

The logo for J-SEI, featuring the letters 'J', 'S', 'E', and 'I' in a bold, blue, sans-serif font. A stylized orange and yellow bird-like shape is positioned above the letter 'S'.

Spring 2022
Volume 50 | Issue 35

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A white rectangular text box with a blue border, containing the title 'Welcome Back ... Again!' and a paragraph of text. The background of the page is a collage of photos showing community members at various events, including a book launch, a presentation, a meal, and a Zoom meeting.

Welcome Back ... Again!

Everyone has been so patient with the fluctuations in face-to-face gatherings during the pandemic. As J-Sei has re-opened, we are so happy to welcome you back into the Emeryville building and to see each other once again. While Zoom and other on-line offerings allowed us to avoid putting on 'real clothes' and driving, we all know that seeing, talking and laughing in-person with others lifts the mind and spirits. We continue our safety precautions but hope you will return to on-site programming.

Social connection in our wonderful J-Sei community continues to be vital to our health and well being. Come and rejoin your friends soon!

J-Sei Class Schedule

In-Person Classes

Weekly

Tues, 1-2:30 pm - Tai Chi

Wed, 1:30-3 pm - Sogetsu Ikebana (hybrid)

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.

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 and sign up for our eBlast news.

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. Our next book club read is "The Perfect Sound: A Memoir in Stereo" by Garrett Hongo.

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. As well, special guests have appeared via Zoom to talk about their work in film and to participate in audience Q&A. Sign up for the Movie Night email list or visit our website for more details.

Movie Talk: K-Drama Series

J-Sei is hosting a series of Zoom meetings to talk about films and TV shows. The first topic for discussion is K-dramas: what folks have enjoyed and are currently watching and what makes K-dramas so compelling. The K-drama genre has proven to be so popular that it is continuing as an ongoing group meeting for fans, both beginners and aficionados. Check the J-Sei website for the next meeting date.

To participate in any of the above On-Going Programs, email jill@j-sei.org

Workshops

Simple Japanese Cooking and New Recipes with Azusa Oda (Online)

Thursdays, March 31, April 28, and May 19

After her travel adventures in Japan, Azusa Oda looks forward to resuming our kitchen adventures as we try new recipes inspired by her travels. 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 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 and designer.

Archiving Our Japanese American History

A series of activities and workshops in celebration of J-Sei's 50th Anniversary

J-Sei is offering a series of activities that are designed to help us take a look at archives and legacy building from different angles, including family history, grassroots organizing, and education and research. We'll explore our unique cultural and community history in the context of broader considerations such as: How is our Japanese American story part of a larger narrative? How has J-Sei evolved over the past 50 years? What can we do moving forward into the 21st century?

J-Sei History Day, A Community Archive (In-Person)

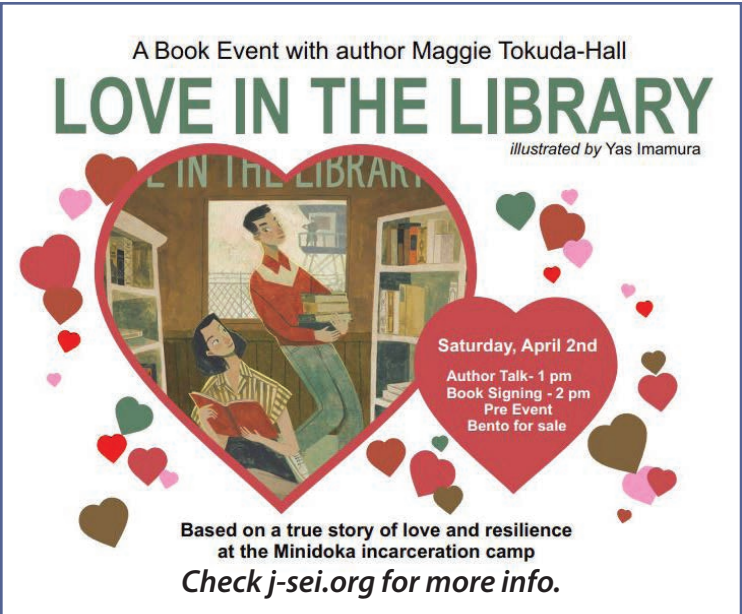
Saturday, April 30, 1 to 4 pm

As J-Sei celebrates its 50 years, we would like to invite you to help us recount some of our organization's history. A group of volunteers have dedicated their time to help us digitize a large collection of photos, slides and video. We have quite a collection of photo archives from the early years, from 1971-1980, that

