

Across the Greenfield

Family Time!



Family Picnic

The weather outside was frightful, so Greenfield's inter-disciplinary team came together, brainstormed and decided that the family picnic must go on!

We devised our first Indoor Family Picnic by following CDC and IDPH's safety

guidelines, while offering each family his or her own dining area throughout the building -complete with picnic-themed table decorations, prayer/menus and a fun family project.

Everyone enjoyed delicious food (the ribs were out-of-this-world!), wholesome

conversations and most importantly created fond family memories. Thanks to all the staff and families for making this event a success!



Jeanne



Flag Day - Marvin & Fr. Ed



Mary M.



Dairy month - Kathryn, Mary M.,
Mary W., Barb



Gratice with family



Christy & Morganne



Ruth D.



Jeanne



**A note of appreciation to
the staff from the people
who live at Greenfield:**

**The residents of
Sheltered Care and the
Apartments join together
in giving a BIG THANK
YOU to all the wonderful
staff here at Greenfield
for refusing to let rain, or
extreme heat keep them
from working together to
provide a Great
inside picnic.
THANK YOU!**

Across Lynn's Desk

We've had a lot of projects going on over the past year! Some of these have been painting, repurposing spaces (we hope you enjoy the new conference room for care plans), installing a new HVAC unit, and continuing to spruce up our grounds. Everything we do, we do to improve quality of life at Greenfield.

Our most exciting project this past year was converting our outdated shower room into a relaxing spa. We had the opportunity to create a comforting space designed with safety, comfort, and ease of use in mind.

Our new spa boasts a state-of-the-art side entry whirlpool bathing tub, spacious 5' walk in shower, storage cabinets, and shelving. It is finished off with natural looking ceramic tiles and cheery yellow walls. To complete the spa feeling, every bathing experience is finished with a warm towel and heated body lotion.

This project was needed not only to provide a more comfortable bathing space, but to ensure safety and peace of mind.

We would like to thank the Hutchinson and English families for their very

generous donation that made this possible!

Our next project is an outdoor patio in the front of the building where our seniors will be able to safely and comfortably enjoy the outdoors and the bustling of Park Avenue. We were fortunate enough to receive a donation that will fund half of the project. If you would like to contribute to the patio, please feel free to contact me.

Thank you for your continuous support as we work to fulfill our mission!

Lynn Olds

Meditation Services

We are so thankful when the pastors, priest, lay-people come to share the Word of God with our residents. Thanks to those who so faithfully serve: Friends and Monseigneur from the St. Louis Catholic

Church, Pastor Ryan from the 1st United Methodist Church, Pastor Cal Zehr from Willow Springs Mennonite Church, Pastor Marcia Peddicord from the 1st United Methodist Churches of Princeton and Malden,

Pastor Scott Schmidt from St. Matthew's Lutheran Church, and Doris and Mary, who play the piano for us.

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



Hope and Happiness Group

This week the sun has been shining and the temperatures are down making everyone smile even if it is under a mask. Having sunshine and flowers blooming just makes everyone a little more cheerful. We have been spreading cheer in the Hope and Happiness Group too, now that we are focused on humor. We've enjoyed sharing stories about play as children; then as adults with our children and grandkids. For a resiliency story, we talked about the 50th anniversary of title IX. The residents shared stories of sports they played growing up, something that surprised us younger staff members. We learned to play a new game that had us laughing, 5 Second Rule. You have 5 seconds to name 3 things from a topic on the card. It sounds easy but is much more intimidating with the timer we decided. It is important to laugh at

yourself. We've enjoyed the YouTube clips from Mary Maxwell who makes jokes about getting older and dealing with your kids. I told the residents about one of my classes in college sharing the most embarrassing stories that happened to us for fun. We are still building up to being comfortable doing that topic in the group. For the next few sessions, we are going to be sharing family pictures, memories, and stories. This was the idea of one of our residents who shared that looking at her pictures brings her so much joy. Anyone new is welcome to share or just listen.

