

KIMOCCHI

Continuing the Japanese Tradition of Care and Support for Seniors

SUMMER 2019



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A Message from the Executive Director

事務局長からのメッセージ

In the peak of summer, sweet treats are tempting. However, staying aware of our nutrition and maintaining an active lifestyle is important too. For those reasons, the promotion of healthy living through proper nourishment of the body and greater physical activity is the organization's focus this summer.

We are currently working on the Kimochi Cookbook 3rd Edition to help seniors and their families cook healthy meals at home. Our long-standing Nutrition and Home-Delivered Meal Programs have always embodied the goal of healthy eating—we work with a certified nutritionist to offer meals that are high in fiber, nutrients, and calcium. Additionally, Kimochi assists seniors in maintaining their well-being by providing regular educational presentations with information regarding nutrition. All these combined will help seniors remain independent and free of institutionalized care.

It is with great pride that we announce our organization's recognition in the City's Legacy Business Registry. This major recognition helps ensure that the organization continues to serve the community for years to come. Kimochi has come a long way since the opening of our first site on Webster Street Bridge in 1971. With the encouragement of the community, Kimochi continues to be a vital resource for seniors to live an independent and dignifying life. We are appreciative to have contributed to the history of Japantown and San Francisco over the past 48 years.



Steve Ishii
Executive Director



Steve Ishii,
Executive Director

夏のピーク時には甘いものが食べたくなりますが、栄養バランスに気を付けたり活動的なライフスタイルを維持することも重要です。そのため、適切な栄養摂取と運動量の増加を通じて健康的な生活を促進することが、気持会の今夏のテーマです。

私共は現在、シニアとその家族が自宅で健康的な食事を調理するのに役立つ『気持会クックブック第3版』に取り組んでいます。気持会では、栄養及び食事宅配プログラムを通じ、長年にわたって健康的な食生活という目標を体現してきました。公認栄養士の指導の下、食物繊維、栄養素、カルシウムに富んだ献立を提供しています。さらに、栄養に関する情報を扱う勉強会を定期的で開催することで、シニアの健康維持をサポートしています。これらの取り組みは全て、シニアの方々が自立を保つのに役立つことでしょう。

最後に、気持会がサンフランシスコ市のレガシー・ビジネス・レジストリ(史的遺産ビジネス登録)に認定されたことを誇りを持って発表させていただきます。この重要なレガシー・ビジネス・レジストリの認定が下りたということは、今後も気持会がこのコミュニティにおける奉仕活動を継続できることを意味します。1971年ウェブスターストリート・ブリッジにて最初の事務所をオープンして以来、長い道を歩んで来ました。コミュニティの皆さまからのご協力のもと、気持会はシニアの方々が自立した尊厳のある人生を送って頂くための支援を続けていきます。私共はこれまでの48年間、日本町とサンフランシスコの歴史に貢献できたことに感謝しております。

スティーブ・イシイ
事務局長

Thank You to Our Agency Sponsors



Dr. Himeo Tsumori



Spivack Family



Gordy Gyotoku

ゴードイ・ギョウトクさん

私が寄贈計画に参加した理由

In this issue, we spoke with Gordy Gyotoku. Gordy shared his story about how he became involved with Kimochi and why he has continued to support the agency over the past 40 years.

Please tell us a little about yourself.

I was born and raised in San Francisco, grew up in the Richmond District, attended George Washington High School, and then San Francisco State University. Unlike most natives, I took a gap year to start my own business at the age of 19 and worked in the produce industry ever since. When I started, I was considered one of the youngest entrepreneurs in the area. 40 years later the newcomers turn to me for tips and advice. A typical workday is roughly 15 hours consisting of delivering produce without help. Owning and operating a business is labor intensive. However, it has many enjoyable moments, such as spending quality time with my mother on days with fewer deliveries.

During the summer season, I pick the highest quality product to sell. You can enjoy local and fresh produce by attending farmers market to taste a variety of produce. A tip to store leafy greens, such as celery or spinach, is to spritz water into a plastic bag before refrigerating to extend freshness.

How did you start to become involved with Kimochi?

I can't remember exactly how my involvement started—possibly from a referral by an existing client of Nihonmachi Little Friends. However, I do remember how friendly Mr. Takazawa, the Head Chef of the Kimochi Lunch Program at that time, was to me. Kimochi is a great longtime customer; I deliver to the Nutrition Center at least four times a week.

Why do you continue to support the agency over the past 40 years?

As I said, Kimochi is a longtime customer, I have supported Kimochi since the program operated from Konko Church. I continue to support the agency because Kimochi's mission aligns with my personal interest and passions. I donated most, if not all, the produce to every major Kimochi event and programs (Golf Tournament, Reno Trip, Cherry Blossom, Nihonmachi Street Fair, Car Show, Bingo, Kimochi Home, etc.) regardless of cost inflation. I truly like how Kimochi treats the seniors of the community with respect, dignity and open arms.

What do you see as Kimochi's impact on our community?

Kimochi impacts this community by serving high quality and nutritious foods for a very reasonable donation-based service. I like how this program also provides a place for seniors to see friends and meet new people. When I retire, I can see myself as a volunteer at Kimochi Senior Center, helping with activities as I am not the type to retire and sit around. Kimochi does good work and I would like to be a part and help out. I look forward to serving Kimochi for many more years to come. Thank you Kimochi.



今号では、ゴードイ・ギョウトクさんをインタビューしました。ギョウトクさんさんには、ご自身の気持会との経緯や過去40年にわたって気持会を支援して来られた理由をお話しました。

自己紹介をお願い致します。

私はサンフランシスコ出身です。リッチモンド地区で育ち、ジョージワシントン・ハイスクール、そしてサンフランシスコ州立大学に進みました。ほとんどの学生と違い、ギャップ・イヤーを利用して19歳で自分のビジネスを起こし、それ以来青果業に従事しています。私が始めた時、青年実業家の中でも特に若いと言われました。それから40年後、いまでは新規に起業する人々からコツやアドバイスを求められるようになりました。私の典型的な一日を紹介します

と、大体15時間労働で、誰の手伝いもなく青果物の運送・配達を行います。自営業の運営には多大な労働力が要りますが、楽しい時間もたくさんあります。例えば、配達量が少ない日は、母と充実した時間を過ごすことができます。

夏の時期は、甘くて最高品質の果物を選んで売ります。ファーマーズマーケットに足を運び、様々な種類の野菜や果物を試食したりして、地元の新鮮な青果を楽しむことができます。セロリやほうれん草などの葉野菜を保存する秘訣は、冷蔵する前にビニール袋に水を吹きかけることで、新鮮さが長持ちします。

気持会に関わるようになったきっかけは何ですか。

正確には思い出せないのですが、日本町リトルフレンズの顧客からの紹介かもしれません。しかし、その当時気持会ランチプログラムの料理長であったタカザワさんが私にとってもフレンドリーだったことを覚えています。気持会は長年の顧客であり、少なくとも週4回は栄養センターに配達しています。

過去40年にわたって気持会を支援し続けた理由は何でしょうか。

前に言ったとおり、気持会は長年の顧客で、金光教会で運営されていた時から応援しています。気持会のサポートを続ける理由は、気持会の活動が自分の個人的な関心と情熱と一致するからです。あらゆる種類の野菜や果物を気持会の主要なイベントやプログラム(ゴルフトーナメント、リノ旅行、桜祭り、日本町ストリートフェア、車の展覧会、ビンゴ、気持ホームなど)へ物価上昇に関係なく寄附してきました。気持会がコミュニティーのシニアを温かく迎え入れ、敬意と尊厳を持って接する姿勢が本当に気に入っています。

