



SAN FERNANDO VALLEY JAPANESE AMERICAN COMMUNITY CENTER

Website: www.sfvjacc.com

Issue 70

July/August
2023

Farewell Luncheon for Tadao and Lois Okui

By Kyoko Oda



San Fernando Valley Japanese American Community Center families and friends love to party but it was bittersweet to say farewell to our good friends, Tadao and Lois Okui. Both have been integral in the success and operations of many organizations including the board, Nikkei Senior Gardens, and Crossway Church in Pacoima.

We could always count on them for more than four decades from writing, publishing, and mailing the beautiful newsletter that more recently has an online edition for some members. As a basketball referee, Tadao taught the young players sportsmanship like a parent. As a member of the Yonsei board, he networked with many coaches and volunteers through the years. He represented the center at Nikkei Federation meetings. He quietly took care of membership, calendar, and the directory. Tadao's roots at the center are deep as he was the pitcher and played first base for the San Fernando Aces over a decade.

Danny Okazaki, former president, said, "Tadao and Lois, I cannot express the gratitude that the board, our members, and myself, for your kindness, sacrifice and time you have provided us for so many years! I have always trusted you would be there and provide insights and care, with the best intentions of all. You will both be missed dearly, but forever appreciated for all you two have done."

Lois was the face of the center for fourteen years as Administrative Coordinator taking care of members and repairs at all hours. She organized Super Bingo for over 20 years that is the highest gross fundraiser each November. More importantly, she brought people together for a cause. The whole Nakada family would come to help. Luckily, their grandchildren remain here playing in the San Fernando Athletics Program.

Stan Date spoke about the infinite kindness both Tadao and Lois have. They took his family in after his house in Northridge was destroyed during the earthquake. He appreciated Lois' creativity and humble service for the senior lunches at the church but you may remember her serving hot meals at the Center as well. He topped the program with a rousing "banzai" to wish them 1000 blessings.



Liz and John Doomey

About 170 members attended the lunch at Fujii Grill in Glendale that had an abundance of Japanese and Chinese food. Tadao said he was surprised to see some people he hadn't seen for a long time. Both went table to table to say their goodbyes. Thank you to Liz and John Doomey who were the hostess and host of the event.



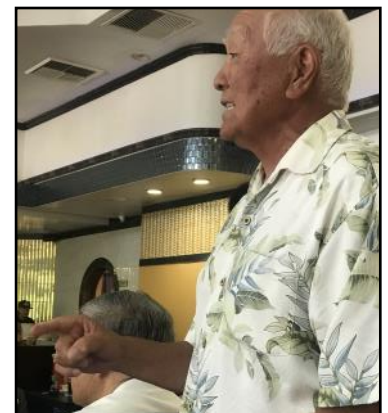
Kyoko and Kay Oda with Mr. Nakanishi



Mr. Nakanishi gifted the Okuis with a beautiful bonsai tree.



Danny Okazaki (on right) also shared some thoughts about the Okuis.



Stan Date gave a wonderful farewell speech.



PRESIDENT'S MESSAGE

Hello everyone. Although sharing writing duties with our co-president makes each time writing challenging, this quarter is a little different.

After many years of dedicated service, the CC is losing its backbone. The mighty woman that has been keeping the CC running for many years, is beginning her much deserved retirement. So, as we continue to evolve into a modern Community Center, we would like to thank Lois Okui and her husband, Tadao, for their many devoted years of service.

The CC was built on volunteers. Growing up attending the CC, I was raised to believe that giving back to the community that gave so much to me was vital to the survival of the Community Center. Thanks in large part to our new administrative director, Bing Lau, our membership numbers have been stable after the pandemic with plenty of new programs planned for the future including Taiko and hopefully pickle ball. Several other projects are already in place as well to improve the facility including replacing the Sakaguchi Hall's roof, painting the inside of the gym, and slurry coating the parking lot.

With all the new improvements and future events in place, fundraising is essential. We are also always looking for volunteers to help run upcoming events such as Super Bingo, the Luau, and Steak Night. With the help of our members, we can ensure that the Community Center can continue to thrive for years to come.

Sincerely,
Jeremy Tsuneishi
Co-President

Note: If you would like to volunteer, contact the CC office at (818) 899-1989.

SFV Meiji Ondo Performed at the Pan-Asian Arts & Cultural Festival



On May 22, 2023, during Asian American Pacific Islander Heritage Month, the SFV Meiji Ondo performed at the Museum of San Fernando in the Pan-Asian Arts & Cultural Festival.

Save These Dates!

**CC Luau and Raffle Fundraiser—
August 19, 2023**
(reservation form on page 13)

**CC Steak Dinner—
September 16, 2023**

**CC Super Bingo—
November 4, 2023**

(More information to follow)



SAY GOOD LOOKIN CAN I HAVE YOUR NUMBER?

GET YOUR OWN, I'M NEXT!



At my age getting lucky means finding your car in the parking lot!

