

Japanese American Service Committee

Annual Report

2000-2001



The Japanese American Service Committee has a lineage that leads directly to a situation of great adversity: the US government's evacuation and internment of persons of Japanese ancestry during World War II. The agency was established to provide assistance—in the form of social services—to Japanese Americans who resettled in the Chicago area.

Now, more than a half-century later, the JASC continues its work, even though its original constituency has, for the most part, moved beyond the shadow of the war years. For better or for worse, the concerns of today's Japanese Americans match those of the population at large, and the JASC, through its social services, is still responding to those concerns.

The following pages, we hope, will demonstrate how the JASC's social services meet the current needs of the community.

Adult Day Services

Adult Day Services would be a good option for your mother-in-law because it provides stimulating activities and opportunities for socialization. It can also help her progress in ambulation.

Keeping clients emotionally and socially involved and maintaining their physical and mental status are what the JASC's Adult Day Services (ADS) program strives for. But the larger goal is to help seniors remain in their own homes and prevent or delay their placement in nursing homes.

Established in 1981, ADS is one of the oldest senior day care programs in the city. It serves a client population that includes persons of all ethnic backgrounds who have Alzheimer's disease, other dementia states, Parkinson's disease, or other chronic disorders (eg, high blood pressure and arthritis). It also includes people who are lucky enough to be in generally good health, but who need a source of regular human contact.

Many clients reach ADS through their families' initiative; many others are referred through the Illinois Department on Aging, Catholic Charities, or the Veterans Administration. Some are private-pay clients, but those who need financial assistance participate under the auspices of the community care program.

Family involvement is another major variable. Some clients have no living relatives or are estranged from their relatives. Some are in the care of family members who need a few hours' break during the day. For all of these clients, the ADS provides a supportive, nurturing environment.

Because ADS serves a relatively small clientele, language is not as formidable a barrier as it would be in a nursing home. ADS staff members are willing and able to make the effort to understand each client's needs, even if he or she communicates in a language other than the three basic ones spoken in the program. In addition, the group setting often draws clients out; even "loners" can become surprisingly cooperative and outgoing.

