

# HEIWA TERRACE NEWSLETTER

September, 2017



## Happenings at Heiwa

- **Painting class has been rescheduled** to Friday, September 1 at 1:30pm in the craft room.
  - **HOME shopping bus will make a trip to Joong Boo Market on Friday, September 8, at 1:30 pm.** The cost for this trip is \$4.00. Please sign up early by Maiko's office.
  - **Our 3<sup>rd</sup> Annual Heiwa Arts & Craft Show will kick off on Monday, September 11 at 3pm with an opening reception in the dining room.** 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.**
  - **Come and meet Dr. Serag on Monday, September 18 at 2pm.** Many of you already met Dr. Serag, but if you haven't and if you are interested in taking advantage of the Omni Healthcare Center at Heiwa, be sure to stop by and meet the doctor and staff.
  - **Omni Healthcare and Weiss Hospital will host another Free Health Screening on Friday, September 22 from 1:30pm – 4:30pm.** Healthcare staff will check cholesterol, blood glucose, blood pressure and oxygen saturation level all in one visit. If you are interested getting a quick check-up, be sure to stop by between 1:30 – 4:30pm.
  - Omni Healthcare will provide flu shot for residents. **If you would like to receive flu shot here at Heiwa, please sign up by October 1.** Please do not sign up if you are planning to get the flu shot at your doctor's office.
  - Our good neighbor, Missio Dei Chicago Church will bring **August and September Birthday & Bingo Bash on Saturday, September 30 at 2pm in the dining room.** Everyone is invited and we especially encourage all those with August and September birthday to attend!!
  - **Mark your calendar.** Alphawood Gallery in partnership with Japanese American Service Committee is featuring **a special exhibition *Then They Came For Me: Incarceration of Japanese Americans during WWII and the Demise of Civil Liberties.*** Heiwa Terrace residents are invited for the special guided tour of this exhibition **on Thursday, October 19 at 1pm.** There is no fee for this event, and a free transportation is offered. **If you are interested, please sign up by September 29.**
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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 (7/28-8/25)**

Hisako Kometani	Ok Bun Han	Ock Soon Kim	Renee Murakami
Bob Ide	Myong Sun Whittle	Kazuko Nukuto	Anonymous

## **For your information**

**Fraud & Scam Workshop presented** at Heiwa on August 22, 2017

Older adults are considered easy targets by many con artists because this group of people can be most trusting. Here are some tips to protect yourself better.

- Scams come in three forms: by telephone, by mail and/or by email.
- Scam artists will try to get your information: **name, birthday and social security number**. It is easy to have conversation with people because we think it's rude to hang up the telephone on people. **Never give out this information to people you don't know.**
- If you make a purchase online or over the telephone: be sure to use credit card instead of debit/check card. Be careful and watch out for aggressive marketing tactic to sell other products.
- It is okay to talk to someone if you are suspicious or not sure about anything. Be sure to talk to someone before you doing anything.
- If you became a victim of scam, please report it.
- Remember that if it sounds too good to be true, it is not true.

### **Most common scams to look for:**

1. IRS call: will tell you that you have unpaid taxes and demand that you pay/wire money right away. They will threat you to send you to jail and seize your bank account and social security benefit.
2. Insurance call: will tell you that you will receive a new Medicare or Medicaid card and you must pay or send money in order to get the new card.
3. A check in the mail or winning a trip. But they will ask you to pay or send money in order to claim the prize. Even if it seems like a small amount to send, never send money to claim winnings.
4. Urgent call: telling you that your grandchild (family member) is in trouble and need money. Don't panic. Hang up the phone and call your family and talk to someone.
5. A call from the bank: bank calling you and asking you for personal information because your account may be compromised. Don't panic. Hang up the phone and call your bank to find out more.

### **Fraud Resources:**

- HUD Housing Counselor: 202-708-112
- Cook County State's Attorney: 312-603-8649
- IL Attorney General Consumer Fraud Hotline: 800-386-5438
- IL Department on Aging Senior Helpline: 800-252-8966
- IL Department on Aging Identity Theft Hotline: 866-999-5630