

*Acknowledging Our Supporters
Thank you very much!*



**Welcome to
Kokoro !**
~
**Pooyee
Jung Ho**

Alfred C. Chinn
Amy Hamamoto
Angie K Imura
Ann Y. Higaki
Benkyodo Company
Bob Obana
Cecilia Lam
Choral May
Claire Okuyama
Crystal Hishida Graff
Diane A Suda
Eddie & Alice Moriguchi
Edward & Sharon Yoshida
Eiko Aoki
Eileen Fujii
Emiko Ogawa
Gary & Mayumi Tanimura

Helen M. Mato
Hiroshi S Fukuda
Hisako "Peko" Yamaguchi
& Hamilton Singing Group
Ikuko Kunisaki
Ikuko Satoda
Ito Yosakoi
Jack Daikiri
Jackson F Fung
Japanese American
Religious Federation
JBBP Rosa Parks
Elementary School
Jerry Sullivan
John A Muranishi
John P Thompson
June H. Matsueda
June Pramualphol

Junko Top
Karen & Thomas Morioka
Katherine & Vivian Tong
Katsunobu Yamabata
Kay K Nomura
Kay K Onishi
Kei Nagai
Keiko K Akashi
Ken Yasuda
Kenneth & Yoshiko Ho
Kikue Kiyasu
Larry and Vickie Yamaoka
Larry Won
Laverne & Helen Sasaki
Lawrence Lau
Lucy Hamai
Marcella Yano
Marianne Lim
Marie F Larsen
Mark Rickman
Mary & Larwrence Lau
Matthew Kamiya
May Yamamoto
Mayuko Irvine
Mayumi Wada
Mr. Gene T. Nagase
Nance K Nakai
Nancy Ann Okano
Nancy Roskoff
Nobusuke & Fumi Fukuda
Noriko Kashiwabara
Patricia Shiono

Paul S Fujii
Rachael Y Yamashiro
Rewon Child
Robert & Susan Yoshioka
Robert M Graff
Ruriko Miura
Saori Yamamoto & her
students
Sara Matsuzaki
Sarah Gyotoku
Seiji & Nancy Suzuki
Setsuko Handa
SF Choral Artist
Sharon L. Yow & Wilson R.
Tang
Sharonlee E Kotabe
Sim and Tsuyako Seiki
SPCA, Animal Assisted
Therapy Program
Stephen Sakai
Sumi Suda
Sumiko Nakamura
Sunny Otsuka
Susan S Muranishi
Tazue Yoshinaka
Thomas & Akiko Arikawa
Toshihiro Hirasawa
Toshio Mitsuda
Yaeko Ozaki
Yoko Asano
Yumi Takahashi



**Employee
of the
Month**
~
Gloria Belmes
February 2020

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**March
2020**

Contents:

Page 1

- **Topics of Interest**
- **Animal of the Month**

Page 2~3

- **Events and Activities**
- **Meetings with Senior Staff**

Page 4

- **Employee of the Month**
- **Acknowledging Our Supporters**

Created by Yukie Kato



KOKORO

ASSISTED LIVING FOR SENIORS

**Inside
Kokoro**

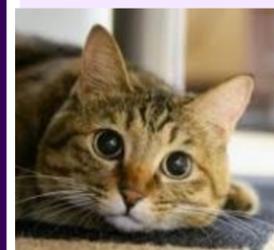
LION DANCE

Kokoro celebrated this year's Chinese New Year with three lions! The residents were thrilled by the vibrant performance by the **West Coast Lion Dance Troupe**. The West Coast Lion Dance Troupe was formed in 1988 by a cadre of veteran lion dancers. The troupe's leader and founder was Tony Shiu, who first started lion dancing in 1976. The West Coast Lion Dance Troupe has performed in the San Francisco Chinese New Year's (SFCNY) parade every year since 1988. In 1990, the troupe took the second-place award in lion dancing at the SFCNY parade. Aside from SFCNY, the most anticipated event for the troupe dancers is the San Francisco Bay Area school performances during Chinese New Year. The lions peeled the tangerines and scattered the lettuce all over the floor. They surely brought good luck and the evil was driven away from us. Thank you for the fun and exciting performance!



