



Orange County Buddhist Church



Project Kokoro Crafts Workshop

Introduction

OCBC Project Kokoro “from the heart”, is made up of volunteers interested in promoting activities for Senior Members. Crafting became an activity provided weekly.

16 years, and over 200 participants later, we continue.



Objectives

1. To encourage socialization via zoom and in-person classes.
2. To encourage more Japanese-American Seniors, especially men, to participate in social meetings.
3. To supply equipment, tools, and materials for Seniors to promote creativity, physical activity, and problem-solving.

Results

The effect of being socially isolated, living alone, and with little or no in person interaction, has impacted our Seniors during Covid. Social interaction is important to their wellbeing.

- Our Seniors are interested in and willing to participate in creative and productive activities with other Seniors
- Socializing is just as important to men and women. Men tend not to reach out or express concerns especially when they live alone.
- We have gone from 5-6 men registered for the in person classes prior to covid. We now have 12 men registered for the class. We now have from 35 to 45 participants each week.

The effects of being socially isolated, living alone, and with little or no in-person interaction, seriously impacted our Seniors during Covid.



Their Voices

“PK Crafts has allowed me to socialize and engage with new activities. It gave me a sense of community and caring. It allowed me to connect with friends.”

“When I felt frustrated and lonely that I couldn’t meet friends, zooming with PK made me happy to see and interact with others.”