

# HEIWA TERRACE NEWSLETTER

## OCTOBER 2014

### Happenings and more...

- Last month, Mr. and Mrs. Brail performed a wonderful Magic Show. We would like to thank Mrs. and Mrs. Brail once again for providing this fun event for the residents.
- In preparation for the upcoming General Election in November, Chinese Mutual Aid Association will provide **voting workshop on Monday, October 6 at 2 pm in the activity room**. Please attend this important workshop to learn about the importance of voting, how to vote and the candidates running this election.
- **Town Hall meeting will be on Thursday October 9 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. Also, we will pass out medical masks, donated by JX Nippon Oil & Energy USA, to help you protect yourself during the flu season. So be sure to attend the meeting and get your mask!
- **We will take a shopping trip to Mitsuwa on Tuesday, October 14 from 9:30 am returning 1:30 pm**. Stock up on your favorite Asian groceries before the winter months, and also enjoy good food at the food court. **Total cost for this trip is \$10.00**. Please sign up outside Maiko's office.
- **Halloween party will be Friday, October 31, at 2pm in the dining room**. Please come for sweet treats and enjoy the festive costume parade.
- **Medicare annual Open Enrollment Period is October 15 through December 7 for Medicare Part C (Medicare Advantage) and/or Medicare Part D (Drug plan)**. This means, if you are not happy with your current plan, this is the time to make changes. (If you have Medicaid, this does not apply to you)
  - Medicare Disenrollment period (this is if you plan to **cancel Medicare Advantage Plan**) is **January 1 through February 14, 2015**. If you have questions or need assistance, please see service coordinators.
- We would like to thank our volunteers for effortlessly organizing and maintaining our library for everyone's enjoyment. Please take some time to stop by and enjoy our wonderful reading materials or you can take a book home to read. When you do take a book, please be sure to return it when finished. We now have few new additions. We also ask everyone using the library to please be quiet and keep free of foods and drinks in the library.
- Maiko Yanai, our service coordinator will be taking a maternity leave until December, and returning January, 2015. We would like to wish Maiko and her baby well. In Maiko's absence, Jean Inouye will be available Tuesdays, Wednesdays, and Thursdays. If you have questions or need any assistance, please don't hesitate to see Jean Inouye and/or Jessica Moon.

### 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 Maiko or Jessica. Names are not in particular order.

**September Donations (8/27-9/18):**

Fumiyo Uchida	Hisako Kometani	Bok Soon Kim	George Neeno
Young Tae Kim	Takeshi Chikazawa	Kaye Shinozaki	Jeanie Uchiyama
Atsuko Tamura	Ellyn Iwaoka	Tadashi & Kazuko Nukuto	
Anonymous	Anonymous	Jeong Ja Yoo	

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**For Your Information**

**Key Facts about Seasonal Flu Vaccine**

(<http://www.cdc.gov/flu/protect/keyfacts.htm>)

**Why should I get a flu shot?**

- Influenza (flu) is a serious disease that can lead to hospitalization and sometimes even death. Even healthy people can get very sick from the flu and spread it to others.
- Flu shot can keep you from getting sick from flu. Protecting yourself from flu as well as people around you.
- Flu shot can help protect people who are at greater risk of getting seriously ill from flu, like older adults, young children, and people with chronic health conditions.
- Flu shot can make your illness milder if you do get sick.

**How do flu shots work?**

- Flu shot causes antibodies to develop in the bodies to help protect against infections.

**When should I get a flu shot?**

- Flu vaccination should begin soon after vaccines become available, often in October. While seasonal influenza outbreaks can begin early as October, most influenza activity peaks in January or later.

**Why do I need a flu shot every year?**

- Because body's immune response from vaccination declines over time and flu viruses are constantly changing.

**Where do I get a flu shot?**

- Flu shots are offered at your doctor's office, pharmacies, clinics, and health departments. Also check the bulletin board for the Thorek Wellness Centerschedule.

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**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