Acknowledgements

For the month of June & July 2023

Donations

| | |
|--|-------------|
| Tamlyn Tomita, David Blinkoff | \$10,000.00 |
| Schwab Charitable Contribution | |
| Kus, Michiko Tokunaga..... | \$1,000.00 |
| Gold Leaf for brother Alan Tokunaga | |
| Takimoto, Margaret..... | \$1,000.00 |
| For Project Nozomi | |
| Kadonaga, Dale | \$500.00 |
| In honor of Troy Kadonaga receiving the CC Scholarship | |
| Uejima , Akio..... | \$500.00 |
| Project Nozomi | |
| Takeshita, June and Family | \$500.00 |
| In memory of husband Bill Takeshita | |
| Monji, Garry and Joy..... | \$200.00 |
| Kondo, Jennie | \$50.00 |
| For the Veteran's Memorial Fund | |
| Keiro..... | \$50.00 |
| In appreciation of advertising their events | |
| Shirota, Barbara..... | \$50.00 |
| In memory of Roy Kazao Imazu | |

Donations to Project Nozomi - In Honor of Margaret Takimoto

| | |
|----------------------|----------|
| Anonymous | \$200.00 |
| Tanaka, Denise..... | \$100.00 |
| Matthews, Rita | \$50.00 |

Use of Facilities

| | |
|-------------------------------------|------------|
| Kizuna Little Tokyo, Inc..... | \$1,500.00 |
| Ping Pong Club | \$300.00 |
| Tuesday/Friday Exercise Class | \$283.00 |
| Volleyball Club | \$200.00 |
| Inoue Kei..... | \$150.00 |
| Country Western Music..... | \$100.00 |
| Line Dancing | \$100.00 |
| Thursday Nite Basketball..... | \$100.00 |
| Ukulele Class | \$100.00 |
| Aloha Club | \$79.00 |
| Dining with the Chef..... | \$50.00 |
| Ikenobo Ikebana | \$25.00 |

Miscellaneous

| | |
|------------------------|---------|
| Coffee Donations | \$40.00 |
| Copier Donations | \$21.00 |

Thank you for your generous donations!

WELCOME NEW MEMBERS

| | |
|----------------------|---------------|
| Fernando Akira Ishii | Vince Okumura |
| Crystal Kim | Jay Sudo |
| Jalyn Lang | Yukari Tagawa |
| Russell Nakagima | Stella Yun |

SENIOR HOT MEAL MENU

August 2023

MENU SUBJECT TO CHANGE

LUNCH WILL BE SERVED AT 11:45 AM • NO TAKEOUTS

| | |
|--|-----------------------------------|
| August 4 - Somen Salad | August 18 - Bento Surprise |
| August 11 - Sweet/Sour Pork Ribs (HI Style) | August 25 - Fish |

DEMENTIA CAREGIVERS SUPPORT GROUP

Sponsored by Little Tokyo Service Center



"Are you a caregiver for someone affected by Alzheimer's disease or other dementias? Our non-judgmental, confidential group meets on the first Saturday of the month to share concerns, experiences and ideas."

All meetings are confidential.

Group meetings are being done virtually.

If you are interested in attending or want more info, please call Little Tokyo Service Center at 213-473-3035.

San Fernando Valley Taiko is Back!

TAIKO FOR FUN

SUNDAY

10 AM - 12 PM

TAIKO PERFORMANCE CLASS

SUNDAY

12:30 - 2 PM

SENIOR CLASS

WEDNESDAY

10 AM

FOR INFO & REGISTRATION, CONTACT

sfvtaiko@sfvjacc.com
323-629-2198

San Fernando Valley Japanese American Community Center
12953 Branford St. Arleta, CA 91331

SFVJACC Grant Updates

By Garry Monji

COMMUNITY CENTER PROJECTS IMPROVED WIRELESS CONNECTION BY SEPTEMBER 2023

The County of Los Angeles Board of Supervisors awarded a \$25,000 Grant to the Board of the Community Center in the Fall of 2022. Since that time, Bing Lau, with assistance and input from John Sunada and Kiyo Watanabe (SFVJLI), has been working to research and obtain the most ideal equipment and parts to upgrade the electronic infrastructure in the buildings and grounds of the Community Center. Electronic hardware and parts have been ordered, and the work will be starting in 1-2 weeks. Bing will lead the CC infrastructure improvements which will be installed in phases, with completion projected in September. Visitors to the Community Center will experience improved internet connectivity. Improved connectivity is expected in Sakaguchi Hall, the Memorial Hall (gym), Judo Dojo, kitchen, Japanese Language Institute and the CC grounds. The Japanese Language Institute shall be wiring and installing their parts under the supervision of John Sunada.

KEIRO SENIOR HOME MEAL DELIVERY PROGRAM A BIG SUCCESS

Through funds awarded to the Community Center by Keiro, the Senior Home Meal Delivery Program kicked off in June and will end in its present form in August 2023. The purpose of this grant was to help seniors receive meals delivered to their homes. Many of our seniors live alone, care for their spouses, face health concerns of their own, no longer drive, are



homebound, have had recent surgery impacting their mobility, or face a host of other challenges making meal preparation difficult.

John Kagawa of Fish King (Glendale) who has had a long time relationship with the Community Center, provided meals on Tuesdays at a discounted rate. Kei Inoue and her Hot Meal volunteers provided the Friday meals and a number of volunteers assisted in purchasing and assembling the items to supplement the meal. Still, other volunteers stepped up to deliver the meals to the seniors' homes. Masami Kosaka and

Alan Kosaka's PCSC Corporation provided hot/cold bags so the meals could be transported safely. Craig Tanaka of Pepperidge Farms provided snacks at deeply discounted rates. We also want to thank Costco (Pacoima) for supporting this program with a \$500 gift card.

