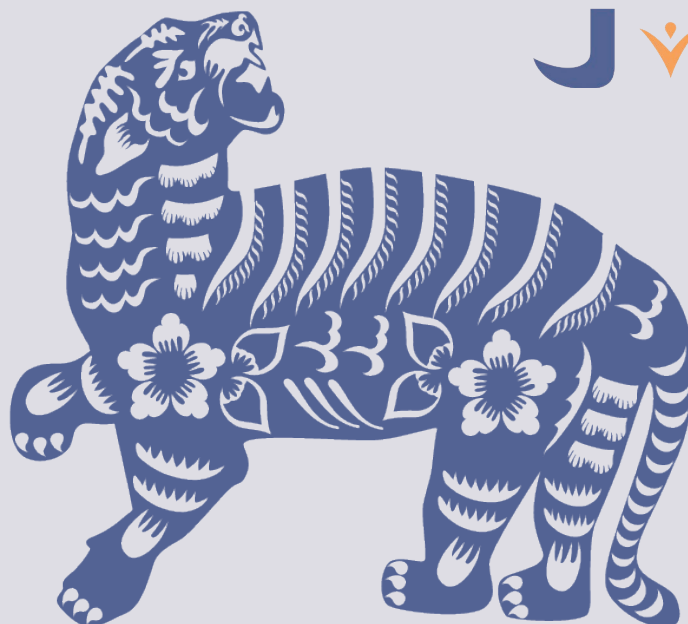


YEAR OF THE TIGER

2022



**Akemashite Omedetou Gozaimasu!  
Welcome to 2022!**

Life as we've known it has changed. The COVID-19 pandemic has forced us to change our daily routines.... (don't forget to grab a mask when you leave the house).... and to make decisions, that in the past were easy....(should we eat inside or outside at the local restaurant...or should we even go).

As an organization, we have persevered and in many respects are stronger and better. This would not have been possible without J-Sei's incredible and truly dedicated staff. You've continued to think outside the box and to be flexible in providing services and programs. Your thoughtful decisions have allowed us to bring some classes back inhouse, to offer hybrid events using ZOOM and pop-up tents, to meet the increasing demand for home delivered meals and to continue providing caring and compassionate services to our seniors while keeping everyone's health and safety a priority. My sincerest THANK YOU to all of you!

Diane, Jill, Kathleen, Natsumi, Tiffany, Miyuki, Veta, Tracy, Yuji, Hannah, Manami, Suzanne, Glen, Franklin, Steve, Bob, Pietro, Susan, Karol, Justin, and the staff at J-Sei Home: Mary, Bhing, Claudia, Fogalele, Fumi, Imelda, Jo An, Mayumi, Mieko, and Naoyo....you are the BEST! Your commitment to J-Sei and J-Sei Home is demonstrated each and every

*(cont. on p. 6)*

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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.

### 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)

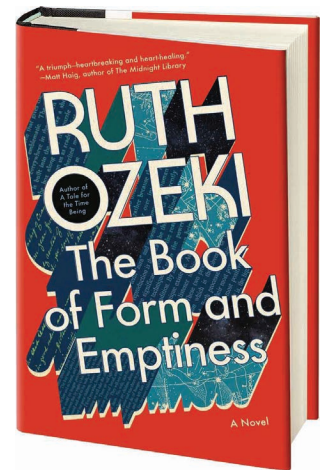
Fri: Men's Club (1st Fri, 10-11:30 am)

For more info, visit [www.j-sei.org](http://www.j-sei.org).

## On-Going Programs

### 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 share your discoveries.



Upcoming book club read is *The Book of Form and Emptiness* by Ruth Ozeki - A brilliantly inventive new novel about loss, growing up, and our relationship with things, by the Booker Prize-finalist author of *A Tale for the Time Being*. Purchase your book at Eastwind Books [www.asiabookcenter.com](http://www.asiabookcenter.com) and enter "JSEI" at check out.



### 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. Sign up for the Movie Night email list or visit our website for more details. To begin the new year, we will have a special program with Kerwin Berk of Ikeibi Films.



