Central California Nikkei Foundation



Vintage Gardens Assisted Living & Nikkei Center vintagegardens.org 559.252.4036 ccnf.org

Summer 2022

Vintage Gardens – "Ohana (family) Garden Campaign"







I thought I would share a few pictures of the progress of the Ohana back garden.

As you can see, Greg Mukai and Howard Yamagiwa have cleaned up the area, installed most of the rocks and have planted the Sago Palms, a few plants and trees. A temporary drip irrigation system has been installed to sustain the new and remaining plants.

The Yamaguchi-Reese Memorial Garden will be the first area to be completed. In my last article, I mentioned the work that has been completed in this area and now, some low shrubs have been planted. About this time next year, a Jacaranda tree will offer some shade and beautiful purple flowers and the shrubs will have filled in. This will be a lovely respite for relaxation and contemplation for our residents.

The Torii gate that has been in our back garden for many years holds a modern meaning of entering a nature space and this is our goal. We have a long way to go and with your help, we can complete a beautiful and calming nature space everyone at Vintage Gardens can enjoy.

I encourage you to contribute to this wonderful project. It will enhance the back area, and as I mentioned last time, "Ohana" is family in Hawaiian and that is what we are here at Vintage Gardens, a FAMILY!





Karen Mukai and the "Ohana" (family) Garden Campaign Committee:

Marcia Chung, Joyce Imai and Stephanie Sumi





Central California Nikkei Foundation Board of Directors

President:

Dean Hiyama

Vice President:

Valerie Araki

Treasurer:

Randall Sakamoto

Recording

Secretary:

Karen Mukai

Directors:

Megan Araki

Marcia Chung

Tracy Hata

Gordon Hayashi

Susan Hayashi

Joyce Imai

Leslie Ohashi

Kenny Okajima

Mutsuko Sanwo

Stephanie Sumi

Cynthia Yamagiwa

Howard Yamagiwa

Newsletter Editor:

Gale Nakai

Contributors:

Valerie Araki

Sylvia Baeza

Louis Gebbia

Dean Hiyama

David Hollister

Karen Mukai

Randall Sakamoto

President's Message

By: Dean Hiyama, Esq/CCNF Board President

Hello Everyone,

Things are warming up and CCNF is getting hot with projects to undertake. I mentioned in my last newsletter that the outdoor landscaping project and fundraiser (The Ohana Family Garden Campaign) has begun and we are excited with the transformation of the exterior of the grounds.

Other projects that have come up are the possibility of Solar Panel installations for reduction of electricity charges and Information Technology upgrades to keep Vintage Gardens up to date with the latest technology improvements. As everything is becoming dependent on technology and as new technology improves, we are keeping abreast to provide the best and up to date service for our residents. We will be undergoing an update of our IT infrastructure to replace outdated equipment and improve communication of residents and staff and families.

We are hopeful to get the Nikkei Center going in the next few months after the COVID pandemic and there could be some changes to scheduling and activities once it becomes fully operational. We thank everyone for their patience and understanding during the COVID pandemic, and look forward to seeing everyone again.

We have several fundraising projects on-going, the Garden Campaign, and our upcoming CCNF Swing for Seniors golf tournament on Sept. 25, 2022 at Eagle Springs Golf & Country Club, will be held on a Sunday to allow everyone to enjoy the festivities. In addition we will be hosting several fundraising events though out the year to have fun and raise funds to be able to complete these projects to make our senior's lifestyles and enjoyable as possible.

The CCNF Board of Directors thank you for your participation and generous donations to help our seniors.

Have a safe and happy summer!





By: Louis M Gebbia Executive Director louisg@vintagegardens.org



The Wellness Model

We've long known that true wellness transcends a person's physical health, and that achieving whole-person well-being requires taking into account many facets of each person's unique identity. While each person's wellness is unique to their experiences and influences, the Person-Centric Wellness Model identifies three contributing drivers that play a significant role: Autonomy, Achievement, and Affiliation.

Autonomy: We thrive when empowered to make our own choices. Even when we rely on others, being able to make decisions for ourselves is a key driver of personal well-being.

Achievement: Confidence comes from doing, from learning, and from knowing. A powerful way to foster wellness is accomplishment on our own terms.

