



## J-Sei's 50th Anniversary Celebrations and Gala Sponsorships

2021 marks J-Sei's 50th anniversary! Throughout the year we have celebrated this significant milestone through various programs and will hold more events through the end of the year. Please join us!

### COMMUNITY

J-Sei brings families and generations together to nurture and pass on Nikkei values and traditions that remain at the core of our services. Our programs value dignity, trust, independence, social connection, open communication, and respect for our elders.

### CARE

We are proud of our history of providing care and assistance to older adults, senior assisted living, and programs to include families and younger generations.

### CULTURE

We are a multi-generational and multi-cultural organization with its roots in Nikkei ideals and practice.

### 50th Gala Sponsorships

We welcome businesses, organizations and individuals to become sponsors of the 50th Gala to be held on April 30, 2022. Sponsorship benefits include tickets to the gala and promotional opportunities.

Please go to [j-sei.org/sponsor50/](http://j-sei.org/sponsor50/) for more information.

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# J-Sei Class Schedule

## In-Person Classes

### Weekly

Tues, 1-2:30 pm - Tai Chi (in-person)

Wed, 1:30-3 pm - Sogetsu Ikebana

Thurs, 1-3 pm - Watercolor Painting

Fri, 1-2 pm - Intro to Tai Chi (hybrid)

### Monthly

2nd Tues, 10-11:15 am - J-Sei Sings

3rd Wed 10 am-1 pm - Kimekomi Doll

\*Pre-registration is required for all in-person classes.

## On-Going Programs

### J-Sei Connect

J-Sei Connect offers a variety of virtual workshops and community forums to engage individuals in reflection, dialogue and creative expression. To see what is upcoming, visit [www.j-sei.org](http://www.j-sei.org) and sign up for our eBlast news.

### Virtual Book Club

Join J-Sei's Book Club, an opportunity to delve into a new book each season. Share your questions, thoughts, and personal reflections on what you are reading on a protected book club webpage. Engage in a Book Club meeting to discuss the latest book and explore your discoveries. Our next book read is "Clark and Division" by Naomi Hirahara.

### J-Sei at the Movies

J-Sei At the Movies meets monthly on a Friday evening to discuss Japanese and Japanese American films of different genres and subjects. Adapting to virtual programming has allowed

## Virtual Classes

Mon: Tanoshii Japanese (10-11:30 am), Tai Chi (1-2 pm),

Staying Healthy (2:30-4 pm), Let's Talk (2nd Mon, 12:30 to 2 pm)

Tues: Gentle Yoga (10-11 am), Community Ukulele (1-2 pm)

Wed: Qi Gong (10-11 am), Aging Together (10-11:30 am), J-Sei Sings (3rd Wed, 10-11:15 am)

Thurs: Strength & Balance (10-11 am), Minyo no Odori (11 am -12:30 pm),

Mah Jong Club (12-2:30 pm), Family Caregiver Support (1st Th, 4-5:30 pm)

Fri: Men's Club (1st Fri, 10-11:30 am)

For more info, visit the J-Sei website.



us to invite in guests outside of the Bay Area.

Most recently we've hosted Yuriko Gamo Romer "Mrs Judo: Be Strong, Be Gentle, Be Beautiful", Kerwin Berk "Infinity and Chashu Ramen" and "Kikan", and Matthew Hashiguchi "Good Luck Soup". The video recordings are available for viewing on J-Sei's YouTube Channel. Sign up for the Movie Night email list or visit our



website for more details. Our Fall Movie Nights will be held October 15, November 19 and December 10.

## Workshops

### Simple Japanese Cooking (Virtual)

Thurs, Oct 7 & Nov 5, 3pm

We continue to try new recipes and learn to create heart-warming, soul-satisfying dishes with tips and techniques taught by Azusa Oda. You are invited to cook alongside Azusa, or log in to see the demonstration. The best part is in the tasting which can be enjoyed when you try out the recipe.

