



Hooray for J-Sei's 7th Annual Flavors of Spring!

The event was a fun success with over 400 people in attendance, dynamic jazz music, varied and unique foods and drinks, a silent auction, and the warm feeling of friends and family gathering together for a fun evening. After a three-year absence, the gift of conversing and laughing with people in-person was invaluable.

Many companies and individuals made this event possible through sponsorships, donations of food and drinks, contributions of silent auction prizes and volunteers. Without a collective effort, this signature event would not be possible. Chef Yuji Ishikata was instrumental in curating one-of-a-kind and delicious food and beverage tastings and Natsumi Imura's help was critical as well.

J-Sei must fundraise over 40% of our revenue to sustain and grow J-Sei senior services and cultural programs. Thanks to all for helping to assure that these important programs continue to help families in the east bay. Please join us in sending a round of applause to the sponsors, food and drink providers, volunteers, and the Flavors of Spring Planning Committee.

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Contributors

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J-Sei Class Schedule

For more information or to register, contact jill@j-sei.org or visit 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

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.

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 or call 510-654-4000. A short survey will be sent and small group classes will be scheduled.

Upcoming Programs



J-Sei Shuffle: Traveling Across the Bay Area Thursday, July 6, 1 pm

Whether by bus, ferry, or train, the Bay Area offers many ways to travel. Come learn how to use different platforms and resources such as paratransit, BART, Lyft or Uber to help with planning your travel by public transit. Try it out on us! We are offering incentives to help cover costs of travel for the training and to prepare you for a smooth and safe trip. Attend or view an introductory presentation and sign-up for 1-on-1 or group travel activities with friends at J-Sei. RSVP to jill@j-sei.org with "J-Sei Shuffle" in the subject line.

Sianne (sigh-anne) Susbilla is joining J-Sei as the Transportation Pilot Student Intern. She is a second year Masters of Social Work student at UC Berkeley, with a focus on working with Asian American & Pacific Islander older adults. In her free time, she enjoys dancing Hula and Tahitian and hanging out with her two cats. Thanks Sianne for teaching all of us how to maximize transportation options as we age.



The Irei Project presented by **Duncan Ryūken Williams** Sunday, July 9th, 1 to 3 pm

Meet visionary leader of The Irei Project - Duncan Ryūken Williams. Learn more about the Irei Project that includes three distinct but interlinking elements: a sacred book of names as monument (Ireichō), a website monument (Ireizō), and light sculpture monuments (Ireihī).

The Ireicho, currently on view at JANM, is the first time a comprehensive list of the over 125,000 persons of Japanese ancestry who were unjustly imprisoned in U.S. Army, Department of Justice, and War Relocation Authority (WRA) camps has been successfully compiled – and thus the first time it has been possible to properly memorialize each incarcerated as distinct individuals instead of a generalized community. Hear from some who participated in stamping of names with Ireicho.

"We are drawing on Japanese and Japanese American cultural traditions of honoring elders and ancestors, not simply through building monuments of remembrance, but monuments to repair the racial karma of America." – Duncan Ryūken Williams

Duncan Ryūken Williams is the director of the USC Shinso Ito Center for Japanese Religions and Culture, author of *American Sutra: A Story of Faith and Freedom in the Second World War*, and ordained Soto Zen Buddhist priest. Please reserve a ticket for in-person or online access via ZOOM. Limited seating is available. RSVP on Eventbrite

Outdoor Volunteer Fair J-Sei's Summer Sunday Fun-Day Sunday, July 16 - 11:30 am to 3 pm

Join us to enjoy a taste of summer fun at J-Sei as we thank all who are part of the wheels that keep us going - a flurry of volunteers. Bring your family and friends, order special bento offerings from our Bay Area chefs, and meet others who are nourishing the community. Volunteer as a senior nutrition delivery driver, a friendly visitor, tech support, arts facilitator or in other creative ways. Show your appreciation and become part of Team J-Sei! Don't miss a sneak peek screening of "Shaka, A Story of Aloha" with filmmaker Steve Sue at 12 pm or 2 pm. Hear the story of where the Shaka gesture comes from and the various iterations that express the power of a movement to express fearless love and compassion globally.

