Thornton Manor
October 2026



DOWN HOME CHIT CHAT
WWW.THORNTONMANORLANSING.COM



CONDOLENCES:
Our sympathy goes out to the family and friends of DAN BURKE, RUTH VINE and LARRY LONG who passed away in SEPTEMBER.

Happy Birthday

THORNTON MANOR RESIDENTS

Mary Winters 23rd

THORNTON HEIGHTS

None

STAFF

Stacy Hoaglan 7th
Roberta Menig 18th
Janell Stendel 31st



October is Residents' Rights Month, an annual event designated by Consumer Voice to honor residents living in all-term care facilities and those receiving care in their home or community. It is an opportunity to focus on and celebrate the dignity and rights of every individual receiving long-term care services and supports.

This year's Residents' Rights Month theme,

JOIN US AT THE TABLE

Amplify Our Voices
National Consumer Voice for Quality Long-Term Care



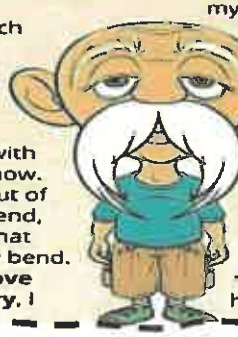
This October, Living Beyond Breast Cancer is sharing some of the ways people thrive with breast cancer and how your support today can help people impacted by breast cancer — all year long. This year's theme is **"Hope Rises"** and **"My life, My way."**

FUNNY BUT TRUE

Alphabet for seniors will make you laugh

A is for apple and B is for boat, that used to be right but now it won't float! Age before beauty is what we say but let's be a bit more realistic instead
The alphabet for seniors:

- **A's** for **arthritis,**
- **B's** for **bad back,**
- **C's** for **chest pains,** perhaps **cardiac?**
- **D** is for **dental decay** and **decline,**
- **E** is for **eyesight,** can't read that top line!
- **F** is for **fissures** and **fluid retention,**
- **G** is for **gas** which we'd rather not mention,
- **H** is for **high blood pressure;**
- **I** for **incisions** with scars you can show.
- **J** is for **joints,** out of socket, won't mend,
- **K** is for **knees** that crack when they bend.
- **L's** for **lots of love**
- **M** is for **memory,** I forget what comes next.
- **N** is **neuralgia,** in **nerves** way down low;
- **O** is for **osteo,** bones that don't grow!
- **P's** for **prescriptions.** I have quite a few, just give me a **pill** and I'll be good as new!
- **Q** is for **queasy,** is it fatal or flu?
- **R** is for **reflux,** one meal turns to two.
- **S** is for **sleepless nights,** counting my fears,
- **T** is for **Tinnitus,** bells in my ears!
- **U** is for **urinary,** troubles with flow,
- **V** for **vertigo,** that's 'dizzy,' you know.
- **W** for **worry,** now what's going 'round?
- **X** is for **X ray** and what might be found.
- **Y** for another **year** I'm left here behind,
- **Z** is for **zest** I still have - in my mind!



DEPARTMENT HEADS

EMILY PIERCE
Administrator

STACY HOAGLAN
Office Manager

CATHY MULHOLLAND
Food Service

KAREN ULRICH
Recreation Therapy Director

DIANNE FRUTH
Environmental Services

BRENT HARTLEY
Maintenance



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**



Halloween Word Scramble

1. okypos _____
2. pkpinum _____
3. treta _____
4. oghst _____
5. ydanc _____
6. rpivame _____
7. keonstel _____
8. luhgo _____
9. pecyre _____
10. tomcuse _____
11. nthua _____
12. owaercrcs _____
13. iyderah _____
14. oblod _____
15. labck act _____
16. ogbiln _____
17. mymmu _____
18. rasyc _____
19. piserd _____
20. sremca _____

National Healthcare Food Service Week is October 4-10, 2026.

We spend a lot of time thinking about the hardworking men and women who do their best to make our healthcare visits a comfortable and beneficial experience.