気持会が私たちのコミュニティーへ与える影響力をどうお考えですか。

気持会は、大変手頃な値段での、寄付金ベースのサービスとして、高品質で栄養豊かな食事を提供することによって、このコミュニティーに影響を与えていると思います。このプログラムを通して、友人と会う場、新しい出会いの機会をシニアの方々に提供しているのが良いですね。私がリタイアした時は、気持会シニアセンターでアクティビティを通してボランティアをしている自分の姿が目に見えます。私は引退後、じっとして何もせずいるようなタイプではないですから。気持会は素晴らしい活動をしています。私はその一員として手助けし続けたいと思っています。

Kimochi Legacy Society

気持会レガシーソサエティー

To move toward greater future sustainability, we have developed the Kimochi Legacy Society, a planned giving program where an individual or family may incorporate Kimochi into their estate planning. As a member of our Legacy Society, Rhonda Hirata, former Kimochi board member, notes "I am a firm believer in Kimochi's philosophy and wish for our community of elders to have the care and support of this organization for generations to come. I could not be more proud to leave a legacy to this amazing non-profit." Won't you consider being a part of Kimochi's Legacy Society as well?

Planned Giving Has Impact

Your gift will help ensure Kimochi's programs and services are accessible to seniors and their families as well as enable Kimochi to develop long term strategies into the future.

Benefits to You and Kimochi

Kimochi's Planned Giving Legacy Society may be a valuable option for you to increase income, reduce taxes, including those on your estate, and provide for the future of your heirs.

Among the Ways to Give

Bequests

- Include Kimochi in your Will or Revocable Trust
- Designate Kimochi as a beneficiary of your Retirement Account, IRA, 401(k), 403(b) or Pension
- Name Kimochi as a beneficiary of your Life Insurance Policy

Charitable Remainder Trusts

- Create an irrevocable agreement to generate an income stream for you and your beneficiaries, with the remainder of the donated assets eventually supporting Kimochi.
- May include assets such as a Home, Land, Business Property, Stocks, and more.

Retained Life Estate

- Donate all or a portion of your Residence or Vacation Home, but retain use of the property while living in the property.
- At death of the final owner of the estate, proceeds from the sale of the property will go to Kimochi.

気持会が今後もしっかりと継続できるよう、私共は気持レガシーソサエティー、つまり一個人や家族がその遺産計画の中に気持会を加えるというブランド・ギビングプログラムを発展させました。気持レガシーソサエティーの一員であるロンダ・ヒラタさんは「私は気持会の考えを固く信じていますし、日本人と日系アメリカ人のシニアが今後も気持会から同じケアとサポートを享受できるようにと願っています。こんなに素晴らしい非営利団体に遺産を贈与することほど誇りに思えることはありません」と語っています。貴方も気持レガシーソサエティーの一員になりませんか。

ブランド・ギビングは影響力があります。

皆さんからの寄付によって、シニアとその家族は気持会プログラムやサービスが利用しやすくなり、また今後の長期的戦略発展に使用されます。

あなたと気持会にとってお得です。

気持会のブランド・ギビング・レガシーソサエティーに参加すると、収入増加、減税(ご自身の不動産に対する減税も含む)といった貴重な選択肢につながり、また遺産相続者の収入も提供されます。

贈与方法のいろいろ

遺産分配

- ご自身の遺言状あるいは不確定(取消)信託に気持会を加える
- ご自身の年金口座(IRA, 401(k), 403(b))、あるいは年金の受取人の一人として気持会を指定する
- ご自身の生命保険受取人の一人として気持会を指定する

残余公益信託

- ご自身と相続人への所得が持続されること、寄付された財産の残りは最終的に気持会に支払われることを明記した取消不可能契約書を作成します。
- この契約は家、土地、商業不動産、株式などの資産を含みます。

保留生涯不動産

- ご自身の自宅、別荘の全てあるいは一部を寄付、ただし、その不動産物件に居住している間はその使用权を保持できます。
- 不動産の最終所有者が死亡した際は、土地売却収益が気持会に支払われます。



For more information, contact Executive Director Steve Ishii at (415) 931-2294.

詳細は電話(415-931-2294)にてスティーブ・イシイ事務局長までご連絡ください。

C.A.R.E. Program

C.A.R.E. プログラム

In partnership with the Dignity Fund, Kimochi, Inc. and the Japanese Community Youth Council (JCYC) are debuting the C.A.R.E. (Children, Adults, Respecting Elderly) Program. The goal of the program is to foster community and understanding between generations through shared intergenerational activities.



The C.A.R.E. Program consists of four different “exchanges”. One exchange is the Chibi Chan Exchange which involves elders volunteering at a local pre-school. The volunteers will take part in games, science experiments, art projects, and music activities.

A second exchange is the Tech Support Exchange, which provides a chance for Japantown Youth Leaders in high school and college-aged Nikkei Community Interns to teach elders how to use technology. This will include, “How to Skype,” “How to create and use Facebook,” and “How to take, save, and share photos with your cell phone.”

A third exchange is the Holiday Exchange where Kimochi and JCYC host events celebrating both Japanese and American holidays.

Finally, the fourth exchange consists of bi-weekly writing workshops which offers opportunities for different generations to write together. Participants can write poetry, fiction, personal narratives, and collaborative writing projects. At the end of the year, Kimochi will help publish a book comprised of writing samples from participants throughout the year.

Jacob Oki Ahearn, the new C.A.R.E. Program Specialist, will be facilitating the Program. He is currently a graduate student at Claremont School of Theology. He is bilingual in both English and Japanese and hopes to create a community, not only between different cultures, but also between generations.

ディグニティーファンドと提携し、この度気持会と日系コミュニティーユースカウンシル(JCYC)とでC.A.R.E. (Children, Adults, Respecting Elderly) プログラムを発足致しました。様々なアクティビティを通じて世代を超えたコミュニティづくりと相互理解を育むのがこのプログラムの目標です。

C.A.R.E. プログラムは4つの異なる交流から構成されます。一つ目は「チビちゃん交流」で、シニアの方々に子供たちとのゲーム遊び、科学実験をはじめ、絵画プロジェクトに参加したり、音楽について学んだり、といったボランティア活動を地元のプリスクールで行って頂きます。

二つ目は「ハイテクサポート交流」で、高校生の日本町ユースリーダーや大学生の日系コミュニティー・インターンがシニアにコンピューターやインターネットの手ほどきをします。例えば、「スカイプの使い方」、「フェイスブックのアカウントの作り方と使い方」、「携帯電話を使った写真の撮影、保存、共有の仕方」などを取り上げる予定です。

三つ目は「ホリデー交流」であり、気持会とJCYCが日本とアメリカの祝祭日を祝うイベントを主催するものです。

そして、四つ目の交流は隔週ごとの「作文ワークショップ」で、多世代に渡る参加者が一緒に文章を書く機会を提供致します。参加者には、詩、フィクション、個人的な体験談や、グループで文章を書いて頂いたりする趣向です。年度末には、参加者の方々による一年分の作品をまとめた本を気持会が出版します。

当C.A.R.E. プログラムは新C.A.R.E.プログラム・スペシャリストのジェイコブ・オキ・アハーンが運営致します。ジェイコブは現在、クレアモント神学学校の大学院生です。英語と日本語のバイリンガルで、国籍と世代を超えたコミュニティーの構築を目指しています。

10 Summer Health Tips for Seniors

Below are 10 tips to help you stay safe (and cool) in the hot weather

1. Avoid Heat Stroke

Know the signs of heat stroke. If you notice symptoms (including a flushed face, high temperature, nausea, and confusion), contact your healthcare provider immediately.

