

# Across the Greenfield

## Chinese New Year



### Chinese New Year Celebration

Jeanne and friend, Lori, shared an interesting program on Chinese New Year celebrations. Chinese New Year, also known as Lunar New Year, is the festival that celebrates the

beginning of a new year on the traditional lunisolar and solar Chinese calendar. Jeanne performed the Lion Dance for us as well as sang several songs in Mandarin Chinese. At the end of the

program, Jeanne gave away miniature Huishan Clay Figures and a beautifully, Chinese designed hair comb. Thanks, Jeanne and Lori!



**Pat P.**



**Julie M.**



**Ruth**



**Balloon Volleyball**



**Patsy**



**Gratice**



**Shirley**



**Walter**

## Across Lynn's Desk

For most of my life, I heard the old quote "it's the little things". But, I don't think I truly knew how much "the little things" meant until adulthood.

There have been monumental moments in my life that the little things became the best gift I could be given. One special time was when my mom was battling cancer. She wasn't eating very well so I cooked her absolutely anything she ever slightly mentioned. On the way home from treatment one day, she mentioned she would love to have lamb chops. She couldn't remember the last time she had them. So of course, I made it my mission to get her lamb chops. I went to multiple stores in multiple towns to find those lamb chops. Then I made potato dauphinoise, fresh asparagus, homemade crab Rangoon, and homemade cheesecake to go with it. My

mom couldn't eat much at that point. She just nibbled on everything. I didn't realize it at the time, but I was making my mom's last meal. To this day, I am so grateful I picked up on that and didn't quit until I got what she was craving. That "little thing" ended up being a huge thing.

I always try to pay attention to the "little things" and act on them when I can. Sometimes the "little things" don't seem like a big deal to us when we do them. But, later, you find out it was so much more to another person.

When we had that recent beautiful snowfall, a resident mentioned to me they would love to make a snowman. Of course, it's not something I would enjoy because I hate being cold. Snow is definitely cold. But, it was one of those moments that I knew I didn't want to

walk by. I told the activity team I had a challenge for them. They always love a challenge! I shared my earlier conversation. Next thing I know, there is all kinds of snow inside Greenfield. The dining room was full of laughter and big smiles as some of our seniors made snowmen.

Not only did the activity team do this "little thing" for this person, but they did it in a way that brought joy, memories, and laughter to a lot of other people. They turned the "little thing" into a "big thing".

As you go about your lives, I challenge you to pay attention to the "little things". Intentionally act on them when you can. You just might find yourself making a bigger impact in someone's life than you ever thought you would.

*Lynn Olds*

## Dietary Department

Food is the substance we eat every day for energy and strength. There are many different types of food, such as fruits, vegetables, rice and pasta, which we serve almost

everyday in some form on the menus. We need to eat a variety of foods on a daily basis to get all the essential nutrients the body needs. I am always looking for new

ideas or recipes. So if anyone has a recipe they'd like us to try, let me know.

*Beth Culjan, Dietary Mgr.*

## New Resident



**Walter Elwell**

Walter Elwell grew up in Miami, Florida with his parents, Marta Kremp and Walter Elwell, Sr. He was the middle child in his family without the middle child complex. His older brother has passed, but his younger sister is still living in Cape Cod. His favorite part about growing up in Miami on a cold day like today was the weather and being by

the ocean. He lived in Miami, Florida until he went to Wheaton College where he graduated with a degree in Philosophy and Greek in 1959. Walter went on to get his doctorate in Theology in Edinburgh, Scotland in the 1970s and taught at the college level until 2003. Walter has had many pets throughout his life. His mother enjoyed cats and Walter has had several dogs including Daisy and a Sheltie named Moira which means Mary in Scottish Gaelic.

Walter has two sons from his first marriage, Andy and Tim Elwell and was blessed to gain two step-daughters Diane and Laurel when he married his wife, Barbara, on May 21, 1988. Wheaton College was important to both as well as being active

in their church, the Evangelical Covenant Church. Walter was in the church choir and active in Sunday School. He keeps up with church on his iPad. Walter's wife passed on November 27, 2021. He still misses her but has felt support from his family, friends, and the community here at Greenfield. Walter enjoys having a large extended family with several grand and great-grandchildren. Walter enjoys activities at Greenfield and learning new things. He likes worship and history programs, watching football either the Bears or the Dolphins, and is an avid stamp collector. We are happy to have Walter with us at Greenfield.

*Kate Webster, SSD*

## New Group - Show & Share

We have changed the group, Hope and Happiness, from meeting every week to meeting twice monthly beginning in February in order to make time for Kate to lead a new group called

Show and Share. It is hoped that this group will draw more people that want to share about a book(s) they have read, a good devotional, Readers Digest article, movie, album, or

anything that inspires you. This is not meant to feel like homework, but just for us to learn new interests from one another. All are welcome.

## “Pause”-itive Places

This was our original theme for January. We wanted to take our residents/tenants to places (not necessarily physical destinations) where positive vibes radiated through our activity programming. We divided the weeks up into four unique categories: Organize Your Space, Mental Wellness, Spirituality, and Challenge Yourself.

Organize Your Space – We kicked off our week with Marie Condo’s (Organization Guru) television show where Marie helped us to tidy up. She explained the importance of breaking larger tasks into smaller, more attainable tasks that are more not so overwhelming. We also delved deeper into ways to inexpensively use common items like cardboard and containers to help with those organizational skills through showing practical crafts and tips.