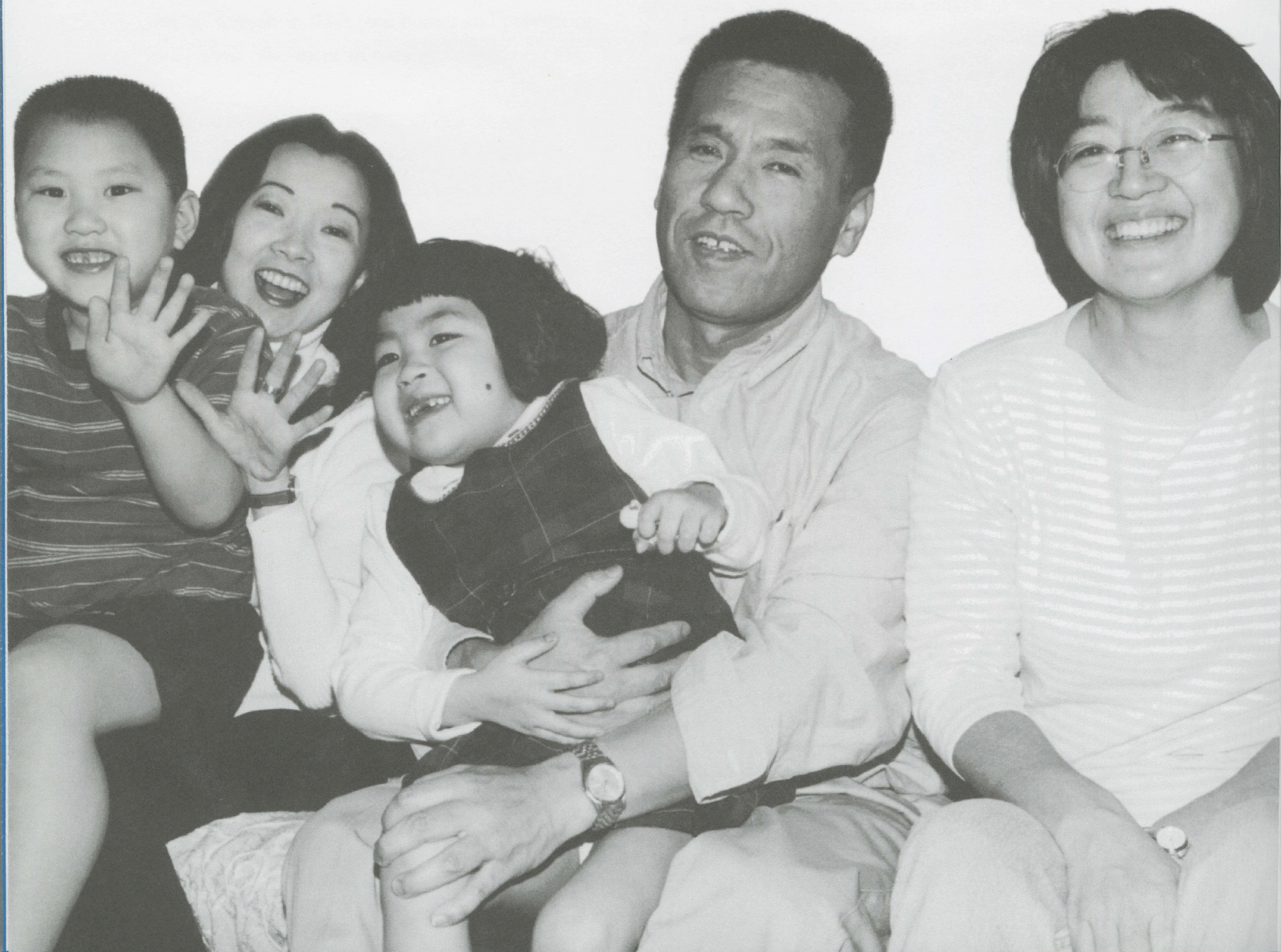
Many elderly people, even those who exhibit some degree of confusion, do not need to be institutionalized. ADS is an option that allows these people to remain at home, preserving their own feelings of security, as well as the family unit. For their part, the family should keep in mind that the key is early intervention: providing for their elderly relatives before they get sick and begin a vicious cycle of hospitals and nursing homes.

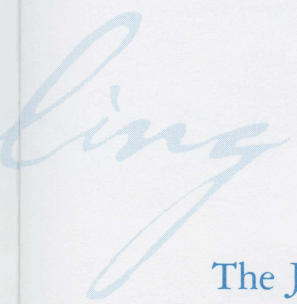
*“My mother-in-law is 82 years old,
and she’s in a nursing home for
rehabilitation. She’ll be discharged
soon, but then what should we do
to help her get stronger?”*



Casework and Counseling

“My family and I moved to Chicago from Japan recently, and we have difficulty communicating with my children’s schoolteachers. Would you help us?”





The JASC Casework and Counseling program can provide a bilingual (English/Japanese) social worker who can go beyond simple interpretation by helping you understand the school system and helping the school understand your children's educational experience and needs.

No one is immune to stress, and stress can come from a number of sources, big and small. Intergenerational relationships, language and cross-cultural difficulties, financial issues, and health issues: any and all of these factors can upset the balance of life. Helping individuals and families regain that balance is the goal of the JASC's Casework and Counseling program.

Unique among programs of its type in that it encompasses a broad range of issues, Casework and Counseling is also unique among JASC programs because it most likely has existed throughout the agency's lifetime. The current program serves people of all ages. The Casework service links people with the appropriate resources such as hospitals, schools, legal services and human services. Counseling sessions are conducted by a bilingual, licensed clinical social worker who is also a certified counselor in issues related to alcohol and substance abuse.

The counseling process is a collaborative activity: the social worker and each client agree on specific goals and objectives over the long term, and they agree on what they will work toward in any given session. Japanese, English, or both may be used in sessions, depending on the client's preference. All sessions are completely confidential.

