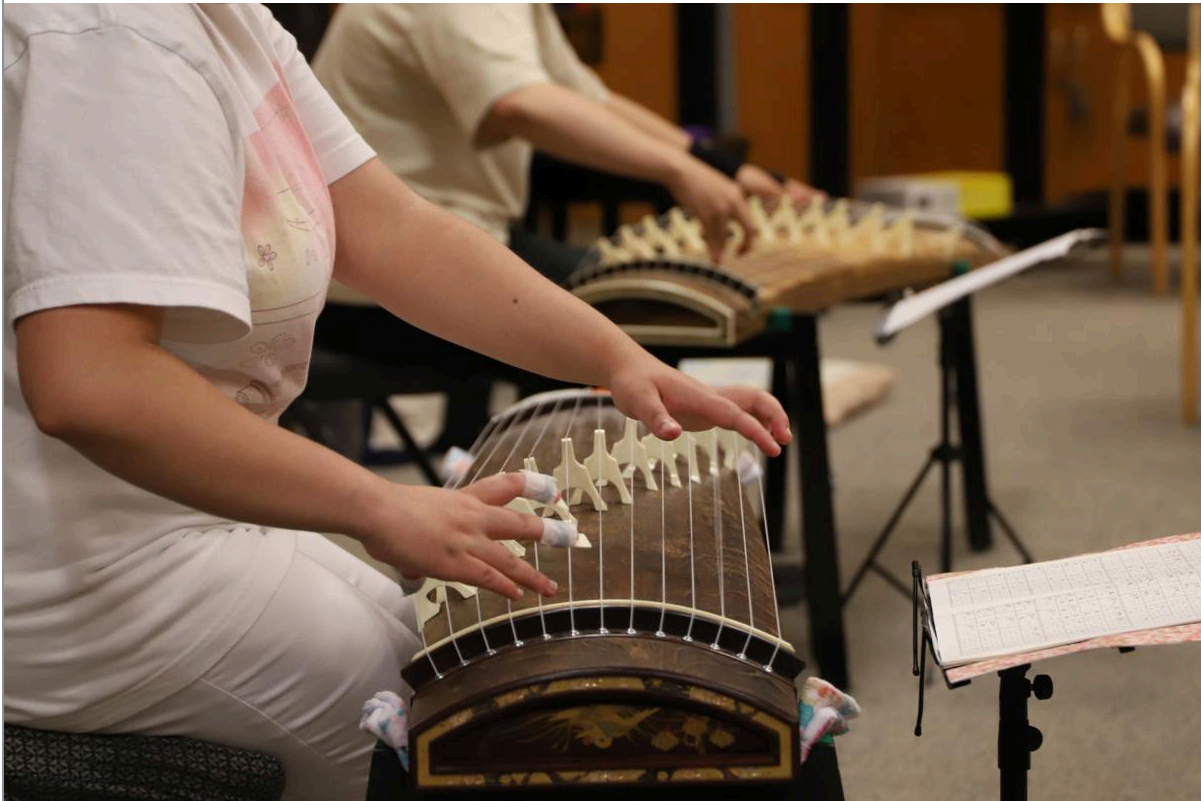


September 2025: *Ageless Adventures*

In this issue: National Assisted Living Week, A Message from the Board, New Board Members, ED Update, Events, and more!



Koto concert at the August birthday party from Kanako Ford and Marcia Takamura
Photo by Eugene Tagawa

September is here, and with it comes a shift in the air. As the season changes, we look forward to gatherings, welcoming new friends like our newest board members, and enjoying the traditions that make our community strong. We'll also be celebrating National Assisted Living Week together from September 7-13!

This season, we're especially grateful for the support of the 1st Hill Lions Club and for everyone who helps make Nikkei Manor home. The connections we

share are what carry us forward. As we move into the months ahead, let's continue to find strength in community, joy in everyday moments, and comfort in knowing we are surrounded by friends.



A Message From the Board

What Does the Board Do? A Look at Our Responsibilities and Financial Stewardship

Often we are asked, “**What does the board *actually* do?**” The shortest answer is that the Keiro Northwest board is responsible for the overall health of the organization, both overseeing its current programs and planning for the future. For example, the Board reviews the annual budget of Nikkei Manor as proposed by the Executive Director and management team. Once approved, it is up to the Executive Director and managers to authorize spending within the agreed guidelines.

