Momiji Matters [§]



SUMMER 2016





Long time Monday afternoon Bingo volunteer Misako (not pictured, Monday Bingo volunteer Etsumi).

Every Monday afternoon and Thursday evening, seniors gather for a much anticipated game of Bingo. Momiji's Bingo program is facilitated by devoted volunteers. For the past 12 years, Etsumi Sakaguchi and Misako Chiba have graciously spent every Monday afternoon, along with Thursday night Bingo volunteers, Ruby Hayashi and Ruth Sugawara, making sure that the seniors are able to participate fully and enjoy the program.

Misako says she keeps coming back every week because she enjoys talking to and building relationships with the seniors.

Though the game of Bingo appears seemingly simple, much expertise and attention is needed to ensure comprehension in the calling of the numbers. The pace must

be fast enough to peak interest but allow seniors to follow along. The volunteers also provide countless other benefits to our seniors. For instance, the fast pace maintains hand eye coordination as the seniors must quickly identify and mark numbers on their cards, cognitive abilities are improved since seniors are required to be alert, and short-term memory is activated which improves mental speed and information retention. And no less important, a winning Bingo card brings excitement, laughter and joy, which has many physical benefits including boosting the immune system, relieving stress and can even help with pain management. This program also gives seniors a chance to socialize and get to know one another – some forging life long friendships.

Momiji tenant and Bingo participant Chieko Endo says she comes because "it's good for the brain". Amy Izumi says she likes coming to Bingo because "It brings people together. All people are welcome and I enjoy the companionship". The Bingo Ladies foster a social atmosphere that is crucial for seniors to maintain happy and healthy lives. Win or lose a game, our seniors are all winners!

THE MOMIJI STORE

Momiji's philosophy of care is based on the commitment to offer respect, dignity and independence for our seniors. One of the many ways that Momiji is able to encourage this independence is through the Momiii store. The store is run by dedicated volunteers whose energy helps to make shopping enjoyable for our seniors.

Originally, the store was run by Momiji tenant volunteers, led by John Morry, who did the shopping and selling to the other tenants. When John retired. the store was closed for a short period but re-opened in 2010 when Reiko Mitsuishi, the owner of Sundown Market, volunteered to bring Japanese products

and supplies from her store to Momiji. Our volunteers Jill Noorhoff, Takako Morosawa, Ruth Sugawara and Midori Fukuma have been joined by Midori's husband Kojiro and Chieko Knight and they have been managing the Store every week since then. We asked these dedicated volunteers why they continue to volunteer. Here is what some of them.

"I volunteer for the people, serving people, it's fun. My favourite part about volunteering is talking to the seniors." Takako Morosawa.

"We try to add joy to their lives. It makes us happy, that's why we come." Jill Noorhoff.

It's obvious the feelings are mutual

for it isn't unusual for seniors just to drop by the Store for a chat even if they are not shopping. So come to the Momiji Store and say hi to our fantastic volunteers while picking up your favourite Japanese treats or discover some new ones! Open Tuesdays and Thursdays from 10:00 a.m. to 3:00 p.m.



Takako (left) and Jill (right). Not pictured, Ruth, Midori, Kojiro, Chieko and Reiko.



Donor News

OVSA RECIPIENTS

In March, six Momiji Volunteers were among those honoured by the provincial Ministry of Citizenship and Immigration with Ontario Volunteer Service Awards. Five of these volunteers attended the Awards Ceremony. Also awarded but not present for the Ceremony was Sharon Uyede (5 years). Congratulations to our Momiji Volunteers!



(Left to right): Tad Oyagi (10 years), Sheila Merrick (10 years), Tomiko Ruth Sugawara (5 years), Kikuko Kinoshita (10 years), and Yoko Wakabayashi (20 years). They were joined by June Asano, Momiji Board of Directors (far left) and Pam Waintraub, Momiji Chair of the Board of Directors (far

YOUTH VOLUNTEERS

Momiji appreciates the contributions of all of our volunteers and while we wish we could acknowledge each individual's unique support, this is not possible due to space limitations. For this issue, we are giving special mention to the hundreds of youth who lend their time, energy and enthusiasm after school, during weekends and holiday breaks to make Momiji the amazing place it is for seniors.

Here at Momiji, the next generation of caring is being cultivated through our youthful volunteers.



Two of Momiii's many young volunteers. Aim (left) and Alyss (right)

MOMIJI BOARD OF **DIRECTORS**

Momiji is known for many great things, one of which is our Board of Directors. These talented, dedicated and caring individuals take the meaning of a "working Board" to a whole new level. They are always eager to roll up their sleeves and do whatever it takes to help Momiii reach its full potential. This includes providing wise guidance and council to Momiji staff, advocating Momiji's merits within and outside the Community, offering professional expertise for services Momiji couldn't normally afford, and staying up all night baking for the Bazaar.

So the next time you see one of our board members, please acknowledge all that they have done, currently do and will continue to do for Momiji.

Current:

Dereck Oikawa (Treasurer) Michael Doi (Corporate Secretary) Elaine Aimone Gayle Cali Susan Hidaka Steven Kodama Mavumi Maemura Sumit Raybardhan Elaine Rvoii Dr. Fred Sunahara (Honourary Director) Ann Ashley (Special Advisor)

Pam Waintraub Chair)

New Nominations:

Vija Mallia (Director of Long-Term Care Homes, The City of Toronto) Lynn Mack (Quality/Utilization Analyst, The Hospital For Sick Kids)

2016 Retirements:

June Asano (2005 - 2016) Donna Davis, Vice Chair (2007 - 2016)Yoshiko Dutczak (2013 - 2016) Sandy Miike, Past Chair (2001 - 2016)



When described by friends, words like 'kind, compassionate, caring, respectful and dignified' are commonly used to describe Shinsuke "John" Uchikata.

his mother's death at the age of seven, he and his father moved to Japan. Unfortunately, shortly after their arrival his father also passed away. At the age of twenty-two, John returned to Vancouver and found a job with the Hori Family, where he met his future wife, Dorothy. Together, they had four children: David (deceased) Jane (Mays), Beverly (Tweedie) and Paul.

Through much of his life, John was an entrepreneur involved in four dif-

ferent, but successful businesses. His charity work with the Japanese community began in the late 1950s, when he first became involved with the Japanese Canadian Culture Centre. Since Momiji's inception, John has been very sup-John was born in Vancouver, but after portive with generous gifts during the holidays and other contributions through the years. Whenever the Japanese community needed support, John responded.

> John's legacy of giving has continued despite his passing away almost a year ago. Recently, Momiji received a benevolent \$10,000 bequest from John's Estate. We are so pleased to once again have the opportunity to recognize his generosity.



SENIORS' SECRETARIAT

Shinsuke "John" Uchikata

Thanks to an \$8,000 grant from the Ontario Seniors' Secretariat, Momiii is embarking on a new formal partnership with the Japanese Canadian Cultural Centre (JCCC).

This project will help over 500 seniors and involves two projects: Issei Day (a JCCC tradition for over 50 years) and a new program that encourages healthy eating and learning. Both of these programs will help seniors be more engaged and socially involved in their community.

Without this grant, Issei Day would have been in jeopardy since the main funding source was lost but now, thanks to the Ontario Seniors' Secretariat grant, Momiji will be able to help the JCCC carry on this tradition.

DOUBLE DUTY VOLUNTEERING

In May, two of Momiji's volunteers, Sheila and Glen invited Momiii to take part in the Royal Canadian Legion, Highland Creek Branch's Flea Market. At this third party event, they took care of all of the arrangements and even paid the table fee. Although only books and including other Momiji volunteers, raised over \$250. "Since we volunteer for both the Royal Canadian Legion (Highland

Creek Branch) and Momiji, we thought this was a good way to help both organizations at the same time." said Glen.

