

# Across the Greenfield

## Pollinator Gardening



## Sowing Seeds of Memories

We scheduled a day to replicate working outside to tidy up the grounds. Instead of the entire Greenfield campus, we concentrated on breaking ground with volunteers helping to clear the sod for the pollinator garden. Several volunteers came and showed us how

many hands make light work by helping us clear the sod and moving the rocks. It was a beautiful day to work outside! After we worked in the morning, all the volunteers enjoyed a cookout of burgers, dogs and all the fixings. Thanks to those who helped us sow

seeds of memories! If you were unable to attend but want to help either by working the garden or donating flowers, etc., please contact Chris for more details.





**Happy Birthday, Julie!**



**Glenn**



**Happy Birthday, Margaret!**



**Good Friday Service**



**Jane**



**Marvin**



**Lumberjack Patsy**



**Doris**

## Across Lynn's Desk

I recently had someone tell me they weren't "old" enough to live in a sheltered care facility. That statement really caught my attention. When I asked him what he meant by that, he told me he doesn't need that much help. He does ok living in his house by himself. I told him living here isn't necessarily about being "old". Yes, we do provide excellent nursing care. But, there are many benefits that have nothing to do with physical aging.

It is unfortunate so many people think this way. Moving into a long-term care facility is not a sign of weakness or inability to take care of yourself. In fact, we help you be more independent and stay independent longer. But, you have the safety and security of knowing help is

there when you need it. Moving in to sheltered care is making a deliberate choice to live the highest quality of life possible. Staying home alone is the right thing for some people. But, for many, it makes them feel isolated and lonely. At Greenfield, you are able to socialize with like-minded people every day. You don't share a room or bathroom so you have privacy when you want it. At home, most people only move within 2 or 3 rooms causing a decline in mobility. Here we have daily exercises and the benefit of walking throughout the building. There are planned activities designed to maximize life enrichment. You have plenty of time to do those things because you don't have to worry about housekeeping, laundry, home maintenance, or cooking!

I frequently have residents tell me they love to sit down to delicious, home-cooked meals they didn't have to prepare or clean up after.

Regardless, there is no shame in depending on someone for things. In reality, we are all interdependent at Greenfield. The residents depend on us for the things they need each day. But, we depend on them to be able to do a job we love. Our work supports our families. It puts food on our tables and a roof over our heads. Our residents count on us and we count on them. We are all blessed to have each other.

*Lynn Olds*

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





## New Resident - Kathryn Gorman



Kathryn Nordstrom (Fledges) has always lived on a farm and is no stranger to hard work. She was the youngest out of 12 siblings and spent lots of time outdoors when she was younger. She helped with the farm chores- milking

cows, cleaning sheds, and feeding animals. She also enjoyed outdoor games with the next 3 siblings closest to her in age who were all boys.

Kathryn graduated from Tiskilwa High School in 1952 and married her husband, Ben, on November 30, 1952. They have three children Frank, Fred, and Amy. She also has 7 grandsons, 2 great-granddaughters, and 1 great-grandson.

Kathryn enjoyed cooking, going for walks, and gardening before coming to Greenfield. She likes watching Hallmark, HGTV,

and sports including the Chicago Blackhawks, Bears, and Bulls. She will also watch the Cubs but may not watch a whole game on the TV. She enjoys music similar to Lawrence Welk and county western music.

Kathryn belongs to the Methodist Church in Tiskilwa, but has been unable to attend because of Covid. She is looking forward to getting involved and being more social than she was at her condo.

Please welcome Kathryn to Greenfield!

*Kate Webster, SSD*

## Hope and Happiness Group with Kate

Hope and Happiness Group has been meeting the last 2 months and will continue to meet if there is interest. We share as a group about happiness and hope, but anyone that comes is not required to share. We have worked on learning more about what makes us happy, and what is important to us to keep us happy. On page 7 of the newsletter, you can

see a picture of the collages we made from the values important to each person. We also talk about how life is not always easy and can hurt, but try to learn ways to find the positive after or even in the middle of difficult situations. We always share a story of resiliency and last week read "The Lorax" by Dr. Seuss and talked about the

resiliency of the Earth for Earth Day. We have enjoyed giving back to the community while we are currently looking at how gratitude impacts happiness. We helped make the thank you cards for Librarian's Day and put messages of hope and happiness in the staff paystub envelopes. Feel free to join us on Wednesdays at 3:15 pm.

## Paul Bunyan Bash

At our Paul Bunyan Bash, we celebrated the life of a lumberjack by becoming lumberjacks without having to yell, "Timber!" The activity department performed an original skit called: "We're a Lumberjack and we're okay!". The skit contained songs, cheesy lumberjack jokes and of course, axes...inflatable axes, that is.

