

# KIMOCCHI

金持会

Continuing the Japanese Tradition of Care and Support for Seniors

S U M M E R 2 0 2 0



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# A Message from the Executive Director

## 事務局長からのメッセージ

I would like to thank you all for your emails, letters, and phone calls of support and well-wishes to us here at Kimochi. What an uplifting boost of energy this does for all of us!

Kimochi remains open, as an “Essential Service” provider. Staff continue to work hard to provide these essential services to the most vulnerable population, our seniors. Although on-site dining has been cancelled at this time, meals continue to be provided through “take out” or home meal delivery. Phone reassurances and “check-in” calls continue on a daily basis to seniors who are isolated during the “Shelter In Place” order. Our residential homes both in San Francisco and San Mateo continue providing 24-hour direct care and daily activities for our residents.

I am proud of the commitment and dedication by our staff to continue to provide services to seniors. It is so reassuring to know that this act of selflessness continues today as when we started back in 1971. The basis of which Kimochi was founded continues to thrive and leads us as we move towards our 50th Anniversary.

If you know of a senior who is in need of our services, please let us know.

On behalf of all of us here at Kimochi, I thank you for your support during this unsettling time.



Steve Ishii,  
Executive Director

気持会スタッフへ皆様から頂いた温かいEメール、お手紙、そしてお電話によるご支援や、気持会スタッフへ対する温かいお気持ちに感謝致します。

気持会スタッフ一同、皆様のお心添え、ご支援に多大なる力を頂きました。

気持会は、「エッセンシャルサービスプロバイダー」として最も脆弱な高齢者に、引き続きこれら重要なサービスを提供するために日々努力し、活動を続けております。

オンサイトランチのダイニングルームは現在閉鎖しておりますが、テイクアウト、又デリバリーによるサービスを引き続き提供しております。

ソーシャルサービスでは、「シェルターインプレイス」下において、社会的に孤立をしている高齢者の元へ電話を入れ、相談や安否確認のチェックをなどを行っております。

サンマテオ、サンフランシスコ両気持ホームでは、24時間ケア、そして入居者対象のデイリーアクティビティを引き続き行っております。

私は気持会スタッフの、献身的かつ熱心に、高齢者へのサービスをこのような状況下においても、引き続き提供する責任ある姿勢を誇りに思っております。

1971年気持会を設立した当初より、このような奉仕の心が現在へと引き継がれようとしていることを再確認することができました。気持会の基礎となる、このような価値観は更に繁栄し、設立50周年へ向けて引き継がれようとしています。

もし皆さんがどなたか高齢者で、私どものサービスを必要とされている方をご存知でしたら、お知らせいただけますと幸いです。

このような不安定な時期においても、サポートして下さる皆様へ感謝の気持ちを気持会スタッフに代わり、御礼申し上げます。

スティーブ・イシイ  
事務局長

  
Steve Ishii  
Executive Director

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# Kimochi Programs Respond to COVID-19

Just as the fight against the COVID19 Pandemic has required all of us to make drastic changes to our personal lives, Kimochi has also had to change how we provide services to seniors and their caregivers.

Although all of our programs are important to the health and well-being of our clients, in times of an emergency such as this, only three of our programs are considered “Essential” by the Departments of Aging and Adult Services and therefore mandated to remain open to assist clients; our Residential Care Facilities for the Elderly (Kimochi Home and Kimochi San Mateo), the Senior Nutrition Program (Community Dining at the Senior Center and Home Delivered Meals), and our Case Management Program.

Kimochi is proud to say that, prior to the Bay Area wide Shelter in Place order that went into effect on March 17th, we had already begun taking steps to protect the health of our clients.

## Kimochi Residential Facilities

The very first steps Kimochi took toward preventing the spread of COVID-19 among our seniors were at Kimochi Home and Kimochi San Mateo. Kimochi has 27 residents between the two homes, and they are some of the most vulnerable that we serve. As early as March 5th, Kimochi began to limit visitation to immediate family members only, provide stringent guidelines around non-essential outings, and increase the cleaning/sanitization of public areas at each home.

Since the early days of the pandemic outbreak, when the situation changed almost daily, Linda Ishii, our Residential Administrator, has stayed in constant contact with the California Care Licensing Division to ensure that Kimochi always has the most up to date information and is in compliance with the new, ever-changing rules and regulations.

Kimochi would like to extend our heartfelt gratitude to the families and friends of our residents. We recognize that the new regulations that are in place are quite strict, but everyone has been very understanding and patient with the changes we have had to make to ensure the safety of their loved ones.

