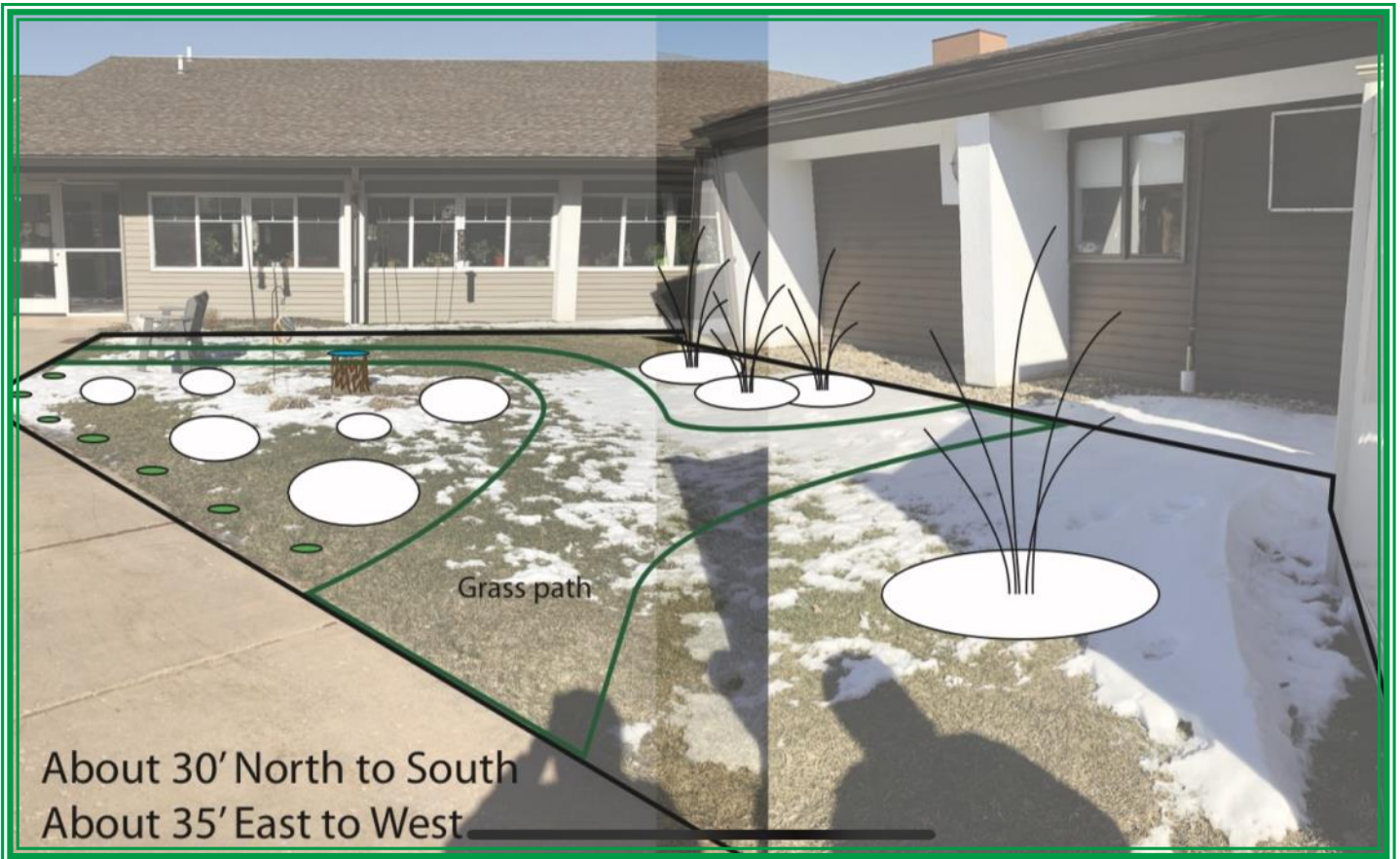


Across the Greenfield

New Butterfly Garden



Butterfly Gardening with Karen

On the south side of Greenfield, looking out from the dining room, we have bird/squirrel feeders, but felt we needed more. We talked with the residents and decided that this area would make a great place to create a butterfly garden;

so, we invited Karen, our gardening expert to share her knowledge and help us with this project. Karen offered an original design and a pamphlet full of flowers that will attract butterflies native to Illinois. Throughout the remaining

winter time and into spring, we will be researching, planning, watching educational videos and soon, we will have our own painted lady butterflies to release in our garden. This will be an ongoing project with more to come later!



Barb



Happy Birthday, Danny!



Marge



Science for Seniors



Pat P.



Ruth D.



