



Tenacity in 2025

As we enter the new year, we are filled with questions and maybe even trepidation. But as active individuals that come together to form the J-Sei community, there is a continued hope, cohesion and a drive to make the future brighter. In uncertain times, we can double-down and build upon our strengths.

Following expressed community needs gathered in our five-year strategic planning process, J-Sei will enhance our family caregiver services. Family caregiver support groups and education are currently offered but people often need private one-on-one sessions to help identify appropriate resources, to brainstorm solutions and to solve challenging and very personal caregiving dilemmas. A new family caregiver navigator service will start in early 2025 and we are excited to more fully support individuals as they dedicate their time and care to loved ones.

Building on our attributes in the new year, we are so pleased and honored to partner with member organization Japanese Christian Church of Walnut Creek and Meals on Wheels Diablo Region to provide in-person weekly Japanese lunches to seniors living in the central Contra Costa area. The church will help with gathering volunteers, Meals on Wheels of Diablo Region will provide the on-site staff and J-Sei will provide the hot meals.

(Cont on p. 6)

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Contributors

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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 - Watercolor, 10-12
Tues - Let's Groove, 11:30 am -12:30 pm
Tues - Community Ukulele, 1-2 pm
Tues – Tai Chi, 1-2 pm
Wed - Brain, Balance and Body Work, 10-11 or 11-12
Wed – Mah Jong Club, 1-3 pm
Wed- Japanese 1, 1-2 pm
Wed – Japanese 2, 2:15-3:15 pm
Wed – Sogetsu Ikebana, 2-4 pm
Thurs – Watercolor, 1-3 pm
Fri – Tai Chi (Intro), 1-2 pm
Nihongo Corner 1 & 2, 1-2 pm
1st Tues – J-Sei Sings, 10-11 am
1st Wed - Aging Together, 10-11:30 am
2nd Mon - Let's Talk, 12:30-2 pm
3rd Th – Kimekomi Doll, 9:30 am -12 pm

Online Classes

Mon - Tanoshii Japanese, 10-11 am
Mon - Tai Chi for Arthritis, 1-2 pm
Mon - Staying Healthy
Tues - Gentle Yoga, 10-11 am
Tues - Writing, 2:30 -4 pm
Wed - Qi Gong, 10-11 am
Thurs - Strength & Balance, 10-11 am
Thurs - Minyo no Odori, 9-10 am
3rd Wed - Aging Together, 10-11:30 am
4th Thurs - Family Caregiver, 4-5:30 pm

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.

J-Sei's 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.

Upcoming Programs and Exhibits



Gambatte! Legacy of an Enduring Spirit Photographs by Paul Kitagaki, Jr.

Exhibit Dates: February 10 - April 2, 2025

Gallery Hours: Mondays & Thursdays 10am-4pm

Special Event:

Meet Photographer Paul Kitagaki, Jr

Saturday, March 1, 2025, 2 pm

Gambatte! Legacy of an Enduring Spirit explores the legacy of an enduring spirit as Japanese Americans triumphed over adversity in the WWII incarceration camps.

As he was searching through photos at the National Archives in 1984, Kitagaki found a photo taken by famed documentary photographer Dorothea Lange of his grandparents and father preparing to board a bus in Oakland, Calif., enroute to a World War II incarceration camp. Through slow and painstaking research, Kitagaki has spent 15 years locating and winning the trust of the families who lived through the internment camps, documenting their stories of survival and inner strength to overcome injustice, racism, and wartime hysteria.