We would also like to thank all of the family, friends, and loved ones who have called, sent emails, or had yummy treats delivered

to the homes. These gestures go a long way toward lifting everyone’s spirits. Thank you!

## Case Management

Kimochi’s Case Management Program helps seniors who are at risk for early institutionalization to coordinate all the services that they may need in order to live safely in their home. The case manager assesses the client’s needs, develops a care plan, authorizes and arranges for services, coordinates the provision of services among providers, monitors care, and can help with discharge from care facilities or hospitals.

In normal circumstances, Kimochi social workers and case managers spend a lot of face-to-face time with their case management clients, meeting them at their home or accompanying them to various appointments. In the beginning of March, Kimochi social workers and case managers began limiting in-person visits with clients to urgent matters only and conducting all other assistance by phone.

In the weeks that followed the Shelter in Place Order, Kimochi social workers and their clients adjusted to a model of care that relied on phone visits. It was not an easy transition, and clients and staff are continually learning what works best, but the social workers and case managers are actively assisting approximately 142 seniors to remain safely in their homes.



## Nutrition Program

Kimochi's Nutrition Program has long been a hallmark of our mission to provide culturally sensitive programs and services. To protect the health of the many seniors that attend our congregate lunch program, we started providing take-home lunches on March 12th. After an initial decline following the Shelter in Place order on March 17th, we are seeing a steady increase in the number of meals we are providing every week.

At the time this article was written, Kimochi was providing just approximately 1,700 meals per week to seniors. We expect this number to continue increasing the longer the Shelter in Place order is in effect. Cooking, packing, delivering, and handing out such a large number of meals every week is only possible with the hard work of the nutrition program staff as well as help from staff from other programs and volunteers.

Kimochi would like to thank our brave team of resident assistants, nutrition program staff, home delivered meal drivers, social



workers, program specialists, and program coordinators who have continued to come to work every day in service of our seniors, their families, and the community. Their commitment and dedication to Kimochi's mission is inspiring and deeply appreciated.

## 新型コロナウイルスへの気持会プログラムの対処

新型コロナウイルスの感染拡大に伴う日常生活の大幅な規制と同様に、気持会も高齢者と介護者に対するサービス内容の変更を余儀なくされています。

このような緊急事態の中、気持会が現在行っているプログラムは、高齢者ケア居住施設（気持ホーム、気持サンマテオ）、ランチプログラム（シニアセンターでのランチ配布、ランチ宅配）、ソーシャルサービスプログラムです。これら3つのプログラムは、気持会のクライアントが心身ともに健やかに暮らしていく上で必要不可欠であるとして、Departments of Aging and Adult Servicesより引き続き提供するよう命令を受たものです。

気持会は、ベイエリア一帯に及ぶShelter in Place令が施行された3月17日以前から、すでにクライアントの健康を守るための対策を講じていたことを誇りに思います。

### ケースマネジメント

気持会の高齢者に対するCOVID-19の感染拡大防止の取り組みは、Kimochi HomeとKimochi San Mateoから始まりました。二カ所の施設に27人が住んでいますが、彼らは私たちが支援する高齢者の中で最も脆弱な立場にいる方々です。早く3月5日から、両施設で近親者以外の訪問を制限し、不要な外出に対して厳しい基準を設け、公共の場の清掃と衛生面の強化を開始いたしました。

世界的な流行の初期の段階から、ほぼ毎日状況が変化していた中、Residential AdministratorのLinda Ishiiは気持会が常に最新の情報を得るため、また常時変化している規則や

規制に対応するため、California Care Licensing Divisionと定期的に連絡を取り続けていました。

新しい規制はとても厳しいものとなっていますが、それらの変化を皆様の愛する方々の安全を確かなものにするためと、理解し受け入れて下さっている家族の方また友人の方々に、心からの感謝の気持ちをお伝えしたいと思います。

また全ての家族、友人、電話をしてくださった方々、Eメールを送ってくださった方々、そして美味しいおやつなどを届けて下さった方々にお礼を申し上げます。このような皆様の好意は私たちの励みになっております。本当にありがとうございます。

## ケースマネジメント

気持会のケースマネジメントプログラムでは、施設入所のタイミングを可能な限り遅らせたいシニアの方々が、ご自宅で安全に過ごせるよう様々なサービスをコーディネートしています。それぞれのクライアントがどのようなサービスを必要としているのかを見極め、ケアプランを作成し、サービスが受けられるよう申請をお手伝いしたり、クライアントが滞りなくサービスを受けられるよう病院や市の各部署と連携したり、またクライアントが病院やリハビリ施設から退院する際のお手伝いをしたり、等がケースマネジャーの主な業務です。

