

# Across the Greenfield

## New Fitness Program



### Restorative Nursing Program

Rosie was excited to be the first one to try the new exercise bike and one on one fitness program with Mary.

Rosie added that "Exercise is good for your heart in more ways than one!"





**Shirley**



**Doris & Sassy**



**Joanne**



**Jeanne & Friend at  
Lunch Bunch**



**Break Bread With Us Group**



**Christy**



**Emagene**



**Eunice**

## Across Lynn's Desk

We are delighted to introduce our latest initiative, our one-on-one fitness program. At Greenfield, we are committed to providing comprehensive wellness solutions, and this program is designed with your individual health needs in mind. There is no additional charge for this service. It is an investment Greenfield is making to keep you healthy and strong for longer!

The program will be led by Mary Sommer, Certified Nursing Assistant, under the supervision of Shelly Davis, Director of Nursing. Mary brings a unique blend of healthcare expertise and fitness training to our community. Having completed a specialized course in restorative nursing, Mary is well-versed in creating fitness programs

that focus not only on physical strength but also on overall well-being and restorative care.

There are some key features of the fitness program:

**Holistic Approach:** Mary understands the importance of holistic well-being. The program incorporates exercises that not only enhance physical fitness but also promote mental and emotional wellness.

**Restorative Techniques:** Drawing from restorative nursing principles, the program includes targeted exercises to improve mobility, flexibility, and balance, contributing to overall functional improvement.

**Individualized Attention:** With a focus on personalized care, Mary will work closely

with you to understand your unique health needs and personal goals, ensuring that the fitness plan is tailored to you specifically.

**Safety First:** As a Certified Nursing Assistant, Mary prioritizes safety during fitness sessions, creating an environment that minimizes the risk of injury and maximizes the benefits of each exercise.

We believe that our fitness program will be a valuable addition to your wellness routine, promoting not only physical fitness but also overall health and vitality. We look forward to seeing you in the fitness studio!

Here's to your health and happiness!

*Lynn Olds*

## Meditation Services

We at Greenfield greatly appreciate the time spent delivering the Word of God through our ministerial volunteers: Pastor Oscar Shepard from Faith Church in

Peru, Pastor Colleen Lawrence from the 1st Presbyterian Church and Monseigneur and Friends from St. Louis Catholic Church. We are thankful for

all who volunteer their time at Greenfield!

## Blue Christmas

Have you ever heard of a Blue Christmas? Many of you might be familiar with the song "Blue Christmas." Originally recorded by Ernest Tubb in 1948 and later popularized by Elvis Presley in 1957, the lyrics of this song capture the feeling of spending Christmas without a loved one. Blue Christmas offers a touching contrast to the cheerfulness that typically characterizes this time of year.

The focus of Christmas is on joy, but that doesn't mean that it is easy to be that way all the time. For people struggling, hurting, or grieving it can feel like you must fake happiness around others or some may not choose to be around others at all. People

aren't alone in these feelings and if we were honest probably almost everyone can say that they have felt this way at some point during the holiday. Christmas brings up both good and bad memories for a lot of people. It is a stressful time of year and the expectations we put on ourselves and others make this harder.

It is also a time we grieve those we have lost. At Greenfield, one way we do this is through our Angel Tree which remembers all the residents who passed this year whether they were current residents or were here in the past. This tree is located by the bird aviary and offers a quieter spot for those who wish to reflect.

Blue Christmas is

sometimes the practice of spending Christmas Eve in quiet solitude. Individuals observing this tradition deliberately choose a more subdued, thoughtful atmosphere. They find a moment to reflect on the year that has passed, the challenges they've faced, and the memories that linger. Some churches will have services for Blue Christmas or The Longest Night on December 21 to acknowledge different feelings at Christmas. You can find some of these services on YouTube.

It's okay to not be okay at Christmas and beyond, just know you are not alone.

*Kate Webster, SSD*

## Break Bread with Us

Breaking bread has both a literal and figurative meaning for us. In the figurative sense, we invited the community to come and enjoy a couple hours of life at Greenfield, and the literal meaning, every person who came received

a homemade loaf of bread as well as a pumpkin spice and garlic butter spread.

Each day was a different theme, which encompassed our person-centered care. From pickle tasting, pumpkin craft to trivia and more. We

discovered how important each person at Greenfield is to staff by demonstrating what we do at Greenfield to create a home.

