

# HEIWA TERRACE NEWSLETTER

## DECEMBER 2014

### Happenings and more...

- **Town Hall meeting is on Thursday, December 4<sup>th</sup> at 2:45 pm in the dining room.** Everyone is encouraged to attend this important meeting to be informed of happenings at Heiwa and to participate in the Heiwa community network.
- **Let's ZUMBA!! Zumba class** returns with Nicole Raucci **on Saturday, December 6<sup>th</sup> at 9am.** Be sure to wear comfortable clothing and shoes for exercise.
- **Heiwa Terrace Holiday Luncheon is on Saturday, December 6<sup>th</sup> at 11:30 am in the dining room.** All residents are invited to this annual Holiday Luncheon sponsored by the Heiwa Board and staff. Please be sure to come on time. Doors will be closed and food will not be served after 12pm. Sign up by Maiko's office.
- **Christ Church of Presbyterian is once again visiting Heiwa Terrace to provide Holiday caroling and social event on Sunday, December 7 at 2pm in the dining room.** Please come to enjoy caroling, bingo games, and share refreshments with young people of all ages and adults from the Church of Christ Presbyterian!
- **Nutrition Workshop continues.. on Tuesday, December 2, December 9, and December 16 at 11am.** This program will provide guidance and helpful information on healthy choices in cooking and eating each week. Everyone is welcome to attend this free program and a light snack related to the nutrition topic will be included.
- **ATTENTION 10<sup>TH</sup> FLOOR RESIDENTS:** Due to the Holidays, exterminator will be coming **on Tuesday, December 23<sup>rd</sup>, starting 9:30 am.**
- **ATTENTION 11<sup>TH</sup> FLOOR RESIDENTS:** Due to the Holidays, exterminator will be coming **on Tuesday, December 30<sup>rd</sup>, starting 9:30 am.**
- **Office is closed on Thursday, December 25, Friday, December 26.**

### 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.

**November Donations (10/23-11/26):**

Fumiyo Uchida                      Hwa Yoon & Duk Soon Chung                      Kazuko Nukuto    Kap S Lee  
Joh Kyong Yun                      Sada Nakagawa    May Nakano  
Pat Schlauder c/o Christ Church of Chicago

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

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**For Your Information**

**Surviving Bitter Winter Weather** (<http://consumer.healthday.com/environmental-health-information-12/environment-health-news-233/cold-weather-683610.html>).

Doctors warn that extreme cold weather can expose extreme health risks. It is best to limit your outdoor activity as much as possible because prolonged exposure can lead to frostbite and hypothermia.

There are some simple safeguards you can take to prevent severe injury:

- **Dress warmly:** layering your clothing will provide the best insulation and retain body heat.
- **Protect your extremities:** hands and feet are at greater risk of frostbite. Wear extra pair of socks, choose mittens instead of gloves.
- **Wear a hat:** you lose about 30% of your body’s heat from your head. Good hats will cover ears and nose.
- **Stay hydrated:** body uses a lot of energy to keep itself warm. Drinking plenty of fluids is important because your body will need frequent replenishing when fighting off the cold.
- **Stay dry:** get out of wet clothing as soon as possible. Keep your hands and feet dry.
- **Get medical attention immediately** if you notice signs of frostbite and hypothermia:
  - **Frostbite:** starts with tingling or stinging sensations (face, fingers and toes often affected first). Then muscles can become numb. Redness and pain in the skin leading to discoloration.
  - **Hypothermia:** goes hand-in-hand with frostbite. Can affect the brain, making it harder to think clearly. Other signs include, shivering, confusion, slurred speech and drowsiness.

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<b>HEIWA OFFICE HOURS:</b>	773/989-7333	MON. – FRI.: 9AM – 5PM
<b>SERVICE COORDINATORS:</b>		
MAIKO YANAI:	773/989-5906	MON. – FRI. 8:30AM – 4:30PM
JESSICA MOON:	773/989-5672	MON. – FRI. 9AM – 5PM

<b>THOREK WELLNESS CENTER:</b>	
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

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## Simple language lessons

### Lesson 2

Good bye.      Have a nice day.      See you again

さようなら。      良い一日を。      また会いましょう。  
Sayōnara.      Yoiichinichiwo.      Futatabi o ai shimasho

안녕히가세요.      좋은 하루 보내세요.      다시 만나요.  
Ann yeong hi ga sae yo .      joh-eun halu bo ne seyo .      dasi man na yo

再见。      祝你今天愉快。      我们拭目以待。  
Zàijiàn.      Zhù nǐ jīntiān yúkuài.      Wǒmen shimùyǐdài.

"H A P P Y   H O L I D A Y S /   H A P P Y   E N D   O F   T H E   Y E A R"

J a p a n e s e

楽しい年末を持って

TANOSHI NEN   MATSUO MOTTE KUDASAI

K o r e a n

즐거운 연말 되세요

JEUL GEOUN YEON MAL DAESAEYO

C h i n e s e

节日快乐

J I E G R I   K U A I L E

### Lesson 1 RECAP:

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

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