

Across the Greenfield

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Spring Celebration Hops In



Greenfield's Spring Celebration burst with color and laughter as Peter Cottontail made a charming visit, posing for photos and hopping through the dining room. Residents tested their aim in a lively "Egg in the

Bucket" game. Between turns, everyone savored homemade chocolate and peanut butter haystacks—sweet, crunchy bites that disappeared almost as quickly as the prizes. The afternoon's simple joys,

shared smiles, and playful spirit reminded us all that spring isn't just a season; it's a feeling of renewal that thrives in community. Here's to more sunny days and happy hops ahead!



Judy



Mary Ellen



Doris



Marie



Eunice



Nancy & Neva



Rita



Ken



Christy



Max

Across Lynn's Desk

We recently said goodbye to a truly remarkable woman—my husband's grandmother, who was more like a mother to both of us. At 94 years old, she embodied all that was good and true about the Silent Generation. She was a guiding light in our lives, a steady presence full of wisdom, compassion, and quiet strength.

Over the years, I had the profound privilege of helping care for her, but what she gave me in return was far greater. She became one of my best friends. We shared stories, laughter, quiet moments, and deep conversations. Through her, I learned about history—not from books or documentaries, but from someone who lived it. Her stories gave depth and context to events I had only read about. She lived through decades of change with grace and grit, always keeping God,

family, and community at the center of her life.

She believed in loyalty, honesty, and integrity. She showed up for others, even when it wasn't easy. She offered help without hesitation. Her life was a living example of the kind of values that once defined a generation—a generation we are slowly losing.

As we say goodbye to more members of the Silent Generation, it feels like we're witnessing the end of an era. These were people shaped by war, depression, resilience, and responsibility. They lived simply, yet profoundly. Their standards—of hard work, faith, humility, and service—are golden. And we need to hold tight to them.

Let this be a reminder to all of us: spend time with the elders in your life. Listen to

their stories. Ask questions. Learn how they lived, what they valued, how they loved. They are living history, and once they're gone, their first-hand accounts and quiet wisdom go with them. We owe it to them—and to ourselves—to learn, remember, and carry their legacy forward.

Let us be intentional about preserving these stories and honoring these values. If you're lucky enough to still have someone from this generation in your life, take the time to sit down, listen, and learn. Write down their memories. Ask the questions. Share their stories with your children. In doing so, we keep their legacy alive—and we remind ourselves of the timeless truths that still have so much to teach us today.

Lynn Olds, Administrator

Gratitude for our Volunteer Pastors

Greenfield's weekly meditation service is a cherished pause in our residents' routines, and it would not be possible without the generosity of

our visiting clergy. We extend heartfelt thanks to Pastor Bill Shields of First Lutheran Church, Pastor Mike Freeman of Hampshire Colony

Congregational Church, Pastor Colleen Lawrence of First Presbyterian Church, and Monsignor Kruse and Friends from St. Louis Catholic Church.

New Resident - Elaine Bowers



Elaine was born Margaret Elaine Buress, after her mother, but no one ever called her Margaret, so she's always thought she should have been named Elaine Margaret instead. She was born at Perry Memorial Hospital, but had lived in Tiskilwa all of her life until moving to Greenfield. Her parents were Ernest and Margaret (Yarington) and she had two siblings, Charles and Betty. Elaine grew up on a large farm with dairy cows, a garden, an orchard with apples, peaches, pears, and wheat. During the Depression, Elaine's house was always filled with cousins, extended family and friends. They always tried to

share what they could, whether it was the skim milk separated from the cream or wheat which could be made into a wonderful oatmeal.

Elaine graduated from Tiskilwa High School in 1944 and went to nursing school for a year and a half before she married her husband, Dudley Bowers, in 1947 after World War II. He was in the Marines and served in the Pacific Theater during the war, earning the Purple Heart. Elaine's family has always had a strong sense of patriotism, with proud military service going back to the Revolutionary War. She did her part serving as an election judge, feels voting is important, as is keeping up with the news. Elaine and Dudley met at church, and he was related to the Ioder family, who raised Elaine's mother after Elaine's grandmother died in childbirth.

Elaine and Dudley had two sons, Rodney and Greg and 3 grandchildren. Elaine was able to work around her

family's schedule and use her nursing training working in an anesthesiology office in Princeton, Sterling, and Ottawa. Her faith is important to her. She is good about studying her Bible and coming to Bible study at Greenfield. Elaine grew up Methodist but has also been to the Baptist Church, and is now a member of Hampshire Colony Congregational Church. She enjoys the church services at Greenfield. She loved gardening and caring for her lawn at home. She had a Rook club in her community at home, but now plays dominoes at Greenfield. She enjoys music and traveled with her husband when he was in the Barbershop Quartet, but doesn't sing herself. Her biggest values learned in life were to work hard, share God's love, and give what you have to others. We're happy Elaine enjoys and gives back to the Greenfield Community.