Nikkei Manor’s Executive Director and managers are responsible for resident care and all aspects of operations of the facility. Board priorities include making sure the organization is maintaining our nonprofit tax status, complying with Washington state regulations, and ensuring financial stability and growth.

The Keiro Northwest Board Finance Committee consists of John Matsumoto (Chair), 3 other Board members and 2 Community representatives with non-profit finance experience. Committee members are volunteers who commit their time and expertise to monthly Finance Committee meetings and outside projects. We rely on the consensus of the Finance Committee to guide short-

and long-term decisions regarding investment, budgets and the financial health of our organization.

A frequent question we often hear is: “***Are we financially stable?***”... the answer is **YES!** Thanks to generous community support and a continued focus on operational efficiencies, Keiro Northwest is currently in a strong financial position to sustain Nikkei Manor and the Kokoro Kai program.

Another question we hear is: “***What happens to the money donated to Keiro Northwest?***” In 2024, a generous bequest and community donations helped secure Keiro Northwest’s long-term financial status. Here's how:

- We were able to sign a long-term 15 year lease on our property (Keiro Northwest owns the Nikkei Manor building, but leases the land.)
- We secured a relationship with Beacon Pointe, an investment management firm, to invest the bulk of these donations to provide continuing dividend and interest income – not unlike how a university manages its endowment funds.

This investment income is critical. Nikkei Manor operates at a deficit and requires ongoing financial support to bridge the gap between revenue and expenses.

Our priority continues to be investment in our current programs, which entails unique expenditures:

- Unlike large chain assisted living facilities, Nikkei Manor is a small boutique operation, serving a niche community.
- Because of our commitment to culturally-relevant food and programming, we have food and related expenses that are higher than most assisted living facilities.
- We believe in providing sustainable wages and benefits to our employees, working in the heart of Seattle, to support their longevity and commitment.
- Our 30-year old building is showing its age and needs significant maintenance and improvements.

Our 2024 Annual Report will be published this Fall, and we look forward to sharing it with you soon. It will include details about our resident demographics, activities, and a financial summary.

Welcome New Board Members

We are excited to welcome two new members to the Keiro Northwest Board of Directors: Jeff Sakuma and Miles Goda!

Jeff Sakuma is a native Seattleite who grew up in the upper Rainier Beach neighborhood. He recently retired from the City of Seattle, where he served as Health Integration Strategist in the Human Services Department. In that role, he guided the City's involvement in public health, physical health, and behavioral health services, and represented the City on numerous boards and committees. He was also part of the Aging and Disability Services Division and its leadership team.

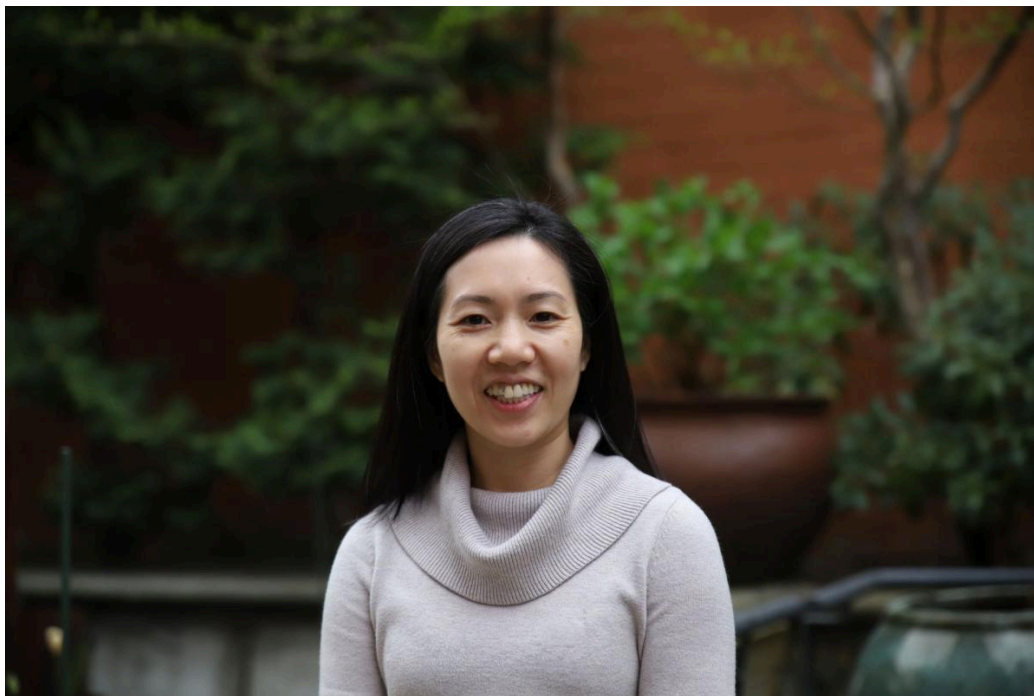
Prior to his work with the City, Jeff spent 25 years with Group Health Cooperative (now Kaiser Permanente Washington) as a manager and administrator. He began his career in direct service, working in the HIV/AIDS and youth homelessness fields, and over the years has served on the boards of several community organizations including Planned Parenthood of the Great Northwest, Bailey-Boushay House, POCAAN, Pride Foundation, YouthCare, and the Group Health Foundation.

