Greenfield Retirement Home

Across the Greenfield

Volume 50, Issue 10 October 2026

A FEW TRICKS BUT MOSTLY TREATS



A CACKLING GOOD TIME!!!

A few tomato cages, colorful ribbons, and a little imagination made quite a spell at Greenfield! As part of October's "A Harvest of Memories" theme, our talented ladies transformed ordinary garden supplies into a gathering of whimsical witches. With pointed hats, flowing black skirts, and plenty of personality, each creation was ready for Halloween.

The ladies had a cackling good time making their witches, enjoying the chance to create together and share some laughter.

Their handiwork then took its place throughout Greenfield, marking the way for visiting trick-or-treaters to follow for candy.

This project brought together creativity, friendship, and community fun—adding a few friendly frights and another happy memory to our October harvest!



PAT P. & GRAND NIECE TRICK-OR-TREATING



WENDELL & DANCING WITCHES



BETTY WRAPPED IN TP BY 3RD GRADERS



JUDY & ED ENJOYING SMORES



MARY ELLEN & CAROL ENJOYING SMORES



LEROY'S BARN QUILT



MARGE, ADON KEIRSTEN & GREAT GRANDSON



Across Lynn's Desk

I recently returned from a dream trip to Europe. I stood beneath the Eiffel Tower, traveled through the Tuscan countryside, wandered beside the canals of Venice and experienced places that, not long ago, existed for me only in pictures.

Since returning home, I have found myself thinking beyond the trip itself: How many dreams do we quietly set aside because we assume their time has passed?

When we are young, people constantly ask what we want to do someday? Where do we want to go? What do we want to learn? As the years pass, those questions come less often. Conversations begin to focus more on what we have already done than on what might still be ahead.

But growing older does not mean we stop being curious. It does not erase the desire to see something beautiful, experience something new or have another story to tell. Dreams may change with age, but they do not have to disappear.

Not every dream requires a passport. Adventure might mean returning to a place you once loved, attending a concert, trying a food you cannot pronounce or taking a drive with no destination. It might be reconnecting with someone, sharing a story your family has never heard or finally saying yes to something you have always wanted to try.

Perhaps one of the most meaningful questions we can ask an older person is not simply, "What did you do in your life?" but, "What would you still like to do?"

The answer may surprise us and open the door to a conversation we would never have otherwise. Families may know the familiar stories, but there may still be hopes and unfinished dreams they have never thought to ask about.

My trip reminded me that anticipation is powerful. There is joy in having a date circled on the calendar, a plan taking shape or even a small outing to look forward to. It gives us a reason to wonder what might happen next.

So, I will leave you with a question worth considering —and perhaps worth asking someone you love: What is one thing you still hope to see, learn, experience or do? The next meaningful adventure may be closer than you think.

Lynn Olds

The First Conversation: Six Tips for Beginning Your Caregiving Journey- Part 2

When someone you love receives a diagnosis that changes everything, knowing what to say—or what to do next—can feel overwhelming. The first conversation can set the tone for how you and your loved one move forward together.
We covered the first tips last month for caregivers.

Here are the next two out of six helpful reminders for beginning that journey:

3. Use Clear but Gentle Language

A diagnosis can be frightening, and avoiding the subject can sometimes make it feel even bigger. Talk openly about what has happened while still being sensitive to your loved one's feelings.

You can acknowledge that the situation is scary while also letting your loved one know that you are willing to face it together.

Honesty and empathy can exist together—you do not have to choose one over the other. Listening is sometimes the best way to show support and care.

4. Ask Permission to Partner

Caregiving is not about taking over someone's life. Even when you are trying to help, your loved one may still need to feel that they have control over their own decisions.

Ask questions such as, **“Would it be okay if I came to your appointment?”** or **“Do you want me to listen, help, or make a plan?”**

Starting with small areas of partnership shows respect and reminds both of you that caregiving is a shared journey. Supporting someone does not mean taking away their independence.

Kate Webster, SSD

These tips were presented in the magazine EP in their Elder Care issue from September 2026.

Shared Blessings:
Planned Together, Enjoyed Together

Our Resident Led Activity Planning opportunity invites seniors and family members to help shape gatherings that bring people together for friendship and fun.

At our planning meeting, we explored themes, table decorations, refreshments, games, and discussion questions. Everyone had the opportunity to share ideas and choose how they would like to participate. Whether helping decorate, serving refreshments, leading a game, or simply coming to enjoy the gathering, every level of involvement is welcome. There is no obligation to volunteer—joining in the fun is enough!

This month's chosen theme is "Shared Blessings." Join us November 17 at 2 p.m. as we come together to enjoy one another's company and celebrate the blessings we share.

Each month will include a few planning sessions followed by the gathering residents help create. Watch the activity calendar for our next planning meeting, and join us. Your ideas help make each gathering meaningful!

