

Across the Greenfield

Bingo & Popsicles



Summer Fun at Greenfield

What's summer without popsicles? Or Greenfield without Bingo? Both add up to Summer Fun @ Greenfield. The residents enjoyed some rousing rounds of an all-time favorite, Bingo. After playing, we worked up an appetite for cool and

refreshing popsicles. Somethings as simple in life really make a difference with person-centered care. It's those little touches that make our home a great place to live and work! Happy Summer to all of you!





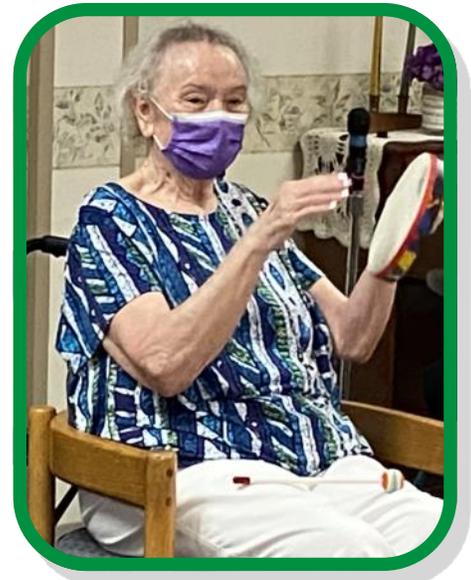
Barb



Happy Birthday, Kathryn!



Drum Circle



Pat P.



Bonnie B., Glenn, Ruth E., Margaret



Happy Birthday, Pat A.!

Across Lynn's Desk

As most of you know, I suffered a tragic loss this month when my son died unexpectedly. The outpouring of love and support from Greenfield has been a large part of what is helping me through this time. I would like to extend a heartfelt thank you to everyone who reached out, sent a card, or attended the service.

As I'm sure you've noticed, I like to use this article to help educate people about older adults and bring aging issues/challenges to the forefront. Today I will continue this. But, in a different way.

I constantly see families trying their hardest to make sure their loved ones are happy and have everything they need. They visit when

they can, go out for lunch, bring treats or supplies, etc. I've always admired, respected and appreciated this as a long-term care administrator. These things are important and I encourage you to continue to do them.

Sometimes in the quest to bring happiness, families try to "protect" their loved one by not sharing the heartache and struggles they are experiencing in their own lives. While all the things you do to help take care of your loved ones are important, what parents want more than anything is for you to be healthy and happy. Life isn't perfect. Everyone will struggle in some way at some point in time. We all know this. From the moment our children enter our world, they

become the core of who we are. We want to help keep our children healthy. We want to protect them from heartache. When we can't, we want to help them through it. We want to hear about the good times and celebrate those together. Being a part of all of those things is being a parent. It's engrained in our soul.

I guess what I'm trying to say is don't try to protect your parents from worrying about you. They are going to worry anyway. Let them participate in every part of your life. You might just find they have the wisdom you need to help you through anything. God put them on this planet to parent you. Let them do it.

Lynn Olds

Meditation Services

This month we want to thank the following people and churches for coming to Greenfield and sharing the Word of God with our

seniors: Pastor Bill Shields from the 1st Lutheran Church, Pastor Marcia Peddicord from the Princeton and Malden 1st

United Methodist Churches and Msgr. and all our friends at St. Louis Catholic Church. We greatly appreciate all that you do for our seniors!

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



New Resident - Patricia (Pat) Polson



Most of you are familiar with Pat Polson, nee Brigham, as she came from our Independent Living Community. Now you get to know her a little more and see her more often at meals as she has moved to Sheltered Care. She enjoys being at Greenfield and is looking forward to when she is up to be more active again.

Pat was born on a farm outside of Tiskilwa but grew up in Bureau Township. Pat enjoyed growing up on the farm and helped her dad with a lot of the outside "Tom-Boy" chores. She preferred the outside work as her older sister learned homemaking skills and there was an age gap

between her and her younger brother. Pat's mother's maiden name was Dean and she has strong family roots on her father's side in this area.

