

HEIWA TERRACE NEWSLETTER

JUNE, 2017



Happenings at Heiwa

- For those with a vehicle window sticker expiring in June or July, **Alderman's office is hosting 2017 vehicle window sticker sale on Thursday, June 1 from 10am – 2pm at 4549 N Broadway (Ward 46 office)**. You must bring driver's license and car registration in order to receive a senior discount.
- If you had signed up for the Outing to Japan Festival on Saturday, June 3, please meet in the lobby at 11:15am. Heiwa will pay for your lunch tickets, admission fees, and transportation.
- Amy Yahiro, a registered dietitian in the Chicagoland area, is returning to Heiwa **on Monday, June 12 at 2:30 for the second workshop on Nutrition for Diabetics**. In this advanced workshop, Amy will show examples for serving sizes for people with diabetes and how to measure portions to eat. If you have ever questioned how much you can eat when you have diabetes, please do not miss this special workshop.
- **Craft class** led by Heiwa Board of Director Alice Murata will be on **Tuesday, June 6 at 1pm in the dining room**. Everyone is welcome.
- **Town Hall meeting will be on Thursday, June 8 at 2:45 pm in the dining room**. You will get up-to-date information on what's going on at Heiwa. Additionally, this is a chance for you to freely voice your concerns or questions. We encourage you to be part of the Heiwa community by attending this important meeting.
- Learn the wonderful **art of Ikebana** and take home a beautiful floral arrangement. Teacher, Yuko Inoue-Darcy will host the class on **June 7 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, June 5.
- **HOME shopping bus will make a trip to Joong Boo Market on Friday, June 9 at 1:30 pm**. The cost for this trip is \$4.00. Please sign up early by Maiko's office.
- Our good neighbor, Missio Dei Chicago Church will bring **June Birthday & Bingo Bash on Saturday, June 24 at 2pm in the dining room**. Everyone is invited and we especially encourage all those with June birthday to attend!!
- Omni Healthcare team will offer **Free Health Screenings on Friday, June 23 starting at 2pm**. It is a great way to check your current health status. The Omni Healthcare staff will test your cholesterol level by finger stick, assess your diabetes risk by taking your blood glucose by finger stick, screen your blood pressure and gauge your oxygen saturation, all in one visit. **If you are interested, please come down from 2pm to 4pm on June 23**. Refreshments will be served.
- Farmers' Market season started already. If you are interested in receiving Farmers' Market Coupons you must complete an application. To be eligible, you must be at least 60 years of age and must have income below \$1,860 for one person, \$2,504 for two people. **Applications will be available from Monday, June 12 through Friday, June 23**. Please see Maiko or Jessica to complete an application and bring ID card and proof of income.

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.

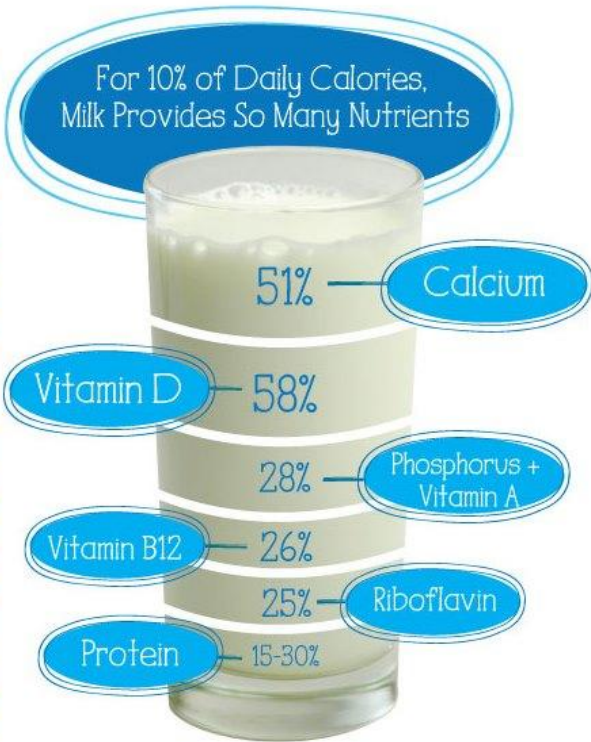
Donations (4/27/17 – 5/25/17)

Rose Moy	Hisako Kometani	Roy Yoon	Ok Bun Han
Kazuko Nukuto	Patricia Kirby	Renee Murakami	Bob Ide
Atsuko Tamura	Anonymous	Anonymous	Anonymous

For your information

June is National Dairy Month! (Catholic Charities SFNP June Newsletter)

MILK MEASURES UP



- **Nutrition:** Low-fat dairy contains calcium, protein, and vitamins A & D to keep our bones and teeth healthy.
- **Health Benefits:** Eating a balanced diet that includes dairy products can significantly lower blood pressure when combined with a low sodium diet.
- **Options**—There are many different types of dairy products:
 - Low-fat/skim milk
 - Low-fat cheeses
 - Yogurt
 - Lactose-free or soymilk

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