



Springing into Action at J-Sei

We kicked off 2026 with a bang, bringing our community together through a vibrant mix of multigenerational and multicultural activities: Japanese American history Monterey trip, career exploration opportunities, family movie night, Lunar New Year collage cardmaking, Children of the Camps/ Circling Back presentation, and so much more. There was something for everyone to enjoy. We are excited to keep this momentum going in the months ahead!

Give in May for J-Sei

This year J-Sei will participate in its sixth year of the Give in May campaign organized by the Asian Pacific Fund. This is an exciting online fundraiser that calls upon the J-Sei community of families and friends to support J-Sei's programming. We're grateful for our generous matching donors and the fundraising team for their active participation all these years. It's one of our most successful fundraisers. Let's continue the momentum this year! The campaign kickoff breakfast will take place in April at the J-Sei office. If you are interested in joining the fundraising team, please reach out to Ky Lam, ky@j-sei.org, for more information.



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Contributors

Editing - J-Sei Staff

Design - Greg Magofña

Photos - Kimi Kodani Hill, Crystal City Pilgrimage, Traci Saruwatari, Ky Lam

J-Sei Classes

We continue to offer on-going classes that are held in-person and online. For more information or to register, contact jill@j-sei.org or visit www.j-sei.org/classes/

In-Person Classes at J-Sei

Mon - Watercolor, 10-12 pm
Mon - Qi Gong, 10-11 am
Tues - Let's Groove, 11:30 am -12:30 pm
Tues - Community Ukulele, 1-2 pm
Tues - Tai Chi, 1-2 pm
Tues - Japanese 3, 2-3 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 - Let's Groove, 12:30-1:30 pm
Thurs - Watercolor, 1-3 pm
Fri - Tai Chi for Arthritis, 1-2 pm
Fri - Nihongo Corner 1 & 2, 1-2 pm
Fri - Senior Digits, 3:30-4:30 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, 1 - 2 pm
Tues - Gentle Yoga, 10 - 11 am
Tues - Writing, 10 - 11:30 am
3rd Wed - Aging Together, 10-11:30 am
3rd Thurs - Family Caregiver, 10-11:30 am

On-Going Programs

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.

New Exhibit

America's Last WWII Concentration Camp: Crystal City



Exhibit Dates: May 20 - July 22, 2026
J-Sei Gallery, 1285 66th Street, Emeryville

Gallery Hours: M Tu Th Fr 2-5 pm, or by appointment: 510-654-4000

Opening Program: Saturday, June 6, 2 pm

The Crystal City Pilgrimage Committee will premiere its national traveling exhibit, based on their permanent exhibit at the My Story Museum in Crystal City, Texas. Additional interpretive panels will depict stories of the individual families who were incarcerated at Crystal City.

Crystal City Family Internment Camp, as it was called during the war, administered by the Department of Justice, held thousands of Japanese, Germans, and Italians in addition to Latin American residents of Axis nationalities. Created as a family reunification center for immigrants arrested under the Alien Enemies Act in 1942, Crystal City remained open until 1948, long after WWII ended. Several hundred families were moved to Crystal City after their applications for reunification were approved.

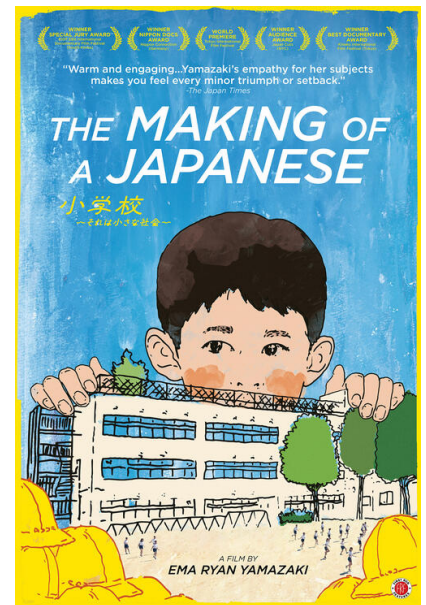
Crystal City was also used as a detention facility for individuals awaiting deportation in a prisoner of war exchange with Axis countries. The State Department devised a secret program called "Quiet Passages" to exchange prisoners held in DOJ prison camps for US civilians held behind enemy lines.

