



## J-Sei Basketball Games Over the Hill & Under the Rim

October 14, 2017 - 9am to 2pm  
Alameda Point Gym  
1101 W Red Line Ave, Alameda

- 3 on 3 teams • 40+ aged men and women
- Enter a team or as a free agent
- PLUS Free throw & 3-point shooting contests for all ages!

Register and stay up to date by visiting our Facebook event page: [facebook.com/JSeiBasketballGames/](https://www.facebook.com/JSeiBasketballGames/)

*\$60 donation includes: lunch, t-shirt & potential prizes with proceeds benefiting J-Sei, Inc.*

Contact Russell Doi, [russdoi35@gmail.com](mailto:russdoi35@gmail.com)  
- (510) 305-9476, or Wayne Takata, [wtakata@gmail.com](mailto:wtakata@gmail.com) - (925) 699-9550, if you have any questions.



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#### J-Sei

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[www.j-sei.org](http://www.j-sei.org)

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# Classes & Engagements

## J-Sei Class Listing

Check out [j-sei.org/programs](http://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 11-12
- Polymer Clay Design, 1st & 3rd Th 12:30-2:30
- Sewing & Alteration, 2nd & 4th Tu, 9-11:30
- Stash Busters, 1st & 3rd Th 9-12
- 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
- J-Sei Sings, 1st Tu 10-11
- Intro to Ukulele, Tu, 11:15-12:15
- 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
- Tanoshii Japanese Conversation, Mon 10-11
- Mah Jong Club, Th 12:30-2:30

### HEALTH & WELLNESS

- Fall Prevention, Wed 9:30-10:30
- Family Caregiver Support Group, Wed 10:30-11:30
- Feeding the Spirit, Mon 11-12:30
- Healthy Japanese Cooking, Fri & Sat
- Integrative Yoga & Meditation, Tu 9:30-10:30
- Kikoh w/ Masanori Naito, 3rd Sat, 11:15-12:45
- Hip Hop Workout, Sat 10-11
- Tai Chi Chuan, Tu 1-2
- Qi Gong, Wed 1-2
- Reiki Wellness, Wed 12:30-3, by appointment

## Class Highlights

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

Do you have fabric stash? Whether you own enough fabric to start your own shop or just a small pile of precious favorites, experiment with new and interesting ideas to use Japanese cotton fabric in unexpected ways. The class is now open for new participants.

### Show & Share – Thursdays 9 - 11, 4th

Working on a project you'd like to "show & share", needing some inspiration, or looking forward to sharing a cup of tea. Join this craft bee to keep your projects moving along. New participants are welcomed.

## Nov 9 — Harvest Festival

Celebrate the harvest season at J-Sei with a special luncheon featuring the traditional Thanksgiving feast – turkey, stuffing, and all the trimmings. We are grateful for the seniors that connect with us throughout the week. Enjoy this time together at noon. Luncheon: \$10/person suggested donation. RSVP required. Space is limited.



## Dec 14 — Winter Celebration

Enjoy holiday festivities with a special luncheon that includes music, singing, and craft-making featuring J-Sei classes. 'Have a cup of cheer' and a holly jolly good time with friends! Luncheon: \$10/person suggested donation. RSVP required.





## J-Sei Engagements

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

### **Oct 14 — Okinawan Literature Talk by Dr. Kyle Ikeda**

Dr. Kyle Ikeda will be speaking about Okinawan literature, his research and writing about the Battle of Okinawa, and important elements of Medoruma's powerful novel *In the Woods of Memory*. Dr. Ikeda is an associate professor of Japanese Literature at the University of Vermont. He is the author of the book *Okinawan War Memory: Transgenerational Trauma* and the fiction of Medoruma Shun, and wrote the afterword for the English translation of Medoruma Shun's novel *In the Woods of Memory*, published in 2017 by Stone Bridge Press. Event held at 2pm.

### **Oct 28 — Caregivers and Mindfulness Workshop**

With all the energy given to caregiving, we need to remember to refuel and take time for self-care. The workshop offers easy and engaging activities to decrease stress, increase satisfaction and well-being. Learn strategies that can be incorporated into your daily practice. The program facilitated by Kayoko Yokoyama, PhD and Gloria Eide, graduate student, from JFK University, is co-presented by Nichi Bei Cares and J-Sei, will be held from 1 to 3 pm. Suggested donation is \$5-\$10. Please rsvp by calling J-Sei (510) 654-4000.

### **Nov 4 — Nichibeil Care Intercultural Talks (NIC): Kokoro and Culture**

Kokoro is a Japanese word to describe heart, mind, feeling and mentality.

