

HEIWA TERRACE NEWSLETTER

MAY, 2017



Happenings at Heiwa

- We would like to extend many thanks and gratitude to our volunteers, staff, management office and board of directors. Heiwa Terrace is a much better place because of everyone's selfless dedication and hard work. Thank you very much!
- Amy Yahiro, a registered dietitian in the Chicagoland area, is returning to Heiwa with more important and informative workshops. She will present **Basic Nutrition for Diabetics on Monday, May 8 at 2:30pm in the activity room.** This will be an essential workshop for people with diabetes and anyone who is interested in eating healthy.
- **Craft class** led by Heiwa Board of Director Alice Murata will be on **Tuesday, May 2 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 **May 10 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, May 8.
- **Trip to Mitsuwa** will be on **Tuesday, May 9 at 9:30am.** Get your shopping list ready! You can stock up on specialty Japanese groceries and enjoy good food at the food court. Please sign up as soon as possible. The cost is \$10.00
- **HOME shopping bus will make a trip to Jewel on Friday, May 12 at 1:30 pm.** The cost for this trip is \$4.00. Please sign up early by Maiko's office.
- Graduate students from The Chicago School of Professional Psychology will return to Heiwa for the second part of educational workshop. Please look for fliers and posting with more details.
- **Chicago Japanese American Historical Society (CJAHS)** will generously provide **Spring Luncheon for all Heiwa residents on Saturday May 27 at 12pm** in the dining room. If you would like to attend, please sign up by Maiko's office by May 19. Let's come together to celebrate warm weather.
- Our good neighbor, Missio Dei Chicago Church will bring **May Birthday & Bingo Bash on Saturday, May 27 at 2pm in the dining room.** Everyone is invited and we especially encourage all those with May birthday to attend!!
- **Office is closed on Memorial Day, Monday May 29.**

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 (3/28/17 – 4/26/17)

Hisako Kometani May Nakano

Yu Zin Chun

Kazuko Nukuto

Bob Ide

Renee Murakami

Anonymous

Anonymous

Anonymous

For your information

Why is it so important that I eat whole grains?

(Catholic Charities Senior Food and Nutrition Monthly Newsletter, April 2017)

Whole grains have

- B Vitamins and Minerals
- Lower blood pressure and cholesterol
- Help control weight and digestion
- More fiber than processed grains to keep you regular

Fiber:

- Helps move food through your body
- A high fiber diet can help lower risk of cancer
- Helps reduce digestive problems
- Keeps you feeling full longer

Nutrition Facts	
Serving Size: 1 Container	
Amount Per Serving	
Calories 250	Calories from Fat 80
% Daily Value	
Total Fat 9g	14%
Saturated Fat 4g	20%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 540mg	23%
Total Carbohydrate 21g	7%
Dietary Fiber 8g	32%
Sugars 10g	
Protein 22g	

- Choose whole grain products with 3g or more of fiber per serving.
- Adults need 25-35g of fiber per day!

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