

Across the Greenfield

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Happy Halloween with the Witches



The Village Witches

We were thrilled to welcome the Village Witches to Greenfield for a lively and enchanting performance! Dressed in colorful costumes, the talented dancers

captivated our residents with a spirited display of traditional German music and other festive tunes. The infectious energy of their dance brought smiles and

joy, inviting everyone to tap their feet and clap along. It was a delightful afternoon filled with laughter, music, and community spirit!



Joanne



Pat P.



Julie



Joyce



Jinny



Doris



Nancy



Rita



Patsy

Across Lynn's Desk

Recently, I turned 50, and instead of dreading the milestone, I've found myself embracing it. Aging is often viewed with apprehension, but for me, it's become a time to reflect, grow, and celebrate the wisdom and experiences I've gathered along the way.

One of the greatest gifts of aging is the ability to share my life experiences to help others. Whether it's offering guidance, support, or simply a listening ear, I've realized how valuable it is to pass on what I've learned. I'm also deeply thankful for the clarity in priorities that comes with age. The things that truly matter—family, community, and purpose—become much clearer.

What's even more meaningful is that I'm able

to experience these gifts every day in my role as the administrator of Greenfield Retirement Home. The older adults I serve offer invaluable wisdom and perspective, constantly reminding me of what really matters. Their stories and insights enrich my life and reinforce the importance of embracing each stage of life.

As the holiday season approaches, I'm reminded of how important it is to cherish these relationships and moments. The holidays are a perfect opportunity to connect with loved ones and reflect on the blessings in our lives. I look forward to celebrating not just the festivities, but the stories, laughter, and warmth that come with them.

As I look forward to the

years ahead, I'm excited about what's to come. Aging brings a new perspective—one that encourages me to focus on meaningful relationships, personal growth, and opportunities to give back. Cheers to a new season in life! I hope you all have a safe and happy holiday surrounded by those you love most.

Lynn Olds



Meditation Services

Thank you to our pastoral friends who so graciously come to Greenfield: Pastor Emily Fredrickson from the 1st Christian Church, Pastor Bill Shields from 1st Lutheran

Church and Monsignor and Friends from St. Louis Catholic Church! We greatly appreciate your coming to Greenfield to share the Word of God!



Social Services Update

Have you heard Christmas music and ads on the radio? I have and I'm not ready. As I'm writing this, the temperature is 77 degrees and sunny at the end of October. It seems like the world is a little mixed up. To get us into the holiday season the right way, at the right time, I plan to lead a couple of Bible Studies and a church service. After all this, I hope that we will be looking forward to the holidays for the right reasons.

In November on Tuesdays, we will be doing a study on gratitude using the

devotional, "How to Find Your Gratitude Attitude," by Aminata Coote. This devotional offers reflection and questions to start a conversation about Gratitude. It also has us looking at the Old Testament scriptures which is an interesting take as most of the time when I think of Gratitude I think of Jesus and the New Testament.

In December, we will do an advent study using clips from "The Chosen," which is a video Bible series by Come and See. Looking at the Bible in a format other

than the written word, may help you engage with the Christmas story in a meaningful way.

Finally, on December 23 at 2:00 p.m. I will host a Blue Christmas Service. Christmas can be hard when you may be struggling with loss and/or grief. It's ok not to always feel joy at Christmas and this service will help with that. I hope you are able to put the date on your calendar and join us.

Kate Webster, SSD



Frank, Marcia, Jinny, Joanne

Fall Fun at Boggios

Our recent outing to Boggio's in Granville, IL, was a fun-filled adventure! The ladies enjoyed exploring the store, selecting homemade jams, fresh apple cider

donuts, and a variety of seasonal treats. The warm, welcoming atmosphere made for a perfect fall day. Along with the shopping, we shared laughs and created special

memories. Everyone left with bags full of goodies and smiles, excited to enjoy their purchases back at Greenfield. It was a trip to remember!

National Mushroom Day

To celebrate National Mushroom Day, we hosted a fun and informative activity at Greenfield dedicated to these delicious fungi! Residents gathered for a stuffed mushroom demonstration. As we prepared the recipe, we also explored the history of this unique holiday, learning how mushrooms have been celebrated for their nutritional benefits and versatility in cooking. Everyone enjoyed tasting them once they were cooked. The day was both educational and delicious,

offering a perfect blend of culinary creativity and learning about the significance of mushrooms in food culture.