Experience a series of short talks by experts, followed by an opportunity to talk 1-on-1 with presenters. The workshop is presented by NichiBei Care, a non-profit organization to promote mental health and wellness of those with ties to Japan. Donations support NichiBei Care. The event will be held from 10 am to 4 pm. [www.nichibeicare.org](http://www.nichibeicare.org)

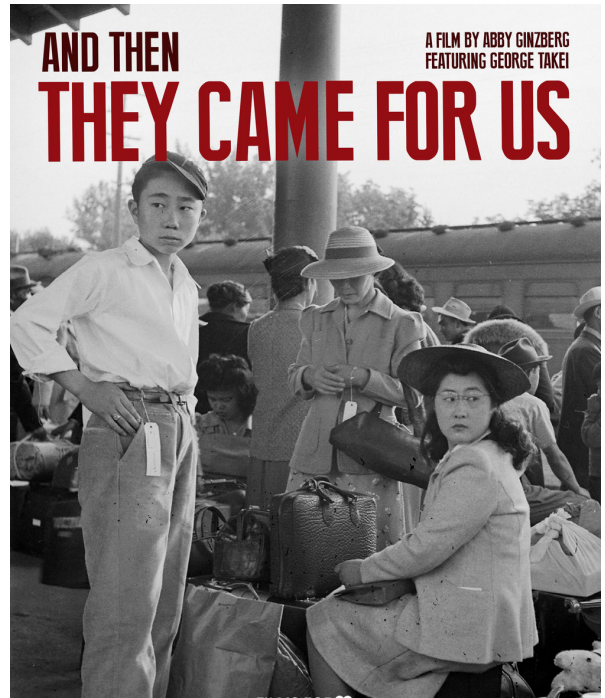
### **Nov 4 — Heartfulness Workshop: A Compassionate Way of Mindful Living**

Learn from psychologist Stephen Murphy-Shigematsu whose Stanford's Heartfulness classes are taught in the U.S. and Japan. Based on deeply-rooted traditional Japanese culture, heartfulness that includes a deep sense of gratitude, acceptance, and humility is a compassionate way of living. The workshop is presented by NichiBei Care, a non-profit organization to promote mental health of those with ties to Japan. Donations support NichiBei Care. The event will be held from 2 to 5pm. Please reserve tickets at [eventbrite.com](http://eventbrite.com).

### **Nov 4 — And Then They Came For Us, a film screening & community dialogue**

The film documentary by Abby Ginzberg brings history into the present by retelling this difficult story and following Japanese American activists as they speak out against the Muslim registry and travel ban. Newly rediscovered photos of Dorthea Lange and capturing a recent gathering in SF Japantown provide a framework for social response. Join the community conversation with

psychologist/filmmaker Satsuki Ina and civil rights attorney Don Tamaki. The screening, presented by Contra Costa JACL, Friends of Topaz, Japanese American Women Alumni of UC Berkeley (JAWAUCB), and J-Sei, will be held at 1pm the East Bay Free Methodist Church, 5395 Portrero Ave, El Cerrito. RSVP requested: <https://tinyurl.com/andthentheycame-Nov4>



### **Nov 10 or 11 — Healthy Japanese Cooking – Autumn**

In the Fall, the harvest provides a variety of produce distinctive of the season. As the weather turns cooler, enjoy gathering in the hearth of the kitchen and discover new ways to incorporate the flavors and colors of the season into your healthy Japanese cooking. Fri, Nov 10th, 1 to 4 pm; Sat, Nov 11th, 10-1 pm Fee: \$30/senior; \$40/general

### **Dec 2 — Oshogatsu Cooking & Craft Workshop**

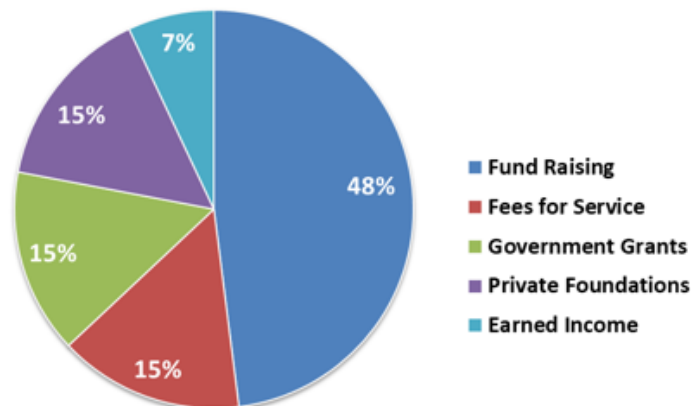
Share your family traditions and learn how to prepare some traditional Japanese dishes for Oshogatsu. Enjoy craft-making to add a Japanese flair and bring good luck into your home. The hands-on workshop will be held from 10 am to 2 pm, to include cooking and craft activities, followed with a shared lunch. Fee: \$35/senior; \$45/general



