



Thornton Manor

March 2026

DOWN HOME CHIT CHAT
WWW.THORNTONMANORLANSING.COM



CONDOLENCES:

Our sympathy goes out to the family and friends of Mary Severson who passed away in February.

No matter how long
the winter, spring is
sure to follow

Daylight
Savings
Time:
March 8th



Happy St. Patrick's Day!



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

TRADITION
SHAMROCK
HAPPY
SAINT
LUCK
MARCH
PATRICK
DANCE
SHIRTS
HOLIDAY
GREEN
FOLKLORE
EMERALD
CELEBRATE
RAINBOW
FISH
IRELAND
FEAST
POT
LIFE
PREMIUM
PARADE
CLOVER
GOLD
MYTHOLOGY

THORNTON MANOR

Tom Spinner 27th

THORNTON
HEIGHTS

Jean Radloff 4th

STAFF

Deb Bay 7th

Hailey Matthews 14th

Loralee Wetter 14th

Cheryl Fetketter 20th

Payson Rea 22nd

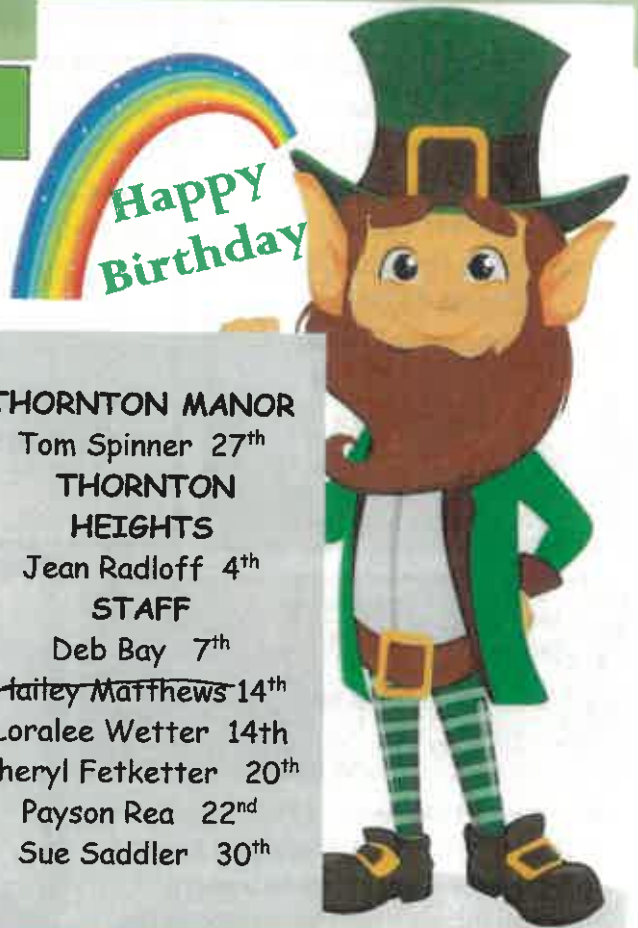
Sue Saddler 30th

A Mother's Limerick

THERE ONCE WAS A BUSY MOTHER OF THREE,
WHO TRIED TO BE THE BEST HOUSEWIFE SHE COULD BE
SO AS THE LAUNDRY KEPT PILIN'
SHE KEPT RIGHT ON SMILIN'
AND SAID, "IT'S NOT LIKE THEY CAN FIRE ME!"

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

NANCY RETHWISCH

Office Manager

CATHY MULHOLLAND

Food Service

KAREN ULRICH

Recreation Therapy Director

DIANE DELONG

Environmental Services

BRENT HARTLEY

Maintenance

Finding Joy through Compassionate Touch

The touch of a hand, a hug, or an arm around a shoulder all communicate caring and can make one feel valued. Researchers have found that touch deprivation leads to feelings of isolation and anxiety. They also have found that touch stimulates oxytocin and creates a feeling of safety, trust, and decreased anxiety. Anyone who has cared for an infant knows the calming power of touch. A simple five-minute gentle massage of the hands communicates compassionate caring, a calming presence and reminds the person receiving the massage that they are valued. Recreation Therapy at Thornton Manor has integrated Compassionate Touch through hand and shoulder massages at least 2-3x weekly following our group exercise class which is proven to be beneficial for all residents.



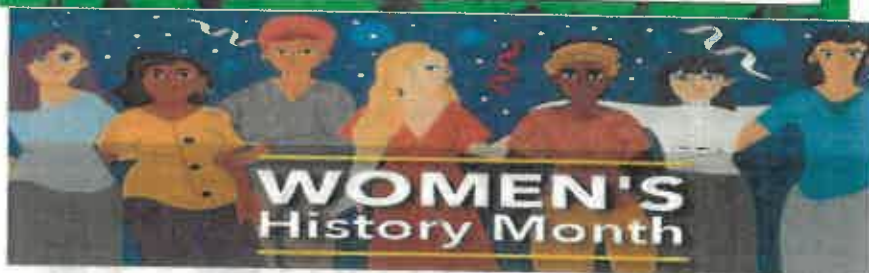
"It is through the emotional involvement of touch that one can reach through the isolation and communicate love, trust, affection and warmth." -Ashley Montagu



Who doesn't like sports? The United States is known for their sporting events, and sports have always been a part of American history. Football is rated as the number one sport in the United States, followed by baseball, softball as number two, and basketball as number three. If you are a fan of basketball, this is your favorite time of year because everywhere you turn consists of sports fanatics talking about bubble teams, brackets, and buzzer beaters. March Madness is when the NCAA men's and women's college basketball tournaments are held. Each tournament is a single elimination featuring 68 teams to survive three weekends of games, and only 16 teams make it past the first weekend. March Madness will begin on March 15th with the Sunday Selection, followed by the first tip-off on March 17th and 18th. Get your brackets ready for March Madness and let the fun begin!

Fun Ireland Facts

- St. Patrick arrived in Ireland in 432AD.
- Ireland's population is 4.6 million.
- Ireland ranks #4 in the world in beer per capita consumption.
- Ireland's oldest PUB opened 900 years ago.
- There are about 10,000 three-leaf clovers for every four-leaf clover.



Women's History Month is celebrated every March to honor all the women in the world who strive to accomplish positive change. Women's History Month empowers young girls around the nation with courage, self-esteem, and willpower to walk in our ancestors' footsteps.

To learn more about Women's History Month, visit:

- <https://womenshistorymonth.gov/>

OR

- <https://www.womenshistory.org/womens-history/womens-history-month>

February was fun, but... We're Feeling LUCKY

Love Was in the Air: Thornton Manor celebrated Valentine's Day with entertainment by Randy DeGeir and his grandson Gavin, treats, trivia for prizes, staff and resident candy guessing game for prizes, and even family and friends joined the party! Thank you to Red Geranium Floral for donating flowers for all!



Entertainment for the month of March:

March 2nd "Switchback" at 10am

March 3rd Kevin Matson at 10am

March 10th Emma Blank at 10am

March 17th St. Patrick's Day Party with Crissy & Tom at 1:30pm

March 21st **Saturday:** Tim Howland at 10am

March 24th Mike McAbee at 10am

March 31st Scott and Erica Guthrie at 10am



Who says February has to be cold? Residents enjoyed a gorgeous 60 degree day soaking up the sunshine and fresh air!