Suggested donation is \$10-\$15 per class. RSVP to [jill@j-sei.org](mailto:jill@j-sei.org) and indicate "Cooking" with the date of the class you plan to attend.

Azusa Oda, author of *Japanese Cookbook for Beginners* is an avid home cook, food blogger of [HumbleBeanBlog.com](http://HumbleBeanBlog.com) and designer.

*Japanese Cookbook for Beginners* is available for \$20 at J-Sei.



### Usagi Pouch Craft Workshop

Friday, Nov 19, 9 am to 3 pm

Spend a day with us handcrafting an Usagi (Rabbit) bag to carry your phone, small necessities, or shopping list. Instructor Carolyn Hayashida has been sharing her sewing and creative crafting skills with J-Sei for the past 20 years. She will share her stash of fabrics for you to choose from as well as most other supplies

- including cotton for pouch and lining, felt, embroidery and invisible thread, and pattern. Please bring one package of "Extra wide double fold bias tape -1/2" wide in a color of your choosing and matching thread for the front of the pouch. Workshop fee: \$30 (includes material fee of \$5) RSVP to [jill@j-sei.org](mailto:jill@j-sei.org) with "Usagi" in the subject line. A J-Sei To-Go lunch can be reserved, or bring your own lunch. Space is limited, sign up now.

## Events



### Kay Sekimachi: Geometries

- Group visit to BAMPFA

Fri, Oct 8, 1pm

Join us for a group visit to the Kay Sekimachi: Geometries exhibit at BAMPFA, the UC Berkeley Pacific Film Archive Museum. We will have a docent lead tour, time to explore the exhibit, and a group dialogue to follow. We will meet at BAMPFA, 2155 Center Street (at Oxford St), easily accessible by BART, or carpools can be arranged. The group ticket price is \$8, payable at the museum. Please RSVP to [jill@j-sei.org](mailto:jill@j-sei.org) with "Kay Sekimachi tour" in the subject line.

Kay Sekimachi: Geometries includes more than fifty objects that highlight the artist's material and formal innovations across her career. First recognized for her woven monofilament sculptures, made between 1964 and 1974, Sekimachi has since used linear, pliable elements—monofilament, thread, and paper, among other materials—to create experimental objects that fold together art and craft, found and made, and Japanese and American artistic traditions.

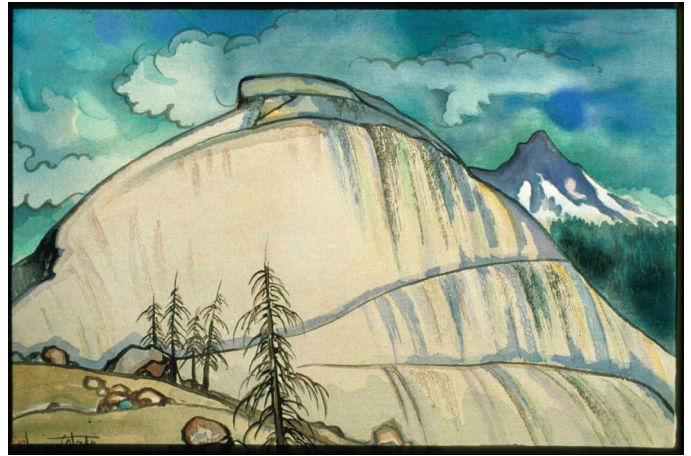
Born in San Francisco, Kay Sekimachi studied at the California College of Arts and Crafts in Oakland from 1946 to 1949. In 1949 she took up weaving on the loom and became so adept at the labor-intensive process that she is often referred to as a “weaver’s weaver.” Today, almost fifty years after she began to work in fiber, Sekimachi is recognized as a pioneer in resurrecting it as a medium of artistic expression.



