

Across the Greenfield

Volume 48, Issue 3

March 2025

March Fun!



March Highlights

March at Greenfield was packed with fun! We celebrated Mardi Gras with a pancake toss, King's Cake, and festive trivia, and St.

Patrick's Day with Irish riddles, a video tour of Ireland, and a tasty snack. The Green Thumbers planned their spring garden,

and Neva won our bowling tournament!





Rita



Nobbie & Joyce



Edwin



Betty M.



Patsy & 3rd Grader



Nancy



Pat Q.



Marian & 3rd Grader



Rosie

Across Lynn's Desk

Life has a way of bringing the right people into our path at just the right moment. Sometimes, these people become lifelong friends, family by choice, or steadfast supporters in our journey. Other times, they are with us for only a season—a short but meaningful chapter that leaves a lasting impact.

At our retirement community, we see this unfold every day. A neighbor becomes a dear friend over morning coffee. A caregiver's kindness provides comfort in a moment of need. A simple conversation with a new acquaintance sparks joy and connection. These moments remind us that we are never alone, and that the people who enter our lives—

whether for a brief encounter or a lasting relationship—can shape us in ways we never expected.

It's easy to look back on our lives and recognize those who have left a mark—teachers who encouraged us, colleagues who challenged us, friends who stood by our side. But even in our later years, life continues to bring us people we need, whether we realize it in the moment or not.

Sometimes, we are the ones who step into someone else's life at just the right time. A kind word, a shared story, or a simple act of generosity can be exactly what someone else needs.

We all have the opportunity to be that person for others, just as they have been for

us.

So, the next time you find yourself in the presence of someone new, consider that they may be here for a reason. And just as importantly, consider that you may be in their life for a reason, too. A smile, a listening ear, or a simple moment of kindness may be exactly what they need at that moment. We often don't realize the impact we have on others, but even the smallest gestures can make a difference. Whether for a lifetime or just a fleeting moment, we are all part of each other's journey in ways we may never fully understand.

Lynn Olds
Administrator

Meditation Services Bring Faith and Reflection

Greenfield is blessed to have dedicated pastors who bring the Word of God to our residents through Meditation Services. We extend our heartfelt gratitude to Retired Pastor Cal Zehr from Willow Springs Mennonite Church

and Pastor Colleen Lawrence from 1st Presbyterian Church for sharing their wisdom and faith.

A special thank you to Pastor Colleen for leading the Ash Wednesday Service, where she spoke about the

significance of the ashes as a symbol of repentance and renewal. We also deeply appreciate Monseigneur and Friends from St. Louis Catholic Church for offering ashes and providing spiritual guidance.

Sheltered Care and Independent Living Differences

Most of you are probably aware that Greenfield offers two levels of care: Sheltered Care and Independent Living. The Sheltered Care side is licensed to provide nursing services and is staffed 24 hours a day. Staff can assist with tasks such as bathing, medication management, reminders, transportation to appointments, and putting on shoes and socks. However, residents must still be independent with transfers, walking, using the bathroom, and most aspects of dressing. Sheltered Care is ideal for individuals who need a little extra support to remain safe but do not require the level of care provided in a nursing home. Some residents stay in Sheltered Care long-term, while others use it for short-term respite care when they cannot be alone.

The Independent Living side provides access to one meal per day, with the option to add more as needed. Residents share activities with those in Sheltered Care, receive housekeeping

services from Jill, and can request assistance from me, the apartment liaison, for arranging transportation or other resources. While there is no staff stationed on this side, the building is secure, and each tenant can set up a personal entry code with me. Tenants often look out for one another, but if additional care is needed, they have options such as home health services, community-based medication assistance programs, private-duty care, or transitioning to Sheltered Care.

To enhance the services on the Independent Living side, we have added several conveniences. These include monthly in-house podiatry visits, annual flu and COVID vaccinations, and an optional laundry service for \$20 per hamper. We also offer an option for tenants to order items from Walmart for delivery to Greenfield on the 2nd and 4th Wednesdays of each month.

Additionally, all Greenfield residents can benefit from our personal trainer program, which helps maintain independence and prevent decline. Mary is available for one-on-one meetings to discuss individual goals for improvement, and group exercise sessions are held every morning.

We understand that it can be difficult to experience a decline in health and require a higher level of care. Whenever possible, we strive to prepare residents for these changes in advance, with the hope that they will only need a short rehabilitation stay before returning to Greenfield.

We work hard to make Greenfield a wonderful place to live and work, and we hope you can see how much we care.

Kate Webster, SSD

Greenfield Seniors Celebrate Mardi Gras

Greenfield Retirement Home came alive with the festive spirit of Mardi Gras as residents enjoyed an afternoon of laughter, games, and traditions. The celebration kicked off with a fun twist on the famous Pancake Race in Olney, England, a tradition dating back to 1445. According to legend, a woman was so busy making pancakes on Shrove Tuesday that she lost track of time and rushed to church, still holding her frying pan. This led to the annual Pancake Race, where participants flip pancakes while running to the finish line.

