

Across the Greenfield

Summer Soiree



Summer Soiree Fun!

Check out the smiles from our first ever Summer Soiree! Families and friends joined with their loved ones to engage in an evening of fine dining, laughter and love. We at Greenfield enjoyed

spending time with residents/tenants and their families/friends...such wonderful memories.

Thanks to all who came and made this event great!

SUMMER
Soiree



Pat Q.



Emily



Bonnie B.



Pat P. & Autumn eating S'mores



Fr. Ed & Marvin - Flag Day



Danny



Mary B.



Mary M.

Across Lynn's Desk

Thank you to everyone who attended our first Summer Soiree! Our goal was to create a special evening for Greenfield seniors to spend with their loved ones. In our fast-paced lives, it's essential to pause, cherish those special relationships, and create lasting memories. Your presence not only added to the festive atmosphere, but also brought warmth and happiness to the event.

Special evenings provide an opportunity to strengthen

the bonds with our loved ones. By engaging in meaningful conversations, sharing stories, and laughing together, we create an atmosphere of warmth, love, and connection. These moments help us foster deeper relationships, reaffirming the importance of our shared journey through life.

We hope you all created cherished memories that will last a lifetime. Life is filled with milestones and achievements that give us

reasons to celebrate. But, we believe our relationships with those we love most are a wonderful reason to celebrate at anytime during the year.

It warmed our hearts to hear the conversation and laughter. It was an absolute pleasure serving all of you. Thank you again for giving us the highest honor of caring for you.

Lynn Olds



Staff at the Summer Soiree

Flag Day Ceremony

On June 14th, we paid homage to our symbol of freedom, the American flag. This was a time when we raise the American flag and

honor our Veterans for their service to our country. Also, we were blessed to have the veterans from the Roger L. Eickmeier American Legion

Post 125 come and celebrate with us. Thanks to our Veterans at Greenfield and to all veterans who have served our country.

New Resident - Nancy Sims



Nancy came to Greenfield from the Tiskilwa area but is a native Princetonian and lived in Florida as a child. Her father owned a deep-sea fishing business and named his boat after Nancy calling it Nancy Kay. Nancy's father was Glen Albert Newbury and her mother, Helen Marie Lenihan. Her father's family came from England originally and her mother's family was traditionally from Ireland. Nancy has been to both places and enjoyed traveling.

Nancy has two younger sisters, Susie Thomson who followed in Nancy's footsteps going into nursing,

and Sally Newbury who works as a librarian in Kankakee IL.

Nancy graduated from Princeton High School in 1958 and Rockford Memorial Hospital School of nursing in 1961. She worked as a nurse's aide at Perry Memorial Hospital during high school and that helped her know that nursing was her calling. She worked as a nurse at Perry and then through in-home care. Nancy enjoyed in-home nursing as she really got to know her patients and families.

Nancy married her husband Richard Hult on September 17, 1961. They had three children Richard Darrin Hult, Lisa Bettner, and Laura Rollins. Nancy has six granddaughters and one great grandson. Nancy's husband, Richard, passed in 1991 and Nancy married William "Cletus" Sims, who passed in 2021, inheriting step-children and grandchildren. Nancy's son Richard and daughter Lisa have both unfortunately

passed. Her granddaughter Kirstin is close in Tiskilwa as is her step-daughter Missy, her sister Susie is down the street from Greenfield, and granddaughter Kaitlyn is in town so it is easy to set up visits which she enjoys.

Nancy is a member of First Presbyterian Church in Princeton and used to be active in the women's ministries at church and Beta Sigma Phi. She likes to read fiction, watch Wheel of Fortune, get outdoors to garden, or watch the birds. She has enjoyed being more active here than at home and getting to know the other residents here. Nancy appreciates how welcoming everyone has been at Greenfield!

Kate Webster, SSD

Do-nut Worry, Be Happy in June

Who doesn't love a good donut, right? Did you know that in 1938, the first National Doughnut Day was celebrated as a way to fundraise for the Salvation Army in Chicago? This special day served a two-fold purpose, assisting those in dire need during the Great Depression and celebrating the Doughnut Girls of World War I.

Back in 1917, the United States joined forces with our Allies in WWI and the Salvation Army went on a fact-finding mission to see how the organization could help the soldiers during WWI in France. Since the Salvation Army did not believe in violence (conscientious objectors), they did want to support the soldiers the best they could, and that support came from providing donuts to men at the front lines.

