

Across the Greenfield

Welcome Third Graders!



Welcome Back, Mrs. Thompson's Class!

After the COVID-19 restrictions relaxed, we have finally brought back our intergenerational program with Lincoln School! The seniors LOVED having the 3rd

graders back in the building where we "Showed and Shared" favorite items brought by the children. We conducted interviews with one another and spent

some time interacting and getting to know the children. It was wonderful meeting them all! We look forward to October's visit!



Muzzy



**Happy Birthday,
Nancy!**



Danny



Betty



Christy & Emagene



Joanne



Jeanne



Eunice

Across Lynn's Desk

One of my favorite hobbies is reading. In fact, it is probably my absolute favorite. I have always loved a good book. Even as a child, I was an avid reader. I remember in 5th grade, I won a writing contest and got to go to a young authors conference. I was able to meet several authors and get their autographs. As part of my prize, I won a full set of encyclopedias. I thought that was the coolest thing in the world. I spent part of everyday at the public library. To own the same set of books found at the library, made me feel so special and lucky.

I couldn't tell you how many books I've read in my life. Actually, I couldn't tell you how many I've read in the last month. But, I can tell you my all-time favorite

book is Mitch Albom's 'The Five People You Meet in Heaven'. This book not only touched my heart but has also left an indelible mark on my soul. It's more than just a book; it's a profound journey.

It is a tale of redemption. Eddie, the central character of this story, is an elderly maintenance worker who finds himself in heaven after a tragic accident. His encounters with five people who played significant roles in his life unveil a powerful message about redemption. This narrative shows us that no matter how broken or flawed we may think we are, there is always hope for healing and reconciliation.

It uncovers many of life's hidden connections. Through Eddie's journey, the

book reveals the intricate web of connections that bind us all. It reminds me that the people we meet and the choices we make have a far-reaching impact, often beyond what we can comprehend.

Forgiveness is at the heart of this story. Eddie's quest for forgiveness, both for himself and others, illustrates the incredible transformative power of letting go. It serves as a beautiful reminder that forgiveness is a path to inner peace and personal growth.

If you haven't read this book, I highly recommend you do so. It has touched my heart and soul in ways I cannot fully express, and I hope it can do the same for you.

Lynn Olds

Meditation Services

This month, we want to thank Pastor Derek Boggs from the Evangelical Covenant Church, Pastor Bill Shields from the 1st Lutheran Church, and

Monsignor and Friends from St. Louis Catholic Church for mass and communion.

Thank you all for coming to Greenfield and meeting our spiritual needs!

**Thank
YOU!**

World Alzheimer's Awareness Day

September 21 is World Alzheimer's Awareness Day. I have gotten several questions in my caregiver support group, which meets at the library, about the different types of dementia and medications that can help. It is always important that you talk to your doctor about any concerns with dementia you may have. The Alzheimer's Association also has a lot of resources on its website if you want to empower yourself with knowledge before seeing the doctor.

Dementia is an umbrella term for different forms of degenerative diseases that change the brain impacting one's decision-making, thinking, motor function, ability to complete tasks, live alone, etc.

Alzheimer's is the most common form of dementia and can be early onset or late onset. It is caused when the signals in the brain get interrupted by the formation of plaques and tangles.

Vascular Dementia is the next most common form of dementia and is caused by interruptions in the blood flow of vessels in the brain. You might notice changes in someone suddenly or changes may come and go. It can be more common in people with a history of stroke, TIAs, or those who played sports with high rates of contact to the head.

Lewy Body Dementia is characterized by abnormal protein deposits in nerve cells. Someone with this form of dementia may have more trouble with movement and be at higher risk of falls. They may have more visual hallucinations or nightmares, increasing their paranoia.

Frontotemporal Dementia is associated with degeneration of the frontal lobe of the brain and can lead to changes in impulse control, behavior, and language. Someone may be more dis-inhibited or say rude or mean things to

others. Changes are not limited to this, however, and may be dependent on the type of dementia that someone has.

Several things can cause dementia-like symptoms that may be treatable like changes in your labs or a UTI. That is why it is important to see a doctor regularly and to be honest about how you are doing. Your doctor may run some tests and if they feel it would help, they may start you on medications to slow the progression of dementia. Early detection is key.

Kate Webster, SSD



Let Your Dreams Take Flight

Let Your Dreams Take Flight was the theme for Princeton’s Homestead Festival, so we decided to use this theme for the month of September at Greenfield. We went around to various residents and asked what their dreams were. From riding a camel, flying over Australia and visiting the aboriginal people to having a healthy and happy family, many residents expressed their dreams. With permission, we posted those dreams on

our large bulletin board with caricatures of themselves for all to view and enjoy dreams that may not have been shared otherwise.

