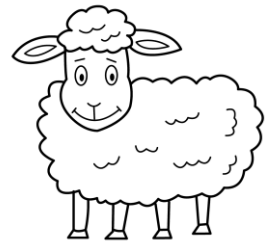


HEIWA TERRACE NEWSLETTER JANUARY 2015



Happenings at Heiwa

- **HAPPY NEW YEAR!!** Wishing everyone good health, joy and happiness in 2015.
- **We extend many thanks** to Heiwa Board of Directors and their families, Chef Mizuuchi and his family and crew, Ester Hana, her husband and friend, and Heiwa staff for another successful Christmas Luncheon. The presence of General Consul and his wife made this day more special and we also thank the residents for taking part in this wonderful celebration.
- **Zumba class will be on Saturday, January 3rd and 17th at 9am in the activity room.** Please dress comfortably and be ready for fun exercise!
- **Simply Home Health**, a provider of Fall Prevention class at Heiwa will hold a presentation detailing Fall Prevention class. Please come and hear what this class is about and why it is important to take part. **Tuesday, January 13th at 10:30 am in the activity room.**
- As part of cultural event series, **Pungmulnori (poong-muul nori)** performance will be on **Saturday, January 24th at 3 pm in the dining room.** A team of youth, directed under Korean American Resources and Cultural Center, will perform this Korean folk music that includes drumming, dancing and singing. Please attend this event and get to know part of Korean folk art.
- We extend many thanks to Jean Inouye for returning from retirement to serve Heiwa residents during Maiko's maternity leave. Maiko will be back in January. Let's give a warm good bye to Jean as she takes on other adventures and welcome Maiko back. Please see Jean's message below.

A Message from Jean Inouye:

Dear Heiwa Residents,

Thank you so much for your warm welcome upon my return during Maiko's maternity leave. It was such a pleasure to assist you and even just to chat. I will always be available for any assistance at Heiwa Terrace.

Wishing all of you a healthy and prosperous new year. Please take care.

Most sincerely,

Jean Inouye

P.S. I also extend my gratitude to the staff, management and Board of Directors for their support.

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

December Donations (11/27-12/22):

Fumiyo Uchida	Min Lo	Jeong Za Lee	Soo Beom Huh	Yu Zin Chun
Alice Murata	Jean Inouye	Maiko Yanai & Joseph Lenti	Anonymous	
Anonymous	Anonymous			

Happy birthday!

PLEASE KNOW THAT...

- ❖ If you have questions, concerns, complaints, comments about anything, please do not hesitate to speak to any of the management staff and/or service coordinators. All information will be kept confidential in protecting rights to privacy.
- ❖ If you are uncomfortable talking to any of the Heiwa staff, please speak to any of the Resident Council members. The resident council members are Heiwa residents and your peers advocating for each other. Together your voice can be heard more effectively in creating a positive living environment for everyone.

For Your Information

Starting the New Year, here are some healthy New Year's resolutions we may suggest: (Check your calendars for more information)

- Keep your mind and brain engaged and stimulated by taking on new tasks or learning something new: learn a new language, start a book club, play brain games like puzzles in the dining, learn to email and surf the web on the computer in the craft room. You don't need to rely solely on Heiwa programs and activities. Be creative and start your own activity for everyone's enjoyment.
- Bring out the artist in you by joining the Painting group and/or Craft class.
- Exercise or start a new physical activity: check your monthly calendar for exercise programs like Fall Prevention, Video Exercise, Zumba. If you need more relaxing exercise, try Gentle Yoga, QiGong.
- Eat more fresh foods: such as fresh fruits and vegetables, dairy products and avoid processed foods. Try weekly services from CRISP to get your fresh produce, and Dawn's Dairy for the dairy **products all without going outside in cold weather.**
- Make your home safer: Remove clutter, and hazardous and unsanitary environment. You can prepare for the apartment inspections ahead of time.
- Meet someone new: Participate in activities like Bingo, Karaoke, Town Hall Meeting or any other program and get to know someone new. Or simply try board games like go, dominos, rubix, checkers in the dining room. **Please see security guard for board games.**

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

Language Lessons

Lesson 3

"Happy New Year!! Wish you good health and happiness in the New Year!!

J a p a n e s e

あけましておめでとう。新年のご健勝とご多幸をお祈り申し上げます。

A-ke-mashi-te O-me-de-to-u. Sin-nen-no Go-ken-sho-to Go-ta-ko-wo O-i-nori Mo-si-a-ge-masu

K o r e a n

새해 복 많이 받으세요. 새해에도 건강하고 행복하세요.

Sae hae bog man he bad-eu se yo. Sae hae edo geon gang hago hang bog ha seyo

C h i n e s e