



Letter from Incoming Board President Aki Nakao

I am pleased to assume the role of Board President of J-sei following the successful eight year tenure of Ned Isokawa. Under his leadership the organization grew and thrived and I hope to carry on that legacy. I am fortunate to step in to a situation where the organization is well established and stable with its own facility to hold activities and a place to gather for meals as well as to serve as administrative headquarters for the excellent staff who carry out the important work of J-Sei. It is happily on fairly stable financial footing as well, thanks to several generous donors. That is not to say continued donor support is not needed. Far from it, as the annual operating expenses are still dependent on your generous support.



While new to the nonprofit world I come from a long history of leading large governmental organizations at the federal and local county levels. In both roles I see delivery of services and fiscal stewardship as key elements in maintaining and advancing a healthy organization. In this vein I look forward to working with my great colleagues on the board that are active and dedicated to the mission, as well as our great Executive Director and other supporters, to advance the spirit of the J-Sei motto, COMMUNITY, CARE, CULTURE. I hope to be able to improve and increase our services and activities for our seniors as needs and ideas are advanced. Some members of the board have taken the initiative to reach out to member organizations to share information and open dialogue so J-Sei may be more responsive to the community and address the needs of seniors and to promote activities that benefit them. I hope that we will be able to attract more from younger generations to help them learn about the Japanese culture. With our society becoming more multicultural and multiethnic it is

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Letter from Board President Aki Nakao

(cont. from front)

important to provide opportunities that will expose the younger generations to the rich Japanese culture and traditions so they can better appreciate the aesthetic nature of art, food, music, dance, stories, etc, as well as sharing the experiences of the Japanese Americans navigating a changing world.

A little about myself: My career spanned 33 years with the federal government retiring as the General Services Administration Deputy Regional Administrator for Region Nine based in San Francisco. I continued another 14 years as Director of General Services Agency for Alameda County. In both positions I was in charge of large, diverse organizations with the predominant role of development and delivery of major building projects, as well as providing services to support government operations.

My wife, Emi, and I are long-time residents of the East Bay residing in Berkeley. We have two grown children with families of their own living in the area. I am a Cal grad with a degree in Architecture and a Masters in Public Administration from USC.

Go Bears!!!

J-Sei Class Listing

ART AND WRITING

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

CULTURAL ART & MUSIC

- Kimekomi Doll Making, 2nd & 4th Mon, 12-3
- J-Sei Sings, 1st Tu 10-11
- Ukulele Level I, Tu 11:15-12:15 (6-wk sessions)
- Community Ukulele, Tu 12:30-2:30
- Ukulele Level II, Wed 10:45-11:45
- Minyo no Odori (Japanese Folk Dance), Th 10-11:15

EDUCATION

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

HANDCRAFT ART & SEWING

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

HEALTH & WELLNESS

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

J-SEI ENGAGEMENTS

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

Art Exhibitions & Special Programs

Wakamatsu Tea & Silk Colony: A Nikkei Roots Pilgrimage Sat, October 5th, 11 am to 3:30 pm

Join us for the second biennial pilgrimage, sponsored by Nichi Bei Foundation, to the site of the first large settlement of Japanese in America which was established 150 years ago. A national and state historic landmark, the Wakamatsu Tea and Silk Farm Colony was established June 8, 1869. It is also the birthplace of first Japanese American, and the gravesite of the first Japanese woman buried in the U.S., Okei Ito. This year's pilgrimage is a rare opportunity to learn about the storied history of this colony led by John Schnell and former samurai from Aizu-Wakamatsu, present-day Fukushima Prefecture, Japan. Participants can trace their own roots through family history consultations with volunteers from the California Genealogical Society.

EAST BAY PACKAGE (Limit 45): \$70 per person / \$40 Nichi Bei members or Seniors 65+. Loads 8:15 a.m. / Departs 8:45 a.m. from J-Sei, 1285 66th St., Emeryville, Calif. For info and tickets, visit www.nichibei.org/wakamatsu-pilgrimage.

