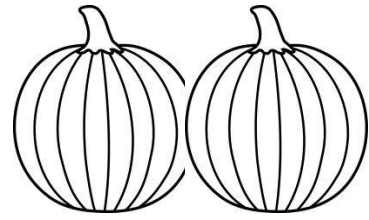


HEIWA TERRACE NEWSLETTER October 2013



News and happenings...

- Be sure to check your calendar for exercise programs, activities and programs.
- We are glad that many residents found **Fall Prevention Exercise Program** not only enjoyable but very helpful for them. Simply Home Health, providing this specialized exercise program, are here three times a week: **Monday, Wednesday, Friday at 10:30am in the Activity Room.** Please come 5 minutes early to set up with weights. Exercise begins promptly at 10:30am.
- **Gentle Yoga is now on Thursday!** Thursday, October 3 at 12pm and October 17 at 12pm in the activity room. There is \$2.00 charge.
- **Town Hall Meeting is on Thursday, October 10th at 2:45 pm in the dining room.** We strongly encourage everyone to attend this meeting. This is an opportunity to voice your questions, comments and concerns. Hope to see everyone there!
- On **Saturday, October 19, Animal Welfare League will host adoption fair at Heiwa Terrace activity room.** Small dogs and cats will be here looking for a good home. Please stop by if you are looking for a furry companion or just to say hello. If you would like more information about adopting a pet on this day, and/or about adoption fees, please see Jean or Jessica. If you have questions about Heiwa's policy on owing a pet, please refer to the Resident Handbook or see management office.
- We are going to **Mitsuwa on Tuesday, October 15 at 9:30am.** This is a good way to pick up on your favorite Japanese and/or Asian groceries, and enjoy good food at the food court. Total cost is \$10. Please sign up early if you are interested.
- Trick or Treat! We will have **Halloween party on Thursday, October 31.** Light refreshments will be served.
- For those curious when the daylight savings time ends, this year we'll turn clocks backward one hour on November 3.
- **Medicare open enrollment is from October 15 through December 7.** During this period, you can switch, join or drop Medicare Part C and/or Part D plans. Please see Jean or Jessica for more information.
- Good news for those uninsured! Starting October 1, Health Insurance Marketplace opens for the uninsured, and low income adults between 18-64 may apply for Medicaid. Please see Jean or Jessica for more information.

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.

❖ **Hair salon services are available at Heiwa.** For more information and appointments, please see management office.

❖ **Meals are sold on Mondays, Wednesdays and Fridays.** The meals are catered from area restaurants and a local chef. You can purchase a monthly meal plan or by single meal. Stop by management office for menus and more information.

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.

September Donations (8/28-9/25):

Chicago Japanese American Historical Society

Mr. Tadashi Tanaka

Ms. Jindi Ma

Ms. Zhaozia Yu

Ms. Kazuko Nukuto

Ms. Whi Ja Rhee

Anonymous

Ms. Chen Hxin Min Wang

Ms. Irene Grenadez

Ms. Joyce Nakanishi

Ms. Miye Yada

Ms. Kaye Shinozaki

Mr. Chuan-Ven Fu

Ms. Zujian Meng

Ms. Tien Hwa Pong

Ms. Hisako Kometani

Ms. Rose Moy

Ms. Sun Yun Ku

For Your Information

Warning Signs of Stroke (<http://www.stroke.org/site/PageServer?pagename=symp>)

Learn the many warning signs of a stroke. Act FAST and call 911 immediately at any sign of a stroke. We think that information like this is important enough to repeat many times. If you think you already know about this, please take the time to share this information with others.

F

Face

Does the FACE look uneven?
Ask them to smile.



A

Arm

Does one arm drift down?
Ask them to raise both arms.



S

Speech

Does their speech sound strange?
Ask them to repeat a phrase



T

Time

Every second counts! Get help ASAP!



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
DR. CHI (FOOT DOCTOR)

WED. 11AM – 1PM
LAST FRI. OF EVERY MO. 8AM – 11AM