

**Acknowledging Our Supporters**  
**Thank you very much!**



*Employee of  
the Month*  
**Alvin Tran**  
**January 2017**

ACCESS, SFUSD  
Aida Rodriguez  
Amy Hanamoto  
Benkyodo, B.Okamura  
Betty Tsugawa  
Chikako Nakandakari  
Coleen Nakamura  
Diana Jang  
Elvie Owyang  
Emiko Ogawa  
Fusako Hara  
Grace & Kenneth Nitta  
Harry Nakamura  
Hiro Matsunaga  
Hisako "Peko" Yamaguchi  
& Kimochi Singing Group  
J. June Ohara  
Jack Dairiki  
Japanese American  
Religious Federation  
Jean Nakashima  
Johnny Nagano  
Kaeko Inori  
Kei Nagai  
Katsunobu Yamabata  
Linda Yamane  
Lois Ohwa

Margaret Harada  
MBIA Foundation  
Michi Tashiro  
Mitsuko Toyama  
Motoki Matsuura  
Noriko Kashiwabara  
Paul Chan  
Robert & Toshiko Beeman  
Rose Ichiyasu  
Ruby Kawabata  
Toshiro Hirasawa  
Sara Matsuzaki  
Sharon Fujii  
Sharon Owyang-Lee  
Shizuko Ikeda  
SPCA Visitors  
Sr. Elaine Stahl  
Steven Higashi  
Stuart Hall H.S.Interns  
Sumiko Nakamura  
Sumiyo Brennan  
Suzanne Yamada  
Sunny Otsuka  
Yoko Asano  
Yone Satoda  
Yuri Sebata-Dempster



Photographic Contributors  
Emiko Ogawa  
Diana Jang  
Naoko Jones  
Tetchie Hirabayashi



*Welcome to  
Kokoro*  
**Mrs. & Mr.  
Kawase**



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**February  
2017**

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**Polar Bear**  
**Shiro Kuma**  
白熊  
**Animal of the Month**



***Inside  
Kokoro***

**Chinese Lunar New Year is Here !**



According to tales and legends, the beginning of the Chinese New Year started with a mythical beast called the Nian. Nian would eat villagers, especially children. One year, all the villagers decided to go hide from the beast. An old man appeared before the villagers and said that he's going to stay to get revenge on the Nian. All the villagers thought he was insane. The old man put red papers up and set off firecrackers. The day after, the villagers came back to their town to see that nothing was destroyed. They assumed that the old man was a deity who came to save them. The villagers then understood

that the Nian was afraid of the color red and loud noises. When the New Year was about to come, the villagers would wear red clothes, hang red lanterns, and red spring scrolls on windows and doors. People also used firecrackers to frighten away the Nian.

From then on, Nian never came to the village again.

There are five types of roosters. 2017 is the year of the Fire Rooster. The Fire Rooster is an extremely strong willed and proactive person. They have many leadership qualities and are excellent organizers which is always visible in their workplace. They have the ability to go very far in their workplace as long as they are able to overcome their shyness.

***Visit to the Asian Art Museum***

Thanks to our tour docent Seik-Yee ! Her detailed information of the pieces with use of the amplified hearing devices truly made our time well spent. The examples of Buddhist history were routed according to the historical time-line beginning from India, China, Korea and then to Japan.

A bit of information was that of one of Buddhism's iconic images. Gautama Buddha sits in meditation with his left palm upright on his lap, while his right hand touches the earth. The demonic king, Mara, tried to unseat him by claiming the place under the bodhi tree. Mara demands that Gautama produce a witness to confirm his spiritual awakening. The Buddha then simply touches the earth with his right hand, and the Earth itself immediately responds: "I am your witness." Mara and his minions then vanished ! A special thanks is in order to our volunteer, Jean Nakashima, for helping to facilitate this wonderful experience !





**Presidents' Day** is celebrated on the 3rd Monday in February and was established in 1885 in recognition of President George Washington. The holiday became popularly known as Presidents' Day after it was moved to create a three-day weekend. Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents.

