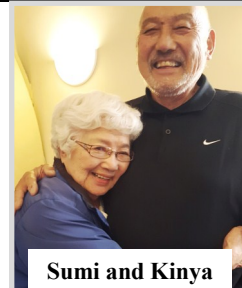


Employee of the Month



Maha Cruz
November 2016



Sumi and Kinya

Acknowledging Our Supporters
Thank you very much!

ACCESS, SFUSD
Aida Rodriguez
Amy Hanamoto
Ann Higaki
Bank of America Employee Giving Campaign
Barbara Nishiwaki
Barbara Schauble
Betty Tsugawa
Brownies, Troop 32678
Chikako Nakandakari
Christine Hiroshima
Claire Okuyama
Daisy, Troop 62595
Diana Jang
Donald Lee
Edith Tanaka
Edward Flank
Emiko Ogawa
Evelyn Bravos
Frank Greene
Fusako Hara
George Sasaki
Giichi Sakurai
Grace & Kenneth Nitta
Hiro Matsunaga

Hiroshi Kashiwagi
Hisako "Peko" Yamaguchi & Kimochi Singing Group
Hiura & Hiura
Jack Dairiki
Jane Utsumi
Japanese American Religious Federation
Jean Nakashima
Jerry Bolick, BCSF
Johnny Nagano
Kaeko Inori
Katsunobu Yamabata
Kazuko Kobayashi Frisk
Keiko Fletcher
Keith Lee
Kikue Kiyasu
Kinuya Matsuno
Linda Yamane
Lois Ohwa
Marcus Yamane
Margaret Harada
Marumi Suyeyasu
Mary Erikson-Ishisaki
Michelle Lau
Motoki Matsuura
N. Naito

Nellie Noguchi
Noriko Kashiwabara
Paul Chan
Rose Ichiyasu
R.S. Nakamura
Ruby Kawabata
S. Costello
Sara Matsuzaki
Sachiko Matsumura
Seiji Suzuki
Sharen Langewisch
Sharon Fujii
Shizuko Ikeda
Somao Ochi
SPCA Visitors
Sr. Elaine Stahl
Stuart Hall H.S. Interns
Sumiko Nakamura
Sumiyo Brennan
Suzanne Yamada
Stanford University
Public Service Org.
Steven Suda
Sunny Otsuka
Tetchie Hirabayashi
Tom Goya
Toshio Mitsuda

Yasukochi Sweet Stop
Yoko Asano
Yoshiko Fujimoto
(Mishibana-kai) & Kimochi Odori Group



Photographic Contributors:

Emiko Ogawa
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December 2016

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Giant Tortoise
ゾウガメ
(zougame)

Animal of the Month



KOKORO

ASSISTED LIVING FOR SENIORS

Inside Kokoro

Gearing Up for the Holidays



It had been a while since our group cruised around the shopping mall. It was nice to visit Mr. Macy*s, Nordies, and Uniqlo-san ! With a nice trip to the Stonestown Galleria, we got some shopping done and

were able to also make additional shopping lists as well (necessities only of course - *hint, hint*) ! We did a lot of walking, but were able to take breaks munching at Boudin's Café or while waiting to get our Hotdog On a Stick !... does sitting and trying on shoes count ??? The mall's towering Christmas tree had already been prepared and some of us promptly took advantage of getting our photos with it - pretty big ! It was a successful trip... we'll have to do it again

Gift Drive for the Asian Women's Shelter



The Asian Women's Shelter (AWS) brings new hope to women and children who are survivors of domestic violence and human trafficking. Kokoro's annual gift drive to support the women and children of the shelter has begun and we need your help. Think of a child's pure delight in receiving a special gift especially when times are troubling and the future uncertain. You can bring a smile to their face and brightness to their heart with just a small contribution. Please bring a gift of your choosing in its original un-opened packaging and drop it off at Kokoro's reception desk. The Gift Drive ends on December 23rd, when the Shelter will come to

Kokoro to pick up the gifts to give to the children. AWS has supported women and their families since 1988. You may visit their website at www.sfaws.org for additional information and sharing opportunities.

Christmas Luncheon



LUNCH MENU

TURKEY AND FILET MIGNON & TRIMMINGS

Volunteers Needed

- We can use your assistance !
- We are in search of a Tuesday exercise leader. Simple movements to get the circulation going !
- How about supporting an Activity leader ?
- Green-thumb ??? Or just like the wonders of nature ? We can talk about that !



