

Across the Greenfield

Last Visit with the 3rd Graders



3rd Grade Class

We so enjoyed our monthly visits with Mrs. Thompson's 3rd grade class! Despite this being our last visit, we still shared laughter, smiles and

memories that will continue on forever. We wish our young friends a spectacular summer and best wishes for next year and beyond!

We look forward to the fall when we will get to know a new 3rd grade class.



Joanne



Christy



Sara & Marcia



Patsy



Glenn



Carolyn



Bonnie S.



Muzzy



Bonnie B.

Across Lynn's Desk

Last month I wrote about the volunteer shortage in our community and across the nation. As I reflect on that, I feel blessed. This is another area where Greenfield continues to shine. Our employees and seniors serve our community in countless ways.

Our employees are civic minded and we support them however we can. One of our employees is passionate about Royal Family Kids. She volunteers a lot of her time for them. We support her in this by helping to contribute to fundraising efforts utilizing our dining services. Speaking of dining services, our team made all of the bake sale items for the recent Freedom House cookout fundraiser. We have employees who are original members of the Dementia Friendly Princeton

committee that brought tracking devices to Princeton for older adults with dementia. Additionally, one of our employees cofacilitates the local Dementia Caregiver Support Group. We are part of an emergency group that prepares the area for disasters and assists with disasters when needed. We are very involved in the Princeton Rotary Club and the Princeton Area Chamber of Commerce. We help the Lion's Club plan and execute their largest event of the year, which also serves as a food drive for the Bureau County Food Pantry. We host a Laughter Club at the Bureau County Senior Center monthly. Greenfield is a partner with C5 Rural who works to address substance use and mental health for area youth. The list could go on and on.

Our seniors, also, serve the

community. Through organized activities, they have made worry worms for Freedom House, made and wrapped Christmas gifts for Second Story, made homemade dog treats for Friends of Strays, held a coat drive for area seniors, surprised community members with bouquets of flowers we grew ourselves, and gave yummy gifts of appreciation to the library, local teachers, fire department and police department. Just last week they sent cards and letters with thoughts, support, and prayers to the citizens of Greenfield, IA who suffered horrific damage from a tornado.

I think that is part of what makes Greenfield so special. The people who work and live here have hearts of servants. I feel fortunate to serve with them!

Lynn Olds

Meditation Services

Thank you goes out to our pastors and friends who so graciously come to Greenfield and share the Word of God with our

seniors: Pastor Cal Zehr from Willow Springs Mennonite Church of Tiskilwa, Pastor Collen Lawrence from 1st Presbyterian Church of

Princeton and Monsignor and friends from St. Louis Catholic Church or Princeton. We greatly appreciate your coming to Greenfield!

New Resident - Joyce Freson



Joyce Freson née Hildebrand was born to her parents Wayne and Darlene (DeRose) on a farm outside Princeton. She was the only planned birth at home out of her other siblings Jean, Joanne, Janet, and John. Joyce enjoyed growing up on the family farm. She wanted a BB gun after meeting Gene Autry, the singing cowboy, as a small child. She started using a BB gun in third grade to keep the bull away while she went to help milk the cows. Before getting the BB

gun, Joyce had to be rescued from the bull by the family dog, Booties. Joyce grew up in Buda, Malden, and Princeton areas and graduated from PHS in 1960.

Joyce left for Chicago after high school to work as a model, dancer, and in the loop for Mass Mutual Insurance. She married her first husband, Jack Pettee, in 1961 and soon joined him on the army base in Fort Knox where she had her first daughter Julie, and later a second daughter Jill. Joyce was able to live in different areas like Hawaii and Atlanta due to the efforts of the military, and she is very patriotic.

Joyce married her second husband, Frank, in 1977 and they were married for 40 years. They enjoyed traveling, riding the motorcycle, gardening,

dancing, and were active in several area organizations, like the Episcopal Church in Princeton. Joyce had an enjoyable career at Citizen's Bank and is well known in the community. She has several grandchildren and enjoyed having them stay when they were younger. She fondly recalls playing games and camping out in the basement. Joyce likes to read history books, writing, watching movies, gameshows, and listening to rock n roll music. Joyce feels it is important to always be kind, to help others, and if you say you will do something, give it your best.

Joyce doesn't get to see her daughters as often as she would like as they both live out of state, but has enjoyed the company and new people she has met at Greenfield.

Kate Webster, SSD

Our About Town

With the nice spring weather, we rolled down our windows and felt the cool breeze blow as we

traveled to the Princeton Public Library for books and a cappuccino or two, Monical's Pizza for some tasty-while-it's-hot pizza and the Dollar Tree for

necessities and other fun items. We try to plan outings according to what our seniors want to see or do. If you have an idea for an outing, please see activities!

Green Thumbers' Garden Group

In our garden group, you don't have to have a green thumb, just an appreciation for gardening is all that is required. We met several times prior to our May planting to determine what were some veggies and flowers to plant around the campus. From tomatoes, cucumbers, zinnias and

wildflowers, we all decided that it wasn't so much the plant but the comradery shared while planting outside. It always has a relaxing effect when placing your fingers in good old dirt and then watching the plant grow.

