

# HEIWA TERRACE NEWSLETTER

## APRIL 2014

### News and Happenings at Heiwa

- **We are going to Mitsuwa on April 8.** Stock up on your favorite Asian groceries and goodies and have delicious Japanese meals at the food court. Please sign up by Jean's office and make payment.
- **Town Hall meeting will be on Thursday, April 10 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.
- We're calling out for hidden talents at Heiwa!! Jean Mashima is leading a **craft class** where everyone can share ideas and talents. **The classes meet second and fourth Thursdays at 1pm in the dining room.**

### 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.

### 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.

### March Donations (2/26 – 3/26):

Mr. & Mrs. Greg Rivera	Fumiyo Uchida	May Nakano	Atsuko Tamura
Hisako Kometani	A. Kiyoko Binosi	Anonymous	Mr. & Mrs. Nolan
Joyce Nakaishi	Kazuko Nukuto	Sun Yun Ku	Kong Chau Moy

### For Your Information

#### Drinking water can help in so many ways!

<http://kaleuniversity.org/5310-water-heart-attacks/>

- 2 glasses of water after waking up – helps activate internal organs (adding some lemon juice is beneficial)
- 1 glass of water 30 minutes before a meal – helps digestion
- 1 glass of water before taking a bath – helps lower blood pressure
- 1 glass of water before going to bed – helps prevent stroke or heart attack

Always check with your doctor for what's right for you.

### Medicare/Medicaid news continued: Integrated Care Program



State of Illinois is implementing Integrated Care Program as part of the Medicare-Medicaid Alignment Initiative. Part of this program is where you select a health plan (MCO) and this plan will be responsible for managing all your medical, hospital care, prescriptions, and if applicable, long term and support services; all overseen by your primary care provider.

- ❖ **Medicaid only recipients MUST ENROLL** in Integrated Care Program (ICP) by selecting a plan. You should have received a letter of instruction. If you need assistance, please see Jean or Jessica. **The deadline is April 13.**
  - ❖ **Medicaid and Medicare dual eligible recipients NOT receiving care support services (homemaker, day care, etc):** You will be receiving a letter asking you to either select a health plan or opt out of the program. Please take this letter to your primary care physician to check what will work for you. If you need assistance selecting a plan or to opt out, please see Jean or Jessica. If you do nothing, a health plan will be selected for you. **The deadline is May 31.**
  - ❖ **Medicaid and Medicare dual eligible recipients receiving care support services (homemaker, day care, etc):** You will be asked to select a health plan in the near future. Currently, the form/letter is scheduled to go out in June. Until then, you do not need to do anything.
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