Affiliation: One of the most basic human needs is to belong. To feel a part of something bigger than ourselves. Being connected to other people is critical to achieving well-being.

Happiness is important not only because it feels good, but because it's associated with other important outcomes, such as better physical and mental health, more positive social interaction, and greater creativity. The Person-Centric Wellness Model recognizes that people don't leave their personal history behind when they move to a senior living community. They stay connected to the people and institutions that had previously been a part of their lives. Their individual wellness isn't limited to the experiences that they have within the community, either. It's also influenced by cultural and societal factors, such as places of worship, medical services, and art venues. It's important to be aware of how culture and context influence people's health behaviors and overall wellness.

We're focused on sharing insights, information, and best practices as part of our commitment to continued innovation and wellness.

PLANNED GIVING: CONSIDER A CHARITABLE TRUST

By: Randall N Sakamoto, CPA / CCNF Treasurer

In my continuing series on planned giving, I will discuss the benefits of setting a charitable trust to provide a donation to the Central California Nikkei Foundation while retaining income from the trust assets during your lifetime or preserving the trust assets for your heirs. By doing so, donating to the charitable trust could also avoid capital gains and provide a charitable tax donation.

Perhaps, you have accumulated a portfolio of appreciated stocks or real estate. As I discussed in my last newsletter article, you could donate the appreciated assets to the CCNF and avoid capital gains on the sale of the stock and receive a charitable tax deduction for the donation for the value of the donated asset. Maybe you don't want to lose the income from these assets or don't want your heirs to lose these assets from their inheritance. Setting up a charitable trust may be a great solution.

When you donate appreciated assets to a CHARITABLE LEAD TRUST, you name the CCNF as the income beneficiary of the trust during your lifetime (or a certain number of years) and pass on these assets to your heirs upon your death. Or conversely, when you donate to a CHARITABLE REMAINDER TRUST, you retain the income of the trust during your lifetime and name the CCNF as the beneficiary of the trust assets upon death.

In either case, the income stream and the inheritance are actuarially valued at the time of the donation. You will receive a charitable tax donation for the value of the income stream with a LEAD TRUST or the inheritance value with a REMAINDER trust in the year the assets are donated to the trust. Depending on the value of the donation and the age of the donor, this could provide a substantial tax benefit from the charitable donation while avoiding capital gains if you were to sell the assets (and then make a donation).

If you are interested in learning more about setting up a charitable trust, we would be happy to discuss them with you or consult your financial advisor.



Activities Department News - By Sylvia Baeza - Activity Coordinator

Greetings everyone, time is sure flying by! It was not long ago when we were having a Cinco de Mayo party that had the residents and staff dancing. I also did a little dancing myself, I couldn't help but twirl around to the music that had my feet dancing to the beat. Oh, what fun!!!

The month of May we invited everyone to honor our residents who were Mothers with a special Mother's Day tea. The ladies wore their very own spring hat to the tea party that they made themselves. So beautiful to see their creativity that went into each hat.

With summer here we have already planned an outdoor BBQ, Scenic drive, outings to our residents' favorite restaurants and wherever else the residents may request.

The month of June we have several music performances scheduled. We are looking forward to our Hula dance class that will be taught by a professional instructor Kealoha Sakamoto. The residents will wear their hula skirts and learn some basic hula steps.



I am excited to announce a new activity room the "Sunshine Room". The Sunshine Room will focus on sensory processing which involves stimulating one or more of the senses like hearing, touch, vision, smell and taste. We will be implementing activities that are designed to engage the senses in natural and creative ways. The overall benefit includes reducing anxiety to help with concentration and meeting the needs of a person with cognitive impairment. Quality care is essential in improving one's health. Reaching all our resident's needs is our goal to provide activities that will benefit every need in whatever stage of life one is at.



Our activity department has two new team members, take a moment to welcome them. I am so excited to have these wonderful ladies: Lupita Tapia, has been with Vintage Gardens for 5 years working in our Housekeeping Department. Her capability to brainstorm new ideas and her passion and creativity can already be seen throughout the building. Lupita loves spending quality time at home with her family especially with her lovely daughter Melanie who is 8 years old. Our second team member is Daisy Dingilius, she is one of our newest employees. Her upbeat and enthusiasm are felt by all that she's in contact with. She has two older brothers and two younger sisters. In her spare time, she loves spending time with her family and friends. She loves the outdoor activities including hiking, stargazing or just sitting outside enjoying the outdoors. Welcome aboard ladies!



