

J-SEI'S SEVENTH ANNUAL  
*flavors of*  
**Spring**



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**Contributors**

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Flavors of Spring returns on April 28, 2023 from 6pm to 9pm at the Berkeley City Club! There is growing excitement and anticipation as the event has been enhanced to feature a new generation of local chefs who represent a rich tradition of the finest in the Bay Area culinary scene and who tell colorful, dynamic stories through their food.

Our own chef Yuji has been curating chefs, restaurants and caterers who can offer a range of delicious tastings. A partial list of participating companies are listed on page 6 along with links so that you can learn more about their unique work and story.

Along with the excellent food and wine, live music by Wine Time Jazz and a silent auction will entertain the crowd. We look forward to an evening of unique food and beverages while taking in the beautiful Julia Morgan designed surroundings and fun conversation with friends and family.

**Please buy your tickets early as the deadline for purchasing is midnight on Tuesday, April 18. Tickets are \$150 per person. To buy your event tickets now scan the QR code or go to:**

[www.brownpapertickets.com/  
event/5733363](http://www.brownpapertickets.com/event/5733363)



## J-Sei Class Schedule

*For more information or to register, contact [jill@j-sei.org](mailto:jill@j-sei.org) or visit [www.j-sei.org/classes/](http://www.j-sei.org/classes/)*

### In-Person Classes

#### Weekly

Tues - Let's Groove, 11:30 am -12:30 pm

Tues – Tai Chi, 1-2 pm

Wed – Mah Jong Club (hybrid), 1-3 pm

Wed- Japanese 1, 1-2 pm

Wed – Japanese 2, 2:15-3:15 pm

Wed – Ikebana, 2-4 pm

Thurs – Watercolor, 1-3 pm

Fri – Tai Chi (Intro), 1-2 pm

1st Tues – J-Sei Sings, 10-11 am

3rd Tues – Kimekomi Doll 10 am -12 pm

4th Tues – Community Ukulele, 2-3 pm

### Virtual Classes

Mon - Tanoshii Japanese, 10-11 am

Mon - Tai Chi for Arthritis, 1-2 pm

2nd Mon - Let's Talk, 12:30-2 pm

Mon - Staying Healthy

Tues - Gentle Yoga, 10-11 am

Tues - Community Ukulele, 2-3 pm

Tues - Writing, 10-11:30 am

Wed - Qi Gong, 10-11 am

Wed - Aging Together (1st & 3rd), 10-11:30 am

3rd Wed - J-Sei Sings, 10-11 am

Thurs - Strength & Balance, 10-11 am

Thurs - Minyo no Odori, 11 am - 12 noon

4th Thurs - Family Caregiver, 4-5:30 pm

1st Fri - Men's Group, 10-11:30 am

## Featured Class

### Let's Groove – Beginner / Intermediate (In-person)

Tuesdays, 11:30 am -12:30 pm

Instructor: Judith Kajiwarra

After a long hiatus, we are excited to re-introduce Let' Groove. Designed for all generations, this dance class will include warmups, simple patterns across the floor and learning a choreographed dance. If you're looking for a fun and friendly mind-body-spirit workout, with great music, this class is for you. Please wear comfortable clothing and supportive athletic or dance shoes.

Judith Kajiwarra is a life-long dance teacher and choreographer who has studied countless dance and martial art forms during her career. She currently divides her time between hip hop and Japanese Butoh. She discovered hip hop in 2001 and was so enthralled by this lively, youthful dance that she began teaching it in 2007.

Drop In: \$10; or 10 classes for \$80. To register, please email [jill@j-sei.org](mailto:jill@j-sei.org)

## On-Going Programs

*To participate in any of the On-Going Programs, email [jill@j-sei.org](mailto: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](http://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.

## \*NEW\* Senior Digits: Exploring Digital Connections

How can we remain connected to one another using technology? Learn how to use devices such as a Chromebook, laptop, iPad, tablet, or smartphone. J-Sei is developing ways to keep seniors connected with hands-on instruction and support. An intro class and lab will be held on Mondays between 1-4 pm. RSVP to [karol@j-sei.org](mailto:karol@j-sei.org) or call 510-654-4000. A short survey will be sent and small group classes will be scheduled.

## Special Events

### SECRET HARVESTS

#### A Hidden Story of Separation and the Resilience of a Family Farm

Saturday, April 8th, 1 pm

Every family has secrets. A Japanese American family, separated by racism and the discrimination of people with developmental disabilities, are reunited seventy years later, returning to their roots on a farm and bound by secrets.

