



J-Sei's Community Open House

In celebration of J-Sei's new home, hundreds joined in the festivities on May 13. Wonderful performances by Genyukai Berkeley, Minyo no Odori, Ka Ua Tuahine, Sentimental Strummers and a surprise flash mob led by Judith Fujiwara entertained the audience. A new art exhibit featuring Mieko Taketa and her handmade quilts awed and inspired many. Visitors participated in a sake toast, crafts and learned about J-Sei services. Thanks to the past and current board of directors, staff, volunteers, donors, member organizations and community for helping J-Sei achieve this long-established vision of a building that serves as a community hub while co-locating all of J-Sei services.



Photos by Mark Shigenaga

TABLE OF CONTENTS

- 2 J-Sei Class Listing
- 3 **J-SEI PROGRAMS**
 - J-Sei Class Highlights
- 4 J-Sei Engagements
- 6 **J-SEI NEWS**
 - 2017 Family Festival
 - Flavors of Spring Recap
- 8 Staff Changes
 - Planned Giving
 - Hoop Games
 - Kitchen Help & Drivers
- 9 **RESOURCES**
 - Dehydration Among Seniors
- 10 Hydrating Foods
- 11 Senior-Center Partnerships
- 12 Staff Information
 - Save the Date

Newsletter Contributors

Editing: J-Sei Staff
Layout: Gregory Magofña
Images: Diane Wong
Joan Fujii

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

Check out the J-Sei On-line Calendar

We have weekday classes, weekend programs, special events, and volunteers participating every day. Visit us online at j-sei.org/programs.

JSei Classes

Today ◀ ▶ July 2017 Print Week Month Agenda

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Jul 1
25	26	27	28	29	30		
10am Tanoshii Japanese 11am Feeding the Spirit 12pm Kimekomi Doll	9:30am Integ Medit & Yoga 10am Writing Our Histories 10:30am Family Caregiver S	9:30am Calligraphy 9:30am Strength and Balan 10:45am Beginning Ukulele +2 more	9:30am Senior Yoga with Ru 10am Minyo no Odori 12:30pm Mah Jong Club +3 more			10am Hip Hop Workout	
2	3	4	5	6	7	8	
10am Tanoshii Japanese 11am Feeding the Spirit 12pm Kimekomi Doll 1pm Moving Memoir	9:30am Sewing & Alterat 10am Writing Our Histories 10am J-Sei Sings +3 more	9:30am Calligraphy 9:30am Strength and Balan 10:45am Beginning Ukulele +2 more	9am Stash Busters 9:30am Senior Yoga with Ru 10am Minyo no Odori +3 more	10am Temari Craft		10am Hip Hop Workout	

Strength and Balance

When Wed, June 28, 9:30am – 10:30am
 Where Lifelong Learning Center ([map](#))
 Description Stay active, steady and strong by practice and regular exercise. The class incorporates movement, both sitting and standing, to strengthen legs, arms and core. The exercises build on "Fall Prevention" course. \$20/month or \$6/class drop-in

[Details](#) [copy to my calendar](#)

For details, click on a program title to find its time, site location, description and suggested donation.

J-Sei Class Listing

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

- Polymer Clay Design, Th 12:30-2:30, 1st & 3rd
- Sewing & Alteration, Tu, 9-11:30, 2nd & 4th
- Stash Busters, Th 9-12, 1st & 3rd

CULTURAL ART & MUSIC

- Kimekomi Doll Making, Mon 12-3, 2nd & 4th
- Temari Craft, Fri 10-12, 1st & 3rd
- Minyo no Odori (Japanese Folk Dance), Th, 10-11:15
- J-Sei Sings, 2nd Tues 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 pm
- Tanoshii Japanese Conversation, Mon 10-11
- Bridge Club, Th 12:30-2:30 (tba)
- Mah Jong Club, Th 12:30-2:30

HEALTH & WELLNESS

- Feeding the Spirit, Mon 11-12:30
- Healthy Japanese Cooking, Fri & Sat
- Integrative Yoga & Meditation, Tu 9:30-10:30
- Hip Hop Workout, Sat 10-11
- Strength & Balance, Wed 9:30-10:30
- Tai Chi Chuan, Tu 1-2
- Qi Gong, Wed 1-2
- Reiki Wellness, Wed 1-3, by appointment

J-SEI CLASS HIGHLIGHTS

J-Sei Summer Highlights & Fall Returns

Try a new class and check J-Sei Engagements for workshops and activities happening at J-Sei.

