



Introducing the J-Sei Memory Café: A New Space for Connection and Community

What is a Memory Café?

A Memory Café is a welcoming social gathering designed for individuals experiencing cognitive challenges, along with the people who care for them. These gatherings offer a warm, stigma-free environment where participants can unwind, socialize over coffee or tea, and share meaningful experiences.

Each monthly session features an engaging activity—such as music, arts and crafts, gentle exercise, or singing. While care recipients enjoy these curated activities, caregivers have a dedicated opportunity to relax, chat, share insights and support one another.

The heart of the Memory Café is connection. Rather than serving as therapy or support group, our primary goal is to foster deep friendships, combat social isolation, and provide a true sense of normalcy, comfort, and community belonging.

The J-Sei Memory Café will launch with two pilot sessions, by invitation only. For more information, please contact Sunnie Youk, Family Caregiver Navigator, at sunnie@j-sei.org.

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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 am -12 pm
Mon - Hanafuda Club, 10 - 11:30 am
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 am or 11 am - 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
Fri - 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
1st & 3rd Friday - Reiki Wellness (by appt)

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

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.

On-Going Programs

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 K-dramas: what folks have enjoyed and are currently watching and what makes K-dramas so compelling.

Upcoming Events & Programs

To register for the following programs, see the J-Sei website at www.j-sei.org for the link to sign-up or call (510) 654-4000 for more information.

J-Sei Fall Health Screenings & Vaccinations

Saturday, October 10, 9 am to 12 noon

J-Sei will be hosting free health screenings in partnership with the Berkeley Kidney Disease Screening and Awareness Program (KDSAP). This student-run organization provides free kidney disease screenings to underserved communities throughout the Bay Area to improve kidney health and promote health equity. Berkeley KDSAP collaborates with nephrologists from UCSF and Stanford Health, who will be on-site at each screening to review patients' results and provide one-on-one consultations. In addition to kidney screening, Alameda Public Health (waiting to confirm) will offer free vaccinations for COVID-19 and the flu. To RSVP, please email tara@j-sei.org.

A Place for What We Lose, a memoir by Tamiko Nimura

Saturday, October 10, 2 pm

Join us for a conversation with historian/writer Tamiko Nimura as she shares *A Place for What We Lose*, a deeply affecting memoir of reckoning with a father's death and the Japanese American incarceration.



In a moving conversation with the past, Tamiko Nimura explores her late father's life and her family's wartime history at Tule Lake in her debut memoir, *A Place for What We Lose: a daughter's return to Tule Lake*. The typewritten pages of her father's unpublished memoir—written decades

earlier about his childhood behind barbed wire—spark a reckoning with the long shadow of parental loss and the unresolved legacy of incarceration.

Tamiko Nimura is an Asian American (Sansei/Pinay) writer and community historian. She grew up near Sacramento, went to college in the Bay Area, and now lives in the Pacific Northwest. Her work has been published in many places including *Discover Nikkei* and the *San Francisco Chronicle*. She is co-author of *We Hereby Refuse: Japanese American Resistance to Wartime Incarceration*.



Restoring America's Promise: The Fight for Justice

Saturday, October 24, 1 pm

Hear from Dr. Mitchell T. Maki, President & CEO of Go For Broke National Education Center in this truly impactful and interactive presentation that delves into the poignant history of the Japanese American WWII experience. Nationally recognized redress movement scholar, Dr. Mitch Maki, will guide you through this critical chapter in American history, exploring the challenges of incarceration and military service, and culminating with the passage of the Civil Liberties Act of 1988. Through the blending of historical facts with compelling community anecdotes and audience

perspectives, Dr. Maki fosters a dynamic dialogue that connects this history to today's crucial issues of social justice and the enduring strength of democracy.



