



Volunteers Make a Big Difference

People giving their time, energy and heart are the cornerstone of J-Sei’s senior service and cultural programs. Volunteers provide outstanding ideas and energy to continually improve and evolve what is offered. Without the generous contribution of these caring community members, J-Sei’s nutrition, education, friendly visitor/caller, special events and administration would be severely restricted.

Nutrition Volunteers: A Message from Kathleen Wong, Senior Nutrition Manager

Over the past year, J-Sei’s nutrition program has delivered over 34,000 meals to homebound seniors. This would not be possible without the help of our amazing volunteers who dedicate their time and energy to pack and deliver these meals to the seniors! Nutrition program volunteers always go above and beyond to help the program meet its needs. Our kitchen and delivery driver volunteers have given an incredible 2,962 hours to make sure that the seniors can receive their nutritious meals on time. A lot goes into those hours; kitchen volunteers help prep ingredients, wash a relentless amount of pots and pans, and ensure that our kitchen areas are kept clean and in top condition. The drivers deliver to at least 6 to 15 stops per route, taking the

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J-Sei Class Schedule

In-Person Classes

Weekly

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

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

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

Wed, 1-2 pm - Japanese 1A

Wed, 1:30-3 pm - Sogetsu Ikebana

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-12 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 (1st and 3rd, 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.

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. 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

Workshop



Korean Kitchen with Sunnie (Hybrid)

Saturday, October 22, 11 am to 1 pm

Learn about Korean Palace Food, or Gungjung Eumsik, a popular array of delicacies, served to royalty during the Choseon Dynasty. The eight provinces were represented in turn each month by ingredients presented by their governors and elaborately presented to the King. We will have the chance to learn about the preparations for Sinsello, a soup filled with delicacies presented in a Mongolian hot pot. We will also experience Gujeolpan, an array of eight fillings eaten wrapped in a small crepe. Sunnie Youk is an avid home cook and the ultimate host who learned many of the dishes from her family. RSVP for the ZOOM link by sending an email to jill@j-sei.org with Korean Kitchen in the subject line.

SAVE THE DATES

OUTDOOR Film Screening - J-Sei At the Movies

Friday, October 14th, 6:30 pm

Remember the Drive-In theater where you could play in the parking lot, then kick back to watch a movie together. Join us for a new adventure as we meet outdoors in the parking lot for J-Sei At the Movies. We look forward to the moderate Bay Area weather in October where the sky is crisp and clear - perfect for moon viewing or movie watching. More info to come, but mark your calendar.

Harvest Luncheon (Virtual)

Friday, November 18

In honor of the harvest, we gather each year in gratitude for all that sustains us. A special harvest day luncheon with turkey and all the trimmings will be prepared for home delivery. We will have a limited number of lunches available for pick up. Then, we invite you to join us online for a virtual celebration.

J-Sei's Asian Artisan Craft Fair

November 25 to 29- Virtual Craft Fair

December 4th - J-Sei Marketplace

Once again, the Virtual Asian Artisan Craft Fair will be open 24/7 for 5 days from Fri, Nov 25 to Tues, Nov 29. All orders will be available for pick-up on Sunday, December 4th. We look forward to sharing the handcrafted wares from a variety of community artists. We will also host a J-Sei Marketplace, an in-person experience to meet some of the artisans and purchase additional gift items. Thank you for your support as we continue to navigate ways to gather safely. Check our website for more information on the artisans that will be participating.

Volunteers Make a Big Difference (cont. from front)

time to greet the seniors they meet and check in to see how they are doing while ensuring the meal is still warm when delivered.

Several seniors and family members have given us feedback with how appreciative they are with the meals they receive and how nice the driver volunteers are dropping off their meals. We cannot emphasize enough how important our volunteers are and how truly grateful we are to have them in our organization. Rain or shine, they come through with genuine enthusiasm and we are so thankful for their help and generosity for our nutrition program as they have been an integral part of our rapid growth. Thank you J-Sei volunteers!

Education Program Volunteers: A Message from Jill

The Community Education and Wellness programs benefit from 20 instructors and moderators who continue on-going classes, forums, and support groups from week to week, month to month, and year to year. They have adapted to online offerings and several have returned to in-person classes. They offer us the grounding and constancy that keeps us connected and curbs isolation, especially during this time. For our Community Programs that include authors, filmmakers, artists, health professionals, activists and special event volunteers, we receive support from an additional 64 individuals. They have kept our minds stimulated and our hearts open as we grow and learn from each other. Together, our program volunteers offered 1,993 hours of their care to sustain us this past year.



Friendly Visitor and Caller Volunteers: A Message from Sunnie

Engaging and caring friendly visitors/callers provide weekly companionship for older adults who are unable to easily leave their homes. Socializing and checking in on a senior's well-being builds warm friendships and reduces isolation. J-Sei's friendly visitors and callers provide 522 hours of support and conversation to our community. Great job with the cheer that you bring to others.

And More!

Behind the scenes, volunteers help with J-Sei's data base, mailings and administration. Over 624 hours of volunteer administrative help throughout the year keeps the agency infrastructure strong.

