



## 2020 HERE WE COME!!!

BY DIANE WONG, EXECUTIVE DIRECTOR

**H**ow did another year speed by us? The J-Sei community is full of learning, growth, and friendship. With so much taking place, time seems to go by faster and in a more meaningful way. J-Sei is so appreciative of all of you who participate in classes



and events and we are ever thankful for the robust team of 150+ volunteers who assist with enthusiasm, intelligence, and full hearts.

In 2019, the nutrition programs continued to grow, tripling in the past three years. After careful evaluation, J-Sei has decided to prepare all lunches in-house using our new commercial kitchen. Musashi Restaurant has provided delicious entrees for our meal program for over 15 years and their service and commitment to helping older adults has been very impactful. We are saddened to change this relationship, but we will still rely on Musashi for special events and will continue the excellent long-term connection.

J-Sei was fortunate to hire chef Yuji Ishikata. With extensive Japanese cooking and catering experience and deep roots in the community, Yuji will cook healthy and delicious meals on-site where he will create menus that meet the needs of older adults. He will also have a big role in leading cooking classes and experimenting with ways to attract more people to come for lunches and afternoon programs. We are very excited—welcome to J-Sei, Mr. Ishikata!

On behalf of the Board of Directors and staff, may 2020 bring you health, happiness, and exploration!

### TABLE OF CONTENTS

- 2 **J-SEI CLASS LISTING**
- 3 **J-SEI ENGAGEMENTS**
  - Programs
  - Health & Wellness
- 5 **J-SEI PROGRAMS**
  - Workshops
  - Class Highlights
- 7 **J-SEI NEWS**
- 10 **CASE MANAGER'S CORNER**
  - Understanding Constipation
- 11 **RESOURCES**
  - Senior Center Partnerships
- 12 **Staff Contacts**
  - Save the Dates!

### NEWSLETTER

Contributing Editors:  
J-Sei Staff  
Design: Elaine Joe

### J-SEI

1285 66th Street  
Emeryville, CA 94608  
P: (510) 654-4000  
F: (510) 654-4011  
info@j-sei.org  
www.j-sei.org

### J-SEI HOME

24954 Cypress Avenue  
Hayward, CA 94544  
P: (510) 732-6658  
F: (510) 732-6633

*Save Your Appetite!*

*29th Annual  
Crab Feed & Drawing*



*Sunday, February 23, 2020*

*El Cerrito Community Center  
7007 Moeser Lane, El Cerrito, CA*

Early Seating: 4 pm to 5 pm  
Late Seating: 5:30 pm to 7 pm  
Take Out: 4pm to 6 pm

Dinner tickets \$45 in advance, \$50 at the door.  
Children 12 and under \$15

Enter the raffle drawing on page 9! Fill out, cut,  
and send with a check payable to J-Sei.

# J-SEI CLASS LISTING

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

## ART, CRAFT, AND WRITING

- Writing Our Histories, Tuesdays, 10 am - 11:30 am
- Watercolor Painting, Thursdays, 12:30 pm - 2:30 pm
- Handcrafting Projects, 1st & 3rd Thursdays, 9 am - 11 am
- Japanese Craft, 1st & 3rd Fridays, 10 am - 12 pm
- Japanese Basics 2, Thursdays, 1 pm - 2 pm
- Mah Jong Club, Thursdays, 12:30 pm - 2:30 pm
- Japanese Movie Night, 2nd Friday, 5 pm - 8 pm

## CULTURAL ART & MUSIC

- Kimekomi Doll Making, 2nd & 4th Mondays, 12 pm - 3 pm
- J-Sei Sings, 1st Tuesday 10 am - 11 am
- Ukulele Level I, Tuesdays 11:15 am - 12:15 pm (6-wk sessions)
- Community Ukulele, Tuesdays, 12:30 pm - 2:30 pm
- Beginning Ikebana, Wednesdays, 1 pm - 3:30 pm
- Ukulele Level II, Wednesdays, 10:45 am - 11:45 am
- Minyo no Odori (Japanese Folk Dance), Thursdays, 10 am - 11:15 am