The 100th: Seeds of Aloha

Sunday, November 15, 1 pm

Be among the first to experience THE 100TH: Seeds of Aloha, a feature-length documentary honoring Hawai'i's legendary 100th Infantry Battalion and 442nd Regimental Combat Team. The afternoon will include a welcome, a live music soundtrack performance by Music Director Harold Payne, a 110-minute screening of the film, and a Q&A with producer/director Steve Sue. Guests are invited to participate in the discussion and share their feedback to help refine the film before its official release. Join us for an afternoon of film, live music, community, and remembrance as we honor the extraordinary legacy of the WWII Nisei veterans.

SPECIAL EVENT

J-Sei Artisan Faire

Sunday, December 6, 12 to 4 pm

Come shop with us! J-Sei encourages creative artists in our midst to share their inspired designs for gift giving and to spread the joy of the season.

- Meet our artists and artisans and do some shopping!
- Support local businesses and try our Asian pop-ups.
- Meet book authors Maggie Tokuda Hall as she debuts her new children's book, "Bathtime with Snow Monkeys" and mystery writer Jennifer Morita "Ghosts of Waikiki".
- Share in the holiday cheer with Community Ukulele, Urban Groove, and others.



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

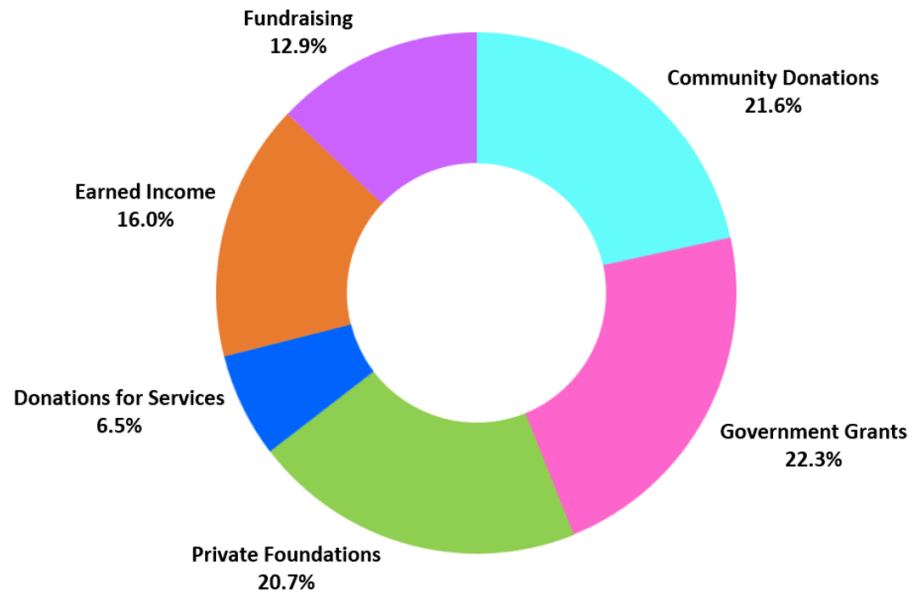
FY26 By the Numbers

J-Sei is grateful to close Fiscal Year 2026 (July 1, 2025-June 30, 2026) on solid financial footing thanks to our diverse funding sources: government contracts, foundation grants, community donations, service donations, fundraising activities, and earned income. The percentage of funding from

the government, foundations, and the community are close to equal! To our community donors, we are deeply grateful for your unwavering support to our vital services and programs. We also wanted to acknowledge the following organizations for their generous contributions:

Alameda County Area Agency

on Aging, Beulah Older Adult Grant Fund, Contra Costa County Health Services Department, City of Berkeley, East Bay Foundation on Aging, JA Community Foundation, Kaiser Foundation, K/T Foundation, Meals on Wheels Alameda County, Meals on Wheels Contra Costa County, Meals on Wheels America, SCAN Foundation, and Senior Assistance Foundation Eastbay.



Making a Lasting Impact: Planned Giving

You can help preserve J-Sei's legacy for generations to come! As you look towards the future, we invite you to consider including J-Sei in your estate planning through a planned gift. Your generosity can help ensure that our vital programs and services continue to thrive for years to come and that Nikkei values, cultures, and traditions remain a vibrant part of our communities. A planned gift to J-Sei is more than a financial contribution—it is a lasting investment in our community.

