



A NOTE FROM KEIRO:

Dear Readers,

For over a half-century, Keiro's *mon* represented the organization in its fulfillment of our mission to *enhance the quality of senior life in Our Community* through long-term healthcare facilities. Going forward, Keiro retains and continues its mission, expanding our reach to broadly engaging and supporting thousands of Japanese American and Japanese older adults wherever they call home. Many readers have commented on Keiro's new logo, which incorporates an updated *mon* and represents the way forward for the organization.

Keiro is going beyond the walls of facilities into the community. Focusing on Los Angeles, Orange and Ventura counties by providing services to older adults and caregivers, along with programs for residents of the former facilities, Keiro is working toward transforming the wellbeing of Our Community.

We look forward to supporting Our Community, helping Japanese American and Japanese older adults to experience the best of health, home, family and community as we age.

Responding to the Changing Needs of Our Community

The *mon* (Japanese crest or emblem) or *kamon* (Japanese family crest) has great meaning to its holder. For Keiro, the enduring symbol of the connected three open umbrellas, represented Keiro's *umbrella of care* approach—the continuum of care through the healthcare and service levels provided in the long-term care facilities.

Going forward Keiro's new logo, which includes an updated *mon*, serves as a reminder that Keiro's mission remains the same honoring a legacy of support to elders and older adults in Our Community.

OLD LOGO



NEW LOGO



Removing the circle around the umbrellas symbolizes the new organizational model's openness to new approaches to meet the community's evolving needs and recognizes that our work going forward extends outward into the community. The inner lines at the center of the *mon* visually connect to create energy while symbolizing how core program areas work together to support Our Community.

Keiro's colors remain purple and green as a nod to the past, yet the shades have been subtly changed to be fresh, vibrant and bold to reflect the spirit and approach to *genki* living: supporting Our Community to live with dignity, vitality and confidence.



"It is important that Keiro continues to help older people living at home as the community keeps evolving."

JAMES MITSUMORI (1921-2014), A KEIRO FOUNDER

June is Men's Health Month

Keiro Presents at American Society on Aging Annual Conference



In March of this year, Keiro staff, Heather Harada and John Nakaki were selected to present, “The Answer is Golf: Outreach to Men for Evidence-Based Programs” as part of the American Society on Aging’s multi-day annual conference in Washington, D.C.

Keiro successfully implemented the Arthritis Foundation’s *Walk with Ease* program with a group of male golfers. Typically, more women than men participate in our evidence-based programs, including *Walk with Ease*. According to the National Council on Aging, evidence-based programs offer proven ways to promote health and prevent disease among older adults. They are based on research and provide documented health benefits. Older adults who participate in these programs can lower their risk of chronic diseases and falls—or improve long-term outcomes of chronic diseases or falls.

Keiro is certified to provide a half-dozen different evidence-based programs through its Lifelong Learning courses. For the Arthritis Foundation’s evidence-based program, Keiro’s target was boomer-aged, male golfers. All the golfers successfully completed the program, described positive outcomes, committed to continue walking more, and shared their experiences with others.

To view the presentation online:
www.keiro.org/resources/presentations

敬老からひと言

読者の皆様へ

半世紀にわたり、敬老の紋は、長期ヘルスケア施設を通じて我々のコミュニティーにおける高齢者の生活の質の向上というミッションを果たす努力の中で、組織のシンボルとしてその役割を果たしてまいりました。敬老は今後、何千人という日系米国人・日本人の高齢者に対して、こうした方々が我が家と称する場所における幅広い取り組みと支援を行うためにサービス範囲を拡大し、そのミッションを保持、継続していきます。多くの読者の方々から、以前の形状を残しつつ、組織の前進を表す新しいロゴについてのコメントをいただきました。

敬老は、施設という壁を越えてコミュニティーにより関わっていきます。ロサンゼルス、オレンジ、ベンチュラ各郡に焦点を当て、高齢者やその介護者へのサービスを提供し、我々のコミュニティーの福利を改善していく努力をいたします。また、旧敬老施設の居住者へのプログラムも引き続き提供してまいります。

このような形で、今後も我々のコミュニティーをサポートさせていただけることに胸を躍らせています。また、日系米国人および日本人高齢者が加齢と共に健康、暮らし、家族、コミュニティーにおいて最善の経験をなさるよう支援することを楽しみにしています。