Photography Basics with Bill LaRue – Mondays, 12:30-1pm

Just in time for summer, refine your picture-taking skills. Learn the basics of photography in this 6-week informal class that includes photo framing, camera settings, lighting, perspective, and composition. Bring in a digital camera and learn tips from photographer Bill LaRue. Soon, you will be capturing memorable moments and taking photos worth sharing. Suggested donation: \$25-\$35; Drop in: \$7, begins July 10.

Summer Movie Screenings

J-Sei would like to begin to host screenings of Japanese/Asian American films this summer. Let us know your summer favorites: Teahouse of the August Moon (1956); Escapade in Japan (1959), Kikujiro (1999); Natsu no Niwa (1994); Infinity and Chashu Ramen (2013) or others. Interested in participating on a host committee? Contact Jill at (510) 654-4000.

Family Caregiver Support Group - Tuesdays, 10:30am-12pm

Caring for our parents and loved ones is a wonderful way to show our gratitude and appreciation. Yet, the transition and demands of family caregiving can be a challenge to balance. Meet with others who share in this role and know that you are not alone.

As a former primary caregiver for his mother, facilitator Alan Maeda offers assurance, "Let's create a space that is safe and respectful of each other's feelings. Being listened to without judgement can be very healing." Donation only. For more info, email jill@j-sei.org

Creative Crafts with Barbara - Fridays, 10am-12pm (1st & 3rd week)

From Temari to fused-glass, from ribbon fish to washi paper art, creative craft making is under way on Fridays at J-Sei. Join in July for more fun with fused-glass art making. And keep in touch with the evolving schedule of creative arts. 4 classes at \$25 seniors; \$30 general; \$8 drop-in; Material fee based on project. On-going.

Introduction to Ukulele – Tuesdays, 11:15am-12:15pm

Interested in trying out the ukulele? Come to this no fuss, stress-free, 4-week intro to basics. Bring a ukulele or borrow a ukulele 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 now for the short course that will begin in September. \$20 senior; \$30 general

Fall Prevention – Wednesdays, 9:30-10:30am

Do you fear falling? Do you feel less than confident as you walk? Back by popular demand, this 8-week class teaches the basics and can help refresh your memory on tips for fall prevention. Become confident and steady with improved balance and awareness. Designed to strengthen your legs, hips & upper body, the class incorporates a combination of sitting, standing & walking exercises. \$20/month or \$6 drop-in; 8 week session: Sept 13 – Oct 1.

Bridging the Digital Age Divide – Wednesdays & Saturdays

The collaboration with UC Berkeley students will continue in the Fall (Sept-Nov). Moving beyond the digital divide is no easy task for retirees and older adults. With the digital age continuing to expand, how can we stay connected? Learn from Cal students who are motivated to teach you all you need to know about your iPad, iPhone, Android tablet or smartphone. Both introductory classes and individualized one-on-one instruction will be planned. Choose from Wednesdays, 1-3pm; or Saturdays, 10am-12pm; beginning Sept 16 & 20. Reserve a space. \$20/month senior; \$25/month general.

Most of the J-Sei classes will continue to meet during the summer months. However, time off will vary by class. Please check with the instructor, call the office, or check the on-line calendar for scheduled breaks during the summer.

J-SEI EVENTS & WORKSHOPS

J-Sei Engagements

Events held at J-Sei. RSVP is requested. Donation at door accepted.

July 8 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.

July 14 Opening Reception for "Creativity Unconfined: Handcrafted Artifacts of WWII

Japanese American Incarceration Camps at the Oakland Asian Cultural Center. Curator: Dana Ogo Shew, cultural anthropologist at Sonoma State University; Guest speaker Delphine Hirasuna, author of "Art of Gaman". The exhibit will highlight discoveries from the camp art collection held at J-Sei in June. **Opening reception will begin at 7pm at OACC, 388 9th Street, Oakland (between Franklin & Webster St).**

July 15 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 presenters are Kayoko Yokoyama, PhD and Gloria Eide, graduate student, from JFK University. Offered in cooperation with Nichi Bei Cares and J-Sei, the program will be held from 1 to 3pm at J-Sei. Suggested donation is \$5-\$10.

