



2023



Akemashite Omedetou Gozaimasu!

Happy New Year and welcome to 2023! The New Year brings with it the opportunity to reflect and be thankful for the past and time to plan and anticipate the future.

I am thankful for another great year for J-Sei. Though COVID-19 continues to influence our lives, J-Sei programs and activities thrive and in person classes continue to grow. The programs that the J-Sei staff and volunteers put together never cease to amaze me! Their variety, depth, impact and relevance put the J-Sei program offerings in a class of their own. Thank you to the J-Sei staff, Diane, Jill, Tara, Tiffany and the many volunteers for putting together such a stimulating, thought-provoking and overall fascinating line-up of classes, programs and events. Thank you, too, to our case managers, Veta and Miyuki, our program coordinator, Sunnie, our drivers, Franklin and Glen, and our go-to person for anything and everything, Suzanne. Thank you to the staff at J-Sei Home for providing such a warm and caring environment for the residents. These have been challenging times, but you continue to persevere, doing all that you can to make the residents feel comfortable. All of you at J-Sei provide such critical services and are so good at what you do!

The all-important nutrition program continues to rock! Kathleen, Tracy, Chef Yuji and Hannah along with all of the amazing, invaluable kitchen volunteers and drivers

(cont. on p. 4)

In This Issue

J-Sei Classes & Programs

- 2 Classes and Programs
- 3 Workshops and Events

J-Sei News

- 5 Welcome Ron Salvador
J-Sei Home Refreshed
- 6 New Member: Goen
Japanese Christian Church
Expands Lunch Delivery
- 7 Chef Yuji featured in KQED
- 8 J-Sei Artisan Faire Thanks
- 9 J-Sei YouTube Channel
- 10 Crab Feed Tickets

Resources

- 11 Brighten a Senior's Day
Senior Center Partners

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J-Sei Class Schedule

In-Person Classes

Weekly

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

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

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

Wed, 1-2 pm - Japanese 1

Wed, 2:15-3:15 pm - Japanese 2

Thurs, 1-3 pm - Watercolor Painting

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

Monthly

Tues, 10-11:15 am - J-Sei Sings (Jan 10 and 1st Tues thereafter)

3rd Tues, 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 (10-11:30 am, 1st & 3rd), 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 (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.

On-Going Programs

To participate in any of the On-Going Programs, email jill@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.

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.

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. Special guests have appeared via Zoom to talk about their work in film and to participate in audience Q&A.

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.

Special Events



J-Sei Oshogatsu Celebration

Friday, January 27th, 11 am - 2 pm

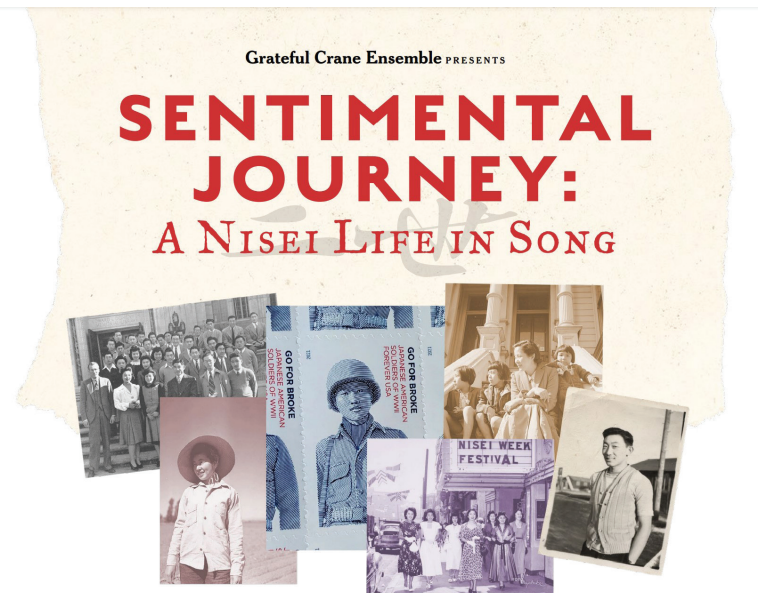
Hybrid: In-Person and Online - includes an interactive workshop with lunch on-site, and hybrid performance

SAVE THE DATE for our New Year's celebration.

