

Thornton Manor

January 2024



DOWN HOME CHIT CHAT
WWW.THORNTONMANORLANSING.COM



CONDOLENCES:

Our sympathy goes out to the family and friends of Harriet Instefjord who passed away in November and Don Johnson who passed away in December.



HAPPY BIRTHDAY!!!
THORNTON MANOR
Karen Milton 22nd
THORNTON HEIGHTS

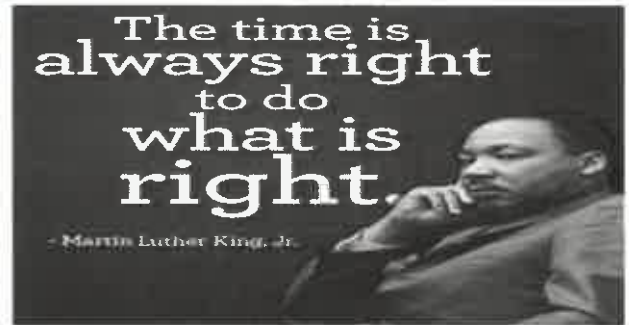
None

STAFF

Bonnie Zeimet 4th
Violet Nehman 7th
Emily Stone 8th
Cameron McKittrick 8th
Allison Colsch 19th
Cheyenne Fedler 22nd
Kim Timmerman 26th



New Year
MAY THE SPIRIT OF THE
NEW YEAR FILL YOUR
HEART WITH HOPE AND
YOUR DAYS WITH
LAUGHTER.
HAPPY NEW YEAR!



- Martin Luther King, Jr.

JANUARY MUSIC

Saturday, Jan. 6th @ 10:00am Brian Fitzgerald

Monday, Jan. 8th @ 10:00am Vertigo

Thursday, Jan. 18th @ 1:30pm Ryan Howe is back!!

Tuesday, Jan. 23rd @ 10:00am Kevin Mattson



FIND US ON FACEBOOK

Like and share our profile on Facebook to see what your loved ones are up to! You can search:
"Thornton Manor & Thornton Heights" OR "@ThorntonManor1329"



DEPARTMENT HEADS

SAM KUHN

Administrator

BONNIE WEYMILLER

Director of Nursing

CHLOE SERVERSON

Social Services

NANCY RETHWISCH

Office Manager

CATHY MULHOLLAND

Food Service

KAREN ULRICH

Recreation Therapy

Director

BRENT HARTLEY

Maintenance &

Environmental Services



Tips for Healthy Aging



Life expectancy has increased over the years, but despite the advances in medicine and technology, age may still increase your risk of developing health complications. It is important to embrace your age and adapt to the golden years. Maintaining a healthy lifestyle can significantly improve your quality of life. Here are steps you can take to ensure your well-being as you grow older:

Eat Healthy

Maintaining a healthy diet can help you feel better as you age. Reduce your intake of saturated fat, sodium, and added sugars. Eat a variety of fruits, vegetables, proteins, and grains. Choose low-fat or fat-free milk and yogurt. Drink water instead of sugary drinks!

Stay Active

A little bit of exercise can go a long way.

Reduce Stress

Making time for yourself is a wonderful way of reducing your level of stress. Take time out of your day to do some of the things you enjoy. Find a hobby that takes your mind off your daily worries.

Be Social

Responsibilities and priorities change as you age, but it is important to maintain social connections. Reach out to friends, family, neighbors, and those you care about.



WINTER



F P A M O T I U S W O N S Q B S
 R X G O Y D S H O V E L Z J N C
 Q T L B N K L W R S M A G O U F
 V G S R A P E N G U I N W Y H D
 I W N T E J G X M Q S B R E O Z
 U C E A Y T N D P I O H F K L R
 M S I Z G Q A V B A T L X C I J
 Y H K C F G W E R N U T P O D G
 S J M V L S O D W R X Q E H A N
 E N T G K E N B R S F M C N Y I
 V L O I N H S I O X J U Q A S D
 O F I W P E E R S T O O B M C D
 L N X U B S Z J Y P N I H W K E
 G I P E T A L O C O H C T O H L
 B S C A R F L D R E M Z U N J S
 H R E T N I W L X F P G Y S O K



- boots
- flurries
- frozen
- gloves
- hockey
- holidays
- hot chocolate
- icicle
- igloo
- mittens
- penguin
- scarf
- shovel
- skates
- skiing
- sledding
- snow angels
- snowball
- snowboard
- snowman
- snowsuit
- sweater
- toboggan
- winter

December Was Fun...
But Bring on The
NEW YEAR!!!

The Annual Thornton Manor Christmas Party took place on Friday, December 14th. The party started with live entertainment by Mike McCoy from Prairie du Chien. Santa Klaus (Brent Hartley-Director of Maintenance and Environmental Services) visited during the party to check if residents were naughty or nice this year while passing out treats. The tradition of staff volunteering to purchase gifts for residents continued this year and were given to all residents and tenants of Thornton Heights. The party continued with a dessert provided by Nutrition Services. The party was finalized with dimming the lights and everyone holding hands and singing "Silent Night." We would like to give a big **THANK YOU** to **THE RED GERANIUM AND LANSING UNITED METHODIST CHURCH**, along with local businesses and the members of the community who donated cards, gifts, & money for residents along with delicious snacks for staff and residents to continue the Christmas miracle throughout the entire month of December. Please join us for our **ANNUAL NEW YEARS EVE PARTY ON DEC. 29TH** at 1:30pm with Entertainment by JR Brink! We have a wonderful community family here at Thornton Manor and would like to express our gratitude!
Karen and Kori—Recreation Therapy Department

UGLY SWEATER
DAY & CHRISTMAS
PARTY!



HAPPY NEW YEAR FROM
THORNTON MANOR
2024