Upcoming Events & Programs

The Making of A Japanese, a film screening and Q&A with Ema Ryan Yamazaki

Sunday, April 19, 4 pm

Join us for a film screening and Q&A with filmmaker Ema Ryan Yamazaki. Intimately capturing one school year from the perspective of 1st and 6th graders at Tsukado public elementary school in Tokyo,

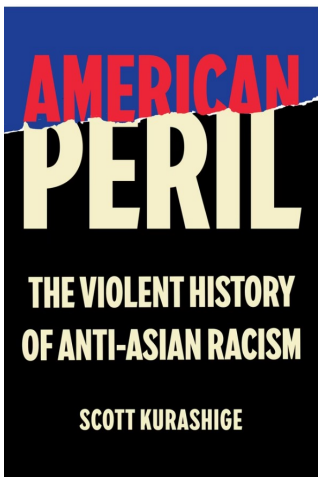


The Making of A Japanese has the magic of childhood with precious moments of joy, tears, and discovery — as they learn the traits necessary to become part of Japanese society.

While living in New York, Ema realized that her core values stemmed from experiences during her public elementary school years that she experienced in Osaka, as she learned crucial values of discipline and responsibility. That became her thesis: 6-year-olds around are pretty similar, whereas a 12-year-old Japanese child is distinctly Japanese.

Emma Ryan Yamazaki is a Japanese/British documentary filmmaker based in Tokyo, with roots in New York. With a unique perspective as an insider and outsider in Japan, Emma strives to tell stories that empathetically show human struggle and triumph. Emma is the Director of *Instruments of A Beating Heart* and Editor of *Black Box Diaries*, which were both nominated for the Academy Awards in 2025. She has directed three acclaimed feature documentaries; *The Making of A Japanese*, *Koshien: Japan's Field of Dreams*, and *Monkey Business: The Adventures of Curious Georges Creators*.

Japanese Americans and Anti-Asian Violence, a conversation on racism and resistance with Scott Kurashige
Saturday, April 25, 1 pm



Join author/scholar Scott Kurashige in conversation with local community activists on building multiracial solidarity.

Written in the radical spirit of Howard Zinn, **American Peril** represents the culmination of thirty-

five years of study and activism, and is the new book by award-winning scholar Scott Kurashige. From the lynching of Asian immigrants during the exclusion era to the ongoing slaughter of Asian civilians by the U.S. military, the book connects domestic and global events that have been erased from the official record. It shows us how the racism motivating the mass incarceration of Japanese Americans was part of a broader pattern of dehumanization underlying the firebombing of Tokyo, the dropping of the atomic bombs, and subsequent acts of

mass murder and genocide throughout Asia that evaded war crimes prosecution. Going beyond victimhood, Kurashige traces the rise of Asian American community protest and activism in response to the 1982 "Japan-bashing" murder of Vincent Chin and other overlooked tragedies. While many have worked to legislate and prosecute hate crimes, Kurashige argues that hope lies in grassroots activism for multiracial solidarity.

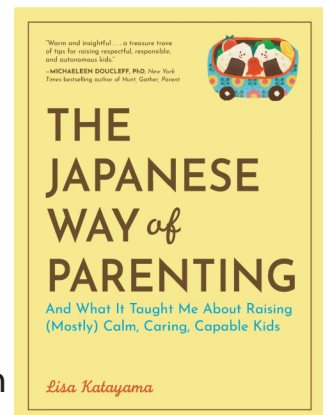
Scott Kurashige is author of *The Shifting Grounds of Race: Black and Japanese Americans in the Making of Multiethnic Los Angeles* and coauthor, with Grace Lee Boggs, of *The Next American Revolution: Sustainable Activism for the Twenty-First Century*.

