

Thornton Manor

June 2026

DOWN HOME CHIT CHAT
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HAPPY FATHER'S DAY

On Father's Day, people mark and celebrate fatherhood and paternal bonds. Father's Day is celebrated annually on the third Sunday of June and is celebrated across the world. Father's Day is a chance to show your respect and love for your dad, or whoever has been a paternal figure in your life. Fathers are the ones that will make you laugh until you cry, fix your car when it breaks down, be there to pick you up when you're down, help teach us right from wrong, and give unconditional love. Just like mother's do, father's also make our worlds go 'round!

"Any man can be a father, but it takes someone special to be a dad." - Wade Boggs

FIND US ON FACEBOOK
Thornton Manor & Thornton Heights at
@ThorntonManor1329



Happy Birthday

THORNTON MANOR

Deb Sweeney 1st

Lisa Wagner

Larry Long 28th

Rose Zoll 30th

THORNTON HEIGHTS

Shirley Marti 8th

STAFF

Miranda Gerlach 8th

Ravon Thornton 15th

Jackson Perkins 21st

Dianne Fruth 27th

Summer Word Search

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

SUMMER
SUNNY
SUNSCREEN
POOL
LEMONADE

BEACH
SWIMSUIT
BUGS
VACATION
BASEBALL

JUNE
JULY
HOT
AUGUST
SUNGLASSES



YOU'RE INVITED: FATHER'S DAY CAR/TRUCK MOTORCYCLE PARADE

Thornton Manor would like to invite anyone who has, or know of someone who has, an old-fashioned car truck or motorcycle to participate in our Annual **FATHER'S DAY FUN PARADE!** Participants can call Karen (Recreation Therapy Director) at Thornton Manor to confirm if you are going to participate @ (563) 538-4236.

All residents and staff who want to watch the parade will be seated safely outside the front of the building. In the case of a rainy day, the parade will be cancelled and rescheduled for a later date which will be announced.

WHEN: Friday, June 19th at 10am

WHERE: Thornton Manor, Lansing, IA

Staff will be outside to direct the traffic and set up parade line.

Please spread the word and join us to make this an awesome Father's Day for the residents!!!



THANK YOU!

The Recreation Therapy Department extends its heartfelt gratitude to the families whose generous donations help support our recreation programs for residents.

DEPARTMENT HEADS

NANCY RETHWISCH

Office Manager

CATHY MULHOLLAND

Food Service

KAREN ULRICH

Recreation Therapy Director

DIANE FRUTH

Environmental Services

BRENT HARTLEY

Maintenance



"Is your summer body ready?"

Me:



LAUGHTER IS THE BEST MEDICINE

Laughter is an intrinsic part of life. It happens spontaneously and unconsciously. Whether you are howling with laughter or giggling quietly, laughter does you good. Laughter is known to be a powerful antidote to stress. However, the benefits of laughter extend far beyond making you feel happier in the moment. Laughing does not just lighten your load mentally; it includes physical changes in your body. Laughter has been clinically proven to strengthen your immune system, activate and relieve stress response and stimulate many organs. A good sense of humor cannot cure all ailments, but there is mounting data about all the positive things laughter can do. It is also contagious and free!

Instilling a culture of humor and laughter into our Recreation Therapy programming is good for everyone and may even improve the overall functioning and wellbeing of our residents here at Thornton Manor.

10 BENEFITS OF LAUGHTER

1. Reduce tension
2. Promote cooperation
3. Build trust
4. Inspire a positive outlook
5. Remove barriers between people
6. Increase motivation
7. Enhance immune system
8. Improve memory
9. Lower blood pressure
10. Improve alertness and creativity

"Memorial Day 2026, we gathered to honor and remember the brave men and women who gave their lives in service to our country. Memorial Day is a time to reflect on their sacrifice, courage, and dedication to protecting our freedoms. We thank them and their families, and we pledge to never forget those who made the ultimate sacrifice." This year our Thornton Manor Veterans are:

Earl Jones: Army Dennis Milton: Army Pat Taylor: Air Force Tom Spinner: National Guard



Goodbye May, Hello June!

NATIONAL NURSING HOME WEEK 2026

MAY 10TH-16TH:

We had a wonderful week celebrating National Nursing Home Week with lots of fun for our staff and residents!

Activities included omelets, bingo, charades, music entertainment, outdoor games, pizza, ice cream socials, and a scenic van ride to see the bridge progress. Thank you to all our amazing staff and residents for making the week so special!

