

THE GREEK-AMERICAN TIMES

VOLUME 7 ISSUE 4 APRIL 1, 2011



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SPECIAL POINTS OF INTEREST IN APRIL

- 4/4 Jewish Discussion Group
- 4/6 Bible Study
- 4/7 Greek Coffee with St. Haralambos
- 4/8 Tai Chi
- 4/9 Orthodox Service with Fr. Tilemahos Alikakos
- 4/12 Therapy Dog Visits
- 4/13 Bible Study
- 4/14 Outing
- 4/14 Greek Coffee with Mrs. Caralis
- 4/16 Saturday of Lazarus Orthodox Service with Fr. Demetrios Treantafeles (with blessing of Palms)
- 4/20 Holy Wednesday Holy Unction Orthodox Service with Fr. Demetrios Treantafeles
- 4/21 Holy Thursday Orthodox Service with Metropolitan Iakovos of Chicago (9:30 am)
- 4/21 Music with Mark
- 4/21 Greek Coffee with St. Demetrios of Elmhurst
- 4/22 Good Friday Orthodox Service of the Unnailing with Fr. Demetrios Treantafeles (2 pm)
- 4/24 Agape Orthodox Service with Fr. Treantafeles (10 am)
- 4/25 Robbie's Easter Show
- 4/26 Therapy Dog Visits
- 4/27 Bible Study
- 4/27 Outing
- 4/28 Greek Coffee with Ahladokampos
- 4/29 Field Middle School Visit



LOOK WHO'S CELEBRATING A BIRTHDAY



- | | |
|---------------|----------|
| • Gus P. | April 1 |
| • Vasilios T. | April 2 |
| • Leticia Y. | April 2 |
| • Ann M. | April 2 |
| • Vasiliki M. | April 5 |
| • Mary V. | April 6 |
| • Helen M. | April 6 |
| • Harry A. | April 12 |
| • Julia C. | April 12 |
| • Krisos A. | April 14 |
| • Michael K. | April 14 |
| • Joan K. | April 15 |
| • Stamata N. | April 17 |
| • Ntina B. | April 24 |
| • Vera I. | April 24 |
| • Birdie G. | April 26 |
| • Arthur G. | April 26 |
| • Ann D. | April 28 |
| • Michael K. | April 30 |
| • Joyce M. | April 30 |





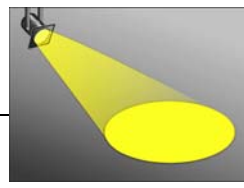
ACTIVITY HAPPENINGS

Welcome to the April issue of the Greek-American Times.

March marked the beginning of a very busy spring season for everyone at our home! We were happy to see our visitors from St. Haralambos, St. Demetrios of Elmhurst, Saints Peter and Paul and Ahladokampos. We were pleased to welcome Mr. Don Colfer for Ash Wednesday and Rabbi Jaworowski for our Jewish Discussion Group. We enjoyed the Greek dances of the Orpheus Dance Troupe and are especially grateful for Mr. Yanis Economou's support for our residents and our home. We were thrilled to be invited to the colorful celebrations of St. Nectarios' Mardi Gras dinner and spent a lovely evening with the students at their school.

The Activity Department held a successful Baked Potato Sale and raised enough money to buy new speakers for our projector system. We would like to thank everybody who bought a potato and especially Jessica and Stacey, along with everyone in the Food Service Department, for helping us make the food so delicious! The Mardi Gras and St. Patrick's Day socials brightened our March afternoons and the Greek Independence Day celebration ended the month on an upbeat and happy note! We are thankful for the tasty Greek treats from Sue Tzoumas as well as the music of John Serafim and the goodies and assistance from the St. Demetrios of Elmhurst Philoptochos ladies. We extend our gratitude to Fr. Treantafeles for his prayers, inspirational words and continuing support.

Our outings were very enjoyable, as always! We made a special visit to Holmes Middle School for a viewing of the Senior Storytelling Projects. The students and residents were excited to see each other again and enjoyed watching the finished product on the big screen. We would like to thank their teachers Elizabeth and Jodi for all of their hard work. Residents also went shopping to Target before ending the month their favorite way by going to Demetri's Restaurant!



Senior Spotlight



Name: Demetra Georgopulos

Age: 92

Where were you born: Athens, Greece

Former Occupation: No occupation, I was a little doll and enjoyed life.

Family: I came from a very large family, 9 children and our parents.

Favorite Activity: Ballroom dancing and being active

Favorite Food: Dandelions, very bitter taste. They are from Greece.

Favorite Music: I used to sing opera. My favorite opera is Italian.

Favorite Movie: I like romantic movies.

Favorite Place you've traveled: My favorite was Arizona. What I liked most was the climate.

What gives you most pleasure in life is: Dancing, singing and of course helping people.

Best advice you can give us: Don't eat food because you're hungry and want to fill your stomach, select food that has a lot of vitamins and minerals. I recommend vegetables.

If I won a million dollars I would: I would use it for a good purpose. I don't know because I never had it.



Spring Time Allergies: Solutions for a problem in full bloom

Spring means flower buds and blooming trees. For the millions of people who have springtime allergies, it means sneezing, congestion, runny nose and other signs and symptoms.