Sashiko Tote Workshop

3 Fridays, July 21, 28 & Aug 11 - 9 to 12 noon

Learn to draft and stitch a Sashiko design. Add a second design on the reverse side. Then, sew together a handcrafted tote bag.

Carolyn Hayashida has been teaching sewing, crafting and quilting for over 20 years at J-Sei. She has taught numerous workshops and generously shares her creative Asian inspired patterns and designs. Workshop Fee: \$30 for this 3-class workshop RSVP to jill@j-sei.org with "Sashiko Tote" in the subject line. Limited space is available.



Okaeri Voices: Suzie & Ellen Saturday, August 19, 2 pm

"Okaeri Voices" is an oral history project featuring LGBTQ+ and allied Japanese Americans over 60 who share their journeys of heart-break, self-discovery, and triumph,



inspiring us to believe in an inclusive future for our Nikkei LGBTQ+ community. Season One features George Takei, Mia Yamamoto, Bill Tashima, Harold & Ellen Kameya, Dean Goishi, Desiree Thompson, and Gary Hayashi. Check out bit.ly/OkaeriYoutube to watch all episodes!



Join the Okaeri - Northern Cal Watch Party to view an "Okaeri Voices" video featuring Suzie Endow and Ellen Tanouye, followed by a conversation. Suzie and Ellen met when their two sons were

young. Their friendship continued through the years and they supported each other through many of life's transitions. Despite all the obstacles, they fell in love and came out later in life. They remain best friends and life partners. RSVP to jill@j-sei.org with "Okaeri Voices" in the subject line.

Haruko Obata: A Life of Flowers Saturday, September 9, 2 pm -- In-Person and Online

"If you know flower arranging you do not grow old, for it is eternal." Haruko Obata



Haruko Obata (1892-1989) was a pioneering Bay Area ikebana sensei who began displaying her classic Japanese flower arrangements to Americans as early as 1915. Kimi Hill will share her grandmother's story based on a 1986 oral history, exploring Haruko's youth in Japan as well as her life as the wife of artist Chiura Obata and a mother of four children, her forced incarceration at Topaz, and her long career as an artist in her own right. Assisting in this presentation will be Sogetsu Ikebana teacher Keiko Kubo and J-Sei ikebana students who will create ikebana arrangements to accompany the program. Presented by Friends of Topaz Museum and J-Sei.

J-Sei's Family Festival

Sunday, September 24, 12-3 pm

Each year we celebrate "Keiro no Hi" respect for the aged day, a time to honor our elders and celebrate with our multigenerational families. Join us for an outdoor festival with entertainment, food booths, and hands-on activities for all ages. Check back to our website for the festival schedule, menu, and featured programs.

Book Talk & Signing with Naomi Hirahara *Evergreen, A Japantown Mystery*

Sunday, September 24, 11 am (in-person & online)

With great anticipation, *Evergreen, A Japantown Mystery* continues the post-war resettlement story of Aki Ito who returns with her family from Manzanar to Chicago to Los Angeles. Meet dynamic mystery writer Naomi Hirahara as she shares her latest book that continues the award-winning *Clark and Division*.

"Hirahara humanizes the struggles of Japanese Americans rebuilding their lives from scratch. Her evocation of Little Tokyo haunts will bring a flood of memories for some Angelenos while introducing a new generation of readers to a pivotal period in L.A. history." —Paula Woods, The Los Angeles Times



J-Sei's Healthy Aging Lung Cancer in the AAPI Community

Thursday, September 28, 2 pm (Hybrid)

Lung cancer is the leading cause of cancer death among Asian Americans according to the American Lung Association. Why are Asian American women who are non-smokers at an increased risk for getting lung cancer? What are precautions or preventative measures we can take? What are indicators and risk factors we should take into consideration?

Hear from Dr. Jeffrey Velotta, a thoracic surgeon at Kaiser Permanente Oakland Medical Center, who is raising awareness on lung cancer and the need for pre-cancer screening in the AAPI community. In addition to his clinical duties, he is a clinical Assistant Professor in the Department of Surgery at the University of California, San Francisco (UCSF) School of Medicine. Join us in-person at J-Sei or online via ZOOM. RSVP to jill@j-sei.org with "Lung Cancer" in the subject line.



J-Sei's Pole Walking Class on the Move



J-SEI'S SEVENTH ANNUAL
flavors of
Spring

Thank you to our sponsors!