This is just one way to help raise vitally needed funds for Momiji Health Care Society. The choices are almost endless – from garage and bake sales to car washes, BBQs and fashion shows, just to name a few. You could even host a reception or dinner in your home and encourage vour guests to make a donainexpensive items were sold, the team, tion to Momiji. Please visit our website or contact giving@momiji.on.ca for more information.





MOMIJI'S 22ND COMMUNITY BAZAAR Saturday April 2

- Saturday, April 2nd

Our incredible Bazaar Committee and an army of amazing volunteers have done it again -- raising close to \$40,000 in one day!

Many, many months of planning and hard work went into the creation and execution of another very successful community bazaar; so words cannot adequately thank all those who donated their time, talents and treasures. We also wish to thank all our shoppers, silent auction bidders and diners whose purchases will provide funding for Momiji programs, services and equipment for our seniors. Contributing to our success are the Bazaar's corporate sponsors and donors:

1759713 Ontario Inc. Action Honda **Bavview United Church** Brown's Flower Shop Delta Toronto East Dr. Sushi Catering Dyson Canada Ltd. **Emission Check** G & G Electronics Ginko Japanese Restaurant Heisei Mart Highland Funeral Home Hisense Canada Company Ltd **Integrated Bodyworks** Japan National Tourist Organization Japanese Canadian Cultural Centre Japanese Gospel Church of Toronto Japanese Paper Place JFC International (Canada) Inc. John Johnson Landscaping &

Maintenance
Kazu Hair Design
Kobo Jewellery Inc.
Kon-Nichi-Wa Japanese Restaurant
Maple Leaf Sports and Entertainment
McDougall and Brown Funeral Home
Miyabi Japanese Restaurant
Montmartre Bakery
Mount Pleasant Group of Cemeteries
Nami Japanese Restaurant
Neogami Origami Jewellery

Nikkei Books Ocean Food Company Ltd. Odyssey Time Inc. Ogden Funeral Home Ozawa Canada Ltd. Paul O'Connor Funeral Home Prime Timers Ricoh Canada Runway Salon Sandown Market Sorn Thai St. Andrews Japanese Anglican Church The Butcher Shop Things Japanese Tomauri Inc. Toronto Buddhist Church Toronto Honda & Toronto Kia Whirlpool Canada Inc. Yamaha Canada Music Ltd.

Mark your calendars for **Saturday**, **March 25**, **2017** for the next Momiji Community Bazaar.

Zen Japanese Restaurant

MOMIJI'S 11th ANNUAL BOWLATHON - Saturday, May 14th



One of the many 10 pin bowling teams!

Better than bowling a perfect game – a new record was set with over \$42,000 raised! Credit must go to the Bowlathon committee and volunteers whose dedication, creativity and hard work attracted more than 189 bowlers.

We are very pleased to announce that The RBC Foundation was the Bowlathon's first corporate sponsor. This sponsorship occurred because one of the bowlers asked RBC, a vendor of his company, to sponsor him. We also wish to thank all of our generous prize donors, many who are long-time supporters and others very welcomed new ones.

We also had more bowlers than ever before solicit sponsorhips using Canada Helps. They found it quick and easy, and gave them the ability to reach family and friends who they would not have been able to ask in person, allowing them to raise more money for Momiji. Thank you everyone for your support!

CRAFTS, COLLECTIBLES & CAFÉ - June 25th

Hundreds of eager shoppers spent close to \$9,000 on handcrafted items, original art, Japanese wares, vintage jewellery, unique and valuable collectibles, and on sampling the delicious delectable treats from The Café.

All proceeds from the Collectibles Boutique, Japanese Wares and The Café sales went to support Momiji programs and services that help our seniors maintain a quality of life with purpose and meaning.



Top to bottom: Japanese lacquers, collectibles yummy treats

Caregiving Support

KEEPING OUR SENIORS SAFE

Finding the balance between safety and independence.

Keeping our children safe was pretty straight forward, as the adult we felt confident we knew better and as for independence society expects children to be dependent on their parents. It's definitely more complicated when caring for seniors. For example:

- A senior refuses to wear disposable briefs but has had a couple of falls rushing to the bathroom. One fall required a visit to the ER for stitches.
- A 90-year-old has been advised by his doctor to restrict salt, sugar and oily foods in order to prolong his life. He refuses saying "I want to enjoy my life and eat what I like."

So how do we keep our seniors safe while respecting their independence in light of diminishing capabilities? Unfortunately, there isn't a universal answer; however taking a well-considered and sincere approach can help mitigate most situations. This involves having patience, using empathic listening, more patience, informing the senior of the risk, and firm yet caring action.



Yuka Okada and a Tenant

At Momiji, our Support Services, Elderly Persons Centre and Client Intervention teams are continually in discussions with seniors on implementing a plan of care that respects their desire for independence. Much of this is accomplished through programs and services that help seniors retain or gain skills they need to keep themselves physically and emotionally safe, such as:

- Fall prevention exercises
- Private and group physiotherapy
- Doctor clinic on site (Tuesdays and Fridays)
- Medication reminders
- Referrals to Occupational Therapists
- Escorted shopping trips
- Cooking classes, and more

Momiji's philosophy is to keep seniors moving and engaged in life as much as their individual circumstances permit. Momiji believes when seniors feel they have no control over their situation, there is a risk of learned helplessness becoming established. This is when seniors begin to feel there is nothing they can do to help themselves or overcome a situation.

Additionally Momiji works very closely with seniors' families (POA – substitute decision makers) to evaluate the circumstances and create the balance between safety and independence most suitable to all caregiving partners involved.

To find out more about the Momiji programs and services that would benefit your senior's individual circumstances register to attend one or more of the following workshops and information sessions by contacting Keiko@momiji. on.ca or 416.261.6683 x249:

- Carefirst Tour, Sept 15, 1:30-2:30pm at Carefirst
- POA & Will Seminar, Oct 6, 10:00am-12:30pm at JCCC
- Understanding Behaviour & Communication Strategies, Oct 14, 1:30-3:30pm at Momiji

Education Program



Congratulations to Christina Kandappu on winning this year's quilt raffle.

The quilt was donated by the Nimble Thimble Quilters and raised over \$800 which will go towards maintaining programs and services for our seniors at Momiii.

A great big thank you to our quilters and ticket buyers.



