

Across the Greenfield

Patio Time!

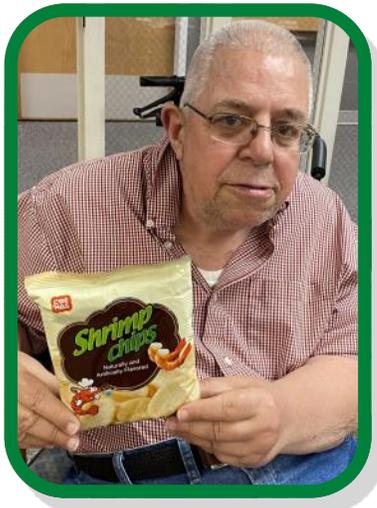


Enjoying Our New Patio!

With the weather turning warm, the trees budding, flowers blossoming, what better way to spend the time than a relaxing sit on the

patio. The residents/tenants are encouraged to spend time enjoying nature on the patio as well as our pollinator garden and other

places around the building. We have big plans for the patio, including a fire pit!



Danny



Margaret & Pat P.



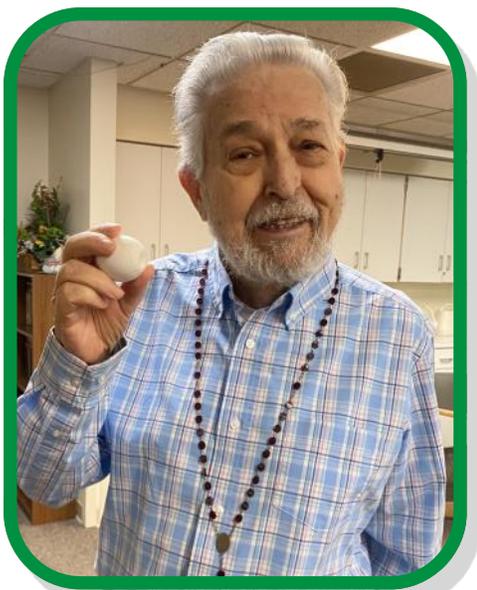
Jeanne



Frosting Cupcakes for 3rd Graders



Marie & Emily



Father Ed



Julie M.



Dori H.

Across Lynn's Desk

Everyone has summer memories they will always cherish. Our mission this year is to keep adding to yours! When you talk, we listen and I hope it shows.

Most people who live here love to spend time outdoors. Last fall, we were able to add a beautiful outdoor patio at the front of our building. Thank you to the generous donors who made that possible! We are already enjoying the space, but we know we can make it even better. To enhance the ambiance, we are adding flowers and hanging patio lights above the seating area. We even bought a smokeless fire pit to enjoy at night! Whether you want to make smores or just relax is up to you. We will, also, be adding a table and chairs to

the attached patio by the sliding glass doors. It will be a wonderful place to visit or have a picnic with your loved ones.

The pollinator garden we added last summer turned out better than we could ever have imagined. Thank you to the volunteers and Activity Team who created our magical oasis! This year, we are adding more flowers and additional seating. Since our trip to the sunflower field was such a hit, we are bringing it to you this year! We will be planting a patch of sunflowers past the pollinator garden. This will be a great backdrop for those summer photos!

We have a couple of events you don't want to miss.

Our annual Paws on Park Avenue is on Saturday, May 13th. This event gets better every year. Please join us for a morning of fun. If you have a furry family member, we would love to see them in the parade. Talk to Chris, Activity Director, for more details.

We are in the process of planning a wonderful family party to help us officially kick off the summer season. Stay tuned for more details of our Summer Soiree!

We will keep working on ideas to help create special memories. If you have any, please share them with Chris or me. Summer is almost here and it is going to be our best one yet!

Lynn Olds

Dining Services Department

We have recently changed our food vendor to Gordon Food Service. We will still have our food choices that we have had but I'm hoping to improve our menus. I am working with a dietician on these to provide more

nutritional food item choices. This is a big transition for me as a Dietary Manager since I have been with our old food vendor since I have worked here. I'm going to implement food items from the surveys that

were taken awhile back but if you have any suggestions or recipes that you would like to see on the menus, please come and see me.

Beth Culjan, Dietary Mgr.

Earth Day Reflections



Saturday, April 22, 2023, was Earth Day. I remember celebrating Earth Day as a child; we would get trees at school and had several planted in my yard or Oakland Cemetery where my dad worked. They are quite big now and remind me that I have aged. I also made a banner saying “Happy Earth Day” to work on occupational therapy skills in third grade. It was made with old computer paper that was attached together and you had to tear off the edges, you might remember that. Luckily my parents were a good sport and hung it from our garage when I insisted it be shared.

When we think about our own self-care, we need to

remember the Earth. Connection is one of the most important aspects of self-care. Thinking of self-care as only about our individual needs is a limited understanding. At its core, self-care is about flourishing as a human. Being fully human includes connection—certainly to oneself and

connection to relationships, community, purpose, and, yes, the planet.

When we think about our self-care, the Earth may not come to the forefront, but we all feel better health-wise when we have clean air to breathe and can stay hydrated with water not full of microplastics or chemicals. Our residents love to get outside for walks or to see the garden. You’d be amazed at the number of people looking forward to weeding our raised beds, but nothing is blooming yet. However, this is the time of year for those types of thoughts and plans.

Another part of self-care that makes us feel good is giving to others. Last year,

we were able to do this by giving out free bouquets of flowers from the pollinator garden because we were tending to our soil and making a good home for the bees. We also enjoy watching the birds and squirrels at the feeders and this is possible because we are caring for nature in our backyard.

