



The 6th annual Flavors of Spring will be held on Friday, April 26 from 6pm to 9pm at the Berkeley City Club. Delicious tastings from Latin America, Japan and California will be paired with sips from local

wineries and breweries. The very popular Private Practice Band will entertain the crowd with R&B and Motown hits. Join us for the food, drinks, live music, and silent auction. Flavors of Spring is the best venue to catch up with friends and family.

Get your tickets NOW! Purchase your \$80 entry ticket on-line through Brown Paper Ticket at flavorsofspring2019.bpt.me or mail your check to J-Sei, 1285 66th Street, Emeryville, CA 94608. If you mail a check, please give us the names of each guest.

See you there!

TABLE OF CONTENTS

- 2 **J-SEI PROGRAMS**
J-Sei Class Listings & Program Highlights
- 4 Art Exhibitions & Special Programs
- 6 Health & Wellness Programming
- 7 **J-SEI NEWS**
Welcome to the Board, Matthew & Alan
Provide a Framework for the Future
- 8 Meet the TG Team
Get Cozy at J-Sei Home
- 9 March Movie Night Highlight
Crab Feed Recap
- 10 **RESOURCES**
Preventing Muscle Loss with Aging
- 11 Senior-Center Partnerships
- 12 Staff Information
Save the Date

Newsletter Contributors

Editing: J-Sei Staff
Layout: Greg Magofña
Images: Suzie Sakuma
Greg Magofña

J-Sei

1285 66th Street
Emeryville, California 94608
P: (510) 654-4000
info@j-sei.org
www.j-sei.org

J-Sei Home

24954 Cypress Avenue
Hayward, California 94544
P: (510) 732-6658
F: (510) 732-6633

J-Sei Class Listing

ART AND WRITING

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

CULTURAL ART & MUSIC

- Kimekomi Doll Making, 2nd & 4th Mon, 12-3
- J-Sei Sings, 1st Tu 10-11
- Ukulele Basics, Tu 11:15-12:15 (reconvenes Mar 26)
- Community Ukulele, Tu 12:30-2:30
- Beginning Ukulele, Wed 10:45-11:45
- Minyo no Odori (Japanese Folk Dance), Th 10-11:15

EDUCATION

- Tanoshii Japanese Conversation, Mon 10-11
- Learn to Speak Spanish, Tu 1-2
- Beginning Japanese Class 1, Th 12-1
- Beginning Japanese Class 2, Th 1-2
- Mah Jong Club, Th 12:30-2:30
- Japanese Movie Night, 2nd Fri 5-8
- Bridging the Digital Divide, Sat, 10-12

HANDCRAFT ART & SEWING

- Sewing & Alteration, Tu, 9-11:30
- Pick-A-Project, 1st & 3rd Th 9-11, (Date Varies)
- Japanese Craft, 1st & 3rd Fri, 10 -12

HEALTH & WELLNESS

- Let's Talk w Satsuki Ina, 2nd Mon 12:30-2
- Tai Chi for Arthritis & Fall Prevention, Mon 1-2
- Gentle Yoga, Tu 10-11
- Family Caregiver Support Group, Tu 10:30-12
- Tai Chi Chuan, Tu 12:30-1
- Tai Chi for Arthritis, Tu 1-2
- Reiki Wellness, Wed 12:30-3, by appt (no session the 1st Wed of month)
- Strength & Balance, Wed 9:30-10:30
- Qi Gong, Wed 1-2
- Kikoh w/ Masanori Naito, 1st & 3rd Sat, 10:30-12

Program Highlights

Tai Chi for Arthritis & Fall Prevention *new* Mondays, 1-2 pm

Improve your strength, balance, flexibility, and dexterity. Based on Dr. Paul Lam's Tai Chi for Arthritis and Fall Prevention program which has been taught to millions world wide, the course is 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 Tai Chi class, suitable for people at all levels, includes exercises that incorporate the health enhancing benefits of regular tai chi, but focuses on movements that are safe and relatively simple. The movements can be further adjusted to match people's level of health and mobility. Done gently, it is a safe, rewarding activity for anyone.

Nobuo Nishi, certified instructor for Paul Lam's Tai Chi for Arthritis and Fall Prevention program, will teach the course. Class fee: \$20/month or \$6 drop-in fee.