Kate Webster, SSD

Greenfield Greeters: Bridging Seniors and Community

Greenfield Retirement Home is excited to introduce Greenfield Greeters, a new program that brings our residents into the wider Princeton community while spotlighting the warmth and vitality of senior living. Beginning in May, small teams of residents—our “Greeters”—will volunteer at local businesses and events, welcoming patrons with friendly smiles, sharing information, and lending a helping hand.

The idea grew from our partnership with the Princeton Chamber of Commerce, whose members noticed how residents light up when they interact with visitors. By stepping outside our

walls and greeting neighbors at shops, fairs, and chamber mixers, residents feel valued, engaged, and proud to represent Greenfield.

We’re delighted that Midland Bank and The Closet have already invited the Greenfield Greeters to welcome their customers this spring! Participation is easy: residents attend a brief orientation on hospitality tips and safety guidelines, then sign up for outings that match their comfort level. Staff arrange accessible transportation, and volunteers accompany each group to ensure everyone feels secure.

Early feedback from our own team has been enthusiastic. Activities

Director Chris Thompson believes the program is a powerful way for seniors to rediscover purpose and stay engaged with the town they love. She notes that this age friendly initiative will also enlighten the wider community, raising awareness of Princeton’s vibrant 55 plus population—which, according to the 2020 Census, makes up about 36 percent of local residents.

If you’d like to host Greenfield Greeters at your organization or if you are interested in becoming a Greenfield Greeter (open to seniors over 55 years of age), please contact Chris at activities@greenfieldhome.org. Together, we can continue building bridges between generations—one friendly greeting at a time.



Honoring Helping Hands at Our Volunteer Luncheon

Greenfield's dining room was filled with gratitude during our annual Volunteer Luncheon. Over a hearty meal and sweet desserts, we celebrated the volunteers who give their time, talents, and big hearts to our residents all year. Joyce Tournear and Carolyn Stull were thanked for behind the scenes help

and one-to-one visits; Cassi Pistole for lively Bingo calling; Pam Cochran for assisting with communion; and Pastor Cal Zehr for leading uplifting services. Each received a Certificate of Appreciation and a Princeton Chamber gift card. Also, to those who regularly volunteer and were unable to attend: Pastor Derek Boggs

from Evangelical Covenant Church, Pastor Colleen Lawrence from 1st Presbyterian Church, Pastor Bill Shields from 1st Lutheran Church, Monsieur Kruse and Friends, Pastor Michael Freeman from Hampshire Colony Church. Their dedication turns ordinary days into memorable moments—proof that volunteers truly make Greenfield feel like home.

Garden Nook Grows New Joy

Step into the vestibule by our bustling Pollinator Garden and you'll find Greenfield's newest gem: The Garden Nook. Curated by Activity Assistant Deb "Plant Dr. Deb" Moreland, this cheerful corner is bursting with opportunities for residents who love to dig, sow, and grow.

At the heart of the nook is a raised planting table—perfect for everything from starting seeds to repotting blooms without

bending. Each day of the week, Deb posts a list of "Garden Jobs of the Week," inviting residents to choose tasks such as dead heading flowers, watering plants, or spotting debris on the sidewalks. A handy watering station lets gardeners fill small

cans and give outdoor beds a drink, turning routine hydration into a pleasant stroll.

Dr. Deb also has themed projects on the calendar: crafting grass-head pots, painting rock markers, and harvesting herbs for kitchen demos. Whether you're a seasoned green thumb or simply plant-curious, our Garden Nook offers a welcoming space to nurture both plants and friendships. Come grow with us!





Nancy & 3rd Grader



Edwin



Pat P. with 3rd Graders



Rosie & 3rd Grader



Joyce & Nobbie



Glenn



Gratice



Danny

Learning to Love Yourself

"If you can learn to love yourself and all the flaws, you can love other people so much better. And that makes you so happy." – Kristen Chenoweth

Learning to love yourself can be difficult. Our society doesn't teach us about self-love. However, self-love is one of the best things you can do for yourself. Loving yourself provides you with self-confidence, self-worth, and in general, you feel more positive.

Learning to love yourself will help you feel happier and take better care of yourself. We all have flaws, make mistakes and remember past experiences and failings which can prevent us from loving ourselves. The less you love yourself the more confused,

upset, and frustrated you will be in life. When you begin to love yourself things slowly improve in every way possible.

Unfortunately, self-love isn't always easy. Being honest with yourself about who you are is a big step to loving yourself. Forgive yourself for mistakes in the past. Let go of negative emotions like jealousy, disgust, and rage. Learn to accept all emotions creating love, joy, and happiness as well as ones that can cause fear, insecurity, and anger in our lives.

Asking yourself if you fully love yourself can be difficult. To love yourself you must accept your flaws and faults. Loving yourself naturally leads to taking better care of yourself. Some things you

can do to care for yourself are taking a break from time to time and accepting that no one is perfect and things happen.

Another way to care for yourself is to say no instead of always saying yes - even when you don't have the time or energy to do what is being asked of you. We often do too much when trying to please everyone. This causes feelings of being overwhelmed and frustrated. It is ok to say no!

You can decide today to love yourself completely with no expectations. Making that choice today is the most powerful healing force you have.

Good luck, you are worth it!

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