

# THE GREEK-AMERICAN TIMES

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## SPECIAL POINTS OF INTEREST IN JULY

- 7/4 Independence Day
- 7/6 Bible Study
- 7/6 Outing
- 7/7 Orthodox Service with Fr. Sam Dimitriu
- 7/7 Greek Coffee with St. Haralambos
- 7/8 Tai Chi
- 7/12 Therapy Dog Visits
- 7/13 Bible Study
- 7/13 Art and Recyclables Class with Sam
- 7/14 Orthodox Service with Fr. John Pilafas
- 7/14 Greek Coffee
- 7/19 Jewish Discussion Group
- 7/20 Outing
- 7/20 Bible Study
- 7/21 Orthodox Service with Fr. Sam Dimitriu
- 7/21 Greek Coffee with St. Demetrios of Elmhurst
- 7/22 Tai Chi
- 7/23 Daughters of Penelope Ice Cream Social
- 7/26 Therapy Dog Visits
- 7/26 Summer Concert with Jeanette
- 7/27 Bible Study
- 7/28 No Service
- 7/28 Greek Coffee with Ahladokampos
- 7/28 Outing



## LOOK WHO'S CELEBRATING A BIRTHDAY



Nick P.	July 1
Georgia T.	July 2
Marian M.	July 5
Maria R.	July 6
Lorraine P.	July 7
Angela T.	July 7
Laura K.	July 8
Dolores M.	July 10
Mary G.	July 18
Helen S.	July 20
Ilias A.	July 20
George K.	July 22
John B.	July 23
Anna H.	July 23
Demetra M.	July 24
Charles S.	July 24
Peter K.	July 25
Ann S.	July 28
Tessie P.	July 28
Shirley E.	July 29





## ACTIVITY HAPPENINGS

Welcome to the July issue of the Greek American Times.

June was a lovely month for residents, families and staff despite the uncooperative weather! We welcomed our visitors from St. Haralambos, St. Demetrios of Chicago, Assumption and Ahladokampos for Greek Coffee and sweets as well as the school children from St. Nectarios Greek Orthodox School who joined us for a special prayer service and brightened our morning with songs. We enjoyed outings to watch a romantic comedy at the movies (we laughed all the way home) and a delicious and always highly anticipated lunch at Demetri's Restaurant. We were also very fortunate and grateful to have volunteers from the Wheeling Gardening Club come and assist us with planting in our courtyard. The residents are looking forward to getting back to gardening during their weekly visits. The patio looks better than ever!

The weather for our Father's Day Social was warm and sunny, allowing residents and families to enjoy entertainment and refreshments on our beautiful patio. It was a perfect way to celebrate all of the wonderful fathers and father figures in our lives. We ended the month with a successful hotdog sale. All of the proceeds are going to benefit PAWS Chicago. Thank you to everyone who donated and supported this great cause! We look forward to more sunshine and warm weather so we can enjoy all of the activities and events in store this month!

## A MESSAGE FROM SOCIAL SERVICES

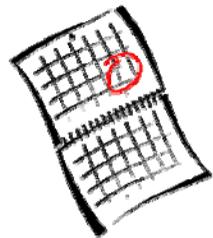
### Your personal property rights



- You have the right to keep and wear your own appropriate clothing.
- You may keep and use your own property, including some furniture if there is enough space, unless this interferes with the health and safety of other residents.
- You have the right to expect your facility to have a safe place where you can keep small valuables which you can get to daily.
- Your facility must try to keep your property from being lost or stolen. If your property is missing, the facility must try and find it.

**If you have any questions regarding you personal property rights or any other resident rights please contact Emman Carmona, Social Services Director at 847-499-7134.**

# UPCOMING EVENT



Join Heartland Hospice and the Greek American Rehabilitation and Care Center for an information session on:

## Cultural Considerations in End of Life Care

**Where:** GARCC  
220 N. First St.  
Wheeling, Il. 60090

**When:** Thursday, July 14, 2011

**Time:** 1:30 p.m. - 2:30 p.m.

### Guest Speaker: Kathie Nash, RN Heartland Hospice

For the last three decades, Kathie Nash has been a nurse, educator and hospice leader. Whether at the bedside, in the boardroom, in the classroom or in the State Legislature, her message is simple and clear. **Quality of life matters.**

Please R.S.V.P. to Emman Carmona, Social Services Director at 847-499-7134.

# Fourth of July Trivia



*On this day in 1776, the Declaration of Independence was approved by the Continental Congress, starting the 13 colonies on the road to freedom as a sovereign nation. As always, this most American of holidays will be marked by parades, fireworks and backyard barbecues across the country.*



There are thirty places nationwide with "liberty" in their name. The most populous one is Liberty, Missouri (26,232). Iowa has more of these places than any other state: four (Libertyville, New Liberty, North Liberty and West Liberty).

\$128.8 million worth of fireworks are imported from China, representing the bulk of all U.S. fireworks imports (\$135.6 million) in 2002. U.S. exports of fireworks, by comparison, amounted to \$13.5 million, with Germany purchasing more than any other single country (\$5.0 million).

