

# Across the Greenfield

## 2025 Summer Soirée



### Summer Soirée Success!

What an incredible evening! Our Summer Soirée was a beautiful celebration filled with laughter, delicious food, and unforgettable memories. From the vibrant decorations

to the joyful conversations, every moment was pure magic.

A big THANK YOU to everyone who joined us and

helped make the night so special. Here's to the joy of summer, community, and creating memories that last a lifetime!



**Neva & family**



**Pat P. & family**



**Muzzy**



**Pat & Warren R., Julie M.**



**Pat A.**



**Anita & family**



**Chris & Rita**

## Across Lynn's Desk

One of the greatest joys of life in our retirement community is witnessing how different generations come together to create something meaningful. Whether it's a teenager shadowing a staff member, an adult child visiting their parent, or experienced employees mentoring those just starting out, every generation adds its own richness to our shared story.

This spirit of connection was beautifully reflected at our annual Summer Soiree. Held outdoors on a summer evening, the event was a celebration of our residents and the people who love them. With no outside performers or sponsors, it was our employees who brought the night to life—planning the details, preparing a wonderful meal, and setting the scene with thoughtful touches that made the gathering feel festive and

full of heart.

The transformation of our outdoor space was nothing short of magical. From the moment guests arrived, they were greeted with a setting that invited joy and connection—tables draped in linens, center pieces arranged with care, and nature's golden hour that gave the evening a soft glow. Our staff made it all happen, working behind the scenes and beside our residents, creating an atmosphere of hospitality and warmth.

As families gathered around the tables, conversations flowed and laughter echoed in the summer air. Residents shared memories and made new ones. Children, grandchildren, and great-grandchildren mingled with caregivers and team members who have become like family. For a few hours,

everyone paused to be fully present—to enjoy the food, the fellowship, and the sense that we were part of something special.

Events like the Summer Soiree remind us why we do this work. They are about more than logistics or meal service; they are about making space for connection, dignity, and celebration. They show how deeply our staff care—not just about the tasks of the day, but about the lives and stories unfolding around them.

In a world that often separates generations, we are proud to be a place that brings them together. Here, belonging isn't tied to age—it's created through kindness, shared

*Lynn Olds, Administrator*

## Thank You to Our Community Pastors & Pianist

A heartfelt thank you to Pastor Dave Jungnickle from LaMoille Community Methodist Church, Pastor Emily Fredrickson from First Christian Church, and Monsignor and his kind

friends from St. Louis Catholic Church. Your messages of hope, faith, and love have touched many hearts, and we are truly blessed by your presence and dedication.

We'd also like to thank Deb C. for sharing her musical talents on the piano. Her beautiful playing brings a calming and joyful spirit to each service.

Thanks again to each one!

## Weather Emergencies Are Getting Worse: What Rural Seniors Need to Know

From heavy snow and ice storms in winter to summer heatwaves, tornadoes, and flooding—rural communities are feeling the impact of more frequent and intense weather emergencies. If you're a senior living in a small town or out in the country, it's more important than ever to be prepared before the next storm rolls in.

### Why the Weather Is Changing

Weather patterns are becoming more unpredictable due to climate change. That means storms are hitting harder, and they're happening more often. In rural areas, where emergency response times may be slower and power outages can last longer, being ready ahead of time could make all the difference.

### Why Seniors Are Especially at Risk

Older adults may face unique challenges during emergencies—mobility limitations, reliance on oxygen or medical equipment, or the need for daily medications. In rural areas, neighbors may be miles apart, and access to hospitals or emergency shelters can be limited.

### Lunch and Learn with Greenfield to be Prepared

Please join us and Adam Lind, the Director of the Bureau County EMA, on Monday, July 21, 2025, at noon, to learn about what you can do to be ready for Emergency Weather Situations in our area. Greenfield will host this event in our community room with lunch provided by our kitchen. All ages are welcome, but we will have a

special focus on seniors and those with dementia. There is no cost for this event, but we do ask that people call Greenfield to R.S.V.P. at 815-872-2261 by Monday, July 14, 2025.

### Don't Wait Until It's Too Late

Preparing now gives you peace of mind—and makes it easier to act quickly when time is short. Talk to family, neighbors, and friends about creating a plan. In rural areas, we may be spread out, but we're strong when we look out for each other.

Call 815-872-2261 with any questions. Greenfield Retirement home is located at 508 Park Ave East in Princeton, right next door to OSF St Claire Medical Center. Let's stay safe—together,

*Kate Webster, SSD*



**EMERGENCY  
PREPAREDNESS**

S E V E R E W E A T H E R

## Greenfield Greeters: Friendly Faces Around Town

The Greenfield Greeters have been busy spreading smiles in the Princeton community! Every Friday, you can find them at Midland Bank, welcoming guests with a warm hello and fresh popcorn. While there, they also answer questions about the Princeton Chamber of Commerce and Greenfield Retirement Home.

This month, the Greeters helped celebrate a special milestone—the 56th Anniversary of The Princeton Closet! At the event, they greeted shoppers, handed out helpful brochures, and

shared 56 delicious homemade cookies. The cookies were baked with love by Beth, Greenfield's Dietary Manager.

The Greeters also took part in the Business After Hours event hosted by the Second Story Teen Center. They enjoyed chatting with attendees and sharing how Greenfield is staying active in the community.

