

Across the Greenfield

Donated Winter Coats



Winter Coat Drive

In November of last year, we placed boxes at Greenfield, Ace Distribution Center and LCN Closers where anyone could donate new or gently used winter coats for adults of all sizes. We were truly

blessed to have over 50 coats donated for distribution to those in need of a warm winter coat, hats, gloves, mittens and scarves. We want to extend a huge thank you to all who so

generously donated to our coat drive. We were able to had some out and the remaining coats went to Vanessa at the Princeton Food Pantry to provide for clients in need.



Carolyn



Doris H.



Pat Q.



Rosie



Christy



Jeanne & Nancy



Emagene



Eunice



Marie

Across Lynn's Desk

What do you think of when you hear "they've been through a lot of hard times" or "they've had a lot of hard things to deal with"? Do you think about someone's life experiences, financial situations, jobs, or physical obstacles? Perhaps you think of something different all together.

I've been thinking a lot lately about what it means to do hard things. As I get deeper into the topic, it becomes less clear. What is hard to one person, might not be hard to another person. This thought led me to contemplate what is hard for me. That made me realize how much my "hard" has changed over the span of my life.

I went through some times in my youth that were very

difficult. Some of which, I didn't realize how difficult until I was an adult and saw that wasn't how everyone's life was. However, the hardest thing I've ever experienced was losing my son. It was even harder to figure out how to feel happiness again. But, that experience doesn't mean everything that happened before wasn't hard.

It really bothers me when I witness people trying to "one up" others on who has it the hardest. Sometimes it seems like it's a competition. What bothers me even more is when I offer someone my sincere empathy for something they are going through and they apologize to me because it "isn't as bad" as what I've gone through.

Our personal difficulties don't make someone else's smaller. Our pain doesn't lessen someone else's pain. It is nobody's place to say how hard a situation or experience should be for someone. Nobody's feelings should be minimized or dismissed because they don't meet your standard of "hard".

This was quite a rabbit hole my thoughts went down! But, it is a great reminder to listen with empathy and offer support to whoever needs it. Let people feel what they feel and not be embarrassed by it.

With that being said, I will leave you with one of my mom's favorite quotes. "May the best of your past be the worst of your future".

Lynn Olds

Meditation Services

We want to thank our pastors who so faithfully come to Greenfield to deliver the Word of God to our seniors: Pastor Cal Zehr from

Willow Springs Mennonite Church, Pastor Colleen Lawrence from the First Presbyterian Church and Monsignor and Friends from

St. Louis Catholic Church. Thank you for coming to Greenfield!

Advanced Directives

At Greenfield, we offer advanced directives on all new admissions, staff, and family members who may not already have them in place. Often I have found even when working with older adults, that this is not thought of until it might already be needed. It is important to be prepared, know your options, and talk with your family or friends about what you would want if unable to make decisions for yourself. People often think that they have already set this up at the hospital, but most of the time it is an order and there are more formal ways to make your wishes known that can be used with all your medical appointments.

The most common form of advance care planning that anyone can do for free and if over 18 years old is a Healthcare Power of Attorney (HC POA). This is a form that says who you would want to make decisions for you if you are unable to make them for yourself. Typically, this is only used if a doctor

determines that you cannot make decisions on your own. It does allow you to make additional wishes known and to limit the HC POA's access in whatever way you see fit. You must check with the person you appoint to make sure they are willing and know what you want. They should keep a copy of the form, in addition to yourself, and the doctor. If someone does not have a HC POA and is unable to make decisions, then a surrogate will be chosen and is typically your next of kin. If you would rather a significant other or close friend make decisions for you, it is important to complete a HC POA.

