

You can take a break from caregiving with Kokoro Kai. Your loved one can remain active and engaged, expand his/her social contacts, and possibly improve brain health, even if memory issues and/or declining mobility have reduced your loved one's zest for life.

Participants form close social bonds with their peers in English and Japanese, surprise their families and our staff with their hidden talents, and develop new skills through creative projects. They eagerly await their next Kokoro Kai day and often enjoy renewed enthusiasm and purpose.

Seniors who live alone or stay at home all day are welcome to spend time full of heartfelt interaction and participate in activities for the mind and body.

Safe and social surroundings

- 2-3 days a week, 10:00 a.m.-2:30 p.m.
Mondays, Wednesdays, & Fridays – Seattle
Tuesdays & Fridays – Bellevue
- Engaging activities
- Conversation over a hearty meal
- Bilingual (Japanese/English)
- Respite for seniors and their families

"We certainly appreciate all the nurturing that you have given to our mother. It is quite evident in the bright outlook and confidence that she exudes."
 Kokoro Kai Family Member



Seattle & Bellevue Locations!

Nikkei Manor
 700 6th Ave. S ▪ Seattle, WA 98104

Grace Lutheran Church
 9625 NE 8th St. ▪ Bellevue, WA 98004

Additional information on reverse



A DAY AT KOKORO KAI

- 9:00 a.m. Pick-up service for those who live within the Kokoro Kai bus route
- 10:00 a.m. Tea time
Converse with friends and make new friends
- 10:30 a.m. Brain exercise at table games
- 11:00 a.m. Light exercise - strengthen bodies and elevate moods at your own pace for 30 minutes
- 12:00 p.m. Nutritious and tasty lunch of Asian cuisine prepared in the Nikkei Manor kitchen (diabetic and low sodium options available).
- 1:00 p.m. Creative work – Japanese cultural activities, arts and crafts, calligraphy, cooking, and games
Opportunities for self-expression
Intergenerational activities
Social outings in the community
- 2:30 p.m. Departure



Enrollment Eligibility

- 65 years old and above
- Able to participate in group activities
- Able to eat and use the restroom independently

Payment Options

- Private pay
- City of Seattle Respite Care Program
- Long-term care insurance (depends upon policy)

Rates

(Effective January 2016)

- **Standard** **\$40/day**
- **Class E** **\$45/day**
(for participants who need higher level of care)
- **Trial Visit** **\$8**
(to experience Kokoro Kai first hand; includes lunch)

“I never knew my mother was such a great painter!”



For more information, please contact
Naoko Ulstein, Kokoro Kai Director,
at 206.726.6474 or nulstein@keironw.org.

rehabilitation & care center > home care > assisted living >
adult day center > continuing education > transportation services > catering

keironorthwest.org

1601 E Yesler Way | Seattle, WA 98122