

Across the Greenfield

Spreading Kindness



Our KIND of November

Our theme for this month was “Our KIND of November” where we shared acts of kindness with those in and

amongst our community. Pictured are some of our acts of kindness where our residents and tenants

volunteered with various outreach programs offered at Greenfield.



Marvin



Marge



Jeanne



Marge, Ruth, Doris B. making Worry Worms



Christy



Patsy



Happy Birthday, Emagene!



Bonnie B.

Across Lynn's Desk

When I was growing up, we didn't have a lot. In fact, we were incredibly poor. As a child, hearing about all the cool gifts my friends got at Christmas made me feel like mine were meager. That made it even harder for me because I knew how hard my mom tried. She always worked two jobs and did the best she could to provide for us. In fact, I'm sure she probably worked much harder for what we had than most people.

I remember one time around Christmas when a family friend was in a very bad place. She came to our apartment and my mom gave her all the money we had. I was so mad. I asked her why she would give away our money when we were already poor. She told me that when you have something someone else needs more than you,

you give it to them. Her friend needed that money more than we did at that time. I later learned that friend and her kids were about to be evicted from their apartment right before Christmas.

I think that moment was the catalyst that motivated me to live a life of service. We didn't get any richer. But, we continued to give. I made the decision at a young age that I didn't want myself or my children to live a life of financial insecurity. I worked hard and got an education so my family could live a different life. But, I've never forgotten that very important lesson my mom taught me.

This year things are harder than they've ever been for a lot of people. People who live on low or fixed incomes are struggling more than

others. As the cost of living skyrockets, their income doesn't move upward at the same pace.

If you're able, your help could really make a difference in someone's life. You can give to the food pantry, donate to a coat or toy drive, or make monetary donations. Maybe you even know someone who could use a little extra help this Christmas. Any way you're able to help makes a big difference for so many people.

I hope you all have a magical Christmas surrounded by those you love.

Lynn Olds

Meditation Services

We greatly appreciated all the clergy members who come to Greenfield and shared the Word of God

with our residents and tenants: Pastor Marcia Peddicord for the 1st United Methodist Church of Princeton and Malden and

Monsignor and Members of St. Louis Catholic Church. Thank you for coming to Greenfield!

Grief at Christmas

Christmas is a time for gathering with loved ones, but the holidays can be hard for those that have lost someone close to them.

When that loss comes along with the loss of a role like a caregiver for someone with dementia, it can be made more compound. Suddenly being without the person that you have been caring for so closely can create a highly noticeable void.

While this journey of healing and acceptance will take time, here are a few tips to help ease the pain a little:

Lean on your team or source of support

Your team that helped with the caregiving needs of your loved one, maybe missing them too and can understand what you've been through and your loss. Or consider talking with a friend or grief support group to help process the loss.

Reflect

Reflecting on the journey you two shared is a way to celebrate and acknowledge all that you have been through together, and as individuals.

Consider Journaling, or Creating a List of the Positive, Meaningful Moments to Remember Writing down your thoughts can help uncover moments and memories that had faded into the background previously.

Keep the list with you, and read over your notes when you miss the person and need a little comfort.

Let Go of Guilt

When thinking about your care relationship with the person that has passed, guilt is common.

Don't just focus on what you didn't do or should have done differently.

Instead try thinking about the things you did do and all the things that went well.

What were some of your wins? What are some things you feel truly good about? Celebrate those and your achievements.

Remember that It's Okay to be Sad

Such a significant change with the loss of a loved one will take a while to process. It is absolutely normal to be sad, and to wonder what your life will be like going forward.

Give yourself time. Grief is a journey of appreciating what was, letting go, and with time, finding the courage and strength to move forward.

*Those we love don't go away,
they walk beside us every day...
unseen, unheard, but
always near,
still loved, still missed, and
very dear.*
– Unknown

Kate Webster, SSD

Pickle Tasting

It was amazing to see just how many foods are pickled! From pickled eggs to the classic cucumber

sliced in a brine, our residents and clients tasted these pickled foods for National Pickle Day. The

winner of the pickle tasting was the classic dill pickle with bread and butter pickles as a close contender.

Our “Kind” of November

This month, we concentrated on our theme of creating opportunities for kindness in and around our community. Some of the ways we accomplished this was through selfless acts of volunteering. Each week, we chose various organizations to show our appreciation for what they do that helps our community a great place to live.

The first week, we made Worry Worms for the Freedom House. These little guys were made out of a fuzzy, pipe cleaner with beads and wiggly eyes. The finished product is used to help clients who are going through a tough time to know that someone cares about them.

The second week, we wanted to help the seniors at the Senior Center by making bird feeders. The feeders were made primarily with peanut butter and bird seed, which was baked and a string attached for clients to hang outside for our feathery-friends to enjoy a treat.

