

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

Aaron Muranishi
Acalanes High School-
Asian American Club
Aiko Kitano
Alicia Toyooka
Amy Hanamoto
Angie Imura
Ann Higaki
Arline Chinn
Benkyoudo
Bob & Delphine Obana
Boy Scout Pack 58
Cecilia Lam
Chie Chang
Claire Okuyama
Crystal Hishida Graff
Cub Scout Pack 14
David Bernardo
Donald Cheng
Ed Yoshida
Emiko Ogawa

Erica Shimahara
English Language Institute
Gary & Eileen Fujii
Helen Flynn
Hisako "Peko" Yamaguchi
& Hamilton Singing
Group
Ikuko Kunisaki
Ikuko Satoda
Jack Dairiki
Jackson Fung
Japanese American
Religious Federation
JBBP Rosa Parks
Elementary School
Jean Nakashima
Jerry Sullivan
June Matsueda
June Pramualphol
Junko Top
Katherine Tong

Katsunobu Yamabata
Kay Nomura
Kazuko Suzuki
Kei Nagai
Ken Yasuda
Kenneth and Yoshiko Ho
Kiitemoraitai
Kimi Dowell
Lawrence Lau
Linda Yamane
Lucy Hamai
Machiko Nakatani
Mamiko Taniguchi
Mari Mayeda
Marianne Lim
May Yamamoto
Mayuko Irvine
Mayumi Wada
Monique Goldwater and
troupe
Megumi Inouye
Melanie Inouye
Michiko Koga
Mr. & Mrs. Sim Seiki
Mr. & Mrs. Thomas Arikawa
Mr. & Mrs. Gary Tanimura
Mrs. Kikue Kiyasu
Nancy Nakai
Nihonmachi Little Friends
Preschool

Noriko Kashiwabara
Pat Shiono
Paul Fujii
Pine Church Caroling
Group
Rewon Child
San Francisco
Conservatory of Music
Sara Matsuzaki
Sarah Gytoku
Sequoias Chorus
Sharonlee Kotabe
Shoko Hikage
Songbirds
SPCA, Animal Assisted
Therapy Program
Steve Suzuki
Sumi Suda
Sumiko Nakamura
Sunny Otsuka
Susanne Tachibana
Tazue Yoshinaka
Tosh Mitsuda
Tsunawata
Vivian Tong
William Mayeda
Yaeko Ozaki
Yoko Asano



*Employee
of the
Month*
~
Rocky Chan
December 2019



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**January
2020**

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Created by Yukie Kato



Hamster

ハムスター

Animal of the Month



KOKORO

ASSISTED LIVING FOR SENIORS

**Inside
Kokoro**



Happy New Year 2020



Dear Kokoro Residents, Families, and Friends:

Happy New Year!

I hope you celebrated the start of 2020 in good spirits with family and friends.

As I look back over 2019, I'm filled with gratitude for the many people who supported Kokoro.

I'm grateful for an outstanding Board of Directors that give their time to ensure that Kokoro is on the right track and consistently support me in my role as Executive Director.

I'm thankful for the many individual and business supporters who donated generously to Kokoro throughout the year.

I'm thankful for the volunteers who spent many hours, from leading various activities, assisting a monthly field trip, greeting families and visitors at the front desk, to stuffing envelopes.

And I'm thankful for Kokoro residents, families, and friends. Your smile make me happy. I have an open door policy. Please stop by and chat with me anytime.

In early 2020, our Rooftop Garden will be completed! I can't wait to show you how beautiful it is.

According to Chinese zodiac signs, the year 2020 - A Year of Rat is going to be a strong, prosperous, and lucky year.

I wish you all a happy and healthy New Year!

新年明けましておめでとうございます。2020年が皆様にとって健康で幸せな一年となりますよう、心からお祈り申し上げます。

Naoko Jones
Executive Director

Year of the Rat
子年
ねどし

2020 is the Year of the Rat. Rat is the first in the 12-year-cycle of Chinese zodiac signs. Those people, who are born in the year of 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008 and 2020, are believed to be very industrious and thrifty, diligent and positive.





