

Across the Greenfield

Celebrating with the 3rd Graders



Celebration!

“Top o’ the morning to you! And the rest of the day to yourself!” This was our welcoming phrase to our awesome group of Mrs. Thompson’s 3rd Graders. We

enjoyed a morning full of games, crafts, snacks and memorable moments together. With both St. Patrick’s Day and Easter in the same month, we

combined both holidays with the outcome being smiles and laughter!



Bonnie S.



Doris



Marie



Rosie



Julie & Bonnie B.



Christy



Balloon Volleyball



Glenn

Across Lynn's Desk

We frequently say we help the people who live here stay independent. But, I wanted to share how we do that.

Here are some of the ways you can stay independent and maintain autonomy while living a fulfilling life at Greenfield.

1. Engage in Community

Activities: We offer a variety of social and recreational activities tailored to residents' interests. Participating in these activities not only helps you stay engaged but also allows you to build connections with fellow residents. Whether it's joining a craft class, attending exercises, or enjoying a program from a scheduled guest, staying active within the community fosters a sense of purpose and independence.

2. Stay Physically and

Mentally Active: Prioritize your physical and mental well-being by incorporating regular exercise and stimulating activities into your routine. Whether it's going for walks, morning exercises, our one-on-one fitness program, or engaging in brain games, staying active promotes independence by preserving mobility and cognitive function.

3. Advocate for Your Needs:

Don't hesitate to communicate your preferences and needs to employees. Whether it's requesting specific accommodations or voicing concerns about community policies, advocating for yourself ensures that your individuality and independence are respected.

4. Embrace Technology:

Explore technology options that can enhance your independence and connectivity. From video calls with loved ones to smart home devices that automate tasks, technology can empower you to maintain autonomy and stay connected with the outside world. Kate Webster, SSD, is wonderful at setting these things up for you.

By actively engaging in community life, keeping your mind and body active, fostering relationships, advocating for yourself, and embracing technology, you can thrive in your retirement years while maintaining the independence you value. We are here to help you do that!

Lynn Olds

Meditation Services

We greatly appreciate the pastors who so graciously come to Greenfield to share the Word of God with our seniors: Pastor Bill Shields from the 1st Lutheran

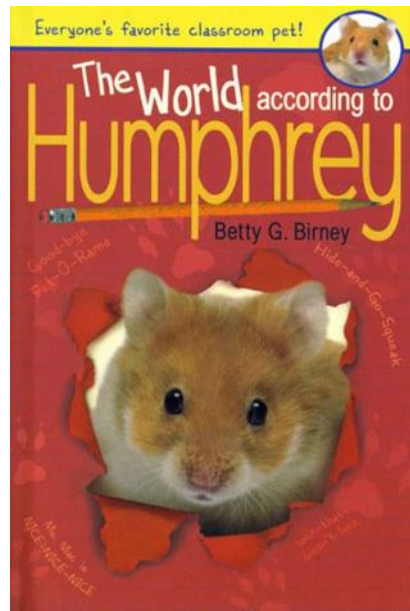
Church, Pastor Cal Zehr from Willow Springs Mennonite Church, Pastor Colleen Lawrence from 1st Presbyterian Church, Pastor Derek Boggs from the

Evangelical Covenant Church, Monsignor and Friends from St. Louis Catholic Church. Thank you for coming to Greenfield!

One School, One Book

Greenfield is currently participating in One School, One Book with Bureau Valley Elementary, "The World According to Humphrey." This is a book written from the perspective of the class hamster who is learning a lot in school. We meet to discuss the book during Hope and Happiness, on Wednesdays at 3:15. We listen to the book on YouTube and the words are on the screen, so if you have sensory issues you can still participate.

Bureau Valley was gracious to donate books to use, so if you would like a book to read, please let Kate know. We've decided that Humphrey is a relatable character so far. He likes adventure but is resourceful, gets lonely, and



likes to be social. I'm sure some of you can see these characteristics in your pets. We've enjoyed sharing stories and plan to make a video to encourage the children at Bureau Valley.

Many here at Greenfield are looking forward to sharing the book with their grandkids. We've had some fun hamster experiences

including one person that got a hamster for Mother's Day and another person that had to rescue the hamster from the lining of the sofa. I always thought my hamsters enjoyed playing in my doll house as a child, but now from the perspective of an adult, I'm rethinking that.

Last week we pondered the question, "If you think back to what kind of student you were in school what nickname would Humphrey give you?" Some of us were quiet, raised our hands too much, or found ways to get answers to homework for the price of a candy bar. It's enjoyable to hear and share these stories. All are welcome to join us!

Kate Webster, SSD



We enjoy many different activities each month and a fun one in March was decoupage floral wind chimes out of cans and flowered napkins. Here is Bonnie B. as she works on her wind chime.

St. Patrick's Day & Easter...

We asked the seniors at our monthly resident council meeting what they would like to do for the two special holidays in March, St. Patrick's Day and Easter. The choices included parties,

religious service or our Friday afternoon game of Bingo with a twist. It was unanimous! Bingo with a twist! So, we played regular bingo, using peppermint candies (St. Patrick's Day) &

chocolate eggs (Easter) for each win. At the end of the hour, the person with the most candies was the winner of the fabulous holiday prize!

