

Across the Greenfield

Happy Valentine's Day!



Valentine's Day Fun

At Greenfield, Valentine's Day was a celebration of love, friendship, and cherished memories. Residents enjoyed sweet

treats, heartfelt conversations, and festive activities that brought smiles all around. From reminiscing about past

romances to sharing laughter with friends, the day was filled with warmth and joy!



Joyce



Senator Arellano & Pat. P.



Betty C.



Pat A.



Mary Ellen



Judy



Ken



Marie



Max

Across Lynn's Desk

With spring just around the corner, now is the perfect time to shake off the winter blues and get moving!

Longer days, warmer weather, and blooming flowers make it easier to feel energized and motivated. What better way to prepare for the new season than by focusing on your health?

If you haven't taken advantage of our personalized fitness program yet, now's the perfect time! This one-on-one training is tailored specifically to your needs, goals, and abilities. Whether you're working on improving balance, building strength, or increasing flexibility, our fitness program offers individualized attention to help you succeed at your own pace. Many residents who have joined are seeing fantastic results — from

feeling stronger and more energized to gaining confidence in their daily movements.

In addition to personalized training, we offer daily morning exercise classes that are a great way to get moving with friends and start your day on the right foot. These group sessions focus on gentle stretching, strength, balance, and flexibility, and they provide a fun and social way to stay active. Plus, exercising in a group is a great motivator — it's easier to stay consistent when you're moving alongside familiar faces!

As the weather warms up, it's also the perfect time to enjoy some fresh air and go for a walk outdoors.

Whether you prefer a quiet solo stroll or want to invite a friend along, walking is an

easy and effective way to boost your energy, lift your mood, and support your overall health.

The great thing about fitness is that there's no one-size-fits-all approach — it's all about finding what works for you. Whether it's joining our morning exercise classes, signing up for one-on-one training, or simply taking daily walks, every step you take adds up to a healthier, happier you.

Let's make this spring a season of energy, movement, and connection. Reach out today to learn more about our fitness program or to join a morning exercise class. Your body and mind will thank you!

Lynn Olds

Gratitude for Our Meditation Service Pastors

Greenfield Retirement Home is blessed to have local pastors visit and share the Word of God with our seniors during our meditation services. These moments of faith and reflection bring peace,

encouragement, and a sense of community to all who attend.

A heartfelt thank you to Pastor Mike Hickok from 1st United Methodist Church, Pastor Colleen Lawrence from 1st Presbyterian

Church, and Monsignor and Friends from St. Louis Catholic Church for leading these meaningful services. We truly appreciate your presence at Greenfield!

Caregiver Support

I co-lead a support group for individuals caring for those with dementia and Alzheimer's disease through the Alzheimer's Association, which meets at the library on the 2nd Thursday of the month from 1:00pm to 2:30pm. Most people end up being a caregiver at some point in their lifetime whether as a parent, adult child caring for a parent, or as a significant other caring for your loved one. It is not an easy task for the one providing the care or the one needing the assistance. Both individuals have to rethink their roles, which can change the relationship as both have to give up independence and learn new ways of caring for each other. These are some caregiver suggestions that come from the [February/March magazine of Brain and Life](#).

The stress of caring for a loved one and working can often prove too much causing one to shut down. Knowing how to say 'when' and ask for help is not failure. Failure is not asking

for help. At times overwhelmed caregivers who do not seek or accept help, are at an increased risk for harm, including injury, illness, and even death.

Understand the toll of caregiving: Caregiving can lead to a decline in physical health, an increase in stress, as well as physical, and emotional strain. Caregivers have higher rates of depression, anxiety, a weakened immune system, weight gain, a higher risk of chronic diseases such as diabetes and heart disease, and problems with short-term memory and concentration.

Protect your mental health: Take time to do things you enjoy. It's okay to say no and block off time for yourself. This helps you recharge and shows yourself compassion. Look for respite opportunities. If you need an extended break, the senior center can help. Join a support group so that you know you are not in this alone.

Release the Burden:

Everyone needs healthy ways of handling pent-up stress. Maybe that is yelling in the shower, venting to a friend, going for a run, journaling and writing the words you don't want to say to a loved one. It can also mean finding a professional you can talk to for help. At times, Caregivers may start to resent the person they are caring for or the person who needs help may be frustrated feeling like a burden. We have seen this when people finally choose to come to Greenfield. It offers relief for both persons as they each can have their own lives again.

Finally, just because you may have chosen to come to a retirement home does not mean you stop being a caregiver. The role changes once again, but the care for your loved ones never stops as that's part of our humanity and is what helps us see the good in others. Don't ever give that up.

