

# KIMOCHI 気持会

Continuing the Japanese Tradition of Care and Support for Seniors

SUMMER 2023

## A Season of Re-Openings at Kimochi

Senior Activities and Congregate Meals return, and Kimochi's Social Lounge re-opens.

シニアによる諸活動と会食が復活、気持の交流ラウンジの再開。



Mayor London Breed enjoys a Kimochi Teriburger at Cherry Blossom Festival.



The Nueva School students volunteering at Kimochi Nutrition Program.



Volunteers at Kimochi Nutrition Program.



Turning the Bingo cage and calling out numbers for the many eager Bingo players.



Kimochi Ceramics with Leona Nakagawa



Kimochi Lounge welcomes back seniors to read, relax and socialize.

### A Look Inside...

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# A Message from the Executive Director

## 事務局長からのメッセージ

Summer Greetings!

A season of re-openings has been taking place at Kimochi – the energy level of day-to-day programs and activities is high and great to see and experience again.

The Adult Day program re-opened Monday-Fridays, 6 hours a day. Seniors enjoy a variety of supervised social and recreational activities – and family members are provided respite during the day. The beloved Kimochi Lounge in the Kinokuniya Mall has also re-opened 4 days a week to provide a safe space for seniors to read, access resources and socialize. We kept the Lounge closed during covid given it is a tight, enclosed space and the safety of our seniors was paramount. And after almost 3 years of take-out meals, congregate meals are back after a long testing phase by the City and County of San Francisco. Kimochi is running again on all cylinders. Masks are still highly recommended even though city protocols have loosened.

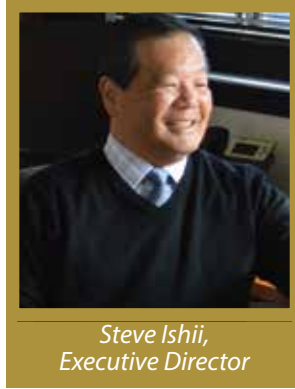
Last issue, you had a chance to get to know our Social Services team. This issue, we introduce Linda Ishii, Kimochi's Director of Residential Services. She and her staff are responsible for the care and quality of life for senior residents at Kimochi Home (San Francisco) and Kimochi San Mateo. Linda addresses some of the most frequently asked questions families pose to her when exploring care options for a loved one.

And we hope to see you at a long-overdue in-person event later this Fall. More on that to come! In the meantime, we thank you for your continued generous support of our seniors.

With kimochi and warm regards,



Steve Ishii  
Executive Director



Steve Ishii,  
Executive Director

暑中お見舞い申し上げます。

コロナ禍で中止されていた気持会のプログラムや活動が再開され、以前の活気を取り戻しています。

気持アダルトデイプログラムは現在、月曜日から金曜日、1日6時間行なっています。スタッフによる監督の下、高齢者が様々な社会的／娯楽的な活動を楽しんでいる間に家族は休息を取ることができます。紀伊国屋モールに位置する気持ラウンジは週4日で再開しており、読書や情報収集、交流の場と

してご利用いただけます。気持ラウンジは狭い密閉された空間で、高齢者の安全が最優先だったため、コロナ禍では閉鎖を余儀なくされていました。約3年もの間続いたランチ持帰りプログラムを終了し、サンフランシスコ市郡による長期テスト段階を経て、ランチ会食プログラムも再開しています。このように、気持会の全てのプログラムが再び利用可能となっています。サンフランシスコ市によるマスクの着用義務は緩和されましたが、気持会では引き続き着用を強くお勧めします。

前号ではソーシャルサービスのスタッフを紹介しましたが、今号では気持ホーム・レジデンシャルサービス・ディレクターを務めるリンダ・イシイを紹介します。リンダとスタッフは、気持ホーム(サンフランシスコ)と気持サンマテオに居住する高齢者のケアを通じて彼らの生活の質の維持・向上に努めています。リンダは、ケア内容を検討する上で入居者の家族から最もよく質問される事柄に対処しています。

長らく延期になっていたイベントがこの秋に開催されます。詳細は後日お知らせいたします。ご期待ください!

