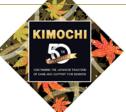


Continuing the Japanese Tradition of Care and Support for Seniors

SUMMER

2 0 2 1

This year, Kimochi marks 50 years of care and advocacy for Bay Area seniors and their caregivers.



It is with the same 'kimochi' that we dedicate ourselves to future generations of seniors, for the next 50.

今年気持会は、ベイエリアの高齢者とその介護者のための擁護と支援活動を始めて50年の節目の年を迎えます。 次世代の高齢者の皆さんにも私達は、今と同じ"気持ち"で次の50年を高齢者の皆さんへ捧げます。



A Look Inside...

- Message from **Executive Director**
- **Dedication Wall** Kimochi's commitment to future generations of seniors
- Kimochi Over 50 Years
- **Ways of Giving**
- Volunteer Spotlight -**Eagle Scout Project**
- **Season of Giving**

Kimochi Dedication Wall Levels of Giving

















A Message from the Executive Director

事務局長からのメッセージ

This year marks 50 years of Kimochi service and advocacy for Bay Area seniors and their caregivers. Although COVID prevents us from celebrating together, we share our pride for this milestone and pledge our commitment to the work ahead.

When Steve Nakajo and Sandy Mori, along with a group of dedicated Sansei, founded Kimochi in 1971, little did they envision that Kimochi would grow to become a nationally recognized, community-based organization.

Steve Ishii, **Executive Director**

今年気持会では、ベイエリアの高齢者とその介護者へ の奉仕と擁護を始めて50年を迎えます。コロナ禍の ため皆さんと一緒に祝うことはできませんが、私たち は、この節目の年において私たちの誇りである功績を 皆さんと共有し、今後の活動へのコミットメントを誓 います。

スティーブ・ナカジョウとサンディ・モリが献身的な日 系3世のグループとともに、1971年に気持会を設立 した時、気持会が全国的に認められたコミュニティベー スの組織になるとはまるで想像していませんでした。

What began as their simple commitment to provide for the care and well-being of the aging Issei generation, today, provides more than 133,000 Japanese-style take-out and home-delivered meals to seniors annually – with the need only continuing to grow. Social services and transportation programs continue to operate with some modifications due to COVID restrictions. Exercise and social activities will continue online until it is safe for seniors to gather again.

Kimochi also operates two assisted living facilities. Kimochi Home opened its doors in Japantown in 1983 and is home to 19 ambulatory residents. In 2016, Kimochi San Mateo became home to 14 ambulatory and non-ambulatory seniors – it is also a Peninsula base for weekday, Japanese-style, home-delivered meals.

All this could not have been done without the heartfelt, generous support of so many families, donors, volunteers -- and staff who continue to build upon the enduring principle of providing the highest level of quality care, in the Japanese tradition of respect for our elders, to seniors of all ethnicities. It is with this same commitment, Kimochi opens its arms to future generations of seniors. And we thank you, with deep gratitude, for your kimochi today and every day.

スティーブ・イシイ

事務局長

日本食のテイクアウトと宅配の食事を高齢者に提供しています。そし てそのニーズは、増え続けています。ソーシャルサービス(社会福祉) 及び送迎プログラムは、コロナ禍の制限により、いくつかの変更を加 え、引き続き運営されています。運動と社会活動(ソーシャルアクティ ビティ)は、高齢者が再び集まって行動することが安全になるまで、 オンラインで継続されます。

高齢の一世世代のケアと福祉を提供するという彼らの単純明快なコ

ミットメントとして始まったものは、今日、年間133,000食以上の

気持会ではまた、2か所の介護施設の運営を行っております。気持ホ ームは、1983年にジャパンタウンにオープンし、19人の歩行可能 な高齢者が居住しています。2016年、14人の歩行者と歩行不可 能な高齢者の居住施設としてオープンした気持サンマテオは、ペニン シュラ地区の日本食宅配の拠点にもなっています。

これはすべて、多くの家族、寄付者、ボランティアの皆さん、そして気 持会スタッフの日本の文化背景を尊重した伝統的で最高レベルの質 の高いケアをすべてのエスニックバックグランドを持つ高齢者に提 供するという永続的な原則に基づいて構築し続けるスタッフの、心か らの寛大なサポートなしには成し遂げられなかったでしょう。これと 同じように、気持会では、次世代に高齢者となる皆さんにも手を差し 伸べることを誓います。そして皆さんの気持ちに、今日もこれからも、 日々心より感謝致します。

Steve Ishii Executive Director

tin Sho

Thank You to Our Agency Sponsors









WCP I DE, LLC

K/T Foundation

Help Build our 'Dedication Wall' Kimochi's commitment to future generations of seniors

Dedication Wall の構築にご協力お願いします気持会次世代への取り組み



In 2030, just nine short years away, all baby boomers will be older than age 65. This expansion of our senior population means there will be a growing number of adults who, despite their desire to live

independently, may need to rely on the help of others. Kimochi is committed to being there to care and advocate for future generations of seniors -- and their caregivers.

