

# HEIWA TERRACE NEWSLETTER

## JULY 2013



### News and happenings...

- **Let's celebrate the Independence Day together on Wednesday, July 3<sup>rd</sup> at 12 pm** in the dining room. Our own Heiwa Terrace Sing Along group will be performing. Please come and enjoy good entertainment and great company with friends and neighbors.
- Chicago Police community program, CAPS will provide **Safe and Sound Safety Class on Wednesday, July 10<sup>th</sup> at 10:30 am in the activity room**. They will discuss safety issues and teach self-defense moves, especially designed for seniors. **Please wear casual and bring your cane, walker or umbrella**. We strongly encourage everyone to attend this talk to learn this important information to better protect yourself.
- **Fresh Moves, a mobile market** will return to Heiwa in July. Mark your calendar for **Friday, July 12 at 2pm and Tuesday, July 23 at 2pm** in the dining room. Fresh Moves accepts cash, credit card and Link (food stamp).
- Due to a popular demand, Thorek Wellness Center will provide **Line Dancing class every Friday at 10 am**. Everyone is welcomed to join this free class. Even if you are not a dancer, this will be a perfect way to get a good exercise work out. There will be no class on July 5 due to the holiday.
- If you have a free bus pass (Senior Free Transit or Persons with Disability Free Transit), we encourage you to apply for the **Benefit Access Program** (formerly Circuit Breaker) soon. See Jean or Jessica for assistance: Please bring proof of 2012 income (2012 bank statement, 2012 SS letter, etc), ID card, and Social Security card. This program also includes License Plate Discount.
- **Office is closed on Thursday, July 4 and Friday, July 5.**
- Newly resurfaced parking lot looks wonderful. We thank everyone for the cooperation and understanding during the construction.

### FROM MANAGEMENT

- ❖ The bike rack in the garden is full and some bikes may have been abandoned. **If you have a bike on the bike rack, please come to the office to register your bike. The deadline to register your bike is July 12, 2013.** If your bike is left after the deadline, we will assume the bike is abandoned and will dispose of the bike. Thank you for your cooperation.
- ❖ **Residents should not adjust, or turn on or off, any heaters located in the common areas.** These heaters are used to control the temperature in stairwells, elevator lobbies, and non-heated areas of the building. Many of these areas contain water and fire sprinkler pipes that are vital to the running and safety of the building. These heaters are to be adjusted by maintenance staff only.
- ❖ **HEIWA NETWORK:** Please refer to Heiwa Network Channel (ch.4) for various notices and information from our offices.
- ❖ **BED BUGS:** Bed bugs are on the rise in Chicago. We want to keep our property bed bug free and we can only do that with your help. Please regularly check the Interceptor traps installed under the legs of your bed. If you think you've found a bed bug in your apartment, notify the office right away. The sooner you say something the sooner we can investigate and treat your apartment if necessary.

- ❖ **Rent Drop Box is now available!** Management office has installed **Rent Drop Box** for your convenience. It is located next to the management office (near mail boxes). Please use it to drop off rent check/money order. Please **DO NOT PAY CASH**.
- ❖ For your convenience, we have installed a **coin machine in the laundry room**. The machine takes \$1, \$5, \$10, \$20 bills and will give **.25 ¢ coins**.

## **FOR YOUR INFORMATION:**

### **Summer Safety Tips:**

(<http://compassionatecaremi.com/web/index.php/news-a-events/93-brain-injury-association-of-michigan-conference>)

With some precautionary steps, everyone can enjoy the blue skies and warm weather. The following tips can improve everyone's safety during the hot summer months.

1. **Drink plenty of fluids: drink 6-8 glasses of water per day.** By the time you are thirsty, your body may be already dehydrated. Avoid carbonated and/or caffeinated, alcoholic drinks.
2. **Dress appropriately: wear loose, lightweight, and light-colored long sleeves to help protect your skin from sun.** Use wide brimmed hats to keep sun off of your face and neck, and sunglasses to protect your eyes.
3. **Turn on your air conditioning:** it is extremely important to turn on air conditioning when it is hot and humid outside. If you do not like air conditioning, **least turn on the fan.**
4. Be an early bird: **sun is strongest between 10 am and 4 pm.** Limit your outdoor activity to the morning or evening, when the temperature is lower and the sun is less intense.
5. **Watch for heat stroke: signs to look for are** – confusion, disorientation, dry skin, excessive tiredness, headache, nausea, and rapid pulse. If you or someone you know experience these symptoms, seek medical attention immediately.
6. **Check on friends and neighbors:** check on each other and try to keep cool together.
7. **Review your medications:** Some medications may cause side effects with increased sensitivity to intense sun. Check with your doctor.
8. **Wear sunscreen:** sunscreen is a major component to preventing sunburns. Look for sunscreen that **blocks both UVA and UVB rays**, and have a sun protection factor (SPF) of 15 or more. And reapply your sunscreen frequently if you are outdoors for a longer period of time.

---

### **PLEASE KNOW THAT...**

If you have questions, concerns, complaints, comments about anything, please do not hesitate to speak to any of the management staff and/or service coordinators. All information will be kept confidential in protecting rights to privacy.

If you are uncomfortable talking to any of the Heiwa staff, please speak to any of the Resident Council members. The resident council members are Heiwa residents and your peers advocating for each other. Together your voice can be heard more effectively in creating a positive living environment for everyone.

**Resident Council is looking for more members to join.** If you are interested, please see one of the current member or Jean for more information.

### **Our special thanks to...**

The generous donations are placed in a fund that is used for programs and activities that are planned for the benefit and enjoyment of all the residents at Heiwa Terrace, as well as allowing us to serve free coffee and tea in the dining room every day. In

addition, in-kind donations of your valuable time and/or supplies are used for essential maintenance of good physical, mental, and spiritual health of Heiwa Terrace residents.

If you do not wish to have your name listed, please notify Jean or Jessica

**June Donations** (5/29 – 6/27):

Ms. Barbara Kato	Ms. Ock Soon Kim	Ms. Hisako Kometani
Ms. Joyce Nakanishi	Mr. George Neeno	Ms. Mary Ann Yahiro
Ms. Miye Yada	Ms. Kay Shinozaki	Mr. Joh Kyung Yun
Annonymous	Annonymous	

**HEIWA OFFICE HOURS:**

773/989-7333

MON. – FRI.: 9AM – 5PM

**SERVICE COORDINATORS:**

JEAN INOUE: 773/989-5906

MON. – FRI. 8:30AM – 4:30PM

JESSICA MOON: 773/989-5672

MON. – FRI. 9AM – 5PM

**THOREK WELLNESS CENTER:**

NURSE CHIN: 773/271-0144

MON. WED. FRI. 8AM – 4:30PM

DR. SHIN: 773/271-0144

MON. 11AM – 1:30PM

DR. MACHADO: 773/271-0144

WED. 11AM – 1PM

DR. CHI (FOOT DOCTOR)

LAST FRI. OF EVERY MO. 8AM – 11AM