FEBRUARY BUS TRIP TO TAKARA SAKE USA

Thanks to the beautiful weather, the residents enjoyed a panoramic view of the San Francisco Bay on the way to the Tilden Regional Park. After a short lunch break at the Botanical Garden, we headed for Takara Sake USA. Sweet aroma of sake welcomed us upon entering the building. First, the residents enjoyed the exhibits of "Sake Making in 19th Century Japan". The actual pieces on display dated back to 1900-1940. Then moving to the media room and watched the video learning the history of Takara Sake USA. Chika-san from the Takara Sake Tasting room assisted us with tasting and purchasing. They have an extensive selection of Takara Sake products which are hard to find at the retail stores. All in all, it was a fun trip for everyone! Thank you to our escort volunteers and kitchen staff for delicious bento!



CAT

ねこ

**Animal of the
Month**

St. Patrick's Day Lunch Menu



Green salad with avocados, cheddar cheese, tomatoes and dressing
 Steamed Asparagus, Peas
 Pot Roast with Mashed Potatoes/Gravy/Rice
 OR
 Salmon with Dill Lemon Butter Sauce
 Chocolate Mousse Cake



Urgently Looking for Volunteers for:

BOWLING
(Friday at 10 am)

Contact the Activity Director



Kokoro is owned by KALI and managed

JBBP ROSA PARKS 4TH GRADERS' VISIT

We had a special visit of twenty-eight 4th graders from JBBP (Japanese Bilingual Bicultural Program) Rosa Parks on February 12th accompanied by Yamamoto-sensei, Morioka-sensei and the chaperones. They interviewed the residents in Japanese asking their name, favorite food, etc. It was nice to see them interacting: teaching Japanese and joking with them. Morioka sensei informed Yukie afterwards that the students enjoyed the time with the residents. Some even said the residents were so nice and warm they felt like they were with their own grandparents! They promised to come back again.



DAYLIGHT SAVINGS TIME
 March 7th, on Saturday,
 before you go to sleep move the time up.

If it is 7 pm, then move your clock to 8 pm. Otherwise, you will be late for breakfast !!!!!

Kokoro Family Council

Have some tea and share your ideas!

*The Kokoro Family Council will hold its meeting on
 Sunday, March 1st at 1:30pm
 Location: Room 503*

The Kokoro Family Council offers a forum to discuss and address concerns about the care and quality of life of loved ones as well as a means to provide family support.

For additional information, please contact Marie at marief.larsen@gmail.com

Next Bust Trip to:

Japanese Tea Garden in Golden Gate Park

Wednesday, March 18th, 10:30 am to 2:30 pm

Please sign up at the front desk!



Wash Your Hands Often to Stay Healthy

Clean hands can stop germs from spreading from one person to another and throughout an entire community. (by CDC)



1. **Wet** (ぬらす) your hands with clean running water, turn off the tap and apply soap.
2. **Lather** (泡たてる) your hands by rubbing them together with the soap, the backs of your hands, between your fingers, and under your nails.
3. **Scrub** (こする) your hands for **at least 20 seconds**.
4. **Rinse** (ゆすぐ) your hands well under clean, running water.
5. **Dry** (かわかす) your hands using a clean towel.

****Use hand sanitizer when soap and water are not readily available. You will find them by the elevator door on each floor.**



EMERGENCY OPERATIONS PLAN

Sequoia's Director of Facilities and a former firefighter, Ray Boudewyn led emergency drill for Kokoro staff on February 20th.



New Channel : 3180
 テレビジャパンのチャンネルが変更になりました。
3180チャンネルでご覧になります。

Special Lunch Dessert Menu for Girls' Day (March 3rd) Green Tea Montblanc Cake



Rooftop Garden Project Update!!

We are excited to see the rooftop garden start to take form. As the workers were preparing to attach the steel holders to the building, a drainage condition was identified. This will need to be addressed prior to the next phase of construction. Ultimately this repair will save Kokoro in the long run. A completion date was delayed due to the unexpected finding. We will update the progress. Thank you for your understanding and support! (from the Executive Director)



Kokoro Updates

Meetings w/ the Directors

- Mar. 3.....Activity
- Mar. 5.....Food/Housekeeping
- Mar. 15...Marketing
- Mar. 20....Resident Care
- Mar. 25...Executive Director



- Rue Larsen 3/6
- Shigekuni Yamada 3/11
- Patricia Chang 3/18
- Patricia Andrews 3/19
- Sumiko Nakamura 3/22
- Miyoko Yamane 3/23
- Joy Hashimoto 3/26

Contact Us

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