Changing Unchanging Things: A Chamber Concert — Sunday, October 6, 7:30pm - Berkeley Hillside Club

To open its 27th Season, the Left Coast Chamber Ensemble explore Japanese culture and its intersection with Western classical music with the premiere of: *Sharaku Unframed*, a micro-opera by Hiroya Miura exploring the mysteries surrounding 18th Century woodblock artist Toshusai Sharaku. A new trio from Karen Tanaka is inspired by the Asian

Art Museum's Changing and Unchanging Things exhibit – about Noguchi and Hasegawa, two artists who explored intersections of Japanese and Western visual art. This is paired with the music of Debussy. Concert Tickets: \$35/person. Members of the J-Sei community save 20% off concert tickets for Oct 5 (SF) or Oct 6 (Berkeley) with code JSEI20. For tickets, <http://www.leftcoastensemble.org/changing> or call 415-617-5223. J-Sei group tickets and carpool can be arranged for the Berkeley concert. Please call (510) 644-4000 jill@j-sei.org.

Kikan, The Homecoming - a film screening Saturday, November 17th, location tbd

Join us for the premiere East Bay screening of *Kikan, The Homecoming*, the newest creative work by local filmmaker Kerwin Berk (*Infinity & Chashu Ramen, 2013, Virtues of Corned Beef Hash* (2010)). Set in the 1940s, *Kikan, The*



Homecoming follows Japanese American soldier Jimmy Iyata of the 442nd RCT as he makes a life-changing journey from the battlefields of Europe to San Francisco to fulfill a wartime promise. The film stars Ryan Takemiya (*Valley of the Heart*), Anna Sun, Ken Takeda, Chizu Omori (*Rabbit in the Moon*) and Hiroshi Kashiwagi (*Hilo Hata, Black Rain*). Post screening discussion with director Kerwin Berk, actor Ryan Takemiya, and more.

Harvest Festival

Friday, November 8th, 11:30-2pm

Celebrate with us our annual Harvest Festival luncheon - a traditional Thanksgiving meal with turkey, gravy, and all the trimmings. Enjoy live music, share memories and remember all that we have to be thankful for. RSVP today. Lunch is \$10/person. Limited space is available.

Winter Celebration

Friday, December 6th, 11:30-2pm

Get ready for the holidays with our Winter Celebration luncheon. Join with friends to lift our voices and share the joy of the season in music and song with community performances. Make and take home handmade crafts, pick up some gifts by our classes and enjoy special holiday treats. Bento lunch is \$10/person. RSVP is required. Limited space is available.

J-Sei Asian Artisan Winter Craft Fair

Sunday, December 8th, 12 to 5 pm

Join us for an afternoon of shopping and holiday cheer at our Asian Artisan Winter Craft Fair. J-Sei cultivates hidden artists in our midst and connects with many talented handicraft artisans. It's our delight to share their original wares and creative work with you. **SAVE THE DATE.** And look to our website www.j-sei.org for more details on participating artists and craftspeople.

Health & Wellness

Reducing Stigma: Understanding the Medicalization of Cannabis for Elders

Wednesday, Oct 9th, 12:30-2 pm

Learn about 10 common brain-health conditions and symptoms (ideal targets for cannabinoid therapy) unique to elders. Understand which types of formulations are the most appropriate options for a majority of frail elders—and

which formulations are NOT appropriate. Learn about the healing properties of cannabis that can alleviate pain, nausea, and insomnia, as a viable alternative to prescription drugs. Jeffrey Westman of KasanaCare will provide a basic introduction of safe cannabis use for older adults. KasanaCare believes that aging should be a positive experience, filled with joy, security, and comfort. They strive to fundamentally change the way cannabis is viewed, understood, and administered in later stages of life. RSVP requested.

The Conversation Continues: Go Wish

Monday, Oct 21, 12:30-2 pm

As a follow-up to the past presentation, we have invited back Janet Thompson with the East Bay Conversation Project, to engage us in "Go Wish", a card game that helps us think about what matters most to us in our lives and how to apply it to advance care planning. How do we continue the conversation and share our wishes with family, friends and health care professionals. The East Bay Conversation Project is a community-wide coalition dedicated to promoting understanding and engagement in "The Conversation" about advance care planning. Join us for a game of "Go Wish". RSVP requested.

Healthy Eating For Older Adults

Wednesday, Nov 13, 12:30-2pm

Good nutrition is important at any age. But it is especially important for older adults. Eating a healthy diet helps keep your body strong. And it can help lower your risk for disease. As you get older, your nutrition needs change. Your body needs more of certain nutrients. These include vitamin B12, calcium, and vitamin D. But it may be harder for you to get these and other important nutrients. This could be for many reasons. You may not feel as hungry as you used

to. Or you could have problems with your teeth or mouth that make it hard to chew. Or you may not enjoy planning and preparing meals, especially if you live alone. Healthy Eating is presented by Kaiser Permanente East Bay.