A big thank you to the Hot Meal volunteers who made this program's success possible are Kei Inoue (Hot Meal Program Director), Pauline Kaku, Jean Shinsato, Lei Shinsato, Wendy Kageyama, Carol Miyake, Diane and Harris Yoneoka, Margie Sato, Kiyo Watanabe, Ray Kawamoto, and Linda Takayama. Joy Longworth, Maddy Corpuz and Liz Doomey also played key roles in assembling the meal packages. (Unfortunately, May Rivera, one of the first persons to volunteer suffered an injury. Once she is better, she will be back volunteering). Volunteer drivers covered all parts of the Valley, with points as far west as Thousand Oaks and as far east as San Gabriel. Drivers that make this possible were Margaret Takimoto, Liz Doomey partnering with Maddy Corpuz or Joy



Oda, Tadao Okui, Henry Asao and Sharlene Miyagishima. Audrey Fukunaga helped with the purchase of the water, fruit and snacks that supplemented the meal. Denise Tanaka served to pay invoices and to monitor that the grant funds were being spent properly.

With so many Board members volunteering for this grant project, being able to hear and see the appreciation of the meal recipients, we are looking at the possibility of continuing this program in a modified way. We will be seeking input from project volunteers, meal recipients, as well as families of the participants. Kei Inoue's vision will serve to shape how any future program would operate.



KEIRO CULTURAL SENIOR TRIPS SIGN UPS TO BEGIN ON AUGUST 1, 2023

Keiro awarded a grant to the Community Center authorizing bus trips for seniors to culturally sensitive sites of the Japanese American Community. The three sites to be visited will be:

- Santa Anita Assembly Center (Santa Anita Racetrack—holding area for the Japanese Americans who were incarceration during WWII)
- Terminal Island Monument and Museum
- CSU Fullerton (Memorial to Japanese American Farmers)

Dates and logistics are being finalized at this time. Sign ups will be posted in Sakaguchi Hall starting August 1, 2023. If you are interested in signing up for any of these trips, you can also email garry.monji.1509@gmail.com or text (626) 818-1509.

SFV Hongwanji Buddhist Temple Obon

June 24th and 25th heralded the much-anticipated return of the San Fernando Valley Hongwanji Buddhist Temple Obon after a three-year hiatus due to the Coronavirus pandemic. An almost pre-pandemic number of people showed up to join in the celebration.

The festivities started with a showcase of the Community Center clubs. Tai Chi, Hawaiian Hula, Ondo Dance, Country Western and Line Dancing entertained the crowd with their wonderful movements. Then it was on to exhilarating taiko drumming performed by Sun Valley's Akaoni Daiko. Finally, everyone was invited to join in the Obon Odori dancing around the yagura or bandstand where taiko drummers beat in time to the music.

Throughout all this, there were also Japanese cultural displays of Kimekomi (doll making), Japanese School, Bonsai, and Ikebana (flower arrangements). The Nisei Week Court graced us with their charm and beauty. Attendees were able to view exhibits of the Tuna Canyon Detention Center, the history of the San Fernando Valley Hongwanji Buddhist Temple Obon, and the history of Buddhism in WWII Concentration Camps.

Delicious Asian food such as Beef Teriyaki, Chinese Chicken Salad, Somen, Char Sui Bao, Shumai, Udon, Dango, and Kalua Pork and Chicken Teriyaki sandwiches, as well as frozen treats, baked goods, and beer and wine, were available for sale. Kids of all ages tried their luck at the Toilet Paper Toss, Goldfish Game, Doughball, Coin Toss and Inflatable Basketball. The fun continued in the air-conditioned Sakaguchi Hall where rousing games of Bingo were played and people could peruse the Japanese Flea Market, Senior Arts and Crafts, and the Temple Bookstore. The Obon ended on Sunday night with a raffle of many generously donated prizes.

Obon is a time to honor and remember our departed loved ones. It is also a time for family and friends to gather and enjoy each other's company while sharing good food and making new memories.

Thank you very much to all those whose support, participation, and hard work made this year's Obon possible. We look forward to seeing everyone at next year's Obon!



More Obon Pictures

Photos taken by Kyoko Oda and Jill Yoshizawa



Dr. Daniel Nagasawa with Olivia, Siena, Stella and Alexa. Dr. Nagasawa established the Daniel T. Nagasawa Scholar Athlete Scholarship for the Community Center in 2022.



(L-R): Cole Nakata, Kaylee Kawaguchi, Kalia Toshima, Kelsey Ikemoto, Kaelyn Yoshizawa, Hayley Reitz, Kayla Tanijiri, Luke Inoshita



Yonsei 30 players with Nisei Week Court.



San Fernando Valley Japanese Language Institute

Obon Festival

Thank you SFVJLI students, parents and volunteers, we brought in over \$5,600.00 at the SFVJLI Cold Somen Booth this year. Edamame was completely sold out by Sunday afternoon. There were a lot of endless hours spent preparing the somen in front of hot burners during the Friday setup. We appreciate all the hard work and support in making this event possible.