Anita



Margaret

Across Lynn's Desk

Do you know what ageism is? It is prejudice or discrimination against a certain age group. Ageism is everywhere. Unfortunately, it usually has a negative connotation. It exists with all ages. You've probably heard (or said) the phrase "you're too young to understand". On the flip side, you might've heard (or said) "you can't teach an old dog new tricks". One of my favorites, "50 is the new 30". Why do we have this mindset? Who really wants to be 30 again? I don't want to lose almost 20 years of life experiences, lessons, memories, and time with people I love!

Sadly, ageism is usually targeted to older adults. Multiple studies have shown ageism contributes to depression, anxiety, physical health, and life

span. For some reason, society tends to paint a one-sided picture of what it means to age. It focuses on the losses associated with aging instead of the gains.

There are far more benefits to aging than there are losses! Older adults have gained wisdom from their unique life and world experiences. They have the ability to regulate their emotions better than previously in life. Maybe this is because they clearly understand what is truly important to them. Maybe they're able to let the other stuff go? Older adults have greater brain plasticity and are more likely to use both hemispheres of their brains at the same time. I could go on and on. But, my point is this; maybe if society saw aging as the precious gift it is, more people would

embrace aging.

You're probably wondering why I'm sharing this with you. First of all, I think it's important that people are aware of this very real issue. Secondly, you can help! Don't buy into prejudice and stigmas associated with aging. Also, pay attention to the words and phrases you use. Learn to recognize the biases in our language and reframe your words. Lastly, don't judge yourself or anyone else by a number!

Lynn Olds

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



Kate's Words of Wisdom

As I write this, the wind is howling outside my office window and winter is still with us. All of my hoping for Spring has been unsuccessful so far, but we've had tastes of spring and we know it is on its way. There have been some good things about winter though. I know the residents have really enjoyed getting to try out winter Olympic sports. Who knew that I would end up working in a retirement home with people that were as excited about the Olympics as I am.

I'm not an athletic person, which is why I think I enjoyed the Olympics as there is so much to appreciate from a spectator's perspective. I was not able to be in an adaptive P.E. program until high school. In college, I was able to participate in



Access Inclusive Recreation at Southern Illinois University Carbondale. Through their program, I was able to try adaptive whitewater rafting, basketball, baseball, and skiing where I skied on a bike.

As I have been preparing for my next group to lead in March: Happiness and Hope. I have been thinking a lot about all of the resilient people we have in our midst here at Greenfield. Our residents have been through so much in their lives

but they work every day to support and encourage others, including the staff. They work hard to stay active and independent. If you know someone in the community who is struggling to stay motivated during Covid limitations, have them check out the Greenfield community. It's ok not to have happiness and hope all the time, but sometimes you need something to bolster your spirit.

I encourage you to find what gives you hope whether it be religious activities or Chicken Soup for the Soul. If you are a fan of the Olympics, the Paralympics will be covered on TV starting March 4th. Hearing the stories of people who have overcome disabilities and sometimes traumatic life-changing accidents to become top of their sport might make you smile. It certainly can't hurt. Happiness,

Kate Webster, SSD

Greenfield Winter Olympics

For exercise this month, we focused one day a week on the Olympics. For the first event, we concentrated on curling. We made up our own version, playing a table top curling using targets at each end with blue and red chips to shoot for the target. Everyone had a blast!

Our next event was slalom skiing. We zig zagged our way through cones to try and make it to the finish line. We had

some fast and competitive athletes for this event. We wore ourselves out while getting some good exercise.

The final event was a combination of curling and slalom skiing to make it a bit more challenging. We began with curling and when each person finished their round then they would zig zag through the cones. Emagene was the overall winner. Go Emagene!



Emagene

Science for Seniors

Who doesn't enjoy learning some cool things about the world around us? In our Science for Seniors classes, we delved into the chemistry of color, electricity, chemical changes and futuristic sci-fi technology.

First, we learned about color. There are 18 decillion different colors in our world (that's 33 zeros after the 18). Cones and rods in our eyes help us to see color and light. Plants produce sugar or glucose with light and color. We watched a physics video with so much information, we played it twice! Then, we put our knowledge to action and tried an experiment, using coffee filter strips, markers and water. The water and gravity caused the colors to run and separate, thus illustrating movement of secondary colors from primary.

The second week, we learned about the science of bird migration. We watched two videos on this topic, which brought up many questions for

discussion. How do they know where they are going? Do they take the same path? How far do some birds fly? These were some of the fascinating questions that were illustrated for us. We did find out that the ruby throated hummingbird flies non-stop across the Gulf of Mexico, which is 600 hundred miles. It takes approximately 22-hours to fly! Imagine walking that distance without food or water. Amazing!