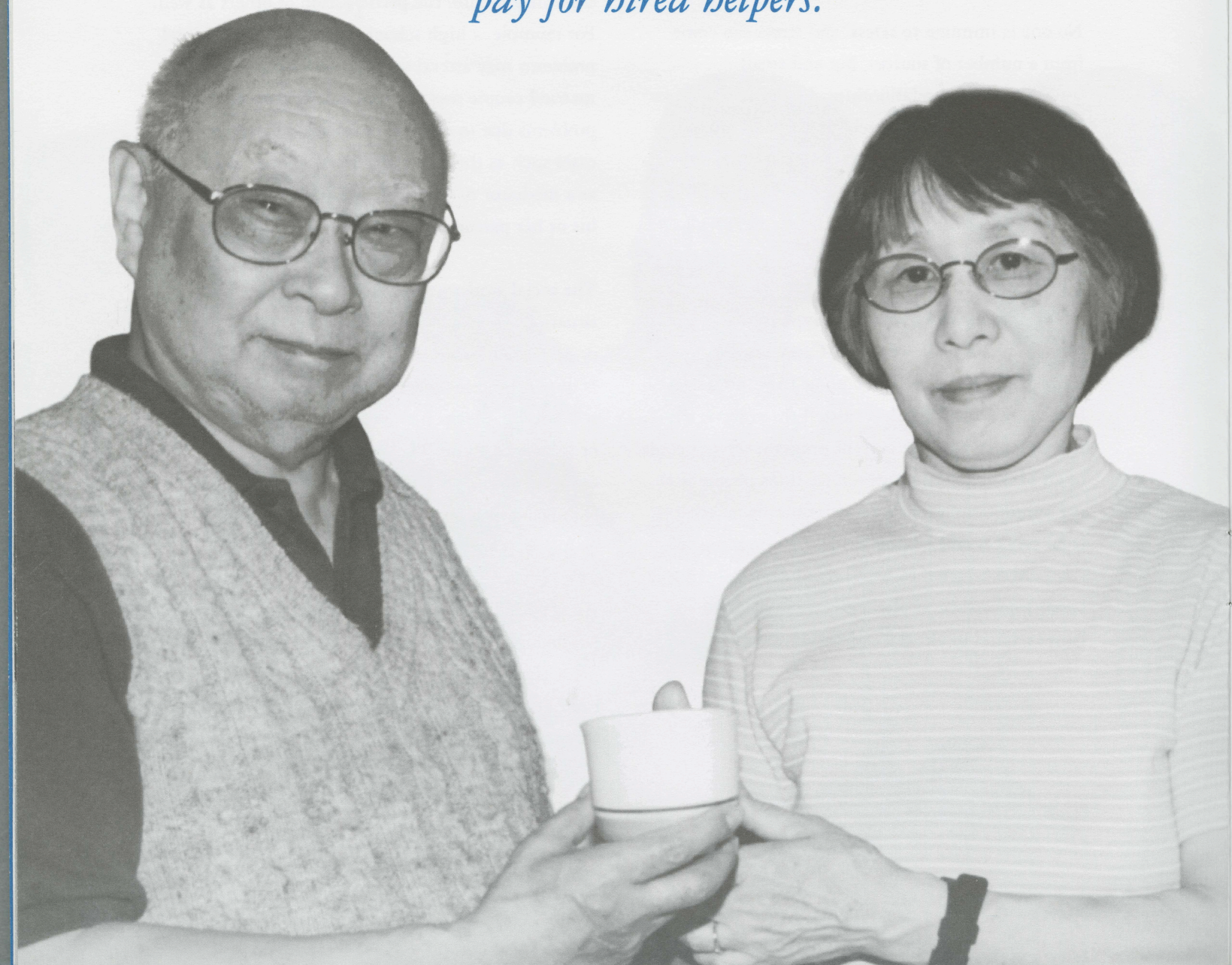
Counseling sessions may be conducted on an individual basis involving a client alone, but certain cases may require the participation of others as well. For example, a high school student with behavioral problems may attend sessions with his parents. Or a married couple may work to resolve communication problems due to cultural or ethnic differences. In cases such as the latter, the social worker might act as a mediator to help each spouse understand why his or her partner acts or behaves in a certain way.

The social worker might also act as an advocate in situations in which a client cannot express himself or herself adequately in English. In fact, language and cultural differences may also lead to a serious secondary problem such as violent behavior or drug or substance abuse. This might be the case, for example, in people who experience culture shock or feelings of isolation, such as students from Japan who attend area universities.

