



2025 Flavors of Spring

What an evening! An energetic night with fabulous food, wine and sake and high energy Motown dance tunes from Private Practice Band set the tone for a successful event which raised critical funds for J-Sei's senior services and cultural programs. Over 400 people joined in the festivities that included curated tastings, and unique silent auction and raffle prizes. Catherine Liang, our gracious emcee created an atmosphere of welcome and togetherness.

In this ninth annual event, we are thankful for the many sponsors, donors, volunteers and guests who helped to further J-Sei's direct service mission. The agency's ability to deliver such a broad array of high quality services would not be possible without the tremendous support of our community.

On behalf of the families we serve, **we thank our sponsors:**



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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

Mon - Watercolor, 10-12 pm
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 pm
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 for Arthritis, 1-2 pm
Nihongo Corner 1 & 2, 1-2 pm
1st Tues - J-Sei Sings, 10-11 am (no class Jul-Aug)
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, 1-2 pm
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
2nd Wed - Family Caregiver Support, 10-11:30 am
3rd Wed - Aging Together, 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.

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.

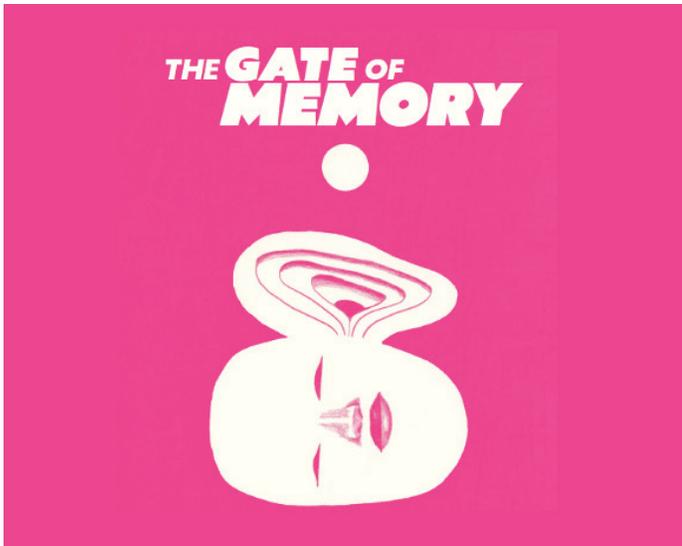
J-Sei at the Movies

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



The Gate of Memory, a community reading and book signing

Saturday, July 12, 2 pm

The Gate of Memory, edited by Brynn Saito and Brandon Shimoda, is an anthology of poetry on Nikkei incarceration, written by descendants of the WWII prisons and camps.

Immerse yourself surrounded by a chorus of voices by descendants of Nikkei wartime internees. Hear from Bay Area contributors: Brian Komei Dempster, Sharon Fujimoto-Johnson, Lauren Fujimoto-Johnson, Steve Fujimura, Rebecca A. Green, Jodi Hottel, Susan Kiyo Ito, Amanda Mei Kim, Casey Hidekawa Lane/Levinski, Ali Meyers-Ohki, Ryan Hitoshi Nakano, Miya Sommers, Dana Swensen, Syd Westley, Doug Yamamoto, and Lauren Emiko Ito. The book reading, hosted by Brandon Shimoda, will be followed by a light reception, book sales and signing.

A tribute to the 150,000 people incarcerated by the United States and Canada during WWII, this anthology is the first of its kind. The poetry expresses a range of experiences and perspectives from the afterlife of this historical yet enduring injustice. With a foreword by acclaimed poet, activist, and concentration camp survivor, Mitsuye Yamada, and an introduction by the editors, poets Brynn Saito

and Brandon Shimoda, *The Gate of Memory* (published by Haymarket Press, April 2025) explores intergenerational trauma as the contributors, all of whom are descendants of those who were incarcerated, sift through an intimate record of wartime incarceration.

“This pilgrimage of poems, blessed by elder poets Mitsuye Yamada and Lawson Inada, is here gifted at *The Gate of Memory*. Our parents, who once named that memory ambiguously “camp,” have passed beyond that gate. May these words render solace, rise as haunting stars to light our way.” —Karen Tei Yamashita

This program is co-sponsored by Nikkei Resisters and J-Sei.

RSVP for in-person or [online for this free event](#).

Ruth Asawa Retrospective at SF MOMA

Group Visit: Tuesday, July 15

Multiple Times - [RSVP for Details](#)

Visit SFMOMA to see the Ruth Asawa Retrospective. Hear a brief overview from community historian Kimi Kodani Hill, as she seeks to bridge the arc of Japanese American artists, their artistic contributions, historic context and influences. Visit this exhibit and other works by Asian artists currently on display, including Isamu Noguchi, Saburo Hasegawa, Yayoi Kusama and more.