Laughter is good medicine and good self-care. If you are spending time laughing then you are less likely to spend time being tearful, angry, scared, or lonely. Taking that time for yourself to do whatever you enjoy is important, but we tend to sabotage ourselves. "We

often have some ideal vision—usually unconscious—of what self-care looks like. This vision conveys that we should do self-care a particular, perfect way." I should walk daily, meditate, eat only healthy food, or get a certain amount of sleep a night. Don't set yourself up to fail, "instead of "should"ing, focus on satisfying. That is, not what I should do but what is satisfying for my self-care? What's caring, rather than criticizing? This shift from shoulding to satisfying engages the habits of savoring, celebrating, and practicing gratitude." Sharing in laughter is something everyone can do even those with physical challenges or mental health problems. Just find what brings you joy and laughter. It's not selfish to want to soak in a hot bath it's self-appreciation.

Kate Webster, SSD

Paws on Park Ave.

Due to the inclement weather, we have post-poned our annual dog parade. We

are hoping to tentatively continue the patriotic theme for September 17th (the weekend after

Homestead). We will share more details closer to that date.

Milking June for All It's Worth

This month's theme revolved around National Dairy Month, World Milk Day and National Cheese Day. Holy Cow! That's a lot of "cow"abunga good opportunities to "milk" June for all it's worth. If only we had some live dairy cows? Well, maybe not the actual cows, but we did have a wine and craft beer tasting along with a variety of unusual cheeses for the residents to sample.

Some of the cheeses tasted were garlic Laughing Cow cheese, port wine cheese, blueberry cobbler cheese (YES! There were actual

blueberries mixed in the cheese!) and everyone's go-to-cheese, Colby jack cheese cubes. Each participant was offered a sample of all the cheeses. The preferred cheese was the garlic Laughing Cow cheese.

Next, we sampled a white zinfandel and a red Moscato. Although, these are popular wines, some of our Greenfield connoisseurs have not tasted them. The white zin is an off dry to sweet rose wine, which according to the Internet was invented by Sutter Home Family Vineyards winemaker Bob Trinchero in

1975. The red Moscato is more of a fruity sweet effervescent red wine produced with dark Muscat grapes like the black-purple Muscat Hamburg. The taste testers agreed that the favorite was the white zin.

And lastly the craft beers, which are primarily brewed in small amounts, typically less than large breweries, and are often independently owned. We selected two varieties to sample: India Pale Ale (IPA) and Apple Peach (a craft beer from Wisconsin). They both held a unique taste, which pared well with the different cheeses.

Dairy Bingo

Instead of B-I-N-G-O, the cards had D-A-I-R-Y. The rules were a bit different as were the prizes. Instead of a variety of games, we played exclusively regular bingo with increased winners each round. Every winner yelled

a cow themed sound, phrase, etc. The prizes were also dairy themed with caramel creams bulls-eyes. After the allotted time, the one with the most candies won the grand prize: a bucket of cow figurines and Cow Tales

chewy caramel sticks. The grand prize winner was Christy. We also had Morganne the Cow help pose for pictures and pass out prizes. It was a MOO- arvelous time!

Absentee Voting

At Greenfield, we offer absentee voting for ALL residents who wish to cast his/her ballot. We

coordinated a time with Matt @ the City Clerks office in which those who wish to vote may do so with the

convenience of not having to go to a voting booth. Our residents who vote proudly wore their "I Voted" stickers.



Danny with family



Marge



Sharing Laughter at Hope and Happiness



Jane with friends



Doris B.



Phyllis with family

Milk Painting

Apparently, milk painting has been around since the beginning of time with the cave people using a simple composition of milk, lime and earth pigments to Greenfield's version of milk painting, which consisted of curdled milk and liquid

acrylic paints. The milk with lemon juice added was left out overnight, strained and added to acrylic paints of the choice. We used a sponge brush and applied the substance to wooden posts (later sealed with a spray coating to protect the

paint from the elements), which we will use outside in our pollinator garden.



GREENFIELD RETIREMENT HOME QUALITY SENIOR CARE SINCE 1911

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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