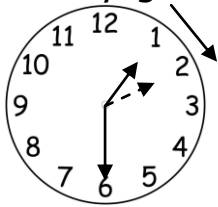


HEIWA TERRACE NEWSLETTER

MARCH 2014

News and Happenings at Heiwa

- Daylight Savings time begins March 9, 2014. **Move your clock 1 hour ahead.**



- We are having treacherous winter days with lots of snow and extreme cold temperatures. Take advantage of exercise classes like Exercise Video, Fall Prevention Program, Gentle Yoga, right here at Heiwa to stay active. Please see calendar for specific date and time.
- One stop shop! On Wednesdays, get dairy products from Dawn's dairy at 8:30am, and put in orders for fresh fruits and vegetables with Crisp. Crisp will be at Heiwa on Wednesday at 9am and will deliver on Friday, at 10am.
- We're calling out for hidden talents at Heiwa!! Jean Mashima is leading a **craft class** where everyone can share ideas and talents. If you know of any craft projects that you would like to share with others, please be sure to attend. This is a perfect way to socialize with others and keep your brain active by learning something new. **The classes meet second and fourth Thursdays at 1pm in the dining room.**
- First outing of the year is scheduled!! A trip to Horseshoe casino is on Tuesday, March 25th at 9am. \$25 cost includes buffet, coach bus and \$10 to play. Please sign up as soon as possible. No refund after Monday, March 14.

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.

February Donations (1/31 - 2/25):

Mr. & Mrs. Greg Rivera	Fumiyo Uchida	Ellyn Iwaoka	Hisako Kometani
Donna Ogura	Kazuko Nukuto		

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

For Your Information

Medicare/Medicaid news:

- **Observation Care Status VS Inpatient :** Hospitals provide observation care for patients who are not well enough to go home but not sick enough to be admitted. This care requires a doctor’s order and it is considered an outpatient service, not inpatient service. Which means that there may be co-payments for doctor’s fee and hospital services as well as charges for medications, and cannot receive follow-up care in a nursing home. Only way to know for sure is to ask when you are being admitted. Because hospitals are not required to tell a patient if they are being put under observation status or being admitted to the hospital. Be sure to ask your doctor and/or hospital so that you don’t get stuck with an unexpected hospital bill.
- **Care Coordination Expansions:**
 - ❖ **Medicaid only recipients** will receive a letter by mail asking you to select a health plan that will begin coordinating health care. When you receive this form, be sure to discuss this with your primary care physician before selecting a plan on your own. If you need assistance see Jean or Jessica.
 - ❖ **Medicare and Medicare dual eligible recipient:** Under the Medicare Medicaid Alignment Initiative Program, dual eligible recipient will be asked to select a health plan. More information will follow. Look for letters and instructions in the mail in the future.

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