



A Fantastic Example of Member Organization Partnership!



The J-Sei lunch program at the Eden Japanese Community Center was launched on Friday, April 20, 2018. Lunch is served at noon on the 1st and 3rd Fridays of the month.

Conversations with the Eden Township JACL and Community Center boards indicated a desire to strengthen our partnership with the J-Sei organization. Through their newsletter, we were aware of their lunch program, cultural activities and health and wellness support for seniors. The lunch program seemed like a great place to start.....but was there enough interest?

Speaking with seniors currently participating in our Alameda County Spectrum lunch program, we learned that there was great interest in providing Japanese food for lunch. Some indicated that they

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J-SEI PROGRAMS

J-Sei Class Listing

CHECK OUT WWW.J-SEI.ORG/PROGRAMS
FOR THE LATEST UPDATES AND CHANGES

ART & WRITING

- Calligraphy, Wednesdays, 9:30-11:30 am
- Watercolor Painting, Thursdays, 12:30-2:30 pm
- Writing Our Histories, Tuesdays, 10-11:30 am

CULTURAL ART & MUSIC

- Beginning Ukulele, Wednesdays, 10:45-11:45 am
- Community Ukulele, Tuesdays, 12:30-2:30 pm
- J-Sei Sings, 1st Tuesday, 10-11 am
- Kimekomi Doll Making, 2nd & 4th Mondays, 12-3 pm
- Minyo no Odori (Japanese Folk Dance), Thursdays, 10-11:15 am (on break November and December)

EDUCATION

- Beginning Japanese Class, Thursdays, 1-2 pm
- Bridging the Digital Divide, Saturdays, beginning October 6, 10 am-12 pm
- Japanese Movie Night, 2nd Friday, dinner (potluck dish optional) at 5 pm, movie at 6 pm
- Mah Jong Club, Thursdays, 12:30-2:30 pm
- Tanoshii Japanese Conversation, Mondays, 10-11 am

HANDCRAFT ART & SEWING

- Crafts with a Japanese Flair, 1st & 3rd Friday, 10 am-12 pm
- Handknitting & Crochet, 2nd & 4th Thursday, 10-11:30 am
- Sewing & Alteration, 2nd & 4th Tuesday, 9-11:30 am
- Stash Busters (1st Thursday, 9-11 am) and Show and Share (3rd Thursday, 9:30-11 am)

HEALTH & WELLNESS

- Family Caregiver Support Group, Tuesdays, 10:30-11:30 am
- Feeding the Spirit, Mondays, 11 am-12:30 pm
- Hip Hop Workout, Thursdays, 6:30-7:30 pm
- Integrative Yoga & Meditation, Tuesdays, 10-11 am
- Kikoh with Masanori Naito, 1st & 3rd Saturday, 10:30 am-12 pm
- Let's Talk with Satsuki Ina, 2nd Monday, 12:30-2 pm
- Qi Gong, Wednesday, 1-2 pm
- Reiki Wellness, Wednesdays, 12:30-3 pm, by appt (no session the 1st Wednesday of the month)
- Strength & Balance, Wednesdays, 9:30-10:30 am
- Tai Chi Chuan, Tuesdays, 12:30-1 pm
- Tai Chi for Arthritis, Tuesday, 1-2 pm

Program and Workshop Highlights

PROGRAMS

Bridging the Digital Divide **Saturdays, beginning Oct 6, 10 am to 12 pm**

Moving beyond the digital divide is no easy task for retirees and older adults. With the digital age continuing to expand, how can we make a connection? Learn from UC Berkeley students all you need to know about your smartphones, tablets, devices, streaming programs and more! After a short presentation, students will provide one-on-one troubleshooting where seniors are encouraged to come in with their devices and questions. RSVP to jill@j-sei.org. Suggested donation: \$5

Introduction to Ukulele **Tuesdays, beginning Oct 16, 11:15 am to 12:15 pm**

Interested in trying out the ukulele? Come to this no fuss, stress-free, 6-week intro to basics. Bring a ukulele or borrow one from us and learn to tune, strum and strike a chord. Find out what the buzz is about on this popular recreation for seniors. Is it the strumming, the singing, the community bonding? Why not, try? Sign up today. \$20/senior; \$30/general

Ochanomi Tomodachi **Wednesday, Oct 17, 1 pm**

We are excited to start a Japanese Friendship group at J-Sei! If you are looking to meet other native Japanese speakers in the area to converse in

Japanese, share interests and build friendships, please join us for tea and conversation! Please rsvp by calling (510) 654-4000 or email to karen@j-sei.org

WORKSHOPS

Beaded Origami Ornament **Workshop Fridays, Oct 12 & 19, 10 am to 12 pm**



Learn to make beautiful origami ornaments to give as gifts or to adorn your own holiday tree. The origami art creates impressive forms from folded paper for the ornament base.

