



J-Sei Gallery features Art Within

A journey of painting by Gerry Furuzawa, Karen Allen, and Wendy Kiniris

September 18 to October 30 - J-Sei Gallery
 Gallery Hours: MWF 10-1, TuTh 1-5

“Art Within” presents art created by individuals at J-Sei who have explored the creative arts, not as a profession, but as an avocation. We are still learning, fine-tuning and growing wiser as we age. What is the journey that awaits us? What lies beneath the surface as we explore our creative musings?

For Gerry Furuzawa, Karen Allen and Wendy Kiniris, taking watercolor classes with Wendy Yoshimura nurtures their artistic talents. Each brush stroke adds to the depth and intensity of the images they choose to paint. When they step back, the light and reflection is added in. As their teacher coaxes them forward, they discover pleasing results. An astounding collection of paintings have taken shape and emerge from their watercolor meditations.

Come visit J-Sei’s Gallery to see what has inspired us to look more closely and express ourselves from within. You can also join us for an artist talk with Gerry, Karen & Wendy will be held on Thursday, October 5th at 2 pm.

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Contributors

- Editing – J-Sei Staff
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J-Sei Weekly Class Schedule

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

In-Person Classes

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, 2:30-4 pm ***new time***

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.

Fall Programs

SENIOR DIGITS: Exploring Digital Connections

Mondays, 1 - 2 pm, Open Lab from 2 to 4 pm
Fall Session: September 11 to Nov 13, 2023

Learn the basics of navigating the internet with this instructional hands-on class. Find out what everyone's talking about - from search engines to QR codes, from apps to maps. Get to know what resources are available using technology. Instruction is provided in English. Assistance is offered for Japanese speaking participants. Suggested donation: \$5/class For more info, email karol@j-sei.org

TAISO: Exercise Movement

Thursdays, 10:30 to 11:15 am
Session: Oct 5 to Nov 9

Radio Taiso is a morning exercise routine that has been practiced in Japan for nearly 100 years to increase energy and bring people together. All ages and ability levels can participate together. It strengthens the core muscles, improves circulation and cardio. Learn this easy and fun calisthenic exercise at J-Sei. Juliet Bost Yokoe has been teaching Taiso at the San Mateo Buddhist Temple over the past three years. Suggested donation: \$20/6 classes, or \$4 drop-in.

Upcoming Programs and Exhibits

SHAKA: A Story of Aloha A sneak peek film screening Saturday, October 7th, 1 pm

"Shaka, A Story of Aloha" started as a passing curiosity when a friend introduced filmmaker Steve Sue to Kupuna (elders) in La'ie who had a story on the origin of the Shaka gesture. It turns out that the Kupuna have kept the depths of the story secret for 3/4 of a century as they didn't want it inappropriately commercialized. Once in production, multiple alternative gesture and word origin stories were revealed. As documentarians,



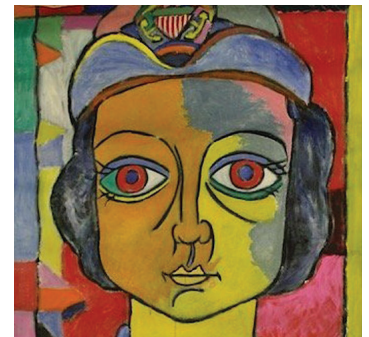
they plan to share all the credible findings and let audiences decide for themselves on what theories they prefer. Filmmaker Steve Sue will be joining us for Q&A.

