



Have a Joyful 2024!

Happy New Year to all in the J-Sei community! 2023 was another busy year that gratefully saw more individuals able to gather in person to resume many necessary and enjoyable activities and to relish in the fun company of others. At J-Sei, we are seeing more people attend classes and events and we are gradually building up participation in our in-person lunch program. Over 725 older people were served through a variety of coordinated J-Sei services that keep seniors healthy and engaged this past year and we look forward to doing more.

So what can we expect in 2024? For the past six months, J-Sei's board of directors has been engaged in a strategic planning process that will result in a five-year agency plan. This plan will be the guidepost for major goals and service implementation. As with our past two five-year plans, the board, staff, and volunteers work together to achieve the identified goals and propel the agency to meet upcoming needs. This plan does not simply sit on a shelf!

J-Sei will share the results of this planning process with the community when it is completed but we want to thank the many people who have already participated

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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

Mon - Beginning Watercolor, 10-12 (new in Feb)

Tues - Beginning Ukulele, 12:30-1:30 pm (new in Feb)

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 Studio, 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, 10-11:30 am

Tues - Gentle Yoga, 10-11 am

Tues - Community Ukulele, 2-3 pm

Tues - Writing, 2:30 -4 pm

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.

In-Person Classes

As we continue to encourage people to join us at J-Sei, we are excited to offer the following new or renewed classes, beginning in February.

Beginning Watercolor Painting

Mondays, 10 to 12

Enjoy the light touch of the brush on paper transforming images stroke by stroke. Whether you've taken class before or you are trying it for the first time, this class provides space for your artistic expression. Due to popular demand, we are adding a class time to explore Watercolor Painting with renowned Bay Area artist Wendy Yoshimura who has been teaching seniors for over 30 years. Suggested donation: \$32/4 classes; or \$10/class RSVP to karol@j-sei.org

Beginning Ukulele

Tuesdays, 12:30-1:30

The joy of music is good for the soul. Learn and practice the basics of ukulele, from chords to strumming, and fine-tuning rhythm and voice. We offer this beginning class in 8-week sessions. Susan Sullivan has been teaching ukulele at J-Sei for many years. She invites you to join in her love of music. Suggested donation: \$55/session, or \$8 drop-in. RSVP to karol@j-sei.org

Upcoming Programs and Exhibits

Oshogatsu Celebration - SAVE THE DATE

Friday, January 26, 11:30 to 2 pm



Join us for an intergenerational exchange with students from the American International Montessori School in Berkeley. Engage in Japanese games and activities, enjoy lunch, and don't miss the Yosakoi performance by the students and "Butterfly" by Let's Groove dancers.

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

TOPAZ COLLAGES: One Family's Experience By Jeanie Kashima

Exhibit Dates: January 22 to March 8, 2024

J-Sei Gallery Hours: MWF 10-1, TuTh 1-5

A series of collages emerged from family photos as artist Jeanie Kashima reflected on her early years, born incarcerated at the Topaz concentration



camp in Utah. After her mother Amy Takaki passed away at the age of 104 years and during the COVID-19 isolation, Kashima began work on her collages. While many incarcerated do not have photos from their early years, the Takaki family have a set of photos that document their journey and inspired the new work.

Jeanie Takaki Kashima was the first baby born at the Topaz concentration camp and remained living in the arid desert with her family until 1945.

Taste of Mokuhanga: Japanese Woodblock Print Workshop

Saturday, February 3rd, 1 to 4 pm or

Friday, February 23rd, 1 to 4 pm

Join us for a 3-hour introductory Japanese Woodblock Print workshop. Participants will be introduced to the art of Japanese woodblock printing called Ukiyo-E technique. Tomoko Murakami,



a Japanese-born printmaking artist, will demonstrate the carving and printing processes. Participants will create small Ukiyo-E prints while learning to carve their woodblocks! All materials are provided, and all levels are welcome. Class fee: \$45 (includes materials)

RSVP to jill@j-sei.org with "Woodblock" in the subject line and indicate your preferred date.

Long-Overdue Reparations for African Americans: Why Japanese Americans and AAPI's Should Care

Saturday, Feb 10, 2 to 4 pm (Hybrid)



Don Tamaki, who served on the 9-member California Reparations Task Force, will make the case that the racial pathology that resulted in the incarceration of 120,000 Japanese Americans has its origins in the cultural

values, policies, and laws that propped up slavery and its aftermath. Four months after the murder of George Floyd on May 25, 2020, which triggered the largest protests in U.S. history, the California Legislature passed AB 3121 creating the Task Force to Study and Develop Reparation Proposals for African Americans.