Kate Webster, SSD

Visits From the 3rd Graders & Homeschool Explorers

Greenfield Retirement Home was filled with laughter and joy as Mrs. Thompson's 3rd grade class made their monthly visit, bringing Valentine's Day fun to the residents. The children and seniors played games, created festive crafts, and shared heartwarming stories of past Valentine's Day celebrations.

The intergenerational connection was evident as students listened to cherished memories from residents, learning about love, friendship, and traditions. The visit brought

smiles, lively conversations, and a wonderful sense of community.

Greenfield looks forward to these monthly visits, where young and old come together to create lasting memories!

Greenfield Retirement Home also welcomed the Homeschool Explorers, a group of 18 children ranging from infants to 12 years old, for their bi-monthly visit filled with music, laughter, and creativity.

The children delighted residents by playing the

piano, sharing their musical talents, and filling the room with joy. They also played a fun get-to-know-you balloon game, sparking conversations and smiles among residents and children alike. To top it off, everyone worked together to create beautiful homemade cards, fostering creativity and connection.

Greenfield cherishes these visits, which bring energy, warmth, and intergenerational friendships every time!

*Chris Thompson
Activity Director*

Senator Li Arellano, Jr. Brings Valentine's Cheer

Greenfield Retirement Home received a heartwarming surprise on Valentine's Day when Illinois State Senator Li Arellano, Jr. made a special visit. Bringing smiles and warmth, the senator personally delivered Valentine's Day cards crafted by local elementary school students, spreading love and joy throughout the community.

Residents were delighted to receive the colorful, handmade cards filled with heartfelt messages from young students. The thoughtful gesture sparked fond memories of past Valentine's Days, reminding everyone of the importance of connection and kindness.

Senator Arellano took time to chat with residents, sharing stories, laughter, and

appreciation for the senior community. His visit was a testament to the strong bond between generations, showcasing how small acts of kindness can brighten lives.

Greenfield extends a sincere thank you to Senator Arellano and the local students for making this Valentine's Day extra special!

A Sweet Treat from Sisler's Ice Cream

Even though the weather was too cold for an outing, Greenfield residents still got to enjoy a delicious treat thanks to Sisler's Ice Cream! We took everyone's orders and delivered vanilla ice cream brownie sundaes with

sprinkles, bringing smiles all around.

A huge thank you to Tieg at Sisler's for accommodating us and making sure our residents could indulge in something sweet and special. The sundaes were a big hit, and we truly appreciate the

kindness and community spirit that made this possible. Nothing warms the heart like ice cream and good company!



Neva



Betty M.



Rita



Edwin with 3rd graders



Rosie & homeschooler



Nancy



Nobbie & Danny



Annabell & Betty M.



Pat Q & Christy



Max & Glenn with 3rd graders



Marian

COVID Booster Update

The latest recommendation from the CDC regarding a second booster dose of the 2024-2025 COVID-19 vaccine is below. Please discuss this with your family and care provider and let me know if you are interested in receiving it. Oregon Healthcare Pharmacy will come here at the end of April or the beginning of May to administer the booster to those who wish to receive it.

CDC Urges 2nd 2024-2025 COVID Vaccination After 6 Months

People who are 65 years old and over, as well as immunocompromised individuals, should receive a second 2024-2025 COVID-19 vaccine six months after their first dose, according to the Centers for Disease Control and Prevention (CDC).

The revised guidelines allow for flexibility regarding additional doses and suggest patients consult with their healthcare provider as part of shared clinical decision making. Younger individuals who are moderately or severely immunocompromised may even need three or more doses of the vaccine. However, they should talk with their practitioner for guidance on dosages.

The recommendations take into account the increased risk of severe COVID illness in older and immunocompromised individuals, as well as current data on vaccine effectiveness, including a recent study of more than 140,000 veterans aged 53 to 75 years that demonstrated COVID-19 was associated with more severe disease outcomes, including long-

term mortality when compared with influenza or RSV.

Data has consistently confirmed the importance of COVID vaccinations to protect at-risk individuals from serious illness. However, CDC will continue to monitor vaccine safety and effectiveness. In the meantime, the agency continues to recommend that everyone remain up to date on their COVID vaccinations.

In announcing the new recommendation, CDC Director Dr Mandy Cohen said, "CDC will continue to educate the public on how and when to get their updated vaccinations so they can risk less severe illness and do more of what they love."

Shelly Davis, DCN

Greenfield Retirement Home
508 Park Ave. E.
Princeton, IL 61356

Phone: 815-872-2261

Fax: 815-875-1758

E-mail: office@greenfieldhome.org

Greenfield is a not-for-profit provider.



Greenfield's mission is to provide a caring environment that maximizes the life enjoyment, integrity and independence of each resident.

www.greenfieldhome.org