An apparently small goal—achieving an adequate psychological, emotional, and social life—can be a great challenge. For those who understand that they need help in meeting that goal, the Casework and Counseling program can offer assistance.

Home Support Services

“My mother died recently, and my father doesn’t know how to do the laundry or clean his home. He doesn’t have a lot of money to pay for hired helpers.”



The JASC's Home Support Services can provide a homemaker to help your father with his laundry and housecleaning. He can get these services subsidized through the Illinois Department on Aging's Community Care Program, but JASC also provides these services at low rates for private clients.

Everyday home life consists of a number of tasks, some of which become difficult or impossible to perform when a person gets older and loses muscular strength. Time, distance, and myriad other reasons may keep us from helping our elderly relatives with those tasks in the way we might wish. Home Support Services offers assistance to both client and caregiver with the activities of daily life that used to be so routine.

Cleaning, cooking, grocery shopping, laundry, bathing, and other personal care are just a few examples of the services in and around the home that Homemaker Assistants perform for clients. In addition, they can function as escorts, accompanying clients to doctors' appointments. What they do not do are tasks associated with nursing care, such as administering medication, maintaining feeding tubes, or changing diapers.

The JASC's Home Support Services program dates back to the early 1970s. We are the only agency to have a contract with the Illinois Department on Aging to provide homemaker services to Japanese and Japanese American clients with low incomes. All Homemaker Assistants receive extensive training that meets the requirements of the State of Illinois and that includes particular emphasis on cultural sensitivity. Homemaker Assistants also undergo a fingerprint check by the Illinois State Police, and a background check for felony arrests in the state.

Home Support Services can be engaged for the short term, such as the period following discharge from the hospital. It can also be engaged over the long term on a regular schedule. In either case, the program works to help older people remain safely in their own homes and maintain their independence. One beneficial side effect of the Homemaker Assistants' visits is that they provide a measure of social interaction and support for the clients. Another is that they provide time-strapped caregivers with relief from the stress of their duties.

As an extension of its housekeeping focus, Home Support Services checks in by telephone with clients and with people who live outside of the service area. These calls are made on a periodic basis just to keep in touch, as well as during weather-related emergencies.

Safety, independence, and peace of mind. Home Support Services helps seniors move forward without sacrificing these basic rights.

Wellness Programs

Our Health Screening Day is a chance to check your blood pressure and to get basic blood chemistry readings. You can also get tested for signs of prostate cancer, stomach ulcers, and diabetes.

Losing the ability to function independently because of illness, ignorance, or any other reason is a fear we all share. Through the JASC's wellness programs, we can take steps to help ensure that we can continue to manage our own lives.

The JASC health screenings take place in the spring and fall of each year. At these events, physicians and nurses come to the agency to check blood pressure, oversee blood screening tests, and offer advice on nutrition and other health- and fitness-related topics. Osteoporosis screening is offered periodically, and recent health screening events also have featured bone marrow donor drives. Getting fit can also be fun in Tai Chi classes or Minyo dancing.

To help senior citizens safeguard against potentially serious illness during the winter, the JASC serves as the site for free flu and pneumonia shots under the auspices of the Chicago Department on Aging and the Chicago Department of Public Health. This one-day event takes place in the late fall of each year.

Good health and good nutrition go hand in hand. Together with the Chicago Department on Aging, the JASC offers the Golden Diners program, serving healthful, low-cost lunches every Monday through Friday throughout the year. An added benefit of this program is the social aspect, the opportunity to visit with friends over meals.

We cannot control the world around us, but we can take steps to understand it better. To that end, the JASC presents educational workshops on such topics as Medicare and other health insurance, financial and estate planning, and long-term care.

To deal with the more immediate forces around us, members and friends may choose to take advantage of the two-day driver's education courses developed by the American Association of Retired Persons. One-day courses focusing on the State of Illinois driver's license examination are also available. These courses are given in both English-language and Japanese-language sessions.

At the JASC, wellness is regarded as a state that requires a comprehensive approach to management. With an ever-developing menu of workshops and other events, the agency seeks to provide community members with the tools to help them stay in good health and in touch with the world.

“I’m almost as old as my parents were when they died, and I’m a little concerned. How can I monitor my health between visits to the doctor?”