### 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 !**



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## Setsubun - The Bean Throwing Festival

Setsubun is the first day of spring according to the lunar calendar. On the day of Setsubun (February 3rd or 4th), there is a custom of "Mamemake - まめまけ" (throwing roasted soybeans) while chanting, "Oni wa Soto, Fuku wa Uchi !" (Out with Evil, In with Fortune) in order to prevent evil ogres from entering one's house. It is believed that a Heian-era monk

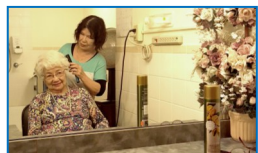
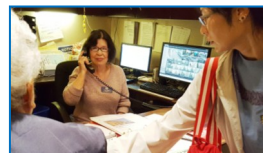
had driven away a demon by throwing roasted beans at it.

According to Japanese tradition, if you eat the same number of beans as your age, you will enjoy a year of good health. Additionally, at Buddhist temples and Shinto shrines all over the country, there are celebrations for Setsubun. Priests and invited guests will throw roasted soy beans (some wrapped in gold or silver foil), small envelopes with money, sweets, candies and other prizes. In some bigger shrines, even celebrities and sumo wrestlers will be invited; these events are televised nationally. At Sensō-ji in the Asakusa neighborhood of Tokyo, crowds of nearly 100,000 people attend the festivities.

鬼は外、福は内！

## 心からありがとうエミコさん

Emiko has been a key force in the support of the residents of Kokoro. A former staff member (2003 - 2012), Emiko chose to continue her involvement by volunteering her talents after her retirement. What has this lady not done ? Leading activities, serving as an escort, preserving precious memories through photography, providing first impressions at the Front Desk, manicurist, offering a beautician's touch and an instructor of the calligraphy class are just some of the ways that Emiko demonstrates her adoration for the residents of Kokoro. We would not be able to do many of things we do without Emiko's presence. There is an adherence for the elderly which she possesses holding many fond memories of residents past. Emiko feels that Kokoro is a place of "anshin"- an ease & satisfaction especially for those who may want to return to Japan but are unable. Thank you Emiko-san for your sincerity. You are a hero.



**Lion Dance Performance**  
Friday, Feb. 10th at 1:30pm  
by  
**West Coast Lion Dance Co.**  
(Timothy, Dixie's son)



## Our next bus outing will be to the Berkeley Art Museum

Wednesday,  
February 15th

\* Please be sure to sign-up at the front desk.



If you have been interested in an assisted living environment, now is an excellent time to come and visit us. This apartment is available for viewing by appointment. Please contact Jimmy Murota, Director of Marketing at:

[jmurota@kokoroassistedliving.org](mailto:jmurota@kokoroassistedliving.org) or by phone at: 415.776.8066, ext. 11.  
*Our reviews are excellent and we have much to offer !*

## Leading a healthy lifestyle

### Preventing falls safety at home

- Avoid the dark, keep your apartment well lit.
- Use night lights in your apartment.
- Have a handy lamp or switch by your bed.
- Take your time - sit up for a few minutes after getting up from bed. Move both feet up and down like you're riding a bicycle. This will jump start your circulation and help prevent dizziness.
- Have non-kid strips or a mat in your shower.
- Keep phone and electrical cords away from areas you walk.
- Store heavy and frequently used items at waist level for easy handling.
- If your doctor has prescribed a cane or walker, make sure you use it ! Make sure the walker brakes are on when not in use. Canes and walkers should be within reach at all times.
- Wear shoes with good support and non-skid soles.
- Avoid flip-flop/zouri (ぞうり) type sandals.

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

Feb. 06 ..... Food/Housekeeping  
Feb. 09 ..... Activities  
Feb. 16 ..... Executive Director  
Feb. 19 ..... Marketing  
Feb. 24 ..... Resident Care



Tom Lung 2/16  
Sumiko Schooler 2/17  
Sumi Suda 2/17  
Asako Mayeda 2/24

## Contact Us

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