Pat changed high school her junior year and graduated from Manlius High School in 1956. She married Merle Polson on April 1, 1956, on Easter Sunday. They were married 64 years before he passed in October 2020. Some of you may remember Merle from when he was in the apartments with Pat as they were both active and enjoyed playing in card groups at Greenfield. Pat still enjoys cards but doesn't bowl or golf anymore. She enjoys reading all genres and has only had her TV on 2 to 3 times since coming to Sheltered Care.

Pat is a member of the DAR, the Historical Society, and the First Lutheran Church in Princeton. She and Merle have 3 daughters - Gayle, Sharon, and Jennifer. She has numerous grand and great-grandkids and will post their pictures and

letters on her door.

Pat was happy that she was able to attend community college later in life at IVCC and Blackhawk. She was surprised at how nice people were to older students and thinks it's never too late to learn something new. However, math was not her favorite subject to try and pick up again after being out of school for so long. I'm sure many of us can agree.

Please be sure to welcome Pat to the sheltered care side of Greenfield!

Kate Webster, SSD



“Bloomin’” Good Times @ Greenfield!

It seems like years, but we pretty much have our pollinator garden complete. Through generous donations of time and monetary gifts, we were able to purchase some beautiful butterfly and bee-attracting flowers. From Bee Balm to Butterfly Weed, our expert volunteers chose flowers that would tickle the insects’ fancy and bring them over to our special nook in the back of Greenfield. The seniors and families could be seen walking outside or sitting on

our memorial bench, enjoying the flora and fauna of the area. Our cut flower garden is just waiting for cuttings in vases to take back to rooms or give as gifts to loved ones. When the zinnias were coming up, we weren’t sure whether or not they would take off, but soon discovered how full of color they became.

Our Green Thumbers Gardening Group have been busy as a bee sowing and now, reaping the benefits of

both beauty and healthy foods. People who come to Greenfield are told that they better lock their car doors or the squash and zucchini fairies will leave a nice bounty! We’ve enjoyed multiple servings of zucchini and summer squash sautéed in butter sauce. Recently the cucumbers are setting on and we have had them served with our healthy salads and in a vinaigrette dressing. If you haven’t had a chance to visit our gardens out back, be sure to come on over and stay awhile!

Smoothie Tuesday

Deb shared some of her healthy and delicious smoothie recipes with our seniors. Many of us remembered telling our children and grandchildren to eat your veggies! And, we often turned our nose up to them. Well, smoothies

are a great way to incorporate veggies like spinach, and turn them into a tasty treat! We used plain (no sugar added) almond milk, plain (no sugar added) Greek yogurt, Monk fruit (a cane sugar alternative) along with blueberries, peaches, bananas and avocados to

create a healthy blend full of vitamins, minerals, fiber and so much more! The seniors taste tested three different blends and decided that they were all delicious! They even agreed to add Smoothie Tuesdays to our August calendar.

Independence Day

The 4th of July was Illinois’ typical summer day – hot, muggy, but what made it special was the fact that this day was a celebration

of our great nation’s fight for independence. That day, we learned some historical facts and later, we ventured outside to Greenfield’s

parking lot and watched the beautiful display of colorful fireworks. It was a great way to end the day!



Fr. Ed, Glenn, Doris H., Emagene, Marvin



Julie



Culver's - Emagene, Doris B., Danny, Sam



Emagene



Bonnie B.



Leaf Casting with Deb

Summertime Safety

Well here we are at the end of July and heading into August. Time just flies when we are having so much fun. Just a reminder as we continue with the dog days of summer be mindful of the temperature. When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

Staying Safe When It's Too Hot

- **Stay away** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when
- the sun starts to set.
- **Air conditioning** is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned.
- **Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.
- **Dress appropriately.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat.
- **Did someone say sunburn?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin.
- **Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. You can also wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

Enjoy the rest of your summer and stay cool!

Shelly Davis, DCN

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'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