



Give in May

With spring, J-Sei begins outreach efforts through our on-line Give in May Campaign. As relative 'newbies' to the online campaign scene, J-Sei is so thankful to the many enthusiastic team members and donors who make our Give in May the single biggest fundraising activity of the year.

Our team of board members, volunteers, service recipients and staff reach out to their contacts through email to tell them about the wonderful work that takes place at J-Sei. While educating people to our wide-range of senior services and unique cultural programs, we also broaden and deepen our community support for important programs that reduce isolation and improve health.

Our collective efforts helped cover 10% of our operating budget! These dynamic images of people building their skills, knowledge and community provide a glimpse of the important programs that these donations enable.

If you or someone you know may want to join our team, please contact Diane Wong, Executive Director at diane@j-sei.org. Thanks for considering!

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Contributors

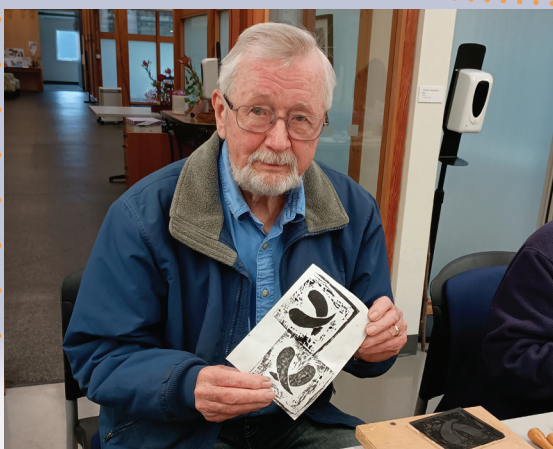
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Karol Doi, Janet Menges

Creating Connections at JSEI

With the sounds of chatter, singing, strumming and laughter, J-Sei reverberates with good energy. We have new class offerings with Beginning Watercolor, Beginning Ukulele, and "Brain, Balance and Body Work". With various workshops for Woodblock Print, Boro-Inspired Hand-Sewing, and Sashiko Notecards, the creative work is inspiring. We welcome you to join us in creating connections!



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
- Tues - Beginning Ukulele, 12:30-1:30 pm
- 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 Class, 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

Online 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
- 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

Mondays, 2-3 pm

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

Upcoming Programs and Exhibits

Introduction to Mokuhanga

April 12, 19, 26, May 10, 17, 24
Fridays, 9:30-12:30

Mokuhanga – a water-based Japanese woodblock printmaking – is environmentally friendly and can be done at home, any time, and anywhere without a press! Participants will learn the basics of this unique process, carving the woodblock, using kento (registration system), and printing with water-based ink on Japanese paper. Participants will create a small edition of beautiful, multicolor prints. All levels are welcome. The suggested donation for the 6- class session will be \$150(includes \$45 materials fee).RSVP to jill@j-sei.org with "Mokuhanga" in the subject.

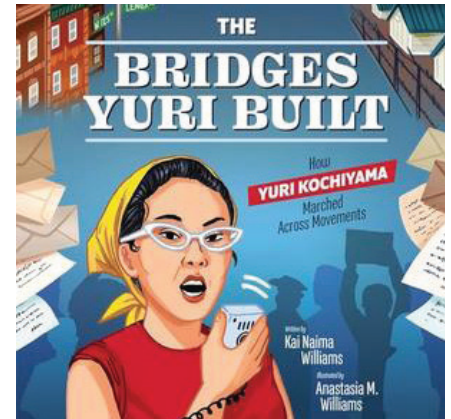


Healthy Aging: How to Keep Our Brain Healthy and Active

Wed, April 24th, 11 am

Brain Health includes cognitive health, the ability to think, learn and remember, as well as motor, emotional, and tactile functions. What are healthy lifestyle practices we can incorporate to keep our brain healthy? According to the National Institute on Aging, while some age-related changes to the brain due to injury, stroke or disease cannot be changed, there are many lifestyle changes that can make a difference. Hear from Dr. Michael Goldrich, Director of Geriatrics and Nursing Home Care at Lifelong Medical Care. Bring your questions and experience, and let's have a conversation. RSVP for in-person or online to jill@j-sei.org with "Brain Health" in the subject line.

Children's Day Book Event:
"The Bridges Yuri Built" with author Kai Naima Williams
Sunday, May 5th
Book Reading at 3 pm, Origami Activity at 2 pm



Meet author Kai Naima Williams, great-granddaughter of Yuri Kochiyama, for her debut children's picture book that intimately chronicles the experiences, people and places that shaped Yuri's life. From Yuri's incarceration in a Japanese-American concentration camp during World War II to her participation in movements organizing for better schools in Harlem to her close friendship with Malcolm X, Yuri never wavered in her belief in the power of people to bring about social change. THE BRIDGES YURI BUILT by Kai Naima Williams with illustrations by Anastasia Magloire Williams, inspires young readers to embrace Yuri's unswerving belief that together we can build a

bridge to a better world.

