



Congratulations Diane and J-Sei!

Every year, half a dozen coveted O2 Sabbatical Awards are awarded by O2 Initiatives to exceptional nonprofit executive directors located in three Bay Area counties. This year, one of those exceptional awardees is our own executive director, Diane Wong. Congratulations Diane!



The application process was detailed and thorough. While its explicit focus was on Diane and her accomplishments, an implicit element was an assessment of J-Sei, our mission and recent major achievements including a new building, successful capital campaign and widely expanded programs that address some of the pressing needs of the seniors we serve. J-Sei is thrilled that Diane’s enormous contributions were recognized, and takes great pride in its inclusion among the many worthy nonprofits whose executive directors have received this award.

Starting in the fall, Diane will be on a three-month sabbatical for personal and professional invigoration. Each award includes funding to the executive director’s nonprofit to offset the cost of the sabbatical, plus a stipend for the interim leadership teams in recognition of the additional responsibilities they will shoulder during the executive director’s absence. In keeping with the O2 Initiative’s goal of building leadership capacity throughout the organization, J-Sei’s senior staff will have the opportunity to assume new responsibilities and learn new skills in Diane’s absence. The end result will be a recharged Diane and stronger staff.

Diane is already working with senior staff to accomplish a smooth transition of her responsibilities before she leaves on her sabbatical. J-Sei and the board of directors wish Diane the very best as she enjoys her well-deserved sabbatical.

— Ned Isokawa, Board President

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Classes & Engagements

J-Sei Class Listing

Check out www.j-sei.org/programs for the latest updates and changes.

ART AND WRITING

- Calligraphy, Wed 9:30-11:30
- Watercolor Painting , Th 12:30-2:30
- Writing Our Histories, Tu 10-11:30

CULTURAL ART & MUSIC

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

EDUCATION

- Beginning Japanese Class, Th 1-2
- Japanese Movie Night, 2nd Fri 5-8pm
- Mah Jong Club, Th 12:30-2:30
- Tanoshii Japanese Conversation, Mon 10-11

HANDCRAFT ART & SEWING

- Crafts w/ a Japanese Flair, 1st & 3rd Fri 10-12

- Handknitting & Crochet, 2nd & 4th Th, 10-11:30
- Sewing & Alteration, 2nd & 4th Tu, 9-11:30
- Stash Busters (1st Th, 9-11) & Show and Share (3rd Th, 9:30-11)

HEALTH & WELLNESS

- Family Caregiver Support Group, Wed 10:30-11:30
- Feeding the Spirit, Mon 11-12:30
- Hip Hop Workout, Th 6:30-7:30pm
- Integrative Yoga & Meditation, Tu 9:30-10:30
- Kikoh w Masanori Naito, 1st & 3rd Sat, 10:30-12
- Let's Talk w Satsuki Ina, 2nd Mon 12:30-2
- Qi Gong, Wed 1-2
- Reiki Wellness, Wed 12:30-3, by appt (no session the 1st Wed of month)
- Strength & Balance, Wed 9:30-10:30
- Tai Chi Chuan, Tu 12:30-1
- Tai Chi for Arthritis, Tu 1-2

Health & Wellness

Mon, Aug 6 - Senior Lecture: AGING and COPING with VISION CHANGES

Learn about some potential changes to vision as we age, what signs to look for, and how they affect our vision. Discover how to ease the challenges to our daily lives that come with these changes---trying out hands-on adaptations and strategies. Resources in the community will also be shared. Angela Bau, M.Ed. has worked in the field of adapting for vision impairment for close to 40 years, in education, rehabilitation, and clinical settings---these have included school districts, Lions Blind Centers/Dept. of Rehabilitation, and the UC Berkeley Low Vision Clinic; currently she works for Berkeley Unified. She has worked with populations ranging from preschoolers to the elderly. The lecture will be held from 12:30-2. Please rsvp to jill@j-sei.org. If you would like to reserve a healthy lunch, contact benji@j-sei.org

