

# HEIWA TERRACE NEWSLETTER

## JUNE 2015

### Happenings at Heiwa

- **Center for Disability and Elder Law will return to Heiwa on June 2<sup>nd</sup>** 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 local artist and volunteer from Japanese American Service League, Jill Kuanfung will lead our art classes on Fridays from 2pm – 4pm.** We are very thankful she will join our many talented artists at Heiwa. Everyone is welcome to join and please feel free to stop by to observe if you would like to learn more about the class.
- **An application for Farmers Market Coupon will be available starting Monday, June 8 until Friday, June 12.** Eligibility requirements are: you must be 60 years, and have monthly income of at least \$1,815 for one person or \$2,456 for two people. Please see Maiko or Jessica to complete an application. Please bring ID card and proof of income.
- **Free wireless internet is available in the lobby area.**  
Use Network Name: Heiwa Free WiFi Password: 92060640
- For those with a vehicle window sticker expiring in June or July, **Alderman's office is hosting 2016 vehicle window sticker sale on June 2 from 11am – 4pm at Clarendon Park Field House 4501 N Clarendon Ave** (Sunnyside & Clarendon). You must bring driver's license and car registration in order to receive a senior discount.
- Nicole Raucci, with Healthy Older Adult Program, kindly made ZUMBA DVD in order for our residents to continue enjoying **Zumba every Saturday mornings at 9 am. DVD can be picked up at the security desk.** Many thanks to Nicole for her dedication toward the well being of our residents.
- Saturday TaiChi class will be discontinued until further notice. We would like to thank Mr. Wang and Mrs. Yu for volunteering to lead this class.

### 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.

### MAY Donations (4/25 – 5/21)

Fumiyo Uchida	Hisako Kometani	Atsuko Tamura	Donna Ogura
Raymond Ishino	Alice Murata	Ellyn Iwaoka	Myong S Whittle
Connie Dugan	Tadashi & Kazuko Nukuto	Anonymous	Anonymous

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

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**For Your Attention** (<http://nationaldaycalendar.com/calendar-at-a-glance/june/>)

**June 1 is National Say Something Nice Day.**

This unofficial national holiday started in Charleston, South Carolina to fight against unkindness and bullying. The creators hope that this one day of pleasantries, politeness and compliments will grow until people are nice to each other every day.

Here at Heiwa, let's participate by:

- Saying Something Nice to your friends and family
- Saying Something Nice to neighbors you have not yet met.
- Saying Something Nice to everyone you encounter...
- give compliments and extend good wishes
- express appreciation
- smile

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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, 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

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# JUNE WORD SEARCH

U	Y	D	P	S	R	N	J	U	N	E	Q
M	V	C	I	J	E	N	J	G	U	X	K
I	N	A	R	Q	M	O	Q	B	P	C	V
G	P	N	T	T	M	I	L	D	G	A	C
A	A	O	E	B	U	T	M	B	N	M	O
R	A	E	X	H	S	A	X	E	S	P	L
R	W	I	D	D	I	C	Y	A	O	I	L
K	L	N	N	A	S	A	T	C	S	N	E
X	P	G	E	L	Q	V	V	H	S	G	G
G	R	A	D	U	A	T	I	O	N	T	E
D	D	F	Z	D	K	X	C	Q	B	J	I
A	N	N	I	Z	S	S	C	H	O	O	L

Beach	June
Camping	School
Canoeing	Summer
College	Trip
Graduation	Vacation