



THE GREEK AMERICAN TIMES



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*May you find the Renewal of Hope,
Health, Love and the Spirit of God*

*Happy and Blessed
Easter and Passover*

to you and your lovely family

*On behalf of the Greek American
Rehabilitation and Care Centre
Board of Directors, Staff, Residents
and Volunteers*



THANK YOU! THANK YOU! THANK YOU!

On behalf of the Board of Directors, Staff and Residents we extend a heartfelt Thank You **Con Grapsas** and his seamstresses at **Ultimate Bride** 100 masks made to n95 specifications! This very generous donation will assist us greatly as we take every step possible to prevent the spread of this virus.

We are very appreciative of this donation and wish Con and his staff continued good health.

*Dino Varnavas, LNHA
Administrator*



Dina, R.	04/01
Leticia, Y.	04/02
Stamatios, V.	04/05
Basiliki, K.	04/08
Lola, M.	04/17
Polla, S.	04/21
Robert, B.	04/22

“And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.”

-Kitty O'Meara
From the Rocky Mountain Buddhist Center

NOTE FROM LIFE ENRICHMENT ...

March brought some new challenges to our nursing home, staff and residents, however, we are all adjusting and doing well. With social distancing as a primary focus, our Activities schedule has changed drastically to assure the safety and wellness of our residents while meeting as many of their needs as possible.

We will continue with our modified Activity schedule in April adhering to all of the CDC guidelines. The residents have adapted to this new schedule and are happy with the continuation of many of our daily activities. We pray this will all end soon.

KALH ANASTASH! HAPPY EASTER!

- *The Life Enrichment Department*

POSTPONEMENT OF FUNDRAISING EVENTS...

Dear Friends,

Due to the unprecedented times we are living in today, we must make some necessary decisions to keep us and our residents all safe. Therefore, our **Dinner Fashion Show** scheduled for Thursday, May 7th at The Chateau Ritz and our **Women's Auxiliary's Mother's Day Luncheon and Bake Sale** scheduled for Saturday, May 9th at the Greek American Rehabilitation and Care Centre **have both been postponed.**

We are very appreciative to our Fashion Show Committee and all the Ladies of the Women's Auxiliary for all their efforts and dedication that they have put forth in preparing for these events. However, we are all in agreement, difficult as it may be, that this is the correct action that must be taken to assure everyone's safety.

These two dynamic committees will regroup at a future date to continue where they left off or generate some new ideas for their respective fundraisers that assist our nursing home with our many needs.

We are very thankful to all you, our friends and donors, for your understanding. We look forward to the end of this crisis with hope of gathering together soon to support our wonderful events.

For now, we want you all to focus on taking this time to care for yourself and your families. With prayer and faith, we will emerge from this crisis stronger and united.

The Board of Directors, Staff, Residents and Volunteers send their best wishes to all of you and look forward to seeing you in the near future. Stay safe!

Respectfully,

Eleni Bousis

Chairman of the Board of Directors

UPDATED MESSAGE FROM THE ADMINISTRATOR...

March 27, 2020

I hope this letter finds everyone well. We at the Greek American Rehabilitation and Care Centre (GARCC) are taking an active, common sense approach to preventing the spread of COVID-19 by following prudent infection prevention strategies as well as all recommended actions set forth by the Illinois Department of Public Health (IDPH), Centers for Disease Control (CDC) and the Centers for Medicare and Medicaid Services (CMS). GARCC has worked closely with the IDPH and has followed its current recommended guidelines to assist with the prevention of the spread of this virus where possible. As noted, we are also following guidelines of the CDC, CMS and other local public health authorities for additional guidance. To date, we have no suspected cases of COVID-19, and we are taking steps to protect our residents and valued staff members, which remains our top priority.

During these unprecedented times, the Administration, Staff and Board of Directors want to express their gratitude for your cooperation and understanding. Your adherence to our 'No Visitor' policy helps us maintain a safe environment for your family members residing at our Care Centre. We do want you to stay in touch with your loved one and encourage you to use Facetime, What's App or Skype. If you don't know how to use these media applications, ask your children or grandchildren--they will show you. To set up a time, please contact the following team members:

- **Third floor;** Vasiliki Stratikopoulou, Life Enrichment Director, ext. 1044, vasilikis@garcc.org.
- **Second floor;** Elena Tamvakis, Social Services Director, ext. 1067, etamvakis@garcc.org.
- **Fourth floor;** Annie Carlson, Memory Care Director, ext. 1030, acarlson@garcc.org, or Mayra Quintana, Recreation Coordinator, ext. 1020 mquintana@garcc.org.

Furthermore, we have been working closely with our physicians and have set up Telehealth services. This allows the physician to treat your loved one remotely without having to see them in person.

Finally, 75% of the **PPE** (personal protective equipment) that is sold in this country comes from the Wuhan province in China. While the factories there have reopened, they are not operating at 100% capacity. While we currently have enough inventory, we accept any donations of masks, gowns, goggles and N95 respirators.

I am extremely proud of the GARCC staff and the physicians we partner with. The CDC considers this virus to be a serious public health concern. Unfortunately, it is going to get much worse before it gets better. We need to remain vigilant and proceed cautiously to prevent the spread of this virus amongst us. Please remain well!

Sincerely,

Dino Varnavas, LNHA