

# HEIWA TERRACE NEWSLETTER

## September 2015

### Happenings at Heiwa

- **Office is closed on Labor Day, Monday, September 7<sup>th</sup>.**
- Heiwa Magicians return! **Heiwa resident Herb and Marge Brail will present a special magic show on Tuesday, September 15 at 3pm in the activity room.** We are delighted and grateful for this special event. We encourage everyone to come and enjoy this exciting show.
- Please note: **Art class will meet every Fridays, from 1pm through 3pm.** Everyone is welcome to join and please feel free to come at any time between 1pm – 3pm. Our art class is led by a local artist and volunteer from Japanese American Service Committee.
- Did you know? **We have various light activities for you and your neighbors and friends can enjoy.** Why not try:
  - **Table tennis** (ping pong) table in the activity room. You can bring your own paddle or see security guard for paddles.
  - **Pool table** in the activity room. See security guard for pool stick.
  - **Various puzzles** to work on in the dining room.
  - **Various board games** like dominos, checkers, and go game in the dining room. See security guard for pieces.

**For Your Information** (<https://www.illinois.gov/aging/CommunityServices/Pages/ccp.aspx>)

Sometimes you just need a little help to remain independent. Get the help you need in order to remain independent as long as possible.

Receiving help does not mean that you are helpless. Asking for help means that you are in control of your life and you are choosing the resources available to maintain your independence.

**Illinois Department on Aging offers Community Care Program to help older adults to remain in their homes by providing in-home and community-based services.**

The Programs are:

- **Adult Day Service:** Promotes socialization and activities. You get to go outside your home to enjoy stimulating activities. Many adult day service centers provide health monitoring, medication supervision, recreational/therapeutic activities, and nutritious lunches and snacks.
- **In-Home Service** (Homemakers/Homecare Aides): provide assistance with household tasks such as cleaning, preparing meals, doing laundry, etc. Additionally, homecare aides can help with personal tasks such as dressing, bathing, and grooming.
- **Emergency Home Response Service:** This is a wearable emergency alert system providing communication link to assistance outside the home.

### To be eligible:

- Must be 60 years old or older
- Resident of Illinois
- Have assets of \$17,500 or less (home, car, personal furnishings are not included)
- Need for services (determined during assessment)

If you are interested in any or all of the services mentioned above, or have question, please see either Maiko or Jessica. Or call Department on Aging at 1-312-744-4076.

### 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 (7/22 -8/24 )

Fumiyo Uchida	Hisako Kometani	Atsuko Tamura	Jean Inouye
Pat Matsumoto	Jane Nakaishi	Donna Ogura	Ellyn Iwaoka
Satish Turkakhia	Ray Ishino	Kimiko Sugiura	

**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

# #131

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