### Travel Japan's Countryside with Azusa and her Mom - Part Two

Thursday, January 13, 3 pm

Our friend, inspired home chef, and creative innovator Azusa Oda has been journeying the Japanese countryside with her mom. Together, they have visited different inaka (rural countryside) communities in the Shikoku and Kyushu region. We enjoyed hearing about their inspiring adventures in Shikoku and all the interesting people they've met, including artists, farmers, and entrepreneurs. Join us for more conversation via ZOOM to hear about their most recent travels in Kyushu. RSVP to [jill@j-sei.org](mailto:jill@j-sei.org) with "Azusa Travel" in the subject line.



### A Script Reading of "Kintsukuroi" by Kerwin Berk

Friday, January 14th, 7 pm

Ikeibi Films will be partnering with J-Sei for a table read of select scenes from the new film Kintsukuroi, which will go into production in early 2022. The program will include live and pre-taped performances from the actual cast, who will also be available for a Q&A afterward.

Kintsukuroi is a sweeping story about the lives of two Japanese American families as they struggle to deal with the devastating events of World War II. The new feature-length film is the latest project from Ikeibi Films and expands the stories of many of the characters who were first introduced in the short narrative film, "KIKAN - The Homecoming."

Wendy Ito has to grow up quickly after she and her family are imprisoned in Topaz and lose everything. Shigeo Fujiwara's life is irreparably changed when he answers the loyalty questionnaire. And Jimmy Ibata struggles to find his way after returning from the battlefields of Europe.

## WORKSHOPS

### Shibori and Indigo Dyeing Workshop

Sat, Jan 22 or Sun, 23 from 1 to 4 pm

Shibori, derived from the Japanese word "shiboru" which means to wring, squeeze or press, is an ancient technique of resist dyeing. While there are many traditional techniques such as knotting, stitching, pole wrapping, or clamping that create different patterns, the Indigo dyeing of natural fabrics creates distinctive deep blue and white products that are uniquely Japanese.



Workshop Fee: \$30 covers the dye, tools and 1 tea towel. Participants are welcome to bring 1 additional item (pillow case, tshirt, pair of socks) or up to 1 yard of cotton fabric to work with. Sign up early for this hands-on workshop and experiment with creating your own one-of-a-kind design.



## **Simple Japanese Cooking with Azusa Oda**

Thursdays, dates to be announced

After her travel adventures in Japan, Azusa Oda looks forward to resuming our kitchen adventures as we try new recipes and learn how to create pleasing and scrumptious Japanese meals every day. 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.

## **Senior Housing: Finding the Right Fit**

Thurs, Feb 10, 2 pm

With advanced age, transitions in the home, health and mobility concerns, isolation, and other care needs, how do we determine what options are available and what is the best fit for ourselves or our loved ones. Learn about the different types of senior housing scenarios and level of care provided. Consider your priorities and what questions to ask when you visit different senior housing locations. Miyuki Iwata and Veta Jacquelin, social workers at J-Sei, will provide a framework to begin this conversation. We invite you to bring your questions and share your experience with finding senior housing options.

## **Aging and Oral Health: What You Might Not Know**

Thurs, March 10, 2022, 2 pm

What do we need to know about oral health as we age? 'What oral hygiene tips do seniors and caregivers need to remember? What concerns or changes in oral health should we be aware of as we age? How do we help seniors in our care to maintain their oral health? Hear from Elisa Chavez, DDS whose experience in geriatric dentistry, elder care, and equity provide a solid foundation in helping us understand about oral healthcare needs.

