

THE GREEK-AMERICAN TIMES

VOLUME 8 ISSUE 1 JANUARY 1, 2012



Inside this issue:

Special Points of Interest/Birthdays.....	1
Activity Happenings.....	2
Recipe From Home.....	3
Employee Spotlight.....	4
Letter From the Administrator.....	5
New Year's Q & A.....	6
A Message From Social Services.....	7
Activity Photos.....	8

SPECIAL POINTS OF INTEREST IN JANUARY

- 1/1 New Year's Day
- 1/4 Bible Study
- 11/4 Music with Joe
- 1/5 Greek Coffee with St. Haralambos
- 1/7 Bingo Shopping Cart
- 1/11 Bible Study
- 1/11 Recycled Art Class
- 1/13 Orthodox Service with Fr. Panteleimon Dalianis
- 1/14 Catholic Service
- 1/14 Expedition Voyage
- 1/18 Bible Study
- 1/19 Greek Coffee with St. Demetrios of Elmhurst
- 1/21 Orthodox Service with Fr. John Pilafas
- 1/21 Bingo Shopping Cart
- 1/24 Jewish Discussion Group
- 1/25 Bible Study
- 1/26 Orthodox Service with Fr. Chrysanthos Kerkeres
- 1/26 Greek Coffee with Ahladokampos
- 1/28 Cooking Group



LOOK WHO'S CELEBRATING A BIRTHDAY



Christos B.	Jan. 1
Nacika C.	Jan. 1
Marie I.	Jan. 1
Mario A.	Jan. 2
Christ K.	Jan. 2
Terry K.	Jan. 2
Julia P.	Jan. 4
Robert P.	Jan. 5
Lela L.	Jan. 6
Helen P.	Jan. 7
June N.	Jan. 7
Maria S.	Jan. 10
Sophie M.	Jan. 11
Artistides T.	Jan. 14
Nick P.	Jan. 15
Apostolos K.	Jan. 17
Margarita D.	Jan. 23
Georgia P.	Jan. 25
Ardith K.	Jan. 27
Elizabeth L.	Jan. 30

Every man should be born again on the first day of January. Start with a fresh page. Take up one hole more in the buckle if necessary, or let down one, according to circumstances; but on the first of January let every man gird himself once more, with his face to the front, and take no interest in the things that were and are past.

~Henry Ward Beecher



ACTIVITY HAPPENINGS

A MESSAGE FROM SOCIAL SERVICES



Our year ended on a busy and upbeat note! The holidays were delightful and we spent them with family and friends celebrating and enjoying time together. The Family Holiday Brunch had a great turn out . The afternoon was filled with delicious sweets, food and cheerful holiday music. We were excited to welcome our visitors who brought cheer and well wishes from St. Haralambos, St. Demetrios of Elmhurst, Ahladokampos, Cory Fretz, Northfield United Church, Laconian Society, Amalthia Society, Perifania Dance Troupe, Ascension Church, Tom and Frank from Elmwood Cemetery, Hellenic American Academy, Annunciation Cathedral, Trinity International Women's Basketball Team and the Chicago Hellenic Choir. Our festivities would not have been as wonderful as they were without you!

We would like to extend a heartfelt THANK YOU to everyone who participated in this year's Resident Giving Tree. Because of your thoughtfulness and generosity we were able to provide a gift for each one of our residents. Also, we would like to thank the Housekeeping and Laundry Department for working so hard in making sure all of the items were labeled for our residents. A warm thank you to the Maintenance and Dietary Departments who played such a vital role in all of our celebrations running smoothly and being so successful.

Finally, we would like to thank all of our families, friends and vendors who donated to our annual Employee Holiday Party. We had a fabulous evening of raffles, dinner and dancing because of your support.

We wish everyone a safe, blessed and HAPPY NEW YEAR and look forward to all the exciting events in store for 2012!

Your rights to safety and good care

- ⇒ Your facility must provide services to keep your physical and mental health, and sense of satisfaction with yourself, at their highest practical levels.
- ⇒ Your facility must be clean and stay at a healthy temperature.
- ⇒ You must not be abused by anyone-physically, verbally, mentally or sexually.
- ⇒ Your facility must not physically restrain you unless there us no other way to keep you safe and you agree to the restraint.
- ⇒ You may be given medicine intended to change your mood or how you think only with your permission and only as part of an overall plan designed to change or remove the problems for which the medicines are given.

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



New Year's Q & A



Q: The New Year has not always been celebrated on January 1. When did the original celebration take place?

A: Starting around the year 2000 B.C., the Babylonians observed the beginning of spring as the start of a new year.

Q: Who established January 1 as the start of a New Year?

A: Julius Caesar, who did so when he created the Julian calendar

Q: What does the traditional New Year's song, *Auld Lang Syne*, mean?

