

Across the Greenfield

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SWEATER WEATHER



FRIENDS ACROSS GENERATIONS

Smiles filled the room when Mrs. Angie Thompson's third grade class visited Greenfield! Our residents and the children spent time getting to know one another through conversation, games, crafts, and shared projects.

Each visit gives old friends a chance to reconnect and new friendships a chance to begin. The children bring curiosity and energy, while our residents share stories, encouragement, and plenty of laughter.

As this group photo shows, the best part is simply being together. We look forward to welcoming Mrs. Thompson's class each month and seeing what wonderful memories our residents and their young friends will make next!



**GRATICE, CHRISTY
& JEAN ENJOY
CARNIVAL**



**PAT P.
WITH
PUMPKIN
LIGHT**



KEN'S CLOSET FIND



**GRATICE WITH
MARY**



**BETTY, PAT P. &
3RD GRADERS**



**ED & BECKY
SHOPPING**



**SHIRLEY ENJOYING
BRUCHETTA**



**JUDY
ENJOYING
BRUSCHETTA**



**DEE ANN & BETTY
GREETING FOR
BUSINESS AFTER
HOURS**

Across Lynn's Desk

Most of us have spent our lives taking care of ourselves and others, so accepting help does not always come easily. For many older adults, asking for assistance can feel like losing independence. In reality, the right help at the right time can be what protects it. Changes often happen gradually. A person may begin skipping meals because cooking is difficult, missing medications, avoiding stairs or staying home because driving no longer feels comfortable. Unopened mail may pile up, the house may not be as tidy, or favorite activities may fall away. Together, these changes can signal that daily life is becoming harder to manage. Families sometimes wait for a crisis before starting the conversation. A fall, medication mistake or hospitalization may

make the need for help impossible to ignore. Talking earlier allows the older adult to be part of the decisions and gives everyone time to consider options. Support does not have to mean taking over. It may begin with help cleaning, transportation, medication reminders, prepared meals or someone checking in regularly. Even a small amount of assistance can improve safety and leave more energy for the parts of life a person enjoys. Retirement communities can provide this balance. Residents maintain their privacy, routines and choices while having meals, activities, companionship and assistance available when needed. They can continue living as independently as possible. These conversations should

begin with respect. Instead of focusing on what a person can no longer do, ask what would make life easier or help them continue doing what matters most. Listen to their concerns, include them in each decision and remember that accepting help is not a failure. Independence does not mean doing everything alone. Sometimes it means recognizing what has become difficult and allowing others to help. The goal is not to take control away, but to provide enough support for an older adult to remain safe, confident and involved in the life they choose.

Lynn Olds

The First Conversation: Six Tips for Beginning Your Caregiving Journey- Part 1

When someone you love receives a diagnosis that changes everything, knowing what to say—or what to do next—can feel overwhelming. Becoming a caregiver is not something most people are completely prepared for. The first conversation can set the tone for how you and your loved one move forward together.

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

1. Take a Breath Before You Begin

Before starting a difficult conversation, give yourself a moment to pause. You do not have to have everything figured out

or have all the answers. Take a walk, call a friend, or simply give yourself time to process what you are feeling.

When you are caring for someone, your own emotions can affect the atmosphere around you. Taking care of yourself first can help you enter the conversation with a clearer head and a calmer presence.

2. Lead With Empathy, Not Logistics

It is natural to want to immediately start solving problems—calling specialists, researching treatments, or making lists.

However, the first conversation does not have to be about

fixing everything.

Instead, begin by asking, “How are you feeling about this?” Then listen. Sometimes the most helpful thing you can do is simply give your loved one space to express uncertainty, fear, or other emotions without immediately trying to solve them.

Kate Webster, SSD

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

Where Generations Meet: A Greenfield Tradition

There is something special about the sound of children arriving at Greenfield. The room fills with greetings, questions, laughter, and the kind of energy that brings back memories of school days gone by.

Our visits with local students are a tradition nearly 50 years in the making. It began with Mrs. Marie Anderson, a former fourth grade teacher at Lincoln School, who brought her students to spend time with our residents. Today, Mrs. Angie Thompson's third grade class carries that tradition forward. Each month, the children and seniors look forward to seeing familiar faces, making new friends, working on projects and crafts, and playing games together.

Those visits often spark school memories. A craft might prompt a story about

learning to write in cursive, while a game can bring back memories of playgrounds, favorite teachers, or classroom parties. The children hear what school was like years ago, and our residents get to see the world through the eyes of today's students.

Everyone has a story to share.