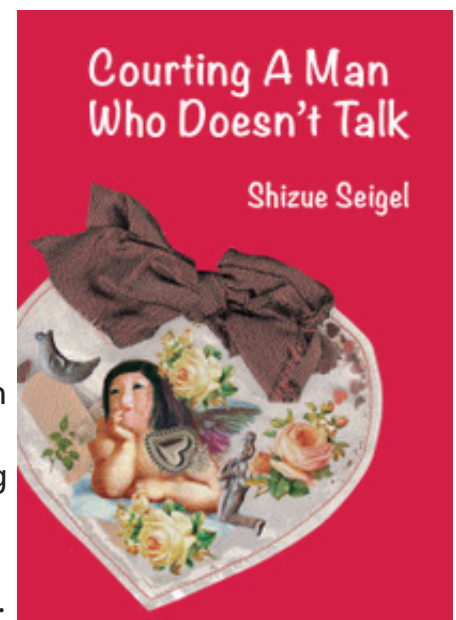
Many of the Issei and Nisei never shared their stories with their own families. As some of the subjects recounted their experiences, they were overcome with tears and emotion as long-forgotten memories returned. For many, this was the first time for them to publicly speak about what they endured. - Paul Kitagaki, Jr.

Photographer and videographer Paul Kitagaki Jr. has traveled the world covering natural and human-caused disasters and international athletes competing for gold at ten different Olympic Games. Kitagaki's work has been honored with dozens of photo awards, including the Pulitzer Prize, and Emmy nominations. He's been published in news outlets worldwide, including National Geographic, Time, Smithsonian Magazine, Sports Illustrated, Stern, People, Mother Jones, the Wall Street Journal, the New York Times, the Los Angeles Times and the Washington Post, as well as in his home paper, The Sacramento Bee.

COURTING A MAN WHO DOESN'T TALK A book talk with Shizue Seigel

Sunday, February 9th, 2 pm

Courting A Man Who Doesn't Talk began thirty years ago as midnight journaling to puzzle out a budding romance between a forty-ish, Asian American single mother and a twenty-something white man. The personal experiment has stood the test of time, but the larger social battle for equality and respect between women and men is still being waged, one day at a time, one person at a time.



Many men don't have words to express what's deepest in their hearts. Lover or husband, father or son, employer or co-worker—each has different styles of wordlessness and different reasons for it. In today's polarized world, breaking through the silence is essential, especially across divisions of race, class, generation, culture, or religion.

Shizue Seigel is a Japanese American writer, visual artist and arts activist who has supported 500+ writers and artists of color with workshops, events and publications since 2015 through her arts organization Write Now! SF Bay.

KINTSUKUROI - community film screening

Thursday, March 13

Rialto Cinema Cerrito, 10070 San Pablo Ave, El Cerrito

The philosophy of KINTSUKUROI shows us that something shattered can be restored and made stronger and more beautiful. The term is an apt metaphor for the Japanese American experience of WWII. Forced from their homes, farms and businesses, more than 120,000 Japanese Americans were unjustly imprisoned simply because of their race. KINTSUKUROI follows the Ito family from pre-war San Francisco to the concentration camps of the American West to the battlefields of Europe as it endures one of the most shameful periods in American History.

Connecting Across Generations presents "Kintsukuroi: Restoring Our Brokenness," an intergenerational conversation

Saturday, March 22, 12 to 3 pm

Join us for an intergenerational conversation inspired by the film Kintsukuroi by director Kerwin Berk. Whether you've seen the film, plan to attend the screening on March 13th, or have not seen the film, all are welcome.

Kintsukuroi is the Japanese art practice of piecing together shards of pottery to repair,

then using gold leaf to restore beauty and make it whole again. The film touches on the legacy of the Japanese American incarceration, a range of experiences, from loyalty to resistance, despair and loss, and rebuilding of lives. What is your connecting point and how does it impact you today? Connecting Across Generations is an evolving collaboration of individuals and Japanese American community groups interested in broadening cross generational relations.

WORKSHOPS & New Sessions



Color woodcut (Ukiyo-E technique) by K. Davidson
Kala Art Institute, 2003

Mokuhanga, Japanese Woodblock Series

Fridays Feb 7, 14, 28, Mar 7, 14, 28 (skipping the 3rd Fridays), 9:30 am -12:30 pm

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 6-class session will be \$150 (includes \$45

materials fee). RSVP to jill@j-sei.org with "Mokuhanga" in the subject.

SENIOR DIGITS: Exploring Digital Connections

Fridays, 3-4 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.

