



# INNOVATIONS IN AGING

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# WELCOME TO KEIRO CONNECT ANNUAL PUBLICATION WINTER 2019!

Happy New Year! We hope you had a wonderful holiday season full of social connections and enjoyment with your loved ones.

As 2019 gets off to a start, many of us celebrate the new year by reuniting with friends and family at *shinnenkai*, *mochitsuki*, and other community events. These annual traditions are part of the glue that keeps our community and culture together, celebrating friendships and long life.

But even as we keep these valued traditions alive, the world around us is constantly changing. Technology and innovation have become a part of our daily lives, whether we know it or not. We can get groceries, clothing, and medication delivered to us without leaving our homes. We can manage our finances and pay our bills with the click of a button. Our smartphones are like pocket computers, with more technology in a 3" by 6" device than the entire Apollo 13 mission. And innovation is happening at a more rapid pace than ever before in history.

Technology and innovation will also play a growing role in healthcare and how we age. As you read through this publication, featuring several articles by experts in health and gerontology, you can get a sense of these changing times and its direct impact on you. We at Keiro are looking into how these trends and research can help support our community to age well into the future.

We are grateful to our many generous supporters, including donors, community partners, volunteers, and industry experts, who have made our programs and events possible. Through innovation, creativity, and the use of technology, Keiro will continue to work towards enhancing the quality of senior life in Our Community.

– Keiro Staff

皆様、新年明けましておめでとうございます。年末年始を家族や大切な方とおしゃべりに花をさかせたりして、楽しい、充実した時間を過ごされたでしょうか。

2019年が始まり、新年会や餅つきなどの恒例の行事で家族や友人と新年を祝う季節。このようなつながりや長寿を祝う伝統の行事は、私たちの文化やコミュニティをつなぐものだと実感しております。

しかしながら、伝統行事が毎年続けられる一方で、私たちを取り巻く社会は着実に変化しています。知らず知らずの間に新しいテクノロジーもいまや私たちの生活の一部となりつつあり、ボタンを一つクリックするだけで支払いをしたり、預金を管理したりできる時代になりました。スマートフォンは手のひらに収まるコンピュータ。その中に詰まっているテクノロジーはアポロ13号のミッションで使われたものよりも多いのです。人類の歴史上で今、まさに最速スピードで日々私たちの技術力は進化し続けています。

技術の進歩、開発は私たちの年齢の重ね方や、ヘルスケアの分野でも役割が大きくなりつつあります。本誌ではヘルスケアや老年学の専門家の方々の記事を通じ、進化し続けるこの世の中が皆様とどの様に関わってくるのかについて探求いたしました。Keiroとしてもこのような世の中のトレンド、最新の研究がコミュニティの皆様がより良く年を重ねる為どの様に活用できるか、日々研究しております。

最後に、私たちが提供するサービス・イベントに多大なるご支援・寄付をしてくださる皆様、ボランティアの皆様、コミュニティパートナーの皆様、そして各分野のエキスパートの皆様にご感謝深く申し上げます。イノベーション、創造性、そして最新テクノロジーを生かして、Keiroは引き続き高齢者の方の生活の質の向上に努めて参る所存です。

– Keiroスタッフ一同

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# 2018

## A YEAR IN REVIEW THROUGH PHOTOS...

- 1 Thank you to the volunteers who make our events possible! (Keiro Grants Luncheon – April)
- 2 Dr. Yanami, Iyashi Care physician, speaks with a caregiver at the resource fair. (Keiro Caregiver Conference – May)
- 3 An older attendee wearing the special birthday gift lei enjoys her complimentary bento. (Keiro no Hi Festival – September)
- 4 Four-member vocal harmony group, Asian Persuasion, brings back pop songs from the 70's. (Keiro no Hi Festival – September)
- 5 Keiro staff John Nakaki teaching one of the most popular classes from 2018. (AARP Smart Driver – September)
- 6 Attendees listen to Davis Park from Front Porch speak on the latest aging technology. (Keiro Conference – October)
- 7 Participants engage in a group discussion during a vitality forum. (Fall Prevention Class – May)

## THANK YOU FOR A WONDERFUL 2018!





## CONFERENCE PARTICIPANTS PREPARE TO "AGE INTO TOMORROW"

Experts, pioneers, and community leaders gathered at the Keiro Conference: Aging Into Tomorrow on Saturday, October 13, 2018, to learn how to reinvent the aging experience. Leaders from a variety of fields spoke about the latest aging trends, providing insight and depth on topics such as nutrition, financial health, dementia, decluttering, and more.



