



A Community Taking Action

It feels like it was long ago when we were together enjoying J-Sei classes, events, lunches and the crab feed. When the pandemic hit the Bay Area, J-Sei had to quickly make plans to reformat the delivery of our programs. While the building was closed to the public, meals continued to be delivered, classes ramped up online, case management and friendly visitor clients received telephone reassurance contact. J-Sei Home required new safety protocols to protect the most vulnerable. Somehow, the community – volunteers, board members, staff and J-Sei participants – pulled together to organize and attain all the necessities to assure safe continuation of services.

The shelter-in-place guidelines diminished J-Sei’s volunteer crew by about 85%. This was especially hard on the nutrition program where volunteers over 60 years of age have been critical to food preparation, packing and lunch delivery. We were so heartened when volunteers through J-Sei’s chef, Yuji Ishikata, and word of mouth came in to rescue the program. These young energetic volunteers infused the program with the positivity and dedication that revived our spirits. Thanks to all of you who made sure that every senior who needed a meal received a healthy Japanese lunch!

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Contributors

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J-Sei Online

Since the closure of on-site classes due to Shelter-in-Place, J-Sei has quickly shifted its platform to provide virtual classes to sustain our health, wellness, and community connections. We are thankful for the willing spirit of our instructors to forge a new path and the brave seniors who as reluctant followers have learned how to log on. We are especially indebted to retired programmer Eric Hoppenfeld for helping us navigate online, providing training for staff, and tech support.

Please contact Jill Shiraki at jill@j-sei.org if you are interested in trying any of the classes below, or need technical assistance. We will connect you with the instructor who will provide you with the meeting link and other information.

Online Class Schedule

Monday

Tanoshii Japanese (10 am), Tai Chi for Arthritis (1 pm)

Tuesday

Gentle Yoga (10 am), Writing (10 am), Tai Chi 2 (1 pm), Community Ukulele (2 pm)

Wednesday

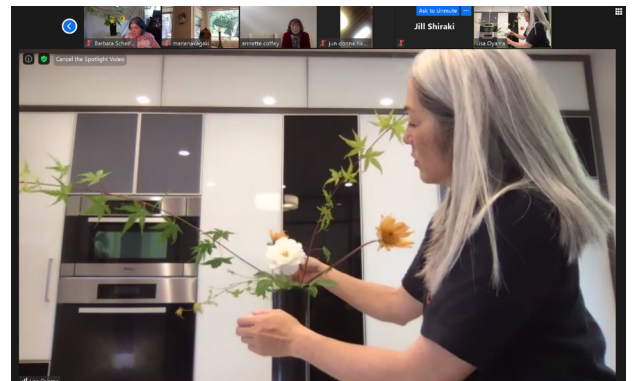
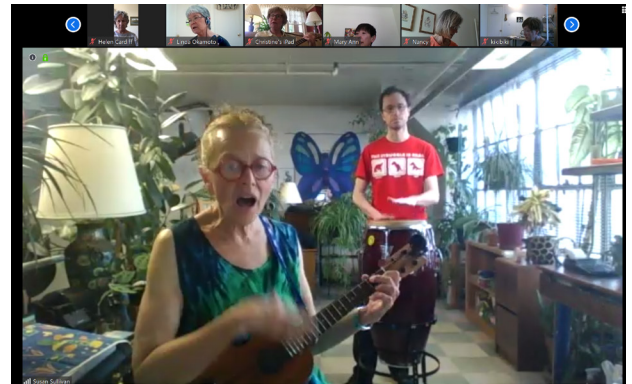
Qi Gong (10 am), J-Sei Sings (1st & 3rd Wed, 10am) Sogetsu Ikebana (1:30 pm)

Thursday

Minyo no Odori (10 am), Strength & Balance (10 am), Mah Jong Club (12 pm)

Groups

Let's Talk (2nd Mon, 12:30), Staying Health (1st & 3rd Mon, 2:30 pm), Singing (1st Tu & 3rd Wed, 10 am), On Aging (1st & 3rd Wed, 10 am), Japanese-Speaking Community (4th Thurs, 2 pm), Men's Group (1st & 3rd Fri, 10 am), Family Caregiver Support (Tues, tbd)



New Online Classes

J-Sei Sings

(1st Tues & 3rd Wed, 10 am) - Lift up your voices and open hearts by singing familiar standards in English and Japanese. Singing strengthens your lungs and brings joy to your soul. Instructors Carol Newburger and Emily Katsumoto share their love of music with you.