Meet the author, buy a book, and join us for a hands-on activity with Jun Hamamoto of San Quentin Origami in celebration of Kodomo no Hi (Children's Day). The author talk will be moderated by Miya Saika Chen. Bring the family.



Mother's Day Tour
Chiura Obata at SFMOMA
"One of California's most influential 20th century artists."
Friday, May 10

Visit SFMOMA for a tour with granddaughter and family historian Kimi Kodani Hill. In this exhibition, forty jewel-like watercolors, woodblock prints, and ink paintings trace Obata's long, influential career as a Bay Area artist and professor. Visit this exhibit and view other works by Asian artists currently on display, including Ruth Asawa, Isamu Noguchi, Saburo Hasegawa, and more. Take BART together or meet at the museum. Gallery talk begins at 10:30 am. Space is limited. RSVP to jill@j-sei.org with SFMOMA in the subject line.

Day Trip to South San Francisco
"Kay Sekimachi Weaving Traditions" at SFO and Tanforan Memorial
Thursday, May 16

Just across the bay, enjoy an outing to see great art in South San Francisco: "Kay Sekimachi: Weaving Traditions" at the SFO Museum, lunch and visit to the Tanforan Memorial. Space is limited. RSVP to jill@j-sei.org with SSF in the memo.

"Kay Sekimachi: Weaving Traditions" presents defining work by Kay Sekimachi (b. 1926), a



pioneering fiber artist whose complex work reflects an elegant impression of simplicity. For more than seven decades, she has mastered a wide range of media and techniques, including on- and off-loom textiles, stitched-paper forms, and molded-fiber bowls. Considered a "weaver's weaver," Sekimachi has created an oeuvre of textile art and sculpture that is without parallel.



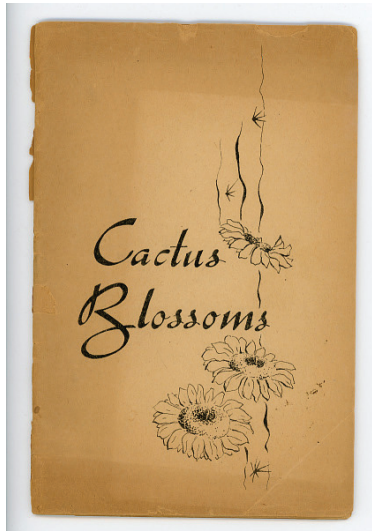
The **Tanforan Memorial** offers a combination of story, art and experience to educate the public on the

detention of Japanese Americans in 1942 and to honor those who were forced to live at the former racetrack. The memorial includes a bronze statue of the Mochida sisters from an iconic Dorothea Lange photo, a replica horse stall, poetry from incarcerated, a memorial wall of names, amidst striking cherry trees and a beautifully landscaped garden. Inside the Bart Station, a photo exhibit by Paul Kitagaki and art curated by Na Omi Shintani provide context and depth in telling the story of the post war legacy.

Cactus Blossoms: Poetry In (and Beyond) Gila River

Saturday, May 18

Archeologist Koji Lau-Ozawa and poet Brynn Saito share their journey rediscovering *Cactus Blossoms*, an anthology of poetry written by high school students who were incarcerated at the Gila River camp during World War II. From striking desert imagery to prayerful longings for freedom, the poems express the complex inner life of those confined in the Arizona desert. Brynn and Koji—both yonsei descendants of grandparents incarcerated at Gila River—embarked on a quest to find and interview the Cactus Blossom poets. They'll share about their journey and discuss the unique intersection of poetry, memory, and history. Brynn will close the event with a reading from *Under a Future Sky*, her latest book of poems inspired by a pilgrimage she took with her father to Gila River in 2019. RSVP for in-person or online.



friend who saved his life. Through the filming process, Bruce struggles to express the guilt, shame and anger he carries and slowly begins to reconcile the memories that haunt him.

"...a moving and deeply resonant exploration into the enduring impact of racial trauma, the profound power and bonds of friendship, and the universal quest for identity and a sense of belonging." BEND Film Festival

Join us for the in-person screening, reflections from filmmaker David Brodie, and a community conversation as we remember Bruce Nakashima and those who served during the Vietnam War, a heightened time of tension and protests, and the scars that remain hidden over 50 years later.

"Finding Her Beat" Queer Women of Color Film Festival 2024 Sunday, June 16, 1 pm, Presidio Theater, 99 Moraga Ave, San Francisco

For thousands of years, women have been locked out of taiko drumming. Not anymore. In the dead of Minnesota winter, Asian drumming divas smash gender roles and redefine power on their own terms. Finding Her Beat dives into the rhythms and struggles that lead an electrifying historic performance that changes everything.



