



HEIWA TERRACE NEWSLETTER

November 2013



News and happenings...

- Be sure to check your calendar for exercise programs, activities and programs.
- Turn clock backward one hour on Sunday, November 3. Daylight savings time ends.
- We are glad that many residents found **Fall Prevention Exercise Program** not only enjoyable but 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.
- We have scheduled **Medication Collection program on Tuesday, November 26th at 2pm in the dining room.** Pharmacists and students will be here to answers questions you may have. Please be sure to bring old and unused medications.
- **Office is closed** for Thanksgiving holiday on Thursday, November 28 and Friday, November 29.
- Once again this year, the **traditional Thanksgiving dinner is available for purchase** for residents and guests. **Thanksgiving Dinner will be served on Monday, November 25 at 4:30pm.** The meal includes: Turkey, stuffing, gravy, potato, vegetable, cranberry sauce and pumpkin pie for dessert. Cost is \$8.00 (\$8.75 if boxed). If you are a monthly diner, there is no extra charge. Enjoy traditional Thanksgiving dinner with neighbors, friends and family in the dining room, or we can deliver to your apartment. **Please sign up by Monday, November 18.** Please go to management office for more information and be sure to sign up early.

FROM MANAGEMENT

- ❖ **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.

Please notify Jean or Jessica if you do not want your birthday or your health condition posted in the newsletter.

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.

October Donations (9/26 – 10/29):

Ms. Alice Murata Ms. Joyce Nakanishi Ms. Kazuko Nukuto Ms. Donna Ogura
Ms. Fumiyo Uchida Ms. Nancy Kawashima Ms. Young Soon Kim Annonymous

For Your Information

<http://www.servicecoordinator.org/AboutUs/News/tabid/137/ID/39/Pain-Patch-Dos-and-Donts.aspx>

Pain Patch Do’s and Don’ts

Prescription pain patches are a safe and effective way of dispensing pain medications through the skin and into the bloodstream, when used appropriately.

However, if not used appropriately, patches may become dangerous even fatal. For instance, heat creates the potential for overdosing, especially when people lie on a heating pad, turn on the electric blanket, or sit in the sun.

It is important to read warning labels and follow instructions. And be sure to consult with your doctor.

Be cautious of the following:

- Use patches only as prescribed and never use more than prescribed. Never use someone else’s medication.
- Don’t alter the patch – don’t cut it in half to save money.
- Don’t place patch on burned or broken skin
- Remove an old patch before applying a new one
- Avoid irritation
- Don’t use soap or alcohol to clean the skin before applying the patch
- Never use patch with heat: heating pad, electric blanket, sauna, hot baths, or sit in the sun.

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