From the President

Dear Friends:



Lisa Sakai
PRESIDENT

After over a half century in Chicago the JASC is stronger than ever, and we will continue to serve the Asian American community as long as there is a need for us to be here. And today there is still a need. In an ideal world, there would be no need for ethnically based organizations because people would not be separated by race. In an ideal world, people would understand that the things that make us the same are more important than the things that make us different. Unfortunately, we are not there yet. The September 11th tragedy showed us how much hate and intolerance still exist in the world. In the aftermath of that horror, organizations like the JASC will be crucial towards increasing the public's understanding of minorities and immigrants and their contributions to American society.

Granted, we are not the largest organization in Chicago, nor is the Japanese American community the largest ethnic group in the city. But the lack of large numbers does not mean that we cannot make a meaningful contribution. And do not doubt that the JASC has made a difference. Come visit the JASC and watch our Adult Day Service clients enjoy a visit from some children in observance of Keiro No Hi (Respect for Elders day). Have your high school student use our Archives to research her paper on the U.S. Constitution and the Internment Camps. Come join us at one of our Health Fairs and register with the National Marrow Donor Program or stop in during Holiday Delight/Kodomo Matsuri and watch your child's face as he sees his first Asian Santa Claus. These may seem like small things, but they can make a world of difference.

Remember the story of the starfish? After a storm, a man was walking down the beach throwing starfish that had washed up on the sand back into the water. Another man watching him asked him why he bothered, since there were hundreds of starfish on the beach and he could never save all of them. The first man threw a starfish back in the water then turned to the other man and said—"made a difference to that one."

The JASC has been successful because through the years we have been fortunate to have a dedicated staff and substantial support from community members. Almost 100% of our cultural programming and about 25% of our social services are funded by you, our members—through your membership contributions, donations and special events. You should be as proud of that fact as we are grateful. If you would like to save even more starfish, I hope you will consider other ways in which you can help. Perhaps you would like to volunteer at one of our events or, if time is a scarce resource and you are feeling particularly generous, come talk to us about Planned Giving bequests.

A handwritten signature in black ink that reads "Lisa Sakai". The signature is fluid and cursive.

Lisa Sakai
PRESIDENT

From the Executive Director

Dear Friends:



Jean Fujiu
EXECUTIVE
DIRECTOR

There is still an important role for the JASC to play in helping people through our Social Service programs. We know of fewer than 50 Issei in the Chicagoland area. Now it is our Nisei generation who are facing the challenges of aging. The Issei and Nisei worked hard so that we could be here, and we owe them the best that we can give.

We know that our community highly values independence, and we can provide services in a way that is respectful of independence while supporting health and safety. It is equally important to care for the caregiver. Frequently, caregivers are also seniors and may have challenges of their own. Adult children as caregivers may find the roles reversing and have difficult decisions to make on behalf of their parents or other aging relatives.

Therefore, the JASC Social Services have come to be of benefit to multiple generations, and we intend to expand our support across geographic, generational and diverse boundaries. Our Adult Day Services and Homemakers programs were among the earliest established in the City of Chicago. Our staff brings that experience, knowledge and creativity to any concern and will provide consultation even if we are unable to provide the direct services. The counseling program is not as limited by geographic or generational boundaries. That our social worker is bilingual enables us to support those with limited English speaking ability in complex and often confusing educational, legal and human service systems. People can receive services in the privacy of their homes and in their communities, where direct support is needed. Many have come to trust the JASC to have their best interests at heart, and they know that we will help in any way we can.

The JASC has also played an important role informing the community about significant events and issues, including the need for Asian American bone marrow donors. Jim Isono, a long-time Chicagoan, was in need of a stem cell transplant as a result of non-Hodgkins lymphoma. Even while ill, Jim educated the community about the lack of potential bone marrow donors among the Japanese American and multiracial and multiethnic populations. The JASC held two of the seven bone marrow donor drives in which about 600 potential donors were registered at various Asian American churches, organizations and businesses. Unfortunately, no match was found for Jim. We grieve his passing, but he leaves a priceless legacy of five matches that were found for others.

