



THE GREEK-AMERICAN TIMES

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SPECIAL POINTS OF INTEREST IN JANUARY

- 1/2 Therapy Dog Visit
- 1/4 Resident Council/Food Committee
- 1/6 Greek Coffee with St. Haralambos
- 1/7 Tai Chi with Hal
- 1/8 Orthodox Service with Father Pilafas
- 1/10 Music with Larry
- 1/11 Therapy Dog Visit
- 1/12 Outing
- 1/15 Orthodox Service with Father Pilafas
- 1/17 Pen Pal Group
- 1/18 Jewish Discussion Group
- 1/19 Expedition Voyage
- 1/20 Orthodox Service with Father Tilemahos Alikakos
- 1/21 Tai Chi with Hal
- 1/22 Birthday/Nameday Celebration
- 1/25 Therapy Dog Visit
- 1/26 Outing
- 1/27 Orthodox Service with Father Nicholas Georgiou
- 1/30 Therapy Dog Visit



LOOK WHO'S CELEBRATING A BIRTHDAY



- | | |
|----------------|------------|
| • CHRISTOS B. | JANUARY 1 |
| • MARIE I. | JANUARY 1 |
| • NACIKA C. | JANUARY 1 |
| • CHRIST K. | JANUARY 2 |
| • JULIA P | JANUARY 4 |
| • ROBERT P. | JANUARY 5 |
| • JUNE N. | JANUARY 7 |
| • ANTONIOS K. | JANUARY 9 |
| • MARIA S. | JANUARY 10 |
| • PAUL S. | JANUARY 13 |
| • TAMAM R. | JANUARY 15 |
| • APOSTOLOS K. | JANUARY 17 |
| • MARGARITA D. | JANUARY 23 |
| • GEORGIA P. | JANUARY 25 |
| • ARDITH K. | JANUARY 27 |

**"Little January
Tapped at my door today.
And said, "Put on your winter wraps,
And come outdoors to play."**

**Little January
Is always full of fun;
Until the set of sun.
Little January
Will stay a month with me
And we will have such jolly times -
Just come along and see."**

Winifred C. Marshall





Activity Happenings



Happy New Year and welcome to the first issue of the Greek American Times 2011!

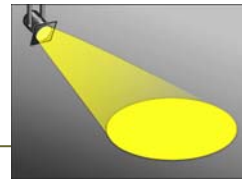
The month of December was filled with the joy and happiness of the holiday season. We began the month with the Resident Family Holiday Brunch, where everyone came together to enjoy great company, food and music. It was a truly memorable afternoon.

We want to thank all the wonderful groups that came to celebrate with us and made our holidays merry and bright. The Northfield United Methodist Church, Perifania Dance Group, St. Ascension Carolers, Hellenic American Academy, St. Demetrios of Elmhurst, St. Haralambos, Ahladokampos Ladies Society, the Mitzvah Campaign, St. John the Baptist Carolers and the Girl Scout Troop made the season very special.

We participated in wonderful religious services this month, like our Greek Orthodox weekly liturgies, a Hanukkah celebration and Christmas Eve Catholic Service visit. Everyone shared in the spirit of the holidays. The residents had a great Christmas Party with beautiful gifts, all so generously donated. We would like to extended our deepest gratitude to those who participated in this year's Resident Giving Tree. Thank you to Father Gordon and the Ascension of Our Lord, Father Sotiri and the Hellenic American Academy, Father Andrew and St. Demetrios of Elmhurst, St. Demetrios of Elmhurst Philoptochos, St. Haralambos Philoptochos, St. Nectarios Philoptochos Society and all of the family, friends and staff! The Residents also enjoyed going to the Maria Pappas Christmas Tree Event, Target for some last minute shopping, as well as a delicious and much anticipated lunch at Demetri's Restaurant. We look back on the year and see all those that have left us; we will miss them dearly and our thoughts go out to their families. May their memory be eternal. We look forward to what the new year will bring at the Greek American Rehab and Care Centre and appreciate all of our Philoptochos Societies that come throughout the year to celebrate Birthdays/Namedays, holidays and special events!