Books will be available for sales and signing. The event is co-sponsored by Eastwind Books of Berkeley and J-Sei.

The Japanese Way of Parenting, a book talk with Lisa Katayama
Saturday, May 2, 4 pm

In this fascinating half-memoir, half-parenting guide, Lisa Katayama shares her quest to raise her American kids using Japanese parenting principles—combining unconditional love with unwavering rules.

Japan is well known for its culture of respect, technological innovations, delicious food, peaceful vibes, and deep connection to nature. The source code to all of it is the way the Japanese view childhood—as a time of rigorous training for societal participation, where they learn



from the start that they are just one part of a larger whole.

Lisa Katayama is a working mom and writer who was born and raised in Tokyo. She is the author of two books, including *Urawaza: Secret Everyday Tips and Tricks* from Japan, and is a former tech and culture journalist for Wired, Fast Company, and The New York Times Magazine. Katayama is a US-Japan Leadership Program Fellow and an Asia Society Young Leader and was named one of Forbes Japan's Top Women to Watch in 2018.

Temporary Detention and The Mis-Adventures of A Former Nisei Week Queen

A film and conversation with collaborators, Brian Niiya, Evan Kodani and Sharon Yamato
Saturday, May 9, 2 pm

Hear from historian Brian Niiya to learn more about the temporary detention centers, hastily built for Japanese Americans during WWII. See the short documentary "The Mis-Adventures of A Former Nisei Week Queen," directed by Evan Kodani and produced by Sharon Yamato. And be part of reclaiming the stories in place to build awareness of the injustices and detention happening today.

On February 19, 1942, President Franklin D. Roosevelt signed Executive Order 9066, authorizing the forced removal of "any or all persons" from designated "military areas" for reasons of "military necessity." Though it did not specify Japanese Americans by name, it resulted in the mass removal of 110,000 people of Japanese ancestry living on the West Coast to primarily inland concentration camps. As a temporary measure, fifteen "assembly centers" were built as makeshift WWII concentration

camps providing interim housing for about 82,000 people of Japanese ancestry for an average of three months.

Told with poise, humor, and strength, *The Mis-Adventures of A Former Nisei Queen* shares reflections of spirited 92-year-old June Aochi Berk. Director Evan Kodani has over a decade of experience in filmmaking, including the Emmy award-winning ARTBOUND episode Masters of Modern Design in collaboration with PBS SoCal.

Healthy Aging: Understand Alzheimer's and Dementia

Thursday, May 14, 2026, 2 pm

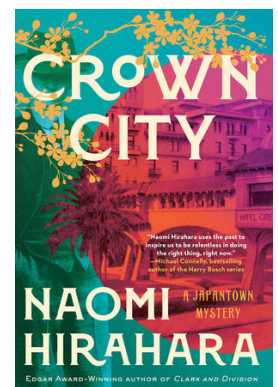
Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources. RSVP to jill@j-sei.org with "Alzheimer's" in the subject line.

Sansei Musings - A conversation with writers Naomi Hirahara and Karen Tei Yamashita

Friday, June 19, 5 pm

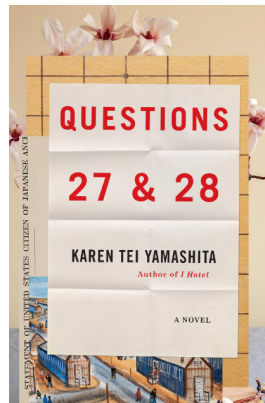
Discovery and creative imaginings fill the pages of the historic fiction works by Naomi Hirahara and Karen Tei Yamashita. With new works to share, they will join in conversation on what inspires the writing, what comes from our shared histories, what transpires through the process, and what remains to be told.