Meet award-winning sansei author **David Mas Masumoto** and yonsei illustrator **Patricia Wakida** at the Bay Area book launch of **Secret Harvests**.

Join us in conversation in-person or online, moderated by former newscaster Wendy Tokuda. RSVP to [jill@j-sei.org](mailto:jill@j-sei.org) with "secret harvests" in the memo.



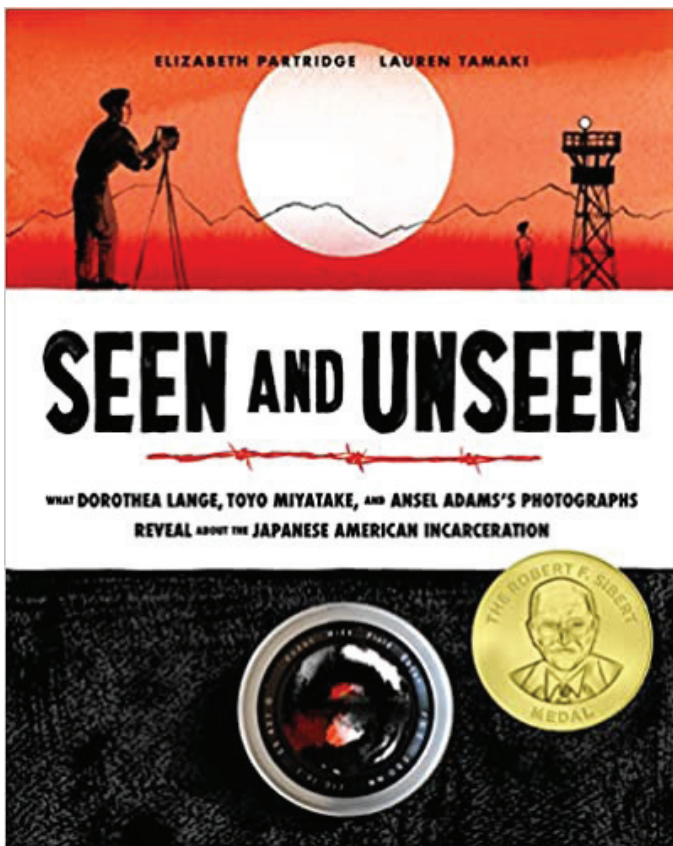
## Culture and Conversation

We are re-engaging at J-Sei and encouraging all to visit us to see upcoming exhibits and participate in on-site programs. We will continue to offer an online option for those unable to attend in-person.

## Children's Day, a post-war celebration in Japan

May 5-19

Experience and learn about the post-war celebration of Children's Day in 1948. Formerly celebrated as Boy's Day, the holiday was renamed and refocused to also honor the role of Mothers, shifting away from Japan's patriarchal past and moving toward peace and equality. Celebrate our children and mothers through a community exhibit and related activities.

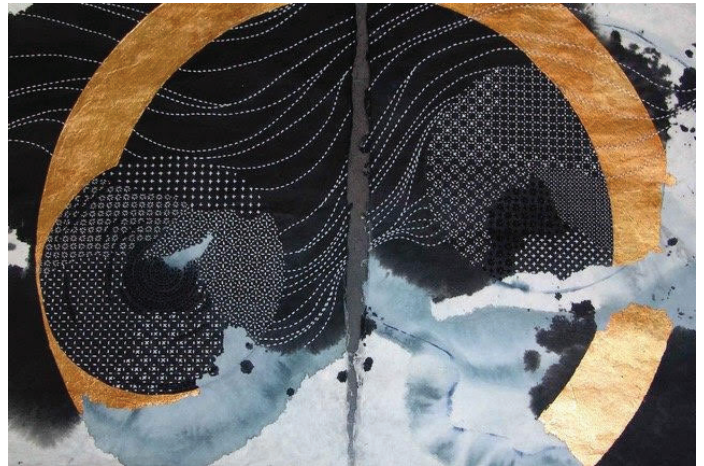


### Seen and Unseen: What Dorothea Lange, Toyo Miyatake and Ansel Adams's Photographs Reveal About the Japanese American Incarceration

Saturday, May 6, 3 pm - In-Person and Online

Elizabeth Partridge, award-winning children's book author, will discuss her new non-fiction book, "Seen and Unseen," illustrated by Lauren Tamaki. "Seen and Unseen" received the most distinguished informational book for children

in 2022 by the American Library Association, as well as the 2023 Bologna Children's Award for Photography. Presented by Friends of Topaz.



