



Care Fund Newsletter

Vol. 26 – Aug. 2017

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Greeting from the President

I hope everyone is doing well in this continuous hot weather.

Since I accepted the role of the Care Fund presidency last July, I have learned so much about this wonderful organization. I have endeavored to meet your expectations with help from the members, Board members and officers.

The Care Fund is a non-profit organization and our motto is to serve members as well as the surrounding communities. The Help Line offers counseling and monetary support to people in need. Various classes and lectures offer knowledge, information for healthy living, and skills in Japanese traditional arts. The newly established *Tsunagari* Project offers mutually beneficial interactions between senior and younger members. It is a wonderful opportunity through which we can learn and share our knowledge with different generations. We restarted the "Garden Workshop" this spring at the request of members. We always want to hear from all of the members about your thoughts and demands.

We presented our budget for the last fiscal year (up to May 31, 2017) in detail at the Open House last March. The main sources of income were: the End of Year Donations by you members; contributions from organizations including S&R Foundation, JCAW; grants from neighboring local governments such as counties; earnings from bazaars and other programs; participation fees of classes and lectures; and donations from associations such as Sushi Association and corporations. I would like to express our deepest appreciation for your contributions as reflected in the End-of-Year Donations. The main expenditures were: rents for the VA and MD facilities; insurance; wages for an office clerk; expenses for various events; administrative expenses of the facilities such as phone and internet; and instructors' fees.

Thanks to the grant committee members' hard work, we received a grant for this fiscal year's rent of the MD office from Montgomery County, MD. I sincerely appreciate the committee members for their great effort.

We will try our best to expand the activities for all members. Please let us know about your support, opinions, requests, and questions.

Sincerely,

Michiko Sprester

Greeting from the MD Branch Manager

We have organized various programs since we opened our library at a new location last May. This May, we started to open the library every second Sunday in order to make it available for more people.

Starting May 2017, we are launching a new community service program to provide the senior community, which resides in the metropolitan area, with assistance and services as needed. The purpose of this program is to assist people in the community to enjoy healthy and happy life. As a start, we plan to visit retirement homes.

Please let us know if you are interested in volunteering for this community service program, our library or events. Please contact the MD branch the Care Fund Office.

Sincerely,

Kazuko Nagashima

Event Calendar from September through December (Schedules are subject to change.)

	Date	Time	Event	Location
Sept.	5 (Tue)	10:15-10:45 AM	Children's Story Time	VA Library
	9 (Sat)	2:30-4 PM	Relationship Support Group (TBD)	VA Library
	10 (Sun)	12-4 PM	MD Library open	MD Library
	20 (Wed)	1:30-2 PM	Children's Story Time	MD Library
	16 (Sat)	11 AM-2 PM	Senior Citizen's Luncheon (More information in p.3)	Potomac Community Center
	23 (Sat)	2-3:30 PM	Grief Support Group (TBD)	VA Library
	24 (Sun)	TBD	Seminar "Wealth management after retirement"	VA Library
	30 (Sat)	2:15-4:15 AM	Seminar "Active Listening"	MD Library
Oct.	3 (Tue)	10:15-10:45 AM	Children's Story Time	VA Library
	8 (Sun)	12-4 PM	MD Library open	MD Library
	14 (Sat)	2:30-4 PM	Relationship Support Group (TBD)	VA Library
	18 (Wed)	1:30-2 PM	Children's Story Time	MD Library
	21 (Sat)	11 AM-1 PM	<i>Tsunagari</i> intergenerational event	Wyngate Elementary School
	22 (Sun)	TBD	Seminar "Successful aging" (TBD)	VA Library
	28 (Sat)	2-3:30 PM	Grief Support Group (TBD)	VA Library
	29 (Sun)	TBD	Annual bazaar	American Legion Fairfax Post 177
Nov.	11 (Sat)	2:30-4 PM	Relationship Support Group (TBD)	VA Library
	812(Sun)	12-4 PM	MD Library open	MD Library
	14 (Tue)	10:15-10:45 AM	Children's Story Time	VA Library
	15 (Wed)	1:30-2 PM	Children's Story Time	MD Library
	25 (Sat)	2-3:30 PM	Grief Support Group	VA Library
Dec.	5 (Tue)	10:15-10:45 AM	Children's Story Time	VA Library
	9 (Sat)	2:30-4 PM	Relationship Support Group (TBD)	VA Library
	10 (Sun)	12-4 PM	MD Library open	MD Library
	13 (Wed)	1:30-2 PM	Children's Story Time	MD Library
	23 (Sat)	2-3:30 PM	Grief Support Group (TBD)	VA Library

Senior Citizen's Luncheon

Invitations have been already sent out to the members who are 70 years and older. If you have not received invitations, please contact the Care Fund office.

Date/Time: Saturday, September 16, 11:00 am - 2:00 pm

Place: Potomac Community Center, 11315 Falls Road, Potomac, MD 20854

Invitees: Senior members over 70 year old living in the DC Metropolitan area

Admission: Free

RSVP: By September 1

Seminar "Active Learning"

We are inviting Asst. Prof. Megumi Inoue from George Mason University to give us a lecture about "Active Listening". Active listening is a communication skill that can help you better understand verbal information. Please join us for this interesting seminar.

