

The 8th Senior Week Not just for Seniors! November 8th - November 23rd, 2014

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.
- New address : 49 West 45th Street, 11th Floor, New York, NY 10036
- Reservation : JAA Tel: 212-840-6942 or info@jaany.org



Oct.	Time	Title	Instructors and Organization
30 Thu.	18:00-20:30	Special Lecture: How To Raise Adolescent Children	Yoshiro Ono (Child Psychiatrist) NY Suku Suku Kai
Nov.			
8 Sat.	10:00-12:00	Individual Consultation : Divorce, Parental Authority, Grandparents, Hague Convention (30 min/person)	Noriaki Miyamoto, Esq.
	12:00-14:00	Dual Nationality of Children: Current & Future	Yoshikatsu Aoyagi (Consulate General of Japan in NY)
	14:30-15:30	Mindfulness: Restoration of Youth	Kaori Stram (Licensed Mental Health Counselor), Rie Kubota (Intern: Clinical Psychology)
	15:30-17:30	Wellness Check	
	16:00-17:30	Terminal Care: What Can I Do?	Kei Okada (Chaplain/Spiritual Care Counselor), Visiting Nurse Service in NY, HEIAN-NY
9 Sun.	14:00-16:00	Kids "Music-ing" at SAKURA GAKUEN 16 Halstead Ave., Harrison, NY 10528	Kaoru Robbins (Music Therapist) NR JACNet
	13:00-15:00	Workshop for Dementia	Keiko Sakagami (Caravan Mate) JAA Committee on Aging Issues, Sonen-Kai
	15:30-17:30	Home Care & Senior Facilities in Japan	Taeko Nakashima, Ph.D. (Senior Researcher, Institute for Health Economics and Policy), Sonen-Kai
10 Mon.	10:30-12:30	Flower Arrangement : Sogetsu	Hazue Tamura Rogers
	13:00-14:00	Erase Facial Lines To Look 10 Years Younger!	Mayu Kaji (Facial Beauty Instructor)
	18:30-19:45	How To Maximize Social Security Benefits	Sanae Asai (Financial Advisor)
11 Tue.	10:45-11:45	Experiential: Tai Chi	Etsuko Takahashi, JAA
	13:00-14:00	Experiential: Calligraphy	Calligraphy Class, JAA
	13:00-16:00	Community Café	Keiko Sakagami (NY City Health Department)
	19:00-20:00	Experiential : NYMC Chorus	Saya Callner, NY Mixed Voice Chorus
12 Wed.	10:00-11:00	Stretch with Zumba Dancing	Yoriko Orciuoli (Fitness Instructor)
	11:00-12:00	Oriental Medicine (13): Healthy Life with Flexible Joints	Tomoko Kakutani (Acupuncturist & Herbalist)
	12:00-14:00	Try the taste of "Dango-jiru" dumpling soup of Oita. Place: 20 Ave. of Port Imperial Hotel (Club Room), West New York, NJ Register: info@jusanj.org / 201-774-7630 Fee: \$10	Japan-US Alliance of New Jersey
	12:00-15:00	Foot Massage (20 min /person)	Shoko Akiyama (Massage Therapist), ARAMA
	18:00-20:00	Nationality & Living In Japan	Keiko Shiozaki (Former the Japanese Consul in New York) Yoshikatsu Aoyagi (Consulate General of Japan in NY)
13 Thu.	10:00-12:00	Individual Consultation : U.S. Immigration Law (15 min/person)	Katsumi Miki, Esq.
	10:00-11:30	Discussion: Raising Children w/disabilities	Apple Time
	11:30-14:00	Individual Consultation: Child Education (30 min/person)	Shizuko K. Barnes (School Psychologist) Japan Education Center
	14:00-15:30	Medicare Basics	Mizue Katayama, JASSI
	17:00-20:00	Discussion With Pregnant Moms & the Dads	Dr. Maki Kano (Pediatrician) Kumiko Seki (Nurse, Midwife)
	18:00-20:00	Safety Management & Overseas Residential Registration	Yoshikatsu Aoyagi (Consulate General of Japan in NY)

