

HEIWA TERRACE NEWSLETTER



YEAR OF THE MONKEY

January

Happenings at Heiwa

- **HAPPY NEW YEAR!! We wish you happy, healthy and bright 2016!**
- Heiwa Terrace Holiday Luncheon was a delight. Many thanks to gourmet chef Mr. Mizuuchi and Heiwa Board of Directors for wonderful event.

Take advantage of many wonderful activities and services at Heiwa.

- Keep your mind and brain engaged and stimulated by taking on new tasks or learning something new: learn a new language, start a book club. **Enjoy brain games like puzzles, and board games (Go, Dominos, Checkers) in the dining room, and/or surf the web on the computer in the craft room.**
- Stimulate your artistic side by joining painting class on Fridays. Learn the art of Ikebana (flower arrangement) with an expert in the **Ikebana class and take home a beautiful creation.**
 - Our January class will be offered on **Wednesday, January 13 from 1 to 2:30pm in the 12th floor Party Room.** Please do not forget to sign up for the class and pay for a fee (\$15 including flower) at Maiko's office by January 11.
- Exercise or start a new physical activity: check your monthly calendar for exercise programs like **Fall Prevention, Gentle Yoga, morning exercise, and/or join the ping pong/pool group.**
 - Starting in January, Pool/Ping Pong group will meet every Tuesday from 2pm – 4pm in the activity room.
- Eat more fresh foods: such as fresh fruits and vegetables, dairy products and avoid processed foods. **Dawn's Dairy visits with dairy products every Wednesday morning.**
- Make your home safer: Remove clutter, and hazardous and unsanitary environment. If you think you need some help with household chores, please see Maiko or Jessica.
- Not feeling well? Take advantage of **Thorek Wellness Center.** Nurse Jenny Kim and Dr. Suesakul is available for everyone at Heiwa.
- Meet someone new: Participate in activities such as **Bingo, Karaoke, Town Hall Meeting** or any other program and get to know someone new.
- Mark your calendar! **Afternoon with award winning pianists, 13 year old Eriko Darcy and 10 year old Kimiko Darcy will come to give us a special classic piano recital for all residents on Saturday, January 23 at 2 pm in the activity room.** Please do not miss this great opportunity to listen to their superb performance!
- Social Service Department would like to make sure that we are taking care of your private information based on your preference(s). During this month, we will send you a questionnaire form asking your preferences on sharing private information. Look for more information in your box.

FROM MANAGEMENT

In case you didn't know:

- ❖ **Hair salon services are available at Heiwa.** For more information and appointments, please see management office.
- ❖ **Meals are sold on Mondays, Wednesdays and Fridays.** The meals are catered from local restaurants. You can purchase a monthly meal plan or buy a single meal. Stop by management office for menus and more information.
- ❖ **BED BUGS:** Bed bugs are on the rise in Chicago. We want to keep our property bed bug free and we can only do that with your help. Please regularly check the Interceptor traps installed under the legs of your bed. If you think you've found a bed bug in your apartment, notify the office right away. The sooner you say something the sooner we can investigate and treat your apartment if necessary.
- ❖ **HEIWA NETWORK:** Please refer to Heiwa Network Channel (ch.4) for various notices and information from our offices.

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 (11/24/2015- 12/28/2015)

Hisako Kometani	Blesie DeLa Vega	Bob Ide	Donna Ogura
Jeong Ja Yoo	Jean Inouye	Atsuko Tamura	Joanne Malinowski
Tadashi & Kazuko Nukuto		Midwest Buddhist Temple of Chicago	
Anonymous	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