Diabetes Self-Management Program Mondays, Oct 7 -Nov 11, 12:30-3pm

A fun and interactive program to confront the ever-changing challenges of living with diabetes. Participants will make weekly action plans, share experiences, and help strategize ways to reduce pain, fatigue, anxiety, and stress. This 6-week highly effective program was created by Stanford School of Medicine 30 years ago and is taught worldwide. This 6-week class will be facilitated by two trained leaders from Health Trust. Space is limited so please call to reserve your place today.

Workshops

Fused Glass Gifts & Ornaments Fridays, October 4 & 18, 10-12pm

Glass-fused designs are created by layering cut glass in a variety of shapes and sizes. Join artist Barbara Morita to learn and experiment with glass fusion. Sign up for the set of classes to design and complete original projects. Workshop Fee: \$12/class (Additional material fee may be required depending on project)

Photo: Barbara Strauss



Asian-inspired Handcrafted Cards Fridays, November 1 & 15, 10-12pm

Craft artisan Joanne Wong has been creating unique card designs that have been shared with family and friends and sold at shops such as Papyrus. She will share her intricate card making skills that involve cut-out stencil designs and origami folds in two classes: Paper Quilting (Nov 1) and Iris Folding (Nov 15). Each workshop will include assorted handmade paper and cardstock and envelopes to make your own handcrafted cards. Workshop Fee: \$10/class. Sign up for one or two classes.

Bringing the Outside In: An Introduction to Chabana Saturday, November 2, 2 to 4 pm

Chabana represents the natural world in the tea room; understanding its basic principles will allow you to participate in creating a microcosm of this exquisite aesthetic in an afternoon. This little known art form, 'chabana' or tea flowers, was developed by legendary tea master Sen no Rikkyu. You can enjoy this naturalistic beauty in your own space, using garden flowers. Bring your own small vase and carry this understated beauty home. Vases for practice will be provided along with floral materials. We will enjoy Japanese tea along with special tea sweets to round out the experience. Barbara Strauss, raku ceramic/sculpture artist has studied Omotosenke tea ceremony with Yoshie Akiba for 12 years and Sogetsu flower arranging with Soko Sakai for 16 years. Workshop Fee: \$40.

**Nature, Beauty and Form:
An Introduction to Ikebana
Tuesdays, 1:30 to 4:00 pm**

Learn the basic principles of Japanese flower arrangement in this 8-week introductory workshop, and deepen your appreciation for the beauty in nature and aesthetics of simplicity. The Sogetsu School was established in 1927 by the late Iemoto (headmaster), Sofu Teshigahara (1900-1979). Breaking from tradition, he conjectured that "Anyone can enjoy and create Sogetsu Ikebana anytime, anywhere, using any material". Instructor Keiko Kubo has studied over 20 years with renowned master ikebana artist Soho Sakai. Class fee: \$60 Worksheets and materials provided.



Photo: Mary Ooi

**Flavors of Malaysia -
A Cooking Demonstration and Tasting
Saturday, Oct 26 - 10 am to 1 pm**

Malaysian cuisine is a blend of Malay, Chinese, Indian, Eurasian, and Nonya (Straits of Malacca) flavors and spices. Hear how the influence of

migration and settlement are reflected in the unique flavors of Malaysian dishes. Learn how to make a well-known traditional dish Curry Kapitan, a curry dish that includes fresh and dried chili peppers, coconut milk, galangal, lime leaves, shrimp paste, fresh turmeric, and lemongrass. Add a few staples like coconut rice, a Malaysian vegetable side, and Sago Gula Melaka (pudding) dessert. Then, enjoy lunch together. Mary Ooi, a native of Malaysia, fondly remembers spending hours in the kitchen, where her senses were heightened and love of cooking began. She enjoys cooking both Asian and Western dishes for family and friends. Class Fee: \$40 RSVP required. Limited space available.

