FALL 2018 EDITION

Keiro 🦃 Connect

Talking About Transportation

Welcome to Keiro Connect: Fall Edition!

More than 1,000 people attended our first Keiro no Hi celebration! We are honored that the event brought together leaders such as Mitsunari Okamoto, Japan's Parliamentary Vice Minister for Foreign Affairs, and Orange County leader Akemi Miyake, who at age 99 embodies the spirit of aging well.

Recognizing that transportation is a major issue – and often an obstacle – when attending events, Keiro offered complimentary transportation to the Keiro no Hi Festival for nearly 150 older adults from four locations around LA and Orange Counties.

Socializing, a key to living well at any age, is often dependent on being able to get around. Keiro is working on a range of initiatives related to senior transportation. We offer the AARP smart driver class – one of our most popular course offerings! We are also beginning a partnership with Kizuna for the younger generation to teach older adults how to use mobile apps such as Uber.

Please feel free to contact us for more information and visit Keiro.org to sign up for our e-newsletter. We look forward to hearing from you this autumn!

Leona Hiraoka President & CEO, Keiro



Keiro秋号へようこそ!

9月には日米文化会館と共催で初の「敬老の日」フェスティバル を実施し、1000人以上の方にご参加頂き、また外務大臣政務官 の岡本三成氏にもご来場いただきました。そして150名近くの 高齢者の方が、イベント専用の無料送迎バスを利用されました。 ロサンゼルスで移動手段を確保することは、アクティブで居続 ける上でとても大切なことです。KeiroではこのほかKizunaとの パートナーシップや、AARPスマートドライバークラスなどを 通じ様々な形で移動手段の課題に取り組み始めています。

皆様にとってすばらしい秋の季節となりますよう心から願って おります。

レオナ・ヒラオカ Keiro代表兼最高経営責任者 (CEO)



Celebrating our Older Adults at the Keiro no Hi Festival

Little Tokyo saw its first ever celebration for older adults at the Keiro no Hi Festival on September 16, 2018. In partnership with Japanese American Cultural & Community Center, Keiro welcomed over 1,000 attendees to enjoy a Sunday full of activities and entertainment.

The festival honored the community's aging members with entertainment on stage by featured senior performers, exhibitions, vendors, and other activities designed for older adults. A special visit was also made by Mitsunari Okamoto, Vice Minister for Foreign Affairs from Japan, along with Consul General Akira Chiba and Consul Shigeru Kikuma.

Special complimentary transportation was provided from four locations throughout Los Angeles and Orange Counties, shuttling nearly 150 older adults and their families to the festival hassle free.

Chieko Shibata from Gardena explained that using the free bus was easy and the reason why she came to Keiro no Hi. Despite coming alone, she said that she never would have made it to the festival without the service.

"If transportation was more easily accessible, I would come to things more," Shibata said.



At a corner table, Gayle Wada, her mother Amy Takamatsu, and Tim Yamamoto with his parents Kenji and Hideko enjoye the hosted bento lunch. Amy, Kenji, and Hideko also wore the special leis as gifts for celebrating their birthdays.

"She's having a great time," Gayle said about her mother, who only speaks Japanese and enjoys having the opportunity to go out every so often. She adds that the festival was a great reason for her to take her mother out.

Tim shared how he and his wife Tomoko are the primary caretakers for his 101-year-old dad and mom who is turning 98 this fall. He explained that the festival both allowed his parents to enjoy a day out and gave him the opportunity to visit vendors and find caregiver resources.

The festival also featured a calligraphy exhibition of artwork by older adults, as well as a health booth area. The Iyashi Care team along with the Advance Directives and Pharmacist tables saw a number of festival attendees just inside the entrance doors of the Aratani Theater.

Across the plaza courtyard, performers expressed themselves through musical performance. As part of Sakura Garden's

ed	ukulele group, Yoshiko Becker along with nearly 40 other members meet once a week to rehearse and catch up.
eir	"Playing makes me feel a little younger every day," she said. "It keeps me healthy to sing too." She adds that she can't wait for the next performance.
1	"I really hope this is a regular thing," Gayle said while waiting for Tim's car to pick up their parents. "This was such a wonderful day."
	For the full article, visit keiro.org/news.

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AN IYASHI CARE STORY: The Relief I Felt With the "Care Specialists"

Fifteen years after beating cancer, Masami had found herself battling a familiar enemy. However, this time, when the cancer came back, she decided to hold off on chemotherapy and instead traveled back and forth between U.S. and Japan in order to provide her elderly mother in Japan with much needed caregiving.

