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#### Volume 16 Issue 12

### November 2019

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Created by Yukie Kato









**Bald Eagle** 白頭ワシ hakuto washi

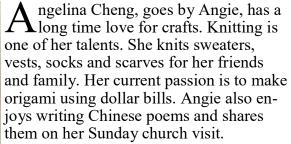
Animal of the Month



A fter 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

### September Bus Trip to Aquarium of the Bay

### **Resident's Got Talent!**





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# NEEDED

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

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

### DONATION WISH LIST

**Bingo Prizes** 

**DVDs** 

White Recycle Paper for Calligraphy



# Kiitemoraitai Music Group

Thank you so much for singing the Japanese songs with the instrumental perfor-**I** mance 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 (shiawase  $\neq \forall$ ) 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!



## 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



Tice 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.



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### 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



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