The Greenfield Greeters are always looking for new ways to give back. If your business or organization could use a friendly welcome team for an event, the Greeters would love to

help! Whether it's greeting guests or answering questions, they are happy to support local efforts.

To learn more or to schedule the Greeters for your next event, contact Chris in Activities at 815-872-2261 or [activities@greenfieldhome.org](mailto:activities@greenfieldhome.org)

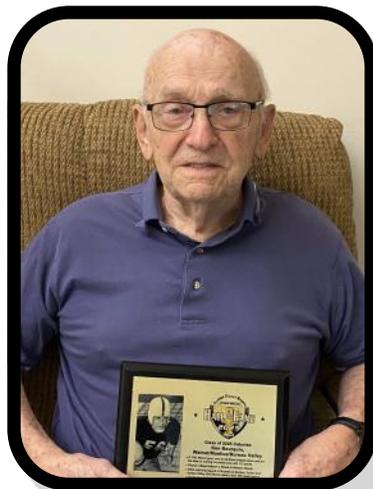
Let's keep making Princeton a friendlier place—together!

*Chris Thompson*  
*Activity Director*

## Honoring a Legend at Greenfield

We are beaming with pride as we celebrate one of our very own resident, Ken Bourquin, who was recently honored at Shaw Media's 6th Annual Illinois Valley Sports Hall of Fame! Known as "The Blue Bullet" for his blazing speed, he made headlines as an all-state running back for Walnut High School, leading the entire state in scoring

his senior season in 1952 with an incredible 175 points.



After his playing days, Ken poured his heart into a remarkable 38-year coaching career, retiring in 2002. When asked about his favorite part of coaching, his answer was simple and heartfelt: "Watching the kids improve." Congratulations to Ken on a well-deserved honor! His legacy continues to inspire generations.

## Creative Fun at Crafter's Cove & Cooking Club!

This month at Crafter's Cove, our seniors got creative with hands-on, colorful projects! We crafted beautiful 3D butterfly hangings, perfect for springtime decorating. Everyone also enjoyed making seashell and bead window hangings, which now sparkle in the sunlight.



Carol

To top it off, we painted cheerful clay pot frogs—each one with its own fun personality!

Our Cooking Club also had a tasty time! We watched a live vegetable demonstration, where we learned about cooking with

rutabagas and tried bok choy for the very first time. The bok choy was dipped in a creamy, cream cheese dip, and many were surprised by how much they liked it. Our residents said it tasted like celery, but with fewer strings, making it easier and more enjoyable to eat.



Betty M., Betty C., Pat P.

Whether crafting or cooking, our Greenfield seniors love trying new things and sharing laughs together. We can't wait to see what's next!

## Happy Father's Day Baseball Memories

We hit a home run celebrating Father's Day with a baseball-themed party! Guests enjoyed delicious Dutch apple pie from Park

Tavern and frozen custard from Culver's while watching the Cubs win the World Series all over again!

Happy Father's Day to all the amazing dads out there – you knocked it out of the park!





**Annabell & Genevieve**



**Max**



**Mary Ellen & friends**



**Rita & Jane**



**Eunice & Kim**



**Judy & family**

# Dog Days of Summer

As we head into the hottest months of the summer we have already been dealing with very high temperatures and heat advisories. Older adults are more vulnerable to heat-related illnesses due to physiological changes, underlying health conditions, and certain medications. Knowing how to stay cool and safe in the heat can prevent serious complications and allow you to enjoy the season safely.

Seniors are more at risk because aging affects the body's ability to regulate temperature. Seniors may not sweat as efficiently or feel thirst as acutely as younger individuals. Chronic medical conditions such as heart disease or diabetes, along with medications like diuretics and beta-blockers, can also impact the body's response to heat. This makes it easier for heat exhaustion or heat

stroke to occur without warning.

It's important to recognize the signs of heat-related stress early. Watch for **Heat Exhaustion:** Heavy sweating, weakness, dizziness, nausea, headache, and clammy skin.

**Heat Stroke:** High body temperature (103°F or higher), confusion, rapid pulse, flushed skin, and unconsciousness. This is a medical emergency—call 911 immediately.

Tips to Stay Safe in the Heat:

## 1. Stay Hydrated

Drink plenty of water throughout the day, even if you don't feel thirsty.

## 2. Keep Cool Indoors:

Stay in air-conditioned spaces as much as possible during peak heat hours (10 a.m. to 4 p.m.).

## 3. Dress for the Weather:

Wear lightweight, loose-fitting, light-colored clothing.

## 4. Plan Activities Wisely

Indoor activities are best

when temperatures are extremely hot and humidity is high.

## 5. Medications

Some medications can interfere with your body's ability to stay cool, such as medication to reduce fluid retention and blood pressure medications.

## 6. Note warnings

Listen to your local weather station for forecasted temperatures as well as heat-related warnings. The nurse at Greenfield will post signage on all doors when it is best to stay inside in the air conditioning.

Summer can still be a wonderful time for spending time outdoors and enjoying nature. With just a few extra precautions, seniors can stay safe, comfortable, and healthy even during the hottest days. Remember: staying cool isn't just about comfort—it's a critical part of staying well.

*Shelly Davis, DCN*

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Princeton, IL 61356  
815-872-2261

Greenfield is a not-for-profit provider



[www.greenfieldhome.org](http://www.greenfieldhome.org)