Minyo no Odori

(Thurs, 10 am) - The joy of the dance can be shared as we prepare for the obon season, a time to remember our ancestors. Keiko Allen introduces a set of Japanese folk dances, both traditional and new, to bring nostalgia, rhythm and movement into your home.

Strength & Balance

(Thurs, 10 am) - Improve balance, posture and agility by building whole body strength with focused exercises. This class, designed by USF Kinesiology professor Dr. Chris Thompson, offers a variety of elements to challenge and build confidence for activities of daily life. Susan Sullivan has been a senior fitness professional for 18 years.

Featured Programming

J-Sei Connect

J-Sei Connect offers a variety of virtual workshops and community forums to engage individuals in reflection, dialogue and creative expression. These range from origami, cooking and sake workshops, to film talks, book events, and community conversations on coping with COVID-19. To see what is upcoming, visit www.j-sei.org and sign up for our eBlast news.

Sake: Culture, Tasting, and Food Pairings

3 Fridays: July 10, 24, and August 7

Sake expert David Sakamoto will present a three-class online program on the intricacies

of Japan's national drink. He will share his knowledge gained as a certified Advanced Sake Professional by the Sake Education Council in Tokyo and from a Level 3 Award in Sake from the Wine & Spirit Education Trust (London). David has visited over 30 sake breweries and has interned at Daimon Shuzo in Osaka and Obata Shuzo's Gakkogura in Niigata.

The classes will introduce sake through its history, grades and styles, and serving traditions; provide a virtual trip through Japan's major sake-brewing regions and their food cultures; and offer an exploration of taste profiles and the subtle nuances sake brings to food pairing in collaboration with J-Sei Chef Yuji Ishikata. The lecture is free, but rsvp is required to receive the link for the online classes.

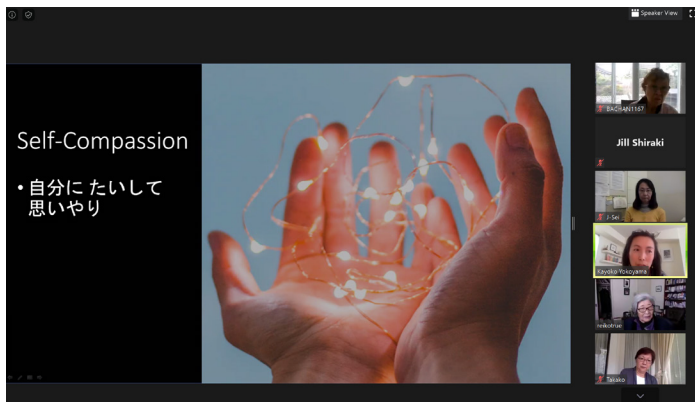
Sake Tasting Kits are available by donation on the J-Sei website. David will lead a tasting tutorial and discussion during each class. The final class will include a food pairing by J-Sei chef Yuji Ishikata.

J-Sei Community Talk: What is the New Normal with COVID-19?

Thursday, July 2nd, 3 pm

What does re-opening look like in the Bay Area? What is the new normal with COVID-19 still looming? How and why does age affect these considerations? Join us for a community talk on navigating the next phase with a health practitioner and aging specialist. Journey Meadows, nurse practitioner and Associate Director of Lifelong Medical Center will be the guest speaker.

