

THE GREEK-AMERICAN TIMES

VOLUME 7 ISSUE 5 MAY 1, 2011



INSIDE THIS ISSUE:

Special Points of Interest/Birthdays.....	1
Activity Happenings.....	2
Mother's Day Trivia.....	3
A Message From Social Service.....	4
Mother's Day Brunch.....	5
Safety Tip of the Month.....	6
A Letter From the President.....	7
Activity Photos.....	8

SPECIAL POINTS OF INTEREST IN MAY

- 5/1 Greek Parade
- 5/2 St. Ascension Easter Visit
- 5/3 Taco Sale
- 5/5 Orthodox Service with Fr. Chrysanthos Kerkeres
- 5/5 St. Constantine and Helen Birthday Party
- 5/6 Tai Chi
- 5/6 Cinco de Mayo Party
- 5/7 Mother's Day Brunch
- 5/8 Mother's Day
- 5/10 Therapy Dog Visits
- 5/12 Outing
- 5/14 Ellas Dancers of Chicago Visit
- 5/17 Jewish Discussion Group
- 5/17 Pan Laconian Visit
- 5/19 Greek Coffee with St. Demetrios of Elmhurst
- 5/19 Orthodox Service with Fr. John Pilafas
- 5/20 Tai Chi
- 5/24 Therapy Dog Visits
- 5/26 Orthodox Service with Fr. Sotri Malamis
- 5/26 Greek Coffee with Ahladokamos
- 5/26 Outing
- 5/30 Memorial Day



LOOK WHO'S CELEBRATING A BIRTHDAY



Patricia M.	May 3
Mihail M.	May 3
Nick K.	May 4
Bronya R.	May 6
Fotini K.	May 6
Irma H.	May 8
Zinaida W.	May 8
Virginia M.	May 11
Beverly M.	May 11
Lazaros M.	May 15
Ann B.	May 18
Josephine P.	May 19
Chrysoula C.	May 20
Katherine M.	May 21
Mark G.	May 21
Carl A.	May 22
Stella H.	May 22
Paraskevi K.	May 23
Nitsa G.	May 24
John M.	May 26
Regina S.	May 28
Christina K.	May 31

**I remember my mother's prayers
and they have always followed me.
They have clung to me all my life.**
~Abraham Lincoln~





ACTIVITY HAPPENINGS

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

The Easter Season was filled with tradition, family and friends. We thank our spiritual leaders for coming and providing services for our residents during this Easter Season. Metropolitan Iakovos of Chicago for presiding over Holy Thursday Liturgy for our residents, staff and visitors. Father Treantafeles for Saturday of Lazarus, Holy Unction, Service of the Unnailing (Apokathilosis) and Easter Sunday Vespers of Agape. Thank you to the residents, families and staff who helped with the preparation of the Epitafio. It was a beautiful Easter celebration!

This month, we also enjoyed our visitors from St. Haralambos, St. John, St. Demetrios of Elmhurst, and Ahladokampos. In addition to having our wonderful guests visit us, we joined St. Haralambos for their bake sale and luncheon. The food was delicious and it was great seeing so many familiar faces! We sang a long to the music of Robbie Malkowski during her upbeat Easter Show, enjoyed Mark Damish playing the piano and had a great time making crafts and spending time with the students of Field Middle School.

April 18-23 was National Volunteer Week. We thanked our volunteers for the wonderful work they do throughout the year with a special luncheon celebration at Rosewood Restaurant in Rosemont. We will be selling tasty homemade tacos to support our annual Cinco de Mayo Celebration with our staff and residents on Tuesday, May 3rd so come support us and enjoy the delicious food! We are excited to be participating in the Greek Independence Day Parade on May 1st in Chicago. Afterwards, we will look forward to lunch at our favorite restaurant, Demetri's in Deerfield.

The month of May brings warmer weather and the fun of the outdoors as well as the Women's Auxiliary Mother's Day Brunch on Saturday, May 7 and National Nursing Home Week May 6-12 where we share our gratitude to our nursing department staff. We are eager to enjoy the spring season and all the activities ahead!



A LETTER FROM THE PRESIDENT OF THE BOARD OF DIRECTORS

Dear Residents, Families and Friends,

Christos Anesti-Chronia Polla! May the Resurrection of Our Savior bring health, peace, unity and love to the world.

As we celebrate the coming of spring, birth of flowers and the gift of greenery; Easter is celebrating Jesus' victory over death and mankind's hope for eternal life. Let us embrace the Resurrection of our Lord with kindness and empathy for humanity.

This year the world has been challenged and tried in many unfortunate ways. We have witnessed suffering, pain and sorrow of people around the universe. Disasters caused by earthquakes, tsunamis, hurricanes, civil wars and many other natural and manmade destructions.

We as Orthodox Christians must remain vigilant in continued prayer for those that have lost their loved ones. Through the power of prayer, we can bring harmony and hope to those that are grieving their loss. Our Lord, Jesus Christ was crucified for our salvation; His pain and suffering gave us everlasting faith for an immortal life. Let His triumph be a testimonial of rebirth, freedom and salvation.

Your Beloved President,
Eleni Bousis





TIP OF THE MONTH

Spring Safety Tip: Staying Safe During Storms

Every thunderstorm produces lightning, which kills more people each year than tornadoes or hurricanes. Further, heavy rain from thunderstorms can cause flash flooding, and high winds can damage homes and blow down trees and utility poles, causing widespread power outages.

