

# Across the Greenfield

## Our “Kind” of November



## Giving Back to the Community

We appreciate our community and wanted to give back to some of the organizations that work hard to benefit others. Some of those groups that we gave to were: Second

Story Teen Center (Hot Cocoa Kits), Freedom House (Worry Worms), Tri-County Humane Society (Dog Biscuits) and Friends of Strays (Dog Biscuits).





**Anita**



**Christy**



**Gratice**



**Pool Noodle Volleyball**



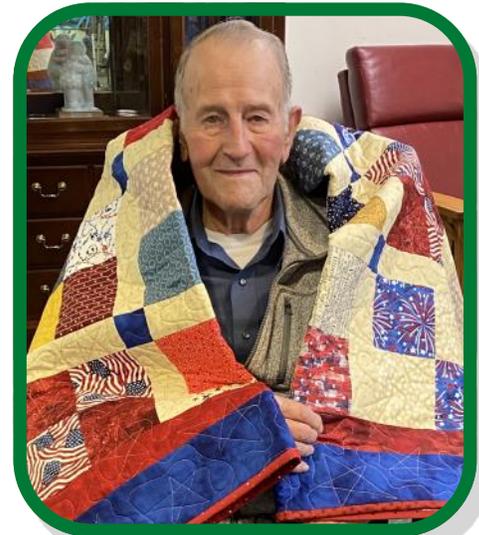
**Patsy**



**Father Ed -  
Quilt of Valor**



**Nancy**



**Marvin -  
Quilt of Valor**

## Across Lynn's Desk

I don't like to brag. But, I am one of the most fortunate people I know. Do I have challenges and heartache in my life? Just like everyone else in the world, I certainly do. But, I, also have so much to celebrate. I have a loving family and wonderful friends. But, one thing I have that is harder to come by, is a career I love. I get to work everyday surrounded by people I love who love me back. I get to do work that I find enchanting, engaging, and sometimes challenging. Fortunately, I love a good challenge!

What I love most about my work is the people. I love the people I serve and the people who serve with me. I've enjoyed spending time with older adults since I was a little kid. I appreciate them and their wisdom more and more every year. It is fascinating to hear their

stories of the past, perception of the present, and thoughts of the future. We have the knowledge of history living among us. We should learn all we can, while we can.

My Christmas wish for all of you is to take the time to truly enjoy these conversations with the seniors in your life. If you already do, teach a younger family member the value in this. I am going to share some conversation starters to help you out!

Tips:

1. Give your full attention and be patient.
2. Let them speak freely and don't interrupt.
3. Accept differences of opinions. We all have different life experiences that create our perceptions.

Questions to get you started:

1. What is your favorite childhood memory?
2. What was the best lesson you ever learned?
3. How has the world changed from when you were my age?
4. What do you imagine me accomplishing in 10 years?
5. What lesson would you like to pass on to future generations?

There are limitless questions. But, this is a place to start. I hope you all enjoy the holidays surrounded by those you love!

*Lynn Olds*

**If you prefer to have your newsletter emailed each month, let us know at: [office@greenfieldhome.org](mailto:office@greenfieldhome.org)**



## New Resident - Mary McCauley



Mary was born in Chicago IL, but at the age of 10 moved to Princeton after her father passed. Mary grew up with 2 older brothers Dick and Pete, her sister Joann was 6 years younger.

Mary has a family history of cooking breakfast in the park on holidays like Labor and Memorial Day.

Interestingly, this is also something my family did too as a tradition.

Mary (Doyle) married John Robert McCauley January 30, 1954. Bob unfortunately passed in 1994. They have 5 children, 13 grandchildren, and 8 great-grandchildren. Luckily for Mary, all but one of her children are still in Illinois and they can visit frequently.

Mary worked for the Princeton Elementary School district as a classroom and music teacher. She also worked for years as the organist for St. Louis Catholic church and is proud that her music talents have also passed

down to her children and grandchildren.

While earning her master's degree, Mary was able to go to France and Germany to visit sites where Bach developed his music. She likes classical music concerts, but will listen to other music as well.

Mary used to golf and cook more in her younger years, but still enjoys playing Bridge and Monopoly. She likes to read novels, visit and is looking forward to getting to know everyone after being on her own for so long.

Welcome to Greenfield, Mary!

*Kate Webster, SSD*

## Harvest Spice Bread

### Ingredients:

1 3/4 C. flour  
1 t. baking soda  
3/4 t. salt  
2 t. cinnamon  
1/4 t. nutmeg  
1/4 t. cloves  
1/4 t. ginger  
1/2 C. oil  
2 eggs

1/2 C. sugar  
1/2 C. brown sugar  
1/2 C. pumpkin  
1 C. shredded apple  
3/4 C. shredded carrot  
2 T. milk

### Directions:

- Beat wet ingredients together - oil, eggs,

milk

- Add wet ingredients to dry ingredients and blend.
- Bake at 350° in a loaf pan (9 x 5) for 55-65 minutes or muffin tins for 20-22 minutes until fork comes out clean.

## A Taste of Taiwan

This month's international snacks came all the way from Taiwan, home of over 430 unique species of butterflies. Taiwan is also known as the "Kingdom of Butterflies" from the beautiful iridescent birdwing butterflies to the not-so-pretty dead leaf butterflies, which actually looks like dead leaves. We also learned that in Taiwan on the first full moon of the year, they celebrate the Pingxi Sky Lantern Festival where 200,000 floating lanterns are sent up into the

night sky, each inscribed with a wish. Another fun fact about Taiwan is that due to the hot and humid air, garbage is not set out at the curb like we do here in Illinois, instead Beethoven's Fur Elise is played from the garbage truck. So, when the residents hear that tune, they bring their garbage out to the truck.