Our **Fall Registration** for the 2023-24 school year starts now. Service fees are applied if paid through PayPal. For any questions, email frontdesk@sfvjli.com

SFVJLI is selling Marukai/Tokyo Central gift cards at face value, in \$10 increments. SFVJLI gets 6% back for the sale of the gift cards. If you would like to purchase gift cards, please come to the school office or contact frontdesk@sfvjli.com



By Kiyoko Watanabe, PTA President



Senior Activities

By Liz Doomey

Contact information to register for events: lizdoomey@yahoo.com or 818-429-4096

Exercise Classes – Tuesdays from 9-10 am in the Sakaguchi Hall and on Fridays from 10-11 am in the Dojo. Mrs. Sakaguchi has found exercise videos from Japan that our members enjoyed doing along with some of our regular stretch and balance routines. These exercises help keep us fit and its fun. Come out and join us.

Movie Club - 12 Noon to about 3 pm in the Conference Room. On Monday, July 17th, we watched a documentary about Cat Mirikitani, a Japanese Artist who lived in New York. It was enjoyed by all who attended. Next month, on August 7th, we will be watching *Big Hero 6*, a Japanese animated adventure of a robot. On September 11th, we have not decided but may show *Gate of Hell*, about an Imperial warrior who falls in love with a married lady-in-waiting or *Up*, an American animation adventure of a retired balloon salesman and his 8 year-old neighbor. Final decision will be made at the August viewing. All are welcome to attend.

Arts and Crafts – Mondays from 10 am-12 noon in the Conference Room. Thank you to everyone who came by our booth at the SFVHBT Obon and supported our first endeavor without Sally Hamamoto. We hope to have more handmade crafts for 2024. Special thank you to Jane Sato for making the pillows, Diane Yamaoka for securing the patches on the t-shirts, large donations from Lily Nagatoshi and Masako Hollowell. Others members who donated items are Stephanie Stewart, Maddy Corpuz, Kay Kami, and Audrey Fukunaga (for the scrubbers). We will be continuing our **Watercolor Painting Classes** on Monday, July 27th, August 14th and August 28th from 12 noon to 2 pm with Kay Kami as our instructor.

Dining with the Chef – Sunday, September 11th from 2-4:30 pm CC Kitchen. In June, due to time constraints, we were not able to make Shrimp in Lobster Sauce so we will have this demonstration in September. This class fills up quickly so register as soon as possible. Our June class was a delicious success, so join us in September with Chef John Nishio and his lovely wife Susan.

Keiro Forums for August: Quality of Life – First two Tuesdays of the month. Register now for the Educational Wellness Program at Keiro.org

August 2023 - Connectedness - **Coping with Social Isolation Post-Pandemic** - Tuesday, August 8, 2023 • 2-3 pm

Keiro no Hi Festival - Sunday, September 17, 2023 - Registration opens July 3rd; Keiro is providing a bus to and from this event. Visit keiro.org/knh to register for the event and the bus or for more information.



Answer Keiro's Community Survey!

Keiro

Keiro is partnering with Vantage Research & Consulting, Inc. to conduct a community-wide, 10-15 minute online survey designed to assess the needs and preferences of Our Community. This survey will allow us to explore sustainable solutions to support the community's older adults in the future.

Please answer the survey if you are...

- Part of the Japanese American and Japanese community AND
- Residing or have a close loved one in Los Angeles, Orange, or Ventura Counties

How to Participate:

- 1 Submit your name and email address to keiro.org/survey by August 31, 2023.
- 2 Look out for an email between August 1 and September 5 for the survey link.
All surveys must be completed by September 15, 2023.

Scan the QR code or visit keiro.org/survey to sign up.

For questions, contact survey@keiro.org or 213.873.5700.





SF Sunburst

1st Place Champions

Girl's 4th Grade Silver Division

(L-R): Coach Koso Nakagawa, Sofia Kwan, Leia Nagasugi, Beth Teraoka, Mina Duong, Lily Tsuneishi, Aila Low, Shanna Hamidi, Coach David



SF Dragon Ballers – 1st Place Champions

Boy's 5th Grade Division



(L-R): Coach Vince Magcase, Sola Evans, Jackson Moffat, C.J. Ito, Brayden Maranan, Cole Magcase, Max Kadotani, Miles Magcase, Drew Ezaki
Missing: Theodore Kim

SF Dominators

1st Place Champions

Boy's 6th Grade Silver

(L-R): Kyle Nakaza, Devan Lama, Lucas Kwan, Hayes Geromini, Bivan Shrestha, Aaron Yeom, Dexter Rhodes, Evan Yoshizawa, Coach Justin Yoshizawa





SF Guardians – 3rd Place
 Boy's 7th Grade Bronze Division



(L-R): Grayson Padua, Finn Komives, Luke Kadotani, Justin Ezaki, Drew Magcase, Mikey Murata, Aiden Duong, Kai Gonzalez, Lucas Padua, Coach Vince MagCase



SF Emeralds
 1st Place Champions
 Girl's 9th Grade Division

Back row (L-R): Coach Luc, Alexis Yoshimura, Quinn Tamashiro, Maddie Smith, Maddie Park, Coach Patrick