2. Stay Hydrated

Know the signs of dehydration which can include dry mouth, rapid heartbeat, and lightheadedness.

3. Drink Plenty of Water

Seniors have a more difficult time identifying thirst, so keep hydrated by drinking plenty of water (the standard recommended amount is 8 glasses every day).

4. Manage Caffeine Intake

Caffeinated beverages like coffee and or tea can dehydrate you. If they are part of your daily ritual, make sure you're also getting plenty of water. A good rule of thumb is at least a glass of water for each caffeinated beverage.

5. Exercise Smart

Older adults have a harder time sweating, so consider changing your exercise routine during the summer months to an indoor location (swimming pools or classes at the gym).

6. Plan Your Exercise Time

If your physical activity takes you outdoors (walking, gardening or hiking), take advantage of early morning and evening hours when the sun is at its weakest.

7. Keep Cool Inside

Close blinds and curtains to help keep the heat out of your home during daytime hours.

8. Stay Cool

If you don't have central air conditioning, consider taking a "staycation" at a local hotel during really hot stretches – investing in one good night's sleep can be the respite you need to beat the heat.

9. Apply Sunblock

When outdoors, make sure you wear sunblock.

10. Cool Down

Take a cool shower or hold a cool towel on your neck to help bring body temperatures back down after being outdoors.

Source: Mobile Help

Home Delivered Meals Available in San Mateo County!

Kimochi, Inc.'s Home Delivered Meals Program is an important way for us to connect with seniors through food. We began cooking Japanese meals in San Francisco in 1974 and delivered to approximately 20 seniors in our first year. The program is focused on providing meals for seniors who are homebound and unable to cook for themselves. Menus are planned by our nutritionist. Our staff, with the assistance of volunteers, prepare and deliver each meal with "kimochi." The program allows us to see seniors each delivery day to

make sure they are safe and doing well at home and allows us the opportunity to connect with an increasing number of seniors and families who are aging. Our goal is to provide them with a well-balanced meal delivered with the same "kimochi" as provided in San Francisco. We are looking forward to offering services to more families and continuing to honor our Japanese tradition of care and support in the Peninsula.

シニアのための夏バテ予防策

暑くなる時期、安全にそして涼しく過ごすための10のヒント

1. 熱中症を予防しましょう

熱中症の症状を知りましょう。症状としては、顔のほてり、高熱、吐き気、意識の混乱があります。このような症状に気づいたら、直ちに医療機関に連絡してください。

2. 脱水症状に気をつけましょう

脱水症状を知りましょう。症状としては、口腔乾燥(ドライマウス)、動悸、めまいやふらつきがあります。

3. 十分に水分補給しましょう

シニアはのどの渇きに気づきにくいので、十分な水分補給を心がけて脱水症状を予防しましょう。標準的な量として一日グラス8杯分の水を飲むことが推奨されています

4. カフェイン摂取に注意しましょう

コーヒーやお茶などカフェインが入っている飲み物には脱水作用があります。日ごろこうしたカフェイン飲料を飲む習慣がある人は、必ず十分な水を飲むように心がけてください。目安として、カフェイン飲料を一杯飲んだら、その分、最低グラス一杯の水を飲むようにしましょう。

5. 賢い運動を心がけましょう

シニアは汗をかきにくいので、夏の間は室内プールでのスイミングやジムのクラスなど室内でできる運動に切り替えましょう。

6. 運動する時間帯を考えましょう

ウォーキング、ガーデニングやハイキングなどの屋外活動は、日差しが一番弱い早朝や夕方に行うのが賢明でしょう。

7. 室内を涼しくしておきましょう

家の中が暑くならないよう、日中はブラインドやカーテンを閉じておきましょう。

8. 暑さから身体を守りましょう

猛暑の時期、家にエアコンがない場合は、近くのホテルに泊まることを考えてみましょう。一晩ぐっすり眠って休息できれば、夏バテ対策になります。

9. 日焼け止めを使用しましょう

外出するときは、必ず日焼け止めを塗りましょう。

10. 身体を冷やしましょう

外出した後は、冷たいシャワーを浴びたり、冷たいタオルを首に押し当てたりして体温を下げましょう。

Source: Mobile Help

サンマテオカウンティで食事宅配サービスを提供しています!

気持会のランチ宅配プログラムは、食を通じてシニアとの繋がりを保つ大切な手段です。サンフランシスコで1974年に和食作りをスタート、初年度はおよそ20名のシニアに食事を配達しました。当プログラムは、ひとりで外出をしたり、自炊をするのが難しいシニアの方々を対象としています。管理栄養士による献立を、ボランティアの皆さまと共にスタッフが「気持ち」を込めて毎度調理及び配達をしています。配達スタッフが食事をお届けすることによって、シニアの安否やご自

宅での様子を確認することができます。また、増加する高齢者層に気持会のサービスを知って頂くきっかけにもなります。サンマテオでもサンフランシスコ気持会と同レベルの、「気持ち」の込められたバランスの良い食事を宅配することが私たちの目標です。ペニンシュラ地域でより多くのご家庭にサービスを提供できるよう、今後も素晴らしい日本の伝統である、思いやりあふれる介護の振興に努めて参ります。

Visit our new, improved website www.kimochi-inc.org

気持会のウェブサイトが便利にリニューアル

Kimochi has rebuilt its website to be a more useful resource for family members and friends who find themselves in role of caregiver for a senior.

The website provides information on Kimochi programs and services that are designed to help seniors live independently at home for as long as possible. The website includes information (and any eligibility requirements) to participate in our meals programs, adult day services, transportation services, active senior programs, counseling and referral services, etc. Kimochi also operates two Bay Area assisted living facilities, Kimochi Home in San Francisco's Japantown and Kimochi San Mateo in the Peninsula.

The website provides key contact information and an easy way to make email inquiries should you have questions that need input from key staff members. It also includes updates on our upcoming fundraising events, ways you can give to support Kimochi seniors and how to participate as a volunteer to keep our seniors active and independent.

Share the web address or link below with those who may need a touchstone for help and resources -- or who may be interested in learning about Kimochi.

