

September
2016

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**Humming
Birds**
**Animal of the
Month**



Inside Kokoro

CuriOdyssey at Coyote Point

CuriOdyssey, formerly Coyote Point Museum, in San Mateo was more than just a museum... There were hands-on science & mechanical hands-on exhibits as well as providing safe shelters for various animals with disabilities. We were all surprised that the barn owl and golden eagle were so big! We received an informational lecture about Frankie and Keiro, the bobcats, and got to watch their feeding. Prior to that, we had lunch at Coyote Point Recreational Park which overlooks a nice yacht harbor and a impressive view of the San Mateo Bridge... It is pretty long! The weather was warm and it was great to be surrounded by the trees and greenery and fresh air !!!



We were just having fun-time in the sunshine !

Keiro No Hi , 敬老の日

“Respect for the Aged” or “Senior Appreciation” Day (September 19th) was celebrated with a special vocal performance by Kiite Moraitai Chorus and a visit from the After School Program (ASP) at Nihonmachi Little Friends ! Taking the time to come visit us and to celebrate through the movement of song ♪ made us want to *sing along* as well. We even received a manju surprise !

Thanks for the cool art project ASP !



BIRTH OF THE WHITE HOUSE



Construction of the White House began on October 13, 1792. Much of the work on the house was performed by enslaved and freed African-Americans as well as immigrants, many not yet with citizenship. The initial construction took place over a period of eight years, at a reported cost of \$232,371.83 (equal to \$3,239,992 today).

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 an artistic flow ? Come share and experiment with us !**



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



Following traditional Japanese design principles, all nails and fasteners in the gardens are recessed. Wood is notched and aged. There is no stain on the wood used in the fencing, entryway or the gazebos. Hayward Japanese Gardens is the oldest Japanese garden in California. Designed by master gardener Kimio Kimura, the 3.5-acre plot is filled with imaginatively shaped trees, shrubs and granite boulders, providing a getaway from urban life.

October's Mini-Bus Trip: Hayward Japanese Garden



The flu is more serious than the common cold, so do everything you can to prevent it. A flu shot is your best defense. The vaccine is safe, won't make you sick, and generally has few side effects.

The flu virus changes often, and the protection from the vaccine only lasts for about a year. That's why you should get a flu shot every year, preferably in the fall.

Flu Shots for KAISER members is on Monday, October 24th, 9:30am
Flu Shots for Medicare residents is on Tuesday, October 25th, 10:30am

The flu shot helps prevent you from getting the flu and from spreading it to others. Even healthy people can develop serious complications or even die from the flu — so protect yourself and your loved ones by getting vaccinated.

Vaccination is especially important for:

- people 50 years and older
- people with chronic medical conditions or weakened immune systems
- people who live in nursing homes and other long-term care centers
- health care workers
- people who live with or care for anyone at high risk for flu-related complications





Kokoro Updates

Meetings w/ the Directors

- Oct. 03 Food/Housekeeping
- Oct. 13 Activities
- Oct. 16 Marketing
- Oct. 20 Executive Director
- Oct. 28 Resident Care



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Employee of the Month



Heydi Fuentes
September 2016



- Dixie Chow 10/5**
- Shizuko Yoka 10/22**
- David Bernardo 10/25**
- Ron Miao 10/25**

Acknowledging Our Supporters
Thank you very much!

- Aida Rodriguez
- Akira Tsunoda
- Amy Hanamoto
- Betty Tsugawa
- Chikako Nakandakari
- Claire Okuyama
- David Inori
- Emiko Ogawa
- Fusako Hara
- Grace & Kenneth Nitta
- Hisako "Peko" Yamaguchi & Singing Group
- Hiroshima City University
- Japanese American Religious Federation
- Japanese Cultural and Community Center of Northern California
- Jimi & Kimi Shinto
- Kaeko Inori
- Katsunobu Yamabata
- KiiteMoraitai Chorus
- Kinya Matsuno
- Linda Yamane
- Lois Ohwa
- Margaret Harada
- Michi Tashiro
- Mineko Inoue
- Motoki Matsuura
- Nihonmachi Little Friends
- Noriko Kashiwabara
- Rose Ichiyasu
- R.S. & S. Nakamoto
- Setsuko Nakahara
- Sharen Langewisch
- Sharon Fujii
- Shizuko Ikeda
- SPCA Visitors
- Sr. Elaine Stahl
- Sumiko Nakamura
- Sumiyo Brennan
- Sunny Otsuka
- Suzanne Yamada
- Teri Takamoto



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