"She chose what was most important to her," recalls her husband, Hiro.

A couple of years after diagnosis, Masami had large bowel obstruction due to cancer, and the couple went to the hospital. After waiting an entire night, they found out Masami needed surgery immediately.

"When you're sleep deprived, in a state of panic with everything moving so quickly, and on top of that you have the language barrier, who would be able to make the correct decision?" They used the hospital's translation services for their first conversation with the doctor, but ran into difficulties. "Although I fully appreciated the service, it took so long passing the phone back and forth, and I felt sorry for taking so much time from the doctor."

When he had to decide whether to move forward with certain surgical procedures or not, he didn't know what to do. So many questions went through his head: What side effects could happen? Would there be any drawbacks after? In the midst of all this chaos and stress, Masami and Hiro were introduced to Dr. Yuichi Edwin Yanami and Iyashi Care.

"We were so lucky to have him. He explained all the information we needed, in Japanese, to be able to make our decision confidently."



After surgery and returning back home to start chemotherapy, they continued to receive support from the Iyashi Care team. Dr. Yanami would visit their home once or twice a month. Of all the doctors they met, Dr. Yanami was the only one with whom they had such close communication via phone calls and he was even able to provide medication to ease Masami's pain during her treatment.

Additionally the Iyashi Care team helped Masami and Hiro understand the benefits of filling out an advance directive form, a document to express her treatment preferences in the event that Masami could no longer make a decision on her own. The Iyashi Care social worker also referred them to an estate planning attorney, as well as in-home care options for caregiving needs since Hiro was working while all this happened.

Iyashi Care not only helped Masami but Hiro as well. "I had stress-related stomach problems and was on medication during this time. It was so nice to have a team of experts that I could rely on. It helped ease my anxiety and burden."

He says he is so grateful for the program. "If we didn't have them, we would have been lost in the healthcare system. Looking at all the help we received, the team truly is a group of 'care specialists' – they know how to support us medically and more importantly, emotionally."

For the full article, visit keiro.org/news. 日本語版はこちらから: keiro.org/jp/news



Keiro and Providence present the first palliative care program in the United States catered towards Japanese American and Japanese older adults and their families. The program provides an extra layer of care by working together with the patient's current healthcare team.

Contact us today to inquire about this innovative program!

213.873.5791 keiro.org/iyashi-care

FAR EAST LOUNGE: A PLACE TO ESCAPE ISOLATION

Like many older adults in our community, Debra was resistant to change. She maintained a small network of friends, but as some of them passed away, she slowly became homebound.

A shrinking social circle can lead to a decline in physical abilities – and vice versa, eventually leading to isolation. Little Tokyo Service Center social worker Ryoko Nakamura says, "Once people isolate themselves, it is very difficult to pull them out." For months, Debra's social workers encouraged her to visit the Far East Lounge.

Funded in part through an LTSC and Keiro partnership initiative, the Far East Lounge is a gathering space in Little Tokyo for older adults and others to connect and enjoy activities that promote an active, balanced lifestyle.



There, Debra immediately struck up a friendship with the program coordinator. As she began to open up, the coordinator learned Debra had a talent for making origami cranes, which led to an idea to do an exhibition to showcase the art. The project provided Debra with a purpose and a reason to keep coming back to FEL.

"That really boosted her self-esteem," said Nakamura. "She felt like she was contributing something to the community." Debra also became friends with LTSC's college interns while working on the project.

Debra continues to visit FEL on a regular basis. Nakamura believes the program significantly benefited Debra's physical and mental health. "She looks very excited and happy now."

For the full article, visit keiro.org/news. 日本語版はこちらから: keiro.org/jp/news

The client's name has been changed in this story to protect the individual's privacy.



Finding the Best Solution to Keep Older Adults Engaged – East San Gabriel Valley Japanese Community Center

ESGVJCC's Senior Wellness Program has been around for almost nine years, welcoming aging members from all over the San Gabriel Valley to enjoy workshops, exercise, speakers, and open conversations. For many who attend, the program is a rare opportunity to leave home and engage in group activities.

But the center faces a new challenge: transportation.

"This has been on our radar for a long time," says ESGVJCC Executive Director Pearl Omiya. "We realized that as our members age they stop driving. They can't come here anymore."

Research by AARP suggests that lack of transportation has a negative correlation with poor health and disability statuses.