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14	10:30-11:30	Playing with Kids	Yuko Velsey, JAA Apple Kids
Fri.	13:00-16:00	Individual Consultation on Pension & Living in Japan (30 min/person)	Shuji Ichikawa
	16:00-18:00	Q&A: Regarding Eligibility for Japanese Pension	Shuji Ichikawa
15 Sat.	9:00-12:00	Individual Consultation on Pension & Living in Japan (30 min/person)	Shuji Ichikawa NY Japanese American Lions Club,
	10:00-12:00	Lions College: Class For Beginners in Using the Smart Phone	NTT DOCOMO USA
	12:15-13:45	Female Related Cancer: What to Eat Before & After Treatment	Asako Miyashita (Dietician), Kaoriko Kuge (Announcer), BC Network
	14:00-16:00	Lions College: Manners for Adults	Mina Nagakubo (International Manner Consultant), NY Japanese American Lions Club
16 Sun.	13:15-15:00	Where Do You Plan To Live After Retirement? Place: Princeton Public Library, 2F Conference Room, 65 Witherspoon Street, Princeton, NJ 08542	Princeton Japanese Association, Inc.
17 Mon.	11:00-12:00	Exercises for Bones & Muscles	Yumi Hishikawa (Purelicious-Fit)
	13:00-15:00	Chair Yoga	Takako Johnson
	15:30-17:00	Creative Writing for the Golden Years	Yasuko Nagasawa (NY Writers Coalition)
18 Tue.	10:30-12:30	Visit & Tour: Isabella Geriatric Center	JAA Committee on Aging Issues
	13:00-16:00	Individual Consultation on Inheritance Tax in Japan & U.S.A. (30 min/person)	Joe Oshima (CPA)
	18:00-20:00	Inheritance & Donation: International Basis	Joe Oshima (CPA)
19 Wed.	11:30-12:30	Experiential: Urasenke Tea Ceremony	Sochi Sanada, Soritsu Suzuki (Ura Senke School)
	18:00-20:00	Open Discussion	JAA Committee on Aging Issues
20 Thu.	10:00-11:00	Estate Planning	Reiko Takikawa, Esq.
	11:00-12:00	Medicaid Planning	Helen Irie, Esq.
	12:30-14:30	Free Consultation: Wills & Other Concerns (20 min/person)	Helen Irie, Esq., Reiko Takikawa, Esq.
	12:00-13:00	Thanksgiving Keiro Kai with Chef Kato, Ichida & IwakiBand	JAA Social Service Committee
	13:00-14:00	Lecture on Issei, Nisei and Sansei Identity by Bun Yoshikami	
	14:30-16:30	Discussion: Living Alone & How To Survive the Golden Years (Tea & Sweets will be served)	Michiyo Noda, JAA Committee on Aging Issues
21 Fri.	10:30-12:30	Walk With Your Own Legs Until 100 Years Old!	Mayumi Tsutai, Aruku Walking Cocolo Co.
	13:15-15:15	Experiential: JAA Chorus	Sachie Ueshima, JAA Chorus
22 Sat.	11:00-13:00	OBAMA Care in 2015 (Includes Individual Consultation)	Korean Community Services, JAA
	13:00-14:30	Tea & Origami (Individuals & Families Are Welcome!)	Origami Therapy Association
	13:00-15:00	Women in New York: Guide Lines for Free or Inexpensive Healt Check-Ups	Aiko Brody, SHARE
	14:00-15:30	Steps to Going Into Medical Field: Japanese Hoshuko (Port Chester Middle School) in Westchester, NY	Japanese Medical Society of America, Japanese Hoshuko in Westchester, NY
	15:00-16:00	Experiential: Songs of the Showa Era	Aya Kozai, Mami Sugimura, HEIAN-NY
	16:00-17:00	Exercises: Prevent Falls & Goodbye to Back Pains!	Takumi Fukunaga (Physical Therapist), HEIAN-NY
23 Sun.	11:00-12:30	What Is The Date/Domestic Violence? When Your Kids Fall In Love!	Chie Horikawa, NY Asian Women's Center
	13:00-14:30	Financial Planning for Women in This Longevity Society	Kumi Ichikawa (Financial Planner), Single Mothers Supporting Group (MIMOSA)
	13:00-14:30	Experiential: Music for Kids!	Michiyo Yoshimura (Music Therapist), MIMOSA
	15:00-17:00	Administering Assets/Getting One's Affairs in Order	Susan Onuma, Esq.

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.