As a team, we look forward to bringing creative activities and having our residents happily engaged, here at Vintage Gardens. If you have suggestions for activities, we would love to hear them. We are always looking to improve activities for our residents. The activity calendar and upcoming activities/outings may be viewed on our website www.vintagegardens.org. Check it out!



CCNF Cookbook

We are off to a great start and have received our first recipes! As I think about why we want to do a cookbook, I realize it's more than just sharing recipes. It's about preserving our past and honoring our loved ones each time we make their special dish. When I see the stains on my grandma's recipe that I have made countless times, I see her face and hear her laugh.

Food is what brings us together to create our memories from holidays, gatherings and special events. We'd love to include those recipes that bring such joy to your family.

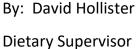
Please send us your favorite family recipes to include in our cookbook and share with our CCNF community. We'd love to hear your story behind the recipe if you would like to share that with us. We'd also be happy to meet with you to make copies of those special recipes if that is more convenient for you.

Please email recipes to Gale Nakai at gale@ccnf.org or Valerie Araki at lucyaraki@gmail.com. You may also drop off or mail your recipes to the following address:

Vintage Gardens/CCNF 540 S Peach Ave Fresno, CA 93727 559.252.4036



Dining Services at Vintage Gardens







We are happy to bring in the summer with a few new menu items. The obentos are a big hit with the residents. We have added more salad items for the summer. We recently fired up the panini grill for a new line of hot sandwiches and the BBQ grill for our first BBQ round up of the season!

With several new breakfast dishes to offer, the mornings are filled with smiles and empty plates.

We look forward to more improvements every day. Our mission is to make the best possible dining experience for our residents. *We look forward to serving you!*

CENTRAL CALIFORNIA NIKKEI FOUNDATION / NIKKEI CENTER

Nikkei News.....

By: Gale J Nakai, Nikkei Director gale@ccnf.org



A Hero's Welcome Home —- 70 years later!!! Gary "Shig" Tsudama served as a Master Sergeant in the Korean War. In mid-May/2022, Gary and his son Greg were part of the long-awaited Central Valley Honor Flight #21 trip to Washington DC which had been postponed for the last two years due to the pandemic. It was a once-in-a-lifetime experience for both Gary and his son.

Being the first Japanese American internment veteran to participate in a Central Valley Honor Flight, special arrangements were made to tour the National Japanese American Memorial to Patriotism During WWII which pays tribute to all of the internment camp sites with its population listed on the memorial and actual soil from each camp beneath the memorial.

At each and every veteran memorial visited, Gary carried photos of his family of veterans who passed (Ben, Jack, Minky, Harry Inn and Wally Yamasaki). Thank you for sharing this experience!



CCNF is finally Reno-bound....Please join us as we journey to Reno!

TENTATIVE DATE: October 3-5, 2022

Please contact Gale Nakai: gale@ccnf.org; 559-252-4036 ext 250 to add your name to the list for details just as soon as they become available. Your tour coordinators are Marcia Chung and Joyce Imai.

Thank you for your continued support of the Central California Nikkei Foundation and the Nikkei Center! Your kind generosity allows us to provide programs and outreach to the community. Donations Acknowledged January 1, 2022—May 31, 2022

MEMBERSHIPS—

Ah-Tye, Gordon & Marian Aoki, Anna T Aoki, Jeffrey & Sharon Wentz Aoki, Joyce Araki, Terrie Beauregard, Don & Dianne Bungo, Ed & Patti Cruz, Vincent & Danna Takeuchi Doi, Lily Ego, Kay Guerra, Henry & Carol Hara, Joe & Irene

Hatayama, David Hayashi, Brian & Christine Hirabayashi, Harumi - IMO Tommy Hirabayashi

