



Thornapple Tribune

Enjoy our monthly newsletter that celebrates our employees, showcases the love we have for our residents, and brags about the fun we have!

This Month's Highlights

- ✓ Staff Member Message
- ✓ Wellness
- ✓ Celebrating our Employees
- ✓ Event Highlights



February 2026



January was all about staying warm, cozy, and connected. While the winter weather kept us indoors, our days were filled with meaningful and engaging activities. Residents at Harvest Pointe enjoyed a lively drumming session, diamond painting, and plenty of friendly competition during BINGO. We also kept bodies moving across the campus with exercise, ring toss, and fun group games that brought lots of smiles and laughter.

Sensory activities were a big hit this month, especially getting to explore "snow" in a warm and comfortable way indoors — bringing the magic of winter without the chill. One of the most special moments of the month was celebrating an incredible milestone: honoring one of our wonderful ladies turning 101 years young.

As we look forward to February, we're excited to celebrate love, friendship, and connection. We're also hoping that spring will be greeting us soon as we continue making each day meaningful.



Staff Member Message and Wellness Challenge



Rachel Greenfield Nursing Team Leader for Millpond Point

I've had the privilege of working at Thornapple Manor for the past 20 years, and it truly feels like home. I began my journey here as a CNA and, with encouragement and support along the way, have continued my education to become an RN. Over the years, I've grown in my role — working as a Charge Nurse and later advancing to the Nursing Team Leader for Millpond Point. Each step has been rewarding, and I am grateful for the opportunities to grow, learn, and support both our residents and staff.

Outside of work, I've been married to my husband, Eric, since 2002. We have two wonderful children — Sophia, who is a senior in high school, and Preston, who is 13. As a family, we enjoy spending time together going to the movies, hunting, camping, attending concerts, and visiting family in North Carolina.

I'm thankful to be part of such a dedicated and caring team and look forward to continuing to serve our residents and community for years to come.



5 Mental Health Tips — Focus On What You Can Do Today

- 1.) 30 Minutes of Physical Activity Daily** — Even smaller amounts of physical activity, as little as 10-15 minutes at a time, can improve anxiety and depression symptoms.
- 2.) Eat Healthy Foods** — Focus on eating plenty of fruits and vegetables along with foods rich in Omega-3 fatty acids, like salmon.
- 3.) Get Social** — Spending social time with others can improve your mood and reduce the risk of depression, anxiety, and other mental health issues.
- 4.) Improve Sleep Habits** — Have a regular routine before bedtime. Avoid caffeine and turn off all electronics an hour before retiring for the night.
- 5.) Practice Meditation** — Practicing meditation daily has a calming effect on your mind and physical body. You will feel peaceful and relaxed.



Celebrating our Employees

Our Employee Of The Month!



Bryan Gray

Physical Therapy Assistant - Restorative

Congratulations to Bryan Gray, Thornapple Manor's February Employee of the Month! Bryan's nomination forms repeatedly stated how dedicated Bryan is to our residents. He truly meets each resident at their level and supports their individual preferences and needs. Bryan is also dependable and helpful to other departments.

Anniversaries

We would like to acknowledge our staff members for their service and dedication to our residents.

- | | |
|------------------------|-----------------------|
| • Bill R.- 2 Years | • Kaydence V.- 1 Year |
| • Beverly L.- 10 Years | • Anna H.- 25 Years |
| • Katie D.- 3 Years | • Kayla B.- 4 Years |
| • Trisha K.- 10 Years | • Letha S.- 37 Years |
| • Liz K.- 28 Years | • Dawn K.- 9 Years |
| • Lila S.- 1 Year | • Kaitlin L.- 3 Years |



Reminders and Upcoming Events

Foot pedals are vital to the safety of your loved ones. Please, when pushing them in their wheelchairs, put their foot pedals on or ask the staff for assistance to put them on.

Friendly dogs are welcome to come visit. Before visits are approved, dogs must be brought to the Life Enrichment Director to be assessed, including a copy of the dog's vaccination record.



THORNAPPLE

MANOR

HAPPY BIRTHDAY

February 1- Jim A.
 February 2- Alice F.
 Fran M.
 February 3- Linda F.
 Glenn B.
 February 4- Patricia O.
 Carol B.
 February 5- Marj A.
 February 9- Ginny G.
 Alice M.
 February 10- Betty T.
 Dorothy H.
 February 11- Mark T.
 February 13- Terry H.
 February 18- Marlene C.
 February 21- Maxine J.
 Bonnie J.
 Barb W.
 February 24- Patricia C.
 February 26- Linda R.



Upcoming Events

February Happenings

February 2

- 10am- Barbershop Quartet, CDDR
- 11am- Ground Hog Social, Harvest Pointe
- Book Club @ The Cottage

February 6

- 2:30pm- Corn Hole, Harvest Pointe

February 11

- 2pm- Valentine's Photo Booth, Traveling
- 2:45pm- Bible Stories
- Getting to Know You BINGO, Harvest Pointe

February 13

- Valentine's Party, @ The Cottage
- 9:30am- Seated Exercise, Harvest Pointe

February 17

- 9:30am- Cardio Drumming, Harvest Pointe
- 2pm- Fat Tuesday Birthday Club
- Travelogue @ The Cottage

February 21

- 1:30pm- Hymns & Devotions with Alan, SBLR
- Walking Club, Cottage

February 26

- 2pm- Slinging Walkers, SBLR
- 2:30pm- Winter Carnival Games, Harvest Pointe
- Bingo- Cottage

February 27

- 2pm- BINGO Store, CDLR
- Reminiscing at The Cottage

Check out all our events
using this QR Code