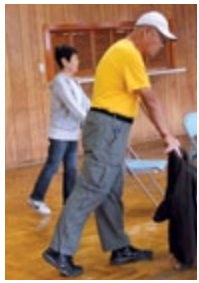
我々のコミュニティーの変化を続けるニーズへの対応

紋、つまり家紋というものは、その持ち主にとって大きな意味を持っています。敬老では、三本の傘をつないだ象徴が、長期介護施設で提供される介護とサービスレベルの経続性という敬老特有の「介護の傘」アプローチを表しています。

新しい敬老のロゴは、以前の形状を残しつつ、我々のコミュニティーにおける高齢者を支援するというレガシー（歴史）に今後も従い、敬老のミッションが今後も変わらないことを想起させるものです。

傘の周りがあった円形を取り払うことで、コミュニティーの進化を続けるニーズに見合うよう、また、我々の取り組みがコミュニティーに浸透していくよう、新たなアプローチで取り組む新組織のモデルの開放性を象徴しています。紋の中心にある内側の線は、コアプログラム分野が我々のコミュニティーを支援するためにどのように機能するかを象徴しながら、エネルギーの創出をビジュアルに彷彿させるものです。

敬老の色はこれまで同様に紫と緑ですが、我々のコミュニティーで尊厳、活力、自信をもって生きるという元氣リビングの精神とアプローチを反映できるよう、ほんの少しですが、新鮮で活力に満ちた大胆な色合いに変えてみました。



Male Caregivers: Myth or Reality?

FREE Programs to Encourage Networking to Prevent Social Isolation

Keiro's programs support our mission – to enhance the quality of senior life in Our Community – and are focused on **improving health and quality of life for older adults, supporting caregivers and continuing programs that support residents of Keiro's former facilities.** We provide the tools and resources to help older adults, their families and caregivers make informed decisions to age safely and confidently.

Keiro offers **Vitality Forums** that support healthy lifestyles and vitality across the lifespan and **Lifelong Learning Courses** that empower older adults to age on their own terms with the support and resources needed to achieve the aging experience they choose.



Spotlight: Technology and Connection in Older Age

OASIS Introduction to iPad (Keiro Life Long Learning Course)

The OASIS Institute is a national nonprofit organization that promotes successful aging through lifelong learning, health programs and volunteer engagement. As an OASIS partner, Keiro is certified to present this course on the basics of iPad iOS8 which covers ways to connect with friends and families, take and edit photos, surf the internet, and more. Studies have demonstrated that seniors have successfully utilized iPads and other tablets to stay connected with friends and family members, which is critical to reducing loneliness and social isolation. The course meets for 6 weeks, 2 hours per class, once a week.



iPhone/iPad Clinic for retirement home residents of Keiro's former facility

OASIS Introduction to iPad has been offered by Keiro in partnership with numerous community centers and groups including: Wintersburg Presbyterian Church, Anaheim Free Methodist Church, Orange Coast Free Methodist Church, and Venice Hongwanji Buddhist Temple.

In partnership with AT&T, an abbreviated (1 session/2 hour) version of the course is also offered as a Keiro Vitality Forum, and in preparation for the Introduction to iPad course being offered to residents of the former retirement home, Keiro has initiated a weekly iPhone/iPad clinic.

"Thank you for such an informative session. You could tell by the participation of the group that it was very well received."

KAY, MARCH 2016



Keiro's classes provide hands-on experience for older adults newer to mobile technology.

Do you know a millennial grandson who helps his grandmother by cutting the grass in her yard and driving her to the store a couple hours a week? Or a 47-year-old man caring for his 68-year-old mother or aunt by bathing or dressing, running errands, managing finances, or managing medications? If the answer is "yes", you know a male caregiver.

"Men, a group often stereotyped as failing to take on caregiving responsibilities, currently represent 40 percent of family caregivers and provide an average of 23 hours a week supporting a loved one."

NATIONAL ALLIANCE FOR CAREGIVING AND AARP, 2015

Why the increase? The National Center on Caregiving has concluded that the reasons include changes in gender roles and family structures, longer lifespans, and geographic separation. With more women in the workforce, men may have to step forward and provide caregiving. Families may be geographically dispersed, reducing the number of family members who may be available to provide care. Finally, roles, responsibilities and expectations of men and women have changed over time.

Caregiving is universal, touching all of our lives, men and women, young and old.

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

Read more articles like these on our new *Genki Living Blog* at www.genkiliving.org.



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Keiro in the Community

Keiro appreciates and celebrates the many organizations and groups that support and build community. We value collaboration and welcome partnership opportunities to support the wellbeing of Our Community.

To see a list of Collaborating Organizations:
www.keiro.org/partner



Supporting SoPhis in Orange County, April 23, 2016



Kizuna's 5th Anniversary in Long Beach, May 7, 2016

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:

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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.