## J-Sei Funders

While J-Sei and community members were focused on our capital campaign, fund raising to support regular operating expenses had to occur in a parallel process for FY16-17. This past fiscal year had the good fortune of new foundation support, but staff and board efforts were still required to meet 63% of operating costs that were not covered by government grants, fees or earned income. Yes believe it or not, J-Sei must fund raise 63% of its annual budget through grant writing and events!

J-Sei is extremely appreciative of the following grant makers who supported important programs in FY16-17: Asian Pacific Fund, East Bay Foundation on Aging, JA Community Foundation, Union Bank, City of Berkeley, Alameda County Area Agency on Aging, and Contra Costa County Health Services Department. Of course, all of the individual donors deserve our deepest gratitude.



## Calling For Committee Volunteers

You can play an important role at J-Sei and many of our volunteer opportunities can be short term or can take place once in a while. Do you like planning events (Crab Feed, Flavors of Spring, Hoop Games, senior holiday events, volunteer appreciation) or helping the day of an educational event with hospitality (refreshments and registration)? Do you have ideas for new classes or programs that you are willing to share? We in particular could use some help in the areas of social media and outreach.

J-Sei welcomes your talents and contributions - please email Diane at [diane@j-sei.org](mailto:diane@j-sei.org) for more information.

## Kitchen Help and Drivers Needed

The home delivered meal program has boomed! We have amazing volunteers who make everyday a lot of fun, but to meet this rapid recent increase, J-Sei needs YOU.

Your help preparing meals and delivering hot Japanese lunches will not only bring nourishment to seniors who cannot shop or cook for themselves, but you will also deliver lots of smiles. Consider driving one shift a week or sharing a shift with a team.

Contact our Nutrition Coordinator at 510-654-4000 to learn more.



## J-Sei's Annual Family Festival

In the warm summer sun, grandparents, parents and children gathered for J-Sei's 6th annual Family Festival. This Grandparent's Day celebration engaged a record-breaking audience in music, dance, traditional and contemporary art, hands on activities and delicious food creations by member organizations. Wonderful entertainment by O Ka Ua Lililehua, Tatsumaki Taiko, Daruma No Gakko Choir, Megumi Tales and Awa Odori was featured and delighted the crowd.

Attendees also had the opportunity to learn about traditional arts such as shibori, ikebana and origami and participated in mochi making, manga drawing, beer tasting and Japanese gourd knot tying.

The community's creativity and vibrancy were in full swing and J-Sei thanks the many volunteers for their talents and time. The continuous evolution of new and different entertainment, activities and demonstrations makes this free celebration fun every year. The Family Festival committee of Theymy Adachi, Russel Doi, Joan Fujii, Amy Shinsako, Arlene Swinderman, Jane Tanamachi, Jane Yamashiro and Kay Yatabe, Diane Wong, with the great assistance from Jill Shiraki, Education Coordinator, deserve our thanks for this fantastic event



## Friendly Visitors & Friendly Callers

If you are a compassionate individual who is interested in a rewarding volunteer opportunity, consider becoming a Friendly Visitor or Friendly Caller. Visit J-Sei seniors in their East Bay home to offer one-on-one friendship and support.

### 募集

高齢者に友好訪問をしてくださる方

非営利福祉団体J-Sei ではEast Bayにお住まいの高齢者のご自宅に訪問してお話相手になってくれるボランティアを募集しています。特にBerkeley(日本語)、Hayward近辺(日本語、英語)に訪問できる方を現在探しています。興味のある方はMiyukiまでご連絡ください。

もしあなたが人のために何かしたい、意義のあるボランティアの仕事を探しているならば、この仕事はぴったりかもしれません！

連絡先: Miyuki@j-sei.org

## Family Caregiver Support Group

**Tuesdays, 10:30-12**

Caring for a parent or loved one is a wonderful thing to do. They've given so much to us, it's only right to give back, to show our gratitude and appreciation.

Ideally, we would like to feel love and compassion in our heart all the time but often times, in the reality of the moment, uncomfortable feelings surface.

"How could I be impatient, frustrated, and resentful. After all they've done for me. What kind of son/daughter am I?"

Let's create a space that is safe and respectful of each other's feelings. Being listened to without judgment can be very healing.