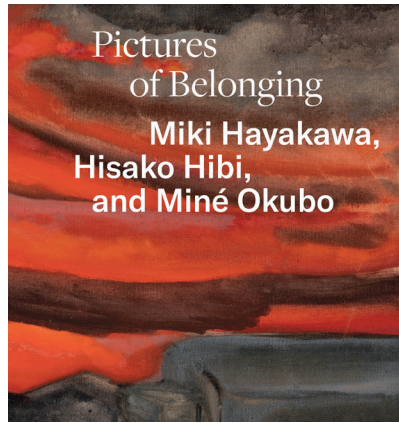
The Task Force convened in June of 2021, and on June 29, 2023 its ground-breaking 1,100 page Final Report was presented to the Legislature. The Final Report traces the harm of 246 years of slavery, 90 years of racial segregation after slavery ended, and decades more of continuing discrimination---resulting in today's outcomes.

Don Tamaki is a Senior Counsel at Minami Tamaki LLP, and participated on the legal team that reopened *Korematsu v. the United States*.

Co-presented by Friends of Topaz Museum. RSVP at <http://tinyurl.com/long-overdue>

Pictures of Belonging: Miki Hayakawa, Hisako Hibi and Mine Okubo

Art Talk by scholar ShiPu Wang - Saturday, March 2, 2 pm (Hybrid)



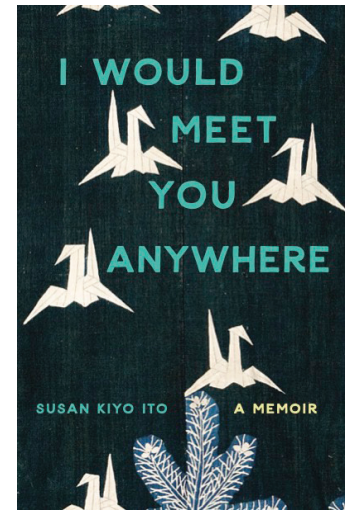
The exhibit brings together over ninety works by three pioneering Japanese American artists from the pre-World War II era. Miki Hayakawa, Hisako Hibi, and Miné Okubo have largely been overlooked in traditional American art history. The traveling exhibition will begin at the Utah Museum of Fine Arts (Feb-June 2024), Smithsonian American Art Museum (Nov 2024-Aug 2025) and will follow at several other sites.

Pictures of Belonging: Miki Hayakawa, Hisako Hibi, and Miné Okubo, co-published by the Japanese American National Museum and the University of California Press, will be available for purchase for \$50.

Dr. ShiPu Wang is the Coats Endowed Chair in the Arts and Professor of Art History and Visual Culture at the University of California, Merced, and Commissioner of the Smithsonian National Portrait Gallery.

Co-presented by Friends of Topaz Museum. RSVP at <http://tinyurl.com/pictures-of-belonging>

I Would Meet You Anywhere - A Book Talk with Susan Kiyo Ito
Saturday, March 30, 2 pm (in-person)



Growing up with adoptive nisei parents, Susan Kiyo Ito knew only that her birth mother was Japanese American and her father white. But finding and meeting her birth mother in her early twenties was only the beginning of her search for answers, history, and identity. Though the two share a physical likeness, an affinity for ice cream, and a relationship that sometimes even feels familial, there is an ever-present tension between them, as a decades-long tug-of-war pits her birth mother's desire for anonymity against Ito's need to know her origins, to see and be seen.

Along the way, Ito grapples with her own reproductive choices, the legacy of the Japanese American incarceration experience during World War II, and the true meaning of family.

Susan Kiyo Ito is the co-editor of the literary anthology *A Ghost at Heart's Edge: Stories and Poems of Adoption*. Her work has appeared in numerous literary magazines and anthologies. She has performed her solo show, *The Ice Cream Gene*, around the US and adapted *Untold Stories: Life, Love, and Reproduction* for the theater.

Join us for a book reading, an engaging conversation with writer and artist Patricia Wakida, and tea. Book sales and signing will follow. RSVP to jill@j-sei.org with "Susan Ito" in the subject line.

