



# HEIWA TERRACE NEWSLETTER

## December 2013



### News and happenings...

- Be sure to check your calendar for exercise programs, activities and programs.
- **Dawn's Dairy** will continue on with their regular schedule until December 18<sup>th</sup>. We do not have information on their schedule after December 18<sup>th</sup> due to the holidays. Please watch for announcements on the bulletin board for more information.
- **Town Hall Meeting is on Thursday, December 5 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!
- **Heiwa Terrace Holiday Luncheon is on Saturday, December 7<sup>th</sup> at 11:30 am in the dining room.** All residents are invited to this annual Holiday Luncheon sponsored by the Heiwa Board and staff. Please be sure to come on time. Doors will be closed and food will not be served after 12pm. Sign up by Jean's office.
- **Christ Church of Presbyterian is once again visiting Heiwa Terrace to provide Holiday caroling and social event on Sunday, December 8 at 2pm in the dining room.** Please come to enjoy caroling, bingo games and treats!
- **Enjoy an hour of gentle yoga with an expert.** This yoga class is designed especially for seniors. There is a \$2.00 fee per class. Please check your calendar for date and time.
- **Start your day with a light and fun exercise each morning** following Richard Simmons exercise program for seniors. Please check calendar for date and time.
- **Buy fresh fruits and vegetables right here in the building!!** CRISP partnering with Catholic Charities will bring fresh produce for your convenience. Place your order on Wednesday for Friday pick up. For more information and/or to, please see Jean or Jessica. Please see price lists at the end of this newsletter.
- **Prevention Exercise Program** provided by Simply Home Health, is a specialized exercise program to help you get stronger to prevent falls. Take part in this fun and helpful exercise program. They will track your progress to make sure you are getting stronger and getting the full benefit of the exercise. Program is on:  
**Mondays, Wednesdays, Fridays at 10:30am in the Activity Room.** Please come 5 minutes early to set up with weights. Exercise begins promptly at 10:30am.
- **Please note the following office schedules during the holidays:**
  - Tuesday, December 24 – closed
  - Wednesday, December 25 – closed
  - Tuesday, December 31 – open 9-12, closed 12-5
  - Wednesday, January 1, 2014 - closed

### 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.

### **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.

### **November Donations (10/29-11/25):**

Ms. Donna Ogura Ms. Fumiyo Uchida Mr. & Mrs. Greg Rivera Ms. Kazuko Nukuto  
Ms. Sumiko Hashimoto Mrs. Atsuko Tamura Anonymous Anonymous  
Anonymous

we extend our thanks to Ms. Tomii Ijima for donation in September, that we inadvertently missed.

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## **For Your Information**

### **Importance of Muscles**

<http://www.besthealthmag.ca/get-healthy/fitness/4-ways-to-keep-your-body-strong-as-you-age>

Our skeletal muscles – the fibers anchored to our bones and tendons that allow motion and force like walking and bending. If we don't take care of these muscle, which start to deteriorate with age, we are at risk of injury, weak bones, and reduced lifespan.

With age, our muscles deteriorate at a faster rate, especially for women. Additionally, older women have less effective process that breaks down food to build muscle (protein synthesis). So many researchers advise women to eat enough protein.

Building strong muscles isn't only for athletes. Everyone can build up muscle strength with exercise and right diet. Power, endurance and strength are related to the ability to perform daily activities and reduce risk of falls. A stronger body means a longer healthier life.

Here at Heiwa, we have activities and programs that help you build strong muscles. So why not try all or any one of exercise programs such as: Video Exercise, Fall Prevention Program, and Gentle Yoga, if you have not done so already.

#### **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