

THE GREEK-AMERICAN TIMES

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SPECIAL POINTS OF INTEREST IN FEBRUARY

- 2/1 Bible Study
- 2/2 Greek Coffee with St. Haralambos
- 2/3 Orthodox Service with Fr. Sotri Malamis
- 2/4 Caregiver Support Group
- 2/8 Bible Study
- 2/9 Orthodox Service with Fr. George Bessinas
- 2/11 Ethnic Cooking Group
- 2/14 Valentine's Day Social
- 2/14 Jewish Discussion Group
- 2/15 Bible Study
- 2/16 Greek Coffee with St. Demetrios of Elmhurst
- 2/18 Orthodox Service with Fr. John Pilafas
- 2/18 Bingo Shopping Cart
- 2/22 Bible Study
- 2/23 Orthodox Service with Chrysanthos Kerkeres
- 2/25 Cooking Group
- 2/29 Bible Study

LOOK WHO'S CELEBRATING A BIRTHDAY

Daphne S.	Feb. 4
Philon K.	Feb. 4
Georgia N.	Feb. 6
Sophie G.	Feb. 8
John B.	Feb. 9
Khaya G.	Feb. 10
Gayle P.	Feb. 11
Earldane B.	Feb. 12
Georgia K.	Feb. 13
Katherine D.	Feb. 15
Agnes E.	Feb. 15
Diamento S.	Feb. 15
Alexandros S.	Feb. 18
Georgina M.	Feb. 18
Kay K.	Feb. 20
Konstantin T.	Feb. 20
Lavina W.	Feb. 23
Pauline S.	Feb. 25
Mary S.	Feb. 25



A bell is no bell 'til you ring it,
 A song is no song 'til you sing it,
 And love in your heart
 Wasn't put there to stay -
 Love isn't love
 'Til you give it away.

~ Oscar Hammerstein, Sound of
 Music, "You Are Sixteen (Reprise)"



ACTIVITY HAPPENINGS

A MESSAGE FROM SOCIAL SERVICES



Your rights to participate in your own care Part One

Despite the cold and snowy weather, our month was filled with many upbeat activities. We celebrated the new year with a countdown and party, sang a long with the delightful music of Joe Henderson and made crafty pillows out of recycled materials during our art class.

We welcomed our visitors from St Haralambos, St. Demetrios of Elmhurst and Ahladokampos for coffee and sweets. It is always wonderful to spend the afternoon with friends. Our visit to

Demetri's was delightful and delicious as usual and we look forward to going back again soon! We held a discussion group for our Jewish residents as well as a weekend Catholic service.

We look forward to lots of fun in February! We would like to invite everyone to join us for the Valentine's Day Social on Tuesday, February 14th and for the rest of the activities listed on our calendar!

Activity/Memory Care Department Wish List

- Crayola markers
- 1 to 2 pound hand weights
 - Fashion jewelry
 - Fashion scarves

- ⇒ Your Facility must develop a written care plan which states all the services your facility will provide to you and everything you are expected to do. Your facility must make reasonable arrangements to meet your needs and choices.
- ⇒ You may go to the care plan conference where your care plan is decided.
- ⇒ You may choose to have family, friends or a representative participate in the care plan conference.
- ⇒ You have the right to choose your own doctor. You will have to pay the doctor yourself unless Medicare, your insurance plan or Medicaid will pay the doctor bill.
- ⇒ Your facility must tell you the name and specialty of each doctor responsible for your care, and how to contact that doctor.
- ⇒ You have the right to be in charge of taking your own medicine if your care planning team and your doctor say that you are able to do so.
- ⇒ You have the right to refuse any medical treatment. If you refuse a treatment, your facility must tell you what may happen because of your refusal and tell you of other possible treatments.

If you have any questions regarding resident rights please contact Bia Karlos, Assistant Director of Social Services at 847-499-7139



