



# THE GREEK AMERICAN TIMES



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## Greek Anthem

Σε γνωρίζω από την κόψη.  
Του σπαθιού την τρομερή,  
Σε γνωρίζω από την όψη,  
Που με βιά μετράει τη γη.

Απ' τα κόκκαλα βγαλμένη.  
Των Ελλήνων τα ιερά,  
Και σαν πρώτα ανδρειωμένη,  
Χαίρε, ω  
χαίρε,ελευθεριά! (3x's)

### English Translation

I shall always recognize  
you by the dreadful sword  
you hold, As the earth with searching  
vision you survey with spirit bold.

T'was the Greeks of old whose dying  
brought to birth our spirit free, now  
with ancient valor rising let us hail you,  
O Liberty!

From the sacred bones,  
of the Hellenes arisen,  
and valiant again as you once were,  
Hail, o hail, Liberty! (3x's)



Peter S.	03/07
Vasilios K.	03/08
Evdoxia K.	03/08
Vickie V.	03/10
Marion K.	03/11
Anita P.	03/11
Constance K.	03/17
Chrisoula K.	03/17
Alexandra G.	03/18
Dena D.	03/19
Maria K.	03/20
Meropi S.	03/20
Angeliki B.	03/25
Revekka I.	03/25
Kontilo F.	03/28
Maria M.	03/28





# ACTIVITY HAPPENINGS

Welcome all to the **March issue of the Greek American Times**.

We celebrated the month of Love (February) by having many celebrations with a great amount of delicious sweets which were dropped off weekly by our lovely volunteers from Circle of Friends and the Philoptochos chapters of St. Haralambos, St. Demetrios of Elmhurst, St. George and St. John the Baptist. We appreciate the continuous support, and our residents love seeing everyone come in!

The fun didn't stop there as we celebrated several of our residents' Birthdays with wonderful parties. Special wishes are extended to our lovely and dear resident, **Lucille T. who turned 101 years young!!! WOW! Happy Birthday Lucille!**

Valentines Day was also a fun filled day! There were several activities throughout the day, and the residents celebrated with an Ice Dream Social which also had lots of sweets hosted by the Greek American Rehabilitation and Care Centre's Women's Auxiliary. Additionally, the children on the Greek American Academy sent handmade Valentine's cards for the residents. Thank you to all the children, your cards brightened everyone's day!

Some of our residents and Activity staff also had an opportunity to go on an outing to Rise and Dine Restaurant in Wheeling for a delicious brunch. We thank the staff of Rise and Dine for their delicious food and their hospitality!

We held our monthly Residents Council Meeting and invited our Dietary Department to join us. The residents decided they wanted to start having a "Meal of the Week" and the Dietary Department was most accommodating. We look forward to enjoying these special weekly meals prepared by the dietary team. Other suggestions made by our residents were places they would like to go on outings, and how much they missed and would like to return to having different visiting musicians each month. As March begins, we can not await for Spring to arrive. March is a month full of events, as well as the beginning of Easter preparations and attending the Greek Independence Parade in Chicago's Greek Town on March 26.

Looking forward to all of the fun March events! If you need to contact us, please feel free to do so. You can always reach us at 847-459-8700 ext. 1044 or email Mayra at [mquintana@garcc.org](mailto:mquintana@garcc.org)

-The Life Enrichment Team



Today's Saint Patrick's Day celebrations have been greatly influenced by those that developed among the Irish diaspora, especially in North America. Until the late 20th century, St. Patrick's Day was often a bigger celebration among the diaspora than it was in Ireland.



**MARCH**

- March 1st  
Women's History Month
- March 12th  
Daylight Saving Begins
- March 17th  
Saint Patrick's Day
- March 20th  
First Day of Spring
- March 25th  
Greek Independence Day

**Save the Date**

Greek American Rehab & Care Centre

**June 19, 2023**

**18th Annual Golf Outing**

Further information to follow in April Newsletter

## 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 Rehabilitation & Care Centre invites you to

*Fashion with Flair*

Thursday, April 6, 2023

Cocktails 6:00 pm | Dinner and Fashion Show 7:00 pm

Chateau Ritz

9100 N. Milwaukee Ave. Niles, Illinois

Sponsors:

Eleni & Jimmy Bousis & Family | Constantine & Maria Danos & Family  
Peter & Brenda Venetos | John Pantazis | Eleni Tzotzolis & Family  
Tom & Beth Ann Papoutsis & Family | Beta Diagnostic Labs  
The Mike Bousis Family | Tasty Breads International

Chairladies: Teddi Galanis & Terri Mikuzis

a wholly owned subsidiary of Greek American Health Services Foundation

**For Reservations, Sponsorship or Further Information,  
Please Call: 224-434-0509**



# PHOTO MEMORIES...

