

# THE GREEK-AMERICAN TIMES

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Inside this issue:

Special Points of Interest/Birthdays.....	1
Activity Happenings.....	2
Upcoming Event.....	3
Employee Spotlight.....	4
Recipe From Home.....	5
A Letter From the Accounting Dept.....	6
A Message From Social Services.....	7
Activity Photos.....	8

## SPECIAL POINTS OF INTEREST IN NOVEMBER

- 11/1 RC/Food Committee Meeting
- 11/2 Bible Study
- 11/2 Music with Sark
- 11/3 Greek Coffee with St. Haralambos
- 11/4 Orthodox Service with Fr. Sotri Malamis
- 11/8 Therapy Dog Visits
- 11/8 Jewish Discussion Group
- 11/9 Bible Study
- 11/9 Gardening Group
- 11/9 St. Nectarios Healing Service
- 11/9 Social with Tom and Frank
- 11/10 Orthodox Service with Fr. Nick Greanias
- 11/10 Greek Coffee
- 11/12 Basketball Team Visit
- 11/16 Bible Study
- 11/17 Orthodox Service with Fr. Nicholas Georgiou
- 11/17 Greek Coffee with St. Demetrios of Elmhurst
- 11/21 Orthodox Service– *Chapel Feast Day, Entrance of the Theotokos*
- 11/22 Therapy Dog Visits
- 11/23 Recycled Art Class
- 11/24 Thanksgiving Day
- 11/26 Cooking Group
- 11/30 Bible Study

## LOOK WHO'S CELEBRATING A BIRTHDAY



- |              |         |
|--------------|---------|
| • Bessie L.  | Nov. 3  |
| • Georgia N. | Nov. 4  |
| • Charles L. | Nov. 4  |
| • Mary K.    | Nov. 5  |
| • Toula A.   | Nov. 7  |
| • Martha B.  | Nov. 11 |
| • Sophia G.  | Nov. 21 |
| • Nikola S.  | Nov. 26 |
| • Bruce S.   | Nov. 29 |
| • George E.  | Nov. 30 |



For each new morning with its light,  
 For rest and shelter of the night,  
 For health and food,  
 For love and friends,  
 For everything Thy goodness sends.

**Ralph Waldo Emerson**



## ACTIVITY HAPPENINGS

## A MESSAGE FROM SOCIAL SERVICES



### Your rights as a citizen and facility resident Part One

The month of October was crisp and beautiful. Everyone enjoyed a number of activities and outings. We began our month with a delicious Ice-cream Social with the Daughters of Penelope. We also welcomed our monthly visitors from St. Haralambos, St. Demetrios of Elmhurst and Ahladokampos and celebrated birthdays with St. John's Philoptochos. We sang and danced to the music of Robbie's Halloween Show. We had a lovely time on our outings to the movies, Didier Pumpkin Farm and Demetri's Restaurant. We kept busy with our Tai Chi and Recycled Art classes and enjoyed the sweet treats we made during our Cooking Group. We are all happy to participate in the Pen pal Program with the students of Holmes Middle School. The residents love getting to know the students through their letters and look forward to meeting them in person.

We ended the month with two very special parties. Everyone came together to commemorate OXI Day. We danced to Greek music and enjoyed delicious Greek cuisine. Our Halloween Party and costume contest was a also great success. Staff dressed up in costumes and residents wore the masks they made during our afternoon craft time. It was a "spook-tacular" afternoon!

Our home participated in the Wheeling Community Health Fair and Open House which took place on October 15. We provided glucose and blood pressure testing to the attendees. The turn out was great and we received very good feedback from those that attended.

We look forward to the excitement of the holidays that next month brings, especially the family Holiday Brunch. We hope to see everyone there and would like to remind you to RSVP to the receptionist (847-459-8700) by December 1, 2011.

- \* Your facility must let you see reports of all inspections by the Illinois Department of Public Health from the last five years and the most recently survey of you facility along with any plan that your facility gave to the surveyors saying how your facility plans to correct the problem.
- \* You do not lose your rights as a citizen of Illinois and the United States because you live in a long term care facility.
- \* If a court of law has appointed a legal guardian for you, your guardian may exercise your rights for you.
- \* If you have named an agent under a Durable Power of Attorney for Health Care, you agent may exercise your rights for you.
- \* You have the freedom of religion. At your request, the facility must make arrangements for you to attend religious services of your choice as long as you agree to pay any cost. The facility may not force you to follow any religious beliefs or practices and cannot require you to attend any religious services.
- \* You have the right to vote for the candidate of your choice.
- \* You have the right to participate in social and community activities that do not interfere with the rights of other residents.
- \* You have the right to participate with other residents on the Resident Council. Your facility must respond to concerns raised by the council.

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



## A Letter From the Accounting Department

Dear Residents and Family Members,

Did you know that our facility has resident trust accounts?

The purpose of resident trust accounts is to allow for the safekeeping of cash. All resident trust accounts are interest bearing, and interest is posted monthly.