Program Highlights

Let's Talk – 2nd Mondays, 12:30-2

Dr. Satsuki Ina, author of the NichiBei Weekly column "Let's Talk", will engage participants in discussion on various topics relevant to the Nikkei community in a monthly series at J-Sei. These gatherings will provide an opportunity to explore and discuss topics such as Family Legacies of Camp, Coping with Loss, Dealing with Family Conflict, Improving Communication, Japanese American Identity Today, and other topics requested by participants. Check www.j-sei.org/programs for dates. Facilitator: Dr. Satsuki Ina

Reiki Wellness - Wednesdays, 12:30-3 by appointment

Reiki means "universal life force energy" in Japanese. Through a gentle hands-on technique, Reiki has a profound effect on many forms of dis-ease. A treatment removes toxic energy and substances from many levels of one's being, be it physical, emotional, mental or spiritual. It restores positive energy flow within the body, enhancing the body's natural ability to heal itself. Sign up for a 20-minute treatment by contacting jill@j-sei.org or (510) 654-4000. Appointments available every Wednesday, except for the first Wed of the month. Donations welcome.

Family Caregiver Support - Tuesdays, 10:30-12

Caring for our parents and loved ones is a wonderful thing to do. They have given so much to us, and we want to show our gratitude and reciprocate. Yet, caring for a loved one also requires a lot of energy. The Family Caregiver Support Group provides an opportunity to share your experiences, both positive and negative, with others who understand. Alan Maeda, former family caregiver and MFT serves as facilitator.

J-Sei Movie Night – 2nd Fridays

Do you love Japanese films? Once a month, get together with friends and fellow movie-lovers to socialize, watch a movie (in Japanese with English subtitles), and discuss the film. Japanese films of all kinds will be featured, from pre and post-war classics to modern-day hits, from samurai action to family drama, intrigue, comedy and more. See you at the movies! Come for dinner at 5 pm (potluck dish optional), movie begins at 6 pm. Donations welcome.

Mind/Body Rehab - July to Aug, Wednesdays 3 pm, Start Date TBD

Mind/Body Rehab for Cancer is an 8-week program to rebuild and restore the body, mind and spirit after a cancer diagnosis. Re-establish trust in your body through this empowering program which includes exercise, yoga, and an introduction to lifestyle concepts like nutrition and stress management for cancer survivorship in a positive, supportive environment. Dena Saedi has been improving the lives of her clients in all areas of wellness for the past 10 years, she is a seasoned and certified holistic health practitioner specializing in mind/body movement, behavior change, and stress management. The program will be held on Wednesdays at 3 pm, for those at any stage of cancer treatment and healing. To RSVP or for more info, contact jill@j-sei.org.

Workshops

Cooking Korean - Sat, July 21, 10 am -1 pm

Learn the basics of Korean cooking and how to make popular dishes like Jap Chae (Glass Noodles with Vegetables) and Bulgogi (BBQ Korean Beef). Sarah Kim-Lee, an avid home chef, integrates fresh local ingredients to add color and interest to her everyday meals. She first learned to cook with her father when they moved to the U.S. and would improvise to recreate her grandmother's home dishes. As an immigrant family, they cherished the potlucks at the local church in Chicago where familiar Korean dishes foods would be shared. \$30/seniors; \$40/general. RSVP to jill@j-sei.org Space is limited.

The Brightest Little Star, a sewing & craft workshop - Fri, July 13 & 27, 1 to 3 pm

Join us in sewing flannel blankets and scent dolls for babies in the NICU at Alta Bates Summit Medical Center. The Brightest Little Star, is a project founded by Amy Reid and coordinated by Stonemountain & Daughter. These simple, soft flannel blankets offer comfort to parents who are going through the stress of caring for a sick infant. A scent doll is a comfort doll that a mother wears and can be left with a baby in the incubator at NICU. The doll helps the baby to bond with the mother even when they cannot be together. Join us for 1 or 2 days to machine-stitch and handcraft these items to support newborns. Thank you to Emi Nakao, who volunteers at Alta Bates NICU, for sharing this precious project with us. All materials will be provided. Sign up for 1 or 2 days by contacting jill@j-sei.org.