RSVP for free on Eventbrite. Space is limited.
<https://www.eventbrite.com/e/shaka-the-power-of-aloha-tickets-699347415947?aff=oddttdtcreator>

Mine Okubo's Eyes: A Life in Color Art Talk by scholar ShiPu Wang

Saturday, October 21, 2 pm

ShiPu Wang, curator of the Chiura Obata retrospective and professor of art history at UC Merced, returns to J-Sei to talk about his new exhibition, *Miné Okubo's Eyes: A Life in Colors*, the first survey of Okubo's seven-decade career for the Center for Social Justice & Civil Liberties in Riverside since 2012. This event is free of charge. RSVP on Eventbrite: <https://MineOkubo.eventbrite.com?aff=oddttdtcreator>



Soho Study Group 50th Anniversary Sogetsu Ikebana Flower Show

Saturday & Sunday, October 14 & 15, 11 am to 5pm
Orinda Community Center
28 Orinda Way, Orinda

Expression unbound flower show with over 90 unique exhibits, demonstrations at 12, 1 and 3 pm. Soho Sakai featured on Sunday at 3 pm. Free Admission. Marla Kamiya, Lindsay Oda, Lisa Oyama and Barbara Schiefler, students of J-Sei Sogetsu Ikebana with Keiko Kubo will participate.

**Desert Wind and Strings:
A concert by koto musician Shirley
Muramoto, her students, with guest artist
Bando Hiroshichiro**
Saturday, November 4, 2 pm

To honor musicians held in Japanese American prison camps who performed traditional instruments, musician Shirley Muramoto and her students will perform. Hear the music of newly restored koto and shamisen instruments that have not been played since the family departed Topaz camp, and a restored shakuhachi whose owner was interned in the Fort Lincoln Internment Camp in Bismarck, North Dakota. Kabuki dancer and teacher Bando Hiroshichiro will perform a Nihon Buyo traditional dance that was well known to the Issei generation. Made possible in part by Alliance for California Traditional Arts, California Arts Council, the William and Flora Hewlett Foundation, and the Walter and Elise Haas Foundation. Presented by Friends of Topaz Museum and J-Sei. Suggested donation: \$10-\$15. Limited seating available. RSVP at Eventbrite. <https://desertwindandstrings.eventbrite.com/>

“Desert Winds & Strings: A Historical Exhibit” shares the story of Japanese traditional artists who performed in America’s concentration camps. The exhibit will be on display from November 1 to 17 in the J-Sei gallery. Gallery Hours: MWF 10-1, TuTh 1-5



Koto, shamisen and shakuhachi performance with Sensei Haruko Suwada, Topaz concentration camp. ca. 1944. Courtesy of Kent Nakamoto.

J-Town Documentary Screenings of:
Benkyodo: The Last Manju Shop in J-Town



and

Atomic Cafe: The Noisiest Corner in J-Town



Sunday, November 12, 3 to 5 pm

The corner shop cafe left its mark in Japantown’s past, spanning decades and holding its own place in the vitality of community. Join us for a special screening of “Benkyodo: The Last Manju Shop in J-Town” and “ATOMIC CAFÉ: The Noisiest Corner in J-Town”. Hear from Akira Boch and Tadashi Nakamura, directors of these two seminal short documentaries that explore themes of gentrification, displacement, and community power with humor and heart. Join us for movie and bites. RSVP to karol@j-sei.org. Suggested donation: \$20-\$25.

Harvest Celebration - SAVE THE DATE

Fri, November 17, 12 noon

Join us as we celebrate all that sustains us and share in the bounty of good food with friends at J-Sei. The special luncheon will feature roast turkey, stuffing, gravy and sides. Our special guest will be koto artist Shirley Kazuyo Muramoto.



Trained in classical Japanese music, Shirley also composes and performs her own blend of jazz and rock with Murasaki Ensemble. Suggested donation: \$12. RSVP to tara@j-sei.org

Where's the Cat: The End of a Quilt Journey (Exhibit) by Carolyn Hayashida

Nov 20 to Jan 12 - J-Sei Gallery



Never claiming to be a quilter, Carolyn Hayashida has found her quilt journey's end. From a young age, she was drawn to sewing and studied art and fashion design. Her first quilt was a gift to her husband for his 50th birthday, the Family Kamon quilt, which she thought would also be her last quilt.

