

# Across the Greenfield

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## Happy Retirement, Phil!



### This isn't goodbye...it's see you later!

May 26<sup>th</sup> was a day full of laughter and tears as we celebrated Phil's retirement and his 20 years of service to Greenfield. We wanted this day to reflect the special impact Phil has had on Greenfield and the people who have lived and worked here. We themed it "Black Tie" because the residents love to see Phil in his tuxedo and Phil loves to be seen in it! Due to Covid, Phil got to have not one...but **three**

retirement parties all in one day. At 10am we had a party with the Sheltered Care residents. At noon, the apartment residents celebrated with Phil. Then, at 2pm, the staff and Board of Trustees surprised Phil with one last party. Throughout the day, Phil shared stories about his life and his time at Greenfield. In classic Phil fashion, the stories were infused with funny jokes and even a little dancing. He

enjoyed hearing stories and well wishes from our residents and employees. We are all truly thankful for the dedication and love Phil has given Greenfield over the years. We are thrilled he has agreed to continue to share his musical talents with us. Phil, we tip our hats to you as you enter retirement. But, remember, this isn't goodbye... it's see you later!



Mary



Doris H. - flower planting



Doris B.



Greenfield Board with Phil - Chuck, Tim, Gary, Pete



Norma



Ruth D.



Anita



Marvin

## Across Lynn's Desk

What is sacrifice? According to vocabulary.com it is "a loss or something you give up, usually for the sake of a better cause". Sacrifice means different things to different people. In fact, the meaning can change throughout one's life.

When you're a kid, missing out on a friend's birthday party because you have to go to a family reunion seems like a sacrifice. As a teenager, simply spending Friday night with your family instead of your friends feels like a sacrifice.

But, as we get older, our sacrifices tend to get bigger and more meaningful.

When you have children, you stop doing many of the things you enjoyed in the past. Instead of buying yourself new clothes, you get your kids something they really wanted (and probably didn't need). You pass up nights out and trips with friends. As we go

through life, many of these things can seem like sacrifice. Technically, they are sacrifices. You are giving things up for a better cause (family and friends).

I believe we all know sacrifice on some level. But, how much we have sacrificed throughout our lives is different for each of us. Regardless, none of us have sacrificed as much as a fallen soldier. That is why they call it the ultimate sacrifice.

These men and women put everything on the line, including their lives, to fight for what they believe to be the greater good. I for one, am eternally thankful for their service and sacrifice. I enjoy living in a country where I can say and do what I want as long as I'm not harming others. I am thankful I was given the

opportunity to create any life I wanted for myself and my children. I thank God every day that I don't live in a country where armed guards patrol the streets and you never know when you might step on a bomb.

This Memorial Day, I ask you to think about the freedoms you enjoy every day. Think about the men and women who took their last breath protecting that freedom. Say a prayer for them and their families. If you can, attend a Memorial Day service. No matter where you are or what you are doing, please give a moment of silence for those who gave the ultimate sacrifice for our great nation. God bless America.

*Lynn Olds*

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

## Volunteer Opportunities

If you are interested in helping the residents out in various capacities and are interested in a rewarding time spent with the senior population, contact Lynn or Chris for more details (815-872-2261).

We are currently accepting applications to fill some of our needs such as a person

(s) to shop for residents on a weekly/monthly basis, one to one visits, helping in different departments with day-to-day activities or even leading a program. Perhaps you play the piano or another instrument or have a talent or skill you would like to share or even a one-time event where you offer the residents a new memory?

Give us a call and find out how you can be a vital part of Greenfield's care.



## National Older American's Month

We turned our celebration of older American's month into a spirit week full of fun activities, floral designs and colors and delightful prizes for all staff and residents.

This year's theme was: "May All Your Weeds Be Wildflowers." Each day was dedicated to either a weed or a wildflower.

We kicked off our spirit week with Monday: wearing floral prints; Tuesday: wearing purple for violets; Wednesday: wearing yellow for dandelions; Thursday: white for daisies; Friday: wearing red for roses. Some of the fun activities

included: an interactive flower tour, large paper flower craft, making dandelion cookies and drinking dandelion tea, learning about the Song of Solomon 2:1, and ending the week with flower bingo!

We enjoyed many "floral" snacks like dirt and worms, violet drink, dandelion cookies and tea, flower-shaped cucumber sandwiches, and daisy pretzel bites. But the best part about the week-long celebration was the awesome prizes every day that we gave away to honor our residents and staff for all they do at Greenfield. The donations

were from Ace Distribution Warehouse, who donated so many wonderful prizes, which enabled us to offer all staff and residents a prize. Thanks Ace! Also, thanks to Culvers, McDonalds, U.S. Foods, Bimbo Bakeries, Flower's by Julia, and Wyonet Meat Locker for your generous donations!