Front row (L-R): Madelyn Geromini, Alyssa Badua, Pressley Huie, Jamie Lac

SF Aloha Girls – 1st Place Champions
 Girls Prep 10th Grade Lower



(L-R): Coach Thang Huynh, Coach Kelly Nakano, Lani Murata, Lindsay Kadonaga, Olivia Yoshizaki, Magdalena Paloma, Lauryn Chang, Kelly Chen, Kamryn Endow, Miye Kodama, Michaela Okuyama, Coach Kevin Endow

Basketball - CBO Scrimmages Yonsei 30

On June 24th, CBO had a friendly scrimmage with the Yonsei 30 Team at the Terasaki Budokan. This was the first scrimmage with the CBO and Yonsei organizations since COVID. The CBO team consisted of 8th and 9th grade players from West LA, Venice, San Fernando and FOR organizations and was coached by San Fernando's Coach Brian Ito and Coach Bill Inoshita. The players exchanged omiyage before the match and played by Japanese basketball rules in order to prepare the Yonsei team for their games in Japan. There was a great turnout and it was a close and exciting game.



From L-R: Head Coach Brian Ito (SF Supersonics), Dylan Hirota (FOR Clippers), Tyce Morita (WLA Rebels), Nicholas Johnson (VYC Black Jaguars), Taizo Ito (SF Supersonics), Reed Kataoka (WLA Dragons), Kurt Gammell (WLA Rebels), Tyler Young (VYC Rockets), Evan Muranaka (SF Supersonics), Luke Inoshita (SF Killer X-Overs), Sean Wimmer (SF Supersonics), Assistant Coach Bill Inoshita (SF Killer X-Overs)

Yonsei 30



On July 9, 2023 the Yonsei Organization held their 30th Annual Exhibition game as the Y30 team embark on Fukuoka, Japan. Play hard Allyson and Kaelyn! Y27 will begin their Senior year and travel to Kochi after graduation in 2024. The SFV Yonsei players thank you for your continued support.



Mikaela Okuyama (Y27), Lucas Chow (Y27), Allyson Nagatsuka (Y30), Kaelyn Yoshizawa (Y30), Lindsey Kadonaga (Y27)

Congratulations SF Blakers - Best Wishes!

Well... Our boys are graduating and moving on and we are very proud of all their achievements on and off the court Please give a round of applause for each player... first we have...

1. Scott Nimura - Granada Hills Charter
2. Elijah Ramos - Bishop Alemany
3. Andrew Okazaki - Calabasas High School
4. Kyle Imanishi - Chatsworth Charter High School
5. Ryuto Murata - Chatsworth Charter High School
6. Troy Kadonaga - Chatsworth Charter High School
7. Xander Rhee - Academy of the Canyons
8. Tyler Chang - Valencia High School
9. Kyle Minami - Cleveland High School



Scotty Nimura is graduating from Granada Hills Charter High school and is attending Pierce Community College to complete his General Education classes and to figure out what direction and major to go into before transferring. He has been part of San Fernando Valley JACC Basketball since he was in kindergarten.

Elijah Ramos has been playing with the Blast/Blakers for seven years and has already taken the test to become a Fireman and is waiting for his interview so In the mean time he will be going to El Camino College on Saturdays to prepare him attain his EMT license which he will need as a firefighter and he College of the Canyons to take some Fire courses until his interview.

Andy Okazaki is graduating from Calabasas High School and will be attending Cal. State Long Beach to pursue Aerospace Engineering. He has been playing basketball for San Fernando since kindergarten. (pee-wee clinic)

Kyle Imanishi will be graduating from Chatsworth Charter High School. He'll be attending UCLA in the fall as an Environmental Science major. He's been a part of San Fernando Valley JACC for the last 8 years and is thankful for the lifelong friendships he's made.

Ryuto Murata is graduating from Chatsworth High School and is going to a city college while working a part time job. He has been part of San Fernando Valley JACC since he was in 2nd Grade.

Troy Kadonaga is graduating from Chatsworth Charter High School and will be attending USC to study Applied and Computational Mathematics. He has been a part of the San Fernando Valley JACC ever since he was dragged to pee wee clinic and finally joined in 1st/2nd grade.

Xander Rhee graduated from Academy of the Canyons and is attending Drexel University in Philadelphia to study Digital Media Virtual Production. He has been a part of San Fernando Valley JACC since he was in 7th grade.

Tyler Chang graduated from Valencia High School in Santa Clarita and will be attending UC Davis where he plans to major in Agricultural and Environmental Technology. He has played basketball for San Fernando since 4th Grade.

Kyle Minami is graduating from Cleveland High School and is attending the University of Oregon to study Sports Analytics. He has been part of the San Fernando Athletics program since he was in kindergarten. He has loved playing basketball all these years and made many lifelong friends. Good luck to all the seniors!



Still There Somewhere

By Old Wakaba, Bud Sagara

When my mother-in-law came to stay with us in January for an extended visit, we were dismayed by the toll that dementia had taken on her since we last saw her. She appeared to keep up with our conversations, prepare her own breakfast, and go up and down the stairs; but she was different from the person we knew for so many years. Perhaps those of you with loved ones with dementia or Alzheimer's disease know this all too well.

