



HEIWA TERRACE NEWSLETTER SEPTEMBER 2013



News and happenings...

- Be sure to check your calendar for exercise programs, activities and programs.
- Office is Closed on Labor Day, Monday, September 2
- **Fall Prevention exercise program will begin Wednesday, September 4 at 10:30 am in the Activity Room.** We hosted presentations about this program and many showed interest as well as the need for specialized exercise program. This is an intense exercise program designed to get you strong to prevent falls.
- Take a comfortable trip to **Horseshoe Casino** on a coach bus with the door-to-door service. **The trip date is Tuesday, September 17th.** If you are interested in going on this trip, please see Jean as soon as possible. Last day to sign up is September 10. No refund is issued after September 10.
- We are sad to hear that Fresh Moves will be taking a break due to lack of funding. When we hear of their return, we will let you know.

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. Names are not in particular order.

August Donations (7/29 –8/27):

For Your Information

8 Nasty Things to Throw Away Today!

(<http://www.aarp.org/health/healthy-living/info-04-2013/9-nasty-things-to-throw-away-photos.html#slide2>)

From dangerous to disgusting - you don't want these things in your home

- 1. Hazardous Waste: Aerosol cans, batteries, motor oil, paint.** They all need to be disposed of properly so that they don't contaminate the environment or accidentally harm humans.
- 2. Piled up Plastic Containers:** Containers with recycle codes 3 or 7 **may contain BPA, (hormone-disrupting chemicals that's harmful to your health)** leaches into food as containers age or get heated in microwave. Tupperware made before 2010 can have BPA. **Replace with new plastic or glass containers**
- 3. Expired or Unused Medications:** Dispose your old or unused medications properly. DO NOT FLUSH DOWN THE TOILET or put them in trash.
- 4. Old Spices:** Dried up, old spices won't make you sick, but they won't add flavor or nutrients. Seasoning blends last 1-2 years, herbs and ground spices last 1-3 years, and whole spices last up to 4 years.
- 5. Moldy Makeup:** Makeup stays safe for only a limited time. After that, **bacteria that may cause infection can start to grow** (especially in eye makeup). Mascara lasts 2-3 months, lip gloss/lip stick (6 months), and replace foundation after 6 -12 months.
- 6. Old Pillows:** Pillows older **than 18 months contain fungi, dead skin and dust mites that can aggravate allergies, asthma, and sinusitis.** Try folding your pillow in half and squeeze out the air. If it doesn't spring back, it's too old.
- 7. Expired Canned Food & old food in refrigerator:** No need to keep expired canned foods. Do not donate them to the food bank either. If they are unsafe for you, they are unsafe for everyone. Additionally, be sure to throw out old food items in the fridge or freezer. **Foods in the refrigerator and/or freezer do not stay fresh forever.** Many items will get moldy even in the refrigerator. Be sure to clean out fridge often of old moldy foods.
- 8. Germy Kitchen Sponge:** According to studies, kitchen sponges can be the germiest thing in the house **with thriving bacteria.** Try microwaving your sponge daily in an inch of water for a minute on high heat to kill bacteria.

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