Over the past 50 years, Kimochi has provided services that help seniors live with dignity and independence, delaying or avoiding the need for institutionalization. This includes meals programs, transportation and social services, home care referrals, adult day activities and assisted living support.

To keep these services in place and evolve as new generations need help, Kimochi is asking your help in building the "Kimochi Dedication Wall." Our goal is to raise \$500,000 from individual and corporate gifts by September 1, 2022 with all monies dedicated to directly benefit and develop senior programs and caregiver support.

"It is through support of families, friends, donors and volunteers, like you, that Kimochi has continued to thrive," say Sandy Mori and Steve Nakajo, Kimochi co-founders. "This Dedication Wall demonstrates our commitment as a community – like we have since 1971 — that Kimochi is a part of our intergenerational fabric and necessary network of care for seniors and their family of caregivers.

To date, Kimochi has already received pledges of \$47,000 to the Dedication Wall. Your pledge (minimum \$2,500) will be recognized on the Wall – and can include the name of a loved one you choose to honor with your gift. Pledges can also be made in the form of a Legacy Gift. You can find more information on the Dedication Wall and levels of giving on our website https://www.kimochi-inc.org, or contact Steve Ishii, Kimochi Executive Director @ sishii@kimochi-inc.org.

Please help ensure the continued work of Kimochi by supporting the Dedication Wall through a tax-deductible gift or by joining our Legacy Society. We thank you for your consideration and dedication to future generations of seniors and their caregivers. わずか9年後の2030年には、全ての団塊の世代が65歳以上になります。この高齢者人口の増加は、高齢者であっても自立していたいという願望があるにもかかわらず、他者の助けに頼らなければならない高齢者の数が増えることを意味しています。気持会は、次世代の高齢者とその介護者の皆さんを支援し、また擁護するために尽力いたします。

気持会では過去50年にわたり、高齢者が尊厳と自立を保ちながら生活し、高齢者が施設に入る必要がある状態になるまでの段階を出来るだけ遅延したり、回避したりするために役立つサービスを提供してきました。このようなサービスの中には、食事プログラム、送迎サービス、ソーシャルサービス(社会福祉)、在宅介護の紹介、デイケアプログラム、及び高齢者向けケア付き住宅の運営が含まれます。

これらのサービスを維持し、新しい世代が気持会の助けを必要とするときに気持会が新しい時代に見合うサービスを提供するため、気持会は、「気持会Dedication Wall」の構築にあたり、皆様からのご協力をお願い致します。私たちの目標である、2022年9月1日までに、個人及び企業からの寄付金\$500,000ドルを調達し、これらの寄付金の全てを、シニアプログラムと介護者支援の向上に運用致します。

「気持会が繁栄し続けているのは、皆さんのような家族、友人、寄付者、ボランティアの支援によるものです。」と気持会共同設立者であるサンディ・モリとスティーブ・ナカジョウは言います。「この献身的な壁は、1971年以来、気持会が私たちの世代間の構造の一部であり高齢者とその介護者の家族のために必要なケアのネットワークの一部であるというコミュニティとしての私たちのコミットメントを示しています。」

現在まで、気持会ではDedication Wall 構築にあたり、既に47,000ドルの寄付の誓約を受け取りました。あなたの寄付の誓約(最低2,500ドルを寄付いただくと)は、壁に刻印されます。あなたの寄付金でどなたか大切な人の名前を壁に残すことも出来ます。寄付の誓約は、レガシーギフトの形で行うこともできます。レガシーウォールと寄付の金額レベルに関する詳細に関しては、ウェブサイトhttps://www.kimochi-inc.org/を参照するか、気持会事務局長のスティーブ・イシイSishii@kimochi-inc.orgにお問い合わせください。

気持会が今後も継続して活動を続けるために、皆さんのご支援が必要です。税金控除の対象となる寄付を通じてデディケーションウォールを支援するか、レガシーソサエティに参加ください。 次世代の高齢者とその介護者への未来のために考慮いただき感謝致します。



Kimochi Over 50 Years

1971



Steve Nakajo, Sandy Mori and a group of devoted Sansei envision the beginnings of Kimochi to support the elderly Issei. In July 1971, Kimochi, Inc. becomes a 501©3 non-profit, community-based organization.