Kokoro is owned by KALI and managed by NCP Senior Ventures, LLC



It's CASINO TIME again !!!

This outing is scheduled on Wednesday, December 21st. *Get your money and place your bets, folks !

Annual Staff Appreciation

Monetary donations are being accepted for the annual end-of-year staff appreciation. Donations may be placed in the rent box located by the reception desk or checks made out to "Kokoro" may be mailed to Kokoro/attention: Kirk Miyake. Please include a note that the donation is for staff appreciation. Staff will receive gift cards during the Residents and Staff Christmas party on December 15th.



Leading a healthy lifestyle

Holiday season is a time for giving. During the holiday season, we also think about appreciation, our safe environment and good memories. We tend to think a lot about others. But, this is also the time to think about your own well-being so that you can continue to create good memories !

- Eat at least 5 servings of fruits and vegetables daily and lean meats
- Try avoid deep fried foods or keep them to a minimum
- Eat whole grain breads and cereals
- Walk or engage in light exercise daily and stay socially active
- Indulge in crossword puzzles or other brain power games
- Quit smoking and stay away from second-hand smoke
- Laugh a lot!!!

Jamie Johnson is Kokoro's Staff Nurse with a certification as a Licensed Vocation Nurse (LVN). She has been in Healthcare for 17 years with multiple certifications. She enjoys archery and making chocolate covered strawberries. Jamie will be glad to address your concerns and is here to keep you healthy !



Kokoro Updates

Meetings w/ the Directors

- Dec. 05 Food/Housekeeping
- Dec. 08 Executive Director
- Dec. 13 Activities
- Dec. 18 Marketing
- Dec. 30 Resident Care



- Tomiko Ralph 12/12
- Miyoko Lee 12/14
- Fumiko Satoda 12/24
- Jane Yasuda 12/30
- Sumie Yamagishi 12/31

Contact Us

Mobile Phone Hotline:
415-286-6764
(Direct to Lead Res. Asst.- Anytime)

Main Telephone Number
415-776-8066 or 415-674-4276

Executive Director
Kirk Miyake-Ext. 12
kmiyake@kokoroassistedliving.org

Director of Sales & Marketing
Jimmy Murota-Ext. 11
jmurota@kokoroassistedliving.org

Director of Dining/Housekeeping
Roddy Kodama-Ext. 13
rkodama@kokoroassistedliving.org

Director of Activities
Grace Fujimoto-Ext. 15
gfujimoto@kokoroassistedliving.org

Director of Resident Care
Naoko Jones-Ext. 16
njones@kokoroassistedliving.org



Christmas Lunch:

Kokoro family members are welcome to join the residents for the Christmas lunch.

This year we will be serving Garden Salad, Carrots and Squash, Stuffing and Cranberry sauce, Mashed Potato, Roast Turkey and Filet Mignon with Apple Pie for dessert. Please contact Roddy Kodama at (415) 776-8066 ext.13 to make your reservations. Cost is \$10 per person.

OH, MY!!!

New Year's Osechi Ryori Lunch:

Family members, please come and join us for the New Year's special Osechi lunch. Please contact Roddy Kodama at (415) 776-8066 ext.13 to make your reservations. The cost is \$20 per person.



- OSUMASHI (Clear Soup with Quail Egg)
- UMAKI TAMAGO YAKI (Egg with Crab & Spinach)
- SALMON SAIKYO MISOZUKE (White Miso Marinated)
- CHIKUZEN-NI (Assorted Flavored Vegetable)
- NAMASU (Daikon & Carrot Vinaigrette)
- KUROMAME (Sweet Black Bean)
- KINTON (Chestnut & Sauce)
- KOBUMAKI (Rolled Seaweed)
- KAZUNOKO (Herring Roe)
- EBI (Boiled Shrimp)
- ANAGO YAHATO MAKI (Beef Roll)
- MASUTAKE GOHAN (Rice with Matsutake Mushroom)
- KAMABOKO (Fish Cake)
- TAZUKURI (Baby Sardine)
- SHRIMP (Deep Fried)
- CHICKEN KIMIAGE
- SATSUMAAGE TSUMIRE (Fish Ball)
- KINCHAKU (Age Wrapped Mochi)
- BEEF W/ASPARAGUS & CARROT
- SHRIMP W/FISH SURIMI ISOBE (Minced Meat Roll)
- GOBO (Burdock)
- KAZUNOKO KONBU (Herring Roe /Seaweed)
- FISH SHINJO (Fish Cake)