



## J-Sei's 50th Anniversary Celebration

What a fitting celebratory gathering where almost 300 people acknowledged the vision, hard work and dedication of so many people and generations who nurtured J-Sei into the impactful and vibrant organization it is today. Ryan Takemiya, master of ceremonies, kicked off the program which highlighted the action of founders in 1971, and honored the leadership of recent past board presidents Robert Sakai, Ben Takeshita, Bruce Hironaka, Ned Isokawa and Aki Nakao. Current board president, Pam Honda, cited the selfless leadership of the group and noted the compassion that each board president had for assisting seniors individually and through the agency.

Entertainment by Akira Tana and his band created a joyous atmosphere where so many friends reveled in seeing each other again. "Looking Back: J-Sei's First Fifty Years" created by Nancy Otto, Klein & Roth Consulting, documented the maturation and trajectory of J-Sei and featured original founders, long time volunteers, staff and board members. Diane Wong, executive director, also thanked everyday hero community members while envisioning J-Sei's future.

This 50th anniversary event took two years of planning and much gratitude is given to event chair Kei Matsuda and his wonderful committee Joan Fujii, Pamela Honda,

*(cont. on p. 5)*

## In This Issue

### J-Sei Classes & Programs

- 2 Classes and Programs
- 3 Workshops and Events

### J-Sei News

- 6 J-Sei's 50th Gala Photos
- 7 J-Sei's 50th Gala Sponsors
- 9 Linda Okahara, New Board Member
- 8 Free COVID Tests and How to Get Treatment

### Resources

- 10 Case Manager's Corner
- 11 Senior Center Partners
- 12 Save the Dates

### Contributors

Editing – J-Sei Staff  
 Design – Greg Magofña  
 Images & Graphics –  
 Berkeley JAACL, J-Sei,  
 Suzie Sakuma, Kathleen Wong

# J-Sei Class Schedule

## In-Person Classes

### Weekly

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

**NEW: Wed, 11-12 - Fall Prevention: Intro to Balance**

**NEW: Wed, 1-3 pm - Mah Jongg Club (hybrid)**

**NEW: Wed, 1-2 pm - Japanese 1A**

Wed, 1:30-3 pm - Sogetsu Ikebana

**NEW: Wed, 2:15-3:15 pm - Japanese 1B**

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 Jongg Club (hybrid 1-3 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).***

## 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.

## 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. Visit the J-Sei website to see the next Book Club selection.

### 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](mailto:jill@j-sei.org)

## IN-PERSON

We welcome back the Japanese classes and Mah Jongg Club to J-Sei with a new day set for Wednesday afternoons, to begin on August 3rd.

### **Japanese 1A (1-2 pm) & Japanese 1B (2:15-3:15 pm)**

Learn the basics of Japanese conversation. Nobuko Satake taught Japanese language at El Cerrito High School and brings her experience and joy of teaching Japanese language and culture to J-Sei. With simple instruction and an engaging style, she encourages an ease in learning Japanese.

### **Mah Jongg Club (1-3 pm)**

Over the past two years, the J-Sei Mah Jongg Club members have continued to keep their minds sharp and enjoy the camaraderie with an online weekly game. With hopes to renew friendships, Hiroshi Satake will offer hybrid Mah Jongg to encourage in-person community interaction and maintain an online experience for those who choose not to gather.

All individuals who are interested in participating are required to pre-register online and show a Proof of Vaccination and Booster. We require masks to be worn indoors at J-Sei and for participants to sign a daily COVID-19 health waiver upon entering the building. Thank you for helping us keep our J-Sei community safe. Please register via our website or email [jill@j-sei.org](mailto:jill@j-sei.org) for assistance.

### **Fall Prevention: Introduction to Balance (11 am - 12 noon)**

Do you fear falling? Do you feel less than confident as you walk? This class is designed to strengthen your legs, hips & upper body. We use gait exercises to increase confidence during direction changes & standing. We do simple eye exercises to help with spatial awareness. The class is gentle and is a combination of sitting, standing & walking. Full session of 8 weeks (Sept 21 - Nov 9) is recommended. Suggested

donation: \$40-50.

Susan Sullivan works as a fitness coach, Pilates & yoga instructor and has stayed limber dancing for over 50 years. This class serves as an introduction to Strength & Balance, held on Thursdays at 10 am. Priority is given to first-time participants.

## UPCOMING PROGRAMS

### **Discovering the Deep Ocean with Monterey Bay Aquarium**

Thursday, July 14, 6:30 pm



*Photo: Scientists of Monterey Bay Aquarium, University of Hawaii, and Cal State Long Beach tag a young white shark as part of Project White Shark. 2010 Monterey Bay Aquarium*

How deep and vast is the ocean with a great expanse to explore. Join us for this special opportunity to hear about the deep sea from Dr. George Matsumoto, senior education and research specialist at the Monterey Bay Aquarium Research Institute (MBARI). Bringing together science and technology, MBARI is helping to transform the field of oceanography, making it possible to explore and understand our ocean--which covers more than 70 percent of our planet.