Memory Circles

Thursdays, 10-11:30

Memory Circles is a small group series to share, reminisce, and reflect on the moments, people, places and times that have shaped who we are. Join Memory Circles to share remembrances, listen to reflections and connect with others at J-Sei. Each session will include themes and question prompts on themes, such as home, family, culture, and legacy. A memory box will be created to remember our time together.

Memory Circles will be comprised of 5 to 6 people with a facilitator, and will meet for 6 sessions. Individuals will be placed into groups based on similar interests or experiences.

To sign up or learn more, contact jill@j-sei.org



J SEI
J-Sei Shuffle: Travel Training Series

Let's Try Rideshare Apps: Uber/Lyft Outings

Would you like to try using Uber or Lyft as a group?

- ◆ Practice using the carpool and safety features
- ◆ Build your comfortability and confidence
- ◆ Travel somewhere hard to reach by public transit

The cost of the ride will be reimbursed, and J-Sei will cover ten one-way rides for you to try on your own.
Try it out on us!

To sign up or learn more, contact Emma at e.m@berkeley.edu
(510) 686-3806

We Didn't Forget about You – More 2023-24 Donors

Our sincere apologies for the omission of the following donors from our annual J-Sei Donor list of those who contributed between July 1, 2023 to June 30, 2024 in the Fall Edition of the newsletter:

- Tarang & Himi Amin Family Fund
- Diane Cho
- ClifBar
- Ann Francisco
- Ann Fukumoto
- David Graham & Florence Hori
- Jewish Community Federation – Lori Ganz
- JCCNC
- Shin Mune
- Yoshiko Scion
- Estate of Takumi & Gladys Taketa
- Glen M. Waki
- Natasha Wild
- Lois Wood
- Stan & Karen Yamamoto
- Yogi & Carrol Fund of Horizon Foundation
- Vance Yoshida

Flavors of Spring Friday, March 28 – 5:30pm to 8:30pm

A Tasting Event
to support J-Sei's senior services and cultural programs

2025 Flavors of Spring

Friday, March 28, 2025

Bloc15, 252 2nd St, Oakland 5:30 to 8:30 pm



EARLY BIRD SPECIAL!!!
SAVE ON YOUR TICKET PRICE!
Purchase for \$125 by February 21
Price increases to \$150 on February 22

Join us for a fun-filled evening of food, wine, brew, and live music by Bay Area R&B favorite Private Practice Band



Purchase event tickets online at www.bit.ly/3VAWpLr or mail check payable to J-Sei, 1285 66th Street, Emeryville, CA 94608 in envelope postmarked by March 24.

For more information, contact Tiffany Nguyen at tiffany@j-sei.org or visit www.j-sei.org.

Bring your friends and family to J-Sei's 10th annual Flavors of Spring featuring delicious tastings, wine pourings, unique silent auction and raffle prizes. This year will also feature local favorite R&B and classic soul band, Private Practice Band. We will be back to Bloc15 which provided a great atmosphere for an evening of enjoyment.

This is our largest in-person fund raiser that supports all J-Sei programs including the senior

nutrition and wellness programs. Corporate sponsorship is critical for the event's success so please encourage businesses to participate. Sponsorship rates start as low as \$750 and go along way to keeping older adults healthy and happy. Please don't hesitate to follow this link for more sponsorship information.

Please save the date and for more details and ticket sales go to www.bit.ly/3VAWpLr.

Tenacity in 2025 *(Cont. from front)*

You also probably noticed that educational and cultural programming is expanding with more collaborations and an emphasis on connecting across generations.

There is so much that we look forward to in the

new year. We can't control the exterior noise, but we can lean on each other to find peace and strength and to further our community that is committed to supporting one another. Cheers to you in 2025!



J-Sei's 34th Annual Crab Feed

Sunday, February 2, 2025

Fratellanza Club, 1140 66th Street, Oakland

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

Live band, no host bar, and raffle drawing : 5:00 to 6:00 pm

Doors to dining room and seating open : 6:00 pm

Dinner : 6:00 to 7:30 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 \$75, children 12 & under \$30
(Sorry, no to-go meals)

Please RSVP by Sunday, January 26

at www.j-sei.org/34th-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 34TH ANNUAL CRAB FEED! SUNDAY, FEBRUARY 2, 2025

MAIL ORDER COUPON

Name _____ Phone _____ Email _____

of dinner tickets: ___ adults @ \$75 each, ___ children @ \$30 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 26.