It is important to keep in mind that we all share the Earth and our focus needs to be broader than just our own backyard. We have all noticed changes in the weather. When it is too hot to enjoy the outdoors or our flowers bake in the sun, it might be disappointing for us, but can be life-changing for people in other parts of the world.

Most of our residents like to brag about their grandchildren and great-grandchildren. We need to make changes today for their futures. What can you change in your life to support the Earth, care for creation, and support your own self-care?

Kate Webster, SSD

Dancing Up A Storm in April!

This month's theme consisted of traveling around the world to Austria, South Korea, Brazil, and Italy for a month-long discovery of traditional dances, Easter traditions, tastes and so much more!

Destination: Austria

When one hears the word Austria, the 1965 musical "The Sound of Music" comes to mind as does skiing down the Alps or how about the unusual Easter tradition called, Egg Tapping (Eierpecken)? Well, maybe not the latter, but this Easter tradition consists of boiled eggs and each player tries to crack the other's egg while tapping them together. Our residents tried their hand at this tradition.

Sam, Activity Assistant, also shared many more fun facts of Austria through an hour-long power point in the morning. The afternoon consisted of tasting some interesting snacks from Austria. During lunch, the dining services replicated a favorite Austrian dessert called Apfelteudel, or apple strudel. Delicious!

Pastor Cal Zehr shared his

and Carol's travelogue to Austria by showing some highlights of their trip. It is always great to hear the first-hand experiences of a country through the pictures of others. Thanks, Pastor Cal and Carol!

Destination: South Korea

We discovered that South Korea is about the same square miles as Indiana, yet Indiana has around 6 million people in contrast to around 51 million people living in South Korea! That's a lot of people for a peninsula. North Korea and South Korea are still at war with a definite division between the two. The small percentage of Christians in South Korea celebrate Easter, but not as big as the United States

Chris, Activity Director, shared a power point outlining all the fun facts as well as the traditional dance, which told a story as well as the modern dance of K-pop (Korean Pop Music) with the popular music artists: Psy-Gangnam Style and BTS. A national favorite side dish is a spicy, fermented cabbage called kimchi.

Kimchi is so popular in South Korea that they now have special refrigerators to store the healthy veggie. We served kimchi at lunch with fried rice. The reviews were mixed: some loved the spicy staple, while others decided once was enough. We also tried many snacks from South Korea. From Shrimp Chips to the sweet peach gummies.

Destination: Brazil

Our awesome volunteer, Joyce, shared her first-handed Brazilian experience with her son's marriage. She shared many lovely pictures of not only the marriage but of her trip around Brazil: from food to her son's traditional wedding. The people were so friendly and the food consisted primarily of rice and beans.

The residents/tenants watched another power point presentation on fun facts of Brazil along with Easter traditions and a folk dance full of color and festive music. We also sampled some Brazilian snacks and for lunch, dining services served tasty Brazilian chicken and rice. Many said they could serve this again! (continued)



Mary



Pat P.



Bonnie B.

Dancing Up a Storm in April (continued)

Destination: Italy

Buongiorno! Welcome to Italy! This was our last destination presented by Deb, Activity Assistant. When we hear of Italy, we see the many beautiful churches, the Colosseum, and the beautiful flowers in

the Spring!

How about rolling a big wheel of cheese through a winding course or setting off a cart full of fireworks for Easter traditions?!

We can't forget that Milan, Italy is the hub of the world's fashion industry; Gucci,

Prada, Valentino and

Versace, just to name a few. Our kitchen staff prepared an authentic Italian meal for lunch. In the afternoon we tasted a few interesting snacks from Italy! Arrivederci!

Meditation Services

A generous appreciation for those who come to Greenfield to share the love of God with our residents/tenants: Pastor

Marcia Peddicord from the 1st United Methodist Churches of Princeton and Malden, Pastor Cal Zehr from Willow Springs Mennonite

Church, Monsignor and Friends from St. Louis Catholic Church. Thank you for coming to Greenfield!

Save Paper, Save the Planet!

Let us know if you'd like to receive our newsletter by email at: office@greenfieldhome.org





Ruth



Joyce presenting on Brazil



Christy



Pastor Cal talking about Austria



Doris B.



Joanne



Emagene



Gratice

Severe Weather Preparation

It seems that we have had an increase in the frequency of severe weather in our area this spring. We at Greenfield practice and prepare throughout the year so that residents and staff know how to respond and remain as safe as possible during these weather events. I have been present at Greenfield during several of the recent storms and have been very impressed with how our residents and staff have responded. It is obvious that our drills have paid off.

I thought I would share some tips from NOAA Weather on what we all need to do to reduce the impact of these storms.

1. Stay Informed

You can stay informed by following your National Weather Service and WQAD

on social media. You can stay updated through various apps on your phone, watching your local broadcast on TV and listening to your radio. It is best that you have a battery-operated weather radio because in the case that you lose electricity or Wi-Fi, you can still receive updates.

2. Have an Emergency Plan

Have a designated place to go and seek shelter during severe weather. You will also need to have a meeting place for your family after a severe storm, just in case you get separated from each other.

3. Prepare yourself and your home for an emergency

To protect you, your loved ones, and property, learn how to use a fire extinguisher, administer

CPR, and how to turn on and off the electricity, gas, and water supplies in your home.

4. Have an Emergency Supply Kit

Some severe storms can cause power outages that can last from a few hours to many days. It is best that you have an emergency kit prepared. Some suggested items include:

- Bottled water
- Non-perishable food
- Flashlight and extra batteries
- Extra clothing and blankets
- Medications and a first aid kit
- Personal hygiene items
- Pet supplies
- Extra set of keys and cash
- A weather radio or portable AM/FM radio

Stay safe!

Shelly Davis, DCN

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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