There is one group of people who often go unrecognized for their efforts in our healthcare experience, and that is the people who work hard to keep the residents and staff fed.

To recognize these amazing people the Association for Healthcare Foodservice (AHF) created Healthcare Foodservice Workers Week.

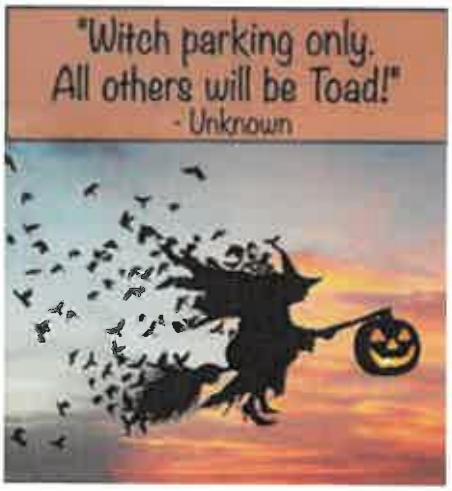
Proper nutrition is a vital element for fighting off illness and recovering from injury, so these often overlooked men and women are just as important to your health as your physicians.

Thornton Manor's food and dietary services strive to provide healthy food and snacks for residents and staff.

Thank you for your hard work and dedication!

OCTOBER ENTERTAINMENT!

FRIDAY, OCT. 2ND @ 10:00AM	JOE CODY
	OKTOBERFEST PARTY!!
TUESDAY, OCT. 6TH@ 10:00AM	TOM CONRAD
TUESDAY, OCT. 13th @10:00AM	EMMA BLANK
SATURDAY, OCT. 17TH @ 10:00AM	TOM BAKER
FRIDAY, OCT. 23RD @10:OOAM	PRAIRIE SMOKE
FRIDAY, OCT. 31ST @ 10:00AM	RANDY DEGEIR
	HALLOWEEN PARTY!



October is the perfect time to focus on healthy self-care because we are celebrating:

WELLNESS

National Physical Therapy Month!

HEALTHY OLDER ADULTS

Mindfulness involves being fully present in the moments of our lives. Like most of us, it is easy to be pulled away from being present by events that we perceive as threatening in some way. Judgmental or self-critical thoughts can easily take us somewhere else. By using mindfulness to stay present, recognize what is occurring, and step out of our habitual reaction, we can respond more skillfully when life presents us with challenges. Whatever the situation we find ourselves in, identifying that we are feeling stressed is the first step toward responding differently and changing the outcome. This means taking the time to be present to what is happening. While mindfulness is most valuable when we can make it a life practice by meditating regularly, we can use the following exercise to bring mindfulness into our lives as we go about our daily routines, especially when we find ourselves being stressed. STOP (or pause whatever you are doing). Take a breath and follow the inhalation and exhalation with your attention. Observe, be aware of what is taking place inside and around you. Proceed, resuming your activities without trying to change anything and allowing changes if they occur.

Many see October as a time of seasonal change, both in the northern and southern hemispheres. For those in the north, fall is really kicking into gear, and the nights are getting cooler. The harvest festivals are over, and the nights are getting longer and longer by the day. October is a beautiful time of year if you live in the northern hemisphere. It is the time of year that the color of leaves begins to change into a magnificent array of hues.

The beer-swilling Bavarian festival Oktoberfest takes place every year in Munich, Germany. The festival usually runs for 16 days from mid-September until the Sunday of the first weekend in October. *Thornton Manor will be celebrating Oktoberfest on Friday, Oct.2nd with a traditional Oktoberfest lunch and an Oktoberfest Party with entertainment by Joe Cody/picture moments and fun!*

October has just two birthstones, tourmaline, and opal. Opals come in a myriad of striking colors that often seem to swirl together and are a symbol of faithfulness, purity, and hope.

It would not be October without Halloween, which is celebrated on October 31st. Join us for our Annual Halloween Party with Entertainment at 1:30 on Oct. 31st

HAPPY FALL Y'ALL!!