

# Across the Greenfield

## Fourth of July Fireworks



### Happy Independence Day!

We enjoyed an evening of fireworks, while sitting in our back parking lot. Everyone received a lighted necklace or bracelet and sat in awe at

the power exuded by the works of art in the sky. A lot of “booms” and “Wows” were heard as we marveled at this year’s display.





**Joanne**



**Christy**



**Julie**



**Jeanne, Danny B., Danny R.**



**Glenn & Julia**



**Happy Birthday, Pat A.!**



**Nancy**



**Jane**

## Across Lynn's Desk

We have entered my absolute favorite time of year! The sun shines bright, the air is warm, and summer activities are in full swing!

I've always favored warmth and sunshine. As a child, you couldn't keep me inside during the summer. I would explore the creek and wooded areas, walk or ride my bike most of the day, or take a book to the park to read. Last night, as I sat on my deck reading, I realized I still enjoy all the same things I did as a kid! I like to hike trails, take long walks, and read outside. It's funny how life can be so completely different all of these years

later, but my basic sources of joy remain the same.

In the summer, food was plentiful! We had a huge garden that produced many tasty treasures. We would enjoy fresh corn, tomatoes, radishes, green onions, cucumbers, asparagus, and so much more! I never tired of this. In fact, that might be why I am such a big vegetable eater today. But, there is nothing that tastes as good as what came out of the garden! Some of my fondest memories are sweating in the kitchen with my mom and grandma while we canned tomatoes, tomato juice, pickles, and

green beans. I always felt so accomplished after we "made our own food". That feeling came back during the winter when we opened those jars. I taught my daughter to do some of that. But, I can't help wonder if this will eventually become a lost art.

I wonder how many of you still enjoy things you enjoyed as a child? Did you pass any of these down to your children, grandchildren, or other family members? I would love it if you would share these with me when we see one another!

*Lynn Olds*

## Meditation Services

Thank you to all the ministerial staff who come to Greenfield and deliver the Word of God with our

seniors: Pastor Schmidt from St. Matthew's Lutheran Church, Pastor Freeman from Hampshire Colony

Church and Monsignor and Friends from St. Louis Catholic Church.

## Thank You Postal Workers!

During Postal Workers Appreciation month, we thanked our local postal workers by sharing homemade cookies, banana

bread, cupcakes and a poster of thanks with the staff at the Princeton Postal branch. We wanted to make sure that those who

faithfully deliver our mail were honored and appreciated.

## Hope and Happiness

At Hope and Happiness, we always try to do things that bring us joy with a focus on the positive. We all know that is needed in this world more than ever. If possible, we try to incorporate ideas that have been suggested by other residents or tenants such as when we shared our pictures of our families. Usually, we enjoy sharing and reminiscing, but if someone just wants to come and listen that is ok, too, everyone is welcome.

In the most recent past we have been discussing our favorite children's books. This idea came about because one of our tenants talked about always having a Bernstein Bear book every time her grandkids spent the night. We are accepting any other book recommendations from residents, staff and family. These can be book recommendations from something you read as a child or might be something you read to your children or grandchildren. Chapter books are also an acceptable

recommendation.

Typically, during our Hope and Happiness group, if the book is available we will watch it on video with close captioning, and then the individual that picked the book will share why they picked it. We might also share if there was something we picked up on in the story as adults that was different than when we were younger. This has been a fun way to hear about people's past and it is another way we adults can learn.

As I've said, we are collecting book suggestions from residents, tenants, and staff and would like more suggestions from you as well as family and friends. I have a sheet with questions about your book if you don't want to share them in person. I am happy to take down your information in person or on the phone.

Questions to answer after sharing your story have been:

Why did you pick this story, what do you like about it, what did you learn from the book as a child and have you learned anything different from it now as an adult? You can share as much or as little as you wish.

Some of the books we've read are, "Where the Wild Things Are," "Little Red Riding Hood and Mother Goose," "The Fire Cat," "The Secret Garden," "The Bobbsey Twins," "Mothers are that Way," and "Grandmother's Wonderous Chair." Reading as children encourages lifelong learning. Our residents/tenants are proof of that. We would love to have others share their favorite children's book with us! See me or give me a call with your favorite book recommendation.

*Kate Webster, SSD*

## Self-Talk

Last month, I shared laughter benefits and donut trivia (hopefully you don't laugh while eating donuts), this month I wanted to discuss another obscure topic: self-talk. Do you talk to yourself? You should if you want to improve your focus, mood and memory.

In an article from "Brain Health Breakthroughs," they described self-talk as an "internal dialogue that runs through your head every day, often in the form of a self-talk statement. It has a powerful influence on how you feel and act, making self-talk incredibly valuable. This is why self-talk is important in our daily lives."

Self-talk can be both positive and uplifting or negative and undermining especially when it comes to reducing stress, anxiety and depression. Stop for a moment and take some time to evaluate what you are saying out loud to yourself. Are your personal, verbal expressions positive or negative?