Jeff holds both his undergraduate degree and Master of Social Work from the University of Washington. He and his husband live in the North Beacon Hill neighborhood.

Miles Goda brings broad leadership experience in finance and business management, with a career that has spanned healthcare, technology, education, and other industries. His earlier roles include Principal at a private equity firm, CEO and CFO at Best Health Management and Vice President of Corporate Development at WatchGuard Technologies. He is currently with Caregivers NW, helping provide caregiving to the elderly and mentally disabled. He holds an MBA from UW Foster School of Business.

Miles shares personal connections to Nikkei Manor through his mother, who is a resident here, and his grandmother who was at Seattle Keiro.

Photos of Miles and Jeff will be available on [our website](#) soon.



Every September, we join communities across the country in celebrating **National Assisted Living Week**. This year, the celebration will take place from September 7–13, with the theme “Ageless Adventures.” The theme recognizes that adventure has no age limit. It can be found in new experiences, meaningful connections, and everyday moments of joy.

At Nikkei Manor, we are proud to join residents, families, and staff in celebrating this special week. Together, we will embrace the spirit of adventure with themed activities, meaningful reflections, and plenty of fun!

The week concludes with a community pancake breakfast for residents and staff, generously supported by our board of directors and prepared by the 1st Hill Lions Club. This will be a fitting finale to a week of celebration.

We also want to share how much fun we had at the recent staff picnic. Thank you to the planning committee and to Elle for keeping everything so well organized! It was a fun day for all.

Looking ahead, Nikkei Manor residents will have a vaccine clinic on Wednesday, October 9, at 10:00 am. Residents will have the opportunity to receive the 2025/2026 Moderna COVID-19 vaccine and the seasonal flu vaccine. Our nursing team will be on hand to help coordinate and make sure the process goes smoothly for everyone.

Finally, are you curious about assisted living?

Nikkei Manor is proud to provide:

- **Long-Term Assisted Living Care:** providing a safe, supportive environment where residents can thrive.
- **Respite Care:** offering short-term stays to support caregivers and provide continuity of care.
- **Adult Day Program:** giving participants a welcoming place to socialize, engage, and receive support during the day.

Families often ask us a few common questions:

- **Do you have apartments available?** Availability changes, so give us a call at 206-726-6460 or email themanor@keironw.org to check or schedule a tour.
- **How do I know if it's the right time?** If daily tasks are getting harder, meals are skipped, or your loved one seems more isolated, assisted living can provide both support and community.
- **What about cost?** Rent depends on apartment size and care needs. We do an assessment before move-in to set the right level, with adjustments if things change.
- **What if I'm independent? Do I need a care level if I need no care services?** More independent residents are simply "Level One", so we're here if and when you ever need us.

