

Across the Greenfield

Flag Day



Flag Day Ceremony

We honored our veterans by holding a Flag Day Ceremony on June 14th, which is officially Flag Day. The American Legion veterans came to Greenfield to help us

raise a new flag and share stories of their service. We also honored our veterans with a recognition of their time spent, defending our country. We gave all the

veterans a flower, American flag and letter of thanks. After the ceremony, we enjoyed patriotic donuts and coffee.



Christy



Jeanne



Father Ed



Outdoor Concert



Elaine



Nancy



Gratice



Danny

Across Lynn's Desk

As we embark on the 4th of July, we celebrate the adoption of the Declaration of Independence. One of my favorite lines in the Declaration of Independence is **“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness”**. These words set the foundation for the rights of all Americans for generations to come. There are two very important parallels between the 4th of July and the work we do at Greenfield. We are champions of rights and independence.

Have you ever thought about how the Declaration of Independence has impacted your rights and the rights of those around

you? This is a priority for us every single day. We have chosen to dedicate our careers to older adults. We oversee every aspect of their daily lives to ensure they are getting the best care possible in a safe, clean environment while enjoying the highest quality of life each day. Part of our responsibility is making sure they are able to exercise their rights and make their own decisions. In fact, we encourage them to do so!

The second parallel is independence. What does this mean to you? How do you think that compares with what it means to older adults around you? It is important for people to be as independent as possible. This does not change as we age. In fact, I believe it gets more important. Being as physically independent as they can helps seniors with strength and mobility. Being

independent in accomplishing tasks gives people a sense of accomplishment and purpose. It is natural to want to help our elders and we should. But, it's important to encourage them to be as independent as possible.

I challenge each of you to take the time to talk to one person about this over the holiday weekend. Help educate people on honoring the rights and celebrating the independence of older adults.

I hope you all have a wonderful, safe holiday!

Lynn Olds

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



Sip-N-Social

With the regulations changing, allowing a bit more freedoms, we started a new program that promotes socialization as well as intellectual opportunities. This program was designed to encourage residents to visit the Coffee

Corner where they can get a cup of coffee, hot chocolate, variety of teas, fruit infused water, grapes and a variety of pre-packaged snacks from 8:00am – 4:00pm. Once the residents visit the Coffee Corner and sit at designated tables as a group, the

activity staff offer a short intellectual, fact-filled program, which often times sparks a reminisce or an interactive program of discussion. Join us 7 days a week @ 10:00am for a tasty “sip” and stay for the “social”!

Happy Retirement, Jolene!

This month, we bid Happy Retirement to dietary aid, Jolene McCauley. Jolene has worked in the dietary

department for 7 years. We threw a party with all the staff and residents to show our appreciation for Jolene’s time.

Thanks, Jolene for your dedication and hard work at Greenfield! We will miss you!

Crafter’s Cove

Some of the fun arts/crafts and food items we made in June included: Easy & Fun techniques to draw hand animals, turtle clay pots, personal “pan” dessert

pizzas, twig dream catchers and mug pizzas. The residents shared their flair of creativity with one another and all went away with a unique piece of art...

except for the pizzas, the residents enjoyed eating them right after making them!

Music & More

We enjoyed outdoor entertainment with Skip – singing and keyboard, Les – singing and guitar and Eileen – karaoke singing this past month. We are hoping that the restrictions on singing will be lifted soon, so we can bring our entertainers indoors, but

for now we are enjoying the beautiful outdoor weather.

Also, a big thanks goes out to Barb, Phyllis and Doris for rotating every Thursday for a half hour of beautiful piano music. We appreciate your talent!



Les

Shopper

If you are interested in volunteering to shop for the shelter care residents, please contact Chris @ 815-872-2261.

The activity staff has started to shop for the residents

twice a month on Wednesdays. We ask that the residents have a list ready and cash to purchase the items on the list. Or families are encouraged to help in this area by having items purchased and sent to

Greenfield, such as through Amazon. If you have any questions, please feel free to speak with an Activity staff member.

Spartan with Lynn

This is another new activity with our delightful, new administrator, Lynn. Lynn stated that she is a fitness and nutrition enthusiast and is planning on participating in the Midwest Spartan Beast in Attica, Indiana this September.

On her daily, morning meet-and-greet with the residents, she spoke to each resident and invited them to "train" along with her. But not to worry, Greenfield's Spartan training and obstacles will be geared towards our residents. We will not be

crawling in mud or rock climbing, but we will be working on increasing physical strength, balance and assisting with intellectual stamina. Be sure to join Lynn every Tuesday at 9:30am for more exciting Spartan training exercises and tips.



Barb & Beth - Spartan Exercise



Margaret - Spartan Exercise

Pizza in a Mug Recipe

Crust:

4T Flour
 1/8 tsp Baking Powder
 1/16 tsp Baking Soda
 3 Tbl. Milk
 1 Tbl. Olive Oil
 1/16 tsp. salt

Sauce:

1 Tbl. Tomato Sauce or Pizza Sauce
 ½ tsp. Italian Herbs

Toppings:

Pepperoni, mushrooms, peppers, onions, black olives, hamburger, ham, etc.
 Top with mozzarella cheese (1 Tbl.)

