

Across the Greenfield

Rudy Vallejo and the 3rd graders



Native American, Rudy Vallejo

Our friend, Rudy came to Greenfield to enlighten us on Native American Month where he shared his heritage and unique dances with both

Mrs. Thompson's 3rd grade class and our seniors at Greenfield.

Thanks, Rudy!





Marie & Joanne



Pat P., Neva, Pat Q.



Bonnie S.



Betty M. & Rita



Muzzy



Eunice



Mary



Rudy & Nobbie

Across Lynn's Desk

As the holiday season approaches, many of us begin to reflect on cherished traditions that have been passed down through generations. These rituals, from gathering around the dinner table to exchanging gifts, create a sense of belonging and connection, anchoring us to our families and communities. However, life is ever-changing, and it's crucial to adapt our traditions over time to ensure we focus on what truly matters.

For many years, I hosted a Christmas Eve dinner, a night filled with laughter and love, followed by a cozy Christmas breakfast with my husband and children. We would then head to my grandma's farm, where the holiday spirit enveloped us in a warm embrace. But as life evolves,

so do our circumstances. This year, I find myself preparing for a Christmas in Florida with my daughter and her fiancé, an opportunity to create new memories and cherish our growing family.

Adapting our traditions doesn't mean abandoning them; rather, it invites us to infuse our celebrations with fresh meaning and joy. By embracing change, we open ourselves up to new experiences and connections, ensuring that the essence of what we value—family, love, and togetherness—remains at the forefront.

It's also important to recognize that these changes can bring unexpected joys and insights. Each new gathering, whether it's

around a dining table in a familiar setting or on a beach in a new location, provides an opportunity to forge deeper bonds and appreciate our loved ones in different ways. The heart of our celebrations lies not in the specific rituals we follow, but in the love and warmth we share. So, as you navigate your own holiday plans, remember to celebrate the traditions you hold dear, but also allow room for new ones to blossom. In doing so, we can truly embrace the spirit of the season and the memories that will last a lifetime.

I hope you have a wonderful Christmas, no matter where you are, surrounded by those you love.

Lynn Olds

Meditation Services

We are so grateful for our volunteer ministerial friends who so graciously share the Word of God with our seniors: Pastor Michael Freeman from Hampshire

Colony Church, Retired Pastor Cal Zehr from Willow Springs Mennonite Church, Pastor Colleen Laurence from the 1st Presbyterian Church and Monsignor and

Friends from St. Louis Catholic Church.

Advent Study

I've enjoyed having the opportunity to lead our residents through our Gratitude Study in November. I've planned an advent study opportunity using clips from, "The Chosen." TV series. Bible study will remain on Tuesdays at 3:15 pm and all are welcome.

Our first lesson looks at the birth of Jesus from the Shepherds' perspective. In one commentary, shared with the residents this week, the author of "The Bible Artist had this to say, "This is the good news of Christmas: all of our striving, all the masks we feel compelled to

wear... it's unnecessary. Because God's son has descended down into the depths of human experience, we don't need to climb our way up. We can await his presence, wherever we currently are. No matter how low, no matter how humiliated, no matter how weak and vulnerable we may feel, we are not too low or humble or weak for God's grace to reach us.

This ties into God's sharing of Jesus's birth with the shepherds first, the lowest of the low, but it also explains why you might feel the need to attend our Blue

Christmas Service on December 23 at 2:00 p.m. Christmas can be hard when you may be struggling with loss and/or grief. Maybe you are struggling with feeling low or a loss of independence. It's ok not to always feel joy at Christmas and this service will help with that.

I hope you can put the date on your calendar and join us. Any are welcome, whether in Greenfield or the community. We will not be sharing anything personal, but God knows what's on your heart and it's my hope this helps your soul.

Kate Webster, SSD



Joyce, Rudy & Nancy



Rita

Rudy Vallejo Brings Native American Culture to Life

Rudy Vallejo captivated an audience of Greenfield seniors and Mrs. Thompson's 3rd Grade Class with a mesmerizing Native American program. Held at Greenfield, the event offered a unique cultural experience, blending education and entertainment.

Vallejo, a skilled performer and storyteller, showcased the rich traditions of Native American heritage through his performances of the Eagle Dance and War Dance. Dressed in vibrant,

authentic regalia, he explained the symbolism of each article he wore, deepening the audience's appreciation of the culture.

The interactive program extended to hands-on demonstrations, where attendees, including the 3rd-grade students, learned about traditional Native American tools and artifacts. The seniors and children alike were enthralled, asking questions and engaging with Vallejo's stories and demonstrations.

The program bridged generations, fostering cultural understanding and leaving a lasting impression on all in attendance. It was a memorable day of learning, connection, and celebration of heritage.