気持会高齢者への皆様からの変わらぬご支援に心より感謝申し上げます。

スティーブ・イシイ  
事務局長

## Kimochi Board of Directors

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# Our Kimochi Homes

## Most Frequently Asked Questions as Families Seek Care

The Kimochi Homes are a major anchor of our service organization and are nationally-recognized for providing residents quality of life based on the Japanese tradition of care. Kimochi Home, located in San Francisco's Japantown, has been home to 19 ambulatory seniors since 1983. Kimochi San Mateo, home to 14 seniors (ambulatory and non-ambulatory), opened in 2016 based on the successful model of Kimochi Home.

The homes are under the management of Linda Ishii, Director of Residential Services, who has overseen Kimochi resident

care for over 20 years. Linda and her staff of 16, three of whom have been with her as caregivers for 20+ years, are responsible for the day-to-day care and safety for seniors at the homes.

Residents are under 24-hour supervised, non-medical care. Staff provides assistance with activities of daily living such as bathing, dressing, and medications – as well as socialization, communal meals and activities to keep mind and body active as possible. The health and safety of the seniors and staff are top priority.

### **Linda shares some of the questions most frequently asked by family members as they start exploring care options for a loved one:**

#### **Are you considered a nursing home?**

Kimochi Home and Kimochi San Mateo are State licensed as Residential Care Facilities for the Elderly (RCFE), also otherwise referred to as assisted living or board and care homes. We provide non-medical care and are not considered a skilled nursing facility or nursing home.

#### **What levels of care are offered? What is the monthly cost?**

Three levels of care are offered.

**Level 1** for residents who need minimal assistance with activities of daily living (ADL's).

**Level 2** for residents needing more stand-by and hands-on assistance with 3 or more ADL's.

**Level 3** for residents who may require full assistance with ADL's by one or more staff.

As of this writing, Kimochi Home's current monthly rate starts at \$4,800 and is based on how much assistance is needed. At Kimochi San Mateo, the current monthly rate starts at \$5,800 and is also based on how much assistance is needed.

#### **Do you have memory care? Hospice care?**

Hospice care is offered at our Kimochi San Mateo site. Neither Kimochi Home nor Kimochi San Mateo offer memory care.

#### **Do you accept residents that aren't of Japanese descent or that live outside of San Francisco/San Mateo?**

All seniors are welcome at either of our homes whether they live in the Bay Area or out of state and whether of Japanese descent or not. Anyone who enjoys Japanese food (which is highlighted on our daily menus) and appreciates Japanese culture would feel right at home.

### **How do most people pay for an assisted living stay? Is it covered by insurance – Medicare/Medi-Cal?**

Assisted living is an out-of-pocket payment and most rely upon a combination of Social Security, retirement/pension benefits, savings and family support to pay for fees. Since assisted living is non-medical care, health insurance such as Medicare or Medi-Cal does not cover our services.

### **Is Long Term Care Insurance accepted?**

Long Term Care Insurance is accepted at both Kimochi Home and Kimochi San Mateo.

Our staff is able to assist with monthly claim documentation after the initial policy deductibles have been met.

### **How do you and staff help new residents acclimate to their new surroundings and settle in?**

Moving to a new environment can be disorienting and confusing for anyone. Our staff do a great job providing emotional and physical support to residents as they become familiar with their new home. A little extra 'kimochi' goes a long way as a new resident gets acquainted with the warm and inviting environment that we are known for.

Introducing and sometimes re-introducing a resident to new friends and neighbors and reassuring them that staff are always available to assist are just a few ways we help with this initial transition. Staff also encourage participation in our daily activities so the new resident can begin building relationships. Meals are equally important social times and are an opportunity for everyone to enjoy good food and good company!

### **For more information, please contact:**

Linda Ishii, Director of Residential Services at  
lishii@kimochi-inc.org or call (415) 922-9972.