July 29 Witness to Hiroshima - Witness to Fukushima

J-Sei invites you to an educational forum to listen, learn, and remember the lives lost and impact of the nuclear disaster. Filmmaker Kathy Sloane will share Witness to Hiroshima, a poignant short narrative on Keiji Tsuchiya who is haunted by the aftermath of the bombing in Hiroshima and dedicates his life to saving the Japanese horseshoe crab and its habitat. Hear from high school youth from Buena Vista UMC who traveled to Aizuwakamatsu Radiation Center in Fukushima, attended a youth peace forum and through their deepened relationships with survivors of the 2011 nuclear disaster made a promise to share their experiences. Participants are invited to make paper lanterns in remembrance of the lives impacted by nuclear disaster and to wish for peace. July 29 at 2pm.

Aug 5 Berkeley Peace Lantern Festival

Join the 16th annual floating lantern ceremony held on August 5th from 6 to 9pm at Aquatic Park. The festival includes lantern making and origami crane folding activities, with a cultural performance and presentation from 7pm, and the floating of the lanterns at 8pm. J-Sei community is invited to participate.

Aug 19 More Than a Game: The Evolution and Impact of NorCal Japanese-American Basketball

Reunite with old teammates, rivals, and friends to explore the evolution of the East Bay Youth Athletic League and the Nisei Athletic Union. A panel of former players and coaches from multiple generations will share their memories from a time when everyone jumped a little higher, as well as how basketball affected their lives on and off the court. Historical artifacts will be on display including vintage photos, tournament programs, score sheets, and awards. Whether you miss seeing the basketball gang every Sunday or are curious about who still plays, More Than a Game will send your love of basketball to overtime. 10-11:30am.

Sep10 J-Sei's Family Festival

Bring all family members and friends to this engaging Grandparent's Day celebration. Spend the day watching demonstrations, making something creative or yummy, enjoying various foods from our numerous member organization food booths and live entertainment. 11am-3pm, El Cerrito Community Center, 7007 Moeser Lane, El Cerrito. Free admission.

Sep 16 Book Event: "The Little Exile", a memoir written by Jeanette Arakawa

After Pearl Harbor, little Marie Mitsui, who considers herself a typical American girl, sees her life of school and playing with friends in San Francisco totally upended. Her family and 120,000 others of Japanese ancestry are forcibly relocated to internment camps far from home. The memoir reflects the author's own life story. Arakawa believes that underlying everyone's experience, no matter how varied, are threads of humanity that bind us all. "With the deftness and colorful detail of a gifted artist, Arakawa captures the WWII confinement experience of Japanese Americans as seen through the eyes of a young child. Her story tugs at the conscience and inspires human kindness."- Satsuki Ina, Ph.D., Filmmaker. The book event that includes book sales and signing will be held from 2 to 4pm.

Sep 23 Film Screening: Arnold Knows Me: The Tommy Kono Story, a film directed by Ryan Yamamoto

Tommy Kono is the most decorated American weightlifter in the history of the sport. Between 1952 and 1960, Kono won two Olympic gold medals, an Olympic silver medal, and six World Championship titles. He became a "rock star" in the sport, garnering the attention of athletes like Arnold Schwarzenegger. Meet filmmaker Ryan Yamamoto whose documentary has been shown on over 50 PBS channels. The event, co-hosted by the Contra Costa JACL and J-Sei will be held on September 23. Save the date. More info to come.



Family Festival

Mark your calendar and bring the entire family to J-Sei's 6th annual Family Festival on Sunday, September 10 from 11am to 3pm. Celebrate Grandparent's Day with musical and dance entertainment, hands-on Japanese crafts, demonstrations and a delicious variety of food offered by member organizations. There will be plenty of cultural activities that suit all ages. This event is free and open to all so include your family and friends and be prepared to enjoy the day!



A Wonderful Evening at Flavors of Spring

The 4th Annual Flavors of Spring was held Friday, April 21 at the Berkeley City Club. Over 300 guests enjoyed an evening of samples, sips and music, all in support of J-Sei's expanding senior services and cultural programs. Community members enjoyed reuniting with old friends and making new ones at what has become a J-Sei tradition. Music was provided by Sharp Five Jazz and jazz guitarist Eric Swinderman. Many thanks to all who supported this year's event, which raised over \$31,000. Sponsorships, ticket sales, auction and monetary donations, and of course our wonderful vendors all added up to a wonderful night of fun, fellowship and community building. Below is a listing of Flavors of Spring sponsors and vendors—please be sure to support them throughout the year!