A Book Event with author Maggie Tokuda-Hall

LOVE IN THE LIBRARY

illustrated by Yas Imamura



Saturday, April 2nd
Author Talk - 1 pm
Book Signing - 2 pm
Pre Event
Bento for sale

Based on a true story of love and resilience at the Minidoka incarceration camp
Check j-sei.org for more info.

we would like to share. We are also seeking photo archives through the middle years as an organization. Please let us know if you have photos or archives in your collection you can share with us.



Join us to reminisce and share memories of building community services over the past 50 years - from East Bay Japanese for Action (EJJA) to Japanese American Services of the East Bay (JASEB) to J-Sei. We need your help in mapping out our growth as a community organization. Bring your photos and memories, help us identify people and activities, and share reflections of what transpired. What was the focus and who was involved?

Help us to begin to envision the future. Where have we come from, where are we at, what

does the future hold as we celebrate this momentous occasion of half a century?

RSVP to jill@j-sei.org with "J-Sei History" in the subject line.

Consumer Fraud: Scams Targeting Seniors and Tips for Protection and Prevention (Hybrid)

Wed, May 4, 11 am

Seniors lose nearly \$3 billion annually due to scams. Many prey upon seniors who are well educated and who they believe have assets. Yet, no one is exempt. Scammers use sophisticated sales pitches and clever tactics to convince seniors to trust them. What are the most common scams and forms of fraud targeting seniors? How can we recognize scams and protect ourselves? Where can we report fraud and get help?

This workshop is presented by the Legal Assistance for Seniors in Alameda County. The mission of Legal Assistance for Seniors is to ensure the independence and dignity of seniors by protecting their legal rights through education, counseling, and advocacy. Their vision is for all seniors to live in dignity with the greatest possible independence, regardless of social or economic circumstances.

RSVP to jill@j-sei.org with "Consumer Fraud" in the subject line. Please let us know if you would like to attend in person or online for this hybrid presentation.

Uprooted: The Incarceration of Japanese Americans (In-Person) **An exhibit at the Bancroft Library Gallery, UC Berkeley**

Th, May 5, 1 pm - Group Tour

Join us for a group tour to see the current exhibit at the Bancroft Library. The year 2022 marks the 80th anniversary of a grave injustice in American society: the issuance of Executive Order 9066 by President Franklin D. Roosevelt,

authorizing the forced removal of Japanese Americans from their homes on the West Coast and into incarceration camps inland for the duration



of World War II. *Uprooted* tells some of the stories of that traumatic time. It is structured as an interplay between official government directives--executive orders, mandatory forms, official photographs--and the response of Japanese Americans through their drawings, diaries, letters, scrapbooks, and reminiscences.

RSVP to jill@j-sei.org with "Uprooted" in the subject line and indicate the number of guests. Let us know if you would like to carpool. More details and logistics will be provided.



My Family Archives, An Exploratory Workshop (Hybrid)

Sat, June 4, 1 to 3 pm

What do I do with my family archives – documents, photos and artifacts that provide a visual history? How do we digitally preserve these documents and piece together the story they tell? Bring a few items from your family archive to examine and share.

Hear from oral historian/anthropologist Dana Shew on how to begin to document your family history. Piece together the clues in archived photos, artifacts and shared memories that

contribute to the history of your family.

Watch the short documentary *An Uninterrupted View of the Sea* by Mika Yatsunami. Using old photographs, Super 8mm film and FBI documents, Yatsunami tells the story of her family's struggle to prove their American identities during World War II. Standing in flux between the identity of "Alien" and "Citizen," Mika Yatsunami explores the effect of her family's Japanese immigrant history on her American identity today.

Dana Ogo Shew serves as a Staff Archaeologist, Oral Historian, and Interpretive Specialist at the Anthropological Studies Center at Sonoma State University. She earned her M.A. in archaeology from the University of Denver where she examined the lives of women at Amache. For the last decade she has specialized in projects that research, preserve, and share stories about the Japanese American experience, especially those related to WWII Japanese American incarceration.

