

## The 13th JAA Autumn Health Fair 9/8-10/6, 2019

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

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

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

Sept.	Time	Title	Name of Instructors and/or Organizations	Limit
8th (Sun)	12:00-14:00	Dementia Workshop: Brain Training	Keiko Sakagami, Yoshiko Takahashi, Caravan Mate, JAA	20
	14:00-16:00	Community Café (tea & snacks will be served)	Keiko Sakagami, JAA Committee on Aging Issues	
9th (Mon)	10:00-12:00	Free Hair Cut for Seniors	Michi Tahara, Shige Kosuda, Yasuko Tsuda, Toshi Kubota, Haruka Kobayashi (Hair Stylists)	30
	16:30-18:00	NY Health Insurance - Essential Plan	Fumie Singh (JASSI)	
10th (Tue)	11:00-14:00	Foot Massage (20min. /person)	Shoko Akiyama (Massage Therapist)	9
11th (Wed)	9:00-16:30	Individual Consultation on Pension & Living in Japan (30 min./person)	Shunji Ichikawa (Oversea Pension Center)	13
	18:00-20:00	Lecture " Your Social Security Benefit, Dual Citizenship and Living in Japan"	Shunji Ichikawa (Oversea Pension Center)	70
12th (Thurs)	9:00-12:00	Individual Consultation on Pension & Living in Japan (30 min./person)	Shunji Ichikawa (Oversea Pension Center)	6
	13:00-14:30	Anti-Aging Workhop & Light Exercises	Takako Johnson (Certified Anti-Aging Nutrition Consultant)	
	15:00-16:00	Japanese Dance Workshop for Seniors	Sachiyo Ito	
	17:00-20:30	Premom & Prepapa Meeting (\$5 with Onigiri & Tea)	Maki Kano (Pediatrician), Kumiko Seki & Hiromi Shinba (Nurse)	16
13th (Fri)	18:00-20:00	Inheritance in Japan & U.S.A.	Kazuhiko Otani, Esq.	
14th (Sat)	9:00-12:00	Individual Consultation on Inheritance in Japan & U.S.A. (30 min/person)	Kazuhiko Otani, Esq.	6
15th (Sun)	10:00-12:30	Experiential: Sand Painting (Over 18 years old only)	Kiyoshi Kaneko, Japan Sand Painting Association	30
	13:00-16:00	Open Kukai (Haiku Meeting)	Hako Kukai	20
16th (Mon)	10:30-12:30	Visiting Isabella Geriatric Center (Lunch Included)	JAA Committee on Aging Issues (Lead by Michiyo Noda)	30
	18:00-20:00	Learn about USA through American English	Hideo Dan (Writer, NY State Attorney)	
17th (Tue)	10:45-11:45	Tai-chi and Balance Exercise	Etsuko DeFazio, JAA	10
	14:30-16:00	Introduction to Medicare for those who're turning 65 soon!	Mizue Katayama (JASSI)	
18th (Wed)	11:30-12:30	Demonstration: Urasenke Tea Ceremony	Sochi Sanada, Soritsu Suzuki (Ura Senke School)	
	13:30-15:00	Honey and Health	Yasuki Funahashi	
19th (Thurs)	10:00-12:00	Individual Consultation on Immigration Law (15 min/person)	Katsumi Miki, Esq.	8
	12:00-14:00	Special Keirokai	JAA Social Service Committee	100
	14:00-15:00	Not-for-profit independent senior residences in NYC	Leona Chen, Yoko Tajimi (Isabella House)	
	18:00-20:00	Current U.S. Immigration Law & Public Charge	Keiko Kato, Esq.	
20th (Fri)	10:00-11:30	Rythmique with Parents & Kids	Yoshiko Inoue	15
	10:00-10:30: Under 2 years old / 10:45-11:30: 2-3 years old		JAA Apple Kids	
	13:15-15:00	JAA Chorus open house	Motomi Tanaka, JAA Chorus	8
	13:00-17:00	Individual Consultation on Inheritance Tax in Japan & U.S.A. (30 min/person)	Joe Oshima (CPA)	8
	18:00-20:00	Lecture: Tax Law and International Inheritance Tax	Joe Oshima (CPA)	50
21st (Sat)	9:15-10:30	Things you should know about vaccinations@Port Chester Middle School / contact: appletimeny@hotmail.co.jp	Motoki Yasuda (Pediatrician) / Apple Time	35
	10:00-12:00	Herbal Home Remedies for winter-the cold and flu season-	Sachiko Asano, Maiya Robinson	
	13:00-15:00	NY Silver Kai Gathering with Ms. Yoko Yuge	Yoko Yuge (RN Home Health Care Field Supervisor)	50
22nd	10:00-12:00	Individual Consultation on Legal matters in Japan & U.S.A. (15 min/person)	Yoshiaki Miyamoto, Esq.	8

