

Greenfield Retirement Home

# Across the Greenfield

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## Derby Hats

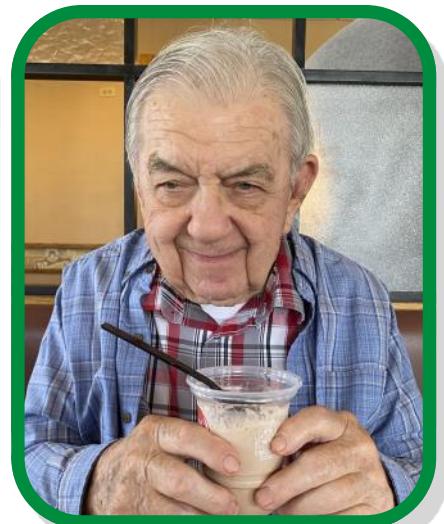


## On Your Marks...Go!

The Kentucky Derby is an American Grade 1 stakes horse race run at Churchill Downs in Louisville, Kentucky. Unfortunately, we were unable to attend, so we brought the races to Greenfield. We began our derby by creating

personalized and unique hats. The Kentucky Derby is noted for extravagant and bizarre hats, so we used paper, ribbon, peacock feather, beads and whatever else we could find in our craft supplies to create one-of-a-kind hats. The next day,

we shared our hats with a walk through the dining room for all to see. Finally, our activity staff created a realistic game board with homemade horses and the residents/tenants rolled the dice to see who won! It was a great day at the races!!

**Bonnie S.****Marvin****Glenn****Christy & Emagene - Bingo winners****Doris B.'s Derby Hat****Jane****Joanne's Derby Hat****Marie's Derby Hat**

## Across Lynn's Desk

In a world consumed by screens and schedules, we often forget the profound impact that nature can have on our well-being. So, let's take a moment to appreciate the incredible benefits of enjoying the outdoors.

**Stress Relief and Mental Restoration:** Stepping outside into nature is like a breath of fresh air for your mind. It eases stress, calms the racing thoughts, and provides a sanctuary for mental restoration. The sights, sounds, and scents of the natural world work wonders in rejuvenating your spirit and boosting your mood.

**Health and Vitality:** Engaging in outdoor activities not only keeps you fit but also enhances your overall health. From brisk walks to adventurous hikes,

nature provides a playground for physical fitness. So, lace up your shoes, embrace the sunshine, and let nature be your personal gym.

**Creativity and Inspiration:** When you surround yourself with nature's beauty, inspiration flows freely. The outdoors stimulate your imagination, unlock creative ideas, and offer a change of perspective. So, venture outside, let your thoughts wander, and see where your creativity takes you.

**Connection and Togetherness:** Nature is a catalyst for deeper connections with loved ones. Whether it's picnicking in a park or embarking on an outdoor adventure, sharing these experiences strengthens bonds, creates cherished memories, and

reminds us of the importance of human connection. We now have a variety of wonderous outdoor spaces at Greenfield for you to enjoy!

**Gratitude and Conservation:** By spending time in nature, we develop a profound appreciation for our planet's wonders. The more we immerse ourselves in its beauty, the more motivated we become to protect and preserve it for future generations.

So, let's seize the opportunity to embrace the great outdoors. Step into nature's embrace, let it nourish your mind and body, and discover the transformative power it holds.

*Lynn Olds*

## Dining Services

I have been working on new Spring/Summer menus with our new food company, GFS. I have sent them off and am waiting for their response. It could take a few weeks to customize these. I'm anxious

to get them back and get them started. I have taken comments/ideas from our residents that they would like to see on our new menus. I am very happy with the

new company and we will continue to serve our great quality of food.

*Beth Culjan, Dietary Mgr.*

## Kate's Reflections

This month is Mental Health Awareness Month and I have received lots of emails about ways to have less stress and a positive mood. I feel that my stress and mood have improved greatly since coming to Greenfield. I hear often from people that are touring, new residents, or staff doing orientation that when you come to Greenfield it is calm, peaceful, and brings joy to everyone. There are plenty of other workplaces where this is not the case, so I am grateful to our residents for this opportunity to serve.

Just because it is peaceful at Greenfield, though, does not mean that we don't know how to have fun. I am always amazed at our activity staff and what they come up with to celebrate their monthly theme. This month we had horse racing for the Kentucky Derby, the dogs take over for Paws on Park Ave, and the combination of Mint Juleps with Nachos for Cinco de Mayo. What a mix of activities to enjoy! The

kitchen staff also gets in on the theme, making new foods for us to try. All the staff is willing to step in and make this a wonderful place to work, and for our residents to call home. There is something for everyone and it boosts all our moods.

This month is also Older Americans month and I have enjoyed learning from our older adults here when I lead my groups: Show & Share as well as Hope & Happiness. Show & Share is fun because you never know what you might get. We've had people bring scrapbooks about their job during WWII, stories about when the king of Sweden visited, art, books, and tips. We even have looked up Adeline Prouty (whose trust started Greenfield) on ancestry.com. This month Marvin showed off his beautiful woodworking while I shared my disabled figurines. At Hope & Happiness this month, we looked at gardening, and being a mother. We will be talking about spring

cleaning. In discussing May Day, it was sweet to see how many residents got their first kiss on this day. I also enjoyed the stories of motherhood and celebrating our mothers and grandmothers by showing pictures.

