



Achievements in 2017 — an Exciting 2018

2017 has been a very good year for the J-Sei community. In our new Emeryville building, it has been such a joy to meet new people and to talk to the individuals attending wellness classes, educational courses, the lunch program and special events. Many who come in are familiar with J-Sei but there are also people who are new visitors trying something for the first time – all are welcome! Thanks to Jill Shiraki, J-Sei’s outstanding education coordinator, there is plenty to choose from as she has successfully tripled programming in such a creative and thoughtful way.

The majority of programs have seen growth since our move and I am grateful to the dedicated and caring staff and volunteers that provide such important services that help older adults age in place. Volunteers provide the heart of our home delivered and dine-in lunch program, the Friendly Visitor and Caller program, funding raising support and administrative duties.

Furthermore, the creation of our new home would not be possible without community supporters who contributed to the Honor the Legacy capital campaign. I am happy to say that J-Sei was very fortunate to complete and exceed our Honor the Legacy capital campaign goal in 2017.

So what does 2018 have in store for us at J-Sei? As a regular long range planning practice, the J-Sei board of directors consistently holds strategic

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J-Sei

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www.j-sei.org

J-Sei Home

24954 Cypress Avenue
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Classes & Engagements

J-Sei Class Listing

Check out j-sei.org/programs for the latest updates and changes.

ART AND WRITING

- Calligraphy, Wed 9:30-11:30
- Watercolor Painting, Th 12:30-2:30
- Writing Our Histories, Tu 10-11:30

HANDCRAFT ART & SEWING

- Crafts w/ a Japanese Flair, 1st & 3rd Fr 10-12
- Polymer Clay Design, 1st & 3rd Th 12:30-2:30
- Sewing & Alteration, 2nd & 4th Tu, 9-11:30
- Stash Busters, 1st & 3rd Th 9-11
- Show and Share, 4th Th 9-11

CULTURAL ART & MUSIC

- Kimekomi Doll Making, Mon 12-3, 2nd & 4th
- Minyo no Odori (Japanese Folk Dance), Th, 10-11:15 (resumes in February)
- J-Sei Sings, 1st Tu 10-11
- Beginning Ukulele, Wed 10:45-11:45
- Community Ukulele, Th 12:30-2:30

EDUCATION

- Monday Lecture, 2nd Mon 12:30-2
- Beginning Japanese Class, Th 1-2
- Bridging the Digital Divide, Sat, 10-12 (resumes in late January)
- Tanoshii Japanese Conversation, Mon 10-11
- Mah Jong Club, Th 12:30-2:30

HEALTH & WELLNESS

- Family Caregiver Support Group, Wed 10:30-11:30
- Feeding the Spirit, Mon 11-12:30
- Integrative Yoga & Meditation, Tu 9:30-10:30
- Kikoh w/ Masanori Naito, 3rd Sat, 11:15-12:45
- Hip Hop Workout, Th 6:30-7:30pm
- Tai Chi Chuan, Tu 1-2
- Qi Gong, Wed 1-2
- Reiki Wellness, Wed 12:30-3, by appt (no session the 1st Wed of month)
- Strength & Balance, Wed 9:30-10:30

New Programs and Workshops

J-Sei Movie Night – Friday

Do you love Japanese films? Then come to J-Sei for a night at the movies! Once a month, get together with friends and fellow movie-lovers to socialize, watch a movie (in Japanese with English subtitles), and discuss the film. Japanese films of all kinds will be featured, from post-war classics by Kurosawa and Ozu to more recent masterpieces

by Koreeda and Kitano, from jidaigeki (historical period films) and samurai sword fights to modern stories of love and family. It's a great way to meet and learn about Japanese history and culture. See you at the movies! Save the dates: Jan 19, Feb 9, Mar 9, meet at 5 pm, movie begins at 6 pm. Feel free to bring a dish to share.