		HEIAN presents		
(Sun)	10:00-12:00	Haiku	Kenichi Saito, Mami Sugimura	15
	12:30-13:30	Physical Therapy	Takumi Fukunaga (Physiotherapy Doctor)	
	13:30-15:00	Book Club/Let's talk about our favorite books!	Junichi Shioi, Mami Sugimura	
	15:00-16:30	Optimized Balance for Next Step - Art Therapy	Toru Takada (Art Therapist)	15
	16:30-18:00	Optimized Balance for Next Step - Coaching	Mami Sugimura	15
23rd	13:00-17:00	Individual Advice for people who are planning to live in Japan (30 min/person)	Toru Hayama (Financial Advisor)	8
(Mon)	18:00-20:00	U.S. Social Security Benefits for people who are planning to live in Japan	Toru Hayama (Financial Advisor)	
24th	13:00-14:00	Experiential: Calligraphy Class	JAA Calligraphy Class	10
(Tue)	19:00-21:00	Experiential: New York Mixed Voice Chorus	Saya Callner, Rikako Asanuma, NYMC	
25(Wed)	18:00-20:00	Japanese History (Fee:\$20 includes food & drink)	Yasuhiro Takasaki, NY Rekishi Mondai Kenkyukai	
26th	14:00-17:00	Individual Consultation on Will, Health Care Proxy etc. (30min per person)	Helen Irie, Esq. Reiko Takikawa, Esq.	6
(Thurs)	15:00-17:00	Discussion: Sharing Tips on Stress-Free Aging (Getting one's affairs in order#13) (Tea & Sweets will be served)	Susan J. Onuma, Esq., Michiyo Noda JAA Committee on Aging Issues	
	18:00-20:00	Home Care with Medicaid, Living Will, Power of Attorney	Helen Irie, Esq., Reiko Takikawa, Esq.	
27th	11:00-12:00	Warm-Up & Relaxation (Please bring a towel & sneakers)	Yoriko Orcioli (AFAA Aerobics Instructor)	20
(Fri)	13:00-17:00	Individual Consultation on Japanese Nationality (30min./person)	Keiko Shiozaki (Visa Consultant)	8
	18:00-20:00	Keeping Japanese Nationality or not? Dual Citizenship	Keiko Shiozaki (Visa Consultant)	
28th	<b>NY JAPANESE AMERICAN LIONS CLUB presents : Lion's University #3</b>			
(Sat)	10:00-11:45	Mental coach who raised gold medalist	Jiro Iiyama	
	11:50-12:20	Lunch Break		
	12:30-14:15	Stained Glass professional	Hideko Hojo	
	15:00-16:45	Q&A with the Gardening professional	Seiho Umeno	
29th	10:00-12:00	Cardiopulmonary resuscitation for Children & Adult	Satoko Kanahara (Internal Medicine, Pediatrician), NY Suku Suku Kai	20
(Sun)	13:00-14:00	Returning children with disabilities	Daisuke Fujiwara (UNICO), Group "Musicing"/Kaoru Robbins	30
	14:00-15:30	I can't tolerate alcohol or sweets! Citrin Deficiency: Not well-known but a common disease among the Japanese population	Kimihiko Oishi, MD Japanese Medical Society of America	
30(Mon)	18:30-21:00	Peace & Happiness through Sitting Quietly and Correct Breathing	Rev. Miki Nakura (U.S. Higashi Honganji Temple)	
OCT.	<b>NY JAPANESE AMERICAN LIONS CLUB presents</b>			
2nd	13:00-15:00	Ketogenic Diet	Keiko Shintani	
(Wed)	15:15-17:15	Movie "Going to see Pecorus' mother"		
	18:00-20:00	Keeping Safe in New York, Neighborhood Policing	Consulate General of Japan in New York, NYPD	
3rd	12:00-14:00	Nagoya no Chindon The Benten Show!	Mar Creation, Inc.	30
(Thurs)	16:30-18:00	Samurai Posture - Learn optimized postures for better performance	Shinichiro Okada (Physical therapist), HEIAN	30
	18:00-19:30	Life Balance Workshop "What is the Archetype?"	Aiko Brody (CMED Certified Archetypal Consultant)	
5th	10:00-12:00	Samurai Posture - Learn optimized postures for better performance @Harrison Public Library contact: sakuranursery@gmail.com	Shinichiro Okada (Physical therapist) HEIAN	30
(Sat)	12:30-14:30	Survey on aging Issues -2018	Kiyoka Koizumi, JAA Committee on Aging Issues	
	15:00-17:00	Bon-Odori Workshop	Keisuke Mochizuki	
6th	11:00-12:00	Recognizing depression in the elderly population	Kei Okochi, MD & Ema Saito, MD	
(Sun)	<b>NY JAPANESE AMERICAN LIONS CLUB presents :</b>			
	13:00-15:00	Funeral and Grave in Japan/USA	Tomokazu Senda, Taeko Morioka	
	15:15-17:00	Funeral and Grave for your pets	Mari Morimoto (Veterinarian)	

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