

HEIWA TERRACE NEWSLETTER

JUNE 2014

News and Happenings at Heiwa

- **Welcome Maiko Yanai!** Maiko is the new Japanese bilingual service coordinator. If you have not yet met her please stop by to say hello. Her office hours are: Monday-Friday, 8:30am – 4:30pm.
- A representative from the Chicago Police Department will be here to present Senior Safety talk on Tuesday, June 10 at 2:30pm in the Activity Room. Please we strongly encourage everyone to attend to get important safety information.
- **Town Hall meeting will be on Thursday, June 5th 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.
- **CRISP** is now offering more products! They are now offering dry goods like cereal, nuts and beans and can goods as well as fresh fruits and vegetables. Feel free to stop by to look through their catalog on Wednesdays at 9 am.
- **Fire prevention talk has been moved to this month.** Please make every effort to attend this important event. You will learn fire preventative measures and what to do in case of emergency. **On Tuesday, June 17 at 1:30 will be in English and Japanese, Wednesday, June 18 at 1:30 will be in English and Korean, and Thursday, June 19 at 1:30 will be in English and Chinese.**
- After years of their selfless dedication, Mr. and Mrs. Rivera will no longer lead a bingo night. Now that we are having bingo 4 times a month, we want to make sure that this can continue on for everyone's enjoyment. The volunteers who lead the bingos are members of JETTA, Glinda Swan-Robinson and Shantee Evans. We ask that all residents participating in the bingo respect the volunteers as well as other participating residents. If there are any concerns or problems, please see Jean, Maiko or Jessica.
- **Volunteers needed!** We are looking for a volunteer who can work in the dining room to make coffee, refilling sugar and creamer containers, restocking coffee cups, and etc during the day time, including weekends. If you are interested, please see Jean, Maiko or Jessica for more details.
- **Farewell to Jean Inouye.** Jean Inouye's retirement celebration is on Thursday, June 26th at 12pm. Please stop by to give well wishes for Jean. If you are planning to attend, please sign up at Jessica's office by June 10.
- **Annual Inspection is over!!** We thank the residents and management and engineers for another successful annual inspection! If you have received a violation notice or have any other problems and you need help, please see social service department or management.

FROM MANAGEMENT

- ❖ **Message from the Security Desk:** Please always keep your door closed and locked. Even when you are at home and expecting visitors, or if you are visiting your next door neighbor, always lock your door.
- ❖ **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.

May Donations (5/1-5/22):

Fumiyo Uchida	May Nakano	William Pry	Barbara Ann Ellis
Ock Soon Kim	John Tetsuka	Elvira Gomez	Anonymous
Anonymous	Anonymous		

For Your Information (<http://www.aarp.org/health/healthy-living>)

Foods to avoid before going to bed:

- **Celery:** Foods with high water content like celery, cucumbers, watermelon may cause you to wake in the middle of the night with a full bladder.
- **Tomatoes: contains** stimulant that boosts and trigger brain activities and delays sleep. Perfect for day time!
- **Black-bean chili:** Body has a hard time digesting beans so stomach-rumbling gas pains may keep you up at night.
- **Dark chocolate:** may be good for your heart but avoid eating it before bed time because it contains caffeine.
- **Steak:** foods high in protein and marbled fats such as steak, roast beef are slow to digest. If your body is busy digesting, you will likely have restless night.
- **Carbonated soft drink:** often contain caffeine that keeps you up at night.
- **Broccoli:** We all know that broccoli is good for you. But avoid eating before going to bed.

Keep in mind that these are typically healthy choices for you and be sure to continue eating them as usual, morning, afternoon and early evening.

HEIWA OFFICE HOURS: 773/989-7333 MON. – FRI.: 9AM – 5PM

SERVICE COORDINATORS:

JEAN INOUE: 773/989-5906	MON. – FRI. 8:30AM – 4:30PM
MAIKO YANAI: 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