1972 Kimochi submits a grant to the California Department on Aging and is awarded a research and demonstration project for social services.

1974



Kimochi launches a Japanese hot meals program for seniors through a grant awarded by the California Department on Aging. Today, Kimochi provides 133,000 meals annually.

1976



Kimochi, Inc. begins the Transportation Program for seniors from a grant submission through California's Urban and Mass Transit Act.

1979 With funding awarded by the San Francisco Commission on the Aging, Kimochi expands the nutrition program to 365-days a year.

1983



Kimochi Home opens its doors at 1531 Sutter Street, San Francisco as residential and respite care center for 20 seniors -- with capacity for 40 seniors to participate in adult day social activities.

1986 Kimochi moves its offices and weekday programs to the Japanese Community & Cultural Center of Northern California (JCCCNC) to house Administration, Nutrition, Transportation, Social Services, and the Senior Center.

1992



Kimochi completes Kimochi Lounge renovation in the Kinokuniya Mall to provide a safe and welcoming gathering place for seniors to read and relax, get the latest news in the community and socialize.

1998-99



Kimochi purchases a 1715 Buchanan Street property and launches a capital campaign to undertake building renovations to house expanding operations. Building renovation is completed in 1999 and this location continues to serve as Kimochi's home base.

2006



Kimochi is awarded a contract from the San Francisco Office on the Aging to provide case management to seniors from the Japanese and Korean communities.

To help seniors live safely and independently at home, Kimochi develops a Home Safety program providing seniors home safety assessments and assistance in identifying reputable vendors who can assist with home repairs.

2009



Kimochi begins Club Nikkei to promote Active Aging. Club Nikkei is a membershipbased social and recreational program for Nikkei seniors to enjoy group outings and excursions. To extend care services into the Peninsula, Kimochi submits a grant and is awarded funding from San Mateo County Aging and Adult Services to provide Family Caregiver Support Services in the county.



2015 Kimochi Home seniors are honored by a visit from Japan's Prime Minister, Shinzo Abe's wife, Lady Akie Abe, who visits Kimochi Home, one of three stops on an official trip to San Francisco.

Kimochi San Mateo receives licensing approval to open as a non-ambulatory Residential Care Facility for the elderly. With licensing approval from the San Mateo County Planning Department, residents make Kimochi San Mateo their new home.

2016 Kimochi, Inc. co-founder Steve Nakajo, retires from Kimochi after 45 years of service. Steve Ishii, Associate Director, is named Executive Director by the Board of Directors.

2017 Kimochi San Mateo expands services by starting a home-delivered meals program to seniors in San Mateo County.

2018

2021

Kimochi's Director of Programs, Anna Sawamura-Higaki resigns after 35 years of Kimochi service. Kimochi proudly announces Shawne O'Connell as Kimochi's new Director of Programs.

In early response to COVID, Kimochi takes fast action to enact strict policies on Kimochi Home and Kimochi San Mateo visitation – ahead of the mandatory "no visitation" order from the Department of Social Services. Transportation and Social Services programs are quickly modified, and the Nutrition Program is immediately converted to a 'take-out' system only. Home-delivered meals continue. To-date, Kimochi seniors have been kept safe.

Kimochi proudly marks a huge milestone -- 50 years of care and advocacy for seniors and their caregivers, of all ethnicities. We remain committed to serving future generations of seniors.

Kimochi Programs and Services

Please call to inquire as some programs/services modified due to COVID

Community Services (San Francisco)

Kimochi staff plan a variety of monthly activities, such as Tai Chi and Origami & Chat, for independent and active seniors to stay healthy - mind and body.

Intergenerational CARE Program (San Francisco)

The CARE Program is a new program that Kimochi, Inc. and JCYC (Japanese Community Youth Council) are undertaking in partnership with the City of San Francisco. The aim of the program is to foster an exchange between generations by hosting inter-generational activities.