Beginning Japanese *new* Thursdays, 12-1 pm - April 11-June 13

Nihongo o hanashimasu! Let's speak Japanese. Learn the basic elements of Japanese language: pronunciation, vocabulary, sentence structure and most importantly conversation. Nobuko Satake, formerly taught Japanese language at El Cerrito High School and since her retirement, enjoys teaching adults at Albany Senior Center and J-Sei. Class fee: \$20/month or \$6 drop-in fee. RSVP requested to jill@j-sei.org.



Cooking Korean Various Saturdays, 10-1 pm

Like the popularity of Korean dramas, K-pop music, and culture, Cooking Korean is gaining stride at J-Sei. Sarah Kim-Lee, an avid home chef, incorporates tantalizing fresh ingredients and offers creative tips to share and adapt family dishes that she remembers from her childhood. The workshop includes a demonstration, hands-on cooking experience, shopping tips, recipe and a shared lunch. Sign up today for any of the next offerings: Cooking Bibimbap (mixed rice) - April 13; Cooking Banchan (small side dishes) - May 11 or June 1. Class fee is \$40 and includes material fee and a delectable lunch.

Japanese Crafts: Kinusaiga (Silk Picture Design) 1st & 3rd Fridays, 10 am-12 noon

Explore Kinusaiga, a silk picture design craft that incorporates Japanese silk fabric using quilt design and kimikome techniques of cutting fabric and tucking into a design board. The classes taught by Barbara Morita will be held on April 5, 19, May 3 & 17. The workshop fee is \$28 for 4 classes; or \$8/class drop-in.

Learn to Speak Spanish *new*, Tues, 1-2 pm
Have you ever wished you could speak Spanish? Spanish is one of the most widely used languages, and is relatively simple to learn. Many of us interface with Spanish speaking individuals in our homes, business and community frequently, without the skills to interact. Once you learn how to pronounce the letters, you will be able to read and recite many phrases. Come to learn and practice conversational Spanish in this 8-week introductory or refresher course. Matilde Hollander is a bilingual educator and author of *My Five Senses*, (first and second edition) and *Directions*, easy and simple bilingual books that bring joy to learning. Class fee: \$20/month or \$6 drop-in fee RSVP requested to jill@j-sei.org.



Japanese Knot Rock Wrapping Sat, April 27, 10-12

Learn to make two types of Japanese Knots on river rocks that can be used as paper weights or artful home decor. The technique was taught to our volunteers by Jim Widess at the Cane Shop and shared at J-Sei's Family Festival. Due to its popularity, we are offering this workshop again for those who missed it. Join us for this make and take activity. Material donation: \$5. RSVP requested to jill@j-sei.org. Space is limited.

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

J-Sei Engagements Art Exhibitions & Special Programs

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



Accidents & Intentions of An Artist: Patrick Hayashi

J-Sei Gallery Exhibit from March 11 to May 24 at J-Sei Gallery Hours: M-F 2 to 5 pm, and by appointment.

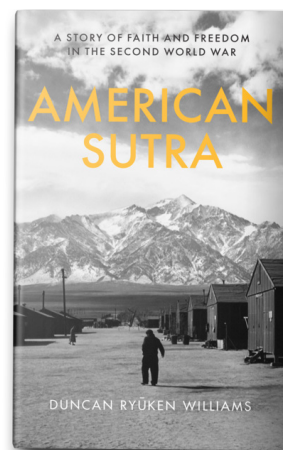
Sixteen years ago as he was winding down from a satisfying career at the University of California, Patrick Hayashi began to take art classes at UC Extension. He dabbled in all mediums – pastel, pencil, pen and ink, charcoal, watercolor and oil. He enjoyed various subjects - landscapes, still life, figure studies, self-portraits and abstracts. He has explored printmaking, etchings, and monotypes. He says, “I like to think that what I lack in depth I make up for in breadth. My impulse to try everything is getting worse.” What he happened upon by accident, lead to experiments in painting with fire and smoke. In August, Pat suffered a mild heart attack and underwent emergency bypass surgery. The day after surgery, he began creating digital drawings, paintings, and collages. He explains, “Since returning home, I have been working non-stop exploring questions of mortality and what it means to have a second life.”