We also welcome the North Central Home School Collective, a group of about 20 to 30 children who visit Greenfield every six weeks. They recite scripture, sing songs, play the piano, and join residents for crafts and games. Their visits bring music, conversation, and plenty of smiles to our home.

Time together benefits both generations.

Research suggests that intergenerational programs can support

social connection for older adults and encourage positive attitudes among children. At Greenfield, we see those connections grow in small moments: a child explaining a game, a resident sharing a memory, or two new friends laughing over a craft.

We are grateful to the teachers, parents, and children who make these visits possible. Nearly 50 years after the tradition began, Greenfield remains a place where generations meet, learn from each other, and look forward to the next visit.

Chris Thompson
Activity Director



**EDWIN, DANNY & 3RD
GRADERS**



**JEAN
WITH
PUMPKIN
LIGHT**



**NEVA, DEE ANN & 3RD
GRADERS**



**RACHEL & DEB
AT CARNIVAL**



**FRIENDS ACROSS
FACILITIES**



**ALETA
CRAFTING**



**BONNIE WITH 3RD
GRADERS**



**RESIDENTS AND VOLUNTEERS
IN HOMESTEAD PARADE**



**ANNABELL
READY
FOR THE
PARADE**

Protecting Our Community: Why the Flu Shot Matters

As we enter another flu season, I would like to talk about something simple but important: influenza vaccination. For healthy adults, the flu may mean uncomfortable days of fever, cough, and body aches. For older adults, especially those living in long-term care communities, the flu can be much more serious. Their immune defenses can become less responsive, increasing the risk of complications from the flu.

Why the Flu Vaccine Is So Important

The annual flu vaccine is one of the most important steps we can take to reduce the risk of the flu. The vaccine does not guarantee you will never get the flu, but vaccination can reduce the risk of illness and can make illness less severe.

What About Those of Us Age 65 and Older?

The CDC and the Advisory Committee on Immunization Practices give special consideration

to adults age 65 and older. They recommend one of three types of flu vaccines for this age group: *High-dose inactivated influenza vaccine*, *Recombinant influenza vaccine*, *Adjuvanted inactivated influenza vaccine*.

These vaccines may provide greater protection for older adults than standard-dose flu vaccines. If one of these vaccines is not available, adults 65 and older should receive another age-appropriate influenza vaccine rather than delaying vaccination.

Prevention Is a Team Effort

In a long-term care community, protecting our residents is something we do together. Vaccination is an important part of that effort, but there are other everyday steps that help reduce the spread of respiratory illnesses:

- Wash your hands frequently with soap and water or use hand sanitizer.

- Cover coughs and sneezes with a tissue or your elbow.
- Avoid visiting when you are feeling sick.

It is important for family, visitors, and workers to stay up to date with vaccinations and to avoid visiting when they are ill. Protecting our residents means protecting the entire community around them. For residents, preventing the flu can help prevent serious complications, hospitalizations, and interruptions to the activities and connections that make our community special. Thank you to our residents, families, and staff for making infection prevention a priority. Every person who takes steps to prevent the spread of the flu is helping protect someone else.

Together, we can make this a healthier and safer flu season for everyone.

Baylea Weston, DON

Greenfield Welcomes a Jeopardy! Champion

Greenfield residents enjoyed a visit from Steven Olson, band director at Princeton High School and instructor at Logan Junior High. He shared the story of his time on Jeopardy!, answering questions about the experience and giving everyone a glimpse of what it takes to reach the stage.

Steven told us he had been preparing for the opportunity since he was 18. Qualifying required tests and patience,

and he described the odds of being selected as roughly one in thousands. All that persistence paid off: he won four games and earned \$74,382 during his original run. He appeared in five regular games, then returned for two more in the 2026 Tournament of Champions, reaching the semifinals. Including his consolation and tournament prizes, his total winnings came to \$86,382.

Residents were interested in hearing how years of

practice turned a longtime goal into a television experience. It was fun to welcome someone from our own community and hear the story directly from him. Afterward, Steven stayed for a photo opportunity with the group, giving us a keepsake of the afternoon.

Thank you, Steven, for visiting Greenfield and reminding us that curiosity, preparation, and a little courage can take us to surprising places!

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.

