

HEIWA TERRACE NEWSLETTER

JULY 2015

Happenings at Heiwa

- **A trip to Mitsuwa** is tentatively scheduled for **Tuesday, July 14th**. If you are interested in going, **please sign up by Monday, July 6th outside Maiko's office.** We must have at least 15 people to sign up in order to rent the bus.
- **Independence Day celebration will be on Thursday, July 2 at 2:30 pm** in the dining room. Come for treat and socialize with friends and neighbors.
- Hot summer days are already here. Be sure to take advantage of the in-door exercise programs at Heiwa:
 - **Start the day with light morning exercise Monday, Tuesday, Thursday, Friday at 9am.**
 - If you are interested in strengthening your legs and arms, take part in the **Fall Prevention classes on Monday, Wednesday, Friday at 10:30am.**
 - You would like more quiet relaxing method of exercise? **Try Yoga with the specially trained yoga instructor on 1st and 3rd Wednesday at 11:15am.**
 - Interested in dancing? **Try line dancing every Friday at 9:40am.**
 - You may be interested in **Zumba every Saturday at 9am** if you like fast paced rigorous exercise.
- Office is closed on Friday, July 3rd for the Independence Day Holiday.

FROM MANAGEMENT:

Starting the week of June 29 and through the 3rd week of July, the canopy in front of the building will undergo repairs. This may inconvenience some residents who use transportation services. Residents will have to be picked up and dropped off in the driveway just before the canopy by the side of the building.

For safety reasons, we ask residents to use the side entrance parking lot to enter and exit the building. Please inform your visitors, homemakers, and healthcare providers.

We apologize for the inconvenience this may cause for the next 3-4 weeks.

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.

Donations (5/22-6/24)

Fumiyo Uchida	Hisako Kometani	Atsuko Tamura	Donna Ogura
Yu Zin Chun	Rose Moy	May Nakano	Ellyn Iwaoka
Tadashi & Kazuko Nukuto	Jeong Ja Yoo	Young Ja Hong	Anonymous
Anonymous			

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

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

FOR YOUR INTEREST

The following tips can help preventing heat-related health problems -

(From American Red Cross, www.nyredcross.org/?nd=summer_safety_guide_for_seniors, retrieved June, 2012)

1. **Slow Down:** strenuous activity in extremely hot weather adds strain to your heart. If you must be active, choose the coolest part of the day – early morning or early evening.
 2. **Take Regular Breaks:** when engaging in physical activity on warm days.
 3. **Stay Cool:** when it gets hot, be sure to turn on the air conditioner to cool apartment.
 4. **Plan Outdoor Activity:** stay in the shade, wear a wide-brimmed hat and umbrella to protect you from sun overexposure, use UV skin protection.
 5. **Stay Cool in Your Home:** if you must be at home without air conditioning, stay in the coolest part of the house, close curtains or shades on sunny windows to keep out heat and light, use portable fans, use wet washcloths or ice cubes wrapped in a washcloth to pat your wrists, face and back of the neck, take cool baths or showers.
 6. **Stay Hydrated:** carry water or juice with you and drink continuously even if you do not feel thirsty.
 7. **Eat Small Meals and Eat More Often:** avoid foods that are high in protein. Sandwiches, salads, fresh fruit and vegetables are good choices.
 8. **Dress for the Heat:** wear lightweight, light colored clothing. Light colors will reflect away some of the sun's energy.
 9. **Discuss with your doctor:** how medications and/or chronic conditions may affect your body's ability to manage heat.
 10. **Take the Heat Seriously:** rapid heartbeat, dizziness, diarrhea, nausea, headache, chest pain, fatigue, clammy skin, mental changes or breathing problems are swimming signs that you should seek immediate medical attention.
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