A POLST or Do Not Resuscitate (DNR) form is appropriate if you are seriously ill or frail, or have a life expectancy of less than one year. A POLST must be signed by you or your Healthcare POA, and your primary care provider. The form travels with you as you move from one healthcare setting to another. You should review

it with your healthcare team as those with chronic health conditions might change their plan of care, not want to be as aggressive, or want to have more of a focus on comfort instead of treatment. A POLST lets you say whether you would want CPR, to be kept alive on machines, and for how long. You can also say whether you would want a feeding tube permanently or as a trial. A POLST is not for healthy people as the standard of care is to do everything possible to help the person recover. That is not to say that healthy people shouldn't talk to their families about whether they wish to be on long-term life support.

These are difficult decisions for a loved one to make and while they are made with guidance from the doctor, it helps them to know how you feel and gives you peace of mind to know things are in place.

Kate Webster, SSD

Happy Retirement, Elaine!

Congratulations to Elaine Hewitt from Dining Services! Elaine has worked at Greenfield for over 32 years. We wish her the best as she undertakes a new life-journey into the wonderful

world of retirement. She is noted for her excellent baking skills, especially her homemade pies and cookies. We wish her the best in her new endeavor and will greatly miss her

smile, laugh and energy she shared with both staff and seniors!

Beth Culjan, Food Service Manager

Greenfield's Bowling

We may not have the multiple lane, automatic pin setters or electronic score keeper, but what we do have is a full-length lane, pins and 1, 2 and 5 pound

durable plastic balls. Those who participated reminisced about Pleasant Lanes and Crown Lanes in Princeton where many were

on leagues and had a ball bowling as a team. This month's traveling, bowling trophy went to Danny. Congratulations, Danny!

Mrs. Thompson's 3rd Grade Visit

With the inclement weather, we had to postpone Mrs. Angie Thompson's 3rd grade visit to the following Friday. We were so glad that the

children were able to come and spend a morning playing Winter Bingo (Brrrr), creating a snowperson craft and most importantly, enjoying one another's

companionship. Both children and seniors were happy to share stories, laughs and smiles with one another. We look forward to February's visit!

Dave from PPL

Each month, Dave from the Princeton Public Library, shares with our seniors his eye for taking photos through personal pictures as

well as presenting a program on pictures from various Life Magazines dating back to the 1950s. We greatly appreciate Dave coming each month

and sharing with us! Thanks also to the Princeton Public Library for this wonderful program!

Silly Social

Sometimes, life can be too darn serious...so, we decided to share an afternoon of silliness with our seniors.

From corny jokes, playing volleyball with some oversized dice to a made-up game of trying to catch

snowballs in buckets, we felt this was a great way to start the year out silly!

The Healing Power of Hugs

When was the last time you gave or received something as mundane, yet beneficial as a hug? Hugging another person is effortless and inexpensive as this act of physical contact is often times overlooked as unimportant in our modern, technology driven world. Yet, the simple act of hugging holds profound significance. From early childhood to adulthood, hugs play a crucial role in fostering emotional bonds, promoting physical well-being and enhancing overall quality of life. When this form of physical touch is welcomed, there are numerous benefits, both psychological, physiological and developmentally important in forming social bonds.

Psychological Benefits of Hugging:

According to research, hugs have a profound impact on mental health and emotional well-being. When individuals embrace each other, a burst of oxytocin, often referred to as the “love hormone,” is released in the brain. This hormone

promotes feelings of trust, security and attachment. Hugs have been known to reduce feelings of loneliness, anxiety and depression by providing comfort and reassurance.

Physiological Effects of Hugging:

Some tangible effects of hugging, also backed by research, has shown that hugging triggers the release of endorphins, natural painkillers that promote feelings of happiness and contentment. Additionally, hugs can lower levels of cortisol, the stress hormone, thus reducing stress and lowering blood pressure. Regular physical affection found through hugs has also been linked to improved cardiovascular health and strengthened immune system.