## UCSF Cares: Dementia in the AAPI Community

Sat, Oct 9

Learn about Alzheimer’s disease and related dementias amongst Asian American Pacific Islanders (AAPI). How prevalent is dementia in the AAPI community? What are the causes and how can we better address the needs? CARE (Collaborative Approach for Asian and Pacific Islanders Research and Education) is a program of UCSF. Their primary goal is to pave the way for the meaningful inclusion of AAPI in clinical and caregiving research across the lifespan. Find out how you can help support the work that benefits community care of our elders. RSVP to [jill@j-sei.org](mailto:jill@j-sei.org) with “CARE” in the subject line.



## Chiura Obata:

### Art and Life Inspired by Nature

Co-presented as part of Ashby Village Arts and Culture Series

Sun, Oct 17, 2-3:30

World-renowned American artist and distinguished UC Berkeley professor, Chiura Obata (1885-1975), is considered by many today one of the foremost California landscape painters of the 20th century.

His seminal work depicting the High Sierra was created nearly 100 years ago in 1927, and was captured vividly in the book *Obata's Yosemite*. Obata's art and his philosophy of gratitude and reverence to “Dai Shizen” -- Great Nature -- continues to resonate with admirers both new and old. As people today search for inspiration and healing as stewards of our planet, a fresh look at Obata's art and life afford lessons for everyone. “Paintings must give to others the kinds of feeling about Nature that Nature gives us. If we pass this along, not just to art lovers but to everybody, our friends, our community, our country, it is the best possible promise for peace in the future.”

His granddaughter Kimi Hill has consulted on numerous books and exhibitions about her grandfather, including a recent retrospective at the Smithsonian American Art Museum. As family historian Hill also edited the book *Topaz Moon: Chiura Obata's Art of the Internment* which tells the story of the Obata family, one of the thousands of Japanese-Americans stripped



of their homes and livelihoods and incarcerated during WWII.

RSVP to [info@ashbyvillage.org](mailto:info@ashbyvillage.org) with “Chiura Obata” in the subject line.



### **Cultivating Community: Legacy of Centers in the East Bay**

Thursday, Oct 21, 7 pm

Looking back at the evolution of J-Sei in celebrating its 50th anniversary, we recognize the efforts that spanned the East Bay from the spark that was ignited by the East Bay Japanese for Action. Join us to hear from the Berkeley Nikkei Center, Eden Senior Center and Sakura Kai Senior Center that initiated their own programming and provided senior services for Japanese elders in Berkeley, San Leandro/Hayward, and El Cerrito. Find out how they evolved, organized, and continued to serve the needs of their constituents. RSVP to [jill@j-sei.org](mailto:jill@j-sei.org) with “East Bay Centers” in the subject line.

### **Sundays with author Alden Hayashi - Two Nails, One Love**

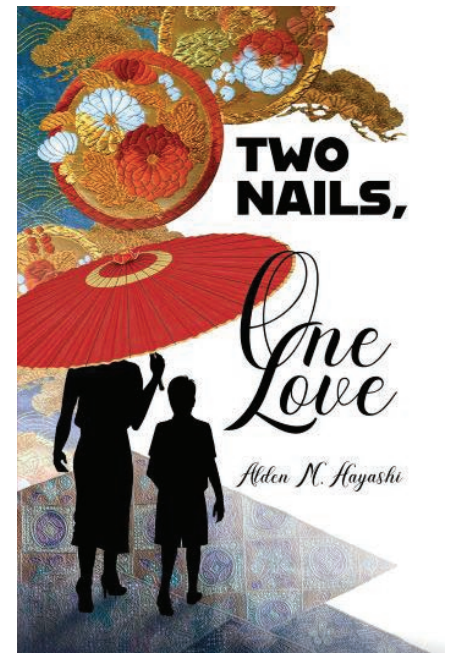
- Sun, Oct 17, 4-5:30 pm - JA history talk hosted by Brian Niiya, Densho Content
- Sun, Oct 24, 4-5:30 - LGBTQ talk hosted by Stan Yogi, Okaeri-LA

*Two Nails, One Love* is a semi autobiographical novel about an estranged mother-son

relationship that evolves and eventually heals as the son realizes just how much his life has been affected by his mother’s traumatic past. The novel covers broad themes of discrimination (both racial and LGBTQ), ethnic identity, and immigration.