You may open an account by sending a check to our facility, attention Resident Trust Accounts. You may also use your credit card to deposit funds in the resident trust account by calling Luda Strus at 847 459-8700 ext 1015.

Resident Trust statements are mailed out Quarterly on the following months: January, April, July, and October.

As long as there is a balance in your resident trust account, residents may use their personal account to charge for services such as beauty shop, manicure, pedicure, and massage therapy.

Banking hours are as follows:

Monday	9:30am -11:30am/ 1:30pm-3:00pm
Tuesday	9:30am -11:30am/ 1:30pm-3:00pm
Wednesday	9:30am -11:30am/ 1:30pm-3:00pm
Thursday	9:30am -11:30am/ 1:30pm-3:00pm
Saturday	9:00am-11:30am

The bank is closed on Fridays, Sundays and major holidays.

You may come down to the reception area and ask the receptionist to see a banker. You may also arrange for banking room service by calling extension 1015. Ask for Luda.

We would like to avoid long lines and delaying planned outings. Therefore, if you plan to leave the facility with a group outing, please meet with our banker to make arrangements a few days beforehand. It is certainly our pleasure to assist you with all your monetary transactions.

Sincerely,

Effie Galetsis  
Chief Financial Officer

## UPCOMING EVENT

# Family Holiday Brunch

## Saturday, December 10, 2011

Join us in celebrating the holidays!

The Ladies' Auxiliary Bake Sale and Raffle begins at 10:00 am.

Then join your loved one (on their floor) for a delicious holiday meal.

Afterwards, we will have live music for everyone to enjoy in the 1st Floor Activity Room.

Please RSVP to the receptionist at 847-459-8700 by December 1, 2011 to ensure enough seating for all of our guests.

**Raffle Tickets!**  
**3 for \$10 or \$5 each**





# Introducing.....

Hi my name is Lauren Galuszka, I am very happy to be here at The Greek American Rehabilitation and Care Centre. I represent the Marketing Department. I come with a lot of experience in long term care. I started working in this industry as a volunteer at my high school in Lemont, Mount Assisi Academy. I attended a junior college for two years and then North-eastern Illinois University. While here at Greek American Rehabilitation and Care Centre, one of my goals is to increase our census so that we can grow and add needed services to our campus. Prior to coming here, I worked with Legacy Healthcare as a Regional Marketing Director, The Bethany Terrace in Morton Grove as an Admissions/Outreach Liaison and CJE Senior Life in both Admissions and Marketing roles. I hope to meet all of you soon!

**Name:** Lauren M. Galuszka

**Where were you born:** Palos Heights, Illinois

**Family:** Mom, Dad, Brother

**Favorite Activity/Hobbies:** Fast Pitch Softball, Skiing, Snowboarding and Soccer

**Favorite Food:** Sushi

**Favorite Music:** Adult Contemporary/Classical Baroque

**Favorite Movie:** Assisted Living

**Favorite Place you've traveled:** Aspen, Colorado

**What gives you most pleasure in life is:** Helping people.

**Best advise you can give us:** Kindness is strength.

**If I won a million dollars I would:** I would open up my own non-profit continuing care community in a cool place, like Aspen Colorado and buy the Chicago Bandits softball team.



# RECIPE FROM HOME

## Spiced Cranberry Cider

### Ingredients:

- 2 quarts apple cider
- 6 cups cranberry juice
- 1/4 cup packed brown sugar
- 4 cinnamon sticks
- 1 1/2 teaspoons whole cloves
- 1 lemon thinly sliced

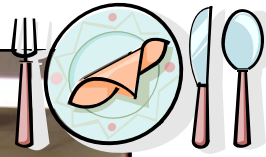


### Preparation:

1. In a large pot, combine apple cider, cranberry juice, brown sugar, cinnamon sticks, cloves and lemon slices.
2. Bring to a boil, reduce heat, and simmer for 15 to 20 minutes.
3. With a slotted spoon, remove cinnamon, cloves, and lemon slices.
4. Serve hot.

***This recipe was shared with us by  
Bia Karlos, Assistant Social Services Director***

## Assisted Dining Training Program



In an effort to provide more assistance to our resident during meal times, our non-nursing personnel underwent a specialized 13 hour training program certified by the Illinois Department of Public Health. Now our activities and administrative staff are certified to assist in feeding designated residents, selected by the nursing department. Although the education was long everyone had a great time and it was capped with a graduation and certificate presentation. Thanks to all the departments for their cooperation a team effort.

## Cooking Group



Residents spend the afternoon cooking and baking delicious treats for everyone to enjoy!



## Shows and Celebrations!



Everyone sang along to Robbie's Halloween Show!



Residents enjoyed spending their afternoon with friends from St. Demetrios of Elmhurst. The sweets were delicious!



### GARCC Makeover

As many of you may have noticed, we are undergoing renovations in our bathrooms and shower rooms. We are updating and beautifying our home to better accommodate our residents and visitors.