## EDUCATION

- Tanoshii Japanese Conversation, Mondays, 10 am - 11 am
- Japanese Basics 1, Thursdays, 12 pm - 1pm

## HEALTH & WELLNESS

- Let's Talk with Satsuki Ina, 2nd Monday, 12:30 pm - 2 pm
- Tai Chi for Arthritis & Fall Prevention, Mondays, 1 pm - 2 pm
- Gentle Yoga, Tuesdays, 10 am - 11 am
- Family Caregiver Support Group, Tuesdays, 10:30 am - 12 pm
- Tai Chi Chuan, Tuesdays, 12:30 pm - 1 pm
- Tai Chi for Arthritis, Tuesdays, 1 pm - 2 pm
- Reiki Wellness, Wednesdays, 12:30 pm - 3 pm, by appt (no session 1st Wednesday)
- Strength & Balance, Wednesdays, 9:30 am - 10:30 am
- Qi Gong, Wednesdays, 1 pm - 2 pm
- Beginning Groove, Thursdays, 6:30 pm - 7:30 pm
- Performance Groove, Thursdays, 7:30 pm - 8:30 pm
- Tai Chi for Health, Saturdays, 9 am - 10:15 am
- Kikoh with Masanori Naito, 1st & 3rd Saturdays, 10:30 am - 12 pm



## PROGRAMS

### New Year's Celebration

Friday, January 24, 11:30 am to 2 pm

Celebrate the year of the Rat, the first of the zodiac animals. "Rats are clever, quick thinkers, successful, but content with living a quiet and peaceful life." What can we learn from those born in the year of the Rat? Enjoy Japanese music, dance, and experience a taste of Japanese culture. RSVP is required for a bento lunch. \$10/person.

### Book and Panel Discussion: *Japanese American Millennials*, edited by Michael Omi, Dana Nakano, and Jeff Yamashita

Sunday, February 9, 2 pm



Whereas most scholarship on Japanese Americans looks at historical case studies or the assimilating 1.5 generation, this pioneering anthology, *Japanese American Millennials*, captures the experiences, perspectives, and aspirations of Asian

Americans born between 1980 and 2000.

The editors and contributors, both in the U.S. and Japan, present multiple perspectives on who Japanese Americans are, how they think about notions of community and culture, and how they engage and negotiate multiple social identities. Join us for an engaging conversation with contributing writers and editors and scholars Michael Omi, Dana Y. Nakano, and Jeffrey T. Yamashita. Book sales, signing, and refreshments to follow.

### INFUSION, An Interdisciplinary Collaborative Art Project

Save the Date! Saturday, March 7

INFUSION is created to encourage intergenerational multidisciplinary collaboration and dialogue among Japanese and Japanese American artists to explore their connection to Japanese culture, and to share the artists' reflections. The project, curated by choreographer/Butoh artist Judith Kajiwara and visual artist Shari Arai DeBoer, brings together seven artists with two distinct performances:

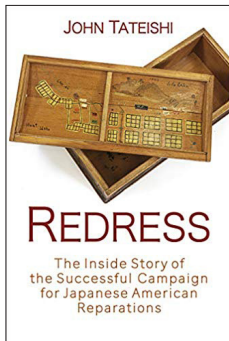
**"Planting Our Stories"** This performance of three narratives explores Nikkei roots that merge into a multigenerational piece with dance, spoken word, and video. Traditional Japanese dancer Keiko Allen will share her journey from Japan to the U.S. Writer Steve Fujimura will explore the life of his mother as a Sansei born in camp. Visual artist Tina Kashiwagi will inquire into the life of her father growing up in the 1970s.

**"Pilgrimage to the Self"** Pilgrimages often travel to a place of memory or meaning, but their revelations ultimately serve to transform ourselves. Join us for a personal multimedia journey of healing and discovery with artists Tomo Hirai, Debby Kajiyama, Amanda Mei Kim, and Tomoko Murakami.