According to the California State Health Department guidelines, Stage 2 expansion will be phased in gradually. Bay Area counties vary in how they will open. What comes up for you as we move to re-open? We would like to have an interactive dialogue, so please come with your questions. We are in this together. RSVP is requested. Contact jill@j-sei.org



Japanese-Speaking

J-Sei will hold a Japanese Community Talk for the purpose of connecting with others and building a network of Japanese-speaking people with varied interests and experiences. The online program will be held on Thursday, June 25th at 2 pm; and will follow monthly on July 23 and August 27. [The above photo is from a previous talk with guests Dr. Kayoko Yokoyama and Dr. Reiko True.] Please RSVP to Miyuki@j-sei.org

皆様、いかがお過ごしでしょうか？

J-Seiでは、様々な興味や経験のある日本人同士がつながりネットワークを構築することを目的とするJapanese Community Talk（仮：日本語で話す会）を開催いたします。

開催日：第4木曜日の6月25日、7月23日、8月27日。

時間：午後2時～3時30分（パシフィックタイム）。

参加方法はZOOMを使った参加となります。

コンピュータやiPad, タブレット、またはスマートフォンがあれば、簡単に参加できます。電話での参加も可能です。

ZOOMの案内状を改めてEメールでお知らせいたします。

Online with Berkeley Adult School

J-Sei had a longtime relationship with BAS prior to moving to Emeryville. With BAS offering online courses in the Fall, you may be interested in trying some of the classes by instructors previously hosted by J-Sei. To sign

up or for more information, visit <https://bas.berkeleyschools.net/>

Moving Qi with Kathleen Davis

Incorporates traditional Asian methods of acupuncture and movement for balancing energy and promoting physical and emotional vitality. Choose class: Tu 9:30-1, Wed 12:30-2, Fri 12-2, BAS Course Fee: \$35

Yoga with Ruby Okazaki

Yoga for seniors to increase flexibility and muscular strength, improve coordination, balance and circulation. Th 9:30-11:30, BAS Course Fee:\$35

Stretch, Strengthen & Dance with Anne Aronov

Energizing movement for seniors. Move to music from a chair, standing, or moving about. Wed 10-11:30, BAS Course Fee: \$70

Buddhism Basics with Rev. Ken Yamada

Wednesdays, 1-2:30 pm (Sept 2 - Oct 21) - This introductory seminar presents basic Buddhist teachings that help people deal with life's challenges, such as sickness, aging and death. Buddhism gained popularity because of its unifying and compassionate way of viewing life, helping people feel a deep sense of peace amid life's difficulties. For discussion, concepts include oneness, interdependence and karma. BAS Course fee: \$70, To register for Buddhism Basics, go to <https://bas.berkeleyschools.net/>



A Community Taking Action *(cont. from cover)*

Remember when masks and other protective equipment wasn't readily available? Well over 27 talented people quickly sewed over 275 masks which were distributed amongst J-Sei Home staff, J-Sei Inc. staff, volunteers and seniors. Protective gowns for J-Sei Home were also sewn. The fabrics were so lively, varied and beautiful. Subsequent donations from Great American Dry Cleaners will replenish the supply with 20 handmade masks as well.



The actions of so many community members got J-Sei through a challenging point. A sample of the community's spirit, kindness and commitment include:

- **Unsolicited donations** with heartfelt messages arrived daily to support care efforts
- **Wendy Kiniris** – donated paper towels, Kleenex, and canned soup to J-Sei Home in the event of a food shortage
- **Pam Honda** – purchased toilet paper (the equivalent of gold in COVID-19 times), paper towels and Kleenex for J-Sei Home
- **Tom Hata and Tara Kawata** (J-Sei's Senior Services Manager) – created face shields from a 3-D printer to protect J-Sei Home staff
- **Mike Fujii** – donated cases of cleaning supplies to keep our buildings safe
- **Brenda Wong** – visited the Alameda County Food Bank to bring back needed groceries for J-Sei to distribute to seniors
- **Eric Hoppenfeld** – lead tech support for implementing virtual classes and events
- **Kevin Toyama, Lisa Morioka and son Jack** – bought and cut hundreds of hepa filters to fit into face masks
- **Berkeley Bowl and Cream Co. Meats** – donating food to the lunch program
- **Taiwanese Chamber of Commerce at San Francisco Bay Area** and **Taiwanese Chambers of Commerce of North America** – provided over 1,000 surgical masks