Art, Music & Mortality: An Artist Talk with Patrick Hayashi Sunday, April 7th, 1-4 pm

After retiring from the University of California, Pat Hayashi began taking art and singing classes. Last August, Pat suffered a heart attack. He wanted to go home and rest but two friends called 911 instead. The cardiologist said that Pat had been “a walking time bomb and that his friends saved his life.” Since then, Pat has been using art and song to explore what it means to have been given a second life.

American Sutra: Buddhism and Family Legacies Saturday, May 4th, 5-7 pm

In American Sutra, author Duncan Ryuken Williams tells the little-known story of how, in one of our country’s darkest hours, Japanese Americans fought to defend their faith and preserve religious freedom. The mass incarceration of Japanese Americans during World War II is not only a tale of injustice; it is a moving story of faith.



In this path-breaking account, Williams reveals how, even as they were stripped of their homes and imprisoned in camps, Japanese American Buddhists launched one of the most inspiring defenses of religious freedom in our nation’s history, insisting that they could be both Buddhist and American. How did Buddhism as a spiritual practice and cultural legacy survive? Joining Duncan Williams in conversation are Rev. Ken Yamada, editor of Shinshu Center of America and Rev. Candice Shibata, minister at the Buddhist Church of Florin. Join us for this book talk, conversation, & light refreshments.

**Mono no Aware: An Experimental Art Workshop
Sunday, May 5th, 1-4 pm**

Using ink and smoke, artist Patrick Hayashi will guide participants in exploring the concept of Mono no Aware, sometimes translated as “a gentle sense of sadness in the passing of all things.” Ink will be used to create abstract expressions of basic human emotions, e.g., joy and, sadness, hope and despair, intimacy and isolation. Then, smoke from a candle will be used as the source to paint landscapes that express these emotions. Hayashi will be working in the tradition of American Tonalists who flourished between 1880 and 1910. Tonalists did not depict a particular place; rather they evoked a spiritual mood. Whistler was the best known member of this school. This workshop is open to people of all levels of artistic experience. All supplies will be provided. To RSVP, contact jill@j-sei.org. Space is limited. For examples of Pat’s work including his smoke paintings please visit his website at PatrickHayashi.com.

**Topaz Stories: Engaging with Our Stories
Sat, June 1 - Opening Program**

J-Sei Gallery Exhibit from June 1 to July 31

Join us for a presentation and reception to celebrate the opening of Topaz Stories, a visual writing installation at J-Sei. Visit the gallery to read stories, remember, and inspire your own muse. Friends of Topaz, a local Bay Area committee that provides community support for the Topaz Museum in Delta, Utah, has been collecting stories over the past two years. The collection is comprised of short written narratives based on family memories of the WWII incarceration at Topaz, and includes digitized historic photos and archival materials. Gallery Hours: M-F 2 to 5 pm, and by appointment.



**Then They Came For Me, a multimedia exhibit
SF Presidio Exhibit at Futures Without Violence
from Jan 18 to May 27**

Then They Came for Me: Incarceration of Japanese Americans during WWII and the Demise of Civil Liberties is a multimedia exhibition featuring imagery by noted American photographers Dorothea Lange, Clem Albers and Ansel Adams commissioned by the U.S. government’s War Relocation Authority, along with photos and artwork by Toyo Miyatake, Mine Okubo, and contemporary photographer Paul Kitagaki. Presented by the Jonathan Logan Family Foundation in partnership with the National Japanese American Historical Society and J-Sei, Then They Came for Me presents this historical event from multiple perspectives.

Gallery Hours: Wed-Sun, 10 to 6 pm.
For a list upcoming programs including book talks, film screenings, panel discussions, visit www.thentheycame.org.

Health & Wellness

Family Caregiving: Taking on the Challenges **Mon, April 15, 12:30 pm**

How do we build our capacity as family caregivers? How can we better prepare ourselves as family caregivers? In collaboration with the Family Caregiver Alliance, we will explore how to build direct care skills, learn stress-reduction and wellness techniques and explore resources for a wide range of topics and concerns. Founded in the late 1970s, Family Caregiver Alliance is the first community-based nonprofit organization in the country to address the needs of families and friends providing long-term care for loved ones at home. FCA, as a public voice for caregivers, shines light on the challenges caregivers face daily and champions their cause through education, services, and advocacy. The services, education programs, and resources FCA provides are designed with caregivers' needs in mind and offer support, tailored information, and tools to manage the complex demands of caregiving. RSVP requested to jill@j-sei.org.