The project is made possible through seed funding by the Henri and Tomoye Takahashi Foundation and proceeds donated by Ikeibi Films. SAVE THE DATE! Check [www.j-sei.org](http://www.j-sei.org) for updates on this project.

## Author Talk:

***Redress: The Inside Story of the Successful Campaign for Japanese American Reparations*, by John Tateishi**  
Saturday, March 21, 2 pm



Redress is the unlikely but true story of the Japanese American Citizens League's fight for an official government apology and compensation for the imprisonment of more than 100,000 Japanese Americans during World War II. Author John Tateishi, him-

self the leader of the JACL Redress Committee for many years, is the first to admit that the task was herculean in scale. The campaign was seeking an unprecedented admission of wrongdoing from Congress. It depended on a unified effort but began with an acutely divided community: for many, the shame of "camp" was so deep that they could not even speak of it; money was a taboo subject; the question of the value of liberty was insulting. *Redress* is the story of a community reckoning with what it means to be both culturally Japanese and American citizens; how to restore honor; and what duty it has to protect such harms from happening again. This book has powerful implications as the idea of reparations shapes our national conversation. Book talk, sales, signing, and refreshments.

## HEALTH & WELLNESS

**Support for the Family Caregiver**  
Wednesday, February 5, 12:30 pm to 2 pm

Giving back and taking care of a loved one requires energy, stamina, and constancy for the family caregiver. We are fueled by love, but often at a sacrifice. Hear from individuals who will share their experiences as family caregivers and the type of support that is needed to sustain themselves. Learn how to manage different responsibilities and/or participate. Alan Maeda, a retired therapist and family caregiver, facilitates a weekly Family Caregiver Support Group at J-Sei.

**Better Choices, Better Health**  
Mondays, February 24 through Mar 30,  
12:30 pm to 3 pm

Join this interactive workshop designed to support people living with or caring for people with chronic health conditions. Learn tools and techniques to help you manage your health and enjoy your life. Create weekly action plans, share experiences, and strategize ways to reduce pain, fatigue, and anxiety. Discover better nutrition and exercise choices, make informed treatment decisions, and find ways to communicate effectively with family, friends, and physicians. BCBH is an evidence-based program, developed by Stanford University in 1996 and now taught worldwide. The program consists of six 2.5 hour classes held over six weeks. Facilitators Alan Maeda and Mary Ooi received training in partnership with The Health Trust. Suggested donation: \$5/class. Materials included.

# J-SEI PROGRAMS

## WORKSHOPS

Suggested fees are listed with each workshop and include material costs and instructor fees; any donation is appreciated.

### **Kinusaiga Workshop**

**Fridays, January 10 & 31, February 7 & 21,  
10 am to 12 pm**

Kinusaiga brings together Japanese Kimekomi doll techniques with quilt materials on a foam core base to create an “art quilt” effect. No sewing involved. Designs are your unique creations. The workshop includes personalized instruction, materials to create a first project and possibly begin a second. Tools will be available to borrow or purchase. Fee: \$12/class seniors, \$15/class general.

### **Boro Boro Bag (New Workshop!)**

**Fridays, February 21 & 28, March 6 & 13,  
9 am to 12 pm**

Literally translating to “rags” or “scraps of cloth,” Boro is a symbol of Mottainai: “to use everything and waste nothing.” Create this bag using 22 squares of scrap fabric. You can also trade squares in the class. You can make a medium or large size bag. Limited space available. A supply list is provided upon sign-up. Fee: \$50/person.

### **Cooking Korean: Cooking Buchimgae**

**Saturday, February 29, 10 am to 1 pm**

The popular cooking series with home chef Sarah Kim-Lee will explore making Buchimgae (Korean pancake), enjoyed as a side dish for meals or as savory snacks. The dish is made with a pancake batter mixed with shredded potato and fresh vegetables or seafood, then pan-fried and served with a sauce. Be creative with this crowd pleaser for your next gathering. Limited space available. Fee: \$40/person, RSVP required.

