



**Greek American Rehabilitation
& Care Centre**
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THE GREEK AMERICAN TIMES FEBRUARY

COVID-19 UPDATE

On January 23rd and 24th the 2nd dose of the COVID-19 vaccination was administered to our residents and staff. 98% of

our residents have now been vaccinated, as well as the majority of our staff.

Our most recent test results were ALL negative for COVID.

The health and safety of the GARCC Community continues to be our highest priority, therefore, we will continue to test

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Valentine's Day occurs every February 14th. Across the United States and in other places around the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and where did these traditions come from? The history of Valentine's Day and the

story of its patron saint is shrouded in mystery. We do know that February has long been



COVID-19 VACCINATION INFORMATION:

The following 2 online portals are available to you and provide information regarding your county's vaccination procedures and services. They provide online vaccination registration, vaccination appointment scheduling and other pertinent vaccination material:

Lake County:

https://allvax.lakecohealth.org/s/?language=en_US

Cook County:

<https://vaccine.cookcountyil.gov/>



Lucille T.	2-05
Vladimir G.	2-05
Alexander K.	2-08
Maria R.	2-11
Alen C.	2-15
Stamatiki P.	2-20



February's birth flowers are the violet and primrose. While many relate red roses with February thanks to Valentine's Day on the 14th, the violet is actually the February birth flower. This purple-hued bloom is a symbol of modesty, faithfulness and virtue. In the Victorian age, a gift of violets was a declaration to always be true, and it still serves as a wonderful reminder of loyalty, thoughtfulness and dependability.

NOTE FROM LIFE ENRICHMENT ...

Welcome to the February issue of the Greek American Times.

Our year started on a busy and upbeat note! We celebrated National Stickers Day, made waffles and crepes for the residents. We also celebrated Elvis Presley's birthday by listening to all of his Top Hits. We finished off the month by celebrating **National Activities Professional Week**. We surprised our beloved activity staff with a week full of goodies. The GARCC wouldn't be the same without all of our wonderful activity staff that keep our residents happy and entertained. We thank them for all of their hard work and dedication.

We look forward to seeing you all in person sometime in the future. As of now, if you would like to schedule an "Indoor Visit" with your loved one please feel free to give myself, Vasiliki, Elena or Arthur in Social Services a call. The hours for visits are 9-4pm. We are also still continuing to offer FaceTime call opportunities. If you have any questions please feel free to call or email me at **847-459-8700 ex. 1044**, or mquintana@garcc.org

Email for iPad FaceTime:
GreekAmericanTab1@gmail.com

Email for the Samsung Tablet
video call:
Greeksamsung1@gmail.com



-Mayra Quintana and the Life Enrichment Department

THANK YOU—IPAD DONORS!



Recently we asked some individuals and Philoptochos Chapters to assist us with an iPad Project. With their generous donations we purchased eight additional iPads in cases for durability and safety for our residents use to FaceTime with their families and three iPads for our staff for telemedicine.

As the Covid-19 Pandemic continues, so does our lockdown, therefore families and residents are not able to see one another in person. The purchase of additional iPads permits us to schedule many more zoom and FaceTime calls. These calls not only lift moral for the residents, they also reassure family members that their loved ones are doing well. The arrival of the iPads in early December, just in time for the holiday season, made it extra special during this very unusual time. In addition to family Zoom and FaceTime visits, the iPads are utilized by many residents to view their favorite movies and various faith services. Using the mini iPads our staff is able to FaceTime with residents' doctors in a quick and safe environment.

We extend a sincere thank you to: St. John the Baptist Philoptochos Society, SS. Peter and Paul Philoptochos Society, Ascension of Our Lord Philoptochos Society, Terri Mikuzis, George Bousis, Robert Fakhouri, Paul Kouris, Linda Karras and Peter & Patricia Kladis, A special thank you to Steven Galanis and Cameo who secured a very reasonable price for the iPads.



VALENTINE'S QUIZ



1. What is the Greek word for Cupid, god of love?
A. Venus
B. Aphrodite
C. Eros
2. What does the word Valentine mean?
A. Sweetheart
B. Love
C. Honey Bun
3. Sailors often scratched designs on wood, bone or tusk to give as a love gift. What is this hobby known as?
A. Whittling
B. Scrimshaw
C. Carving
4. What part of the body must Cupid's arrow hit to be effective?
A. Shoulder
B. Head
C. Heart
5. What flower is most symbolic of Valentine's Day?
A. Poinsettia
B. Lilly
C. Red Rose
6. What date was the first recorded Valentine sent?
A. 1415
B. 1832
C. 1971
7. What do you need to kiss to turn into a prince?
A. Kitten
B. Frog
C. Ferret
8. Where do you "wear your heart" if you are quick to show your feelings?
A. Hand
B. Head
C. Sleeve
9. What bird symbolizes Valentines Day?
A. Swan
B. Dove
C. Swallow
10. What happens to someone struck by Cupid's Arrow?
A. Headache
B. Stomach Flu
C. Lovesick

Answer Key
1~c: 2~a: 3~b: 4~c: 5~c:
6~a: 7~b: 8~c: 9~b: 10~c:

SAFETY TIPS FOR THE MONTH - WINTER WEATHER

- **Pay attention to weather reports:** Allow extra time in your schedule for bad weather and/or traffic.
- **Buckle-Up:** The most important tip to keeping your family safe while driving is to use safety belts and proper child restraints.
- **Both Hands on the Wheel:** The 9 & 3 o'clock positions provide better control when steering.
- **Lights On Please:** During rainy or snowy weather turn on your headlights so other drivers can see you better.
- **If you need to turn on your wipers, you NEED to turn on your headlights. It's a State Law.**
- **Snow Cleaning:** Keep windows clear of snow and ice. Also remember to clean off the roof of your car/truck, head, tail and brake lights.
- **Stopping Time:** Make sure to leave ample stopping time between you and the driver in front of you. *Braking distance can be up to 9 times greater on snowy, icy or wet road surfaces than on dry roads.*
- **Frozen locks:** If your locks freeze, heat your key. Do not pour hot water on the locks ~ they will refreeze.
- **Winterize Your Vehicle:** Suggestions in winterizing your car:
 1. Check the radiator for its coolant level & check the sturdiness of hoses & belts.
 2. Refer to manual to see if a lighter grade of motor oil is recommended for winter driving.
 3. Check and replace all burned out headlights, tail lights and turn signals.
 4. Ensure that each tire's treads are one-sixteenth inch deep for adequate traction.
 5. Ensure brakes are in proper working order.
 6. Keep a bottle of window washer fluid in the trunk and ensure wiper blades are in good working order. Cold temps can make blades brittle, and ice on the windshield can cause nicks, decreasing the performance.