Dementia is a despoiler of lives as it slowly erodes and steals memories from its victims. The word "dementia" is an umbrella term for a range of symptoms that are caused by disorders affecting the brain. Symptoms like short term memory loss and experiencing difficulties with problem-solving and judgment become severe enough to impact a person's ability to perform everyday activities independently. There may also be changes in mood and behavior, such as sudden bursts of anger, being uncooperative or just staring out at nothing. The disease is progressive, which means that the symptoms will gradually get worse as more brain cells become damaged and eventually die. The most common types of dementia are Alzheimer's disease and vascular dementia. Alzheimer's disease accounts for 60-80% of dementia cases. Vascular dementia is caused by ischemic strokes which occur when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. Brain cells can begin to die within minutes without a proper blood supply.

According to a national study by Columbia University released in October 2022, about one in ten people 65 years or older may have some form of dementia, while another 22 percent have some form of mild cognitive impairment. Dementia is not a normal part of aging. Approximately 40% of people over the age of 65 do experience some form of memory loss, but there is a difference between memory loss as a normal part of ageing and the memory changes diagnosed as a symptom of dementia. Normal forgetfulness may include misplacing the car keys or walking into the kitchen and forgetting why you went there. A person with dementia may lose the car keys, but is unable to retrace their steps to find them. They may also have trouble following the story in a television show or seem to be preoccupied with their memories of the past. Eventually, dementia may mean forgetting how to dress or bathe.

Those who have stepped into the brink as caregivers for these seniors are also victims of the disease. Their experiences may range from stress, social isolation, anger, fatigue, increased health risks and financial problems. If the loved one with dementia is your mother or father, it also reverses one of the most basic connections in our lives as the child becomes the parent and the parent becomes the child. A diagnosis of dementia takes the same toll as a shotgun, the damage is widespread. It affects a spouse, a partner, a child, and the extended family and friends.

Here are two raw stories from real people caring for their loved ones with dementia or Alzheimer's disease: "There's not one thing wrong with my mother but the dementia. She's totally healthy; she doesn't even have arthritis. She doesn't know who I am, but she knows that she knows me from somewhere. She always tells me I'm a very nice person and she's happy to see me. I bought her a stuffed dog, and she thinks it's real. She'll hold him and say, 'He's not going to pee on me, is he?' And I'll say, 'No. I just took him out.' The main thing is, I can't stand that blank stare — it unnerves me — so I try to do whatever I can to keep her as active and involved as possible. Seeing her laugh and smile and enjoying herself — that's all that really matters. It makes me feel close to her again. I would do anything for that smile."

"Alzheimer's has devastated our family. What was once normal for our family is no more. Life is ever changing in ways we never could have imagined — and not for the better. Alzheimer's is a disease of behavior. With each change in behavior, people with the disease and caregivers alike stand on shifting sand. In the early stage of the disease, it was very difficult to look at Ken and know he was a prisoner in his brain. He knew he was losing his mind and would continue to do so — he knew what was to come and there wasn't a thing we could do to stop the march of Alzheimer's or assuage the emotional pain he was enduring."

In Exodus 20: 12, the fifth commandment says, "Honor your father and your mother that your days may be long in the land that the LORD your God is giving you." This commandment teaches us to have filial affection for our parents, to esteem them, to be obedient to them, and to give them help when they need it. That's a mighty big order for any of us to fulfill and it becomes even more difficult when a parent suffers from dementia. So how do we survive the long road of caregiving for a parent?

It all boils down to love and commitment to family. Some of us were raised in good family environments and some of us were not. Try to recall the care and watching over that children require from the time of being newborns, to infants, to toddlers, to all the years in school. They were under parental control and put into bed each night with the assurance that they were safe. It's when young adults are out on their own, away from home, beyond those watchful eyes that causes worry for parents. When that child rebels against the ones who had given so much, that's when grey hairs sprout in bunches. Some fathers and mothers are figuratively murdered, not by a gun or knife, but by the unkind words and cruel deeds of their own children. Years later, many a grave may be well watered by the tears of sons and daughters who lament over their conduct toward their parents.

If you are blessed to still have a parent, you have time to honor them instead of regretting, "I should have called or visited more often or I should have done this or that for them." Think about how much they did for you; how much you can never repay. Let your love and gratitude recompense them in part by comforting them in their need. Allow them to have the joy of your company even if they no longer know who you are. Let them know that there is someone watching over them, caring for them and keeping them safe. God tells us that our days may be long in the land if we follow his commandments. So if we are able to honor our father and mother because of our gratitude for them, how much more should we be grateful to God for all his care and watching over us?



July 2023

Aloha SFVJACC,

The SFVJACC Luau is coming up next month on August 19th. We're confident that it will be a great event because the Community Center members always seem to have a good time when there is a chance to gather, eat and "talk story."

We are privileged to have some amazing CC groups performing for us, including the CC's own Hawaiian Hula group, members from the Ukulele Club, and returning home with his island vibes is Mark Watanabe. Boutique Vendors J. Tanaka Designs, Stephanie Stewart, Totes, 62 and Pins, Handmade items by Lisa Ann Cohen, Lorraine's Cards and Scentsy will be there for your retail therapy needs as well. Activities for kids are in the works.