Keynote speaker Dr. Carla Perissinotto, Associate Chief of Clinical Programs in Geriatrics at the University of California, San Francisco, spoke about the complexity and growing rise of social isolation among older adults.

"I'm so thankful for organizations like Keiro that talk about aging in a positive way," Dr. Perissinotto explained. "Aging is complicated. Life is complicated. But this is our chance to think about our lives and how we want to age."

Social isolation and loneliness are incredibly common, according to Dr. Perissinotto. Nearly 28% of Americans over

the age of 50 are afflicted by at least one of these issues. While loneliness and isolation are different, she explained, they affect our health in significant ways. Research has shown that prolonged social isolation is as harmful as smoking 15 cigarettes a day. But Dr. Perissinotto, along with other geriatric researchers, are working to bring awareness to this public health issue and prevent at-risk aging adults from falling victim to it.

In her presentation, Dr. Perissinotto shared highlights of her research, which includes intervention methods that use technology and ways to improve social frameworks. While there isn't a one-size-fits-all prescription for social isolation, she added, being proactive in identifying solutions is critical.

"It's something we cannot ignore," Dr. Perissinotto said. "It's not a fix that happens overnight but it's an ongoing conversation on next steps."

A number of the different solutions included topics featured in other conference sessions.

June Masui attended Chef Simon Elmaleh's session, "The Secret is at the Table: The Mediterranean Diet." With a tasting and cooking demonstration, June learned cooking tips to improve her health and meals at home.

"It was so easy, not complicated, and refreshing," June said, adding that her daughter has taken her to Mediterranean restaurants, but she never cared for it before. "After this session, I realized it was so simple and without a lot of ingredients."

When Chef Simon showed how saffron rice could be made in a Japanese rice cooker, June started to grow more curious. "It was so unexpected to see how a combination of Japanese and Mediterranean tools could make such healthy options."

June's friend, Carol Matsuoka, attended a session titled "Keeping Your Brain Healthy: How to Lower Your Risk for Dementia." Carol said, "I always worry about my memory and it's a big concern." She was surprised that nearly everyone is at risk for dementia and Alzheimer's disease. "I collected a lot of handouts and after the social isolation session, the brain session reinforced how not to isolate ourselves," she said.

Attendee Diana Ono found herself surprised and inspired after listening to Peter Walsh's keynote presentation on decluttering and downsizing. "I've read other books, but this is different," Diana said. "Everybody needs to downsize.

Eventually we all have to and this speaker really explained the importance of it – especially for me."

As a Keiro supporter and volunteer, she said she's happy that Keiro hosts events such as these. "I think it's good to keep your mind active, your body moving, and to eat well. This is such good programming and here we are today being active."

Diana added that opportunities like these are vital for the community, giving people the resources to learn and have conversations about aging. "It's always good to learn something – especially something new!"



Davis Park, Executive Director of Front Porch Center for Innovation and Wellbeing, went over new technology that supports aging adults. Davis showcased a variety of available products and resources from virtual reality to transportation and ridesharing – even social robots.

While holding PARO, a therapeutic robot seal, Davis explained that technology is a powerful and surprising tool to engage aging adults. However, technology can't simply be given to a person. "It needs a human element in order to help us," he said. "Technology isn't about babysitting you. It's about finding ways to engage and learning how it can connect you."

Other sessions throughout the day discussed financial health, contemporary aesthetic treatments, and mind-body exercises. Many in attendance said the conference was full of unexpected and surprising conversations on how to talk about aging in a positive and proactive way.

*"Aging is complicated. Life is complicated. But this is our chance to think about our lives and how we want to age."*

*Dr. Carla Perissinotto*

Attendee Nori Kurose commented, "We're aging and reading through these topics, I felt that they were relevant and interesting. A lot of these apply to what I've been thinking about and that's the reason for coming. I can't attend everything, but I plan to come again next year to continue learning."







## THE LATEST TECHNOLOGIES TO SUPPORT OLDER ADULTS

AARON HAGEDORN, MHA/MSG, PhD

Technology is a major part of our lives, allowing us to be busier than ever, multitasking and continuously in communication. We expect technology that can make us live longer and healthier lives, though our faster pace, higher stress, more information-rich lives may not be better for our health than the more person-centric lifestyle that worked well for humans for countless generations in the past.