As I delved deeper into this sweet yet sticky story, I learned that the women in combat zones provided "such a helpful service, a nice break from the atrocities of war, that [their presence] was a pretty

powerful thing. The work of women in WWI really did lead to suffrage. The number of women in these organizations were doing really needed and valuable work – and proving their ability to do so," according to Patri O'Gan, one of the women offered her services in making donuts for the soldiers in combat.

It is interesting to note that the whole concept of providing a "motherly" touch to the soldiers entailed food, and not just any type of food but the most popular comfort food of all...the donut, thus sparking the name: WWI's Doughnut Girls. While most baked goods were tricky to make on the front lines, these women used simple things like a cut-out-can of condensed milk for the shape of the donut, a helmet filled with lard for the cooking oil and a wine bottle as a rolling pin. Not to mention these women risked their lives while baking these sweet treats, dodging bullets and shrapnel in an effort to support our soldiers. These were amazing women to say the

least.

By the way, the spelling of doughnut is world renown, where as the donut spelling began in the 19th century with a popular donut chain I am sure we've all patronized: *Dunkin' Donuts*.

On a lighter note, last month I wrote about sharing my laughter leader skills with those present at the Senior Center, during the Senior Fair, I have since then been asked to conduct a laughter club. If anyone in the community is interested in attending, the date is Thursday, July 13th at 10:30am @ the Senior Center. I most likely will not be serving donuts, but I will be serving a healthy dose of laughter.

*Chris Thompson,
Activity Director*





Jeanne



Joanne & Tiffany



Julie & Jon

Elvis Live at Psycho Silo

The day was perfect to Love me Tender by watching Elvis impersonator, Jr. Tally mirror the King of Rock 'n' Roll through his actions and

especially his music. We were invited to attend this event and enjoyed nearly two hours of Elvis' classics from his early years to late

years. The weather was perfect and we had the best seats in the house: the front row! Thanks to the Psycho Silo for inviting us and for a great day of music and fun!

Meditation Services

Thank you to all the ministerial staff who come to Greenfield and deliver the Word of God with our seniors: Pastor Ryan Sutton of the 1st Methodist Church of Princeton, Pastor Cal Zehr from Willow Springs Mennonite Church of

Tiskilwa and Monsignor and Friends from St. Louis Catholic Church in Princeton.

Also, we extend a special thank you to Pastor Marcia Peddicord from the 1st Methodist Church of Princeton and Malden. Pastor Marcia has been coming to

Greenfield to minister for years. She has recently taken on a new ministry in another area, so we will greatly miss her. We want to wish Pastor Marcia the best in her new journey! We honored her with a party following her time with us. Thanks!

Save Paper, Save the Planet!

Let us know if you'd like to receive our newsletter by email at: office@greenfieldhome.org





Marie



Pat A.



Carolyn



Donut Day!



Nancy



Tour of the Jail

Brain Health, part I

Best Foods for Brain Health

Your brain is an organ just like your heart, lungs etc. It is important to focus on physical health as it also impacts brain health.

However, we don't often think about nutrition in terms of **brain-healthy foods**. Seniors become prone to many serious cognitive diseases during the aging process.

Therefore, brain health is especially important for seniors. That's why it's important to be proactive about eating the right foods to support cognitive function.

Here are some of the most **brain-healthy foods for seniors** (which are also excellent for physical health):

Salmon is rich in two different types of omega-3

fatty acids, which are great for brain health.

Leafy greens. Leafy greens contain high amounts of B vitamins, beta carotene, folate, vitamin E, and vitamin K. To get these benefits, seniors should eat plenty of spinach, lettuce, kale, and arugula.

Coffee. Coffee helps to improve concentration and focus, and in moderate amounts, it can even lift your mood.

Dark berries and cherries. Dark berries like blackberries, blueberries, and blackcurrants as well as cherries have plenty of antioxidants, which help to protect against cognitive diseases.

Eggs. Eggs contain nutrient-rich, low-fat protein. They're also high in choline, which boosts brain function, and

tryptophan, which helps to form the feel-good hormone serotonin.

Nuts. Various kinds of nuts offer different brain health benefits. Walnuts are the best, as they contain more antioxidants than other nuts. Other great options are almonds, pistachios, and macadamia nuts

Dark chocolate. Dark chocolate is another food rich in brain-protecting antioxidants as well as flavonoids and caffeine.

Other foods. There are many other foods that are excellent for promoting cognitive function such as avocados, Greek yogurt, cruciferous vegetables, and colorful fruits and vegetables in general. Next month we will look at lifestyle choices for good brain health.

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.

Greenfield is a not-for-profit provider.

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