In **Crown City**, Naomi Hirahara brings to light Pasadena at the turn of



the century, when Japanese design and art piqued the interest of high society, with an art theft mystery from the vantage of the Japanese craftsmen and laborers who built a new life in America.

In **Questions 27 & 28**, Karen Tei Yamashita reaches backward and forward from the time of the questionnaire, chronicling the individuals who arrived in the US from Japan at the turn of the century, their children who came of age during war and incarceration, and their descendants who lived in its aftermath.



Naomi Hirahara is an Edgar Award-winning author of multiple traditional mystery series and noir short stories. Her Mas Arai mysteries, which have been published in Japanese, Korean and French, feature a Los Angeles gardener and Hiroshima survivor who solves crimes. A former journalist with The Rafu Shimpo newspaper, Naomi has also written numerous non-fiction history books. **Karen Tei Yamashita** is the author of nine books, including *I Hotel*, finalist for the National Book Award. A recipient of the National Book Foundation's Medal for Distinguished Contribution to American Letters, she is Professor Emerita of Literature and Creative Writing at the University of California, Santa Cruz.

WORKSHOPS

Sashiko Project Workshop with Carolyn

Mondays, May 4, 11, 18, from 1-3:30 pm

Learn how to draft a Sashiko design,

transfer the design to your fabric, and stitch your design. Choose your own project such as a Portable Chopstick Case, Japanese Coin Purse, Japanese Wallet, or Taiko Bachi Bag.

Beginners and experienced stitchers are welcome. Instructor Carolyn Hayashida has been using Sashiko-stitching on quilts, clothing and other items for over 20 years. A supply list will be provided upon sign up. Join this 3-class session. Workshop Fee: \$30 RSVP to jill@j-sei.org with "Sashiko" in the subject.



A Matter of Balance

Fridays, 10 am - 12 pm

Apr 24 - June 5, last class TBD

A Matter of Balance (MOB) is specifically designed to reduce the fear of falling and improve activity levels among community-dwelling older adults. The evidence-based program from the Center of Aging, enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance. Participants learn about the importance of exercise in preventing falls and practice exercises to improve strength, coordination, and balance. Presented by Spectrum Community Services, Inc, the program consists of 8 two-hour classes.. RSVP to jill@j-sei.org with "Balance" in the subject line.


Caregiver Navigator Corner by Sunnie Youk


Protecting Your Brain: Simple Steps to Lower Dementia Risk

Whether you are focusing on your own wellness or supporting a spouse, parent, or loved one, you play a vital role in protecting brain health. While dementia—including conditions like Alzheimer's disease—cannot always be prevented, research shows that up to 40% of cases may be delayed or prevented through healthy lifestyle choices.


It's Never Too Late: Even small improvements — taken one step at a time — can make a meaningful difference. Healthy habits today can help protect your independence tomorrow.


Impactful Steps You Can Start Today:


 **Keep Moving:** Regular physical activity improves blood flow to the brain and supports memory. Aim for at least 30 minutes of walking most days. Add light strength exercises 2–3 times per week. Practice balance exercises to prevent falls


 **Eat for Brain Health:** The MIND diet combines elements of the Mediterranean and DASH diets and has been linked to lower risk of Alzheimer's disease. Eat leafy greens and vegetables daily.

Include berries several times a week. Choose whole grains, beans, nuts, and fish. Use olive oil instead of butter. Limit fried foods, sweets, and processed foods

 **Take Care of Your Heart:** What's good for your heart is good for your brain. Keep blood pressure, cholesterol, and blood sugar under control. Take medications as prescribed.

 **Prioritize Sleep:** Poor sleep can affect memory and thinking. Aim for 7–8 hours per night. Talk with your healthcare provider if you have trouble sleeping or feel very tired during the day.

 **Stay Socially Connected:** Isolation can increase the risk of memory problems. Join exercise groups. Volunteer. Stay in touch with friends and family. Participate in community events.