Mental Wellness – Our dietician explained the importance of healthy food for healthy brains. We discovered some new exercise moves to improve our brains through deep breathing techniques, coordination skills, meditation and guided imagery. Lori, Mind Body Instructor from Arukah Institute of Healing, came to share exercises and techniques to help improve our overall well-being.

Spirituality – Mindfulness is more than just a modern term for meditation, but rather a way of bringing oneself into the present, the now. We practiced mindfulness through utilizing the creative side of our brain as well as attending spiritual activities through Catholic mass and our ecumenical meditation services. At our Heart to Heart: A Spiritual Experience program, we discussed intercessory prayers and

ways to spend time praying for others.

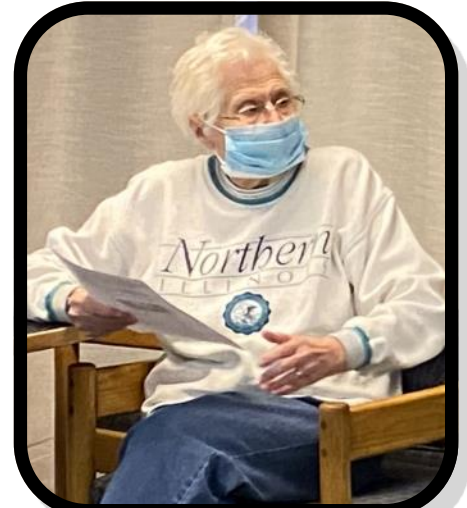
Challenge Yourself – Did you know that learning a new language literally rewires your brain? The positive effects can be attained at any age! Not only will your brain receive a boost, but it also increases creative thinking, enhances problem solving skills and improves memory and focus. We learned basic words in Dutch, French, German, Italian, Portuguese and Spanish. We also challenged our residents/tenants through a sensory stimulation challenge, enticing all the senses and thus challenging our way through touch, sight, taste, hearing and smell.

**If you prefer to have your newsletter emailed each month, let us know at: [office@greenfieldhome.org](mailto:office@greenfieldhome.org)**





**Deb teaching about Organization**



**Bonnie S.**



**Jeanne  
with  
snowman**



**Emagene  
with  
snowman**

## Winter Fun!

With the last beautiful snowfall, we took advantage of the snow! Who said you have to make snowmen/women outside? Instead, we

brought the snow inside and encouraged our residents/tenants to create his or her own snow person. From the carrot nose to the button

eyes, each winter creation was unique. Once we were finished, staff took the snow people outside for all to see.

## Meditation Services

We want to extend a grateful heart to those who regularly come to Greenfield to share the Word of God with our residents/tenants: Pastor Scott Schmidt from St.

Matthew's Lutheran Church, Pastor Bill Shields from 1st Lutheran Church, Pastor Marcia Peddicord from 1st United Methodist Church of Princeton and Malden, and

Monsignor and our Friends at St. Louis Catholic Church. Also, thanks go out to Doris and Mary for playing the piano. We greatly appreciate you all!



**Emagene**



**Jeanne**



**Doris H.**



**Bonnie B.**



**Marge**



**Marie**



**Jane**



**Gratice & Julie M.**

# Fighting the Winter Blues

It's that time of year again—the cold weather hits, and our mood takes a dip. The winter blues are a real thing; it's called Seasonal Affective Disorder (SAD).

If you're looking for a way to ward off the big SAD, a self-care routine is a huge win. Here are 10 self-care ideas to keep your mood, energy, and motivation up this winter.

## 1. Exercise

Exercise improves concentration, motivation, memory, and mood. Exercising 15 minutes is all it takes to boost your mood.

## 2. Listen to Upbeat Music

Listening to music you enjoy can release the same happy hormones you get from exercise.

## 3. Get Outside, if possible

Nature helps people have a positive mood, better cognitive function and memory, and the ability to focus.

## 4. Stick to a Routine

Sticking with a routine helps keep the mind occupied, makes us feel more in control of things, and reduces stress.

## 5. Meditate

Meditation helps improve focus and reduce stress.

## 6. Check Your Diet

Feeling good has a lot to do with what you're putting in your body. Try incorporating more of these foods into your diet:

Lean proteins, Omega-3 fatty acids (salmon), Vitamin B-12, Vitamin D, Complex carbs (beans, oatmeal, quinoa, potatoes, sweet potatoes, 100% whole-wheat bread), Berries, Dark chocolate, Bananas (great for improving sleep + reducing anxiety). Also, keep drinking water.

## 7. Keep a Journal

Journaling is a great way to discover your thoughts, express your emotions, and look at the positive aspects of your life. Make a gratitude list each day in your journal or

simply repeat affirmations to yourself.

## 8. Take a Technology Break

There's no arguing that stepping away from screens is good for your mental well-being. Choose a specific period of the day to intentionally unplug from your phone.

## 9. Learn Something New

Winter is the perfect time to pick up a new hobby! Learning something new creates a feeling of accomplishment and it keeps you busy.

## 10. Let the Light In

The bottom line is that cold weather isn't the culprit for dampening your mood. It's actually light. Because we have less daylight in the winter, you might not be getting enough sunlight. At the very least, make sure you're opening the blinds during the daytime.

Hopefully these suggestions will help you ward off those winter blues.

*Shelly Davis, DCN*

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