Please find more information for the other seminars in our upcoming email newsletter or call the Care Fund office. Also in planning is a seminar on an immersion program.

All seminars will be in Japanese.

Please let us know what type of topics you would like for future seminars.

Help Line Report

Community Help Line Report (July 2016-June 2017)

Divorce	20
Translating/Interpreting	6
Problems living in USA	10
Referrals to Specialists	9
JACF Information	10
Finding a Helper/Caregiver	8
Others	4
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Total	67

New volunteers are always welcome. Please email to us (sodan@jacarefund.org) if you are interested.

Care Call Report

Survey results from last year validated the positive attributes of the Care Call Program. We have 10 bilingual volunteer callers who provide emotional support by making regular telephone calls. If you know someone who would benefit from additional socialization, please contact the Care Fund Office.

Relationship Support Group

The Relationship Support Group meets at the VA Library on the second Saturday of every month from 2:30 to 4 p.m. to bring together those who are thinking about divorce, going through divorce, or those wanting continued support from others with similar experiences between couples either married or unmarried.

Grief Support Group

This is for people, who lost a loved one such as a spouse, brother or sister, child or relative, to share their sorrow or thoughts with other members in the group. Anyone is welcome if you want to share your feelings with or listen to others who have gone through the experience of losing loved ones. This group meets at the VA library or the Care Fund office on the fourth Saturday of every month from 2 to 3:30 p.m.

Our goal is to support members by providing information and resources available to them.

Ayako Schurmeier

News from *Tsunagari* Intergenerational Project

This project aims at sharing culture, language, and tradition through the interaction between different generations. It is also intended to stimulate interactions between the older generation and the younger generation to enhance their mental and physical health and support each other for a fulfilling life in the U.S.

This fall, *Tsunagari* project will collaborate with the *Tanpopo* pre-school to host an intergenerational event on October 21st at the Wyngate Elementary School. The event aims at facilitating intergenerational interactions by inviting older Japanese adults to a children’s concert followed by a reception over light refreshments with the *Tanpopo*’s Parents Association. Interacting with Japanese adults who are older than their parents will help children cultivate their identity as Japanese individuals. In addition, it is often helpful and meaningful for younger Japanese parents to hear about older Japanese adults’ experience on parenting in this country. We are looking for Japanese adults who are over 60 years old to participate in this event. Please contact the Care Fund office if you are interested. We can arrange transportation if necessary.

Miki Goerd

Fall Class Schedule for September through December

How to Register

Contact the Care Fund office (Tel 703-256-5223, carefund@jacarefund.org)

Important Notice

1. Past participants are required to register again.
2. Fees must be paid before the first class, or registration will be canceled (except *Jikyojutsu* class).
3. Fees are non-refundable.
4. Classes with less than 6 registered applicants are subject to cancellation.
5. The VA Library will follow the closing or delay schedule issued by [Fairfax County Public Schools](#). When [FCPS](#) calls for a closing, all classes will be cancelled. *Jikyojutsu* class will be canceled even when [FCPS](#) calls for a delay. The MD Library will be closed for the entire day whenever [Montgomery County Public Schools](#) calls for either a delay or closing due to bad weather. All classes will be cancelled.

Classes at VA Library

Class	Date	Time	Fee	Notes
Jikyojutsu Exercise Class	Every Monday	11:00-12:30	\$7 per class	Bring a yoga mat or large towel. New students are always welcome!
Sumie Traditional calligraphy painting	Second Friday 9/8, 10/13, 11/10, 12/8	10:30-12:00	\$32 4 Sessions	Bring Suzuri/ink stone, Sumi/ink, Fude/brushes, Washi/traditional paper (available for purchase in class).
Ikebana Japanese flower arrangement	Friday 1 st Term 9/1, 15, 10/6, 20 2 nd Term 11/3, 17, 12/1, 15	10:30-12:00	1 st Term \$32 2 nd Term \$32	Bring Kenzan/flower holder, a flat vase, floral shears, a bucket, newspapers, and vinyl sheeting.