THANK YOU FOR YOUR ORDER!

For the First Time Ever!! In-Person J-Sei Senior Lunches at Japanese Christian Church of Walnut Creek (JCCWC)

VOLUNTEERS NEEDED

We are absolutely thrilled that J-Sei will begin providing hot Japanese lunches to in-person diners in the Lamorinda, Walnut Creek, Pleasant Hill and Concord area in early 2025. In an excellent partnership with JCCWC under Fran Tanji's collaborative leadership and Meals on Wheels Diablo Region, J-Sei lunches will be served every Tuesday.

Seniors have been waiting for years for this opportunity to have culturally appropriate lunches and friendly conversation. Five volunteers a week are needed to help between 11:30am and 1pm, serve and clean. Volunteers can help regularly or intermittently. Help make this a success.

Contact Fran Tanji at frantanji@att.net for more information.

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

Things You Can Do to Prevent Falls

Falls are a serious problem among older adults. Falls can lead to serious consequences such as: injury, functional decline, and loss of independence.

How you can prevent falls? The Center for Disease Control and Prevention (CDC) has developed programs and educational materials to help prevent falls. According to the CDC, more than one in four people over the age of 65 experiences falls each year, and over 3 million people are treated for fall injuries at in hospital emergency departments. Many falls are preventable. You can download brochures for fall prevention from the CDC website (see the reference below).

Here is some information on what you can do:

1. **Talk openly with your doctor.**

If you fall, report it to your health care provider right away. You can also ask your doctor or pharmacist to review all the medications that you take including over-the-counter medicines. Some medicines or combinations of medicines can cause sleepiness or dizziness and may lead to falls. You can also ask your doctor about taking vitamin D supplements. Vitamin D helps improve bone, muscle, and nerve health. It is also important to talk to your doctor when you would like to add non-prescription medications or herbal remedies.

2. **Exercise**

You can exercise to improve your balance and strength. Exercise such as Tai Chi can help your legs get stronger and lower your risk of falling. Even if you are not able to go outside for exercise, you can still exercise at home. It is a good idea to ask your doctor if there is any reason why you should not exercise or what is the best exercise type for



your condition. J-Sei offers exercise classes in-person or hybrid including Brain, Body & Balance Work, Tai Chi, and Qi Gong. Many organizations provide free online classes too.

3. **Regular Checkups with your eye doctor.**

If you have vision problems, they can increase your chances of falling. Please have your eyes checked at least once a year. Poor vision can increase the risk of falling.

4. **Have your feet checked.**

Are you wearing proper shoes? Do you have any problems with your feet that may cause balance problems? Ask your doctor or foot specialist (podiatrist) for advice.

5. **Proof your home for fall prevention.**

- Remove things that you could trip over.
- Check if there is any carpet that may slip or move. If so, fix it firmly to the floor.
- Remove small rugs or use double-sided tape to prevent rugs from slipping.
- Make sure that your bed is not too high.
- Place non-slip mats in the bathtub or shower floors.

- Make sure you have sufficient lighting in your home.
- Install grab-bars or handrails inside the tub, next to the toilet and stairs.
- Eat balanced meals. Make sure to drink plenty non-caffeinated beverages even you don't feel thirsty.
- Avoid rushing and take your time to pick up phone calls.
- Take your time to stand up. Your blood pressure may drop when you get up too quickly.

Many counties have fall prevention programs and/or home modification programs to help prevent seniors from falls. DayBreak Adult Care, San Leandro provides durable medical equipment like grab bars and shower chairs. The Center for Independent Living has a Residential Access Program in the Berkeley area. In Contra Costa County, Fall Prevention at Meals on Wheels Diablo Region offers fall screening, education, evidence-based individual and group exercise classes, and home safety modifications services. Re-Building Together East Bay North is another agency that provides home modification.