**Tokyo Olympic
7/24-8/9 (17 days)
&
Paralympic
8/25-9/6 (13 days)**

Summer Olympics adds new twists with medals in baseball/softball, karate, sport climbing, surfing and skateboarding

75th Anniversary of the end of WWII

Various WW II 75th anniversary commemoration events are scheduled from January through September 2020

United States Presidential Election

November 3, 2020 will be the 59th quadrennial U.S. presidential election

DONATION WISH LIST

- **Bingo Prizes**
- **DVDs**
- **White Recycle Paper for Calligraphy**



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CELEBRATING THE HOLIDAYS AT KOKORO

Kokoro residents enjoyed a joyous holiday season with colorful decorations with various visitors sharing their holiday spirit: Christmas service by JARF Christian ministers, ballet performance, cookie baking, caroling and chorus groups, holiday wrapping presentation, fun visits by preschoolers and elementary school children and many more special events.



HOLIDAY PARTY

Another festive holiday party was enjoyed by all. Santa made a surprise visit handing out Christmas gifts to everyone. Thank you, Santa!



Check Out New Activities & Special Performance in January!

*1/3 (Fri) from 1:30 PM

'Minyo (民謡) and Koto (琴) Performance w/Yoshie & Shoko sensei'

Let's dance with Yoshie sensei from Japan.

*1/17 (Fri) from 1 PM

'Kokoro Flower Arrangement Club w/Junko'

This quickly became one of our popular activities. Come join us!

*1/17 (Fri) from 3 PM

'Knitting Bee with Ikuko'

Started in December. Crochet or knitting. Let's knit and chat!

*1/22 (Wed) from 1:30 PM **'Electronic Darts'** Anyone can play-Easy and Fun!

*1/26 (Sun) from 2 PM **'Dances of India Showcase'** Enjoy the exotic dances!

GREAT NEWS!! 'Aida's Massage' is BACK!
1:30 PM on Thursday, January 16 and 30

Committing a Healthier New Year

The new year is a great time to commit to a healthier life. What goals would you set to begin 2020 on a positive note?

Get active!

A recent Swedish study found that physical activity was the number one contributor to longevity. Physical activity is an immune system booster.



Various forms of exercise are offered at Kokoro before lunch everyday. Come to the Temple area at 11 am to participate in exercise.

~ **Make your workout a routine** ~

Exercise also reduces stress. That's important because chronic stress can contribute to health problems ranging from heart disease to depression.

**THE NEW YEAR'S DAY
CHOPSTICK HOLDER PROJECT**

You will notice intricately folded origami hearts on the chopstick holders for this year's New Year luncheon. The whole process of folding hearts and holders, gluing and inserting a chopstick, was done in collaboration with the residents, volunteers and staff wishing everyone a healthy and happy new year.



This project began when Megumi came to share her wrapping technique during early December. She gave each participant a festive paper chopstick holder as a gift. Yukie thought it would be a nice project if the residents could make them for the upcoming new year's osechi luncheon.

Melanie, Megumi's daughter, who just returned home for a winter break came up with a superb idea of making a heart with origami and attaching it to a white paper holder.



"Heart" is 心 "kokoro" in Japanese. Folding these chopstick holders symbolizes the Kokoro community and deepens the bond among us. Let's make Kokoro a wonderful place to be in 2020. Special thanks to Megumi and Melanie for your true heart "magokoro"!

Next Bust Trip to:

San Mateo County History Museum

**Thursday, January 23rd
10 am to 2 pm**

Please sign up at the front desk!



Kokoro Updates

Meetings w/ the Directors

- Jan. 3.....Activity
- Jan. 9.....Food/Housekeeping
- Jan. 15....Executive Director
- Jan. 16....Resident Care
- Jan. 19....Marketing



- Kimie Aihara 1/3**
- Helene Lecar 1/10**
- Alan Chan 1/16**
- Keiko Fletcher 1/17**
- Ruby Kawabata 1/19**
- Shigeko Miura 1/21**

Contact Us

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