Let's Talk – Mondays

Dr. Satsuki Ina, author of the NichiBei Weekly column "Let's Talk", will engage participants in discussion on various topics relevant to the Nikkei community in a monthly series at J-Sei. These gatherings will provide an opportunity to explore and discuss topics such as Family Legacies of Camp, Coping with Loss, Dealing with Family Conflict, Improving Communication, Japanese American Identity Today, and other topics requested by participants. Check j-sei.org/programs for dates. Facilitator: Dr. Satsuki Ina

Sashiko Drafting Workshop- Friday, Jan 12, 26, Feb 9, 23

Design your own runner, incorporating design and drafting skills, and learn stitching techniques. Sashiko is a form of Japanese folk embroidery using a variation of running stitch to create a patterned background. The Japanese word sashiko means little stabs and refers to the small stitches originally used to strengthen and reinforce fabric. The geometric patterns include straight or curved lines of stitching arranged in a repeating pattern. Space is limited. Fee: \$40. Instructor: Carolyn Hayashida Reserve your space by contacting jill@j-sei.org

Japanese Fabric Beads & Jewelry Design – Jan 5 & 19

Learn to create hand-rolled Japanese fabric beads in this 2-day workshop taught by artist DeLynda DeLeon. Select from distinctive Japanese fabric and learn the process of cutting and preparing the fabric swatches and rolling technique. Then, bring your fabric beads and create your own jewelry designs. All materials are provided. Fee: \$30 Instructor: DeLynda DeLeon Reserve your space by contacting jill@j-sei.org

Stash Busters – Thurs, 1st & 3rd , 9-11 am

Do you enjoy sewing and Japanese handicraft projects? Join this group of collaborators who use scraps of Japanese fabrics as part of creative designs to make bags, clothing, and other items. New participants are welcome.

Tai Chi for Arthritis - Tuesdays (begins Feb 6), 1-2 pm

A new Tai Chi series based on Dr. Paul Lam's Tai Chi for Arthritis and Fall Prevention program which has been taught to millions worldwide will begin in February. It has been recommended by the Arthritis Foundation and the Center for Disease Control and Prevention for its effectiveness in bringing pain relief, improving balance, and significantly reducing falls. The class is especially helpful for people who may be experiencing some health difficulties. The exercises incorporate all the health enhancing benefits of regular tai chi, but focuses on movements that are safe and relatively simple to do. The movements can be adjusted to match people's level of health and mobility. Instructor: Nobuo Nishi Fee: \$5/class

New Year's Celebration

Thurs, January 25

Welcome in the new year with J-Sei. Join us for a luncheon celebration as we look forward to a healthy and happy new year surrounded by a community of care at J-Sei. We will be treated to a special performance by first to fifth grade students of the American International Montessori School in Berkeley. RSVP is required. Donation: \$10

J-Sei Engagements

**Events held at J-Sei unless otherwise noted. RSVP requested. Donation at door accepted.*

Jan 8 (Mon) — Senior Lecture: Aging and Relationships: Changing with Time

To launch the "Let's Talk" series, Dr. Satsuki Ina, a trained gerontologist and family therapist will discuss the changing nature of relationships as people age. Focus will be on exploring partner relationships making the transition from romantic love to mature love, life adjustments after the loss of a partner, and possibilities for new relationships. The lecture will begin at 12:30. Please rsvp for the talk. Senior lunch is available with a 2-day advance reservation. Donation for lunch: \$5 seniors; \$8 under 60 years.

Jan 20 — Community Gathers at J-Sei with People's Kitchen Collective

What is cooking with the People's Kitchen Collective? Launching from a desire to commemorate Executive Order 9066, and a yearning to hear Japanese American community stories, we invite you to join us for a community potluck and conversation. Bring a dish to share and a family recipe that reminds you of comfort, home, or community. The gathering will be held at J-Sei from 12 to 3 pm. Come early if you need to prep in the kitchen. RSVP requested, call (510) 654-4000 or email jill@j-sei.org.