## CLASS HIGHLIGHTS

Add something for your heart and good health in the new year. Listed below are just a few of the new and ongoing classes held at J-Sei. Suggested fees are listed with each class; any donation is appreciated.

### **Gentle Yoga**

**Tuesdays, 10 am to 11 am**

Gentle Yoga is designed for every body. Instructor Deena Saedi will take you through mindful movements, gentle stretching, and breath work to energize our bodies and calm our minds. Fee: \$6/seniors, \$8/general.

### **Ukulele Basics**

**Tuesdays, 11:15 am to 12:15 am**

Learn the basics of ukulele with instructor Susan Sullivan. The 6-week class covers tuning, finger position, basic chords, strumming, and learning a few tunes. A ukulele may be borrowed upon request. Offered quarterly, class is available for repeat participants for continued practice. Fee: 6-wk session at \$30/person; drop-in \$6/class.

### **J-Sei Sings**

**First Tuesdays, 10 am to 11 am**

Singing brings joy and connects us. Join a monthly singing class with traditional and favorite songs in English and Japanese. Let your heart sing at J-Sei with instructors Emiko Katsumoto and Carol Newburger. Donation: \$5/person

### **Nature, Beauty and Form: An Introduction to Ikebana**

**Wednesdays, 1:30 pm to 4:00 pm**

Learn the basic principles of Japanese flower arrangement, and deepen your appreciation for the beauty in nature and aesthetics of simplicity.

## J-SEI PROGRAMS

Experience the Sogetsu Ikebana artistic form of natural expression. Instructor Keiko Kubo has studied 20+ years with renowned master ikebana artist Soho Sakai. Fee: \$8/class.

### **Minyo no Odori**

**Thursdays, 10 am to 11:15 am**

(New session begins in February)

The joy of the dance can be discovered through Japanese folkdance, or Minyo no Odori, that encompasses many styles. The odori routines with instructor Keiko Allen are gentle yet use most of the body that helps with balance and stretching. Fee: \$20/month; drop-in \$6/class.

### **Tai Chi for Arthritis (New session!)**

**Mondays, 1 pm to 2 pm**

Improve your strength, balance, flexibility, and dexterity. Based on Dr. Paul Lam's Tai Chi for Arthritis and Fall Prevention program, the course is recommended by the Arthritis Foundation and the Centers for Disease Control and Prevention for its effectiveness in bringing pain relief, improving balance, and significantly reducing falls. Nobuo Nishi has been practicing and teaching Tai Chi for over 20 years. Fee: \$20/month; drop-in \$6/class.

### **Tai Chi for Health**

**Saturdays, 9 am to 10:15 am**

(New class begins January 11)

Tai Chi Chuan is a choreographed series of physical movements designed to integrate body, mind, and spirit. Through the practice of Tai Chi, one can improve physical, mental, emotional, balance, and well being. Instruction will be in the Yang Style Long Form. Diane Misumi has been

studying and practicing Yang Style Tai Chi for over 30 years under Master (Sifu) William Chin. She has taught for over 25 years, including 9 years at City College in San Francisco. Session from January 11 to March 28. Fee: Special for 12 weeks at \$48; drop-in \$5/class.

### **Beginning Groove Class**

**Thursdays, 6:30 pm to 7:30 pm**

(Class begins January 9)

Designed for beginners of all generations, this dance class will include warmups, simple patterns across the floor, and learning a choreographed dance. If you're looking for a fun and friendly mind-body-spirit workout with great music, this class is for you. A weekly video will be sent to you for optional practice. Judith Kajiwara is a life-long dance teacher and choreographer. She currently divides her time between hip hop and Japanese Butoh. She discovered hip hop in 2001 and was so enthralled by this lively, youthful dance that she began teaching it in 2007. Fee: \$10/class or \$80 for 10 classes.

### **Performance Groove Class**

**Thursdays, 7:30 pm to 8:30 pm**

(Class begins January 9)

For those who have previous dance training and love to perform, you've found your calling! For the past few years, the J-Sei Hip Hop Crew with instructor Judith Kajiwara has enjoyed performing at various J-Sei and other events, bringing much joy and awe to audiences of all ages. This class will focus entirely on learning choreographed dances to be used in performance. We'll work on the finer details of making your dance really "pop." All generations welcome! Fee: \$10/class or \$80 for 10 classes.