Join us for one or both conversations.

For more info and to RSVP, <https://j-sei.org/2021/09/09/sundays-with-author-alden-hayashi/>



Alden Hayashi has worked for more than 30 years in the publishing industry. He has been a staff writer/editor at the Harvard Business Review, the MIT Sloan Management Review, Scientific American, and several other magazines. He has now turned his focus to writing fiction. A short story —“Finding the Right Keiko”—was published in The Baltimore Review (Winter 2021), and his first novel—*Two Nails, One Love*—has recently been published by Black Rose Writing (Sept 2021).

The program is co-sponsored by You Know You Are Japanese American When (Facebook Group), J-Sei, Densho, and Okaeri-LA. To purchase the book, please visit Eastwind Books. [www.asiabookcenter.com](http://www.asiabookcenter.com)



### **Harvest Luncheon** Friday, November 12

We are grateful for a community of care, especially as we continue to hold steady during this time of uncertainty. A special harvest day luncheon with turkey and all the trimmings will be prepared for home delivery. We look forward to this time to remember all that we are thankful for.



### **J-Sei's (Virtual) Asian Artisan Craft Fair** Tues, Nov 23 to Tues, Nov 30

Back by popular demand, the virtual Asian Artisan Craft Fair will be open 24/7 for 7 days from Tues, Nov 23 to Tues, Nov 30. All orders will be available for pick-up on Sunday, December 6th. We look forward to sharing the handcrafted gift items from community artists. Check our website for more information on the artisans that will be participating this year.



## In Memory of Dennis Kaneshiro



The J-Sei Board of Directors, Alumni Board members and staff extend their condolences to the family of Dennis Kaneshiro, J-Sei's Board of Directors treasurer for the past 8 years. As the agency's board treasurer, Dennis led the financial planning and discussions that led to the agency's growth and financial stability. He spent much of his time overseeing J-Sei's accounting and fiscal management. Beyond being an excellent 'numbers guy', his warmth and good humor created cohesion and collaboration while his jokes and Hawaiian story telling talents made long meetings much more enjoyable.

He was born in Honolulu April 19, 1947 and joined Boyle, Cowan & Company in Oakland California. Over a 50 year career with that firm, he was elevated to partner and then managing partner under the new firm name, Timpson, Garcia LLP.

Dennis was kind-hearted and generous. J-Sei Executive Director, Diane Wong, first worked with Dennis in 1992 when he joined the board of Alzheimer's Services of the East Bay where Diane was the Executive Director. When Diane was hired at J-Sei, she automatically recruited Dennis to serve on the board, as she knew his talents and ethical standards would be a tremendous benefit. In every decision, Dennis consistently thought about the impact on individuals and families and this is his guiding principal that J-Sei will strive to continue.

