

Greenfield Retirement Home

# Across the Greenfield

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## Lori and Her Team



## Following the 2023 Iditarod

Greenfield residents and tenants enjoyed an afternoon learning some fun facts and first-hand experiences from Lori Windows. Lori brought her

racing equipment and two retired Alaskan huskies, both dogs were given to Lori from current musher, Jessie Royer.



Patsy



Carolyn



Ruth with her plants



St. Patrick's Day Bingo



Muzzy



Emagene



Joanne



Marvin

## Across Lynn's Desk

Spring is a time for rejuvenation. People typically use this energy towards spring-cleaning. It feels good to get your home decluttered and reorganized. In some cases, even a little home improvement project can make it feel like a new space. It's like a breath of fresh air!

If you're like me, you can over extend yourself. I know I tend to take on a lot of projects inside and outside of my home. I love helping people and being involved in our community. This often means I volunteer (or am recruited) to spend the majority of my free time working towards different causes. I know most of you can relate to this. Therefore, I ask you this, are you taking

care of yourself?

What do you think would happen if we took a spring-cleaning approach to ourselves? We'd have to evaluate how we spend our time and thoughts. Are we eating foods that provide nutrients to our bodies or are we eating just to get full? Are we moving our bodies enough to maintain physical health? Are we making time to do the things we enjoy? Are we taking care of our mental health? Are we continuing relationships out of habit that actually put a strain on us? I encourage you to complete a self-evaluation and determine if you are living with intention every day.

In order to live our best

lives, maintain quality relationships and take care of others, we need to take care of one's self first. This includes the mind, body, and soul. Let's dedicate this spring-cleaning to making sure we are taking good care of ourselves.

I hope you all have a wonderful Easter surrounded by those you love!

*Lynn Olds*



## Dietary Department

On March 17th, St. Patricks Day, we celebrated with a special meal of Corned Beef/Cabbage, Red Potatoes, Baby Carrots, Green Jello and a Chocolate Mint Oreo Dessert. It was all very yummy and delicious, and

everyone seemed to enjoy the meal!

I always feel laughter is the brightest in the place where food is good. And we love to see the smiles on faces when people love the food.

*Beth Culjan, Dietary Mgr.*



# Disability Awareness Month

March is recognized nationally as Disability Awareness Month in the US. Over 1 billion people are estimated to have a disability in the world, which equals over 15% of the population. Looking at our census data for Princeton IL, 12.5% of our population under age 65 identify as having some type of disability.

It is important to remember that while many physical disabilities are noticeable, like my diagnosis of Cerebral Palsy, many disabilities are hidden like those with health conditions, mental health diagnoses, and some forms of learning disabilities or autism might appear high functioning but benefit from accommodations. It is not our place to pass judgment over what someone may need to have a better quality of life. Instead, we should look at what we can do to be friendlier to people with disabilities in our community. Is your business as barrier-free as you think it is? Do you take steps to limit stimuli that can be a barrier for people with

hearing loss, learning disabilities that make it hard to focus, or for someone with autism that might need a quieter environment?

I am on the board for the Illinois Valley Center for Independent Living which is required to have their board and staff be made up of over 50% people with disabilities. They offer services for all types of disabilities at any age or ability level. Our residents have benefited from the ITAC program for phone amplifiers, but they can also advocate for resources in the community, school, and workplace. They also are willing to do disability site surveys.

Disability Awareness isn't just useful for people with disabilities. If universal design was done more when working on new buildings more people would be able to age in place. If mental illness had less of a stigma then more people would be willing to seek help and have better access to services.

Viewing someone with a disability with an all-

or-nothing attitude does not help the situation. Unfortunately, disability is often perceived this way: A person either has the disability or does not. Disability is anything but binary and instead is highly complex, nuanced, intersectional, and diverse, correlating with a wide range of experiences. For instance, 85% of people with eye disorders have some sight, many people who use wheelchairs are able to walk sometimes, and learning disabilities (like dyslexia) present in spectra. Furthermore, disabilities can be short- or long-term, transitory or permanent, and can impact people's lives to varying degrees at any given moment.

Failure to appreciate the dynamic nature of disability can have profound consequences, not just for the individual trying to navigate their life but for society at large. I urge you to educate yourself on more ways that you can be open to individuals with disabilities in our community.

*Kate Webster, SSD*

## Iditarod 2023

This little publicized race is one of Alaska's bright gems, also known at The Last Great Race on Earth. The Iditarod Trail Sled Dog Race first ran to Nome in 1973 after combining two small races into one that now covers nearly 1000 miles of trying and tough terrain. Dog sleds were the means of transportation in Alaska's harsh winters until the arrival of snowmobiles "Iron Dogs".

Today, the Iditarod is a race of endurance and love for the sled dog. Many of the race dogs are Alaskan Huskies, a breed that is not considered a purebred by registered kennels due to the fact that this type of dog is not a pure breed in comparison to the Siberian

Husky. There are notable differences between these two similar dogs such as different lifestyles. Alaskan Huskies are bred for speed, while Siberian's are more for work ability rather than endurance. However, both breeds have double fur coats, which keeps the dog insulated in the winter and summer months.