Once you become aware of your thought patterns, you can take proactive steps to

either focus on a positive or a negative mindset throughout the day. By becoming aware of these contemplations that often manifest in good vibes, thus creating harmony, peace and love or feelings of failure, self-doubt, fear or inadequacy, you can work towards creating a better you.

Some take-aways from the article included positive, self-talk techniques for a healthier and happier outlook on life:

1. Combining mental imagery – picturing yourself in every situation you are trying to overcome such as smiling and conversing with that negative person and talking to yourself before the conversation to increase your confidence before attempting to generate happiness.
2. Put yourself in a positive mood by counting your blessings and telling yourself all the reasons you should be grateful for what you have in your life along with visualizing

yourself at your best.

3. Learn things faster by using self-talk as an instructional guide, allowing the steps to verbally be expressed before attempting the activity. For example: hitting a golf ball for a hole-in-one.
4. Lengthen and sharpen your attention span by ignoring distractions and self-talking your ability to focus on what's at hand.
5. Eating healthier foods by talking to yourself about the foods you consume, which could help cut back on your junk food intake.

It is worth a try to practice one or all of these self-talk techniques; however, if you are having reservations about speaking your thoughts to yourself in public, just hold onto your cell phone and pretend you are talking to somebody you have called. People surrounding you will think you are lecturing someone else rather than talking to yourself!

*Chris Thompson,  
Activity Director*

## Destination: Key West, Florida

Our theme this month took us to the Florida Keys where we discovered some interesting fun facts, played a unique Key to Key game and tasted homemade key lime pie (regular and sugar free) made with real key-limes.

Did you know the name “key” comes from the Spanish word

“cayo”, meaning small island? The Florida Keys archipelago consists of 800+ keys, stretching for over 180 mi (290 km). However, only 43 of them are inhabited. The archipelago begins at the southeastern end of the Florida Peninsula, about 15 mi (24 km) south of Miami. It extends in an arc-shaped

trajectory southwest to Key West, the last of the inhabited islands, and continues to the uninhabited Dry Tortugas. Lastly, Key West is the home to many chickens and roosters that roam the streets. The Key Chickens are descendants of jungle fowl that originated in Cuba and the Caribbean islands.

## Dining Services

Thank You to the persons that have brought in fresh sweet corn, tomatoes, cucumbers. They are very much appreciated. We love getting homegrown, fresh produce.

We will be having a Bake Sale at the Lunch in the Park on Friday, September 8th. This event is located at Soldiers and Sailors Park in Princeton. We will have pies, breads, coffee cakes and

more. Mark your calendars to come out and buy some goodies.

*Beth Culjan, Dietary Mgr.*

## Laughter Club Reminder

Just a reminder: the next Laughter Club is going to be Thursday, August 17th @

10:30am @ the Bureau County Senior Center. No humor is necessary. Bring

your child-like attitude and come laugh with us!

## 500 or Less Piece Jigsaw Puzzles Wanted

Our residents/tenants have super-human powers to faster-than-the-speed-of-light put jigsaw puzzles

together, so if you have jigsaw puzzles with 500 or less pieces, we would love for you to share them with us. See

Activities for more details.

### Save Paper, Save the Planet!

Let us know if you'd like to receive our newsletter by email at: [office@greenfieldhome.org](mailto:office@greenfieldhome.org)





**Ruth**



**Deb & Marvin**



**Bonnie B.**



**Pat P., Mary M, Muzzy, Pat Q.**



**Marie**



**Thank You to the Postal Workers!**

## Best Lifestyle Choices for Brain Health

In addition to staying physically active and consuming healthy brain food, here are some ways to keep your brain happy and healthy:

**Engage in mentally stimulating activities.** The brain is a use-it-or-lose-it organ, so it's important to keep it active, just as you would do with your body. Any activity that challenges you to learn or solve problems works well. Examples include taking classes or teaching yourself new things, solving brain teasers.

**Get plenty of sleep.** Sleep deprivation is highly detrimental to your mood, cognitive function, and physical ability. In the long term, it can even contribute to the development of dementia. If you're over age 65, be sure to get 7-8 hours of sleep each night.

**Take advantage of medical resources.** In addition to getting regular checkups from your primary care doctors and any specialists you see, be proactive about seeking out mental health resources. Educate yourself on mental health disorders

and cognitive diseases to which seniors are most vulnerable and watch for warning signs of them.

**Engage with people and hobbies.** Maintaining an active social life and pursuing hobbies and interests are key to good mental and brain health. Spending quality time with the people you care about and doing activities you enjoy are great mood-boosters.

So as you work at staying physically healthy remember to take care of your brain health as well.

*Shelly Davis, DCN*



### GREENFIELD RETIREMENT HOME QUALITY SENIOR CARE SINCE 1911

Greenfield Retirement Home  
508 Park Ave. E.  
Princeton, IL 61356

Phone: 815-872-2261

Fax: 815-875-1758

E-mail: [office@greenfieldhome.org](mailto:office@greenfieldhome.org)



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