### Stitching Paper: Quilting Japan and America by Lucy Arai

An Exhibit, Artist Talk, and Workshop

June 18 - July 10

Lucy Arai creates art with a confluence of traditions and innovations. She uses temari (Japanese embroidered balls) and sashiko (Japanese tradition of running-stitches) to fabricate structures, to articulate details in forms, and to respond to the deposits of ink and indigo pigments on handmade papers. Sashiko is the Japanese tradition of unshin, sewing running-stitches, to strengthen, layer, and connect fabric to protect and warm the body, and for utilitarian needs. Sewing frequently took place in quiet moments of solitude or in the company of family and friends, giving thread the power to heal, transmit lore and traditions, and interconnect ancestors with generations of the past, present, and future. The gallery will be open M-F, from 1 to 4 pm, and by appointment.

### Artist Talk: Threads of Camps: Sewn from Japan to the United States of America

Sat, June 24th, 2 pm - In-Person and Online

Lucy Arai will present photographs of surviving objects and artwork that illustrate life behind

barbed wire fences, as she illuminates how threads were used in American concentration camps with stories of how sewing, knitting and crocheting were more than the means to provide warm and durable clothing, bedding and items to make barracks into homes where Japanese Americans were forced to live during WWII. Beginning in Japan, Arai will contextualize her presentation through her own life and art that are of both Japan and America; she is the eldest of three daughters of a Japanese mother and Euro-American father who married during the American Occupation of post-war Japan.

The emergence of creative pursuits with threads continue to the present as the means to explore and celebrate Japanese heritage and to tell stories of legacy, survival, and what it means to be Japanese American.



**Sashiko & Senninbari-Knot Doodles:  
Workshop (all ages welcome)**  
Thu, June 29 or Fri, June 30

Sashiko is the tradition of sewing running-stitches to strengthen and quilt fabric for durability and warmth. Senninbari is a sash sewn with 1000 knots of red thread that Japanese women made for the men enlisted into battle.

Participants will learn about sashiko and senninbari, as stitching traditions of Japan, and how to sew them. Each participant will sew small sashiko and knot doodles using traditional materials to make a 4" x 6" composition that will be mounted in a frame and 5 mini-doodles that will be mounted onto blank notecards with envelopes. No experience is necessary. Workshop fee: \$30, includes materials. RSVP to [jill@j-sei.org](mailto:jill@j-sei.org) with "Threads Workshop" in the subject line. Space is limited.

## Healthy Aging

Join us in-person at J-Sei or online via ZOOM for the following health talks. RSVP to [jill@j-sei.org](mailto:jill@j-sei.org) with "Healthy Aging" and the date in the subject line.

### Caregiver Resource & Self-Care Workshop

Thurs, April 13, 10 am

Caregiving requires so much of our time, energy and emotional support. How do we care for the caregiver? What are signs of caregiver burnout? What are ways we can practice self-care. Presented by Comfort Homesake.

### Bone Health Basics: Understanding Osteoporosis

Mon, May 15, 2 pm

Osteoporosis is a serious condition for women and men. It causes your bones to get weak and may cause them to break. The good news is that osteoporosis can often be prevented and treated. Presented by Independence at Home, a SCAN community service.

J-SEI'S SEVENTH ANNUAL

# flavors of Spring

A BENEFIT TO SUPPORT  
J-SEI'S SENIOR SERVICES  
AND CULTURAL PROGRAMS

FRIDAY

April 28, 2023 • 6:00 to 9:00<sup>PM</sup>

BERKELEY CITY CLUB 2315 DURANT AVE BERKELEY

*Participating companies are listed below along with links so that you can learn more about their unique work and story.*

*Click on the vendor name for more information*

## FOOD TASTING FROM

ALAN HIRAHARA

[IMMI](#)

[JODOOBOO](#)

Click [here](#) to watch a Joodooboo video

[OX AND TIGER](#)

[OK'S DELI](#)

[PIGLET & CO.](#)

[YUJI ISHIKATA](#)

## WINE TASTING FROM

[AXR NAPA VALLEY](#)

[MIKAMI WINES](#)

Click [here](#) to watch a Mikami Wine video

[MONTICELLO NAPA](#)

*Come Join Us*  
in exploring the flavors of spring:

featuring a new generation of local chefs who represent a rich tradition of the finest in the Bay Area culinary scene who tell colorful, dynamic stories through their food. Wine Time Jazz will entertain the crowd while you enjoy food, wine and a silent auction at the exquisite Julia Morgan designed Berkeley City Club!

