

# 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, cogni-

tive 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 Momiji 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 Mit-suishi, 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 said:

*"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.



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 right).

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 Momiji’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 Momiji 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:
- Pam Waintraub Chair
  - Dereck Oikawa (Treasurer)
  - Michael Doi (Corporate Secretary)
  - Elaine Aimone
  - Gayle Cali
  - Susan Hidaka
  - Steven Kodama
  - Mayumi Maemura
  - Sumit Raybardhan
  - Elaine Ryoji
  - Dr. Fred Sunahara (Honourary Director)
  - Ann Ashley (Special Advisor)

- 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 Dutcak (2013 - 2016)
  - Sandy Miike, Past Chair (2001 - 2016)



Shinsuke “John” Uchikata

LEAVING A LEGACY

When described by friends, words like ‘kind, compassionate, caring, respectful and dignified’ are commonly used to describe Shinsuke “John” Uchikata.

John was born in Vancouver, but after 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 supportive 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

Thanks to an \$8,000 grant from the Ontario Seniors’ Secretariat, Momiji 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 Momiji 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 inexpensive items were sold, the team, 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 your guests to make a donation to Momiji. Please visit our website or contact [giving@momiji.on.ca](mailto:giving@momiji.on.ca) for more information.



Glen and Sheila and the rest of the team!





## Events

### MOMIJI'S 22<sup>ND</sup> COMMUNITY BAZAAR – Saturday, April 2<sup>nd</sup>

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  
Bayview 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  
Tomaui Inc.  
Toronto Buddhist Church  
Toronto Honda & Toronto Kia  
Whirlpool Canada Inc.  
Yamaha Canada Music Ltd.  
Zen Japanese Restaurant

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

### MOMIJI'S 11<sup>th</sup> ANNUAL BOWLATHON – Saturday, May 14<sup>th</sup>



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 sponsorships 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 & CAFE – June 25<sup>th</sup>

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

### 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.



Yuko 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



### QUILT RAFFLE WINNER

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 Momiji.

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



Nimble Thimbles Quilters and the prize quilt



**Momiji appreciates all donations received between January 1, 2016 and June 30, 2016.**

**Due to space limitations, only donations of \$25 or more are listed.**

[illegible]

Mototsune, Ms. Dawn	50
Naito, Mr. Toyonori	50
Nakagawa, Mr. Kyoko	200
Nakamura, Mr. & Mrs. Joe Dick	100
Nakashima, Mr. & Mrs. Gary	25
Nishimura, Mrs. May	
Nishizeki, Mrs. Hisako	35
Noda, Ms. Hitomi Toni	
Oishi, Mr. Masami	300
Okawara, Ms. Christine	
Okimura, Mrs. Josie Yasue	
Otsu, Ms. Wendy	100
Pianosi, Ms. Kathleen (Kathie)	
Prime Timers (The)	300
Raybardhan, Mr. Sumit	50
Reid, Mr. Christopher	47
Robertson, Mrs. Birgitte	197
Roy, Ms. Linda	50
Sakaguchi, Mr. Sanders	300
Sakamoto, Mr. James	
Sakamoto, Mrs. Madeleine Madoka	
SAP Canada Inc.	1,350
Sasaki, Ms. Fumi	100
Sato, Rev. & Mrs. Haruo	50
Seto, Mrs. Masako	35
Shimura, Masaru	100
Shinya, Mr. Gene	200
Sora, Mr. Greg	50
Sugawara, Ms. Tomiko (Ruth)	113
Sumi, Mr. & Mrs. Henry	
Suzuki, Mr. Kosaku	100
Takasaki, Mr. Hideo	
Takasaki, Mrs. Naomi	
Tanaka, Mrs. Hiroko	100
Toronto Sangha Mixed Bowling League	250
Tsuji, Mrs. Betty	30
Ura, Mrs. Betty	150
Waintraub, Mrs. Pamela	
Watson, Mrs. Jill	50
Wong, Ms. Wilmin	50
Yoshioka, Dr. & Mrs. John	