Crab Feed - Sunday, February 4 — Buy tickets by January 28!

J-Sei's 33rd annual crab feed is coming up soon – February 4! We invite you and your family to join us in an updated format. To build community gatherings and in light of restrictions at the El Cerrito Community Center, J-Sei is moving our event to a new venue: The Fratellanza Club which is one block east of J-Sei and has on-site parking.

Please enjoy your crab feast from 5 pm to 6:30 pm, then take in the live music and conversations, with a no-host bar, from 6:30 pm



to 8 pm. There will be one seating time for this family-style event and no to-go meals.

Happy New Year (Cont.)

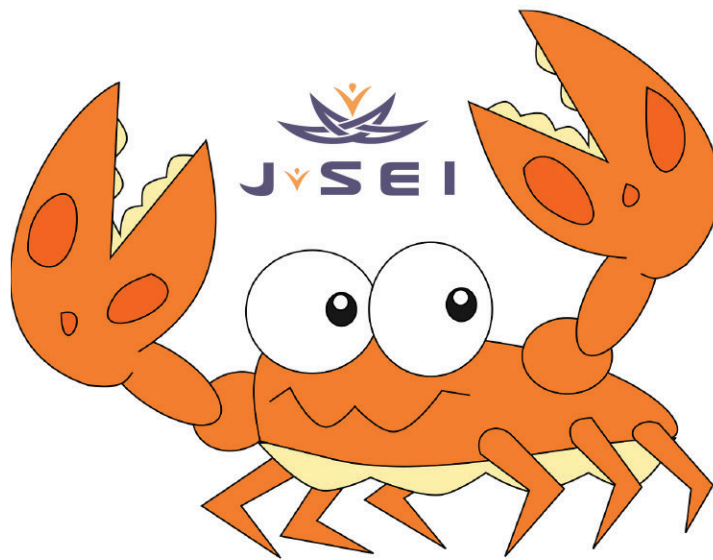
in providing valuable information that will shape our future. Member organizations, service clients, family members, and volunteers took part in focus groups and surveys. Community members have been very committed and invested in J-Sei's future and the high level of participation reinforced this sentiment.

I feel incredibly fortunate to be a part of this community where people are so thoughtful, grateful, and kind. This generosity of spirit helps us in collaboration and problem-solving and is a treasured gift. Thank you to the wonderful and caring staff at J-Sei Home and

J-Sei Emeryville who are greatly respectful and supportive of those we serve. Also, the contribution of time and effort amongst our volunteers and board of directors has had a tremendous impact on J-Sei's ability to provide safety net services such as food, case management, friendly visitors/callers, and wellness programs – we are grateful for each of you.

Cheers to you in the New Year and may we have more healthy and fun times together!

Diane Wong
Executive Director



J-Sei's 33rd Annual Crab Feed

Sunday, February 4, 2024

Fratellanza Club, 1140 66th Street, Oakland

(1 block east of J-Sei with on-site parking)

Dinner 5:00 to 6:30 pm  **Live band & no-host bar 6:30 to 8:00 pm**

Enjoy fresh Dungeness crab, Asian salad, garlic noodles, rolls, desserts, and beverages with your family and friends at J-Sei's in-person, sit-down, family-style crab feed! (Menu subject to change depending on availability of crab)

Dinner tickets: adults \$70, children 12 & under \$25
(Sorry, no to-go meals)

Please RSVP by **Sunday, January 28**, at www.j-Sei.org/33rd-annual-crab-feed or mail your check with the coupon below.

Very limited number of dinners may be bought at the door.

For more info
visit www.J-Sei.org or phone (510) 654-4000 or email suzanne@j-sei.org

J-SEI'S 33RD ANNUAL CRAB FEED! SUNDAY, FEBRUARY 4, 2024

MAIL ORDER COUPON

Name _____ Phone _____ Email _____

of dinner tickets: ___ adults @ \$70 each, ___ children @ \$25 each. Total enclosed with check payable to J-Sei: \$ _____

Please mail to J-Sei, 1285 66th Street, Emeryville, CA 94608, to be RECEIVED in the office by Sunday, January 28.

THANK YOU FOR YOUR ORDER!

Dementia Information & Resources

Dementia, which is also known as major neurocognitive disorder, is a general term for the loss of mental abilities that are severe enough to interfere with daily life. It is caused by damage to the brain cells that impair the ability to communicate, think, behave and feel. The most common type of major neurocognitive disorder is Alzheimer's disease.

