



## Many wishes for a healthy, happy new year filled with good fortune.

J-Sei continues to grow in the services provided in nutrition and senior activities – and we are grateful for the nimble leadership and volunteers that keep us moving. With an increase to 50+ home deliveries, we are pleased that so many of our seniors are able to maintain their health and stay in their homes. To supplement nourishment, seniors and caregivers are welcome to

stop by - Mon-Fri from 10 am to 1 pm - to pick up goods from J-Sei's Food Pantry provided by the Alameda County Food Bank. We have many new volunteers and clients and are pleased to see home delivery clients join us for Health and Wellness classes.

J-Sei continues to expand its community engagement with programs that encourage a multigenerational audience. Congratulations to Japanese Movie Night for celebrating its one year anniversary with many thanks to Kathy Hashimoto who curates an array of films and moderates a lively discussion (2nd Fridays; potluck at 5 pm, movie at 6 pm). And kudos to the crew that assures that the potluck is just as tantalizing.

We continue to welcome new constituents and in collaboration, seek to find ways to connect in community. For the past year, Nikkei Intersect has provided space for Japanese American LGBTQQ and Allies to gather. "Sharing A Meal" a program to facilitate cooking and conversation brought out new participants. "What stood out was the wonderful familiar Japanese vibe: warm, casual, friendly, low-key... like old friends getting together to catch up. I forget how special this feeling is, and find myself...

*(cont. on p. 7)*



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# 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

## CULTURAL ART & MUSIC

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

## EDUCATION

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

## HANDCRAFT ART & SEWING

- Crafts w/ a Japanese Flair, 1st & 3rd Fri, 10 -12
- Sewing & Alteration, 2nd & 4th Tu, 9-11:30
- Stash Busters, 1st & 3rd Th 9-11

## HEALTH & WELLNESS

- Family Caregiver Support Group, Wed 10:30-11:30
- Let's Talk w Satsuki Ina, 2nd Mon 12:30-2
- Gentle Yoga, Tu 10-11
- Tai Chi Chuan, Tu 12:30-1
- Tai Chi for Arthritis, Tu 1-2
- 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
- Kikoh w Masanori Naito, 1st & 3rd Sat, 10:30-12

# Program Highlights

## Better Choices, Better Health

**6 weeks, session begins in February**

Join this fun, interactive self-management program designed to support people living with chronic conditions such as high cholesterol, arthritis, diabetes, asthma, and depression. Learn about stress management, dealing with fatigue and pain, weight management, decision making, exercise and nutrition. The evidence-based program will consist of 2.5 hour class held over 6 weeks. presented by Health Trust. Suggested donation: \$10-\$15/class; Date & Time: TBD.



## Japanese Knot Rock Wrapping

**Friday, January 11, 10 am -12 pm**

Learn to make two types of Japanese Knots on river rocks to use as paper weights or artful home decor. The technique was taught to our volunteers by Jim Widdess at the Cane Shop and shared at J-Sei's Family Festival. Due to its popularity, we are offering it again. Join us for this make & take activity. Material donation: \$5. Sign-up requested as space is limited.

**[Check out j-sei.org/programs](http://j-sei.org/programs) for the latest updates and changes.**



**Introduction to Ukulele  
Tuesdays, 11:15am-12:15pm - begins Jan 22**

Interested in trying out the ukulele? Come to this no fuss, stress-free, 6-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 today. \$20 senior; \$30 general. Session dates: Jan 22 to Feb 25.

**Bridging the Digital Divide  
Saturdays, 10-12 -- Begins in February**

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

**Sashiko Drafting Workshop 2  
Saturdays, Mar 2, 16, 23, 30, 9 am – 12 noon**

Use your drafting and sashiko skills to design and hand-stitch four patterns. These patterns will be incorporated into a fabulous tote-bag, that has been adapted from an old Japanese magazine pattern and modified to include sashiko panels. The 4-day workshop will be taught by Carolyn Hayashida. The class will have two sewing machines available for use, but some sewing may need to be completed at home. Pre-requisite:

Must have attended Sashiko Drafting Workshop 1. Workshop Fee: \$50 for 4 classes. A list of materials will be provided upon sign-up.

**Cooking Korean: Kimchi Workshop  
Saturday, February 9, 10 am – 2 pm**

Learn the basics of how to make the signature Kimchi dish, the spicy, tangy pickled vegetable that is an essential staple for every Korean family pantry. In Korea, Kimchi was made during the winter by fermenting vegetables and burying it in the ground in earthenware pots. Today, there are over 200 different types of kimchi eaten. Join Sarah to learn some of her favorite variations, using radishes, wild lettuce, celery, radish greens, and cucumbers. Sarah Kim-Lee, an avid home chef, integrates fresh local ingredients to add color and interest to her everyday meals. \$40/person, includes lunch by Sarah. Space is limited.





