

Across the Greenfield

July 4th Fireworks



Independence Day

This fourth of July, we packed our coolers full of ginger ale and water, fresh popped popcorn, comfy chairs, multi-colored, glow-in-the-dark necklaces and headed

outside to the back-parking lot of Greenfield for an evening of fellowship and fireworks. The location was perfect and so was the display!





Beth



Emagene



Marvin



Bingo Time!



Norma



Margaret



Shirley



Glenn

Across Lynn's Desk

Some of the best things in life come when we capture the moment! You might remember my first article introducing myself to all of you. In that article, I mentioned I was signed up for my first Spartan competition in September. That sparked a lot of conversation with the seniors of Greenfield. Many mentioned they would like to do something like that. I knew we had to make it happen. That was the moment the Senior Spartan was born! We are having a competition based on real Spartan obstacles. As in the Spartan race, the goal is to finish. We are competing only with ourselves. We even have gold medals for those who come across the finish line!

Every Tuesday, I facilitate Senior Spartan training. We begin with stretching because you should always

stretch before you work out! Then, we do a group of exercises. Our main focus has been on improving mobility and fall prevention. After our exercises, we do our obstacle training. That is the most fun part! We are practicing a series of obstacles that will be in our competition. These include tire flip, atlas carry, bucket brigade, sandbag carry, gauntlet, Hercules house, Spartan sled, twister, and the ball toss. Of course, as with all Spartan races, they will jump through fire before they can cross the finish line! We end all of our training sessions with a big AROO!

I cannot express how much I love getting to spend this time with them. It warms my heart to see everyone cheer each other on and complete the obstacles. Together, we are getting stronger each week, inside

and out. If you check our Facebook page, you will see some of the smiles we've captured.

Our Senior Spartan competition will be on September 17th. We will take a lot of pictures to share with you. In fact, you will see them in a special edition of "Across the Greenfield" which will highlight our Spartaneers.

To the Spartaneers, thank you for sharing your time with me. AROO!

Lynn Olds

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



New Resident - Emagene Sulmonetti



Emagene Sulmonetti is a worker. Early in her marriage, she and her husband went into the family business. She became the cook and head of the kitchen at Vic's Tap in Hennepin, IL. She continued her involvement in the business until just before she moved to Greenfield.

Emagene was born November 4, 1930, in Granville, IL to Bedie (Hult) and Gustav Germanson. She had two brothers and

two sisters, all now deceased. Her father worked in the public water works. Once the children were all in school, her mother cleaned houses. She has lots of good memories of her home and parents.

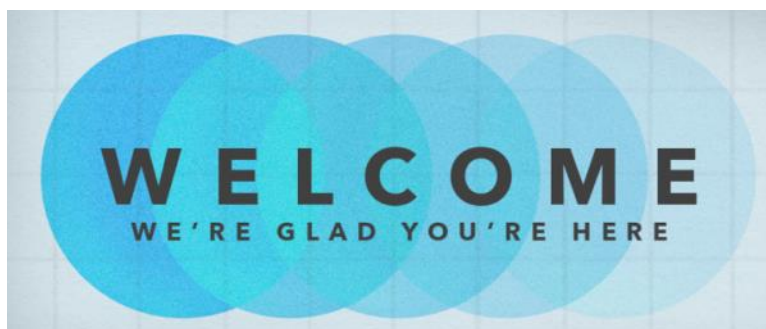
Emagene graduated from Hopkins High School (Granville) in 1948. On September 30, 1950, she married Victor Sulmonetti. At first, they lived in Granville, but moved to Hennepin when they took on Vic's Tap. She and Vic had three children: two daughters, Janda Nordstrom and Vicki Duncan and one son, Douglas. Vic passed away in 2006.

Three weeks a year, Emagene and Vic traveled to Naples, Florida to stay with friends. Once while in Florida, they traveled to Key West. This trip took place

during the "hippie years", when Key West was true Key West. While there, they relaxed and enjoyed watching people. One had to drive on an old narrow bridge to get there. You held your breath when you were on it, she says. Now Key West is a dressed-up city. Development has ruined it.

Emagene enjoys watching movies, love stories. She has a huge collection of cookbooks and liked to read them. She went to watch her grandchildren play in sporting events. She related to patrons in the tavern and has over 50 years of stories about relating to the public. She likes to laugh! Welcome to Greenfield, Emagene!

Pam Kaufmann, SSD



Culvers

Imagine placing 25-plus orders at a fast food restaurant. That's just what we did this month for our Fast Food Night event. Resident Council members chose Culvers as their top fast food restaurant pick; so, we set a date, made some

calls, went to every resident for his/her order and collected the money. The staff at Culvers were amazing! All the residents and staff were delighted to taste a meal that for many have not had since Covid-19 restrictions were set in place

(that's well over a year and a half!) Thanks to Michelle, Ashley and all the staff at Culvers! Also, thanks to the activity staff, dietary staff and nursing staff!

Greenfield's Olympics

This year's Olympics in Tokyo had new events added like skateboarding, 3x3 basketball and surfing just to name a few. So we thought that we could create our own unique Olympic games.

One of the games was Duck in a Cup. Yes, we threw a duck in a cup...well, not

exactly a live duck but a plastic egg decorated as a duck. A whole team of ducks were tossed into cups to see how many each person could place in a cup.