Feb 3 Tools for Daily Stress Relief -

Whether you are a student, a senior, a caregiver, a stay-at-home parent or have a desk job, life gets stressful. In this workshop, you will learn stretches for physical tension, basic meditation

techniques to ease the mind, and get an introduction to aromatherapy and Reiki to enhance relaxation. Best of all, you will be able to integrate these stress-relief strategies into your everyday life, and use these tools anytime, anywhere. The workshop will be held from 2-4 pm. Instructor: Phiroozeh Petigara Fee: \$25 senior/student; \$35 general

Feb 4 (Sun) — EO 9066 at the TABLE

As part of the series, Farm, Kitchen, Table, Street, the People's Kitchen Collective (PKC) invites the community to gather at the table to share lessons learned from Executive Order 9066, that put into motion the forced removal of Japanese Americans from the West Coast during World War II, and to hear from those threatened by Executive Orders today. The event will be held in Oakland. Location and time tbd. For more info, visit www.peopleskitchencollective.com

Feb 10 — Chiura Obata: An American Modern, edited by ShiPu Wang

As one of the most significant Japanese American artists working on the West Coast in the last century, Chiura Obata (1885-1975) embarked on a seven-decade career that saw the enactment of anti-immigration laws and the mass incarceration of Japanese Americans during WWII. Obata served as an influential art professor at UC Berkeley for nearly 20 years, and was a founding director of arts schools in the internment camps. This catalogue includes over 100 beautiful images, many of which

have never been published. It showcases a selection of Obata's writing and a rare 1965 interview. Learn about Obata's intense cross-cultural negotiations that his life and work exemplify, in the context of both American modernism and the early twentieth-century U.S. racio-ethnic relations, presented by ShiPu Wang, Associate Professor of Art History and Visual Culture, UC Merced. The book talk, co-presented with Friends of Topaz will be held from 3 to 5 pm.

Mar 3 — Emergency Preparedness: A Plan for Our Family, Our Seniors –

Are we prepared as individuals, as a family, as a community? In the case of emergency or natural disaster, our seniors are vulnerable. The American Red Cross recommends that senior citizens prepare a personal network of several individuals who will check in on them in an emergency to ensure their wellness and safety and to lend support if needed. How do we ensure we are prepared and our loved ones are prepared? Tips will be given on what to do and how to plan ahead. Barbara Morita, retired Physician Assistant, is an experienced disaster medical responder with experience from the World Trade Center, Hurricane Katrina, Haiti Earthquake,

San Diego Wildfires and Indonesian Tsunami. The workshop will be held from 1 to 3 pm. RSVP today for this critical workshop.

Mar 10 — Film Talk: Local Stories Told Generation to Generation –

Meet filmmakers Myles Matsuno and Jon Osaki as they share their family stories. In "First to Go", almost immediately after the Japanese attacked Pearl Harbor on Dec. 7 1941, Aki Hotel owner Ichiro Kataoka is the first San Francisco Japanese prisoner taken by the FBI from Japantown. Decades later, through a collection of footage, the Kataoka family legacy is being told by Ichiro's daughter Mary Matsuno, great-grandson Myles Matsuno, and relatives to illustrate what this family had endured. "Yonsei Eyes" is the story of two fourth-generation Japanese Americans who embark on a pilgrimage to the place where their grandparents were once incarcerated during World War II. Their journey takes them to the desolate site of the Tule Lake Segregation Center, where they begin to understand the profound hardships and indignities their grandfathers had to endure. The film screening & talk, co-presented with Friends of Topaz will begin at 1 pm. RSVP required. Space is limited.

Thank You, Minako! Hello, Veta!

As J-Sei's temporary part-time case manager, Minako Matsui used her patience and skills to help families through many challenging situations. Her last day at J-Sei is December 31 and while we will miss her we hope we can continue to work together in the future. Veta Jacquelin, J-Sei's part-time case manager from 2011 to 2016 has returned from her Africa Peace Corps placement to rejoin the staff. Cheers to two individuals who make such an impact on others!

J-Sei 2018 Crab Feed

We invite all family and friends to join J-Sei's 27th Annual Crab Feed featuring a feast of eat-all-you-can fresh Dungeness crab, Asian salad, pasta, rolls and desserts. There will be an early seating from 4pm to 5:30pm and a late seating 5:30pm to 7pm. Take out dinners are distributed 4pm to 6pm. Tickets cost \$45 in advance, \$50 at the door with children 12 and under \$15.