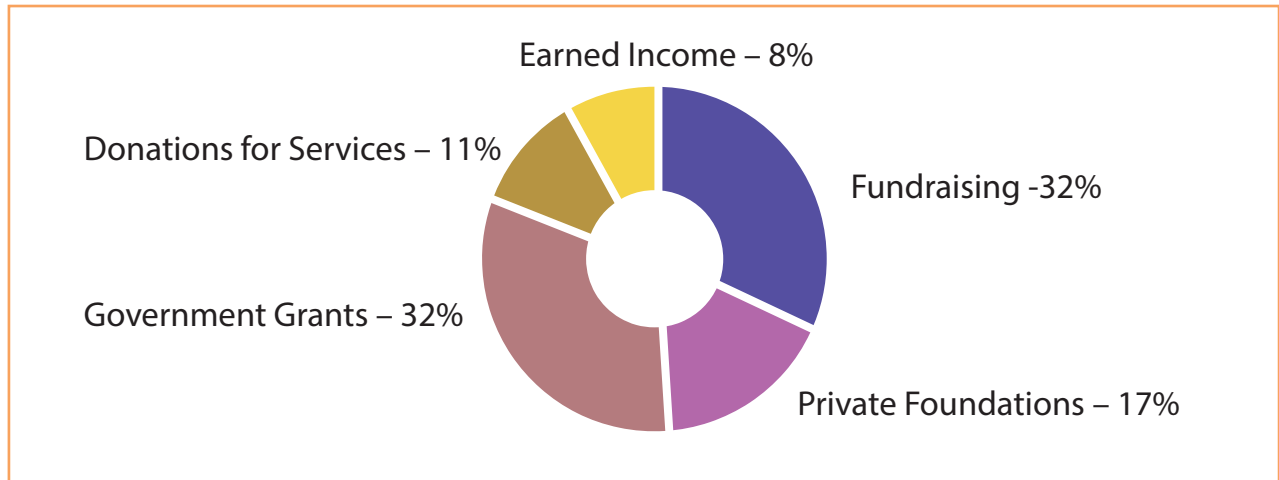
## A Financial Year in Review

J-Sei's last fiscal year (July 1, 2020 to June 30, 2021) represented 12 months of operations under COVID-19 pandemic restrictions. Thanks to the dedication and commitment of staff, volunteers and donors, J-Sei experienced no disruption to service delivery and was able to monitor and meet senior's needs. As the pandemic and related restrictions continue into the foreseeable future, J-Sei will remain flexible in providing support while seeking various funding sources to sustain the expanded lunch delivery and online wellness programs that have not decreased since the end of the shelter-in-place orders.

Once again, the J-Sei community rallied in support through the annual crab feed, our

community calendar, online giving and our nutrition direct mail campaign. And thankfully, emergency federal funds were also critical in the past year and the grants helped offset expenses. We acknowledge the following organizations for helping J-Sei in a most challenging year: Alameda County Area Agency on Aging, Contra Costa County Health Services Department, City of Berkeley, California Humanities, Asian Pacific Fund, Berkeley Pilgrimage Foundation, Beulah Older Adult Fund, East Bay Foundation on Aging, JA Community Foundation, Kaiser Foundation Hospitals, Red String Foundation, San Francisco Foundation, Senior Assistance Foundation Eastbay and Union Bank.

### Fiscal Year 2020-2021 Revenue Sources



## My Senior Center – A New Way to Sign In

J-Sei is implementing an easier way for people to register and sign in for classes. When J-Sei begins on-site lunch and increased on-site classes, a new check-in system will be used at the front door. Each J-Sei participant will use a touch screen and keytag to sign into their

programs for the day. No more paper sign-ins and less teacher/volunteer/staff time juggling paper and collecting data! It is easy to use and there will be staff and volunteers to assist people when the new system begins. More to come!



## We Can't Provide Senior Lunches Without Amazing Volunteers

With the pandemic, the nutrition program expanded by over 30% at a time when we lost almost all of our volunteers due to shelter-in-place orders. Thanks to new volunteers that came from different corners of the community, the program continued operations. Now however, there has been a huge drop off in volunteers as people return to work and school. Please help us get the word out that J-Sei needs more kitchen volunteers and drivers. We have a smaller pool of tremendous people helping us now, but we need to spread the hard work across a larger group of kindhearted folks.

Although the shelter-in-place order has been rescinded, we are not experiencing any decrease in meal needs. Please consider helping and please help us spread this request for assistance! Contact Tracy Kaneshiro for more information [tracy@j-sei.org](mailto:tracy@j-sei.org) and use this QR code.



