



THE GREEK AMERICAN TIMES



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SEPTEMBER FOOD HOLIDAYS

- 1- National Gyro Day
- 3- Birthday of Afternoon Tea Inventor
- 4- National Macademia Nut Day
- 5- National Cheese Pizza Day
- 9- Wiener Schnitzel Day
- 10- TV Dinner Day
- 11- National Hot Cross Bun Day
- 12- National Chocolate Milkshake Day
- 13- National Peanut Day
- 14- Eat a Hoagie Day
- 14- National Cream Filled Donut Day
- 15- National Linguine Day
- 16- National Guacamole Day
- 17- National Apple Dumpling Day
- 18- National Cheeseburger Day
- 19- National Butterscotch Pudding Day
- 22- National Ice Cream Cone Day
- 23- National Key Lime Pie Day
- 23- National Great American Pot Pie Day
- 26- National Pancake Day
- 27- National Chocolate Milk day
- 28- Strawberry Cream Pie Day

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Aris A.	9-1
Bessie P.	9-1
James V.	9-2
Eleni H.	9-3
Paul P.	9-4
Virginia D.	9-8
Akrivoula K.	9-9
Effie K.	9-9
Maria K.	9-10
Loula M.	9-12
Milorad M.	9-13
Georgia P.	9-24
Vassiliki C.	9-25
Giannoula T.	9-30



NOTE FROM LIFE ENRICHMENT ...

Welcome to the September issue of the Greek American Times.

The last full month of summer was enjoyed by all of our residents! We all loved the time spent on our beautiful patio, especially with treats and goodies donated from Saints Constantine and Helen of Palos Hills, St. George of Chicago, St. Haralambos of Niles, Saint John the Baptist of Des Plaines Philoptochos chapters, and our lovely ladies of Circle of Friends. We appreciate all of the yummy donations that we continue to receive for our residents. They love seeing everyone from the community come out and visit.

We had a live music performance from Larry who cheered up the Memory Care floor by singing some classics such as "You are my Sunshine". John Boda's live music performance on the second floor was also enjoyed by our residents. They especially loved the Rock & Roll music he played as they told us it reminded them of Elvis!

In August we celebrated several August birthdays and Name Days with Cake and Ice Cream. Additionally, we went on an outing to "Rise & Shine". The residents truly enjoyed the outing and are looking forward to September outings, and hopefully some picnics in the park!

We were blessed to have His Eminence, Archbishop Aristovoulos of Madaba of the Patriarchate of Jerusalem here on two occasion during the month. Once as the celebrant for a Thursday morning Divine Liturgy and then again for Holy Unction Service. After each service, His Eminence visited every floor in our facility and gave his blessing to all our residents and staff.

We concluded the month by having a special visitation. A very generous donation from "**Inspire Through Flowers**" dropped off some amazing arrangements for the entire GARCC staff. This is something they like to do to give back to all the hardworking, dedicated essential workers. Everyone was appreciative and loved their bouquets.

We look forward to all of the activities in store for us in September!

-The Life Enrichment Team



Best wishes to Mayra Quintana and her family as they await their precious new bundle of joy! Mayra is our Life Enrichment Director and will be taking a well deserved maternity leave beginning September 2.



COMPASSIONATE LOVE DAY CARE

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STOCK OR REAL ESTATE DONATIONS

Please support us by donating appreciated stock or real estate to the Greek American Rehabilitation and Care Centre, Inc. and be able to take a tax advantaged income tax deduction.

Did you know that as part of your yearly tax planning you can donate, on a tax advantaged basis, appreciated assets such as stock or real estate and reduce your income taxes?

Subject to Internal Revenue Service Rules and Regulations, this is how it works:

1. Let's say you purchased a stock for \$100.
2. Over the years, that stock has appreciated and is now worth \$500.
3. If you sell that stock instead of donating it, you will realize a \$400 capital gain and pay taxes on that \$400 capital gain.
4. However, if you donate that stock to the Greek American Rehabilitation and Care Centre, Inc. a 501(c)(3) IRS recognized organization), you would receive a \$500 tax deduction not just the \$100 you paid for the stock.