Everyone's collective effort supports the important work at J-Sei. What a wonderful impact you all make in the community – thank you!

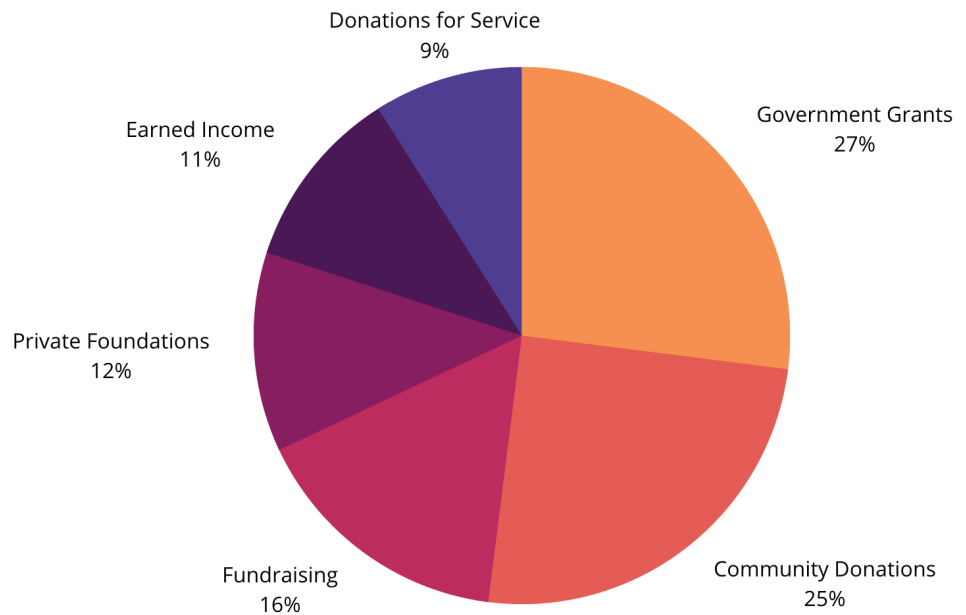
FY 2021-2022 in Review

As we close the books to fiscal year 2021 to 2022, we put behind us the second full year of operations under COVID-19 modified operations. Thanks to one-time only federal and county emergency funds, J-Sei programs were fully supported despite significant growth and expansion in the nutrition program. J-Sei's solid financial footing resides in the diverse range of revenue sources that include government funding, private foundation grants, individual donors, contributions for services and fundraising activities.

Thanks to so many of you who donate through our annual fundraising events! You assure that older adults can remain healthy and engaged in the community. Also, we are tremendously grateful to the following organizations for their dedication to J-Sei senior care: Alameda County Area Agency on Aging, Contra Costa County Health

Services Department, City of Berkeley, Asian Pacific Fund, Berkeley Pilgrimage Foundation, Beulah Older Adult Fund, East Bay Foundation on Aging, JA Community Foundation, Meals on Wheels Alameda County, Red String Foundation, Senior Assistance Foundation Eastbay and Union Bank.

Fiscal Year 2021-2022 Revenue Sources



Planned Giving

To help sustain J-Sei's important work for future generations, we encourage our supporters to remember J-Sei in their estate plans. Planned gifts are an essential component to enhance J-Sei's programs and services. While the older adult services will continue to be a major focus of J-Sei's activities, we intend to fulfill our mission to nurture and pass on Nikkei values and traditions to a multi-generational and multi-ethnic community through cultural programs and caring services.

A sample of some planned gifts include:

- Cash Bequests
- Retirement plan beneficiary
- Charitable IRA Rollovers
- Charitable Remainder Trusts
- Public traded securities
- Real estate

Your generous planned giving gift allows you to make a difference to the future of programs that you believe in. You may also benefit from significant favorable tax consequences.

Mary Hart

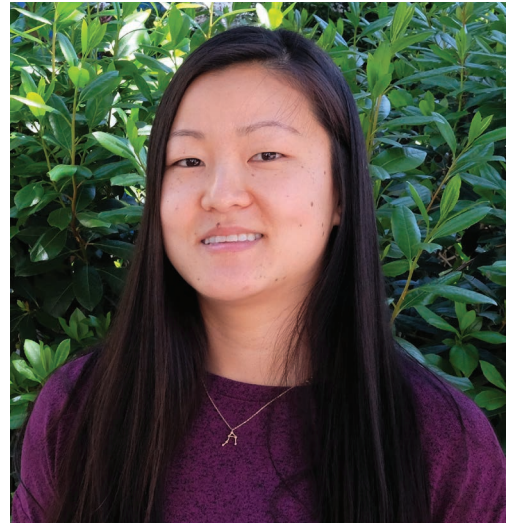
Thank You for 10 Years of Care

Mary Hart, J-Sei Home Administrator for the past 10 years, is resigning from J-Sei Home and will give up her daily operational duties effective September 23, 2022. However, Mary will stay on for six months as the home's Administrator where she will work about 8 hours a week to oversee the Home's compliance with licensing and public health requirements. We are grateful that Mary will help us in this way during the next six months so that her historical knowledge and continuity will ease the transition.