## BRINGING MEAL PRODUCTION IN-HOUSE

**W**e extend our deepest appreciation to Toyoko Yoshino, owner of Musashi Restaurant in Berkeley, for providing tasty and nutritious Japanese lunches for our Senior Nutrition Program over the years. We are eternally grateful for the outstanding service we received from Toyoko and her team at Musashi and we look forward to partnering with them on future events going forward.

Starting in mid-January, our chef will cook all the food for our Home-delivered Lunch Program and On Site Dining Program using our existing kitchen at our center in Emeryville. We are excited about the many opportunities that this transition will bring and we are fortunate to be able to work with a chef that has so much talent, experience, and passion for giving back to the community.

### Introducing Our New Chef



Darryl Yuji Ishikata has worked in the Bay Area food scene for 15+ years. His experience as a waiter, cook, and chef, along with over a decade of working in grocery stores, has him excited to be a part of the J-Sei family. "I was raised in the Bay Area Japanese American community, and to get the opportunity to share my passion of food with everyone is a dream come true. I have always thought of food as a universal language that can break down barriers and bring us together. As a Yonsei (4th generation Japanese American), having the chance to give back to the generations before me means the world to me."

## J-SEI ASIAN AMERICAN ARTISAN CRAFT FAIR



**E**arly Sunday morning on December 8, artisans and volunteers were bustling to set up for the first Asian American Artisan Craft Fair at J-Sei. Guests arrived early, eager to not miss the handcrafted gift items. The savory and sweet smells of curry wafted up the stairs, as the joyful chatter of shoppers and melodic tunes filled the halls. Thank you to the 17 artisans, 14 musicians, 7 dancers, staff, and volunteers that made the day a success. Special thanks to Jensen Wong for staging J-Sei's first Cafe Pop-up. We sold out early and we thank the patrons for their support as we tried something new.

Nagisa Yamamoto, whose mother, Atsuko, is a regular participant in J-Sei's programs, introduced the Kindness Project: "I made 100 tea towels from up-cycling 100% cotton tablecloths and curtains found at consignment stores and garage sales benefiting other worthy organizations. Through the generosity of those gifting my towels to others, \$1,300 was made and will go towards enriching the lives of J-Sei seniors. Thank you for helping support the gift that gives and gives!"

### A LETTER FROM NEW BOARD MEMBER NAOMI KANBARA YAMADA

**G**rowing up in Arcata, CA, then in San Luis Obispo, CA, I lived in a world lacking both Asians and other ethnic minorities. At home, my parents tended to speak more Japanese than English. In second grade, my teacher told me I couldn't be an angel in the Christmas pageant because I wasn't blonde. Experiences like that made me feel a need to somehow belong. I even told my Kibei-Nisei parents when my friends visited to not speak Japanese, but rather speak English and serve spaghetti. Now that memory makes me cringe.

My adult life has been the opposite. For many years, I've been immersed in Japanese-American culture and traditions, especially when in 2005 my husband, Ken Yamada, became minister of Berkeley Higashi Honganji Buddhist Temple. We've been living in the Bay Area for many years, where I work as an attorney for

Arch Insurance Group. I've seen how our two kids, Cole and Katy (now in their twenties), feel a natural sense of community here, embracing their ethnic heritage rather than trying to hide it like I did.

Through such life experiences, I value the importance of creating a place where everyone feels accepted and a sense of belonging. I believe J-Sei provides that type of place, not just to the people it serves, but also to its volunteers and staff. I'm honored to have been invited to join the J-Sei board of directors and wholeheartedly accept the responsibility and joy of working towards creating a welcoming environment that provides important social services. As a board member, I would like to find ways to get more working people involved to support and help J-Sei work towards these goals. I look forward to working with everyone.

