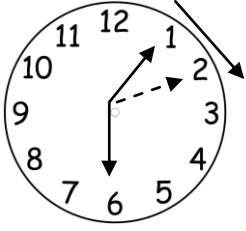


HEIWA TERRACE NEWSLETTER

March, 2016

Happenings at Heiwa



- Daylight Savings time begins March 13, 2016.
Move your clock 1 hour ahead.

- **Celebrating St Patrick's Day, Heiwa meal service will offer traditional St Patrick's Day dinner on Wednesday, March 16 starting at 4:15pm.** The meal includes corned beef, cabbage, carrots and potato. Cost is \$8.75 (no extra charge for monthly diners). Guests are welcome! **Please reserve your meal by Wednesday, March 9th at the management office.**
- **We will have a voting workshop on Tuesday, March 8 at 3pm in the activity room to prepare for the upcoming primary election.** Everyone is encouraged to come and learn about this important presidential election process.
- **Presidential primary election is Tuesday, March 15th.** Polling place is **McCutcheon School at 4865 N Sheridan Rd.** You will be electing presidential candidate (either Democrat or Republican) and delegates.
- **In partnership with Japanese American Service Committee, we are excited to have monthly *Ikebana* (flower arrangement) class at Heiwa** with an expert and teacher Ms. Yuko Inoue-Darcy. Please mark your calendar--our **next class will be Wednesday March 16.** Please do not forget to sign up for the class and pay for a fee (\$15 including flower) at Maiko's office by Monday, March 14
- Exciting programs planned ahead! **Our good neighbor, Missio Dei Chicago Church (just across the street) is planning to bring exciting programs for Heiwa residents starting March.** We are still working on the specific dates and time. Please check the bulletin board for more information.

Important Message from Management Office:

Please do not pour grease or oil or greasy materials down the kitchen sink. Grease and oil solidify in the drain pipes causing blockages. Clearing these blockages is very expensive, messy, and sometimes forces us to shut down the water in the building.

Instead of pouring grease down the drain, wipe it off the pot or pan with a paper towel and throw it away. Or pour cooled oil and fats into non-recyclable containers and then dispose with the trash.

Thank you for your cooperation in keeping our drain pipes clean.

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 (1/27/2016 -2/26)

Hisako Kometani	Bob Ide	Donna Ogura	Boo Keum Suh
Ock Soon Kim	Hyo Chong Kim	Tadashi & Kazuko Nukuto	
Ruth Okada in memory of Mrs. Gayle Teraoka Yamaji	Anonymous	Anonymous	

For your information

Change Your Salty Ways (<https://www.goredforwomen.org/live-healthy/first-steps-to-prevent-heart-disease-and-be-heart-healthy/six-salty-foods-found-in-the-common-diet/>)

Sodium leads to higher risk for heart disease and elevated blood pressure. American Heart Association recommends limiting sodium (salt) intake to less than 1,500 mg a day, most of us eats over 3000 mg a day. The majority of salt we consume is already in the prepared food we eat.

Most common salty foods are:

- **Breads & rolls:** most bread will have 100 to 200 mg of sodium per slice.
 - Read the label and consider switching to whole-grain pita, whole-grain English muffins instead.
- **Cold Cuts & Cured meats:** ham is a particularly high offender.
 - Look for low-sodium options. Try healthy alternative sandwich options like egg whites, veggies, and hummus.
- **Pizza:** contains high sodium ingredients like cheese, pepperoni, sausage, tomato sauce.
 - Go light on cheese and try more veggie toppings instead of meat. Have a salad or steamed vegetable with pizza.
- **Poultry:** it looks natural but chicken may be injected with broth or sodium solution preservatives.
 - Be sure to read the label. Avoid prepared or processed chicken.
- **Soup:** may prepared soups are high on salt.
 - Choose lower sodium options, if possible homemade soups are the best option.
- **Sandwiches:** burgers and sandwiches are hidden with salt.
 - Choose burgers and sandwiches grilled and not fried, without cheese and with the condiments on the side (BBQ sauce and ketchup). Try having sandwich with fresh side of salad, fruit or low fat yogurt to balance your meal.

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