Another game was the Javelin Throw, using yard darts. The goal was to toss the yard dart and try to get one in the circle.

The final game was the 100 "yarn" dash. Yes, yarn not yard! We wrapped yarn around pieces of cardboard. The contestants were each given one to unwrap.

The winners each received a medal and we played the national anthem.

Virtual Bible Study

This month's Bible study consisted of a 7-part virtual Bible study by Pastor Mike Muzzalongo called: "Christianity for Beginners" (Found on Youtube). Each week we learned the basics of Christianity and why we believe what we do based on the Word of God. It was

a great series and worth watching if you have Internet access.

Our next spiritual event will consist of positive and uplifting devotionals and inspiring stories from various Christian leaders and writers. Every Thursday at 2:00pm, we will delve into a

closer walk with Christ and offer residents opportunities to share testimonies and spiritual experiences with one another. All denominations are welcome. Be sure to join us at "Heart to Heart: An Uplifting Spiritual Experience".

Cooking up some “Cool” Crafts

This month, we made some “cool” bookmarks using beads and a lot of colorful ribbons. Each participant used his/her own imagination and came up with beautiful combinations.

With the high temperatures outside, we made another “cool” craft – a watermelon shaped fan, using construction paper, glue and

popsicle sticks. Not only did we create some eye-appealing crafts, we tried our hand at mini pecan pies. They tasted delicious and just enough for one person. Find the recipe below for you to try at home.

Remember when you were young and mother always told you not to play with your food? In our final

“cool” cooking group, we used some “cool” fruit and made lady bugs – cherry tomatoes, cheese, basil leaf, black olives and decorating icing for the spots. For the fruit flowers: cookie cutter shapes on watermelon, honeydew, muskmelon, blueberries and grapes on a skewer to create unique edible flowers. Our food art session was really...cool!

Mini Pecan Pies

Ingredients:

- 1 pie crust store bought or homemade
- 1/3 C. light corn syrup
- 1/4 C. brown sugar
- 1 & 1/2 T. butter, melted
- 1 egg lightly beaten
- 1/2 t. vanilla extract
- 1/2 C. chopped pecans

Instructions:

1. Preheat oven to 350°.
2. On lightly floured surface, roll the pie dough out into a 12 inch circle. Using a 3 inch cookie cutter (or glad), cut out 12 circles from the dough. Place each
3. In a mixing bowl, mix together the corn syrup, brown syrup, melted butter, egg, and vanilla until fully combined; then mix in the chopped pecans. Remove the muffin pan from the
4. Bake at 350° for about 25 minutes or until the filling is set. Remove from the oven and cool in the pan for about 10 minutes. Carefully remove the mini pies from the muffin pan and transfer to a wire rack to cool.

piece of dough in a muffin cavity of a 12 count muffin pan, making sure each piece comes up the sides just a little bit (you may need to stretch the dough just a bit). Transfer the muffin pan to the refrigerator while you are making the filling.

refrigerator. Evenly distribute the filling (about 1 full tablespoon) between all 12 muffin cavities, making sure the pecan pie filling doesn't come up over the edges of the dough.



Culvers - Fr. Ed, Doris H., Emagene



Barb



Marge



Danny



Marlene



Ruth



Phyllis



Mary

New IDPH Guidance

Hello everyone, I am sharing the memo that Greenfield put out on 7/30/2021 to residents regarding the Covid-19 Delta Variant and the new guidance we received from IDPH for long term care facilities.

There is a COVID-19 variant that is more infectious than traditional COVID-19 called Delta. Some people who are vaccinated are getting infected with this virus. Updated guidance from the Illinois Department of Public Health addresses the concern with this virus:

- Outdoor visitation is still preferred when possible
- Due to variants with increased transmissibility, during visits face masks are required for residents & visitors regardless of vaccination status. Physical distancing between resident and visitors is not required.
- Visitors must wear face masks and physically distance from staff and other residents at all times.
- Visits no longer have to be prescheduled.
- All visitors must be screened and sign in at entry & sign out when leaving the facility.
- Outdoor performances are preferred. When outdoors, performers are not required to wear face masks if they are able to maintain at least 6-9 feet from the audience. Residents don't need to wear masks.
- Indoor performances are now allowed. Residents regardless of vaccination status should wear face masks during indoor performances with singing, chanting, & reciting of words or songs. Performers must wear face masks & maintain a physical distance of 6-9 feet between the performer and the audience.
- Performing groups with more than 5 performers must perform outside.
- Outdoor worship services are preferred. When conducting outdoor worship services, the individual is not required to wear a face mask as long as they are able to maintain 6-9 feet distance from the audience.
- Indoor worship services are now allowed. All residents should wear face masks regardless of vaccination status. Individuals conducting the service are required to wear face masks and maintain a physical distance of 6-9 feet from the audience.
- Group outings are allowed, but mass events are to be avoided. This includes festivals, fairs, & parades. Locations where it is difficult to maintain 6 feet separation shall be avoided. Outdoor outings are preferred.

Thank you for your continued support and understanding as we continue to work to keep our residents healthy. Please call if you have any questions.

Shelly Davis, DCN

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