We are very fortunate because, whether it is a client, caregiver, staff person, volunteer, board member, donor or corporate sponsor, every day we see people going above and beyond. We have many challenges ahead, but we have the strength of our values, our caring and our commitment to face them well.

Jean M. Fujiu

Jean M. Fujiu
EXECUTIVE DIRECTOR

JASC Community Programs



Legacy Center (Archives and Library)

Archivist: Deborah Mieko Burns

The purpose of the JASC Legacy Center is to appraise, collect, organize, describe, preserve, and make available for reference and research information resources from the Japanese American community in the six-county Chicago area. It houses the JASC archives and serves a community repository for records and information resources about Japanese Americans and Asian Americans. The Legacy Center seeks to preserve and promote community heritage and common understanding of the Japanese American experience as an integral part of American history. We provide reference services for our collections, can help you make connections with community members, will lend selected materials, or can refer you to other repositories. Our collections are available for use by appointment. All people are welcome.

Nikkei Community Assessment

Project Coordinator: Deborah Mieko Burns

The JASC received a two-year grant from the Retirement Research Foundation for this project, designed to gather specific information about seniors and their caregivers. The JASC sought to understand the extent of demographic and socioeconomic changes in the community and how these changes impact the community and the JASC's services and programs. Results of the entire project will be reported in 2002.



Cultural & Community Affairs

Coordinator: Sharon Harada

Assistant: Kay Kawaguchi

Cultural and Community Affairs offers cultural classes such as sumie (ink painting), ikebana (flower-arranging), origami (paper-folding), the art of tea, and quilt and minyo (Japanese folk-dancing) clubs. Ceramics, taiko (Japanese drumming), tai chi, Japanese language and Japanese cooking classes are also offered. Special programs have included kamishibai (picture-board storytelling) and Hiroko Fujita, a Japanese storyteller, educator, and author. Educational programs on Medicare and long-term care coverage, twice-yearly health screening blood tests, and annual free flu shots are also part of the program as well as a city-sponsored nutrition or Golden Diners program.

JASC のソーシャル・サービスとコミュニティ・プログラム

豊かな老後と充実した日常生活のために

これまで日系人や日本人は、その歴史的、社会的背景から、自分の子供も含めてできるだけ人の世話にならず、人に迷惑を掛けず暮らすことをモットーとし、社会福祉の恩恵を受けることさえ拒む傾向が強かったようです。

しかし最近では、家事一般から子供の世話、高齢者の介護などに専念してきた女性の多くが社会に進出、専門職についたりあるいはパートタイムの仕事を持ちながら、家事や介護をこなすなど負担が増えてきています。

家族の負担を軽減し、かつ引退後の余生、人生のゴールデンエイジを、いかに心身共に健やかに過ごすか。高齢者が家族と共に、あるいは一人住まいであっても、自宅で独立した生活を営み、極力ナーシングホームなどの施設への入所を遅らせるためには、社会福祉プログラムを積極的に利用し、早めに充実した生活のサイクルを作り上げる必要があります。身体の動きが不自由になったからと、家にこもり始めるとますます外出がおっくうになり、やがて人に会ったり話をするのが嫌になるものです。このように自分を社会から孤立させるような生活は、心身を衰えさせ、しばしば施設への入所を早めます。少々身体が不自由でも、物忘れや精神の混乱があっても、アダルト・デイケアに参加したり、ホームメーカーの助けを借りれば、自宅での生活を続けることも可能です。

精神面での健康維持はどうでしょうか。夫婦、親子などの家族間、あるいは職場での人間関係など、意思の疎通がうまく行かない、日本からの渡航者や留学生で、言葉が不自由、異文化社会に馴染めない、その他年齢性別に関係なく、いろいろな理由でストレスを溜めておられる人も多いでしょう。そんな時は早めに専門家のカウンセリングを受けて心のケアに努めることが大切です。

「私の義母は 82 歳ですが、現在ナーシングホームでリハビリを受けています。近く退院するのですが、体力を回復させるために、どのようなことをすればよいのでしょうか。」