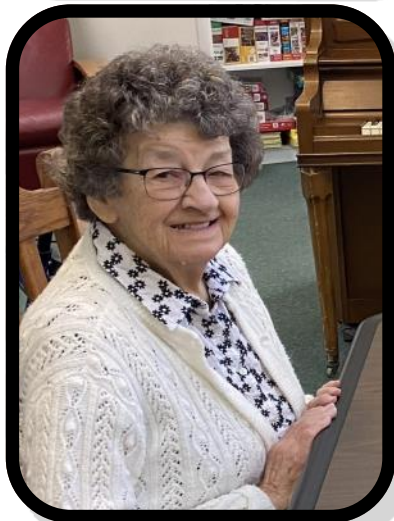
In our Crafter’s Cove, we created Dream Catchers using cardboard, string, feathers and beads. We learned about dream interpretation and shared some bizarre facts using an artificial intelligence program in deciphering the meanings behind our dreams.

Our Homestead Festival Parade float consisted of our life-like mannequin taking flight from her rocking chair, while steering an older bicycle up, up, up and away in the clouds. We want to thank all who helped with the float, walked in the parade and a special thanks to Chase Norton for the use of his trailer and tractor.

*Chris Thompson,
Activity Director*



**Emagene
&
Chris**



**Doris
B.**



Homestead Float

The Four Happy Hormones

The title of this article sounds like a Hollywood reality show, right? And if you understand how these four “characters” work within your body, you will be able to boost these four hormones through a “Happily-Ever-After” life. So, let me introduce the main “characters”, the protagonists: 1) Endorphins, 2) Serotonin, 3) Dopamine and 4) Oxytocin.

First up are Endorphins. Endorphins are produced by the central nervous system to help us deal with physical pain.

Coming in second place is Oxytocin or otherwise known as the “love hormone.” Extensive research has linked oxytocin release to life satisfaction levels through both men and women.

Next, we have Dopamine which drives the brain’s reward chemical. It is released when you are doing something

pleasurable.

Finally, Serotonin helps to stabilize our mood, feelings of well-being and happiness. It helps decrease our worries and concerns and is associated with learning a memory.

You may be wondering out of over 50 different types of hormones in your bodies, how does one motivate these 4 main characters to perform according to the happiness-ever-after script? Like a tabloid that tells all, here are some insights into understanding how these 4 hormones work for you:

Endorphins (The Pain Killer)

- Laughing
- Exercising
- Dark Chocolate
- Essential Oils

Oxytocin (The Love Hormone)

- Hugging Your Loved Ones
- Playing with a dog or cat
- Playing with a baby
- Holding Hands

Dopamine (The Rewarding

Chemical)

- Complete a Task
- Doing Self-Care Activities
- Eating Delicious Food
- Celebrating Little Wins

Serotonin (The Mood Stabilizer)

- Sitting Outside in the Sun
- Meditating
- Running or Walking
- Being in Nature

So, the moral of this story is be cognizant of how these 4 Happy Hormones play a major part in your overall well-being and then act on this awareness to live your best life ever! Do not just sit back and become a bystander watching reality TV, instead become more active. For Greenfield residents/tenants know that our activity programming is designed with these 4 Happy Hormones in mind, assisting you in becoming a happier and healthier person. The End...or the beginning?

*Chris Thompson,
Activity Director*

Save Paper, Save the Planet!

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





Ruth



Glenn



Bonnie S.



Rosie



Doris H.



Patsy



Pat P.



Eunice



Betty

Flu Clinic

Oregon Healthcare Pharmacy will be here on Tuesday Oct. 31 to give this year's influenza vaccine to all residents who wish to receive one. Kate has already met with both Sheltered Care and Independent Apartment residents to fill out the declination form to determine who wishes to receive the vaccine. The pharmacy already has insurance information for billing. The day of the clinic each resident will be required to fill out and sign a consent and screening form prior to being vaccinated.

I know everyone is wondering about the COVID booster as well as the RSV vaccine that is recommended this year. I

have been in communication with the pharmacy regarding both. At this time I do not know if we will be having a COVID booster clinic here at Greenfield. The pharmacy is still working on figuring out if they will have vaccine available and determining payer sources, etc. At this time I recommend that you talk to your Primary Care Provider regarding both the COVID booster and RSV vaccine and based on their recommendations determine if you should get one or both of these vaccines. I am not sure if you will be able to get vaccinated at their offices or if you will need to go to the local Health Department. I will let everyone know when more information becomes available as to whether we

will have a COVID vaccine clinic here at Greenfield.

I hope everyone stays healthy this fall and winter. Please be aware of any symptoms of any respiratory illness and postpone visiting friends and family here at Greenfield until you are feeling better. As always wash your hands, cover your cough, stay home if ill.

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

Greenfield is a not-for-profit provider.