気持会のウェブサイトが便利にリニューアルされ、シニアの介護に携わっていらっしゃるご家族・友人の方々に、より有益な情報を提供できるようになりました。

当ウェブサイトでは、シニアの方々がご自宅で可能な限り自立した生活を送って頂くための、気持会各種プログラムやサービスについての情報がご覧いただけます。食事プログラム、デイサービス、送迎サービス、アクティブシニア・プログラム、カウンセリングや情報提供サービスなどの詳細や、サービスを受けて頂くための対象条件などが掲載されています。また、気持会はバイエリアでサンフランシスコ日本町の気持ホームとペニンシュラ地域にある気持ホーム・サンマテオ、2軒の介護施設を運営しています。

ウェブサイトには主要な問合せ先が掲載されています。各プログラムについて担当者からご回答が必要な場合は、ウェブサイトを通じて簡単にメールでお問い合わせ頂けます。さらに、資金集めイベント、気持会を支援して頂く方法、シニアの方々が活動的で自立した生活を続けていけるようお手伝い頂くボランティア募集等についての最新情報も提供しています。

支援や情報が必要な方、気持会の活動についてご興味のある方に、是非下記のウェブアドレスやリンクをご紹介下さい。



KIMOCHI HOME ABOUT PROGRAMS & SERVICES ASSISTED LIVING FINANCIALS WEBSITE EVENTS CONTACT



Continuing the Japanese Tradition of Care and Support for Seniors

Since 1971, Kimochi has provided culturally sensitive, Japanese language-based programs and services to 3,000 Bay Area seniors and their families each year. Services include transportation, referral and outreach services, health and consumer education seminars, healthy aging and senior center activities, social services, congregate and home delivered meals, in-home support services, adult social day care, 24-hour residential and respite

Thank You to Our Agency Sponsors:



www.kimochi-inc.org



Spreading the Kimochi Spirit!

気持ちの心を広げよう!



Silver Bells シルバーベル

Kimochi's annual Silver Bells Art & Craft fair took place on December 15, 2018 at St. Mary's Cathedral. It is a one-stop shopping event that featured Asian and Pacific Islander-themed arts & crafts. The holiday spirit was in the air, as shoppers explored the wide selection of vendors and participated in the event raffle.

気持会毎年恒例の、アジア及び太平洋諸島をテーマにしたアート作品や工芸品を扱うショッピングイベント、シルバーベル・アート&クラフトフェアが2018年12月15日にセントメアリー大聖堂で開催されました。ホリデーの雰囲気にもまれた会場で、沢山の方々に90以上の販売者による幅広いセレクションからのショッピングや、引換券によるくじ引きをお楽しみ頂きました。



Volunteer Appreciation Luncheon

ボランティア感謝ランチョン

On February 23, 2019, Kimochi thanked volunteers for their ongoing commitment to seniors in the community. The organization hosted a special private luncheon at Shai Lai Seafood Restaurant and expressed gratitude to the dedicated volunteers.

気持会は2月23日、コミュニティのシニアのため、日ごろサポートして下さっているボランティアの皆さまに感謝の意を込めて、シャイ・レイ・シーフードレストランで昼食会を催しました。献身的な気持会ボランティアの方々に心からの感謝を表すことができました。



Please visit our website at www.kimochi-inc.org for more information about Kimochi events.
If you would like to be on our mailing list, please contact Kimochi at (415) 931-2294
or kimochikai@kimochi-inc.org.



Perch Derby パーチ(赤魚)釣り大会

The Perch Derby took place on March 24, 2019 at Francis Beach, Half Moon Bay. With clear skies and reasonable waves, approximately 25 perch fishers participated in the derby. Erwin Ostorio, the First Place Winner, caught a 1.67 lb. and 13.8" perch. He was awarded a \$100 gift certificate to Hi's Tackle Box.



気持会主催のパーチ(赤魚)ダービーが2019年3月24日にハーフムーンベイのフランシスビーチで開催されました。澄み切った空と穏やかな波のなか、25人以上の釣り人が参加。アーウィン・オストリオさんが1.67ポンド、13.8インチのパーチを釣って一等賞(ハイズ・タックル・ボックスの100ドルギフト券)を獲得しました



Cherry Blossom Festival 桜祭り

Kimochi was thrilled to sell our famous Teri-burgers at the 52nd Annual Cherry Blossom Festival on April 13 & 14 and April 20 & 21. We sold over 4,000 tasty Teri-burgers thanks to the support of our dedicated volunteers.

秘密の材料は何でしょうか。それは、気持会ランチプログラムのシェフによる特製テリヤキソースです! 4月13日~14日、20日~21日に開催された第52回桜祭りで、今年も気持会名物のテリバーガーを販売しました。献身的なボランティアの皆さまのおかげで、美味しいテリバーガーの売り上げは4,000個以上に達しました。



VOLUNTEER

Please call us at (415) 931-2294 or email us at kimochikai@kimochi-inc.org and we will be happy to assist in working out a volunteer schedule with you.

ボランティアに関するお問い合わせは、電話またはメールにて。
電話: (415) 931-2294 メール: kimochikai@kimochi-inc.org

Kimochi Volunteer Program

気持会ボランティア・プログラム

Volunteers are a much needed and relied upon resource within Kimochi's programs & services and fundraisers. It is with the assistance of volunteers that Kimochi is successful in providing a continuum of care for seniors. From as a little as one hour to a few hours a day, your volunteer support makes a huge difference.

Nutrition Services

(Volunteers are needed Monday-Friday year round, between the hours of 9:00AM to 2:00PM.)

Food Preparation: Assist in preparation of meals.

Weekday Lunch Program: On-site assistance in serving meals, bussing and resetting of dining room.

Home Delivered Meals: Delivery of meals to home-bound seniors.

Kimochi Home San Francisco and Kimochi San Mateo

(Volunteers are needed Monday-Friday year round, between the hours of 9:00AM to 5:00PM.) Kimochi Home San Francisco needs tend to be Monday-Friday; weekends for Kimochi San Mateo.

Escorting: Escort and assist seniors with daily walks or on an outing.

Receptionists: Answer phones, greet and assist visitors.

Activities: Assist seniors in group activities from bingo, exercise, arts & crafts, calligraphy, etc.

Projects: Case by case basis from handyman (fix and repair) jobs, to gardening (planting, weeding, pruning), to office assistance (clerical, etc.).

Social Services

(Volunteers are needed Monday-Friday year round, between the hours of 9:00AM to 5:00PM.)

Escorting: Escort frail seniors to their appointment.

Friendly Visitors: Visit and provide companionship to seniors who are isolated at home or nursing home on a regular basis.

Kimochi Lounge

(Volunteers are needed Tuesday-Saturday year round, between the hours of 11:00AM to 3:00PM. Two hours shift. Bilingual Japanese helpful.)

Volunteer duties include: Greet visitors. Assist guests with Japanese books and video rentals. Label informational materials. Organize arts and crafts displays, informational materials, Japanese books and videos. Help keep the Kimochi Lounge clean and organized.

Fundraisers

(Schedule based on date of event, year round opportunities.)

There are a variety of fundraisers that all can assist in helping us raise funds to support our programs and services to seniors and their families.

Contact us for more info on how to get started!

Email: kimochikai@kimochi-inc.org or call: (415) 931-2294.