A popular sport is axe throwing; so, we tried to replicate this event by throwing our own axes,

using Velcro. The residents had a ball throwing the axes at the bullseye. We practiced throwing in our Logger Sports exercises that morning, too.

After the skit and axe throwing, we tasted a lumberjack's appetizer plate, consisting of pigs in a blanket topped with maple syrup, acorns made out of chocolate kisses and mini, Nutter Butter cookies, ham cubes and Babe the Blue Ox juice. With our tummy's full, we headed over to see

a few logs with our lumberjack photo opt. The residents chose their own props for some memorable pictures.



**Lumberjack Mary W.**

## The Green Thumbers

It's that time of year when our thumbs turn green, figuratively, that is. Our gardening group is in full bloom with those ready to plant and watch them grow. The members decided to be called The Green Thumbers and all residents of Greenfield are invited to attend the gatherings.

Some of the things we discussed at our first meeting was what kind of vegetables, herbs and flowers we want to grow?

And, where to do we want to plant them? We decided that we could intermingle some of our vegetables with our flowers in our pollinator garden. Another fun project we discussed was creating a salad garden with various types of lettuce, spinach, chives and a few other tasty veggies. We will plant them in pots and possibly place the containers inside, near the window for sun. That way everyone can enjoy a fresh taste of the garden. Watch

your schedule for more of The Green Thumbers gatherings!



**Kathryn eating  
Dirt & Worms**

## National Library Week

When was the last time you patronized your local library? If it has been a while, be sure to connect with your library and see all the wonderful things they

do to enhance our lives. During National Library Week (April 3-9), we wanted to show our appreciation to the local libraries by making Deb's homemade banana

bread and Kate's Happiness & Hope class designed special cards of thanks. The librarians and library workers were excited to receive the recognition.



Chris, Emagene & Lynn at the Princeton Public Library

## Tip Toe Through the Tulip Tea

Do you remember Tiny Tim's rendition of "Tip Toe Through the Tulips"? After watching a YouTube video of his live performance, some residents remembered his high notes

and interesting mannerisms. We then, tip toed through our own tulips by tasting some diverse teas like dandelion tea, passion fruit, and other unusual selections. We also reminisced about

planting tulips in our own gardens and watched the Tulip Festival in Pella, Iowa. Whatever the reason or party may be, we all decided that tea tastes better served in China tea cups.

## Meditation Services

We want to express our deep appreciation for those who come to Greenfield to deliver the Word of God:

Pastor Ryan Sutton and Pastor Marcia Peddicord from the 1st United Methodist Church and

Pastor Cal Zehr from Willow Springs Mennonite Church. Thank you for coming to Greenfield!





**Doris B.**



**Emmagene**



**Mary M.**



**Kate's Hope & Happiness Group**



**Danny - Axe Throwing**



**New Walker Bags**



**Cookie decorating for the Community**

## Covid-19 Update

Unfortunately we have been reminded that the COVID-19 virus is still out there and though people are not getting as sick as they did earlier in the pandemic, it is still concerning especially in a long term care setting. I wanted to take this opportunity to remind everyone that the regulations put out by IDPH are different for our setting than they are for the general public. I know this can be confusing to everyone.

Staff is still required to wear facemasks at all times and face shields are required if the community transmission levels are substantial to high. We are still screening for symptoms of COVID. All staff are screened prior to their shift and all visitors or people taking residents out of the building are screened prior to visiting or leaving for an outing. Residents are screened at least daily for fever, oxygen saturation level and any symptoms. We continue to be vigilant with

sanitation practices throughout the facility.

Please remember to follow the core principles of infection control whenever visiting with family and friends as well as when away from the building. Source control includes a well fitting facemask, hand hygiene (use of alcohol-based hand rub is preferred), physical distancing (6' from those you are visiting) and going directly to the room of the resident you are visiting (do not wander throughout the building or linger in halls visiting with other residents or staff).

Greenfield follows guidance set by IDPH for Long Term Care Facilities in an effort to prevent the spread of COVID – 19 in our facility.

### The Core Principles of Covid-19 Infection Prevention

- Vaccination
- Source control (masks, face coverings, and other respiratory protection)

- Resident and staff testing
- Hand hygiene (use of alcohol-based hand rub is preferred)
- Physical distancing
- Appropriate use of personal protective equipment
- Instructional signage throughout the facility along with communication
- Infection prevention and control education and competency
- Cleaning and disinfecting high frequency touched surfaces and equipment
- Appropriate ventilation and engineering controls to improve air quality
- Effective cohorting

Thank you for your continued understanding and cooperation in order to keep our residents safe and healthy.

*Shelly Davis, DCN*

## GREENFIELD RETIREMENT HOME

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

Greenfield is a not-for-profit provider.

[www.greenfieldhome.org](http://www.greenfieldhome.org)