Don't forget to get your drawing tickets to win many prizes including a \$500 cash grand prize. For your convenience, a sheet of drawing tickets is provided on the next page. Fill out, cut and send. Mail checks payable to 'J-Sei' and send to 1285 66th Street, Emeryville, CA 94608.

Live entertainment, delicious food and friendly company set the scene for a fun evening! Dinner and drawing tickets are on sale through the J-Sei office, so be sure to order your tickets today!

Flavors of Spring – April 20, 2018

Yes Flavors of Spring is J-Sei's annual tasting event featuring Bay Area restaurants and wineries is already a hit but we are about to change it up a bit and will add some personal touches to your experience. Shhhhh, details are still under wraps but cure your curiosity by joining us at the beautiful Julia Morgan-designed Berkeley City Club for this 5th annual gathering with fantastic cuisine, silent auction prizes and live music. Individual tickets are \$75, with sponsorship opportunities available.

If you know individuals in the food, wine and beer industry who would like to participate, please contact us. Sponsorship opportunities are available and provide business exposure to the over 400 attendees as well as acknowledgment in our newsletter and website reaching over 2,200 households. Please email diane@j-sei.org with your interest.

Achievements in 2017 — an Exciting 2018 *(cont. from front)*

planning sessions. In fiscal year 2016- 2017, J-Sei met or exceeded all of the goals in the last strategic plan. Now the board of directors has reinvigorated the planning process and has collected input from focus groups and staff and will begin the evaluation and prioritization of new activities to undertake between 2018 and 2023. Stay tuned for more information on J-Sei's updated goals and exciting new offerings.

In closing I am deeply touched by the generosity and kindness of the J-Sei community. Together – volunteers, donors, staff and the board of directors have created a strong vision and mission then patiently worked towards putting all of the programmatic and financial pieces together to achieve a common goal of serving older adults and families in the east bay. Thanks to every one of you who played an important role in helping others. May you and your family enjoy a happy and healthy New Year!

Diane Wong
Executive Director



27th Annual
Crab Feed & Drawing



Drawing Tickets

\$2 EACH TICKET OR 6 FOR \$10



\$500 CASH GRAND PRIZE!
MANY ITEMS TO WIN!

Sunday, February 25, 2018
El Cerrito Community Center

WINNERS NEED NOT BE PRESENT

PLEASE MAIL CHECKS AND COMPLETED TICKETS TO J-SEI, 1285 66TH STREET, EMERYVILLE, CA 94608
ADDITIONAL TICKETS AVAILABLE BY CALLING (510) 654-4000 OR EMAILING SUZANNE@J-SEI.ORG

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2018 Community Calendar

J-Sei's community calendar was mailed out in early November and we hope you enjoy the vibrant photos of the active member organizations. There are numerous engaging cultural activities taking place throughout the year that you and your family will appreciate. Many thanks to the Community Circles of Support donors and businesses who contributed to the calendar and support the J-Sei community. Please do frequent the many local business that are listed in the community calendar. A special acknowledgment goes out to the excellent Calendar Committee of Joan Fujii, Grace Goto, Kimi Honda and Amy Shinsako. If you have not received your calendar, please call us and we will be happy to mail one to you. Your calendar donations go a long way in helping support J-Sei services – thank you!

Friendly Visitors

Do you know someone who would benefit from some companionship? J-Sei's Friendly Visitors and Callers are wonderfully warm individuals who provide conversation and connection for older adults once a week. Volunteer Friendly Visitors and Callers form a bond with the older adult, check on their well-being and catch up on life's latest events. Please call 510-654-4000 if you are interested in having a Friendly Visitor or Caller, or if you want to volunteer.

