

# HEIWA TERRACE NEWSLETTER

## APRIL, 2016

### Happenings at Heiwa

- **Town Hall Meeting will be on Thursday, April 7 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.
- **Chicago Bezazian Library will present introductory computer class on Monday, April 18 at 2pm in the computer room.** Come to learn the basics of navigating internet, setting up an email account and more.
- **Our first outing of the year will be to Mitsuwa on Tuesday, April 26<sup>th</sup> at 9:30 am.** 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. Get your shopping list ready and enjoy!
- **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 April 20.** Please do not forget to sign up for the class and pay for a fee (\$15 including flower) at Maiko's office by Monday, April 18.
- March Birthday Bash was a fun event. Our good neighbor, Missio Dei Chicago Church (just across the street) will bring another Birthday & Bingo Bash in April. Everyone is invited and we especially encourage all those with April birthday to attend!! Please check the bulletin board for date and time!

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### 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 (2/27 - 3/25)

|                 |                         |             |              |
|-----------------|-------------------------|-------------|--------------|
| Hisako Kometani | Bob Ide                 | Donna Ogura | Megan Nakano |
| May Nakano      | Atsuko Tamura           | Min Lo      | Sheri Gault  |
| Ock Soon Kim    | Tadashi & Kazuko Nukuto |             | Anonymous    |
| Anonymous       |                         |             |              |

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**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


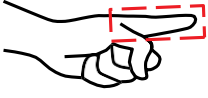



















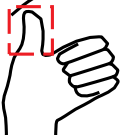
DR. CHI (FOOT DOCTOR) LAST FRI. OF EVERY MO. 8AM – 11AM

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For your information (<http://www.healthyeating.org>)

Use the chart below to maintain healthy eating and learn how to estimate proper portion sizes.

## Serving Size Comparison Chart

| Food  | Symbol  | Comparison  | Serving Size                |
|---|---|---|-----------------------------|
| <b>milk &amp; milk products</b>               |   |   |                             |
| Cheese<br>(string cheese)                     |    |    | Pointer finger<br>1½ ounces |
| Milk and yogurt<br>(glass of milk)            |    |    | One fist<br>1 cup           |
| <b>vegetables</b>                             |   |   |                             |
| Cooked carrots                                |    |    | One fist<br>1 cup           |
| Salad<br>(bowl of salad)                      |    |    | Two fists<br>2 cups         |
| <b>Fruits</b>                                 |   |   |                             |
| Apple   |   |   | One fist<br>1 medium        |
| Canned peaches                                |  |  | One fist<br>1 cup           |
| <b>grains, breads &amp; Cereals</b>           |   |   |                             |
| Dry cereal<br>(bowl of cereal)                |  |  | One fist<br>1 cup           |
| Noodles, rice, oatmeal<br>(bowl of noodles)   |  |  | Handful<br>½ cup            |
| Slice of whole wheat bread                    |  |  | Flat hand<br>1 slice        |
| <b>meat, beans &amp; nuts</b>                 |   |   |                             |
| Chicken, beef, fish, pork<br>(chicken breast) |  |  | Palm<br>3 ounces            |
| Peanut butter<br>(spoon of peanut butter)     |  |  | Thumb<br>1 tablespoon       |