Warm regards,

Amy Nguyen

Executive Director

Nikkei Manor



National Assisted Living Week Themes and Activities

For Nikkei Manor Residents:

Sunday: Grandparents Day
Monday: Okinawa Sanshin Concert
Tuesday: Watercolor Class
Wednesday: Ball Toss Game
Thursday: Afternoon Movie Showing

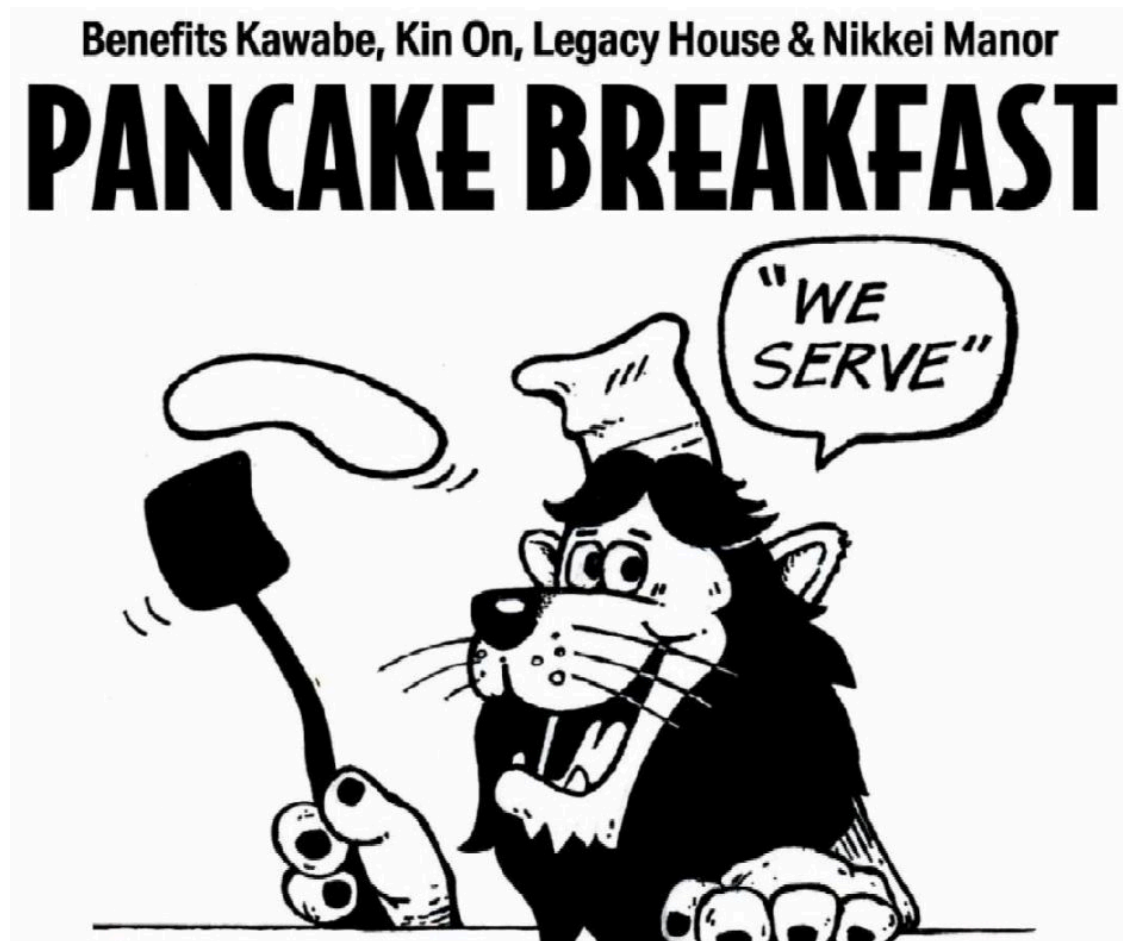
For Staff:

Sunday: Grandparents Day
Monday: Music Day
Tuesday: Art Day - *Join residents for art session in the afternoon*

Friday: Meet a Mini Horse!
Saturday: BINGO

Wednesday: Sports Day - *Wear your team colors and jerseys*
Thursday: Cultural Exchange Pot Luck and All-Staff
Friday: Meet a Mini Horse and Keiro
Pride Day - *Wear Your 50 Year Anniversary Shirt*
Saturday: Pancake Day

Join Us For These Upcoming Events



1st Hill Lion's Annual Pancake Breakfast

Mark your calendars for the 1st Hill Lions Club Pancake Breakfast on Saturday, September 13, from 8 AM to 1 PM at Blaine Memorial United Methodist Church. This annual event raises funds to support Nikkei Manor, Kawabe House, and Kin On, bringing the community together over a hearty breakfast for a great cause.

Tickets are \$15 and can be purchased from a 1st Hill Lions Club member or at Nikkei Manor. Come enjoy delicious pancakes while helping to make a difference in the lives of local seniors.