## FOR EVENT TICKETS

**The deadline for ticket purchases is Tuesday, April 18**

**PURCHASE ONLINE:**

<https://www.brownpapertickets.com/event/5733363>

**OR RETURN FORM TO:**

J-Sei  
1285 66th Street  
Emeryville, CA 94608

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BLAINE HONDA, DDS  
BUDDHIST CHURCH OF OAKLAND  
AARON + SUSAN MURANISHI  
AKI + EMI NAKAO  
LINDA OKAHARA + BALARAM PULIGANDLA  
ST. PAUL'S TOWER  
ROBERT SAKAI |  
CALIFORNIA PROBATE REFEREE  
GLENN + AMY SHINSAKO  
TAKEMIYA FAMILY  
JANE TANAMACHI  
VICTOR UNO + JOSIE CAMACHO

**UME**

BERKELEY BUDDHIST TEMPLE  
EL CERRITO ROYALE |  
A BERG ASSISTED LIVING COMMUNITY  
PETER M. FUKUMAE, CPA  
BARRY G. KAMI, DDS  
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MONTEREY MARKET  
ART RAMIREZ + JANICE OTANI  
KAY YATABE  
KATHY YONEMOTO  
VISUAL HARMONY INTERIORS, LLC



YES! I WILL ATTEND FLAVORS OF SPRING

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ EMAIL \_\_\_\_\_

NUMBER OF TICKETS \$150 EACH: \_\_\_\_\_ CHECK ENCLOSED payable to J-Sei \$ \_\_\_\_\_

I AM UNABLE TO ATTEND. PLEASE ACCEPT MY CONTRIBUTION OF \$ \_\_\_\_\_

*Guests must be 21 years or older. \$98 of each \$150 ticket is tax-deductible to the extent permitted by law.  
You can check in directly at the front door. No tickets needed. For sponsor or additional information ~ 510.654.4000 or www.J-Sei.org*

## Crab Feed

Wind, rain and cold temperatures would not impede the enthusiastic supporters of J-Sei's 32nd annual crab feed held on February 26 at the El Cerrito Community Center. After three years, families and friends were able to once again gather in-person to enjoy crab and garlic noodles. To-go crab dinners were also swift and sold out! Relaxing jazz provided by Glen's Trio was the perfect backdrop to a fun night. All proceeds support the wide range of supportive services and cultural programs for J-Sei seniors and their families.

This event could only be possible through the collaboration of many individuals and organizations. We thank Acme for their bread donation, the Steimetz family for the delicious red and white wines and the Takata sisters for the popular salad dressing that everyone enjoys. A special group of bakers also worked in the J-Sei kitchen to produce scrumptious dessert bars: Judy Fukumae, Wendy Kiniris, Aiko Kurokawa, Amy Shinsako, Tracy Takahashi, Anne Takizawa, and Carrie Yoshida.

We also appreciate the member organizations and volunteers that helped with event set-up, meal packaging, serving, and outreach. Sakura Kai provided a big wonderful team of volunteers to help prepare the to-go meals and their contributions deserve highlighting.

Thanks to all of you:

- Berkeley Buddhist Temple
- Berkeley Higashi Honganji
- Berkeley JACL
- Berkeley Methodist United Church
- Berkeley Ohtani Jr YBA
- Buddhist Church of Oakland
- Buddhist Temple of Alameda
- Buena Vista United Methodist Church
- Contra Costa JACL
- Diablo Japanese American Club



- Eden Township Japanese Community Center
- Eden Township JACL
- Fremont JACL
- Goen
- Japanese Christian Church of Walnut Creek
- Lake Park United Methodist Church
- North Berkeley Nikkei Senior Center
- Sakura Kai Senior Center
- San Lorenzo Japanese Christian Church
- Sycamore Congregational Church
- UCB Alpha Phi Omega
- UCB Nikkei Student Union

The Crab Feed Committee was led by chairperson Matt Fujikawa, with great assistance from Wendy Kiniris, Tiffany Nguyen, Amy Shinsako, Kevin Toyama, Diane Wong, Kay Yatabe and Cole Yoshida.





## Welcome Lara Hata, J-Sei's New Chef Assistant

Our nutrition program is very eager to introduce our new chef assistant, Lara Hata! Lara joins us this month and we are so excited to have her on our team to help make meals for our seniors.

After growing up in Hawaii, Lara Hata graduated from NYU and moved to the Bay Area to pursue photography. Lara was a photographer for many years, specializing in food and interiors. During the pandemic, Lara found she enjoyed cooking and baking all day and enrolled in culinary school. Joining J-Sei as the new Assistant Chef is Lara's idea of the perfect opportunity to become a better cook and engage with the J-Sei community. In her free time, Lara listens to audiobooks, bakes bread, walks her dogs and travels to warm places to scuba dive.



