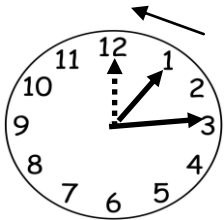


HEIWA TERRACE NEWSLETTER

November, 2017



Happenings at Heiwa



- Turn clock backward one hour on Sunday, November 5. Daylight savings time ends.
- **Ikebana class will meet our class on Wednesday, November 8 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, November 6.
- **HOME shopping bus will make a trip to JEWEL on Friday, November 10, 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 on Thursday, November 16th at 9:30am.** If you are planning to go, please sign up as soon as possible. **Please be sure to make payment with Maiko by Monday, November 14. Cost is \$10.00.** This will be our last trip before the cold weather. Get your shopping list ready and enjoy!
- Our good neighbor, Missio Dei Chicago Church will bring **November Birthday & Bingo Bash on Saturday, November 18 at 2pm in the dining room.** Everyone is invited and we especially encourage all those with November birthday to attend!!
- **Office is closed on Thursday, November 23 and Friday, November 24.**
- **Our foot doctor, Dr Chi will be here on December 1 and December 29.**
- **Medicare will begin mailing new Medicare card (red & blue) starting April 2018. Your new card will have a new Medicare Number that is unique to you. Things to know about your new Medicare card**
 - You don't need to take any action to get your new Medicare card.
 - The new card won't change your Medicare coverage or benefits.
 - Medicare will never ask you to give us personal or private information to get your new Medicare Number and card.
 - There's no charge for your new card.
 - **Watch out for scams:** Do not give out Medicare number to people you don't know. Remember, there is no charge to the new Medicare card.
- **If you are planning to travel within US: Starting on January 22, 2018** travelers from Illinois must show TSA (Transportation Security Administration) approved ID. Which means that driver's license and/or State ID is no longer accepted, until Illinois DL/ID become compliant with the TSA Policy. Be prepared to present current passport or permanent resident card when traveling.
- **In Case of Emergency...** Emergency can occur at any time and at any place. A sudden fall from the bed or in the bathroom, chest pain, difficulty in breathing or a stroke are some of the situations that can happen to anyone. It is important to be well prepared for the unforeseen situations because many older adults may not always have someone around them. **Below is a list of information and documents to keep close and easily available.**

- Emergency contacts: Name and phone numbers – you can post this on your wall near the telephone.
- List of all medications and keep the information updated -- as the medications may change frequently – make this available for the emergency staff to easily access.
- Medical insurance and prescription plans and identification numbers.
- Advance directive: Power of attorney for healthcare document and/or power of attorney for property - if you have them.
- Basic financial records -- a list of assets, account numbers, names and contact information for financial advisors or bank representative.



From Management:

Happy Thanksgiving! Order your Thanksgiving meal! Please join us in the Dining Room on **Monday November 20 at 4:30pm or have it delivered to your apartment.** -Dinner includes: turkey, stuffing, gravy, potato, vegetable, rice, cranberry sauce, and pumpkin pie! * Guests are welcome! * \$9.50 for individual diners. (No extra cost to monthly diners). Please come to the office to sign up by Friday November 10.

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 (9/21 -10/30)

Kazuko Nukuto	Donna Ogura	Renee Murakami	May Nakano
Yu Zin Chun	Ok Bun Han	Hisako Kometani	Bob Ide
JinDi Ma	Anonymous		

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