One of our seniors stated

that this was the first time actually planting without being told what to plant. The freedom of being creative and mixing flowers for a beautiful arrangement was satisfying. The potted plants may not look professional, but they sure were planted with love!

Happy Summer, 3rd Graders!

We have greatly enjoyed having Mrs. Thompson's 3rd graders come to Greenfield each month and sharing many fond memories together. Our last memorable experience was inviting the whole class to lunch! Our fantastic kitchen crew fixed

some all-time favorites such as hot dogs, cheeseburgers, macaroni and cheese, baked beans and for dessert...ice cream bars! The children were so excited to actually eat at Greenfield with their senior friends. And, our seniors were in awe at the

third-graders' energy and smiles. Thank you to Angie Thompson for coordinating this exciting end-of-the-year celebration with our friends. We wish them all the very best in fourth grade and beyond!

Mother's Day Bingo

One of our favorite games at Greenfield is of course bingo. So, we decided to hold a special Mother's Day Bingo with some pretty awesome prizes from the community. We want to recognize our sponsors which include: Flowers by Julia, Bean Buzz, Dairy Queen, Culvers, Rachel Rene's, Fresh Finds Hallmark

Gift Shop, Myrtles Pies, Princeton Pharmacy, Sisler's Ice Cream, Fawcett's Pharmacy, Monical's Pizza and Downtown Liquidation.

Our seniors were encouraged to invite a friend or family member to play. Each participant went home with one of these fabulous prizes! It was a great

afternoon, playing bingo. Following the game, we enjoyed individual fruit pizzas, cucumber sandwiches and fresh rhubarb lemonade. I think our mothers (and fathers, too) enjoyed our special afternoon together.

Thank you to all of our awesome sponsors for making this afternoon great!

Expressing Gratitude by Chris Thompson

I have a picture on the wall in my office that says, "Live with an attitude of gratitude in your heart." Gratitude is a powerful emotion that can significantly improve our quality of life, especially when shared with senior citizens. As people age, they often face challenges such as health issues and loneliness. Expressing gratitude towards them can provide comfort and enhance their well-being.

One way to show gratitude is by spending time with seniors. Visiting them regularly, engaging in conversations, and showing genuine interest in their stories can make them feel valued. Simple acts like sharing a meal or going for a walk together can create meaningful connections.

Another way to express gratitude is by helping them with daily tasks, helping with writing letters, rearranging their closet by changing out winter to summer clothes, or a simple phone call to see how their day went. These small acts of kindness can make a significant difference in their lives.

Listening actively is also crucial. Seniors have a wealth of experiences and wisdom to share. By giving them your full attention, you demonstrate respect and appreciation for their knowledge and life stories.

To cultivate gratitude in your own life, start by keeping a gratitude journal. Each day, write down three things you are thankful for. This practice can shift your focus from

what you lack to what you have, fostering a positive mindset.

Additionally, practice mindfulness. Take a few moments each day to reflect on the present moment and appreciate the simple things around you. This can help you develop a deeper sense of gratitude.

As we venture into another month full of business, time takers and just plain life, try to find the good in your situation, life, moment, whatever the case may be... try to live with an attitude of gratitude in your heart. You might just find it pretty satisfying!

*Chris Thompson,
Activity Director*

Greenfield to Greenfield

When we heard about the tornado that destroyed the small town of Greenfield, Iowa (population of around 2000), we felt the need to do something to let them know we care. So, we set out as many "Thinking of

You" or blank cards we had, and all the seniors and staff wrote personal messages. We then sent cards to the postmaster of Greenfield, IA in hopes of distributing them to those who need an uplifting word. Sometimes it

is the little things that make a big difference. Our thoughts and prayers are with the people of Greenfield!



Danny



Betty with 3rd Graders



Nancy



Pat P.



Bertie



Joyce



Rosie



Eunice



Gratice

June is Nursing Assistant Month

June is the month we recognize the invaluable role of Nursing Assistants. Nursing assistants play an important role in the care of our residents. They have developed a wide range of skills and wisdom about how to apply principals of person centered care to help residents with daily tasks.

It is reported that nursing assistants provide nearly 80 to 90 percent of the direct care received by clients in long-term care facilities, bringing residents a caring attitude and wisdom to their practices. Nursing Assistants not only provide basic quality of life care to our residents they have daily contact and interactions with them and

often serve as the eyes and ears of nurses, LPNs, and physicians.

Nursing Assistants often form close bonds with your loved one and are there to help them through the challenges they face. During the month of June, take the time to offer these caregivers thanks for the care they provide your loved ones and show your appreciation for the hard work that they do on a daily basis.

Here are some ways you can thank them for the assistance they provide in caring for your loved one:

- Simply say "Thank you"
- Always be courteous and kind
- Write a simple note of

appreciation and thanks

- Tell them how much the work they do means to your family
- Let their supervisor know what a good job they do
- Give them respect on a daily basis

I would like to personally thank all the nursing assistants here at Greenfield for your dedication to providing amazing care to our seniors each and every day! We are blessed to have you.

Shelly Davis, DCN

GREENFIELD RETIREMENT HOME QUALITY SENIOR CARE SINCE 1911

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

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