



A NOTE FROM KEIRO:

Dear Readers,

For more than 50 years, Keiro has celebrated the lives of older adults in Our Community and strived to support their needs so that they may age on their own terms, with dignity, vitality and confidence. Today, Keiro retains and is building upon its mission: *to enhance the quality of senior life in Our Community.*

Keiro continues to take a thoughtful and deliberate approach to planning a future that provides culturally enriched programs, events and resources to meet the changing needs of older adults.

We thank you for your patience and understanding during our recent transition, and we look forward to shaping a healthy, impactful future with you.

Sincerely,
Dianne Kujubu Belli
Chief Administrative Officer

Renewed Investment in Programs

Keiro is expanding our reach from a focus on long term health care facilities to broadly engaging and supporting thousands of Japanese American and Japanese older adults throughout Los Angeles, Ventura and Orange counties. The unique and changing needs of older adults and caregivers call for programs that promote aging and living with vitality and balance across the eight dimensions of wellbeing.

Keiro's culturally sensitive programs align with evolving community needs and address increasing diversity, helping older adults in Our Community realize the aging experience they desire.

Our Program Areas Focus On:

1. Services to Older Adults:

Keiro aims to improve the health of older adults in Our Community by providing the tools to help people take control of their wellbeing. Our organization will support older adults' independence to live at home for as long as they desire, educate older adults and their families so they can make informed decisions regarding end-of-life and other important issues, and build community among older adults

to reduce isolation and sustain a network dedicated to serving older adults.

2. Support of Caregivers:

Today, almost 1 in 3 Japanese Americans is a caregiver. Keiro focuses on enhancing support systems for caregivers to ease the physical, psychological, and financial burdens of caregiving, train caregivers to provide culturally sensitive and effective care, and address the needs of the older adults who lack access to caregiving.

3. Programs for Residents of Keiro's Former Facilities:

For Keiro, ensuring the quality of care for the residents of our former facilities is of utmost importance. We are working with the new operators to ensure continuity of programs and services that serve the specific needs of the residents, while also sustaining and strengthening the facilities' volunteer base.

Community and stakeholder input and partnerships are helping shape the future of our organization and will ensure that we remain nimble to address the changing needs of Our Community. If you have any questions or input, please contact planningforthefuture@keiro.org.



Upcoming Classes

WE HOPE YOU CAN JOIN US AT ONE OR MORE OF THE FOLLOWING CLASSES!

Memory Kai:

Keep your memory sharp through this innovative program developed by the UCLA Longevity Center. Course meets for 4 weeks.

When:

Thursdays, beginning May 5, 2016
from 9:00 a.m. – 11:00 a.m.

Where:

Gardena Valley Japanese Cultural Institute
West 162nd Street, Gardena, CA 90247

OASIS Introduction to iPad:

This course will teach the basics of iPad iOS8, including connecting with friends and families, taking and editing photos, surfing the Internet, and more. Course meets for 6 weeks.

When:

Tuesdays, beginning May 31, 2016
from 10:00 a.m. – 12:00 p.m.

Where:

West Los Angeles United Methodist Church
1913 Purdue Ave., Los Angeles, CA 90025

“Death is a Sure Thing” (Iku’s Box) and Personal Emergency Response Options:

Learn how to build a document file for the benefit of survivors presented by Iku Kiriya, along with a discussion of personal emergency response options by Keiro staff.

When:

Saturday, May 21, 2016
from 1:00 p.m. – 3:00 p.m.

Where:

Long Beach Japanese Cultural Center
1766 Seabright Ave., Long Beach, CA 90813

For more information or to register for a class please contact **Kanako Fukuyama** at kfukuyama@keiro.org or **213.873.5709**.

敬老から一言

読者の皆様

敬老は50年以上もの間、我々のコミュニティの高齢者の生活を祝福し、彼らが尊厳、活力、自信をもって自分らしく年齢を重ねていけるように、そのニーズを支援するべく努力してまいりました。今日、敬老は、我々のコミュニティの高齢者の生活の質の向上というミッションの上に構築され、それを守っています。

敬老は、高齢者の変化を続けるニーズに見合うように、文化的に豊かなプログラム、行事、リソースを提供する将来を計画するために、思慮深くかつ意図的なアプローチを継続します。

最近の移行期間における皆様の忍耐とご理解に深く感謝を申し上げます。そして、健康で影響力に満ちた将来を皆様と共に作っていくことを楽しみにしております。

敬具

ダイアン・クジュー・ベリ
最高総務責任者



プログラムにおける新たな投資

敬老は、長期介護施設への焦点から、ロサンゼルス、ベンチュラ、オレンジ各郡を通じて何千人もの日系米国人・日系人の高齢者に対して幅広く取り組み、支援するという一方で、対応範囲を拡大しています。高齢者や介護提供者が抱える特殊かつ変化を続けるニーズは、福利の8局面全体において活力とバランスを保ちながら高齢化し、生活していくことを推進するようなプログラムを求めています。

敬老の文化的背景を考慮したプログラムとは、進化を続けるコミュニティのニーズに対応しており、多様性を増大させ、我々のコミュニティにおける高齢者を助け、高齢者が望むような加齢の体験を実現するものです。

我々のプログラム分野の焦点:

1. 高齢者に対するサービス: 敬老は、高齢者の福利を管理することを助けるツールの提供によって、我々のコミュニティにおける高齢者の健康向上を目標としています。我々の団体は、高齢者が望む限り在宅での自立生活ができるよう支援し、人生の末期やその他の重要な課題に関して説明を受けた上での決断ができるように高齢者やその家族を啓蒙し、孤立しないように高齢者のコミュニティを構築し、高齢者へのサ

