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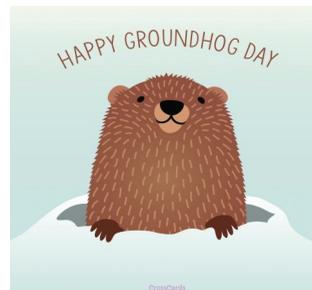


THE GREEK AMERICAN TIMES



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Groundhog Day - February 2

It derives that if a groundhog emerging from its burrow on this day sees its shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks. If the groundhog does not see its shadow because of cloudiness, spring will arrive early. While the tradition remains popular in the 21st century, studies have found no consistent correlation between a groundhog seeing its shadow and the subsequent arrival time.



Lucille T.	2-05
Vladimir G.	2-05
Alice B.	2-07
Maria R.	2-11
Nick L.	2-15
Stavroula P.	2-16
Nancy C.	2-17
Maria K.	2-17
Magda S.	2-19
Maria K.	2-22
Diane G.	2-24



february
BIRTHSTONE

- ◆ Symbolizes deep love, royalty, and happiness
- ◆ Brings clarity and awareness
- ◆ The finest amethyst gems are found in Russia

AMETHYST

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 the New Year with some amazing Vasilopita from St. Haralambos Philoptochos. We also celebrated Boston Crème Pie Day, Apple Coffee Pie Day, Hot Chocolate Day. While all of these special Hallmark days were lots of fun, I'm sure the residents absolute favorite was the Ice Cream Social. 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 including lunch from their favorite restaurant. The GARCC would not 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.

The Residents also had a chance to participate in a "Food Committee Meeting". They enjoyed giving feedback of the food and were happy to contribute their opinions on the selection of the new Menu items. We will continue to host this meeting at least once a month.

We look forward to the month of February and all of the Fun events we have planned. Please feel free to call or email me with any questions or concerns. If you would like to visit your loved one you are more than welcomed to visit. Visitation is still being held in resident rooms, however, we are asking everyone to please keep your masks on during visitation. We are still continuing to offer FaceTime call opportunities. If you have any questions please feel free to call or email me at **847-459-8700 ext. 1044**, 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

RED TRIVIA



1. What planet is known as the red planet?

Answer: Mars. The red comes from iron oxide on its surface.

2. What red flower is associated with Valentine's Day?

Answer: Rose. Giving red roses to your sweetheart dates to the Victorian era

3. What is a red precious gemstone?

Answer: Ruby. It is one of only four precious gemstones: diamond, sapphire, ruby, and emerald. Chromium gives rubies their red color. Elizabeth Taylor owned an 8.24-carat ruby ring, and it sold for \$4.2 million at auction.

4. What fruit is associated with Washington State?

Answer: Apple. Washington is the largest U.S. producer of apples. It produces more than 60 percent of the apples grown in the United States.

5. What are the red organisms that make up a reef?

Answer: Coral. Coral is an animal, not a plant.

6. What fruit is mostly water and considered a summertime favorite?

Answer: Watermelon. Seedless watermelons are genetically altered to create a sterile watermelon.

7. What red state park is found in Arizona?

Answer: Red Rock. It is named Red Rock for its red rock formations

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IN MEMORY OF OUR SPIRITUAL FATHER, REV. FR. DEMETRIUS N. TREANTAFELES



On behalf of the Greek American Rehabilitation and Care Centre Board of Directors, staff, residents and their families, the Women's Auxiliary and volunteers we extend our deepest sympathy to the Family and friends of the late, Reverend Demetrius N. Treantafeles.

Reverend Father Demetrius Treantafeles has been a part of the Chicago Metropolis clergy for over 55 years and a priest for nearly 70 years.

He served as a Spiritual Father in various parishes throughout his priesthood life. Fr. Treantafeles was a very compassionate individual with integrity and love for humanity. His wisdom and guidance helped countless Christians overcome pain and suffering. His smile radiated and his grace inspired all who came in contact with him.

Fr. Treantafeles' ministries were many, however, his favorite was the Greek American Rehabilitation and Care Centre. Here he felt most at home, as he shared many past experiences, obstacles, and determinations of life together with the residents. Fr. Treantafeles cared for all our residents, employees, family members and volunteers as his children and family. Although hypothetically retired, he took his oath as a servant of God to the extreme. Following his daily routine, it was readily apparent that he was never in retirement mode. He spent much of his time teaching, writing and ministering. He was always assisting and preparing Christians for an acceptance of life, repentance, forgiveness, love, giving, sharing, and life after death.

Fr. Treantafeles, known affectionately as "Fr. T" to many, found spiritual growth in being a daily Spiritual Father to the Greek American Rehabilitation and Care Centre. His ministry at the nursing home consisted of being available for the breakfast feeding of our residents, weekly Bible Study lectures, consoling individuals, hearing confessions and comforting individuals through their struggles and anxieties by giving spiritual guidance, moral and ethical support. On any given day, you would find Fr. T at the nursing home exchanging stories with the residents, laughing at their jokes or telling one of his own, exchanging gardening tips with employees, listening to family members, and giving his blessing to anyone that asked. He was not only our Spiritual Father, but he was also our dear and beloved friend.

The Greek American Rehabilitation and Care Centre will treasure Fr. T's memory and all he did for the nursing home spiritually, emotionally, morally and monetarily. He was a selfless individual whose drive motivated us all. Father Treantafeles was a loyal supporter of the nursing home and was always there to assist us through the difficult periods as well as the good ones. Fr. T will be greatly missed!

**May the good Lord welcome Reverend Father Demetrius Treantafeles into
His everlasting Kingdom, and may his memory be forever eternal**

RED TRIVIA (continued)

8. What seafood is red when cooked and is considered a delicacy for its tail and claws?

Answer: Lobster. When lobsters are alive, they are often a mottled greenish brown, but they are occasionally found in black, yellow, orange, or even blue.

9. What beetle is predominately red with black spots?

Answer: Ladybug. They can fly the same speed as a racehorse, around 37 miles per hour.

10. What is used to make Cabernet Sauvignon?

Answer: Grapes. The wine originated in France, but it now also comes from grapes grown in California.