Major Gifts

Imai-Compton, Mrs. Margaret	
- In gratitude of Mrs. Grace Yachiyo	
Imai's care	5,000
Kuramoto, Kimiye	5,000
Sakaguchi, Mrs. Helen	2,500
Sugamori, Ms. Miyeko M.	
- In Memory of Mr. Kenichi Sugamori	5,000
Uchikata, Shinsuke John	
- In Memory of	10,000

In Honour

<b>In Honour of Shirley (Setsuko) Isojima</b>	
Chihaya, Mrs. Julie	50
<b>In Honour of Yuki Koyama's 100th Birthday</b>	
Koyama, Mrs. Helen	100
<b>In Honour of Eiko Watanabe's and Amy Kunihiro's Birthday</b>	
Linz, Ms. Joanne	100
Wrate, Mrs. Toni	100

In Memory

<b>In Memory of Joseph Aida</b>	
Fisher, Jean & Brian & Christine Aida	250
Tsakada, Mrs. Sakae	50

<b>In Memory of Dave Ashley</b>	
Okawara, Ms. Christine	
Robertson, Mrs. Birgitte	50

<b>In Memory of Katherine Evans</b>	
Aihoshi, Mrs. Kimiko Rose	100
Asano, Mr. & Mrs. Rick	30
Barbieri, Stan & Family & Laura Presutto	100
Ebata, Ms. Susan	50
Edwards, Ms. Anna	100
Evans, Mr. & Mrs. Brad & Louise	50
Griffiths, Ms. Pam	50
Hidaka, Mrs. Susan	25
Huber, Ms. Sandra	100
Hunt, Dr. Verna	100
Ikeda, Mr. & Mrs. Sid	50
Kamitakahara, Mr. & Mrs. Nobby	100
Kimura, Mr. & Mrs. Sam	50
Kitagawa, Mrs. Sue	
Kunihiro, Mr. & Mrs. Ben	
Kuramoto, Ms. Kimiye	25
Loy, Ms. Irene	50
Maemura, Ms. Mayumi	50
Marubashi, Mr. & Mrs. Robert	50
Maruya, Mrs. Masae	25
Matsugu, Rev. & Mrs. Ken	30
Matsui, Mr. Donald	100
Matsui, Mrs. Shizuye Sheila	200
Mcllroy, Ms. Joan	50
Mori, Mr. & Mrs. Gordon	50
Niiya, Mrs. Hisaye	50
Okawara, Ms. Christine	
Okimura, Mrs. Josie Yasue	
Oyagi, Mr. & Mrs. Tad	50
Oyagi, Mr. & Mrs. Tom	50
Phul-Isabella, Ms. Nari	50
Sasaki, Mrs. Sally	50
Sato, Donna & Martha	50
Schwartz Levitsky Feldman	500
Seto, Linda & Peter Templeton	50
Seto, Mrs. Masako	500
Seto, Ms. Sharon	50
Seto, Stan & Donna	50
Takata, Mrs. Miyo	
Tanaka, Mrs. Kathleen (Kathi)	50
Thompson, Mrs. Amy	100
Waintraub, Mrs. Pamela	
Wang, Ms. Luwei Elaine	100
Wilks, Ms. Carol	50
Yamashita, Mr. David	50
Yamashita, Ms. Elizabeth	25
Yamashita-Liddle, Ms. Sharon	50

<b>In Memory of Fumiko Ezaki</b>	
Hori, Ms. Marie M.	

<b>In Memory of Kazuyo Fujimoto</b>	
Inouye, Ms. Joanne	25
Kondo, Ms. Haruko	30
Miura, Mrs. Mitsuko	30
Seki, Mrs. Jean	30
Teshima, Ms. Rosa	30
Yano, Ms. Amy	30

<b>In Memory of Teruo Harada</b>	
Suyama, Mr. & Mrs. Kunio	25

<b>In Memory of Robert Yoshiaki Hashimoto</b>	
Fujita, Mr. & Mrs. George	50

<b>In Memory of Yuriko Inouye</b>	
Hiramatsu, Mr. & Mrs. Paul & May	
Tamaki, Ms. Diane	

<b>In Memory of Shoji Ito</b>	
Kishimoto, Mrs. Sue (Shizuye)	