Queer Women of Color Film Festival celebrates its 20th Anniversary from June 14-16 2024 in San Francisco. J-Sei is invited to be a community sponsor for "Finding Her Beat". Check our website for more information.



The Volunteer, a short documentary on Vietnam veteran Bruce Nakashima Saturday, Jun 8, 2024, 2 pm

"The Volunteer", directed by David Brodie, is a short documentary that follows Bruce Nakashima, a Vietnam War veteran, as he

reflects on his intense combat experience, rescue and abrupt separation from L.V., the

Welcoming Back the J-Sei Shuffle: Transportation Training Program

Are you ready to embark on a journey of newfound freedom and independence? Do you wish to navigate transportation in your city with ease and confidence? Look no further, as J-Sei has brought back the J-Sei Shuffle: Transportation Training Program!

Led by Hannah Shever (Program Coordinator), our Transportation Training initiative aims to empower seniors to embrace the myriad of transportation options available in our modern world. From the convenience of rideshare apps like Uber and Lyft to the accessibility of Paratransit services, and the efficiency of public transportation via AC Transit and BART, Hannah will guide you every step of the way through group or one-on-one training.

Navigating the realm of transportation can seem daunting at first, but our free, one-on-one personal training is tailored to your individual needs and pace. Whether you are tech-savvy and eager to master the smartphone rideshare apps, or looking for options that do not require a smartphone, the Transportation Training Program can provide assistance.



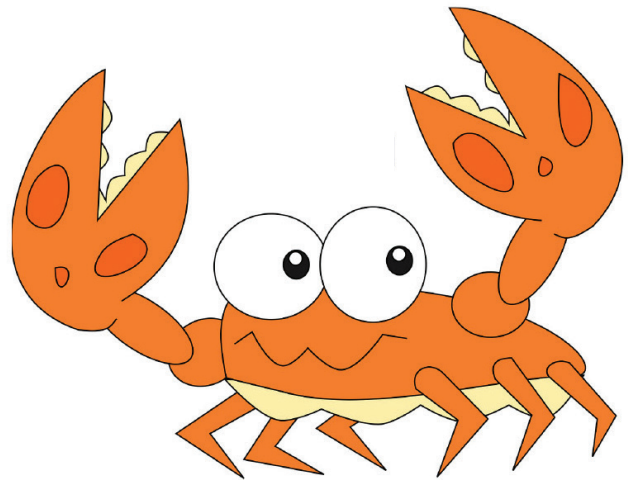
J-Sei will also be covering the first 10 one-way rides (maximum 17 miles one-way) for participants as an incentive to kickstart your journey towards transportation independence. Whether it is to schedule a one-on-one transportation training session, accessing transportation resources, or learning more about the program, don't hesitate to reach out! Sign up for Transportation Training today and let's embark on this exciting adventure together. To inquire further, please send an email to Hannah at hannah.shever@j-sei.org with "J-Sei Shuffle" in the subject line.



Summary of Crab Feed

J-Sei's 33rd Annual Crab Feed was a fun evening of community gathering, unhampered by the weather! Over 250 diners visited the Fratellanza Club for in-person dining and enjoyed wine and eat-all-you-can salad, garlic noodles, Dungeness crab and custom made tiramisu. The J-Sei hip hop class led by Judy Fujiwara provided a wonderful performance and Glen's jazz trio provided live music for listening and dancing. Guests cheered raffle prize winners and enjoyed the opportunity to leisurely catch up with friends and family.

This was a new venue and format for J-Sei and we will likely repeat this event next year. A special thank you goes out to our event chairman, Matthew Fujikawa, volunteer dessert chef Jenson Wong, salad dressing creator Hiko and Susan Shimamoto and logistics coordinator Tiffany Nguyen. Their special



touches made this crab feed a standout! Also, we want to acknowledge dessert bakers Wendy Kiniris, Aiko Kurokawa, Amy Shinsako, and Carrie Yoshida and event volunteers Warrick Liang, Johnny Ng, Mary Ooi, Ruth Sasaki, Anne Takizawa, Curtis Uejo, Connie Wong, and Cole Yoshida.

Friendly Visitor/ Caller Program

Congratulations to
Janet Menges
for being a Friendly Visitor
for the same J-SEI Senior for
10 YEARS!



Medication Management – Some Tips

It can become complicated to manage several prescription drugs, especially if they treat different conditions and need to be taken at various times of the day. Staying aware of when to take each prescription, getting refills on time, and being aware of any side effects and interactions all help keep you healthy.

