

*Acknowledging Our Supporters
Thank you very much!*

Welcome to
Kokoro
~
Vivienne Choi



Alice Kiyomi Nakahata
Alicia Toyooka
Amy Hanamoto
Cecilia Lam
Claire Okuyama
Constance M. Goodyear
Emiko Ogawa
Heide Van Doren Bets
Hisako "Peko" Yamaguchi
& Hamilton Singing Group
Ikuko Satoda
Jack Dairiki
Japanese American Religious Federation
Janice M. Lynch & Robert T. Lynch
Jerry Sullivan
June Pramualphol
Kaeko Inori
Katsunobu Yamabata
Kirk Leong
Larry Barnblatt
May F. Leong
Mayumi Wada
Nihonmachi Little Friends
Noriko Kashiwabara
Rena G. Bransten
Sara Matsuzaki

SPCA, Animal Assisted Therapy Program
Sumi Suda
Sumiko Nakamura
Sunny Otsuka
Victoria Kornblum
Yoko Asano



Employee of the Month
~
Bessie Aventis
October 2019



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November 2019

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Created by Yukie Kato



KOKORO

ASSISTED LIVING FOR SENIORS

Inside Kokoro

September Bus Trip to Aquarium of the Bay

After being called off twice this year, we finally made the trip to the Aquarium of the Bay on September 24. First, everyone enjoyed a self-guided tour for about 90 minutes viewing local and tropical fish, jelly fish, sharks, and reptiles. Highlight of this aquarium was the 300 feet long underwater tunnel. After the aquarium visit we enjoyed a tasty bento lunch specially prepared by Taka in the Presidio. We proceeded to Fort Point noting the Presidio's scenic drive with its seaside views. Looking up at the Golden Gate Bridge from the Ft. Point was spectacular. The weather was gorgeous and the contrast between the ocean and the sky was just beautiful. No doubt everyone had a great time. Thank you for the escort volunteers!



Resident's Got Talent!



Bald Eagle
白頭ワシ
hakuto washi
Animal of the Month



Angelina Cheng, goes by Angie, has a long time love for crafts. Knitting is one of her talents. She knits sweaters, vests, socks and scarves for her friends and family. Her current passion is to make origami using dollar bills. Angie also enjoys writing Chinese poems and shares them on her Sunday church visit.



VOLUNTEERS NEEDED!

- Bus Trip Escorts
- Arts & Crafts
- Games
- Music
- Exercise

If you are interested, please contact at:
 ykato@kokoroassistedliving.org
 or
 415-776-8066

DONATION WISH LIST

Bingo Prizes

DVDs

White Recycle Paper for Calligraphy



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

Kiitemoraitai Music Group

Thank you so much for singing the Japanese songs with the instrumental performance of flute, violin and piano. We loved the Japanese autumn songs, Momiji, Akimatsuri and Akatombo! Nanatsunoko and Furusato brought back nostalgic memories of old days in Japan. The hit was Shiawase nara te wo tatako (幸せなら手をたたこう) Not only clapping hands, we patted our shoulders, stomped our feet and shook hands. Truly feeling happy (shiwase 幸せ) by feeling the warmth of hands and their kindness. They will be back again in December. Stay tuned!



THANKSGIVING DAY LUNCH

- Sushi Rice
- Cranberry Mozzarella Butterleaf Lettuce
- Brussels Sprouts, Butter Corn
- Steamed Cauliflower and Squash
- Stuffing and Fresh Cranberry Sauce
- ROAST TURKEY With HONEY BAKED HAM
- Fresh Mashed Potato with Homemade Gravy
- Pumpkin Pie with Whipped Cream



*RSVP by November 23rd, Saturday by 5 PM \$10/person \$5/child

Next Bus Trip to:
Stonestown Galleria

Wednesday, November 20th
 10:00am to 2:00pm

Please sign up at the front desk!



Kokoro Updates

Meetings w/ the Directors

- November 6.....Activity
- November 4.....Food/Housekeeping
- November 7.....Resident Care
- November 17....Marketing
- November 13....Executive Director



No Birthday in November

Contact Us

Mobile Phone Hotline:
 415-286-6764
 (Direct to Lead Res. Asst.- Anytime)

Main Telephone Number
 415-776-8066 or 415-674-4276

Executive Director
 Naoko Jones-Ext. 12
 njones@kokoroassistedliving.org

Director of Sales & Marketing
 Jimmy Murota-Ext. 11
 jmurota@kokoroassistedliving.org

Director of Dining/Housekeeping
 Vera Yamamoto-Ext. 13
 vyamamoto@kokoroassistedliving.org

Director of Activities
 Yukie Kato-Ext. 15
 ykato@kokoroassistedliving.org

Director of Resident Care
 Sakae Hamilton-Ext. 16
 shamilton@kokoroassistedliving.org

Protect yourself from getting the flu!

- Wash your hands often with soap, use an alcohol-based hand rub if water and soap not available
 - Avoid touching your eyes, nose or mouth-Germs spread this way
 - Avoid close contact with sick people
 - Practice good health habits
 - Get plenty of sleep
 - Exercise regularly
 - Drink plenty of fluid
 - Eat healthy food
 - Cover your nose and mouth with a tissue when you cough or sneeze
 - Throw the tissue in the trash after you use it
 - If you are feeling sick, please stay in your room and let the staff know ASAP
- ~~Smiling and laughter can help boost your immune system~~



November Catholic Communion Canceled

Deacon Sandoval will be in Europe during the month of November to join the pilgrimage. He will be visiting monasteries including St. Peter's Basilica. He will pray not only for our catholic residents but for all of us during his pilgrimage. *Blessing upon everyone.*



Hello from New Activity Director



Nice to meet you, everyone! My name is Yukie Kato and I am the new Director of Activity. I feel so fortunate and excited to be a part of the Kokoro team. My career has been in the educational field both in Japan and the U.S. Prior to working at Kokoro I worked as a Japanese Language Class coordinator at Japan Society of Northern California for eight years supporting those who were interested in Japanese language and culture by managing the program, organizing events and workshops. What I enjoyed the most was interacting and serving the members and students. I believe my interpersonal skills and passion to assist people can be utilized at Kokoro. My goal is to create activities in various areas of interest, make them fun and easy so that each resident will be able to engage, understand and enjoy them. I hope to make Kokoro a fun-filled place for the residents. If you have any questions, please feel free to contact me. Yoroshiku onegai shimasu.