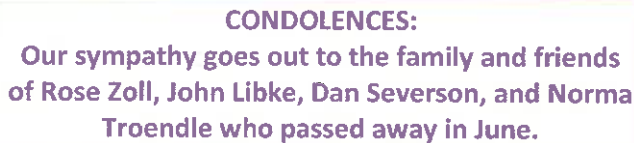


DOWN HOME CHIT CHAT
WWW.THORNTONMANORLANSING.COM



Thornton Manor's legend Administrator Assistant,

will soon be retiring after 49 years of dedicated service to residents, families, staff, volunteers, and our community.

Nancy made a difference every day.

THORNTON MANOR

STAFF

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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

The profile will look like the picture on the left! 😊

DEPARTMENT HEADS

KRISTINE BLEXRUD

Administrator

STACY HOAGLAN

Office Manager

CATHY MULHOLLAND

Food Service

KAREN ULRICH

Recreation Therapy

Director

DIANE FRUTH

Environmental Services

BRENT HARTLEY

Maintenance

July Entertainment Schedule: 10:00am

Mon. July 6th Randy

DeGeir

Mon. July 13th "Switchback"

Tues. July 14th

Emma Blank

Mon. July 20th The

Guthries

Wed. July 22nd

Driftless Center

Presentation

Tues. July 28th Jay

Hoffman

THE GARDEN IS BLOOMING: Thornton Manor's courtyard is in full bloom with all the flowers and vegetables! The residents love sitting in the courtyard soaking in the fresh air and sunshine while visiting with their peers and participating in a variety of activities. They also enjoy helping and observing the vegetables that we are growing. Assisted Living Tenant Char Hill has again accepted the responsibility of being our "Head Gardener." We appreciate all the work Char does daily taking care of and watering the vegetables and flowers. Thornton Manor is growing a variety of peppers, tomatoes, cucumbers, radishes, carrots, and onions. Thank you to Pat Spinner and Judy Hammel for taking care of the beautiful flowers in front of Thornton Manor.



TIPS TO BEAT THE HEAT

1. All you can eat – Water is most essential in summer, so consume the vegetables and fruits high in water content such as salads, beans, soups, yogurts, tomatoes, carrots, cucumbers, watermelons, and many more.
2. Drink like a fish – Stay hydrated by drinking plenty of water or other healthy drinks such as coconut water, lemon or mint leaves in water, cucumber detox drinks, chia seed water, aloe vera juice, sugarcane juice, buttermilk, or homemade fruit/vegetable juices. Try to stay away from sugary drinks as much as possible!
3. Skincare routines – Sun exposure and heat can cause inflammation, sunburn, acne, age spots, itching, and dryness to our skin. The dryness especially comes from frequent baths or excess sweat and spending much time in air-conditioned rooms. Make sure to always cleanse, exfoliate, tone, and moisturize your face thoroughly every morning and night.
4. Apply sunscreen – Choose the best sunscreen that suits you, so you are not too exposed to the sun's UV rays. Even on a cloudy day, your skin can still become ruined, and you can become more dehydrated from not wearing sunscreen. Apply the sunscreen in a thick layer and make sure to reapply every 2 hours.

Our Car Parade was a success despite an unexpected light rain shower!

Thank you to **Jim & Joyce Moss, Russell & Lorraine Karnik, Donna Johnson, Don & Pat Zoll**, and our last-minute participant, **Kim Timmerman**, with the "Random Cow" and 1913 Ford Model T Van.

Residents, families, and staff enjoyed the parade, watching from inside, while listening to wonderful entertainment by **Tom Conrad**.

Thank you to everyone who made it a memorable day. Until next year!