"The year of The Rabbit is one where the sacrifices of the past are rewarded generously. All the seeds of effort we have sown shall finally bear fruit whose sweetness is determined by the purity of our heart's intent." [Year of the Rabbit. Lifestyle Asia]

What are your intentions for the new year? Our hope and intention is to keep us all connected.

Join us for our Oshogatsu celebration and enjoy a classic Japanese celebratory dish of Chirashi Sushi and delicious side dishes. RSVP to jill@j-sei.org with "Oshogatsu" in the subject line to join us in-person or pick-up To-Go. Suggested donation is \$12.



Sentimental Journey: A Nisei Life in Song

Saturday, March 18, 2023, 12:30 pm

Freight & Salvage, 2020 Addison Street, Berkeley

Join J-Sei for this special show in tribute to our Nisei generation as the Grateful Crane Ensemble from Los Angeles takes you on a sentimental journey through the Nisei's life in America before, during and after WWII. Featuring over 20 of the Nisei's favorite Japanese and American songs, the show promises to bring back fond memories of their lives well-lived as we say "Thank you" to them for paving the way for the younger generations to follow.

Written by Soji Kashiwagi

Featuring Jason Fong, Haruye Ioka, Keiko Kawashima, and Merv Maruyama

Musicians: Lisa Joe, Musical Director, Piano; Danny Yamamoto, Drums

RSVP to jill@j-sei.org with "Sentimental Journey" in the subject line



*Pam Honda
J-Sei Board President*

Akemashite Omedetou Gozaimasu! (cont. from front)

continue to serve hot, tasty and much-appreciated meals. The appetizing aroma coming from the kitchen gives me goosebumps knowing how important this program is to our seniors. Volunteers and drivers like Susan, Pietro, Steve and Bob deliver lunch with a smile.

This past year we were grateful to celebrate our 50th anniversary in person and acknowledge the people who have worked so hard to fulfill our mission. A mission that includes bringing “generations and families together to nurture and pass on Nikkei values and traditions” and ensuring “our resources, information and services are relevant to the entire continuum of senior care”. This is not a simple task.

Our success is demonstrated in the wide array and diversity in the programs and events offered; the increase in participation rates by community members young and old; and the generous donor pool...individuals, estates, government agencies and corporations, who believe deeply in our purpose and have kept us strong financially.

The J-Sei staff and the Board have done an outstanding job of assessing the needs of our seniors and our community. Over the years, our programs have evolved to spark participant interest in learning about our cultural and Nikkei values. Today we integrate current affairs and social issues into these conversations. We know the needs and interests of our seniors and the greater community will continue to change. I’m confident our strong history of being nimble and forward-thinking in addressing these will continue.

I close with a huge thank you and round of applause to the entire J-Sei Family. We’ve made it to 50 years, and our future looks bright because of all that each and every one of you do in support of our wonderful organization!!! I wish you all the best of health, happiness and safety in the New Year!

–Pam Honda, President, Board of Directors



J-SEI HOME NEWS

Welcome Ron Salvador to J-Sei Home!

J-Sei Home is very happy to introduce Ron Salvador as J-Sei Home's new director. With master's degrees in business, social work and religion, Ron brings decades of experience working in leadership positions in various health care facilities. He is very familiar with the needs of older adults and has provided social services in rehabilitation, memory care and assisted living facilities. During the past few weeks, Ron has been getting to know the interests and care needs of the residents and introducing himself to families. Thank you Ron for bringing your warmth, skills and enthusiasm to J-Sei Home!



In addition to welcoming Ron to J-Sei Home, a party was recently held to celebrate the 10+ years of caring and dedicated service of three staff members: Mayumi Akagi, Mary Hart and Fumi Tsuchiya. Families were invited and the Sentimental Strummers provided heartwarming entertainment. Thank you Mayumi, Mary and Fumi for the unparalleled skill, respect and devotion that you have shared with so many residents!

J-Sei Home Refreshed

Throughout 2022, J-Sei Home located in Hayward has received much loving care and attention. With the highly skilled expertise of volunteer Carrie Yoshida, who is a Certified Redesign Specialist and owner of Visual Harmony Interiors, J-Sei Home now has a new look which offers our residents wonderful natural light, home-like atmosphere, and warm comfort. Residents are now enjoying their refurbished surroundings and cozy furniture. We want to extend our many thanks

to Carrie Yoshida (who is also one of our nutrition volunteers!) for leading the way with the Home's new updates and teaming with Tiffany Nguyen, J-Sei's Operations Manager and Mary Hart, J-Sei's Home Administrator for coordinating much of the physical improvement work.