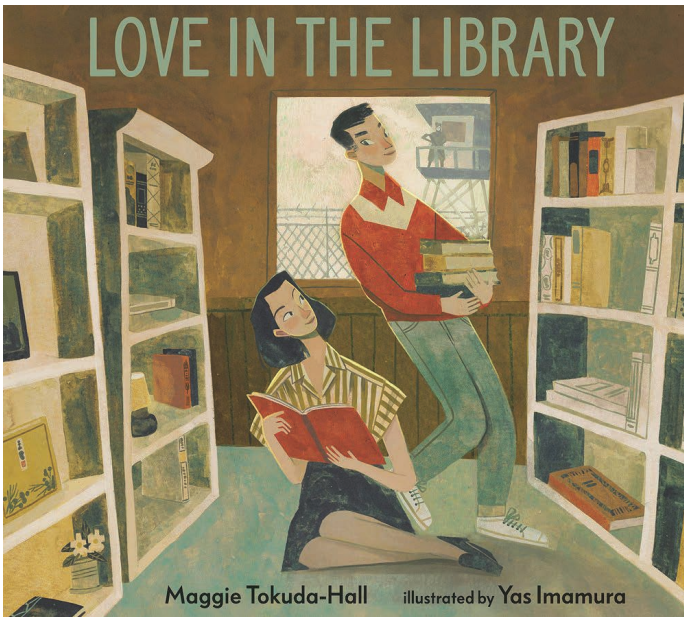
Elisa M. Chávez, DDS is a Professor in the Department of Diagnostic Sciences at the Arthur A. Dugoni School of Dentistry, San Francisco. She graduated from The University of California San Francisco, School of Dentistry and earned her certificate in Geriatric Dentistry from The University of Michigan, Ann Arbor. Dr. Chávez has practiced in private, community health, long-term care and hospital settings. At the Dugoni School, she developed and directed extramural student rotations at On Lok Lifeways, a Program for All-Inclusive Care for Elders (PACE) serving frail, older adults in the San Francisco Bay Area. She is also the Director of The Pacific Center for Equity in Oral Health Care.

## **Events**

### **J-Sei Oshogatsu Celebration**

Friday, January 28, 2 pm

Welcome in the new year boldly graced by the Water Tiger symbolizing determination, spontaneity and novelty. What are ways we can refresh and recharge? Join us for a community celebration of Oshogatsu and bring good luck and good favor into our year ahead. Enjoy music and reflections, and more to come.



**Love in the Library - A Book Event with Maggie Tokuda Hall**

Sat, Feb 12, Time TBD

To fall in love is already a gift. But to fall in love in a place like Minidoka, a place built to make people feel like they weren't human—that was miraculous.

After the bombing of Pearl Harbor, Tama is sent to live in a War Relocation Center in the desert. All Japanese Americans from the West Coast—elderly people, children, babies—now live in prison camps like Minidoka. To be who she is has become a crime, it seems, and Tama doesn't know when or if she will ever leave. Trying not to think of the life she once had, she works in the camp's tiny library, taking solace in pages bursting with color and light, love and fairness. And she isn't the only one. George waits each morning by the door, his arms piled with books checked out the day before.

Beautifully illustrated and complete with an afterword, back matter, and a photo of the real Tama and George—the author's grandparents—Maggie Tokuda-Hall's elegant love story for readers of all ages



sheds light on a shameful chapter of American history.

Maggie Tokuda-Hall is the author of *Also an Octopus*, illustrated by Benji Davies, the novel *The Mermaid, the Witch, and the Sea*, and the graphic novel *Squad*. She lives in Oakland, California.

Yasu Imamura is the illustrator of *The Very Oldest Pear Tree* by Nancy I. Sanders, *Winged Wonders* by Meeg Pincus, and other books for children. She lives in Portland, Oregon.

**Navigating With(out) Instruments - A Bay Area book event with traci kato-kiriyama**

Saturday, March 12, 2 pm

"traci kato-kiriyama's *Navigating With(out) Instruments* will expand your heart and spirit in all directions – in the marrow of your bones, deep into the earth, out



into the streets, and into the stars and beyond where our collective radical imagination and our ancestors of past, present and future beckon us to listen more, ask more questions, stoke our hunger for justice, and love in ways that crack us open beyond what we believed possible." Yumi Sakugawa; author of *Your Illustrated Guide to Becoming One with the Universe*.