Family Caregiver Support Program (San Francisco and San Mateo)

The pandemic presents a new set of challenges for friends and family caring for an elderly loved one. You are not alone. Kimochi offers various support programs and educational seminars for caregivers to help you through these difficult times.

Community Dining Program (San Francisco)

A nutritious, well-balanced, Japanese-style hot lunch is provided 5 days a week, Monday through Friday (except major holidays), from 11:00am – 1:00pm. Onsite, sit-down dining at Kimochi Senior Center is currently closed. Lunch is available for takeaway only.

Home-Delivered Meals (San Francisco)

Seniors who are unable to shop for or prepare their own meals may qualify for our Home Delivered Meals Program. A hot, nutritious Japanese-style lunch is delivered Monday through Friday, plus frozen meals for the weekend. For the health and safety of staff and clients, Kimochi has instituted a no-contact delivery method.

Case Management (San Francisco)

Kimochi's Case Management Program helps seniors in San Francisco who are at risk for early institutionalization to coordinate all the services that they may need in order to live safely in their home. Social workers are available via telephone or email consultation.

Kimochi Home and Kimochi San Mateo Facilities

We are happy to announce that there is good news and updates regarding visiting residents at our facilities. Visitation has been expanded and now includes:

- Indoor visitations
- Hugging, hand holding, brief physical contact are allowed IF both visitor and resident are fully COVID vaccinated + 2 weeks.
- Outdoor & Virtual visits continue to be offered as safer alternatives.
- All visits must be scheduled in advance. Visitors must submit to COVID screening & temperature checks before visitation.

Outings are allowed and now include

- Holiday celebrations
- · Private gatherings
- Extended or Overnight stays

New residents or residents returning from outings, do not need to quarantine if they:

- · Are fully vaccinated
- Safely follow COVID protocols
- Have not gathered with more than three households

Facial coverings and physical distancing:

 Continues to be followed and enforced both indoors and outdoors.

Please call us for the most current updates or to apply for residential stays at either residential facility.

Linda Ishii, Administrator: lishii@kimochi-inc.org

Kimochi Home: (415) 922-9972 Kimochi San Mateo: (650) 388-7130



気持会プログラムとサービス

コロナ禍のため一部のプログラムとサービスが変更されている為

詳細は電話にてお問い合わせください

コミュニティサービス(サンフランシスコ)

気持会スタッフは、太極拳や折り紙と談話など、自立したアクティブな高齢者が心と体の健康を維持するためのさまざまな月次活動を計画しています。

世代間ケアプログラム(サンフランシスコ)

CAREプログラムは、Kimochi Inc.とJCYC (Japanese Community Youth Council)がサンフランシスコ市と提携して行っている新しいプログラムです。このプログラムの目的は、世代間の活動を主催することにより、世代間の交流を促進することです。

家族介護者支援プログラム(サンフランシスコとサンマテオ)

パンデミックは、高齢者の世話をしている家族や友人に、新たな課題をもたらした。あなたは一人ではありません。気持会では、このような困難な時期を乗り切るために、介護者向けに様々な支援プログラムや教育セミナーを提供しています。

コミュニティダイニングプログラム(サンフランシスコ)

月曜日から金曜日(主要な祝日を除く)までの週5日、午前11時から午後 1時まで、栄養価の高いバランスの取れた温かい和食ランチを提供しています。現在気持シニアセンターでのオンサイトダイニング(着席式の会食) は休業中です。ランチはテイクアウトのみ可能です。

食事宅配(サンフランシスコ)

自分で食事を購入したり準備したりできない高齢者は、気持会の宅配食プログラムを受けることが出来る場合があります。(*要査定)月曜日から金曜日まで、栄養価の高い温かい日本食のランチと、週末に召し上がって頂く冷凍した食事をお届けします。(*要査定)スタッフとクライアントの健康と安全を守るために、気持会では非接触配送方式を導入しました。



ケース マネジメント(サンフランシスコ

気持会のケースマネジメントプログラムは、ケアホーム等への早期収容の リスクがあるサンフランシスコ在住の高齢者が、自宅で安全に暮らすため に必要な全てのサービスを受けられるようにコーディネートをするお手 伝いをしています。ソーシャルワーカーへのご相談は、電話または電子メ ールで受け付けています