気持会のプログラム、サービス、資金調達活動で、ボランティアが大変必要とされています。ボランティアのサポートがあってこそ、気持会が高齢者ケアを継続して提供できるのです。一日にたとえ1時間から2~3時間であっても、ボランティアのサポートは大きな違いをもたらしてくれます。

栄養

(年間を通して月~金、9:00AM~2:00PMの間にボランティアが必要です)

食事準備: 食事準備の補助

団体食事: ホームでの食事配膳、片付け、ダイニングルームのセッティングの補助

宅配食事: 外出できない高齢者への食事配達

気持ホーム・サンフランシスコ

(年間を通して月~金、9:00AM~5:00PMの間にボランティアが必要です) 気持ホーム・サンフランシスコのボランティアは週日(月曜日から金曜日)で主にお願ひしていますが、気持ホーム・サンマテオでは週末にお手伝ひして下さるボランティアさんを募集しています。

同伴: 毎日の散歩や外出への同伴

受付: 電話対応、高齢者や訪問者への挨拶・対応

活動: ビンゴ、運動、工芸、書道などグループ活動での高齢者補助

プロジェクト: 必要に応じた雑用(修理工事)、ガーデニング(植え付け、除草、剪定)、事務補助

社会サービス

(年間を通して月~金、9:00AM~5:00PMの間にボランティアが必要です)

同伴: 身体の弱い高齢者の予約に同伴

友好訪問: 自宅や老人ホームで孤立している高齢者を定期的に訪問、話し相手になります

気持ラウンジ

(年間を通して火~土、11:00AM~3:00PMの間にボランティアが必要です / 2時間制 / バイリンガルの日本人だと助かります)

ボランティア内容は、訪問者への挨拶・対応、日本語書籍・ビデオの貸出補助、情報冊子のラベル貼り、工芸ディスプレイ・情報冊子・日本語書籍とビデオの整理整頓、気持ラウンジの掃除や整頓です。

資金調達

(予定はイベント日程次第ですが、年間を通してボランティアが必要です)

高齢者や家族に提供するプログラムとサービスを支えるのに必要な資金を調達するイベントが色々あり、誰でもボランティアとして支援できます。

ボランティアに関する詳細情報は、kimochikai@kimochi-inc.org までメールか、(415) 931-2294まで電話にてお問い合わせください。

WHY I VOLUNTEER

Please tell us a little about yourself.

My name is Mitzi Yorichi. I was born in 1924 and grew up in Nara, Japan. I moved to the United States after meeting my husband, a Japanese-American soldier. Due to the nature of his job, we would move every two years. I remember the first time I visited San Francisco's Japantown on vacation with my first-born daughter. Looking back, many years have gone by and my children are now all grown up. One daughter lives in San Rafael, another in Southern California, and my son lives in New Mexico as a doctor. Currently, at the age of 95, my days are simpler and I spend my time as I please. On Wednesdays and Thursdays, I enjoy bowling with friends, and on Fridays, I volunteer my time at the Kimochi Lounge.



Mitzi Yorichi
ミッツィ・ヨリウチさん

How did you start to become involved with Kimochi?

I first volunteered at Kimochi's Nutrition Center in 2014, but soon realized that I was not passionate about serving food. Since then, I have volunteered at the Kimochi Lounge for over 3 years. At the Kimochi Lounge, I am able to share my passion for literature, and in particular, Japanese Literature in which I majored in at college. Another reason why I enjoy volunteering at the Kimochi Lounge is that Mr. Basil Lee, Information and Referral Worker, mannerism is similar to mine. I like to keep things organized.

What do you like most about volunteering at Kimochi?

Everyone who utilizes Kimochi services is friendly and easy to get along with. In addition to the people I encounter, I enjoy the work especially organizing books, VHS Tapes, and CDs. As shelf space is limited, I would reorganize and relabel older items to incorporate newly donated items. Sometimes, clients of the Kimochi Lounge would help me seamlessly arrange the donated books into our current collection.

Why do you continue to support Kimochi?

I continue to support Kimochi because the services and programs, like Kimochi Lounge, cannot be duplicated. The level of personal and genuine service the employees deliver cannot be found anywhere else. I met many wonderful individuals at Kimochi and plan to volunteer as long as my body is able to.

自己紹介をお願いします。

私の名前はミッツィ・ヨリウチで、1924年に生まれ、奈良で育ちました。日系兵士だった夫と出会い、渡米しました。夫の仕事のため、2年ごとに引っ越ししました。休暇中に長女を連れてサンフランシスコ日本町を最初に訪れた時のことを思い出します。振り返ってみれば、長い月日が流れ、私の子供たちは皆大人になりました。娘の一人はサンラファエルに住み、もう一人の娘は南カリフォルニアに、そして息子は医者になりニューメキシコに住んでいます。現在、私は95歳でよりシンプルな暮らしを送

っており、好きなように過ごしています。水曜日と木曜日は友人たちとボーリングを楽しみ、金曜日は気持ラウンジでボランティアをしています。

気持会に関わるようになったきっかけは何ですか。

2014年、気持会のランチプログラムでボランティアを始めましたが、配膳の仕事にはあまり向いていないことに直ぐ気づきました。それから、気持ラウンジで3年以上ボランティアをしています。気持ラウンジでは文学、特に大学で専攻した日本文学への情熱を利用者の皆さんと分かち合うことができます。気持ラウンジでのボランティアが好きなもう一つの理由は、整理整頓が好きというバジル・リーさんの人となり私と似ている点です。

気持会でのボランティアで一番気に入っていることは何でしょうか。

気持会のサービスを利用している方々は皆、フレンドリーで付き合い易いです。色々な人との出会いもですが、書籍、ビデオテープやCDを整理する作業がとりわけ好きです。棚のスペースが限られているので、古いものを整理して分類し直し、新たに寄贈されたものとのバランスを調整します。時には、ラウンジの利用者の方々が並び替えを手伝って下さったりします。

気持会をサポートし続ける理由は何でしょうか。

気持ラウンジをはじめとする気持会のサービスやプログラムは誰もが運営できるものではないので、気持会の支援を続けさせて頂いています。気持会スタッフが提供する一人一人に合わせた誠実なサービスのレベルはどこにも見つかりません。気持会で数多くの素晴らしい人たちに会いまして、私の身体が許す限りボランティアを続けるつもりです。



Steven Madsen

スティーブン・マドセンさん

My mother used to bring me to Japantown when I was a kid. We went to Uoki, Bank of Tokyo, and Shiseido where my mom picked up monthly magazines and bought cosmetics. I learned about Kimochi when my mom joined the Kimochi Lunch Program approximately 10 years ago. She came to have lunch with her friends two, three times per week. She enjoyed participating in the Adult Day Program at Kimochi Home until she passed away in January 2017.

I started to volunteer at Kimochi in April 2017 when I took my first client to do some errands through the Social Services Program. I have always been fascinated with people's stories and lives. We can all learn so much from the seniors, especially those who went through such hardships as interment and discrimination. Kimochi is where we can honor our elderly. Anyone can do this actually. If each one of us donates a little bit of our time, we can help out so many of our clients.

It is a good feeling that I am keeping up the good work, making my parents proud. My father passed away in 2003, my mother in 2017. Before I started, I would not have even imagined what I do now - visiting seniors at their homes and escorting them to medical appointments and errands. It is nice that I am able to provide them with what they need - transportation, emotional support, anything that would make their lives easier.