We are also doing an opportunity raffle drawing. Proceeds from this event and the raffle drawing will go towards repairing the Nikkei Pioneer Building roof. As you know, we just had one of the wettest Winters in a while. Of course, we found some leaks that went unnoticed during the drought. With a wet Winter forecasted this year, it's really important to get it taken care of. We need your help to keep the SFVJACC a safe place for our members. Help us by attending the Luau and participating in the opportunity raffle drawing!

We'll see you at the Luau!

Luau Dinner Prices

| | |
|---------------------------------------|---------------------------------|
| \$35 for Adults (18 years old and up) | \$10 for Kids (5- 11 years old) |
| \$20 for Kids (12 – 17 years old) | Free for Kids 4 and under |

Luau Registration Form
Deadline August 15, 2023

Name _____ Phone _____

Email _____

Number of Adults @ \$35.00 each _____ = _____

Number of Kids @ \$20.00 each _____ = _____

Number of Kids @ \$10.00 each _____ = _____

Make checks payable to SFVJACC and mail your check and form to -

SFVJACC—Luau Fundraiser
12953 Branford Street
Pacoima, CA 91331



**SAN FERNANDO VALLEY
HONGWANJI BUDDHIST TEMPLE**

9450 Remick Avenue, Pacoima, CA 91331
818 899-4030 sfvhbt@sfvhbt.org
www.sfvhbt.org

Supervising Minister:
Rev. William Briones

Temple President: Eric Reardon

Services continue to be held via Zoom, with hybrid (in-person and Zoom) services twice a month or so. Please contact the temple about in-person service guidelines or if you wish to be included on the Zoom invitation list. Please check our website for updates. Thank you, and be safe and well.

August

- 6 10:00 am Summer service (format TBA)
- 13 10:00 am Summer service (format TBA)
- 20 10:00 am Summer service (format TBA)
- 27 10:00 am Summer service (format TBA)

September

- 3 No service
- 10 10:00 am Shotsuki monthly memorial service, Dharma School starts (hybrid)
- 17 10:00 am Regular service (Zoom only)
- 24 10:00 am Fall Ohigan service and seminar (hybrid)

October

- 1 10:00 am Shotsuki monthly memorial and Eshinni-ko / Kakushinni-ko service (hybrid)

Your donations gratefully accepted:

- Zelle to sfvhbt@sfvhbt.org
- PayPal on sfvhbt.org or
- check mailed to SFVHBT (address above)



9610 Haddon Avenue
Pacoima, CA 91331
(2 blocks east of Laurel Canyon Blvd.
between Branford and Osborne St.)

Office Phone:

818 896-1676 (English)
(818) 899-4115 (Japanese)

Please refer to our website for more information: www.crosswaysfv.org

English Department

Pastor Raynold Nakamura

Japanese Department

Pastor In Hyun

We are now doing hybrid services and have resumed gathering on campus while maintaining the online streaming presence on Sundays at 10:00 am. For more information, email info@crosswaysfv.org



**Chatsworth West
United Methodist
Church**

Open Hearts, Open Minds, Open Doors

10824 Topanga Canyon Blvd.
Chatsworth, CA 91311
818 341-1270

E-mail: chatsworthumc@juno.com
FAX: 818 341 1271

Pastor: Eric Iki
Lay Leader: Jim Melichar

Due to the changing times of the COVID-19 pandemic, services are being held on Sundays at 10 am and bible study on Thursdays at 10 am and 7 pm through Zoom.

If you would like to join the services or bible study meetings, call (818) 341-1270 or email at chatsworthumc@juno.com



**SUNRISE JAPANESE
FOURSQUARE CHURCH**

Church address:
5853 Laurel Canyon Blvd.
Valley Village, CA 91607

Pastors:
Rev. Paul Iwata
Rev. James Iwata

Join us for our worship services on
Sundays at 10:30 am through Facebook at

[https://www.facebook.com/pg/
sunrisejapanesechurch/posts/?
ref=page_internal](https://www.facebook.com/pg/sunrisejapanesechurch/posts/?ref=page_internal)