# J-Sei Engagements Art Exhibitions & Special Programs

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

## Then They Came For Me, a multimedia exhibition - Jan 18 to May 27 in SF Presidio



Dorothea Lange, Turlock, California, May 2, 1942.  
Courtesy National Archives

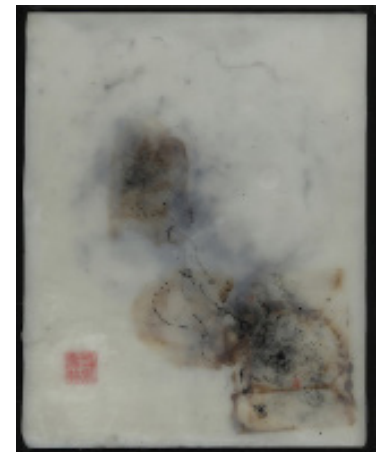
*Then They Came for Me: Incarceration of Japanese Americans during WWII and the Demise of Civil Liberties* is a multimedia exhibition featuring imagery by noted American photographers Dorothea Lange, Clem Albers and Ansel Adams along with photographers commissioned by the U.S. government's War Relocation Authority. Presented by the Jonathan Logan Family Foundation in partnership with the National Japanese American Historical Society and J-Sei, the exhibit draws from the powerful images uncovered from the National Archives for the book *Un-American: The Incarceration of Japanese Americans During World War II* by Chicago-based photo historians Richard Cahan and Michael Williams, that documents the eviction of Japanese Americans from their homes and their subsequent lives in the incarceration camps. Among the commissioned works, the exhibition also features images of daily life in the camps by artists and inmates Toyo Miyatake and Miné Okubo, photos and artifacts to share the experience and return

to the West Coast. Gallery Hrs: W-Sun 10-6 pm,. Location: 100 Montgomery St, The Presidio, SF (at Futures Without Violence). Fri, Jan 18 - Opening Reception, 7-9 pm; Sun, Jan 20 - Captured History, a talk with photographers Richard Cahan and Michael Williams and biographer Elizabeth Partridge. Public programs held weekly. For additional information, visit [ThenTheyCame.org](http://ThenTheyCame.org)

## Accidents & Intentions of An Artist: Patrick Hayashi – March 11 to May 10 at J-Sei

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, he suffered a heart attack and underwent emergency bypass surgery. The day after surgery, his wife Sandy brought his iPad to the hospital, and he began creating digital drawings, paintings, and collages. Pat explains, *"Since returning home, I have been working non-stop exploring questions of mortality and what it means to have a second life."* Gallery Hours: M-F 2 to 5 pm, and by appointment. Opening Reception and Art Exploration workshop to be scheduled.



***Isako Isako*, a reading with yonsei poet Mia Ayumi Malhotra - Sunday, March 3, 1 to 3 pm.**

*Isako Isako*, follows a single family lineage spanning four generations of female Japanese Americans to explore the chilling historical legacies of cultural trauma—internment, mass displacement, and rampant racism—in the United States, and how it weaves together



with current events. *Isako Isako* was born from a series of conversations Malhotra had with her maternal grandmother who shared stories about her immigration to the US from Japan after WWII, stories about living in Japan during the war and the ensuing American occupation, and most of all, stories about her own mother (the author's great grandmother). Through the women in her family, Malhotra discovered her own history and connection to the past along with a legacy of pain, strength, and resiliency. Join us for this presentation, with book sales and signing to follow and a special reception in honor of Girl's Day.

**Senior Lecture: Clean Energy and Renewable Resources - Mon, Jan 7, 12:30 pm**

Hear about how Community Choice Energy (CCE) offer clean energy alternatives in the Bay Area. Learn about service options and how we as consumers can select the clean power mix we utilize in our homes and its impact on the environment. How does East Bay Community Energy (EBCE) fit into the dynamic picture of CCEs, how we differ from investor-owned utilities and what not-for-profit public agency can contribute

to build out renewable energy? Audrey Ichinose is an outreach volunteer with EBCE. She became involved in climate issues in 2012 when she first heard about the Keystone Pipeline that was designed to transport tar sands oil from Canada to Gulf refineries. Concerned with Canada's indigenous peoples, whose water and land were being polluted, Audrey became active with the Berkeley Climate Action Coalition, East Bay Clean Power Alliance and EBCE.