Then, adding beading and ribbon, creates unique decorative ornaments. Fee is \$6/class or \$8/drop-in.

Japanese Fabric Bead & Jewelry Workshop **Fridays, Oct 26 & Nov 2, 10 am to 12 pm**

Learn to create hand-rolled Japanese fabric beads in a 2-day workshop taught by artist DeLynda DeLeon. Select from distinctive Japanese fabric and learn the process of cutting and preparing fabric swatches and the rolling technique to create handmade beads. Then, bring your fabric beads and create your own jewelry designs. All materials are provided. Fee: \$40

Cooking Korean: Kimchi Workshop **Saturday, Nov 3, 10 am to 2 pm**

Learn the basics of how to make the signature Kimchi dish, the spicy, tangy, pickled vegetable that is an essential staple for every Korean family pantry. In Korea, Kimchi was made during the winter by fermenting vegetables and burying it in the ground in earthenware

pots. Today, there are over 200 different types to eat. Join Sarah to learn some of her favorite variations, using radishes, wild lettuce, celery, radish greens and cucumbers. Sarah Kim-Lee, an avid home chef, integrates fresh local ingredients to add color and interest to her everyday meals. \$40/person includes lunch by Sarah. RSVP to jill@j-sei.org. Space is limited.

Art Exhibitions and J-Sei Engagements

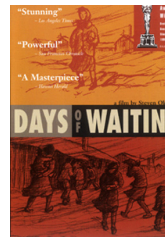
Contested Histories: Art and Artifacts from the Allen Hendershott Eaton Collection **Sept 29 – Oct 7**

The Japanese American National Museum will be presenting this exhibit at J-Sei. While conducting research for *Beauty Behind Barbed Wire: The Arts of the Japanese in Our War Relocation Camps*, published in 1952, Allen Hendershott Eaton amassed a personal collection of camp artifacts. When the collection was slated for auction in April 2015, an outcry from the Japanese American community successfully rallied to stop the sale.

Opening Program, Sept 29, 1 pm

Hear from JANM curator Clement Hanami and researcher Nancy Ukai of 50 Objects about how over 400 photos, artwork and artifacts from the Eaton Collection were saved from private auction. Meet Sharon Imura-Handa, Toshie Morita, Cookie Takeshita, Mas Takano and others whose family histories are directly tied to the objects. A light reception will follow.

Special Screening of *Days of Waiting* with Filmmaker Steven Okazaki **Saturday, Sept 29, 4 pm**



Days of Waiting (1991), the Academy Award winning short documentary by filmmaker Steven Okazaki, tells the story of Estelle Ishigo, a Caucasian artist who was voluntarily incarcerated with her Japanese American husband during WWII. View Estelle Ishigo's ten reclaimed paintings on display at J-Sei with the Eaton Collection.

Remembrance Lantern Making Workshop **Sunday, Oct 7, 10 am to 1 pm**



Create lanterns to celebrate, honor and remember loved ones. Sansei artist Judy Shintani, whose father was incarcerated at Tule Lake, has focused much of her art

on researching and giving voice to memories and hidden stories on the experiences during this time. For all ages (10+ with adult supervision). \$30/person fee includes all materials except personal photos.

