

Across the Greenfield

Happy Leap “Frog” Day



Jumpin’ Jamboree

Every 4-years, we celebrate leap year with something pertaining to the uniqueness of that special day. This year just so happened to be leap year where we featured a slimy, green reptile that hops around...the frog. Except, our

frogs were dressed up in green, wearing frog hats and tooting frog blowers. We tossed frogs into the pond while drawing our own frogs using the large dice. We served flog sliders and sugar free pistachio pie,

even the drink was a green punch as well as green beer for those brave enough to taste the yeasty-ale. Folks were really “hopping” at our Jumpin’ Jamboree!



Pat P.



Bonnie S.



Joanne



Betty



**Mardi Gras King & Queen
Marian & Glenn**



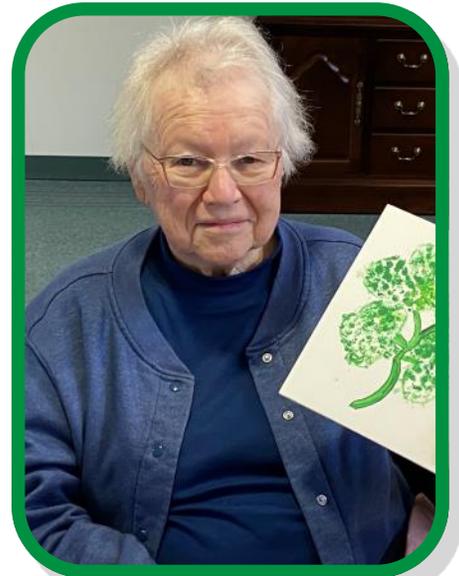
Danny



Ruth



Joyce



Julie

Across Lynn's Desk

Recently, my husband and I took his 93-year-old grandmother shopping for a new bed. She was really looking forward to this since she hadn't treated herself to a new bed in decades. While we were out, she wanted to get some new linens and new clothes. We were excited to see her spend money on herself!

Our first stop was a mattress store. We received a very warm greeting as soon as we walked into the store. We were off to a great start! We told the salesman our grandma was looking for a new bed and we were simply her transportation. This was her purchase.

The salesman asked a lot of questions trying to determine which bed would be the right fit.

Unfortunately, he directed his questions at me. At first, I would repeat the question to her. After a few times, I told him he could direct his questions to Grandma. Yet, he continued to talk right over her head as he talked to me. Finally, I politely told him this was her money and her decision so he needed to have this conversation with her.

Things improved after that. But, I had to remind him multiple times throughout the transaction that he needed to talk directly to her. I could tell he was uncomfortable. But, eventually he relaxed and it became easier for him. He was very nice and tried to put his best foot forward. He wasn't even aware he initially approached us with an ageist attitude. He

assumed because she was elderly she either couldn't or wouldn't make her own decisions.

You might think I made the situation harder than it needed to be. I could've spoken for her. However, I believe that is disrespectful. Our salesman felt awkward for a while. But, he eventually overcame it. She bought a very nice new bed and mattress from him.

Hopefully, the next time an older adult comes into the store, he remembers us and sees his customer in a new way. Progress is progress even if it is one person at a time.

Lynn Olds

Meditation Services

We thank our pastors who so faithfully come to Greenfield to deliver the Word of God to our seniors: Pastor Ryan Sutton from 1st United

Methodist Church, Pastor Colleen Lawrence from the First Presbyterian Church and Monsignor and Friends from St. Louis Catholic

Church. Thank you for coming to Greenfield!

Are You Weather Ready?

We had our first Tornado Warning this week, and with the swings we saw this winter in our weather, it seems like we will need to be prepared for more extreme weather emergencies. This is a worry for a lot of people, but if you are on the Sheltered Care side of Greenfield we prepare for you. Those in Independent Living apartments or the community may want to prepare some things to have on hand. We can't control the weather, but we can control how we react to it; having supplies on hand gives you one less thing to worry about in an emergency.

The Centers for Disease Control and Prevention (CDC) has a list of information targeted specifically for those 50 and older facing an emergency. Among the items the agency recommends you have on hand:

- A three-day minimum supply of medications

- Contact lens solution, glasses, hearing aids, & extra batteries.
- An identification card with your full name, a list of any allergies, & emergency contacts.
- Information about your medical devices.
- Documents in a waterproof bag. They should include a personal care plan; contact information for family members; a medication list including the dosage, exact name, pharmacy information, and the prescribing doctor for each medication; copies of photo IDs and medical insurance cards; POLST to say if you want CPR, and a durable power of attorney and/or medical power of attorney documents.
- Cash to be used if automatic teller and credit card machines are not working.