気持会のソーシャルワーカー及びケースマネジャーは、家庭訪問をしたり、重要なアポイントメントに立ち会ったりなど、直接お会いしてのお手伝いに多くの時間を割いておりましたが、3月初旬からは緊急の要件以外は、すべて電話でのサービスに限らせて頂いています。

不要不急の外出禁止令 (Shelter in Place) が出来て以来、気持会のソーシャルワーカー及びケースマネジャーとクライアントは、従来の対面でのお手伝いを電話でのサポートに切り替えました。当初は不便を感じることもありましたが、様々な代替案を採り入れることで、この状況下で出来得る最善を尽くし、およそ142名のクライアントがご自宅で安全に暮らしていけるようお手伝いを続けています。

## ランチ会食/宅配プログラム

気持ランチ会食/宅配プログラムは、文化的な違いに配慮したプログラムとサービスを提供するという気持会の使命を代表するプログラムとして長年に渡り運営されてきました。ランチ会食プログラムに参加する高齢者の新型コロナウイルスへの感染を防ぐため、3月12日よりランチを持ち帰っていただくようにしています。Shelter in Place令が施行された3月17日以降、一時的にランチプログラム利用者が減少しましたが、その後毎週着実に増加し続けています。

この記事が書かれた時点では、毎週およそ1700人分の食事を提供していました。今後Shelter in Place令が長引くほど更に需要が増え続けると思われます。毎週これ程多くの数の食事を作り、容器に詰め、配布または宅配することができるのも、ランチプログラムスタッフをはじめ他のプログラムスタッフ、そしてボランティアの方々の献身的なサポートのおかげにほかなりません。

高齢者とその家族、コミュニティーのために毎日出勤し、気持会の使命を全力で遂行する勇敢なチーム(気持ホーム/気持サンマテオスタッフ、ランチプログラムスタッフ、ランチ宅配ドライバー、ソーシャルワーカー、プログラムスペシャリスト、プログラムコーディネーター)に深く感謝の意を表します。

## KIMOCHI VOLUNTEER



**Toshiko  
Takahashi**

タカハシトシコさん

Toshiko Takahashi was Kimochi's nominee for this year's Cherry Blossom Festival's Senior Appreciation. Toshiko born in Gifu, Japan came to San Francisco in 1968 and studied English at City College of San Francisco and earned her accounting degree from the Grace Ball Secretarial College. She worked as an accountant for the State of California for 20 years and after retiring, started volunteering at the Kimochi lunch program. Toshiko has been volunteering twice a week at the lunch program for 23 yrs. and most recently has also started volunteering at the Kimochi Home one day a week as their receptionist. Toshiko feels the most rewarding experience of volunteering is "getting to know the seniors and the feeling of connection as if they were long-time friends. Seeing their smiles is the most rewarding". Toshiko looks forward to resuming volunteering once the COVID 19 restrictions are lifted.

気持会は、今年予定されていた、桜まつりシニア感謝会に、タカハシトシコさんを推薦しました。トシコさんは、岐阜県出身。1968年にサンフランシスコへ渡米し、San Francisco City Collegeで語学を学び、その後Grace Ball Secretarial Collegeで、アカウンティングの資格を取得しました。カリフォルニア州で、アカウンタントとして20年間勤務し、退職後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。トシコさんは、週に2度ランチプログラムでボランティアとしての活動を、23年間継続しています。近年では、気持ホームで、週一度レセプションリストとして活動をしています。トシコさんは、ボランティア活動において最もやりがいを感じることをこのように述べています。「シニアの方と懇意になり、まるで昔からの友達のように活動を通じて気持が通じあえること。笑顔を見るとやりがいを感じる。」とおっしゃっています。COVID 19 終息後は、ボランティア活動に戻ることを楽しみにしているそうです。

# Kimochi Board of Directors

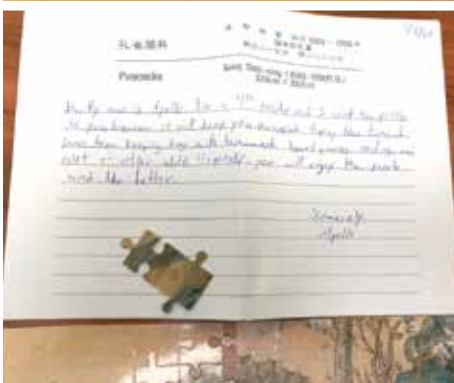
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## Kimochi thanks all our supporters during COVID-19



Thank you to our donors: James Chou, Cisco Systems, Inc., Alexandra DiDonato, Karen Donohoe, Rod Henmi & Lisa Findley, Lucy Fisher, Brian Pokorny & Francesca Go, Chantal Guillon, Patricia Hattori, Miwako Horisawa, Naomi Ichikawa, Steve Ishii, Kenneth Kawabata, Kibatsu, Roy & Chanel Lui, Jim Matsumoto, Nippon-Ya, Kay Nomura, Gregory B. Yee & Karen Ono, TOTO America Holdings, Inc., Mike & Liana Uno, Steve Yoshifuji

# 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。

# 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.



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

## UNITED WAY OF THE BAY AREA

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!

