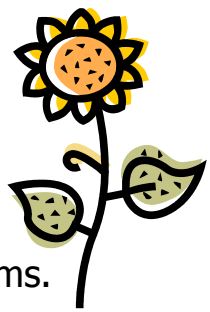


# HEIWA TERRACE NEWSLETTER

## AUGUST 2013



### News and happenings...

- Be sure to check your calendar for exercise programs, activities and programs.

- Everyone enjoyed the annual Independence Day party. Many thanks to volunteers, performers and attendees who made this day enjoyable. Special thanks goes to Ms. Kometani for donating hand-made decorations for the tables.



- **Thorek Wellness Center will provide fall prevention class on Friday, August 2 at 2pm** in the Activity Room. This will be an informative and helpful class to help prevent fall. Please make an extra effort to attend this class. .
- **Fresh Moves, a mobile market** will be here **Friday, August 9<sup>th</sup> at 2:00 pm** in the dining room. You can buy fresh vegetables and fruits without going out. Fresh Moves accepts cash, credit card and Link (food stamp).
- **Town Hall meeting will be on Thursday, August 8 at 2:45 pm in the dining room.** You will get up-to-date information on what's going on at Heiwa. Additionally, this is a chance for you to freely voice your concerns or questions. We encourage you to be part of the Heiwa community by attending this important meeting.
- Start saving money for a **trip to Lincolnwood Shopping Center on Tuesday, August 13<sup>th</sup> at 10:00 am.** Cost is \$7.00. Please sign up by Jean's office.
- 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.

### Other news

- **Get Well Soon..** Mr. Bill Henderson
- We extend our deepest condolences to Ms. Myung J Park and the family.

### FROM MANAGEMENT

- ❖ **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.

**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 new 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. Following donations include monetary gift, supplies and products.

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

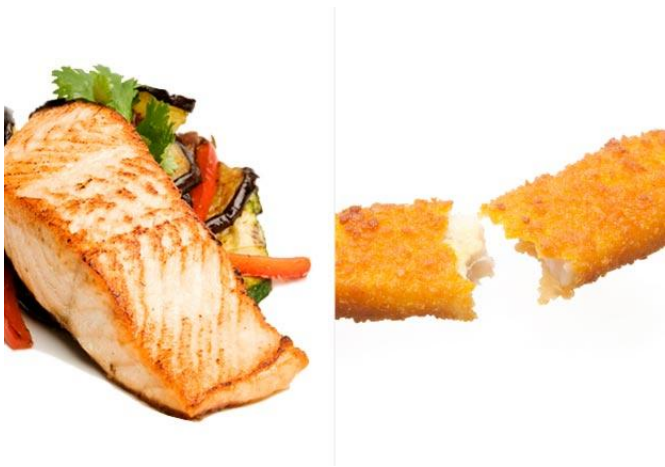
**July Donations (6/28 – 7/29):**

Rose Moy	Kazuko Nukuto	Asako Nishimura	Kimiko Sugiura
Annonymous	Annonymous	Annonymous	

**FOR YOUR INFORMATION:**

<http://www.aarp.org/food/healthy-eating/info-11-2012/try-healthy-alternatives-photos.html#slide3>

**Eat This instead of That: Choose healthier option**



**Broiled Fish vs. Fish Sticks**

Fish contains omega-3 fat, which studies show helps prevent high blood pressure, heart attacks and cancer. Choose whole fish fillets with firm, shiny flesh.

**Brown vs. White Rice**

Brown rice contains more fiber and protein than white rice, and has less impact on your blood sugar.





### Sweet vs. White Potatoes

Sweet potatoes are a better nutritional choice than white potatoes the effect on blood sugar is slower. They also contain beta-carotene and Vitamin A.

### Grilled vs. Fried Chicken

Roasted or grilled chicken is a better choice than fried or breaded chicken because it is lower in calories and fat.



### Nuts vs. Crackers

Nuts lower the odds of heart attacks and reduce "bad" cholesterol. They are relatively high in calories.



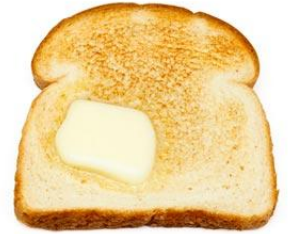
### Figs vs. Cookies

Figs contain potassium and other minerals and are good antioxidants; they may help protect from cancer, diabetes and some infections. Natural sugar makes them taste as sweet as a cookie.



## Whole Wheat vs. White Bread

Whole wheat or whole grain in bread helps maintain healthy cholesterol and blood sugar levels. The refined flour in white bread provides fewer benefits.



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### HEIWA OFFICE HOURS:

773/989-7333

MON. – FRI.: 9AM – 5PM

### SERVICE COORDINATORS:

JEAN INOUYE: 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