Have Lunch with J-Sei

On-Site Lunches

Monday-Thursday | 11:30 am
Seniors 60+ : Once/week \$5 donation |
2+/week \$4, Non-seniors: \$8

We feature a Japanese menu. Each lunch provides 1/3 of the required daily allotments (RDAs) of vitamins C and A. Meal nutrition and quality are very important to us. We cater our lunches from Musashi Restaurant. A one-day advanced lunch reservation is appreciated to ensure availability.

Home-Delivered Lunches

We also offer home-delivered meals to seniors 60+ Monday through Friday in various East Bay cities. Meals are provided on a donation basis to older adults who have difficulty shopping, preparing and cooking meals. Monthly menus are available at J-Sei and online at www.j-sei.org. Please call Greg at (510) 654-4000 or email greg@j-sei.org for more information.

Please note: J-Sei will be closed Christmas and New Years days. There will be no on-site meals Dec 25 or the first week of January. There will be no home-delivered meals Dec 25 or Jan 1-3.



Resources

Expert Advice about Preventing Cognitive Decline and Dementia

There are three steps people can take that might delay or prevent cognitive decline and dementia, a new report from a panel of experts has announced. The panel was asked by The National Academies of Sciences, Engineering, and Medicine to examine the most recent evidence on steps that can be taken to prevent, slow, or delay the onset of age-related cognitive decline, mild cognitive impairment, and Alzheimer's-type dementia. They issued their report in late June.

Cognitive training

This includes programs (which may or may not be computer-based) aimed at enhancing reasoning and problem solving, memory, and speed of processing.

The panel found good evidence that this can improve performance on a specific task, at least in the short term. What isn't clear is how long this improvement lasts, whether getting better at one cognitive skill improves other cognitive skills, and whether this helps people better manage their daily activities, such as driving and remembering to take medications.

Blood pressure management for people with hypertension

Most dementia patients have cerebrovascular disease, such as small strokes and bleeding in the brain. This suggests that cerebrovascular disease might be involved in causing cognitive decline.

We know that improved control of blood pressure in patients with hypertension is linked to a lower risk of having or dying from a stroke. So it's plausible that managing blood pressure in people with hypertension will both reduce the risk of stroke and cerebrovascular disease as well as the risk of dementia and cognitive decline, the experts said.

Increased physical activity

Some of the benefits of physical activity are known to help maintain the health of the brain and prevent cognitive decline. These benefits include lowering the risks of obesity, strokes, high blood pressure, and depression.

This led the panel to conclude that the evidence is sufficient to justify communicating to the public that increased physical activity for delaying or slowing age-related cognitive decline is supported by encouraging but inconclusive evidence.

"Even though clinical trials have not conclusively supported the three interventions discussed in our report, the evidence is strong enough to suggest the public should at least have access to these results to help inform their decisions about how they can invest their time and resources to maintain brain health with aging," the panel's chair Alan I. Leshner said.

Check out J-Sei classes at J-Sei or at j-sei.org/programs to prevent cognitive decline, increase your physical activity, and improve mental well-being and alertness.

Case Manager's Corner

CalFresh (formerly known as Food Stamps)

Written by Miyuki Iwata, J-Sei Case Manager

What is CalFresh?

Have you heard CalFresh or Food Stamps? CalFresh (formerly known as Food Stamps) is also known as the federally Supplemental Nutrition Assistance Program (SNAP). This program is designed to assist low-income individuals and households to purchase nutritional food for a healthier diet. If approved, the recipient will receive an Electronic Benefit Transfer (EBT) card which looks just like a credit card. The monthly food benefit amount is loaded on the card. The card can be used at stores and markets that accept the CalFresh card.

Who qualifies?

All U.S. citizens and legal permanent residents (except those receiving SSI/SSP benefits) may qualify to receive CalFresh benefits. Eligibility for CalFresh benefits is based on your household's size and income level.

How to apply?

A person can apply online or applications can be attained at the county Social Services office. Apply or see if you qualify online at www.mybenefitscalwin.org

What types of verification are needed?

The following documents are usually required for verification of eligibility: identification, Social Security number, proof of income, and proof of expenses such as rent receipts, utility bills, childcare receipts, and medical receipts.

How much is the monthly benefit amount?