This first posthumous retrospective presents the full range of Ruth Asawa’s work and its inspirations over six decades of her career. As an artist, Asawa forged a groundbreaking practice through her ceaseless exploration of materials and forms. As an educator and civic leader, Asawa’s impact on San Francisco can still be felt today.

Meet at the museum or take BART together. Due to the special exhibit, group size is limited for timed entry. RSVP to jill@j-sei.org with SFMOMA in the subject line. Group Tickets: Senior \$32, Regular \$36 (includes special exhibition ticket) Please indicate the requested number of tickets.



CAPTURING MOMENTS: A Closing Program for the “Gambatte!” Exhibit with Paul Kitagaki, Jr and Renée C. Byer
Saturday, July 19, 1 pm

Join us for a rare opportunity to hear from the Pulitzer Prize-winning duo Paul Kitagaki, Jr and Renée C. Byer, whose photos capture the deep emotion held tight by their subjects and are amplified by their craft as photo journalists to tell the stories of the moment.

While Kitagaki’s “Gambatte! Legacy of an Enduring Spirit” is currently on view at J-Sei, the program will highlight photos from his collection, covering sports, including 10 Olympics, earthquakes and other world events throughout his career.

Byer’s “Living on a Dollar a Day” has documented individuals and families on the brink of survival, by visiting 10 countries on 4 continents. Hear from this dynamic husband and wife duo, on the view from their lens and how these captured moments help bring people together and create change.

This event is the Closing Program for “Gambatte! Legacy of An Enduring Spirit” featuring contemporary photos by Paul Kitagaki, Jr that complement and mirror

the original photographs of Lange and her counterparts and that reveal the strength and perseverance of his subjects.

[RSVP for this free event.](#)

Imagine Nikkei Village Cinema, an intergenerational space at J-Sei
Saturday, July 26, 4 - 7 pm

Imagine a space to come to with family and friends. Watch a movie, join a conversation, and participate in a hands-on activity with people of all ages - children, youth, adults, elders. We invite you to be a part of *Imagine Nikkei Village Cinema*. We will provide the pizza and popcorn. Our first activity will connect our family ties to wartime to coincide with the 80th Anniversary Commemoration of Hiroshima-Nagasaki events. Sign up for our INVC email list by emailing jill@j-sei.org to receive updates on the movie selection, dates and times.

How to Stay Healthy, a talk with Dr. Fumi Suzuki
Date & Time TBD



As we age, we feel the aches and pains more often. Our energy ebbs and flows. How do we stay healthy and active? How do we care for loved ones as they age?

What should we pay attention to? How can we re-charge and re-energize our body, mind and spirit?

Come join a presentation by Dr. Fumi Suzuki. Throughout her illustrious 40 year career, Dr. Suzuki worked in a diverse range of cities and medical settings. She spent the last 8 years of her career at the Sutter East Bay Medical Foundation clinic in Albany/El Cerrito, before retiring! RSVP for this free workshop to jill@j-sei.org with “Stay Healthy” in the subject line.

Workshop and Book Reading with Mia Ayumi Malhotra



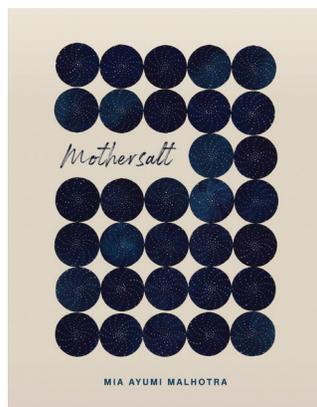
Making Motherhood: A Creative Workshop

Saturday, September 13, 2025, 10 AM – 12 PM

In this creative writing workshop, we will think about what it means to make art from life, drawing from family practices (gardening, mending, seamstressing, cooking, origami, ikebana, etc.) that have been handed down for generations by mothers and makers of every kind. Led by local poet Mia Ayumi Malhotra, we will reflect on these practices and respond through a series of written exercises inspired by the life and art of Ruth Asawa and *The Pillow Book* of Sei Shōnagon. Come join us for a morning of making, remembrance, and—best of all—make new friends and memories in a warm, supportive circle of artist-makers. No previous writing or art experience needed; all are welcome at the table! Sign up required by emailing jill@j-sei.org. Limited space.

