



HEIWA TERRACE NEWSLETTER JANUARY 2014



2014

December was quite a busy month for us...



Many thanks to the Heiwa Board of Directors and staff for putting together another wonderful holiday party for the residents.

We also thank gourmet chef Mr. Mizuuchi and his volunteers for their dedication and hard work for putting together another fabulous meal and the ice sculpture.

Mr. Ray Kayano celebrated 101 birthday with residents on December 2.

We look forward to your 102nd birthday party Mr. Kayano!!



Consul General Masaharu Yoshida of Japan visited Heiwa Terrace on Monday, December 16th. He toured Heiwa Terrace and spoke with residents and Heiwa Board members. We received a word later that Consul General Yoshida appreciated our hospitality and enjoyed his visit. Heiwa Terrace will welcome Consul General Yoshida's visit again in the near future.



- We also like to thank Christ Church of Presbyterian for providing annual caroling and fun events for the residents.
- Residents also enjoyed caroling and puppet show by Devon Church. This was their first time here but residents enjoyed this wonderful event. We hope to see them again next year!
- **Thorek Wellness Center will host New Year's snack on Friday, January 10 at 2pm** in the dining room. All residents are welcome.
- **CRISP is back after the holidays. Please come Tuesdays at 9am to order your fresh fruits and vegetables.** They listened to our requests and now have kabocha and daikon on the list! Also check to see what other Asian favorites they can bring Delivery will be Fridays at 9am in the dining room. If you'd like to make shopping list ahead, please see Jean or Jessica for the product list.

FROM MANAGEMENT

- ❖ **2014 SOCIAL SECURITY BENEFIT LETTER:** please bring your 2014 Social Security Benefit letter to management office. We will make a copy and keep it in your file.
- ❖ **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.

December **Donations** (11/26 – 12/27):

Patricia Matsumoto	Alice Murata	Fumiyo Uchida	ChingChoo Liao	Jindi Ma
Nhukhai Pham	LianCheng Hsu	Zujian Meng	Dao Thanh Ta	Min Lo
TienHwa Pong	Zhaoxia Yu	Shenggeng Wang	Rose Moy	Wenzhu Lu
ZuPing Wang	HuoQing Zou	ChenHxin Min Wang	Baoxi Jia	Quan Liu
Kun Ming Luo	Renwei Xia	WenBin Zhang	Atsuko Tamura	
Anonymous	Anonymous	Anonymous	Mr. & Mrs. Greg Rivera	



And... we thank Mrs. Hisako Kometani for making Halloween and Christmas decorations for the dining room tables.

For Your Information

Starting the New Year, here are some healthy New Year's resolutions we may suggest:

- Keep your mind and brain engaged and stimulated by taking on new tasks or learning something new: learn a new language, start a book club, play brain games like puzzles in the dining or sudoku in this newsletter, learn to email and surf the web on the computer in the craft room.
- Exercise or start a new physical activity: check your monthly calendar for exercise programs like Fall Prevention, Gentle Yoga, Video Exercise, and/or play ping pong or pool with friends and neighbors.
- Eat more fresh foods: such as fresh fruits and vegetables, dairy products and avoid processed foods. Try weekly services from CRISP to get your fresh produce delivered, and Dawn's Dairy for the dairy products.
- Make your home safer: Remove clutter, and hazardous and unsanitary environment.
- Meet someone new: Participate in activities such as Bingo, Karaoke, Town Hall Meeting or any other program and get to know someone new. Or simply try board games like go, dominos, rubix, checkers in the dining room.
- And... use the space below to write down your own additional New Year's resolutions:

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