





## ACTIVITY HAPPENINGS

### Welcome to the August issue of the Greek American Times.

July was a warm and fun filled month for our home! We began the month by celebrating the 4th of July with a barbeque lunch and afternoon social. We were very excited to have visited the St. Nectarios and St. Haralambos Greek Festivals. Their generosity and accommodations were greatly appreciated. Everyone had a spectacular time and it is nice to know we have such good friends in our community! We enjoyed the summer sun with outings to the Botanic Gardens, Target and Demetri's Restaurant. We also took an extra special trip to St. John Chrysostom's Monastery in Pleasant Prairie, Wisconsin. Our monthly visits from St. Haralambos and Ahladokampos are always pleasant and delicious! We are especially grateful for the generous donations we receive from Mr. William Darras and The GARCC Women's Auxiliary to fuel the bus. None of our fantastic outings would be possible without their support!

We beat the heat with the help of the Daughters of Penelope who sponsored an Ice-cream Social. We always look forward to a sweet treat! In addition to our monthly therapy dog visits, we spent the afternoon with a few exotic creatures such as a snake, lizard, rat and chinchilla and sang to the beautiful music of Jeanette on her guitar.

We concluded our month with a visit to Deborah's Place, a safe haven for women who are fighting to overcome poverty, addiction and abuse. Some of the department heads helped cook and serve dinner to the facility's residents. It was an honor meeting these resilient and strong women and we look forward to volunteering there in the future.

### Activity Department Wish List

- Fashion Jewelry
- Crayola Markers
- Men's and women's shirts  
(sizes medium to extra large)
- Sunglasses
- Hats
- Travel size hand lotion
- Body spray
- Greek Movies (DVD)
- Women's handbags
- Crossword/word search books
- Portable CD Player w/  
headphones



## A MESSAGE FROM SOCIAL SERVICES



### Your rights in paying for your care and getting Medicare and Medicaid

If you are paying for some or all of your care at your facility, you must be given a contract that states what services are provided by the facility and how much they cost. The contract must say what expenses are not part of the regular rate.

Your facility must not require anyone else to sign an agreement saying that they will pay your bill if you cannot pay it yourself. The only one who can be required to pay your bill for you is a court appointed guardian or someone else who is handling your money for you.

Your facility must give you information about how to apply for Medicaid and Medicare and rules about "spousal impoverishment." Spousal impoverishment rules allow you to give money and property to your husband or wife and still be eligible for Medicaid.

You have the right to apply for Medicaid or Medicare to help pay for your care. Your facility must not make you promise not to apply for Medicare or Medicaid.

If you get Medicaid, the facility may not make you pay for anything that Medicaid pays for. The facility must give you a written list of what items and services Medicaid pays for, and for items and services for which you could be charged.

*If you have any questions regarding resident rights please contact Emman Carmona, Social Services Director at 847-499-7134.*



## UPCOMING EVENT

Bob Chinn's Crab House  
*Fundraising Event to Benefit*  
**The Memory Care Floor of the  
Greek American Rehabilitation  
and Care Centre**

Monday, September 12, 2011  
*at*  
Chevy Chase Country Club  
& Deerfield Golf Club

10:30 am \$10,000 Putting Contest  
10:45 am Lunch  
Noon Shotgun Start/Scramble Format  
5:00 pm Cocktail Hour

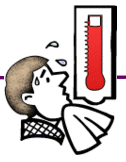
\$200 per golfer  
*Price includes golf and golf cart,  
lunch and dinner catered by Bob Chinn's*

*Space is limited to first 100 golfers at each course.*

Further information or to download a Golf application or sponsorship form  
go to our website at [www.greekamericancare.org](http://www.greekamericancare.org) or [www.bobchinns.com](http://www.bobchinns.com)

For questions or other information  
please call the committee office at:  
847-465-1323

## Summer Health Tip: Help Our Seniors Beat the Heat



- 1) Reduce strenuous activities.** When the heat rises to high temperatures, seniors should try to avoid the sun by staying indoors in air-conditioned comfort. They should try to reduce strenuous, physical activities because the more they do, the higher the body temperature will rise.
- 2) Keep hydrated.** Seniors should try to increase their water intake during summer months. Encourage them to have 4-8 glasses a day. They should try to minimize their intake of alcohol and caffeinated drinks. Eating fresh fruits and vegetables can help hydrate the body as well as keeping the body healthy.
- 3) Avoid direct sunlight.** Seniors should try to avoid the sun, especially during the hottest part of the day. If it is necessary to go outdoors, cover up and use plenty of sun cream.
- 4) Wear cool clothing.** To avoid heat-related injuries, seniors should wear cool light colored clothing. This will help maintain a normal body temperature.
- 5) Choose shady locations.** If planning an outdoor activity with seniors try to choose covered or shady locations with a cool breeze.
- 6) Spoil seniors with cool treats.** Provide seniors with a cool water based icy treats to keep them hydrated, refreshed and cool.
- 7) Be aware of medications.** Hot weather can accelerate dehydration, especially in people who are taking medications that have side effects of fluid and electrolyte loss. Many medications, particularly antibiotics and diuretics can block the body's natural ability to cope with sun and heat. You should always check with a pharmacist or doctor to ensure that medications will not cause seniors increased heat-related problems.
- 8) Keep a look out for early warning signs.** Watch out for heat exhaustion warning signs such as weakness, nausea, heavy sweating, rapid pulse, and/or fainting. Move the affected senior to the nearest cool shady place and provide them with water. Wet a towel or something similar and apply to the forehead and call for medical assistance.



## Senior Spotlight

**Name:** Nick Perkovich

**Age:** 97

**Where were you born:** Chicago, IL (Chinatown)

**Former Occupation:** Electrician with the City of Chicago

**Family:** 2 brothers and 3 sisters, 1 stepdaughter

**Favorite Activity:** Shooting dice

**Favorite Food:** Pork Chops or Steak

**Favorite Music:** Jazz

**Favorite Movie:** Western movies with Tom Mix

**Favorite Place you've traveled:** 50 miles from the Arctic Circle

**What gives you most pleasure in life is:** Gambling

**Best advice you can give us:** Live a clean life and be honest with people

**If I won a million dollars I would:** Take care of my family first and then help all of my friends



## RECIPE FROM HOME

### *Greek Chicken*



#### **Ingredients:**

- Whole chicken
- One pound potatoes
- Salt and pepper
- Garlic
- Oregano
- Fresh lemon

#### **Preparation:**

1. Clean chicken (remove insides and fat)
2. Clean and peel potatoes, cut them into quarters
3. Rub chicken with salt, pepper, oregano and garlic
4. Season potatoes as desired
5. Put Chicken in a baking dish placing potatoes around it
6. Squeeze lemon juice on chicken and potatoes and drizzle olive oil on top
7. Place in oven and bake at 375 degrees for 1 1/2 hours or until chicken is golden brown

Tip: You may want to marinate chicken in the seasoning overnight for a bolder flavor.

***This recipe was shared with us by our Activity Aides!***

# A Day at the garden...



Residents spending a beautiful afternoon at the Chicago Botanic Garden



Residents and staff taking a break from touring the garden



# Fun at the Festivals

Residents enjoyed food and entertainment at the Greek Festivals.



Resident Mae K. enjoying the sights from the Grand Tram tour



Residents taking a ride around the Botanic Garden in the Grand Tram



Department heads cooking and serving dinner for the women of Deborah's Place