In *Navigating With(out) Instruments*, traci kato-kiriyama uses her present—political unrest, family love and loss, her own cancer diagnosis—to bridge the traumas of the past generations with the hope of the future ones. Often seamless, often with a loud bang, kato-kiriyama moves from genre to genre, from poetry to prose, essay to monologue

to letters—framed by US colonialism and war mongering alongside the intimate navigation through memory, death, and transformation—to urge readers to protect and to share their legacies, both personal and communal, as a means of global survival.

Join us for an engaging and inspiring time at this Bay Area release celebration with traci kato-

## **Akemashite Omedetou Gozaimasu!**

(cont. from front)

day...through every task you undertake, every class and event held, every meal served, every life touched. You are what allows J-Sei to continue impacting the lives of our seniors, of those in need, of those seeking a more meaningful and fulfilled life. For that, I can't thank you enough!

As we continue to celebrate our 50th anniversary, I also want to thank our Founders...those who made a commitment to the Japanese community back in the 1970s. Thank you for identifying a critical need and for your determination in taking your heartfelt ideas and making them real. Your willingness and determination to take on unknown challenges, to reach out to people you didn't know and to whom you didn't share a common language is a truly inspirational story!! The J-Sei Board, the staff, our volunteers and our donors continue to uphold your legacy. We maintain the commitment to serving the needs of our seniors, but we have evolved over the 50 years, too. We have expanded our reach to a multi-generational and multi-ethnic community that seeks educational and cultural enrichment while keeping the Nikkei values of dignity, trust, independence, social connection, open communication and respect for our elders, front and center.

kiryama. A book signing and light refreshments to follow. The event is co-presented by O-Musubi and J-Sei.

traci kato-kiryama (they+she) is an award-winning multi-, inter-, and transdisciplinary artist, recognized for their work as a writer, performer, theatre deviser, cultural producer, and community organizer.

As we move into 2022, I look forward to continuing our journey. To carry on the legacy of the East Bay Japanese for Action (EBJA) and East Bay Isse Housing (EBIH) for another 50 years and beyond! We are indebted to the many volunteers that offer their time, knowledge and resources to our programs! They are and will continue to be the foundation of the J-Sei organization!

In closing, I am looking forward to the 50th Anniversary Gala to be held April 30, 2022 and hope you'll join us for an entertaining evening as we continue to share the story of our history, of the present and of the vision of our future!

I wish you all the best in the New Year! Be healthy and be safe!

— Pam Honda, President, Board of Directors





## 50th Gala and Sponsorships

For 50 years, J-Sei has been right here, at the heart of the community. To celebrate, we have created events and experiences for the entire family throughout 2021 and plan to hold an in-person gala on Saturday, April 30, 2022. Please join in the celebration and consider a sponsorship. Your support will continue the legacy of community, care and culture. Please follow this link ([LINK HERE](#)) for more information. The deadline for sponsorships is Feb 14, 2022.



Top Left, Bottom: Flavors of Spring 2019  
Top Right: 40th Anniversary Gala



## Contra Costa County Funds Five New J-Sei Team Members!



L-R: Susan, Steve, Pietro, Bob, Manami

The Contra Costa County Department of Health Services has recognized the important and unique J-Sei nutrition program that supports older adults in the county. To further assist and increase the capacity of J-Sei's home delivered Japanese lunches, Contra Costa County has granted new dollars to hire four meal delivery drivers, one assistant chef, and to purchase kitchen equipment. J-Sei is so thrilled with this extra people power that allows us to keep seniors well nourished. We are so grateful for this extra funding and excellent staff additions during a time of record breaking demand.

Join us in welcoming our new staff!

**Susan Nishizaka** has been teaching taiko at Sakura Kai since 2005. She was surprised to see so many familiar faces when she started delivering meals for J-Sei! At least five drummers are on her delivery routes so they talk a little bit of taiko when handing out meals.

After retiring from a career in civil engineering, **Steve Kakiyama's** uncle started needing more help. J-Sei helped his uncle with meal deliveries, attorney referrals, and medical alert system recommendations. Steve's uncle now lives comfortably in an assisted living facility. Steve wanted to take the opportunity to give back to the community by delivering meals to our seniors. In his spare time, he enjoys golf, bowling, and fishing.