ービス提供を専門とするネットワークを保持します。

2. 介護提供者の支援: 現在では日系米国人のおよそ3人に1人が介護提供者です。敬老は、介護提供者が介護の肉体的、心理的、金銭的な負担を低減できるように支援システムの強化に焦点を当て、文化的背景を考慮し、かつ効果的な介護を提供する介護提供者を訓練し、介護へのアクセスが限られた高齢者のニーズに取り組みます。

3. 旧敬老施設居住者向けのプログラム: 我々にとって、旧敬老施設居住者の方々のケアの質を保証することは大変重要なことです。我々は、施設のボランティアのベースを保持・強化しながら、入居者の特有のニーズに見合うプログラムやサービスの継続性を保証するべく、新たな施設運営者と協力していきます。

コミュニティや関係者の皆様のご意見やパートナーシップは、我々の団体の将来を形成する助けとなっており、かつ、我々のコミュニティの変化を続けるニーズに対して我々が鋭敏であり続けることを保証するものです。ご意見やご質問のある場合には、Eメール planningforthefuture@keiro.org 宛にご連絡いただくようお願い申し上げます。



Genki Living Blog: TAKING CHARGE OF OURSELVES

Keiro is pleased to announce our NEW *Genki Living Blog*, with enhanced features – building on content, and topics suggested by community members. We will continue providing subscribers with new opportunities to engage in learning about and discussing current health trends and topics relevant to Our Community.

We'd like *Genki Living* to be a new place for individuals in Our Community to receive, comment, engage in, and share health information to support aging and promote health and wellness. Together, we are inspiring *genki living* across the lifespan!

Visit our new *Genki Living Blog* at www.genkiliving.org.

To subscribe or submit your own Genki stories to share, please contact Kevin Onishi at konishi@keiro.org.

Continuity of Care

Keiro continues relationship with facilities through volunteer management.

Volunteers contribute in many important ways and are critical to supporting the wellbeing of residents in the facilities previously owned by Keiro. To maintain continuity of services following the sale of the healthcare facilities, the new operators – Aspen Skilled Healthcare and Northstar Senior Living – have engaged Keiro to continue managing the volunteer program.

Brandon Leong, Keiro's Director of Community Advancement, will provide support to the facilities and residents by recruiting and orienting new volunteers, overseeing volunteer recognition, and creating new opportunities for volunteers to remain engaged in supporting the residents.

To learn more about volunteering and supporting residents in the facilities previously owned by Keiro please call 213.873.5794 or email volunteer@keiro.org.



Wellbeing describes a person's overall health and balance in one's life. Balance in the eight dimensions of wellness gives people confidence that generates a sense of peace and wholeness. This integrative view of wellness means that anyone can manage their life for optimal health and wellbeing. Whether someone is living in their own home in the community or in a senior care facility, Keiro approaches each person

with the understanding that at any age, lifestyle choices and personal responsibility for wellness decisions influence a person's quality of life.

The 8 dimensions of wellbeing include:

Environmental – preserving the environment for the health of ourselves and our children

Physical – exercising and eating nutritionally to maintain health

Occupational – contributing and using skills/abilities through work and volunteering

Financial – planning for financial and legal security

Intellectual – stimulating mind and mental capacity

Emotional – engaging feelings, managing stress, transitioning, identifying purpose in life

Social – connecting and interacting with family, friends, community

Spiritual – seeking spiritual centered beliefs through religion, the arts, nature

THANK YOU!



Donors, supporters, and volunteers help Keiro bring peace of mind and resources to transform the wellbeing of individuals, families and our community. Your support enables Keiro to adapt and meet the ever-changing of our community, generation after generation.

Our deepest appreciation to all who partner with Keiro to enhance the quality of senior life in Our Community! While Keiro suspended all fundraising solicitation throughout the time of transition and change in ownership of the facilities, donors informed of the pending sale continued to contribute. Our next publication will include a listing of donors to Keiro during the transition.



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SAVE THE DATE!

GENKI CONFERENCE: CAREGIVER'S EDITION



Saturday, June 11, 2016

Pasadena Buddhist Temple
1993 Glen Ave., Pasadena, CA 91103



Caring for a loved one can be physically and emotionally challenging. Knowing what to do, what to expect, and on whom to depend may help lighten the load. Join us for this FREE conference featuring speakers, tools and practical resources with compassion for current and future caregivers.

Presented by Keiro, Pasadena Buddhist Temple, First Presbyterian Church of Altadena, Pasadena Japanese Cultural Institute, and Pasadena Nikkei Seniors.

For more information regarding the Genki Conference please visit:
www.keiro.org/caregiver-conference
or call 213.873.5705.

This program is FREE to the community and is made possible in part through our event sponsors and Keiro, Sierra Madre Issei Memorial Foundation, along with support from Keiro's Community Partners, donors, and volunteers.



Genki Connections

A publication of Keiro

To subscribe to *Genki Connections*, to correct or delete your contact information, or to send comments or questions, please contact Resource Development through any of the following ways:

Phone: 213.873.5793
E-mail: contact@keiro.org
Fax: 213.873.5799
Mail: Genki Connections
Keiro
420 East Third Street, Suite 1000
Los Angeles, CA 90013

Keiro is a not-for-profit 501 (c)(3) organization dedicated to enhancing the quality of senior life in Our Community. Our organization provides resources, tools, and culturally sensitive programs to help older adults age on their own terms and live with dignity, vitality and confidence. We also support caregivers with problem-solving approaches to manage some of their toughest challenges.