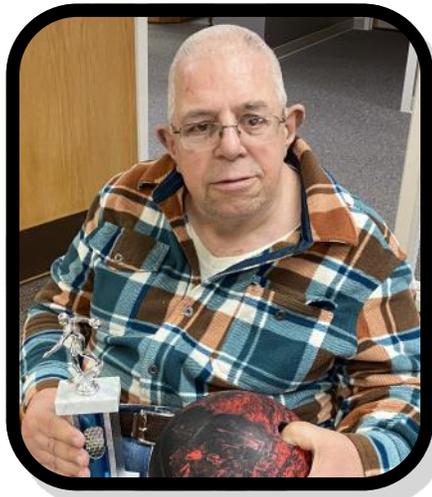
Social Connection and Empathy:

Much like a past article I wrote on the benefits of laughter, hugs serve as a universal language of empathy that transcends both cultural and linguistic barriers. This reinforces the

social bond and communicates a sense of understanding, empathy, emotional support especially in times of joy or sorrow. A hug from a loved one is vital to our overall well-being. From early childhood where the parent-child bond through physical affection to any stage in life, a hug in the right context conveys love.

There are quite a few articles on the importance of hugging another person and being hugged (one article I read actually explained how to “properly” hug another person!). Yet, in another article on hugs and healing as a mode of therapy, there is “cuddle therapy,” which reaps the same benefits as offering a simple hug to a significant other. Finally, let me clarify that I am not saying to randomly go up to someone, especially a stranger and hug them; but rather ask permission first and then give them a squeeze to let them know how much they are appreciated and loved.

*Chris Thompson,
Activity Director*



Danny



Glenn



Julie



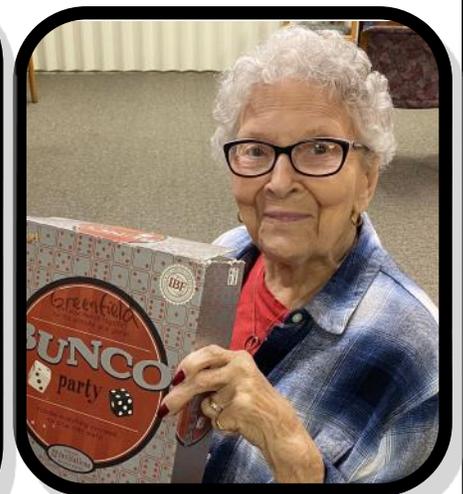
Ruth



Pat P., Bonnie S., Ruth, Julie



Bonnie B. & Betty



Emagene

Winter Weather

Well, we have certainly gotten a dose of winter weather the past couple of weeks. We had more snow than we have seen in years followed by wind and ice. My hope is that it has gotten it out of its system and we will have an early spring! I can dream, right? I thought I would share some winter weather preparation types to help us all stay safe and warm for the remainder of the season.

Winter weather can be dangerous, so it's important to take precautions to stay safe and healthy. Here are some tips to help you prepare for winter weather:

Prepare your home: Install weather stripping, insulation, and storm windows. Insulate water lines that run along exterior walls. Clean out gutters and repair roof leaks. Have your

heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside. Have a safe alternate heating source and alternate fuels available. Install smoke detectors inside each bedroom, outside each sleeping area, and on every level of the home, including the basement. Install a battery-operated or battery backup CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check or change the battery when you change your clocks in the fall and spring.

Prepare your vehicle: Service the radiator and maintain antifreeze level. Check your tires' tread or, if necessary, replace tires with all-weather or snow tires. Keep the gas tank full to

avoid ice in the tank and fuel lines. Use a wintertime formula in your windshield washer. Prepare a winter emergency kit to keep in your car in case you become stranded.

Prepare for emergencies: Stock food that needs no cooking or refrigeration and water stored in clean containers. Ensure that your cell phone is fully charged. When planning travel, be aware of current weather and forecast conditions. Keep an up-to-date emergency kit, including: Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps.

These tips are provided by the CDC and the National Weather Service.

Shelly Davis, DCN

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

www.greenfieldhome.org

Greenfield is a not-for-profit provider.