

Thornton Manor

April 2024

DOWN HOME CHIT CHAT
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THE MEANING OF EASTER

Easter commemorates the resurrection of Jesus Christ. It is the last day of the Holy Week, consisting of several days each with their own significance. These include Palm Sunday (commemorating when Jesus entered Jerusalem), Holy Thursday (commemorating the Last Supper and washing of feet), Good Friday (commemorating Jesus' crucifixion and death), and Easter Sunday (commemorating the resurrection of Jesus). **This year, Palm Sunday is March 24th, and Easter falls on March 31st.**

What about Easter Eggs and the Easter Bunny?

The colorful Easter eggs you decorate with your family are symbols of new life and rebirth. Ancient Christian communities in Mesopotamia would stain eggs red to represent the blood of Christ, which was shed at the crucifixion. The eggs also signify the empty tomb of Jesus.

As for the Easter bunny, its origins are not necessarily rooted in Christianity. The exact origins of the anthropomorphic rabbit are not clear. However, since ancient times, the hare has been said to represent rebirth.

Happy Birthday

THORNTON MANOR

John Weymiller IInd

Wanda Hise^l 13th

Phyllis Steiber 19th

Shirley Steiber 29th

THORNTON HEIGHTS

None

STAFF

Roxanne Smorud 2nd

Karon Ulrich 3rd

Emily Pauley 15th

Makenzie Gavlo 25th

Katrina Lyons 25th

Jody Meyer 27th



JOKE: "I think we can all agree that hairdressers are the unsung heroes for looking at the pictures of celebrity hair we want and not laughing in our faces."
 - Readers Digest, 2023

April is Stress Awareness Month

We all get stressed out sometimes. However, did you know that high levels of stress can cause everything from headaches and digestion issues to high blood pressure and chest pain?

Stress can also worsen anxiety and depression.

You can take steps to minimize the causes of your stress so that you can lead a healthier life.

Tips For Anxiety



DEPARTMENT HEADS

SAM KUHN

Administrator

BONNIE WEYMILLER

Director of Nursing

CHLOE SEVERSON

Social Services

NANCY RETHWISCH

Office Manager

CATHY MULHOLLAND

Food Service

KAREN ULRICH

Recreation Therapy Director

BRENT HARTLEY

Environmental Services

Maintenance

Easter Word Search

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

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|-----------|------------|-----------|
| Basket | Dye | Lily |
| Bonnet | Easter | Parade |
| Bunny | Hunt | Peeps |
| Candy | Eggs | Rabbit |
| Chicks | Family | Spring |
| Chocolate | Flowers | Sunday |
| Daffodil | Grass | Tradition |
| Decorate | Happy | Tulips |
| Ducks | Jellybeans | |



APRIL IS AUTISM AWARENESS MONTH



Spring Into Health!

After a long and sometimes dark winter, you might feel inspired to make changes to enhance your health. For many older adults, few things can perk them up including their favorite hobbies and activities. The need to keep stimulated and engaged does not stop just because someone's physical ability declines. It may take a little research and creativity to find accessible activities for seniors with disabilities, but it is well worth the effort!

Exercise – From the standpoint of both physical and emotional health, exercise provides older adults with enormous benefits, if it does not aggravate pre-existing physical problems. **MOVE MORE, SIT LESS!**

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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**



Lucky Month of March St. Patrick's Day Celebration!



Enjoying the unseasonably warm weather in March with activities moved outdoors! AWESOME!