 **Challenge Your Mind:** Keep learning and trying new things. Read books. Do puzzles or games. Learn a new hobby, instrument, or language. **Take a class at J-Sei!**

Recognizing Early Changes: It can be difficult to tell the difference between normal aging and something more serious. If you notice persistent memory loss, confusion, or personality changes—in yourself or a loved one—encourage a medical evaluation. Early assessment allows for better planning and management.

A Gentle Reminder for Caregivers: Caring for someone else's health includes caring for your own. Make time for rest, social support, and medical care for yourself as well. Small, consistent habits — for both seniors and caregivers — can support healthier aging and greater independence.

References

Alzheimer's Association - 10 Healthy Habits for your Brain

Alameda County Public Health Department - Brain Health Initiative

35th Annual Crab Feed

Enjoying J-Sei's 35th Annual Crab Feed, around 220 community members participated in the fun community gathering at the Fratellanza Club for all-you-can-eat salad, bread, garlic noodles, dessert, and of course Dungeness crab. Back by popular request was Glen's trio, who kicked off our musical entertainment while guests mingled and bought strands of raffle tickets. Thank you, all, for joining us to celebrate 35 years of this special community tradition!

Special thanks goes to Matt Fujikawa, who chaired our Crab Feed Committee, committee members Kris Mizutani, Tiffany Nguyen, and Kevin Toyama, who kept us on track with outreach and ticket sales. The famous salad dressing recipe from Susan Shimamoto, was created by Carol Muramoto and her granddaughter Emi. We're grateful that Cole Yoshida came back as the MC for our raffle and sold many tickets for us. Special thanks go to our hard-working volunteers in registration, raffle, and serving: Shelby Hunt, Sandy Inaba, Pamela Milin, Johnny Ng, Lindsay Oda, Suzanne Otani, Sianne Susbilla, Curtis Uejo,

Hiring for a Lunch Delivery Driver

J-Sei is looking for a reliable and friendly Lunch Delivery Driver to support our home-delivered meal program for seniors. If you enjoy working with older adults and want to help keep our community well-nourished, we would love to hear from you. This is a part-time, non-exempt position offering up to 15 hours per week, Monday through Friday. Applicants must be at least



Laura Uyeki, Carrie Yoshida, and El Cerrito and Miramonte High School students.

We're so fortunate that our community has so many amazing bakers: Caroline Fernandez, Judy Fukumae, Judy Furuichi, Sandy Inaba, Amy Ito, Tara Kawata, Wendy Kiniris, Aiko Kurokawa, Andrea Maoki, Haruko Nagaishi, Susan Nishizaka, Yuki Otake, Suzie Price, Tracy Takahashi, Anne Takizawa, Nancy Teshima, and Carrie Yoshida. Shoutout to Berkeley Bowl and Trader Joe's for their donations. Thank you to the J-Sei community for a fabulous evening!

21 years old, possess a valid CA driver's license, use their own insured vehicle, and be able to lift 15–20 lbs. As always, the full job description can be found on our website here: <https://j-sei.org/about/#employment>. Email Sianne Susbilla at sianne@j-sei.org for any questions or if you are interested in applying.

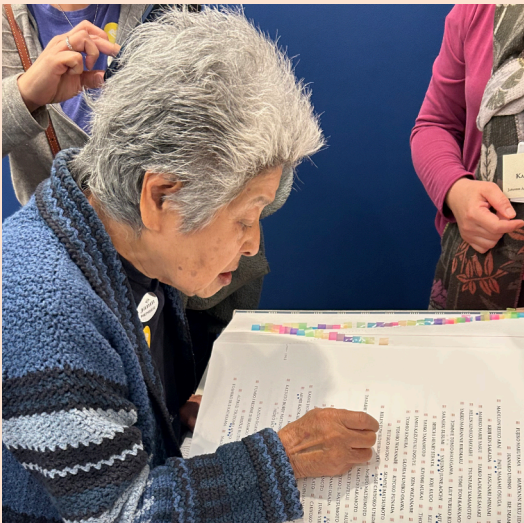
Welcome Binh and Jared



We are pleased to introduce Binh Liang, our new Dishwasher and Prep Cook. Binh appreciates taking a dirty dish and making it clean while also learning how to navigate the kitchen

under the guidance of Hannah and Yuji. Cooking is a passion while at work, but in his time off he enjoys going on walks with his dog, Melly.

