

HEIWA TERRACE NEWSLETTER

AUG 2015

Happenings at Heiwa

- **Town Hall meeting is on Thursday, August 6th at 2:45 pm in the dining room.** Everyone is encouraged to attend this important meeting to be informed of happenings at Heiwa and to participate in the Heiwa community network.
- **A trip to Mitsuwa** is rescheduled for **Tuesday, August 11.** **Please sign up outside Maiko's office as soon as possible.** Invite your friends or family in the community to go along this trip. We must have at least 20 people to sign up in order to rent the bus.
- **The Consulate General of Japan in Chicago is hosting "Window Into Japan--Community Visit Program" to introduce Japanese cultural activities for Heiwa residents on Tuesday, August 18th at 3pm.** Everyone is encouraged to attend this exciting event. Come to learn about the Japanese culture as well as reconnect with familiar.
- Many people enjoyed the special afternoon karaoke last month. Please keep in mind that we have **two karaoke nights on first and third Monday each month.** Singing and music can help relieve stress as you relax your body and mind.
- **Chicago Police Department reports that crime rate increases during warm months. Please take some safety measure in protecting yourself in the streets.**
 - Women should carry your purse across your chest or under your arm, men should carry wallets in their inside coat or side pants pocket.
 - Do not go outside at night time, especially alone.
 - When possible, walk with friends.
 - Always be aware of your surroundings. Constantly look around you.
 - Be watchful of anyone walking too closely or following you. If you think you may be followed, cross the street, speed up or slow down.
 - Go to the stores that keep busy with people around. Don't be the only person in the store.
 - Try not to wear too many flashing jewelry visible to everyone.
 - Draw attention to yourself and scream for help when needed. Yelling "FIRE" can help draw attention.

FROM MANAGEMENT:

Management kindly ask Heiwa residents to please conserve energy during warm and cold months. Everyone must take part in taking energy saving lifestyle not only to reduce continuously rising high energy costs, but also to conserve the environment. Please follow simple instructions:

- Turn lights off when leaving a room and when leaving the apartment.
- Turn off electric items like electric blanket, heated bed, electric fan, etc when not in use, or when leaving the apartment.
- Turn air conditioner and/or heater off when leaving the apartment.
- Unplug any appliances not in use.
- Windows must be closed when the air conditioner is running.
- Do not leave water running.
- Do not over-stock your refrigerator and freezer.

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 (6/26 – 7/21)

Fumiyo Uchida	Hisako Kometani	Alice Murata	Donna Ogura
May Nakano	Raymond Snyder	Iris Delgado	Lillian Morimoto
Ock Soon Kim	Tadashi & Kazuko Nukuto	Myong S Whittle	Bob Ide
Anonymous	Anonymous	Chicago Japanese American Historical Society	

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

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

#130

			2		5			
	5						1	
2	1		8		3		9	7
7		2		8		6		3
	8						4	
4		6		9		8		1
5	7		1		8		6	9
	2						3	
			6		9			