Sansei Granddaughters' Journey **Sunday, Oct 7, 2 pm**

Experience the art and film, a work-in-progress with sansei artists Reiko Fujii, Ellen Bepp, Kathy Fujii-Oka, Judy Shintani and Shari Arai DeBoer embarking on a journey to pay respects to their relatives and others who endured the unjust incarceration of Japanese Americans. Videographer: Pat Mayo

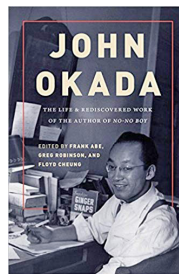
A Sansei Quilter: Piecing in Motion **Oct 22 – Dec 21**

For Sansei quilter Kathy Uyeno, color and movement are vital components in her quilt repertoire. The construct of quilt designs entices her and the selection and piecing together of fabric captivate her ingenuity. Exploring new techniques and adding texture with free-motion quilting offer her welcome challenges in the creative process. During the 1970s when Kathy was working and raising three boys with her husband Todd, quilting piqued her interest as a hobby. In the nine years since she retired, she has been able to devote more time to the craft of quilting. Piecing in Motion captures an array of quilt compositions that express Kathy Uyeno's vantage as a Sansei quilter. Meet the artist on Sunday, October 28, 1 pm to 3 pm. Gallery hours: Monday through Friday, 2 pm to 5 pm and by appointment.

Topaz Stories Workshop **Saturday, Oct 27, 1 to 3:30 pm**

As the Nisei generation ages, it is more important than ever to preserve stories about their wartime experiences to ensure that the human cost of such injustice is never silenced. Join the Topaz Stories workshop to begin the process of preserving your memories through a "talk story" process. Bring a photo or object associated with your story. Or just bring yourself and family memories to this fun, interactive workshop. Presented by Friends of Topaz, a group seeking stories and memories on behalf of the Topaz Museum. RSVP to jill@j-sei.org

John Okada: The Life and Rediscovered Work of the Author of No-No Boy **Saturday, Nov 3, 4 pm**



Edited by Frank Abe, Greg Robinson and Floyd Cheung. Join us for a scintillating conversation with Frank Abe and Greg Robinson to discuss their new work on John Okada,

presented by Nichi Bei Foundation. *No-No Boy*, John Okada's only published novel, centers on a Japanese American who refuses to fight for the country that incarcerated him and his people in World War II. Upon release from federal prison after the war, he is cast out by his divided community. In 1957, the novel faced a similar rejection until it was reissued in 1976 to become a celebrated classic of American literature. This compelling collection offers the first full-length

examination of Okada's development as an artist, placing recently discovered writing by Okada alongside essays that reassess his lasting legacy. Book sales, signing and light refreshments to follow.

Senior Lecture: Making Sense of Medicare, Learn the A's B's, C's & D's
Monday, Nov 5, 1 pm

Hear from Denise Lombard about the basics of Medicare and learn how to make the best decision between a Medicare Advantage (HMO) plan or a Medicare Supplement. Denise has helped individuals and families find smart health insurance solutions with a mix of market savvy and financial know-how. She will also cover Part D, Prescription Drug plans. RSVP by calling (510) 654-4000.

J-Sei Harvest Festival Luncheon
Thursday, Nov 8, 11:30 am to 2 pm

We are grateful for traditions that bring us together to join in community for our annual Harvest Luncheon. Don't miss signing up for a delectable meal of



turkey, dressing, gravy and all the fixings. Enjoy the

time to remember all that we have to be thankful for. RSVP required. \$10/person.

Topaz Toddler Art Project
Saturday, Dec 1, 2 pm

Come learn about a collection of artwork created by preschool children who were incarcerated during World War II in Topaz, Utah. Hear about the project and find out how you can help reunite these children with their art.

Winter Celebration Luncheon
Thursday, Dec 6, 11:30 am to 2 pm

Join us to celebrate the holiday season with an engaging afternoon with music and singing, holiday craft sales, bento lunch and homemade desserts by the J-Sei community. RSVP required. \$10/person. Space is limited.

Case Management Corner

JOYFUL MOMENTS Fall is coming. Along with trees turning pretty colors comes colder weather; this usually means spending more time indoors than outdoors. What to do with all those extra hours spent inside, after you leave J-Sei activities? Of course, you can clean out those cupboards and sort through all the stuff and do chores....but what about some FUN!!

Here are some suggestions for activities that you can do alone, or with another person, or maybe even get a group together. These activities are designed to enhance quality of life and strengthen creative and intellectual abilities.