At Greenfield, residents took part in their own version—a seated pancake toss! Seniors sat in chairs and tossed leftover breakfast pancakes into a pan, competing for the best aim and most successful flips. The laughter-filled challenge set the tone for an afternoon of joy and friendly competition.

Next came the King's Cake, a beloved Mardi Gras tradition. Instead of the usual hidden baby figurine, Greenfield seniors searched for a golden coin tucked underneath their slice. This year's lucky winners, Max

and Julie, were crowned the official King and Queen of Mardi Gras, wearing festive crowns and enjoying their royal titles for the day.

The celebration continued with trivia, fun Mardi Gras facts, and lively music that had everyone tapping their toes. From playful pancake tossing to crowning royalty, Greenfield's Mardi Gras event was a lively and memorable way to honor this colorful tradition while bringing the residents together in fun and laughter.

Chris Thompson
Activity Director

Greenfield Seniors Celebrate St. Patrick's Day

What's Irish and stays outside all year long? *Paddy O'Furniture!* That riddle kicked off a lively St. Patrick's Day party at Greenfield Retirement Home, setting the tone for an afternoon of fun, laughter, and a touch of Irish charm.

Residents enjoyed a short video tour of Ireland,

marveling at its breathtaking landscapes, historic castles, and lively culture. As the festivities continued, clever riddles kept everyone entertained, testing their wit with Irish humor.

Of course, no celebration would be complete without a festive snack. Seniors enjoyed a "pot of gold" treat—a delicious popcorn mix—alongside refreshing

green punch. Decked out in shades of green, residents and staff alike embraced the holiday spirit, making for a truly spirited event.

Fun facts about Ireland rounded out the celebration, including the origins of St. Patrick's Day and the legend of the leprechaun. It was a lucky day for all who joined in the fun!

Greenfield Seniors Get a Taste of Pistachio Pie

Seniors at Greenfield Retirement Home enjoyed a special treat as they watched a demonstration on making pistachio pie—both with cane sugar and a sugar-free version. For many, this was their first

time trying this unique dessert, and they were delighted by its creamy, nutty flavor.

Did you know pistachios are one of the oldest nuts, dating back over 9,000 years?

They're also called the "smiling nut" in Iran and the "happy nut" in China!

The pie was a hit, with residents raving about it and requesting it be served again. A sweet (and nutty) success!

Green Thumber's Garden Group

The Green Thumber's Garden Group at Greenfield Retirement Home has officially taken root! In their first meeting, residents eagerly discussed which vegetables and flowers to plant this season. Leading the group was Deb, Greenfield's activity assistant—better known as *Plant Dr. Deb*—

who introduced the *Garden Nook*, a special space near the Pollinator Garden stocked with everything needed to plant, water, and nurture their green oasis.

Gardening isn't just a hobby; it's a health booster! Studies show that seniors who garden experience a 36% lower risk of dementia and improved overall well-being.

The fresh air, physical activity, and sense of purpose gardening provides are invaluable.

As the group gets growing, excitement is in full bloom! As the saying goes, "*To plant a garden is to believe in tomorrow.*" Stay tuned as the Green Thumber's cultivate beauty, nourishment, and joy—one seed at a time!

Strikes and Smiles at Greenfield

Greenfield seniors had a fantastic time bowling, cheering each other on as they aimed for strikes and spares. Laughter filled the room as everyone gave it their best shot. In the end, Neva took home the victory!



Congratulations, Neva, on being our bowling champion—well played!





Bonnie S.



Marcia



Marie



Bonnie B.



Ken



Eunice



Danny



Pat P.



Christy & 3rd Grader

Spring into Wellness: Embracing Health

As days grow longer and nature awakens, spring is the perfect time to refresh your health. Milder temperatures, more daylight, and fresh foods create an ideal setting for a healthier lifestyle. Here are some ways to embrace the season.

Get Outside and Enjoy

Fresh Air - Warmer weather and longer days make spring ideal for outdoor activities. Walking improves cardiovascular health, while fresh air and sunlight boost mood and provide essential Vitamin D.

Eat Fresh, Seasonal Foods

Take advantage of spring produce like strawberries, asparagus, peas, and leafy greens. These nutrient-rich foods support overall well-being. Consider joining the Gardening group at Greenfield.

Prioritize Mental Health

Spring's beauty and sunlight can enhance mental well-being. Engage in mindfulness, meditation or spend time in green spaces to reduce stress. Enjoy time on the front patio or courtyard with friends and family.

Stay Hydrated - With rising temperatures, staying hydrated is key. Infused water with fruits and vegetables makes hydration enjoyable while aiding digestion. Visit our hydration station at the coffee bar.

Conclusion - Spring is a season of renewal; perfect for focusing on health. By enjoying outdoor activities, eating fresh foods, and prioritizing well-being, you can fully embrace the season's vitality. Welcome spring with a commitment to a healthier, happier lifestyle.

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