*Chris Thompson  
Activity Director*

# Coat Drive

Once again, we are taking donations for new or gently new, adult winter coats to give to those who need a warm coat. The drop off

locations are Greenfield, Ace Distribution Center and Allegion (LCN). If you have any questions or need a

coat, please contact Chris @ 815-872-2261. We are also taking donations of food for the Food Pantry. Thank you!

# Native American Month

Our friend, Rudy came to Greenfield to enlighten us on Native American Month where he shared his heritage and unique dances

with both Mrs. Thompson's 3rd grade class and our seniors at Greenfield. Rudy demonstrated the Eagle Dance and a War Dance,

while dressed in all his regalia. He also spoke on the importance of celebrating our national symbol, the bald eagle. Thanks, Rudy!



**Rudy with Residents & Tenants**



**Rudy with the 3rd Graders**

## Five Self-Care Strategies for Caregivers

With the holidays fast approaching, it is important to recognize those who are caregivers - those who selflessly care for special needs children or adults, a loved one who is ill, or caring for an elderly family member. Whether at home or in different home setting such as Greenfield, being a caregiver can be stressful!

I read a study that stated 33 percent of caregivers reported mental or behavioral health problems such as anxiety, depression or substance abuse. That is well over a quarter of caregivers, who feel these negative emotions.

It is important to take time for yourself as a caregiver by purposefully promoting self-care. Here are 5 self-care strategies that help me produce positive outcomes for myself and other caregivers.

### 1. Spend Time with God:

Take time to read uplifting quotes, devotions, meditations whatever builds your faith. For me, I'm reminded of Matthew 11:28 in the Bible that states:

"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." I find that when I give my cares to God through prayer rather than depend upon my own strength, this helps me get through whatever hinders my overall well-being.

**2. Wake up Early:** Try waking up 30 minutes earlier than usual and take time to reflect on your upcoming day, what you need to accomplish or just enjoy the moment. Grab a cup of coffee or tea and allow yourself time to enjoy the little things before embarking on the bigger things that may arise.

### 3. Express Your Feelings:

Talk about how you feel each day to someone who can offer positive support. Express yourself daily rather than allowing emotions to build up over time and turning toxic. Ask for help! And remember everyone makes mistakes.

### 4. Create Healthy Habits:

Habits are formed within the time-span of a month, so take time to access areas in your life which could be changed for the better. What you eat, your attitude or

allowing more "me" time are areas that you possibly could improve upon - take this opportunity to create healthy habits.

**5. Learn to Say No:** Between juggling work, family or relationships, it can be challenging for caregivers to set and reinforce boundaries. A good way that caregivers can do this is by telling others what they need such as: "I need time to rest, so I am taking a day off but will have someone else come to help" or "I need to spend time with my family, so I won't be able to volunteer \_\_\_." Set goals for yourself and learn to prioritize what you need to help make your life happier!

Some of my favorite quotes reminds me that "You are never too old to set another goal or to dream another dream" ~C.S. Lewis. If you are a caregiver take time to reflect and know that: "My mission in life is not to survive but to thrive" ~Maya Angelou, because "Be yourself; everyone else is taken" ~Oscar Wilde.

*Chris Thompson,  
Activity Director*



**Pat P.**



**Joanne**



**Glenn**



**Danny**



**Out for Lunch at the Coffee Cup**



**Glenn, Julie, Joanne**



**Rudy & 3rd Grader**

## December Thoughts

Well, December is here already. Where has the year gone! I hope you all had a nice Thanksgiving. It is so good to be able to gather with family and friends again for the holidays. But if you're like me it comes with a certain amount of anxiety following the pandemic. Like you, I want both family and residents to stay healthy.

We did complete our Covid

booster clinic for residents on 11/28/23. And continue to work very hard at following strict infection prevention and control techniques here at Greenfield.

As we head into the Christmas season, please remember to practice good infection control techniques especially when gathering in groups. Remember - Have good hand hygiene, cover

your cough, stay home if you are ill, and clean and disinfect high touch areas in your house.

Thank you for all you continue to do to keep our residents happy and healthy.

I wish you all a very MERRY CHRISTMAS and HAPPY NEW YEAR!

*Shelly Davis, DCN*



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Let us know if you'd like to receive our newsletter  
by email at: [office@greenfieldhome.org](mailto:office@greenfieldhome.org)



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

Greenfield is a not-for-profit provider.

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