Of course you should confer with your personal tax advisor about any tax related matter. But to take advantage of this opportunity, please feel free to contact Peter G. Karahalios, President of the Board of Directors of the Greek American Rehabilitation and Care Centre, Inc. at 847.778.3828. Thanks and we hope to hear from you about this win-win opportunity



FREE ESTATE PLANNING

**FREE BASIC ESTATE PLANNING FOR SUPPORTERS OF
THE GREEK AMERICAN REHABILITATION
AND CARE CENTRE, INC.**

As a supporter of the Greek American Rehabilitation and Care Centre, you are eligible to receive FREE Basic Estate Planning which includes:

- ~ No cost in person consultation with a licensed attorney
- ~ No cost drafting of your basic will
- ~ No cost drafting of your durable power of attorney for property
- ~ No cost drafting of your durable power of attorney for health care
- ~ No cost in person, witnessed and notarized signing of your will

The only consideration that we request is that you include in your will a bequest of at least \$10,000 to the Greek American Rehabilitation and Care Centre, Inc. from your Estate.

To take advantage of this opportunity please feel free to contact Peter G. Karahalios, President of the Board of Directors for more details at 847-778-3828.



Greek American Rehab & Care Centre

Presents



MOVIE *Night*

MY BIG FAT GREEK WEDDING 3

Private Special Screening

THURSDAY SEPTEMBER 7 AT 7:30PM

PICKWICK THEATRE | 5 South Prospect Ave, Park Ridge, IL | Theatre #3

TICKET \$20 | includes 1 Mini Drink & Mini Popcorn | DOORS OPEN AT 7:00PM

FOR TICKETS CALL 224-434-0509

or visit www.greekamericancare.org

**RSVP By
Wed. Sept 6**



COMPASSIONATE LOVE DAY CARE NEWS

CRADLE TO CRAYONS



Compassionate Love Day Care (located directly across the street for the Care Centre) has partnered with **Cradle to Crayons** by having a drop off box for new or gently used children's clothes and shoes in our early learning center. Members of our community are welcome to bring these items to our center Monday through Friday, 10:00 a.m. to 4:00 p.m. You can connect with our Director, Diane, at dhaass@compassionatelovedaycare.org or 224-434-0507 to arrange a date and time for your donation.

Cradle to Crayons is a non-profit organization whose mission is to end clothing insecurity for children who are in lower socioeconomic situations and the Foster Care system. Clothing in which children feel comfortable and like their peers helps provide a sense of dignity and belonging when they are in school. It also helps their families with this very basic human need.

BECOME A VOLUNTEER...

Have you ever wondered to yourself how you can make a positive impact on another person's life? Well, becoming a volunteer can be a very rewarding experience.

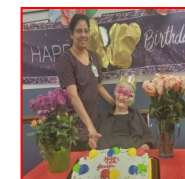
Here at the Greek American, we are always looking for friendly, outgoing, compassionate individuals to lend a helping hand. There are many ways you can help out, such as working with our Residents, helping provide clerical assistance or even volunteering in the gift shop.



To begin your volunteering experience today or to obtain further information on how to become a volunteer please contact, Mayra Quintana Life Enrichment Director and Volunteer Coordinator at 847-459-8700 ext 1044 or by email at mquintana@garcc.org

PHOTO MEMORIES

We welcomed His Eminence Archbishop Aristovoulos of Madaba of the Patriarchate of Jerusalem as he celebrates church services.



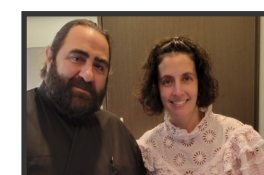
St. George of Chicago Hosting Coffee Hour



Ladies Philoptochos and Father Chris of St. Constantine & Helen of Palos Hills serving delicious sweets for our residents!



Breakfast outing at Rise and Dine in Wheeling



Fr. Thomas from Saint Demetrios of Libertyville celebrating Divine Liturgy