Sashiko Drafting Workshop – Saturdays, Sept 15, 29, Oct 13, 27, 9-11:30

Sashiko is a form of Japanese folk

embroidery using a variation of running stitch to create a patterned background. The Japanese word sashiko means little stabs and refers to the small stitches originally used to strengthen and reinforce fabric. The geometric patterns include straight or curved lines of stitching arranged in a repeating pattern. Learn how to draft designs and vary stitching techniques to create unique one-of-a-kind designs for household items such as table-runners, bags, or wall hangings. Reserve your space by contacting jill@j-sei.org Instructor: Carolyn Hayashida Fee: \$45

Japanese Influence Craft Making - 1st & 3rd Fridays, 10-12 on-going

A bi-monthly craft class taught by Barbara Morita welcomes new and on-going participants to join for different handcraft art-making. Upcoming projects include: Pressed Flower Cards (July 6), Individual Simple Fused-Glass (July 20, Aug 3), Glass Projects for Harvest Festival (Aug 17, Sept 7), Origami & Washi Egg Ornament (Oct/Nov). Fee is \$6/class or \$8/drop-in. Material costs based on project.

Stash Busters (1st Th, 9-11) and Show & Share (3rd Th, 9:30-11 am)

All fabric crafters are invited to join collaborative crafting and project sharing at J-Sei. Stash Busters, a group of crafters who use scraps of Japanese fabrics as part of creative designs to make bags, clothing, and other items, will meet on the 1st Thursday from 9-11, with review on the 3rd Thursday. Show & Share invites you to bring in your personal projects at any stage, get help and input from fellow crafters, or just join the group for tea, on the 3rd Thursday, 9:30-11 am.

Art Exhibitions

Jul 16 to Sep 14 - Transformation of An Artist: Wen-Hsien Wu, an art retrospective

Since his retirement from an illustrious career in anesthesiology and academic medicine, Wen-Hsien Wu has been able to devote his time and energy to his avocation for art. From a foundation in traditional Chinese brush painting, his style has evolved to explore a modern style that incorporates color, form, whimsy, and imagination to expand the creative realms of his unique cultural vantage and expression. From early years in Shanghai, growing up in Taiwan, studying and teaching medicine on the East Coast, Dr. Wu recently joined us at J-Sei after moving to be near his daughter's family. We are pleased to share a retrospective of Dr. Wu's paintings as part of J-Sei's ART Within, a collision of bare empty walls and the creative talents of our elders. Exhibit dates: July 16 to Sept 14. Gallery hours: 2 to 5 pm M-F; and by appointment. Join us for an Artist Reception on Sunday, Aug 12th from 1 to 3 pm.



*"Wine Makes Reunion Jolly" by Wen-Hsien Wu, 2013
a pictorial rendition of Chinese idioms in Oracle
Bone Inscription (OBI)*

September 29/30 - Our Legacy, Artifacts, & Family Stories

Join us for a series of interactive exhibits and talks on how to preserve family artifacts and stories. Visit J-Sei to see a pop-up exhibit "Contested Histories: Art and Artifacts from the Allen Hendershott Eaton Collection" presented by the Japanese American National Museum. While conducting research for "Beauty Behind Barbed Wire: The Arts of the Japanese in Our War Relocation Camps", published in 1952, 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. Visit artifacts, photographs, sculptures, paintings and other handmade items from the WWII incarceration and help to add to the stories behind the art.