COLORING OUTSIDE THE LINES: GREENFIELD SHARES PASSION, PURPOSE & PLAY

Greenfield's Activity Department brought creativity, enthusiasm and a passion for meaningful engagement to the Illinois Activity Professionals 47th Annual Conference. The conference theme, "Coloring Outside the Lines: Passion, Purpose & Play @ Every Age" encouraged attendees to rediscover the heart of their work. Chris led an all-day workshop that was highly interactive to encourage participants to look at activities through their resident's eyes.

Deb led a workshop on how to grow plants in a variety of ways without soil that can include people with a wide range of abilities. She discussed ways to weave gardening into meaningful programming through stories, innovation and practical examples. The conference celebrated the difference activity professionals make every day. For the Greenfield Activity Team it was a chance to share ideas, learn alongside colleagues and bring inspiration home to our residents.



JUDY, ED, KEN, ANNABELL & EUNICE ENJOYING THE CAMPFIRE



BETTY, MARIAN & HOMESCHOOLER



GRATICE & 3RD GRADE STUDENTS



LEROY WITH A WITCH



CAROL, BETTY ANN, EDWIN, ED & PAT P., ON A BUS RIDE



BETTY, DEE ANN, ANNABELL, SHIRLEY S., EDWIN, ED, PAT P., & ALETA ON BUS RIDE



BETTY ANN, BONNIE & HOMESCHOOLER

Falling Into Fall: Enjoying the Beauty of a Changing Season

As the days grow shorter and the air becomes cooler, we know that fall has officially arrived! The leaves begin to change, pumpkins appear on porches, and we start reaching for our favorite sweaters and cozy blankets. Fall is a wonderful time of year to slow down, enjoy the changing scenery, and appreciate the simple things around us. There is something special about this season. Maybe it is the smell of fresh apples, the taste of a warm bowl of soup, or the beauty of watching leaves fall from the trees. For many of us, fall also brings back memories of apple picking, visiting pumpkin patches, raking leaves, attending football games, or spending time with family and friends. With cooler temperatures comes the need to make a few adjustments to our daily routines.

Here are some simple ways to stay comfortable and enjoy the season:

- **Dress in layers**: Mornings and evenings can be chilly, while afternoons may still be mild. A sweater or light jacket can help keep you comfortable.
- **Keep drinking water**: We may not feel as thirsty when the weather cools down, but staying hydrated is still important.
- **Enjoy some fresh air**: When the weather allows, take time to sit outside or enjoy a little sunshine. A change of scenery can do wonders for your mood!
- **Stay active**: Whether it is a walk down the hallway, participating in an activity, or doing some gentle stretching, keeping our bodies moving helps us feel our best.
- **Watch for slippery conditions**: Wet leaves, rain, and cooler weather can make walkways slippery. Take your time and ask for assistance when needed.

Fall reminds us that change can be beautiful. As the trees let go of their leaves, we are reminded to slow down, appreciate the present, and make room for new memories. This season is a perfect opportunity to enjoy a favorite fall treat, share stories about autumns gone by, participate in seasonal activities, or simply sit back and admire the beautiful colors outside.
Wishing everyone a safe, comfortable, and beautiful fall season!

Baylea Weston, DON

The Greenfield Bookworms: Turning Pages, Building Friendships

A new chapter began at Greenfield in September with the launch of The Greenfield Bookworms Book Club! Led by volunteer Bonnie, the group brings seniors together through a shared love of reading and conversation.

Residents choose each book, read it individually, and then gather to share their thoughts, favorite moments, and different perspectives. Their first selection was Water for Elephants by Sara Gruen. Next month, the Bookworms will turn the pages of To Kill a Mockingbird by Harper Lee.

Whenever a movie adaptation is available, the group also tries to watch it the following month, offering another opportunity to enjoy the story and compare the book with its screen version.

The Bookworms offers a welcoming way to explore new stories, connect with others, and keep curiosity growing. All seniors are welcome to join Bonnie and the group. Pick up a book and discover where the next chapter might take you!

COMMUNITY OUTREACH PROJECT

The activity department is collecting new or gently used adult sized T-shirts (all colors and adult sizes accepted) for a community outreach program. The T-shirts will be repurposed by the residents into no sew tote bags to help others in our community. Donations are being accepted through December 31st.

GREENFIELD RESIDENTS AND STAFF THANK ALL OUR FAMILY AND FRIENDS FOR DONATING CANDY FOR OUR COMMUNITY TRICK OR TREAT

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
RETIREMENT HOME

GREENFIELD'S MISSION IS TO PROVIDE A CARING ENVIRONMENT THAT MAXIMIZES THE LIFE ENJOYMENT, INTEGRITY AND INDEPENDENCE OF EACH RESIDENT.

