



HEIWA TERRACE NEWSLETTER OCTOBER, 2016



Happenings at Heiwa

- Center for Disability and Elder Law will return with volunteer lawyers and staff to provide **POA and Living Will Documentation Workshop on Tuesday, October 4 at 1pm** in the dining room. If you signed up, please bring ID card and designating agent's information (name, telephone number and address).
- **HOME shopping bus to Target/ALDI is Friday, October 7, at 1:30pm with 1 hour shopping time.** This is a perfect time to buy things heavy or big items like rolls of toilet paper, detergents, and etc. Cost for this trip is \$4.00. Please sign up by Maiko's office. Seat is limited (first-come first-serve).
- **Heiwa resident, Grandmaster Fujima Shunojo, invites other residents to the 40th annual recital on Sunday, October 16 at 1pm with free admission.** Also, free transportation will be provided for 13 Heiwa residents (First come first serve). If you are interested for a free ride, please sign up at Maiko's office by October 5.
- Learn the art of *Ikebana* and take a beautiful arrangement home! **The *Ikebana* class with the teacher Yuko Inoue-Darcy will be on Wednesday, October 26. Please sign up by Maiko's office and pay \$15 by Monday, October 24.**
- **Amy Yahiro will be presenting "Introduction to Nutrition" class on Monday, October 24th at 2:30pm in the activity room.** Amy Yahiro is a registered dietitian in the Chicagoland area. She was raised in the northern suburbs of Chicago, earned her undergraduate degree in Food Science and Human Nutrition from the University of Illinois in Urbana-Champaign, and completed her Dietetic Internship at the Hines VA Hospital. She is currently working on her Master's Degree in Nutrition through the University of Alabama.
- **If you signed up to receive flu shot from Omni Healthcare, they will be here on Tuesday, October 25 at 2pm.** If you did not sign up with Omni Health care, be sure to contact your primary care physician about getting a flu shot.
- In preparation for Presidential election in November this year, KRCC will provide **Voter Workshop on Wednesday, October 26 at 2pm in the activity room.** You can register to vote, learn how to vote early or how to vote by mail. Also, if you would like to vote by mail, you can apply to vote by requesting mail ballot at: <http://www.chicagoelections.com/en/vote-by-mail-application.html> or see Maiko or Jessica for help.
- Our good neighbor, Missio Dei Chicago Church (just across the street) will bring **October Birthday & Bingo Bash on Saturday, October 29 at 2pm in the dining room.** Everyone is invited and we especially encourage all those with October birthday to attend!!
- **Heiwa Halloween Party is Monday, October 31 at 2pm in the dining room.** Everyone is welcome to celebrate this fun holiday with sweet treats and costume parade. We encourage many of you to dress up and join the fun.
- **Chicago Police Department offers emergency ID bracelet for seniors.** On this bracelet, you can choose to include information like your telephone number, address, doctor's information, allergies and/or medical information. You can access the form online at <http://directives.chicagopolice.org/lt2015/forms/CPD-52.300.pdf> or see Maiko or Jessica for help. The cost for the bracelet is \$7.91.

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 (8/28-9/25)

Alice Murata	Anna Lobanova	Renee Murakami	Angela Felipe
Myong Sun Whittle	Jeong Ja Yoo	Rose Moy	Lillian Morimoto
Bob Ide	Donna Ogura	Atsuko Tamura	Anonymous
Waldermar Szparadowski & Hanna Buchholz		Zhaoxia Yu & Shenggeng Wang	
Kazuko Nukuto			

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

Annual apartment inspection is underway. Your apartment have been or will be inspected soon. The purpose of the inspection is to ensure that everything in your apartment is working the way it should (ie toilet, sink, etc), and to prevent any possible safety and hazardous issues. Listed below are few helpful tips in keeping your apartment safe and clear of inspection violation.

- Does the entry door to your apartment close **and** latch by itself?
 - ◆ Rugs, door sweeps, and weather stripping must not stop the door from closing **and** latching.
 - ◆ Exterior draft guards, rugs, and anything hanging from the exterior door handle of your apartment are prohibited.
- Is your apartment cluttered? Do you have things lying around the floor? Do you have things piled up in the hallway blocking paths?
 - ◆ In case of emergency, a stretcher or a wheelchair should be able to enter your apartment, bedroom and/or living room.
- Do you have too many plants blocking the heating and cooling units? Blocking the window exits?
- Do you have clothing and other items stacked and blocking all closets?
- Do you have expired food, expired canned goods, unsealed grains?
 - ◆ This will invite grain beetles, Asian moths and/or other pests which are health hazards.
- Is your refrigerator and/or freezer over stuffed with foods?
 - ◆ This will cause refrigerator and/or freezer to not work properly.
- Do you have stacked papers and plastic items? (leading to clutter)
 - ◆ This is a fire hazard and may cause bug infestation.
- Is Living room or bedroom windows blocked by furniture or heavy items?
 - ◆ Windows must be kept with open access.
- Is emergency pull cords wrapped, taped or blocked by furniture or heavy items?
 - ◆ This is a safety violation.
- Is electrical panel blocked by furniture or heavy items?