**Holiday Baking - Sweets & Treats
November, Date TBD, 1 to 4 pm**

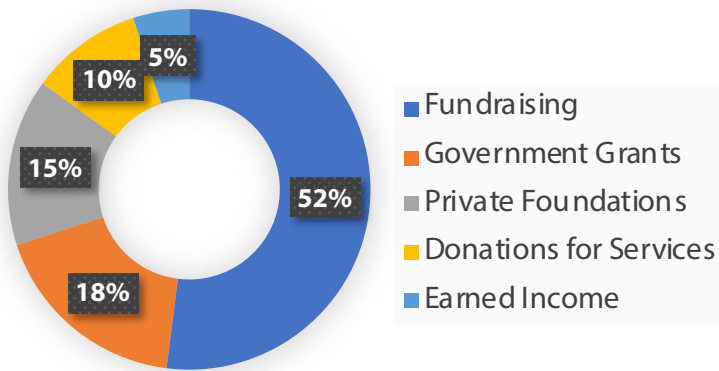
"Twas the night before Christmas . . . while visions of sugar plums danced in their head." Looking for new visions and inspiration for the holiday gatherings? Come to this Holiday Baking, Sweets & Treats demo and tasting workshop. Join our in-house bakers who will share some tried and true recipes for breads, cakes, and desserts that delight family members and warm hearts. Sample the sweets, take home a treat, and add a new recipe to your own repertoire. Class Fee: \$15, RSVP required. Limited space available.

**Cooking Korean: Cooking Soon Dubu Jigae
순두부찌개 (Soft Tofu Stew)
Saturday, Dec 7 - 10 am to 1 pm**

The popular cooking series with avid home chef Sarah Kim-Lee continues at J-Sei with a fall/winter comfort dish of Soon DoBu Jigae (Soft Tofu Stew) that can be prepared various ways with pleasing results. Be warmed from the inside out and enjoy this hearty and healthy dish with the delightful flavors and values of Korean cooking. Class Fee: \$40 RSVP required. Limited space available.

J-SEI NEWS

A Year in Review



J-Sei operates on a fiscal year with the period ending on June 30, 2019. During the past year, families have continued to witness the tremendous growth and vibrancy of the cultural programs, family caregiver services, and wellness programs. It is worth noting significant service delivery increases:

- 27% increase in seniors who come into J-Sei for lunch
- 18% in seniors who receive a home-delivered Japanese lunch
- 28% increase from 15,556 home-delivered meals a year to 19,958 home-delivered meals a year
- 60% increase in families needing caregiver registry assistance
- 17% increase in events and workshops

The support of government, foundations, and donors like you made all of these positive strides possible. Individual donors provide 52% of the annual agency revenue and directly supports seniors living in the community. Looking back this year, we are very thankful for the following supporters: Alameda County Area Agency on Aging, Contra Costa County Health Services Department, City of Berkeley, Asian Pacific Fund, East Bay Foundation on Aging, JA Community Foundation, Kaiser Permanente's Northern California Community Benefit Programs, K/T Foundation, O2 Foundation Takahashi Foundation and Union Bank.

Transportation

Senior transportation is a key J-Sei strategic plan focus and in J-Sei's summer newsletter, we invited people to participate in a transportation survey. J-Sei understands that transportation is critical for individuals who would like to not only participate in J-Sei activities but to also access important wellness appointments, to socialize with friends and families and to remain engaged in enjoyable interests.

Thanks to the many people who completed the surveys as the information provided very useful indications on how J-Sei might help solve transportation challenges. We learned:

- 74% of respondents currently drive their own cars to J-Sei
- 14% of respondents could not attend a J-Sei class, event or lunch due to transportation
- 33% respondents would consider using BART, AC Transit, Lyft/Uber, taxi, or a volunteer carpool

Originally, J-Sei wanted to find ways to help get seniors into our building but we see the larger importance of helping older adults stay mobile and capable of attaining the right type of transportation that allows people to continue to do important things like attend medical visits and grocery shop. J-Sei hopes to implement a solution that is tailor-made to each person's need, to build the individual's confidence and capability to use alternative transportation necessary to avoid isolation.

In the coming months, you will hear about J-Sei's next steps to build seniors capacity and to prepare people for the day when they choose to no longer drive their own car. Stay tuned!



Photos (clockwise from top left): Judy Ogata with paper lantern. Wilbur Obata teaching Gyotaku (fish printing). Judy Kajiwara leading the Flash Mob

A Fun-Filled Family Festival

Grandparent's Day on September 8 marked J-Sei's 8th annual Family Festival gathering family and friends for a day full of live entertainment, interactive activities and delicious Asain food from member organizations. Over 500 people joined us for this free cultural event. Highlights include a dramatic calligraphy performance by Mr. Kato Shioh, J-Sei's Minyo no Odori, watercolor koi fish sculpture making and children's bento box making. We thank so many volunteers and member organizations that made this event possible!



J-Sei Basketball Games

October 6, 2019 - Pinole Middle School

Hey active 40+ aged men and women hoopsters. J-Sei is having its always exciting Basketball Games event on October 26, 2019 from 9AM-2PM. Sign up today by going to this link <https://j-sei.org/2019/08/01/join-us-for-j-sei-basketball-games-2019/>.

