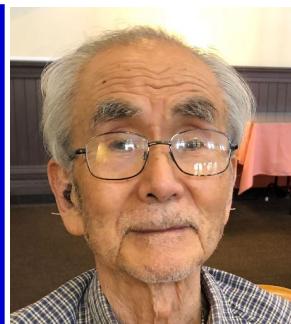


*Acknowledging Our Supporters  
Thank you very much!*

Welcome to  
**Kokoro**  
~  
**Shozo  
Matsuyama**



Alicia Toyooka  
Amy Hanamoto  
Baisho Matsumoto  
Blessie Avenis  
Cecilia Lam  
Chef Taka Nagamine  
Chef Marianne Zdobysz  
Chef Anthony Soriano  
Claire Okuyama  
Denise Lim  
Don Sadler and Na  
Hoaloha  
Emiko Ogawa  
Hula Sistas  
Hisako "Peko" Yamaguchi  
& Hamilton Singing  
Group  
Ikuko Satoda  
Jack Dairiki  
Japanese American  
Religious Federation  
Jerry Sullivan  
June Pramualphol  
Kaeko Inori  
Katsunobu Yamabata  
Keith and Karen Lee  
Mayumi Wada  
Nihonmachi Little Friends  
Noriko Kashiwabara

Sara Matsuzaki  
SPCA, Animal Assisted  
Therapy Program  
Sumi Suda  
Sumiko Nakamura  
Sunny Otsuka  
Tom Hoshiyama  
Yoko Asano



*Employee  
of the  
Month*  
~  
**Jonnelle Cruz**  
*October 2019*



We're Glad  
You're Here!  
~  
**Sharon  
Takahashi**

Kokoro Assisted Living  
1881 Bush Street  
San Francisco, CA 94109  
Phone: 415-776-8066  
Fax: 415-674-5941  
www.kokoroassistedliving.org



**October  
2019**

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Page 4

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

Created by Yukie Kato



**Sloth**  
なまけもの  
**namakemono**  
  
**Animal of the  
Month**



**KOKORO**

ASSISTED LIVING FOR SENIORS

**Inside  
Kokoro**

**10th ANNUAL COOKING FROM THE HEART  
Wonderful Success Again!**

**K**okoro extends its sincere gratitude to all those who worked so hard to ensure the success of our annual fundraiser, *Cooking from the Heart*. Special thanks to the Fundraising Committee and Board of Directors for organizing a wonderful event to improve the services for the residents of Kokoro. Big thank you to all sponsors and donors.



Photo credits: Mark Shigenaga



**2019 Sponsors**

**Platinum Sponsor \$5,000**  
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John Kikuchi & Debra Coggins  
On Lok  
Sequoia Living  
Union Bank

**Silver \$1,000**  
Arguello Pet Hospital  
Ikuko Satoda & Jerry Sullivan

**Bronze \$500**  
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John & Susan Muranishi  
Bob & Delphine Obana  
San Francisco Drakes  
Steve Suda  
Paul Takayama & Monica Lim  
Dr. Clint Taura, D.D.S.  
Sharon Yow & Wilson Tang

Wine provided by Monica Lim and Paul Takayama

**Raffle Sponsors:** Kokoro Board of Directors, Tom & Gaylene Hoshiyama, Garry Hoshiyama & Patricia Wood...and many more!

*Much Appreciation from Our Heart!*

Special Holiday  
October 22, 2019



即位礼正殿の儀  
(Sokui Reiseiden No Gi)  
Celebrating the en-  
thronement of Emperor  
Naruhito

Emperor Naruhito pro-claims his enthronement in a ceremony attended by dignitaries from nearly 200 countries. The celebration parade will take place just after the ceremony. The royal couple will ride in a new convertible car and parade from the Imperial Palace (皇居) to the Akasaka Estate. (赤坂御所).

