

HEIWA TERRACE NEWSLETTER

MAY 2015

Happenings at Heiwa

- Last month, appreciation luncheon was held to honor volunteers, Heiwa board of directors, and staff for their dedicated service in making Heiwa a better place. We extend many thanks and gratitude to those who missed this event.
- Our first Arts & Craft Show was a great success! Everyone enjoyed wonderful creations by our resident and staff. Many thanks to the participating artists. Let's get busy in preparation for the Arts & Craft Show next year!
- **Alderman Cappleman will be visiting Heiwa to meet residents** and answer any questions you may have about the neighborhood and future plans. We encourage everyone to come and give Alderman Cappleman a warm welcome. **Tuesday, May 12th at 3:30 pm in the dining room.**
- **Students of Ms. Susan Lazari's piano class will provide piano recital on Saturday, May 16th at 3pm in the activity room.** Please come and enjoy wonderful performance.
- Senior Medicare Patrol will provide a workshop on **Medicare fraud on Tuesday, May 19 at 3pm.** Please come to this important workshop and find out what Medicare fraud looks like so that you can be better prepared in protecting yourself.
- **Gentle Yoga will be at 11:15 am instead of noon.** Expert yoga instructor will guide you to relaxing yoga movements designed for seniors.
- **On Friday, May 15th at 3pm,** our long time Chi Gung instructor, Ms. Young Klessig will return to present **Chi Gung class as part of Health Older Adult Program** led by Nicole Raucci.
- **Center for Disability and Elder Law will return to Heiwa on June 2nd as a** follow up from POA & Living Will Presentation. This time, volunteer lawyers will come to help complete the Power of Attorney (POA) form and/or Living Will Document. We encourage you to take advantage of this opportunity if you have not yet completed or would like to make changes. Please sign up by Maiko's office.
- **A volunteer from Japanese American Service Committee will begin leading our art classes starting in May.** We are very excited to have a local artist living in Chicago to join our class. More details on schedules will be posted separately.

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.

APRIL Donations (3/24/15 -4/24/15):

Fumiyo Uchida	Hisako Kometani	Kazuko Nukuto	George Neeno
Min Lo	Ock Soon Kim	Toshio Yanagisawa	Min Lo
Nancy Kawashima	Mr. & Mrs. Masami Takahashi		

For Your Attention (Catholic Charities Senior Food & Nutrition Program APRIL 2015 Newsletter)

Cancer is the second leading cause of death in the US. Many cancers are linked to unhealthy diet, lack of exercise, smoking and other poor lifestyle choices. Being aware of your lifestyle choices, taking preventative measures and getting regular check-ups are all important. Here are some prevention tips to lower your risk of cancer by:

❖ **Eating a healthy diet made up of:**

- A variety of vegetables and fruits
- Whole grains and beans
- Water
- Lean meats such as chicken and fish
- “Low Sodium” options (check the nutrition label)

❖ **Living a healthy lifestyle by:**

- Maintaining a healthy weight
- Not smoking
- Being physically active at least 30 minutes a day
- Protecting yourself from the sun by using sunscreen

❖ **Getting check-ups by your doctor**

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

DR. CHI (FOOT DOCTOR)

LAST FRI. OF EVERY MO. 8AM – 11AM

LANGUAGE LESSON 6

Spring in Chicago is short and sweet.

Let's get outside to see it, feel it, and smell it.

Japanese

シカゴの春は短いけれども素晴らしいです。外へ出て春を肌身で感じましょう。

Chicago no haru wa mijikai keredomo subarashii-desu. Soto-e dete, haru-o hadami-de kanji-masho.

Korean

시카고 봄은 짧고 달콤합니다. 밖으로 나아가 봄을 보고, 느끼고, 냄새를 맡아보세요.

Chicago bom-eun jjalgo dal-kom ham-nida

Bak-eulo naga bom-eul bogo, neuk-kigo, name-sae-eul matta-bose-yo

Chinese