Sponsors

MATSU DONORS

- Boxer & Gerson, LLP
- Kava Massih Architects

TAKE DONORS

- Abacus Products/ Greg+Aili Yoshii
- Paul+Ann Tamaki Dion
- Joan+Paul Fujii
- Kaiser Permanente
- Kei Matsuda+Charles Rick
- MIF Insurance Agency
- Aki + Emi Nakao
- Glenn + Arleen Takayama

UME DONORS

- Advantage Electric Supply
- Belmont Village

Albany

- Berkeley Buddhist Temple
- Berkeley JACL
- Keith Carson, Alameda County Supervisor, 5th District
- Russell+Karol Doi
- El Cerrito Royale, A Berg Assisted-Living Community
- Fukumae & Saman, LLC
- Peter M. Fukumae, CPA
- Geta Japanese Restaurant
- Blaine Honda, DDS
- HUB International
- Ned+Caroline Isokawa
- Dennis Kaneshiro
- Kokoro Assisted Living

(Cont. on next page)



UME DONORS (Cont.)

- Matt+Sharon Morizono
- Mari Nakamura Design
- Lisa Oyama+Gary Lee
- Arlene+Chris Swinderman
- Rockridge Optometry
- Glenn+Amy Shinsako
- Wayne Takata+Wendy Adachi
- Stephen+Dorine Tanaka
- Jane Tanamachi
- Tokyo Fish Market
- Jane Yamashiro + Mark Fujiwara
- Cole+Carrie Yoshida

Vendors

- Aburaya
- ACT Catering & Jazzcaffé Ajanta
- Alpha Omega Winery
- Asahi Beer
- Azuma Foods
- B-Dama
- Berkeley Bowl
- Bon Appétit Management
- BopShop
- Broc Cellars
- Chef Kinoshita

- Cookiebar Creamery
- Dragon Rouge
- Five
- Itani Ramen
- Lama Beans Cafe
- Monticello Vineyards
- Musashi
- Postino
- Numi Organic Tea
- Preston's Candy
- Prospect 772 Wine Co
- Purity Organic
- Sunset29 BBQ

In-Kind Donors

- Adachi Florist & Nursery
- Agave Uptown
- Alegio Chocolate
- Balletto Vineyards & Winery
- Bay Area Discovery Museum
- Beach Blanket Babylon
- Berkeley Rep
- Berkeley Symphony
- Blue & Gold Fleet
- BopShop Korean Kitchen
- Cache Creek Casino Resort
- Cal Shakes
- Cheese Board Collective
- The Cheesecake Factory
- The Chieftain Irish

- Pub & Restaurant
- Cline Cellars
- Sedako De Collo
- El Charro
- Fairmont Hotels
- Fentons Creamery
- Fine Arts Museums of SF
- Fleurish CA
- Joan Fujii
- Gerry Furuzawa
- Richard "Fuzzy" Furuzawa
- Geta Japanese Restaurant
- Hopscotch
- Hotel Nikko SF
- Hotel Shattuck Plaza
- Ici Ice Cream
- Betty Kano
- Kinder's BBQ
- Kirala
- La Mediterranee
- Martinelli Winery
- The Melting Pot
- Miravista
- Mitama
- Monterey Plaza Hotel & Spa
- Monticello Vineyards
- Morrison Jewelers
- Susan Muranishi
- Aki & Emi NakaoNan
- Phelps Photography
- Oakland Museum of CA
- Oaktown Spice Shop
- Judy Ogata
- Park Burger

- Peju Province Winery
- Pharmaca Integrative Pharmacy
- Retzlaff Vineyards
- Richard's Jewelers
- Rick & Ann's Restaurant
- Royal Rangoon
- Safeway
- Saul's Restaurant & Delicatessen
- Semifreddi's
- SFMOMA
- Sharron Sue
- St. George Spirits
- Starbucks
- Stone Bridge Press
- Sugar Momma
- Sugata Japanese Restaurant
- Arlene Swinderman
- Takara Sake
- Jane Tanamachi
- Kevin Toyama
- Trader Joe's Emeryville
- Transports
- Gerry Tsukahira
- Umami Mart
- VJB Vineyards Kenwood
- Joanne Wong
- Mitzi Yamamoto
- Jane H. Yamashiro
- Yoshi's Oakland

Staff Changes

We are sad to say goodbye to three staff members: Cinzia Bartolomeo, Vickie Kawakami and Ryan Takemiya. Cinzia served as a part-time case manager and is moving to Colorado. She helped many families through transition. Vickie served as nutrition coordinator and recently transitioned to lead the J-Sei art exhibits and day trips. Ryan assisted in the transportation program, Monday lectures and J-Sei's social media outreach. He has taken a new position in an outdoor activity company but vows to come back to participate and maybe even MC some events. It takes a dedicated team of compassionate people to deliver J-Sei services and these dedicated individuals have supported many.