When taking a Sashiko class from Bess Kawachi Chin, she completed each assignment with the design on a new clothing sample. Bess, who was teaching the JASEB Quilting class, invited her to share her designs. When invited to take over the quilting class, Carolyn integrated her design skills

with various quilting projects. She learned from the talented JASEB (J-Sei) quilters through the years and has created a collection of her own delightfully designed creations. Join us the quilt sale at the J-Sei Artisan Faire. Gallery Hours: MWF 10-1, TuTh 1-5

J-Sei Artisan Faire - in-person only!

Sun, December 3, 11 am to 3 pm

We invite you to join us for the return of our in-person Artisan Faire at J-Sei. We had provided the online shopping experience during the pandemic, and offered a hybrid experience with J-Sei Marketplace last year. As we continue to support local artists and artisans and seek ways to be in community at J-Sei, we hope you will join us for shopping, music, and good food! More information to come, check the J-Sei website for updates.

Holiday Baking Workshop

Saturday, December 9, 1 pm

Let's bake something together! We are thrilled to introduce Lara Hata who assists in the J-Sei kitchen. She retired as a food photographer and pursued her love of baking by taking up the Baking and Pastry courses at Laney College during the pandemic. Lara is excited to share some tried and true recipes to please family and friends during the holidays. Have you found the perfect butter mochi, or tried variations such as passion fruit, or a delicious sugar-free version? RSVP to karol@j-sei.org for this hands-on baking workshop with Lara. Suggested donation: \$25 Space is limited.



SAVE THE DATE!

Flavors of Spring 2024

Save the Date! Flavors of Spring is coming our way and will have an updated look! Please mark your calendar for **Friday, March 29** for J-Sei's Flavor of Spring to be held at Bloc15 in Oakland. More fun details to come!

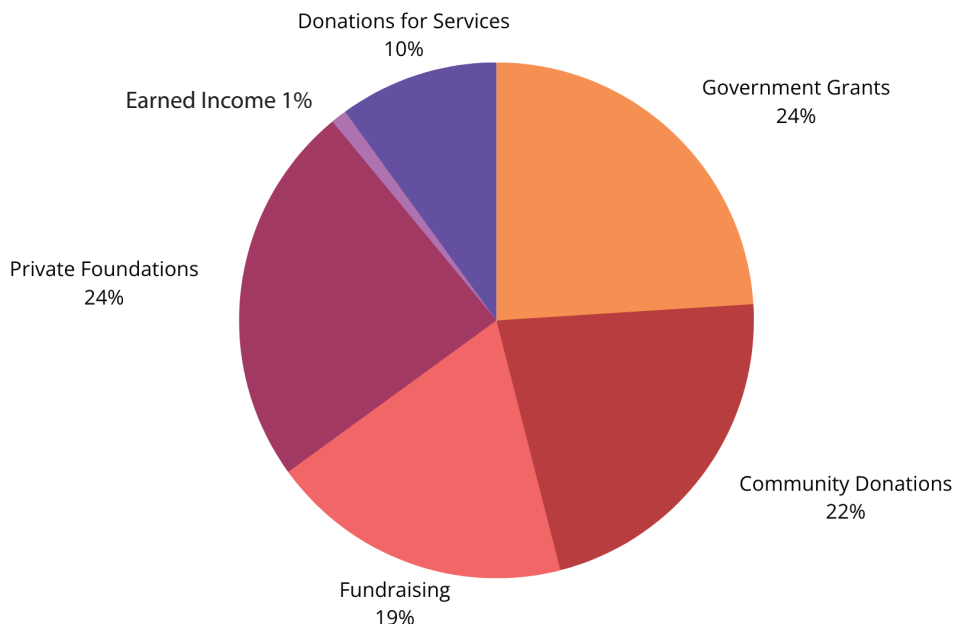
FY 2022-2023 in Review

The J-Sei board of directors strives to create a strong and diverse funding base to assure long range agency financial health. The multiple revenue streams help to avoid over reliance on any one type of funding and enables J-Sei to deliver programs and grow to meet future community needs.