Please feel free to call J-Sei Home at 510-732-6658 for more information or a tour!

A New Member Organization: Goen

J-Sei has 20 member organizations (religious, civic and service groups) who partner to assist in sharing information and supporting one another. The newest addition is Goen located in Pleasant Hill. Goen started in October 2022 and offers a senior social group that engages individuals in seasonal crafts, Japanese Karaoke, tea and lunch. Aiko Katayama created this program when she witnessed a need for older Japanese individuals to have a place to meet friends and to socialize. The program is held on the second Friday of every month from 11:00am to 12:30pm at the Kurumi Japanese Class and has the participation of many creative and caring volunteers.

Goen

2261 Morella Avenue, Suite C, Pleasant Hill
Fee: donation

For more information please write to
circle3ph@gmail.com



Japanese Christian Church of Walnut Creek Expands J-Sei's Lunch Delivery

This month, we've extended another route of our nutrition program to East Contra Costa County! Thanks to the hardworking efforts



of the Japanese Christian Church of Walnut Creek (JCCWC) community, we are able to start delivering meals to clients who live in and near the Walnut Creek area. Since summer of this year, members of the JCCWC community have reached out to plan a meal delivery pilot program to homebound seniors in East Contra Costa County. Starting with 11 clients, 9 volunteer drivers, and 3 routes, the pilot program will deliver meals twice a month every first and third Thursdays. A special mention to Fran Tanji and Ema Hiura for coordinating and organizing all the details and logistics needed to ensure this could be possible! We are so excited to expand our nutrition program services with the help of a member organization.

J-Sei's Chef Yuji Ishikata's New Year's Pop-Up featured by KQED

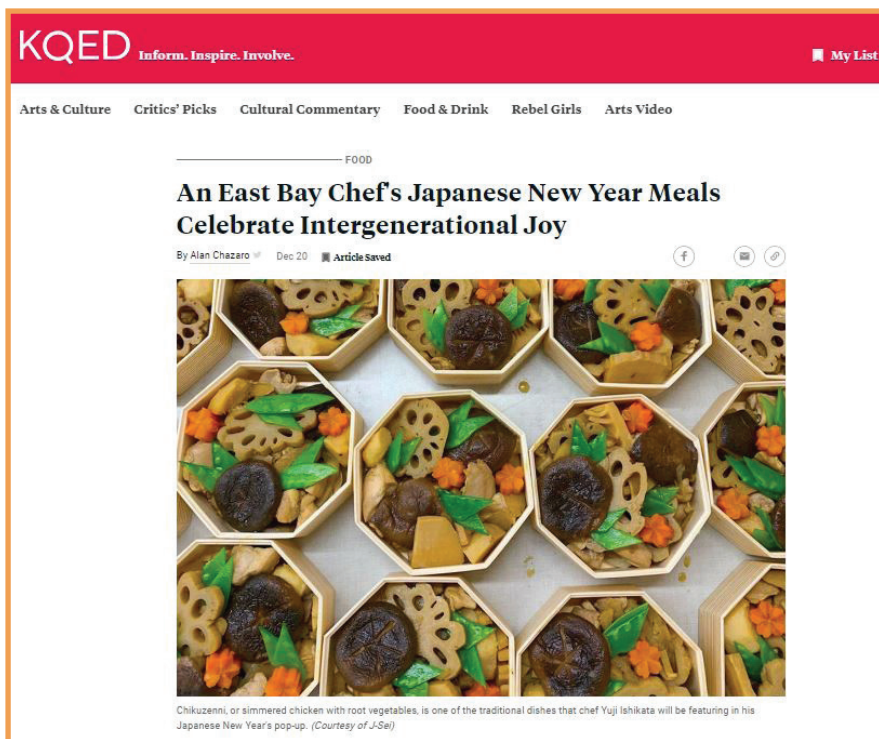
In a recent article, KQED featured J-Sei's very own Chef Yuji Ishikata. In the article, we hear about his philosophy of cooking, sharing, and the importance of the East Bay community in his youth and today. Below is an excerpt:

An East Bay Chef's Japanese New Year Meals Celebrate Intergenerational Joy

By Alan Chazaro, KQED, Dec 20, 2022

As a teenager growing up in the East Bay, Yuji Ishikata veered away from formal schooling. Instead, he gained his education by working at local restaurants and grocery stores, including Berkeley Bowl and Tokyo Fish Market. As a Yonsei — a fourth-generation Japanese American — that's where he embraced his community of elders and peers while developing a love for culinary expression.

