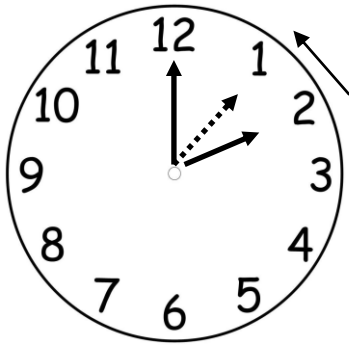


HEIWA TERRACE NEWSLETTER

NOVEMBER 2014

Happenings and more...



- Turn clock backward one hour on Sunday, November 2. Daylight savings time ends.

- Please join us in the dining room for **Thanksgiving Dinner on Monday, November 24th at 4:30pm**, or have it delivered to your room. There is no extra cost to monthly diners. \$8.00 for individual diners. Guests are welcome. Please come to the office to sign up by November 17th. Dinner includes: Turkey, stuffing, gravy, potato, vegetable, rice, cranberry sauce, and pumpkin pie.
- **A trip to Horseshoe Casino is Thursday, November 13th.** Total cost \$25.00 include: buffet, coach bus and \$10.00 playing card. This will be our last outing for the year. We need at least 20 people to participate. If you are interested, please sign up by October 30th.
- Jen Gillan, a registered nurse from Japanese American Service in partnership with Nicole Raucci, a master's nursing student running Healthy Older Adult Program, will provide **Nutrition Workshop starting November 25 at 11am in the Party Room.** This program will provide guidance and helpful information on healthy choices in cooking and eating. Everyone is welcome to attend this free program and a light snack related to the nutrition topic will be included.
- We heard that many of you enjoyed the Zumba class. This program is provided as part of Healthy Older Adult Program, led by Nicole Raucci. Because everyone enjoyed this healthy activity, Nicole will continue providing free Zumba classes every other week starting December.
- **ATTENTION 6TH FLOOR RESIDENTS:** Due to the Thanksgiving Holiday, exterminator will be coming **on Tuesday, November 25th starting 9:30 am.**
- **Happy Thanksgiving!! Office is closed on Thursday, November 27th and Friday, November 28th.**

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 Jean or Jessica. Names are not in particular order.

October Donations (10/1-10/21):

Alice Murata	Tadashi & Kazuko Nukuto	Tien Hwa Pong	Wenzhu Lu
Jindi Ma	Chen Hxin Min Wang	Zujian Meng	Song J Kang
Anonymous			

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

For Your Information

The facts about EBOLA: From the Centers for Disease Control and Prevention (<http://www.cdc.gov/vhf/ebola/index.html>) (<http://www.cdc.gov/features/handwashing/>)

We have been hearing about Ebola nearly every day on the news. Before we begin worrying ourselves, we must know the facts about Ebola.

You can't get Ebola through Air, Water or by Food

How do you get Ebola virus:

- Touching bodily fluids (blood, vomit, pee, poop, sweat, semen, spit, other fluids)
- Touching contaminated objects (needles, medical equipment) with the Ebola virus
- Touching infected animals: blood, fluids or infected meat

❖ Ebola only spreads when people are sick with Ebola.

❖ Currently (10/22), there is no case of Ebola reported in Illinois.

❖ CDC says **keeping hands clean** is one of the best ways to prevent the spread of infection and illness.

So.... let's be sure to wash our hands:

- During, and after cooking and before eating
 - After using the toilet
 - After blowing your nose, coughing or sneezing
 - After touching garbage
 - Before and after caring for someone who is sick
 - After coming home from outside
-

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

Heiwa is home to people from diverse cultural, racial and ethnic origins. One of our resident suggested that we can try learning simple words or phrases in different languages spoken at Heiwa. Starting this month, we will introduce simple phrase in Japanese, Korean and Chinese.

If you would like any other languages spoken at Heiwa added here, please see Jean or Jessica. Your suggestions are always welcome. Please see Jean or Jessica.

Lesson 1:

Hello, how are you? My name is _____, Nice to meet you.

こんにちは、お元気ですか？私の名前です。はじめまして

kon'ni chi wa, ogen ki de suka? Watashi no _____desu. Haji me ma shite.

안녕하세요. 제 이름은 _____입니다. 만나서 반갑습니다.

Ann yeong ha seyo, je il eum un _____nida. Man na seo ban gab seub nida

你好，我的名字是。很高兴认识你

Nǐ hǎo, wǒ de míng zì shì. Hěn gāo xìng rèn shí nǐ