With gratitude, we also want to extend a special thank you to Jared Fukumae. Jared has been serving as our temporary Chef Assistant for many months, and we are incredibly grateful for his hard work and commitment in helping us fill this essential role.



J-Sei to Host IREICHO Tour May 12 -13, 2026

On February 18, 2025, an ambitious effort was launched to bring the Ireichō a book monument containing the names of 125,284 individuals of Japanese ancestry unjustly incarcerated during World War II, to different camps and communities throughout the US. Named after the Japanese term for *ō*consoling the spirits, *ō* the Ireichō monument honors both those who have gone before us as well as those who carry on the memories and legacies of forced removal, unjust incarceration, and family separation.

Senior Center Partnerships

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, CA 94523
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

Case Manager's Corner by Miyuki Iwata

Physician Orders for Life-Sustaining Treatment (POLST)

POLST stands for Physician Orders for Life-Sustaining Treatment. The form gives a patient more control over their chronic or serious illness and makes sure that a doctor and loved one knows what kind of medical treatment a patient wishes to receive.

Doctors usually recommend that patients with a serious illness or those with chronic and progressive illnesses complete the POLST form. There is no age limit.

The POLST form includes your documented decision including:

- Attempting cardiopulmonary resuscitation (or not),
- Using high intensity treatments (or not),
- Using a ventilator to help with breathing (or not), and
- Providing artificial nutrition by tube (or not).

Filling out a POLST form is entirely voluntary and not mandatory, but it requires both your signature and your physician's signature to complete the form.

You can request the form at your health care provider's office or you can download the web-site below and print it on bright pink paper: www.capolst.org. The POLST form is available in other languages including Japanese.

The POLST form does not replace the Advance Health Care Directives form. An Advance Directive is still necessary for all adults regardless of their health condition to appoint an agent for healthcare decision making. AHCD is created for your future plans and POLST is for your current plans for your advanced age or serious illness conditions.

After completing the POLST form with your doctor, give a copy to your doctor and health care agent, and keep an original for yourself. It is best to place the POLST on a refrigerator door as Paramedics are usually trained to look there for this form.

For more questions including if you should have a POLST form or not, please ask your health care providers. For general questions about the POLST form, you can call the Coalition for Compassionate Care at (916) 489-2222 in Sacramento, CA.

Resources:

Coalition for Compassionate Care of California: <https://coalitionccc.org/>

Coalition for Compassionate Care: www.capolst.org to download POLST form

J-Sei in Memoriam

Below are gifts received from December 1, 2025, through February 28, 2026.

**In Memory of
Sumiye Akiyoshi**

Steve Oishi

**In Memory of
Patricia Junko
Hirose Andrews**

*Lynda Hirose
Eugenia Kashima*

**In Memory of
Sharon Date**

Glenn & Amy Shinsako

**In Memory of
George Goto**

Dean & Denice Nakamura

**In Memory of
Fumi Hayashi**

*Steven Hayashi
Cathy & Clyde Takahashi*

**In Memory of
Kikuko Ito**

Susan Ito

**In Memory of
Mary Kamiya**

Mona Kamiya-Chan

**In Memory of
Kiyoshi Katsumoto**

*Paul & Joan Fujii
Emiko Katsumoto
Aki & Marge Morimoto
Glenn & Amy Shinsako
Patsy Utsumi*