J-Sei is fortunate to have found highly enthusiastic and qualified individuals to fill vacated positions. Minako Matsui, BASW, CMC will serve as the part-time case manager through December 2017. Minako worked for J-Sei (then Japanese American Services of the East Bay) in 2009, is very knowledgeable about the community, and is bilingual. Franklin Hom will take over Ryan's driving position and has just retired from a successful career in financial planning. We welcome our new staff members and hope they find their work rewarding and enjoyable.

Kitchen Help and Drivers

The home delivered meal program has boomed! To meet this rapid recent increase, J-Sei needs YOU. Your help preparing meals and delivering hot Japanese lunches will nourish seniors who cannot shop or cook for themselves. Please call Vera 510-654-4000 to learn more about this rewarding opportunity.

Planned Giving

To help sustain J-Sei's important work for future generations, we encourage our supporters to remember J-Sei in their estate plans. Planned gifts are an essential component to enhance J-Sei's programs and services. While the older adult services will continue to be a major focus of J-Sei's activities, we intend to fulfill our mission to nurture and pass on Nikkei values and traditions to a multi-generational and multi-ethnic community through cultural programs and caring services.

A sample of some planned gifts include:

- Cash
- Bequests
- Retirement plan beneficiary
- Publicly traded securities
- Real estate

Your generous planned giving gift allows you to make a difference to the future of programs you believe in. You may also benefit from significant favorable tax consequences.

Hoop Games

Are you 40 and over and love playing basketball? We have the perfect event for you. Mark your calendar for October 14, 2017 from 9AM-2PM. The location is Alameda Point in Alameda, CA. Activities include 3 on 3 basketball teams, free throw and 3 point shooting contests, lunch and raffle prizes. Check out pictures of past Games at <https://www.facebook.com/JSeiBasketballGames/>. Like our page to keep up on future details. Connect with friends, get a good workout and contribute to a great cause. All proceeds will benefit J-Sei senior programs. For more information contact Russell Doi 510-305-9476 or Wayne Takata 510-925-699-9550.



Dehydration Among Seniors

Written by Miyuki Iwata, J-Sei Case Manager

Dehydration occurs when a person loses more water than they take in. Severe dehydration can cause a variety of health problems including confusion, weakness (high risk of falling), urinary tract infections, pneumonia, and even death. Seniors often don't feel thirsty as the urge to drink can be less obvious.

Cause of Senior Dehydration

Dehydration usually occurs when you don't drink enough fluids because of illness, lack of access to safe drinking water or because you are just too busy. Other causes of dehydration might be due to diarrhea, fever, excessive sitting, and increased urination.

Signs of Dehydration

Signs of dehydration in seniors may include: confusion, difficulty walking, dizziness/or headaches, dry mouth, sunken eyes, inability to sweat or produce tears, rapid heart rate, low blood pressure, low urine output, and constipation.

Preventing Dehydration in Seniors

Most adults need to drink about two quarts (64 ounces) of fluids per day not including fruit juice, alcohol, soda and caffeinated beverages. However, this amount increases with hot weather and humidity, various medications, body condition and health condition (ex. if a senior is urinating more frequently, or has a fever or diarrhea, she/he should drink more fluids). It can be helpful to keep a cup or bottle of water on a bedside table or near a favorite chair or within arm's reach at all times. This is especially important for seniors with mobility challenges. If possible, carefully monitor the fluid intake for a senior. If your loved one does not like drinking plain water, you can make some modifications or provide alternatives such as mixing it with juice, providing flavored water, or adding raw fruits and vegetables.

Resources:

- <http://www.aplaceformom.com/senior-care-resources/articles/elderly-dehydration>
- <http://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/dxc-20261072>
- <https://www.agingcare.com/articles/hydration-tips-for-seniors-205594.htm>



Foods That Are Good Sources of Water

Drinking liquids isn't the only way to stay hydrated. You typically get about 20% of your water each day from food. You can get even more if you eat certain things and there are benefits to taking in water through food: you absorb it more slowly and get nutrients along the way. How does it work?

