Save this date because it’s Time To Eat !!!
On Saturday, April 29, 2017, Kokoro Assisted Living will hold its annual fundraising event, “Cooking From the Heart.”

This event will take place from 1 to 4 p.m. at the Nihonmachi Terrace, 1615 Sutter St. near the Japantown Mall. Taka Nagamine, the former chef/owner of Kuishinbo Restaurant and current chef at Kokoro, will offer samples of some of his culinary tastings.

Kengi Shim, People’s Choice first prize winner at the 2016 JARF Curry Cook Off, will demonstrate her award-winning Pork Belly Curry. Rodney Yano, 2015 Nichi Bei Soy and Tofu Dessert Competition finalist, will prepare his Mango Haupia Pie. Zane Matsuzaki, former Head Chef of Café Riggio, will demonstrate his specialty French Onion Soup.

Everyone present will be able to indulge in their offerings, enjoy an unlimited wine pouring, and have opportunities to inquire about individual preparation techniques. Raffles of wonderful items will also be taking place. Prizes include a stay in Las Vegas, Giants and Warriors tickets, $500 cash - another fun way of raising funds to benefit the residents of Kokoro. If you did not receive your opportunity to enter the raffle, please contact Kokoro. You do not need to be present to win but are encouraged to attend.

Master of Ceremonies Bob Obana will be presenting an exciting and memorable event, while you will be learning from the chefs, enjoying great food & drink and delectable fun.

Reservations can be made by contacting Jimmy Murota or Kirk Miyake at (415) 776-8066. Tickets: $100 per person. Info: jmurota@kokoroassistedliving.org. Raffle tickets ($5 per ticket and $25 for six tickets) will be drawn at the event and are also available for sale.
Easter and the rabbit. Thought that it is this time of the year associated with spring. It is an ancient custom that rabbits have been associated with fertility. Since Easter celebrates the name Eastre, a goddess of the Saxon goddess who was known by that name, the rabbit is associated with Easter? A festival. But why is it so? One theory is that the Easter bunny is derived from the ancient Roman festival of Oster. In this festival, people would give gifts to children, and the Easter bunny would deliver these gifts. Another theory is that the Easter bunny is a symbol of new life and renewal, as the rabbit is a common symbol of fertility and new life. Overall, the Easter bunny is a symbol of the joy and renewal of spring.

VOLUNTEERS NEEDED!

- Morning Help from 9:45am - 11:45am
- Tea Ceremony Assistant - typically on Thursdays or Fridays

Our very own, June Pramaulphol, will be honored at this year’s Cherry Blossom Festival Senior Brunch! Since Kokoro’s opening in 2003, June has had an on-going relationship with the organization. June formally retired as a caregiver, but has chosen to continue her relationship with Kokoro. She has never hesitated to lend a helping hand being very aware about the “enzyou” (hesitation) factor of the elderly. Enjoying the interaction and knowing that she is helping to create a sense of “anshin” (satisfaction of security), she fills varying roles. You will find that June is exceptionally compassionate and gifted with great levels of natural empathy. June and her husband were the successful proprietors of Thai Barbecue restaurants at three locations, and has volunteered at local organization which support the senior population. Thank you and Congratulations, June-san!!!

Cherry Blossom, Plum Blossom, Peach Blossom - How Do You Tell Them Apart?

Sakura (Cherry Blossom): The petal has a small divot and have the longest stems, with multiple-flower clusters all originating at the same point along the branch (white or pink in color).

Time (Plum Blossom): The petal is round, have no stem, instead growing straight out from the branch, and develop individually (white, pink or apricot magenta).

Momo (Peach Blossom): The petal is a tear-drop shape, have short stems, with two flowers sprouting from roughly the same position on the branch (pink).

Now, You’re Ready for Spring Flower Viewing!

Leading a healthy lifestyle

Understand Your Cholesterol

Cholesterol is made in the liver and circulates in the blood to help digest food. There are two types of cholesterol: The “HAPPY” High Density Lipoproteins (HDL) and the “LOUSY” Low Density Lipoproteins (LDL). HDLs carry cholesterol away from cells and removes the plaques from the arteries. Elevation LDLs can cause plaque build-up in your arteries which can lead to clogging and hardening of those arteries causing heart attacks or strokes.

Risk Factors:
- Diets high in saturated fats and trans-fat (high carbohydrate diet)
- Lack of exercise, excessive weight
- Smoking and alcohol
- Insufficient levels of “HDLs” can also cause circulatory issues
- Family history of high cholesterol

Therefore… Lower your Intake of Saturated Fats; Exercise; Lose Weight; Quit Smoking, and Moderate your Alcohol Consumption.

Meeting w/ the Directors

Apr. 03 …… Dining/Housekeeping
Apr. 07 …… Activities
Apr. 13 …… Executive Director
Apr. 23 …… Marketing
Apr. 28 …… Resident Care

Kokoro Updates

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