Hiraga, Iris

Hiraoka. Paulette F

Ikeda, Mine Ikuma, Giichi

Inouve, Greg & Woodie Inouye, Yukio & Lorraine Ishii, Tony & Jeannette

Kamimoto, Ginny Kasco Fab Inc Kawakami, David Kawamoto, Nancy

Kawana, Sue

Kimura, Royce & Karen Kizior, Mark & Marna

Koda, Fumie

Komoto, Kerry & Anne Kubota, Marlene

Kurisu, Sam Large, Donna Masada, Marion Matoba, Frank & Yuko

Matsubara, Ray Mukai, Gary & Karen

Nagata, Jane

Naito, Dick & Carlene Nakagawa, Julie

Nakamura, Takeshi & Jean

Nakano, Tim Namba, Bill & JoAnn

Nii, Doris

Niino, Gary & Teiko

Nishida, Sue Okajima, Kenneth & Linda Omachi, Dave Sakamoto, Randall & Judy Suo, Yoshie & James Takeda, Helen Takeuchi, Mary

Tani, Midori Tanimoto, Roy & Betty

Teraoka, Kay

Tsukida, Helen & Richard

Corsaro

Tsukida. William Ueki, William & Reiko Yamagiwa, Howard &

Cynthia

Yamamoto, Kathryn Yamamoto, Toshiko Yamamoto, Yutaka Yamasaki, Gerry Yemoto, Sally Yokota, Ryuko Yoshimura, Ann Zenimura, Betty

OHANA (FAMILY) GARDEN CAMPAIGN—

Ah-Tye, Gordon & Marian Aoki, Joyce -IMO Shunji Aoki Bungo, Ed & Patti Guerra, Henry & Carol Hatayama, David Hayashi, Gordon & Susan Hirabayashi, Harumi Hiraoka, Paulette F Hotta, Michi Kawakami, David -IMO Marian Kawakami Kawamoto, Nancy Kimura, Hidemi "Kim" Kizior, Mark & Marna -IMO George Nii Kunkel, Patti Nomura -IMO Al Nomura Leeds, Terence & Sally Naito Maruko, Eiji &Keiko Masada, Marion Omachi, Dave McGarvin, Mary

Merrill/Bank of America -

IMO M Tokubo

Quon, Dawson & JoAnn -IHO Sally Uyemaruko Shigematsu, Robert & Charlene Suko, Yoshi Takeuchi, Norman & Nadine Takeuchi, Norman & Nadine Tsukida, Helen & Richard Corsaro

> Tsukida, William -IMO Chizuko Tsukida Ueki. William & Reiko Uyeda, Al & Fumi -IMO Chizuko Tsukida Wong, Brian & Laurie Asami

DONATIONS—

Blackbaud Giving Fund for PG&E Co/Ee Giving Kanemoto, Kenneth Okamura, Dale Yamagiwa, Wayne

Blackbaud Giving Fund / YourCause Taniguchi, Brian

IBM Employee Services Center Ikemiya, Janet

TEXAS Instruments Foundation Hashimoto, Ryan Kurihara, Steven

DONATIONS—

Aoki, Anna T Aoki, Jeffrey & Sharon Wentz Bungo, Ed & Patti Christison, Thelma Clovis JACL Coon, Jack & Pearl Dodd, Walter & Pam Dodd Doi, Lily Hatakeyama, Shelley M Hiromoto, Lily & Theodore Hotta, Michi Kawana, Sue Kimura, Hidemi "Kim" Kimura, Royce & Karen Kobayashi, Thomas E Koda, Fumie

Kurisu, Sam Large, Donna Masuda, William & Kiyoko Matoba, Frank & Yuko Matsubara, Ray Mukai, Gary & Karen Nagata, Brian Nagata, Jane Nakagawa, Julie Nakata, Ted & Alice Namba, Bill & JoAnn Niino, Gary & Teiko Nishida, Sue Okada, Ed & Elaine Okajima, Kenneth & Linda Omachi, Dave Ota CPA, Wayne T Sakata, Stephen & Gay Saldin, John & Connie Sano, Robert & Alice & Family Suko, Yoshi Sunamoto, Steve Takeda, Helen Takeuchi, Mary Tanaka, Junji Tani, Midori Teraoka, Kay Tsukida, William Tsutsui, Ken & Bea Wakida, Donald & Gerry Yamagiwa, Howard & Cynthia Yamakawa, Kunihiko & Itoko Yamamoto, Toshiko Yamasaki, Gerry Yamoto, Kathryn Yemoto, Sally Yokota, Ryuko