First and foremost, J-Sei is so appreciative of the many individuals who donate through our mailed campaigns, online campaign and special events. Support from community members is our most important lifeline! Our gratitude also extends to the following

funding organizations: Alameda County Area Agency on Aging, Contra Costa County Area Agency on Aging, City of Berkeley, Asian Pacific Fund, Berkeley Pilgrimage Foundation, East Bay Foundation on Aging, JA Community Foundation, Meals on Wheels Alameda County, Red String Foundation, Senior Assistance Foundation Eastbay and Union Bank. Funded in part by SCAN Health Plan. One of the nation's largest not-for-profit Medicare Advantage plans, SCAN is dedicated to keeping seniors healthy and independent.

Fiscal Year 2022-2023 Revenue Sources



Planned Giving

When you include J-Sei, Inc. in your estate plan, your generosity provides meals, case management, friendly visitors and callers, wellness and educational programs, and cultural events. Thank you for ensuring that J-Sei can enhance the health and happiness of seniors and families well into the future.

Planned gifts can sustain important services through various planned gifts:

- Cash bequests
- Retirement plan beneficiary
- Charitable IRA rollovers
- Charitable remainder trusts
- Public traded securities
- Real estate

Help J-Sei continue our legacy through your planned gift. For more information, please call or email Diane Wong, Executive Director. 510-654-4000 ext. 108 or diane@j-sei.org

Program Coordinator: Sunnie Youk

Sunnie joined the J-Sei team in early 2022, initially taking on the role of temporary Administrative Assistant and later transitioning into the role of Program Coordinator. Over the past year, she has worked tirelessly to match seniors with volunteer visitors and provide valuable referrals to families in need of a private caregiver. Sunnie was presented with the wonderful opportunity to watch her young grandson full-time during the week. While we

are sad to see her leave this position in which she has truly excelled, we are so happy for her to embrace this new stage of her life and spend precious moments with her family. We will miss her warm presence at J-Sei and willingness to lend a hand wherever needed. The silver lining is that she plans to continue her volunteer work and attend classes and events at J-Sei in the future.

Welcome Hannah Shever

We are delighted to introduce Hannah who will be stepping into the role of Program Coordinator at J-Sei. While her name is spelled “Hannah” it is pronounced like “Hana”, or flower in Japanese. Hannah holds degrees in Psychology and Cognitive Science and will be applying her skills in counseling, marketing, and outreach to this part-time position coordinating the Friendly Visitor/Caller and caregiver registry programs. In Hannah’s own words, “I am so excited to join the J-Sei team as the new Program Coordinator! I graduated from UC Berkeley and have a passion for social work and mental health. My hobbies are trying new coffee shops, crocheting, and watching Studio Ghibli movies. As someone who is half Japanese and bilingual, I am excited to support and make meaningful connections within my community. Sunnie has set an amazing example and I am extremely honored to be mentored by her as I transition into her position.”



**Congratulations to Betty Jo Yamamoto
for being a Friendly Visitor for the same
J-SEI Senior for 10 YEARS !**

Our Biggest Thanks to J-Sei's Donors

J-Sei is grateful to the many generous individual donors who help raise 41% 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, 2022 to June 31, 2023)

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Case Manager's Corner by Veta Jacquelin

Hearing Loss: Should I be concerned? When should I be concerned?

What to do about it?

Age-related hearing loss (called Presbycusis) occurs for many of us as we age. Nearly half U.S. adults older than 75 have some difficulty hearing.

Hearing loss is gradual and affects both ears so you may not realize you have trouble hearing until you have a problem listening to the TV/ radio, get frustrated not hearing others in a conversation or often ask people to repeat what they are saying. Frequently, it is difficult understanding children or people with higher pitched voices.