- Prepare ahead of time – discuss thunderstorm safety with your family
- Pick a safe place in your home to gather during a thunderstorm – away from windows, skylights and glass doors.
- Get trained in first aid and learn how to respond to emergencies.
- Listen to the local news for emergency updates, and watch for signs of a storm – like darkening skies, lightning flashes or increasing wind.
- Postpone outdoor activities if thunderstorms are likely to occur.
- Avoid electrical equipment and telephones. Use battery-powered TVs and radios instead.
- Do not take a bath, shower or use plumbing.

When severe thunderstorm warning is issued, take shelter in a substantial building or in a vehicle with the windows closed. Get out of mobile homes that can blow over in high winds.

If you can hear thunder, you are close enough to be in danger from lightning. Avoid touching anything outside that's made of metal or other surfaces that conduct electricity, such as moving metal yard furniture during thunderstorms. Remember – safety first!

If you can't go indoors during a storm – avoid these:

- Water, and high ground.
- Metal objects such as benches or bleachers.
- Picnic shelters, dugouts and sheds.

If driving, try to safely exit the roadway and park. Stay inside the car and turn on the emergency flashers.

Mother's Day Trivia

Information obtained from mothersdaycelebration.com



- Anna Jarvis of Philadelphia who started Mother's Day celebrations also filed a lawsuit in an effort to stop the over-commercialization of Mother's Day. She lost her fight. Anna had hoped for a day of reflection and quiet prayer by families, thanking God for all that mothers had done.
- Julia Ward Howe staged an unusual protest for peace in Boston, by celebrating a special day for mothers. She wanted to call attention to the need for peace by pointing out mothers who were left alone in the world without their sons and husbands after the bloody Franco-Prussian War.
- Japan's Imperial family trace their ancestry to Omikami Amaterasu, the Mother of the World.
- Ancient Egyptians believed that 'Bast' was the mother of all cats on Earth, and that cats were sacred animals.
- In the Bible, Eve is credited with being the 'Mother of All the Living.'
- In the vast majority of the world's languages, the word for "mother" begins with the letter M.
- 24.8 is the median age of women when they give birth for the first time - meaning one-half are above this age and one-half are below. The median age has risen nearly three years since 1970.
- A woman becomes pregnant most easily at the age of eighteen or nineteen, with little real change until the mid twenties. There is then a slow decline to age thirty-five, a sharper decline to age forty-five and a very rapid decline as the women nears menopause.
- The odds of a woman delivering twins is 1-in-33. Her odds of having triplets or other multiple births was approximately 1-in-539.
- When the female embryo is only six weeks old, it makes preparations for her motherhood by developing egg cells for future offspring. (When the baby girl is born, each of her ovaries carries about a million egg cells, all that she will ever have)
- August is the most popular month in which to have a baby, with more than 360,000 births taking place that month in 2001.
- Tuesday is the most popular day of the week in which to have a baby, with an average of more than 12,000 births taking place on Tuesdays during 2001.



Your Rights Regarding Your Money

You have the right to manage your own money. Your facility may not require you to let them manage your money or be your Social Security payee.

If you ask your facility to manage your personal money for you, it must do so. (Medicare/Medicaid certified facilities only).

If your facility manages your money,

- **it may spend your money** only with your permission.
- **It must give you an itemized written statement** at least once every three months of the money put in and taken out of your Account.
- **It must put your money in a bank account** that earns interest if you live in a Medicaid facility and have over \$50 or live in a licensed facility and have over \$100.

If your facility manages your money and you get Medicaid, your facility must tell you if your savings come within \$200 of the amount Medicaid allows you to keep. Money saved over that amount may be used for your care in the facility.

If you die, within 30 days of your death your facility must give your family, or whoever is in charge of distributing your property, a final accounting of all money left in any account which the facility manages for you.

You may see your financial record at any time.

*Invites You To Our
Brunch & Bake Sale*



To make a reservation please call

(847)-459-8700

Residents and Adults \$17.00

Children 12 & under \$10.00

*Saturday May 7, 2011
11:00 a.m. ~ 2:00 p.m.*

220 N. First Street ~ Wheeling, IL 60090

*Tickets & reservations may be purchased
at the Reception desk of the Greek
American Rehab & Care Centre.
All reservations must be made by
Wednesday, May 4, 2011*

Raffle Prizes

- * *Tickets for the Cubs vs. Yankee Game*
 - * *No. 5 Chanel Perfume*
 - * *Set of Pampering Products*
 - * *\$100 Gift Certificate to Francesca's Rest.*
- Donation ~ \$5.00 each
or 3 for \$10.00*



*For additional information please call
Theresa Tzakis at (847)-549-0935*

EASTER WEEK



Board President Eleni Bousis, Father Treantafeles with staff and volunteers in front of the beautiful Epitafio



Service of the Unnailing (Apokathilosis) Celebrant Father Treantafeles



Holy Pascha- Vespers of Agapi Service with Father Treantafeles



Board President Eleni Bousis and Second Vice President Demetrios Pirpiris visiting with residents



Residents and volunteers preparing the flowers used to decorate the Epitafio



Right: Residents display their symbolic red eggs on Easter Sunday