Attitude of Gratitude from the Harvard Mental Health Letter (9/11)

"...Practicing gratitude can improve one's own day to day experience; ...older

adults who practiced gratitude with a daily “Three Good Things in Life” journal for 14 days experienced greater happiness and less stress.” So start a “Three Good Things in Life” journal. It doesn’t have to be a fancy journal—any paper pad will do. Write in it every day. It’s ok if you’re writing the same things. AND...you can write about more than three good things in your life. You can add drawings, photos, anything that reminds you of what you are grateful for. Be creative. Have FUN!

What’s in a Name?

Is there a story behind your name? What are the names of your family members? What name would you choose if you were naming yourself? What were the popular names when you were a teenager, compared to current popular names? This is an opportunity to remember family stories and history. If you are with a partner(s), you can talk about it; if alone, you can write about it—OR record it (those smart phones are sometimes useful). Have FUN!

Your Own Life Story

Writing can just be an extension to What’s in a Name. Don’t expect to do it all in one sitting—this takes TIME!! Writing your life story offers the opportunity to reflect on your life, put into words cherished memories, values and beliefs. Not all memories might be happy ones; however, they are part of who you are and those too should not be forgotten by you or by the younger generation. You can do this with pen and paper or on the computer. Have FUN!

Make that Journal

...The one for your Gratitudes or your Life Story (or make two!). Here is a start: you can go to “make a journal” on the internet, or go to Michaels, or any craft store for ideas. Get your creative juices going. You can start with a simple notebook and decorate it. Have FUN!

Make a Model Plane or Whatever!

Your local toy or hobby store has all kinds of kits. You can also try on-line stores such as Amazon, www.easybuildmodels.com or www.megahobby.com. Remember to get those additional supplies, such as glue, brushes, paint, etc. Have FUN!

Clear a Little Clutter, a little at a time.

This can seem overwhelming and daunting, but the rewards of a clean space are worth that scary first step. The key is focusing on a very small space; start with no more than 30 minutes. Identify a small space, maybe around the telephone or a closet or desk top, etc. Pick up an item, think about it and then put it in one of 3 boxes: to keep, to throw away or to donate. Enjoy the clean space. This is NOT EASY; you WILL feel better even with one small area cleared.

If you would like, please bring your journal or your model or your story to J-Sei to share.

Have FUN—enjoy the creative part of you. This is for you and whatever you do is PERFECT, just because it is for you and you have done something new. YEA!!

The Brightest Little Star



Kindhearted J-Sei volunteers, with donations from Stone Mountain & Daughter Fabrics in Berkeley, pooled their resources to make scent dolls for babies in the Alta Bates Neonatal Intensive Care Unit. This effort was led by Emi Nakao, a volunteer “cuddler” at Alta Bates. Project participants included Karen Brown, Sadako Delcolo, Jun Hamamoto, Caroline Hernandez, Glory Katsumata, Wendy Kinris, Susan Kusano, Linda Matsui, Diane Nakamura, Emi Nakao, Yuki Otake, Amy Shinsako, Gerry Ueda, Emiko Umawatari and Kathy Uyeno.

The scent dolls are given to the parents to keep them on their bodies for about a week and then the dolls are placed in their baby’s bassinet. This gives the baby a chance to bond with their parents and provides reassurance. What a great effort—for more information, please call J-Sei.



PICTURED: J-SEI VOLUNTEERS YUKI OTAKE (TOP), FLORENCE YOKOI ABOVE (LEFT), AND EMI UMAWATARI (ABOVE RIGHT).



Art Exhibitions
and J-Sei
Engagements

Scenes from J-Sei's 2018 Family Festival!

It was activities galore at J-Sei's 2018 Family Festival on September 9, with something exciting and interesting for every member of the families that joined us!

We look forward to seeing you at our Family Festival in 2019!



A Fantastic Example of Member Organization Partnership!

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rarely eat Japanese food anymore because they don't cook and/or just aren't getting out to eat.

J-Sei staff was very interested and open to the idea of extending our lunch program to the Eden Community. In two short meetings, we discussed logistics and identified roles and responsibilities. Currently, we send two volunteers to help with lunch preparations on the 1st and 3rd Fridays of the month. These same volunteers deliver the lunches to the Eden Japanese Community Center

where the seniors gather to enjoy lunch with friends. We have been serving lunch twice a month to 20+ seniors over the last four months.