Try these tried-and-true techniques for relief.

Reduce your exposure to pollen:

- Stay indoors on dry, windy days ~ the best time to go outside is after a good rain.
- Delegate lawn mowing, weeding and other gardening chores that stir up allergens.
- Remove clothes you've worn outside; you may also want to shower to rinse off pollen from your skin and hair.
- Ban your pets from you bed and couch ~ pollen clings to pet fur.
- Don't hang laundry outside.
- If you do outside chores, wear a dust mask.

Take extra care when pollen counts are high

- Check your local TV, radio, newspaper or the internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

Keep indoor air clean

- Run the air conditioning in your house and car.
- Use a micron allergy-grade filter in your ventilation system.
- Keep indoor air dry with a dehumidifier.
- Use a high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors with a vacuum cleaner that has a small HEPA filter.

Clean up your act

- Encase mattresses, box springs and pillows in allergy-proof covers.
- Wash sheets and blankets in water heated to at least 130 F (54 C).
- Vacuum carpets weekly.
- Replace carpeting with laminate flooring or another hard material that won't collect dust mites and other allergens, especially in your bedroom.

Dear Residents, Families and Friends:

I'm very excited to announce that the Greek American Rehabilitation and Care Centre has once again earned the Joint Commission's Gold Seal of Approval for accreditation by demonstrating compliance with the Joint Commission's national standards for health care quality and safety in long term care. The accreditation award recognizes the Greek American Center's dedication to continuous compliance with the Joint Commission's state of the art standards.

The Greek American Centre underwent a rigorous unannounced on site survey on November 17, 2010. A team of Joint Commission expert surveyors evaluated our facility for compliance with standards of care specific to the needs of residents, including infection prevention and control, leadership and medication management.

"In achieving Joint Commission accreditation, Greek American Centre has demonstrated its commitment to the highest level of care for its residents that goes above and beyond federal and state requirements," says Gina Zimmermann, M.S. Senior Executive Director of Long Term Care Accreditation, The Joint Commission. "Accreditation is a voluntary process and I commend GARCC for successfully undertaking this challenge to elevate its standard of care and instill confidence in the community it serves."

The Joint Commission's Long Term Care Accreditation Program was established in 1966 and today accredits more than 1,000 organizations offering long term care and skilled nursing facility services. The Joint Commission's long term care standards address important functions relating to the care of residents and the management of long term care organizations. The standards are developed in consultation with long term care experts, providers, measurement experts and residents.

With Joint Commission accreditation, we are making a significant investment in quality on a day to day basis from the top down. Joint Commission accreditation provides us a framework to take our organization to the next level and helps create a culture of excellence.

Founded in 1951, The Joint Commission seeks to continuously improve health care for the public, in collaboration with other stakeholders, by evaluating healthcare organizations and inspiring them to excel in providing safe and effective care of the highest quality and value. The Joint Commission evaluates and accredits more than 18,000 health care organizations and programs in the United States. The Joint Commission is the nation's oldest and largest standards setting and accrediting body in health care. For more information or to learn about The Joint Commission, go to jointcommission.org.

Best Regards,

Eleni Hantis
Administrator



ATTENTION ALL FAMILY MEMBERS!

It is our goal to give you an up to the minute update on your loved ones. Unfortunately, there are times of the day that make it difficult for our nursing staff to answer your questions.

The best times to call are after the medication passing times and the meal times.

These times are:

10:00 am to 11:30 am

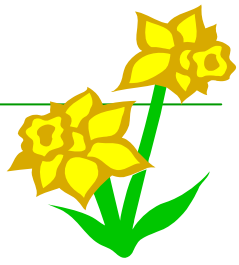
1:30 pm to 4:30 pm

6:00 pm to 9:00 pm

Thank you for your cooperation!



A MESSAGE FROM SOCIAL SERVICE



Your Right to Privacy

Your medical and personal care are private. Facility staff must respect your privacy when you are examined or given care.

Facility staff must knock before entering your room.

Your facility may not give information about you or your care to unauthorized persons without your permission, unless you are being transferred to a hospital or another health care facility.

You have the right to have private visits at a reasonable hour. The only exception is if your doctor has ordered limited visits for medical reasons.

You may ask any visitor to leave your personal living area at any time.

You have the right to make receive phone calls in private.

Your facility must deliver your mail to you promptly, and promptly send mail out for you. Your facility may never open your mail.

If you are married, you and your spouse have the right to share a room unless no room is available or your doctor has said you cannot share a room for medical reasons.

If you have any questions feel free to call Emman 847-499-7134 or Anna 847-499-7139



Spring Celebrations!



St. Nectarios Mardi Gras Dinner



Board member John Davis and entertainer, Jimmy Damon at our annual Gala.



Board President Eleni Bousis with entertainers from Greece and staff members



Entertainer, Christos Sevastos visits with our residents



Entertainer, Ariana Savalas at our annual Gala



Board President, Eleni Bousis and her family at the annual Gala



Guests enjoying the festivities at this year's Gala, Apokriatiki Vradia



Residents celebrate Greek Independence Day on March 25th