気持ホームと気持サンマテオ; 高齢者介護施設

気持ホーム、気持サンマテオ両介護施設の居住者を訪問する際の規制 が緩和されたことをお知らせ出来ることを嬉しく思います。

訪問する際の規制が緩和されました。以下の事項が含まれます。

- ・屋内の訪問
- ・訪問者と居住者の両者が完全にCOVIDのワクチン接種を完了している場合(最後のワクチン接種から2週間が経過していること)は、ハグ、 手を握りあうなど、短時間の身体的接触を許可
- ・より安全な代替手段として、屋外での訪問、及びバーチャルビジット(オンラインによる)は継続
- ・全ての訪問に関して、必ず事前予約を取ること、又訪問者は、入館前に 検温とCOVIDに関する問診表に記入すること

居住者の外出許可に関して以下参照

- ・ホリデーを祝うための外出
- ・ 個人的な集まりへの参加
- ・ 外泊、長期の外泊

新規居住者又は、外出先から戻って来た居住者は、以下の条件を満たしている場合、隔離をする必要はありません。

- ・ ワクチン接種を完了している場合
- · COVID に関する安全手順(プロトコル)に従っていること
- ・ 3世帯以上で集まらない事

マスク等の着用と既定の間隔を保つこと

・屋内外の両方でマスク等の着用とソーシャルディスタンスを引き続き 守って行動する事

居住施設に関するお問い合わせ、施設に関する最新の情報に関しては、 以下の連絡先へご連絡下さい。

Linda Ishii, Administrator: lishii@kimochi-inc.org

Kimochi Home: (415) 922-9972 Kimochi San Mateo: (650) 388-7130

Ways of Giving to Kimochi, Inc.

Help ensure Kimochi's ability to sustain the Japanese tradition of care and support 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.

LEGACY GIFTS

(Endowments, Wills, Trusts, Stocks, Property)

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

VEHICLE DONATIONS

(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 (nonliability and title) and will make arrangements to pick-up your vehicle at your convenience.

IN-KIND GIFTS

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.

E-WASTE RECYCLING

Get rid of your old electronic waste (TVs, computers, appliances, fax machines, and more) and support Kimochi at the same time! eWaste4good offers free pickup of your working and non-working electronic items. This is an environmentally safe, easy and convenient way to recycle old electronics.

Visit <u>www.eWaste4good.com</u> to see a list of acceptable items and to schedule a pickup. Make sure you designate Kimochi, Inc. as your organization of choice.

For additional information about giving to Kimochi, please contact the Administrative Office at (415) 931-2294 or email kimochikai@kimochi-inc.org.

Contributions to Kimochi, Inc. are tax deductible (Tax I.D. # 23-7117402). There are many ways you can give to Kimochi, Inc.



CORPORATE OPPORTUNITIES

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

- Become our corporate partner through financial support
- 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 are 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.



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。

職場でのギフトブログラム

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。

E-WASTE リサイクリング

使わなくなった電化製品はありませんか?(テレビ、コンピューター、アプライアンス、ファックス、など)要らなくなった電化製品を寄付することで気持会をサポートできます!

E-WASTE 4goodでは、無料であなたの要らなくなった(使用可の電化製品又は壊れている電化製品)をピックアップします。環境に安全で簡単で便利な古い電化製品のリサイクル方です。

ウェブサイトに<u>www.eWaste4good.com</u> にアクセスしてリサイクル可能な商品のリストをご覧ください。その後ピックアップをご予約下さい。

Kimochi, Inc.を寄付先として選ぶのをお忘れなく。

詳細は、アドミニストレイティブオフィスにお電話頂くか、Eメールにてお問合せ下さい。

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 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ー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。

amazonsmile

You shop. Amazon gives.

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comのウェブサイトを開き、「Or 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。





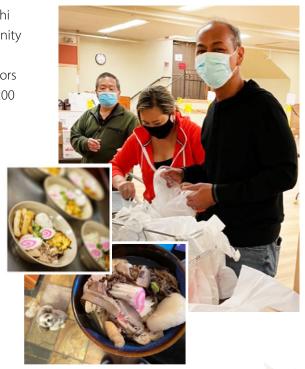
気持会への寄付に関するお問い合わせは、 事務局長スティーブ・イシイ(415)931-2294、 sishii@kimochi-inc.orgまでご連絡ください。

Kimochi's Kitchen To-Go Udon Fundraiser – February 26, 2021

気持キッチン To-Goトゥーゴー ファンドレイザー 2021年2月26日

Thank you to all those who purchased tickets to our first Kimochi Kitchen To-Go Fundraiser featuring Kimochi Udon. An opportunity for our supporters to enjoy the exact meal that we serve to our seniors. Kimochi has provided more than 133,000 meals to seniors throughout the pandemic. In addition, we have served over 9,200 bowls of Kimochi Udon from March 2020 to January 2021.

