

HEIWA TERRACE NEWSLETTER

APRIL, 2017

Happenings at Heiwa



- **WE WILL TAKE YOU OUT TO THE BALL GAME!**
On Wednesday, April 19, the game starts at 1:20pm.

If you will need an escort to bring with you, please feel free to talk to Jessica or Maiko. We will charter a school bus.

Please sign up ASAP(First come first serve)!

- We are very excited to have Omni Healthcare services are now available at Heiwa **A Nurse Practitioner will visit Heiwa every Monday from 2-4pm.** And Dr. Mizuno will be available by appointment. **Charlene will continue visiting Heiwa every Monday, Wednesday and Friday (alternating week) mornings** from 9am – 10am for blood pressure check-up. To make an appointment please see Charlene or call 773-470-2654. If you need assistance, please see Maiko or Jessica.
- **Craft class** led by Heiwa Board of Director Alice Murata will be on **Tuesday, April 4th 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 **April 5 at 1pm in the 12th 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, April 3.
- **Town Hall Meeting is on Thursday, April 6 at 2:45pm in the dining room.** This is a perfect place to voice your concerns and share suggestions. Everyone is encouraged to attend this important meeting.
- **Do you enjoy playing BINGO? If so, join us as we incorporate the essentials of a healthy lifestyle into this fun, interactive game on Thursday, April 13 at 2pm** in the activity room. Provided by two masters-level graduate student at The Chicago School of Professional Psychology. We encourage everyone to join us for the unique and fun workshop.
- **HOME shopping bus will make a trip to Joong Boo Market on Friday, April 14 at 1:30 pm.** The cost for this trip is \$4.00. Please sign up early by Maiko's office.
- We are happy to see many people taking advantage of the Hana Center's tutoring services at Heiwa. **We now have two tutors for this program from 10am – 2:30pm every Wednesdays.** You must make an appointment in advance to participate. A new tutor sends a message: Hello, my name is Dan Healy. In April, I will begin work at Heiwa Terrace as an English language tutor. I look forward to meeting you! In November, 2016, I travelled to Beijing to study Mandarin Chinese and I have continued to study. I will help you learn English and answer your questions. Thank you! Dan Healy

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 (2/24/17 -3/27/17)

Hisako Kometani	Young Ho Cho	Bob Ide	Renee Murakami
Myong Sun Whittle	Atsuko Tamura	Jeong Ja Yoo	Jean Inouye
Chung Molinari	Min Lo	Doo Pyo Bang	Roy Yoon
Kazuko Nukuto	Song J Kang	Lillian Kimoto Family	

For your information:

Vitamins (<https://medlineplus.gov/vitamink.html>)

You can usually get all your vitamins from the foods you eat. Each vitamin has specific jobs. The best way to get enough vitamins is to eat a balanced diet with a variety of foods. Let's find out more:

- VITAMIN A: plays a role in vision, bone growth, immune system.
 - Colorful fruits and vegetables like carrots, pumpkin, squash, spinach, soy milk, whole milk, fish
- B VITAMIN: help make energy from the food you eat. Also help form red blood cells.
 - Proteins such as fish, poultry, meat, eggs, and dairy products. Leafy green vegetables, beans, peas.
- VITAMIN C: important for skin, bones, promotes healing
 - Citrus fruits, red and green peppers, tomatoes, broccoli, and greens.
- VITAMIN D: helps absorb calcium, nerve, muscle and immune system. Body forms vitamin D naturally after exposure to sunlight.
 - Egg yolks, saltwater fish, liver, milk, mushrooms.
- VITAMIN E: plays a role in immune system and metabolic processes.
 - Vegetable oils, nuts and seeds, leafy greens, fruits.
- VITAMIN K: helps your body make proteins for healthy bones and tissues. Also makes proteins for blood clotting. If you take blood thinners (daily aspirin), you need to be careful about how much vitamin K you get.
 - Green vegetables like spinach, dark berries. egg yolks, liver.

Although vitamins are essential for the normal growth and development, too much of vitamins or overdose can cause serious health risks. Talk to your doctor about what is right for you.

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