

HEIWA TERRACE NEWSLETTER

FEBRUARY 2014



Happenings at Heiwa

- We will get together for the most anticipated football game of the year!! **Our own Super Bowl party will be on Sunday, February 2 at 5:30pm in the dining room.** Light snack will be served.
- Love is in the air!! We will celebrate **Valentine's Day on Friday, February 14th at 1pm in the dining room.** Sweet treats will be served. There will be entertainment by Tatsu Aoki and Fujima Shunojo, and our own Sing Along Team.
- **Town Hall meeting will be on Thursday, February 6th at 2:45 pm in the dining room.** We strongly encourage everyone to attend this meeting. You will get up-to-date information on what's going on at Heiwa. Additionally, this is a chance for you to freely voice your concerns or questions.
- **Devon Church will be back at Heiwa for Valentine's program.** They have planned fun programs including a puppet show, on Sunday, February 9 at 1:30pm in the dining room. Everyone is welcome!
- **Mark your calendar for CRISP – for fresh fruits and vegetables!! Orders taken on Tuesdays at 9 am and delivered on Thursdays at 10 am.** In case you can't be here at 9 am to put orders in, Crisp can take orders over the phone until 5pm on Tuesdays. If you need assistance, see Jean or Jessica. Also if you'd like to make shopping list ahead, please see Jean or Jessica for the product list. Cash, credit card, debit card and Link cards are accepted.
- Let's make something!! Jean Mashima is leading a **craft class** where everyone can share ideas and talents. This is a perfect way to socialize with others and keep your brain active by learning something new. **The class will meet second and fourth Thursdays at 1pm in the dining room.** Projects already planned are kaminingyo (Japanese doll), origami and many others.

FROM MANAGEMENT

In case you didn't know:

- ❖ **Hair salon services are available at Heiwa.** For more information and appointment dates and time, 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 buy a single meal. Stop by management office for menus and more information.
- ❖ **HEIWA NETWORK:** Please refer to Heiwa Network Channel (ch.4) for various notices and information from our offices.
- ❖ **Rent Drop Box is now available!** Management office has installed **Rent Drop Box** for your convenience. It is located next to the management office (near mail boxes). Please use it to drop off rent check/money order. Please DO NOT PAY CASH

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.

January Donations (12/28 – 1/30):

Mr. & Mrs. Greg Rivera	Yuriko Chan	John Tetsuka	Chuan-Ven Fu
Joyce Nakaishi	Jeong Ja Yoo	Jean Hamano	Kazuko Nukuto
Fumiyo Uchida			

Heiwa extend sincere condolences to the family of late Nancy Heggemeir. She taught gentle yoga here at Heiwa for many years.

For Your Information

Surviving Bitter Winter Weather (<http://consumer.healthday.com/environmental-health-information-12/environment-health-news-233/cold-weather-683610.html>).

Doctors warn that extreme cold weather can expose extreme health risks. It is best to limit your outdoor activity as much as possible because prolonged exposure can lead to frostbite and hypothermia.

There are some simple safeguards you can take to prevent severe injury:

- **Dress warmly:** layering your clothing will provide the best insulation and retain body heat.
- **Protect your extremities:** hands and feet are at greater risk of frostbite. Wear extra pair of socks, choose mittens instead of gloves.
- **Wear a hat:** you lose about 30% of your body's heat from your head. Good hats will cover ears and nose.
- **Stay hydrated:** body uses a lot of energy to keep itself warm. Drinking plenty of fluids is important because your body will need frequent replenishing when fighting off the cold.
- **Stay dry:** get out of wet clothing as soon as possible. Keep your hands and feet dry.
- **Get medical attention immediately** if you notice signs of frostbite and hypothermia:
 - **Frostbite:** starts with tingling or stinging sensations (face, fingers and toes often affected first). Then muscles can become numb. Redness and pain in the skin leading to discoloration.
 - **Hypothermia:** goes hand-in-hand with frostbite. Can affect the brain, making it harder to think clearly. Other signs include, shivering, confusion, slurred speech and drowsiness.

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