During the past ten years, Mary has dedicated herself to the wonderful J-Sei Home staff and residents. Her role combined many different skills to assure supportive care for the seniors. All of us acknowledge the tremendous effort that Mary has put into J-Sei Home. Thank you!

While we search to find Mary's replacement Tara Kawata, J-Sei's Director of Services, will take over Mary's role in the home's operations. As the labor pool is very thin, we are asking for the community's help in conducting outreach to help us find a new full-time Administrator/Director and one caregiver for this homey 11-resident facility. Please help us find the next caring and organized leader of our treasured J-Sei Home.

Please locate the job posting on our website, www.j-sei.org, for the job description and more details. Your assistance is greatly appreciated.



Welcome Back Tara!!!

The crew at J-Sei are so happy and excited to announce that Tara Kawata has rejoined our team. Tara previously served as the Senior Services Manager but will now fill a new part-time role as Director of Services. She will bring her strength and expertise in older adult programs, social work and effective management. In her new position, she will add to the organizational strength, leadership and overall depth of J-Sei. Hip hip hooray – welcome back Tara!

J-Sei Home Volunteers and Activities

This summer brought new activities and volunteers to J-Sei Home. As the home was able to open up a bit more, we welcomed wonderful community volunteers who spent time with the residents providing engaging conversations and fun with baking, art and more. The residents continue to blossom and learn with new crafts, music and companions. Please think about sharing your talents with J-Sei Home Residents! Call 510-732-6658.



Case Manager's Corner

California Advanced Health Care Directive (AHCD)

Written by Miyuki Iwata, J-Sei Case Manager

When a J-Sei Case Manager visits a new client, we often ask if the client has an Advanced Health Care Directive (AHCD). It is important to create this document to control your desired quality of life. An AHCD reflects your wishes in regards to medical treatment in the event that you become incapacitated or disabled and cannot make a decision on your own behalf.

What is an AHCD?

AHCD stands for Advanced Health Care Directive also known as a living will. It allows you to give written instructions regarding your medical care decisions and also to designate a person to make decisions on your behalf. You can state in advance in the AHCD document when you want the document to be effective. Clients often request that the ACHD become activated when their physician determines them to be in capacitated, but some clients choose to have the ACHD effective as soon as they sign the document. If you have completed an ACHD in another state, you may want to complete a new one in California so it is valid here. Laws regarding ACHDs may vary from state to state.

Designating an Agent

In the ACHD document, you can appoint an agent who handles medical treatment and care decisions on your behalf. Be sure to select a person whom you really trust such as a spouse, sibling, relative, child, friend, or associate to be an agent. It is better to designate more than one person as an agent. Clients often designate one or two alternate people to act as agents in case the first designated agent is unable to carry out their duties due to unforeseen reasons.

Please note that you cannot choose your primary physician or health care provider, the operator or any employees of a community, residential care facility or health care facility that you are receiving assistance from to act as your agent unless that person is a spouse, or relative.

Situations to Consider

You should consider having an ACHD in place in advance if any of these types of medical treatment occur: end-of-life preference, organ/tissue (or full body) donation, surgical procedures, pain management, and cardiopulmonary resuscitation. Please talk with your physician in order to understand your options in making health care decisions. You may also want to discuss your preferences with your family, close friends, attorney, and other health care providers.

How to Make an ACHD

You can make this document by contacting an attorney or using existing forms which are available for purchase at an office supply store, downloading forms from internet, or you can ask your doctor's office or organizations that supplies them. You can also ask J-Sei Case Managers. In order to complete this document, you must get it notarized from a notary public

Family Festival Fun

Check out these photos from Family Festival 2022 with festivities at J-Sei on September 25, 2022.



or have two qualified adult witnesses who will be required to sign it. If you reside at a skilled nursing facility, one witness must be a Long-Term Care Ombudsman. A physician's signature is not required for this document.

What should I do after I complete it?

After you complete this document, keep an original for yourself in a safe and accessible place and give a copy to your physician, hospital, and designated people for their record so that your wishes can be carried out smoothly and timely.

For more information, please see below:

1) Family Caregiver Alliance: (415) 434-3388 | (800) 445-8106

<https://www.caregiver.org/resource/advance-health-care-directives-and-polst/>

2) California Advocates for Nursing Home Reform (free form):

<http://www.canhr.org/publications/ahcd.html>

3) Kaiser Permanente (free form):

<https://healthy.kaiserpermanente.org/northern-california/health-wellness/life-care-plan/advance-health-care-directive>

Our Biggest Thanks to J-Sei's Donors

J-Sei is grateful to the many generous individual donors who help raise 50% 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 July 1, 2021 to June 31, 2022)

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Save the Date!

- Oct 10** Indigenous Peoples' Day
– J-Sei Closed
- Oct 14** Outdoor Film Screening
– J-Sei
- Oct 22** Korean Kitchen
- Nov 24** Thanksgiving Day
– J-Sei Closed
- Nov 25** Day after Thanksgiving
– J-Sei Closed
- Dec 4** J-Sei Marketplace –
Asian Artisan Crafts Fair
- Dec 26** Christmas Observed
– J-Sei Closed