Yoshimura, Don & Marsha

Zenimura, Betty

CCNF / NIKKEI CENTER APPRECIATION—

Takeuchi, Norman & Nadine Anniversary & Kayla—Flag Signing Event

SPECIAL DONATONS—

BofA Charitable Gift Fund Grant

Mitsue Takahashi Family

National Philanthropic Trust Hirasuna, Alan & Teri

SPECIAL DONATION—

Suehiro, Steven

CCNF SHREDDING EVENT DONATIONS—

Barbod, Elaine Chin, Mike & Stacy Corsaro, Richard & Helen Tsukida Elder, Marion & Ken Hayashi, Gordon & Susan Hasegawa, Craig & Gail Renge Hirahara, Stan & Carol Hiraoka, Paulette Kamine, Shig & Aiko Kane, Nancy Yamagiwa Mochizuki, Kimiko Mukai, Mary Nakai, Geno & Gale Nakano, Katsuto & Ruth Reedley Properties / Dennis Lowe Sommertime Pools - Steve & **Susan Sommers** Teigen, Ruth Tsukamoto, Gene & Cynthia Tsuruda, Roger & Karen Yamagiwa, Howard & Cynthia

DONATIONS - IN HONOR OF (IHO)-

IHO - Masato Kunishige Collin, Randy & April

IHO—Hisaye Naito Naito, Dick & Carlene **IHO - Ken Naito**

Naito, Dick & Carlene

IHO - William & Reiko **Ueki's 65th Wedding**

Ueki, William & Reiko

DONATIONS - IN MEMORY OF (IMO)—

IMO - Mary Coffland & Roger Anderson

Anderson, Linda

IMO Joanne Fukuda

Takeuchi Trust, Harry & Shizuko Takeuchi, Norman & Nadine

IMO - Aiko & Narumi Hatayama

Hatayama, David

IMO - Rev (Ret) Sensho Inouve

Inouye, Fumie

IMO - Marilyn Ishimaru Ishimaru, Gregory

IMO Shirley Jowe Hara, Joe & Irene

IMO - Jack & Margaret Kaku

Kaku, Richard Sato, Yoshimaru & Dorothy

IMO - Jeff Naito (Madera)

Leeds, Terence & Sally Naito

IMO - Tomiko Naito Honda, Craig & Tayoko

IMO - George Nii Nii, Doris

IMO - Cherry Nishioka Kimura, Royce & Karen

IMO Faye Nishioki

Urushima, Mary Nishioki, Gary; Scott & Karen & Families

IMO - Karen Okazaki

Give Lively Foundation Okazaki, Robert Okazaki. David Okazaki, Ryuko

IMO - Chiyoko Sakamoto

Sakamoto, Randall & Judy

IMO - Michiye Sasaki

Honda, Craig & Tayoko The family of the late Michive Sasaki

IMO - Fumiye Shirakawa

Tanaka, Hiroko

IMO Shizuko Takeuchi Kubota, Marlene

Hayashi, Gordon & Susan Kane, Jeff & Nancy Yamagiwa Nagata, Brian Renge, C Gail Yamagiwa, Howard & Cvnthia Yamagiwa, Sharon Yamagiwa, Wayne & Takeuchi, Norman & Nadine & Kayla Justesen, Kliff & Iris Matsuno Sasaki, Art & Grace Sasaki, Harumi Nakashima, Mitchell & Lynn Tamura, Jun & Elaine

IMO - Yukio Tani

Tani, Midori

IMO - Hiroshi Tokubo Mori, Jack & Betty

IMO - James Masayoshi Tsukida

The Sanders Family c/o **Donna Sanders** Tsukida, Dorene -Family & Friends

IMO - Masanabu & Chizuko Tsukida

Tsukida, Helen & Richard Corsaro Tsukida, Tad Tsukida, William

IMO - Vic T & Umeko Ueki; Tadao & Mutsuko Yaaura

Ueki, William & Reiko

IMO - Stephen D Weiss

Bungo, Ed & Patti Nakai, Geno & Gale Yosako, Ben & Noreen

IMO - Hidemi Yamada

Honda, Craig & Tayoko

IMO - Mitsuko Yamamoto Yamamoto, Yutaka

IMO - Minnie Yamamura

The family of the late Shizuko Takeuchi

IMO - Rick Yamamura, Jr

Takeuchi, Norman & Nadine

IMO - Hide Yamaguchi

The family of the late Shizuko Takeuchi

IMO - Joe Yoshimura

Yoshimura, Ann

IMO - Mikiye Yukiyasu

Saiki, Gregory & Kathy



DONATIONS-IN-KIND—

Received 4/01/2022— 5/31/2022

Our sincere Thanks to the many who have tirelessly donated their time and services to find ways to get all of us safely through this pandemic. Your kindness is sincerely appreciated.