Activity Department Wish List

- Logitech Speakers (Z506) to go with projector
- Small battery operated massagers
- Smoothing music CDs
- Scented Neck Pillows (lavender , peppermint)
- Sensitive skin and unscented lotions
- Lavender, Mint, Linen Fresh room scents/spray



Senior Spotlight



Name: Shirley Eimerman

Age: 83

Where were you born: Waukegan, Illinois

Former Occupation: Owned "Shirl's" Drive-in Restaurant

Family: 3 children; 2 boys and 1 girl

Favorite Activity: Golf, bowling during fall weather

Favorite Food: Hotdogs, chocolate, reuben sandwiches

Favorite Music: Modern music, but I listen to other music, too

Favorite Movie: "Gone with the Wind" and any of John Wayne's movies

Favorite Place you've traveled: Alaska, but I've traveled a lot

What gives you most pleasure in life is: My children and grandchildren

Best advise you can give us: Enjoy your life!

If I won a million dollars I would: Share it with my children

RESIDENT COUNCIL RULES AND REGULATIONS

As many of you may know, Resident Council Meetings are held the first Tuesday of every month. With the beginning of the New Year, and the upcoming Resident Council election, we thought it would be a good time to go over some of the Resident Council policies and procedures.

The purpose of the meeting is to facilitate the residents right to make choices about aspects of his/her life in the facility. To promote and encourage the residents right to organize and participate in resident groups in the facility as well as provide opportunity to identify problems and suggest orderly resolutions. Resident Council Meetings will take place monthly. Minutes, attendance and concerns will be recorded and forwarded to the Administrator and responsible Department Heads.

Residents and designated staff member and translator may be present. A family member may represent a non-alert resident during council meetings, but we respectfully ask any visiting family members of alert residents to refrain from coming to the Resident Council Meeting. We are doing our best to create a safe and trusting forum for our residents to express their opinions, ideas and/or concerns. If you have any specific concerns or comments you would like to be addressed, please fill out a "Concern/Compliment Form" located on each floor. Thank You for your cooperation and understanding.



If any family members are interested in forming a "Family Council" that meets once a month, much like the Resident Council, please feel free to call Luba at 847-499-7144.

LETTER FROM THE ADMINISTRATOR



Dear Residents, Families and Friends,

On behalf of the staff of the Greek American Rehabilitation and Care Centre we thank you for your donation towards our employee holiday party. We are grateful for your kindness and thoughtfulness in remembering us at this time.



We wish you and your families a blessed and Happy New Year!

Eleni Ifantis
Administrator

St. Nicholas Donors:

Joyce Mesi
Angie and Eikaterini Stotis

Reindeer Donors:

Gary Eimerman
Chris and Rebecca Kazas
Michael Kontalonis &
Family
John Quinlisk



Snowflake Donors:

Audrey Buol
William Darras
Mary Diamantakos
Suzanne Geocariss
Dr. Govindon
Joe & Anna Orlando
Richard Pucci
Mike & Kay Puralowski
John Symeonidou
Joe Weichselbaum



Santa's Helpers Donors:

Carl Allen
Barbara Schultz

Ginger Bread Donors:

Gerard and Melody Degnan
Jewel Flood
Faye Gochis
Mary Mamakos
George Margelos
Dr. & Mrs. Manolis
Tess McDermott
Susanne Misichko
Yvonne Ocoljich
Gus Papajohn
Dolores Peter
Abram Starr
Connie Tansey

We also want to extend a warm thank you to all those who donated wonderful gifts to the staff raffle.

