

Tri-City Café @ JASEB 🎉 **JULY 2010** 🎉

JASEB SENIOR CENTER:


1710 Carleton Street
Berkeley, CA 94703
(510) 883-1106

JASEB OFFICE:

2126 Channing Way
Berkeley, CA 94704
(510) 848-3560

Menu now available on-line at: www.jaseb.org

Advanced 2-day reservation is appreciated. Lunch is served at 11:30am - Monday-Thursday. Lunch \$4.00 M-Th; One time/week visit \$5. <60 - \$8.00.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>+Plus sign items are a Vitamin+C source. *Asterisk items are a Vitamin*A source. Higher sodium item is <i>italicized</i>(>1000mg). Tea with each meal.</p>	<p>MENU SUBJECT TO CHANGE</p>		<p>1 CHICKEN TERIYAKI Misoshiru +Cabbage & *Carrot Tsukemono Stir-Fry Zucchini +Watermelon Yoga</p>
<p>5  FOURTH OF JULY JASEB SENIOR CENTER CLOSED</p>	<p>6 ASSORTED ONIGIRI Misoshiru Cucumber Sunomono Chicken, +Daikon & *Carrot Nimono *Cantaloupe <i>Meditative Movement, Writing Class</i></p>	<p>7 FISH WITH GREEN PEA RICE Suimono +Daikon & *Carrot Sunomono Steamed+Broccoli +Banana <i>Stretch & Line Dance, Calligraphy</i></p>	<p>8 *+HIYASHI RAMEN Misoshiru Edamame Custard w.+Mandarin Oranges Yoga</p>
<p>12 SABA SHIOYAKI Misoshiru +Daikon & *Carrot Sunomono Steamed+Mustard Greens Fuji Apple New Horizons Lecture: Adult Beauty Day w. Aki Hirayama 12noon</p>	<p>13 SOBORO DONBURI Suimono Harusame Salad Steamed Green Beans +Banana <i>Meditative Movement, Writing Class</i></p>	<p>14 TSUKIMI UDON Steamed+Broccoli Custard w. Sliced Peaches No Line Dance Class. Please come to Daruma No Gakko Performance Practice</p>	<p>15 CHICKEN*+CURRY Egg flower Soup Leafy Green Salad *Cantaloupe No Yoga class. Please come to Daruma No Gakko Performance Practice</p>
<p>19 CHICKEN & EGGPLANT MISONI Misoshiru Cucumber Sunomono Red Seedless Grapes New Horizons</p>	<p>20 UNAJU Suimono +Daikon & *Carrot Sunomono Steamed+Broccoli +Watermelon <i>Meditative Movement, Writing Class</i></p>	<p>21 OYAKO DONBURI Misoshiru +Cabbage & *Carrot Salad Steamed+Bok Choi Jello w. Fruit <i>Stretch & Line Dance, Calligraphy Berkeley Outreach Library Visits</i></p>	<p>22 BEEF, TOFU & BAMBOO Misoshiru Harusame Salad Steamed+Broccoli Fuji Apple Yoga</p>
<p>26 GARLIC CHICKEN Misoshiru +Potato Salad Steamed Green Beans *Cantaloupe New Horizons</p>	<p>27 ZARU SOBA Misoshiru ARRP Mature Tofu Salad Driver's Class 9-1pm Steamed+Broccoli Custard w.+Mandarin Oranges <i>Meditative Movement, Writing Class</i></p>	<p>28 BEEF*+STEW Vegetable Soup Leafy Green Salad +Watermelon <i>Stretch & Line Dance, Calligraphy</i></p>	<p>29 SALMON w. HIJIKI RICE Misoshiru +Daikon & *Carrot Sunomono Stir-Fry Mustard Greens +Banana Yoga</p>

Changes at the JASEB Senior Center

The Nutrition Program is an important program of Japanese American Services of the East Bay (JASEB). It helps seniors to age in place, to maintain an independent lifestyle, and to enjoy a nutritious and tasty Japanese/Asian meal catered by Musashi Restaurant. We receive many positive comments from home-delivered lunch and congregate lunch participants. We believe it is vital that we continue the nutrition program to the best extent that we can.

Unfortunately, we have lost our Tri-City Nutrition funding due to budget cuts. This loss further challenges a program that even with such funding runs a significant deficit each year. Your donations, especially as part of the annual Feinstein Challenge, help tremendously. However, we have had to draw down on our reserves annually to keep this program operating at its current level. Unfortunately, drawing down on our reserves is becoming increasingly challenging for JASEB.

After much discussion, we have made the following decisions:

1. We will strive to provide meals that nutritionally meet 1/3 of the required daily allotments for Vitamin A and Vitamin C, and protein.
2. As very few lunch participants drink the milk provided during lunch, we will no longer provide milk. We will continue to serve tea.
3. We are moving away from the “suggested donation” and will request \$4 per lunch. However, if you participate only once per week, we will ask that you pay \$5 for lunch and those under 60 years will pay \$8 per meal regardless of the number of times they participate each week. If you have concerns please speak with Vickie.

Regarding new fees: Because of our prior government funding, the agency was only able to “request a donation” for each meal in an amount established by the government. Because the suggested donation amounts did not cover the cost of each lunch, JASEB had to fund raise and use its reserves to pay for the shortfall between the total cost of the meal (not just the cost of the meal itself, but also salaries, rent, insurance, etc.) and any suggested donations received.

Acknowledging that most seniors are no longer working and their income is static we have tried to keep the cost of lunch for our seniors as affordable to them as possible. Beginning July 1, 2010, the new fee structure will be implemented. Please note that the new fee of \$4, as with the former suggested donations, still does not cover the cost of our caterer. Recognizing the importance of this program to our seniors, we will continue to examine ways to reduce the costs involved in the program. We will keep you posted on our efforts to continue the program at its current level and we thank you for your continued support.

SUMMER ACTIVITY SCHEDULE:

Beginning June 21, 2010, JASEB will sponsor the morning exercise classes. We will require a registration fee of \$15. Please make check payable to JASEB.

The class schedule will be as follows:

MONDAY	New Horizons	10am – 11:30am	June 21 - August 23
TUESDAY	Meditative Movement	9:30am-11:00am	June 21 - July 29
WEDNESDAY	Stretch & Line Dance	9:30am-11:00am	June 21 – August 25
THURSDAY	Yoga	9:30am – 11:00am	June 21 – August 26

Monday, July 5: Independence Day Holiday. **JASEB Senior Center CLOSED!**

Monday, July 12: Adult Beauty Day ~ Aki Hirayama, trained as a Psychiatric Social Worker and certified in Beautification Therapy in Japan will visit and beautify you at JASEB’s first Beauty Parlor event. Ms. Hirayama has studied the healing properties of beautification in seniors and people with disabilities and will share her knowledge.

July 14 & 15: **No exercise classes. Daruma No Gakko performance practice. All welcome to attend.**

Tuesday, July 27: AARP Safe Drivers Class. Registration a must. Deadline July 12, 2010.
9am – 1pm AARP members \$12. Non-members \$14.

