

HEIWA TERRACE NEWSLETTER

JULY 2014

Last month at Heiwa

- Fires safety talk was informative and helpful for everyone. Few important things to remember are:
 - Never take elevator in case of emergency.
 - Remain calm and listen for instructions.
 - If you have to leave your apartment, feel the door with back of your hand first. If the door is hot, do not open the door. Go to the window.
 - If there is smoke, stay close to the ground and move on your hands and knees.
 - Call 911.
 - Please be considerate of your neighbors when you burned foods while cooking in your apartment. Please keep your door closed and open a window so the smoke does not go into the hallway. Placing a towel under your door. Thank you for cooperation.

And happenings at Heiwa

- **Thorek Wellness Center** has introduced a new medical team and extended hours of service. Now, doctor will be available four days a week and the nurse will be available five days week. Please stop by to say hello and welcome them to Heiwa. Dr. Chi will continue his normal visiting hours on the last Friday of each month.
- **An outing to Mitsuwa is on Tuesday, July 15.** This is a good opportunity to stock up on your favorite Asian groceries and eat good food at the food court. Total cost for this trip is \$10. Please sign up outside Maiko's desk.
- Some of you asked and we listened! A **trip to Horseshoe casino is scheduled for August 12.** Please sign up early if you are interested. No refund can be given after July 22. Total cost is \$25. This includes, coach bus, buffet, \$10 playing card and tip. Please sign up early if you are interested.
- **Office is closed on Friday, July 4th**
- **CRISP has expanded their products.** In addition to fresh fruits and vegetables, they offer cereals, snacks like granola bars, meats, canned goods, and dairy products. Please feel free to look through their catalog to see what they offer.

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 Maiko or Jessica. Names are not in particular order.

JUNE Donations (5/23-6/20):

Fumiyo Uchida Diane Hata Chuan-Ven Fu Mary Jane & Carol Yamamoto
 Anonymous Glinda Swan-Robinson Hisako Kometani Bill Pry
 Estate of Yukiko Takano Kazuko Nukuto

For Your Information (www.alz.org)**Memory Loss: Typical or Not**

This is a partial list from the Alzheimer's Association. It is helpful to know there are changes in memory that are typical to aging. Symptoms of dementia and Alzheimer's disease are not typical part of aging. It is important to get the correct diagnosis and seek professional help.

TYPICAL	NOT TYPICAL
Sometimes forgetting names or appointments, but remembering later	Memory loss that disrupts daily life: forgetting recently learned information, forgetting important dates and events, asking for the same information repeatedly
Making Occasional errors when balancing a checkbook	Challenges in planning or solving problems: difficulty following a plan, keeping track of monthly bills or working with numbers
Occasionally needing help to use the settings on a microwave or to record a television show	Difficulty completing familiar tasks at home: trouble driving to a family location, managing budget, remembering the rules of favorite game
Getting confused about the day of the week but figuring it out later	Confusion with time or space: losing track of dates, seasons and passage of time, forgetting where you are and how you got there, trouble understanding something if it isn't happening immediately
Sometimes having trouble finding the right word	New problems with words in speaking or writing: trouble following or joining a conversation, stopping in the middle of a conversation and not knowing how to continue, repeating yourself, struggling to find the right word or calling things by the wrong name