ESGVJCC experimented with a number of pilot transportation options before deciding on what worked best for them: a van program, partially funded by Keiro's Grants Program.

With Uber and Lyft, despite ESGVJCC staff arranging all the rides to eliminate technology use barriers, some of the older riders expressed hesitation getting into a stranger's car for rides. In addition, the drivers sometimes had trouble finding riders' homes. They also attempted volunteer rideshare, but *enryo* prevented older adults from utilizing the service, since they felt they were burdening the volunteers.

"If we didn't pick up these seniors they wouldn't be going anywhere. The Senior Wellness Program is half of their weekly activities and I definitely feel like [the van] is worth it."

A van may seem like a simple solution but there are many things to consider before investing in one, including maintenance, gas, and insurance costs. "I would definitely suggest to other organizations to have a designated driver," Omiya says. ESGVJCC currently has three drivers on rotation but logistics and scheduling can be challenging as more riders ask for the service. There are a growing number of alternative transportation options, and as the ESGVJCC staff knows, it may take several experiments to find what works best for an organization.

ESGVJCC hopes to expand the Senior Wellness Program to five days. And while one van can suffice for now, Omiya says she can already foresee a need for another.

For the full article, visit keiro.org/news.

KEIRO CLASS: AARP SMART DRIVER COURSE



AARP

Keiro partners with AARP to bring the AARP Smart Driver course to the Japanese

American and Japanese community. This 8-hour course is catered to drivers age 50 and older. The nation's first refresher course for seniors covers how all facets of aging (including hearing, vision, reaction time, and depth perception) can affect your driving and how you can make modifications to fit your physical capacities.

The most dangerous situations for senior drivers are at intersections, especially left turns in uncontrolled (signaled) intersections. Statistics say 30% of all fatal accidents for drivers over 65 occur at intersections. At the same time, 90% of all accidents are preventable.

Bill Yee, who took the course earlier this year at the Japanese American Christian Chapel, says the course "made me remember what I was taught in drivers ed in high school, that I need to drive defensively and always be aware of my surroundings!"

Pastor Dave Watanabe comments that this course was "very informative, practical, and a must for senior-age drivers in Southern California."

If you are interested in this course, please email programs@keiro.org.

AHEAD ON AGING: ALTERNATIVE TRANSPORTATION



Living in the vast Southern California region presents an overlooked issue of transportation when it comes to aging in Our Community. Many of us just say *shikata ga nai* and endure through horrific traffic, as driving has become essential to our independence. Below are some tips on alternative methods of transportation if you prefer not to or can no longer drive.

Lyft and Uber:

These are ride hailing services where you can request a ride by using your smartphone. Often cheaper than taxis, these services allow you to pay for your ride through your smartphone, so you do not have to exchange money with your driver.

Uber: https://www.uber.com/ Lyft: https://www.lyft.com/

GoGoGrandparent:

Unlike other ride hailing services that require you to use a smartphone, GoGoGrandparent allows you to order a ride by using any type of phone. You can speak with operators who are trained to work with older adults.

https://gogograndparent.com/

Los Angeles Metro:

The Metro has 13,978 bus stops and 93 rail stations throughout Los Angeles County. With reduced pricing for older adults, LA Metro utilizes TAP Cards where riders preload fare money. They also offer the 'On the Move Riders Club' where volunteers help older adults navigate the system.

https://www.metro.net/around/senior-tips/move-riders-club/



420 East Third Street, Suite 1000 Los Angeles, CA 90013

Phone: 213.873.5700 Fax: 213.873.5799 E-mail: contact@keiro.org Web: keiro.org

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UPCOMING EVENTS: Π

#GIWINGTUESDAY

Tuesday, November 27, 2018

WILL YOU **JOIN US?**

#GivingTuesday is a global movement of charitable giving through social media platforms. We hope you will join us on this day to support improving the quality of life for older adults in Our Community!

More at: www.keiro.org/Giving_Tuesday Follow us today! Facebook: facebook.com/KeiroConnect Twitter: @KeiroConnect

SAVE THE DATE



KEIRO CAREGIVER CONFERENCE

Saturday, March 30, 2019

Pasadena Buddhist Temple 1993 Glen Ave, Pasadena, CA 91103

Registration will open mid-November. For more information visit: www.keiro.org/caregiver-conference

Non-Profit Organization U.S. Postage PAID Los Angeles, CA Permit No. 32672