Mothersalt, A Book Reading Saturday, September 13, 2 pm

Mothersalt (May 2025, Alice James Books) is an embodied look at birth, motherhood, and child-rearing. With haunting precision, *Mothersalt* digs into the experience of pregnancy and early motherhood, where the self is split apart and stitched back together. Interspersed with tender addresses to a child in utero, *Mothersalt* recounts the fraught disorientation of giving birth in America, where birthing bodies are not always recognized as



empowered agents of their own story. Charting a struggle of failures and reversals to reclaim the experience of childbirth, *Mothersalt* asserts a powerful narrative of what is possible, not only in the birthing room, but in all forms of human relationships. At its heart, this is a book about resilience, healing, joy, and the sustaining life that emerges from practices of embodied care.

Mia Ayumi Malhotra is the author of *Isako Isako*, a California Book Award finalist and winner of the Alice James Award, Nautilus Gold Award for Poetry, National Indie Excellence Award, and Maine Literary Award. She is also the author of the chapbook *Notes from the Birth Year*. A Kundiman Fellow and a founding member of The Ruby SF, a gathering space for women and nonbinary artists, she lives in the San Francisco Bay Area.

J-Sei Family Festival Sunday, September 28, 12 to 3 pm (See next page for more)

WORKSHOPS New Sessions

Beginning Ukulele Tuesdays, 11:30-12:30

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.



Session: Aug 5 - Sept 23. Suggested donation: \$28/for 4 classes, or \$8 drop-in. [Register online](#).

Senior Digits Fridays, 3-4 pm

Learn new skills or refresh current skills on your own laptop or smart device (Windows or Mac).

This 9-week summer course includes hands-on instruction with in-person support. Topics: Basic Computer Vocabulary / Monkey Type Typing Tutor, QR Codes, Email, Copy and Paste, Screenshot, Scams, Google Lens, Passwords

Session: July 11 - Sep 8. Suggested donation is \$5 per class. Space is limited. [Register online](#).



J-Sei Family Festival - Sunday, September 28, 12 to 3 pm

From the beat of the taiko to the intergenerational singers and hip-hop dances, we celebrate the J-Sei Family Festival each year. Enjoy an array of festival foods, music, activities, and celebrate our elders. Our festival is held in recognition of Keiro no Hi, respect for the aged day. Discover "Belly Like Drum", recipes for building community from Nikkei Progressives, on sale for \$30. Try a dish, be part of building bridges, and creating new connections. SAVE THE DATE!



Welcome Back, Sianne!

Sianne (sigh-
anne) Susbilla
is ecstatic to
return to the J-Sei
community and
serve as your
Nutrition Services
Manager. You
may remember
Sianne from her
2023 summer
internship here
at J-Sei when she helped to develop our
transportation resources.



She holds a Master's in Social Work and Bachelor's in Social Welfare from the University of California, Berkeley. Her personal life and professional career has been dedicated to improving the health and well-being of Asian American seniors, immigrants, and communities. In her free time, she enjoys embroidering, sewing, and dancing Hula and Tahitian.

All of us at J-Sei are excited to welcome Sianne back and to have her knowledge and talents supporting older adult services.

Ten Years of Being a Friendly Visitor

A warm congratulations to **Tomoyo Takahashi** for celebrating a decade of friendship as a volunteer visitor/caller through our Friendly Visitor/Friendly Caller Program. We appreciate all that you do for our community!

If you are interested in building friendships and connection with older adults in the East Bay, please contact Hanna Yamaguchi (Program Coordinator) at hanna@j-sei.org or (510) 654-4000 ext. 103.

Welcome Lindsay Oda to the Board of Directors

Lindsay is a Yonsei birth and postpartum doula serving the SF Bay Area. Outside of work she practices ikebana, cooks with friends, and studies grief and death care. She lives with her family of three humans and two black dogs in xučyun, unceded Ohlone land aka Richmond.



I'm very excited to be a part of J-Sei's board. I started virtual ikebana classes with J-Sei in 2021 and have grown to love the community of

volunteers, staff, and patrons like myself. Some Yonsei friends and I always joke that we're ready to retire and fill up our free time with J-Sei's dining and programs. I'm not there yet, but meanwhile I can offer my support by joining the board. I have deep roots in the Bay Area Nikkei community with my mom's side involved in the Eden Japanese Community

Center and my dad's side founding Berkeley Buddhist Temple. If you see me around J-Sei Wednesday afternoons, please say hi!

Family Caregiver Navigator, Sunnie Youk



A **brand new service** has been added to support our J-Sei community!