Nimble Thimbles
Quilters and the

Momiji appreciates all donations received between January 1, 2016 and

Moning apprecia				Kadohama, Mr. Jeff		Murai, Ms. Joan	40	Saisho, Mrs. Alison	50	Wakisaka, Mr. & Mrs. Larry	25
received betwee	n Jar	nuary 1, 2016 and		Kagawa, Mr. Brian K.		Murai, Mr. & Mrs. Kevin	100	Sakaguchi, Mrs. Helen	30	Westergaard, Mrs. Yoneko	118
		10011/11/2010 011101		Kagawa, Mrs. Irene	40	Murata, Ms. Irene	50	Sakamoto, Mr. James	00	Wong, Mr. Edward	40
June 30, 2016.				Kagayama, Mrs. Betty	40	Murata, Mrs. Jackie	50 50	Sakauye, Mr. Darrell	60	Wong, Dr. Susan	40
				Kaneko, Mr. Mickey Katsumi, Ms. Debbie	25 50	Naganobu, Mr. Jeffrey	50 25	Sakauye, Ms. Janet Sakauye, Mr. Randy	30	Yamamoto, Ms. Arlene	50
Due to space limitation	ons, or	nly donations of \$25 or 1	more	Katsumi, Ms. Debbie Kawaquchi, Mr. Gary	40	Nagao, Ms. Janet Nagao, Mr. Randy	30	Sakauye, Mr. & Mrs. Tatsuo	70 130	Yamamoto, Mr. Glenn	100
are listed.	-	-		Kawahara. Ms. Amv	25	Nagasuye, Mr. & Mrs. Joseph H.	30	Sakura, Mr. George	100	Yamamoto, Mrs. Sheri	100
				Kawahara, Ms. Cathy	30	Nakamura. Ms. Christine	100	Sameshima, Dr. Takaki	150	Yamashita, Mrs. Kikue Yamashita, Mrs. Yumi	50 25
Annual and Events		Brattke, Mr. Peter	40	Kenno, Mr. Richard	100	Nakamura, Mr. Doug	40	Sameshima, Ms. Toyoko	70	Yanase. Ms. Marion	50
		Bremner-Ikeno, Mrs. Patricia	25	Kimura, Mr. & Mrs. Sam	50	Nakamura, Ms. Frances	40	Sato, Ms. Donna	50	Yang, Mrs. Wei Aki	30
Bazaar		Brooks, Ms. Betty	30	Kimura, Mr. & Mrs. Stan	40	Nakamura, Mrs. Jessica (Yoshiko)	30	Sato, Mrs. Masako (Martha)	40	Yano, Ms. Amy	50 50
1759713 Ontario	212	Cali, Mr. Dominic	200	Kimura, Ms. Miho	40	Nakamura, Ms. Margaret	25	Sato. Mr. Rov	30	Yoshida, Mr. Ross	60
Cockburn, Ms. Lorrie	50	Cali, Mrs. Gayle Campbell, Mr. Peter	271 48	Kishimoto, Mr. Dave	50	Nakamura, Ms. Meg	25	Schlein, Mr. Mark	50	Yoshiki. Ms. Janice	100
Gordon, Ms. Gail	100	Campbell, Mr. Peter Carter, Mrs. Diane	100	Kishimoto, Mr. Les	50	Nakamura, Mrs. Miyo	70	Schlichtig, Mrs. Reiko	30	Young, Ms. Bonnie	25
Hashimoto, Ms. Jennifer	222	Chamberlain, Ms. Jill	50	Kitamura, Ms. Ki	40	Nakanishi, Ms. Susie	30	Scott, Ms. Rose Marie	25	3,	
Highland Funeral Home	250	Chan, Ms. Catherine	50	Kobayashi, Mrs. Dawna	175	Nakano, Mr. George	50	Seki, Mrs. Jean	40	Christmas Campaign	
Inouye, Mr. Ron	40	Chin, W.	30	Kobayashi, Mr. Kevin	40	Nakano, Mr. & Mrs. Ken	40	Sekiya, Mr. & Mrs. Kenzo		Baba, Mrs. Marie	
Isojima, Mrs. Shirley (Setsuko) Kimura, Mr. Shigeo	160 100	Chin, Mr. Wally	30	Kobayashi, Mr. Martin	40	Nakao, Mrs. Kimie	100	Seko, Mr. Nelson	200	Beaver, Mrs. Joan	50
Killidia, Mil. Siligeo Kobayashi, Mrs. Dawna	44	Christie, Mr. James	100	Kodama, Mr. Steven	40	Nakawatase, Mr. Satsuo	40	Seko, Mr. Steve	100	Chiba, Ms. Charlotte	100
Kobayashi, Mr. Kazumasa	100	Cockburn, Mr. Bruce	100	Konishi, Ms. Fujiko	50	Nguyen, Mr. Thong	40	Seto, Mrs. Masako	25	Doi, Mrs. Keiko (Kay)	50
Maemura, Ms. Mayumi	58	Cockburn, Mses. Lorrie & Karlee	40	Koshida, Ms. Janice	40	Niiya, Mr. Don	25	Shard, Ms. Cynthia	40	Ishikawa, Ms. Frances	30
McDougall & Brown Funeral Home	260	Cumandra, Dr. Kocho	40	Kotani, Mr. Fred	40	Nikaido, Ms. Susan	40	Shigetomi, Ms. Keiko	30	Kagemori, Mrs. Teruha	100
Mixon. Mr. Lee	25	Dembo, Mr. Kiyoshi	60	Koyama, Mrs. Helen	30	Nishimura, Mr. David	50	Shikaze, Mr. Kaz	ΕO	Kojima Mingo, Mrs. Harumi	30
Moritsugu, Mr. & Mrs. Tadashi (Ted)		deVisser, Mr. Richard	25	Kriens, Mr. Thomas	100	Nishimura, Mr. Michael	40 50	Shimizu, Mr. Ron	50	Kutsukake, Mr. Dennis	35
Mount Pleasant Group of Cemeteries	1,000	Drysdale, Mrs. Nori	25	Kudo, Ms. Mary Kuk, Ms. Elen	100 25	Nishimura, Mrs. Toshiko Nishino. Mrs. Pollie	25	Shimizu, Tomo Shimoda, Mrs. Mary	70 25	Kuwahara, Ms. Karen	200
Nagano, Ms. Louise (Reiko)	50	Durocher, Mrs. Terralyn Gale	25	Kunihiro, Mr. & Mrs. Ben	25	Nobuto, Ms. Janice	200	Shin, Ms. June	40	Nakatsu, Ms. Christine Nakatsu, Mrs. Naomi Linda	200
Ocean Food Company Ltd.	98	Dutczak, Mirek & Yoshiko	173	Kuramoto, Ms. Kimiye	50	Nobuto, Mr. Michael	40	Shin, Mr. Masashi	35	Naoyoshi (Alex) Yanoshita	
Okawara, Ms. Christine		Ebata, Ms. Jessie	4.5	Kuroda, Mrs. Lily	25	Noda, Ms. Carly	50	Shin. Yosh	70	Family Foundation	2,502
Ono, Mrs. Carole	50	Ebisuzaki, Mrs. Susan	45	Kuroda, Mr. Mits	25	Noda, Mrs. Miyoko	100	Shino, Ms. Naomi	100	Okawara, Ms. Christine	2,302
Paul O'Connor Funeral Home Ltd.	50	Fitzgibbon, Mrs. Teresa	50 25	Kusano, Ms. Maggie	50	Ogaki, Mr. & Mrs. Len	25	Shino, Mr. Rod	75	Sonoda, Mr. & Mrs. Sam	25
Randla, Mrs. Elaine	67	Fujimoto, Ms. Beverley Fukushima, Mrs. Sanae	25 50	Kusano, Mr. Roy	200	Ogaki, Mr. & Mrs. Tame		Shiozaki, Mrs. Geri	45	Conoda, Wil. & Wile. Cam	20
Reid, Mr. Christopher	90	Gallego, Mr. Isaac	40	Kuwahara, Mr. Alan	50	Ogibowski, Ms. Carole	50	Shiozaki, Mrs. Karie	45	General	
Reid, Mr. & Mrs. Christopher	50	Gordon, Ms. Gail	25	Kuwahara, Mrs. Nellie	125	Ohashi, Mrs. Keiko	40	Shishido, Ms. Theresa	100	Scholar	
Reid, Ms. Wynne	75	Gorham, Ms. Vivien	100	Kuwahara, Mr. Paul	50	Ohashi, Mr. Scott	220	Sniderman, Dr. Barry P.	25	Aihoshi, Mrs. Kimiko Rose	100