Mika Yatsunami is a filmmaker who grew up in Takoma Park, Maryland. She moved to Montreal in 2017 to attend the Mel Hoppenheim School of Cinema at Concordia University. In 2021, she graduated with a BFA in film production. In 2020, she won the Mel Hoppenheim Award for Outstanding Achievement. She has a passion for exploring documentary film, identity, and American history.

RSVP to jill@j-sei.org with "Family Archives" in the subject line.

Art-iculating: Remembering and Alchemizing through Collage

Saturday, June 11 - 2:00 – 4:00 pm

Hear from mixed media artist Eryn Kimura on her process and artmaking and explore how collage can be an articulator of memory, identity, place-making and self-expression. Bring print media, photocopies, or other items to explore through your own collage art-

iculating. Or just come as you are - with an openness to try collage making.

Eryn Kimura (she, they) is a mixed media artist based in San Francisco. Working with collage, she composes cacophonous yet fractal visual symphonies, using fragments from print media and found ephemera. When she's not collaging, she is writing in her notebook with a fine-tip pen, whale-watching, or baking French pastries.



Workshop Fee: \$25; includes material fee.

Getting A Good Night's Sleep As We Age (Online)

Tues, June 14, 12 noon

With changes in sleep patterns, are we getting a good night's sleep? A misnomer is that older adults need less sleep. Older adults need 7 to 9 hours of sleep like most adults, but often have interrupted sleep patterns that affect the quality and duration. Why is sleep so important? How can I get a good night's rest?

Dr. Kin M. Yuen is a sleep medicine specialist at UCSF who provides a range of treatments and other services for patients with sleep disorders. Dr. Yuen earned her medical degree and completed a residency in internal medicine at the Albert Einstein College of Medicine. She completed a fellowship in sleep disorders at Stanford Medicine, where she also earned a master's degree in health research and policy. Before completing her fellowship, she practiced internal medicine at the Stanford Medical Group. In 2019, she chaired an Associated Professional Sleep Societies symposium on women and sleep disorders.

RSVP to jill@j-sei.org with "Sleep" in the subject line. The presentation will be online via ZOOM.



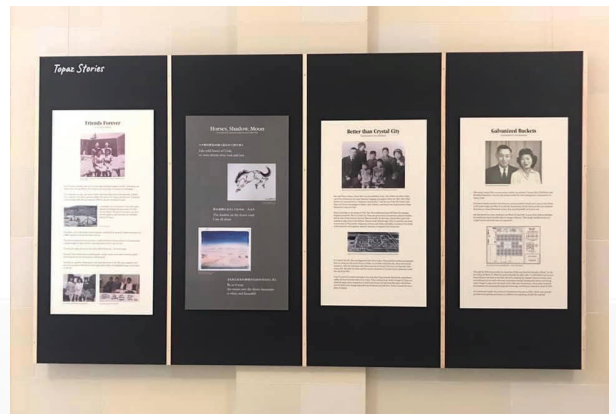
Topaz Stories

Remembering the Japanese-American Incarceration

Utah State Capitol Building, 3rd Fl
Jan 18 - Dec 31, 2022

The Topaz Stories exhibit, first installed at J-Sei, has been expanded. With assistance from Max Chang and Brad Westwood with the Utah Department of Culture and Community Engagement, an exhibit featuring 30 stories from the Topaz Stories project is on view at the Utah State Capitol Building in Salt Lake City from January 18 – December 31, 2022. The exhibit, designed by Jonathan Hirabayashi, is on display on the Capitol's 3rd floor mezzanine.

If you have a Topaz Story to share or to see some of the stories that are part of the collection, visit www.topazstories.com





J-Sei 50th Anniversary Gala – June 25, 2022

50 years is a tremendous milestone to celebrate with an in-person celebration as the perfect way to acknowledge J-Sei's past and to dream into the future. As we aim to have a safe in-person gala, we have moved the event to Saturday, June 25, 2022. Sponsorships are still available. A limited number of individual tickets will go on sale in May. This information will be shared through J-Sei's eBlast so make sure you are on the email list for the latest news.