## Thank You to Our Agency Sponsors



WCP I DE, LLC

K/T Foundation



# 気持会の気持ホームと気持サンマテオについて

## 高齢者のケアを検討しているご家族からよくある質問

気持ホームと気持サンマテオは、日本の伝統的なケアに基づいたクオリティ・オブ・ライフ(質の高い生活)を入居者に提供する、私たちのサービス組織の大きな柱であり、全国的にも高く評価されています。サンフランシスコの日本町にある気持ホームは、1983年以来、19名の歩行可能な高齢者が暮らしています。気持サンマテオは気持ホームの成功をモデルとして2016年に開設され、14名の高齢者(歩行可能な方と歩行が困難な方)が暮らしています。

この2つの施設は、20年以上にわたって入居者ケアを統括してきたレジデンシャル・サービス担当のディレクター、リンダ・イシイの

監督下におかれています。リンダと16人のスタッフ(うち3人は20数年前からケアギバーとして勤務している)は、日々ホームの高齢者をお世話し、彼らの安全確保という責任を負っています。入居者は、24時間体制で見守られ、医療行為以外のケアを受けています。スタッフは入浴、着替え、服薬などの日常生活の介助はもちろん、入居者同士の交流、共同での食事、心身を可能な限り活発にするための諸活動も提供しています。高齢の居住者とスタッフの健康と安全が最優先事項です。

以下は、大切なご家族のために介護の選択肢を検討するにあたり、リンダがもっともよく尋ねられる質問とその回答です。

**気持の施設は老人ホームにあたるのでしょうか。**

気持ホームと気持サンマテオは、高齢者向け住宅施設(RCFE)、別名サービス付き居住施設あるいは住宅型老人ホームとも呼ばれ、カリフォルニア州の認定を受けています。私どもの施設は、医療的なケアを提供しないため、熟練の看護師が常駐する介護付き老人ホームや介護施設とはみなされません。

**どのようなレベルのケアが提供されていますか。毎月の費用はいくらぐらいですか。**

3つのレベルのケアを提供しています。

**レベル1のケア:**日常生活に最低限の介助が必要な方向け

**レベル2のケア:**日常生活に3種類以上の介助が必要な方向け

**レベル3のケア:**1名以上のスタッフによる日常生活に必要な全面的な介助が必要な方向け

本稿執筆現時点では、気持ホームの月額料金は4,800ドルから始まり、料金はどの程度の介助が必要かに応じて決定されます。気持サンマテオの月額料金は5,800ドルから始まり、気持ホームと同じくどの程度の介助が必要かにより料金が決定されます。

**認知症高齢者に特化したケア(メモリーケア)を提供していますか。また、ホスピスケアを提供していますか。**

ホスピスケア(緩和ケア)は、気持サンマテオで提供しています。認知症高齢者に特化したケア(メモリーケア)は、気持ホームでも気持サンマテオでも提供しておりません。

**日系以外の高齢者、またサンフランシスコやサンマテオ以外に住んでいる高齢者は入居できますか。**

ベイエリアにお住まいの方だけでなく、カリフォルニア州以外にお住まいの方も、日系人であるかにかかわらず、どのような高齢者の方でも入居いただけます。日本食がお好きな方(私どもの献立に日本食が反映されております)や日本文化にご興味がある方ならば、どなたもご自宅で過ごすのと同じように生活していただけたと思います。

**サービス付き高齢者住宅の入居費を皆さんはどのように捻出されているのでしょうか。保険やメディケア(Medicare)/メディ・カル(Medi-Cal)でカバーされるのでしょうか。**

サービス付き高齢者住宅費用は自己負担でまかなわれることが多く、ほとんどの場合、ソーシャルセキュリティや退職金、年金、貯蓄、さらに家族からの援助などを組み合わせて支払いに充てられています。サービス付き高齢者住宅は医療的なケアを提供しないため、メディケア(Medicare)やメディ・カル(Medi-Cal)などの健康保険は私どもの施設費用支払いに適用することができません。

**長期介護保険は使えますか。**

気持ホームと気持サンマテオのどちらでも長期介護保険を利用することができます。最初に保険の免責金額を満たした後で、私どものスタッフが毎月の請求書類の作成をお手伝いいたします。