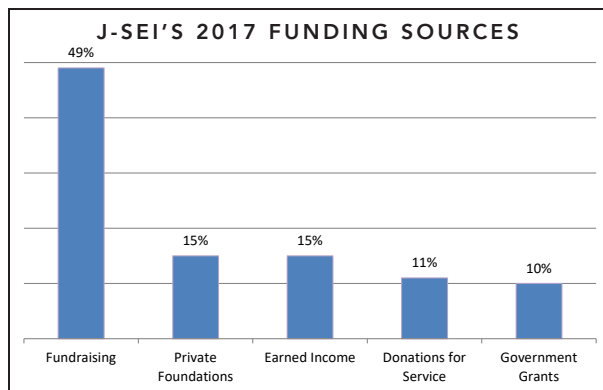
The J-Sei lunch program has been well received. We continue to work on recruiting others to join in socializing with friends, old and new, over a delicious hot lunch!!! We want to thank J-Sei staff and the lunch program team for allowing us to participate and become part of the greater J-Sei family. We look forward to more opportunities to partner with you.

You Make it Possible!

If you have visited J-Sei recently, you have probably noticed a lot of activity, new classes and special events. J-Sei moved into this new building two years ago and we have been able

to expand many services thanks to supporters and donors like you. In the last two years, J-Sei has grown from serving about 10,000 meals a year to our current level of almost 16,000 lunches annually. Educational opportunities have multiplied by over 300%. None of this would be possible without our dedicated and generous community supporters.

This past fiscal year, donors have made such a positive impact on older adults



who are able to age well in their own homes. Donations from individuals account for 49% of our revenue necessary to deliver services. In addition, J-Sei is grateful to our public funders:

Alameda County Area Agency on Aging, Contra Costa County Health Services Department and the City of Berkeley. We are also grateful to our private foundation supporters: Alameda County Meals on Wheels, Asian Pacific Fund, East Bay Foundation on Aging, JA Community Foundation, Kaiser Permanente's Northern California Community Benefit Programs, Senior Assistance Foundation Eastbay and Union Bank.

Kitchen Help and Drivers Needed

The home delivered meal program has boomed! We have amazing volunteers who make every day 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 bring nourishment to seniors who cannot shop or cook for themselves, But equally wonderful, you will also deliver lots of smiles. Consider driving one shift a week or sharing a shift with a team. Contact Tara, our Nutrition Coordinator, at (510) 654-4000 to learn more about this rewarding opportunity.

Be a Friendly Visitor Volunteer!

If you are looking for meaningful and rewarding volunteer work, become a Friendly Visitor volunteer and bring a smile and a gift of friendship to a homebound senior! Japanese-speaking is a plus but not required. For more information, please contact Karen at (510) 654-4000 x13 or karen@j-sei.org.

RESOURCES

Senior Center Partnerships

Berkeley Nikkei Center

Director: Kayo Fisher
1901 Hearst Street, Berkeley
(510) 809-5202
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, arts and crafts, hot Japanese lunch (\$3)

Sakura Kai Senior Center

Coordinator: Toshi Kuwabara
5625 Sutter Street, Richmond.
Phone: (510) 778-3406
Email: ecsakurakai@gmail.com

Cultural and educational programs for seniors. 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.

1st 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 and Japanese computer/Wi-Fi.

3rd 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, and music bell.

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.



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

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Save the Dates!

- Oct 7** Remembrance Lantern Making Workshop
- Oct 7** Sansei Granddaughters' Journey
- Oct 8** Indigenous Peoples' Day: J-Sei Closed
- Oct 27** Topaz Stories Workshop
- Nov 3** John Okada: The Life and Rediscovered Work of the Author of No-No Boy
- Nov 3** Cooking Korean and Kimchi Workshop
- Nov 5** Senior Lecture: Making Sense of Medicare
- Nov 8** Harvest Festival Luncheon
- Nov 22** Thanksgiving Day: J-Sei Closed
- Nov 23** Day After Thanksgiving: J-Sei Closed
- Dec 1** Topaz Toddler Art Project
- Dec 6** Winter Celebration Luncheon
- Dec 25** Christmas Day: J-Sei Closed
- Jan 1** New Year's Day: J-Sei Closed