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.
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.

**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 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 ukelele or borrow a ukelele 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 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.

Sep 10  **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!

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  - Cheese Board Collective
  - The Cheesecake Factory
  - The Chieftain Irish Pub & Restaurant
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  - Sedako De Collo
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  - Fairmont Hotels
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  - 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.

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.

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.
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
- 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.

Compiled by Vera S. Yamamoto, MS, RDN from health@messages.webmd.com
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, taiso, 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

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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
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