**新しく入居した高齢者が気持ホームでの環境に慣れて落ち着いて生活できるように、スタッフはどのようなサポートを提供していますか。**

新しい環境で生活することは、老若男女問わず戸惑いや混乱が生じるものです。入居者が新しい生活環境に慣れるまで、私どものスタッフは精神的・肉体的なサポートを提供することに努めています。入居された高齢者が私どもの施設を、居住者に寄り添う新しい生活場所として慣れ親しんでいただくにあたって、よく知られるところの私どもの「思いやり(気持ち)」がお役に立つと思います。

他の入居者の方をお友達としてあるいは隣人として紹介したり、時にはあらためて再紹介したりするなど、スタッフがいつでも援助してくれる場所だと高齢者を安心させることは、新たな生活に移行するための支援の一例に過ぎません。入居者が新しい人間関係を築くことができるように、スタッフは日ごろから施設内での活動に参加するよう心がけています。食事の時間も重要な交流の場であり、誰もがおいしい食事と仲間との時間を楽しむ機会でもあります。

詳しいお問い合わせは、ディレクターのリンダ・イシイまでご連絡ください。電子メール:lishii@kimochi-inc.org  
電話:(415) 922-9972

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

## 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 (non-liability 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.

## 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

## Your Generous Gift can be acknowledged on

### Kimochi's Dedication Wall

Kimochi friends, families and corporate supporters are collectively building the "Kimochi Dedication Wall" which represents our collective commitment to ensure Kimochi services for future waves of seniors that will need support. All monies will directly benefit Kimochi services. Your giving will be recognized on the Dedication Wall – and can be made in honor of or in memory of a loved one.

### Kimochi San Mateo Wall of Appreciation

Your generous gift to Kimochi San Mateo, The Tomoye & Henri Takahashi Center, can be acknowledged on the Founders Wall of Appreciation.

### Kimochi Naming Opportunities

Your gift to Kimochi seniors can be acknowledged in the form of Naming Rights - recognized on permanent signage on a space you designate at Kimochi Home or Kimochi San Mateo.



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に、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に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

## あなたの寄付は様々な形で残すことができます

### 気持デディケーションウォール

気持会の友人・家族・法人サポーターの皆様が一体となって構築している「気持デディケーションウォール」には、時世代高齢者のために気持会が尽力するという誓いが込められています。このデディケーションウォールへの全ての寄付金は直接気持会のサービスに充てられます。ご寄付を頂いた皆様のお名前は、デディケーションウォールへ掲示することができます。また、寄付者の大切な方のお名前を掲示することもできます。

### 気持サンマテオ・ウォール・オブ・アプリシエーション

気持サンマテオ(トモエ&ヘンリー・タカハシセンター)へご寄付を頂いた皆様のお名前は、ファウンデーション・ウォール・オブ・アプリシエーションへ掲示することができます。

### 気持ネーミング・オポチュニティー

気持会高齢者へご寄付を頂いた皆様のお名前を、気持ホームまたは気持サンマテオのご指定の場所に永久に掲示することができます。



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。



# Adult Day Program is Now Re-Open!

After 3 long years of being “on hold” due to COVID restrictions, we have reopened the Adult Day program. Adult Day is a very important and instrumental program in a senior’s or their family’s life.

The Adult Day Program is licensed by the State of California to provide supervision and support for seniors. Our program provides supervised care for the day in a non-medical setting within Kimochi Home, our residential facility. The various social and recreational activities that are scheduled promote social interaction and independence which is important and necessary to enhance a senior’s quality of life.

The Adult Day program is open weekdays from 9am-5pm, with activities scheduled from 10am-3pm. Our activities include

mini-golf, Bingo, arts & crafts, and a daily exercise class. Lunch and afternoon tea time are also included in the day, enhancing socialization and making new friends.

This is a great program providing social opportunities in a group setting, keeping seniors independent and living at home, all while assuring family members that their loved ones are in a safe environment under supervised care.

**If you are interested in the Adult Day program,**

or if you have any questions, please contact Sandy Ishii, Adult Day Coordinator, at 415-922-9972 or by email, [smishii@kimochi-inc.org](mailto:smishii@kimochi-inc.org).