We also applaud and encourage everyone's actions to stand up against racism, injustice and violence. As a community that has first-hand experience with systematic racism, we must continue this critical fight for equality. Whether you participate in local /national politics, vote, protest, donate to impactful organizations - all of these actions together are absolutely necessary to impart positive change for all of us to be safe and heard.

Resourceful and caring volunteers and staff kept us going at a most challenging moment. Your dedication inspires all of us to do the very best we can to support one another – thank you!

J-Sei's Newest Board Member – Cheers Wendy Nishimura Kiniris!

My family's connections to the East Bay are deeply rooted in Berkeley and Alameda. My parents left California for the East Coast, where my brother and I were born, eventually settling in Texas. I grew up in San Antonio, later venturing to the Bay Area for college.

I received a B.A. in Architecture from UC Berkeley in 1989. A year later, I co-founded a design shop and wholesale business, Zinc Details, with my partner, Vas, operating it for almost 30 years. Along the way, we had two children, Nick and Evia who are now in their early 20s.

Although I had a very happy childhood in Texas, apart from family and a handful of local Japanese American families, I had very little exposure to Nikkei culture. I can appreciate the necessity of preserving and passing on Nikkei values and traditions to subsequent generations as well as those who may be interested in learning more about it.

I believe the program and services offered at J-Sei are vital to this process. I have been a volunteer in the kitchen for several years and am grateful for the opportunity to serve on the board to help further the mission. I am looking forward to the adventure!



A New Pilot Project with Eden Japanese Community Center



Under the leadership of J-Sei board member Pam Honda, a new pilot home delivered meal program providing Japanese lunches to the Hayward, San Lorenzo and San Leandro communities started in June. Volunteers from the Eden Japanese Community Center pick up lunches from J-Sei and deliver to these southern Alameda County cities. Despite the pandemic and the rapidly growing nutrition program, the two collaborating organizations saw a need to provide healthy meals to unserved areas. This is an exciting new venture to support more families and if all goes well, J-Sei would like to seek volunteer groups in the city of Alameda and Walnut Creek to replicate these efforts. We will keep you posted!

Flavors of Spring Sponsors Save the Day!

We missed you! Flavors of Spring, our annual April signature event, was cancelled and we were disappointed that we were not able to enjoy an evening of live music and fantastic food with the community. However, we are so grateful to the thoughtful sponsors who allowed their sponsorships to be used towards the direct service delivery of meals and groceries to seniors during the Covid-19 shelter-in-place mandates.



The flexibility and generosity of these sponsors supported J-Sei in an important time of need

Matsu

- Kei Matsuda and Charles Rick
- Lisa Oyama and Gary Lee

Take

- Abacus Products Inc- Greg and Aili Yoshii
- Ida Aiko Asato
- Berkeley JACL
- Paul and Joan Fujii
- Fukumae & Saman LLC
- Ellen Hashiguchi
- Daniel and Colleen Hirano
- Monterey Market
- Aki and Emi Nakao
- Ray and Judy Ogata
- Dr. Himeo Tsumori
- Ken and Naomi Yamada
- Kay Yatabe

