

# THE GREEK-AMERICAN TIMES

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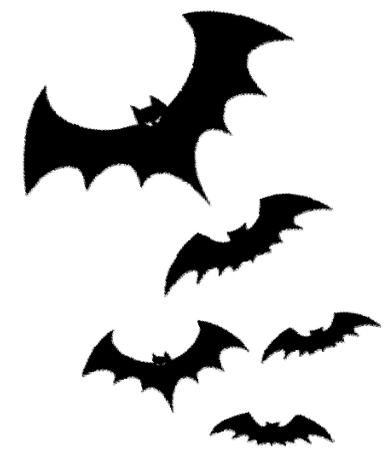


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## SPECIAL POINTS OF INTEREST IN OCTOBER

- 10/1 Daughters of Penelope Ice-cream Social
- 10/4 Jewelry Sale
- 10/5 Bible Study
- 10/6 NO SERVICE
- 10/6 Greek Coffee with St. Haralambos
- 10/11 Therapy Dog Visits
- 10/11 Jewish Discussion Group
- 10/11 Music with Robbie
- 10/12 Bible Study
- 10/12 Gardening Group
- 10/14 Orthodox Service with Fr. Panteleimon Dalianis
- 10/18 St. John's Philoptochos Birthday/Nameday Party
- 10/19 Bible Study
- 10/20 Orthodox Service with Fr. Chrysanthos Kerkeres
- 10/20 Greek Coffee with St. Demetrios of Elmhurst
- 10/25 Therapy Dog Visits
- 10/26 Bible Study
- 10/27 Orthodox Service with Fr. Nick Greanias
- 10/19 Recycled Art Class
- 10/ Greek Coffee with Ahladokampos
- 10/28 Tai Chi
- 10/28 OXI DAY Celebration
- 10/31 Halloween Party



## LOOK WHO'S CELEBRATING A BIRTHDAY



Crisa M.	Oct. 3
Panagiota K.	Oct. 4
Erna K.	Oct. 7
Stamata L.	Oct. 10
Mary Ann H.	Oct. 11
Maria S.	Oct. 15
Vincent M.	Oct. 15
Chris P.	Oct. 19
Angeline Z.	Oct. 20
Anna K.	Oct. 22
DeLone G.	Oct. 23
Mike P.	Oct. 30
Marie T.	Oct. 30

When witches go riding,  
and black cats are seen,  
the moon laughs and whispers,  
'tis near Halloween.

-Author Unknown-



## ACTIVITY HAPPENINGS

Welcome to the October issue of the Greek American Times.

Residents welcomed the fall weather and kept busy throughout the month of September. We appreciated the sweet filled visits with our friends from St. Haralambos, St. Demetrios of Elmhurst and Ahladokampos. The cooler weather made our trips to the Indian Trails Public Library- where we listened to the music of the 50's and 60's, Rivers Casino- where we tried our luck on the slot machines, Target—for some retail therapy and Demetri's Restaurant—for a delicious lunch; very enjoyable. We kept busy with our Gardening Group, Tai Chi classes and Recycled Art class. Our Jewish residents welcomed Rabbi Brian, who lead a Rosh Hashanah service. We sang a long to the music of Luke Lucky and spent a few Saturday afternoons baking during our Cooking Group. This month, department heads and staff helped support the Alzheimer's Association by holding an ice-cream and hamburger fundraiser as well as participating in the Walk to End Alzheimer's at Montrose Harbor. Thank you for all of your support! We look forward to all of the fun in store for October, especially our Halloween Party!

### Activity Department Wish List

- Men's and women's gloves, hats and scarves
- Fashion jewelry
- Greek movies (DVD preferred)
- Music CDs
- Picture frames
- Small kitchen appliances (waffle maker, electric fry pan, hand mixer, toaster, doughnut maker, Panini grill, electric tea kettle, toaster oven, crock pot, bread machine)
- Aprons

## A MESSAGE FROM SOCIAL SERVICES



### Your rights to stay in your facility Part Two

Before your facility can transfer or discharge you, it must prepare and orient you to be sure that your discharge is safe and is being made to an appropriate setting.

You cannot be forced to leave your facility because you are applying for Medicaid or you are on Medicaid and a Medicaid bed is available. It is important to ask the facility how many Medicaid beds it has.

You have the right to ask the Long Term Care Ombudsman for help in appealing your facility's forcing you to move. Call 1-800-8966.

If you have developmental disability or mental illness, you may ask Equip for Equality for help in appealing your facility's forcing you to move. Call 1-800-537-2632 (Voice) or 1-800-610-2779 (TTY).

You must be allowed to return to your facility after you are hospitalized, unless your facility gives you written notice as described above.

If you get Medicaid and are hospitalized for ten or fewer days, your facility must let you return when you leave the hospital even if the facility has given you a written involuntary discharge notice. If you are hospitalized for more than ten days, your facility must let you return if it has a bed available and you still need that kind of care. If your facility is full, you must be allowed to have the first available semi-private room, if you still need that kind of care.

