

# HEIWA TERRACE NEWSLETTER

## JANUARY 2018



### Happenings at Heiwa

- Happy New Year!
- We wish everyone happy, healthy year in 2018.
- Heiwa Terrace Holiday Luncheon was a delight. We would like to thank Heiwa Board of Directors and staff for sponsoring another wonderful Holiday Luncheon. Many thanks to Grandmaster Fujima Shunojo for the beautiful dance and gourmet chef Mr. Mizuuchi and his family for delicious meal.

Take advantage of many wonderful activities and services at Heiwa. Please see calendar for date and time. If you have any suggestions or ideas for programs or activities that everyone can participate and enjoy, please talk to Maiko or Jessica.

- Keep your mind and brain engaged and stimulated by taking on new tasks or learning something new: learn a new language, start a book club. **Enjoy brain games like puzzles, and board games (Go, Dominos, Checkers) in the dining room, and/or surf the web on the computer in the craft room.**
- **Smart phone class will return for 4 more weeks starting January 10.** Please see flier for more detail and sign up by Maiko's office.
- Stimulate your artistic side by joining painting class on Friday or craft class on Monday (No class in Jan.) And learn the art of Ikebana (flower arrangement) with Ikebana teacher Ms. Yuko Inoue-Darcy and take home a beautiful creation.
  - Our **January Ikebana class will be offered on Wednesday, January 17 from 1 to 2:30pm in the 12th floor Party Room.** Please do not forget to sign up for the class and pay for a fee (\$15 including flower) at Maiko's office by Monday, January 15.
- Stay healthy with exercise programs or start a new physical activity such as: Gentle Yoga class led by expert yoga instructor, or morning exercise program or zumba. And take advantage of ping pong table and pool table in the activity room.
- Eat fresh foods: such as fresh fruits and vegetables, dairy products and avoid processed foods. **Dawn's Dairy is here at Heiwa with dairy products every Wednesday morning.**
  - **HOME shopping bus will make a trip to local groceries second Fridays. This month, we'll go to Joong Boo Market on Friday, January 12, at 1:30 pm.** The cost for this trip is \$4.00. Please sign up early by Maiko's office.
- Make your home safer: Remove clutter, and hazardous and unsanitary environment. If you think you need some help with household chores, please see Maiko or Jessica.
- Not feeling well? Take advantage of **Omni Clinic.** Dr. Sareg visits every Monday at 3pm. Charlene is available Monday and Wednesday from 9:30am.
- Meet someone new: Participate in activities such as **Bingo, Karaoke, Town Hall Meeting** or any other program and get to know someone new.
  - **We are looking for volunteers to help with Bingo on Wednesdays.** Please see Maiko or Jessica if you would like to volunteer.
- Celebrate birthdays and enjoy socializing with friends and neighbors with bingo game. January Birthday & Bingo Bash provided by Missio Dei Chicago Church will **be Saturday, January 27 at 2pm in the dining room.** Everyone is invited and we especially encourage all those with January birthday to attend!!

## FROM MANAGEMENT

### In case you didn't know:



❖ **Hair salon services are available at Heiwa.** We have three volunteer stylists visiting Heiwa for services to residents. For more information and appointments, please see management office.

❖ **Meals are sold on Mondays, Wednesdays and Fridays.** The meals are catered from local restaurants. You can purchase a monthly meal plan or buy a single meal. Stop by management office for menus and more information.



❖ **HEIWA NETWORK:** Please refer to Heiwa Network Channel (ch.4) for various notices and information from our offices.

### 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 (11/29 – 12/20)

Shenggeng Wang	ZhaoXia Yu	Kun Ming Luo	Wen Bin Zhang
Atsuko Tamura	Bob Ide	Renee Murakami	Young Ja Hong
Kazuko Nukuto	Ok Bun Han	Ock Soon Kim	Rose Moy
Hisako Kometani	Susumu Mukushina	Anonymous	

---

**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