Instructions:

1) Mix the flour, baking powder, soda & salt together in a mug. Add in milk, oil and mix together.

2) Spoon sauce over the batter, add other toppings and sprinkle the cheese.

3) Cover with plastic wrap and microwave for 1:20 minutes

Enjoy!

Sugar Cookies Fruit Pizza

Ingredients:

2 3/4 C. flour
 1 t. baking soda
 1/2 t. salt
 1/2 t. cream of tartar
 1 1/2 C. sugar
 1 C. unsalted butter, softened
 1 large egg
 1 large egg yolk
 2 t. vanilla
 Fresh fruit of various colors

Cream Cheese Frosting:

5 T. salted butter, softened
 8 oz. cream cheese, softened
 2 C. powdered sugar
 1/2 t. vanilla

Instructions:

- 1) **For the cookies:** Preheat oven to 350°. In mixing bowl, whisk together flour, baking soda, salt and cream of tartar for 20 seconds, set aside.
- 2) Cream together sugar and butter with mixer until combined.
- 3) Mix in the egg, then mix in egg yolk and vanilla. With mixer set on low speed, slowly add dry ingredients and mix just until combined.
- 4) Scoop dough out 1 1/2 T at a time and shape into balls. Transfer to baking sheet, spacing cookies out 2 inches apart.
- 5) Bake in oven 10—12

minutes (cookies should appear slightly under baked). Remove from oven and after several minutes transfer to wire rack to cool completely.

- 6) Once cookies are cool (and just before serving) frost cookies with cream cheese frosting and top with fresh fruit (kiwi, strawberries, grapes, blackberries, raspberries, blueberries, bananas, etc.)

- 7) **For the frosting:** Cream butter then blend in cream cheese and mix until smooth. Add powdered sugar and vanilla and mix until light and fluffy.



Norma, Mary, Doris B., Marge



Anita



Mary



Shirley, Glenn, Beth



Theresa



Johnnie



Happy Retirement, Jolene!



Doris B.

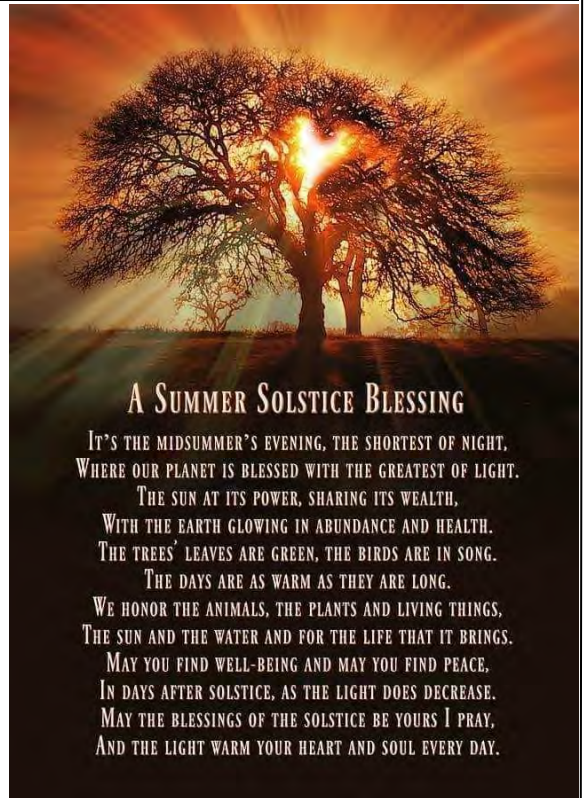
Summer Solstice

I hope everyone had a wonderful spring. I cannot believe we have already reached the Summer Solstice. I am so thankful for the rain we received over the last few days. My garden is happy! I wish everyone a wonderful summer and I continue to be thankful for the lightening of restrictions related to COVID-19. I know the progress is slow

in long term care settings but we are getting there.

Thank you all for your continued patience and understanding. You are amazing!

Shelly Davis, DCN



A SUMMER SOLSTICE BLESSING

IT'S THE MIDSUMMER'S EVENING, THE SHORTEST OF NIGHT,
WHERE OUR PLANET IS BLESSED WITH THE GREATEST OF LIGHT.
THE SUN AT ITS POWER, SHARING ITS WEALTH,
WITH THE EARTH GLOWING IN ABUNDANCE AND HEALTH.
THE TREES' LEAVES ARE GREEN, THE BIRDS ARE IN SONG.
THE DAYS ARE AS WARM AS THEY ARE LONG.
WE HONOR THE ANIMALS, THE PLANTS AND LIVING THINGS,
THE SUN AND THE WATER AND FOR THE LIFE THAT IT BRINGS.
MAY YOU FIND WELL-BEING AND MAY YOU FIND PEACE,
IN DAYS AFTER SOLSTICE, AS THE LIGHT DOES DECREASE.
MAY THE BLESSINGS OF THE SOLSTICE BE YOURS I PRAY,
AND THE LIGHT WARM YOUR HEART AND SOUL EVERY DAY.



GREENFIELD RETIREMENT HOME

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