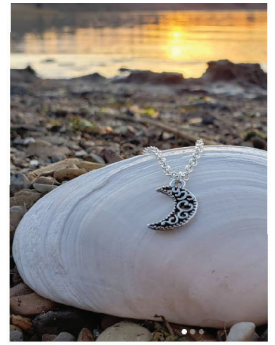
Now a chef with over 15 years of experience in the food industry, Ishikata is inviting others to experience the tight-knit traditions he was



raised around. And for him, there's nothing more representative of those traditions than Japanese New Year, which he'll ring in with a one-day pop-up featuring dishes rooted in the childhood nostalgia and intergenerational joy inherent to the holiday.

“There's so many different types of foods that represent different aspects of life in Japanese culture,” says Ishikata, who currently works as the Nutrition Program Chef at J-Sei, a senior-focused Asian American cultural center. “I remember those smells. These are things my grandma, aunties and uncles cooked every New Year. I want to modernize it and introduce it to anyone who wants food that represents the Japanese New Year with love and soul put into it.”

For more, visit <https://www.kqed.org/arts/13923005/japanese-new-year-osechi-boxes-tokyo-fish-market-yuji-ishikata-berkeley>



J-Sei Artisan Faire & Market Place Thank You

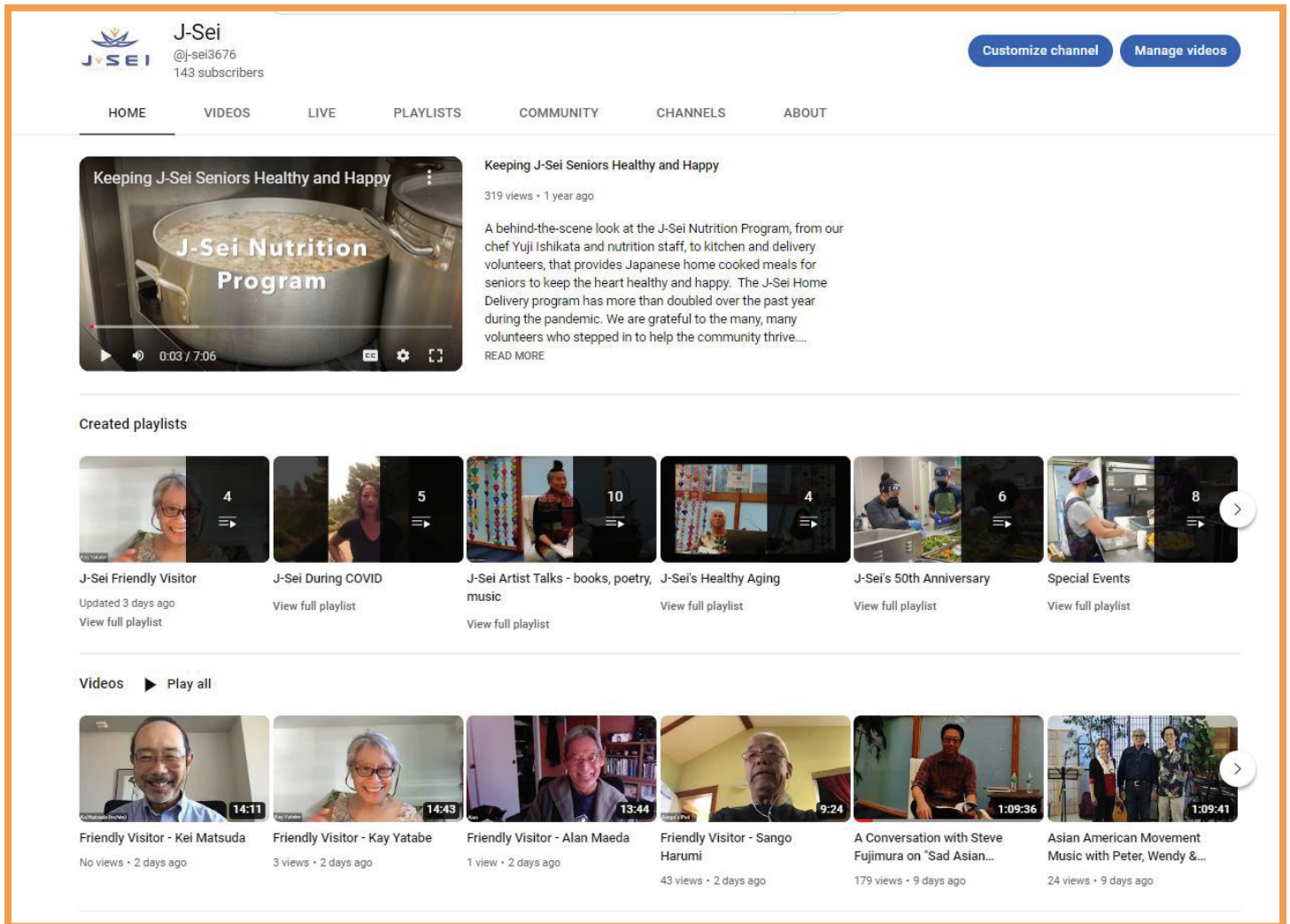
Thank you to all who participated in the virtual J-Sei Artisan Faire and in-person Holiday Marketplace. We thank you, the community patrons who support the local artists and we appreciate the many volunteers who help behind the scenes. Much gratitude to the following artisans who joined us in 2022.



