

Greenfield Retirement Home

Across the Greenfield

Volume 46, Issue 12

December 2023

Christmastime at Greenfield



The Mistletoe Misfits

The Mistletoe Misfits danced, sang and told family friendly jokes to our seniors this Christmas Season. We greatly appreciate those lovely ladies performing for us at Greenfield! Thank you!

Mistletoe Misfits



Pat P. & 3rd grade friend



Bonnie B.



Julie



Danny



Patsy



Nancy & 3rd graders



Ruth



Betty



Glenn

Across Lynn's Desk

Happy New Year! This is typically a time for reflection on the past year and goal setting for the year to come. We are doing a lot of both at Greenfield! We are excited about what we've accomplished in 2023 and what we have planned for 2024! Today, I want to share a thrilling announcement with you.

In our endless quest to make Greenfield the best possible place to live, we are starting another new, exciting project. We are doing a remodel!

A remodel provides a lot more than a fresh look. Your environment has a big impact on your mental and emotional well-being. Good interior design combines aesthetics with function based on the people who

will be using the space.

With this in mind, we are creating a space that encourages connection and conversation. We have chosen furniture and colors that are calming, comfortable, safe and beautiful.

In addition, all of the colors and designs will have a timeless, classic look that complements the original design of our building.

This is a big undertaking that will take a few months to complete. Some of it will entail carpeting, dining/activity tables and chairs, painting, and furniture for the common areas.

Please have patience with us as we work through the remodel. The end result will

be worth it!

These improvements are being funded by the Adeline E. Prouty Trust. When you see one of our Trustees, please tell them thank you for continuing to invest in Greenfield!

If you would like to learn more about how interior design impacts your mental health, please check out www.interiorsrevitalised.com.

I hope you all have a happy and healthy 2024!

Lynn Olds

Meditation Services

We want to thank the pastors who so graciously come to minister the Word of God to our seniors: Pastor Ryan from the 1st United Methodist Church of

Princeton, Pastor Bill from the 1st Lutheran Church and Monsignor and Friends from St. Louis Catholic Church. We greatly appreciate your coming to Greenfield!

Thank You!

Hearing Loss

Did you make a New Year's Resolution this year? If you haven't yet and are struggling with hearing loss that may be something to consider.

According to the National Council on Aging, "only one in three older adults who could benefit from hearing aids use them." Here are some of the benefits of using hearing aids from NCOA:

- Decreases the strain of hearing & improves communication.
- Filters out background noise to improve listening.
- Minimizes tinnitus (ringing in the ears).
- Increases independence.

I recently was able to go with one of our residents to their appointments locally to receive hearing aids. I was impressed with the detail of a thorough hearing test. They can test the range of your hearing to determine the best levels you can hear and adjust your hearing aids to match.

If you decide to get hearing aids, while they can be pricey, the benefits to your quality of life may be worth it and there are ways to save. You may use your Managed Medicare benefits if you have them, and get a free hearing test locally from providers or at the Senior Center. You might also see if over the counter hearing aids would work for you through Costco or

Sam's Club. We recently had a resident go this route and they are very happy.

Hearing loss can lead to atrophy of the brain, which can lead to more serious health problems. Hearing aids ease depression, and decrease the risk of dementia and falls. It's important to note that hearing aids do not restore normal hearing if you have a permanent loss.

If you're considering purchasing hearing aids, it's important to consult with a hearing healthcare professional. Maybe your New Year's resolution could be to quit saying, "What?"

Kate Webster, SSD

Wreath Making

Residents, staff and friends enjoyed an afternoon of wreath making on Sat., Dec. 9. Everyone enjoyed themselves as well as their finished product! A special thank you to Jason for the wreath making lesson!



Christmas Spirit, Carolers & Festive Activities

With the donning of the greens, Christmas trees, Santa's, lighted Christmas villages, manger scenes with baby Jesus and so many more festive decorations, Greenfield transformed into a Christmas full of songs and laughter in the halls.

