



THE GREEK-AMERICAN TIMES

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SPECIAL POINTS OF INTEREST IN FEBRUARY

- ◆ 2/1 Resident Council/Food Committee
- ◆ 2/3 Orthodox Service with Father George Bessinas
- ◆ 2/3 Greek Coffee with St. Haralambos
- ◆ 2/4 Tai Chi
- ◆ 2/8 Therapy Dog Visit
- ◆ 2/8 Jewish Discussion Group
- ◆ 2/9 Orthodox Service with Father Andrew Georganas
- ◆ 2/9 Outing
- ◆ 2/10 Greek Coffee
- ◆ 2/11 Field Middle School Visit
- ◆ 2/14 Valentine's Day Social
- ◆ 2/15 Sing Along with Eddie
- ◆ 2/16 Expedition Voyage
- ◆ 2/17 Orthodox Service
- ◆ 2/17 Greek Coffee with St. Demetrios of Elmhurst
- ◆ 2/18 Tai Chi
- ◆ 2/22 Therapy Dog Visit
- ◆ 2/23 Outing
- ◆ 2/24 Orthodox Service with Father Chrysanthos Kerkeres
- ◆ 2/24 Greek Coffee with Ahladokampos



LOOK WHO'S CELEBRATING A BIRTHDAY



PHILON K.	FEBRUARY 4
DAPHNE S.	FEBRUARY 4
GEORGIA N.	FEBRUARY 6
EVANGELIA G.	FEBRUARY 8
FRANCES M.	FEBRUARY 9
KHAYA G.	FEBRUARY 10
GAYLE P.	FEBRUARY 11
EARDANE B.	FEBRUARY 12
GEORGIA K.	FEBRUARY 13
PHYLLIS T.	FEBRUARY 14
KATHERINE D.	FEBRUARY 15
JACQUELYN S.	FEBRUARY 16
GEORGINA M.	FEBRUARY 18
DOLORES S.	FEBRUARY 20
KONSTANTIN T.	FEBRUARY 20
KAY K.	FEBRUARY 20
LAVINA W.	FEBRUARY 23
MARY S.	FEBRUARY 25
PAULINE S.	FEBRUARY 25
BRADLEY G.	FEBRUARY 28

Love is composed of a single soul inhabiting two bodies.

- Aristotle





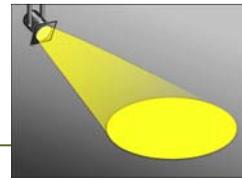
Activity Happenings

The new year started off with a bang at the Greek American! The residents celebrated the beginning of 2011 with an afternoon party and champagne (sparkling juice) toast. We were happy to spend time with visitors from the the Pan Laconian Society who came to see us. They brought fresh fruit, cookies, a clarinet player and many enthusiastic members of the society. They stopped on each floor to sing a variety of traditional songs and danced to the upbeat music. We also enjoyed coffee and sweets with St. Demetrios of Elmhurst and Ahladokampos. Our four legged visitors, therapy dogs Bailey, Kubla and Sunny brightened our morning while the music of Larry had us singing all afternoon. We commemorated the long standing Greek tradition of the Vasilopita, and in addition to our weekly Bible Study and Orthodox Services, we held a Jewish Discussion Group as well as a visit from Catholic Services. Our outings to the Grand Victoria Casino in Elgin and Demetri's Restaurant were a hit and everyone is eager to see what's in store for next month!

This month, we participated in a special project with Holmes Middle School in Wheeling. Some of the residents exchanged pen pal letters with the students, giving them advice and sharing stories about themselves and their lives when they were that age. The students then came to interview some of the residents and are working on putting together a "Digital Storybook" about their lives. We look forward to the completed project, as our residents all have interesting and memorable stories to share!

Activity Department Wish List

- Crayola markers, glue sticks, scissors
- Soothing music CDs and DVDs
- Scented neck pillows (lavender , peppermint)
- Bingo prizes such as fashion jewelry, clothing items, picture frames etc.



Senior Spotlight

Name: Marie Nichols

Age: 89

Where were you born: Chicago, Illinois

Former Occupation: Owned a snack shop called "Aristotle's"

Family: 2 sons

Favorite Activity: Especially enjoy crafts, making ornaments

Favorite Food: I like everything!