**New Year's Luncheon  
Thursday, January 24, 11:30 – 2 pm**

Welcome in the new year with J-Sei. We wish for good health and happiness for all in 2019. Once again, we look forward to enjoying traditional Japanese New Year's games and activities and engaging with students from the American Montessori International School. The event will be held from 11:30-2. RSVP required. \$10/person Space is limited.



## New Initiatives

### **J-Sei Conversation: Men's Shed, How Men Connect - Monday, Feb 4, 12:30-2 pm**

Research indicates that men's health declines after leaving a job. While isolation, becoming a "bother" to their spouses, and boredom are typical contributors, on the upside, participating and engaging in activities with others can lead to a longer more enriching life. But how do we do that? Men's Shed, a project that originated in Australia, creates a dedicated, friendly, and welcoming place where men can come together to share their skills and knowledge with others. The goal for Men's Shed is to increase a sense of self by feeling productive, contributing to the community, connecting to peers, and maintaining a healthy body and mind. What does that look like for you? Come share your ideas, suggestions, and interests. Women are welcome to participate in the conversation, too.

### **Nikkei Intersect LGBTQQ & Allies**

Nikkei Intersect brings together Lesbian, Gay, Bisexual, Transgender, Queer & Questioning individuals and Allies in the Japanese American community. Several participants attended Okaeri 2018, a Nikkei LGBTQ Gathering held at the Japanese American National Museum in Los Angeles. Nikkei Intersect will be meeting in January to welcome in the new year and share reflections on Okaeri. For more information, contact Jill Shiraki [jill@j-sei.org](mailto:jill@j-sei.org).

### **Asian Pacific American Women - a workshop series held on Feb 28, Mar 7 & 14**

Are you interested in establishing a strong Asian Pacific American identity, finding your voice, sharing your story, and expanding your community with APA women of all ages? Are you a young woman seeking guidance and wisdom from your elders? Are you an older woman willing to share your story and life experiences? Are you concerned about how we raise our diverse APA, multiracial and diverse families with a sense of identity and pride? Join this workshop series to be held on Thursdays from 7 to 9 pm. Kayoko Yokoyama, Ph.D. is a licensed psychologist and Professor of Clinical Psychology at JFK University, where she has worked for almost 15 years. She has specialized training in multicultural psychology and the psychology of women. Workshop Fee: \$36 for series, or: \$15 drop-in. Space is limited.

### **Ochanomi Tomodachi 「お茶飲み友達」 3rd Wednesday, 1-2:30 pm**

We are excited to start a Japanese Friendship group at J-Sei! If you are looking to meet other native Japanese speakers in the area to converse in Japanese, share interests and build friendships, please join us for tea and conversation! Please rsvp by calling (510) 654-4000 or email to [karen@j-sei.org](mailto:karen@j-sei.org)



# J-SEI NEWS

## 28th Annual Crab Feed Sunday, February 10



J-Sei's 2019 Crab Feed is just around the corner! We invite all family and friends to join us for our 28th Annual Crab Feed on Sunday, February 10, 2019 at the El Cerrito Community Center. The crab feed will feature all-you-can eat fresh Dungeness crab, Asian salad, pasta, rolls and desserts. Live entertainment, delicious food and friendly company set the scene for a fun evening! Dinner and raffle tickets are on sale at the J-Sei office, so be sure to order your tickets today!

There will be an early seating from 4 pm to 5:30 pm and a late seating from 5:30 pm to 7 pm. Take out dinners are distributed from 4 pm to 6 pm. Tickets cost \$45 in advance, \$50 at the door with children 12 and under \$15.

Don't forget to get your raffle tickets to win many prizes including a \$500 cash grand prize. For your convenience, a sheet of raffle tickets is provided on page 10. Fill out, cut and send along with check payable to J-Sei at 1285 66th Street, Emeryville, CA 94608.

## The 2018 Community Calendar

J-Sei's annual community calendar was mailed out in early November to more than 2400 households and businesses. We hope you enjoy the photos of the activities taking place at our member organizations.

Many thanks to the Community Circle of Support donors and businesses who contributed to the calendar to support the J-Sei community. Please frequent the businesses listed in the calendar. Thanks also to the calendar committee - Amy Shinsako, Kimi Honda, Kevin Toyama, Joan Fujii, and Suzanne Otani, and the volunteers who helped with the calendar mailing. If you have not received your calendar please let us know and we will mail one to you.

