice. Say that I was a drum major for peace. Say that I was a drum major for righteousness. And all of the other shallow things will not matter. I won't have any money to leave behind. I won't have the fine and luxurious things in life to leave behind. But I just want to leave a committed life behind. And that's all I want to say. If I can help somebody as I pass along, if I can cheer somebody with a word or song, if I can show somebody he is traveling wrong, then my living will not be in vain." Excerpted from "The Drum Major Instinct," a sermon by Dr. Martin Luther King, Jr., 1968.



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.



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



Be a Blood Donor

January is National Blood Donor Month. Blood is often in short supply during the winter, especially in the month of January, as a result of holidays, travel schedules, inclement weather and illness. So this is a good time to donate your blood to help save someone's life. Every one unit of blood donated can be separated into four individual components that can save multiple lives. To find out more about donating and where you can go locally to donate blood, visit www.AABB.org.



Sugar Awareness Week

The third week in January is Sugar Awareness Week, a time to take stock of the sweets you eat. Experts recommend snacking on naturally sweet fruit and cutting portion sizes when you do splurge on a sugary treat.