

# HEIWA TERRACE NEWSLETTER

## MAY, 2016

### Happenings at Heiwa

- **White Crane's Wellness Center** will return to Heiwa for another **prostate cancer educational workshop and screening event**. This will be on **Tuesday, May 10<sup>th</sup> at 2pm in the activity room**. We strongly encourage all men to attend this important event, and women are welcome to learn more about prostate cancer.
- **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, May 18**. Please sign up for the class and pay for a fee (\$15 including flower) at Maiko's office by Monday, May 16. There won't be Ikebana classes during summer (June to August)--please do not miss this month before the summer break.
- **The Vietnamese Association of Illinois will provide us a health educational workshop on Hepatitis B on Tuesday, May 17th at 2pm in the activity room**. Asians are at higher risk for Hepatitis B, but is not talked about. Please do not miss this opportunity to learn about Hepatitis B.
- **Calling out to all artists!** We would like to have another Arts & Craft Show. We are looking for your creative works like paintings, drawings, paper crafts, and more. **Please bring your creative pieces to either Maiko or Jessica by Friday, May 20<sup>th</sup>**. Heiwa Terrace **2<sup>nd</sup> annual Arts & Craft Show will kick off on Tuesday, May 24th at 3pm** with a reception in the dining room. Please come to enjoy arts & craft made by our own residents.
- Our good neighbor, Missio Dei Chicago Church (just across the street) will bring **May Birthday & Bingo Bash on Saturday, May 28**. Everyone is invited and we especially encourage all those with May birthday to attend!!
- Please save the date! There will be a special outing opportunity on **Saturday, June 11th to the Japan Festival 2016** (The flyer is posted on our community board). **NO FEE REQUIRED**. Heiwa board of director will gratefully provide a free bus ride to the Forest View Educational Center in Arlington Heights. More details will follow. **Available seats are limited to first 18 residents, so please sign up at the Maiko's next room by May 13**. **FIRST COME, FIRST SERVE**.
- Save the date! Mr. Hatsugai, the Shinobue (Japanese traditional flute) player will return for a performance on June 14<sup>th</sup>. More information will follow.

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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 (3/26-4/22)

Hisako Kometani  
Atsuko Tamura  
Lillian Morimoto

Bob Ide  
Jean Inouye  
Yu Zin Chun

Donna Ogura  
Renee Murakami

May Nakano  
Wen Bin Zhang

## For Your Information

Alenka, Cyber Navigator from Chicago Public Library, Bezazian branch was here to provide basic computer class last month. Many residents are interested in learning more about internet, email as well as using a smart phone. Alenka is available to offer private one-on-one sessions free of charge. Please call or email to make arrangement: 312-744-0019, [cnlincolnbelmont@gmail.com](mailto:cnlincolnbelmont@gmail.com).

Her schedule is  
Monday 12-6PM  
Tuesday 12-5PM  
Friday 9-2PM  
Saturday 10-2PM

Below are websites that offer easy and fun computer training lessons that can be helpful:

- <https://chipublib.digitallearn.org/>
  - Digital Learn: developed by Chicago Public Library offers videos on "what is a computer?", "basic searching the internet", "navigating a website", "Introduction to Facebook", "how to use Skype", and many more.
- <https://www.typing.com/>
  - Offers fun typing lessons
- <http://pbclibrary.org/mousing/>
  - Offers mouse practice tools. It has easy to follow tutorial and lots of practice sessions.

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### Language Lesson

Let's go out to the garden and enjoy the warm sun and fresh air!

#### Japanese

庭へ出て、温かいおひさまと新鮮な空気を楽しみましょう！

Niwa-e de-te, atatakai ohisama to shin-sen-na kuuki wo tanoshimi masho

#### Korean

정원에 나가 따뜻한 빛과 신선한 공기를 즐겨요

jeong-won-e ga seo ttat teus han bitgwa sinseonhan gong-gileul jeul gyeo

**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 – 11A