The Family Caregiver Support Group, facilitated by Alan Maeda, MFCC, is held at J-Sei, 1285 66th Street, Emeryville, CA 94608 (near Hollis St). Interested in participating? Contact Jill Shiraki at (510) 654-4000 or jill@j-sei.org. Drop-in welcome.

## J-Sei Caregiver Registry

**Home Care Workers for the elderly are needed in the East Bay.**

**POSITIONS NOW OPEN!**

Full or Part-time, Flexible Hours  
English, Japanese bilingual helpful

J-Sei maintains a caregiver registry matching families with potential in-home care workers. We are currently seeking more home-care workers. Responsibilities may include cooking, personal care, shopping, being a medical escort, light housekeeping, etc.

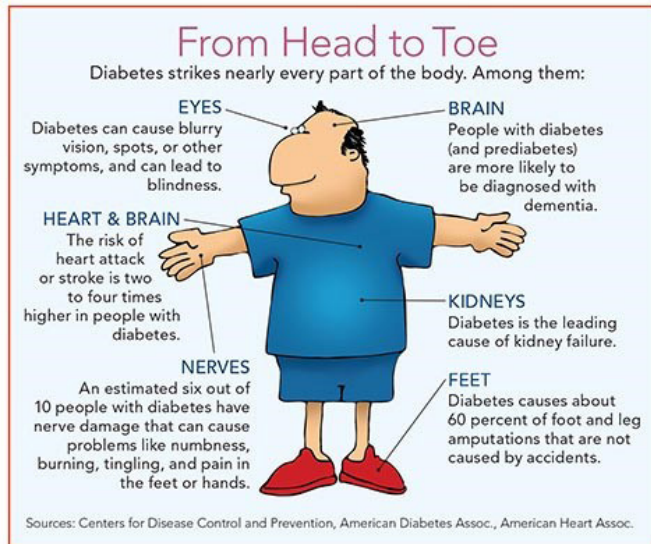
Register for the J-Sei Caregiver Registry to be notified of available positions. Terms of the position are negotiated with the elder and their family.

Contact Franklin at (510) 654-4000



# Adult Onset Diabetes Care & Prevention

The holidays are near, so easy on the sugar, please!



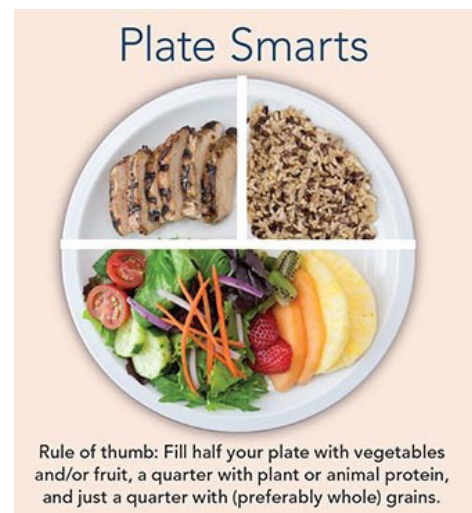
Diabetes is a problematic health condition for the elderly population. At least 20% of people over 65 years old have diabetes. These patients tend to have high rates of premature death, functional disability, hypertension, heart disease, stroke and Alzheimer's disease. Other potential complications of diabetes include eye, foot and skin damage and can increase the risk of hearing impairment.

For older adults, typical signs such as excessive thirst and increased urination, fatigue, blurred vision and unexplained weight loss could be symptoms of diabetes.

A balanced diet with consistent timing of carbohydrates and a DASH DIET (emphasis on vegetables, fruits, low-fat dairy, moderate amounts of whole grains, poultry, fish and nuts and reduced sodium) are recommended as treatment goals. Exercise and nutrition management is recommended. Complex carbohydrate based foods such as whole grains should be readily available during and after exercise. A multivitamin-mineral supplement may be beneficial.

## Now for the good news: Six eating changes to cut your risk of diabetes

1. These are based on long-term studies that track people's habits and diabetes prevention.
2. Fill 1/4th of your plate with whole grains or whole grain noodles
3. Add a little seasonal fresh fruit to water to make a fruit water drink, instead of juice or sweetened beverages
4. Have a simple variety of iron protein foods: lean meat, fish, poultry, and nuts or cooked dried beans or peas
5. Try some unsweetened yogurt with seasonal fresh fruit as a snack
6. Have a daily cup of coffee or decaf coffee for flavonoids and antioxidants
7. Add magnesium foods (leafy greens, beans, nuts and whole grains, while simplifying your plate by reducing salt/sweetened pickles/condiments, processed meats



Sources: *Nutrition and Diagnosis-Related Care* by Sylvia Escott-Stump, 8th Ed

*Am. J. Clin. Nutr.* 102: 1543, 2015; *Diabetes Care* 33: 2477, 2010; *Am. J. Clin. Nutr.* 94: 1088, 2011; *BMC Med.* 12: 215, 2014; *Circulation* 133: 1645, 2016; *Am. J. Clin. Nutr.* 97: 155, 2013; *16 Diabetes Care* 37: 419, 2014.