<b>In Memory of Stan Kishimoto</b>	
Kishimoto, Mr. Dave	100

<b>In Memory of Masao Kojima</b>	
Noda, Mrs. Miyoko	50

<b>In Memory of Sam Kondo</b>	
Kondo, Ms. Haruko	50
Yano, Ms. Amy	50

<b>In Memory of Lillian (Yuri) Kuwahara</b>	
Nasu, Kimiko	50

<b>In Memory of Gene (Jeep) Mark</b>	
Maagaard, Mr. & Mrs. Tore & Liizi	100
Matsui, Mrs. Shizuye Sheila	50
Miyazaki, Mr. & Mrs. Jim	
Oliver, Ms. Carol	35
Seto, Mrs. Masako	50

<b>In Memory of Tom Matsui</b>	
Khan, Ms. Nobuko	50
Maruya, Mrs. Masae	50
Matsui, Mrs. Shizuye Sheila	500

<b>In Memory of Goro Matsushita</b>	
Yamasaki, Mr. George	50

<b>In Memory of Tadao Miura</b>	
Bell Canada Implementation Management	75
Cali, Mrs. Gayle	50
Chai, Mr. Roger	25
Chan, Mr. David	50
Craig, Ms. Sandra	60
Fujimoto, Mr. & Mrs. Noboru	25
Harada, Mr. Richard	50
Hirano, Mrs. Joan	
Ichikawa, Mr. & Mrs. Henry	
Iwamoto, Mr. & Mrs. Larry	30
Kim, Mrs. Susan	150
Kinoshita, Mr. & Mrs. Ritz	25
Kondo, Sam, Pat & Nancy	150
Kondo, Mrs. Yuki	
Lo, Mr. Randy	50
Matsugu, Rev. & Mrs. Ken	25
Miura, Mrs. Mitsuko	300
Mori, Ms. May	25
Morita, Mrs. Shirley	
Murakami, Mr. & Mrs. Kazumi	100
Nagata, Mr. & Mrs. Harry	50
Nakamura, Ms. Margaret	50
Nakawatase, Mr. Kevin	25
Nakawatase, Mr. & Mrs. Satsuo	25
Nishimura, Mr. Frank	50
Noda, Mr. & Mrs. Sam	35
Oda, Mrs. Kazue Kaye	50
Oikawa, Mr. & Mrs. Tosh & Yuri	30
Omoto, Mrs. Doris	
Rutledge, Mr. Lawrence	100
Sakaguchi, Mr. & Mrs. Herb	50
Sano, Ms. June	50
Sato, Rev. & Mrs. Haruo	50
Seki, Mrs. Jean	50
Sugamori, Ms. Miyeko M.	50
Sumi, Mr. Tom	
Takaoka, Mrs. Catherine K.	50
Tannoch, Mr. Yukio	50
Tomihiro, Mr. & Mrs. Sachio	25
Tsuda, Mr. David	50
Tsuda, Mrs. Nora K.	
Ueta, Mr. Kevin	50

Wong, Mr. Joff	100
Yamamoto, Mrs. Alice (Oshiye)	
Yano, Ms. Diane	100
Yano, Ms. Joanne	100

<b>In Memory of Mary Mizutani</b>	
Kudo, Ms. Judy	200
Mizutani, Mr. Alan	200
Morita, Mrs. Shirley	
Niiya, Mrs. Hisaye	100

<b>In Memory of Minoru Mototsune</b>	
Maikawa, Mrs. Eiko (Sandra)	25
Peter, Ms. Christine	30

<b>In Memory of Norman Nasu</b>	
Yokota, Rev. & Mrs. Stan	40

<b>In Memory of Joyce &amp; Ian Nishio</b>	
Nishio, Mr. Greig	250

<b>In Memory of Mary Nishio</b>	
Hori, Ms. Marie M.	
Onishi, Mrs. Florence	50
Shikaze, Mr. & Mrs. Kaz	