**Pietro Maida** is Shihan (Master instructor) Shinshin Toitsu Aikido, a form of Buddhist awareness training, as well as a retired ordained Rinzai Zen Priest. Pietro teaches classes to many diverse populations from law enforcement to maximum security inmates, seniors and kids and even people in hospice. He loves the J-Sei mission and thanks Giovanni (his son and a J-Sei delivery driver volunteer) for getting him involved!

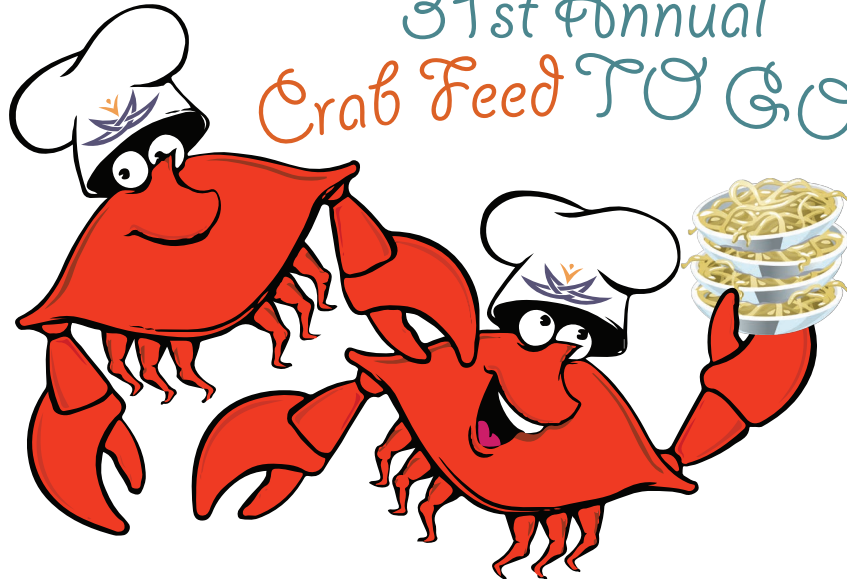
**Bob Muramoto** has resided in west and north Oakland for 34 years. Though he wasn't born in Oakland, he considers himself an Oakland native. He loves the outdoors and spends most of his time doing yard work, finding enjoyment seeing plants grow and mature. Bob has two grandkids who keep him active and feeling good.

**Manami Wamukota, Chef Assistant**, was born and raised in Japan. She studied photography and met her husband in the Bay Area. Her hobbies are collecting indoor plants and hiking with her family. She loves the nature here! Manami is excited to meet and work with community members.





# 31st Annual Crab Feed TO GO!



Sunday, February 27, 2022

Pick-up Between 1pm to 4pm

at J-Sei, 1285 66th Street, Emeryville, CA

Cheers to crab! **The 31st Annual J-Sei Crab Feed**  
will take place this year on a **TO GO** basis.

Fresh Dungeness crab, Asian salad, garlic noodles, bread, and dessert  
complete the feast. A limited number of dinners will be sold.

Pre-order your delicious crab dinner online by **Sunday, February 20**, through  
J-Sei's website at [www.j-sei.org/31st-annual-crab-feed-to-go](http://www.j-sei.org/31st-annual-crab-feed-to-go).

Or mail your order and check to be received by **Friday, February 18**.

Walk up or drive up at your assigned time (**between 1pm to 4pm**) to get  
your order at J-Sei. Then join us online for some lively entertainment!

**DINNER TICKETS \$50**

FOR MORE INFORMATION, VISIT [WWW.J-SEI.ORG](http://WWW.J-SEI.ORG)

OR CONTACT US BY PHONE (510) 654-4000 OR EMAIL [SUZANNE@J-SEI.ORG](mailto:SUZANNE@J-SEI.ORG)

**J-SEI'S FEBRUARY 27, 2022 CRAB FEED TO GO! MAIL ORDER COUPON**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Number of dinner tickets \_\_\_\_\_ @ \$50 each, total enclosed with a check payable to J-Sei \$ \_\_\_\_\_

Preferred pick-up time:  1-1:30 pm  1:30-2 pm  2-2:30 pm  2:30-3 pm  3-3:30 pm  3:30-4 pm

Please mail to J-Sei, 1285 66th Street, Emeryville, CA 94608, to be RECEIVED in the office by Friday, February 18.

