



## THE HELLENIC ANNOUNCES New Building Renovations

If you've visited a friend or your loved one here, you might have enjoyed your visit in our living room or on our outdoor patio during warmer weather. As we find more people using these areas, we've thought of ways that we would like to improve them and make them more pleasant for everyone.

Our plans start with renovating the living room, featuring new rugs, lighting, and furniture dressed in a new color palette. Our work doesn't stop there. We also plan to install French doors between the living and dining rooms. At the same time, we will also be renovating our dining room thanks to a generous gift from an anonymous donor.

Based on construction estimates, the cost will be substantial. And while we have some funds

available for this project, we are kicking off our 2019 Annual Appeal Campaign to support the effort. We think this is a cause worth funding – one which will improve the quality of life provided at the Home, offering greater enjoyment of each passing day and touching as many members of The Hellenic community as possible. Plans are to begin these projects in 2020. During this time, we know it will be a little disruptive and we will ensure that the residents' environment is safe and as comfortable as possible while work is in process. Know that every effort will be made to complete these projects with a minimum of inconvenience. Once our projects are completed, we hope that you will enjoy these spaces with that someone special.



## Hellenic Nursing and Rehabilitation Center Part of Your Neighborhood for 45 Years

The Hellenic is celebrating a 45-year history of excellence in the care, comfort and compassion of individuals needing skilled, restorative and long term care services. Founded by a group of Greek Orthodox women, they recognized the growing plight of elderly individuals left alone and unable to care for themselves within the community. These women formally organized a non-profit organization called the Hellenic Women's Benevolent Association (HWBA), marking the beginning of the Hellenic Nursing Home for the Aged.

### Fast Facts:

- 1970:** The Canton, MA Sherman Street location was purchased
- 1973:** A 120-bed building was constructed and opened
- 1986:** A building expansion made to accommodate 154 beds
- 1986:** The Home's name changed to Hellenic Nursing and Rehabilitation Center
- 2014:** The Secure Certified Dementia/Memory Care Unit renovated
- 2018:** The Hellenic marked its 45<sup>th</sup> Anniversary with a year-long celebration

# COMMUNITY



Pamela B. Houlares  
President, HWBA

Welcome to the inaugural edition of The Hellenic newsletter. This is the first in what will be a seasonal series that will share news about what's happening at the Home and of events we hope you will consider attending. It will profile some of our residents and their stories, our staff members and their backgrounds, and a few others who volunteer their time and resources for the greater good of The Hellenic. We think sharing this way is important to the life we offer here and builds our community – a community of which you are an important part.

In these issues, you'll find a balance of news related to the people and the building – exciting improvements that lie ahead. If you've visited a friend or loved one here recently, you might have taken advantage of our living room to celebrate their special day, to look longingly outside at the bright sunshine together and dream of warmer days ahead, or to just sit and have a quiet conversation. That's what we want The Hellenic to be about – a home for your loved one that can be shared and enjoyed.

As we find more people using the living room and outdoor patio, we've thought of ways that we would like to improve them and make them more pleasant for everyone. Our work doesn't stop there, but it's a great place to start. To finance this and other future projects, we anticipate securing funding through a combination of current savings, individually donated gifts, grants and possibly event proceeds. We hope we can count on you. If we pull together, we can accomplish so much. While a project this size can be considered significant, we think you'll agree that based on the number of people who will benefit from using and enjoying these spaces, it is going to be money well spent. We hope you'll join us in this endeavor.

Sincerely,

*Pamela B. Houlares*



## Meet Trustee ARSINOI LAINIOTI

In June of 2018, Arsinoi Lainioti was voted in as a Hellenic Women's Benevolent Association trustee. Arsinoi brings a wealth of legal experience as she is a Greek-American-Brazilian attorney, who specializes in international estate planning, property transactions, inheritance and related tax matters. She has been a member of the Massachusetts Bar Association since 1991 and of the Athens, Greece Bar Association from 1997 to 2017.

Arsinoi practiced law in Athens, Greece for twenty years, founding and managing her own Greek firm, Law Offices of Arsinoi D. Lainioti, to serve the legal needs of persons and companies based outside of Greece, and those of expats living in Greece. While living in Athens, Arsinoi raised her two daughters and remained an active member of the expat community there until her return to the United States in 2017.

In 2017, Arsinoi founded her Massachusetts law firm, Lainiotis Law LLC, which serves the needs of the Greek-American community in Massachusetts. She specializes in estate, property and tax matters involving Massachusetts and Greece, with the assistance of her Greek-based colleagues and her oldest daughter who is a soon-to-be attorney in Athens, Greece.

