

Across the Greenfield

January is “Z” Best



“Z” is for More Than Zebra

This month’s theme offered a lot of fun activities that contained the letter Z. From Zebras to Zebus, we shared some z-rific events with the residents. Each Thursday, Deb held an information session on zebras, zebra finches, zebus, and zonkey/

zorses. What exactly are zonkeys and zorses? Well, Deb enlightened us that these species, which were a unique breed mix of a zebra and a donkey and a zebra and a horse. We wore black and white colors on special dress-up days,

enjoyed Oreo snack mixes, root beer floats, zebu kiss pretzels (stripped kisses melted on pretzels) and made zebras out of old CDs. We had a z-great month, but now it is time to catch some ZZZs and move on to our February theme!



Christy



Julie



Patsy



Zebu Program



Doris H.



Marlene



Margaret



Doris B.

Across Lynn's Desk

As of the writing of this article, there are 52 days until spring! That seems like forever as cold as it's been!

I've never liked the cold. Even as a little kid I didn't like to play in the snow. I preferred sitting on the couch and reading a book. My mom would say "why aren't you outside playing in the snow?!" I would say "because the snow is cold". I'm a beach girl. I love the feeling of the sun on my face while I listen to the waves crashing. That is my happy place. Obviously, this makes Illinois winters very hard for me. If I'm not at work, I'm home. My winter goal is always to spend the absolute least amount of time outside as possible.

However, this year I decided to take a different approach. I like to challenge myself and get out of my comfort zone. I believe it

helps us grow and reach our full potential. With this in mind, I committed to walking outside for 45 minutes every day no matter how cold it gets. Every. Single. Day. I even do this when it is below zero.

I will be honest with you. I hated the first day. But, as much as I hated it, it wasn't as bad as I thought it would be. I evaluated the situation to determine how I could make it less miserable. That process took me to TSC where I purchased some of the same outdoor gear worn by our farmers. I figured they know best since they have to work outside all year long no matter what. That was the smartest move I made! Having the proper gear changed my entire experience! Since I wasn't afraid of my fingers and toes falling off, I was able to enjoy the scenery around

me. I have great conversations with my friend who walks with me (she's tougher than I am). When I walk alone, I use the opportunity to self-reflect and visualize.

I'm now at the point where I actually look forward to these walks. I never thought it possible for me to feel that way about being outside in the cold. They make me feel energized and help with mental clarity. Not to mention, I feel tougher because I'm not such a wimp about the cold anymore. 😊 Challenge yourself to get out of your comfort zone. You just might impress yourself!

Lynn Olds

If you prefer to have your newsletter emailed each month, let us know at: office@greenfieldhome.org



Kate's Words of Wisdom

The winter season can be difficult for our mood, especially after the holidays when one's routine settles down. There is not as much sunlight, one can be more tired, you might notice a decrease in your energy or decreased interest in doing things. I noticed this year that people kept their Christmas lights up extra long and I think people just enjoyed the joy they brought.

Sometimes you must find your own joy even when things are difficult. It can help to reach out to a friend

or get involved in a new activity. It is ok not to feel like yourself and the staff here are happy to help. Make a goal for yourself and let others know to be a source of encouragement. Even when cleaning, to put a positive spin on it, I remind myself it is good exercise.

I have enjoyed getting to know everyone here better and having time to do things like the Boost your Brain group to improve memory. Boost your Brain is wrapping up this month, but I will be looking forward

to working with the residents on the theme of resiliency and happiness starting in March. In visiting with all the residents, we have a lot of resilient folks who have overcome a lot. We need to celebrate that.

Blessings,

Kate Webster, SSD



Father Ed



**Betty White
and snacks**



Mary W.

Betty White's Celebration of Life

We honored the queen of television, game shows and comedy on her birthday, January 17, 1922 with a celebration of her life. On this date, Betty would have been 100 years of age. We decorated our room with many of Betty's quotes, sayings, humor and even a life size cardboard cutout of Betty.

We started the program off with a history of her birth and career

accomplishments. Did you know that in the beginning of her career, she was told that she was not photogenic for television? Instead of giving up, she switched to radio. Also, another interesting fact was when she was young, she wanted to become a park ranger or zoo keeper; however, at this time, women were not chosen for these professions. Later, she was chosen as an honorary park ranger. We learned so many

more fun facts of Betty White as we delved into her life. After we watched a few short documentaries, we learned that Betty had a taste for junk food. Her diet consisted of hot dogs, French fries, Red Vine licorice whips, potato chips and a daily vodka and tonic. We served many of her favorites and added a couple of cheesecakes, which was a favorite dessert from the "Golden Girls" episodes.

Worship Services

We want to thank those pastors who volunteered their time to share the word of God with our residents in January: Pastor Angie McLane from the 1st

Presbyterian Church, Pastor Scott Schmidt from St. Matthew's Lutheran Church, Pastor Marcia Peddicord from 1st United Methodist Church and

Msgr. James Kruse from St. Louis Catholic Church. Also, a special thanks goes out to Mary M. for playing the piano. We greatly appreciate your coming to Greenfield!

Tasty Treats From Scandinavia

We traveled to the Scandinavian country of Denmark and tried some tasty treats: some salty, some sweet and some were both salty and sweet. The treat that everyone enjoyed the most were the cheesy corn curls. These corn curls were made with "squeaky

cheese" which is a sour milk cheese and has a consistency similar to yogurt. We enjoyed the afternoon and Scandinavia's tasty treats!

