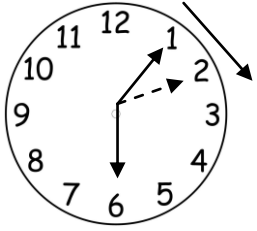


# HEIWA TERRACE NEWSLETTER

## MARCH 2015



### Happenings at Heiwa



- Daylight Savings time begins March 8, 2015.  
**Move your clock 1 hour ahead.**

- **Calling out to all artists!!** All Heiwa residents are encouraged to participate in our first the Arts & Craft Show. We would like your creative works like paintings, drawing, or paper crafts, or anything that you made or created. **Please bring your creative item to either Maiko or Jessica by March 20.** One or two items per person please. The Arts & Craft Show will be in April.
- Please join us in the dining room for a **St Patrick's Dinner:** corned beef, cabbage, carrots & potatoes. **Monday March 16th at 4:15 pm. \$8.00** (served in the dining room or delivered to your apartment) \$8.75 for your meal boxed. Please see management office for more information.
- **The Center for Disability & Elder Law will be here to explain about Power of Attorney and Living Will documents.** Everyone is strongly encouraged to attend this important workshop to learn why POA and Living Will documents are important in protecting your rights. **On Monday, March 16<sup>th</sup>, at 3pm in the activity room.**
- **Zumba class will be on Saturday, March 7th, 14th, 21st and 28<sup>th</sup> at 9am in the activity room.** Be prepared to have fun while exercising. Please dress comfortably.
- As part of **Healthy Older Adult Program**, Nicole Raucci has invited a chiropractor to talk about how to relieve back pain. Please see the bulletin board for more details.

### 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.

### February Donations (1/22/15 – 2/20/15):

Fumiyo Uchida	Jeong Za Lee	Myong Whittle	George Neeno	May Nakano
Irene Granados	Donna Ogura	Atsuko Tamura	Sadako Nakagawa	Anonymous
Anonymous	Tadashi & Kazuko	Nukuto		

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

## For Your Attention

### HOUSEKEEPING Items

- Be sure to turn on the range hood every time you cook.
- If you have burnt something while cooking and triggered the fire alarm, open your windows to let the smoke out. **DO NOT OPEN APARTMENT DOOR.** If you open the apartment door, the smoke will move into the hallway triggering the building fire alarm.
- When you are throwing out garbage, please make sure the bag is tightly sealed. Raw garbage sticks to the chute, decomposes, and creates odor that goes right into the hallways.

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

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## LANGUAGE LESSON 5

**It is still cold and windy outside. Be sure to bundle up.**

### JAPANESE

まだ外は寒く風がきついで、暖かくして出かけなさい。

Mada soto-wa samuk kaze-ga kitsui-node atatakak-shite dekake-nasai.

### KOREAN

여전히 춥고 차가운 바람이 불니다. 따뜻하게 입으세요.

Yeo jeon hi chub go cha ga un ba lam-I bub nida.

Tta tteu hage ib-eu seyo.

### CHINESE

外面还是很冷,风又大。一定要多穿点。

Wàimiàn hái shì hěn lěng, fēng yòu dà. Yīdìng yào duō chuān diǎn.