

HEIWA TERRACE NEWSLETTER

October 2015

Happenings at Heiwa



- Last month, Heiwa residents Herb and Marge Brail presented wonderful magic show for everyone here at Heiwa again this year. **We would like to thank Herb and Marge Brail for another fun and exciting show!**

- A representative from the Chicago Mayor's Office for People with Disabilities will be here for the **Amplified Phone Program on Tuesday, October 6th from 12-2pm in the Craft room.** You must sign up ahead to participate. Please bring a copy of your telephone bill (landline) and ID card (or driver's license).
- **Town Hall Meeting will be on Thursday, October 8th at 2:45pm in the dining room.** We strongly encourage everyone to attend this important and informative meeting. This is a place where you can voice your opinions and concerns.
- **Mark your calendar! Halloween Party is Friday, October 30th at 2pm in the dining room.** There will be light snacks and custom parade. Come dress in costumes if possible.
- **Medicare Open Enrollment period is October 15 – December 7.** This is for people with Medicare Part C (Medicare Advantage) and/or Medicare Part D (Drug plan). If you are not happy with your current plan, this is the time to make changes. (If you have Medicaid, this does not apply to you). If you have any questions or need assistance, please see Maiko or Jessica.

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 (8/25-9/23)

Fumiyo Uchida
Atsuko Tamura

Hisako Kometani
Donna Ogura

Tadashi & Kazuko Nukuto

Key Facts about Seasonal Flu Vaccine

(<http://www.cdc.gov/flu/protect/keyfacts.htm>)

Why should I get a flu shot?

- Influenza (flu) is a serious disease that can lead to hospitalization and sometimes even death. Even healthy people can get very sick from the flu and spread it to others.
- Flu shot can keep you from getting sick from flu. Protecting yourself from flu as well as people around you.
- Flu shot can help protect people who are at greater risk of getting seriously ill from flu, like older adults, young children, and people with chronic health conditions.
- Flu shot can make your illness milder if you do get sick. How do flu shots work?
- Flu shot causes antibodies to develop in the bodies to help protect against infections.

When should I get a flu shot?

- Flu vaccination should begin soon after vaccines become available, currently available now.

Why do I need a flu shot every year?

- Because body's immune response from vaccination declines over time and flu viruses are constantly changing.

Where do I get a flu shot?

- Flu shots are offered at your doctor's office, pharmacies, clinics, and health departments.

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

#132

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