Nearly everyone has a phone and in 2018, 77% of Americans owned smartphones, according to Pew Research Center. We've reached a point where about 85% of older adults own a cell phone of some kind, with 46% of those over 65 owning a smartphone. A Pew Research survey in March of 2018 found that 77% of Americans are online at least daily, with 26% almost constantly. As time marches on, ubiquitous phones and other technology will change our lives.

There are a few new technologies that really stand out as holding unique promise for changing the lives of older adults. One of the most interesting new technologies is **Facebook Spaces**. This is a virtual reality application that allows you to feel like you are traveling to places with your family or friends, despite the fact each of you may actually be by yourself and nowhere near each other. It doesn't matter if you are on one side of the earth while your relatives are in Los Angeles. You can each put on a headset and feel like you are together (since you can see and talk to each other), and you look around and appear to be in the same place. That place could be your home, a famous landmark, indoors or outdoors, in the past or the present. All you need is a 360-degree picture of a place, and you can look around and feel like you are truly there together. This is very valuable for reminiscing about old times or forming new memories together.

*We've reached a point where about 85% of older adults own a cell phone of some kind, with 46% of those over 65 owning a smartphone.*

The main challenge to using this is that each of the participants needs to have a fairly high-end computer with a powerful graphics card and the **Oculus Rift VR system** – combined that will cost at least \$2,000. Over time, the cost should drop as similar things can be done on the much cheaper **Oculus Go** (\$200) or **Samsung Gear VR** (which requires a Samsung S7 or newer Samsung Galaxy Series phone). Virtual reality can be a way to feel like you go to work, or to the gym, or even somewhere new. For people who can't easily do things in the real world, there is an unlimited range of things you can feel capable of doing, and that may be a good feeling.

There are other very powerful technologies as well, including the **Amazon Echo** which can have custom-made skills for conversations or, if you are diabetic, the **Guardian Connection Continuous Glucose Monitoring** adhesive pads that continuously monitor your blood sugar so you don't have to draw blood from your fingertips.

Measurable smart watches or smart clothes with sensors could monitor your heart when you don't feel well, or identify changes in activity level, body heat, or other signs of health that could alert you to issues of concern. Family members can stay in the loop when they are worried about you.

Finally, there have been many robots released recently which have an interesting range of abilities. Not quite enough to cook you a meal or keep up a conversation all day long yet, but with each year they improve. **Jibo**, **EllieQ**, and the still-yet-to-be-revealed **Hoaloha** robot (by early Microsoft developer Tandy Trower) could hold the secret to companionship for people who have few opportunities for socialization.



### About the Author

*Aaron Hagedorn, MHA/MSG, PhD is an Associate Professor of Instruction at the USC Leonard Davis School of Gerontology. His recent research focus is the impact of virtual reality on mood and locus of control in older adults*

*who are socially isolated. He works closely with master's degree students interested in gaining research experience. Dr. Hagedorn has published research on chronic disease trends among men and women, as well as on trends in disability in the older population. He is an active member of the Gerontological Society of America and the California Council on Gerontology and Geriatrics.*



### Service Learning – A Keiro-Kizuna Partnership

Keiro partnered with Kizuna to provide an eight-week program in Little Tokyo for students to teach older adults about the latest technologies like virtual reality, smart home devices, and mobile applications like Uber and Instagram!





## PALLIATIVE CARE

### THE MOST IMPORTANT MEDICAL ADVANCE MANY HAVE NEVER HEARD OF

IRA BYOCK, MD

If you or a close friend or relative has recently been diagnosed with cancer or heart failure or Alzheimer's disease or a similarly worrisome condition, it's likely you are feeling a little confused and vulnerable. Suddenly you are on a difficult journey that you didn't choose to make. It's understandable to feel as if you were lost in a strange land.

These days, decisions about treatment are often complex. America's healthcare system is well-oiled to treat disease but falls down when it comes to communicating, preventing problems, or guiding people through predictably difficult times. People frequently feel uncertain that they are doing the right things.

It's important to be prepared and to advocate for yourself and your family. Here are some things I commonly suggest in order to avoid problems and get the best care possible for yourself and those you love.

First, it's important to find doctors in your area who are experts in your condition – and then to work closely and effectively with your doctor and other members of your healthcare team.