Family Caregiving: Offering Physical Support, Safety and Assurance **Saturday, May 11, 1 - 3 pm**

How can we offer physical support for those we care for to ensure that they are safe without injuring ourselves? Learn tips such as: how to assist someone from sit to stand from a chair or toilet; how to support someone using a walker, cane or wheelchair; how to help someone out of bed or into a shower; or how to transfer into and out of a vehicle. What do we need to

be cognizant of to make sure the path is clear and safe? What can be most challenging in physically supporting those we care for? Come with your questions and experiences and we can learn from one another. Erin Wakida has been a physical therapist for 24 years. She currently works in the acute care setting with ICU, stroke, cardiac, orthopedic, and general medical patients. RSVP requested to jill@j-sei.org.

Advance Care: Planning Forward **Monday, May 20th - 12:30 pm-2:00 pm**

What wishes and choices do we have as we prepare for end-of-life care in advance? How do we begin the conversation and share our wishes with family, friends and health care professionals. Leslie Dietterick, project coordinator with the East Bay Conversation Project with the Alameda Contra Costa Medical Association will present tools and resources so that we can be more comfortable with advance-care conversations. The East Bay Conversation Project is a community-wide coalition dedicated to promoting understanding and engagement in "The Conversation" about advance care planning to ensure individuals' health care treatment preferences are known, documented, and honored. RSVP requested to jill@j-sei.org.

J-SEI NEWS

We Welcome Two New J-Sei Board Members



Matthew Fujikawa is the newest member of the J-Sei Board, and he is looking forward to helping continue the mission of the organization and seeking ways to expand and enrich our services. He is

a long time member of Sycamore Church, a past participant of the Japanese youth league basketball, and a past player, coach, and club member of the Golden Gate Optimist Club baseball league. Matthew is a life-long resident of the East Bay, except for a few years in Los Angeles for college, and he is eager to give back to the senior community where he has spent most of his life.



Alan Maeda's worked as a licensed Marriage and Family therapist for 30+ years and believes that positive interpersonal connections support our

emotional health. Now retired, he wants to be a part of an organization that aligns with these beliefs. Alan believes J -Sei is a place where people are genuinely caring , open hearted, and respectful. He leads J-Sei's Family Caregiver Support Group with compassion and skill. "Just hanging out feels good," says Alan.

A Special Offering to Future Generations

You may be wondering how you could provide a ongoing framework for future generations to appreciate and understand their cultural heritage as Japanese Americans. J-Sei is committed to being that home for you and your loved ones for generations to come. Thanks to the many generous supporters who made this Emeryville center a possibility, we now are securely on our path to continue providing top notch care and experiences for the J-Sei community. Just this year alone, the home delivered Japanese lunch program has grown 23%. Imagine how we will continue to grow and serve all who are interested

in services and learning more about their culture, the arts, language, and ways to stay in community.

Please consider J-Sei in your estate plans. We are happy to talk with you about what would be the best way for you and your family to think about doing that. Those who came before us had a similar vision and left their homes, stocks, and retirement plans to benefit J-Sei and future generations - namely us. J-Sei is deeply grateful for the generous ways you support our community. Please call Diane Wong at (510) 654-4000 for more information.

Meet the TG Team

On Wednesday afternoons you can find the staff at Timpson Garcia, CPAs and Consultants delivering lunches to homebound seniors in the Albany and El Cerrito area. Team members rotate taking time out of their busy work schedules to deliver hot Japanese lunches to older adults in our community who are unable to shop, cook, or prepare their own meals.

In addition to their volunteer work at J-Sei, the staff at Timpson and Garcia have been active in volunteering at Dublin Rotary public events and at the annual Bay to Breakers Event on behalf of Breath San Francisco.

Our home delivered lunch program would not be possible without the help of dedicated volunteers like the TG team. We are so grateful to Timpson Garcia and their staff for their continued support of our J-Sei lunch program.