The third week, we put together Christmas Tree Ornament Kits for Santa’s Workshop at the Fairgrounds. Each kit contained a twig, three different strips of Christmas material, buttons and a star for children of all ages to assemble and decorate their Christmas trees.

The fourth week, we mixed together a Blessing Mix for

the Princeton Police Department and Princeton Fire Department to show our appreciation for all that they do to keep us safe.

The final week, we gathered all our baby spider plants and wandering Jew plants and potted them in small pots for the youth at Second Story Youth Center to give to their parents for Christmas.

We enjoyed giving rather than receiving this month. We hope to carry the Spirit of Kindness over to every month. Some of our projects will be finished in December, so we will continue to post pictures on Facebook as well as the newsletter. Thank you to all who helped make November our KIND of month!

Veteran’s Day Program

On the 11th month of the 11th day at the 11th hour, we honored some of our veterans by presenting a program in honor of their service in the military. We gave out certificates along

with a poppy, which represented remembrance and hope. Each veteran was offered time to reflect on their service and shared with other residents and tenants. Following the service, we

thanked the veterans for their service. Again, thank you to ALL the veterans for keeping our land great!

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





Plant Dr. Deb and the Plant Program



Ruth & Doris B.

Absentee Voting

One activity that was offered at Greenfield was the opportunity to vote by the County Clerk along with an

election judge, bringing the ballots to Greenfield for residents and tenants to vote. This was an

opportunity for our residents and tenants to proudly wear their "I VOTED" stickers!

Bally's Casino Outing

Formerly Jumers of Rock Island, Bally's Casino was definitely a destination we hope to visit again this Spring! Residents and tenants were

invited to attend a day of luck, delicious food and fun fellowship. We started out with Bally's offering us \$5 in both food and gambling

discounts. While some left the casino feeling lighter, others felt full of a good time.

Plant Dr. Deb and the Green Thumbers

As much as this title sounds like a rock group, it actually was much more than music to our ears! Deb's love for plants has spanned decades, so we decided with her knowledge and expertise, we could help those withering and pitiful plants grow and thrive at

Greenfield. At Deb's first visit, she spoke on common house plants and their care along with some interesting facts about watering, fertilizing and much more. Some members of our gardening group: The Green Thumbers, were present and

greatly enjoyed listening to Deb and sharing their tips and wisdom on growing green plants, too. Plant Dr. Deb will make house calls every other Friday around 10:30am. If your plant needs attention, please contact Deb to schedule an appointment.



Father Ed & Marvin - Veteran's Program



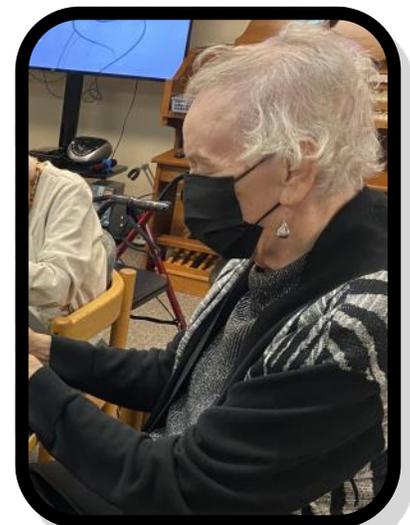
Jane



Ruth



Entertainer Jack



Pat P.



**Danny, Emagene, & Bonnie B.
Fun at the Casino**



Margaret

Make it a Healthy Holiday

Being with family and friends is an important part of any holiday celebration, and I am so happy families and friends are able to get together this holiday season. That being said, none of us want to bring our loved ones the flu or COVID-19. In addition this year we are seeing an increase in another respiratory illness, RSV. RSV is more common in children but we are seeing an increase in the number of adults getting ill with this virus this year. We here at Greenfield are so thankful

our residents have remained healthy and have been able to remove their masks, finally! We are requiring staff to continue wearing masks to protect residents until we see if there is an increase in respiratory illnesses during and after the holiday season. We will readdress masking of staff in the spring. Visitors are no longer required by IDPH guidance to wear masks, however at this time we are asking visitors to please wear masks during this surge of respiratory illnesses in order to protect our

residents. We encourage everyone to take steps to prevent the spread of illness during holiday gatherings by making sure everyone is up-to-date on vaccinations, including flu shots, COVID-19 vaccinations and any boosters recommended by your doctor. Consider staying at home if you're not feeling well.

I want to wish everyone a very Merry Christmas and a Happy and Healthy New Year!

Shelly Davis, DCN

Holiday Greetings

I want to wish everyone a Merry Christmas and Happy New Year! I'm sure most have their homes decorated for the holidays. We are

decorated here at Greenfield and in the next few weeks I will be doing some baking for the holiday season. I always love this time of year

- to see all the lights and smell all the goodies baking.

*Beth Culjan
Dietary Manager*

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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