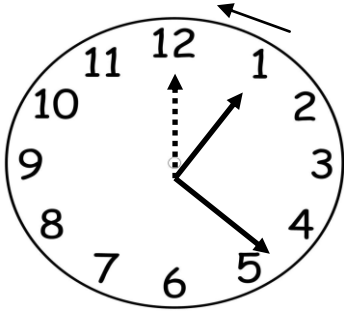


HEIWA TERRACE NEWSLETTER

November 2015

Happenings at Heiwa



- Turn clock backward one hour on Sunday, November 1. Daylight savings time ends.

- **Heiwa is serving Traditional Thanksgiving dinner on Monday, November 23rd at 4:30.** Please join us in the dining room or have it delivered to your apartment. Dinner includes: turkey, stuffing, gravy, potato, vegetable, rice, cranberry sauce, and pumpkin pie! **Cost is \$9.00 for individual diners.** (No extra cost to monthly diners). **Guests are welcome**, so invite family, friends and neighbors and enjoy the wonderful Thanksgiving meal together. **Please come to the office to sign up by November 17th.**
- **A trip to Mitsuwa is on Tuesday, November 10th at 9:30am.** If you are planning to go, please sign up as soon as possible. If you signed up already, please be sure to make payment with Maiko. Cost is \$12.00. This will be our last trip before the cold weather. Get your shopping list ready and enjoy!
- **ATTENTION 6TH FLOOR RESIDENTS:** Due to the Thanksgiving Holiday, exterminator will be coming on **Tuesday, November 24th.**
- **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.
- **Calling out to Pool players and Ping Pong players!!** If you enjoy playing pool and/or playing ping pong, come join the group every **Thursdays from 2pm – 4pm in the activity room.** Our resident and ping pong enthusiast, Ruby Tsuji is volunteering to lead the group. Heiwa will provide pool sticks and ping pong paddles if needed.
- **A message from CRISP Office:** The CRISP! office lets you know that their delivery time can vary every Friday. If you ordered, their office will contact you directly on Thursday and let you know the delivery time every week
- **Happy Thanksgiving! Office will be closed on Thursday, November 26th and Friday, November 27th.**

FOR YOUR INFORMATION

Preventing Kitchen Fires and Burning Foods:

(<https://www.agingcare.com/Articles/seniors-kitchen-fires-safe-cooking-149302.htm>)

- When food is simmering, baking, roasting – do not leave the apartment.
- When food is frying, grilling, broiling, boiling, etc on stove/oven – do not leave the kitchen.
- Before leaving the apartment or going to bed, check the stove.
- If you are busy doing other things, be sure to use a timer. A timer will help as a reminder.
- Avoid wearing loose clothing with flowing sleeves while cooking. Your clothing can catch fire if they get too close to a hot burner.
- Be sure to turn on the fan when cooking.
- If you burnt food on stove, leave the fan on and open window. **DO NOT OPEN APARTMENT DOOR.**



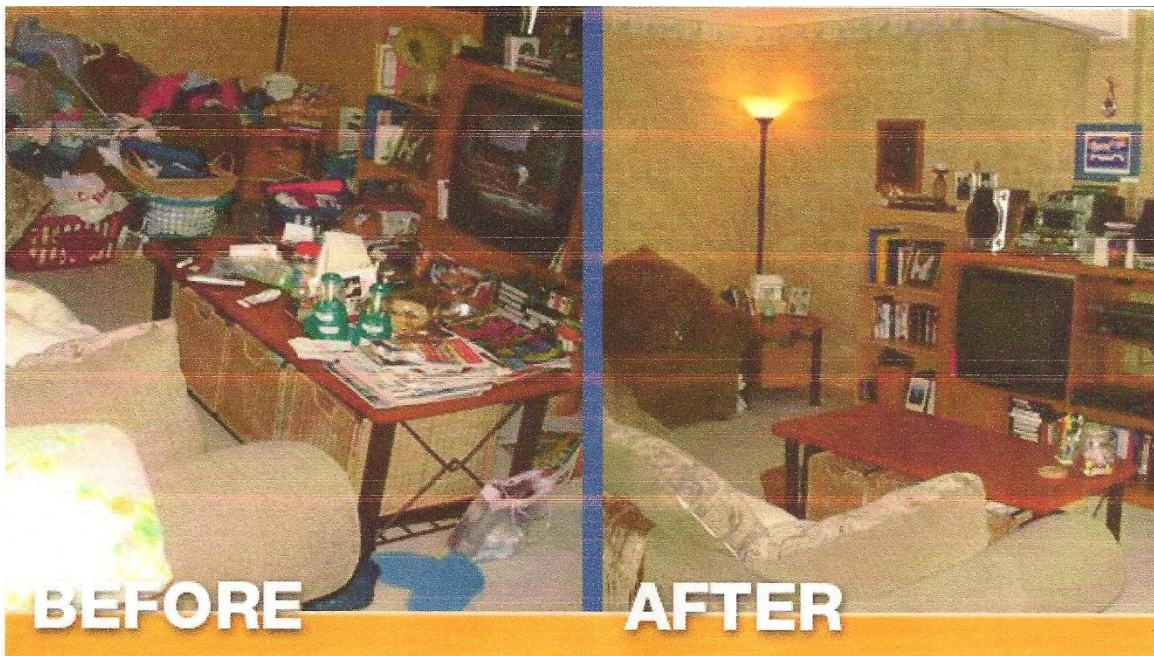
**From Management:
SIGNS OF HOARDING**

It is important to recognize the signs of hoarding before it become a danger to yourself and others. Apartments are inspected annually to control potential safety and health hazards as it relates to hoarding. Regular inspections prevent residents from jeopardizing their lease agreement and potential eviction.

Two to 5% of Americans exhibits some behaviors of hoarding. Listed below are 6 signs of hoarding:

1. Keep acquiring things, but don't have a use for the items and/or a reason to display them.
2. The collection has taken over.
3. Chairs are too cluttered to be used, or there's one room that cannot be used as intended.
4. Strong attachments to objects starting at a young age.
5. It's a huge challenge to get rid of unwanted items.
6. There's so much stuff visitors are not invited over.

The before and after picture is a place of a person that requested help. If you feel that you need assistance with housekeeping---management and/or the service coordinators can assist you by making a referral.



November is a season of thanks...

Let's learn how to say thank you in languages represented here at Heiwa

Thank You

Japanese:	ありがとうございます (Arigatou gozaimasu)
Korean:	감사합니다 (gam sa ham ni da)
Chinese	谢谢 (xie xie)
Spanish:	gracias
Philipino:	Salamat
Thai	ขอบคุณ (kau kaukhun)

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 (9/24 – 10/23)

Fumiyo Uchida	Hisako Kometani	JinDi Ma	Ui Chang Pyon
Kye Soon Ryu	Ellyn Iwaoka	George Neeno	May Nakano
Dao Thanh Ta	Doris Jin	Hideo Sugiura	Atsuko Tamura
Donna Ogura	Yung Ja Jin	Soon Hee Lee	
Tadashi & Kazuko Nukuto	Anonymous	Anonymous	Anonymous

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