Get Cozy at J-Sei Home

Located in a ranch style home, J-Sei Home is a state-licensed residential care facility for the elderly that offers culturally-sensitive care. The personalized attention, high quality meals and nurturing help create a supportive setting for older adults who no longer want to live on their own. With an average of 12 residents, it is a very pleasant and warm environment. You are welcome to tour J-Sei Home. Please call Mary at (510) 732-6658 or email her at mary@j-sei.org.



From left Johnny Wong, Evelyn Yang, Angela Su, Vanessa Zhou, Olivia Li, and Antonio Ramirez.

If your company is interested in organizing a shared volunteer spot or if you want to volunteer as an individual, please contact Tara@j-sei.org (510) 654-4000 x15. Anyone can help deliver meals during the week. It's a great volunteer opportunity for individuals, families, and teams of employees. All it takes is a few hours a month to make a huge impact.





March Movie Night

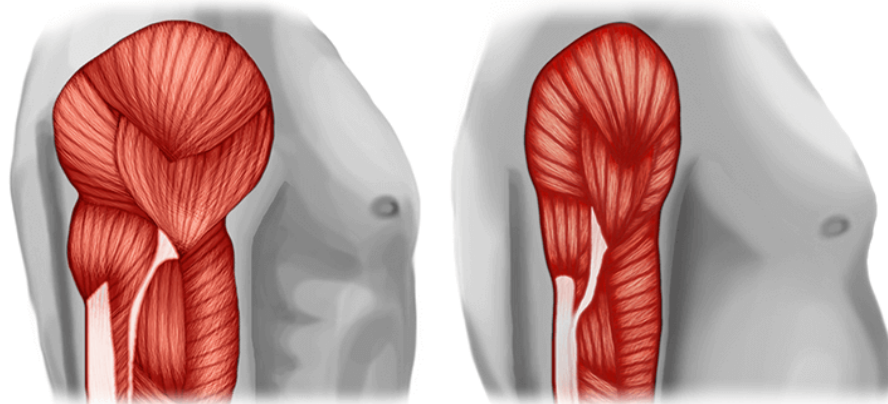
In addition to an amazing turnout and great food, we had a special guest: multiple-award-winning filmmaker STEVEN OKAZAKI!



Crab Summary

What a full house! Almost 600 people enjoyed J-Sei's 28th annual crab feed that was held on February 10. Glen's live jazz band, familiar faces and reignited friendships created an energetic and festive atmosphere and generated proceeds to support senior services and cultural activities. Community organizations that helped to serve, set up, sell tickets and donate auction prizes and desserts were extremely supportive. We are also so grateful to Ben Takeshta, Susan Shimamoto, Glenn Shinsako, Gerry and Richard Furuzawa, Elaine and Satoshi Steimetz, Acme Bread and Broc Cellars for their donations and to UC Berkeley Nikkei Student Union for their volunteers. Hats off to the crab feed committee Russell Doi, Grace Goto, Tiffany Nguyen, Amy Shinsako, Kevin Toyama, Diane Wong and Kay Yatabe and our fearless chairperson Matt Morizon!

CASE MANAGER'S CORNER



Preventing Sarcopenia — Muscle Loss with Aging

What is Sarcopenia?

Sarcopenia is age-related muscle loss. In general, at some point around age 30 and 40, we start to lose muscle mass and function. This can lead to frailty and disability in elderly people. According to Dr. John E. Morley, geriatrician at Saint Louis University School of Medicine: "Sarcopenia can be considered for muscle what osteoporosis is to bone." He also points out that sarcopenia occurs in 5% to 13% of people who are between 60 to 70 and in 11% to 50% of people in their 80's. The most prominent cause of sarcopenia is lack of muscle exercise. Other factors are: chronic illness, inadequate nutrition intake, insufficient amount of Vitamin D, hormonal changes and body-wide inflammation.

Not too Late to Prevent

In 1988, Walter R. Frontera and colleagues at the Department of Agriculture Human Nutrition Research Center on Aging at Tufts University, reported that 12 previously sedentary men aged 60 to 72 increased their leg strength and muscle mass significantly, after completing a 12-week strength-training

program three times a week.

