

5th Senior Week

Sponsors: JAA Committee on Aging Issues and JAMSNET

Supporter: Consulate General of Japan in New York

Place: JAA Hall, 15 West 44th Street, 11th Floor, New York, NY 10036

Reservation: JAA at 212-840-6942 or info@jaany.org

Sept.	Time	Title	Instructors and Organization
15th	9:30-12:00	Free Consultation: Wills & Other Concerns (30min/person)	Helen Irie & Reiko Takikawa, Esq.
Thurs.	12:00-13:00	<u>Luncheon for Seniors-Greetings by Amb.S. Hiroki</u>	JAA Social Services Committee
	13:00-13:45	<u>Basics of Planning Documents, Medicare & Medicaid</u>	Helen Irie & Reiko Takikawa, Esq.
	13:45-14:15	Let's Sing with K. Iwaki Band !	JAA Social Services Committee
	14:30-15:30	Picture Story Teller	Kumiko Yamakado
	17:00-18:00	Planning of a Funeral: Documents, Service, Arrangements	Rev. Kenjitsu Nakagaki
16th	11:00-12:00	Chair Yoga	Takako Johnson
(Fri.)	18:00-19:00	「Interracial/International Marriages: Dating, Marriage, Parenting, Retirement」	Dr. Michiko Iwasaki (Psychologist)
17th (Sat.)	10:30-12:00	「Interracial/International Marriages: Parenting Bicultural Children @ Brooklyn PS 261, 314 Pacific St., Brooklyn, subway F&G Bergen St.	Dr. Michiko Iwasaki (Psychologist) & Mayo Fujiki
		<u>Events by Japanese American Lions Club</u>	
	10:00-10:50	Make-up for Looking Young (Bring own cosmetics.)	Ruico Oshika, Make -up Artist
	11:00-11:45	Lesson: YOGA to Refresh One-Self	Yukari Spdoll
	13:00-14:00	Part I: Report on Japan Disaster: Part II: Knacks for Long Life	Kamal Ramani ,M.D.
	14:10-14:50	Maintain Health by Laughing & Exercising	Rev. Kenjitsu Nakagaki
	15:00-15:45	Eye Diseases: Early Detection & Treatment; Cataract, Glaucoma	Naomi Hayashi (Ophthalmologist)
	14:00-16:00	Dementia Supporters Group	Edgewater Family Care, 725 River Rd., Edgewater NJ
	16:00-16:30	Picture Story Teller	Yuko Utada
16:30-18:00	As You Age, Where Will You Live? ⑦	Sonen Kai	
18th (Sun)	11:00-12:30	Social Workers' Role In Social Welfare	Yoko Naka (Social Worker) JASSI
	13:00-14:00	Planning For A Happy Retirement	I. Murase & M. Cherehi De La Riviere, Financial Advisor
	14:00-15:00	Tips On Administering Assets/Getting Them In Order	Susan J. Onuma, Esq.
19th (Mon)	10:30-11:30	Walking Exercises For Looking Younger	Mayumi Kazurai, Cocolo Co. Aruku Walk
	13:00-16:00	Free Hair-Cut for Seniors	Michi Tahara
	14:00-15:00	Food To Maintain Healthy Digestion	Hideji Asanuma (Holistic Health Counselor)
	18:30-20:00	English Conversation Class	Noboru Kataoka
20th (Tues.)	11:00-12:00	Taichi Class	Etsuko Takahashi
	12:00-13:00	Ayurveda Head Massage	Ayurveda Japan Association
	13:00-15:00	Calligraphy Class	Fusako Otsubo

	19:00-21:00	New York Mixed Chorus	NYMC
21st	11:00-12:30	Oriental Medicine For A Healthy Life	Tomoko Kakutani (Acupuncturist & Chinese Herbalist)
(Wed.)	13:00-14:00	Purelicious -Finesse	Yumi Hishikawa
	13:00-16:00	Consultation: Taxes - USA & Japan (30 min/person)	Joe Oshima (CPA)
	15:00-16:00	Home Care and Medicaid	Mizue Katayama, JASSI
	17:00-18:30	Japan's Social Welfare System	Kentaro Ando (Consul of Consulate General of Japan in NY)
	18:30-20:00	Free Gift Tax & Inheritance Tax for 2011 & 2012	Joe Oshima (CPA)
22nd	10:00-12:00	Consultation: Immigration Law	Law Office of James Nolan
Thurs.	10:30-12:00	Visit Isabella Geriatric Ctr. & Medical Day Care Ctr.	JAA Committee on Aging Issues
	11:00-12:00	Lesson: Becoming a Beautiful Face	Mayu Kaji
	12:00-14:00	MOVIE "YUKIE" producer Hisako Matsui, actress Mitsuko Baisho	JAA Committee on Aging Issues
	14:00-15:00	Lesson: Fitness for Seniors	Eri Misaki
	17:30-18:30	Kokkyo Naki Ishidan in Minami Sanriki Disaster Area	Mika Kirihata (Counselor) Japanese Counseling Center
23rd	13:15-15:15	JAA Chorus	Music Director Reona Ito
(Fri.)	14:00-16:00	Consultation: Japanese Pension (30 min/person)	Shunji Ichikawa
	15:00-17:00	Foot Massage	Shoko Akiyama (NY Licensed Massage Therapist)
	17:00-19:00	Lecture: Japanese Pension System	Shunji Ichikawa
24th (Sat.)	9:00-12:00	Consultation:Japanese Pension (30 min/person)	Shunji Ichikawa
		<u>Medical Consultation Groups</u>	Japanese Medical Society of America
	13:00-14:00	Session ① Dr. Makoto Iwahara (Constipation & Other Bowel Disorders in Elderly), Jean Furuyama & Keiko Sakagami (Dental Problems of Seniors and How to Prevent the Problems), Kano(Health Care Screening for Women in Their Thirties and Beyond)	Dr. Dr. Maki
	14:00-15:00	Session② Dr. Shunichi Homma (Heart Attacks, What Causes It and How to Prevent It), Dr. Tetsuya Shimizu (Sleep and Depression in the Elderly), Dr. Robert T. Yanagisawa (Thyroid Disease, Who Should be Screened?)	
	10:00-17:00	Consultation: Child Development Reservation:info@jec-ny.org or 914-305-2411	Prof. Yoichi Sakakibara (Prof. Ochanomizu Univ.)
	15:30-17:00	Dementia Supporters Group	Dr. Tetsuya Shimizu (Psychiatrist), Toshiko Kobayashi & Reiko Fujisawa (Caravan Mates & Therapist) , JAA Committee on Aging, CJCAT and EOAT
25th (Sun)	10:30-11:30	Lesson: Mid-Eastern Belly Dance	Tomoko Mediani
	11:30-13:30	As a Single Mother,Developing Own Vision & Selfhood	Support Group for Single Japanese Mothers
	14:00-15:30	Muscle Exercises For Seniors	Michiyo Yoshimura (Music Therapist) NR-JANet
	16:00-17:30	Exercises:Prevent Falling & Neck/Shoulder Stiffness	Mami Sugimura & Takumi Fukunaga (Physical Therapist), HEIAN
In Oct.	Oct. 15	Lecture & Workshop on Dementia	Dr. Issho Matsumoto : Matsumoto Clinic for Dementia
	10:00-15:00		JAA Committee on Aging Issues and Caravan Mates of NY

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