Cucumbers – They are 95% water and low in calories. They also may help fight inflammation and might even slow the aging process. They're great in a salad or as an edible scoop for dips.

Carrots – This one may be a surprise. Crunchy and dense, you would not think they are full of water. But they are around 90% water and they are loaded with beta carotene and other antioxidants that protect you against cancer and keep your heart strong. Add them to a salad or have them as a snack.

Zucchini – This green squash that grows like a weed is 95% water. It has antioxidants; things that help protect your cells from damage, including two that are good for your eyes. It is great grilled or roasted in the oven.

Spinach – Here is a green leafy veggie that can be used raw in a salad or sautéed as a side dish. It's loaded with vitamin K, folate, manganese, and magnesium, plus antioxidants that help fight inflammation and cancer.

Celery – It has a satisfying crunch and is still 95% water. It is also low in calories, high in vitamin K, folate, and potassium and is good for digestion because it has lots of fiber and helps prevent inflammation in your digestive system.

Cauliflower – You may not have thought of this one, but cauliflower is 92% water. It is also rich in vitamin C, vitamin K, and other essentials. It also has other nutrients that may help lower cholesterol and protect you against cancer. But don't boil it – roast it to keep in the nutrients.

Soup – No surprise here. The whole idea of soup is that it's largely liquid. But it's a great way to get fiber and nutrients as well – and there's one for every taste. Make broth from fish, chicken,

or vegetables, and add almost anything to it, from beans to greens and meats – even pasta. Homemade chicken soup is not only good for hydration, but it also might help fight the common cold.

Tomatoes – They are 95% water, and they can add flavor and sweetness to a sandwich or salad. They have lots of antioxidants, including one called lycopene that may help fight cancer. Tomatoes also can help lower "bad" cholesterol (LDL) and may boost your overall heart health.

Watermelon – This summer treat is a good way to stay hydrated when it's hot. It's sweet, but low in calories, and can quench your thirst, thanks to its 91% water content. Like tomatoes, it has lots of lycopene, an antioxidant that may protect your cells from sun damage and help your skin.

Strawberries – They are 91% water and also have lots of antioxidants, especially flavonoids – chemicals that help your brain stay sharp and healthy. Eat them for dessert with a bit of whipped cream, or put them in a summer salad.

Yogurt – It is 85% water and a great source of protein and electrolytes that make your heart and other organs work the way they should. It also has bacteria (probiotics) that are good for digestion and help keep you regular. Have some with a few strawberries to get even more water in your snack or meal.

Oatmeal – Made with water or low-fat or skim milk, it can help keep you hydrated and give your heart a boost. It can lower your cholesterol levels and may even help ward off type 2 diabetes and breast cancer. It's a healthy way to start the day – as long as you watch the added sugar.

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: Setsuko Doi

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

- July 1st: Sakura Kai will be celebrating its 44th Anniversary. Theme: "An Old Fashion Picnic"
- September 16th: Sakura Kai will be participating in the El Cerrito Centennial Parade.

*Celebrate Grandparents Day at J-Sei's Family Festival
– September 10, 11 - 3 pm*

Staff Contacts

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

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

Glen Iwaoka
Van Driver (Tu & W)
(510) 654-4000, x17
glen@j-sei.org

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

George Kono
Facility Support
(510) 654-4000, x14
george@j-sei.org

Minako Matsui
Part-time Case Manager
(510) 654-4000, x12
minako@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

Vera Yamamoto
Senior Nutrition
Coordinator
(510) 654-4000, x15
vera@j-sei.org

Save the Date!

- Jul 4** 4th of July: J-Sei Closed
- Jul 8** Heartfulness Workshop: A Compassionate Way of Mindful Living
- Jul 14** Opening Reception for "Creativity Unconfined: Handcrafted Artifacts of WWII"
- Jul 15** Caregivers and Mindfulness Workshop
- Jul 29** Witness to Hiroshima – Witness to Fukushima
- Aug 5** Berkeley Peace Lantern Festival
- Aug 19** More Game: The Evolution and Impact of NorCal Japanese-American Basketball
- Sep 4** Labor Day: J-Sei Closed
- Sep 10** J-Sei's Family Festival
- Sep 16** Book Event: "The Little Exile", a memoir written by Jeanette Arakawa
- Sep 23** Film Screening: Arnold Knows Me: The Tommy Kono Story