

HEIWA TERRACE NEWSLETTER

APRIL 2015

Happenings at Heiwa

- **Starting this month, we will have TaiChi class every Saturdays at 10 am** led by our own residents. This will be a perfect opportunity to finish the busy week with relaxing movements. If you are not familiar with TaiChi, we encourage you to stop by. **We encourage everyone to join starting April 4th at 10am**
- **Tuesday, April 7th is the run-off election for the Mayoral and Aldermanic office** because no candidate received a majority vote last election in February. It is important for all eligible voters in Chicago to participate in this election. The polling place is at **McCutcheon School at 4865 N Sheridan Rd.**
- **We'll have our first outing of the year to Mitsuwa on Tuesday, April 14th from 9:30 am.** Get your shopping list ready. Get some shopping done and enjoy good Japanese/Asian food at the food court or simply get out of the house to enjoy the good weather. **Please see Maiko to sign up and the cost is \$10.00.**
- **Calling out to all artists!!** Heiwa's first Arts & Craft Show will kick off on **Tuesday April 21st at 3pm with a reception in the dining room.** Please come to enjoy arts & craft made by our own residents. Light refreshments will be served. The creative pieces will be on display from Tuesday, April 21 through Thursday, April 30th in the dining room if you missed the opening party. If you have questions or have creative pieces to add, please see Maiko or Jessica as soon as possible.

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.

March Donations (2/21/15 – 3/23/15):

Fumiyo Uchida	Hisako Kometani	Tadashi & Kazuko Nukuto	Ruth Ling
Yong Ho Cho	Craig Mizushima	Jeong Ja Chang	



We would like to extend our special gratitude to Mrs. Chimi Miyajima and the craft class members for making lovely cushions for our beauty salon.

We also would like to thank Ms. Ellyn Iwaoka for donating prizes for bingo games in February. Her name was inadvertently omitted in last month's newsletter.

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

For Your Attention (Catholic Charities Senior Food & Nutrition Program March 2015 Newsletter & choosemyplate.gov)

National Nutrition Month was celebrated in March to encourage nutrition education. It is important to continue choosing healthier foods and maintain daily physical activities.

Nutrition Tips:

- Eat more vegetables and fruits
- Know your fats (Saturated fat vs trans fat, etc)
- Read food labels (look for "serving size", sodium content, etc)
- Enjoy fish high in omega-3 fatty acids (salmon, mackerel, etc)
- Consume whole grains (wheat, barley, oats, etc)
- Be active at least 60 minutes per week
- Try to eat every food group every day like below: (only a few examples)

- **BREAKFAST:**

- DAIRY (Milk, cheese, yogurt, soymilk)
- FRUIT (apples, bananas, grapes, oranges, melons, berries)
- PROTEIN (meats, seafood, poultry, beans, eggs, tofu, nuts)
- GRAINS (oatmeal, wheat, rye, buckwheat)

- **SNACK:**

- DAIRY (Milk, cheese, yogurt, soymilk)
- FRUIT (apples, bananas, grapes, oranges, melons, berries)

- **LUNCH:**

- FRUIT (apples, bananas, grapes, oranges, melons, berries)
- PROTEIN (meats, seafood, poultry, beans, eggs, tofu, nuts)
- GRAINS (oatmeal, wheat, rye, buckwheat)
- VEGETABLES (spinach, carrots, mushroom, zucchini, onions)

- **SNACK:**

- DAIRY (Milk, cheese, yogurt, soymilk)
- VEGETABLES (spinach, carrots, mushroom, zucchini, onions)

- **DINNER**

- VEGETABLES (spinach, carrots, mushroom, zucchini, onions)
- GRAINS (oatmeal, wheat, rye, buckwheat)
- PROTEIN (meats, seafood, poultry, beans, eggs, tofu, nuts)

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, WED. THUR. FRI. 8AM – 4:30PM, TUE. 2PM – 4:30PM

DR. SUESAKUL: 773/271-0144

Check with the nurse for schedule

LANGUAGE LESSON 6

It is warm outside. Let's go out to our garden.

Japanese

外は暖かくなったので、お庭へ出ましょう。

Soto-wa Attakaku Nattanode, Oniwa-e Demasho.

Korean

날씨가 따뜻합니다. 정원에 같이 나가요.

Nal ssi ga ttat teu ham nida. jeong-won-e gat-i na gayo.