子供の頃、母に連れられてよく日本町に行ったものです。魚喜や東京銀行がまだありました。資生堂では母が化粧品を買ったり、日本語の情報雑誌をもらったりしていました。約10年前、母が気持のランチプログラムに参加した時に気持会の活動について知りました。母は当時、週2〜3回、友人達とランチを食べに行っていました。その後、気持ホームの成人ソーシャルデイケア・プログラムに入って、2017年1月に他界するまで、行くのを楽しみにしていました。

2017年4月に気持会でボランティアを始めました。ソーシャルサービスからの紹介で、車の運転ができないシニアの買い物や病院でのアポイントメントの付き添いをしたのがはじまりです。元々色々な人の体験談や人生そのものに興味を持っていました。シニアの皆さん、なかでも強制収容や人種差別といった困難を乗り越えてきた方たちからは、とても多くの事を学べます。気持会はシニアの方の尊厳をととても重視する団体だと感じます。こうした買い物や病院への付き添いは誰にでもできることです。私たち一人ひとりが自分の時間を少しずつ差し出すことができれば、多くのシニアを助けることができるのではないのでしょうか。

人の役に立つことをし続けることで、両親もきっと私を誇らしく思ってくれるでしょう。父は2003年、母は2017年に亡くなりました。ボランティアを始める前は、他人の家を訪ねたり、だれかの病院の予約や用事に付き添ったりと、今 実際に自分がしていることなど全く想像できませんでした。車で送り迎え、精神面でのサポートなど、シニアの皆さんの生活をより快適なものにするために必要なことを提供できるのがいいと思います。

Kimochi Loves Our Volunteers!

The continuing support of our program volunteers is vital to Kimochi's efforts to provide care for our seniors. We are grateful for their dedication. Listed are Kimochi program volunteers from October 1, 2018 – April 30, 2019. We apologize for any names we may have missed or misspelled.

Jedd Abaya	Fusae Furugen	Akio Kudo	Doreen Ngo	Cherry Tan
Henry Adams	Brian Ginell	Toshiko Kujo	Christine Nguyen	Michi Tashiro
James Akashi	Ambrogino Giusti	Sumiko Kusumoto	Christopher Nguyen	Bob Ting
Sinoan Aliehsa	Kiki Goforth	Arisa Lagunzad	Rikako Ninomiya	Lana To
Genevieve Anderson	Amy Hanamoto	Carolyn Lai	Emiko Nller	Jordan Tokushige
Fumie Aoyama	Eric Harper	Ronald Lai	Richard O'Toole	Anh Ton
Christopher Archila	Sabrina Hawthorne	Gloria Lam	Roy Okano	Betty Tsugawa
Akiko Arikawa	The Health Care Interpreting	Alfred Lee	Sena Okano	John Tsukamoto
Taye Arikawa	Course at City College of	Nicholas Lee	Mitsuko Omachi	Michiko Turks
Anita Beckley	San Francisco	Yvonne Leong	John Pai	UC Berkeley VHIO
Sarah Berman	Michelle Heckert	Yoshiko Lohuis	Lynn Pai	Mitsuko Umemoto
Albert Bernal	Kevin Hennessy	Paolo Lopez	James Palu	Evan Watanai
Charlotte Boddy	Chieko Higaki	Matt Lowder	Minako Perkins	Khine Yadanar (Christine)
Lionel Bonanno	Masa Hirayama	Nathaniel Lowe	Chris Prok	Win
Alisa Brozinsky	Teresa Ho	Sadie Lum	Akiko Pugh	Andrew Wong
Apollo Cerbatas	Hiromi Hoshino	Rona Macias	Cemil Revan	Mary Wong
Brian Chang	Sora Hoshino	Steven Madsen	Arianna Reyes	Scott Wong
Susie Chang	Benjamin Hoyt	Aki Matsukura	Earl Reyes	Timothy Wong
Joshua Chew	Chia Chi Hsieh	Hideji Matsumoto	Vivian Reyes	Mariko Woodworth
Lana Choy	Terence Hua	Janice Mitsuda	Joseph Rivera	Michelle Xu
Chun Po Chu	Berni Hui	Emmett Miura	Ryo Sannomiya	Suzanne Yamada
Max Colbert	Shigeko Ichikawa	Mark Miyamoto	Teiko Sannomiya	Peko (Hisako) Yamaguchi
Ricki Daijo	Ryan Ichinose	Sachiko Mizuhara	Eddie Siy	Pat Yamamura
Jack Dairiki	Kay Ihara	Teri Mizuhara	John Smith	Ron Yamato
Tiffany Dang	Alice Iiyama	John Morey	Rose Solorzano	Kevin Yan
Vivian Du	Shizuko Ikeda	Gail Morin	Kipling Stopa	William Yang
Nathan Dunmire	Lauren Ishii	Pierre Morin	Alara Stothers	Britney Yee
Sebastian Duong	Mary Ishisaki	Shizue Mortensen	Yoko Sugawara	Cindy Yee
Kaori Egami	Armeka Jackson Jr.	Evan Mui	Steve Sweeney	Jeane Yee
Dylan Fong	Taisei Kanto	Yasuko Naiki	Toshiko Takahashi	Merlynn Yeehicaiji
Yoshiko Fujimoto	Akie Karahashi	Leona Nakagawa	Audrey Takeshita	Gail Yip
Jean Fukunaga	Peter Jani	Mika Nakagawa	Elizabeth Takeshita	Mitzi Yorichi
David Fuller	Blair Kerr	Nora Ng	Tomio Takeshita	Shari Yoshida



Please call us at (415) 931-2294 or email us at kimochikai@kimochi-inc.org and we will be happy to assist in working out a volunteer schedule with you.

ボランティアに関するお問い合わせは、電話またはメールにて。電話：(415) 931-2294 メール：kimochikai@kimochi-inc.org

Ways of Giving to Kimochi, Inc.

Help ensure Kimochi's ability to sustain the Japanese tradition of care and support for seniors will be available for future generations. Your support will help to make sure Kimochi's programs and services will be available and accessible to all seniors. Kimochi, Inc. is a 501(c)(3) nonprofit tax-exempt organization. Contributions to Kimochi, Inc. are tax deductible (Tax I.D. # 23-7117402). There are many ways you can give to Kimochi, Inc.

PLANNED GIVING

(Endowments, Wills, Trusts, Stocks, Property)

Through the Planned Giving program, you may be able to increase income, reduce taxes including estate taxes and provide for the future of your heirs.

VEHICLE

(accepting operational and non-operational vehicles)

Donate your used car, truck, recreational vehicle, boat, jet ski or motorcycle. Kimochi will assist in all transaction paperwork (non-liability and title) and will make arrangements to pick-up your vehicle at your convenience.

IN-KIND

Donate fresh fruits and vegetables, flowers, paper products, gift items, and healthcare equipment and supplies to one or more of Kimochi's programs. Need for items vary, so please inquire.

EMPLOYER GIFT PROGRAMS

Designate your annual workplace campaign gift to Kimochi, Inc. or participate in your workplace's gift match program.

UNITED WAY OF THE BAY AREA

United Way's Donor Choice Program earmarks your United Way gift to an agency of your choice. Designate your gift to Kimochi, Inc. on the United Way Campaign donation form.

CORPORATE OPPORTUNITIES

We offer businesses tremendous public relations opportunities and high visibility at our special events.

- Become our corporate partner through financial support of a fundraising event
- Underwrite one of our many special events
- Support employee gifts with matching corporate contributions
- Contribute in-kind gifts
- Provide speaking opportunities at company meetings

MAKE A PURCHASE ON AMAZON SMILE!

Amazon launched a new feature in 2013 that is similar to a cashback program: 0.5% of every purchase of eligible products can go towards funding Kimochi's programs and services. Items available for purchase on amazon.com is also available on smile.amazon.com at the same price. Small acts can add up to big differences in benefit of the community. It is very easy to support Kimochi:

Go to smile.amazon.com; Type in Kimochi, Inc. in the search box under "Or pick your own charitable organization"; Start shopping as you normally would on Amazon.

amazonsmile
You shop. Amazon gives.