There are many ways to make a planned gift to J-Sei, including:

- Cash bequests
- Naming J-Sei as a beneficiary of a retirement plan or life insurance policy

- Charitable gift annuities
- Charitable IRA rollovers
- Charitable remainder or lead trusts
- Gifts of publicly traded securities
- Gifts of real estate

Depending on the type of gift for your circumstance, you may also receive significant tax benefits. We encourage you to consult with your financial or legal advisor to determine which planned giving option would be best for your situation. If you are interested in discussing planned giving, please contact Ky Lam, Executive Director, at ky@J-Sei.org or 510-654-4000 ext. 108. We hope you will consider making J-Sei a part of your legacy!

Welcome, Grace!

Grace T. Gomez recently joined J-Sei as our Finance/Administrative Assistant. You may have already seen her greeting you by the front door of our building. She may also look familiar to you since she has been volunteering at J-Sei for the past four years in a variety of roles, from working in the kitchen and congregate dining to photographing events (including Flavors of Spring) and baking cookies for the artisan faire. She knows our community well!

A Bay Area native, Grace earned a degree in painting from UC Santa Cruz and is fluent in Tagalog and Italian. A lifelong language learner, she is currently studying Ilokano. She also enjoys painting, photography, cooking, and traveling. Having lived and worked in Italy for several years, she holds a



special place in her heart for the country.

Grace also brings expertise in finance, marketing, risk, and technology from her career in banking. Her many talents will be an asset to J-Sei. We're so glad to welcome Grace to the J-Sei family!

Flavors of Spring - Save the Date: Sunday, March 21, 2027 from 4-7 PM, at Bridge Yard!

We've started planning for our popular Flavors of Spring fundraiser with delicious beverage and food tasting and prizes to win. This year we will host it at a new venue—Bridge Yard in Oakland! Please consider sponsoring the event and donating raffle and silent auction items. If you are able to sponsor or donate in-kind items, please contact Ky at ky@j-sei.org. More details to come!

Announcement: Moving Crab Feed

Our annual community dinner gathering, Crab Feed, will move from February to October 2027 to spread out our events. While the menu may change, the spirit of coming together remains the same. Stay tuned for more details!

Harvest Festival 2026

Join us as we celebrate all that we are thankful for and share in the bounty of good food with great friends at J-Sei at our annual Harvest Festival on Thursday, November 12th. Come enjoy a special harvest lunch by Chef Yuji Ishikata and the J-Sei kitchen crew and volunteers. More information to be posted on our website closer to the event. RSVP to grace@j-sei.org.

Our Biggest Thanks to J-Sei's 2025-2026 Donors

J-Sei is grateful to the many generous individual donors who make it possible to deliver senior services, education, and cultural programs to families of all ages.

(This donor list reflects gifts provided between July 1, 2025 to June 30, 2026.)

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J-Sei in Memoriam

Below are gifts received from June 1, 2026,
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Sango Harumi

In Memory of Kazuo Hiromoto

Tomiko Hiromoto

In Memory of Katashi Myoraku

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In Memory of Jean Nakazono

Laurie Kho

In Memory of Sharon Uejo

Curtis Uejo

In Memory of Michael Uno & Joel Uno

Natividad G. Uno

In Memory of Rev. Kiyoshi Seishin Yamashita

Dennis Yamashita

Medicare: Don't Miss the Open Enrollment Period if You Want to Make Changes to Your Plan!

Medicare is a federally sponsored health insurance program that provides coverage for most people aged 65 and up, and for some people under age 65 who have a disability and/or are diagnosed with certain disorders.

If you are a Medicare beneficiary, it is that time to review your current plan to determine if it still meets your needs. From October 1, health care insurance companies officially release plan details and benefit changes. You can make sure that your current plan is still available and if the plan still meets your needs. If your plan no longer meets your needs, you should take action to change your plan. Remember, you can change your Medicare plan only during certain time periods.