Amy Funabiki • Andrea Saw • Anne Takizawa • Bay Area Drip Jewelry • Berkeley Methodist Crafters
Beth Jerde • Carolyn Hayashida • Carrie Yoshida • Chiyeko Klarman • Cindy Gieng • Eastwind Books
Harvest Land • Jane's Homemade • Jizake • Quest Sake • Joanne Wong • Judy Kajiwara
Jun Hamamoto w San Quentin Origami • Kayoko Designs • Koko Baker • Morita Arts
Movie Night Bakers • Mume Farm • Patchwork Chicken • Shared Cultures • Steve Fujimura
Sunnie Youk • Teri Lee Pottery • Tracy Hui



J-Sei YouTube Channel



J-Sei
@j-sei3676
143 subscribers

Customize channel Manage videos

HOME VIDEOS LIVE PLAYLISTS COMMUNITY CHANNELS ABOUT

Keeping J-Sei Seniors Healthy and Happy
319 views · 1 year ago

A behind-the-scenes look at the J-Sei Nutrition Program, from our chef Yuji Ishikata and nutrition staff, to kitchen and delivery volunteers, that provides Japanese home cooked meals for seniors to keep the heart healthy and happy. The J-Sei Home Delivery program has more than doubled over the past year during the pandemic. We are grateful to the many, many volunteers who stepped in to help the community thrive...
READ MORE

Created playlists

- J-Sei Friendly Visitor (4 videos) Updated 3 days ago
- J-Sei During COVID (5 videos)
- J-Sei Artist Talks - books, poetry, music (10 videos)
- J-Sei's Healthy Aging (4 videos)
- J-Sei's 50th Anniversary (6 videos)
- Special Events (8 videos)

Videos ▶ Play all

- Friendly Visitor - Kei Matsuda (14:11) No views · 2 days ago
- Friendly Visitor - Kay Yatabe (14:43) 3 views · 2 days ago
- Friendly Visitor - Alan Maeda (13:44) 1 view · 2 days ago
- Friendly Visitor - Sango Harumi (9:24) 43 views · 2 days ago
- A Conversation with Steve Fujimura on "Sad Asian..." (1:09:36) 179 views · 9 days ago
- Asian American Movement Music with Peter, Wendy &... (1:09:41) 24 views · 9 days ago

Did you know that you can view many of our past programs on YouTube? Our shift to online programming during COVID has allowed us to create more video content. Go to www.youtube.com Search for "J-Sei" and subscribe to our channel. You can view "Playlists" to view particular series with highlights such as:

J-Sei Friendly Visitor - recent interviews conducted by Sunnie Youk with Kay Yatabe, Alan Maeda, Kei Matsuda and Sango Harumi

J-Sei Healthy Aging - topics such as senior housing, consumer fraud, sleep, and oral health

J-Sei 50th Anniversary - a series of short videos produced by Nancy Otto with behind-the-scenes reflections on J-Sei Nutrition, Senior Services, and Programs and a special anniversary feature, "Looking Back: J-Sei's First 50 Years".