Each participant will play in four 3 on 3 games and receive a lunch and t-shirt. There will be games, raffle, prizes and "old school music". Sign up a team or go in as a free agent. Teams will be matched up by height, age and skill. This event is focused on friendships and fun. Anyone can play. For more information contact Russell Doi, russdoi35@gmail.com or Kevin Toyama kevin_Toyama@hotmail.com.



J-Sei Lends A Hand in the Community

Calling all those handy and not so handy people. J-Sei is looking to put together a team of willing volunteers who will help home bound J-Sei seniors needing minor one-time work done to their homes. The work will involve yardwork, fence mending, moving furniture, smoke and carbon monoxide detector installation and other low skilled projects. We will not necessarily promise professional level work. But we will get the job done with a friendly face and determined effort. The ultimate goal will be to have a good mix of skilled and unskilled laborers lending a hand together to help the community. If you are interested in being part of the J-Sei work party, contact Russell Doi, 510-305-9476 or russdoi35@gmail.com.

Volunteer Drivers Needed!

J-Sei is looking for volunteers interested in delivering lunches to seniors in the Berkeley and Oakland areas. See the impact you can make with each lunch delivery. All it takes is a few hours a week to make a huge impact. Volunteer driving shifts are Mondays-Fridays, 11a-1p. If you are interested, please contact us at (510) 654-4000 or email kathleen@j-sei.org.

CASE MANAGER'S CORNER

What Are Some Early Signs that Assistance Is Needed?

How do we know if someone needs assistance? What are the signs to look for? Everyone is different, yet there are some warning signs to be aware of. The big warning sign is change – change in behavior, memory, interactions. Here are some general concerns for you to consider.

Forgetfulness is something we all experience with aging. It is a matter of degree and frequency and the ability to retrieve the memory that are causes for concern. The difference with dementia is that recall becomes harder or impossible to recall a word, name or missing item.

Here is just a short list of other behaviors that may cause concern:

- Medication not being taken as prescribed;
- Bills not being paid, bounced checks, withdrawals to pay unfamiliar people or companies;
- Missed social engagements and medical appointments;
- Unexplained bruises or injuries may indicate falling or having mobility difficulties;
- Personal care is being neglected as there is a decline in grooming habits;
- Home is more cluttered and unkempt;

Behaviors are very important to observe. Does someone seem more depressed, frustrated or stressed? Do they miss socializing because they forget appointments or are they avoiding social interaction? Are they sleeping more or having trouble walking, getting up from a seated position, getting dressed, eating, and bathing? Are they uncertain and/or confused performing everyday familiar tasks?

Incontinence and/or signs of dementia may be a sign of Urinary Tract Infection (UTI). Many times symptoms of UTI symptoms are mistaken for early signs of dementia: confusion, agitation, behavior changes, dizziness, and hallucinations. It is important to see a doctor to rule out a UTI.

These warning signs may occur at any age and getting help early will support the family in planning and living a higher quality of life.

We wish you well as you age and as your family and friends age. Even with dementia, it is possible to have a meaningful life. May you be well, may you be healthy, and may you be happy.

Thank you to the Alzheimer's Association and Care Conversations for information for this article.

Please utilize helpful resources from

- *Alzheimer's Association at www.alz.org,*
- *Caregiver Conversations at www.careconversations.org and*
- *Family Caregiver Alliance at www.caregiver.org.*

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 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.



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**Join us for J-Sei's 29th Annual Crab Feed
— February 23, 2020**

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Save the Date!

- Oct 6** J-Sei Basketball Games
- Oct 9** Understanding the Medicalization of Cannabis for Elders
- Oct 12** Cooking Korean: Cooking Soon Dubu Jigae (Soft Tofu Stew)
- Oct 14** Indigeneous Peoples' Day (Columbus Day) (J-Sei Closed)
- Oct 21** The Conversation Continues: Go Wish
- Oct 26** Flavors of Malaysia and Polynesia
- Nov 8** J-Sei Harvest Festival
- Nov 13** Healthy Easting for Older Adults
- Nov 28 & 29** Thanksgiving/Day After Thanksgiving (J-Sei Closed)
- Dec 6** J-Sei Winter Celebration
- Dec 8** J-Sei Asian Artisan Winter Craft Fair
- Dec 25** Christmas Day (J-Sei Closed)