Fun fact: A pig became a symbol of Danish Independence in the 20th century to represent protest.



Barb

Elvis

One does not even have to say his last name to know who we are talking about: Elvis Presley, the King of Rock & Roll. We were “all shook up” about his 87th birthday, so we planned a sock hop to celebrate. We sang karaoke to many of his popular tunes, snacked on

one of his favorite foods: peanut butter and jelly on white bread with fried bacon times 2! This unique food masterpiece was a full loaf of Italian, white bread cut twice lengthwise with two layers of PBJ and bacon! It was a sweet and salty treat.

Deb shared her collection of Elvis Presley memorabilia from a velvet, full length picture to Elvis concert tickets. She told the residents that she saw him live in concert. That is when we discovered that another resident also saw him in concert in Las Vegas.

Yoga Balls and Laundry Baskets Donations

These two items sound like unusual requests but once we gather enough of these items, we plan on starting a weekly drumming circle—a great form of exercise. So if you have any new or gently used yoga/exercise balls either 55 cm and larger, or

laundry baskets, preferably the square or rectangular types, we would greatly appreciate your donations! The yoga balls fit nicely inside the laundry baskets and serve as a firm foundation to keep the balls steady, while the

residents follow the instructor and keep the beat with drum sticks. Call and talk to any of the activity staff for more details!

Spa Day with Cori

Who doesn't want to be pampered from time to time? We asked Cori Thomas from Root's Salon in Walnut to come and share her knowledge on skin care for the winter months. She talked about keeping your body hydrated on the inside and moisturized on the outside. Cori demonstrated how she gives hand massages, while the activity

staff practiced on the residents. We started out with an exfoliating sugar scrub, which residents made the day before, then we used a daily moisturizing lotion for a smooth result. Several residents stated how soft their skin was after the treatment. We followed up with a relaxing warm towel around their necks and a

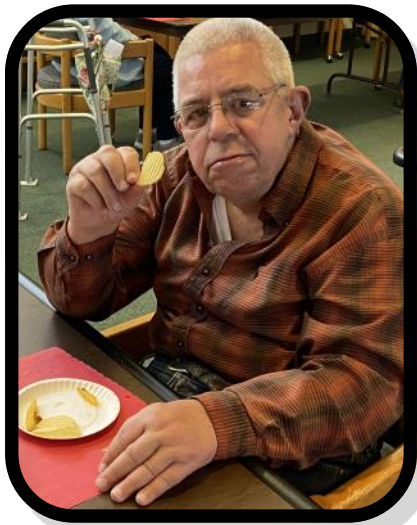
small vibrator to help relax tight muscles. We even had a few diffusers releasing aromatherapy to create a relaxing atmosphere, while showing an ambient video. The residents LOVED being pampered so much that we are going to offer another spa day on the morning of Valentine's day! Thanks, Cori for coming to Greenfield!



Deb & Barb with the hair massager



Marge



Danny



Emagene



Gratice



Jeanne



Deb presenting on "Z" animals

Fighting the Winter Blues

It's that time of year again—the cold weather hits, and our mood takes a dip. The winter blues are a real thing; it's called Seasonal Affective Disorder (SAD).

If you're looking for a way to ward off the big SAD, a self-care routine is a huge win. Here is a list of 10 self-care ideas to keep your mood, energy, and motivation up this winter.

1. Exercise

Exercise is one of the most effective ways to improve concentration, motivation, memory, and mood. It only takes about 15 minutes of high-intensity exercise to boost your mood.

2. Listen to Upbeat Music

Studies have shown that listening to music you enjoy can release the same happy hormones you get from exercise.

3. Get Outside

When in nature, people find themselves in a more positive mood and have better cognitive function, memory, and the ability to focus.

4. Stick to a Routine

Sticking with a routine helps keep the mind occupied, makes us feel more in control of things, and reduces stress.

5. Meditate

If you'd like to improve your focus, reduce stress, or combat the winter blues, you should give meditation a try and see if it's right for you.

6. Check Your Diet

Feeling good has a lot to do with what you're putting in your body. Try incorporating more of these foods into your diet:

Lean proteins, Omega-3 fatty acids (salmon), Vitamin B-12, Vitamin D, Complex carbs (beans, oatmeal, quinoa, potatoes, sweet potatoes, 100% whole-wheat bread), Berries (great for reducing stress), Dark chocolate, Bananas (great for improving sleep + reducing anxiety). Also, keep drinking water.

7. Keep a Journal

Journaling is a great way to discover your thoughts, express your emotions, and look at the positive aspects of your life.

Make a gratitude list each day in

your journal or simply repeat affirmations to yourself that ground you.

8. Take a Technology Break

There's no arguing that stepping away from screens is good for your mental well-being. Choose a specific period of the day to intentionally unplug from your phone.

9. Learn Something New

Winter is the perfect time to pick up a new hobby! Learning something new creates a feeling of accomplishment and it keeps you busy. Learning keeps your mind engaged and body active.

10. Let the Light In

The bottom line is that cold weather isn't the culprit for dampening your mood. It's actually light. When it starts getting darker earlier, you might not be getting enough sunlight. At the very least, make sure you're opening the blinds during the daytime.

Hopefully these suggestions will help you ward off those winter blues.

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.

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