Ume

- Grace Aikawa
- Anonymous
- Asian Network Pacific Home Care & Hospice
- Berkeley Buddhist Temple
- Keith Carson Supervisor, Fifth District
- Children's Dentistry - Nicholas Ching, D.D.S, Inc
- Russell Doi - Mutual of Omaha Mortgage NMLS 328048
- El Cerrito Royale: A Berg Assisted Living Community
- Marjorie Fujioka
- Peter M. Fukumae, CPA
- Blaine Honda, D.D.S.
- Geta Japanese Restaurant
- Karlsson & Lane, An Accountancy
- Wendy Kiniris
- Kobayashi Dentistry- Steven Kobayashi, D.D.S
- Minami Tamaki, LLP
- Thomas and Karen Morioka
- Aaron and Susan Muranishi
- Aaron H. Nakahara, CPA
- Art Ramirez and Janice Otani
- Law Office of Robert Sakai
- Glenn and Amy Shinsako
- Jane Tanamachi
- Tokyo Fish Market
- Reiko True, Ph.D
- George Yin - HUB International Insurance Services
- Scott Yokoi and Suzanne Ishii

J-Sei's 9th Annual Family Festival – Sunday, September 20th

Join us for a virtual community festival to honor our elders with family, and friends. Keiro no Hi, respect for the elders day, is a celebration that began in the village of Nomadani (or Taka-cho) in Hyogo prefecture in 1947, and became a national holiday in 1966. It's a time to honor and remember to care for our elders, and learn from their wisdom on healthy living. The festivities will include multi-generational hands-on activities, demonstrations, and entertainment. We look forward to partnering with Daruma no Gakko and our community partners to celebrate our elders. SAVE THE DATE! Check back on our website for more information.



Volunteer Spotlight

Annie Nishita

J-Sei Birthday Party Coordinator and Warriors
Hardwood Classics Senior Dancer

Background in Japanese American Community:

Throughout most of my life, I played in Japanese American (JA)/Asian basketball, softball, volleyball, tennis or bowling leagues, and tournaments and grew up in Northern and Southern California. With my husband and son also playing (and coaching!) JA basketball all their lives, our teammates became some of our closest friends!

At J-Sei Now:

I am currently involved in J-Sei's senior nutrition program's monthly birthday celebrations, holiday events, and other fundraising events such as the Crab Feed and Flavors of Spring. For the seniors who come on-site for lunch, I make a personalized birthday photo card, provide a small gift, while we all sing happy birthday, blow out candles and eat the delicious treats made by volunteer Richard Furuzawa. For seniors 90 years and over, Richard bakes a specially decorated cake!! After lunch, we play bingo games where everyone wins or brings home something!

It's especially rewarding to see the smiles on everyone's faces whenever we help them feel special or when they enjoy our activities and events. I really love how J-Sei has grown into a multigenerational cultural organization, while still providing several services to our elderly JA community.

What's it like dancing for the Golden State Warriors:

After being a Warrior fan for all these years, I can't believe that I am actually working for the GSW Corporation!! I have been dancing on their Hardwood Classics Senior Dance Team since 2018. It's a lot of hard work, late hours, long rehearsals and sore muscles but it's all worth it when we perform on center court for the best fans in the NBA!

The seniors, volunteers, and staff at J-Sei appreciate Annie's positive, empathetic and energetic talents that she has shared with everyone for the past nine years! We are lucky to have you in our community Annie – thank you for squeezing us into your busy dance schedule too!



Case Manager's Corner, Spring 2020

by Miyuki Iwata, J-Sei Case Manager

Things You Can Do to Prevent Falls

Falls are a serious problem among older adults. The consequences of falls can cause injury, functional decline, and loss of independence. During Shelter-in-Place, you may be feeling that your muscles have become weaker as you are not exercising as much as before.

So, how you can prevent falls? The Center for Disease Control and Prevention (CDC) developed Stopping Elderly Accidents, Deaths & Injuries (STEDI) and provides educational materials to help prevent falls. Here is some information on what you can do:

Talk openly with your doctor.

If you fall, report it to your health care provider right away. You can also ask your doctor or pharmacist to review all the medications you take including over-the-counter medicines. Some medicines or combination of medicines can cause sleepiness or dizziness and may lead to falls. You can exercise to improve your balance and strength.

