



# 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



## March 2026



This month truly came and went like a whirlwind! We celebrated the month of love with festive Valentine Balloon-O-Grams and that brought smiles to many faces, followed by delicious paczkis on Fat Tuesday- a sweet treat for everyone to enjoy.

Throughout the month, residents took part in a variety of crafts, socials and of course our always popular photo shoots that captured so many joyful moments. There was no shortage of laughter, creativity, and connection.

As Spring fever begins to bloom, we are eagerly looking forward to spending more time outdoors and soaking up sunshine. March is shaping up to be an exciting month, with special visit from a bagpiper and all the warmth and fresh air the new season brings. We can't wait to see what the days ahead have in store!



## Staff Member Message and Wellness Challenge



### McKenzye Corwin Supervisor at Harvest Pointe

Hi Everyone! My name is McKenzye and this year marks 10th year of being part of the Thornapple Manor Family. I started my journey here as a CNA, later transitioned into the Nursing Secretary role, and I am now proud to serve as the supervisor at our assisted living facility Harvest Pointe. Each step along the way has helped shape who I am today, and I'm so grateful for the experiences and relationships I've built over the years.



When I am not at work, I love spending time with my boyfriend, Trey, and my family. I'm also a big animal lover and own horses that I enjoy barrel racing with. In my free time, you'll often find me heading up north, riding quads and enjoying the outdoors.

Thank you to everyone at Harvest Pointe for being such an amazing part of my journey. I'm Thankful every day to be a part of such a wonderful community.

## March is National Nutrition Month

### Discover the power of nutrition

#### Smart Idea of convenient and ready snacks:

- \*Trail mix: combine whole grain cereals, unsalted nuts or seeds and dried fruit.
- \*Mix 3 cups air-popped popcorn with grated cheese or dried spices
- \*Make a veggie dip using low-fat cottage cheese or Greek yogurt
- \*Slice a medium apple and eat with 1 TBSP nut butter
- \*Whole wheat pita wedges served with 2 tablespoons of hummus
- \*Veggie Pizza: top a whole wheat English muffin or pita with 2 TBSP tomato sauce, 1/2 cup diced fresh veggies, and 1 oz low fat mozzarella cheese
- \*Yogurt parfait: layer 6oz fat free yogurt with 1/2 cup frozen or fresh fruit, then sprinkle 1/4 cup of low-fat granola on top.
- \*Tuna Apple Sandwich: combine a 5-6oz can of tuna packed in water and drained, 1 small apple sliced into chunks, 1 TBSP of light Mayo, then spread on 2 slices of whole wheat bread.



## Celebrating our Employees

### Our Employee Of The Month!



**Aubree Walker**

*Generations Childcare Supervisor*

Please Congratulate our March Employee of the Month Aubree! Aubree is the Supervisor of the Generations Daycare! Her nominations say, "Aubree does an outstanding job leading the children", "She does an outstanding job working with the kids and all the activities they do."

### Anniversaries

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

- Sara A. 2 Years
- Lauren D.-3 Years
- Jennifer C.- 13 Years
- Chelsea R.- 13 Years
- Tammy K.- 22 Years
- Lindsey M.- 2 Years
- Holly C.- 14 Years
- Nicole T.- 14 Years
- Hailey Z.- 14 Years
- Keesha A.- 8 Years
- Danielle H.- 1 Year
- Logan K.- 2 Years
- Tracy P.- 36 Years
- Paulien B.-33 Years
- Mary M.- 5 Years
- Amber B,- 4 Years
- Jody J.- 26 Years
- Rebecca D.- 14 Years
- Brandy L.- 2 Years
- Carolyn W.- 10 Years
- Lenore I.- 3 Years
- Cora P.- 3 Years
- Patricia F.- 1 Year
- Aubree W.- 1 Year



### 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

## Upcoming Events

### HAPPY BIRTHDAY

- March 03 Jeanne P.
- March 09 Tom G.
- March 11 Joan K.
- March 12 Rose C.  
Heather O.
- March 13 Anne H.
- March 20 Raymond W.
- March 25 Wilma D.
- March 26 Sandra W.
- March 27 Joyce B.
- March 28 Patsy L.
- March 29 Hubert H.



### March Happenings

#### March 3

- 9:30 Seated exercise- Harvest Pointe
- 10:00 Stories with Duane- WWLR
- Evening Trivia- The Cottages

#### March 5

- 10:00 Sticky Heads- WWLR
- 1:30 Music with Bob- SBLR
- Bingo- The Cottages
- 2:30 Brazil Travel Log- Harvest Pointe

#### March 11

- 9:30 Prayer with Bishop- Harvest Pointe
- 10:00 Shamrock Pie- WWLR
- 2:00 Shamrock Shakes- SBLR

#### March 17

- 2:00 Bagpipes- CDDR
- 2:30 History of ST. Patrick's Day- Harvest Pointe

#### March 20

- 10:30 Catholic Mass-SBLR
- Evening Ring Toss- The Cottages
- 2:30 Goodbye Winter Social- Harvest Pointe

#### March 26

- 10:45 Hymns- Harvest Pointe
- 2:00 Manor Market- WWLR
- Exercise Class - The Cottages

#### March 31

- 2:00 Birthday Club- CDDR
- 2:00 Ukulele Music- The Cottages



Check out all our events using this QR Code