Hear from individuals dedicated to the documentation and digital archive of artifacts such as: Nancy Ukai Russell, producer of 50 Objects, an online collection of objects, stories and photos that tell the Japanese American story of incarceration; Dana Ogo Shew, cultural anthropologist, curator of "Unconfined Creativity" presenting her new project on Topaz Toddlers; and other presenters to be confirmed. SAVE THE DATE. More information to be posted on J-Sei website.

Events



Visit the Historic Lavender Bee Farm

Join J-Sei for a day trip on Thursday July 12, 2018 to Lavender Bee Farm and visit the historical downtown Petaluma. Amid the rolling hills of Sonoma County, this family honey farm plays host to over 5,000 lavender plants and multiple hives. The Lavender Bee Farm is chem-free, no pesticides or chemical fertilizers, for the health of the bees, plants, and you. Tour will include a guided walk through the lavender fields with lots of opportunities to take photos while listening to the owner's talk about the farm's history, the lavender, beekeeping and honey extraction. The tour also includes lavender honey tasting, sampling lavender lemonade, and shopping for lavender and honey items at the gift shop. After the tour, we will visit historical downtown Petaluma and the Petaluma Historical Museum. To sign up, contact Tiffany Nguyen by email (tiffany@j-sei.org) or phone (510-654-4000 x17). Come and join us!

Family Festival

Grandparent's Day

September 9, 12 noon to 4 pm

Save the Date

Get ready for another fun filled day at the El Cerrito Community Center! Gather your family and friends to enjoy live music, hands-on cultural activities and delicious food made by various member organizations. The Family Festival committee is busy creating a schedule of unique and entertaining activities to be enjoyed by everyone from young kids to older adults. This event is FREE and open to all so please join us!



Hoop Games

Last year J-Sei's Hoop Games were canceled due to the devastating North Bay fires. Hoop Games will return this October but the gym is unable to confirm the date at this time. Please stay tuned to our website www.j-sei.org with details that should be available in August. Meanwhile, work on your game!

Letter from the Executive Director

Greg Magofna has so capably stepped in as J-Sei's interim Nutrition Coordinator and as he originally planned with J-Sei, he is leaving this position June 30 to pursue his political career and development of his new nonprofit agency. All of us at J-Sei are so grateful for his tremendous assistance with the congregate and home delivered meal programs. Greg has enhanced the organizational framework while offering great care for the seniors and support for volunteers. His sense of humor and energy will be missed by volunteers and staff but he will remain involved with J-Sei rewriting our volunteer handbook, designing our newsletters and managing J-Sei's website.

In May, Benji Choi joined the agency as the interim Volunteer and Nutrition Assistant. His role is to directly assist volunteers in the kitchen and to assure smooth production and delivery of meals. Benji, a full-fledged CPA who is joining a company in October, was available to work in the J-Sei kitchen while we search for a permanent assistant. Benji and Greg have been working hard to streamline processes necessary to increase the program's capacity.

We would like to extend a warm welcome to Tara Kawata as J-Sei's new Senior Services Manager who will replace Greg. Tara just attained her Masters in Social Work from UC Berkeley with a concentration in aging services. Her wonderful background working in senior nutrition programs, friendly visitor programs and social work will be an asset to J-Sei as we look into the future to maintain high quality programs and implement additional wellness activities.

Thanks to the many staff and dedicated volunteers who make J-Sei services possible!

— Diane Wong

Home-Delivered Meal Drivers Needed

What could be more meaningful than providing an older adult with a delicious hot Japanese lunch? J-Sei's home delivered meal program continues to grow but now J-Sei needs YOU and your friends. Consider becoming a permanent or fill-in meal driver. A typical driver takes one route a week with the driving route lasting about 90 minutes. Some volunteers help periodically when others are out on vacation. Call us for more information! 510-654-4000



Thanks for another Amazing Flavors of Spring

Thank you to all who attended and supported us at our fifth annual Flavors of Spring event. Your support enables us to serve the older adults and their families who depend on our nutrition programs and enjoy our activities and cultural programs. Our vibrant and engaged community thrives today thanks to the involvement and contributions of all J-Sei supporters. With your dedicated efforts, J-Sei has steadily developed a wide range of critical senior services and Nikkei cultural programs.