気持うどんをフィーチャーした初の気持キッチンToーGoファンドレイジングのチケットを、ご購入頂き有難うございました。気持会が普段の気持ランチプログラムで提供している食事を、気持サポーターの皆さんに楽しんで頂く良い機会となりました。パンデミック下気持会では、133,000食以上の食事を高齢者に提供してきました。また、2020年3月から2021年1月まで、9200杯以上の気持うどんを高齢者の皆さんに提供しました。



Mother's Day Brittle Fundraiser - May 2021

ファンドレージングイベントー 母の日ブリトル販売 - 2021年5月



Another successful brittle sale thanks to our supporters! We sold over 400 bags of brittle, sweet hots and brittle popcorn.

気持会をサポートして下さる皆さんのおかげで、好評いただいたブリトルファンドレージングイベントは、大成功を収めました。合計400袋以上のブリトル、スィートホット、ブリトルポップコーンを完売しました。

Kimochi's first Online Tupperware Party/Sale – May 7-24, 2021

気持会初オンラインタッパーウエアパーティ/販売 ― 2021年5月7日-5月24日



Remember the old fashion Tupperware party? We held our first Tupperware Online Party and it was a huge success.

昔ながらのタッパーウエアのパーティを皆さん覚えてらっしゃいますか? 気持会初のオンラインによるタッパーウエアパーティを開催し、大成功を収めました。

Kimochi Home and Kimochi San Mateo Open for Resident Applications

気持ホームと気持サンマテオでは新規入居者を募集しております

Both Kimochi Home and Kimochi San Mateo are currently accepting applicants for residential stays in both facilities. New residents may qualify for reduced fees for the first 2 months of residency. For more information, please call Kimochi Home at (415) 922-9972 or Kimochi San Mateo at (650) 388-7130

気持ホームと気持サンマテオでは、新規入居者の申し込みを受け付けています。

新規に入居頂いた方に、入居申し込みから2か月間、割引料金での対象となる場合があります。詳細は、気持ホーム (415) 922-9972又は、気持サンマテオ (650) 388-7130迄ご連絡下さい。









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Kimochi, Inc. thanks the following donors (monetary and in-kind) for their generous contributions between October 1, 2020 – April 30, 2021 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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Gloria E. Uejima

Uji Time

Keith & Pam Uyeda

Gary & Camella Joo Uyeda

Steven Wada Eiko Wada Mikio Wada

Rick & Janet Wada

Jian Wang Richard Warnick Jane Watanabe

John Hadeler & Aileen

Watanabe Lesya Westerman Lesley & Gloria Wilmer

Jody Wong Stephanie Wong Susan Wong Vicky Wong

Caroline Hiroko Wong

Jennifer Wong

Ken & Nancy Yokoyama Woo

Kyra Worthy

Yasunari & Michiko Yamada

Ron Yamada

Raymond Yamagishi

Paul Yamagishi

Satoshi & Kayoko Yamakawa

Kristen Yamamoto

Betty Jo & Douglas Yamamoto

Joyce Yamasaki Ronald Yamato Tomiko Yamauchi Richard Yamauchi

Akimi Yano

Tamiko Yasuhara Jason Yasumoto Jennifer Yee

Tobias & Tomoko Yeh

Paul Yep Ella Yitzhaki Akemi Yokoe

Craig & Pamela Yonemura
Stephen Scheifele & Rochelle

Yonezawa June Yoshida Irene Yoshida Timothy Yoshida

Donald & Gail Yoshioka
Robert & Susan Yoshioka
Christopher & Theresa Young

Regan & Carol Young

Vi Yuen Allen Yuen Michi Yukawa

Gary Chou & Jane Yura

Jessica Zou

Kimochi Volunteer Program

気持会ボランティア・プログラム

Please call to inquire as COVID-19 has altered Program Volunteer Opportunities.

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 little as one hour per month 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, outings or appointments.

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.)