The Family Caregiver Navigator will provide much needed support for family members (and

friends) who provide care for their elders. A Family Caregiver is an unpaid individual caring for a relative, partner, friend or neighbor who needs assistance due to illness, disability or aging,

The Family Caregiver Navigator will provide 1-on-1 coaching, education and referrals to community resources and support groups in order for them to provide quality care and maintain their own well being.

I am thrilled to announce that I have rejoined J-Sei as the new Family Caregiver Navigator. Some of you may remember me from my previous roles as the Friendly Visitor Program Coordinator and the Caregiver Registry Program Coordinator here at J-Sei.

In addition to my past work with this wonderful organization, I also bring a wealth of personal experience. For ten years, I had the privilege of caring for my mother through all stages of dementia. This journey has given me a profound understanding of the challenges and needs that families face while navigating caregiving.

I am deeply committed to supporting our community and am eager to provide compassionate guidance and resources to caregivers. I look forward to connecting with you and helping you on your caregiving journey.

Reach out to me by email at sunnie@j-sei.org or call (510) 654-4000 ext.113

2025 Flavors of Spring *(cont. from front)*

We also applaud the **outstanding and creative Flavors of Spring committee:**

- Wendy Kiniris, Co-Chair
- Aiko Kurokawa, Co-Chair
- Howard Ferrier
- Jun Furuta
- Natsumi Imura
- Yuji Ishikata
- Hiroshi Kashiwagi
- Leslie Lai
- Christine Nakashima
- Tiffany Nguyen
- Myron Okada
- Linda Okahara
- Anne Takizawa
- Diane Wong



Osteoporosis in Older Adults

Osteoporosis is a disease in which bone density or bone quality decreases, thus making bones brittle and more susceptible to fractures. According to a 2014 study cited by the Office of Disease Prevention and Health Promotion, about 10 million people ages 50 and over have osteoporosis. However, osteoporosis is more common in women than in men because generally, women have smaller, thinner and less dense bones than men

Who has Higher Risk of Osteoporosis?

Osteoporosis is not caused by single factor. It is known that there are many causes for osteoporosis, especially in older people.

- A person who is past menopause: After menopause, the secretion of female hormones (estrogen) in women decreases significantly. Decreased estrogen makes bone formation weaken.
- A person who has a small, thin body (weighing less than 127 pounds): In general, Asian Women have a higher risk of osteoporosis compared to other races as they tend to have smaller and thinner bodies.
- A person whose family has a history of osteoporosis
- A person who does not get enough calcium and vitamin D: Vitamin D helps your body absorb calcium. Calcium builds strong bones.
- A person who does not get enough exercise: Physical activities such as walking, dancing, low-impact aerobics etc. help bones to get strength and maintain bone density.
- A person with a history of smoking and heavy drinking: Alcohol has a diuretic effect, and if you drink too much, the

calcium absorbed into your body may be excreted in excess of what you need. Nicotine reduces blood flow throughout the body, suppressing gastrointestinal activity, reducing appetite, and impeding calcium absorption.

- A person with certain medical conditions such as thyroid disorders, rheumatoid arthritis, stroke, celiac disease, blood disease (e.g., multiple myeloma, sickle cell disease), and weight loss surgery
- A person with some medications such as: proton pump inhibitors (PPIs), selective serotonin receptor inhibitors (SSRIs), thiazolidinedione (TZDs), anticonvulsants, medroxyprogesterone acetate (MPA), hormone deprivation therapy, calcineurin inhibitors, chemotherapies, and anticoagulants.

Signs and Symptoms of Osteoporosis

You may not notice that you have osteoporosis until you have bone fractures. However, you should tell your doctor if you notice any of the following: loss of height, posture change (back and waist starting to bend), back and waist pain when standing up, and shortness of breath.

How to Diagnose?

In general, your doctor will order a bone density X-ray test (DEX). This test can determine how strong or weak your bones are. Your doctor may also use other screening tools.

References:

Medication-induced osteoporosis: screening and treatment strategies. (2014). *The Adv Musculoskeletal Dis*, 6(5), 185-202. <https://doi.org/10.1177/1759720X14546350>

(cont. on p. 11)

J-Sei in Memoriam

Below are gifts received from March 1, 2025, through May 31, 2025.