## Cook for J-Sei Home!

Delicious and familiar foods nourish bodies, and bring comfort and enjoyment to those at J-Sei Home. Do you have experience cooking for a small group or perhaps working in a restaurant or professional kitchen? J-Sei Home in Hayward is looking for a full-time cook to prepare primarily Japanese meals for appreciative senior

residents. This is a calm and supportive home setting where your cooking talents will be enjoyed by between 7 to 10 residents every day. Please email [Mary@j-sei.org](mailto:Mary@j-sei.org) for a job description and more details.

## Case Manager's Corner

Written by Miyuki Iwata, J-Sei Case Manager



### When Should We Wash Our Hands?

Even if they look clean, there is invisible “dirt” and “bacteria” on our hands. Some bacteria prevent the growth of bacteria that invade from the outside and create healthy skin, while others cause illness and problem. When your body’s immune system is weakened, you are at an increased risk of getting infected or getting sick. Hand-washing is the one of the best ways to wash away “dirt”, “bacteria” and “viruses” on the fingers and preventing them from entering the body.

#### When Should Seniors and Family Caregiver Wash Our Hands?

According to the Center for Disease Control and Prevention (CDC), the key time to wash hands are listed below:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick'
- Before and after treating a cut or wound
- After using the toilet
- After changing adult incontinent products or cleaning up a senior who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

*(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

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## When Should We Wash Our Hands? (cont.)

### Five Steps to Wash Your Hands the Right Way

The CDC advises follow these steps to wash your hands every time:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
  2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
  3. Scrub your hands for at least 20 seconds.
  4. Rinse your hands well under clean, running water.
  5. Dry your hands using a clean towel or air dry them.
- Need a timer? Hum or sing the “Happy Birthday” song from beginning to end twice.

### Using Hand Sanitizer When You Can’t Use Soap and Water

Using hand sanitizer is also effective in situations when soap and water are not available. The CDC advises individuals to use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can check if the sanitizer contains at least 60% alcohol by looking at the product label. According to the CDC, sanitizers can quickly reduce the number of germs on hands in many situations. However, sanitizers do not eliminate all types of germs. Hand sanitizers may not be effective when hands are visibly greasy or dirty and might not remove harmful chemicals from hands like pesticides and heavy metals.

### References:

Center for Disease Control and Prevention. “When and How to Wash Your Hands.” Centers for Disease Control and Prevention, 24 Nov. 2020, [www.cdc.gov/handwashing/when-how-handwashing.html](http://www.cdc.gov/handwashing/when-how-handwashing.html).



# Our Biggest Thanks to J-Sei's Donors

J-Sei is grateful to the many generous individual donors who help raise 32% of our annual revenue making it possible to deliver senior services, education, and cultural programs to families of all ages.

*(This donor list reflects gifts provided between June 1, 2020 to July 31, 2021)*

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David and Alice Abe  
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Robert Adachi  
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***Cultivating Community: Legacy of Centers in the East Bay***  
***October 21, 2021 at 7pm on Zoom***

*Join us for a look back at the start-up efforts and current activities of the Berkeley Nikkei Center, Eden Senior Center and Sakura Kai Senior Center.*

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## Save the Date!

- Oct 8** Kay Sekimachi: Geometries – at BAMPFA
- Oct 9** UCSF Cares: Dementia in the AAPI Community
- Oct 11** Indigenous Peoples' Day: J-Sei Closed
- Oct 17** Chiura Obata: Art and Life Inspired by Nature
- Oct 17** Alden Hayashi: JA History Talk
- Oct 24** Alden Hayashi: LGBTQ Talk
- Oct 21** Cultivating Community: Legacy of Center in the East Bay
- Nov 19** Ningyo Pouch Craft Workshop
- Nov 25 & 26** Thanksgiving Observed: J-Sei Closed
- Dec 24** Christmas Day Observed: J-Sei Closed
- Dec 31** New Years Day Observed: J-Sei Closed