

Across the Greenfield

Strut Your Mutt!



Paws on Park Avenue

After months of preparing and re-scheduling our second annual dog parade, Paws on Park Avenue, we finally held this event. The day was a perfect autumn morning! From dogs dressed as pumpkins, monsters and even a striped jail uniform, to their human companions matching, they walked (some performed) down the runway in a prom-premier-like

fashion complete with descriptions and funny stories. The residents and tenants lined up along the side of the runway, and we were delighted to see all the dogs and human friends strut their stuff!

Our bake sale was homemade with love from Beth, dietary manager and Elaine, Greenfield's baker,

for event goes to donate. All proceeds were given to our local animal, rescue and rehab centers: Friends of Strays: No Kill Shelter, Tri-County Humane Society, 2nd Hand Ranch Rescue and Rehab and Bekah's Bandits: a small animal rehab. We were able to raise \$340.00! Thanks to all who supported this event!



Doris B.



Danny



Ruth D.



Halloween Party - Bonnie, Doris, Julie M., Marge



Julia H.



Emagene



Pat P.



Gratice

Across Lynn's Desk

In February of 2017, an area nursing home was hit by a tornado. I helped to provide safe shelter to some of the seniors who were displaced due to that catastrophe. I will always remember each one of the people who came to us in those midnight hours. I will never forget that night.

While we hope nothing like that will ever happen to us. We never truly know what the future holds. It really is better to be safe than sorry.

We have been working hard at enhancing our emergency preparedness plan. While

we hope we never have to use it, we must be as prepared as we can be in the event a crisis occurs.

Having a good plan is critical, but having everyone involved know how to execute that plan is even more critical. You learn this by drills. Essentially, a drill is practice. Just like anything else, the more you practice the better you get. After each drill, we talk to every team member to get their feedback. Based on that, we make changes to our plan. This makes us able to continue to improve with every drill we do.

We recently had a fire drill that included an evacuation. While we did very well, we learned some things we can continue to work on.

I apologize if our drills and the alarms are a source of frustration at times. Please know, it is us making sure we can take care of you any time, any day, no matter what the circumstances.

If you would ever like to see our full emergency plan, please let me know. I will be happy to review it with you.

Lynn Olds

From the Kitchen

Fall is here and the weather has been beautiful. As the holidays approach us, we think of many fall dishes that we have served or would like to serve. If you have any recipes you would like to

share please let me know. We are always looking for new ideas for our menus. I'm also happy for new ideas for our weekly Healthy Salads as well. I hear many

great compliments on the salads.

Beth Culjan
Dietary Manager

Meditation Services

A big thank you to those pastoral volunteers come to share the Word of God with our seniors: Pastor Marcia

Peddicord from the 1st United Methodist Church of Princeton and Malden, and members of St. Louis

Catholic Church who offer communion. We greatly appreciate your service and time.

New Resident - Lucille (Muzzy) Kann



Lucille "Muzzy" Kann had a fun childhood playing outside as a "tomboy" among the over 50 children in her small neighborhood in DePue, IL. They had a real sense of community and would play together all day or take turns eating at each other's houses. Muzzy's parents, Carlo and Kate (Riva) Muzzarelli, had no other children so it was nice having so many playmates. Muzzy's father oversaw safety at the Zinc plant in town which brought a lot of people to the community.

Although Muzzy's graduating class of 1949

was small with 33 students, they were very successful and many went on to secondary school after high school. Muzzy went on to get a bachelor's from the University of Illinois Urbana Champaign in Physical Education and dance in 1953.

She married Arthur Douglas "Doug" Kann on August 6, 1955. They have two children Laura and Joseph (Joe); two granddaughters Ellen and Becky; and one great-grandson Arthur who is 18 months old.

Muzzy taught at the high school level until the 1980s and then retired, but wasn't out of work long. She ended up going back to school at IVCC to learn bookkeeping and help her husband with his business. They both retired in 1997. Doug passed in 2015.

Muzzy has always been active in the community and likes to keep busy. She

tries to walk every hour, knits, and reads a variety of genres. Muzzy likes watching the news, sports, and in particular rooting for the U of I sports on TV. She is a member of the St Louis Catholic Church and enjoys going on outings with her daughter.

Although Muzzy plans to transfer to the apartments, she appreciates the welcome she has received at Greenfield.

Kate Webster, SSD

We are now open to guests having lunch with residents and tenants at Greenfield. We do ask that you give us advanced notice so that we can make sure enough food will be prepared. We are not able to have guests eat at your dining table with you, but Kate would be happy to reserve a private dining space in our multipurpose room or conference room. Call the office at 815-872-2261.