DONATION  
WISH LIST

**Bingo Prizes**  
**DVDs**  
**White Recycle Paper**



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

**KOKORO Filled with ALOHA Spirit**



Our Annual Lu'au Party was enjoyed by residents, friends and family on the 14<sup>th</sup> of September. A special Hawaiian lunch was prepared by our kitchen staff which was followed by two spectacular performances. Twenty-five members of Hula Sistas in addition to 14 ukulele players and two hula dancers by Na Hoaloha (friends) really authenticated our event. MAHALO for the delicious food and wonderful entertainment.

**Respect for the Aged Day!**

Nihonmachi Little Friends preschoolers visited us in the morning and elementary students came to sing songs after school to celebrate the Respect for the Aged Day (Keiro No Hi) on September 13. Their songs and original cards were heartwarming. We appreciate them recognizing the day and celebrating it with us!



**Next Bus Trip  
Elizabeth Gamble Garden**

**Tuesday, October 29th  
10:00am to 2:00pm**

Please sign up at the front desk!



**Flu Shot Clinic at Kokoro!**

**Kaiser patients: Monday, October 21st at 3:30 pm - 4th floor (ACT)**

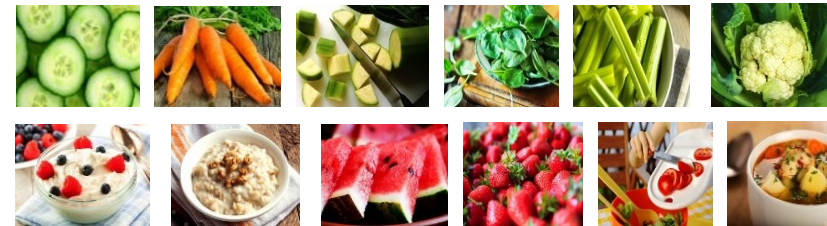
**Non Kaiser Patients: To be announced shortly**

Flu season is just around the corner and anyone can be a potential target. The best protection against the debilitating effects of this virus is to get a flu shot.



\*Please contact Sakae Hamilton for more information.

**Fresh Foods That Are 90%-95% Water  
Good way to stay hydrated, get more nutrients!**



**Cucumbers**--May help fight inflammation, slow the aging. **Carrots**--Loaded with Beta carotene, Antioxidants that protect you against cancer and keep your heart strong. **Zucchini**--Lots of Antioxidants to protect your cells from damage, good for your eyes. **Spinach**--Loaded with Vitamin K, Folate, Manganese, and Magnesium, Antioxidants fighting inflammation and cancer. **Celery**--High in Vitamin K, Folate, and Potassium; and Fiber preventing inflammation in your gut. **Cauliflower**--Raw or roasted, rich in Vitamin C and K, and other nutrients help lower cholesterol, protect you against cancer. **Soup**--Hearty with fiber. Make broth from fish, chicken, or vegetables, add beans, greens, pasta and **iron foods: such as meat, poultry, fish**. Soup help fight the common cold. **Tomatoes**--With Lycopene that may help fight cancer, lower "bad" cholesterol (LDL) and boost your overall heart health. **Watermelon**--Also lots of Lycopene, an antioxidant that may protect your cells from sun damage and help your skin. **Strawberries (and other berries)**--Flavonoids to help your brain stay sharp. **Yogurt**--Great milk protein and electrolytes that make your heart and other organs work the way they should. **Look for live bacteria (probiotics)** that are good for digestion, keeps you regular; **choose sugar free**. **Oatmeal**--Hearty that gives your heart a boost, lower your cholesterol levels and may even help ward off type 2 diabetes and breast cancer. It's a healthy way to start the day, as long as you watch the added sugar.

Compiled by Vera S. Yamamoto, MS, RDN from:  
[health@messages.webmd.com](mailto:health@messages.webmd.com)



**Kokoro Updates**

**Meetings w/ the Directors**

- October 2.....Activity
- October 7.....Food/Housekeeping
- October 10 .....Resident Care
- October 20.....Marketing
- October 23.....Executive Director



**Mitsuko Knight 10/12**  
**David Bernardo 10/25**  
**Cynthia Takahashi 10/25**

**Contact Us**

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

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

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