Once we delved deeper into the history and preferred dogs involved in the Iditarod, we invited one of our friends, Lori Windows to come and speak to the residents about her experiences in assisting with the care of the sled dogs. She shared personal stories about the mushers and their dogs and even brought in her sled and gear she uses

to run her current Alaskan Huskies: Hercs and Brooks. Both dogs are retired Iditarod dogs from musher, Jessie Royer.

Greenfield Residents followed the entire Iditarod race with daily YouTube news segments, Iditarod.com and blog updates. Our large bulletin board by the activity room showcased a map of the race with a marker that indicated the lead racer along with fun facts, musher news, and other tidbits. This year's winner was Jessie Royer, whose grandfather was one of the founders of the Iditarod race. Overall, residents, tenants and staff really enjoyed learning about this fantastic journey.

## Meditation Services

We are grateful for the ministers who come to Greenfield and share the Word of God with us. Thanks goes out to Pastor Scott Schmidt of St.

Matthew's Lutheran Church, Pastor Marcia Peddicord from 1st United Methodist Churches of Princeton and Malden, Pastor Derek Boggs from the Evangelical

Covenant Church and to Monsignor and friends from St. Louis Catholic Church. We greatly appreciate your coming!

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





Danny



Pat P.



Doris B.



St. Patrick's Day Bingo



Rosie



Lori &amp; Jeanne



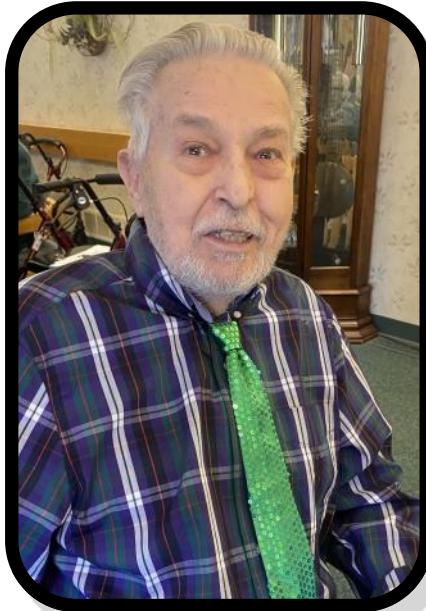
Christy



Marge



Julie M.



Fr. Ed



Bonnie S.

## Plant Lovin' Tour

So many residents/tenants have such green and vibrant indoor plants with such a variety of species that we decided to showcase them. We asked all participants to choose their favorites and share their stories. Plant Dr. Deb, expert plantlovin'ologist, spoke on

every type of plant while touring the building. From spider plants to the infamous ZZ plant (an exotic African plant with a name too long to pronounce), residents and tenants learned some interesting facts as well as shared years of plant caring tips with the group.

Following the afternoon tour, we held a reception featuring edible cacti, veggie flowers and a green drink that did not taste like dirt. Thanks to all those who participated and shared their love of plants.

## A Taste of South America

Did you know that in 2008, Ecuador became the first government to grant constitutional rights to Nature? This is due to protecting of the Amazon rainforest. Or when eating at a restaurant in Uruguay,

don't expect to find salt. The reason being that the government discovered that over 30% of its citizens suffer from hypertension. These were just a few of the fun facts we learned while tasting some interesting snacks from

South America. We tasted Lemon Plantain Chips, Chili Pepper Flavored Bites, Candy-Coated Cookie Clusters, Yogurt Flavored Plum Cake and Coconut Rice Crispy Bar. The favorite was the Candy-Coated Cookie Clusters!

# Boosting the Immune System

As we all know the Biden administration has set May 11, 2023 as the date that the COVID-19 public health emergency declaration will end. We have all become so much more aware of infection control measures not only in the health care environment but at home and in public places. As this crisis comes to an end, we need to remember the things we have learned such as hand hygiene, staying home when sick, getting recommended vaccinations, and cleaning and disinfecting surfaces. We can also do some things to boost our immune systems to fight off illness which include:

- Stay up to date on recommended vaccines.** Vaccines teach your body to recognize and fight off specific diseases-causing illnesses. It is much safer for your immune system to learn via vaccination

- than through infection with these harmful germs.
  - Maintain a healthy diet.** Include plenty of vegetables, fruits, legumes, whole grains, lean proteins and healthy fats. This will ensure you are getting enough of the micronutrients Vitamin B6, Vitamin C, Vitamin E, Zinc, and Magnesium.
  - Exercise regularly.** Moderate-intense exercise mobilizes immune cells and moves them into tissues. This helps immune cells detect and react to infections.
  - Hydrate, hydrate, hydrate.** Staying hydrated helps support your immune system by ensuring the immune cells are able to flow throughout our bodies in our blood and lymph fluid.
  - Get plenty of sleep.** To give your immune system the best chance of fighting
- off infection it is important to get the right amount of sleep, as well as the steps to take if your sleep is suffering.
- Minimize stress.** Chronic stress effects your health. It is important to identify specific stressors in your life and find ways to reduce the stress through deep breathing, meditation, prayer, or exercise.
  - Supplements.** Eating healthy foods containing micronutrients are better than taking supplements, unless you have a known nutrient deficiency. It is best to consult with your Primary Care Provider before taking a supplement as they are not regulated or approved by the FDA the way medications are.

I wish you all a future of good health and happiness.

*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](http://www.greenfieldhome.org)

Greenfield is a not-for-profit provider.