

the 12th Autumn Health Fair 2018 : 9/8—10/7, 2018

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 info@jaany.org

Sept.	Time	Title	Name of Instructors and/or Organizations	Limit
8th (Sat)	10:00-12:00	Survey on aging issues of the Japanese and Japanese Americans living in the Metropolitan NY Area	Itsuko Toyama (Professor, Momoyama Gakuen University), Michiyo Noda, JAA Committee on Aging Issues	
	12:00-14:00	Community Café (tea & snacks will be served)	Keiko Sakagami, JAA Committee on Aging Issues	12
	13:00-16:00	Senior Care Facilities in Japan	Eiichi Nishimura (Helpz & Co.), JAA Committee on Aging Issues	
9th (Sun)	14:00-16:00	Mind Body - Stress Reduction Workshop	Eiji Takamori (Yoga Instructor/Stress Management Counselor)	
	13:00-16:00	Open Kukai (Haiku Meeting)	Hako Kukai	15
10th(Mon)	10:00-12:00	Free Hair Cut for Seniors	Michi Tahara, Shige Kosuda, Yasuko Tsuda,shunji Kubota, Mio Okano	20
11th (Tue)	10:00-12:00	Lymphatic Self-Care	Snow Shimizu (Lymphedema Therapist)	30
	11:00-14:00	Foot Massage (20min. /person)	Shoko Akiyama (Massage Therapist)	9
	13:00-15:00	Let's enjoy GO (Japanese Chess)	JAA Raku-GO Club	6
12th(Wed)	17:30-20:00	Lecture " Your SS Benefit, Dual Citizenship and Living in Japan"	Shunji Ichikawa, Oversea Pension Center	70
13th (Thurs)	9:00-16:30	Individual Consultation on Pension & Living in Japan (30 min./person)	Shunji Ichikawa, Oversea Pension Center	13
	12:00-13:30	Special Keiro Kai (Birthday Party, Music by Iwaki Band)	JAA Social Service Committee	100
	13:30-14:30	Survey on aging issues of the Japanese and Japanese Americans living in the Metropolitan NY Area	Michiyo Noda, JAA Committee on Aging Issues	
14th (Fri)	9:00-11:30	Individual Consultation on Pension & Living in Japan (30 min./person)	Shunji Ichikawa, Oversea Pension Center	5
	10:45-12:00	Warm-up & Relaxation (Please bring a towel & sneakers)	Yoriko Orciuoli (AFAA Aerobics Instructor)	10
	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: International Inheritance Tax	Joe Oshima (CPA)	50
15th (Sat)	11:00-13:00	Survey on aging issues of the Japanese and Japanese Americans living in the Metropolitan NY Area.	Kiyoka Koizumi, JAA Committee on Aging Issues	
	13:00-15:00	The current state of home care service in New York - Part 2	Yoko Yuge (RN Home Health Care Field Supervisor),NY Sounen Kai	50
	15:00-17:00	Herbal Medicine for beginners	Sachiko Asano, Maiya Robinson (Clinical Herbalists)	
16th (Sun)	10:00-12:00	Japan-U.S.Legal Individual Consultaton (Inheritance, Divorce, Child Custody, Green Card etc.) 30 min/person	Yoshiaki Miyamoto, Esq.	8
	10:00-12:00	Relaxation of your mind and body with Mindfulness meditation and self-compassion	Eri Kubota(Clinical Psychologist), YM Medical Network	
		The Japanese Medical Society of America presents		
	13:00-14:30	Best ways to communicate with doctors in USA	Yuichi Shimada MD, MPH	
	15:00-16:30	Healthy Eyes: Cataract & Glaucoma	Kichiemon Asoma MD (Ophthalmologist)	
17th (Mon)	13:00-14:30	Protect children: How to get along additives	Akitsu Nakamura (Holistic Health Coach& Natural Food Advisor)	
	18:00-20:00	Medicaid Planning & Estate Planning (Will, Health Care Proxy, Living Wills, Power of Attorney)	Helen Irie, Esq., Reiko Takikawa, Esq.	
18th (Tue)	10:30-12:30	Visiting Isabella Geriatric Center	JAA Committee on Aging Issues (Lead by Michiyo Noda)	30
	13:00-14:00	Experiential: Calligraphy Class	JAA Calligraphy Class	10
	19:00-21:00	Experiential: New York Mixed Voice Chorus	Saya Callner, Rikako Asanuma, NYMC	
19th (Wed)	11:30-12:30	Demonstration: Urasenke Tea Ceremony	Sochi Sanada, Soritsu Suzuki (Ura Senke School)	
	16:00-18:00	NY State Health Care Enrollment for 2019	Kumiko Seki, Takako Hara (NY State Health Insurance Navigator)	
	18:30-21:00	Meditation & Listening to the Teaching of Buddha	Rev. Miki Nakura (U.S. Higashi Honganji Temple)	
20th (Thurs)	10:00-12:00	Individual Consultation : U.S. Immigration Law (15 min/person)	Keiko Kato, Esq.	8
	12:30-14:00	Anti-Aging Workhop & Light Exercises	Takako Johnson(Certified Anti-Aging Nutrition Consultant)	
	12:00-14:00	English pronunciation Seminar	Haruka Moriyama (Japanese Accent Reduction Specialist)	
	13:00-17:00	Individual Advice for people who are planning to live in Japan	Toru Hayama (Financial Advisor)	8
	14:30-16:00	What is Medicare?	Mizue Katayama (Senior Program Manager), JASSI	
21th (Fri)	10:30-11:30	Rythmique with Parents & Kids	Yoshiko Inoue, JAA Apple Kids	15
	13:15-15:00	JAA Chorus open house	Mari Takagi, Motomi Tanaka, JAA Chorus	8
	18:00-20:00	U.S. Social Security Benefits	Toru Hayama (Financial Advisor)	
22th (Sat)	13:30-15:00	Dementia Workshop	Keiko Sakagami, Junko Schnabel, Yoshiko Takahashi, Yuko Utada (Caravan Mates), JAA Committee on Aging Issues	
	15:00-16:00	Survey on aging issues of the Japanese and Japanese Americans living in the Metropolitan NY Area	Keiko Sakagami,Michiyo Noda, JAA Committee on Aging Issues	