Welcome New Board Member – Victor Uno

In 2019, I found myself at J-Sei's offices helping to plan a Pilgrimage to Crystal City, Texas, where our family was interned in WWII. At J-Sei, seeing old friends and meeting new friends, it felt like a wonderful homecoming of sorts.

I spent over 40 years in the construction industry, from digging ditches as a grunt apprentice electrician to working at the Lawrence Berkeley National Lab; teaching and running the union's apprenticeship school; and serving as the electrical union's president and business manager. This work helped my service on the boards of Asian Health Services and at the Port of Oakland, and which I will bring to J-Sei's Board.

Being of service to others and building community are values that I hold and that J-Sei embodies now for 50 years.

My wife Josie Camacho and I are blessed to have two grandchildren, Kaia Kiku Uno-Chen (age 8) and Leo Nacho Uno-Chen (age 6). We both retired and are excited that we will be a part of the J-Sei community.



J-Sei's 31st Annual Crab Feed

Many thanks to all the volunteers and diners who supported J-Sei's 31st Annual Crab Feed. The tradition continued in a to-go format thanks to a wonderful team effort. We heard of many people gathering with friends and family to feast on their crab. We hosted a very engaging virtual program, "Awe of Japanese Magic with David Hirata". David introduced the history of Japanese magic (wazuma) in America and dazzled the audience with his illusions and slight of hand. You can catch his performance on J-Sei's YouTube channel.

There are so many wonderful people to thank!

Crab Feed Committee:

Matt Fujikawa (chair), Wendy Kinris, Tiffany Nguyen, Amy Shinsako, Kevin Toyama, Diane Wong, Kay Yatabe, and Cole Yoshida.

Contributors:

Acme Bread, Hiko and Susan Shimamoto

Cookie Bakers:

Joseph Carvalho, Vickie Chin, Judy Fujimoto, Judy Fukumae, Judy Furuichi, Mary Ann Furuichi, Richard Furuzawa, Grace Gomez, Linda Griffin, Lucy Hamai, Kathy Hashimoto, Carolyn Hayashida, Julie Kataoka, Aiko Kurokawa, Reiko Nabeta, Lorene Nakagiri, Emi Nakao, Fumi Nihei, Flora Ninomiya, Susan Nishizaka, Yuki Otaki, Amy Shinsako, Nancy Teshima, Brenda Wong, Ranko Yamada, Enid Yamamoto, Florence Yokoi, and Maya Yonemura.

Volunteer Crew:

Themy Adachi, Justin Doi, Karol Doi, Matthew Fujikawa, Mark Fujiwara, Judy Fukumae, Pam Honda, Judi Lim, Glen Iwaoka, Aiko Kurokawa, Justin Liang, Susan Loy, Alan Maeda, Andrea Maoki, Kei Matsuda, Paul Mele, Barbara Morita, Matt Morizono, Aaron Muranishi, Johnny Ng, Bryan Niiya, Ed Oda, Lois Oda, Judy Ogata, Arlene Swinderman, Laurie Ushigusa, Naomi Yamada, Chris Yamashiro, Carrie Yoshida, Alpha Phi Omega, Berkeley Otani Youth, and Eden Youth.



Volunteers Needed

Are you looking for a fulfilling volunteer opportunity and a way to give back to the community? J-Sei is seeking volunteers to help with the care for our elders.

With the increased isolation during the pandemic, your help is especially essential. We are looking for help in the following positions:

- Friendly Visitor and Friendly Caller (providing social interaction with seniors)
- Kitchen (helping pack and prepare delicious and nutritious meals)
- Meal delivery (dropping off a meal and checking in with our homebound seniors)

If you are a compassionate and a caring person interested in offering a helping hand and interacting with others, join our friendly team of volunteers. For more information, please contact Natsumi at Natsumi@j-sei.org or call 510-654-4000, ext 13.



Looking for J-Sei Home Caregivers

As the nation faces a massive shortage of staffing in care homes, J-Sei Home is also looking to fill part-time and full-time positions. Please take a moment to think of someone who might be able to help as a caregiver in the Hayward care home. J-Sei Home is a small facility providing a unique and supportive environment for seniors. If someone is caring, patient and has the aptitude to work with older adults, we would like to meet them! Specific experience working in a facility or as a private in-home care staff person is not required and training will be provided. For more information, contact Mary Hart at mary@j-sei.org.

