

# HEIWA TERRACE NEWSLETTER

March, 2017



## Happenings at Heiwa

- It was wonderful to meet Omni Healthcare staff. We are very excited to have **Dr. Eric Mizuno at Heiwa. A Nurse Practitioner will visit Heiwa every Mondays starting March 13 from 2-4pm. Charlene will continue visiting Heiwa every Monday (until 3/13) and Wednesday mornings** for blood pressure check-up. To make an appointment please call, 773-470-2654.
- Would you like to have a one-on-one tutor to practice conversation English, citizenship interview question, or review ESL Class homework? Hana Center will provide **tutoring program at Heiwa every Wednesdays**. Please come to meet the tutor and find out more about the program on **Wednesday, March 1 at 10am in the dining room**.
- **HOME shopping bus will make a trip to Target/ALDI on Friday, March 10 at 1:30 pm**. The cost for this trip is \$4.00. Please sign up early by Maiko's office.
- **Craft class** led by Heiwa Board of Director Alice Murata will be on **Tuesday, March 14 at 1pm in the dining room**. Everyone is welcome.
- Learn the wonderful **art of Ikebana** and take home a beautiful floral arrangement. Teacher, Yuko Inoue-Darcy will host the class on **March 15 at 1pm in the 12<sup>th</sup> floor party room**. Please be sure to sign up for the class and pay for a fee (\$15 including flower) at Maiko's office by Monday, March 13.
- **Secretary of State Office Mobile Unit will be at 46<sup>th</sup> Ward office (4544 N Broadway) on Thursday, March 23 from 10am – 2pm. Here:** you can renew or update your driver's license, get a new or update State ID. You will need to bring two proof of address and identification. More questions, please see Maiko or Jessica or go to :  
[http://www.cyberdriveillinois.com/publications/pdf\\_publications/dsd\\_x173.pdf](http://www.cyberdriveillinois.com/publications/pdf_publications/dsd_x173.pdf)
- **Omni Healthcare will provide Fall Prevention Workshop on Friday, March 24<sup>th</sup> at 2pm in the activity room**. Please come to learn the importance and what you can do to prevent fall.
- A message from Heiwa Dining Program: **Please join us in the Dining Room for St.Patrick's Day meal on Friday March 17<sup>th</sup> at 4:15pm** or have it delivered to your room. No extra cost to monthly diners. **\$9.00 for individual diners**. Guests are welcome! Please come to the office to sign up by March 8<sup>th</sup>. Dinner includes: Corned Beef, cabbage, carrots, and potatoes!
- A new store at the south-east corner of Lawrence Ave and Sheridan Rd, **Uptown Deli &Coffee**, have a new option for coffee, deli sandwiches and snacks. The owner of the store wants to give his warm welcome to Heiwa's residents and can offer **"a special senior discount" for your deli purchase**. Please tell a cashier that you are from Heiwa Terrace if you shop at the store.

## 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 (1/22/17-2/23/17)

Hisako Kometani	Tai Chi Huynh	Chicago Japanese American Historical Society	
Renee Murakami	Donna Ogura	Bob Ide	Atsuko Tamura
Joy Okayama	Pat Matsumoto	Nancy Ledanbarker	Rose Moy
Anonymous	Kikuko Elliot	Kazuko Nukuto	Sheri Gault

---

## For your information:

### Elder Rights:

[https://www.illinois.gov/aging/ProtectionAdvocacy/Pages/elder\\_rights.aspx](https://www.illinois.gov/aging/ProtectionAdvocacy/Pages/elder_rights.aspx)

- Older persons have right to live in dignity and safety, free from mistreatment of any kind.
- Older persons have the right to make their own choices and to remain independent to the maximum degree possible, and when they need assistance, to be provided the highest quality of care.
- Aging Network in Illinois protects the most vulnerable of the elderly population.

The Illinois Department on Aging and Area Agencies on Aging provides three Adult Protective Services Programs:



1. Adult Protective Services: response to reports of alleged abuse, neglect or financial exploitation of persons 60 years of age and older, who live in your community.
2. Long Term Care Ombudsman Program: to protect and promote the rights and quality of life for people who reside in long term care facilities.
3. Legal Services Development Program: provides legal services for older people, as well as legal advice to the Elder Abuse and Ombudsman Provider Agencies.

**Contact Elder HelpLine for more information or to report suspected abuse: 1-800-252-8966.**

---

**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