\$7.9 million worth of U.S. imports of American flags in 2002; more than half of this amount (\$5.2 million) was for U.S. flags made in China. This was down from the 2001 dollar value of U.S. flag imports (\$51.7 million), but still considerably higher than the total for 2000 (\$747,800). That was the last full year prior to 9/11.

There were 32.5 million foreign-born residents in the United States in 2002; they accounted for 11.5 percent of the nation's total population.

Six states had estimated foreign-born populations of 1 million or more: California (8.8 million), New York (3.6 million), Florida (2.8 million), Texas (2.4 million), New Jersey (1.2 million) and Illinois (1.2 million).

<http://www.chiff.com/a/fun-facts-fourth.htm>

## A Word of Thanks...

Mrs. Eleni Bousis  
President  
The Greek-American Rehabilitation & Care Centre  
220 N. First Street  
Wheeling, Illinois 60090

June 14, 2011

Dear Mrs. Bousis;

As you know, I was an in-patient at the centre for the last three weeks of February for rehabilitation of a full knee replacement.

Rehabilitation being the main purpose, I want you to know that the physical therapy I received at the centre was extremely beneficial. Having nothing in my experience to which I could compare it at the time, I can now make that statement. Subsequent therapy at the Rehabilitation Institute of Chicago only confirmed the quality of my care at your beautiful facility.

With respect to your facility; it was more like a hotel than hospital or nursing care experience. The rooms are not sterile in appearance. They are decorated nicely and colorfully. The common rooms for dining and group TV viewing, for those who choose to leave their personal room, are bright and cheerful.

Your staff, on duty "24/7", never missed a beat. When I needed attention, especially in the early days after surgery, a click of the call button received immediate and thorough response no matter what time of day or night. I began making a list of names of the people who were really helpful or simply did their jobs in a professional and personable manner, but it became too long. Your entire staff could not have been more helpful, and I extend my personal thanks to all of them.

The food? I can only tell you that it could not have been more enjoyable. The printed four week menu listing the full meal components on a day-by-day basis made dietary planning easy, especially with four or five options if one doesn't care for a particular main entrée. The preparation of standard as well as ethnic recipes were like home cooking. There is nothing "institutional" about food preparation at the centre, and it was always at the proper temperature and on time.

I thank the entire facility and staff for a job well done. I have, and will continue to recommend the Greek-American Rehabilitation & Care Centre to anyone requiring that type of assistance or care.

## RECIPE FROM HOME

### Black Bean and Corn Salsa

#### Ingredients:

- 1 lime
- 1/2 cup olive oil or to taste
- 1 clove minced garlic
- Pinch of salt
- Fresh ground pepper to taste
- 1 small red onion finely chopped
- 2 cans black beans, rinsed and drained
- 1 can sweet white corn drained and rinsed
- 1 can yellow corn drained and rinsed
- 1 avocado - peeled, pitted and diced
- 2 tomatoes, chopped
- 5 green onions, thinly sliced
- Chopped fresh cilantro to taste



#### Preparation:

1. In a salad bowl, combine beans, corn, avocado, tomatoes, red onions, green onions, and cilantro.
2. Mix in the olive oil and garlic to salsa. Squeeze fresh lime juice onto salad. Add pepper and salt to taste.
3. Stir salsa to coat vegetables and beans and serve with tortilla chips.

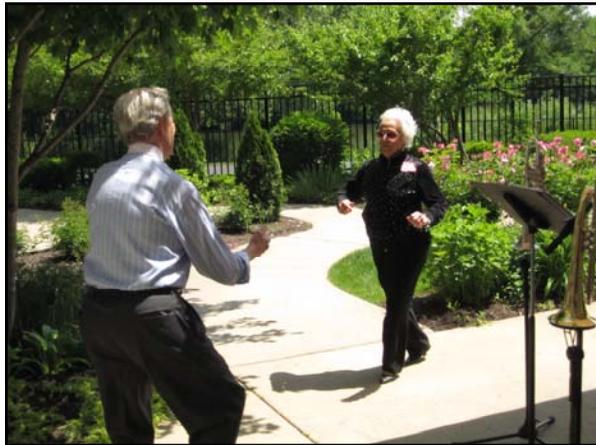


This recipe was shared with us by Stacey Lenihan, Director of Nutrition and Food Service

# Father's Day Social



Residents and families enjoying entertainment on the patio during the Father's Day Social.



Resident Demetra G. and family member Angelo G. danced to the music on the patio.



Our Entertainer Voytek livened up our party with a variety of songs during the social.



Resident Mario A. assists the group with planting in our courtyard.

# Gardening Group



Wheeling Gardening Club members volunteer their time to help us beautify our garden.



Volunteers and residents planting flowers, vegetables and plants.



# St. Nectario's School Visit



Students from St. Nectarios Greek Orthodox School sing for our residents.



Residents and children participate in a special prayer service during their visit.