# Case Manager's Corner

## Introduction to California's End of Life Option Act (EOLOA)

*Written by Minako Matsui, J-Sei Part-time Case Manager*

Many of us read the news about the 29-year-old woman from Anaheim, California, Brittany Maynard diagnosed with a terminal brain cancer. She moved to Oregon to die under Oregon's death with dignity law. She died in November 2014, but Ms. Maynard's case encouraged California's EOLOA that was enacted in 2015 and became effective June 9, 2016.

### What is the EOLOA?

"This is a new California law that allows a terminally ill patient to request a drug from his or her physician that will end the patient's life. Patients who choose to end their lives this way, and who carefully follow the steps in the law, will not be considered to have committed suicide. Physicians who help their patients with this process, and who carefully follow the steps in the law, will be providing a new, legal form of end-of-life care and will not be subject to legal liability or professional sanction for doing so. This end of life option is voluntary for both patients and their physicians."\*

This article is an introduction to EOLOA. The subject of death with dignity is a very difficult subject to discuss and consider.

Currently five (5) states in the U.S. have the "death with dignity" laws: Oregon, Washington, Montana, Vermont and California.

### The law requires that the patient

- √ Be at least 18 years old, must be diagnosed with a terminal disease, expected to die within 6 months, have a capacity to act on own behalf and make medical decisions.
- √ Have physical and mental ability to self-administer the aid-in-dying drug.
- √ Must make two (2) oral requests for the aid-in-dying drug.
- √ Must submit a signed and witnessed written request for the aid-in-dying drug.

### During the period of 6/9/2016-12/31/2016 in California:

- √ 111 individuals died pursuant to EOLOA during 2016.
- √ 191 received prescriptions.
- √ 12.6%-under age 60; 75.6%-age 60-89; and 11.7%-age 90+.
- √ The decedents were 89.5% white; 54.1% female, 83.8% were receiving hospice and/or palliative care.

The law says that wills, contracts, insurance and annuities will not be affected if a person dies following EOLOA laws. This EOLOA is not considered to be suicide. The EOLOA will be reviewed after 10 years. The law also allows the physicians to bill Medicare for a 15-minute talk/consultation during their patients' annual wellness check visit – to discuss the end-of-life subject.

### If you would like more information on this topic, please check:

- <https://www.compassionandchoices.org/>
- <http://coalitionccc.org/tools-resources/end-of-life-option-act/>

### Reference:

1. \* UCSF/UC Hastings Consortium, On Law/ Science & Health Policy
2. "The California End of Life Option Act, Death with Dignify or Assisted Suicide?" brown bag seminar, presented by Craig L. Judson, Esq., sponsored by Professional Fiduciary Association of California, East Bay Chapter at San Leandro Public Library (8/10/17.)
3. "The New California End of Life Option Act," a breakfast seminar, presented by Stefanie Elkins, California Medical Outreach Manager, Compassion & Choices, sponsored by San Francisco Senior Round Table at Coventry Place, San Francisco (9/8/16.)

# 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

### Special Events

- Oct. 12: Trip to Cash Creek
- Oct. 14: El Cerrito Citywide Garage Sale Day
- Nov. 4: Speaker Edward Krzyworski on Art of Rocks (Suiseki)
- Nov. 7: Field Trip to Otow Orchard
- Dec. 2: Bonenkai
- Dec. 16: Christmas Celebration



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

## Staff Contacts

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## Save the Date!

- Oct 9** Indigenous People's Day J-Sei Closed
- Oct 14** Okinawan Literature Talk By Dr. Kyle Ikeda
- Oct 28** Caregiver and Mindfulness Workshop
- Nov 4** Nichibei Care Intercultural Talks (NIC): Kokoro and Culture
- Nov 4** And Then They Came For Us, a film screening & community dialog
- Nov 9** J-sei Harvest Festival
- Nov 10/11** Healthy Japanese Cooking – Autumn
- Nov 23** Thanksgiving Day J-Sei Closed
- Nov 24** Day after Thanksgiving J-sei Closed
- Dec 2** Oshogatsu Cooking & Craft Workshop
- Dec 14** J-Sei Winter Festival
- Dec 25** Christmas Day J-Sei Closed