

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



ACCESS, SFUSD
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Alfred Chinn
Amy Hanamoto
Asako Mayeda
Mr. and Mrs. Barry Shain
Betty Tsugawa
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Christal Rickson
Constance Handa
Consul General Jun Yamada
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Dale Nakahara

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David Berg
David Bernardo
Denise Miura
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Jack Dairiki

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Kazuko Kobayashi Frisk
Kenro Yoshinaka
Kiitemoraitai Chorus
Lane Hirabayashi
Larry Won, Halton & Won
Linda Yamane
Lois Ohwa
Luka Maeda
Mai Matsumoto
Margaret Harada

Mari Mayeda
Mari Marayama
May Nakao
Miyoko Lee
Monique's Ballet
Motoki Matsuura
Noah Hunt
Noriko Kashiwabara
Olson Lee
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Susan Farrell

Suzanne Yamada
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Toyohiko & Suzanne Muraki
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**January
2017**

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**Rooster
Niwatori
鶏**

Animal of the Month



KOKORO

ASSISTED LIVING FOR SENIORS

**Inside
Kokoro**

Observance of Christmas



A special Christmas Service was held on December 20th. Messages of gratitude and appreciation accompanied by a story were enjoyed by the residents. The beautiful voices of our guests lead to our spiritual inclusion through songs celebrating the Christmas observance. We very much thank Pastors: Rev. J. Ablola, Pine Methodist Church; Rev. H. Suzuki, Christ United Presbyterian Church; Rev. G. Suzuki, Christ United Presbyterian Church; and Rev. D. Low-Skinner, Christ Episcopal Church for their heart-felt efforts.

Akemashite Omedetou Gozaimasu !



A "kadomatsu - 門松" (gate pine) is a traditional Japanese decoration of the New Year placed in pairs in front of homes to welcome ancestral spirits or *kami* of the harvest. They are placed after Christmas until January 7 (or January 15 during the Edo period) and are considered temporary housing for *kami* (gods). Designs for *kadomatsu* vary depending on region but are typically made of pine, bamboo, and sometimes ume tree sprigs which represent longevity, prosperity and steadfastness, respectively. The fundamental function of the New Year ceremonies is to honor and receive the *toshigami* (new year's deity, who will then bring a bountiful harvest for farmers and bestow the ancestors' blessing on everyone. After January 15 (or in many instances the 19th) the *kadomatsu* is burned to appease the *kami* or *toshigami* and release them.



Happy New Year !!!

New Year's Luncheon



OSECHI RYOURI

お節料理

23 MASTERPIECE ITEMS

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

Message from Kirk Miyake, Executive Director

Akemashite Omedetou Gozaimasu ! Happy New Year ! Residents, family members and friends of Kokoro, as we close out 2016 and welcome the New Year, I look back on the year with deep gratitude to you for your generosity and commitment which continues to make Kokoro a very special place for our residents. Many of you are active volunteers and share your time with us, while many others have also made Kokoro special by giving generously to help enhance our programs. Your contributions are needed and appreciated very much. I want to personally thank you, and wish you all a very healthy, happy and prosperous New Year for 2017. See you at Kokoro in 2017!

One Team! Kirk

今年一年、ありがとうございました。入居者の皆様、そしてご家族やご友人の皆様、早いもので、2016年も残り僅かとなり、新年を迎える時期となりました。この1年、入居者の皆様にとってかけがえのない住みかとなるようにKokoroを支えて下さった、ご厚意とご功績を心より感謝致しております。多くの皆様のボランティアとしてのお力添えや、プログラム存続のための多大なご寄付によりKokoroは支えられています。皆様の暖かいご支援やご協力を引き続きお願い申し上げます。私から皆様に感謝の意を述べさせていただきますと同時に、皆様にとって2017年が健康と幸福と繁栄の年になります様、心からお祈り申し上げます。年明けにKokoroでお会いできるのを楽しみにしております。

One Team !

2017年も再びチーム一丸となりましょう !

Kirk カーク・三宅



On November 29th, CPR (Cardiopulmonary Resuscitation) and AED (Automated External Defibrillator) training was administered by the American Heart Association.



The biggest benefit of CPR is the ability to save lives if and when the situation arises. A person's ability to deliver CPR to patients who are in this situation can mean the difference between life and death. Most cardiac arrests are caused by ventricular fibrillation, an abnormal heart rhythm in which the heart flutters or quivers instead of pumping. An AED is a computerized medical device that analyzes a person's heart rhythm, determines whether a shock is needed, and delivers a defibrillating shock if necessary.

Your Resident Assistants and Directors are certified in these practices and strive to provide a safe and healthy place in which to reside.



Asian Art Museum

**Our next bus trip
Wednesday, January 18th.**

Kokoro Updates

Meetings w/ the Directors

- Jan. 09 Food/Housekeeping
- Jan. 12 Executive Director
- Jan. 13 Activities
- Jan. 15 Marketing
- Jan. 27 Resident Care



- Clarence Hisatsune 1/03
- James Naritomi 1/07
- Itsuo Kawamura 1/11
- Keiko Fletcher 1/17
- Ruby Kawabata 1/19
- Shigeko Miura 1/21

Contact Us

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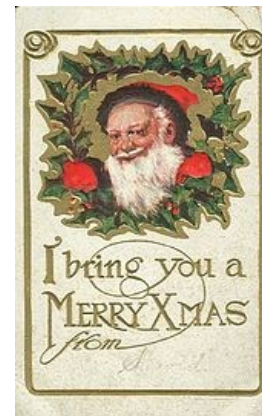
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For Your Consideration...



The abbreviation of Christmas as "Xmas" is the source of disagreement among who observe the holiday. There are those who view the use of the abbreviation 'Xmas' as disrespect toward Christ and Christianity. In the 1948 *Vogue's Book of Etiquette*, states that "'Xmas' should never be used" in greeting cards...

It has been cited that "Xmas" is a common abbreviation of the word Christmas. The "X" comes from the Greek letter "Chi", which is the first letter of the Greek word Χριστός, which in English is "Christ". The "-mas" part is from the Latin-derived Old English word for Mass.

There is a common belief that the word *Xmas* stems from a secular attempt to remove the religious tradition from Christmas by taking the "Christ" out of "Christmas". Its use dates back to the 16th century.



*Employee of the Month
Taka Nagamine
December 2016*

*Welcome to Kokoro
Cynitha Takahashi*



Leading a healthy lifestyle

Medications: What you need to know

It is important to know about each medication you take. Taking too much or too little can have adverse effects. Always ask your doctor these things:

- What does this medication do and why am I taking it ?
- How often should I take this medicine and when ?
- What food or drinks should I avoid while taking this medication ? *Grapefruit and grapefruit juice interacts negatively with many medications.
- What are the side effects of this medication ?
- What should I do if I get side effects of this medication ?
- When will my condition improve and how long will I take this medication ?
- Is there any written information you can give me ?
- If you are unsure about any of your medications, please speak with Jamie... She can explain it to you.

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 !