MBARI is working toward a future where the breathtaking majesty of our ocean is fully

visible, a future where our home-grown technology is scaled globally to monitor and predict ecosystem changes, and a future where the most important frontier we have left is healthy and resilient.

*Photo: MBARI volunteers help support their mission of ocean conservation.*



### Korean Kitchen

Saturday, July 23rd, 11 am - 1pm



Join us as we explore Korean home-cooking with Sunnie. In response to the enthusiastic interest from the K-Drama Club and the discussion of the tantalizing foods that frequent the screen, Sunnie will share home-cooking recipes for Deokbokki (Simmered Rice Cake), Bindaeduk (Mung Bean pancake) and Namul (Korean-seasoned vegetables) to get us started on adding new tastes of comfort into our repertoire. Suggested donation: \$15 in-person; \$5 online. RSVP to [jill@j-sei.org](mailto:jill@j-sei.org) with "Korean Kitchen" in the subject line. Limited space in-person.

## SANSEI GRANDDAUGHTERS' JOURNEY

*FROM REMEMBRANCE TO RESISTANCE*

An art exhibition and educational program on Japanese American Incarceration

**AZ GALLERY**  
Shops at Tanforan, San Bruno, California

JULY 24 - SEPTEMBER 3, 2022  
Artist Reception: July 30, 12:30 pm

*Locked Luggage by artist Shari Arai DeBoer*

### J-Sei Group Tour to Sansei Granddaughters Exhibit at Tanforan

Thursday August 11th, 11 am

Join us for a gallery tour with artist Shari Arai DeBoer. We will arrange to travel by BART or meet at the gallery for a group tour, enjoy lunch and conversation, For reservations, contact [jill@j-sei.org](mailto:jill@j-sei.org) with "sansei" in the subject line.



### SANSEI GRANDDAUGHTERS' JOURNEY- From Remembrance to Resistance

July 24 – September 3, 2022

Sansei Granddaughters' Journey features the work of five noted third generation (sansei) Japanese American artists who have dedicated their wide-ranging art careers to honor the legacy of the incarceration of Japanese Americans during WWII. The participating

artists are Shari Arai DeBoer, Ellen Bepp, Reiko Fujii, Kathy Fujii-Oka, and Na Omi Judy Shintani.

Honoring the history about the incarceration of Japanese Americans during World War II provides an opportunity to understand the terrible injustices that took place. A new art exhibition called Sansei Granddaughters' Journey: From Remembrance to Resistance is on display from Sunday, July 24 through Saturday, Sept. 3 at the AZ Gallery at the Shops at Tanforan, San Bruno, CA. Most significant is the fact that the AZ Gallery is on the land where the former Tanforan Racetrack and Tanforan temporary detention center stood.

Opening Reception - Saturday, July 30th;  
Gallery Hours: Wed-Fri 11-4, Sat 11-6, Sun 11-5;  
For more info on tours and workshops, visit [www.sanseigranddaughters.com](http://www.sanseigranddaughters.com)



### **J-Sei Family Festival - SAVE THE DATE** Sunday, September 25th

Our annual Family Festival is held in honor of Keiro no Hi, or respect for the aged day, a holiday that is celebrated in Japan. We look forward to good food, lively entertainment, and hands-on activities. **SAVE THE DATE** and join us to celebrate our elders.

### **50th Gala and Sponsorships** (cont. from front)

Wendy Kiniris, Aiko Kurokawa, Aki Nakao, Lisa Oyama, Amy Shinsako, Jill Shiraki, Jane Tanamachi, Diane Wong, Jane Yamashiro, and Kay Yatabe. Special thanks to many special individuals who donated their talents, time and in-kind gifts: Suzie Sakuma, AXR Napa Valley donated by Glenn and Arleen Takayama, Blue Flame Promotional Agency: Curtis Uejo and Diane Fong, and floral arrangements by Sogestsu Ikebana with Keiko Kubo.

We are so grateful for the many sponsors, donors, attendees and volunteers who made this event a major milestone celebration! See you in another 50 years!!!





