

HEIWA TERRACE NEWSLETTER

JULY, 2016

Happenings at Heiwa

- Last month, appreciation luncheon was held to honor volunteers, Heiwa board of directors, staff and management for their dedicated services in making Heiwa a wonderful place. We would like to take a moment to extend sincerely thanks and gratitude to those who missed this event.
- **Let's celebrate Independence Day together on Friday, July 1 at 2:30pm in the dining room.** Come for ice cream treat and socialize with friends and neighbors.
- **Fire Safety Workshop provided by Chicago Fire Department will be on Tuesday, July 12th at 2pm in the activity room.** Learn to be safe and be prepared in case of emergency. We strongly encourage all residents to attend this important talk.
- **Simply Home Health, a provider of Fall Prevention class at Heiwa, will hold a presentation on the Brain Fitness.** Please come and hear useful information for keeping your brain in shape. **Tuesday, July 19th at 1pm in the activity room.**
- Our *Ikebana* teacher, Yuko Inoue-Darcy is back for the *Ikebana* class! **The class will be on Wednesday, July 20th.** Please sign up by Maiko's office and pay \$15 by Monday, July 18.
- **Starting on July 29th, our monthly English class will meet at 10am** instead of 1pm in the 12th floor party room.
- Our good neighbor, Missio Dei Chicago Church (just across the street) will bring **July Birthday & Bingo Bash on Saturday, July 30 at 2pm in the dining room.** Everyone is invited and we especially encourage all those with July birthday to attend!!
- If you are enrolled in the SNAP program and you are looking for an affordable internet service at home, the AT&T is making wireline home internet service more affordable for low-income households. You can apply by att.com/access, or by calling 1-855-220-5211. You will be required to submit a copy of your SNAP benefits letter. If you have questions or need assistance, please see Maiko or Jessica for help.
- Office is closed on Monday, July 4th for the Independence Day Holiday.

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 (5/25-6/24)

Donna Ogura	Hisako Kometani	Kazuko Nukuto	May Nakano
Bob Ide	Nancy Kawashima	Atsuko Tamura	John Suzuki
Renee Murakami	Irene Grenados	Grace Kim	Rose Moy
Anonymous	Anonymous		

For Your Information

Stay Cool this Summer:

(<http://www.sunriseseniorliving.com/resources/infographics-gallery/health/helping-seniors-stay-cool.aspx>)

1. Once temperature rises, **be sure to check on friends and neighbors with visits.**
 2. Certain medications can make it difficult to stay hydrated: **be sure to drink 6-8 glasses of water a day**
 3. **Know the signs of dehydration:** dry mouth, dry skin, and lightheadedness, lack of sweat, low blood pressure, and rapid heartbeat.
 4. **Avoid direct sunlight during warmest** part of the day. Apply sunscreen and wear lightweight clothing.
 5. **Turn on air conditioner** during the day.
 6. Close blinds and curtains to **lower temperature.**
 7. Some medical conditions like asthma or heart conditions can be more serious during hot weather: **talk to your doctor.**
 8. **Know the signs of heatstroke:** profuse sweating, fatigue, cold skin, nausea, muscle weakness, confusion, slurred speech, racing heart rate, rapid and shallow breathing.
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SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

	1				6			
6		2			5	8		4
8		3				9		
		6	4	3		2		
2								5
		8		5	2	4		
		4				6		8
5		1	9			3		2
			7				4	