

*The 9th Senior Week 9/09-10/03/2015*

Place: Japanese American Association of New York, Inc. New Address: 49 West 45th St., 11th Floor, New York, NY 10036

Sponsored by JAA Committee on Aging Issues and JAMSNET / Supported by Consulate General of Japan in New York

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

It is free!

Sept.	Time	Title	Instructors and Organization	Limit
9(Wed)	17:00-20:00	Discussion with Pregnant Moms & Dads	Dr. Maki Kano (Pediatrician), Kumiko Seki (Nurse, Midwife)	12
10th	17:00-18:45	Safety Management in New York	Consulate General of Japan in NY	
(Thus)	19:00-21:00	Dementia pathways and social resources. What kinds of services are available in New York and Which services do you want to use?	Yumi Shindo (Tokyo Dementia Research and Training Center, Policy Analyst), JAA Committee on Aging Issues, Sonen-Kai	
12th	9:00-11:00	Individual Consultation for Family & Children : Divorce, Parental Authority, Child Support, etc. (20 min/person)	Yoshiaki Miyamoto, Esq.	6
(Sat)	12:00-14:00	Career Panel: Steps to Going into College & Medical Fields	Dr. Maki Kano, Dr.Erich Anderer and Medical Students, Japanese Medical Society of America	
	13:00-14:00	Exercises: Prevent Falls & Goodbye to Back Pains!	Takumi Fukunaga (Physical Therapist), HEIAN-NYC	
	14:30-17:00	Movie "Meet Pecoross's Mother" The Story of Dementia	JAA Committee on Aging Issues, HEIAN-NYC	
13th	11:30-12:30	Pink & Teal Seminar: Early Detection - Ovary Cancer & Breast Cancer	Aiko Brody, SHARE & MIMOSA no kai (NY Single Mothers Supporting Group)	
(Sun)	11:30-12:30	Art Experience for Kids (limit 10 children: 5yrs or older)	Reiko Fujii (ATR-BC, LCAT), MIMOSA no kai (NY Single Mothers Supporting Group)	
	13:00-15:00	Workshop for Dementia	Keiko Sakagami, Shizuko Kato, Junko Schnabel, Yuko Utada (Caravan Mates), JAA Committee on Aging Issues	
	13:30-15:30	Extended Care Strategy: Solutions for your long-term care in and out of the US and the tax advantages  Place: Poughkeepsie Galleria Community Room, 2001 South Road (Off Rt9), Poughkeepsie, NY - Reservation: MHJCA 845-567-9176/contact@mhjca.org	Sanae Asai (Financial Advisor) The Mid-Hudson Japanese Community Association	25
	13:00-14:30	Balance Your Life Workshop	Aiko Brody (U.S. Certified Life Coach)	10
	15:00-17:00	Community Café (tea & snacks will be served)	Keiko Sakagami, JAA Committee on Aging Issues	
14th (Mon)	10:00-12:00	Free Hair Cut for Seniors	Michi Tahara, Nori Sasaki, Shige Kosuda, Toshi Kubota (Hair Stylists), JAA	20
	13:00-15:00	Chair Yoga & Total Wellness	Takako Johnson	
15th	9:00-16:00	Individual Consultation on Troubles with Your Partners/Family, Place: New York Asian Women's Center, 9 Mott Street, #200, (212) 732-0054 Ext. 137 *Telephone consultations available	Chisato Horikawa (Counselor Advocate) New York Asian Women's Center	
(Tue)	11:00-12:00	Demonstration: HOGO Calligraphy	Tokuo Hayasaki	
	13:00-14:00	Experiential: Calligraphy Class	JAA Calligraphy Class	10
	19:00-21:00	Experiential: NYMC Chorus	Aya Shimada, NY Mixed Voice Chorus	
16th	10:00-12:00	Individual Consultation : U.S. Immigration Law (15 min/person)	Mami Terai, Esq.	8
(Wed)	11:00-12:00	Oriental Medicine (15): Simple Daily Exercise	Tomoko Kakutani (Acupuncturist & Herbalist)	