Ohashi, Leslie Sasaki Farms

C/O David Sasaki

Takeuchi Family
Norman; Nadine
Kayla

Ashida, Barton Corsaro, Richard & Helen Tsukida Dinuba Buddhist Church Fowler Buddhist Church Fresno Betsuin -

Nakagawa, Rinban

Kakei

Nakata, Rev Kaz

Osaki, Lee

Dharma School

FBBWA

Project Dana— Donna Ishii

Garrigus, Lillian Asami Giacona, Nick & Keiko Gogo, Honorable Judge Johnny Cepeda

Hayashi, Gordon &

Susan

Hayashi, Susan Hiyama, Howard

Ikeda, Irene

Kane, Jeffrey & Nancy

Yamagiwa

Kubota, Marlene

Matsubara, Gary &

Paulette

Matsubara, Roy & Mary

Mukai, Gary & Karen

Mukai, Greg & Gay

Nagata, Brian

Nakai, Geno & Gale

Nakashima, Lynn Nishijima DPM, Ross, Nicholas & Cynthia Ohashi, Leslie Sasaki Farms c/o David Sasaki Takeuchi Family -Norman; Nadine & Kayla Tanaka, Hiroko & Family

Troop #199 c/o Cooper Klassen
Troop #199 c/o Ralph Kuramoto
Troop #199 c/o Sam Ureta
Troop #199 c/o William Wilkins

Tinker, Carlene

UJCC -

Miyake-Stoner, Rev Akiko Heang, Rev Ivana

Senior Care Resource

Team

Friends Care

Lay Visitation Team

Wilkins, Scott Yamagiwa, Howard



THANK YOU TO ALL WHO SUPPORTED
OUR CCNF SHREDDING EVENT ON
5/21/2022. IT WAS WONDERFUL TO
RECONNECT & DO YOUR PART TO HELP
THE ENVIRONMENT!

SPECIAL THANKS TO GORDON & SUSAN HAYASHI FOR CHAIRING THE EVENT!

SAVE YOUR SHREDDING FOR 2023!!!





Your kind support of CCNF is very much appreciated for our community!



Central California Nikkei Foundation dba Vintage Gardens I want to make a difference

In the lives of our senior community....today!

| Donation: \$100 | \$250 \$500 \$1,000 Other \$ |
|--|--|
| Annual Membership: | Individual \$50 (Ages 64 & under) Family \$75 |
| | Student/Senior \$35 (Seniors Ages 65+) Corporate \$500 |
| Ohana (<i>family)</i> Garden Campaign: | Amount: \$ |
| Total Amount Enclosed: | \$ Check # Date: |
| Please charge my: | Visa Mastercard American Express Discover |
| Credit Card #: | Expiration Date: |
| | |
| Donor's Name: Address: | |
| City/State/Zip | |
| Talanhana. | Email: |
| Signature: | |
| Mail Acknowledgement to (| if different from above): |
| Name: | |
| Address: | |
| City/State/Zip | |
| In Memo | ry Honor Occasion of: |

Please make checks payable to: CCNF & kindly mail with this form to:

Central California Nikkei Foundation 540 South Peach Avenue Fresno, CA 93727

Thank you for your Generosity and Continued Support.

Gifts are deductible for Income, Gift and Estate Tax purposes to the extent allowed by law.

CCNF Federal Tax ID# 77-0257676 • Vintage Gardens Assisted Living License # 107203197



Non- Profit Organization US Postage PAID Fresno, CA Permit #1080

RETURN SERVICE REQUESTED



Vintage Gardens "Discover The Good Life"



SAVE THE DATE!!!

Please join us for the 29th Annual Swing for Seniors Golf Tournament to be held Sunday—September 25, 2022 at the

Johnny Miller-designed Eagle Springs Golf Course!!!



