

# HEIWA TERRACE NEWSLETTER

## SEPTEMBER, 2016

### Happenings at Heiwa

- Office is closed on Labor Day, Monday, September 5.
- **Omni Healthcare began providing basic health care services.** If you are in need of monitoring blood pressure, stop by at the clinic on Mondays and Wednesdays from 9:30 – 10:30 am.
- **Omni Healthcare will provide flu shots in October. If you would like to get a flu shot here, you must sign up by Maiko's office by September 9.** Omni will need to know how many flu shots to order for Heiwa. You can also get flu shot at your primary doctor's office.
- We were very sad to say good bye to Simply Home Health providing Fall Prevention Classes. But because class participants enjoy this class so much we would like to continue on. Heiwa will provide weights and we hope residents continue exercising strengthening leg muscles to prevent fall. **Continue marking your calendar and come join us for Fall Prevention Classes on Mondays, Wednesdays, Fridays at 10:30am**
- **A trip to Joong Boo Market is Friday, September 9 at 1:30 pm** for 1 hour shopping. H.O.M.E. shopping bus and Heiwa will provide transportation service. The cost of the trip for Heiwa resident is \$4.00. There are 1 seat plus 2 wheel chair spots still available. Please sign up by Maiko's office as soon as possible (first come, first serve).
- **Mark your calendar. English1** class offered by Mrs. Harumi Richmond is on Friday, September 23 at 10am in the party room. **English2** class offered by Mr. Roy Yoon is on Tuesdays & Thursdays at 9am in the party room.
- Learn the art of *Ikebana* and take a beautiful arrangement home! **The Ikebana class with the teacher Yuko Inoue-Darcy will be on Wednesday, September 21.** Please sign up by Maiko's office and pay \$15 by Monday, September 19.
- **Center for Disability and Elder Law will be here to provide POA and Living Will workshop on Monday, September 26 at 11am in the activity room.** We strongly encourage you to attend this important workshop. Learn why it is important to document your wishes and designate a representative. Following the informational workshop, documentation workshop will be on October 4 at 1pm. Please sign up by Maiko's office by Wednesday, September 14.
- Our good neighbor, Missio Dei Chicago Church (just across the street) will bring **September Birthday & Bingo Bash on Saturday, September 27 at 2pm in the dining room.** Everyone is invited and we especially encourage all those with September birthday to attend!!
- In addition to ATT Access program Comcast is now offering high-speed internet service for \$9.95/month + tax. Also they are offering low-cost computers for eligible applicants. Go to <https://internetessentials.com/> to apply online or to get more information.

### 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 (7/22 -8/27)**

Blessida Dela Vega	Kazuko Nukuto	Atsuko Tamura	Yu Zin Chun
May Nakano	Hisako Kometani	Donna Ogura	Renee Murakami
Young Ja Hong	Chen Hxin Min Wang	Bob Ide	Ruth Ling
Zujian Meng	WenZhu Lu	Lian Chen Hsu	Tien Hwa Pong
Jindi Ma	Mrs. Ma	Jean Inouye	Anonymous
Anonymous			

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

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## **For Your Information**

**Talking to your doctor:** [www.nia.nih.gov/health](http://www.nia.nih.gov/health)

When we go see a doctor, sometimes we become too shy where we don't share everything about our issues or become too talkative where we talk about everything except what is most important. Below are tips on how to talk to your doctor.

- 1. Make a list of your concerns and questions:** Do you have a new symptom to want to ask the doctor about? Do you want to get a flu shot? Are you concerned about certain medication you are taking?
- 2. Make a list of health and life changes since your last visit:** Did you see a specialist? Were you in the emergency room? Do you have changes in weight, vision, hearing, appetite? Any new medication you are taking that the doctor may not know about?
- 3. Bring information to the doctor:** Bring list of your medications. Bring information about a specialist you are seeing.
- 4. Start talking about your symptoms:**
  - a. What are they? How are you feeling?
  - b. When did the symptom start?
  - c. How often do you have the symptoms? All the time or sometimes?
  - d. What makes the symptom better or worse?
  - e. How do the symptoms affect your daily life? i.e. can't walk, can't sleep, etc
- 5. Ask about medical tests:**
  - a. What will the test tell me
  - b. How is the test done?
  - c. How should I get ready for test?
  - d. Are there any dangers or side effects?
- 6. Ask about diagnosis:**
  - a. What caused this condition?
  - b. How long will it last? Is it permanent?
  - c. How is the condition treated or managed?
  - d. How will this affect me?
- 7. Are you confused about something?** Ask as many questions as needed. **Do you have concerns?** Tell your doctor what worries you.