The Annual Open Enrollment Period

Enrollment window: October 15, 2026 to December 7, 2026. All plan and benefit changes will become effective on January 1st, 2027.

During this period, Medicare beneficiaries may:

- Switch from the Original Medicare Plan to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to the original Medicare Plan.
- Change from a Medicare Advantage Plan that does not offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that does not offer drug

coverage.

- Join, drop, or switch to another Medicare drug plan if you are in the Original Medicare Plan.

The Medicare Advantage Open Enrollment Period (*Only if you're already in a Medicare Advantage Plan*)

Enrollment window: January 1, 2027 to March 31, 2027 and within the first three months that you receive Medicare. All plan and benefit changes will become effective from the first day of the month after the plan gets your request to change.

During this period, Medicare beneficiaries may:

- Switch to another Medicare Advantage Plan with or without drug coverage.
- Drop your Medicare Advantage Plan and return to the Original Medicare Plan. You will also be able to join a separate Medicare drug plan.

The Special Enrollment Period (*Only for certain situations that happen in your life, such as moving to a new address, losing or changing your current coverage, getting Medi-Cal, or getting Extra Help to pay for drug costs*)

Enrollment Period: Varies. **Effective dates:** Varies. Generally, the first of the month after the plan receives your request to change.

During this period, Medicare beneficiaries may (Depending on your situation):

- Join a Medicare Advantage Plan (with or without drug coverage) or a Medicare drug plan.

- Switch to another plan.
- * If you sign up for Part A and/or Part B during a Special Enrollment Period because of an exceptional situation, you will have two months to join a plan or switch to another plan.

Some Tips to think about whether you want to change your Medicare plan

- Your prescription costs have increased a lot (For example, your monthly insurance premium has gone up, or a medication that used to be covered by your insurance is no longer covered.)
- Your regular doctor is no longer in your insurance network plan.
- Your monthly income has dropped drastically.
- You have been diagnosed with a chronic condition (For example, Diabetes).
- You prefer to see a specific doctor, but the doctor is not in your health insurance network plan.

How to choose your plan?

You can call Medicare at 1-800-MEDICARE (1-800-633-4227) or check the following website, [Medicare.gov](https://www.medicare.gov), to find Medicare plan information or to compare plans. Information will be available at the beginning of October for the next year plan.

If you need help choosing the right Medicare plan, the Health Insurance Counseling & Advocacy Program (HICAP) provides free counseling service about Medicare. Each County has HICAP service. HICAP is a non-profit service and their volunteer counselors can assist you so that you can understand your health care options. HICAP usually asks you to make an appointment.

HICAP (Health Insurance Counseling & Advocacy Program):

Alameda County HICAP: (510) 839-0393

Contra Costa County HICAP: (925) 655-1393

Resources

Alameda County HICAP: <https://cahealthadvocates.org/hicap/alameda/>

Contra Costa County HICAP: <https://cchicap.org/>

Centers for Medicare & Medicaid Services:

<https://www.cms.gov/priorities/key-initiatives/medicare-open-enrollment-partner-resources>

The Official U.S. Government Site for Medicare: <https://www.medicare.gov/basics/get-started-with-medicare/get-more-coverage/joining-a-plan>

The Official U.S. Government Site for Medicare; <https://www.medicare.gov/basics/get-started-with-medicare/get-more-coverage/your-coverage-options>

AARP: <https://www.aarp.org/medicare/changing-medicare-coverage/?src=psn>



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Save the Date!

- | | |
|--------|--|
| Oct 10 | Fall Health Screening & Vaccinations |
| Oct 10 | A Place for What We Lose |
| Oct 12 | Indigenous Peoples' Day – J-Sei Closed |
| Oct 24 | Restoring America's Promise: The Fight for Justice |
| Nov 12 | J-Sei Harvest Festival |
| Nov 15 | The 100th Seeds of Aloha |
| Nov 26 | Thanksgiving Day – J-Sei Closed |
| Nov 27 | Day After Thanksgiving J-Sei Closed |
| Dec 6 | J-Sei Artisan Faire |