The following are the most common symptoms of age-related hearing loss:

- Speech of others sounds mumbled or slurred
- High-pitched sounds, such as "s" or "th" are hard to distinguish
- Conversations are difficult to understand, particularly when there is background noise
- Men's voices are easier to hear than women's
- Some sounds seem overly loud and annoying
- Tinnitus (ringing in the ears) may occur in one or both ears

Some reasons for hearing loss with aging include normal age-related changes in the ear, genetics, and medical conditions, including diabetes, high blood pressure or otosclerosis. Also, some medications are toxic to the cells in the ears. One cause that we do have some control over is reducing exposure to loud music, headphones at high volume, etc. You can protect your ears with earplugs or ear muffs to reduce harmful loud noises such as lawn mowers, leaf blowers, construction equipment, and fireworks.

Hearing loss has also been connected with dementia. Recent studies found using hearing devices (hearing aids and cochlear implants) can provide a lower risk of long-term cognitive decline. Depression can also be a result of hearing loss as an older person can withdraw from social contact because they cannot understand what is being said.

To support those with diminished hearing, there are many adaptive assistive devices including telephone amplifying devices, doorbells, smoke detectors and alarm clock that send visual signals or vibrations. Services and products are available to help people adapt to hearing loss.

I am writing about hearing loss because of personal experience. I know my hearing aids have benefited me in my home, socially and in my work life. Whether I am watching TV, talking with my children or at a staff meeting, I can now hear and/or participate in the conversation.

There is the experience of another elder who listened to the TV at a very loud volume and could not participate in conversations. The doctor detected a large wax build up. Once removed, the elder now listens to TV at normal volume and has normal hearing.

It is important to know that hearing loss is a normal event as we age; it is nothing to be ashamed of or afraid of. Let your family and friends know you are having a hearing problem. Then, the most important thing you can do is consult your doctor if you are experiencing any change in your hearing.

References: National Institute on Aging- Hearing Loss: A Common Problem for Older Adults, 8/28/23. John Hopkins Medicine-Age-Related Hearing Loss (Presbycusis).

In Memorium

In Memorium Gifts received from June 1, 2023, through August 31, 2023.

In Memory of Izumi Dear

LiAnn Ishizuka

In Memory of Amy Eto

*Wendy & Peter Horikoshi
Marlene Tonai*

In Memory of Alan Young Gong

*Carrie Gong Berry
Gordon Kong
Barbara Hedani-
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Carolyn & Ken Murai*

In Memory of Grace Goto

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John Ferreira

In Memory of Lynn Matsumoto

Elizabeth Nakamura

In Memory of Shizuka Oda

Sidney Chow

In Memory of Gladys Taketa

Anonymous

In Memory of Takumi (Tak) Taketa

Anonymous

In Memory of Sachiye & Taichi Takagi

Miye Takagi

In Memory of Susan Uejo

Curtis Uejo

In Memory of Roy Wakida

Milton Tamura

In Memory of Al Wofford

Aki Morimoto

In Memory of William Yamamoto

*Glen Moss & Ann Murphy
Reiko Nabeta*

In Memory of Rev. Kiyoshi Seishin Yamashita

Dennis Yamashita

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:
Kayo Fisher

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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*Check out one-of-a-kind creative gifts at J-Sei's Artisan Faire!
Sunday, December 3 from 11am to 3 pm
Finish your holiday shopping early!*

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Save the Date!

- Oct 7** SHAKA: A Story of Aloha
- Oct 9** Indigenous Peoples' Day: J-Sei Closed
- Oct 21** Mine Okubo's Eyes: A Life in Color
- Nov 4** Desert Wind and Strings
- Nov 12** Benkyodo: The Last Manju Shop in J-Town
Atomic Care: The Noisiest Corner in J-Town
- Nov 17** Harvest Celebration
- Dec 3** J-Sei Artisan Faire
- Dec 9** Holiday Baking Workshop
- Dec 25** Christmas Day: J-Sei Closed