

HEIWA TERRACE NEWSLETTER

AUGUST 2014

Happenings and more...

- **Town Hall meeting will be on Thursday August 7 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.
- **A trip to Horseshoe casino is scheduled for August 12.** This will be a nice outing to enjoy good buffet and to play some fun games. 8 more participants are needed for our trip to the Horseshoe Casino on Tuesday, August 12! Please come to talk to Jessica and/or Maiko ASAP.
- **The Center for Disability & Elder Law will be here once again, on August 19 at 1pm to provide free Power of Attorney and Living Will workshop.** Volunteer lawyers will help you prepare POA and Living Will documents. You must sign up by Maiko's office if you are interested.
- **Nicole Raucci, a graduate student from DePaul University** was here last month to introduce **Healthy Older Adult Program** that will be provided by An Albert Schweitzer Fellow and Japanese American Service Committee. This program consists of learning to make healthier choices, making new friends, staying physically active, learning to reduce stress, sleeping better, and many more interesting topics to enhance healthier living for older adults. The program will involve individualized meetings as well as fun group meetings. Look for more details ahead.
- **Many of you have Ride Free bus pass that is expiring in September.** RTA had announced that they will extend September expiration date to November. You must apply and be eligible with the Benefit Access program first, in order to continuously receive the ride free bus pass. If you applied already and are eligible, a new card will be mailed to you. The online application is available at: <https://idoaweb.aging.illinois.gov/baa/Welcome.aspx>. **If you need assistance applying for Benefit Access or want to check your status, please see Maiko or Jessica.** To apply, please bring Social Security card, ID card and proof of 2013 income.
- **Do you know that our Gentle Yoga class is offered every 1st and 3rd Wednesdays of the month at Heiwa Terrace?** Our **new certified Yoga instructor, Ms. Diane Dombek,** wants you to know that you CAN do Yoga just by sitting on the chair! If you have difficulty walking and want stronger legs, this Yoga class could be for you! The cost is very reasonable--\$2/class. No sign-up needed and all are welcomed!
- Do you remember that we had a painting class before at Heiwa Terrace? A **new painting group will be meeting every Wednesday at 1pm in the Craft room, starting on August 6!** Bring your painting tools and brushes with you. No sign-up needed. Just come to the class!
- Our next free **English class will be scheduled at 11am on Friday, August 1.** The class will go out for lunch on August 1 (Please be aware that participants will be responsible for the cost of lunch). If you are interested, please come to meet at the front desk at 11am on Aug. 1.
- Please do not chat during programs/activities you are attending at Heiwa Terrace! Please be mindful of others who want to participate in programs/activities but ended up having difficulty to hear because some participants chat during the program.

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.

July Donations (6/24-7/24):

Fumiyo Uchida	Yu Zin Chun	Ock Soon Kim	Anonymous
Anonymous	Myong Sun Whittle	May Nakano	Bok Soon Kim
Glinda Swan-Robinson	So Young Kum	Pat Matsumoto	Jean Inouye
Toshio Yanigisawa	Hisako Kometani		

We also would like to thank Jean Inouye for the refreshing Watermelons. We enjoyed them throughout the month of July.

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

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

SERVICE COORDINATORS:
MAIKO YANAI: 773/989-5906 MON. – FRI. 8:30AM – 4:30PM
JESSICA MOON: 773/989-5672 MON. – FRI. 9AM – 5PM

THOREK WELLNESS CENTER:
NURSE JENNY KIM: 773/271-0144 MON- FRI. 8AM – 4:30PM
DR. SUESAKUL: 773/271-0144 TUE, THUR: 8AM -2PM, WED, FRI: 11:30AM – 2:30PM
DR. CHI (FOOT DOCTOR) LAST FRI. OF EVERY MO. 8AM – 11AM

For Your Information

Warning Signs of Stroke (<http://www.stroke.org/site/PageServer?pagename=symp>)

Learn this important warning signs of stroke. Act FAST and call 911 immediately at any sign of stroke. If you think you already know about this, please take the time to share this information with others.

Face

Does the FACE look uneven?
Ask them to smile.



Ask the person to smile.
Does one side of the face droop?

Arm

Does one arm drift down?
Ask them to raise both arms.



Ask the person to raise both arms.
Does one arm drift downward?

S

Speech

Does their speech sound strange?
Ask them to repeat a phrase



Ask them to speak or repeat a simple phrase.
Does their speech sound slurred or strange?

T

Time

Every second counts! Get help ASAP!



Every second counts!
Get help ASAP!