

HEIWA TERRACE NEWSLETTER
December, 2016



Happenings at Heiwa

- **Dr. Chi, foot doctor will be at our clinic on Friday, December 2 at 9am**
- **HOME shopping bus to Jewel-Osco is Friday, December 2, at 1:30pm with 1 hour shopping time.** Cost for this trip is \$4.00. Please sign up by Maiko's office. Seat is limited (first-come first-serve).
- **All Heiwa residents are invited to Holiday Luncheon on Saturday, December 3 at 11:30 am in the dining room.** Please sign up if you are planning to attend. This is sponsored by Heiwa board of directors and staff.
- **Many thanks to Ms. Yuko Inoue-Darcy, Ikebana teacher and Ikebana students** for filling Heiwa lobby with beautiful floral art pieces last month during their 1st exhibition and this month. Celebrating the holiday season, pieces from their last class on November 30th have been exhibited in the lobby for celebrating our holiday season and decorating for our holiday luncheon party—please enjoy.
- **Town Hall meeting is on Thursday, December 8th at 2:45 pm in the dining room.** Everyone is encouraged to attend this important meeting to be informed of happenings at Heiwa and to participate in the Heiwa community.
- Heiwa Magicians return! **Heiwa resident Herb and Marge Brail will present a special magic show on Tuesday, December 13 at 3pm in the activity room.** We are delighted and grateful for this special event. We strongly encourage everyone to come and enjoy this exciting show!!!
- Our good neighbor, Missio Dei Chicago Church will bring **Birthday & Bingo Bash on Saturday, December 31 at 2pm in the dining room.**
- **Our Heiwa community Christmas tree will be displayed in the activity room for everyone to decorate and enjoy.** If you have a handmade ornament, or a special decoration you' would like to share, please bring it. Please put your name on the ornament and be sure to take your pieces after the Holidays.
- **Offices will be closed on:** Friday, December 23, Monday, December 26 and Monday, January 2, 2017

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 (10/29 – 11/28)

Christ Church of Chicago	Kazuko Nukuto	Irene Grenados	Irene Liu
Kanji Ichiki	Jane Hidaka	Atsuko Tamura	Kun Ming Luo & Wen Bin Zhang
Rose Moy	Nancy Kawashima	Anonymous	

We would like to acknowledge Ms. Hisako Kometani and Ms. Kazuko Nukuto for November donations. We apologize for inadvertently omitting this last month.

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

Foot Health—A strong foundation for life (from the *Mayo Clinic Special Report*)

It's easy to take your feet for granted, but if you've had an issue that's made walking painful, you know how important feet are to your health and mobility. Unfortunately, foot pain is common, affecting almost a quarter of those older than 45. Painful feet—combined with age-related losses in strength and balance—can make it difficult to carry out daily activities, negatively impacting your quality of life and increasing the likelihood of falls.

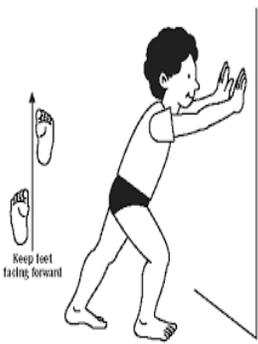
Dedicated foot exercises can improve foot strength and flexibility and help maintain your stability. There simple exercises can be done with minimal equipment.

- **Foot roll with ball:** It requires a small- to medium-sized ball such as a tennis or textured massage ball. You can also try a golf ball for a more intense massage.

- Sit in a sturdy chair with both feet on the floor.
- Place the ball under your foot and roll it from your toes to your heel back to your toes.



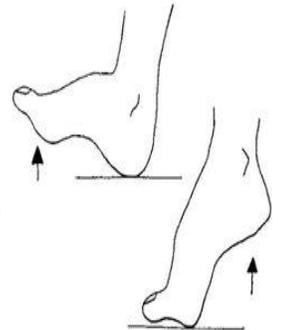
- **Standing calf stretch:**



- Stand with your hands flat on a wall. Place one foot behind the other. Keep your back leg straight and your foot flat on the floor.
- Bend your front knee slightly and slowly lean forward onto your front leg until you feel a stretch in the calf of your back leg.
- Hold the stretch for 30 seconds then return to the starting position and relax. Do two sets of 10 and repeat with your other leg. Make sure to keep your toes pointing forward—don't let your rear foot turn out to the side.

- **Heel toe raises:** This exercise improves calf strength and balance.

- Stand up straight with feet shoulder-width apart. Hang on to something to steady yourself.
- While keeping your weight on the balls of your feet, lift both heels off the floor. Lower your heels and then lift your toes.
- Repeat this gentle rocking motion 10 to 12 times.



- **Towel scrunch:** This exercise uses a hand towel to improve strength in the smaller muscles of your feet and toes.



- Using only your toes, grab the center of the towel on the floor in front of you, and scrunch it toward you. Relax and do two sets of 10 repetitions with each foot.

- **Ankle range of motion:** Moving your ankles in different directions improves their strength and range of motion. Sit in a stable chair for these exercises.



- **Foot circles:** Bending only at your ankle, move your foot in a circular motion in one direction and then the other. Do 10 to 12 circles in each direction and repeat with your other foot.

- **Alphabet:** Leading with your big toe, use your foot to write each letter of the alphabet in the air. Try to use just your foot and ankle and avoid moving your leg. Repeat with the other foot.

