

HEIWA TERRACE NEWSLETTER

January



pixta.jp - 22476818

Happenings at Heiwa

HAPPY NEW YEAR!!

- Heiwa Terrace Holiday Luncheon was a delight. Many thanks to gourmet chef Mr. Mizuuchi, performer and Board of Director Ms. Ester Hana and Heiwa Board of Directors for the wonderful event.

Take advantage of many wonderful activities and services at Heiwa.

- Keep your mind and brain engaged and stimulated by taking on new tasks or learning something new: learn a new language by attending **our new language class, "Let's learn other languages," offered every Wednesday at 9am AND our regular monthly English class (Friday, once a month)**. Enjoy brain games like puzzles, and board games (Go, Dominos, Checkers) in the dining room, and/or surf the web on the computer in the craft room.
- Stimulate your artistic side by **joining painting class on Fridays**. The class is led by JASC volunteer Jill Kuenfung. AND **learn the art of Ikebana (flower arrangement)** with teacher Yuko Inoue-Darcy and take home a beautiful creation.
 - Our **January Ikebana class will be offered on Wednesday, January 18 from 1 to 2:30pm in the 12th floor Party Room**. Please do not forget to sign up for the class and pay for a fee (\$15 including flower) at Maiko's office by Monday, January 16.
- Keep your mind and hands busy with knitting. **Our long-time running activity, Project Linus team meets every Thursday at 12:30pm in the craft room**. The knitted blankets are donated to local children's hospital.
- Exercise or start a new physical activity: check your monthly calendar for exercise programs like **daily morning exercise (except Wednesday), Gentle Yoga (Wednesdays, twice a month), ping pong/pool group (Tuesdays), Zumba (Saturdays), and line dance (Fridays)**
- Eat more fresh foods: such as fresh fruits and vegetables, dairy products and avoid processed foods. **Dawn's Dairy visits with dairy products every Wednesday morning**.
- **Make your home safer: Remove clutter, and hazardous and unsanitary environment**. If you think you need some help with household chores, please see Maiko or Jessica.
- Meet someone new: Participate in activities such as **Bingo, Karaoke, Town Hall Meeting** or any other program and get to know someone new.
- Need to get a shopping done? Partnering with HOME agency, we have a bus service once a month (Friday) to local market.
 - **We will take a trip to Jewel/Osco on Friday, January 13th at 1:30pm**. Please sign up early. Cost is \$4.00
- Maiko Yanai (Japanese bilingual) and Jessica Moon (Korean bilingual) is available as part of Heiwa Social Service Department from Monday through Friday 8:30 am to 5pm. **If you have any questions or concerns about anything, please feel free to stop by at the offices located on the ground floor or call direct line at 773-989-5906 for Maiko and 773-989-5672 for Jessica**.

FROM MANAGEMENT

In case you didn't know:

- ❖ **Hair salon services are available at Heiwa.** Three volunteer stylists visit Heiwa to provide services. For more information and appointments, see the office.
- ❖ **Meals are sold on Mondays, Wednesdays and Fridays.** The meals are catered from local restaurants. You can purchase a monthly meal plan or buy any single meal. Stop by management office for menus and more information.
- ❖ In order to keep Heiwa a bug-free building, we have **Extermination services servicing each floor each week on Thursday.** If you have questions or concerns, please see management office.
- ❖ **BED BUGS:** Bed bugs are on the rise in Chicago. We want to keep our property bed bug free and we can only do that with your help. Please regularly check the Interceptor traps installed under the legs of your bed. If you think you've found a bed bug in your apartment, notify the office right away. The sooner you say something the sooner we can investigate and treat your apartment if necessary.
- ❖ **HEIWA NETWORK:** Please refer to Heiwa Network Channel (ch.4) for various notices and information from our offices.

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.

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

Donations (11/30-12/28)

Craig Mizushima	Jung S Kim	Kazuko Nukuto	Renee Murakami
Ellyn Iwaoka	Bob Ide	Emma Robins	May Nakano
Jeong Ja Yoo	Jean Inouye	Yu Zin Chun	Susumu Mukushina
Hisako Kometani	Anonymous	Anonymous	

We would like to acknowledge November and December donations by Ellyn Iwaoka

EVERGREEN REAL ESATE GROUP 312-989-4883

Debbie Wenzlaff, Regional Supervisor

HEIWA MANAGEMENT OFFICE: 773/989-7333 MON. – FRI.: 9AM – 5PM

Sheri Gault, Manager

HEIWA SECURITY: 773-989-7333 24 HOURS/ 7 DAYS A WEEK

Rachel Tucker, Supervisor

SERVICE COORDINATORS:

Maiko Yanai: **773/989-5906** MON. – FRI. 8:30AM – 4:30PM

Jessica Moon: **773/989-5672** MON. – FRI. 9AM – 5PM