Please give her a warm welcome if and when you see her at J-Sei's kitchen!

**CONGRATULATIONS  
Kei Matsuda for  
being a Friendly  
Visitor to the Same  
Senior for 10 YEARS!  
Thank you for your  
dedication.**



## Case Manager's Corner

### Eight Ways to Prevent Falls at Home

One out of four older adults will fall this year, and some falls result in serious injury. According to the Center for Disease Control, the number one cause of injuries in adults over 65 is falling.

These accidents may result in hip fractures, cuts, and even severe head and brain injuries that can be fatal. While many times there is no serious injury, repeated falls can prevent someone from participating in certain activities out of fear they'll fall again.

Whether it's slippery floors, rickety stairs, or electrical cords, some of the most common causes of falls occur at home, where one might feel safe. That's why fall prevention starts with creating a thoughtfully organized and safe living space. It doesn't have to involve a complete house remodel. You can make your or your loved one's home safe from falls with just a few basic changes.

Eldercare experts offer the following advice for preventing falls at home:

#### Clean Up Clutter

The easiest way to prevent falls is to keep your home tidy. Remove all clutter, such as old newspapers and magazine stacks, especially from hallways and staircases.

#### Repair or Remove Tripping Hazards

Examine each room and hallway, and look for items such as loose carpets, throw rugs, or floorboards that may cause a fall. Repair, remove, or replace those items for more effective fall prevention.

#### Install Grab Bars and Handrails

If mobility is limited, these safety devices can be crucial for going up and down stairs, getting on and off the toilet, and stepping in and out of the bathtub or shower safely. Have a handyman or family member help with this if necessary.

#### Light It Right

Inadequate lighting is another major hazard. To create a home that's easier to navigate, make sure light bulbs are bright enough, particularly in stairways and narrow hallways. Install lights to eliminate shadows and dark corners. Night lights, even the plug-in type, can make a huge difference when getting up at night to go to the bathroom

#### Wear Shoes

Socks may be comfortable, but they present a slipping risk. Preventing falls at home can be as simple as wearing shoes. You can also purchase non-slip socks with rubber grips on the soles of the feet.

#### Live On One Level

Even with precautions like handrails, stairs present a significant falling hazard. If it's not possible to live on one level, try to limit the trips you take up and down the stairs.

#### Move More Carefully

Many people fall at home by moving too quickly from a sitting to a standing position and vice versa. Preventing falls can be as easy as taking your time.

#### Join A Preventive Exercise Program

Many community centers, gyms, senior centers, and healthcare businesses offer exercise programs for older adults aimed at preventing falls. These exercise regimens focus on improving balance and strengthening muscles. A physical therapist can also recommend exercise programs and assistive devices, if necessary, to keep you safe.

*Thank you to Senior Care Authority for this useful information.*

## In Memorium

Beginning with our Spring 2023 Newsletter, we are listing those who have donated to J-Sei in Memorium. Below are gifts received from January 1, 2023, through February 28, 2023.

**In Memory of Scott Hirozawa**  
*Peter Brantley*

**In Memory of Kikuko Ito**  
*Susan Ito*

**In Memory of Bessie Iwaoka**  
*Jenny Iwaoka*

**In Memory of Mary Komiya**  
*Mona Komiya-Chan*

**In Memory of Irene Nakamura**  
*Chiyeko Klarman*

**In Memory of Miye Shinoda**  
*Tom & LaVerne Kumai*

**In Memory of Sachiye & Taichi Takagi**  
*Miye Takagi*

**In Memory of Gary & Kimiko Toji**  
*Suzuo & Joanne Gondo*

**In Memory of Skip Yamashita**  
*Reiko Nabeta*

**In Memory of Libia Hideko Yamamoto**  
*Blanca Katsura & Lynn Abe*  
*Patty Katsura*  
*Glen & Nancy Kojima*  
*Cleve & Tisha Woolsey*

## 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



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*Please join us for Flavors of Spring on Friday, April 28 at 6pm.  
Purchase your ticket by Tuesday, April 18.*

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## Staff Contacts

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## Save the Date!

- Apr 8** Secret Harvests
- Apr 13** Caregiver Resource & Self-Care Workshop
- Apr 28** Flavors of Spring
- May 6** Seen and Unseen
- May 15** Bone Health Basics: Understanding Osteoporosis
- May 29** Memorial Day: J-Sei Closed
- Jun 19** Juneteenth
- Jun 24** Artist Talk: Threads of Topaz and the Work of Hands
- Jun 29** Thread of Sashiko & Senninbari Knot Workshop