

# The 4th Senior Week 9/10/10 - 9/26/2010

Co-sponsors: JAA Committee on Aging Issues & JAMSNET, Supported by Consulate General of Japan in NY

Place: JAA, 15 West 44th St., 11th Fl., New York, NY 10036

**EXP:Experiential**

**DISC:Discussion**

Make your reservations at JAA 212-840-6942 or info@jaany.org

**SEM:Seminar**

| Sept.             | Time                     | Title   | Presenters   | Limit |
|-------------------|--------------------------|---|--|-------|
| 10-F              | 19:00-21:30              | Networking (Paid Event)   | JaNet  | 80    |
| 11<br>Sat         | 9:30-11:00               | Development of Children's Brain & Nervous System, Japanese Wkend School of NY(LI)   | Yoichi Sakakibara, Prof. (Ochanomizu Univ.)  | 50    |
|                   | 13:00-14:30              | Development of Children's Brain & Nervous System. Japanese Wkend School of NJ   | Yoichi Sakakibara, Prof. (Ochanomizu Univ.)  | 50    |
|                   | 10:30-12:00              | Prevention & Treatment of Eye Diseases: Children to Seniors   | Mitsugu Shimmyo, M.D. / NY Nikkei Lions Club   | 40    |
|                   | 13:00-14:00              | Accident Insurance For Individuals  | Keiko Shintani / NY Nikkei Lions Club  | 40    |
|                   | 17:50-19:30              | For Professionals: Services for Children with Developmental Disability - Japan & US   | Yoichi Sakakibara, Prof. (Ochanomizu Univ.) / NY Sukusuku-kai, SE Network, JAMSNET   | 50    |
| 12<br>Sun         | 10:00-11:30              | Development of the Brain & Mind In Infants  | Yoichi Sakakibara, Prof. (Ochanomizu Univ.) / NY Sukusuku-kai, SE Network, JAMSNET   | 50    |
|                   | 12:00-14:00              | Kensei's English Pronunciation  | Noboru Kataoka   | 30    |
|                   | 14:30-16:00              | Dental Oral Care for Seniors  | Keiko Sakagami, RDH, EdD, CHES   | 10    |
| 13<br>Mon         | 10:30-11:30              | Development of Brain & Mind in Children( Japanese School of NY)   | Yoichi Sakakibara, Prof.(Ochanomizu Univ.)   | 50    |
|                   | 10:00-13:00              | Exp: Handicrafts  | JAA  | 10    |
|                   | 13:00-16:00              | Free Hair Cut for Seniors   | Michi Tahara, Michi Beauty Salon / JAA   | 6     |
|                   | 18:00-20:00              | Sem: Providing Support for Persons With Dementia  | Tsunetaka Yoshida, M.D. & Caravan Mate   | 50    |
| 14<br>Tue         | 13:00-18:00              | Individual Consultations for Depression, Anxiety & Personal Relationships   | Mika Kirihata, Counselor & Japanese Clinic, Hamilton-Madison House   | 5     |
|                   | 12:00-13:00              | Ayurveda Head Massage   | Ayurveda Japan Association   | 16    |
|                   | 14:00-15:00              | Composting: Do-It-Yourself Recycling  | Kyoko Hada   | 20    |
| 15<br>Wed         | 12:00-12:45              | Special Keiro-kai<br>Greetings: Ambassador Shinichi Nishimiya   | JAA Social Service Committee<br>Consulate General of Japan In New York   | 100   |
|                   | 12:45-13:30              | Lecture: Healthy Living for Seniors - Dealing with Anxiety, Depression & Dementia   | Issho Matsumoto, Matsumoto Medical Clinic  |       |
|                   | 13:30-14:00              | Exp: Let's Sing Japanese Songs!   | K. Iwaki Band  |       |
|                   | 14:30-15:30              | Support During Terminal Care: Differences Between Japanese & American Cultures  | Yuichiro Kuwama, M.D., Masaki Mori, M.D.   | 100   |
|                   | 16:00-17:30              | Exp: Origami - Prevention of Dementia   | Toshiko Kobayashi, Reiko Fujisawa / CJCAT  | 20    |
|                   | 18:00-20:00              | Panel Discussion: Mental Health for Japanese & Japanese-American Seniors at the ConsulateGeneral of Japan<br><br>Place: Consulate General of Japan, 299 Park Ave., (48th St.)<br>Contact: seki@ny.cgj.org | Michiko Iwasaki, Prof. (West Virginia Univ.), Issho Matsumoto (Matsumoto Medical Clinic), Tsunetaka Yoshida, M.D. (Consulate General of Japan), Tazuko Shibusawa, Assoc. Prof.(NYU), Keiko Kimura, M.D. (Japanese Medical Practice)<br><br>NY Mental Health Network, JAMSNET | 30    |
| 16<br>Thu         | 10:00-11:30              | How to Safely Retire Financially  | Sanae Asai - Financial Advisor   | 50    |
|                   | 10:00-12:00              | Individual Consultation on Immigration Law in US  | James Nolan, Esq.  | 8     |
|                   | 13:00-14:30              | Exp: Walking with Good Posture  | Mayumi Kaji - Cocolo Co. aruku Walk  | 20    |
|                   | 13:00-15:00              | Individual Consultation on Wills and Trusts   | Helen Irie Esq. & Reiko Takigawa Esq.  | 4     |
|                   | 15:30-16:00              | Power of Attorney & Guardianship  | Helen Irie Esq. & Reiko Takigawa Esq.  | 50    |
|                   | 16:00-17:00              | Wills & Probate-Avoid Probate on Wills  | Helen Irie Esq. & Reiko Takigawa Esq.  | 50    |
|                   | 17:00-17:30              | Q & A on Medicare & Medicaid  | Helen Irie Esq. & Reiko Takigawa Esq.  | 50    |
| 17<br>10:00-11:00 | Experiential: Chair Yoga | Takako Johnson  | 30   |       |