Robertson, Mrs. Birgitte	230	Goto, Mrs. Jean	100	Kuzyk, Mr. & Mrs. Andrew	100	Oikawa, Mr. Dereck	30	Sugamori, Mr. Harvey	50	Armstrong, Mrs. Sheri-Lynn	80
Shikaze, Mr. Kaz Shimoda, Ms. Irene	50	Guardiani, Ms. Gilda	50	Langdon, Mrs. Susan Keiko	100	Oiye, Ms. Kay	170	Sugamori, Mr. Ken	60	Bayview United Church	
Shimoda, Ms. Irene Shimoda Moore, Ms. Joyce	50	Gyotoku, Mr. Clayton	25	Law, Ms. Sue	25	Oiye, Mrs. Pamela	25	Sugamori, Ms. Miyeko M.	200	Bayview United Church	
Shimoda, Mr. & Mrs. Len	50	Harada, Ms. Joanne	200	Lee, Mrs. Rose	25	Okada, Ms. Yuka		Sunahara, Dr. Fred Akira	40	Women's Friendship Circle	
Takahashi, Ms. Joy Reiko	50	Harada, Mr. Richard	70	Lim, Ms. Antonnette	40	Okawara, Ms. Christine	0.5	Suyama, Mr. Kunio	30	Brooks, Mrs. Betty	100
Takata, Mr. Bryan	26	Harada, Ms. Susan	100	Macdonald, Mr. Patrick	50	Okura, Ms. Irene	25	Suyama, Mr. Tokugi	70	Chen, Ms. Donna	25
Takata, Mr. Richard	100	Hayward, Mrs. Joyce	50	MacIntrye, Mr. John	40 25	Okura, Mr. Matthew Okura, Mr. & Mrs. Tim	25 40	Suzuki, Mr. James	50 70	Chomiak, Mrs. Stella	50
Tanaka, Dr. Alan G.	100	Hector, Ms. Lydia	25	Mackay, Ms. Lynda MacKenzie, Ms. Loretta	25 50	Ono, Mrs. Carole	60	Tabata, Mrs. Carol Tabata, Mr. Fumi H.	70	Davis, Ms. Donna	150
Toronto Buddhist Church	500	Heron, Mr. James	60	MacKenzie, Mrs. Marlene	42	Ono, Ms. Karen	100	Takaki, Mr. John	60 60	Doi, Mrs. Shizue	100
Walk, Ms. Heidi	200	Hidaka, Mrs. Susan	110	Maeda, Mr. Dan	50	Otsu, Ms. Vicky	100	Takashima, Lindsay	40	Durocher, Mrs. Terralyn Gale	50
		Hikida, Mr. & Mrs. Harry	50	Maemura, Ms. Mayumi	240	Oyagi, Mrs. Doreen	25	Takashima, Mr. Terry	380	Furuya, Mrs. Harumi	385
Bowlathon		Hirowatari, Mr. Mark	100	Mann, Ms. Kathy	50	Oyagi, Mrs. Jenny	290	Tanaka, Dr. Alan G.	105	Godo, Mr. Shinya Hagino, Mrs. Kanaye (Barbara)	69
Aida, Ms. Carole	100	Honda, Ms. Dorothy Hope, Chris	70	Marconi, S.	40	Oyagi, Mrs. Lynne	50	Tanaka, Mr. Gary	50	Hagino, Mrs. Kanaye (Barbara) Hama. Mr. & Mrs. Henry	35 50
Aihoshi, Ms. Gail	100	Hope, Ms. Grace	40	Marubashi, Mrs. Sharon	100	Oyagi, Mr. & Mrs. Randy	50	Tanaka, Mrs. Kathleen (Kathi)	40	Hamamoto. Mr. Akira	50
Aihoshi, Mrs. Kimiko Rose	40	Hopkins, Ms. Joanne	30	Matsu Jewellery	158	Oyagi, Mr. Tad	125	Tanaka, Ms. Kikue	40	Hirowatari, Mr. Mark	100
Aimore, Mrs. Elaine		Horisaki, Mr. Kenji	120	Matsuba, Mr. & Mrs. Larry	200	Parvatam, Mr. Ashwin	25	Tanaka Ishii, Mrs. Cathy	40	Honda, Ms. Dorothy	100
Alexandules Mr. George	150	Huestis, Ms. Theresa	50	Matsui, Mrs. Shizuye Sheila	30	Patricio, Ms. Jovel		Tannoch, Mr. Yukio	150	Hori, Ms. Marie M.	
Alexapoulos, Mr. George Amberg, Ms. Ann	150 25	Hunter, Ms. Donna	25	Matsumoto, Mr. David	40	Pearl, Mr. Stan	25	Tanou, Mr. Michael	40	Horisaki, Mr. Kenji	626
Amberg, Mr. Steve	25	Hustler, Mrs. Linda	25	Matsumoto, Ms. Joyce	120	Pearson, Mr. Scott	25	Tanouye, Mrs. Donna	40	Hosogoe, Ms. Kazuko	59
Amemori, Ms. Dana	60	Hustler, Mr. Peter	25	Matsumoto, Mr. Raymond	25	Pedro, Mrs. Elaine	50	Tazumi, Ms. Kathy	50	Isojima, Mrs. Shirley (Setsuko)	500
Amemori, Mrs. Iso	41	Ikebata, Mr. Akio	78	Mayeda, Ms. Diane	50	Pianosi, Ms. Kathleen (Kathie)		Tezuka, Mr. Hiro	100	Ito, Mr. Lloyd	
Amemori, Mrs. Naoko	60	Ikebata, Mr. Mark	30	Mayeda, Ms. Marlene	50	Pinkerton, Ms. Gail	50	Tezuka, Mr. Mike	50	Kawano, Ms. Michiyo	45
Amemori-Guertsen, Mrs. Pam	50	Ikeda Blazys, Ms. Catherine	50	McLeod, Mr. Sean	40	Randla, Mrs. Elaine	70 105	Tezuka, Ms. Ruby	75 100	Kim, Mrs. Jung Sook	500
Armstrong, Mrs. Sheri-Lynn	260	Ikeda, Mr. Sid	60	Miike, Ms. Dale Miike, Ms. Sandra	99 225	Raybardhan, Mr. Sumit RBC Foundation	105 1,000	Thompson, Mr. Paul Thompson, Ms. Shelly	100 25	Kitamura, Ms. Connie	41
Armstrong, Mr. Stu	25	loi, Mr. Gary	50	Miike, Mr. Vernon	25	Reid, Mr. & Mrs. Chris & Tiffany	58	Tomihiro. Mr. Sumio	30	Kitaura, Mrs. Masa	45
Asae, Mr. Noboru	40	loi, Mr. Hideyuki		Mililello, Mr. John	45	Reid, Mr. Christopher	130	Tonogai, Mr. Harry	30	Koroniak, Mrs. Jane	100
Asano, Mrs. June	167	Iseki, Ms. Irene	40	Mitsui, Mrs. Kay	25	Reid, Mrs. Tiffany	75	Tovee, Mr. Chris	25	Kurita, Mr. & Mrs. Roy	30
Asano, Mr. Miki	50	Isozaki, Ms. Nancy	60 120	Mixon, Mr. Lee	50	Renaud, Mrs. Huguette	100	Tovee, Mrs. Melanie	25	Kutsukake, Mr. Dennis Mark, Mrs. Nori	25
Azuma, Ms. Debbie	50	Iwamoto, Ms. Masako	120 25	Miyake, Ms. Natalie	300	Reynolds, Mr. John	50	Tsuji, Ms. Karen	25	Mark, Mrs. Nori Matsumoto. Mr. Hideo	
Azuma, Ms. Lisa	40	lyer, Mani Jackson, Mrs. Carole	25 25	Mohr, Ms. Elaine	200	Rieger, Ms. Darlene	25	Tsuji, Ms. Teresa & Mr. David Lamb	25	Merrick, Mrs. Sheila	100
Barrick, Ms. Ella	25	Jawanda, Mr. Simram	22	Morgulis, Thuy	100	Robertson, Mrs. Birgitte	210	Umemoto, Mrs. Kazuko	25	Miike, Ms. Sandra	316
Beasley, Mrs. Yukie	60	Jomori, Mr. Ernie	140	Morita, Mr. Herbert S.	30	Roy, Mr. Larry	50	Vaski, Mr. Gabor	50	Momiji Bridge Club	3,000
Bell, Ms. Helen Bissada. Mrs. Grace	50 40	Jomori, Ms. Joyce	100	Morita, Mrs. Mariko Molly		Roy, Ms. Liz	50	Veater, Ms. Barb	500	Momiji Karaoke Club	116
Bissada, Mrs. Grace Boudreau, Ms. Sonia	40	Kadohama, Mrs. Eunice Mayumi	100	Morita, Mrs. Shirley		Ruthven, Mr. Ken	50	Vella, Ms. Joan	25	Morita, Mrs. Doreen	46
Doual Cau, 1913. Oolila	40	•		Moritsugu, Ms. Donna		Ruthven, Ms. Sally	50	Waintraub, Mrs. Pamela			