A: *Auld Lang Syne*, written by Robert Burns in the 1700s, is Scottish for "old long ago."

Q: Who established the tradition of setting New Year's resolutions?

A: The Babylonians, whose most common resolution was to return borrowed farm equipment.

Q: What is the most popular New Year's resolution in the United States today?

A: To lose weight

Q: Which city hosts the first major New Year's Eve celebration each year?

A: Sydney, Australia

Q: What year did the first New Year's Eve ball drop in Times Square?

A: 1907

Q: Since its inaugural descent in 1907, the New Year's Eve Ball has dropped every year except two. Which two years did the ball not drop?

A: 1942 and 1943, due to wartime restrictions in New York City

Q. How many New Year's Eve balls have dropped in Times Square?

A. 8 - 1907; 1920; 1955; 1980; 1988; 1995; 2000; 2008

RECIPE FROM HOME



Ingredients:

- 1/2 gallon strawberry sherbet
- 2 (64 fluid ounce) bottles fruit punch
- 1 (2 liter) bottle lemon-lime flavored carbonated beverage, chilled



Preparation:

1. Place sherbet in punch bowl
2. Pour in fruit punch and lemon lime soda
3. Enjoy!

This recipe was shared with us by Karla Gomez, Recreation Coordinator.



New Year's Health Tips

Wear a pedometer. New research suggests that routinely wearing a pedometer encourages people to walk about an extra mile each day, lose weight, and lower their blood pressure. Aim for at least 30 minutes of brisk walking and a total of 10,000 steps per day.

Drink water. No matter where you are, water should always be the first thing you reach for when you're thirsty. Water truly is essential.

Sleep 8 hours a night. A number of recent studies have confirmed that you really do need at least 8 hours a night. Among the many benefits: Adequate sleep makes you feel better, decreases risk for cardiovascular disease, boosts memory and reduces the likelihood of being in a car accident.

Eat at least two fish meals per week. The evidence is strong that the oils in darker types of fish, such as salmon, tuna, mackerel and herring, are beneficial for the heart and brain and may even lower risk of cancer.

Talk to your doctor about taking aspirin for heart protection but don't assume that it's right for you. A recent clinical trial suggested that healthy women younger than age 65 don't get heart protection from aspirin. Women who are the best candidates for long-term aspirin are age 65 or older or have a history of cardiovascular disease or diabetes. And be aware that aspirin has some serious risks, including gastrointestinal bleeding.

Keep sugar and caffeine -- the "legal evils" -- to a minimum. It's hard to believe, but decreasing sugar actually increases people's energy, by minimizing the highs and lows that sweet foods triggers. Different people react differently to caffeine, but most of us are probably over stimulated already -- adding a stimulant just adds to things like road rage.

<http://www.boston.com/lifestyle/food/gallery/>

A LETTER FROM THE ADMINISTRATOR



Dear Residents, Families and Friends,

On behalf of the staff of the Greek American Rehabilitation and Care Centre we thank you for your donation towards our employee holiday party. We are grateful for your kindness and thoughtfulness in remembering us at this time.

We wish you and your families a blessed and Happy New Year!

Eleni Ifantis
Administrator



St. Nicholas Donors:

Ernest Georgean
Marilyn Morrill
The Prolman Family



Snowflake Donors:

Frank & Angela Divito
Gary A Eimerman & Susan C.
Eimerman
Emmanuel & Mary Mamakos
Max & Shirley Novack
Nick Perkovich
Mike Petmezas
Terry Shevelenko



Reindeer Donors:

Chris & Rebecca Kazas
Michael Kontalonis & Family
Leonard Miresse
Lou Anne & Jeff Mistarz
Daughter of Tom & Helen
Pappas
Mr. & Mrs. Nick Pishos
John Symeonidou



Ginger Bread Donors:

Dr. Sergei & Constance Kochkin
Jay Mesi
Mr. & Mrs. Emil W Misichko
Nicholas & Katherine Nichols
Dolores Peter
Barbara Schulz
Edward & Frances Slisz
Fred Weichselbaum

Our 2011 Holiday Season



Residents and their families enjoying the afternoon together with delicious food and great music at the Family Holiday Brunch.



Students from the Hellenic American Academy brightened our day with Christmas carols.



Left: Residents spent the afternoon making New year's crafts with visitors from the basketball team.

Below: Marco C., Team Leader and Chamissa A., Activity Aide work hard to get the gifts wrapped and ready for the party!



Santa came to visit us and pass out gifts for all of the residents.



Gifts waiting to be delivered. We must have been very good this year!



Our Dietary Department poses for a photo after working hard at the Family Holiday Brunch.



Resident Pope S. receives her Christmas gift from Santa!

