

HEIWA TERRACE NEWSLETTER

February, 2016



Happenings at Heiwa

- **Town Hall Meeting will be on Thursday, February 4th 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.
- Love is in the air! **We will celebrate Valentine's Day on Friday, February 12 at 2pm in the dining room.** Sweet treats will be served and everyone is welcome.
- Celebrating the spirit of Valentine's Day with love and warmth continues with the local choir group, ***Soyokaze Chorus***, and the instrumental band, **Suburban Band**, presenting **Valentine's Day concert on Thursday, February 18 at 11am in the activity room.** Please come to enjoy wonderful music and there may be opportunity for a sing along.
- You are invited to a special outing to ***Day of Remembrance 2016: Achieving the Impossible Dream: How Japanese Americans Obtained Redress*** on **Sunday, February 21 from 2 to 4 pm at Chicago History Museum**, commemorating the Japanese American internment during World War II. Free bus ride from Heiwa to the museum will be provided, but seats are limited. **Please sign up at Maiko's office by February 8.**
- **Our craft class is looking for ideas and talents!** If you have any ideas for the craft class, or would like to learn to create something, please bring them to the class. All ideas are welcome.
- Did you know? **A local artist and JASC volunteer come to Heiwa to offer guidance and teach painting?** Take advantage of her ideas and talents. The painting group meets every Friday at 1:30pm in the craft room. Everyone is welcome.
- **ATTENTION car owners:** Secretary of State's office has stopped mailing out vehicle registration renewal notice (plate sticker). **Check the month and year on your plate sticker and be sure to renew before expiration.** Please see Maiko or Jessica for assistance with benefit access program to receive discount on renewals.
- **Starting February additional Hair salon services and appointments are available:** Ms. Gloria Kim, a volunteer will be here first Tuesday of each month. She will provide haircuts, hair coloring, and nail services. Our long time volunteer Mr. Steve Saka will continue his appointments on alternate Thursdays. Please see management office for appointments and more information.

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 (12/29/15-01/26/2016)

Hisako Kometani	Rose Moy	Donna Ogura	Bob Ide
Iris Delgado	Jean Inouye	Atsuko Tamura	Hyo Chong Kim
Anonymous	Anonymous	Anonymous	Anonymous

For your information

Age-related Eye Diseases and Conditions

(https://nei.nih.gov/healthyeyes/aging_eye)

As you age, you are at higher risk of developing age-related eye diseases and conditions. Everyone age 50 or older should visit an eye care professional for a comprehensive dilated eye exam. Many eye diseases have no early warning signs or symptoms but a dilated exam can detect eye disease in their early stage before vision loss occurs. And early detection and treatment can help you save your sight.

Common age-related eye disease and conditions and symptoms:

It is recommended to get a regular check up from the eye care professional. But if you notice any symptoms listed below, seek professional help immediately.

- **Age-related Macular Degeneration (AMD):** early signs include blurred vision, straight lines appearing crooked, sudden changes in your vision
- **Cataract:** cloudy or blurred vision, lights from the sun or lamps appear too bright, light from oncoming headlights causes more glare than normal.
- **Diabetic Eye Disease:** eye problems that people with diabetes may face as a complication of the diseases.
- **Glaucoma:** difficulty seeing objects to the side while objects in front may still be clear, if left untreated, loss of straight ahead vision.
- **Dry Eye:** stinging or burning of the eye, feelings as if sand or grit is in the eye, episodes of excess tears following dry eye periods, pain and redness of the eye, heavy eyelids, decreased tolerance to reading, working on computer, eye fatigue.
- **Low Vision:** your eye care professional can tell the difference between normal changes and those caused by eye diseases.

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. 7:30AM – 4:00PM

DR. SUESAKUL: 773/271-0144 Check with the nurse for schedule

DR. CHI (FOOT DOCTOR) LAST FRI. OF EVERY MO. 8AM – 11AM