VALENTINES DAY TRIVIA



- February 15th was the date of the Roman festival of Lupercalia - where young men held a lottery to decide which girl would be theirs.
- During Medieval times, girls ate unusual foods on St. Valentine's Day to have a dream of their future husband.
- In the middle Ages, people believed that the first unmarried person of the opposite sex you met on the morning of St. Valentine's Day would become your spouse.
- In the middle of the 17th century even married people took a Valentine - not always their legal other half!
- Alexander Graham Bell applied for his patent on the telephone, on the Valentine's Day, 1876.
- In Wales, love spoons of wood were carved and given as gifts on February 14th. Hearts, keys and keyholes formed the favorite theme of decorations on the spoons, which together symbolized- "You unlock my heart!"
- It wasn't until 1537 that St. Valentine's Day was declared an official holiday. England's King Henry VIII declared February 14th a holiday in 1537 for the first time.
- Some people believed that if a woman saw a robin-flying overhead on Valentine's Day, it meant she would marry a sailor and if she saw a sparrow, she would marry a poor man and be very happy. If she saw a gold finch, she would marry a very rich person.
- The Taj Mahal at Agra, India is perhaps the most splendid gift of love. It was built by the Mughal Emperor Shah Jahan in memory of his beautiful wife, Mumtaz Mahal. Work on the Taj began in 1634 and continued for almost 22 years. It took the labor of 20,000 workers from all over India and Central Asia.
- In England, the Romans, who had taken over the country, had introduced a pagan fertility festival held every February 14. After the Romans left England, Pope Gelsius, who established St. Valentine's Day as a celebration of love in 496 A.D abolished the pagan ritual.

<http://www.everythingvalentinesday.com/valentines-trivia.html>

Valentine's Day Social

Join us for an afternoon social to celebrate Valentine's Day!



RECIPE FROM HOME

Ingredients:

- 1 cup chocolate cookie crumbs
- 3 tablespoons white sugar
- 1/4 cup butter, melted
- 1 (10 ounce) package frozen raspberries
- 2 tablespoons white sugar
- 2 teaspoons cornstarch
- 1/2 cup water
- 2 cups white chocolate chips
- 1/2 cup half-and-half cream
- 3 (8 ounce) packages cream cheese, softened
- 1/2 cup white sugar
- 3 eggs
- 1 teaspoon vanilla extract

Preparation:

1. In a medium bowl, mix together cookie crumbs, 3 table-
spoons sugar, and melted butter. Press mixture into the
bottom of a 9 inch springform pan.
2. In a saucepan, combine raspberries, 2 tablespoons
sugar, cornstarch, and water. Bring to boil, and continue
boiling 5 minutes, or until sauce is thick. Strain sauce
through a mesh strainer to remove seeds.
3. Preheat oven to 325 degrees F (165 degrees C). In a
metal bowl over a pan of simmering water, melt white
chocolate chips with half-and-half, stirring occasionally until
smooth.
4. In a large bowl, mix together cream cheese and 1/2 cup
sugar until smooth. Beat in eggs one at a time. Blend in va-
nilla and melted white chocolate. Pour half of batter over
crust. Spoon 3 tablespoons raspberry sauce over batter.
Pour remaining cheesecake batter into pan, and again
spoon 3 tablespoons raspberry sauce over the top. Swirl
batter with the tip of a knife to create a marbled effect.
5. Bake for 55 to 60 minutes, or until filling is set. Cool,
cover with plastic wrap, and refrigerate for 8 hours before
removing from pan. Serve with remaining raspberry sauce.

*This recipe was shared
with us by Luba Siryj,
Memory Care Director*

White Chocolate Raspberry Cheesecake



UPCOMING EVENT



GREEK AMERICAN REHABILITATION AND CARE CENTRE



- 2:00 pm: Agiasmos Service**
- 3:00 pm to 7:00 pm: Hors d'oeuvres, Refreshments, Desserts & Coffee**
- 4:30 pm: Entertainment**

Phone: 847-459-8700
Website: greekamericancare.org
Committee Office: 847-465-1323

Open House
Saturday, March 3, 2012
12:00 p.m. to 7:00 p.m.
10th year anniversary

The Greek American Rehabilitation and Care Centre is celebrating our 10th anniversary on Saturday, March 3, 2012. Please join us as we celebrate this milestone with an Agiasmos Service, hors d'oeuvres, refreshments and entertainment. Take a tour of our home and see all that we have accomplished over the years!

**For further information and to R.S.V.P.
please call the committee office at 847-465-1323
by Friday, February 24, 2012.**

220 N. First Street ~ Wheeling, Illinois 60090



Residents enjoyed their time with the Trinity International women's basketball team making crafts.



Everyone sang along to the upbeat music of Joe Henderson



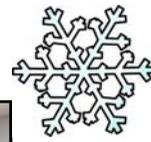
Winter Fun!



Residents enjoy an afternoon of wonderful entertainment.



On behalf of the Board of Directors, staff, volunteers and residents we thank Toni Panos and the Daughters of Penelope Homer Chapter 98 for their generous donation to our home.



Congratulations!



Pope S. was elected Resident Council President in the January elections



Maria B. was elected Resident Council Vice President in the January elections

