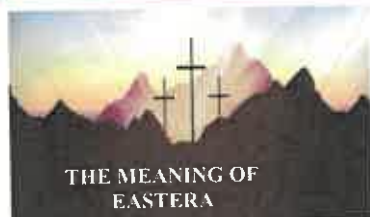




Thornton Manor

April 2026

DOWN HOME CHIT CHAT
WWW.THORNTONMANORLANSING.COM



CONDOLENCES:
Our sympathy goes out to the family and friends of Carol Chase who passed away in March.

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 29th, and Easter falls on April 5th.**

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

Dan Severson 3rd
Wanda Hise 13th
Larry Hockmagle 14th
Phyllis Steiber 19th
Shirley Steiber 29th

THORNTON HEIGHTS

Name

STAFF

Roxanne Smerud 2nd
Karen Ulrich 3rd
Zoey Fleuer 10th
Makenzie Gavle 25th
Kotina Lyons 25th
Jody Meyer 27th
Brent Hartley 30th



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

NANCY RETHWISCH

Office Manager

CATHY MULHOLLAND

Food Service

KAREN ULRICH

Recreation Therapy Director

DIANE DELONG

Environmental Services

BRENT HARTLEY

Maintenance

APRIL IS AUTISM AWARENESS MONTH



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

Basket

Bonnet

Bunny

Candy

Chicks

Chocolate

Daffodil

Decorate

Ducks

Dye

Easter

Hunt

Eggs

Family

Flowers

Grass

Happy

Jellybeans

Lily

Parade

Peeps

Rabbit

Spring

Sunday

Tradition

Tulips



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!**

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**



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



Saying Farewell: Administrator; Sam Kuhn and Director of Nursing; Bonnie Weymiller

With sincere gratitude, we commemorate the unwavering commitment of two of our **exceptional** team leaders who have tirelessly propelled Thornton Manor's mission forward, we pay tribute to **Administrator Sam Kuhn** for his extraordinary leadership and over **30 years** of pioneering accomplishments as he embarks on a new chapter of his life's journey. Thank you, Sam, for demonstrating unwavering dedication and placing Thornton Manor at the forefront of your priorities for over three decades. Your selfless devotion to residents, staff, families, volunteers, and the community has been truly remarkable. **Your presence will be deeply missed.**

We also would like to acknowledge our **Director of Nursing, Bonnie Weymiller**, for her outstanding **45-year** legacy of unrelenting passion, commitment and support for staff, residents, and families alike, as she begins her well-deserved retirement. We extend our heartfelt appreciation for her tireless efforts that elevated Thornton Manor to the pinnacle of nursing home excellence. **Your presence will also be deeply missed. Enjoy Retirement Bonnie!!**