## Happy New Year *(cont. from front)*

...with a revived longing to connect with my Japanese community." - Jamie V.

Since our last newsletter, our executive director Diane Wong has been on a well-deserved sabbatical. As part of the leadership team, the experience has been a valuable learning one which we will bring forward with us as Diane returns, revitalized from her time off. We look forward to her return in mid-December.

# CASE MANAGER'S CORNER

## Home-Sharing for Seniors

There are so many new and exciting ways to live these days. Home sharing is one creative and innovative new way to live.

Home-sharing is booming these days. Home sharing helps the home owner get some extra money and helps the renter find comfortable affordable housing. Finances are not only one benefit of home sharing. Other reasons for home sharing: build community, companionship, friendship, have meals together, share chores-from gardening to maintenance. It is also nice having someone around in case of an emergency. As a homeowner, you can reduce rent in exchange for home maintenance.

So-if you are an empty nester or looking for a nest, you may want to consider home-sharing.

### ***How to find a Housemate:***

You can find a housemate by using your own network, but there are several online home-sharing websites that provide house-sharing matchmaking services for seniors. Below are three web-sites that help seniors to match with people who are interested in home-sharing.

### ***The Golden Girls Network:***

You can create a profile on their website. They don't do matching, but you can search for a compatible housemate through their nationwide electronic database. They charge members a \$39 fee for six months' access to their database.

They have the Home Companion Program also. This program is for older adults and they can assist seniors with finding a live-in companion who can help with household chores etc. They can provide supervision for this program and navigate the database and help to select and interview potential candidate. Then, you can make a final selection.

The Golden Girls Network:

<https://goldengirlsnetwork.com>

### ***Senior Homeshares:***

This non-profit organization offers a free online matching database. You can visit their website and create a profile. Their website has the column "Ask Steph" written by their CEO, and provides information on safety tips to interact with people online. Please read the safety tips before you start communicating with potential housemates. If you are uncomfortable or inexperienced with using the online matching database, they offer following assistance:

- You can add a "helper" for your account such as trusted family member or friend. A "helper" becomes a co-user and can assist you with filling out your profile. The helper will also receive a copy of all messages that are sent to you.
- You can call Senior Homeshares for telephone support or use their email and chat support.

*Senior House Shares:* <https://www.seniorhomeshares.com/>



# Harvest Festival 2018

## Silvernest:

It is free to sign up for their website and create a profile. They will request a fee of \$49.99 after you start receiving qualified housemates. They will give you unlimited access to your matches, messaging, and background screen requests for 60 days. If you request a housemate background check, the housemate pays a fee of \$29.99. The background check is valid for 3 months. After they introduce housemate candidates, you can decide which candidates you would like to make contact with. After communicating with potential housemates, you will have the opportunity to make your decision.

*Silvernest:* <https://www.silvernest.com>

## Resources:

- Senior Planet: <https://seniorplanet.org/senior-house-sharing-is-on-the-rise/>
- National Shared Housing Resource Center: <http://nationalsharedhousing.org/>
- AARP: <https://www.aarp.org/home-family/your-home/info-05-2013/older-women-roommates-house-sharing.html>
- Reverse Mortgage Daily: <https://reversmortgagedaily.com/2018/09/16/silvernest-targets-senior-home-sharing-market-with-3m-cash-influx/>





28th Annual  
Crab Feed & Drawing



# Drawing Tickets

\$2 EACH TICKET OR 6 FOR \$10



Sunday, February 10, 2019  
El Cerrito Community Center

**WINNERS NEED NOT BE PRESENT**

PLEASE MAIL CHECKS AND COMPLETED TICKETS TO J-SEI, 1285 66TH STREET, EMERYVILLE, CA 94608  
ADDITIONAL TICKETS AVAILABLE BY CALLING (510) 654-4000 OR EMAILING SUZANNE@J-SEI.ORG

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# 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

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

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## Save the Date!

- Jan 1** New Year's Day (J-Sei Closed)
- Jan 7** Lecture: Clean Energy and Renewable Resources
- Jan 11** Japanese Knot Rock Wrapping
- Jan 21** Martin Luther King Jr. Day (J-Sei Closed)
- Jan 24** J-Sei: New Year's Luncheon
- Feb 4** Men's Shed, How Men Connect
- Feb 9** Korean: Kimchi Workshop
- Feb 10** J-Sei's Annual Crab Feed
- Feb 18** Presidents' Day (J-Sei Closed)
- Mar 3** *Isako Isako* — A reading with yonsei poet Mia Ayumi Malhotra
- Apr 26** Flavors of Spring