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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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

"A Harvest of Memories"

4 9:30 Sit & Fit 10:00 Sip N Social 10:00 Catholic Communion 1:30 Internet Church Service	5 9:30 Exercise Balls 10:00 Sip N Social 10:00 Bible Study 2:00 Violin Hymns & Patriotic Songs & Stories 2:30 Popcorn 6:15 Cards & Company	6 9:30 Weightlifting 10:00 Patio Time 2:00 Interactive Video: "Journey to Montreal"	7 <u>Walmart Online</u> <u>Shopping - Chris</u> 9:30 Flex with Friends 10:00 Sip N Social 2:00 Accordion Players	8 9:30 Resistance Bands 10:00 Sip N Social 1:30 Movie: "Patch Adams" 2:30 Ice Cream Cart Happy Birthday Jean	9 9:30 Fitness Fun 10:00 Sip N Social 12:00 Activity Packets 1:30 Bingo 2:30 Wine & Beer	10 9:30 Senior Stretches 10:00 Sip N Social 1:30 Dice Game Simchat Torah Begins
11 9:30 Sit & Fit 10:00 Sip N Social 10:00 Catholic Communion 1:30 Internet Church Service	12 9:30 Exercise Balls 10:00 Sip N Social 10:00 Bible Study 2:00 International Snack Tasting - Turkey 6:15 Cards & Company Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	13 9:30 Weightlifting 10:00 Patio Time 12:00 Greenfield Hosts Rotary Luncheon 2:00 Crafter's Cove: Glass Pumpkins	14 <u>Walmart Online</u> <u>Shopping - Kate</u> 9:30 Flex with Friends 10:00 Sip N Social 10:00 Guy's Group 10:30 PPLibrary Outing 2:00 Music by Jeff Happy Birthday Edwin	15 9:30 Resistance Bands 10:00 Sip N Social 2:00 Meditation Service with Retired Pastor Colleen Lawrence from 1st Presbyterian Church 2:30 Ice Cream Cart	16 9:15 Mrs. Thompson's 3rd Grade Visit 11:00 Fitness Fun 12:00 Activity Packets 1:30 Bingo - Cassi from Allure in Walnut 2:30 Wine & Beer	17 9:30 Senior Stretches 10:00 Sip N Social 1:30 PoKeNo Happy Birthday Rachael G.
18 9:30 Sit & Fit 10:00 Sip N Social 10:00 Catholic Communion 1:30 Internet Church Service	19 9:30 Exercise Balls 10:00 Sip N Social 10:00 Bible Study 1:30 Movie Monday: "The Sheep Detective" 2:30 Popcorn 6:15 Cards & Company	20 9:30 Weightlifting 10:00 Patio Time 2:00 Crafter's Cove: Group Project Creating Witch Decorations	21 <u>Walmart Online</u> <u>Shopping - Chris</u> 9:30 Flex with Friends 10:00 Sip N Social 10:30 Catholic Mass 2:00 Music by Jack	22 9:30 Resistance Bands 10:00 Sip N Social 1:30 Fall Leaves Bus Outing 2:30 Ice Cream Cart	23 9:30 Fitness Fun 10:00 Sip N Social 10:30 Greeters to Midland Bank 12:00 Activity Packets 1:30 Bingo 2:30 Wine & Beer	24 9:30 Senior Stretches 10:00 Sip N Social 1:30 Dice Game
25 9:30 Sit & Fit 10:00 Sip N Social 10:00 Catholic Communion 1:30 Internet Church Service	26 9:30 Exercise Balls 10:00 Sip N Social 10:00 Bible Study 10:30 Dietary Meeting 2:00 Resident Council (Shelter Care) 2:30 Popcorn 6:15 Cards & Company	27 <u>Podiatrist</u> 9:30 Weightlifting 10:00 Patio Time 2:00 Cooking Demonstration: Kabak Tatlisi (Turkish Pumpkin Dessert)	28 <u>Walmart Online</u> <u>Shopping - Kate</u> 9:30 Flex with Friends 10:00 Sip N Social 10:00 Homeschool Explorer Group 2:00 Music by Alan	29 9:30 Resistance Bands 10:00 Sip N Social 10:30 Greeters at The Closet 2:00 Meditation Service with Pastor John Kelley from Faith Church in Peru 2:30 Ice Cream	30 Wear Black/Orange Halloween Shirts 9:30 Fitness Fun 10:00 Sip N Social 10:00 The Village 10:00 Dancing Witches 12:00 Activity Packets 1:30 Halloween Bingo & Treats 2:30 Wine & Beer	31 9:30 Senior Stretches 10:00 Sip N Social 1:30 PoKeNo 6:30 - 7:30 pm Community Trick or Treat Halloween

Calendar is subject to change and all changes will be posted.

Daily Juice Cart @ 2:30pm

Hair Salon/Manicures by Appointment