# J-Sei's 50th Anniversary Sponsors

## Washi (Eagle)



Arch Insurance North America  
Bruce and Valerie Hironaka  
Kei Matsuda and Charles Rick  
Robert Sakai and Margaret Orozco-Sakai  
Jo Takata

## Hakucho (Swan)

Joan and Paul Fujii



George Kobayashi and Stephen Hoffpauir



Reiko Y. Nabeta  
Gerald and Gail Nanbu  
Ray and Judy Ogata  
Glenn and Amy Shinsako  
Fred and Margo Takemiya  
Reiko True

## Hayabusa (Falcon)

Berkeley Buddhist Temple  
Buddhist Temple of Alameda  
Dr. Art Chen and Peggy Saika  
Gloria Fujimoto  
Japanese American Citizens League, Berkeley Chapter  
Sadako Kashiwagi, Tomiye Sumner, Hiroshi F. Kashiwagi  
Monterey Market  
Thomas and Karen Morioka  
Aki and Emi Nakao  
Linda Okahara and Balaram Puligandla  
Lisa Oyama and Gary Lee  
Suzie Sakuma  
Ruth Sasaki  
Glenn and Arleen Takayama (In-Kind)  
Jane Tanamachi  
Victor Uno and Josie Camacho  
Betty and Doug Yamamoto  
Kay Yatabe

## Hibari (Lark)

Chihiro Akiyama and Russell Ouchida  
John and Keiko Allen  
Anonymous  
Ashby Village, Inc

## Hibari (Lark) cont.

Asian Network Pacific Home Care and Hospice

Nicholas Ching, DDS

Nobuso and May Doi

Greg Endom and Vickie Desofi

Matthew Fujikawa

Marjorie Fujioka

Peter and Nikki Fukumae

Mary Ann Furuichi

Geri and John Handa

Malcolm and Carolyn Hayashida

Susan Kai and Jonathan Hirabayashi

Daniel and Colleen Hirano

Ernest and Glory Katsumata

Kiyoshi and Emiko Katsumoto

Hatsue Katsura

Family of Kimiko and Fred Kishi

Emi and George Matsunaga

Bradley Menda

Leroy M. Morishita and Barbara Hedani-  
Morishita

Matt and Sharon Morizono

Oliver Morse

Aaron and Susan Muranishi

Haruko Nagaishi

Alan Nagata and Judy Tsujimoto

Jane Naito

Peter Namkung

Chris Nishida and Terry Lee

Susan Obata

Roger J. Ota, DDS

Art Ramirez and Janice Otani

Gerald and Joy Hashiba Sekimura

Teruko Shibata

Kelly Shintani and James Yong

Carolyn and Gary Soto

May Takashima

Dr. Himeo Tsumori and Louise Tsumori Lue

Gerry Uesugi, in memory of Dan Uesugi

Roy and Alice Wakida

Diane Wong

Naomi and Ken Yamada

Valerie Yasukochi and Jim Duff

Stan Yogi and David Carroll



## Linda Okahara New Board Member

For several years, my Dad (Tsutomu Okahara) benefitted from the J-Sei lunch delivery program and the generosity of the many friendly volunteers who brought him lunch each day. In appreciation of those volunteers and J-Sei, I began volunteering with the senior meal program after retiring from 40+ years with Asian Health Services.

In both the kitchen and deliveries, I continue to be impressed with the organization's leadership, staff, and volunteers' commitment to delivering quality services. Upon retirement, I've been able to also join the J-Sei Tanoshii Nihongo class and grateful for our wonderful teacher, Takako Hayakawa, and the welcoming warmth of fellow students.

I was honored to be asked to serve as a member of J-Sei's Board of Directors. I hope my experience in a community-based non-profit along with past board experience with the Asian Women's Shelter and local and state



healthcare interpreting organizations can contribute to the Board's work.

With a J-Sei family history reaching back to the late 70s (when my sister, Anne Okahara, worked at EBJA) my wish is to contribute in building J-Sei's legacy. My husband, Balaram Puligandla, and I look forward to contributing to J-Sei's future.

## Get Your Free Tests and Know Your Treatment Options

As COVID-19 continues to impact our daily lives, please take the time to order your free at-home tests. The federal government is now sending via UPS 8 free rapid antigen tests per household. Use this easy link here to order. <https://special.usps.com/testkits>

COVID-19 treatment is available but it is absolutely critical that a person receive their oral antiviral treatment within 5 days of symptom onset. The effectiveness of these drugs reduce with time so take these drugs as soon as possible.

Sometimes testing, getting a prescription and filling a prescription can cause delays – so be prepared ahead of time. California launched 'Test to Treat' sites where someone can get tested, be seen by a provider and receive a prescription for antiviral pills all in one visit. This link will help you find a 'Test to Treat' site close to you. <https://aspr.hhs.gov/TestToTreat/Pages/default.aspx>

Keep healthy!

