

# HEIWA TERRACE NEWSLETTER

## FEBRUARY 2015



### Happenings at Heiwa

- Are you ready for Super Bowl? **This year, Super Bowl is on Sunday, February 1. Let's get together in the dining room to enjoy the Big Game.** Light refreshments will be served.
- As part of HOAP program provided by JASC and Nicole Raucci, **Safety and Self Defense workshop will be on Saturday, February 7<sup>th</sup> at 2pm in the activity room,** with instructors from Thousand Waves. All Heiwa residents are encouraged to attend, and accommodations will be made for residents who use mobility assistance devices.
- **Valentine's Day party will be on Friday, February 13<sup>th</sup> at 2 pm in the dining room.** Come and celebrate love and warmth with friends and neighbors. Light refreshments will be served.
- You are invited to a special outing to **Day of Remembrance 2015: Women Warriors: From Incarceration to Redress and Beyond on February 15, 2-4 pm at Chicago History Museum,** commemorating the Japanese American internment during World War II. \$5 cost for a bus ride from Heiwa to the museum. Please sign up at Maiko's office as soon as possible. Seats are limited (First come, first served).
- **Zumba class will be Saturday, February 21<sup>st</sup> at 9am in the activity room.** Be prepared to have fun while exercising. Please dress comfortably.
- Mark your calendar. **February 24<sup>th</sup> is an election day.** You will get to **vote for Chicago Mayor and Alderman for our 46<sup>th</sup> Ward.** The polling place for Heiwa resident is McCutcheon School at 4865 N. Sheridan Rd.
- Simply Home Health, a provider of Fall Prevention classes held a presentation meeting last month. **Fall Prevention classes are held Every Monday, Wednesday, Friday at 10:30am in the activity room.** The goal of this exercise program is to make your legs and arms strong to help prevent falls.
- **It may be time to renew Benefit Access application.** Benefit Access Program consists of **Senior and Disabled Free or Reduced Card and License Plate Discount.** If you completed an application in 2013, you must renew this year. To qualify for this program you must be:
  - ◆ 65 and older or 16 and older and qualify as disabled
  - ◆ and your total income last year must be less than \$27,610 (one person).

If you have more questions or need assistance, please see Maiko or Jessica for help. If you'd like to check your application status online or get more information, go to: <http://www.illinois.gov/aging/BenefitsAccess/Pages/default.aspx>

### • A message from Betty Segal:

January 30, 2015 was my last day here at Heiwa Terrace. I have decided to return to my former career as a Respiratory Therapist. It was a difficult decision to leave all the residents whom I will miss very much. Once I complete my orientation at Swedish Covenant Hospital and Illinois Masonic Medical Center, I will be available for any volunteer needs and/or assistance to the residents of Heiwa.

I wish all the best to the residents of Heiwa, staff, management and the Board of Directors.

We will all miss Betty and wish her the best. As we say good bye to Betty with many warm wishes, let's welcome Koren Sinsuk. Koren will take over Betty's role as a new assistant manager at Heiwa. If you have not yet met her, please stop by the office to say hello and welcome her to Heiwa.

## 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.

### January Donations (12/23/2014 – 1/21/2015):

Fumiyo Uchida	Yoshiko Shiozaki	Chaun-Ven Fu	Tadashi & Kazuko Nukuto
Michiko Nishio	Hisako Kometani	Anonymous	Anonymous Anonymous



You probably noticed different colored decorative origami balls in our dining room. Heiwa resident, Mrs. Hisako Kometani has been diligently making these for different occasions throughout the year.

We extend many thanks to Mrs. Kometani for the wonderful decorations and we look forward to enjoying them.

## For Your Information

### Flu season is in full swing. Let's keep ourselves healthy this flu season.

There are steps you can take in your daily life to help protect you from getting the flu. ([www.flu.gov/prevention](http://www.flu.gov/prevention))

1. **Wash your hands often with soap and water.** Hands must be washed after using toilet.
2. **Avoid touching your eyes, nose, or mouth.** Germs spread this way.
3. **Try to avoid close contact with sick people.** If you are feeling sick, try to avoid close contact with others.
4. **Get plenty of sleep and exercise.** Drink plenty of fluids and eat healthy food.
5. **Cover your nose and mouth with a tissue when you cough or sneeze.** Throw the tissue in the trash after you use it.

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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	Check with the nurse for schedule
DR. CHI (FOOT DOCTOR)	LAST FRI. OF EVERY MO. 8AM – 11AM

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## Language Lessons

### Lesson 4

Where are you going? I am going to Mariano's.

### Japanese

どこ行くの？ マリアノへ行きます。

Do-ko I-ku-no? Ma ri ano e i-ki-mas.

### Korean

어디로 가십니까? 마리아노에 갑니다

Eo di lo ga sim ni ka? Ma ri ano-ae gam ni da

### Chinese

您 (nin) 去 (qu) 哪 (na)?

我 (wo) 去 (qu) Mariano's