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Flavors of Spring Planning Committee

- Wendy Kiniris, Co-Chair
- Aiko Kurokawa, Co-Chair
- Joan Fujii
- Natsumi Imura
- Kei Matsuda
- Tiffany Nguyen
- Linda Okahara
- Lisa Oyama
- Amy Shinsako
- Jane Tanamachi



Welcome Ken Tsuboi

I grew up in the Sawtelle district of West Los Angeles, where strong community spirit enriched peoples' lives. Local organizations that were purposeful with good outreach contributed to my sense of belonging. Like many others in the community, I played in youth basketball and baseball leagues, attended Japanese language school, anxiously awaited spring Hana-Omatsuri and fall Obon festivals for barbeque chicken teriyaki, or the chance to take home a pet at the goldfish ping pong toss. Those locally sponsored activities were family-oriented.

I have mostly lived in Los Angeles or the Bay Area. I attended UC Berkeley with a degree in Biochemistry and earned an MBA from UCLA. I am the Chief Investment Officer at McMorgan and Company, an asset management firm in San Francisco. I have had stints working in New York and Tokyo in the investment banking industry.

I have keen desires for the greater success, broader reach, and long-lasting impact J-Sei has on its community. From a personal note, my mother, who recently passed, found greater meaning and continued to forge strong bonds with friends from participating in the many activities offered at local community organizations. I witnessed first-hand the positive impact those programs had on my elderly mother. J-Sei, too, offers many



programs and services that lend support and forge friendships. From witnessing my own mother's involvement, I believe that all community members can not only benefit from those programs, but also by participation, and with their own contributions, help build and grow those organizations they leave behind.

As a board member, I hope to broaden the reach of J-Sei so that its programs and services can touch, as well as be touched by many more lives in the positive way it currently serves the community. I look forward to the opportunity to serve on the board. I know that this experience will expand my own heart, calm my soul, deepen my spirit, and broaden my awareness. This understanding stems from following in the footsteps of those who paved the way for me. Generational forefathers and community organizations enriched my life. J-Sei has that type of impact on its community.

Seeking a Head Cook for J-Sei Home

J-Sei Home, a small residential care facility for the elderly in Hayward, is currently searching for a head cook to prepare meals for 10-12 residents. We are looking for someone experienced in Japanese cuisine. Experience working around the elderly is a plus. Job duties include cooking, grocery

shopping, and creating menus tailored to special dietary needs such as low salt, low fat, or modified-texture diets.

We offer paid holidays, paid sick time, and paid vacation days. Health Benefits will be provided based on full-time equivalent employment.

Welcome Mitch Muramoto

It largely went unappreciated growing up (sorry Mom and Dad) but I've been very fortunate to have been brought up around a family that values tradition, hard work and community. Whether it was helping out with Buena Vista United Methodist Church functions, Extending Connections, the SF Associates or Japanese American Services of the East Bay, seeing my family's involvement with these organizations has driven me to want to give back to the same communities that have shaped my childhood. The recent Alameda JA History Project has also opened my eyes to the importance of preserving our heritage and sense of community for future generations.

And as a parent of young children, my wife and I feel we have come full circle getting our kids involved in similar communities such as basketball, dance and pursuing volunteering opportunities ourselves. In doing so, I hope to instill similar feelings and values that my family did for me.



I look forward to continuing to contribute to the foundation that J-Sei has established and hopefully pave the way for my kids to do the same!

Give in May

In acknowledgment of Asian American Pacific Islander Month, the Asian Pacific Fund, along with many important community partners, sponsor an online national donation program called Give in May.

An amazing small group of J-Sei donors provided \$50,000 in one-to-one matching gifts. Then a team of volunteers helped us outreach to 473 donors which lead to a total fundraising effort of \$138,994. This tremendous group effort secured an additional \$12,000 first place prize from the Give in May campaign with the most funds raised. We are



so grateful for the people that provided the matching donation as it built excitement and leveraged so many more additional donations. Also, we are so appreciative of each donor – regardless of the size of the gift – as it takes every one of us to continue our momentum.

Give in May has become our biggest fundraising activity that covers approximately 10% of our operational budget. Thanks to all of you for your incredible generosity and strategic vision. We couldn't have been nearly as successful without you.