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November 2026

"A Patchwork of Thanks" – Greenfield's Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Sit & Fit 10:00 Sip N Social **10:00 Catholic Communion** **1;30 Internet Church Service** Daylight Saving Time Ends	**2** 9:30 Exercise Balls 10:00 Sip N Social **10:30 ABSENTEE VOTING** **1:30 Movie Monday: "Water for Elephants"** **2:30 Popcorn** **6:15 Cards &**	**3** 9:30 Weightlifting 10:00 Sip N Social **10:30 Party Planning** **2:00 Crafter's Cove: Pine Cone Flowers**	**4** *Walmart Online Shopping – Chris* 9:30 Flex with Friends 10:00 Sip N Social **10:30 Community Service Project: Making & Gifting Thanksgiving Cards** **2:00 Music with Ryan**	**5** 9:30 Resistance Bands 10:00 Sip N Social **10:00 Heart & Soul Sisters Women's Group** **2:00 Meditation Service with Pastor Bill Shields from 1st Lutheran Church** **2:30 Ice Cream**	**6** Wear R.E.D. **9:15 Mrs. Thompson's 3rd Grade Class – Native American Program with Rudy** **11:00 Fitness Fun** **1:30 Bingo** **2:30 Wine & Beer**	**7** 9:30 Senior Stretches 10:00 Sip N Social **1:30 Dice Game**
8 9:30 Sit & Fit 10:00 Sip N Social **10:00 Catholic Communion** **1;30 Internet Church Service** Diwali (Hindi)	**9** 9:30 Exercise Balls 10:00 Sip N Social **10:00 Bible Study** **2:00 International Snack Tasting – The Netherlands** **2:30 Popcorn** **6:15 Cards & Company**	**10** 9:30 Weightlifting 10:00 Sip N Social **10:30 Party Planning** **2:00 Cooking Demo: Apple Rose Pastry**	**11** *Walmart Online Shopping – Kate* Wear Patriotic Colors 9:30 Flex with Friends **10:00 Men's Group – Recognizing our Veterans** **10:30 PPLibrary** **2:00 Music with Eileen** Veterans Day Remembrance Day (Canada)	**12** 9:30 Resistance Bands 10:00 Sip N Social **10:30 Greeters to The Closet** **2:00 Fall Bus Ride** **2:30 Ice Cream** Happy Birthday Courtney	**13** 9:30 Fitness Fun 10:00 Sip N Social **10:30 The Greenfield Bookworms with Bonnie** **1:30 Bingo with Avery from Liberty Village** **2:30 Wine & Beer**	**14** 9:30 Senior Stretches 10:00 Sip N Social **1:30 PoKeNo**
15 9:30 Sit & Fit 10:00 Sip N Social **10:00 Catholic Communion** **1;30 Internet Church Service**	**16** 9:30 Exercise Balls 10:00 Sip N Social **10:00 Bible Study** **2:00 Community Outreach Project: Words to Live By Centerpiece** **2:30 Popcorn** **6:15 Cards & Company**	**17** 9:30 Weightlifting 10:00 Sip N Social **10:30 Party Planning** **2:00 Resident Led Thanksgiving Party**	**18** *Walmart Online Shopping – Chris* 9:30 Flex with Friends 10:00 Sip N Social **2:00 Music with Les** Happy Birthday Connie & Elizabeth FREE STUFF EXCHANGE	**19** 9:30 Resistance Bands 10:00 Sip N Social **2:00 Meditation Service with Pastor Colleen Lawrence from 1st Presbyterian Church** **2:30 Ice Cream** FREE STUFF EXCHANGE	**20** 9:30 Fitness Fun 10:00 Sip N Social **1:30 Bingo with Cassi from Allure in Walnut** **2:30 Wine & Beer** FREE STUFF EXCHANGE	**21** 9:30 Senior Stretches 10:00 Sip N Social **1:30 Dice Game** FREE STUFF EXCHANGE
22 9:30 Sit & Fit 10:00 Sip N Social **10:00 Catholic Communion** **1;30 Internet Church Service** FREE STUFF EXCHANGE	**23** 9:30 Exercise Balls 10:00 Sip N Social **10:30 Dietary Meeting** **2:00 Resident Council** **2:30 Popcorn** **6:15 Cards & Company** FREE STUFF EXCHANGE	**24** 9:30 Weightlifting 10:00 Sip N Social **11:30 Friends Across Facilities Lunch Outing @ Underground Inn** **2:00 Bunco** FREE STUFF EXCHANGE	**25** *Walmart Online Shopping – Kate* 9:30 Flex with Friends 10:00 Sip N Social **10:30 Catholic Mass** **2:00 Barn Quilts Program with Valerie** Happy Birthday Aleta	**26** 9:30 Resistance Bands 10:00 Sip N Social **1:30 Thanksgiving Movie: "The Family Stone"** **2:30 Ice Cream** Thanksgiving Day (U.S.)	**27** 9:30 Fitness Fun 10:00 Sip N Social **1:30 Bingo** **2:30 Wine & Beer**	**28** 9:30 Senior Stretches 10:00 Sip N Social **1:30 PoKeNo**
29 9:30 Sit & Fit 10:00 Sip N Social **10:00 Catholic Communion** **1;30 Internet Church Service**	**30** 9:30 Exercise Balls 10:00 Sip N Social **10:00 Bible Study** **2:00 Thanksgiving Trivia & Treats** **6:15 Cards & Company**					

Calendar is subject to change and all changes will be posted. Daily Juice Cart @ 2:30pm Hair Salon/Manicures with Patti by Appointment