「母が亡くなったあと、一人暮らしの父は家事が出来ず困っています。家政婦さんを雇うほどの収入

もないのですが」

「私達は最近日本からこちらに来たのですが、子供達が通っている学校の先生とうまく話せず心配です。助けて頂けますか。」

定住者会に寄せられる質問のうち幾つかを挙げてみました。最初の質問はアダルト・デイ・サービスで、二番目の質問にはホームメーカー・サービスで、そして最後の質問には日英バイリンガルのカウンセラーが、といずれもいろいろな形で私達がお手伝いできることばかりです。

たとえ今すぐこれらのサービスが必要でなくても、大切な両親や祖父母、友人そして自分自身のためにも、定住者会の福祉プログラムを心に留めておいてください。

文化教室 / コミュニティー・プログラム

前記のようなソーシャル・サービスのほかに、定住者会では春秋年二回のヘルス・スクリーニングを行っています。これは血液検査により成人病などの早期発見に努めるもので、会員は低料金でテストが受けられます。また秋にはシカゴ市公衆衛生局と共催で、シニアのためのフルーおよび肺炎の予防接種を無料で行っています。その他、当会館はシカゴ市老齢局のランチ・プログラム、「ゴールデン・ダイナース」のロケーションとして、毎週月曜から金曜の午前 11 時半から 12 時半まで栄養のバランスがとれた昼食をシニアに提供しています。

カルチャー教室では、好評のクッキング・クラス、日本語、折り紙、生け花、墨絵、陶芸、太極拳、民謡などを開講しているほか、医療保険や長期介護保険の選び方や、財産管理のセミナーも開かれます。また一年に 2～3 回、シニアのための道路交通法規のリフレッシュ・クラスも日英両語で行われます。

またシカゴを中心とした日系人の歴史的資料を収集し、分類保管した資料室や図書室が専門職員の努力で充実してきています。学校や一般のプロジェクトの調査などにご利用ください。

以上定住者会の主な活動、プログラムを紹介しましたが、日本語でインフォメーションが必要な方は、電話 773-275-0097 の村尾(内線 25)または川口(内線 26)までお問い合わせください。

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Chicago Department of Cultural Affairs
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Masaru Nambu Internship Fund

A summer internship program has been designed for a high school or college student to gain experience in the social service field. No donations were received in FY 2001. However, donations will be gratefully accepted to continue this worthwhile fund.

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This FY 2001 annual report covers the time period July 1, 2000, to June 30, 2001.

If we have inadvertently omitted your name from any list, please call the JASC office and let us know. Thank you.

The 2001 JASC Membership List can now be found in the Member Services & Programs book.

JASC Condensed Statement of Activities

Condensed Statement of Activities for the year ended June 30, 2001.

Support and Revenue:

PUBLIC SUPPORT

Contributions	\$ 129,088	
United Way Allocation	76,147	
Membership	51,564	
Special Events (net)	82,239	\$ 339,038

GOVERNMENTAL AGENCIES SUPPORT 206,813

REVENUE

Program Fees	97,300	
Activity Fees	26,202	
Interest & Dividend Income	91,106	214,608

TOTAL SUPPORT AND REVENUE 760,459

Expenses:

PROGRAM SERVICES	616,159
SUPPORT SERVICES	261,577

TOTAL EXPENSES 877,736

Excess of Expenses over Support and Revenue (\$ 117,277)

A complete copy of these financial statements, audited by Yamada & Associates, P.C., is available for viewing at our office.

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773.275.0097

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773.275.7212 (ext. 39)

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Aide Mori Ohono
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773.275.7212 (ext. 25)

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Cultural & Community Affairs

773.275.0097 (ext. 29)

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The photographs on pages 3 through 9 appear with the consent of the subjects.

Writer: Karen Kanemoto
Photographer: Kay Kawaguchi
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Mission Statement

The mission of the Japanese American Service Committee is to enhance the quality of life of the Japanese American community by providing social services, by opening up access to human services in the larger community through communication, collaboration, and coordination with appropriate agencies and organizations, and by increasing public understanding of minorities and their needs and contributions to the larger society.

A nonprofit social service agency founded August 30, 1946, the Japanese American Service Committee serves the aged, families, and individuals in the Japanese American, other Asian, and non-Asian communities in Chicago and suburbs.

Japanese American Service Committee does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint. For information, contact the JASC at 773.275.0097.



JASC

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Chicago, Illinois 60640

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social services 773.275.7212

fax

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