100

Kadohama, Mr. Harry

Kadohama, Mr. Jeff

Moritsugu, Mrs. Nancy

Murai, Ms. Joan

50 Wakayama, Mr. Peter

50 Wakisaka, Mr. & Mrs. Larry

80 25

Ruthven, Mr. Sean

Saisho, Mrs. Alison

Mototsune, Ms. Dawn	50	In Memory of Dave Ashley		In Memory of Shoji Ito		Wong, Mr. Joff	100	Fisher, Mrs. Mary	100	Sasaki, Mr. James	100
Naito, Mr. Toyonori	50	Okawara, Ms. Christine		Kishimoto, Mrs. Sue (Shizuye)		Yamamoto, Mrs. Alice (Oshiye)		Iwamoto, Mr. Geoff	100	Shikaze, Mr. & Mrs. Kaz	
Nakagawa, Mr. Kyoko	200	Robertson, Mrs. Birgitte	50			Yano, Ms. Diane	100	Kawaguchi, Mrs. Lori	50	Sumi, Mr. & Mrs. Henry	
Nakamura, Mr. & Mrs. Joe Dick	100	-		In Memory of Stan Kishimoto		Yano, Ms. Joanne	100	Nagano, Mrs. Sachi		Taguchi, Ms. Elaine	100
Nakashima, Mr. & Mrs. Gary	25	In Memory of Katherine Evans		Kishimoto, Mr. Dave	100			Nagano, Mr. & Mrs. Tosh	25	Tanaka, Mr. & Mrs. Byron	30
Nishimura, Mrs. May		Aihoshi, Mrs. Kimiko Rose	100			In Memory of Mary Mizutani		Ogaki, Mr. & Mrs. Tame		Tanaka, Ms. Kay	
Nishizeki, Mrs. Hisako	35	Asano, Mr. & Mrs. Rick	30	In Memory of Masao Kojima		Kudo, Ms. Judy	200	Sakauye, Mr. Darrell	50	Tanaka, Ms. Yoshiko	50
Noda, Ms. Hitomi Toni		Barbieri, Stan & Family & Laura Presutto	100	Noda, Mrs. Miyoko	50	Mizutani, Mr. Alan	200	Sakauye, Mr. Russell	50	Teshima, Mr. & Mrs. Kenneth	75
Oishi, Mr. Masami	300	Ebata, Ms. Susan	50	,		Morita, Mrs. Shirley		Sato, Donna & Martha	100	Tsuji, Gary, Donna & Patricia	100
Okawara, Ms. Christine		Edwards, Ms. Anna	100	In Memory of Sam Kondo		Niiya, Mrs. Hisaye	100	Shiozaki, Mrs. Geri & Family	200	Tsuji, Mr. & Mrs. Mel	50
Okimura, Mrs. Josie Yasue		Evans, Mr. & Mrs. Brad & Louise	50	Kondo, Ms. Haruko	50	, ,		Tatemichi, Mrs. Noriko	50	Wakayama, Mr. Peter	50
Otsu, Ms. Wendy	100	Griffiths, Ms. Pam	50	Yano, Ms. Amy	50	In Memory of Minoru Mototsune		, , , , , , , , , , , , , , , , , , , ,		Weir, Ms. Anne Marie	50
Pianosi, Ms. Kathleen (Kathie)		Hidaka, Mrs. Susan	25	,		Maikawa, Mrs. Eiko (Sandra)	25	In Memory of Margaret Sora		•	
Prime Timers (The)	300	Huber, Ms. Sandra	100	In Memory of Lillian (Yuri) Kuwahara		Peter, Ms. Christine	30	Chateau, Ms. Donna	50	In Memory of Ethel Wakayama	
Raybardhan, Mr. Sumit	50	Hunt, Dr. Verna	100	Nasu, Kimiko	50			Eto. Mr. & Mrs. Don		Wakayama, Mr. Peter	1.000
Reid, Mr. Christopher	47	Ikeda, Mr. & Mrs. Sid	50			In Memory of Norman Nasu		Hoy, Mr. & Mrs. Liz & Fred	35		,,,,,,
Robertson, Mrs. Birgitte	197	Kamitakahara, Mr. & Mrs. Nobby	100	In Memory of Gene (Jeep) Mark		Yokota, Rev. & Mrs. Stan	40	Kagawa, Mr. & Mrs. Howard		In Memory of Kenzo Yakura	
Roy, Ms. Linda	50	Kimura, Mr. & Mrs. Sam	50	Maagaard, Mr. & Mrs. Tore & Liizi	100			Kobayashi, Ms. Gloria	50	Akiyama, Mr. Barry	25
Sakaguchi, Mr. Sanders	300	Kitagawa, Mrs. Sue		Matsui, Mrs. Shizuye Sheila	50	In Memory of Joyce & Ian Nishio		Madokoro, Mrs. Judy		Chong-Sue, Ms. Mary	50
Sakamoto, Mr. James		Kunihiro. Mr. & Mrs. Ben		Miyazaki, Mr. & Mrs. Jim		Nishio, Mr. Greig	250	Mark. Mrs. Nori		Cortese, Ms. Toni	30
Sakamoto, Mrs. Madeleine Madoka		Kuramoto, Ms. Kimiye	25	Oliver, Ms. Carol	35			Matsui, Mrs. Shizuye Sheila	25	Davidson, Mrs. Kerri	40
	1,350	Loy, Ms. Irene	50	Seto, Mrs. Masako	50	In Memory of Mary Nishio		Morishita, Mrs. Kathleen	50	Di Lorenzo, Rose & Family	50
Sasaki, Ms. Fumi	100	Maemura, Ms. Mayumi	50	Coto, Mic. Macano	00	Hori. Ms. Marie M.		Murai, Ms. Karen	00	Di Lorenzo, Ms. Nina & Angela	50
Sato. Rev. & Mrs. Haruo	50	Marubashi, Mr. & Mrs. Robert	50	In Memory of Tom Matsui		Onishi. Mrs. Florence	50	Murai, Mr. Richard		Fleming, Ms. Patricia	100
Seto, Mrs. Masako	35	Maruva. Mrs. Masae	25	Khan. Ms. Nobuko	50	Shikaze, Mr. & Mrs. Kaz	00	Omoto, Mr. David	100	Ikeda. Mr. & Mrs. Arthur & Marv	30
Shimura, Masaru	100	Matsugu, Rev. & Mrs. Ken	30	Maruya, Mrs. Masae	50	Offikaze, Wif. & Wif3. Naz		Omoto, Mrs. Doris	100	Iwata, Ms. Margaret	30
Shinya, Mr. Gene	200	Matsui, Mr. Donald	100	Matsui, Mrs. Shizuve Sheila	500	In Memory of Robert Eiji Oda		Omoto, Mrs. Grace		Kinoshita. Mr. & Mrs. Ritz	50
Sora, Mr. Greg	50	Matsui, Mrs. Shizuye Sheila	200	Matsul, Mis. Shizuye Shella	300	Kagawa, Mr. & Mrs. Howard		Omoto, Mr. Stephen		Koyata, Mr. Mike	25
, 6		McIlroy, Ms. Joan	50	In Memory of Goro Matsushita		Ragawa, MI. & MIS. Howard		Omoto, Susan & John Thiers	200	Murata, Mr. & Mrs. Yosh	50
Sugawara, Ms. Tomiko (Ruth)	113	3,	50	-	50	In Mamony of Front Okuba		•		•	25
Sumi, Mr. & Mrs. Henry	100	Mori, Mr. & Mrs. Gordon		Yamasaki, Mr. George	50	In Memory of Frank Okubo		Pellizzer, Mr. & Mrs. Rick & Nadia	50	Nakata, Ms. Judy	25
Suzuki, Mr. Kosaku	100	Niiya, Mrs. Hisaye	50	In Management Tailor Miles		Okubo, Ms. Mary	50	Peter, Ms. Christine	50	Nakawatase, Mr. Kevin	25
Takasaki, Mr. Hideo		Okawara, Ms. Christine		In Memory of Tadao Miura	75	In Manager of Tanas Official		Rich, Ms. Michelle	150	Nakawatase, Mr. & Mrs. Satsuo	25
Takasaki, Mrs. Naomi	400	Okimura, Mrs. Josie Yasue		Bell Canada Implementation Management		In Memory of Tony Olivier	50	Seto, Mrs. Masako	25	Nishioka, Mr. & Mrs. Frank & Ruby	25
Tanaka, Mrs. Hiroko	100	Oyagi, Mr. & Mrs. Tad	50	Cali, Mrs. Gayle	50	Yokota, Rev. & Mrs. Stan	50	Shikaze, Mr. & Mrs. Kaz	450	Nishiyama, Mr. & Mrs. Sam	50
