

the 14th Autumn Health Fair 2020 : 9/12—10/4

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

Due to Covid-19, a maximum of 30 people is the limit inside JAA Hall

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

Please make your reservation at phone: 212-840-6942, E-mail:noda@jaany.org

Online programs: you will receive ZOOM information after your reservation!

Sept.	Time	Title	Name of Instructors and/or Organizations	Limit
10th (Thurs)	13:00-15:00	JAA Hall: How to use Zoom	Daisuke Sasano (IT Specialist)	10
13th (Sun)	13:00-14:00	Community Café (tea & snacks will be served)	Keiko Sakagami (NYC DOHMH)	
14th (Mon)	10:00-12:00	Free Hair Cut for Seniors	Michi Tahara, Nori Sasaki, Yasuko Tsuda, Haruka Kobayashi, JAA	15
	15:00-16:00	ONLINE: Breathing Exercise - Yi Shun Kong	Tomoko Takedani, BJDLA	
15th (Tue)	18:00-20:00	ONLINE & TELEPHONE Lecture: Pension, Nationality & Living in Japan	Shunji Ichikawa, Oversea Pension Center	
16th (Wed)	15:00-16:30	ONLINE: Exercise & Anti Aging Nutrition	Takako Johnson (Certified Anti-Aging Nutrition Consultant)	
17th (Thurs)	10:00-12:00	Telephone Free Consultation: U.S. Immigration Law (15 min/person)	Keiko Kato, Esq.	8
	13:15-13:45	ONLINE: Intro to Zazen in 30 mins.	Katsuo Takeda	
18th (Fri)	9:00-11:00	ONLINE or TELEPHONE: Individual Consultation on Inheritance in Japan (30 min/person)	Kazuhiko Otani, Esq.	4
	18:00-19:00	ONLINE: Inheritance in Japan & U.S.A.	Kazuhiko Otani, Esq.	
19th (Sat)	13:00-15:00	ONLINE: Discussion on Home Care with RN Yoko Yuge	Yoko Yuge (RN Home Health Care Field Supervisor), NY Silver Kai	
20th (Sun)	10:00-11:00	ONLINE: Health at Home: Coping with Covid-19 & stress	Shizuko Barnes, Masako Mori (psychologist), Dr. Takashi Matsumoto, Dr. Maki Kano, Dr. Satoko Kanahara, NY Suku	
21st (Mon)	9:00-11:00	ONLINE or TELEPHONE: Individual Consultation on Pension, Nationality & Living in Japan (30mn./person)	Shunji Ichikawa (Oversea Pension Center)	4
	10:00-12:00	Free Hair Cut for Seniors	Shige Kosuda, Shuji Kubotai, Ryosuke Akimoto, JAA	15
	13:00-14:00	Special Keiro Kai - Project Bento (Delivery or Pick Up at JAA)	Project Bento, & JAA Social Service Committee, Mitsui USA Foundation, Sunrise Mart, BentOn, Wasan, Besso, Itoen North	200
22nd (Tue)	9:00-11:00	ONLINE or TELEPHONE: Individual Consultation on Pension, Nationality & Living in Japan (30mn./person)	Shunji Ichikawa (Oversea Pension Center)	4
	14:00-15:30	ONLINE: What is Medicare? For those who are turning 65 soon.	Mizue Katayama (Senior Program Manager), JASSI	
23rd (Wed)	13:00-17:00	TELEPHONE Consultation: U.S. Tax Law & International Inheritance (30min/person)	Joe Oshima (CPA)	8
	14:00-15:00	ONLINE: Useful Medical System when you get sick in the U.S. Reservation: admin@sharejp.org	Aiko Brody, SHARE	
24th (Thurs)	9:30-12:00	TELEPHONE Individual Consultation : Will, Health Care Proxy, Power of Attorney" (30 min/person)	Helen Irie, Esq., Reiko Takikawa, Esq.	5
	15:00-17:00	ONLINE: Cutting Edge Research on Dementia & Brain Therapy Origami	Dr. Tsunetaka Yoshida (Psychologist), Toshiko Kobayashi (Origami Therapist)	
	18:00-20:00	ONLINE : Home Care with Medicaid, Will, Health Care Proxy, Power of Attorney	Helen Irie, Esq., Reiko Takikawa, Esq.	
25th (Fri)	10:00-11:30	ONLINE: Rythmique with Parents & Kids	Yoshiko Inoue	
	10:00-10:30: Under 2 years old / 10:45-11:30: 2-3 years old	JAA Apple Kids		
	19:00-20:00	ONLINE: Increase your ability to bounce off stress	Nobuko Hattori (CA State Certified Clinical Psychologist)	
26th (Sat)	10:00-12:00	ONLINE: Immunity from the point of view of holistic therapy	Sachiko Asano & Maiya Robinson (Clinical Herbalist)	
	14:00-15:00	ONLINE: Covid-19 and Immune System	Dr. Keiko Kimura (Japanese Medical Practice)	
	19:00-20:30	ONLINE: Life Balance Workshop Reservation: alliswellcoaching@gmail.com	Aiko Broady (ICF Life Coach)	

27th (Sun)	10:00-12:00	ONLINE: Discussion "Pregnancy & Childbirth in U.S.A."	Dr. Maki Kano (Pediatrician), Hiromi Niiba (Lactation Consultant), NY Suku Suku Kai		
30th (Wed)	13:00-15:00	ONLINE: Social Security for people who are planning to live in Japan	Toru Hayama (Financial Advisor)		
Oct 1st (Thurs , 3rd (Sat)	16:00-17:00	ONLINE: Obama Care for persons under 65years old	Ai Iguchi (Community Heath Navigator), JASSI		
	13:00-14:00	ONLINE: Essencial oils for Stress & Anxiety- How does it work?	Jasmine Bues (Clinical Aromatherapist, Co-founer Madison+Green)		
9/28- 10/4	YOUTUBE	NY JAPANESE AMERICAN LIONS CLUB presents : Youtube Special Lecturers from Japan			
		Relation Note	Satomi Yamaguchi (Judicial scrivener)		
		Self Support	Takashi Tsuda (Psychological counselor)		
		Mental Seminar	Jiro Iiyama (Mental Coache)		
		How to eliminate neck stiffness	Mototaka Abe (Physiotherator)		