Dr. Papanos
Dr. Breneman
Dr. Alexopoulos
Dr. Demeros
Comprehensive Therapeutics
Fox Valley Fire and Safety
Heartland Hospice
Home Care Plus
Integra Healthcare Equipment
Medline
NICL

Northwest Home Health
& Rehabilitation
Passages Hospice
Reliance Home HealthCare
Samaritan Healthcare
Regina Spyrtos
Twin-Med Supplies
United Scripts Pharmacy
Vitas Hospice



5 Ways to Keep Your 2011 Resolutions

Make Them Realistic and Measurable

Avoid generalizations like "get in shape" and define exactly what that means for you. New behaviors thrive under realistic, achievable goal-setting. Pace your goals and build upon your incremental success. Measure your progress and, as I discuss in step five, chart your achievements.

Do One at a Time

Don't muddy the waters trying to change ten things at once. Loading your proverbial plate with a bunch of stringent to-do's will only overwhelm you and ensure that by February 15 you'll just have an annoying list of empty goals posted to your fridge. Separate your goals into primary and secondary categories — which ones are most important to you and which ones can wait awhile?

Use the 30-Day Method

Experts agree that focusing on one new habit every 30 days is the best approach and offers the best chance of success. Give yourself 30 days to erode the groove of your old habit and set a new single habit in motion. Then move on to the next habit and apply the same principle — by year's end, you have 12 new positive ways you've changed your life, one (sane) month at a time.

Go Public

Pride is a big motivator — going public with your plan to engage in a new habit and letting those close to you hold you accountable can reinforce positive behavior and keep you on track. Let your kids know you've decided to replace that hour of late-night TV with an hour of reading on the treadmill. When 10:00 p.m. rolls around, their expectations and encouragement might be the extra nudge you need. Go public with your success too — celebrate your incremental victories don't be afraid to toot your own horn.

Write Them Down and Chart Your Success

From checkbook registers to grocery lists, we document everything. But when it comes to new habits, we miraculously avoid putting pen to paper. Don't be vague — put things down in black and white. Document your goal, and chart every day how you've succeeded or failed to meet it. Charting is an essential step in taking a behavior out of the abstract realm and making it a reality. Once you've adopted the new habit and it has become part of your natural routine, you can dispense with that chart and move on to the next habit you want to tackle.

Happy new year — and happy new resolutions!

Food Storage Safety Tips



Lots of food during the holiday season means lots of leftovers.

Here are some tips on how to keep your food safe.

- ◆ Set the temperature below 40 degrees, using a refrigerator thermometer found in hardware and home-supply stores. Place the thermometer in the center of the middle shelf and check it regularly.
- ◆ Keep your refrigerator clean. Immediately wipe up spills with hot, soapy water and rinse.
- ◆ Refrigerate or freeze meat and poultry the minute you get home from the store.
- ◆ Thaw foods in the refrigerator; under cold, running water; or in a microwave right before cooking. Because at room temperature there is a high risk for bacterial contamination, avoid using a counter top for thawing food. Remember, the danger zone is 40 to 140 degrees Fahrenheit.
- ◆ Make it a weekly habit to throw out expired foods that you no longer should eat.
- ◆ Divide leftovers into small portions and store them in shallow, tightly sealed containers (two inches deep or less).
- ◆ Date leftovers so you know how long they've been in the refrigerator. A good rule to follow is to discard cooked leftovers after four days.
- ◆ Keep the refrigerator door closed as much as possible, and don't store perishable foods like milk or eggs in the door. Store eggs in their carton on an inside shelf.
- ◆ Remember the two-hour rule for prompt refrigeration. Perishable leftovers from a meal should not stay out of the refrigerator more than two hours. In hot weather (90 degrees Fahrenheit or above), this time is reduced to one hour.
- ◆ Before you leave your house for a trip try placing an ice cube in a sandwich bag and place it in your freezer. This is a great way to tell if the power has gone out while you were away. If you come back to a ice blob instead of an ice cube, you can safely assume that all your perishables need to be thrown out. Other ways to tell if your power has gone out while you were away are: the scoop marks have disappeared from the ice cream and frozen vegetables are a solid clump.



Looking forward to 2011!



Eleni Ifantis, Peter Anast, Donor, Gerry Garbis GARCC Board Treasurer holding donated checks, Stavros Frangos, President AHEPA Chapter Little Fort in Waukegan IL.