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 hour 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、気持会は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)で主にお願いしていますが、気持ホーム・サンマテオでは週末にお手伝い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: 電話応対、高齢者や訪問者への挨拶・応対

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・応対、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。

Volunteer Spotlight: Eagle Scout Project – Nolan Nomura

Builds Protective Partition for Kimochi Reception 気持ボランティア: イーグルスカウトプロジェクトーノーラン・ノムラ

受付の保護用ガードを作成してくれました



Why did you choose Kimochi for Troop 29 Eagle Scout Project?

I chose to work with Kimochi for my Eagle Scout Project since Kimochi has always been a great assistance to my grandparents in staying healthy and independent. Whether it's through the daily lunch programs or home assistance care for my grandmother, who was ill at the time, my family and I are very grateful for the help and support my grandparents have received from Kimochi for the past years.

Troop 29 イーグルスカウトプロジェクトに気持会を選んだ理由は何ですか?

私がイーグルスカウトプロジェクトに気持会を選んだのは、気持会の皆さんが私の祖父母が年を とりながらも、常に健康で自立していることを保つために大いに助けてくれたからです。毎日の昼 食プログラムであれ、当時病気だった祖母の在宅介護であれ、私ども家族は、祖父母が過去数年 間気持会から受けた支援にとても感謝しています。

What do you enjoy the most about volunteering at Kimochi?

Despite some unexpected challenges and hours of preparation, I really enjoyed the whole process, as it was very rewarding to see the final result of my project. Leading the other Scouts from my troop was a real learning experience, and knowing that I could help ensure a safer environment for both the staff and seniors at Kimochi was great motivation to do a good job.

気持会でのボランティア活動で一番楽しんでいることは何ですか?

予期しない課題に直面したことや、準備に時間を要したにもかかわらず、プロジェクトの最終結果を見るのは、非常にやりがいがあったので、プロジェクトの全ての工程を楽しむことが出来ました。このプロジェクトの参加者である部下たちを率いることは真の学習経験であり、気持会のスタッフと高齢者の方々にとってより安全な環境で活動が出来るようにお手伝いしたいという気持ちが、動機とモチベーションになりました。



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, 2020 – April 30, 2021. We apologize for any names we may have missed or misspelled.

Michael Chen Rachel Arnott Carolyn Feibleman Terrence Hua Shinya Sugizaki Mayumi Awatani Mariko Ejima Soojee Hahn Blair Kerr Matthew Tominaga John Okahata Shohei Burns Yasuyuki Ejima Jana Hopkins Allen Zhou Andrew Esterline David Okazaki Maria Cabangis Akiyo Horiguchi Margarita Zosa

Season of Giving

ホリデーシーズンの助け合い活動

San Francisco Sheriffs Department Chief of Staff, Richard Jue, and Assistant Sheriff, Joe Engler, stopped by to wish Kimochi a

happy holiday. On behalf of the Department, they donated \$100 Target Gift Cards for Kimochi seniors. Our social services staff delivered them to those Kimochi seniors most in need or those with few



family members or friends to celebrate the holiday. The San Francisco Sheriffs Department has been a long supporter of the community and Kimochi, in particular. We especially thank Richard Jue for his ongoing commitment to Kimochi.

サンフランシスコ郡保安局の参謀長であるリチャード・ジュー氏と保安官補佐であるジョー・エングラー氏は、気持会へ、ホリデーシーズンの挨拶をするために立ち寄ってくれました。サンフランシスコ郡保安局の代理として気持会のクライアントの高齢者へ\$100(20枚ほど)のターゲットギフトカードを寄付下さいました。気持会のソーシャルサービスのスタッフは、ギフトカードを、これらの支援を最も必要としている高齢者の皆さんや、家族や友人が少なくホリデーを祝うことが出来ない高齢者のクライアントへ配布しました。サンフランシスコ郡保安官局は、コミュニティの中でも特に、気持会を長年に渡って支援下さっています。気持会への継続的な支援活動を行っているリチャード・ジュー氏に感謝致します。

Senior Safety

シニアの安全を守るために

On April 15th, officers from the SFPD Northern Station and SF SAFE (Safety Awareness For Everyone) visited Kimochi's lunch program. Officers from the local Northern Station introduced themselves to seniors in the community they are tasked with protecting. SF SAFE officers and volunteers distributed information on how to stay safe in light of the increase in anti-Asian crimes. Officers met with more than 150 seniors who had come to pick up a delicious oden lunch.