Diabetic Friendly Cooking Club

Many of you may remember making a cake that is super easy and tastes great called a dump cake. It is literally taking ingredients and "dumping" them together for a fabulous treat. But often times we take for granted that everyone's diets are the same when in reality they are different. One such diet allows for sugar substitutes found in a diabetic-friendly recipe. Here's the recipe for you to try at home and enjoy:

Sugar Free Dump Cake

Ingredients:

- 2 boxes Keto Yellow Cake Mix
- 1 Stick of Butter
- 1 can Crushed Pineapple (no sugar added)
- 2 lbs. Frozen Sweet Cherries (no sugar added)
- 1 1/2 Cups Monk Fruit Sweetener
- 3 T. Arrowroot Powder (thickener)

Directions:

Butter a 9 x 13 pan and set aside. Preheat oven to 350°. Heat cherries, sweetener and arrowroot powder in a sauce pan until juices thicken, then remove from stove. Place the can of crushed pineapple and your cooked cherry filling in the 9 x 13 pan. Sprinkle cake mixes on top of the pineapple and cherries and pour melted butter over the cake mix. Bake for 45 minutes and enjoy!



We enjoyed another "Life" presentation from Dave Cook and his pup, Enzo. It is fun to reminisce as we see photos from days past!

Common Scams & How to Avoid Them

This was the primary topic discussed at our program at Greenfield from the Attorney General's office; however, we learned that this office offers more than just educating and advocating for the public on scams. Other programs and services include: consumer protection, identity theft hotline, student loan help, public utilities, crime victim services, protecting children on the Internet, child support enforcement, advocating for seniors, disability rights bureau, military and veteran's rights bureau, worker's rights, civil rights bureau, immigrant assistance program, charitable organization, ensuring open and honest government, environmental protection and criminal division.

I was unaware of so many services offered by the Attorney General's office and the easy accessibility of those services through a simple toll-free number. The Attorney General is the state's chief legal officer and is responsible for protecting the public interest of the

state and its people, which was conveyed at our program.

Skip Gonsoulin from the Attorney General's office came from Chicago to educate those in attendance on the many services that office offers to the public with the focus on common scams & how to avoid them, especially for the senior population. One bit of information I thought interesting was the fact that the top 10 scams are always the same. The difference lies in the fact that they seem to rotate in rank with the current top scam being home improvements. Skip stated that once the money is exchanged there is no way of getting it back, since the scammers are so efficient in covering their tracks. He did stress the importance of always being aware and taking precautions when approached for financial gain prior to giving out money.

Some other bits of information that I found relevant and important to our seniors are if you get a phone call from an unknown

number do not answer it. If it is important, they will leave a message. Also, such places as the Social Security Office, IRS, Police Department, Fire Department will not call you but rather send you a letter through the mail if it is important. If someone calls and pretends to be your grandchild, give them a fake name and see if they say yes. It is those little tips that could save you both financially and emotionally.

At the conclusion of the program, Skip offered a plethora of pamphlets full of advice, information and phone numbers to contact if in need. One number that is important for senior fraud is 1-800-243-5377 or check out their website at www.IllinoisAttorneyGeneral.gov to seek further information. Hopefully, you will never have to reach out to the Attorney General's office, but if you do, it is nice to know that they will do their best to help resolve any issues.

*Chris Thompson,
Activity Director*



Danny



St. Patrick's Day Party



St. Patrick's Day Party



Group Meeting with Attorney General Representative

Covid Update

I am happy to report that over the past couple of years, weekly hospital admissions for Covid have fallen by more than 90%. According to The Center for Disease Control and Prevention, people in the community who test positive for Covid no longer need to isolate for five days. However, guidelines for the general public and health care settings can vary greatly. We are waiting on the Illinois Department of Public Health to give us direction for the changes in our Sheltered Care setting.

The CDC's guidance now matches public health advice for flu and other respiratory illnesses: Stay home when you're sick, and return to school or work once you're feeling better and you've been without a

fever for 24 hours. We are hopeful that this will allow decreased length of isolation requirements for our residents as well as the number of days our staff will be restricted from work.

This change is due to the decrease in the severity of the illness and outcomes since the beginning of the pandemic, as well as the fact that many people aren't testing themselves for Covid anyway. Most people don't know what virus they have when symptoms first appear. This will help them know what to do, regardless of the specific diagnosis.

Though the isolation guidelines have changed, the CDC still encourages people to play it safe for five days after they are feeling better. That includes

masking around vulnerable people and opening windows to improve the flow of fresh air indoors. The majority of viral spread happens when people are the sickest. As the days go on, less virus spreads.

CDC's main tips for reducing Covid spread are:

- Get the Covid vaccine whenever it is available.
- Cover coughs and sneezes, and wash hands frequently.
- Increase ventilation by opening windows, using air purifiers and gathering outside when possible.

People at higher risk for severe Covid complications, such as the elderly, people with weak immune systems and pregnant women, may need to take additional precautions.

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.

www.greenfieldhome.org

Greenfield is a not-for-profit provider.