For additional information about giving to Kimochi, please contact Executive Director Steve Ishii at (415) 931-2294 or sishii@kimochi-inc.org.



寄付の仕方いろいろ

気持会が日本の伝統的なシニアケアを継続できるように、そして次世代にも継承できるよう、皆様のご支援をお願いしています。全てのシニアが気持ホームの各種プログラムとサービスを利用できるよう皆様のご協力が必要です。気持会は501(C)(3)の非課税を受けられる非営利団体です。気持会への寄付は免税となります。(Tax ID# 23-7117402)様々な方法で気持会に寄付することが可能です。

遺産の計画寄付

(寄贈、遺言、信託、株式、不動産)

計画寄付プログラムによって、ご自身の収入増加、不動産税を含む税金額の減少、相続人の安定した将来を可能にします。

乗用車

(運転可能かどうか問わず)

中古車、トラック、トレーラー、ボート、ジェットスキーやバイクを寄付してください。気持会が必要な書類手続きを代行し、ご都合の良い時に乗用車を取りに伺います。

現物寄付

新鮮な果物、野菜、花、紙製品、贈答品、ヘルスケア機器と消耗品を気持プログラムに寄付できます。必要な物かどうかお問い合わせください。

職場でのギフトプログラム

職場で年間キャンペーンギフトとして気持会のために寄付を集める、あるいは会社のギフトマッチプログラムに参加して寄付できます。

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United Wayのドナーチョイスプログラムでは、United Wayへの寄付を指定したグループに割り当てることができます。United Wayのキャンペーン寄付申込書で気持会をご指定ください。

企業での寄付機会

大変貴重なPRのチャンスになります。気持会のイベントで企業アピールができます。

- ・ 気持会の企業パートナーとして、ファンドレイジングイベントを金銭的に支援する。
- ・ 職員の寄付活動をサポートし、集まった金額と同額を企業も寄付する。
- ・ 現物での寄付
- ・ 企業ミーティングで講演会を提供

アマゾン・スマイルでショッピングを!

アマゾンは2013年、キャッシュバック・プログラムに似た新しいサービスを開始しました。これは、該当商品の売り上げ金額の0.5%が気持会のプログラムやサービスに寄付されるサービスです。Amazon.comで購入できる商品は、smile.amazon.comでも同じ価格で購入できます。小さな心遣いでも積もればコミュニティに大きな影響を与えることができます。気持会を支援するのはとても簡単です。

まず、smile.amazon.comのウェブサイトを開き、「Or You shop. Amazon gives. pick your own charitable organization」の下にある検索ボックスに「Kimochi, Inc.」と入力します。その後は、アマゾンで普段購入するように買い物をしてください。



気持会への寄付に関するお問い合わせは、

事務局長スティーブ・イシイ(415)931-2294、sishii@kimochi-inc.orgまでご連絡ください。



Donations

Kimochi, Inc. thanks the following donors (monetary and in-kind) for their generous contributions between October 1, 2018 – April 30, 2019 to Kimochi, Inc. Names in bold identify those who have been honored in memory of and in honor of with a donation gift to Kimochi, Inc. This list includes general agency donations and donations designated to support a specific program. We apologize for any names we may have missed or misspelled.

Donations in Memory of

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Peter & Ayako Yee

Jean Abey

Kazuo Abey

Hideko Ando

Chihoko Ando

Angie Chan

Katherine & Hugh Chan
Meghan Mortensen

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Donations

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We apologize for any names we may have missed or misspelled.

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Kimochi, Inc. Staff Directory

KIMOCHI ADMINISTRATION

1715 Buchanan Street, San Francisco, CA 94115
tel (415) 931-2294 fax (415) 931-2299

Steve Ishii, *Executive Director*
Diane Noguchi, *Assistant to Executive Director*
Shawne O'Connell, *Director of Programs*
Rod Valdepenas, *Controller*
Dorothy Gin, *Payroll Manager*
Sakura Suzuki, *Administrative Manager*
Debbie Yee, *Administrative Assistant*
Gigi Huie, *Administrative Assistant*
Aki Akiyama, *Receptionist*
Riyo Kunisawa, *Receptionist*

CLUB NIKKEI

1715 Buchanan Street, San Francisco, CA 94115
tel (415) 931-2294 fax (415) 931-2299

Grace Hulleza, *Club Nikkei Coordinator*
Richard Tokeshi, *Club Nikkei Driver*

C.A.R.E. (Children, Adults, Respecting Elderly)

1715 Buchanan Street, San Francisco, CA 94115
tel (415) 931-2294 fax (415) 931-2299

Jacob Yasushi-Oki Ahearn, *C.A.R.E. Program Specialist*

SOCIAL SERVICES

1715 Buchanan Street, San Francisco, CA 94115
tel (415) 931-2275 fax (415) 931-2299

Yumi Berman, *Social Services Coordinator*
Hyunhee Lee, *Case Manager*
Yoshimi Higuchi, *Case Manager*
Hiromi Ejima, *Nihonmachi Terrace Case Worker*
Ikuko Kunisaki, *Nihonmachi Terrace Case Worker*

KIMOCHI SENIOR CENTER

1840 Sutter Street # 101, San Francisco, CA 94115
tel (415) 931-2287 fax (415) 931-2299

Kai Fukumitsu, *Senior Center Coordinator*
Ogee Fairy Erana, *Senior Center Assistant*
Natalia Covacha, *Nutritionist*
Kazumi Sumi, *Head Cook*
Yoshiki Inagawa, *Assistant Cook*
Dave Sugaya, *Home Delivery Driver*
Walter Schulze, *Home Delivery Driver*
Gustavo Cardoza, *Dishwasher*
Xiao Fan Mo, *Dishwasher*

Ryan Kobayashi, *Transportation Coordinator*
Carlos Osorio, *Paratransit Driver*
Craig Ikuma, *Paratransit Driver*

KIMOCHI HOME

1531 Sutter Street, San Francisco, CA 94109
tel (415) 922-9972 fax (415) 922-6821

Linda Ishii, *Administrator*
Debbie Hsieh, *Adult Day Coordinator*
Sandy Ishii, *Adult Day Assistant*
Tsoodol Altantuya, *Resident Assistant*
Bolormaa Bayarmagnai, *Resident Assistant*
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Yumie Ono, *Resident Assistant*
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KIMOCHI LOUNGE

1581 Webster Street # 202, San Francisco, CA 94115
tel (415) 563-5626 fax (415) 931-2299

Basil Lee, *Information and Referral Worker*

KIMOCHI SAN MATEO

453 N. San Mateo Drive, San Mateo, CA 94401
tel (650) 388-7130 fax (650) 340-0256

Linda Ishii, *Administrator*
Terue Shinohara, *Support and Wellness Manager*
Bhawana Shah, *Care Manager*
Greg Hamaguchi, *Head Cook*
Tomoko Ogawa, *Assistant Cook*
Rodrigo Enriquez, *Home Delivery Driver*
Racquel Alesna, *Resident Assistant*
Myrna Bagus, *Resident Assistant*
Alicia Fontanilla, *Resident Assistant*
Leslie Halaapiapi, *Resident Assistant*
Elizabeth Nakata, *Resident Assistant*
Anacorita Smith, *Resident Assistant*
Seforsa Tavuki, *Resident Assistant*
Myrna Torio, *Resident Assistant*
Clara Vibar, *Resident Assistant*

Kimochi, Inc. Service Directory

Continuing Generations of Caring

Since 1971, Kimochi, Inc. has developed and promoted an intergenerational philosophy of care for seniors and families from San Francisco's Japantown. Our current continuum of care includes the following programs and services:

Kimochi, Inc.