We want to share a special thanks to the Retired Teachers Association for their generous donate towards making this program possible!

*Chris Thompson,
Activity Director*

Cyndee Shafer Shares WWII History Through Mollie's War

Cyndee Shafer brought history to life at a special program highlighting her book, Mollie's War. Sponsored by Home Health Care Connection, the event offered attendees a unique glimpse into the World War II experiences of the Women's Army Corps (WACs).

Shafer shared her mother Mollie's remarkable story through poignant memoirs and letters sent during the

war. These firsthand accounts painted a vivid picture of Mollie's life as a WAC, from her rigorous training to her vital role supporting the U.S. military in Europe.

Accompanying her talk were photos and historical details about the WACs, showcasing the courage and contributions of these trailblazing women. Audience members were captivated by the personal and historical insights,

gaining a deeper appreciation for the sacrifices made during WWII.

This engaging program honored a unique chapter in history while preserving the legacy of women like Mollie who played pivotal roles in shaping the world.

A special thanks goes out to In Home Care Connection for sponsoring this program!

Greenfield Seniors Enjoy Winter Fashion

Our Greenfield ladies recently embarked on an enjoyable outing to Four Seasons Clothing Store in Princeton for a mini winter fashion show. Surrounded by an array of stylish seasonal attire, the seniors watched a delightful showcase of

winter trends, featuring cozy fabrics and festive designs. The event was filled with smiles and laughter as attendees admired the fashions and shared their thoughts.

The trip provided a unique opportunity for residents to

socialize, shop, and connect with the community. It was a heartwarming experience that brought seasonal cheer to everyone who participated.

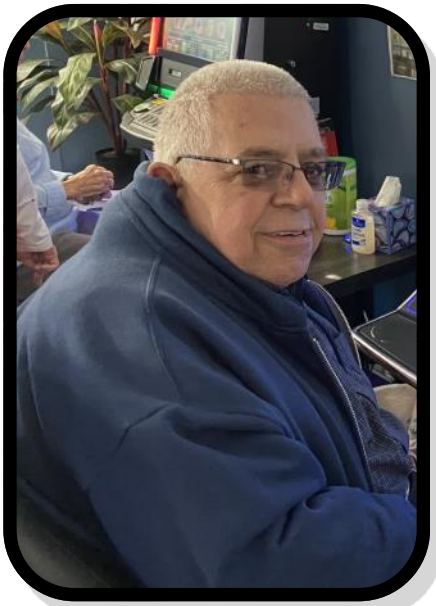
Thanks to our friends at Four Seasons!

Outing to Suzi's Slots

Greenfield seniors had a fun-filled outing to Suzi's Slots, where they tried their luck in a lively, entertaining atmosphere. The trip offered

a perfect mix of excitement and camaraderie as residents enjoyed games, good company, and cheerful moments. It was a

memorable day of leisure and laughter for all!



Danny



Joyce



Pat P.



Christy



Edwin



Judy



Betty M



Eunice, Rita, Rosie, Judy at Four Seasons



Nancy, Betty C, Emily, Rob, Rita, Marie, Bonnie B

Preparing for Winter Weather

While the winter season doesn't technically begin until December 21, as I write this we have already had some snow flurries and more snow is predicted for later today. I for one do not feel ready to face the snow and cold, but it is important for everyone to prepare for winter - especially as we get older and the risks increase. Here are some senior winter safety tips to help keep you safe this winter.

Safety Tips for Winter:

Bundle Up – It's critical to always wear enough warm clothing when you go outside in the winter. This includes warm socks, gloves, pants, a heavy coat, a hat, and warm footwear. Hypothermia can set in quickly, so dressing for the conditions is vital to remaining safe.

Communicate – This includes keeping friends, family and staff at Greenfield updated when you go out. It is important to tell them when you are leaving, where you are going, and when you expect to return. Always sign out when you leave Greenfield so in the event of an emergency, they will be able to get help much faster having this information.

Prepare for Storms – Preparing for winter storms is another crucial part of staying safe. Some of the most important winter storm safety tips include:

- Paying attention to the news and weather reports so you know when winter storms are coming.
- Staying inside during the storm and only going out

when absolutely necessary

- Avoiding driving unless it's an emergency.

Watch Your Step – One of the greatest risks during winter is slipping on ice or snow and falling down which can lead to severe injuries, so it's important to be cautious when walking. Be sure to keep an eye out for icy conditions, walk slowly, hold onto railings where available.

Ask for Assistance – A simple way to make sure you remain safe and healthy is to ask for assistance. We often try to do everything ourselves and don't want to inconvenience others, but those situations can put our safety at risk.

I hope this is helpful. Stay safe!

Shelly Davis, DCN

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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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