In Memory of Vicenta SN Camacho

Barbara Camacho

In Memory of Mrs. Young Ja Kim Choi

Kyung-Nyun Richards

In Memory of Herb Chin

Nobuso & May Doi

In Memory of Ruth Fukuchi

Matt Fukuchi

Catherine Fukuchi-Wong

In Memory of Tak Fukuchi

Catherine Fukuchi-Wong

In Memory of Richard "Fuzzy" Furuzawa

Kerwin Berk

Gerry Furuzawa

In Memory of George Goto

Brian Tamamoto

Janice Tong

Jan Yokota & Kip Wilborn

In Memory of Tats & Nora Hataye

David and Barbara Hataye

In Memory of Sakaye Katayama

Dennis Katayama

In Memory of Jimmy Koide

Roger Koide

In Memory of Jimmy & Mariko Koide

Teri Culbreath

In Memory of Tsurue Koide & Jimmy Koide

Katherine Pangelina

In Memory of George Kono

Joy Lauritzen

In Memory of Yoneko Kraft

Liz Nakamura

Janet & Steve Teel

In Memory of Alan Maeda

Julie Ado

Amy DeMott-Maeda

Nobuso & May Doi

Elizabeth Fong

Paul & Joan Fujii

Barbara Fujimoto

Catherine Fukuchi-Wong

Judy Fukumae

Jon & Amy Funabiki

John & Geri Handa

Naomi Haraga

Kathy Hashimoto

Dan & Colleen Hirano

Horizons Foundation/Yogi

Carroll Fund

Debra Howard

Clinton Huey

Ruth Ichinaga

Ann Kamoe

Eugenia Kashima

Hiroshi Kashiwagi

Sadako Kashiwagi

Jun Kodani

Eileen Kurahashi

Susanne La Faver

Y.M. Leong

Cynthia Lum

Ronald & Darlene Maeda

Melvin & Marilyn Maeda

Andrea Maoki

Diane Menist

Minako Miyazaki

Ken & Michelle Morikami

Aki & Marge Morimoto

Tom & Karen Morioka

Christine Moriuchi

Aaron Muranishi

Lisa Nakamura

Joanie & William Neveu

Linda Okamoto

Iden & Charlene Sato

Barbara Scheifler

Glenn & Amy Shinsako

Jill Shiraki

Deborah Swanson

Joyce Takemori

Jane Tanamachi

Kirsten Thompson

Reiko True

Victor Uno & Josie Camacho

Cathi Vogel

Gloria Wilmer

Diane Wong

Sandra Wong

Naomi Yamada

Lilly & Mike Yanagita

Ivy Yee-Sakamoto

Sunnie Youk

In Memory of Shigeharu Nabeta

Reiko Nabeta

In Memory of Shizui Sakuma

Suzie Sakuma

In Memory of Takeo H. & Maye F. Shirasawa

Susan Muranishi

In Memory of Ron Sonoda

Harriet Patton

In Memory of Mas Takano

Catherine Fukuchi-Wong

In Memory of Sharon Uejo

Curtis Uejo

In Memory of Libby Yamamoto

Wendy Kojima

In Memory of Tadashi Yoshii

Catherine Fukuchi-Wong

Gerry Nakatani

In Memory of Shizuo & Yasuko Yoshikawa

Lorraine Yoshikawa

Case Manager's Corner *(cont. from p. 9)*

The National Council on Aging (NCOA). (2022, March 4). What is osteoporosis and how does it impact older adults? <https://www.ncoa.org/article/what-is-osteoporosis-and-how-does-it-impact-older-adults/>

Office on Women's Health. (2021, May 13). Products - Data briefs - Number 405 - March 2021. Centers

Senior Center Partnerships

Contact the Senior Center Partnership for details on their 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
(510) 676-3820
Contact: Pam Honda

Goen

2261 Morello Avenue #C Pleasant Hill
Kurumi Japanese School
circle3ph@gmail.com
Contacts: Aiko Katayama or Ema Hiura

Sakura Kai Senior Center

5625 Sutter Street, Richmond
(510) 672-7150
ecsakurakai@gmail.com

for Disease Control and Prevention. <https://www.cdc.gov/nchs/products/databriefs/db405.htm>

Products - Data briefs - Number 405 - March 2021. (2021, May 13). Centers for Disease Control and Prevention. <https://www.cdc.gov/nchs/products/databriefs/db405.htm>



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*Join us for a fun-filled J-Sei Family Festival
Sunday, Sept 28, 12 to 3 pm*

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Save the Date!

- Jul 4** Fourth of July
J-Sei Closed
- Jul 12** The Gate of
Memory: Reading
and Book Signing
- Jul 15** Ruth Asawa
Retrospective at SF
MOMA
- Jul 19** Capturing
Moments:
Gambatte! Closing
Program
- July 26** Imagine Nikkei
Village Cinema
- Sep 1** Labor Day
J-Sei Closed
- Sep 13** Making
Motherhood: A
Creative Workshop
- Sep 13** Mothersalt: A Book
Reading
- Sep 28** J-Sei Family Festival