J-Sei Movie Night - film talks with Philip Kan Gotanda (playwright), James Takata (cameraman), and Ema Ryan Yamazaki and Eric Nyari (filmmakers)

Artist Talks - presentations by Steve Fujimura, Felicia Hoshino, and traci kato-kiryama

Special Programs - performance and talks with George Matsumoto (marine biologist), David Hirata (magician), and Peter & Wendy Horikoshi with Kyle Kashima (Asian American Movement).



Sunday, February 26, 2023

El Cerrito Community Center, 7007 Moeser Lane, El Cerrito, CA

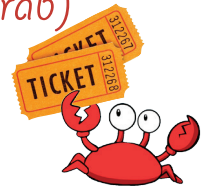
EARLY SEATING : 4 PM TO 5:30 PM LATE SEATING : 5:30 PM TO 7 PM
LIVE ENTERTAINMENT AT EACH SEATING!
TAKE OUT : 4 PM TO 6 PM

*Celebrate fresh Dungeness Crab with your family and friends!
Also: Asian salad, garlic noodles, rolls, desserts, and beverages
(Menu subject to change depending on availability of crab)*

Dinner tickets: adults \$55, children 12 & under \$20

Pre-order your dinner online by **Thursday, February 16**
through J-Sei's website at www.j-sei.org/32nd-annual-crab-feed-to-go.

Or mail your order and check to be received by **Thursday, February 16**.



FOR INFO, VISIT WWW.J-SEI.ORG OR PHONE (510) 654-4000 OR EMAIL SUZANNE@J-SEI.ORG

J-SEI'S FEBRUARY 26, 2023 CRAB FEED! MAIL ORDER COUPON

Name _____ Phone _____ Email _____

Number of dinner tickets: ___ adults @ \$55 each, ___ children @ \$20 each, total enclosed with check payable to J-Sei \$ _____

Choose one: Dine-in early seating 4-5:30 pm Dine-in late seating 5:30-7 pm Take out 4-6 pm

Please mail to J-Sei, 1285 66th Street, Emeryville, CA 94608, to be RECEIVED in the office by Thursday, February 16.

THANK YOU FOR YOUR ORDER!

Brighten a Senior's Day

Consider a rewarding experience for the New Year! Become a volunteer for the J-Sei Friendly Visitor and Friendly Caller Programs for seniors who are homebound or simply need social contact. Spread the word to all of your family and friends.

Anyone at least 21 years of age is eligible to join our program. Our seniors benefit so much from our program and so will YOU! Our veteran volunteers have said the rewards are many. They have made lifelong friendships and learned so much from the seniors' wealth of knowledge and history.

Happy smiles of our seniors will leave an indelible mark in your hearts.

Hear from our volunteers yourselves. Here is a link to interviews by four of our longtime volunteers sharing about their experiences - <https://j-sei.org/2022/12/18/friendly-visitor-reflections/>. More program details can be found on our website.

If this sparks an interest in you, please contact Sunnie at sunnie@j-sei.org.

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

Goen

2261 Morello Avenue #C
Pleasant Hill, CA 94523
Kurumi Japanese School
Contacts:
Aiko Katayama or Ema Hiura
Please contact us by email:
circle3ph@gmail.com

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

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ADDRESS SERVICE
REQUESTED

*Purchase your to-go crab feed tickets early!
J-Sei's 32nd annual event is Sunday, February 26, 2023*

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Save the Date!

- Jan 2** New Years Day
observed: J-Sei Closed
- Jan 12** Martin Luther King Jr.
Day: J-Sei Closed
- Jan 27** J-Sei's Oshogatsu
Celebration
- Feb 20** Presidents' Day: J-Sei
Closed
- Feb 26** J-Sei's Annual Crab Feed
- Mar 18** Sentimental Journey: A
Nisel Life in Song