In 1990, Dr. Maria A. Fiatarone and colleagues at the Tufts research center documented that frail nursing home residents aged 90 and older increased strength and muscle mass with eight weeks of "high-intensity resistance training."

Dr. Marilyn Moffat, a professor at New York College noted that "Protein acts synergistically with exercise to increase muscle mass." It is important to consume adequate level of protein to enhance muscle mass. It is not too late to start to gain your muscle strength.

Please find exercise and nutrition ideas in the following resources:

- <https://www.nytimes.com/2018/09/03/well/live/preventing-muscle-loss-among-the-elderly.html>
- <https://www.webmd.com/healthy-aging/guide/sarcopenia-with-aging#1>
- https://academic.oup.com/fampra/article/29/suppl_1/i44/531163

Photo: <https://sci-fit.net/anabolic-resistance-sarcopenia/>

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, arts and crafts, hot Japanese lunch (\$3).

Eden Senior Center

EDEN Japanese Community Center
710 Elgin Street, San Lorenzo
Contacts: Pam Honda - (510) 676-3820 or
Janet Mitobe - (510) 760-7186.

The Eden senior program consists of:

1. Participation in the Alameda County Spectrum lunch program on the 2nd and 4th Thursday each month from 10am-1pm. Before and after lunch activities include exercise, singing and crafts, birthday and holiday celebrations, movies and occasional speakers.
2. Japanese lunch on the 1st and 3rd Friday each month from 11:30 am - 1 pm.
3. Game day - we play rummy, mahjong, hanafuda and other card games. 1st and 3rd Friday, 1pm - 3pm and 2nd, 4th and 5th Friday from 11am - 2:30pm.
4. Chair exercise on Monday and Wednesday from 10:30am - 11:15am.

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!

Sakura Kai Open House Senior Center

5625 Sutter Street, Richmond
(510) 778-3406 | ecsakurakai@gmail.com
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, and 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, and music bell.



1285 66th Street
Emeryville, California 94608
www.j-sei.org

NON-PROFIT ORG.
U.S. POSTAGE
PAID
OAKLAND, CA
PERMIT #8619

ADDRESS SERVICE
REQUESTED

**Join us for Flavors of Spring
April 26, 2019**

Staff Contacts

Mary Hart, MA, NHA
J-Sei Home
Administrator
(510) 732-6658
mary@j-sei.org

Franklin Hom
Van Driver (W & Th)
(510) 654-4000, x14
franklin@j-sei.org

Glen Iwaoka
Van Driver (M & Tu)
(510) 654-4000, x14
glen@j-sei.org

Miyuki Iwata, LCSW
Bilingual Case Manager
(510) 654-4000, x11
miyuki@j-sei.org

Tara Kawata
Senior Services Manager
(510) 654-4000, x15
tara@j-sei.org

Veta Jacquelin
Part-Time Case Manager
(510) 654-4000, x12
veta@j-sei.org

Tiffany Nguyen
Operations Manager
(510) 654-4000, x17
tiffany@j-sei.org

Suzanne Otani
Bookkeeper/ Admin
Assistant
(510) 654-4000, x10
suzanne@j-sei.org

Jill Shiraki
Education Coordinator
(510) 654-4000, x19
jill@j-sei.org

Karen Waters
Program Coordinator
(510) 654-4000, x13
karen@j-sei.org

Diane Wong, MSW
Executive Director
(510) 654-4000, x18
diane@j-sei.org

Kathleen Wong
Kitchen & Volunteer
Assistant
(510) 654-4000, x16
kathleen@j-sei.org

Save the Date!

- Apr 7** Art, Music & Mortality: An Artist Talk with Patrick Hayashi
- Apr 15** Family Caregiving: Taking on the Challenges
- Apr 26** Flavors of Spring
- Apr 27** Japanese Rock Wrapping
- May 4** American Sutra: Buddhism and Family Legacies
- May 5** Mono no Aware: An Experimental Art Workshop
- May 11** Family Caregiving: Offering Physical Support, Safety and Assurance
- May 27** Memorial Day (J-Sei Closed)
- May 30** Advance Care: Planning Forward
- Jun 1** Topaz Stories: Engaging with Our Stories