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Kimochi, Inc. thanks the following donors (monetary and in-kind) for their generous contributions between October 1, 2019 – April 30, 2020 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. It does not include sponsors and contributions for fundraiser events. We apologize for any names we may have missed or misspelled.

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# Spreading the Kimochi Spirit!

気持ちの心を広げよう!

## Volunteer Appreciation Luncheon

ボランティア感謝ランチョン

On February 22, 2020 Kimochi expressed our gratitude to our dedicated volunteers for their continuous support and commitment to seniors in the community. Kimochi hosted a special luncheon at Shi Lai Seafood Restaurant to thank our volunteers.

気持会は、去る2月22日コミュニティのシニアに対し、日頃から献身的なサポートをして下さるボランティアの皆様への感謝の意を込めて、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。気持会ボランティアの方々に心からの感謝をexpressすることができました。



## Silver Bells シルバーベル・アート&クラフトフードフェア

On Saturday, December 14, 2019 Silver Bells Arts & Crafts and Food Faire was held at the Event Center at St. Mary's Cathedral. Over 95 vendors from the Bay Area, West Coast and Hawaii participated featuring their creative and artistic talents of Asian and Pacific Islander themed arts & crafts and foods. Over 2,000 people attended to do their one stop shopping for holiday gifts.

2019年12月14日土曜日にSilver Bells Arts & Crafts and Food FaireがSt. Mary's Cathedralのイベントセンターで行われました。ベイエリアや 西海岸、そしてハワイから95以上の販売業者が、創造的で芸術的な才能を生かしアジアと太平洋諸島をテーマにした芸術品や工芸品、食べ物を携えて参加してくださいました。そして、2000人以上の方々がクリスマスプレゼントなどを購入するためにこのイベントに参加してくださいました。



# 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](mailto: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](mailto: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。

# 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 Oct 1, 2019 – April 30, 2020. We apologize for any names we may have missed or misspelled.

Keiko Akashi	Katie Furukawa	Akio Kudo	Shizue Mortensen	Mitsuko Takazawa
Genevieve Anderson	Brendon Glapion	Toshiko Kujo	Yasuko Naiki	Elizabeth Takeshita
Akiko Arikawa	Kiki Goforth	Sumiko Kusumoto	Leona Nakagawa	Tomio Takeshita
Isabel Arnold	Amy Hanamoto	Arisa Lagunzad	Mika Nakagawa	Cherry Tan
Rachel Arnott	Chieko Higaki	Gloria Lam	Chiaki Nakai	Suekichi Terakado
Shivani Bahl	Miki Hirai	Kristan Lam	Chikako Nakandakai	Bob Ting
Anita Beckley	Teresa Ho	Venus Lau	Blythe Nishi	Matthew Tominaga
Darcy Blythe	Wesley Ho	Nicole LeBlanc	Darcy Nishi	Douglas Tomioka
Justin Butac	Rin Homma	Alfred Lee	Roy Okano	Karl Tong
Apollo Cerbatas	Sora Honmo	Clyne Lee	Mitsuko Omachi	Betty Tsugawa
Michael Chen	Akiyo Horiguchi	James Lee	John Pai	John Tsukamoto
Connor Chen	Miwako Horisawa	Nicholas Lee	Minako Perkins	Michiko Turks
Tan Cheung	Hiroshi Hoshino	Yvonne Leong	Maranala Personius	Reiko Turner
Ben Chew	Sora Hoshino	James Lewno	Minako Phyper	Mitsuko Umemoto
Joshua Chew	Chia Chi Hsieh	Jack Linderian	Harvto Pramanik	Andrew Wong
Neha Chhabra	Terence Hua	Allyson Liu	Akiko Pugh	Liann Wong
Brandon Cho	Shigeko Ichikawa	Yoshiko Lohuis	Susannah Raub	Mary Wong
Lana Choy	Kay Ihara	Amy Lok	Starling Sakai	Scott Wong
Chun Po Chu	Alice Iiyama	Bryan Louie	Mako Sakamoto	Peko Yamaguchi
Bowles Darrell	Shizuko Ikeda	Allyson Lui	Ryo Sannomiya	Pat Yamamura
Seth Don	Mary Ishisaki	Joanne Lum	Chisato Sasaki	Ron Yamato
Nathan Dunmire	Minako Ito	Sadie Lum	Julia Schroeder	Britney Yee
Sarah Falconer	Shelly Iwamasa	Rona Macias	Don Sheag Yiu	Merlynn Yeehicaiji
Connor Flanagan	Tai Iwamasa	Sara Matsuzaki	Pat Da Silva-Fong	Natalie Yescas
Chiu-San Fok	Naomi Iwasaki	Fredrick Mayal	Eddie Siy	Gail Yip
Dylan Fong	Armeke Jackson Jr.	Janice Mitsuda	Rose Solorzano	Mitzi Yorichi
Whitney Francis	Efe Jackson	Emmett Miura	Anna Sommer	Alice Yoritsune
Makiko Fujimoto	Mamie Kamada	Sachiko Mizuhara	Zack Subin	Janice Yoritsune
Yoshiko Fujimoto	Akie Karahashi	Teri Mizuhara	Yoko Sugawara	Sara Young
Kenzo Fukuda	Blair Kerr	John Morey	Hank Szeto	Ariel Yuan
Jean Fukunaga	Tiffany Kinsella	Andrew Moriguchi	TogetherSF	Daphne Zenk
Fusae Furugen	Robby Kinshita	Gail & Pierre Morin	Toshiko Takahashi	