Case Manager's Corner

Applying for CalFresh



CalFresh is a state program that provides important monthly food benefits to low-income individuals and families. These benefits can help buy nutritious food for a better diet by stretching a food budget, and allowing individuals and families to afford healthy food including more fruits and vegetables. The amount of benefits one receives is dependent on household size, countable income and monthly expenses, such as housing and utilities.

According to an article in the Sacramento Bee on March 29th 2023, two-thirds of eligible seniors over 60 years old in California do not participate in CalFresh formerly known as Food Stamps per State of California data. In recent years, California has ranked the lowest in eligible elderly who receive food stamps.

There are many reasons why seniors do not enroll in this program:

- **Misinformation**

Some older people mistakenly believe that they do not qualify for the program if they own property or have savings. Some immigrant seniors think that they do not qualify because they are immigrants. In fact, many immigrants qualify for this program. Even those who receive SSI/SSP may be eligible for the program as the policy changed in June 2019. CalFresh does not affect your SSI/SSP monthly benefits.

- **The Length of Time to Process the Application**

Some older adults think it is not worth spending the time and effort to apply for the program. An application on-line only takes 10 minutes.

How to Apply

CalFresh was designed to help people during the Great Depression and it continues to be a very important program for healthy eating. For more information about the CalFresh program, please use the following website: <https://www.cdss.ca.gov/food-nutrition/calfresh>.

The website listed above will direct you to the online application. If you do not have access to a computer, you can call the Cal Fresh Information line at 1-877-847-3663. For speech and/or hearing assistance, call 711 Relay.

To apply, you will need following documents:

1. A copy of your ID
2. Proof of any income
3. Proof of immigration status (for Non-Citizens)

Once approved, your benefits are loaded onto a card that looks like a typical credit card. The sales transaction works like a regular store purchase. You can also check if you are eligible to apply for government assistance such as CalFresh, Medi-Cal and more through the following website: <https://www.mybenefitscalwin.org/>

It is your right to receive government benefits and you should not hesitate to receive them. Hopefully this information will help you to eliminate barriers to apply for CalFresh.

References

Suzuki, K. (2023). Nearly 1.5 million California seniors could get help to buy food, but don't. Here's why. The Sacramento Bee. <https://amp.sacbee.com/news/california/article272619990.html>

In Memorium

In Memorium Gifts received from March 1, 2023, through May 31, 2023.

In Memory of Jim Nakabayashi

Nobuso and May Doi

In Memory of Masaye Nakamura

Takako Abe

Emily Ando

Diane Bevis

Don Hirose

James and Carol Ida

Dorothy Kakimoto

Donald and Clare Kaneshige

Kelley Kirst

Grant Nakamura

Kuniko Nagano

Ruth and Joan Nagano

Gayle Roderick

In Memory of Shizuka Oda

Catherine Foo

Julie and Bill Frame

Mary Inman

Sarah Lee

In Memory of Wayne Ouchida

Jennifer Lew

In Memory of Kathleen Tagumi

Nob and Patti Kobayashi

In Memory of Sachiye and Taichi Takagi

Miye Takagi

In Memory of Mas Takano

Joan and Paul Fujii

Lance Yanagihara

In Memory of Yae Wada

Ken and Elizabeth Nakamura

In Memory of Roy Wakida

Alice Wakida

In Memory of Hideko Yamamoto

Nobuso and May Doi

In Memory of Libia Yamamoto

Paul Yamamoto

In Memory of Mary Young

Nobuso and May Doi

Senior Center Partnerships

Contact the Senior Center Partnership for details on their post-pandemic operations schedule.

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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Need rides to medical appointments, shopping or visiting friends? Learn all transportation options at a J-Sei training. July 6, 1 pm - See page 3 for more details.

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Save the Date!

- Jul 4** 4th of July:
J-Sei Closed
- Jul 6** J-Sei Shuffle:
Traveling Across
the Bay Area
- Jul 9** The Irei Project
- Aug 19** Okaeri Voices:
Suzie & Ellen
- Sep 4** Labor Day:
J-Sei Closed
- Sep 9** Haruko Obata:
A Life of Flowers
- Sep 24** J-Sei's Family
Festival
- Sep 24** Naomi Hirahara:
Evergreen, A
Japantown
Mystery
- Sep 28** Lung Cancer in
the AAPI
Community