When you are prescribed a new medicine, make sure you know WHY it is being prescribed for you and if there are any special instructions for how to take the medicine. All of your health providers should know every medication, including over-the-counter (OTC) ones, and supplements that you are taking.

When filling a new prescription, ask the pharmacist any questions you may have; including if there is any negative interaction with anything else you are taking, including possible impacts with the OTCs. If possible, have all prescriptions filled at the same pharmacy so that your records are in one place.

For medication schedules and doses, follow the prescribed schedule exactly and take the exact dose prescribed. Remember if a medication needs to be taken on an empty stomach or with food. Alcohol can have a negative effect on many drugs so watch for these warnings.

A weekly or daily pill organizer is the recommended way to ensure you are taking your medications correctly. There are pill organizers suited for taking medications one time to five times per day and there are timed pill dispensers that ring alarms at set times to remind you.

I have had clients say they take their medications when they remember or when it is more convenient or when they feel they need them...NO NO NO! That will only get your health

in trouble. Never stop taking medications, or change the dosage or frequency on your own without your doctor's approval.

Write down all your medications, including name, dosage, times to take, who prescribed it, when it was prescribed, and the reason. Medication schedule templates are available online. Review your medication list annually at a minimum.

Medications not in your organizer should be kept together in one place and the original container. Make sure all medications are kept safely away if children are around at any time.

Other things to consider. If you or the person you are caring for have any memory impairment, it is advised that someone else fill the pill organizer and monitor the proper taking of the medication. Another alternative is to arrange for pre-dosed blister packs from the pharmacy. These can be mailed to you on a scheduled basis. Speak to your doctor or pharmacist as to the best option to ensure meds are taken on time.

Disposal of Expired or Discontinued Medication

Many CVS pharmacies have a safe medication disposal kiosk or they offer DisposeRx packets at no cost to patients. Many Walgreens also have a disposal bin, available during open hours. Before disposing of your bottle, make sure to take off or black out your name.

References:

- National Institute on Aging: Taking Medicines Safely as You Age.
- John Hopkins Medicine: Medication Management and Safety Tips

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

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 December 1, 2023, through February 29, 2024.

**In Memory of
Sumiye Akiyoshi**

Steve Oishi

In Memory Kaoru Igarashi

Patti Igarashi

In Memory of Kikuko Ito

Susan Ito

In Memory of Yone Ito

Kathleen Ito

**In Memory of
Barbara Kitagawa**

Gary Kitagawa

Reiko, Megan & Paul Kitagawa

Kimi Maru

In Memory of Yuri Kochiyama

Pamela Wu Kochiyama

In Memory of Mary Komiya

Mona Komiya_Chan

In Memory of Sherman Lew

Calvin Tong

In Memory of Grandma Mah

Manina Ean

In Memory of Yo Nagata

Jeffrey Nagata

**In Memory of James
Nakabayashi**

Lynn Noma

In Memory of Ruby Okazaki

Nobuso & May Doi

In Memory of Louise Owyang

Grant Din & Rosalyn Tonai

**In Memory of Kaz & Doris
Shintani**

Judith Shintani

**In Memory of Setsuko
Nakamura Shkidt**

Melissa Shkidt

**In Memory of Sachiye & Taichi
Takagi**

Miye Takagi

In Memory of Martha Uejo

Tomiko Hiramoto

Donald Uejo & Family

In Memory of Sharon Uejo

Curtis Uejo

**In Memory of Rev.
Kiyoshi Seishin Yamashita**

Dennis Yamashita

In Memory of Skip Yamashita

Reiko Nabeta

In Memory of Chiaki Yokoi

Stephen Yokoi

**In Memory of
Tadashi "Tad" Yoshii**

Andrew Cho &

Gail Tsujimoto-Cho

Gene Hane

Jan & Grant Kimura

Susan & Hiko Shimamoto

Kevin & Christine Sullivan

**In Memory of
Tad and Lily Yoshii**

Laurie Itow

In Memory of Bo Yu Young

Donna Jung & Raymond

Young

**In Memory of my cousin
Yoshiko**

Julie & Craig Wyreman



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Healthy Aging: How to Keep Our Brain Healthy and Active
Wednesday, April 24 at 11am

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Save the Date!

- Apr 24** Healthy Aging
- May 5** Children's Day Book Event
- May 10** Mother's Day Tour: Chiura Obata at SFMOMA
- May 16** "Kay Sekimachi Weaving Tradition" – SFO and Tanforan
- May 18** Cactus Blossoms: Poetry in (and Beyond) Gila River
- May 27** Memorial Day, J-Sei Closed
- Jun 8** "The Volunteer", documentary on Vietnam veteran Bruce Nakashima
- Jun 16** "Finding Her Beat" – Presidio Theater SF