Classes at MD Library

Class & Instructor	Date	Time	Fee	Notes
Jikyojutsu Exercise Class Noriko Iwase	Every Monday	2-3:30 PM	\$7 per class	Practical skills of keeping fit and the art of treatment. Bring a mat or bath towel.
Yoga Miho Tomori (Yoga Alliance registered teacher)	Once every other week Tuesday <u>Session 1</u> 9/12, 9/26, 10/10, 10/31 <u>Session 2</u> 11/14, 11/28, 12/19	10:30- 11:45 AM	<u>Session 1</u> \$32 (\$8x4) <u>Session 2</u> \$24 (\$8x3) <u>Total: \$56</u>	Hatha yoga-based style. Helps you to reduce stress, gain strength, and improve well-being. Beginners are welcome! Adults only. It helps you achieve more satiable effects of yoga by practicing once a week.
	Once a week Tuesday <u>Session 1</u> 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/31 <u>Session 2</u> 11/7, 11/14, 11/21, 11/28, 12/5, 12/19	10:30- 11:45 AM	<u>Session 1</u> \$56 (\$8 x 7) <u>Session 2</u> \$48 (\$8 x 6) <u>Total \$ 104</u>	You can register for only one session or both. Bring a yoga mat or beach towel.
Japanese calligraphy Kazuko Mizusawa (Certified calligraphy teacher-1982)	Saturday <u>Session 1</u> 9/23, 10/7, 10/21 <u>Session 2</u> 11/4, 11/18, 12/2	2:15- 4:15 PM	<u>Session 1</u> \$24 (\$8x3) <u>Session 2</u> \$24 (\$8x3) <u>Total: \$48</u>	Learning how to express the beauty of Japanese characters by writing with traditional tools such as <i>fude</i> (brush) and <i>sumi</i> (ink). Bring a calligraphy kit, standard sized Japanese calligraphy paper, and a cushion if necessary. Participants must be 15 years old or older. * Registration can be made separately for each session. You can register for only one session or both.

News from the Library

VA Library

We welcomed eight new members to join us in the library volunteer group in the fiscal year. Opening the library three times a week all year round requires a fairly big group of volunteers. We always welcome volunteer applications!

Book donations are increasing year after year and our book collections exceed 10,000 in the last fiscal year. This year we purchased a dozen new books, based on members' requests, to maintain the appeal of the library.

Setsuko Pfeiffer

MD Library

The MD library opened at the new location last May. Since then, the number of patrons has been increasing steadily. This May, we started to open the library every second Sunday in order to make it more accessible to users. We are also planning to have more events at the library to attract more people.

The library volunteers strongly feel that it is very important to continue their efforts so that it will be a place for people in the community to gather and meet new friends.

Also, the library has received many book donations from the patrons and is becoming a real community library. All the library staff are really happy with the gifts and appreciate the support.

We continue to seek more help from you and need many more volunteers. Please contact us by e-mail mdlibrary@jacarefund.org or calling the Care Fund office.

Loan period: 4 weeks, maximum 10 books per person

Book Collection: General Reading Books (approx. 5,700), Children Books (approx. 2,200), Manga (approx. 1,000)

Please note that the MD library will close on national holidays and may also be closed unexpectedly. Please check our website before your visit.

Story Time for Children:

The library started serving as a meeting place for both parents and children to enjoy socializing with others.

Date and time: third Wednesday of each month from 1:30pm to 2pm.

Currently scheduled dates: 8/16, 9/29, 10/18, 11/15 and 12/13.

Keiko Nishihama

Library Hours

VA Library: 11 AM to 2 PM on Tuesday, Thursday & Saturday

It will follow the closing or delay schedule issued by [Fairfax County Public Schools](#).

MD Library: 11 AM to 2 PM on Monday, Wednesday & Saturday

and 12 to 4 PM on every second Sunday of the month (9/19, 10/8, 11/12 and 12/10)

It will be closed for the entire day whenever [Montgomery County Public Schools](#) call for either a delay or closing due to bad weather.

News from the Fundraising Committee and the Grant Committee

April 8th. We also held our annual mini-bazaar at the Care Fund office on June 11th. We thank you for coming to these events as well as donating goods and books. We also appreciate our volunteers for their dedication and the time they spent on planning these wonderful events. In addition, the grant committee volunteers successfully secured a grant from Montgomery County, totaling \$25,100 for the MD branch's rent and internet services for 12 months.

This fall, the Care Fund will hold the annual bazaar on October 29th at the same location as last year—the American Legion Fairfax Post 177. We look forward to seeing you there! This event will be a fun opportunity to volunteer and connect with others. Please contact the Care Fund Office if you are interested in volunteering for a couple of hours at this event.

Miki Goerd

From the Care Fund Office

Volunteers

Many people volunteered in various capacities to help our activities. Thank you for your continued support!

Correct & Update Your Information

We apologize if we misspell or miss your name. Please inform the Care Fund office in either case. Also, please keep us updated with your contact information.

Wish Not To Be Included in Our Media?

We share our activities with members and the public by various means such as newsletters and our website. They sometimes carry photos taken at events such as the Senior Luncheon, the Area Luncheon, the Bazaar, and cultural classes. Please let us know in advance if you do not want to be included in any of our media.

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Japanese Americans' Care Fund

501(c)(3) Non-profit organization

Website: www.jacarefund.org

Office/Virginia Library

4022-B Hummer Road
Annandale, VA 22003-2403

Email: carefund@jacarefund.org

TEL: 703-256-5223

FAX: 703-894-3366

Office Hours: 10 AM-2 PM on Monday-Friday.

Library Hours: 11 AM-2 PM on Tuesday, Thursday & Saturday.

Maryland Branch/Library

12216 Parklawn Dr., Suite 102
Rockville, MD 20852

Email: mdlibrary@jacarefund.org

TEL: 240-705-4289 (open only during the library hours)

Library Hours: 11 AM-2 PM on Monday, Wednesday & Saturday and 12-4 PM on every second Sunday