<b>In Memory of Robert Eiji Oda</b>	
Kagawa, Mr. & Mrs. Howard	

<b>In Memory of Frank Okubo</b>	
Okubo, Ms. Mary	50

<b>In Memory of Tony Olivier</b>	
Yokota, Rev. & Mrs. Stan	50

<b>In Memory of Nancy Shin</b>	
Baba, Mrs. Marie	
Baba, Mr. Sam	25
Drury, Shoko & David	900
Dubuc, Ms. Judith	100
Fujimoto, Mr. & Mrs. Noboru	25
Fujiwara, Mrs. Patricia	50
Gordey, Mrs. Lynn	100
Harada, Mark, John & Laurie	50
Howcroft, Dr. & Mrs. Michael	100
Isozaki, Mrs. Lumi	50
Iwata, Ms. Margaret	
Kanda, Mr. & Mrs. Ken	30
Koyata, Mr. Isamu	50
Koyata, Mrs. Jane	50
Matsumoto, Mr. Hideo	
Miyazaki, Mr. & Mrs. Jim	
Mori, Mrs. Lucy S.	25
Mori, Ms. May	50
Morita, Mrs. Shirley	
Nagasuye, Mr. & Mrs. Joseph H.	
Nakata, Ms. Judy	25
Nishio, Mr. Greig	150
Nishio, Mr. Tom	500
Nishio, Mr. & Mrs. Tom	1,000
Shikaze, Mr. & Mrs. Kaz	
Shin, Mr. & Mrs. Joseph	200
Shin, Mr. Masashi	50
Shintani, Mr. & Mrs. George	
Sikura, Mr. & Mrs. Lorie & Glenn	150
Suzuki, Mr. Bob	100
Tanaka, Ms. Margaret	50
Tomihiro, Mrs. Lilian (Miyoshi)	25
Uchimaru, Mrs. Amy	25
Weinberg & Gaspirc CA	100
West, Ms. Darlene	100

<b>In Memory of Tom Takashima</b>	
Aimone, Elaine	
<b>In Memory of Harry Takaoka</b>	
Takaoka, Beverley	100

<b>In Memory of Tokuzo Toki Toyama</b>	
Ueda, Mrs. Michiyo	50
<b>In Memory of Aiko Tsuji</b>	
Adachi, Mrs. Pat	30
Tsuji, Bruce, Susan,Thomas & Janet	1,000
Eto, Mr. & Mrs. Don	
Fujita, Mrs. Kay	
Ikeda, Setsuko & Donna & Rodney	50
Inamoto, Mrs. Chiyo	25
Kagawa, Mr. & Mrs. Howard	
Kinoshita, Mr. & Mrs. Ritz	50
Kumagai, Mr. Eldon	100
Ruggles, Ms. Ellen	50
Sakamoto, Mr. & Mrs. James	35
Sano, Mrs. Mary M.	30
Sasaki, Ms. Fumi	50
Sasaki, Mr. & Mrs. George & Mary	50

<b>In Memory of Richard Shiozaki</b>	
Akiyama, Ian & Marcia Rafelman	50

Fisher, Mrs. Mary	100
Iwamoto, Mr. Geoff	100
Kawaguchi, Mrs. Lori	50
Nagano, Mrs. Sachi	
Nagano, Mr. & Mrs. Tosh	25
Ogaki, Mr. & Mrs. Tame	
Sakauye, Mr. Darrell	50
Sakauye, Mr. Russell	50
Sato, Donna & Martha	100
Shiozaki, Mrs. Geri & Family	200
Tatemichi, Mrs. Noriko	50

<b>In Memory of Margaret Sora</b>	
Chateau, Ms. Donna	50
Eto, Mr. & Mrs. Don	
Hoy, Mr. & Mrs. Liz & Fred	35
Kagawa, Mr. & Mrs. Howard	
Kobayashi, Ms. Gloria	50
Madokoro, Mrs. Judy	
Mark, Mrs. Nori	
Matsui, Mrs. Shizuye Sheila	25
Morishita, Mrs. Kathleen	50
Murai, Ms. Karen	
Murai, Mr. Richard	
Omoto, Mr. David	100
Omoto, Mrs. Doris	
Omoto, Mrs. Grace	
Omoto, Mr. Stephen	
Omoto, Susan & John Thiers	200
Pellizzer, Mr. & Mrs. Rick & Nadia	50
Peter, Ms. Christine	50
Rich, Ms. Michelle	150
Seto, Mrs. Masako	25
Shikaze, Mr. & Mrs. Kaz	
Sora, Mrs. Miyoko	150
Sora, Mr. Robert	100
Taira, Mr. & Mrs. Shin	
Yamazaki, Mr. & Mrs. George & June	100
Yasui, Mr. Brian	50
Yokota, Stan, Aileen & Darryn	150