COORDINATING COUNCIL ORGANIZATIONS - MEETINGS - CONTACT PERSONS

| | | | |
|--|----------------------------------|--------------------------|-----------------------|
| Coordinating Council | 3rd Wed., 7:00 PM..... | Liz Doomey..... | 818 429-4096 |
| Community Center..... | 1st Wed., 7:00 PM..... | Call CC Office..... | 818 899-1989 |
| Athletics..... | 3rd Tues., 7:30 PM..... | Dana Chow..... | 818 |
| CC News | | Lois Okui | lois_okui@sfvjacc.com |
| Chatsworth West United Methodist Church..... | | | |
| | 2nd Sun., 1:00 PM..... | Pastor Eric Iki | 818 341-1270 |
| Crossway Church | 2nd Sun., 12:30 PM..... | | 818 896-1676 |
| Nikkei Senior Gardens..... | 2nd Thurs. (even months), 7 PM.. | Tadao Okui | 818 517-7907 |
| SFV Bonsai Club | 4th Sun., 8 AM-12 PM | Kazuhiko Nakanishi .. | 805 492-3439 |
| SFV Hongwanji Buddhist Temple..... | | | |
| | 2nd Mon., 7:30 PM | Eric Reardon..... | 818 899-4030 |
| SFV JACL..... | 2nd Wed., 7:00 PM..... | Nancy Takayama..... | 818 601-6296 |
| SFV Japanese Language Institute..... | 2nd Sat., 8:30 AM..... | Kiyo Watanabe..... | 818 237-8540 |
| | | | 818 896-8612 (Office) |
| SFV Judo Club | 4th Wed., 7:03 PM..... | Kenji Couey | 818 381-7232 |
| SFV Meiji Senior Citizens Club .. | 1st Fri., 12:30 PM..... | Toshi Toda | heiwa.toshi@gmail.com |
| Senior Hot Meals | Fri., 11:30 AM..... | CC Office..... | 818 899-1989 |
| Sunrise Japanese Foursquare Church .. | | Reverend Paul Iwata..... | 818 782-8738 |
| Tuna Canyon Detention Station..... | | Kyoko Oda..... | nancyoda64@gmail.com |
| Valley Japanese Community Center | | | |
| | 2nd Fri., 7:00 PM | Joy Longworth | 818-270-6833 |

**Want to reserve the
Community Center for
an event?**

Call Tadao Okui at
(818) 517-7907 or
email:
tadao_okui@sfvjacc.com

**Want to submit an
article for the CC
Newsletter?**

Email:
lois_okui@sfvjacc.com

CC Deadline:
The 15th of every odd
month.

SPECIAL CLASSES

| | | | |
|---|---|-------------------------|------------------------------------|
| Aloha Club (Poker) | Tuesday (11 AM-3 PM)/Friday (12:30-3:00 PM).... | CC Office..... | 818 899-1989 |
| Bowling*, (Winnetka Bowl)..... | Tuesday..... | 9:30 AM | Sandra Yamamoto.... |
| Country Western Music* | Tuesday..... | 10:00-11:30 AM | Janet Schuetze..... 818 767-1819 |
| Exercise Class | Tuesday..... | 9:00-10:00 AM | Liz Doomey..... 818 892-7381 |
| Exercise Class | Friday..... | 10:00-11:00 AM | Liz Doomey..... 818 892-7381 |
| Hawaiian Hula (Ohana Pu'uwai Nani) | Monday..... | 11:00 AM-12:00 PM | Suzan Akamine..... 818 367-1723 |
| Hitomi's Cooking Class | 2nd Tuesday | 7:00-9:00 PM | NJ Nakamura..... 818 893-6503 |
| Ikenobo Ikebana | 2nd/4th Wednesday | 10:00 AM-12:00 PM | Mayumi Dennis |
| Karaoke*..... | 1st/3rd Thursday | 10:00 AM-12:00 PM | Janet Yamamoto..... 818 365-8361 |
| Line Dancing* | Thursday..... | 10:00-11:15 AM | Call CC Office..... 818 899-1989 |
| Movie Club..... | 1st Monday | 12:00-3:00 PM | Liz Doomey..... 818 892-7381 |
| Nikkei Bowling League..... | Friday (Winnetka Bowl) | 8:00-10:00 PM | Stan Date |
| Ondo Dancing* | 2nd/4th Friday | 7:00-9:00 PM | Janet Yamamoto..... 818 365-8361 |
| Ping Pong Club..... | Thursday/Tuesday | 9:00 AM-3:00 PM | Aaron Sanwo |
| Senior Arts & Crafts | Monday..... | 10:00 AM-12:00 PM | Liz Doomey..... 818 892-7381 |
| SFV Judo Club | Mon/Wed/Fri | 6:00-9:00 PM | Kenji Couey |
| Tai Chi Class* | Monday..... | 9:00-10:00 AM | Florence Takaaze 310 202-6693 |
| Ukulele Club | Friday..... | 10:00-11:30 AM | Call CC Office..... 818-899-1989 |
| Zumba | Monday..... | 7:00-8:00 PM | Margaret Takimoto.... 818 701-7628 |

Note: The classes and services in red are not yet meeting at the CC.

YOUTH SERVICE ORGANIZATIONS

Girl Scouts.....3rd Saturday2:00-4:00 PM Troop Leader: Akiko Manaka

SUPPORT GROUPS & SERVICES

Dementia Caregivers Support Group.....1st Saturday..... 10:00 AM-12:00 PM Facilitator: Coleen Nakamura,
Online only Little Tokyo Service Center
Contact her at cnakamura@ltsc.org

Blood Pressure Screening*.....3rd Friday..... 10:00-11:00 AM Nikkei Pioneer Conference Room

*Meiji Senior Citizens' Activity or Service

For more information, call the CC at (818) 899-1989.

UPCOMING IN-PERSON EVENTS AT THE CC

August 19, 2023

CC Luau Fundraiser

September 16, 2023

CC Steak Dinner

September 30, 2023

SF Athletics Jamboree

October (Date to be Determined)

CC Clean Up Day

November 4, 2023

Super Bingo Fundraiser

November 18, 2023

CC Craft Boutique

December 6, 2023

CC General Meeting

December 16, 2023

SFV Judo Christmas Party

January 6, 2023

CC New Year's Installation