# Active Living at Kimochi Senior Center

気持シニアセンターで生き生きと活動する高齢者たち

**Kimochi's BINGO** is one of the activities for the Senior Center, keeping the mind and hand-eye coordination sharp. And players socialize as they're trying to compete!



**The Kimochi Ceramics Class** has fired up the kiln with instructor, Leona Nakagawa (pictured). Leona established the Kimochi Ceramics Class with her father, Roy Abbey, who faithfully taught ceramics for 32 years. Leona's Ceramics Class is one of Kimochi's most popular activities and seniors select finished products for sale at the Kimochi Lounge and at Japantown summer street festivals.



**The Kimochi Lounge** located on the Kinokuniya Mall's Webster Street Bridge has reopened (after a prolonged closure due to covid concerns) welcoming back seniors to read, access resources (including books and DVDs) and socialize. Arts and crafts made by our seniors are available for sale at this location as well.



**The San Mateo Arboretum Society's Victorian Garden** provided the perfect backdrop for one of Kimochi San Mateo's Family Caregivers Support Group called "Watercolor Painting Workshop." During this monthly class, an art critic joined the workshop and we had fun analyzing and interpreting all the artwork.



# Donations

Kimochi, Inc. thanks the following donors (monetary and in-kind) for their generous contributions between September 1, 2022 – March 31, 2023 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.



## Donations in Memory of

**Hideko Ando**

Jackie Wang  
Tiama Hamkins-Indik

**Evangeline Kitahashi Arevalo**

Irene's Original

**Tetsuo Asano**

Michael & Marsha Taam

**Angie Chan**

Kathryn Chan

**Eva Chang**

Samuel Chang

**Sue Daijo**

Hideko Tsuchiya

**Nobu Fukuda**

Kaye Higashi  
Joanie Levinsohn

**Yas Furuya**

Edson Fong & Pauline Ishisaki

**Emiko Furuya**

Edson Fong & Pauline Ishisaki  
Thomas Geltz  
Hideko Tsuchiya

**Kengo Hamai**

Mutsuo & Reiko Kitagawa

**Alice Yukiko Hamai**

Tak & Bernice Hamai

**David Hara**

Janet Ninomiya

**Taiko Hashimoto**

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## Donations

Kimochi, Inc. thanks the following donors (monetary and in-kind) for their generous contributions between September 1, 2022 – March 31, 2023 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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 Gary Chou & Jane Yura



# Our Resident Assistants

## The Kimochi Care They Give

Mercedes Hernandez, Michiko Turks and Alta Altantuya have each been Resident Assistants at Kimochi Home for 20 years or longer. They provide the daily care that supports the health, safety and quality of life for our senior residents and are key to the consistent, high level of care at our Kimochi Home.



### Mercedes Hernandez

*"Since I started to work for Kimochi, I feel that I found my home. The seniors are the best; they teach me and I learn from them. My co-workers are also the best. I feel peaceful and supported all these years and I am grateful."*

### メルセデス ヘルナンデス

「気持ホームで働き始めてから、私は自分の居場所を見つけたような気がします。シニアの方々は、最高です。彼らは私に教えてくれますし、私も彼らから学びます。私の同僚も最高です。この何十年、私の心は平和で多くを支えられてきたと感じており、感謝しています。」

### Tsoodol "Alta" Altantuya

*"I like working at Kimochi because it is considered an act of goodwill to assist the elderly in my country (Mongolia). I consider the seniors I help every day to be like my own parents who are just as elderly. By working at Kimochi, I have also learned a lot of necessary skills to be able to take care of my parents when the time comes. I am grateful to be part of the seniors' lives by acting in any way I can to be like their own child and to bring them joy to the fullest."*

### ツオードル・アルタントゥヤ 「アルタ」

「私は気持ホームで働くのが好きな理由は、私の母国(モンゴル)では高齢者を支援することが善意の行為だと考えられているからです。私は毎日手助けしている高齢者を、同じ年老いた自分の両親のようなものだと考えています。気持ホームで働くことで、いざというときに両親の介護ができるよう、必要なスキルもたくさん学びました。私のできる限りの振る舞いで、入居者の方々にまるで自分の子どもといるように感じてもらったり大喜びしてもらい、そんな自分が彼らの人生の一部に関わっていることに感謝しています。」