Arsinoi received her Juris Doctorate Degree from the University of Minnesota Law School (cum laude) and her B.A. in Modern Languages from the University of Texas at Austin (summa cum laude). She is fluent in English, Greek, Portuguese and French.

The Hellenic Women's Association trustees welcome Arsinoi and look forward to working with her in the future.

In November 2018, the Hellenic Women's Benevolent Association (HWBA) held its annual Radiothon. The Radiothon has become a fall tradition and major fundraiser for The Hellenic. With the support and generosity of donors over the years, HWBA has been able to fund projects which have made a significant impact on the environment and services offered at The Hellenic.

This year's Radiothon raised monies for the newly established Resident Arts & Technology Fund. Gifts to this fund were earmarked for art, entertainment and other creative programming for the enjoyment of residents and patients. The program aired on WNTN 1550 AM Radio on the *Grecian Echoes Program* with Host Ted Demetriades and the *Greek Voice of America* show with Host Peter Cakridas. All air-time was donated and the hosts' on-air solicitation of gifts on behalf of The Hellenic was invaluable. The combination of on-air gifts and mailed or online gifts totaled more than \$70,000.

At The Hellenic, we believe in the positive impact of entertainment, exercise, spiritual programming, and

socialization as part of an active lifestyle for our residents and patients.

Today some of these activities include: weekly exercise groups; stimulation activities using word games, cross word puzzles, trivia, crafts and reminiscing; monthly pet therapy and musical concerts. However, we continue to explore new programs which are the right fit for The Hellenic and with these available funds, efforts are underway to introduce new programs for our residents' enjoyment.

As a not-for-profit organization, The Hellenic is focused on the quality of care and services provided to residents and patients. While resources are re-invested into the community and used to increase quality staffing, improve facilities, enhance services and activities, our needs sometimes exceed these funds. That's why your support is so important. Know that if you support this effort, you have the heartfelt appreciation of The Hellenic community, along with the entire HWBA. Stay tuned for news about our 2019 Radiothon!



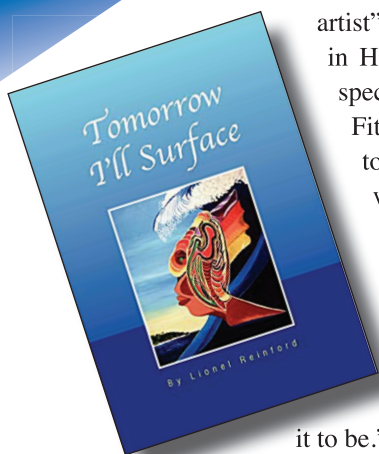
## Resident Corner

### LIONEL REINFORD

Described as a "well-known and highly respected educator, community activist, and artist", resident Lionel Reinford has lived a life as colorful as his paintings. Born in Honduras and educated at Harvard University, Lionel became an educator specializing in Spanish. He taught at the former B.F. Brown Arts Vision School, Fitchburg High School, and public schools in Worcester County. "I wanted to be the best educator there was," he said. Lionel also became involved with Leominster's Spanish American Center, a nonprofit that serves the local Latino and Hispanic communities, as its executive director.

In time, however, he found his love for painting. He discovered a signature style which drew inspiration from his observations of art history, folk art, and nature. He uses what has been described as "bright colors, sinuous lines, and clear crisp compositions." Lionel has described his painting technique as a "plain style," to "show the world as he would like it to be." He has been painting this way for more than 40 years.

Lionel continues to paint today in his "studio" at The Hellenic. His first book, *Tomorrow I'll Surface* is available on Amazon and his second book, *Glory Days* is nearly complete.



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**CALENDAR**

**May 12 – 18**  
**National Nursing Home Week**

**June 6**

Thursday • 10 – 11:00 am  
**Neponset Valley  
Alzheimer's Partnership  
Educational Session:  
Effective  
Communication Strategies**

**June 16**

Sunday • 1 - 5:00 pm  
**Father's Day  
Luncheon Under the Tent**

**June 22**

Saturday • 10:00 am  
**HWBA  
Annual  
Membership  
Meeting**

[hellenicnursingandrehabilitationcenter.org](http://hellenicnursingandrehabilitationcenter.org)



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- ▲ A Letter from Pam Houlares
- ▲ 2018 Radiothon Results
- ▲ Calendar of Events



# Father's Day Luncheon Under the Tent

**Save the Date! Sunday, June 16**

1 – 5:00 pm

Hellenic Nursing & Rehabilitation Center

Backyard Patio

Traditional Greek Food • Raffles • Music & Dancing

Luncheon Tickets are \$25.00

For info and tickets please call Christina Boutas at (781) 828-4549

