

HEIWA TERRACE NEWSLETTER

JULY, 2017



Happenings at Heiwa

- Happy 4th of July! Office is closed on Tuesday, July 4th.
 - **To celebrate Independence Day together, we'll have a party on Monday, July 3 at 2:30pm in the dining room.** Come for a treat and socialize with friends and neighbors.
 - Let's take part in helping future generations. Chicago Metropolitan Agency for Planning is asking community members to help plan the future for Chicago. **Come Thursday, July 13 at 2:30 pm in the activity room help plan the future for Chicago** and to learn more about topics like:
 - ◆ Climate Change
 - ◆ Walkable Communities
 - ◆ Innovative Transportations
 - ◆ Limited Resources
 - ◆ Transformed Economy
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- **HOME shopping bus will make a trip to TARGET/ALDI on Friday, July 14 at 1:30 pm.** The cost for this trip is \$4.00. Please sign up early by Maiko's office.
 - **A trip to Mitsuwa is scheduled for Tuesday, July 25th.** If you are interested in going, please sign up by Monday, July 17th outside Maiko's office. The cost is \$10.00/person.
 - Our good neighbor, Missio Dei Chicago Church will bring **July Birthday & Bingo Bash on Saturday, July 29 at 2pm in the dining room.** Everyone is invited and we especially encourage all those with July birthday to attend!!
 - **Ikebana class and craft class will take a summer vacation.** We will let you know when these classes will be resumed.
 - **Benefit Access program** provides senior ride free or reduced transit benefit, persons with disabilities ride free transit benefit and license plate discount. Application is only available online and should be renewed every two years. If you need to renew this application or would like to find out when to renew, you can go to www.illinois.gov/aging/BenefitsAccess/ or see Maiko or Jessica for help.
 - Would you like to improve on English skills or need help practicing citizenship exam questions? **Hana Center is offering one-on-one English tutoring service** at Heiwa. We now have two spots available: Every Wednesdays at 12:30-1:30 and 1:30-2:30. If you are interested, please see Maiko or Jessica.
 - Thank you for your responses to our survey request regarding food items for a new grocery store. Your responses were given to the owner of the store, John. If you want, please check out his store, **Save More Fresh Market at 4652 N Sheridan Rd, Chicago, IL.** He is open to offer deliveries for Heiwa residents.
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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 (5/27/17- 6/23/17)

Yong Ho Cho	Hisako Kometani	Jeong Ja Yoo	Ok Bun Han
Bob Ide	Renee Murakami	Jung Sook Kim	Jean Inouye
Kazuko Nukuto	Atsuko Tamura	Emma Robins	Anonymous
Anonymous	Anonymous		

For your information

NUTRITION: Balanced meal (from Nutrition workshop by Amy Yahiro, June 12, 2017)
Healthy eating should start with eating healthy balanced three meals per day. Each meal should include five items below:



Balanced Meals:

1. Two servings of whole grains and starchy vegetables:

- 2 pieces of bread (size of a CD)
- 2/3 cup of cooked rice
- 1 cup of beans, corn, peas, or potatoes

2. One serving of fruits:

- 1 fresh fruit (size of a tennis ball)
- 1/2 cup of canned fruit
- 2 tablespoon dried fruits (size of two thumbs)
- 4 ounces of juice (small cup)

3. One serving of dairy:

- 8 ounces of milk, non or low fat (1 glass)
- 6 ounces of plain yogurt

4. One serving of Protein:

- 1-3 ounces of lean meat (size of deck of cards)
- Healthy meat: chicken, fish, lean beef

5. Non-starchy vegetables:

- Lettuce salads, asparagus, bean sprouts, celery, broccoli, carrots, bell peppers, cucumber, onions, mushrooms, radishes
- Daikon (if pickled, watch out for salt and sugar content)
- Napa (if pickled, watch out for salt and sugar content)

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