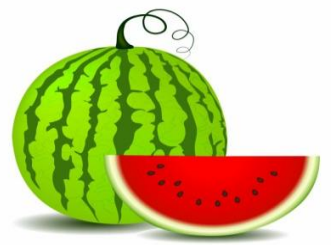


HEIWA TERRACE NEWSLETTER

AUGUST, 2016



Happenings at Heiwa

- **Town Hall Meeting will be on Thursday, August 4 at 2:45pm in the dining room.** We encourage everyone to attend to get the latest news meet new residents. Also you can freely voice your concerns and ask questions.
- If you have **Original Medicare AND Medicaid AND receiving Long-Term Support Services** (Homemaker, Day Care, Meals on Wheels, etc), you will be required to enroll in **MLTSS**. Age Options and Hanul Family Alliance will host a **workshop** to explain more about this program on **August 17 at 2:30 pm in the activity room**. If you have Medicare and Medicaid and currently receiving services, we strongly encourage you to attend this important workshop.
- One of our residents, **Mr. Roy Yoon, would like to offer another English class for residents**. His class will meet **every Wednesday at 10am**. If you are interested, please sign up by Maiko's office by Monday, August 8th. His first class will meet on Wednesday, August 10th at 10am. Our regular monthly English class offered by Mrs. Harumi Richmond will be continued as well.
- Some of you asked and we listened! **A trip to Horseshoe Casino is scheduled for August 30. Please sign up early if you are interested.** No refund can be given after August 16. Total cost is \$25. This includes, coach bus, buffet, \$10 playing card and tip. Please sign ups by Maiko's office and pay \$25 by August 16.
- Learn the art of *Ikebana* and take a beautiful arrangement home! *The Ikebana* class with the teacher Yuko Inoue-Darcy **will be on Wednesday, August 20th**. Please sign up by Maiko's office and pay \$15 by Monday, August 18.
- Our good neighbor, Missio Dei Chicago Church (just across the street) will bring **August Birthday & Bingo Bash on Saturday, August 27 at 2pm in the dining room**. Everyone is invited and we especially encourage all those with August birthday to attend!!
- **Japanese artists from Hokkaido will be back again to the Uptown Arts Center** (across the street)! The gallery is open daily between 2-5pm. Their closing reception is on Sunday, August 7th, 5 to 7pm. See their flyer on the board.

From the Management:

- If you are purchasing meals (individual or monthly) please give your check/order to the office personnel. **(Please Do Not put in the "RENT DROP" box this is for rent checks only)**. If you are ordering an individual meal please place your order with the office in person at least 3 business days before the meal is served. We cannot always guarantee that there is a meal available. If you do not receive your meal by 4:45pm please contact the office immediately. Thank You.



Please do not flush "flushable" wet wipes in the toilet which are getting stuck in pipes, creating massive, expensive clogs, harming marine life, and pushing up our water bills. The recent research shows that some of these wipes failed to disintegrate in water after 10 minutes, compared to a few seconds for a piece of toilet paper. Thank you for your cooperation.

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.

Donations (6/25 – 7/21/2016)

Atsuko Tamura	Alice Murata	Kazuko Nukuto	Bob Ide
May Nakano	Donna Ogura	Renee Murakami	Sil Dan Choi
Kanji Ichiki	Anonymous		

If you do not wish to have your name listed, please notify Jessica or Maiko. Names are not in any particular order.

For Your Information

Advance Directives (<http://www.dph.illinois.gov/topics-services/health-care-regulation/nursing-homes/advance-directives>)

Everyone has the right to make decisions about their own health care now and in the future. Advance directive is a written statement you prepare that expresses how you want medical decisions made in the future should you not be able to make them yourself. In Illinois, there are four types of advance directives.

1. **Power of Attorney for Health Care:** Allows you to choose someone (agent) to make health care decisions for you in the future, if you are no longer able to make these decisions for yourself. You can tell your agent about your health care wishes, the care you do want or you do not want.
2. **Living Will:** States your health care provider whether you want death-delaying procedures used if you have a terminal condition and are unable to state your wishes. This document only applies if you have a terminal condition.
3. **Mental Health Treatment Preference Declaration:** States your wishes about receiving ECT or psychotropic medicine when you have a mental illness and are unable to make decisions for yourself.
4. **DNR/Practitioner Orders for Life Sustaining Treatment:** You can choose to create a document that states whether CPR cannot be used if your heart and/or breathing stops. This document requires your signature (or your representative) and your primary physician's signature.

If you cannot make health care decisions for yourself, and you do not have advance directive, a health care surrogate may be chosen for you. A health care surrogate can be a family member, however there are limitations on the decision making authority of a health care surrogate. That is why it is important to plan ahead so that your health care wishes are respected.

We can invite Center for Disability and Elder Law to talk more about this topic and have volunteer lawyers to help you make Power of Attorney and/or Living Will document for free.

Please see Maiko or Jessica if you are interested.