I will use the term "dementia" in this article, because this word is most commonly used.

Even though major neurocognitive disorders interfere with independence in everyday activities, individuals with mild neurocognitive disorders are still able to be independent and do daily tasks on their own.

There are numerous diseases and illnesses that cause neurocognitive impairment including: Alzheimer's disease, vascular dementia, Parkinson's disease, dementia with Lewy Bodies (DLB), Front-temporal Disorders, Creutzfeldt-Jakob disease, normal pressure hydrocephalus, Huntington's disease and Korsakoff's syndrome. Many conditions that can cause neurocognitive disorder-like symptoms may be treatable. It is important to talk to health care providers when you recognize any symptoms as early as possible.

Some Tips in Communication

Dementia will impact a person's ability to retain and process information, as well as to communicate their needs and concerns. Some beginning tips:

- Approach the person from the front.
- Make eye contact when you are talking to the person.
- Speak slowly and clearly.
- Use body language such as hand gestures and facial expressions.

- Use short, simple words and sentences. Ask one question at a time as too many may make the person feel overwhelmed.
- Ask simple "yes" or "no" questions.
- Do not criticize or correct. Stay focused on listening to try to understand what he/she has said. Pay attention to the person's feelings and affirm what they are experiencing.
- Do not argue. Starting an argument is not helpful and may agitate the person.
- If your loved one cannot remember a word or the correct word, you can offer a guess. You don't need to correct them as it may cause frustration.
- Avoid using negative statements.
- Be patient and give time to respond.
- Avoid background noise and over stimulation.

As always, if you are caring for someone with dementia, we encourage you to seek a medical consultation if you notice any changes in your loved one's behavior. For example, if she or he becomes uncharacteristically hostile or more withdrawn than normal, there may be a medical reason for this change. The person may have a urinary tract infection (UTI), or may be suffering from an adverse side-effect of a new medication. Don't assume that any new symptom is a normal part of dementia.

Safety

A major concern to families is safety. Someone suffering from any form of this disease may have an altered sense of judgement and sensory perception, so home safety is very important. A person suffering from Alzheimer's disease may not be able to feel that scalding water burns or taste that they are eating spoiled food, or perceive that the dark circle on

the rug is part of rug pattern and not a hole. Posting pictures or written directions like “Hot,” “Danger,” “Do Not Touch,” or “Poison” in obvious places can often be helpful.

Resources

Alzheimer’s Service of the East Bay offers day services at their centers for people suffering from all stages of dementia, family support counseling, and referrals to community resources including geriatric specialists. For more information call (510) 644-8292. Website: <http://aseb.org/>

The Alzheimer’s Association offers information, advice, support groups, and educational programs for families. Helpline: (800)272-3900. Website: <http://www.alz.org/>

Family Caregiver Alliance offers a wide-range of support services for families in the way of long-term care planning, community resource referrals, support, legal consultations, short-term counseling, respite care, educational classes, workshops and publications. Phone: (800) 445-8106. Website: <https://caregiver.org/about-fca>

UC Davis Alzheimer’s Disease Center in Sacramento and Walnut Creek offers assessments for adults with memory impairment including medical, neurological, psychological and psychosocial evaluations, social work recommendations for improved quality of care including referrals, education, counseling and training for patients, families and caregivers. They accept Medicare, Medi-Cal and other health care insurance. East Bay (Walnut Creek) Address: 100 N. Wiget Ln, Suite 150 Walnut Creek, CA 94598 Phone: (925)357-6515. Website: <https://www.ucdmc.ucdavis.edu/alzheimers/>

Looking for Caregiving Jobs?

Do you have experience with caregiving? Do you know of caregivers who are looking for job opportunities?

J-Sei’s Caregiver Directory welcomes Japanese-speaking and English-speaking caregivers to join our referral list. Jobs can range from driving clients to appointments to assisting with Activities of Daily Living (toileting, bathing, etc). In order to join our referral list, caregivers must complete a background check and fill out required forms.

For more information on joining our caregiver directory, please contact Hannah at hannah.shever@j-sei.org.