*Save the Date for  
Flavors of Spring!  
Friday, April 24, 2020*

As you make plans for the New Year, mark your calendars for J-Sei's 8th Annual Flavors of Spring. Food representing exotic global locations will be featured along with wine, beer, and live music. J-Sei's signature event raises funds to support senior services and cultural programs. We look forward to partnering with our sponsors, restaurants and beverage companies to throw another fun party at the Berkeley City Club. More details to come!

### THANK YOU, KAREN, AND WELCOME, NORIKO!

**J**-Sei's Program Coordinator is an important staff member who manages the Friendly Visitor and Caregiver Registry programs. For the past five years, Karen Waters has so ably and warmly supported families and has grown these two services to help more people. Sadly, in November, Karen vacated her position due to family obligations. Her expertise and friendship will be missed but she is already signed up as a volunteer so we count on seeing more of Karen!



The search for a new Program Coordinator led us to Noriko Sato. Noriko was born in Japan and is bilingual. She is a public health nurse and has her bachelors and masters in nursing. She looks forward to helping families and bringing smiles to seniors. We welcome Noriko and know she will be an appreciated and important team member!





# 29th Annual Crab Feed & Drawing



# Drawing Tickets

\$2 EACH TICKET OR 6 FOR \$10

**\$500 CASH GRAND PRIZE!  
MANY ITEMS TO WIN!**

Sunday, February 23, 2020  
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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

### UNDERSTANDING CONSTIPATION

Constipation is common, especially in older adults, and it can affect the quality of your life and social functioning. Constipation is when you feel like you can't have a complete bowel movement, or when you have to strain, or when the stools are lumpy or hard, and if you have fewer than 3 bowel movements a week.

Note that having a bowel movement 3 times a week is normal. (Having three bowel movements a day is also normal.) We don't have to have a daily bowel movement to be healthy.

Chronic constipation occurs in 15-20% of adults. It is more common in women than in men, and it is most common in adults over 70 (up to 40%, depending on the population studied). Some of us become less active with age; we may eat less and get less fiber in our diet; we may not drink enough fluids. As we get older, we're more likely to be on multiple medications. We may have chronic illnesses like Parkinson's disease, hypothyroidism, diabetes, or dementia, which are associated with constipation for different reasons. Among the medications associated with constipation are: some antacids, some anti-hypertensive meds, some antidepressants, diuretics, antihistamines, meds like ibuprofen, and, of course, opiates.

If you are frail, or if you are caring for a frail senior, there are special considerations to keep in mind. The urge to have a bowel movement may be blunted, and there may be decreased awareness of a large stool in the rectum. Fecal impaction, a large lump of hard stool stuck in the rectum, can occur. Symptoms include liquid stool leaking around the impacted stool, loss of appetite, abdominal pain, and vomiting. If there are speech problems or cognitive impairment, a frail senior may show non-specific symptoms of confusion or a general decline in function.

Other complications of constipation are due to excessive straining: hemorrhoids, anal fissures, and even fainting.

#### Prevention and Treatment

- Aim for eating 25-35 grams of fiber every day. (Men need more fiber than women.) Foods high in fiber are beans, vegetables, fruits, and whole grains. You can also take fiber supplements like psyllium (Metamucil) or methylcellulose (Citrucel). Increase your fiber intake gradually to decrease the chance of side effects like cramping, bloating, and gas.
- Drink 6-8 glasses of water a day. This can include juice and other beverages and the water in fruits and other solid foods.
- When you feel the urge, go to the bathroom. Take advantage of the colon's peristalsis (wavelike muscular contractions that move food through the digestive tract).
- Try going after eating, especially after breakfast, when the urge to move your bowels usually increases.
- When you're sitting on the toilet, try putting your feet on a short footrest (a "squatty potty"). This straightens the angle of the rectum and may make it easier to have a BM if you've been straining.
- Keep physically active.
- Relax and don't rush.
- If there is still a problem, consult with your primary care provider. A stool softener or laxative may be recommended.