	18:00-20:00	Nationality & Returning to Japan in the Future	Yoshikatsu Aoyagi (Consulate General of Japan in NY), Keiko Shiozaki (Former Immigration Bureau Official)	
17th	10:00-12:00	Individual Consultation on Pension & Living in Japan (30 min/person)	Shunji Ichikawa	4
(Thus)	12:00-13:15	Keiro Kai (Birthday Party, Music by Iwaki Band)	JAA Social Service Committee	
	13:15-13:45	Rakugo by Ryuraku Sanyutei	JAA Social Service Committee, NY-Ya Sento	
	14:00-15:30	Discussion: Administering Assets/Getting One's Affairs in Order, Health Care Proxy (Tea & Sweets will be served)	Susan Onuma, Esq., JAA	
	13:00-16:00	Individual Consultation on Pension & Living in Japan (30 min/person)	Shunji Ichikawa	6
	16:00-18:00	Q&A: Regarding Eligibility for Japanese Pension	Shunji Ichikawa	
18th	9:00-12:00	Individual Consultation on Pension & Living in Japan (30 min/person)	Shunji Ichikawa	6
(Fri)	10:45-12:00	Exercises for Moms & Kids (2.5 yrs. or older)	Yoriko Orciuoli (Fitness Instructor)	
	13:00-16:00	Individual Consultation on Inheritance Tax in Japan & U.S.A. (30 min/person)	Joe Oshima (CPA)	6
	18:00-20:00	Inheritance & Donation: International Basis	Joe Oshima (CPA)	
19th	12:00-13:30	Dual Nationality of U.S. Born Children	Yoshikatsu Aoyagi (Consulate General of Japan in NY)	
(Sat)	13:30-15:00	Let's keep up with your QOL during the age of menopause	Dr. Yuzuru Anzai (Gynecologist), SHARE, Japanese Medical Society of America	
	15:00-16:30	The Scenery, Journey and Choreography of Life (Slide Show)	Kei Okada, Hospice Chaplain (Visiting Nurse Service of NY)	
20(Sun)		JAA will be Closed		
21th	11:00-12:30	Find Yourself by Using the Japanese Cards (Career Trump)	Setsuko Suzuki (Counselor, Life Coach)	20
(Mon)	13:00-15:00	Flower Arrangement : Sogetsu	Hazue Tamura Rogers (Sogetsu Ryu School)	10
	18:30-19:45	Extended Care Strategy: Solutions for your long-term care in and out of the US and the tax advantages	Sanae Asai (Financial Advisor)	
	19:00-21:00	Creative Writing in English for the Golden Years	Yasuko Nagasawa (Writer/Journalist/Poet), Anita Feldman (NYU)	10
22nd	10:30-12:30	Visit & Tour: Isabella Geriatric Center (Lunch will be served)	Michiyo Noda, JAA Committee on Aging Issues	30
(Tue)	10:30-12:30	Plan Ahead: Old age with the handicapped child Place: White Plains YMCA, Reservation: appletimeny@hotmail.co.jp	Apple Time	25
	10:45-11:45	Experiential: Tai Chi	Etsuko Takahashi, JAA	10
	13:30-15:30	Experiential: Game of Go	Raku-Go Kai	10
23rd	11:30-12:30	Demonstration: Urasenke Tea Ceremony	Sochi Sanada, Soritsu Suzuki (Ura Senke School)	
(Wed)	14:00-15:30	Medicare Basics	Mizue Katayama, JASSI	
24th	9:30-14:30	Individual Consultation : Regarding the Wills (30 min/person)	Helen Irie, Esq., Reiko Takikawa, Esq.	10
(Thus)	10:30-12:00	Easy Exercises for Everybody (Relaxation Stretch)	Yoriko Orciuoli (Fitness Instructor)	
	18:30-20:00	Pride in History	Yasuhiro Takasaki, NY Rekishi Mondai Kenkyukai	
25th	9:00-15:00	Individual Consultation: Victimized by Crime, Place: NY Asian Women's Center, 9 Mott St., #200, NYC Call: (212) 732-0054 Ext. 137 *Telephone consultations available	Chisato Horikawa (Counselor Advocate) New York Asian Women's Center	

(Fri)	10:30-11:30	Playing with Parents & Kids (2-3 yrs old)	Yuko Velsey, JAA Apple Kids	20
	13:15-15:15	Experiential: JAA Chorus	Mari Takagi, JAA Chorus	
	18:30-20:30	An Evening of Japanese Songs & Opera Arias: Soprano Hirona Amamiya in Recital (Piano: Yurika Mihara)	JAA Music Committee	
26th	10:30-12:00	Prevent Aging by Playing Origami, Singing, Yoga, etc.	OTA(Origami Therapy Association), Sonen Kai, JAA Committee on Aging Issues	
(Sat)	11:00-13:00	OBAMA Care in 2016 (Includes Individual Consultation)	Grace Kim (KCS), Kumiko Seki, Takako Hara, JAA	
	12:00-15:00	Foot Massage (20 min /person)	Shoko Akiyama (Massage Therapist), ARAMA	9
	13:00-15:00	Teaching Origami in English	Toshiko Kobayashi, Origami Therapy Assoc.	10
	14:00-15:00	Dementia: Symptoms & Care	Dr. Ema Saito, Shizuko Barnes (School Counselor)	50
	15:00-16:00	Mindfulness Workshop	Eri Kubota (Clinical Psychologist), Kaori Stram (Mental Health Counselor)	
27(Sun)		JAA will be Closed		
28th	16:00-18:00	U.S. Social Security Benefits	Toru Hayama (Financial Advisor)	
(Mon)	18:00-20:00	How to Support Your Parents in Japan from NY	Taeko Nakashima, ph.D.(Social Worker, Instructor at Rutgers Univ.), Sonen-kai	
30th (Wed)	18:30-21:00	Meditation & Listening to the Teaching of Buddha	Rev. Miki Nakura (U.S. Higashi Honganji Temple)	
<b>OCT.</b>				
1st (Thus)	17:30-19:30	OBAMA Care in 2016 (Includes Individual Consultation)	Grace Kim (KCS), Kumiko Seki, Takako Hara, JAA	
3rd		NY Japanese American Lions Club		
(Sat)	10:00-12:00	Lions College Theater: Liberal Arts Course	Speaker: Lion Kamishiro	70
		"How to use iPhone for beginner" Short skits by idiot couple	Actor/Actress: Lion Nakano, Haramo	
	13:30-16:00	Lions College Theater: Movie "Anata e" Japanese big movie star, Ken Takakura's last movie. A senior man travels from Toyama City to Nagasaki City. Along the way, he recalls experiences with his deceased wife and befriends with friendly people.		70

These programs are made possible by support from the Mitsui Foundation in U.S.A., ANA NY Senior-Kai and The Japanese American Lions Club in New York.