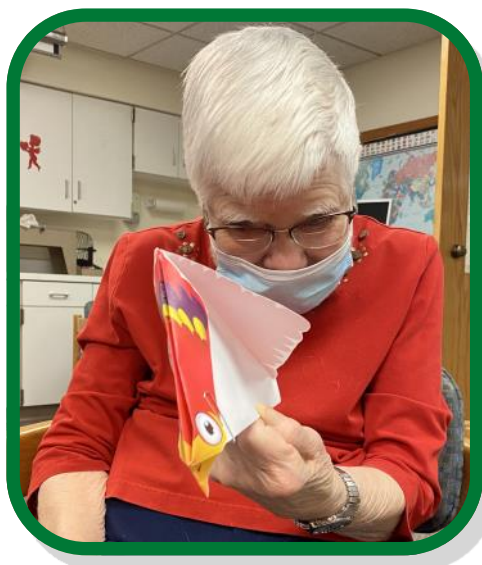
Next, we turned milk into plastic by adding vinegar. Thanks to a chemist named Adolf Spitteler and his cat, he discovered plastic back in 1897. Spitteler's plastics were widely used to make

buttons until the 1930s. We measured 1 cup milk to 3 tablespoons vinegar. Warm the milk, add the vinegar and stir, the milk proteins called caseins will come together (curd), leaving the liquid (whey) behind. Squeeze out the curd in a paper towel, shape and let it dry.

The last week we learned about hoverboards. We began by watching a video. A French inventor named Franky Zapata has invented a jet-powered hoverboard which can reach speeds of up to 86.9 mph!

We created our own hoverboards using a CD, a dish soap bottle cap and a balloon. We had fun watching them hover on the table tops. We discussed the possibilities of having hovercrafts in the future and what everyone thought of hoverboards as a mode of transportation. The residents were not tempted at all to try one!

We enjoyed our month of Science for Seniors and learned some cool things in the process!



Jeanne with science bird

Chinese New Year

2022 is the Year of the Tiger. We celebrated Chinese New Year with Danny's homemade Beef Lo Mein,

stir fried vegetables, chicken fried rice, ramen noodle slaw, homemade almond cookies and ice cream.

Delicious! We learned about some traditions that revolve around the color red, firecrackers and housecleaning.

Happy Valentine's Day

We celebrated this holiday throughout the day, kicking off with a pampering session where activity staff offered gentle touch, warm towels and ambient music.

For lunch, Beth and her crew in the kitchen served us 3 oz sirloin steaks and all the fixings (she even made heart-shaped Texas sheet cakes!). In the afternoon,

our party consisted of hand-dipped, chocolate covered strawberries and a conversational heart game where we shared some interesting, life experiences with one another.

Homemade Marshmallow Recipe

1 Cup Water
3 Packages Gelatin
2 Cups Sugar
1 Tablespoons Vanilla
¼ Cup Powder Sugar
Melted Chocolate Chips for Dipping
9x9 Pan
Parchment Paper
Instructions:
Put ½ cup water in a bowl and sprinkle gelatin packets on the water. Place the other ½ cup water in a sauce

pan with 2 cups sugar and hard boil for 1 minute. Carefully pour hot mixture into gelatin mixture. Beat for 12 to 14 minutes until stiff peaks are formed. Add vanilla. Pour into 9x9 pan lined with parchment paper. Smooth the top and let rest for 4 hours or overnight. Cut into pieces and coat with powdered sugar. You can melt chocolate chips with oil and

dip the pieces for an added flavor!



Doris B. w/marshmallow dipped in chocolate

Meditation Worship Services

We want to thank those pastors who shared the Word of God with our residents this month:

Pastor Ryan Sutton and Pastor Marcia Peddicord from the First United Methodist Church of Princeton, and Pastor Cal

Zehr from Willow Springs Mennonite Church. We greatly appreciate your coming to Greenfield!



Gratice



Glenn



Happy Birthday, Doris H.!



Ruth E.



Father Ed



Mary W.



Julie



Phyllis & Mary M. Curling

Eating Healthy

March is National Nutrition Month. After a long winter and looking toward spring I thought I would share some simple steps toward better nutrition.

- 1) Eat a rainbow of foods. Filling your plate with brightly colored fresh fruits and vegetables and lean meats naturally steers you toward healthier foods.
- 2) Serving size matters. Not only is it important to eat the right kinds of foods, eating the right

amounts of these foods matters as well. Be aware of what portion size is recommended for your age and body type.

- 3) Water, Water, Water – Water is the simplest way to improve nutrition, boost health and feel better. Drink plenty of water throughout the day (unless you have a health condition that requires limiting your fluids). Minimize the amount of caffeine and alcohol you consume and avoid sugary drinks.

- 4) Planning Meals – This helps to avoid the “grab and go” quick meal and snacking. Having healthy proportioned fruits and vegetables, nuts, yogurts, and lean cook meats available to grab instead of snacks high in sugar, fat, and calories makes better nutrition less of an effort.

I hope these simple tips will help you get on track to nutritious, delicious eating as we head into spring.

Shelly Davis, DCM



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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.

www.greenfieldhome.org