The snacks we tasted were: Bubble Tea Popcorn, Kimchi & Soy Sauce Crackers, Yuzu Sponge Cake, Black Truffle Potato Fries, Taro Cream

Wafers and Chocolatey Mochi with Peanut Cream. After tasting the sweet, salty, spicy and unique flavors in the snacks, the residents decided that Chocolatey Mochi with Peanut Cream was their favorite. For many, the ingredients like bubble tea (chewy tapioca pearl "bubbles"), kimchi (spicy fermented cabbage), yuzu (Taiwan's local fruit), taro (like a potato with a nuttier taste) and mochi (sticky glutinous rice) were new to them.

## Quilts of Valor

In light of Veteran's Day, we asked Terry J. to help us honor our veterans by awarding them a beautifully, handmade quilt especially made for them. The quilts were large enough to drape over their beds along with a tag on the back, identifying who they were made for, date and who made them. It was a surprise, so we asked families to fill out their military background for

when presenting the quilts. Terry read each of our veteran's service time and then draped the quilts over their shoulders as a symbolic gesture of their service. It was such an honor to give these quilts to our veterans. Thanks to all the people who helped made these quilts and to Terry for awarding them to our veterans. Finally, a special thank you to our veterans and all veterans

who made/make our nation safe.

## Our “Kind” of November

This month was in honor of giving thanks through multiple outreach programs. The residents worked hard to give to the community through their time and consideration to help others. Each week we planned different projects in coordination with providing a service for our friends in the community.

The first week, we made turkeys, using pudding cups and gave them to our pen pals, Mrs. May’s 3rd graders. We also made hot cocoa kits for the young people that attend the Second Story Youth Center above Johnson’s Carpet Shop. The youth are using the kits to give as presents for their loved ones at Christmas. The residents

made over 30 hot cocoa kits. It was messy but so much fun to assemble!

The second week, we spoke with Freedom House and made Worry Worms, which were small, colorful worms that can fit in their client’s pockets as a reminder that they are loved. Again, we had fun assembling the little worms and including a poem that read: “I’m your little worry worm. Keep me near and squeeze me tight. Tell me your worries. And everything will be alright.”

The third week was pretty “ruff”. Not really. We had fun making, cutting and baking dog biscuits for the Friends of Strays and Nancy Bland @ The Humane Society. A little peanut

butter, flour, baking soda and milk along with a lot of love made these dog treats special.

The last week was made with the help of Mrs. May’s 3rd grade class. They colored fall pictures and Greenfield residents made door hangers for the Veteran’s Home in LaSalle. They placed these door hangers on the veteran’s door to help create a colorful and happy atmosphere.

Overall, these events helped us realize just how thankful we are for what we’ve been given and for the opportunity to help others. This has been Greenfield’s “kind” of November!

## Gobble ‘till You Wobble

Our residents were able to partake of a little pre-Thanksgiving fun. Our Gobble ‘till You Wobble party consisted of a meat and cheese tray (yes, turkey was included), cranberry sauce and everyone’s

favorite was the pumpkin cheese cake! Delicious! We engaged the residents in some reminisce where we shared fond memories of Thanksgiving and even wrote a door hanger that stated what each resident

was thankful for. Along with some fun games, this was a great way to prepare for Thanksgiving. Thanks, Sam, for making this party great!



**Quilts of Valor - Fr. Ed, Terry, Marvin**



**Marge**



**Pat A.**



**Ruth E.**



**Mary W.**



**Emagene**



**Anita, Marge, Norma, Fr. Ed.**

## Helpful Hints for the Holidays

I cannot believe we have entered December, the last month of 2021. It has been another adventurous year with the pandemic. I am happy that at least we are able to gather in small groups with family and friends this year. I know last year was so hard on everyone. I admire your strength to persevere in these challenging times.

As you gather to celebrate the holiday this year please be responsible in order to protect yourself, your family, and your fellow residents here at Greenfield.

Below is a list of recommendations by Illinois Department of Public Health to help us all stay healthy as we enjoy this glorious time of year.

### Travel safety considerations:

- Delay travel until you are fully vaccinated, or wait until you get a booster shot if eligible
- If you're not fully vaccinated, test 1-3 days before and 3-5 days after traveling
- Travel during off-peak times to avoid crowds
- Drive a private vehicle to reduce exposure to COVID-19
- If using public transportation, try to travel during non-peak times. Masks are required on/in all areas of mass transit

### Guest and gatherings:

- Keep indoor gatherings small
- Arrange seating and other

areas to allow for physical distance

- Increase air flow by opening windows and/or doors if possible
- Avoid having people congregate in kitchens or at buffet lines
- Clean and sanitize the kitchen, bathrooms, and other areas used by guests.

People who are sick with fever, cough, or other symptoms of COVID-19, or have been exposed to someone with COVID-19, should not travel or gather for the holiday events during that time.

I am thankful for each and every one of you and my wish for all is a happy healthy holiday season!

*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)



*Greenfield's mission is to provide a caring environment that maximizes the life enjoyment, integrity and independence of each resident.*

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

Greenfield is a not-for-profit provider.