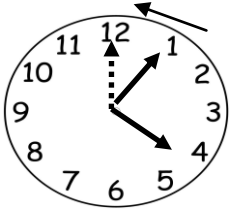


# HEIWA TERRACE NEWSLETTER

## November, 2016

### Happenings at Heiwa



- Turn clock backward one hour on Sunday, November 6. Daylight savings time ends.
- **HOME shopping bus to Joong Boo Market is Friday, November 4, at 1:30pm with 1 hour shopping time.** Take the opportunity to shop favorite Asian groceries. Cost for this trip is \$4.00. Please sign up by Maiko's office. Seat is limited (first-come first-serve).
- **US Presidential Election 2016 is Tuesday, November 8.** Be sure to exercise your rights and make your vote count! Polling place is McCutcheon School (4865 N Sheridan Rd). **If you'd like to vote early (9/29-11/7) at Truman College,** and need transportation, KRCC can provide this service. Please see Maiko or Jessica to make arrangement or call KRCC at 773-588-9158.
- Learn the art of *Ikebana* and take a beautiful arrangement home! **The Ikebana class with the teacher Yuko Inoue-Darcy will be on Wednesday, November 9. Please sign up by Maiko's office and pay \$15 by Monday, November 7.**
- We are excited to announce that Heiwa Terrace will have the **first annual Ikebana Exhibition starting on Wednesday, November 9 for a week.** Visitors will be "wowed" as they view our residents' special Ikebana pieces in our lobby area. Please enjoy the beauty of Ikebana. **Also, please do not miss our opening reception in the dining room on Wednesday, November 9 at 2:30pm.** Please do not miss this special exhibition and the opening reception.
- **A trip to Mitsuwa is on Tuesday, November 22<sup>th</sup> at 9:30am.** If you are planning to go, please sign up as soon as possible. **Please be sure to make payment with Maiko by Tuesday, November 8. Cost is \$12.00.** This will be our last trip before the cold weather. Get your shopping list ready and enjoy!
- Our good neighbor, Missio Dei Chicago Church (just across the street) will bring **November Birthday & Bingo Bash on Saturday, November 26 at 2pm in the dining room.** Everyone is invited and we especially encourage all those with November birthday to attend!!
- Medicare Open Enrollment for 2017 coverage is from October 15 to December 7, 2016. If you need assistance, please see Maiko or Jessica. During this time you can: Enroll in Medicare Advantage, Switch to different Medicare Advantage plan, Drug Plan, Medicare Supplement, or switch back to Original Medicare
- **Our foot doctor, Dr. Chi, will be back to our clinic after Thanksgiving on Friday, December 2 at 9am**
- Celebrating Thanksgiving Holiday, Heiwa office will be closed on Thursday, November 24 and Friday, November 25.

**From Management:** Happy Thanksgiving! Order your Thanksgiving meal! Please join us in the Dining Room on **Monday November 21<sup>st</sup> at 4:30pm or have it delivered to your apartment.** -Dinner includes: turkey, stuffing, gravy, potato, vegetable, rice, cranberry sauce, and pumpkin pie! \* Guests are welcome! \* \$9.25 for individual diners. (No extra cost to monthly diners). Please come to the office to sign up by Friday November 11<sup>th</sup>.

## 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 (9/26 – 10/28)

Gia Moon	Renee Murakami	Jean Inouye	Atsuko Tamura
Boo Keum Suh	Min Lo	Bob Ide	Rose Moy
Jean Inouye	May Nakano	Donna Ogura	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

### Warning Signs of Stroke (<http://www.stroke.org/site/PageServer?pagename=symp>)

Learn the many warning signs of a stroke. Act FAST and call 911 immediately at any sign of a stroke. We think that information like this is important enough to repeat many times. If you think you already know about this, please take the time to share this information with others.

## F

### Face

Does the FACE look uneven? Ask them to smile.



Ask the person to smile.  
Does one side of the face droop?

## A

### Arm

Does one arm drift down? Ask them to raise both arms.



Ask the person to raise both arms.  
Does one arm drift downward?

## S

### Speech

Does their speech sound strange? Ask them to repeat a phrase.



Ask them to speak or repeat a simple phrase.  
Does their speech sound slurred or strange?

## T

### Time

Every second counts! Get help ASAP!



Every second counts!  
Get help ASAP!