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| 17<br>Fri | 13:00-15:30 | <b>Individual Consultation: Pension in Japan ①</b>   | Shunji Ichikawa   | 12   |
|           | 15:30-17:00 | <b>Common Questions about Pension in Japan</b>   | Shunji Ichikawa   | 50   |
|           | 18:00-20:00 | <b>Japanese &amp; Japanese American Elderly Care in US</b>   | Michiko Iwasaki / Univ. of West Virginia - Committee on Aging   | 50   |
| 18<br>Sat | 10:00-15:00 | <b>Individual Consultation: Pension in Japan ②</b>   | Shunji Ichikawa   | 15   |
|           | 10:00-11:00 | <b>Exp: Body Balance &amp; Reset</b>   | Teiji Nagashima - Art Balance Therapy   | 20   |
|           | 14:30-15:30 | <b>Concert of Violin with Piano</b>  | Violin:Sumiko Tajih, Piano:Rikako Asanuma - Lions Club  | 50   |
|           | 15:30-16:30 | <b>Singing of Japanese Children's Songs</b>  | Mikako Hirota - Lions Club  | 50   |
|           | 17:00-17:30 | <b>"Showa Kami-Shibai"- Story Told Using Paper</b>   | Sonenkai  | 50   |
|           | 18:00-20:00 | <b>Disc: International Marriages</b>   | Michiko Iwasaki - Sucusukukai   | 50   |
| 19<br>Sun | 12:00-14:30 | <b>Self-Examination: Breast Cancer</b>   | Yuichiro Kuwama, MD BC Network  | 100  |
|           | 15:00-16:30 | <b>Personal Experiences Wartime Manchuria &amp; Korea</b>  | HEIAN   | 100  |
|           | 17:00-18:30 | <b>Q &amp; A Regarding Cremation and Burial Sites</b>  | HEIAN   | 100  |
| 20<br>Mon | 11:00-13:30 | <b>Exp: Flower Arrangement/Sogetsu</b>   | Hatsue Tamura Rogers / Sogetsu Ryu  | 10   |
|           | 14:00-15:30 | <b>Eastern Medicine for Health</b>   | Tomoko Kakutani   | 50   |
|           | 18:30-20:00 | <b>How to Safely Retire Financially</b>  | Sanae Asai / Financial Advisor  | 50   |
| 21<br>Tue | 11:00-12:00 | <b>Exp: Tai Chi</b>  | Etsuko Takahashi  | 10   |
|           | 13:00-15:00 | <b>Exp: Calligraphy</b>  | Fusako Otsubo   | 10   |
|           | 13:00-16:00 | <b>Exp: Foot Massage - Reflexology</b>   | Shoko Akiyama / Massage therapist   | 12   |
|           | 19:00-21:00 | <b>Exp: New York Mixed Chorus</b>  | Conductor: Kosuke Iwasaki - NYMC  | 20   |
| 22<br>Wed | 11:00-12:00 | <b>Exp: Belly Dance</b>  | Tomoko Meliani - Jamileh Bellydance Class   | 20   |
|           | 13:00-14:00 | <b>Dis: Medicaid &amp; Home Care</b>   | JASSI   | 80   |