Scarecrow Contest

Our scarecrow (front page photo) for Princeton's Scarecrow Contest was our Big Paws made from a large

round bale of straw and 7 smaller ones. We won Chamber's Choice with our entry. Thanks to all who

helped with our scarecrow! We also used our Big Paws as a backdrop for our Paws on Park Avenue event.

Autumn Pollinator Garden

Shortly before the first frost hit, we were able to hold one more Flowers of Kindness by creating simple bouquets of flowers and randomly handing them out to as many people in the community as possible.

Many blessings were received and given back to our seniors. Next year, we hope to continue to share the kindness through our garden by saving the seeds and planting them in the spring.

Another bounty that we sowed and reaped from our

pollinator garden was the small, yellow, encased-by-a-paper-husk fruit known as ground cherries (also known as Cape gooseberry, Inca berry, Aztec berry, Goldenberry and other exotic names throughout the world). When we first planted this tiny seed (about the size of a pencil tip) in spring, we did not think they would survive the summer. At first when they grew, they looked like spindly little weeds, but we planted them none-the-less at the request of one of our seniors, who carried the seeds in an

envelope and attended our Green Thumbers gardening group.

Currently, in the fall, we have reaped a tasty yet tangy, new fruit, reminiscent of a sour crabapple or stalk of rhubarb. We harvested the ripe fruit (turns from green to yellow and the husk is translucent), husked and washed them and prepared them in a pie filling where the seniors created their own mini ground cherry pies, using puff pastry.

Cooking Up Tasty Fall Dishes

Our bakers tried several different dishes this past month, which hone in on the flavor of fall. Pumpkin was one such dish that is reminiscent of home.

Everyone has his or her own pumpkin pie recipe that rings in tradition. So, we tried a different pumpkin dessert recipe that was sugar free and gluten free but still had the pumpkiny-goodness of the

old-fashioned pumpkin cheesecake. Our recipe contained almond flour in the crust and a granulated sugar substitute, monkfruit. It was quite flavorful and full of that robust pumpkin flavor.

Another recipe we tried used crabapples from our crabapple tree located next to Greenfield's parking lot. Often times when our

seniors would go outside to walk and enjoy the fresh air, they would reminisce about parents/grandparents making crabapple jelly or sauce. We decided to bring back some of those fond childhood memories and make a crabapple crisp using our own crabapples. The result was a tart and tangy dessert. In addition to the tasting, we learned many interesting facts about crabapples.

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





Gratice, Pat P., Emagene, Christy



Fr. Ed



Pat P. & Emagene delivering flowers



Officer Rokey & Lucy

Appreciation for Paws Event Helpers

Officer Rokey and Lucy, the search and rescue bloodhound, came to visit the residents and tenants before the Paws event. Officer Rokey was of course dressed in her police uniform, while Lucy wore jail stripes! The seniors LOVED seeing Lucy and Lucy

LOVED seeing the seniors! Thanks for coming Officer Rokey and Lucy!

A special thanks goes out to all who came and made this event great! Also, thanks to Nancy from the Tri-County Humane Society for coming

out and setting up a booth. Finally, thanks to all the awesome staff members at Greenfield for your time, creativity and affections towards our seniors in making this a tail-wagging day to remember!



Julia H., Jeanne, Danny, Margaret



Doris H.



Margaret



Julie M.



Christy



Jeanne



Bonnie



Marge

Clinics

I am happy to report that we have completed both our COVID booster clinic and our Flu Vaccine clinic for this year. It is good to have these done as we head into cold and flu season as well as the holidays.

That being said I want to remind everyone that the symptoms of COVID and other viruses like a cold or influenza are very similar. Just a reminder influenza is a respiratory virus different from the stomach flu. If you are experiencing any of these symptoms: fever, chills, cough, sore throat,

aches, congestion, fatigue, headache, shortness of breath, nausea, vomiting or diarrhea, new loss of taste or smell, etc. or have had a known exposure to COVID or any other virus, please postpone your visit until you have been symptom free for at least 24 hours without fever reducing medications.

Residents are screened daily for symptoms and appropriate action taken to treat and prevent the spread of any illness throughout the facility. If you test for COVID and it is negative please remember you may have another virus that could be contagious

and cause significant illness to your family member/friend or other residents.

Because of family Thanksgiving celebrations you have planned, please be mindful of any symptoms you or your family might develop and follow the protocol recommended here, as we are currently experiencing a higher amount of viruses and Covid in our community.

Thank you so much for your cooperation and assistance to do all we can to keep everyone as healthy as possible.

Shelly Davis, DON

Coat Drive

This year, we at Greenfield are reaching out to the community to help area seniors in the community by dropping off new or gently

used winter coats (adult sizes), hats, gloves/mittens and scarves. Drop off boxes are located at Greenfield and the Princeton Chamber of

Commerce in the Prouty Building. If you have any questions, please contact us at 815-872-2261 or activities@greenfieldhome.org.

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

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