### Michiko Turks

*"Kimochi Home is the extension of my family; our residents are like parents to me. I have learned a great deal working at Kimochi Home for the last 20 years. Kimochi Home taught me the importance of love and kindness by caring for the seniors. I really enjoy working at Kimochi Home!"*

### ミチコ タークス

「気持ホームは私の家族の延長です。入居者の方々は私にとって両親のようなものです。過去20年間、気持ホームで働いて多くのことを学びました。気持ホームでは、高齢者の方々の思いやりを通じて、愛と優しさの大切さを教えていただきました。気持ホームで働くのは本当に楽しいです！」



Kimochi, Inc. provides valuable services to our seniors from adult social day activities to congregate nutrition and transportation. We are always in search of individuals that share the "Kimochi" spirit. If you are interested in working with seniors, please visit our website @ [kimochi-inc.org/employment](http://kimochi-inc.org/employment) for current Kimochi job opportunities.

# Kimochi Loves Our Volunteers!

## 気持会ボランティア・プログラム\*

Volunteers are much needed and relied upon resource within Kimochi's programs & services and fundraising events. 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.

\*All Volunteer programs are Monday through Friday at this time.

### Nutrition Services

- Food Preparation
- Weekday Lunch Program
- Home Delivered Meals

### Kimochi Home San Francisco and Kimochi San Mateo

- Escorting
- Receptionists
- Activities (Exercise / arts and crafts)

### Social Services

- Friendly Visitation

### Kimochi Lounge

### Fundraising Events

気持会のプログラムやサービス、ファンドレイジング活動でボランティアが大変必要とされています。ボランティアの皆さんのサポートがあってこそ、気持会は高齢者のケアを継続して提供できるのです。月に一時間や、一日に数時間でも、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。

\*すべてのボランティアプログラムは、ただいま平日のみとなっております。

### 給食サービス

- 調理
- 平日ランチ会食
- 宅配食事

### 気持ホームサンフランシスコと気持サンマテオ

- 付き添い
- 受付
- 活動(運動、手作り工作)

### ソーシャルサービス

- ふれあいボランティアプログラム

### 気持ラウンジ

### ファンドレイジング活動



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.

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E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 September 1, 2022 - March 31, 2023. We apologize for any names we may have missed or misspelled.

Nyah Bruen  
 Angela Campos  
 Brian Chang  
 Helen Chang  
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 Erica Felix  
 Rebecca Fritz  
 Jean Fukunaga  
 Kiki Gorforth  
 Teresa Ho

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 Emerald Huang  
 Gorman Hui  
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 Nightchase Jeffries  
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 Tianji Luking  
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 Mika Nakagawa Judd

Leona Nakagawa  
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 Vicky Perez  
 Marrisa Pho  
 Nancy Poon  
 Yukiko Saltzgaber

Cynthia Sasaki  
 Ameya Shiva  
 Eddie Siy  
 Keiko Spencer  
 Joyce Taira  
 Rikako Tamaya  
 Suekichi Terakado  
 Rich Tokeshi  
 Herbert Tong  
 Ruby Tsang

Kenji Wong  
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*Our live event is back!*

# KIMOCHI

*Silver Bells*  
**2023**



Saturday, December 16, 2023  
The Event Center @ St. Mary's Cathedral  
[www.kimochi-inc.org](http://www.kimochi-inc.org) | [events@kimochi-inc.org](mailto:events@kimochi-inc.org)

Silver Bells is one of Kimochi's longest-running, most popular fundraising events, featuring a large array of artisan hand-crafted items. We thank the generosity of participating vendors and the many Silver Bells shoppers who help to support our seniors.

**Coming this October 21st, Issho-Ni 2023.**  
In celebration of Kimochi's 50 years of service.



**We look forward to reconnecting with supporters, families and old & new friends.**  
**More details to come.**

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



@kimochi.incorporated #kimochi.incorporated @KimochiKai