Heartfelt thanks to the sponsors, restaurants, caterers, wineries, breweries, performers. Special thanks to Mari Nakamura Design, for her generous contribution of time and skill. Flavors of Spring was only a success because of your support. Thank you!

You can find more photos from the event on our Facebook page. Don't forget to like us while you're there.

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Kay Yatabe
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Smoke Alarms and Home Safety

Under California Law, landlords are required to install smoke alarms with batteries that are rated to keep working for a minimum of 10 years.

Where do smoke alarms need to be installed?

- In every bedroom
- In the hallways leading to bedrooms
- Each level of your home including the basement
- Smoke alarms should be mounted on the ceiling 4 inches from the wall; wall mounts should be 4 to 12 inches from the ceiling.
- Do not install near windows, vents, or draft areas.

**You can call your local Fire Department if you are not sure where they should be installed*

**If you have a hearing impairment, smoke alarms with a vibrating pad or a flashing light are available. Call your local Fire Department for information on how to obtain them.*

Smoke Alarm Maintenance

- Test your smoke alarms monthly. You can test them by simply holding down the test button. If they are not working, replace the batteries.
- Vacuum your alarms at least once a year to maintain sensitivity of the alarms.
- Replace smoke alarms at least every 10 years or according to the manufacturer's instructions.

American Red Cross:

The American Red Cross offers a Home Fire Campaign and their volunteers can visit

your house to install smoke detectors for free. To request this service, Call: (510) 595-4573 or email: smokealarminstallNorCal@redcross.org

More Tips for Home Fire Safety:

- Keep items that can catch on fire at least three feet away from anything that gets hot, such as portable heating devices.
- Fix or replace frayed wires and extension cords.
- Don't run any wiring under carpeting or rugs.
- Do not overload outlets or extension cords.
- Develop an escape plan with a least two ways to escape from every room and practice it at least twice a year.
- If you use equipment such as walkers and wheel chairs, make sure that you can get them through doorways and install necessary accommodations if needed.
- If a fire starts, crawl low to the ground under the smoke and exit your home quickly. Do not try to retrieve any belongings.

Resources and for more information:

American Red Cross Northern California Coastal Home Fire Campaign : <http://www.redcross.org/local/california/northern-california-coastal/home-fire-safety>

California Department of Forestry and Fire Protection (CAL FIRE): http://www.fire.ca.gov/communications/communications_firesafety_smokealarms

Ready.gov: <https://www.ready.gov/home-fires>

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)

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

Sakura Kai is moving to a new location on July 7, 2018. Their new site will be at Alvarado Adult School at 5625 Sutter Street, Richmond.

Coordinator: Toshi Kuwabara
Phone: (510) 778-3406
Email: ecsakurakai@gmail.com

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.

Special Upcoming Events:

Jul 7 – Sakura Kai 45th Anniversary
Performance by Shioh Kato; modern art of Japanese calligraphy || Waki Day

Aug 4 – Guest Speaker Rev. Nobu Hanaoka; atomic bomb survivor

Sep 1 – Michaan's Auctions

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

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Save the Date!

- Jul 4** 4th of July: J-Sei Closed
- July 13 & 27** Brightest Little Star Craft Workshop
- July 21** Cooking Korean with Sarah Kim-Lee
- Aug 6** Senior Lecture: Aging and Coping with Vision Changes
- Aug 12** Artist Reception: Transformation of an Artist: Wen-Hsien Wu
- Sep 3** Labor Day: J-Sei Closed
- Sep 9** J-Sei's Family Festival
- Sep 29 & 30** Our Legacy, Our Stories: Artifact Exhibit and Workshops