6. Install Emergency Response System: Medical Alert

If you are frail, live alone and need to call someone for help quickly, it is best to install a medical emergency response system in case of a fall or medical emergency. A console box is installed in the home and connects the subscriber to a monitoring center, when the subscriber presses a help button on a portable pendant or waistband.

Resources:

Center for Independent Living:
<https://thecil.org/residential-access/>

DayBreak Adult Care:
<https://www.daybreakac.org/fallprevention>

Fall Prevention at Meals on Wheels Diablo Region; <https://www.mowdiableregion.org/fall-prevention>

Rebuilding Together:
<https://www.rebuildingtogether.org/>

Spectrum Community Services:
<https://www.spectrumcs.org/senior-services/fall-risk-reduction>

References:

STEADI - Older Adult Fall Prevention. November 4, 2024, from <https://www.cdc.gov/steady/about/index.html>

Alameda County EMS Agency. SIPP Senior Injury Prevention Program. November 4, 2024, from <https://ems.acgov.org/CommttyResources/SIPP.page>

Six tips to help prevent falls. (October 31, 2023). National Institute on Aging. <https://www.nia.nih.gov/health/falls-and-falls-prevention/six-tips-help-prevent-falls>

J-Sei in Memorium

Below are gifts received from September 1, 2024, through November 30, 2024.

**In Memory of
Richard “Fuzzy” Furuzawa**

*Rev. Kenji & Karen Akahoshi
Douglas Doerr & Lenni Terao
Kathryn Hashimoto
Steve & Karen Kozu
Harvey & Hisako Nakaya
Susan Nishizaka
Dorothy Okamoto
Hiko & Susan Shimamoto*

**In Memory of
Sam Hirabayashi**

Joyce Chen-Hirabayashi

**In Memory of
Mr. & Mrs. James Kamada**

Nadine Watanabe

**In Memory of
Lynn Matsumoto**

Gerson Bakar Foundation

**In Memory of
Ryan Matsumoto**

Karen Iwasa

In Memory of Nobuko Morita

Gary & Leslie Tsukamoto

In Memory of Amy Naito

Noelle Pillsbury

In Memory of Hisako Nabeta

Reiko Nabeta

**In Memory of
Miyoshi Nakano**

Randall & Shirlene Nakano

In Memory of Jean Nakazono

Laurie Kho

**In Memory of Makoto Otsuka
& Doreen Otsuka**

Mary Otsuka

In Memory of Janet Sanders

Kelly Boisvert

**In Memory of
Bob Sekigahama**

Janet Sekigahama

In Memory of Bill Shimamoto

Don Shimamoto

**In Memory of
Yoshiko “Yo” Sumimoto**

Tomiko Hiromoto

**In Memory of
Sachiye & Taichi Takagi**

Miye Takagi

**In Memory of
Frank & Miyo Takeuchi**

Pam & Ted Tanaka

In Memory of Laura Takeuchi

Joanie Morioka

**In Memory of
Kazuhiko Tsubouchi**

Lynne Tsubouchi

In Memory of Sharon Uejo

Curtis Uejo

**In Memory of
Libby Yamamoto**

*Patricia Katsura & Brian
Dougherty*

**In Memory of
William K. Yamamoto**

Russell & Linda Takei

**In Memory of
Terry Yamashita**

Reiko Nabeta



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Emeryville, California 94608
www.j-sei.org

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ADDRESS SERVICE
REQUESTED

*J-Sei's 34th Annual Crab Feed is Sun, Feb 2!
Get your tickets by Jan 26! (See p. 7 for more)*

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Save the Date!

- Jan 20** MLK Jr. Day
– J-Sei Closed
- Feb 2** J-Sei Crab Feed
- Feb 9** Courting a Man
Who Doesn't Talk
- Feb 17** President's Day
– J-Sei Closed
- Mar 13** Kintsukuroi
– Screening at
Rialto Cinema
Cerrito
- Mar 22** Connecting
Across
Generations
- Mar 28** Flavors of Spring