NY JAPANESE AMERICAN LIONS CLUB presents : Five Special Lecturers from Japan				
23rd (Sun)	10:00-11:30	How to clean up- Preparing beforehand	Satomi Yamaguchi (Judicial scrivener)	50
	11:45-13:15	Rejuvenation for Seniors	Takashi Tsuda (Psychological counselor)	50
	13:30-15:00	Keep yourself healthy using the plant power.	Keiko Matsudo (Floural Puzzle Therapist)	50
	15:15-16:45	Tax measures, effective use for your real estate in Japan	Kazuto Takaoka (Accountant)	50
	17:00-18:30	Mental Seminar, realize your dream sooner	Yukiko Ono (Career Counselor)	50
24th (Mon)	11:00-13:00	Experiential: Flower Arrangement - Sogetsu	Hazue Tamura Rogers (Sogetsu Ryu School)	10
	18:00-20:00	Learn about USA through American English	Hideo Dan (Writer, NY State attorney)	
25th(Tue)	10:45-11:45	Tai-chi and Balance Exercise	Etsuko DeFazio, JAA	10
26th(Wed)	18:00-20:00	Japanese History (Fee:\$20 includes food & drink)	Yasuhiro Takasaki, NY Rekishi Mondai Kenkyukai	
27th (Thurs)	9:30-13:30	Individual Consultation : Wills, Health Care Proxy, Living Wills, Power of Attorney (30 min/person)	Helen Irie, Esq., Reiko Takikawa, Esq.	8
	10:30-12:00	Support group for parents raising children abroad	Shizuko Barnes (School Psychologist), Masako Mori(Clinical Psychologist), The Japanese Educational Institute of New York	8
	12:00-14:00	Individual consultation (25min per person) reservation : 914-305-2411/jecmm@jec-ny.org Place:56 Harrison St. Suite 505, New Rochelle, NY 10181		8
	12:00-14:00	The 2nd Keirokai \$5/JAA Member, \$8/Non- Member	JAA Social Service Committee	100
	14:00-16:00	Discussion :Sharing Tips on Stress-Free Aging (Getting one's affairs in order#12) (Tea & Sweets will be served)	Susan J. Onuma, Esq., Michiyo Noda, JAA Committee on Aging Issues	
	17:00-20:30	Premama & Prepapa Meeting (Food Fee: \$5)	Dr. Maki Kano, Kumiko Seki (Nurse, Midwife)	16
28th(Fri)	11:00-12:00	Chronic sinusitis	Jeffrey M. Ahn, M.D.	
29th (Sat)	9:00-12:00	Individual Consultation on Inheritance in Japan & U.S.A. (30 min/person)	Kazuhiko Otani,Esq.	6
	14:00-16:00	Bon-Odori Workshop	Keisuke Mochizuki	
30th(Sun)	JAA Hall Closed			
Oct 1st	18:00-20:00	Want to know more about blood vessels and blood	Sei Higuchi (Doctor of Pharmacology), Koichi Oshima, MD, SHARE	
3rd (Wed.)	18:00-18:45	Current Immigration Issues under the Trump Administration	Mami Terai, Esq.	
	19:00-20:00	Most recent information on Immigration laws	Keiko Kato, Esq.	
4th (Thurs.)	18:00-20:00	Keeping Safe in New York	Consulate General of Japan in New York, NY Japanese American Lions Club	
5th(Fri)	10:00-12:00	Life Balance Workshop	Brody Aiko (All is Well Coaching)	
6th (Sat)	JAMSNET World Symposium (Report from around the World)			
	11:15-17:00	The role of the Ministry of Foreign Affairs for the overseas Japanese	Koichi Nakamoto,MD- Tokyo	
		My experience in Singapore, Japanese Medical in overseas	Hiroshi Hashiguchi,MD - Asia	
		Infectious disease and Cancer - Japan	Hitoshi Koseki,MD - Tokyo	
		Medical in Pacific state islands, Papua New Guinea	Tsunetaka Yoshida,MD - Asia	
		Physical operation and Old martial arts	Shinichiro Okada (Physical Therapist) - Tokyo	
		Dementia supporter training in Canada	Yuka Okada,MD - Canada	
		Medical Experience in Asian	Takeshi Takagi,MD - Asia	
		Medical Experience in Vietnam	Toshihiko Nakajima,MD - Vietnam	
Medical Education System in USA	Yuichi Shimada- New York			
HEIAN presents				
7th (Sun)	9:30-12:00	learn about optimized child-rearing body movements PLACE:Sakura Academy 16 Halstead Ave, Harrison NY Reservation: yamamama05@gmail.com	Shinichiro Okada (Physical Therapist)	
	13:00-13:45	Exercise 2.0 to Prevent Falls	Takumi Fukunaga (Physical Therapist)	
	13:45-14:45	Digital Health Future Outlook	Junichi Shioi, Ph.D. Takumi Fukunaga, Mami Sugimura	
	15:00-16:00	Let's find My Happiness through Art therapy	Toru Takada (Art Therapist)	
	16:00-17:00	Let's build My life with Happiness through Coaching	Mami Sugimura (ACCICF Certified Coach)	
	17:00-18:30	Super optimized body movements by Japanese traditional postures	Shinichiro Okada (Physical Therapist)	

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