**THANK YOU FOR YOUR ORDER!**

### SCAMS: they can get you – even the most sophisticated of us

The aging population has consistently been a target for scammers and COVID-19 has substantially increased this activity. Scammers are getting more creative and we need to be more diligent in spotting them. Here are a few scams the Federal Trade Commission (FTC) are warning the public about.

- Money making enticements: Scammers tell you how to make big profits from being a business partner or “you have been selected to receive lottery money”. You are instructed to send money to cover expenses and they promise that you will receive funds in your bank account. Or they will ask you to give a lump sum in exchange for future payments.
- COVID-19 claims: Scammers will say they can get you the vaccine quicker or that they have preventative treatments and cures not yet on the market.
- On line shopping: Scammers look for what is in short supply: face masks, thermometers, toilet paper, etc. They will try to convince you to buy their products with the cost just a little bit higher than usual. You may send money and the product will never get to you. If you do pay for something, a credit card offers some protection as the credit card company may be able to get your money back or stop a payment.
- Government imposters: These scammers ask for personal information to provide relief of payment, or anything about Medicare or Social Security. They want money and personal information. Government agencies **will not** ask for personal information on the phone or by email.

- Stimulus checks: If scammers know you have a loved one in assisted living or nursing facility, they suggest you transfer your stimulus check to your loved one. These checks **cannot be transferred to a 3rd party**.
- Someone in trouble: These scammers impersonate someone you know asking you to please send money or offer to help you with technology or romance /online dating (yep, even for us elders).

Criminals will accept many payment methods: wire transfers, gift cards, prepaid cards or money transfers. No legitimate business will ask you for any of these kinds of payment.

Scammers try to scare you and try to rush you into immediate decision making. SLOW DOWN, take time to think. Err on the side of caution. NEVER give out personal information: social security, bank information, to someone you do not know.

OK – little things to look for. In emails or texts, they usually use a familiar looking logo with just one small difference; look for spelling errors, typos, or cute emojis. They may even mention a name you know, as there are all kinds of ways to find out names of people you are familiar with. Do you know this person? Are you expecting to hear from this person or does this communication sound unusual or out of character from someone you supposedly know?

The Federal Trade Commission website: [ReportFraud.ftc.gov](https://www.ftc.gov), where consumers can easily report fraud and all other consumer issues directly to the FTC. Or call 877-382-4357.

*Resources: AARP Bulletin, September 2021; Federal Trade Commission Webinar, November 10, 2021.*





## Get Your Booster!

COVID-19 vaccines are proven to be safe and effective at preventing severe illness and death. The effectiveness of the vaccine does decline with time so please consider getting your booster if you have been fully vaccinated at least six months ago. Boosters are readily available through many large stores such as Safeway, CVS and Walgreens. Homebound seniors may be able to receive a vaccine/booster in their home under Medicare. Contact your regular health care provider or call 1-800-MEDICARE for resources in California or contact a J-Sei case manager. Keep yourself protected and get your booster!

## 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: Seiichi Yahara

### 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:  
Yasuyo Floyd



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www.j-sei.org

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*Purchase your to-go crab feed tickets early!  
J-Sei's 31st annual event is Sunday, February 27, 2022*

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## Save the Date!

- Jan 13** Travel Japan's Countryside – Part Two
- Jan 14** A Script Reading of "Kintsukori" by Kerwin Berk
- Jan 17** Martin Luther King Jr. Day: J-Sei Closed
- Jan 28** J-Sei's Oshogatsu Celebration
- Feb 10** Senior Housing: Finding the Right Fit
- Feb 21** Presidents' Day: J-Sei Closed
- Feb 27** J-Sei's 31st Annual Crab Feed
- Mar 10** Aging & Oral Health: What You Might Not Know
- Mar 12** Navigating With(out) Instruments