

HEIWA TERRACE NEWSLETTER

SEPTEMBER 2014

Happenings and more...

- **Last month**, Thorek Wellness Center held an open house for Heiwa residents. We would like to extend our gratitude for their services at Heiwa. Everyone is welcome to visit for medical services or you can just stop by to say hello and meet the new medical team.
- **Japanese American Service Committee will be here at Heiwa to present the services that they offer.** Please come on **Tuesday, September 9th at 3pm, in the activity room.** Light snacks will be provided.
- **Age Options will provide Medicare talk** for anyone interested in learning about Medicare on **Friday, September 12 at 2pm in the activity room** If you are new to Medicare and would like more information about Medicare, please attend this important workshop.
- Heiwa residents will be treated to a special performance by **Okinawa Dance of Chicago in the dining room.** Please come to enjoy this wonderful performance. **Saturday, September 27th at 2pm.**
- You do not have to be present on Wednesday morning to order fresh grocery products with CRISP! **A box and order forms are placed in the dining room for anyone to place order at your convenience.** Please put your order by **Wednesday morning for Friday 10 am delivery.** If you have questions or need assistance, please see Maiko or Jessica.
- There will be Qigong (Chi Gung) class every Saturday **starting September 13 at 10am in the activity room.**
- The General Election is coming up where you get to vote for the Illinois Governor, and other federal, state and local officials. In preparation, we are planning to have a voting workshop. Look for date and time on the bulletin board.
- **Office is closed on Monday, September 1.**

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.

August Donations (7/25 – 8/26):

Fumiyo Uchida	Rose Moy	Raymond Snyder	John Tetsuka
May Nakano	Sada Nakagawa	Angela Felipe	Young Ja Hong
Howard Borde	Kazuko Nukuto	Chantee Evans	Hisako Kometani
Raymond Ishino	JX Nippon Oil & Energy USA Inc		Annonymous
Annonymous			

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

For Your Information (<http://www.aarp.org/health/healthy-living/info-2014/longevity-tips-aging-well.html>)

Tips for aging well by geriatrician Harvey Jay Cohen

- **LAUGH OUT LOUD:** laughter can reduce stress, improve immune system, and even relieve pain.
- **TURN IN EARLY and get enough sleep:** sleep can help our bodies repair all the things that went wrong during the day.
- **CUT OUT THE MIDDLE with exercise:** your waist size is one of the predictor of current and future health.
- **GET YOUR SELF CHECKED:** get yearly physical and wellness exams as well as get flu shots.

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