J-Sei Home – A Caring Environment

Do you know a family member or friend who needs care and support? J-Sei Home is a licensed residential care home for the elderly that provides round-the-clock attention to people who need assistance. Japanese meals and staff who speak Japanese make J-Sei Home uniquely culturally appropriate. Private rooms, a lovely enclosed garden, and caring staff create a wonderful homelike setting. Please contact Ron Salvador for more information at 510-732-6658 or Ron@j-sei.org.

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

J-Sei in Memorium

Below are gifts received from September 1, 2023, through November 30, 2023.

In Memory of Lorraine Choy

Jackie Nakano

In Memory of Chizuko Coffey

Laurie Fong

Debbie Jan

Melinda Jan-Flanders & Barry Flanders

John Mabee

Karen Matsuoka

Sharon Richards

Maureen Trilsch

In Memory of Amy Eto

Suzanne Ah-Tye

& Donald Tamaki

Susan Eto

In Memory of Grace Goto

Milton Tamura

In Memory of Milton Hom

Nobuso & May Doi

In Memory of

Kimi & Aki Honda

Vivian Chiang

In Memory of Taya Honda

Nobuso & May Doi

In Memory of Robert Ito

Dave & Joan Knoop

Mike & Diane Nishioka

Joey & Dorise Ouye

Yasuda Family: Gen, Kam & Diane

In Memory of

Mr. & Mrs. James Kamada

Nadine Watanabe

In Memory of Patricia Kyono

Leslie Kyono

In Memory of Mom

Ellen Soohoo

In Memory of Hisako Nabeta

Reiko Nabeta

In Memory of Amy Naito

Noelle Pillsbury

In Memory of Diane & George Nakano

Jackie Nakano

In Memory of Chise Okuyama

Elly Steese-Bradley

In Memory of Bill Shimamoto

Don Shimamoto

In Memory of Rey & Edith Sonoda

Kenneth Sonoda

In Memory of Sachiye & Taichi Takagi

Miye Takagi

In Memory of Tami Tanabe

Candace Tanabe

In Memory of Laura Takeuchi

Joanie Morioka

In Memory of Martha Uejo

Nobuso & May Doi

In Memory of Sharon Uejo

Curtis Uejo

In Memory of Suetaru Yagisawa

Nobuso & May Doi

In Memory of Sachiko Yamada

Patricia Nakai

In Memory of Bill Yamamoto

Enid Yamamoto

In Memory of Terry Yamashita

Reiko Nabeta

In Memory of George & Helen Yoshida

Maia (Yoshida) Rudibaugh

In Memory of Tadashi "Tad" Yoshii

Anonymous

Jen Brodehl

Dennis & Virginia Lee Chang

Benny Chin

Darrell Doi

Noreen Fukumori

Tom Gee c/o Far West Investors

James & Christine Hickey

Bruce & Valerie Hironaka

May Hirose

Donna Ko

Mona Lam

Kai Mander

Karen & Thomas Morioka

Robert & Carol Muramoto

Gerry & Diana Nagatani

Gary & Lorene Nakagiri

Elizabeth Nakamura

William & Joan Neveu

Lorraine Otsuka

Joy Sekimura

Natalie Shew

Ray and Tammy Shojinaga

Rev. Naomi Southard

Tami Suzuki

Joanne Takata

Judy Tam

Janet Teel

Lianne Tsujimoto-Wong

Sharon Umene

Janice Vad

Julie Weitz

Rebecca Wong

Christine Yamashiro

Michael Yee & Donna Uyemoto

Karen Yoshii-Mitchell

Joseph Yoshino

In Memory of Tad and Lily Yoshii

Jean Sakanashi Hayes



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ADDRESS SERVICE
REQUESTED

*Feast and fun at J-Sei's 33rd annual crab feed held on
Sunday, February 4 at the Fratellanza Club!*

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Save the Date!

- Jan 1** New Years Day: J-Sei Closed
- Jan 1** New Years Day: J-Sei Closed
- Jan 15** MLK Jr. Day: J-Sei Closed
- Jan 26** J-Sei Oshogatsu Celebration
- Feb 3** Woodblock Print Workshop
- Feb 4** J-Sei's Crab Feed
- Feb 10** Long-Overdue Reparations for African Americans
- Feb 19** Presidents' Day: J-Sei Closed
- Feb 23** Woodblock Print Workshop
- Mar 2** Pictures of Belonging – Art Talk/ShiPu Wang
- Mar 30** Book Talk with Susan Kiyo Ito