4月15日、サンフランシスコ市警のノーザンステーションのSF SAFE(セーフティアウェアネス フォーエブリワン)の警察官の皆さ

んが、気持のランチプログラムを訪問しました。地元のノーザンステーションの警察官は、彼らが保護する任務を負っているコミュニティの高齢者と対面しました。 SFSAFEの警察官とボランティアは、昨今増加しているアジア人に対する憎悪犯罪に関して、身を守るための情報を配布しました。警察官は、おいしいおでんランチを取りに来た150人以上の高齢者に注意を呼びかけました



Kimochi Board of Directors

Rod Henmi, *Chairperson*Greg Yee, *Vice Chairperson*Mary Ishisaki, *Secretary*Jane Yura, *Secretary Treasurer*

Roy Ikeda Mari Kawaguchi Mark Moriguchi Aaron Nakahara Benh Nakajo Peter Namkung John Noguchi Kyle Oura Dennis Sato Gail Tanaka Tobin Tsuji Michi Yukawa, M.D.

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

Debbie Hsieh, Administrative Assistant

Aki Akiyama, Receptionist

Riyo Kunisawa, Receptionist

Guadalupe Gutierrez, Janitor

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

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

Grant Eshima, C.A.R.E. Program Specialist

COMMUNITY SERVICE

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

Grace Hulleza, Community Services Program Specialist

SOCIAL SERVICES

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

Yumi Berman, Social Services Coordinator

Yoshimi Higuchi, Case Manager

Hyunhee Lee, Case Manager

Cindy Yee, Nihonmachi Terrace Case Worker

Hiroyo Shimo, 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

Greg Hamaguchi, Head Chef

Yoshiki Inagawa, Assistant Cook

Shinya Suqizaki, Assistant Cook

Walter Schulze, Home Delivery Driver

Dave Sugaya, Home Delivery Driver

Gustavo Cardoza, Dishwasher

Xiao Fan Mo, Dishwasher

Ryan Kobayashi, Transportation Coordinator

Craig Ikuma, *Paratransit Driver* Carlos Osorio, *Paratransit Driver*

KIMOCHI HOME

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

Linda Ishii, Administrator

Sandy Ishii, Adult Day Coordinator

Misaki Sugai, Assistant Coordinator

Tsoodol Altantuya, Resident Assistant

Bolormaa Bayarmagnai, Resident Assistant

Hiromi Cardoza, Resident Assistant

Mercedes Hernandez, Resident Assistant

Yumie Ono, Resident Assistant

Aireen Rivera, Resident Assistant

Michiko Turks, Resident Assistant

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*

Justin Baptista, Kitchen 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

Erlinda Dequina, Resident Assistant

KIMOCHI LOUNGE

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

Not staffed at this time. Please call Kimochi Administration.

Kimochi, Inc. Service Directory

Continuing Generations of Caring

Since 1971, Kimochi, Inc. has developed and promoted an intergenerational philosophy of care for Bay Area seniors and families. Our current continuum of care includes the following programs and services:

Please call Kimochi sites as some programs and services may have been altered due to COVID-19.

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 multilingual 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.

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 #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.

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. During the pandemic, over 500 meals are currently 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 19 seniors in either single or shared rooms.



1715 Buchanan Street • San Francisco, CA 94115

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Kimochi's Annual Raffle Coming Soon!



All proceeds supports Kimochi's programs and services for seniors.

Kimochi, Inc. is a \$0103 non-profit organization.

www.kimochi-inc.org

1715 Buchanan Street San Francisco, CA 94115 (415) 931-2294 Email: events@kimochi-inc.org

Updates to receiving our Newsletter

For those of you who would like to receive our next newsletter electronically, please email us at kimochikai@kimochi-inc.org and we will be happy to accommodate your request. Those of you who would like to continue receiving a printed newsletter, no action required. We will continue sending you the newsletter through the mail.

ニュースレターの受け取り方

次回のニュースレターを電子版で受け取りたい方は、Eメールにて右のアドレスへお知らせください。Kimochikai@kimochi-inc.org喜んでご対応致します。今まで通り印刷したニュースレターをご希望の方は、これまで通り郵送で送りますので特にご連絡頂かなくて結構です。

Visit us online at www.kimochi-inc.org

Stay connected with Kimochi, Inc.







@kimochi.incorporated#kimochi.incorporated@KimochiKai