You have the right to be told in advance if your room/roommate is being changed. (Medicare and Medicaid certified facilities only)

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



## HALLOWEEN FUN FACTS

- Behind the name "Halloween", or the "Hallow E'en" as they call it in Ireland, means 'All Hallows Eve', or the night before the 'All Hallows', also called 'All Hallowmas', or 'All Saints', or 'All Souls' Day, observed on November 1.
- One story says that on Nov. 1 the disembodied spirits of all those who had died throughout the preceding year would come back in search of living bodies to possess for the next year. It was believed to be their only hope for the afterlife. The Celts believed all laws of space and time were suspended during this time, allowing the spirit world to intermingle with the living.
- Naturally, the still living did not want to be possessed. So on the night of October 31, villagers would extinguish the fires in their homes, to make them cold and undesirable. They would then dress up in all manner of ghoulish costumes and noisily paraded around the neighborhood, being as destructive as possible in order to frighten away spirits looking for bodies to possess.
- Another assumption: On the evening before Samhain (another name for Halloween), people left food on their doorsteps to keep hungry spirits from entering the house. Festival goers started dressing in ghost, witch, and goblin costumes so that wandering spirits would leave them alone. To this day, these are Halloween's most popular costumes.
- The Jack-o-lantern custom probably comes from Irish folklore. As the tale is told, a man named Jack, who was notorious as a drunkard and trickster, tricked Satan into climbing a tree. Jack then carved an image of a cross in the tree's trunk, trapping the devil up the tree. Jack made a deal with the devil that, if he would never tempt him again, he would promise to let him down the tree. According to the folk tale, after Jack died, he was denied entrance to Heaven because of his evil ways, but he was also denied access to Hell because he had tricked the devil. Instead, the devil gave him a single ember to light his way through the frigid darkness. The ember was placed inside a hollowed-out turnip to keep it glowing longer.
- The Irish used turnips as their "Jack's lanterns" originally. But when the immigrants came to America, they found that pumpkins were far more plentiful than turnips. So the Jack-O-Lantern in America was a hollowed-out pumpkin, lit with an ember.
- More interesting Halloween facts have to do with witches. "Witch" comes from the Saxon word wicca which means 'wise one'. Witches were thought to be wise enough to tell the future.

## UPCOMING EVENT



# Halloween Party and Costume Contest!

*Join us in our Halloween celebration!*





## Senior Spotlight

**Name:** Constance P. Kollyvas

**Age:** 91

**Where were you born:** Evanston, Illinois

**Former Occupation:** Waitress and Factory Worker (during WWII)

**Family:** 2 brothers and 2 sisters

**Favorite Activity:** Cooking

**Favorite Food:** BBQ pork, meatballs with grape leaves, egg sauce and lemon juice.

**Favorite Music:** Classical

**Favorite Movie:** John Wayne films

**Favorite Place you've traveled:** Yellowstone Park

**What gives you most pleasure in life is:** Spending time with my family

**Best advice you can give us:** Get all the education that you can

**If I won a million dollars I would:** Put it in the bank and save it for a rainy day. If my family needs help I would also give them money.



## RECIPE FROM HOME

### Potato Casserole

#### Ingredients:

- 1/4 cup butter
- 6 tablespoons all-purpose flour
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 1/2 cups milk
- 3/4 cup shredded Cheddar cheese
- 3/4 cup shredded Swiss cheese
- 6 large russet potatoes, sliced into 1/4 inch slices
- 1 small onion, finely chopped
- 1 pound cooked ham, chopped
- 1 (16 ounce) package frozen cauliflower
- 1/4 cup crushed cornflakes cereal



#### Preparation:

1. Preheat oven to 375 degrees F. Lightly grease a medium baking dish.
2. To prepare the cheese sauce, melt butter in a medium saucepan over medium heat. Whisk in flour, garlic powder, salt, and pepper. Mix in milk, and stir constantly until thickened. Mix in Cheddar cheese and Swiss cheese, and continue to stir until smooth. Reduce heat to low.
3. Layer potatoes in the bottom of the prepared baking dish. Layer onion and ham over potatoes. Top with cauliflower. Cover with the cheese sauce.
4. Bake covered 1 hour in the preheated oven. Remove cover, sprinkle with crushed cornflakes, and continue baking 10 minutes, until vegetables are tender and surface is bubbly and lightly browned. Allow to cool about 10 minutes before serving.

***This recipe was shared with us by Maria Bournas, Clinical Dietician.***

# An Afternoon of Magic



*Delicious Demetri's*



Residents spent the afternoon watching many exciting magic tricks.



Residents look forward to our monthly visit to Demetri's Restaurant. The food is always outstanding!



Cindy Jurkones-Memory Care Director, Bia Karlos-Asst. Social Services Director and Luba Siryj-Activity Director join the walk to end Alzheimer's.



# Celebrations!



Resident Lenie D. celebrates her birthday with daughter Coralie and granddaughters Cindy and Angela along with residents and staff.