<b>In Memory of Kenzo Yakura</b>	
Akiyama, Mr. Barry	25
Chong-Sue, Ms. Mary	50
Cortese, Ms. Toni	30
Davidson, Mrs. Kerri	40
Di Lorenzo, Rose & Family	50
Di Lorenzo, Ms. Nina & Angela	50
Fleming, Ms. Patricia	100
Ikeda, Mr. & Mrs. Arthur & Mary	30
Iwata, Ms. Margaret	
Kinoshita, Mr. & Mrs. Ritz	50
Koyata, Mr. Mike	25
Murata, Mr. & Mrs. Yosh	50
Nakata, Ms. Judy	25
Nakawatase, Mr. Kevin	25
Nakawatase, Mr. & Mrs. Satsuo	25
Nishioka, Mr. & Mrs. Frank & Ruby	25
Nishiyama, Mr. & Mrs. Sam	50
Noda, Mrs. Miyoko	35
Oda, Mrs. Kazue Kaye	40
Peluso, Mrs. Anna	50
Pisak, Mr. Jerry	50
Sakaguchi, Mr. & Mrs. Herb	30
Sasaki, Mr. & Mrs. George & Mary	25
Shaul, Dr. R. Zlotnik, Ian Gliklich and Office	72
Shimoda Moore, Ms. Joyce	
Sumi, Mr. Tom	
Sumiya, Mrs. Gloria	50
Tagliaferri, Mrs. Adriana	25
Tanaka, Mr. & Mrs. Bill	30

<b>In Memory of Ethel Wakayama</b>	
Wakayama, Mr. Peter	1,000
<b>In Memory of Mary Nishio</b>	
Hori, Ms. Marie M.	
Onishi, Mrs. Florence	50
Shikaze, Mr. & Mrs. Kaz	

<b>In Memory of Robert Eiji Oda</b>	
Kagawa, Mr. & Mrs. Howard	
<b>In Memory of Frank Okubo</b>	
Okubo, Ms. Mary	50
<b>In Memory of Tony Olivier</b>	
Yokota, Rev. & Mrs. Stan	50

<b>In Memory of Nancy Shin</b>	
Baba, Mrs. Marie	
Baba, Mr. Sam	25
Drury, Shoko & David	900
Dubuc, Ms. Judith	100
Fujimoto, Mr. & Mrs. Noboru	25
Fujiwara, Mrs. Patricia	50
Gordey, Mrs. Lynn	100
Harada, Mark, John & Laurie	50
Howcroft, Dr. & Mrs. Michael	100
Isozaki, Mrs. Lumi	50
Iwata, Ms. Margaret	
Kanda, Mr. & Mrs. Ken	30
Koyata, Mr. Isamu	50
Koyata, Mrs. Jane	50
Matsumoto, Mr. Hideo	
Miyazaki, Mr. & Mrs. Jim	
Mori, Mrs. Lucy S.	25
Mori, Ms. May	50
Morita, Mrs. Shirley	
Nagasuye, Mr. & Mrs. Joseph H.	
Nakata, Ms. Judy	25
Nishio, Mr. Greig	150
Nishio, Mr. Tom	500
Nishio, Mr. & Mrs. Tom	1,000
Shikaze, Mr. & Mrs. Kaz	
Shin, Mr. & Mrs. Joseph	200
Shin, Mr. Masashi	50
Shintani, Mr. & Mrs. George	
Sikura, Mr. & Mrs. Lorie & Glenn	150
Suzuki, Mr. Bob	100
Tanaka, Ms. Margaret	50
Tomihiro, Mrs. Lilian (Miyoshi)	25
Uchimaru, Mrs. Amy	25
Weinberg & Gaspirc CA	100
West, Ms. Darlene	100