There is always something to learn from each other and through sharing we see just how connected we all are. Next month we will be looking at your favorite children's book that you might have read as a child or read to your children/grandchildren. If you have a favorite book, please let Kate know so we can share and continue to learn.

*Kate Webster, SSD*

## Paws on Park Avenue

Our third annual Paws on Park Avenue featured some of the finest dogs in costumes for our residents viewing and cuddling pleasure from pugs to Irish setters and mutts, we enjoyed a morning of furry fun! Beth from Dietary Services offered a bake sale with all the proceeds going towards: Bekkah's Bandits (a

wildlife rehabilitation), Friends of Strays, Tri-County Humane Society and 2nd Hand Ranch Rehabilitation Sanctuary. We raised \$150.00, which will be divided amongst these animal rescues.

We awarded the Top Dog prize (resident's choice award) to Scott and Major

and the RUFFle Basket winner was Jude and his human companion. Many of the dogs dressed in costume and all of them enjoyed all the love the residents/tenants gave to them as they paraded by. Thanks to all who made this event a great one!

## *Activity Department*

## Aging Unbound

According to LeadingAge, "now, more than ever, older adults are breaking and rejecting the stereotypes of aging and living longer and healthier lives. Grandparents are raising their grandkids, learning new hobbies, and leading movements to combat ageism. That's why the theme for national older Americans Month is 'Aging Unbound.'"

This was a poignant theme for May as we celebrated Aging Unbound through many of our activities and outreach programs. Lynn and I had the pleasure of attending the 1<sup>st</sup> annual Senior Wellness Fair at the

Bureau County Senior Center where multiple businesses set up booths and shared opportunities/services with seniors in the community.

As a certified laughter leader, I had the opportunity to share the benefits of laughing as well as lead some fun laughter exercises at the Senior Fair. Laughter seems simple enough but as we grow older, we forget the joy of laughing. Studies show that young children laugh around 300-400 times a day, while older adults merely laugh 10-14 times a day. Laughter has a wide-range of benefits both physically and

psychologically. Laughter is different than humor, since humor is subjective whereas laughter is a physiological response that offers an internal jog for your organs and increases your happy hormones.

One laughter exercise I shared is to start the day off with joy and happiness by looking in the mirror and just start laughing! Laughter is contagious as well as a universal language. If you are looking for some free entertainment, turn to a friend and just start laughing! For me, laughter is a merry medicine.

*Chris Thompson*

**Jeanne's Derby Hat****Father Ed****Julie**

## Visiting the Library

This month, we ventured out to the Princeton Public Library for a personal tour and an opportunity to sign up for library cards. So many new books to choose from,

archives to read about past Princeton events and so much more. It was a great afternoon in which we could have spent more than an hour...we have scheduled

more outings in the future. Watch your calendar for dates! Thanks to the Princeton Public Library for showing us around and making us feel welcome!!

## Meditation Services

Thank you to all the ministerial staff who come to Greenfield and share the Word of God with our seniors: Pastor Scott Schmidt from St. Matthew's Lutheran Church, Pastor Derek Boggs

and Pastor Jessica Boggs from the Evangelical Covenant Church, Pastor Marcia Peddicord from Malden and Princeton's 1st United Methodist Church and Monsignor and friends from

St. Louis Catholic Church. Thank you to the ladies at Manlius Baptist Church for the May Day Baskets and the patriotic signs they made and donated to all the seniors at Greenfield!

### Save Paper, Save the Planet!

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





Pat P.



Pat A.



Nancy



Bonnie B.



Danny



Paws on Park Ave.!



Gratice



Margaret



Derby Race!

## The Benefits of Heat Therapy for Chronic Pain

A warm, soft heating pad wrapped on a tight shoulder or placed on an aching back can be beneficial. Heat therapies are not just for acute injuries but are a good option for chronic pain as well.

Last year, a survey from the U.S. Pain Foundation revealed that heat and cold therapy is actually the most used relief option for people with chronic pain. Heat therapy increases the temperature of skin and muscle, along with blood flow and metabolic processes. This improves healing and elasticity, thereby helping reduce pain.

Hot therapy is best for areas that are affected by

stiffness and tension—like sore or spasming muscles. Many find it helpful for neck, back, and shoulder pain especially, but it can also be used on other joints.

Like with all therapies, there are precautions to take when using heat therapy. For example, heat therapy should not be applied to open wounds. Heat therapy should always be used as directed by your doctor and by the product manufacturer. With the high costs and side effects that come with many treatments for pain, heat therapy remains a foundational part of any pain management plan.

We have Rice Thermal Heating Pads available here at Greenfield for purchase

by residents. If your doctor feels you would benefit from heat therapy, we prefer you purchase the heat pads from us as they meet our infection control standards as well as comply with our policies for proper heating and use. If your doctor feels you would benefit from heat therapy, the nursing staff is happy to help with getting the proper orders in place and assist you or your family with the purchase. The cost for the Rice Thermal Heat Pad is \$20.00.

*Shelly Davis, DCN*

### 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.*

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

Greenfield is a not-for-profit provider.