

HEIWA TERRACE NEWSLETTER

August, 2017



Happenings at Heiwa

- A summer outing opportunity is here! Heiwa residents are invited to **the Chicago Nikkei Picnic on Saturday, August 5 to share in a day of food, sunshine, karaoke, sports, good time and more food! Free transportation will be provided by the JASC (13 seats available).** We will leave from Heiwa at 11am and come back at 3pm. If possible, please bring your favorite dish to share at the picnic, but it is not required. Please sign up early by Maiko's office.
- **Town Hall meeting will be on Thursday, August 10 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.
- **HOME shopping bus will make a trip to Jewel on Friday, August 11 at 1:30 pm.** The cost for this trip is \$4.00. Please sign up early by Maiko's office.
- **Ikebana class will resume our class on Wednesday, August 16 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, August 14.
- **Center for Disability and Elder Law will be here to provide POA and Living Will informational workshop on Tuesday, August 8 at 1pm in the activity room.** We strongly encourage you to attend this important workshop. Learn why it is important to document your wishes and designate a representative.
- **Center for Disability and Elder Law will return following the informational workshop for the documentation workshop on Tuesday, August 29 from 1pm – 3:30pm** in the dining room. During this time, volunteer attorneys will come to Heiwa to create POA and Living Will documentation for free. Please sign up by Maiko's office by Tuesday, August 15.
- Cook County States Attorney office will return to Heiwa for continuous educational workshop. We encourage all of you to come on **Tuesday, August 22 at 2:30 in the activity room to hear about current fraud/scam cases and learn how to protect self.**
- Our good neighbor, Missio Dei Chicago Church will bring **August Birthday & Bingo Bash on Saturday, August 26 at 2pm in the dining room.** Everyone is invited and we especially encourage all those with August birthday to attend!!
- **Calling out to all artists!** Get your art work ready for **our 3rd Annual Heiwa Arts & Craft Show in September.** We will be proud and honored to showcase your art work, craft work and/or any creative works in the dining room. **Please bring your creative pieces to Maiko or Jessica by September 8.**

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 (6/24 -7/26)

Kun Ming Luo	Wen Bin Zhang	Hisako Kometani	Ok Bun Han
Kazuko Nukuto	Anonymous	Anonymous	

For your information

Protect Yourself From Summer Heat (<https://www.cdc.gov/>)

Why are older adults more likely to get heat stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

Stay cool, stay hydrated

- Stay in air-conditioned buildings as much as possible.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
 - If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Wear loose, lightweight, light-colored clothing.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.



Grapefruit Juice: Is It Affecting Your Medication?

About one-fifth of Americans have grapefruit juice for breakfast -- a time of day when many people also take medications. Grapefruit juice, it turns out, can affect some medications.

So you may need to rethink your morning drink and ask your doctor if you can keep drinking grapefruit juice.

(From <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm292276.htm>)



EVERGREEN REAL ESATE GROUP 312-989-4883

Debbie Wenzlaff, Regional Supervisor

HEIWA MANAGEMENT OFFICE: 773/989-7333

Sheri Gault, Manager

MON. – FRI.: 9AM – 5PM

HEIWA SECURITY: 773-989-7333

Rachel Tucker, Supervisor

24 HOURS/ 7 DAYS A WEEK

SERVICE COORDINATORS:

Maiko Yanai:

773/989-5906

MON. – FRI. 8:30AM – 4:30PM

Jessica Moon:

773/989-5672

MON. – FRI. 9AM – 5PM