**In Memory of
Barbara Kitagawa**

Gary Kitagawa

**In Memory of
Yuri Kochiyama**

Pamela Wu-Kochiyama

**In Memory of
Mas & Pat Kyono**

Les Kyono

**In Memory of
Fumiko Mayeda**

Gail Stern

**In Memory of
Aaron Muranishi**

Jim Duff & Valerie Yasukochi

Catherine Fukuchi-Wong

Kathryn Kojimoto

Susan Muranishi

Yumi Nakagawa & Paul

Bartlett

Neal Ouye

Liane Scott

**In Memory of
Jack & Sumi Nakashima**

David Nakashima

**In Memory of
Rose Nieda**

Sumi Shohara

**In Memory of
Jane Yee Shiga**

Kathy Masaoka

**In Memory of
Toshio & Kimiko Shiozaki**

Linda Shiozaki

**In Memory of
Tomiye Nimura Sumner**

Hiroshi Kashiwagi

Sadako Kashiwagi

**In Memory of
Raymond, Janet, Teena
and Lloyd Takahashi**

Cathy & Clyde Takahashi

**In Memory of
Michi Takata**

Kaz Takata & Family

**In Memory of
Ben Takeshita**

Glenn & Amy Shinsako

**In Memory of
Sharon Uejo**

Curtis Uejo

**In Memory of
Jean Aiko Wong**

Sharon & David Tom

**In Memory of
Dr. Wen-Hsien Wu**

Shih Liang Wu

**In Memory of
William (Bill) Yamamoto**

Russell & Linda Takei

**In Memory of
George & Yaeko Yamada**

James Yamada

**In Memory of
Skip Yamashita**

Reiko Nabeta

**In Memory of
Sueme Yamashita**

Carrie Takeyasu Horton

**In Memory of
Chiaki Yokoi**

Stephen Yokoi

**In Memory of
Tad & Lily Yoshii**

Kenneth Yoshii



1285 66th Street
Emeryville, CA 94608
www.j-sei.org

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Volunteer for the Give in May Team!

Staff Contacts

Mikako Amini

Bilingual Case Manager
(510) 654-4000, x102
mikako@j-sei.org

Yuji Ishikata

Chef
(510) 654-4000
yuji@j-sei.org

Glen Iwaoka

Van Driver (M & Tu)
(510) 654-4000
glen@j-sei.org

Miyuki Iwata, LCSW

Bilingual Case Manager
(510) 654-4000, x101
miyuki@j-sei.org

Tracy Kaneshiro

Volunteer & Kitchen
Assistant
(510) 654-4000, x106
tracy@j-sei.org

Tara Kawata

Director of Services
(510) 654-4000, x104
tara@j-sei.org

Ky Lam

Executive Director
(510) 654-4000, x108
ky@j-sei.org

Tiffany Nguyen

Operations
Manager
(510) 654-4000, x107
tiffany@j-sei.org

Suzanne Otani

Bookkeeper/ Admin
Assistant
(510) 654-4000, x100
suzanne@j-sei.org

Jill Shiraki

Education
Coordinator
(510) 654-4000, x109
jill@j-sei.org

Sianne Susbilla

Senior Nutrition Manager
(510) 654-4000, x105
sianne@j-sei.org

Hannah Tang

Chef Assistant
(510) 654-4000
hannah@j-sei.org

Hanna Yamaguchi

Program
Coordinator
(510) 654-4000, x103
hanna@j-sei.org

Sunnie Youk

Family Caregiver Navigator
(510) 654-4000, x113
sunnie@j-sei.org

Save the Date!

- Apr 19 The Making of A Japanese
- Apr 25 Japanese Americans and Anti-Violence
- May 2 The Japanese Way of Parenting
- May 9 Temporary Detention, and the Mis-Adventures of a Former Nisei Week Queen
- May 14 Understanding Alzheimer's and Dementia
- May 25 Memorial Day – J-Sei Closed
- Jun 19 Sansei Musings