

# HEIWA TERRACE NEWSLETTER

## December, 2017



### Happenings at Heiwa

- **Our foot doctor, Dr Chi will be at Heiwa Wellness Center on December 1 and December 29.**
- **All Heiwa residents are invited to Holiday Luncheon on Saturday, December 2 at 11:30 am in the dining room.** This is everyone's favorite annual event sponsored by Heiwa board of directors and staff. We hope to see all of you at the luncheon!
- Again this year, our lobby will be filled with beautiful floral art pieces. Ikebana teacher Ms. Yuko Inoue-Darcy and the Ikebana students worked on beautiful pieces to celebrate the holiday seasons and especially for our holiday luncheon. Let's give thanks to Ms. Yuko Inoue-Darcy and her students for lighting up our lobby.
- **Town Hall meeting is on Thursday, December 7<sup>th</sup> at 2:45 pm in the dining room.** Everyone is encouraged to attend this important meeting to be informed of happenings at Heiwa and to participate in the Heiwa community.
- **HOME shopping bus will make a trip to Target/Aldi on Friday, December 8, 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 **December Birthday & Bingo Bash on Saturday, December 16 at 2pm in the dining room.** Everyone is invited and we especially encourage all those with December birthday to attend!!
- **Our Heiwa community Christmas tree will be displayed in the activity room for everyone to decorate and enjoy.** If you have a handmade ornament, or a special decoration you' would like to share, please bring it and help us decorate the tree. Please put your name on the ornament and be sure to take your pieces after the Holidays.
- **Office is closed on Monday, December 25, Tuesday, December 26 and Monday, January 1, 2018.**

### From Management Office:

- We are trying to improve Heiwa Meal Services. In the coming months, you will see some changes and improvements in menu items. In December, we added a popular Korean dish, bulgogi to the menu. Please take a moment to look through the menu and try a meal or two. We also encourage you to give us your suggestions and ideas to better serve you.
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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 (10/30-11/28)**

Kazuko Nukuto	Donna Ogura	Renee Murakami	Bob Ide
Yung Ja Jin	Ok Bun Han	Karl (Exterminator)	Anonymous
Lian Cheng Hsu	Zujian Meng	Ling Yu	WenZhu Lu
Ellyn Iwaoka	Mr. & Mrs. Kwang Kim		Atsuko Tamura

**For Your Information**

**Cold Weather Safety** (National Institute on Aging, <https://www.nia.nih.gov/health/cold-weather-safety-older-adults>)

Doctors warn that extreme cold weather can expose extreme health risks. It is best to limit your outdoor activity as much as possible because prolonged exposure can lead to frostbite and hypothermia.

● **WHAT TO DO:**

- Keep WARM Inside: turn on your heat, dress warmly even if you are staying inside, eat enough food to keep your body weight.
  - ◆ Space heaters are fire hazards and lease violation. If you think your heater is not keeping you warm, please tell management office staff.
- Keep WARM Outside: heavy wind can quickly lower your body temperature. It is best to stay inside during harsh weather. But if you have to go out, wear loose layers, put on a hat, scarf and gloves. Stay dry.
- Some health conditions like Diabetes, thyroid problems or arthritis can make it harder for people to stay warm. And some medications affect body heat. Ask your doctor about safe ways to keep warm during winter. And be aware of signs of hypothermia and/or frostbite.
  - ◆ **Frostbite:** starts with tingling or stinging sensations (face, fingers and toes often affected first). Then muscles can become numb. Redness and pain in the skin leading to discoloration.
  - ◆ **Hypothermia:** goes hand-in-hand with frostbite. Can affect the brain, making it harder to think clearly. Other signs include, shivering, confusion, slurred speech and drowsiness, puffy or swollen face.

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**EVERGREEN REAL ESTATE GROUP** (Management Agent)     **312-382-3228**

**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