## Case Manager's Corner by Veta Jacquin

On election day, June 7th, a group of six people from J-Sei stood on the corner in front of El Cerrito Plaza waving their hand made signs: VOTE, HONK IF YOU HAVE VOTED, VOTE NOW. How did this come about? The initiator of this action explains: "In our J-Sei Aging Together group we were talking about how we support causes we are interested in. While the discussion was going on, I started seeing in my imagination a group of us standing on the corner carrying signs to get people to vote. I shared that image with the group. The question came up: When can we do this? That evening I decided I would do it even if there were only two of us on the corner. I sent an email out to our J-Sei Aging Together Group of when and where." From imagination to fruition. As another person says: "All you need to do is say it."

It was not easy for the six people who rallied on the corner. This was a stretch beyond comfort level; this was the first time doing any kind of demonstration. They were nervous, maybe a bit scared. Someone's son-in-law came to observe and make sure all were safe. AND... everyone was so excited and pleased they decided to keep the signs and do it all again for the November elections!

This prompted the reflection of the Aging Together group: "What is in your bucket list that you would like to do that will take you a bit out of your comfort zone to try something new OR what have you accomplished that was a stretch,



or a bit scary? How do you feel about trying new things? Here are some responses:

"I recently started taking courses through Landmark (an outgrowth of Werner Erhard's EST of the 70s). I had the goal of reaching my pre-pandemic weight and attaining a healthy heart by February 2023. I enrolled in a class feeling a little silly at my age taking this class. I am glad I made the choice to join. I learned and relearned things that are helpful to living a more satisfying life."

"In my 60s I started Taiko drumming, now I am a teacher; in my 70s, I started learning Butoh dancing." (and she is really good!)

"I started playing the ukulele after I retired in my 60s, and I lead the band (he does not like to call himself the bandleader!)

"Sometimes I limit my thinking and cannot go beyond having a wish. A main wish is regarding recycling; I do my share, but I think it is time to influence others. I have to go beyond my little world."

"After a 22 year off-and-on relationship, I am living with my boyfriend. This is my first experience of living with a partner since college. I am 74 years old"

Influenced by taking a workshop One Year to Live, based on the book by Stephen Levine, one elder takes frequent trips going back to his home in Hawaii to see friends and family.

"...In my late 50s I decided to force myself to conquer my fear of public speaking so joined Toastmasters. At the first meeting I was asked to stand up and give my name and the company I worked for. I very quietly gave my name; my palms were sweaty, and my face was turning red. I got through the company name with only the three identifying letters...after 5 years of attending weekly meetings, I won the Regional contest."

"When I retired, I decided I would take tap dance lessons. My three younger sisters all got lessons, I wondered why I never did, so I decided as an adult my wish would come true. The dance class had an annual show. I felt nervous performing on stage but figured at my age 'just go for it.' Here it is 2022 and I am still tapping 16 years later at age 79."

From Aging Well – HelpGuide.org: "One of the more damaging myths of aging is that after a certain age, you just won't be able to do anything new or contribute to things anymore. The opposite is true."

As the Aging Together group was inspired to action, I am hoping to inspire our readers to do whatever is that YOU would like to do, that you are able to do. Yes, as we age we have limitations; yet we are still able to achieve satisfaction in achieving a goal we did not know we have the ability/courage to attain. It does not have to be a huge something, just something that may be beyond our comfort level that we have been putting off.

"Dye part of my hair blue? I was told as a child that I could not draw, so I never have; well, I just may take art lessons. I have been avoiding writing a certain letter because I am afraid of the reaction from the recipient which could touch all my insecurities of being rejected or reprimanded. And I WILL WRITE IT."

From one group member: "If just one person reading this article in the J-Sei Newsletter resonates with my discomfort and anxiety and feel they can overcome their fear, I will be happy. It will be totally worth the whole thing."

---

## 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



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

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
OAKLAND, CA  
PERMIT #8619

ADDRESS SERVICE  
REQUESTED

## Staff Contacts

### Mary Hart, MA, NHA

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

### Franklin Hom

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

### Natsumi Iimura

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

### Yuji Ishikata

Chef  
(510) 654-4000  
yuji@j-sei.org

### Glen Iwaoka

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

### Miyuki Iwata, LCSW

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

### Veta Jacquelin

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

### Tracy Kaneshiro

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

### Tiffany Nguyen

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

### Suzanne Otani

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

### Jill Shiraki

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

### Hannah Tang

Chef Assistant  
(510) 654-4000  
Hannah@j-sei.org

### Manami Wamukota

Chef Assistant  
(510) 654-4000  
manami@j-sei.org

### Diane Wong, MSW

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

### Kathleen Wong

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

## Save the Date!

- Jul 14** Discovering the Deep Ocean
- Jul 23** Korean Kitchen
- Aug 11** Tour to Sansei Granddaughters Exhibit
- Sep 5** Labor Day (J-Sei Closed)
- Sep 25** J-Sei Family Festival