Stuffed Mushrooms

1 Cup Mayonnaise
4 Oz. Cream Cheese
1 Cup Shredded Cheddar Cheese
Garlic Chives (or regular chives)
1 teaspoon Olive Oil
1 teaspoon Garlic Powder
6 Cooked Bacon Strips (crumbled)
Salt to taste

Wash mushrooms and remove stems (chop stems into small pieces). Place mushrooms in 9 x 13 pan. Drizzle with olive oil. Sprinkle salt & powdered garlic on mushrooms. Whip cream cheese in mixing bowl. Add mayonnaise & cheddar cheese to cream cheese. Add garlic chives and chopped mushroom stems to mixture. Scoop mixture into mushrooms & top with bacon crumbles & cheddar cheese. Bake at 350 for 20 minutes.
Enjoy!



← Eunice, Pat P. Muzzy →
enjoying
Mushrooms.



IAPA’s 45th Annual Conference: Rest, Reflect & Recharge

Attending the Illinois Activity Professional Association (IAPA) conference in Bloomington, IL, this year was an incredible experience, and I was honored to be a presenter alongside my colleague, Deb Moreland. The theme of the conference, "Rest, Reflect and Recharge," really resonated with both of us as we prepared to share our passion for bringing joy and connection to the seniors we serve at Greenfield Retirement Home.

I had the pleasure of

presenting my session, "Let's Pop Some Bubbles and Burst into Laughter," where I shared how laughter can truly transform both physical and emotional health. We explored fun laughter exercises, creative crafts, and how to start laughter clubs—a program that can easily bring more happiness to senior communities.

Deb's session, "Roots & Reflections: Revive Your Spirit Through Gardening," was all about reconnecting with nature. She highlighted the many benefits of

gardening, from improving mobility to fostering emotional well-being. Her ideas for gardening crafts and tips on how to make gardening accessible to seniors were a hit with attendees.

It was rewarding to connect with so many like-minded professionals and share ideas that we hope will spread a little more joy, laughter, and growth in senior living communities across the state.

*Chris Thompson,
Activity Director*

Mastering Mobility with OSF

This month, we had the pleasure of hosting Wendy, a skilled therapist from OSF St. Clare in Princeton, IL, for a workshop on "Mastering Mobility." Wendy provided valuable insights into the proper use of walkers,

canes, and wheelchairs, ensuring our residents felt confident in their mobility aids. Participants engaged in a Q&A session, where Wendy addressed their concerns and provided practical demonstrations. She also

introduced helpful exercises aimed at enhancing strength and balance, empowering attendees to move safely and independently. The session was not only informative but also inspiring, fostering a sense of community and support among participants.



**Betty C.,
Emily,
Pat Q., &
Anita
enjoying
the
weather.**



Marcia



Marian



Bonnie B.



Jane F.



Bonnie S., Bertie, Neva, Joyce & friends



Rosie



Glenn & Neva



Bertie

The Importance of Handwashing: Staying Safe During Viral Season

With viral infections spreading easily in the community, it's more important than ever to practice good hand hygiene. Handwashing is one of the simplest, yet most effective, ways to keep yourself and others safe from getting sick.

When we touch objects throughout the day—like door handles, phones, or even our own faces—we pick up germs. Some of these germs, like viruses and bacteria, can cause illnesses such as the flu, colds, or even COVID-19. These germs can easily get into our bodies when we touch our eyes, nose, or mouth. Handwashing helps stop this cycle by getting rid

of these harmful germs before they have a chance to make us sick.

You might wonder, how exactly does handwashing work? It's pretty simple! By scrubbing your hands with soap and water for at least 20 seconds, you physically remove germs. Soap breaks down the outer layer of viruses, making it easier for water to wash them away. To make sure you're doing it right, try singing "Happy Birthday" twice while washing your hands, covering all parts of your hands—front, back, and between your fingers.

Handwashing is especially important during times when there is an increase in

viral activity, like in the fall and winter. These months tend to bring more cases of flu and other respiratory infections. By washing your hands regularly, you can reduce the spread of these illnesses in your home, school, and community.

Remember, handwashing isn't just about protecting yourself—it's also about keeping those around you safe, especially people who may be more vulnerable, like the elderly or those with weakened immune systems. So, let's all do our part by washing our hands often and helping keep everyone healthy!

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.

www.greenfieldhome.org

Greenfield is a not-for-profit provider.