<b>In Memory of Tom Takashima</b>	
Aimone, Elaine	

<b>In Memory of Harry Takaoka</b>	
Takaoka, Beverley	100

<b>In Memory of Tokuzo Toki Toyama</b>	
Ueda, Mrs. Michiyo	50

<b>In Memory of Aiko Tsuji</b>	
Adachi, Mrs. Pat	30
Tsuji, Bruce, Susan,Thomas & Janet	1,000
Eto, Mr. & Mrs. Don	
Fujita, Mrs. Kay	
Ikeda, Setsuko & Donna & Rodney	50
Inamoto, Mrs. Chiyo	25
Kagawa, Mr. & Mrs. Howard	
Kinoshita, Mr. & Mrs. Ritz	50
Kumagai, Mr. Eldon	100
Ruggles, Ms. Ellen	50
Sakamoto, Mr. & Mrs. James	35
Sano, Mrs. Mary M.	30
Sasaki, Ms. Fumi	50
Sasaki, Mr. & Mrs. George & Mary	50

Sasaki, Mr. James	100
Shikaze, Mr. & Mrs. Kaz	100
Sumi, Mr. & Mrs. Henry	50
Taguchi, Ms. Elaine	100
Tanaka, Mr. & Mrs. Byron	30
Tanaka, Ms. Kay	
Tanaka, Ms. Yoshiko	50
Teshima, Mr. & Mrs. Kenneth	75
Tsuji, Gary, Donna & Patricia	100
Tsuji, Mr. & Mrs. Mel	50
Wakayama, Mr. Peter	50
Weir, Ms. Anne Marie	50

<b>In Memory of Ethel Wakayama</b>	
Wakayama, Mr. Peter	1,000

In Memory of Kenzo Yakura	
Akiyama, Mr. Barry	25
Chong-Sue, Ms. Mary	50
Cortese, Ms. Toni	30
Davidson, Mrs. Kerri	40
Di Lorenzo, Rose & Family	50
Di Lorenzo, Ms. Nina & Angela	50
Fleming, Ms. Patricia	100
Ikeda, Mr. & Mrs. Arthur & Mary	30
Iwata, Ms. Margaret	
Kinoshita, Mr. & Mrs. Ritz	50
Koyata, Mr. Mike	25
Murata, Mr. & Mrs. Yosh	50
Nakata, Ms. Judy	25
Nakawatase, Mr. Kevin	25
Nakawatase, Mr. & Mrs. Satsuo	25
Nishioka, Mr. & Mrs. Frank & Ruby	25
Nishiyama, Mr. & Mrs. Sam	50
Noda, Mrs. Miyoko	35
Oda, Mrs. Kazue Kaye	40
Peluso, Mrs. Anna	50
Pisak, Mr. Jerry	50
Sakaguchi, Mr. & Mrs. Herb	30
Sasaki, Mr. & Mrs. George & Mary	25
Shaul, Dr. R. Zlotnik, Ian Gliklich and Office	72
Shimoda Moore, Ms. Joyce	
Sumi, Mr. Tom	
Sumiya, Mrs. Gloria	50
Tagliaferri, Mrs. Adriana	25
Tanaka, Mr. & Mrs. Bill	30



## 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、身体にとっても良いことです。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、尊厳を重んじ、自立した生活を支援するこ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樂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・ノーホフ）

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た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
- ・行動の理解とコミュニケーションの方法日時：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二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た。

## 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

## マイルストーン誕生日

（2016年1月1日～7月31日）  
マイルストーン誕生日を迎えられた以下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歳
- ・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

ご家族の皆様にご心よりお悔やみを申し上げます。（2016年2月19日～7月13日にご逝去）

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



## 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](http://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/UCJknsQqcX2WLVkNk1ZZMhA>.

## 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 Momiji 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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**Yes! I want to support Momiji with my gift of:**

Name _____			
Street _____	City _____	Prov _____	PC _____
Email (You are giving Momiji permission to contact you) _____		Telephone _____	
<b>I wish to pay by:</b> ( ) Cheque                   ( ) VISA                   ( ) MasterCard			
Credit Card Number _____		Expiry Date _____	
Name on Credit Card _____		Signature _____	

### Single Gift:

( ) \$25 ( ) \$50 ( ) \$100

( ) Other \$ \_\_\_\_\_

### Monthly Gift:

( ) \$10 ( ) \$15 ( ) \$20

( ) 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](http://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.

Momiji Health Care Society, 3555 Kingston Road, Scarborough, Ontario M1M 3W4