# 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*  
Akiko Donohoe, *Administrative Assistant*  
Aki Akiyama, *Receptionist*  
Riyo Kunisawa, *Receptionist*

## 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*  
Cindy Yee, *Nihonmachi Terrace Case Worker*  
Hiromi Ejima, *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*  
Greg Hamaguchi, *Head Cook*  
William Chu, *Assistant Cook*  
Yoshiki Inagawa, *Assistant Cook*  
Walter Schulze, *Home Delivery Driver*  
Dave Sugaya, *Home Delivery Driver*  
Gustavo Cardoza, *Dishwasher*  
Xiao Fan Mo, *Dishwasher*

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

## COMMUNITY SERVICE

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

Elena Nielsen, *Community Services Program Specialist*

## KIMOCHI HOME

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

Linda Ishii, *Administrator*  
Debbie Hsieh, *Adult Social Day Care Coordinator*  
Sandy Ishii, *Adult Social Day Care Assistant*  
Misaki Sugai, *Assistant Coordinator*  
Tsoodol Altantuya, *Resident Assistant*  
Bolormaa Bayarmagnai, *Resident Assistant*  
Hiromi Cardoza, *Resident Assistant*  
Mercedes Hernandez, *Resident Assistant*  
Sara Matsuzaki, *Resident Assistant*  
Shine Nasan, *Resident Assistant*  
Yumie Ono, *Resident Assistant*  
Aireen Rivera, *Resident Assistant*  
Michiko Turks, *Resident Assistant*  
Guadalupe Gutierrez, *Janitor*

## 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*  
Masashi Harada, *Head Cook*  
Tomoko Ogawa, *Assistant Cook*  
Myrna Bagus, *Resident Assistant*  
Madhu Chhetri, *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*

## CLUB NIKKEI

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

Grace Hulleza, *Club Nikkei Coordinator*

# 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 options.

### **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.

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## **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](http://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](mailto:kimochikai@kimochi-inc.org).**

## Kimochi Lounge

1581 Webster Street #201, 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.

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## 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.

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## 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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**3RD PRIZE**  
TWO ROUND TRIP TICKETS TO LOS ANGELES WITH TICKETS TO DISNEYLAND

Airline tickets have a 2 year redemption period

**TO PURCHASE TICKETS**  
Call our office at 415-931-2294 or email us at [events@kimochi-inc.org](mailto:events@kimochi-inc.org).

**DRAWING HELD**  
Friday, July 24, 2020  
On Facebook Live Online Video Drawing  
*Need not be present to win*

## 2020 Kimochi Events

### Kimochi's Virtual Health Walk Fundraiser

September 1 - September 30, 2020  
Charity Footprints Application and Website  
<https://www.charityfootprints.com>



**Kimochi Issho-Ni** - Check back with us for details

**Silver Bells Art & Crafts and Food Faire** - Check back with us for details



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## SAVE THE DATE!

### Kimochi celebrates its 50th anniversary in 2021!

As we head into our 50th year of providing culturally sensitive programs and services for seniors, we will continually keep you updated with articles, photos, and our plans to celebrate!



2020

Visit us online at [www.kimochi-inc.org](http://www.kimochi-inc.org)