1715 Buchanan, San Francisco, CA 94115 • Administration: (415) 931-2294 • Social Services: (415) 931-2275 • Fax: (415) 931-2299

Administration

The Administrative building is owned and operated by the agency and houses the administrative staff and the volunteer program.

Social Services Program

Our staff is bilingual in English, Japanese, and Korean and provides language translation, information and referral, counseling, family caregiver support, case management and homecare registry assistance.

The program annually assists 600 seniors and families providing 5,000 hours of services.

Club Nikkei

This membership based program is designed to outreach and provide healthy, independent seniors with a range of social activities and excursions to enjoy. Staff provides members with an activity calendar and transportation is included.

Home Safety Service

Staff schedules and conducts home safety assessments for San Francisco homeowners to help them identify potential and existing safety issues that could compromise their ability to live safely and comfortably at home.

Kimochi San Mateo

453 N. San Mateo Drive, San Mateo, CA 94401 Tel:(650) 346-7130 Fax: (650) 340-0256

Residential Care (License #415600974)

Kimochi San Mateo is licensed by the State of California to provide 24 hour supervised non-medical care to ambulatory and non-ambulatory seniors. We have the capacity to house 14 seniors in either single or shared rooms. Each room has a private bathroom. Please call for more information on how to apply for a stay with us.

Home Delivered Meals Program

Japanese and Asian style hot lunches are prepared and delivered Monday through Friday for seniors living at home. Meals are for those who are homebound and unable to prepare meals on their own. This is a donation based program and deliveries are scheduled based on need and geographic proximity to the Kimochi San Mateo site.

Family Caregiver Support Program

Family members and friends are often providing caregiving support to their spouses, parents and to seniors in the community. This program offers information, outreach and supportive services to strengthen a caregiver's capacity to help keep seniors at home. We schedule presentations, home visits, support groups, and provide information and referrals to help address the unique needs of each family who contacts us.

**Please visit our website at www.kimochi-inc.org for more information about our various programs and services.
If you would like to be on our mailing list, please contact Kimochi at (415) 931-2294 or kimochikai@kimochi-inc.org.**

Kimochi Lounge

1581 Webster Street #202, San Francisco, CA 94115 • Tel: (415) 563-5626 • Fax: (415) 931-2299

The Kimochi Lounge, located within Japan Center, is the agency's original site. Seniors come to "the lounge" to catch up on community news and socialize. The site also houses a book and video library where seniors can check out materials for free. There is also a senior information and resource section with health, safety, nutrition, and caregiving materials for seniors and families.

This site is annually visited by 5,000 seniors, families, and visitors from throughout California and other countries.

Kimochi Senior Center

1840 Sutter Street, #101, San Francisco, CA 94115 • Tel: (415) 931-2287 • Fax: (415) 931-2299

(Japanese Cultural and Community Center of Northern California – JCCCNC)

Weekday Lunch Program

A nutritious well-balanced Japanese style hot lunch is provided five days a week. Any senior 60 years of age or older is welcome. A five week menu is produced by staff, and our nutritionist ensures each meal is healthy, nutritionally well-balanced and adequately proportioned for seniors. An average of 300 meals is served daily.

The program annually serves 1,200 seniors 75,000 lunches.

Home Delivery Program

Seniors who are physically unable to travel to the senior center due to a disability or illness, can receive our Japanese style hot lunches at home. Each recipient is required to complete an eligibility assessment on a quarterly basis.

The program annually serves 130 homebound and frail seniors 29,000 lunches.

Senior Center

In addition to enjoying lunch at the nutrition program, seniors are encouraged to participate in activities at The Center. Staff and volunteers plan and offer a variety of activities on a monthly basis. We have morning exercise classes, a ceramics class, group singing classes, odori, bingo, arts and crafts, day trips, and overnight trips.

The program annually serves 300 seniors and offers 700 hours of exciting activities.

Transportation

Safe and reliable door-to-door transportation services are provided to help seniors maintain a connection with their community and friends. Transportation can also be requested for medical trips and grocery shopping.

The program annually assists 150 seniors with 10,000 rides.

Kimochi Home

1531 Sutter Street, San Francisco, CA 94109 • Tel: (415) 922-9972 • Fax: (415) 922-6821

Adult Day Program (License # 380504138)

This program is licensed by the State of California to provide seniors in need of supervision and support with a schedule of social and recreational activities in a safe and secure setting.

The program annually assists 40 seniors who receive 21,000 hours of services and activities.

Residential and Short Term Respite Care (License # 380504099)

This program is licensed by the State of California to provide 24 hour non-medical care to ambulatory seniors. We have the capacity to house 20 seniors in either single or shared rooms.



CONTINUING THE JAPANESE TRADITION
OF CARE AND SUPPORT FOR SENIORS

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2019 Kimochi Events

Old Timers' Fun Basketball Tournament

Saturday, July 13 & Sunday, July 14, 2019
JCCNC (the Center) Gym
1840 Sutter Street, San Francisco, CA 94115

46th Annual Nihonmachi Street Fair

Kimochi Teriburger Booth
Kimochi Ceramics Booth
Saturday, August 3 & Sunday, August 4, 2019 • 11:00AM-5:00PM
Japantown, San Francisco

Kimochi Show 'N Shine Car Show

Saturday, September 14, 2019 • 10:00AM-2:00PM
College of San Mateo – Main Parking Lot
1700 W. Hillsdale Boulevard, San Mateo, CA 94402

Kimochi Golf Tournament

Friday, September 20, 2019
Richmond County Club
1 Markovich Lane, Richmond, CA 94806

Kimochi Issho-Ni Night

Saturday, October 19, 2019 • 6:00PM-9:00PM
Covo
981 Mission Street, San Francisco, CA 94103

Silver Bells Arts & Crafts And Food Faire

Saturday, December 14, 2019 • 10:00AM-4:00PM
The Event Center at St Mary's Cathedral
1111 Gough Street, San Francisco, CA 94109

Visit us online at www.kimochi-inc.org

2019 KIMOCHI RAFFLE
\$5 FOR 1 TICKET OR \$25 FOR 6 TICKETS

GRAND PRIZE
TWO ROUND TRIP TICKETS TO HAWAII

DRAWING HELD
Saturday, September 14, 2019
8th Annual Kimochi Show 'N Shine Car Show
College of San Mateo
1700 West Hillsdale Boulevard
San Mateo, CA 94402
Need not be present to win

OTHER PRIZES INCLUDE:

- Highway 12 Vineyards & Winery Wine Tasting & Wine Selection
- Designer Jewelry by Pat Tseng
- Amazon Fire HD8, 16gb with Alexa
- Restaurant Gift Cards
- And many more!

All proceeds supports Kimochi's programs and services for seniors.
Kimochi, Inc. is a 501(c)(3) non-profit organization
www.kimochi-inc.org

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