The Department of Homeland Security's Ready.gov site offers several

emergency resources, including a list of items that should be in a basic emergency kit. The full list is online. Among the items suggested:

- 1 gallon of water per day per person for at least three days.
- At least a three-day supply of nonperishable food.
- A battery-powered or hand-crank radio and a NOAA weather radio that sends an automatic tone in case of an emergency alert.
- A flashlight and extra batteries.
- A cellphone with chargers and a backup battery.
- A whistle to signal for help.

It is good to be prepared in case of an emergency.

Kate Webster, SSD

Traveling Gift Cart

We have designed a mobile cart full of potential gifts for residents/tenants to choose from for their shopping needs. If you have an upcoming birthday or special event for a family member but you are not sure what to get him/her,

feel free to contact someone in activities to peruse and purchase a gift off the cart.

Since Greenfield is not-for-profit, the prices for items merely cover the expense of purchasing the item: no profit gained. We will even

charge this to your account rather than exchange cash for the items you want to purchase.

See Activities for more details or to view the contents of the traveling cart.

Mardi Gras Masquerade

In Greenfield traditional-style, we celebrate Mardi Gras with a masquerade, using masks, purple, gold and green necklaces or "throws" as they are called in Louisiana and our annual Pancake Toss. Legend says that in Olney, UK, the ladies were cooking up pancakes when the church bells for mass went off, meaning hurry up and attend with the group. As the ladies did not want to waste their beloved pancakes, they ran to church, flipping the

pancake in the pan so as not to burn it.

Our take on the pancake run was more like a pancake toss into a metal bowl while wearing a scarf and apron. Each person donned such attire with a spatula in hand and tried to toss any of the left-over pancakes from breakfast that morning into the bowl.

Another fun tradition was choosing the King and Queen of Mardi Gras from finding the golden coin

under the piece of cake. A King's Cake is circular and represents the Wise Men who circled around King Herod so as not to reveal the Christ Child. Our King's Cake version was made from cinnamon rolls shaped in a circle with frosting and purple, gold and green sprinkles to represent the colors of Mardi Gras. The king and queen were the ones who found the gold coin. This year's winners were Marian and Glenn! Congratulations!

Valentines with The Covered Bridge Chorus

The gentlemen from the Covered Bridge Chorus serenaded us this Valentine's day with old time songs full of fond memories. We enjoyed an afternoon listening to the

barber shoppers share their love of music with us. Thank you for coming to Greenfield!



Embracing the Poetic Side of Spring

The poetic side of me feels that as the vibrant colors of spring unfurl across Princeton, there is no better time for seniors (or any age) to step outdoors and embrace the invigorating benefits of something as mundane as walking. This is a fancy way of saying that as the temperatures increase, it is a great time to walk outside, which helps you reap the benefits of physical, mental and emotional well-being.

First and foremost, walking outside during spring in Illinois offers a delightful opportunity to engage in low-impact exercise amidst the beauty of nature. Whether strolling around Greenfield's campus, meandering inside the halls or gazing outside at the pollinator garden as the landscape buds with green, the gentle rhythm of walking promotes cardiovascular health, strengthens muscles and enhances flexibility.

Furthermore, immersing oneself in the natural

splendor surrounding Greenfield during springtime fosters a profound sense of mental well-being and rejuvenation. Just the other day, I saw my first robin, chirping its joyful song full of stories about his/her travels back to Princeton. An abundance of such sounds, smells and sights of spring that help alleviate stress, anxiety and mental fatigue are beginning to bloom all around us. Studies have shown that spending time in nature enhances cognitive function, boosts mood and promotes overall mental clarity.

Beyond the physical and mental benefits, walking outdoors during spring facilitates social connections and fosters a sense of community among seniors. Whether walking with one or more people, meeting with friends for a leisurely stroll or sitting outside on our front patio, all these activities provide opportunities for engaging in meaningful social interactions. These connections not only combat

feelings of loneliness or isolation left over from the winter months, but also contribute to a sense of belonging, thus enriching our lives.

Oftentimes, when I spend time outdoors embracing what nature has to offer, I feel a spiritual rejuvenation. It is as if the winter slumber has fallen away and spring awakens to bring forth a kaleidoscope of colors, sights and sounds that only spring holds true (again, the poet in me says these embellished words). So, keep watching for the ever-changing shades of greens, blues, purples, a rainbow of colors as you feel the awakening of the new season while you walk outside, where you, too, can feel the inner poet inside being released.

*Chris Thompson,
Activity Director*



Gratice



Emagene



Jeanne



Jane



Joyce & Nancy



Marie, Christy, Eunice



Rosie

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. Love 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 for others 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

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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.