The monthly benefit amount is based on household size, income, and monthly expenses such as housing, utilities, and so forth. (For example, in Alameda County, a person with a household size of 1 with a maximum income under \$1,980 monthly has a maximum benefit amount of \$194 per month).

Resources:

- http://www.alamedasocialservices.org/public/services/food_assistance/
- <http://www.cdss.ca.gov/food-nutrition/calfresh>
- <https://www.foodbankccs.org/get-help/calfresh.html>



Senior Center Partnerships

Berkeley Nikkei Center

1901 Hearst Street, Berkeley
(510) 809-5202
Director: Kayo Fisher

2nd Saturday - 10 am to 2 pm: exercise, yoga, sing-a-song, art and craft, calligraphy or sumi-e, dance, blood pressure clinic, entertainment and fundraising, home-made Japanese lunch

4th Saturday - 10 am to 2 pm: Celebration of the month birthday, art and craft, hot Japanese Lunch (\$3)

Extending Connections

Buena Vista United Methodist Church
2311 Buena Vista Avenue, Alameda
(510) 522-2688

It's a time for fellowship, to learn new things, and enjoy support and encouragement from each other.

Meets on the 2nd and 4th Wednesdays of each month from 9:30am-1pm at Buena Vista Methodist United Church in Alameda. Each Wednesday begins with fitness using stretch bands, weights, and Tai Chi followed by a coffee break and sing-alongs to old Japanese and American classics. Lunch is served at 12pm; special program from 11am-12pm; birthdays are celebrated on 2nd Wednesdays. A \$2 donation to the church is requested. For more info, contact (510) 522-2688. See you there!

Eden Senior Center

EDEN Japanese Community Center
710 Elgin Street, San Lorenzo
(510) 276-9786

The Eden group comes together on the 2nd and 4th Thursday each month from 10 am to 1 pm.

Volunteers provide leadership and support for all program activities. Activities include exercise, singing and crafts, birthday and holiday celebrations, movies, occasional speakers and lunch. The Eden group also goes on field trips during the year. Contact the center directly for dates.

For more information, please contact the center on the 2nd or 4th Thursday of the month.

Sakura Kai Open House Senior Center

6500 Stockton Avenue, El Cerrito
(510) 778-3406 | 8:00 am - 3:00 pm
Coordinator: Toshi Kuwabara

Cultural and educational programs for seniors on 1st and 3rd Saturdays.

Our classes help enhance health with yoga, taiko, hula and line dance; improve skills in technology and self-improvement in karaoke, calligraphy; ukulele with crafts and Mah Jong games; socialize and enjoy delicious Japanese lunch; celebrate monthly birthdays.

First Saturday

Taiko, Mah Jong, craft / origami, iroiro, blood pressure screening, conversational Japanese, sit down and stretch yoga, men's group, English Wi-Fi, karaoke, line dance, Japanese computer/Wi-Fi

Third Saturday

Taiko, Mah Jong, craft / origami, Japanese calligraphy, iroiro, ukulele, conversational Japanese, light exercise or laughter and health, men's group, line dance, English Wi-Fi, conversational English, Japanese computer/Wi-Fi, music bell

*Help us prepare and deliver senior lunches!
 Rewarding volunteer positions open now*

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Save the Date!

- Jan 1** New Year's Day J-Sei Closed
- Jan 8** Senior Lecture: Aging and Relationships: Changing with Time
- Jan 13** Molding & Shaping Art: Mochi & Ceramics
- Jan 15** Martin Luther King Jr. Day J-Sei Closed
- Jan 20** Community Gathers at J-Sei with People's Kitchen Collective
- Jan 25** J-Sei New Year's Celebration
- Feb 3** Tools for Daily Stress Relief
- Feb 10** Chiura Obata: An American Modern
- Feb 19** Presidents' Day J-Sei Closed
- Feb 25** J-Sei Crab Feed
- Mar 3** Emergency Preparedness: A Plan for Our Family, Our Seniors
- Mar 10** Film Talk: Local Stories Told Generation to Generation
- Apr 20** Flavors of Spring