|           | 14:30-15:30 | <b>Maintaining Mental Health &amp; Alertness With Nutrition &amp; Exercise</b>   | JASSI   | 20   |
|           | 12:00-17:00 | <b>Resources on Day Care, Home Care &amp; Long Term Care Services,</b>   | Committee on Aging  |      |
| 23<br>Thu | 10:00-11:00 | <b>Healthy Lifestyle w/ Nikky</b>  | Nikky Katsuki / Dietician   | 20   |
|           | 10:30-12:00 | <b>Visit: Isabella Geriatric Center</b>  | Committee on Aging  | 30   |
|           | 13:00-16:00 | <b>Individual Consultation: Taxes</b>  | Joe Oshima / CPA  | 12   |
|           | 15:00-16:30 | <b>Domestic Violence</b>   | Kaori Nagao / NY Asian Women's Center   | 50   |
|           | 16:30-18:30 | <b>Citizenship, Social Security, Social Welfare for seniors in Japan</b>   | Consul Kentaro Ando, Consul Hiroki Mori and Dr. Tsunetaka Yoshida<br>Consulate general of Japan in NY | 70   |
|           | 18:30-20:00 | <b>Departure Tax &amp; Medical Insurance in USA (President Obama)</b>  | Joe Oshima, Kumiko Hasegawa / CPA   | 70   |
| 24<br>Fri | 13:15-14:30 | <b>Exp:JAA Chorus</b>  | Music Director: Reona Ito   | 20   |
|           | 18:00-19:30 | <b>Developmental Disorders in USA and Japan</b><br>Place: Consulate of Japan: 299 Park Ave. -19th Fl. <a href="mailto:seki@ny.cgj.org">seki@ny.cgj.org</a>   | Dr. Yoshiro Ono<br>NY Mental Health Network, SE Network,JAMSNET                                       | 30   |
| 25<br>San | 10:00-13:00 | <b>Mini Medical Mini Health Care by JMSA:</b><br>10-10:50 Shunichi Honma, Maki Kano, Inwahara, Luis Fujimoto, Naomi Hayashi<br>Session 11-11:50 Makoto Anzai, Jean Furuyama, Kumiko Seki<br>Session 2: 11-11:50 Makoto Anzai, Jean Furuyama, Kumiko Seki<br>Session 12-12:50 Tsunetaka Yoshida, Yuzuru | Japanese Medical Society of America (JMSA)  | 3x15 |
|           | 14:00-15:00 | <b>Better Tax Measures for Elder Persons</b>   | Yayoi Shimada CPA - Lions Club  | 50   |
|           | 16:00-18:00 | <b>Dis: When Older, Live Where?</b>  | Sonenkai  | 50   |
| 26<br>Sun | 12:00-14:00 | <b>Dis: Single Mothers</b>   | Single Mothers Party  | 15   |
|           | 14:00-15:30 | <b>Music Therapy &amp; Elder Persons</b>   | Michiyo Yoshida - Nordolf Robins Jacnet   | 30   |
| 30-Thu    | 18:00-20:00 | <b>End of Senior Week Thank You Party (\$ 10)</b>  | Committee on Aging & JAMSNET  | 100  |