**Father Ed**

## Dandy Dandelions

Who would have guessed that the little yellow flower, the dandelion that we deem a weed and try to eliminate from our yards and gardens could be so interesting and healthy for you? In one of our classes, we made dandelion cookies. Each resident was given his or her own little yellow flowers to peel the green off and add to a traditional cookie mix. The residents enjoyed making and tasting them. Some fun facts about dandelions:

- The dandelion plant's every part is useful – roots, leaves, flower. Its uses include dye for coloring, food, and medicine.
- Dandelion seeds can be carried away to up to 5 miles from their place of origin.
- The dandelion flower has a yellow-orange hue and comprises many individual, miniature flowers called ray florets. The dandelion flower opens at the time of sunrise and closes at night.
- Animals like butterflies, insects, and birds consume the seeds or nectar of dandelion.
- The dandelion leaves are 2 to 10 inches long. A rosette is formed by these green leaves at the stem's base. Dandelion leaves appear tooth-like at the edges.
- Pharmacists in 19th-century England made tea from roasted dandelion roots. The drink is still trendy today, thanks to a coffee like taste and color without caffeine.
- A cup of chopped raw dandelion greens provides 112 percent of the daily requirement for vitamin A (at only 25 calories).
- From blossom to root, 100 percent of this weed, which is also an herb, is edible for most people.

## Dandelion Flower Cookies

### Ingredients:

- 1/2 cup oil
- 1/2 cup honey
- 2 eggs
- 1 teaspoon vanilla
- 1 cup unbleached flour
- 1 cup dry oatmeal
- 1/2 cup dandelion flowers

### Instructions:

1. Preheat oven to 375°F.
2. Blend oil and honey and beat in the two eggs and vanilla.
3. Stir in flour, oatmeal and dandelion flowers.

4. Drop the batter by teaspoonfuls onto a lightly oiled cookie sheet and bake for 10-15 minutes.

### To Prepare Dandelion Flowers for Use in Recipes:

1. Wash them thoroughly.
2. Measure the required quantity of intact flowers into a measuring cup.
3. Hold flowers by the tip with the fingers of one hand and pinch the green flower base very hard with the other, releasing the yellow florets from their attachment. Shake

the yellow flowers into a bowl. Flowers are now ready to be incorporated into recipes.



**Elaine**

## Paws on Park Avenue: A Mother's Day Event

As our group of residents and activity staff were sitting outside enjoying the afternoon sun, one resident stated that "it would be sure nice to see some dogs walking out front. We don't have to touch them, but just admire them." So, we brainstormed and came up with a way to make this resident and other residents' wish come true. Thus we came up with an event to honor our mothers on Mother's Day and share some unconditional love through a dog parade.

We made some calls to those around us who have dogs, put together a questionnaire and collected vaccination records to create

our first (and definitely not last) dog parade. Since Greenfield is on Park Avenue, we thought it fitting to name the event Paws on Park Avenue.

The State regulations state that we were not allowed to touch the dogs at this time, but we sure could admire them from the sidelines. We encouraged the human companions to dress the dogs up as well as offer a funny story. Some of the dogs were dressed in costume and others were just happy to be there. The residents made peanut butter dog bones wrapped in pretty bags along with water and a bowl just in case our furry friends were

thirsty.

We had over 25 human companions and just about that many furry friends line up on marked paw prints (to help maintain social distancing standards). The parade felt like being at prom premier! Each dog was given an introduction, funny story and all the residents clapped for them. It was a great event (we even made the front page of the Bureau County Republican!). Special thanks to the activity department and to all the human companions and their furry friends for making Mother's Day a memorable one.

## Dog Biscuits

### Ingredients:

- 2 cups whole-wheat flour
- 1 T. baking powder
- 1 C. peanut butter
- 1 C. milk

### Cooking Directions:

Preheat oven to 375 degrees. In a bowl, combine

flour and baking powder. In another bowl, mix peanut butter and milk. Add wet mixture to dry, and mix well.

Turn out dough on a lightly floured surface and knead. Roll out to 1/4-inch thick and cut out shapes. Place on

a greased baking sheet and bake 20 minutes or until lightly brown. Cool on a rack then store in an airtight container.

Makes 30 large bones.



**Retirement Party!**



**Sam - Paws on Park Ave.**



**Deb & Danny**



**Pat**



**Gratice**



**Eleanor**



**Nancy**



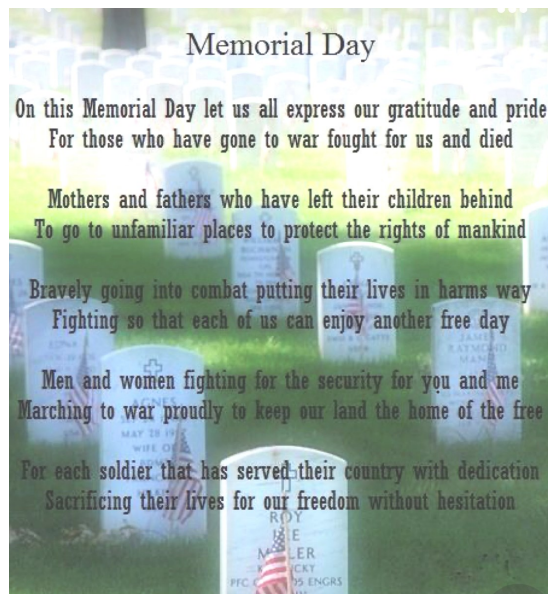
**Marge**

## Memorial Day

After missing out on the entire summer last year I know everyone is looking forward to getting together this Memorial Day weekend. As we gather together and enjoy some sense of normalcy let's not forget what Memorial Day is about. I want to thank all the men and women who have served and their families for their sacrifices as well to allow me to live this free life.

God bless you all.

*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)