Favorite Music: 50's and 60's music

Favorite Movie: "The Good Earth" and "Gone With the Wind"

Favorite Place you've traveled: Greece and train trips around Canada. I've traveled to every state except Hawaii and Alaska.

What gives you most pleasure in life is: My family, seeing my son graduate college and meeting my new great grandson.

Best advise you can give us: Enjoy every day you have!

If I won a million dollars I would: Give to my children and donate it to the Salvation Army



A MESSAGE FROM SOCIAL SERVICES

Your rights to participate in your own care

Your facility must develop a written plan which states all the services your facility will provide everything you are expected to do. Your facility must keep reasonable arrangements to meet your needs and choices.

You may go to the care plan conferences where your care plan is decided.

You have the right to choose your own doctor. And the facility must inform you of the specialty of each doctor responsible for your care.

You have the right to refuse any medical treatment. Your facility must tell you the effects of not taking the medicine and other possible treatments.

You have a right to make a Living Will or a Durable Power of Attorney for Health Care, so the facility will know your wishes if you can no longer speak for yourself.

Your facility must allow you to see your medical records within 24 hours for your request. You may purchase a copy of part or all of your record at a reasonable copy fee with two working days advance notice.

Your facility may not require you to work.

If you have any question please contact Emman or Anna from the Social Service Department.



I Love Thee

By Eliza Action



I love thee, as I love the calm
Of sweet, star-lighted hours!
I love thee, as I love the balm
Of early jes'mine flow'rs.
I love thee, as I love the last
Rich smile of fading day,
Which lingereth, like the look we cast,
On rapture pass'd away.
I love thee as I love the tone
Of some soft-breathing flute
Whose soul is wak'd for me alone,
When all beside is mute.

I love thee as I love the first
Young violet of the spring;
Or the pale lily, April-nurs'd,
To scented blossoming.
I love thee, as I love the full,
Clear gushings of the song,
Which lonely--sad--and beautiful--
At night-fall floats along,
Pour'd by the bul-bul forth to greet
The hours of rest and dew;
When melody and moonlight meet
To blend their charm, and hue.
I love thee, as the glad bird loves
The freedom of its wing,
On which delightedly it moves
In wildest wandering.

I love thee as I love the swell,
And hush, of some low strain,
Which bringeth, by its gentle spell,
The past to life again.
Such is the feeling which from thee
Nought earthly can allure:
'Tis ever link'd to all I see
Of gifted--high--and pure!

Valentine's Day Trivia

Want to know a little trivia about Valentine's Day? Here are some interesting facts regarding February 14th Valentine's celebration.

- 110 million roses, the majority red, will be sold and delivered within a three-day time period.
- 15% of U.S. women send themselves flowers on Valentine's Day.
- 73% of people who buy flowers for Valentine's Day are men, while only 27% are women
- About 1 billion Valentine's Day cards are exchanged each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.
- 70 percent of those celebrating the holiday give a card, followed by a telephone call (49%), gift (48%), special dinner (37%), candy (33%) restaurant meal (30%), and flowers (19%).
- Hallmark has over 1,330 different cards specifically for Valentine's Day
- In the United States, 64 percent of men do not make plans in advance for a romantic Valentine's Day with their sweethearts.
- Valentine's Day is big business. Consumers will spend an average of \$77.43 on Valentine's Day gifts this year. E-commerce retailers expect to rack up about \$650 million in sales of food, candy, flowers, and other Valentine's Day gifts. Of that amount about \$350 million will be for gifts and flowers and another \$45 million will be spent on food (including chocolate) and wine.

RECIPE FROM HOME



Yia Yia's Roast Beef

Ingredients:

- 3 pound roast (feeds 6 people)
- 1 onion
- 1 green pepper
- 1 tomato
- 5 or 6 pieces of garlic
- Salt and pepper (as desired)

Preparation:

1. Clean the onion and cut it in half
2. Using a fork, poke holes into the tomato and green pepper
3. Cut small slices into meat and slip the garlic into the holes
4. Place meat in a deep pan and add the above prepared ingredients (onion, tomato and green pepper)
5. Wrap pan in foil, so that there is no air coming in
6. Place in oven for 2 1/2 hours at 350 degrees

It is recommended to serve roast with noodles or mashed potatoes.

Enjoy!

This recipe was shared with us by Georgia T.



Vasilopita cutting



Pan Laconian Society Visit



Activity Photos



Therapy dog visits



New Year's Party