J-Sei Home

Spring is here and J-Sei Home residents enjoy fresh flavors of seasonal fruits and vegetables. Home cooked Japanese meals enhance the daily enjoyment of the residents. There is nothing like traditional meals to bring back special memories and smiles. Contact Mary at mary@j-sei.org.

Don't Miss Signs of a Stroke!

Stroke is a disease, which is caused by blocked or torn blood vessels in the brain. When it occurs, blood (oxygen) cannot reach parts of the brain and brain cells die. According to American Stroke Association, this is the # 5 cause of death and leading cause of disability in the United States. It is very important to treat a stroke as soon as possible when it occurs.

Check F.A.S.T!

There is an easy way to remember the sudden signals of stroke.

F = Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A = Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S = Speech Difficulty – Is speech slurred?

T = Time to call 911

Other Stroke Symptoms:

There are other stroke symptoms in addition to F.A.S.T such as: Sudden numbness or weakness of the leg • Sudden confusion or trouble understanding • Sudden trouble seeing in one or both eyes • Sudden trouble walking, dizziness, loss of balance or coordination • Sudden severe headache with no known cause.

Types of Strokes:

There are three kinds of strokes: Ischemic Stroke, Hemorrhagic Stroke and Transient Ischemic Attack (TIA). According to Centers for

Disease Control and Prevention, 87% strokes are ischemic strokes. An Ischemic stroke occurs when the blood supply in part of brain is obstructed by a clot and the brain cannot get oxygen and nutrients. A Hemorrhagic Stroke happens when an artery in the brain bursts and leaks blood into the brain. A Transient Ischemic Attack (TIA) is also called a "mini-stroke." TIA happens when blood flow to part of the brain is blocked for a short amount of time usually no more than 5 minutes. You should not ignore this as a TIA is a warning sign of a full stroke in the future and you should go to the hospital immediately.

How to Prevent a Stroke?

The following conditions cause a high risk of stroke:

- High Blood Pressure
- Smoking
- Diabetes
- High cholesterol
- Obesity
- Physical Inactivity
- Carotid Artery Disease
- Peripheral Artery Disease
- Heart Disease

It is important to maintain a healthy diet to treat your blood sugar or cholesterol level, watch your weight, stop smoking, avoid too much drinking and exercise.

References:

American Stroke Association: <https://www.stroke.org/>

Centers for Disease Control and Prevention: https://www.cdc.gov/stroke/types_of_stroke.htm

New Water Conservation Program for Income Qualified Alameda County Water District Customers

As part of a drought response, Alameda County Water District (ACWD) is excited to announce new leak detection and repair services for the Water Savings Assistance Partnership Program, their joint program with Pacific Gas & Electric that offers income-qualified customers the following services for FREE:

- Water and energy conservation home assessments
- Water and energy efficient device installations (including toilet retrofit)
- ACWD conservation program information
- NEW! – Leak detection and repair for bathroom and kitchen faucets, toilet flappers, sprinkler heads, and outdoor hose bibs
- The new leak repair services were added to the program to offer income-qualified customers additional help and resources to conserve water during drought

To learn if you qualify and to sign up for this free program, please call Bottom Line Utility Solutions (BLUS) at 800.597.2835. BLUS is the subcontractor that conducts the energy and water savings assessments and they will assist you in getting signed up for the program. For more information about this program or other ACWD water conservation rebates and resources, please call ACWD's Water Use Efficiency team at 510.668.4218 or email water.cons@acwd.com.

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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Emeryville, California 94608
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*J-Sei History Day - Saturday, April 30th.
Share your photos and memories of 50 years
from EBJA to JASEB to J-Sei.*

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Save the Date!

- Apr 1** Love in the Library
- Apr 28** Simple Japanese Cooking
- Apr 30** J-Sei History Day
- May 4** Consumer Fraud: Scams Targeting Seniors
- May 5** Uprooted- Bancroft Library Tour
- May 19** Simple Japanese Cooking
- Jun 4** My Family Archive Workshop
- Jun 11** Art-iculating Collage Workshop
- Jun 14** Getting A Good Night's Sleep
- Jun 25** J-Sei's 50th Anniversary Gala