#### See Your Doctor

- If there is blood in your bowel movement or blood from your rectum.
- If your bowel movements have stopped and you have abdominal pain and distention.
- If you are over 50 and have not had regular colon cancer screening.

There is a lot more information online. Mayo Clinic, Harvard Health, UCLA, American Family Physician have good information.

# RESOURCES

## SENIOR CENTER PARTNERSHIPS

### **Berkeley Nikkei Center**

Director: Kayo Fisher  
1901 Hearst Street, Berkeley  
Phone: (510) 809-5202

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,  
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 10 am to 1 pm. 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 to 1 pm.
3. Game day—we play rummy, mahjong, hanafuda, and other card games. 1st and 3rd Friday from 1 pm to 3 pm; 2nd, 4th and 5th Friday from 11 am to 2:30 pm.
4. Chair exercise on Monday and Wednesday from 10:30 am to 11:15 am.

### **Extending Connections**

Buena Vista United Methodist Church  
2311 Buena Vista Avenue, Alameda  
Phone: (510) 522-2688

It's a time for fellowship, to learn new things and enjoy support and encouragement from each other. Meets on 2nd and 4th Wednesdays from 9:30 am to 1 pm.

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 11 am to 12 pm; birthdays are celebrated on 2nd Wednesdays. A \$2 donation to the church is requested. See you there!

### **Sakura Kai Senior Center**

Coordinator: Toshi Kuwabara  
5625 Sutter Street, Richmond  
Phone: (510) 778-3406  
Email: [ecsakurakai@gmail.com](mailto: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 Japanese lunch; celebrate monthly birthdays.

1st 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.

3rd Saturday: Taiko, Mah Jong, craft/origami, Japanese calligraphy, iroiro, ukulele, conversational Japanese, men's group, line dance, English Wi-Fi, conversational English, Japanese computer/Wi-Fi, and music bell.



1285 66th Street  
Emeryville, CA 94608  
www.j-sei.org

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
BERKELEY, CA  
PERMIT #619

ADDRESS SERVICE  
REQUESTED

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

## STAFF CONTACTS

### **Diane Wong, MSW**

Executive Director  
(510) 654-4000, x18  
diane@j-sei.org

### **Mary Hart, MA, NHA**

J-Sei Home  
Administrator  
(510) 732-6658  
mary@j-sei.org

### **Franklin Hom**

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

### **Glen Iwaoka**

Van Driver (M & Tu)  
(510) 654-4000, x14  
glen@j-sei.org

### **Miyuki Iwata, LCSW**

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

### **Tara Kawata, MSW**

Senior Services  
Manager  
(510) 654-4000, x15  
tara@j-sei.org

### **Veta Jacquelin**

Part-Time Case  
Manager  
(510) 654-4000, x12  
veta@j-sei.org

### **Tiffany Nguyen**

Operations Manager  
(510) 654-4000, x17  
tiffany@j-sei.org

### **Suzanne Otani**

Bookkeeper/ Admin  
Assistant  
(510) 654-4000, x10  
suzanne@j-sei.org

### **Jill Shiraki**

Education  
Coordinator  
(510) 654-4000, x19  
jill@j-sei.org

### **Noriko Sato**

Program Coordinator  
(510) 654-4000, x13  
noriko@j-sei.org

### **Kathleen Wong**

Volunteer & Kitchen  
Assistant  
(510) 654-4000, x16  
kathleen@j-sei.org

## SAVE THE DATES!

- Jan 1** New Year's Day (J-Sei closed)
- Jan 20** Martin Luther King Jr. Day (J-Sei closed)
- Jan 24** J-Sei New Year's Celebration
- Feb 9** Book and Panel Discussion:  
*Japanese American Millennials*
- Feb 17** Presidents' Day (J-Sei closed)
- Feb 29** Cooking Korean: Cooking  
Buchimagae
- Mar 4** Support for the Family Caregiver
- Mar 7** INFUSION, An Interdisciplinary  
Collaborative Art Project
- Mar 21** Author Talk: *Redress: The Inside  
Story of the Successful Campaign  
for Japanese American Reparations*,  
by John Tateishi