Date: September 13, 2025 Time 8AM-1PM

Location: Blaine Memorial United Methodist Church

3001 24th Ave S, Seattle, WA

Cost: \$15



**EXERCISE FOR
HEALTHY LIVING**

Move Well, Stay Strong!
Join us for an engaging seminar focused on maintaining strength, balance, and mobility as we age.



Guest Speaker:
Sharyl Kamihara, Physical Therapist



DETAILS
Location: Nikkei Manor
Date: Sept. 26, 2025
Time: 1:30-3:30 PM

FREE SEMINAR
Open to the community. All are welcome: seniors, caregivers, and family members.

RSVP TODAY! TFAASUAMALIE@KEIRONW.ORG 206.726.6474

Genki Wellness Program: Exercise for Healthy Living

Staying active is one of the most important ways to support healthy aging. In this seminar, physical therapist Sharyl Kamihara will guide participants through techniques designed to maintain strength and mobility, improve balance and stability, and prevent falls and physical decline.

This seminar is part of our Genki Wellness series, which brings health and wellness education to elders and their caregivers.

Date: September 26, 2025 1:30-3:30 PM

Location: Nikkei Manor

700 6th Ave S, Seattle, WA 98104

Please RSVP to Tomoko at tfaasuamalie@keironw.org or 206-726-6474

The graphic is split into two main sections. The left section has a dark blue background. At the top, the title 'End of Life Planning Workshop' is written in white, bold, sans-serif font. Below the title is a circular portrait of Louise Kato, a woman with short dark hair, wearing a patterned scarf. To the right of the portrait, text in white reads: 'Presented by Louise Kato, Keiro NW Board, MSW, LICSW'. Below this, a paragraph states: 'This Legacy Education Series session offers piece of mind through planning. Plan ahead, Know your options, Organize your legacy.' Further down, three icons (calendar, clock, and location pin) precede the details: 'DATE: Friday, October 17', 'TIME: 1:30 - 3:30 PM', and 'LOCATION: Nikkei Manor'. At the bottom left is a white rectangular button with the text 'JOIN US'. The right section of the graphic shows a photograph of a dirt road winding through a grassy field towards a bright, hazy sunset or sunrise with a low sun on the horizon.

Legacy Education Series: End of Life Planning Workshop

Planning ahead can bring peace of mind for you and reduce stress for your loved ones. In this workshop, Louise Kato, MSW, LICSW, and Keiro NW board member will guide participants through key areas of end-of-life planning, including: Advance Care Planning, Death Care Options, Organizing Your Legacy

Back by popular demand: This workshop will revisit the same important information shared last year.

This workshop is designed to provide practical guidance, resources, and an open space for discussion about a sensitive but important topic.

Free and open to the public – all are welcome.

Join us! Register here:

<https://forms.gle/7H78U4edifFdwwCGA>

Date: October 17, 2025 Time 1:30-3:30 PM

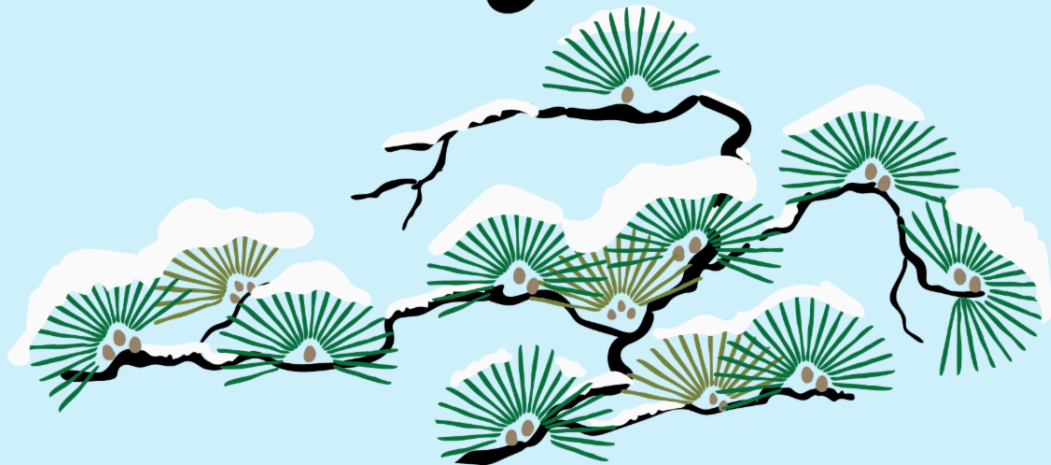
Location: Nikkei Manor

700 6th Ave S, Seattle, WA 98104



Ayame Kai Guild

HOLIDAY *Market*



Ayame Kai Holiday Market

This festive annual event brings together local vendors and Keiro Northwest volunteers for a one-day-only sale featuring a unique mix of fun Asian gifts, homemade holiday treats, arts and crafts, raffle prizes, and seasonal cheer. It's the perfect way to shop local, support a great cause, and get into the holiday spirit!

Date: November 15, 2025, 10:00-2:00 PM

Location: Tukwila Community Center

12424 42nd Ave S, Tukwila, WA 98168

More details and sponsorship opportunities at: <https://ayame-kai-market.raiselysite.com/>



Hawaii Day celebration performers and volunteers

Photo by Eugene Tagawa

August's Highlights

- **8-8 and 8-22** Gentle Tai Chi class by Tomoko
 - **8-13** Koto “Japanese Harp” concert at August birthday party
 - **8-19** Outing to Japanese American Town Hall by Tsuru for Solidarity at MLK Fame Community Center
 - **8-20** Hawaiian flower craft at Kokoro Kai
 - **8-24** Koto concert from Kanako Ford and Marcia Takamura
 - **8-21** Open House and 50th Anniversary display
 - **8-25** Nagauta performance (singing with Shamisen) by Mary Ohno
 - **8-27** Hawaii Day
 - **8-29** Sumi-E Workshop
-



Koto concert for residents at Nikkei Manor Kanako Ford and Marcia Takamura
Photo by Eugene Tagawa

September: Upcoming Activities & Events

- **9/7-9/13** National Assisted Living Week. Daily activities and themes.
- **9/2** Japanese students from Japan visit
- **9/4** Traditional Japanese double-reed wind instrument “Hichiriki” concert by Seattle Betsuin Buddhist Church
- **9/8** Okinawa Sanshin concert
- **9/12** Therapy miniature horse visit
- **9/13** Pancake breakfast outing
- **9/16** Japanese nursing students from Japan visit
- **9/26** Genki Wellness: Exercise for Healthy Living from Sharyl Kamihara
- **9/30** Lunch outing

We are able to continue offering art classes by Seniors Creating Art this year thanks to a generous family donation.

- Full Calendars: [Kokoro Kai](#), [Resident Activities at Nikkei Manor](#)



Did You Know? You Can Donate Stock!

Gifting appreciated stock is a smart and impactful way to support Keiro Northwest. By donating stocks directly, you may avoid capital gains taxes and receive a charitable deduction for the full market value, all while making a lasting difference in the lives of our elders. Talk to your financial advisor to see if a stock gift is right for you.

[Instructions for Stock Gifting](#)

A Gift from Amazon

Looking for a simple way to support our residents and program participants? You can help by purchasing an item from our Amazon Wish List! From activity supplies to everyday essentials, each donation enhances the quality of life at Nikkei Manor and Kokoro Kai.

[Amazon Wish List](#)

You Can Even Donate Your Old Vehicle

Keiro Northwest and Nikkei Manor have partnered with CARS (Charitable Adult Rides & Services) to facilitate vehicle donations. To get started, simply visit the link below or call **855-500-RIDE (7433)**. Your generous vehicle donation will gift 70% of the net value to supporting our mission.

[CARS for Nikkei Manor](#)



BBQ and BINGO at the Staff Picnic/Party
Photo Credit: Amy Nguyen

Years of Service

September Staff Anniversaries

Mariko Ueno: 17 years

Mayako Heygood: 17 years

Itsuko Simpson: 18 years

Theresa McLaughlin 15 years

Thank you for making every day the BEST day for our residents and participants.



Flower crafts to wear on Hawaii Day

Photo by Mariko Ueno

最後に、ありがとうございました。



Our Mission Statement: Honoring the past and preserving Japanese American heritage, we provide uniquely-tailored care to meet the physical, emotional, and spiritual needs for elders to thrive.

www.keironw.org



Keiro Northwest | 700 6th Ave S. | Seattle, WA 98122-5640 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!