Toronto Sangha Mixed Bowling League	250	Oyagi, Mr. & Mrs. Tom	50	Chai, Mr. Roger	25			Sora, Mrs. Miyoko	150	Noda, Mrs. Miyoko	35
Tsuji, Mrs. Betty	30	Phul-Isabella, Ms. Nari	50	Chan, Mr. David	50	In Memory of Nancy Shin		Sora, Mr. Robert	100	Oda, Mrs. Kazue Kaye	40
Ura, Mrs. Betty	150	Sasaki, Mrs. Sally	50	Craig, Ms. Sandra	60	Baba, Mrs. Marie		Taira, Mr. & Mrs. Shin	400	Peluso, Mrs. Anna	50
Waintraub, Mrs. Pamela		Sato, Donna & Martha	50	Fujimoto, Mr. & Mrs. Noboru	25	Baba, Mr. Sam	25	Yamazaki, Mr. & Mrs. George & June	100	Pisak, Mr. Jerry	50
Watson, Mrs. Jill	50	Schwartz Levitsky Feldman	500	Harada, Mr. Richard	50	Drury, Shoko & David	900	Yasui, Mr. Brian	50	Sakaguchi, Mr. & Mrs. Herb	30
Wong, Ms. Wilmin	50	Seto, Linda & Peter Templeton	50	Hirano, Mrs. Joan		Dubuc, Ms. Judith	100	Yokota, Stan, Aileen & Darryn	150	Sasaki, Mr. & Mrs. George & Mary	25
Yoshioka, Dr. & Mrs. John		Seto, Mrs. Masako	500	Ichikawa, Mr. & Mrs. Henry		Fujimoto, Mr. & Mrs. Noboru	25			Shaul, Dr. R. Zlotnik, Ian Gliklich and O	Office 72
		Seto, Ms. Sharon	50	Iwamoto, Mr. & Mrs. Larry	30	Fujiwara, Mrs. Patricia	50	In Memory of Sachiko Takahashi		Shimoda Moore, Ms. Joyce	
Major Gifts		Seto, Stan & Donna	50	Kim, Mrs. Susan	150	Gordey, Mrs. Lynn	100	Fuse, Dr. & Mrs.	50	Sumi, Mr. Tom	
· · · · · · · · · · · · · · · · · · ·		Takata, Mrs. Miyo		Kinoshita, Mr. & Mrs. Ritz	25	Harada, Mark, John & Laurie	50	Irizawa, Mr. & Mrs. Ken	50	Sumiya, Mrs. Gloria	50
Imai-Compton, Mrs. Margaret		Tanaka, Mrs. Kathleen (Kathi)	50	Kondo, Sam, Pat & Nancy	150	Howcroft, Dr. & Mrs. Michael	100	Janveau, Ken, Julia & Family	25	Tagliaferri, Mrs. Adriana	25
- In gratitude of Mrs. Grace Yachiyo		Thompson, Mrs. Amy	100	Kondo, Mrs. Yuki		Isozaki, Mrs. Lumi	50	Jurewitsch, E.	25	Tanaka, Mr. & Mrs. Bill	30
•	5,000	Waintraub, Mrs. Pamela		Lo, Mr. Randy	50	Iwata, Ms. Margaret		Nishioka, Mr. & Mrs. Frank & Ruby	30		
	5,000	Wang, Ms. Luwei Elaine	100	Matsugu, Rev. & Mrs. Ken	25	Kanda, Mr. & Mrs. Ken	30	Yada, Mr. Rickey	100	Other donors wishing to remain anonyn	nous
	2,500	Wilks, Ms. Carol	50	Miura, Mrs. Mitsuko	300	Koyata, Mr. Isamu	50	Yakumo, Ms. Keiko			
Sugamori, Ms. Miyeko M.	,	Yamashita, Mr. David	50	Mori, Ms. May	25	Koyata, Mrs. Jane	50				
- In Memory of Mr. Kenichi Sugamori	5.000	Yamashita, Ms. Elizabeth	25	Morita, Mrs. Shirley		Matsumoto, Mr. Hideo		In Memory of Tom Takashima			
Uchikata, Shinsuke John	-,	Yamashita-Liddle, Ms. Sharon	50	Murakami, Mr. & Mrs. Kazumi	100	Miyazaki, Mr. & Mrs. Jim		Aimone, Elaine			
•	10,000			Nagata, Mr. & Mrs. Harry	50	Mori, Mrs. Lucy S.	25				
, -	,	In Memory of Fumiko Ezaki		Nakamura, Ms. Margaret	50	Mori, Ms. May	50	In Memory of Harry Takaoka			
In Honour		Hori, Ms. Marie M.		Nakawatase, Mr. Kevin	25	Morita, Mrs. Shirley		Takaoka, Beverley	100		
mmonoui				Nakawatase, Mr. & Mrs. Satsuo	25	Nagasuye, Mr. & Mrs. Joseph H.		·			
In Honour of Shirley (Setsuko) Isojima	1	In Memory of Kazuyo Fujimoto		Nishimura, Mr. Frank	50	Nakata, Ms. Judy	25	In Memory of Tokuzo Toki Toyama			
Chihaya, Mrs. Julie	50	Inouye, Ms. Joanne	25	Noda, Mr. & Mrs. Sam	35	Nishio, Mr. Greig	150	Ueda, Mrs. Michiyo	50		
Crimaya, ivirs. Julie	30	Kondo, Ms. Haruko	30	Oda, Mrs. Kazue Kaye	50	Nishio, Mr. Tom	500	,			
In Honour of Yuki Koyama's 100th Birt	hday	Miura, Mrs. Mitsuko	30	Oikawa, Mr. & Mrs. Tosh & Yuri	30	Nishio, Mr. & Mrs. Tom	1,000	In Memory of Aiko Tsuji			
-	-	Seki, Mrs. Jean	30	Omoto, Mrs. Doris		Shikaze, Mr. & Mrs. Kaz	,	Adachi, Mrs. Pat	30		
Koyama, Mrs. Helen	100	Teshima, Ms. Rosa	30	Rutledge, Mr. Lawrence	100	Shin, Mr. & Mrs. Joseph	200	,	1,000		
In Honour of Eike Wetershale and Ame	.,	Yano, Ms. Amy	30	Sakaguchi, Mr. & Mrs. Herb	50	Shin, Mr. Masashi	50	Eto, Mr. & Mrs. Don	.,		
In Honour of Eiko Watanabe's and Am	У			Sano, Ms. June	50	Shintani, Mr. & Mrs. George		Fujita, Mrs. Kay			
Kunihiro's Birthday	400	In Memory of Teruo Harada		Sato, Rev. & Mrs. Haruo	50	Sikura, Mr. & Mrs. Lorie & Glenn	150	Ikeda, Setsuko & Donna & Rodney	50		
Linz, Ms. Joanne	100	Suyama, Mr. & Mrs. Kunio	25	Seki, Mrs. Jean	50	Suzuki, Mr. Bob	100	Inamoto, Mrs. Chiyo	25		
Wrate, Mrs. Toni	100	3 3 - 3		Sugamori, Ms. Miyeko M.	50	Tanaka, Ms. Margaret	50	Kagawa, Mr. & Mrs. Howard	_0		
		In Memory of Robert Yoshiaki Hashimo	to	Sumi, Mr. Tom		Tomihiro, Mrs. Lilian (Miyoshi)	25	Kinoshita, Mr. & Mrs. Ritz	50		
In Memory		Fujita, Mr. & Mrs. George	50	Takaoka, Mrs. Catherine K.	50	Uchimaru, Mrs. Amy	25	Kumagai, Mr. Eldon	100		
		.,,		Tannoch, Mr. Yukio	50	Weinberg & Gaspirc CA	100	Ruggles, Ms. Ellen	50		
In Memory of Joseph Aida		In Memory of Yuriko Inouye		Tomihiro, Mr. & Mrs. Sachio	25	West, Ms. Darlene	100	Sakamoto, Mr. & Mrs. James	35		
Fisher, Jean & Brian & Christine Aida	250	Hiramatsu, Mr. & Mrs. Paul & May		Tsuda, Mr. David	50			Sano, Mrs. Mary M.	30		
Tsukada, Mrs. Sakae	50	Tamaki, Ms. Diane		Tsuda, Mrs. Nora K.		In Memory of Richard Shiozaki		Sasaki, Ms. Fumi	50		
				Ueta, Mr. Kevin	50	Akiyama, lan & Marcia Rafelman	50	Sasaki, Mr. & Mrs. George & Mary	50		
				-,		y - 13, 1311 31 1131 1 1 1 1 1 1 1 1 1 1 1	- •	and a second a mary			