Exercise such as Tai Chi can help your legs get stronger and lower risk of falling. It is a good idea to ask your doctor if there is any reason why you should not exercise.

Even if you are not able to go out for exercise, you can still exercise at home. J-Sei offers exercise classes on Zoom including: Tai Chi for Arthritis (Mon), Gentle Yoga (Tues), Qi Gong (Wed), Strength & Balance (Th), Minyo no Odori (Th). Please see pages 2-4 for more information).

Regular Check up with your eye doctor.

If you have vision problems, they can increase your chance of falling. Please have your eyes checked at least once a year.

Have your feet checked.

Do you wear proper shoes? Do you have any problems with your feet that may cause balance problems? Ask your doctor or foot specialist (podiatrist) for advice.

Proof your home for fall prevention.

- Remove things that you could trip over.
- Check if there is any carpet that may slip or move. If so, fix it firmly to the floor.
- Remove small rugs or use double-sided tape to prevent from slipping.
- Make sure that your bed is not too high.
- Place non-slip mats in the bathtub or shower floors.
- Make sure you have sufficient lighting in your home.
- Install grab-bars/handrails inside the tub, next to the toilet and stairs.

Many counties have fall prevention programs and/or home modification programs to help prevent seniors from falls. DayBreak Adult Care Centers provide folks with durable medical equipment like grab bars and shower chairs. The Center for Independent Living has a Residential Access Program in the Berkeley area and Life Elder Care has a Fall Prevention Program in Alameda County

Install Emergency Response System: Medical Alert

If you are frail, live alone and need to call someone for help quickly, it is best to install a medical emergency response system in case of a fall or medical emergency. A console box is

(cont. on next page)

Senior Center Partnerships

Contact the Senior Center Partnership for details on their operations during shelter-in-place.

Berkeley Nikkei Center

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

Eden Senior Center

EDEN Japanese
Community Center
710 Elgin Street, San
Lorenzo
Contacts:
Pam Honda
(510) 676-3820 or
Janet Mitobe
(510) 760-7186.

Extending Connections

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

Sakura Kai Senior Center

5625 Sutter Street,
Richmond
(510) 778-3406 |
ecsakurakai@gmail.com
Coordinator:
Toshi Kuwabara

Things You Can Do to Prevent Falls *(cont. from previous page)*

installed in the home and connects the subscriber to a monitoring center, when the subscriber presses a help button on a portable pendant or waistband.

Resources

DayBreak Adult Care Centers : <http://daybreakcenters.org>

Center for Independent Living: <https://www.thecil.org/access>

Life Elder Care Alameda County: <https://lifeeldercare.org/get-help/fall-prevention/>

Rebuilding Together: <https://www.rebuildingtogether.org/>

Spectrum Community Services: <https://www.spectrumcs.org/senior-services/fall-risk-reduction>

References:

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“Make STEADI Part of Your Medical Practice.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 31 Jan. 2019, www.cdc.gov/steady/index.html

Stevens, Judy A. “The STEADI Tool Kit: A Fall Prevention Resource for Health Care Providers.” The IHS Primary Care Provider, U.S. National Library of Medicine, Sept. 2013, www.ncbi.nlm.nih.gov/pmc/articles/PMC4707964/.



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*Celebrate The 9th Annual Family Festival
with J-Sei and our community partners,
virtually September 20, 2020*

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Save the Date!

- Jul 3** 4th of July Holiday Observed (J-Sei Closed)
- Jul 10** Sake: Culture, Tasting and Food Pairings (sake tasting)
- Jul 24** Sake: Culture, Tasting and Food Pairings (sake tasting)
- Aug 7** Sake: Culture, Tasting and Food Pairings (tasting and food pairing)
- Sep 7** Labor Day (J-Sei Closed)
- Sep 20** J-Sei's Family Festival (Online events tbd)