This December, we enjoyed an awesome trio who sang

seasonal carols and played the guitar; another caroling group with over a dozen members sang Christmas songs and played several instruments; the Bureau Valley Boys' Basketball team, the Mistletoe Misfits; as well as our regular entertainers who performed Christmas programs for all to enjoy. Thanks goes out to all those

who made the special effort, time and compassion in coming to Greenfield and sharing with us!

*Chris Thompson
Activity Director*



Christmas Party!
Betty, Christy,
Gratice, Emagene,
Doris H.



Christmas Party!
Bonnie S., Jane,
Pat P., Eunice,
Rosie

Making and Breaking New Year's Resolutions

With the new year comes new beginnings full of hope and expectations...right? Until, the second week of January when those same resolutions turn into burdens that hinder your progress, rather than help. As I was reading an article off the Internet, specifically geared towards senior citizens and new year's resolutions, I happened upon the perfect choices for a happier and healthier year:

"Just because you are older, it does not mean you should give up on planning for the future. In fact, that can help you feel younger and put you in a better mindset. Here are some New Year's resolution ideas that can help senior citizens live their best life.

- I will eat dessert first at

every meal.

- I will not act my age.
- I will use every single senior discount offered this year.
- I will do something outside of my comfort zone.
- I will adopt five cats and become the crazy cat lady.
- I will go out dancing every night.
- I will masquerade as my favorite celebrity while shopping.
- I will binge-watch my favorite show while eating a pint of ice cream all by myself.
- I will share funny jokes at the most awkward moment possible.
- I will dress up in costume for Halloween and go trick or treating."

When I read these to our

seniors, they whole-heartedly agreed with these ideas, especially the first one: "eating dessert first".

So, as you make and break New Year's resolutions think about creating healthy habits, which only takes around 21 days to achieve, where you enjoy the best that life has to offer. It is okay to eat dessert first every now and then, or wear a green wig around friends, or even dance in the halls because you are happy, as long as you smile, laugh and love others as you love yourself. Oftentimes for me, it is the little things in life that make a big difference. Happy New Year and may 2024 be the best year yet!

*Chris Thompson,
Activity Director*



Visit From Major

One December day we had a special Christmas visit from a sweet dog friend, Major! Everyone enjoyed interacting with and petting this special visitor.



Bonnie S.



Pat P.



Jeanne



Shirley



Marie, Bonnie B., Glenn, Emily



Emagene & 3rd Graders



Christy

Dark Days of Winter

December 21 at 10:59 a.m. was the 2023 Winter Solstice. The first day of winter and the shortest day of the year.

For some this time of year feels like the darkness that never ends, causing depression, fatigue, excessive sleeping, weight gain, irritability and burn out.

I thought I would share some tips I came across to help deal with the dark days of winter.

1. Keep a positive mind set. Focus on the fact that following the Winter Solstice, each days gets progressively longer. By

mid-January we will notice a significant difference in the amount of daylight.

2. Exercise. Maintain your current exercise routine at the same time you exercised in the warmer months. If you don't have an exercise routine this is a great time to start one.
3. Maintain your normal daily routine. Resist the urge to hit the couch as soon as you get home and fall asleep early.
4. Get sunshine. Get outside as often as possible to elevate your mood and get your daily dose of vitamin D. Better yet if you are able, take a

vacation to a warm climate.

5. Find a winter purpose. Set a goal ie: play a musical instrument regularly or commit to reading a certain number of books.

I would like to share a quote by Edith Sitwell that helps me look at winter in a more positive light. "Winter is a time for comfort, for good foods and warmth. For the touch of a friendly hand and a talk beside the fire. It's a time for home."

I hope you all are able to embrace and enjoy the season.

Shelly Davis, DCN

Save Paper, Save the Planet!

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GREENFIELD RETIREMENT HOME QUALITY SENIOR CARE SINCE 1911

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

www.greenfieldhome.org

Greenfield is a not-for-profit provider.