ビンゴ・プログラム

モミジでは毎週月曜日の午後と木曜 日の夜にビンゴ・プログラムがありま を重んじ、自立した生活を支援するこ す。ボランティアの方々の熱心な協力 のおかげで多くのシニアの方々がビン ゴを楽しみます。ボランティア月曜日 担当のエツミ・サカグチさんとミサコ・ チバさんは今年で12年目です。木曜日 担当のルビー・ハヤシさんとルース・ス ギヤマさんも、楽しいプログラムにな るために一生懸命です。

「ボランティアを通してシニアの方 々との絆が深まり、毎週ビンゴの日が 楽しみです」とミサコさんは話してい ます。

ビンゴは簡単なゲームのように見え ますが集中力が必要です。シニアの方 々にも楽しめる適度な速さで、ボラン ティアの方々と一緒に楽しい時間が過 ぎて行きます。読まれた数字が自分の カードにあるかどうか素早く見つけて 印を付けるのは、目と手の動きを連携 させる訓練になります。また、常に注 意を払うことで認知力が高まります。 短期記憶が活性化して頭脳の回転の速 さと情報を記憶する力が向上します。 そして、カードの番号が揃えば、嬉しい 笑い声が聞こえます。笑うことは、身 体にとても良いことです。免疫力の向 上やストレス解消をもたらし、痛みの 管理を助けます。また、ビンゴ・プログ ラムはシニアの方々が社交を通して知 り合いや友人を作る場にもなっていま す。

モミジ居住者のチエコ・エンドウさ んはビンゴに参加する理由を「脳の訓 練になるから」と話しています。エイ ミー・イズミさんは「みんなが集まる から。誰でも歓迎されて、みんなと一 緒にいるのが楽しい」と話していま す。ボランティアのエツミさんとミサ コさんは、ビンゴ・プログラムを助けな がら、シニアの方々の楽しい元気な暮 らしに不可欠な社会的環境を培ってく れます。ゲームに勝っても負けても、 誰もがその恩恵を受けます。

モミジストア

モミジはシニアの方々を敬い、尊厳 とを理念にしてケアを提供していま す。シニアの方々が自立した生活を楽 しめるようにとできたのがモミジスト アで、現在、熱心なボランティアの方々 によって運営されています。

当初はジョン:モリーさんが日本食 品などを仕入れ居住者ボランティア の方々に支えられて販売していまし た。ジョンさんの退職時にストアは閉 店。2010年に再オープンしたのは、サ ンダウンマーケットのレイコ・ミツイ シさんが自分の店の商品をモミジに配 送してくれることになったからです。 以来、ボランティアのジル・ノーホフ、 タカコ・モロサワ、ルース・スガワラ、 ミドリ・フクマ、コウジロウ・フクマ、 チエコ・ナイト の皆さんがモミジスト アを管理しています。以下はボランテ ィアの方の言葉です。

「私はボランティアをして人の役 に立ちたいと願っています。シニアの 皆さんとお話する機会を楽しんでいま す」(タカコ・モロサワ)

「シニアの皆さんに楽しんでもらう と私達も嬉しいです。それが理由で私 達はここに来ています」(ジル・ノーホ

楽しい時間を過ごしたいと思うの はシニアの方々も同じです。買い物が 目的でなくても、モミジストアで会話 を楽しむシニアの方々が見かけられま す。ぜひ、店に立ち寄って気軽にボラ ンティアに声をかけてください。お気 に入りのお菓子や新製品も見つかるか もしれません。

寄付者ニュース シンスケ "ジョン" ウチカタ氏

「親切で、熱意と思いやりがあって、 尊敬できる人」というのがシンスケ "ジョン" ウチカタ氏についての友 人達の言葉です。

ジョンさんはバンクーバー生ま れ。7歳の時に母親を亡くし、その後、 日本へ移ってから父親も亡くしまし

た。22歳の時にバンクーバーに戻りホ リ・ファミリーで就職。そこで出逢っ たドロシーさんと結婚。4人の子供、デ イビッド (故人)、ジェーン、ベヴァ リー、ポールに恵まれました。

ジョンさんは事業家で4つの事業を 成功させました。1950年代末からは日 系文化会館への支援をきっかけに日系 社会への慈善活動を始めました。モミ ジの創設以来、ジョンさんはクリスマ スの寄付をはじめ毎年様々な寄付を続 けました。日系社会が支援を必要とす る時に常に応えてくれる人でした。

ジョンさんが逝去されて1年近く経 ち、モミジはジョンさんから遺贈とし て\$10,000を拝受しました。寛大なお 気持ちに再び感謝すると共に、ここに ご報告いたします。

介護者支援

シニアの方々の安全

安全と自立のバランス

子供の「安全と自立」を支えるの は、社会で期待される親の役割が比較 的分かりやすいため、自信と知識に基 づいて実践できます。しかし高齢者介 護でシニアの方々の「安全と自立」を 支えるとなると、話はもっと複雑にな ります。ここに二つの例があります。

- おむつの着用を受けつけないシニ アの方が、トイレに急いで行く途 中に転倒。その結果、救急病院で 手術を受けた。
- ・80歳のシニアの方が、医師に塩分・ 糖分・脂肪の少ない食習慣を勧め られたが、「自分の好きな物を食 べて人生をエンジョイしたい」と 医師の勧めを受けつけない。

自立生活が難しくなってきているシ ニアの方々を尊重しながら安全な生活 を支援するには、どうすればよいでし ょうか。誰にでも当てはまる答えはあ りませんが、十分な考慮のもとで誠意 を持って接することが多くの難しい状 況を軽減します。寛容な気持ちで構え る。親身になって話を聞く。シニアの 方にリスクを説明する。安全について は、大切に思う気持ちと共にきちんと



「転倒予防体操」を担当する 八田潤也

示すことです。

モミジのサポートサービス、高齢者 活動施設 (EPC)、クライアント・インタ ーベンションのチームは、シニアの方 とケアの計画を話し合う際に、常にシ ニアの方の自立を尊重します。モミジ は以下のサービス/プログラムを通し て、シニアの方々が安全で安心な生活 を送れるように努力しています。

- · 転倒予防体操
- ・個人・グループのフィジオセラピー
- ・施設内医療クリニック (火曜日と金曜日)
- 薬服用の確認
- 作業療法士の紹介
- ・買い物の付き添い
- ·料理教室

モミジはシニアの方々がそれぞれの 状況で、できる限り自立した生活が送 れるように支援します。支援が必要な 理由は、シニアの方が自分の状況に対 処できないと感じると、学習性無力感 を持つようになり、その状況を乗り越 えようという努力すらできなくなるか らです。

モミジは家族の方(代理決定権を持 つ成年後継人) と密接に連絡を取って シニアの方の状況を評価し、安全と自 立のバランスを考慮して最も適した介 護を支援します。

介護しているシニアの方のプログ ラム/サービスに関心のある方には、 以下のようなワークショップや情報 会に登録し参加されることをお勧めし ます。連絡先はケイコ・ホシ。eメー ル: Keiko@momiji. on. ca 電話: 416-261-6683 内線249

・ケアファースト見学

日時: 9月15日 1:30pm - 2:30pm 於:ケアファースト

- ・成年後継人と遺言書のセミナー 日時:10月6日10:00am - 12:30pm 於: 日系文化会館
- の方法

日時: 10月14日 1:30pm - 3:30pm 於: モミジ

オンタリオ高齢者支援 事務局

この度、モミジはオンタリオ高齢者 支援事務局より\$8,000の助成金を交付 され、新たに日系文化会館 (JCCC) と の正式なパートナーシップのもとでニ つのプロジェクトを推進することにな りました。一つは日系文化会館で50年 以上も続いている「一世デー」。もう 一つは健康な食生活と学習についての 新しいプログラムです。これらのプロ ジェクトを通して、私達は500人以上の シニアの方々が社会的な繋がりを維持 しコミュニティに参加できるように支 日にご逝去) 援します。主要資金源の不足で「一世 デー」の継続が危ぶまれていたことか ら、今回の助成金獲得でモミジが日系 文化会館に貢献できることになりまし

墓地の売土地

死後についての話題はできれば避け たいものですが、少しでも準備ができ ていると残された大切な人達に安らぎ を与えます。トロントの最近のニュー スでは次の10~15年間に墓地の空きが

なくなり、市の墓地開発が必要とされ ているそうです。現在モミジはレスト ヘブン・メモリアル・ガーデン墓地 (キ ングストンRd. とブリムリーRd.) の、 隣接する3プロット(土地)を所有し ています。この土地はモミジに寄贈さ れたもので、モミジでは1プロットの通 常価格\$6,195 (ならびにHST13%) を 割引価格\$5,000でお売りします。1プ ロットは土葬1件と火葬2件の大きさで す。この収益はモミジのプログラム/ サービスに活用されます。お問い合わ せはシェリーリンまで。416-261-6683 内線 259

マイルストン誕生日

(2016年1月1日~7月31日) マイルストン誕生日を迎えられた以下 ・行動の理解とコミュニケーション のモミジ居住者の方々にお祝いを申し 上げます。

- エイミー・マクリーンさん 102
- カズコ・ウメモトさん 102歳

米寿

(2016年1月1日~7月31日)

- セツコ (シャーリー) イケダ さん
- トモジ・イシクラ
- マリコ (モリー) モリタさん
- セツコ・ナカガワさん ジーン・セキさん
- ノーラ・K・ツダさん
 - おくやみ

ご家族の皆様に心よりお悔やみを申 し上げます。(2016年2月19日~7月13

キャッスルビュー・ ウィッチウッドタワーズ

• マーガレット・アイコ・ツジさん

モミジ・シニアレジデンス

- シズコ・キシタさん
- マーガレット・ソラさん

イーホン高齢者ケアセンター

- ヒサ・アナザワさん
- マコト・イナバさん
- ヨウコ・カマタさん

All Things Momiji

STUDENT PLACEMENTS



Left to right: Alex, Sydney and Brian

This summer Momiji was granted funding to hire three summer students! We are happy to welcome back placement students Alex and Brian from Ryerson University and Sydney from Laurentian University. Alex, Brian and Sydney all agree that they are excited to be back at Momiji. Alex will be working in the Economic Development department, Brian with Community Services and Sydney with Support Services. They look forward to working with staff and tenants and gaining valuable experience in the field of Social Work.

MOMIJI VOICES

Stories Matter – through stories we communicate what we believe about ourselves and others, what is of value, and

what is possible. Through March 7 to 10, Momiji hosted a digital story telling workshop with the assistance of students from Agnes Scott College from Atlanta, Georgia, and facilitated by The Story Center (www.storycenter.org).

The result was giving voice to 10 personal and heartfelt glimpses into the lives of a few of our tenants and communities members

To view all the stories visit https://www.youtube.com/channel/UCJknslQqcX2WLVkNk1ZZMhA.

PEACE OF MIND

Although talking about dying can be uncomfortable, with a little pre-planning, you can rest assured that things will be in order for your loved ones after you pass away. In addition, a recent report has indicated that Toronto will run out of cemetery spaces in the next 10 - 15 years if the City does not start factoring new cemetery land into planning. Momiji currently has three side-by-side plots in beautiful Resthaven Memorial Gardens (Kingston Road and Brimley). The plots were donated to Momji and each have a current value of \$6,195 plus 13% HST, but we are selling them for \$5,000 per plot. Each plot allows for one traditional burial and two cremations. The proceeds from this sale will be used to support Momiji programs and services.

If interested, please contact Sheri-Lynn at 416.261.6683, ext. 259.

MILESTONES & PASSAGES

MILESTONE BIRTHDAYS

January 1, 2016 – July 31, 2016 Namiko Nancy Okayasu – 101st birthday Mrs. Yasuko Shimoda – 101st birthday

88th Birthdays

January 1, 2016 – July 31, 2016 Mrs. Setsuko (Shirley) Ikeda

Mr. Tomoji Ishikura

Mrs. Mariko (Molly) Morita

Mrs. Setsuko Nakagawa

Mrs. Jean Seki

Mrs. Nora K. Tsuda

PASSAGES

Sincere condolences are extended to the families of the following residents who passed away between February 19, 2016 and July 13, 2016.

Castleview Wychwood Towers

Mrs. Margaret Aiko Tsuji

Momiji Seniors Residence

Mrs. Shizuko Kishita

Mrs. Margaret Sora

Yee Hong Centre for Geriatric Care

Mrs. Hisa Anazawa Mr. Makoto Inaba Mrs. Yoko Kamata



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Name				Single Gift:
Street	City	Prov	PC	() \$25 () \$50 () \$100
Email (You are giving Momiji permissi	on to contact you)	Telephone		() Other \$
l wish to pay by:	heque	() VISA	() MasterCard	Monthly Gift: () \$10 () \$15 () \$20
Credit Card Number		Expiry Date	-	() Other \$

For all donations simply complete and return this form to Momiji Health Care Society, Attn: Donations or call 416.261.6683 x 259 or online at canadahelps.org. Monthly donations are **processed on the 20th of each month**. You can increase or stop your monthly gift at any time. A tax receipt for your cumulative donation as of December 31st will be issued the following January.