Although we wish that every physician had a great “bedside manner,” it is not necessary for each doctor to have a warm personality. What IS important is for you to be able to have confidence in your doctor and feel that he or she genuinely cares about your wellbeing. If that is not true, look for a different doctor. Feeling comfortable with your doctor is essential to your care.

Second, there are a few basic tips that can help you work effectively with your healthcare team. Here are some of my favorites:

- **Write down the questions you have for your doctor.** It can be scary to see a specialist for cancer, memory loss, or serious heart, lung, kidney, or liver problems. It is not easy to remember all the questions you have had about your medications, symptoms, or treatments for your condition. Having a list of questions that you've prepared can help a lot.
- **Bring someone with you to doctor's visits** – a spouse, sibling, or adult child – to support you and lend another pair of ears to the discussion. Consider recording the visit.

- **Keep copies of your health record** – particularly, test and biopsy results, lab reports, physician history and physicals, and hospital discharge summaries. It is your right to ask for these.
- **Keep a daily log of your symptoms and the medications you take.**

### Get a Second Opinion – and Maybe a Third and Fourth Opinion

When faced with a dangerous diagnosis, second opinions can be important in getting the best treatments. We are talking about serious illness that threatens to shorten one's life. Don't feel awkward about gathering second – or third or fourth! – opinions from the best healthcare centers and teams you can find. Use the internet, local experts, and word of mouth to determine which doctors or centers are best for you.

### Palliative Care – The Most Important Medical Advance Few People Know About

I strongly advise that one of the medical opinions you seek is from a palliative care specialist physician or team.

Because palliative care grew out of hospice, many people assume that receiving palliative care means giving up. Not true. These days, through programs like Iyashi Care, palliative care is provided together with treatments for cancer, heart, lung, liver, kidney, and neurological conditions.

Having a specialized clinical team working to treat pain and other physical discomforts, as well as optimizing a person's appetite, digestion, and (all important) bowels, allows people to sleep better, be more active, and at ease. They simply do better both physically and emotionally.

It's not surprising that people with cancer or other serious conditions who receive palliative care along with disease treatments tend to feel better – and sometimes live longer!

The extension of palliative care into one's own home when a person is nearing the end of life is called hospice. Hospice is essential in managing medical matters and supporting families to care well for people through the end of life. Hospice nurses, social workers, and physicians are competent, proactive, and responsive.

Remember, at the end of the day, what matters most is getting the best care possible for you and the people you love.



#### About the Author

*Ira Byock, MD is Founder & Chief Medical Officer, Institute for Human Caring of Providence Health and Services. He is an active emeritus professor at Dartmouth's Geisel School of Medicine and author of Dying Well (1997), The Four Things That*

*Matter Most (2003), and The Best Care Possible (2012). More information at [IraByock.org](http://IraByock.org).*

### The Team that Listened to Me, My Mother, and Our Needs



Visit Keiro's website to read about how

David Ito enrolled his mother, who was diagnosed with Alzheimer's disease, in the Iyashi Care program. Thanks to the Iyashi Care team, they were able to prevent an ER visit. He says that the program not only met the needs for his mother, but also became a source of emotional support for him.

Read the full story at [keiro.org/news](http://keiro.org/news)  
日本語版はこちらから: [keiro.org/jp/news](http://keiro.org/jp/news)

## IYASHI 癒 CARE

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](http://keiro.org/iyashi-care)





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THANK YOU FOR SUPPORTING  
**#GIVINGTUESDAY**

#GivingTuesday is a global movement of charitable giving through social media platforms, and is held the Tuesday after Thanksgiving. We would like to thank those who supported us by donating online on November 27, 2018 to support improving the quality of life for older adults in Our Community!

Get Involved with Keiro



There are many ways to engage with Keiro as we work to advance the quality of life for older adults in Our Community. Keiro provides resources and programming that help Japanese American and Japanese older adults to age confidently wherever they call home. We encourage you to join our efforts by supporting Keiro as a donor, partner, or volunteer. It takes a community to care for our older adults, and we truly appreciate all your help and support!

Visit [keiro.org/get-involved](https://keiro.org/get-involved) or email [support@keiro.org](mailto:support@keiro.org) for more information.





## RECENT AND FUTURE MEDICAL ADVANCES AND INNOVATIONS IN HEALTH, WELLBEING, AND HEALTHCARE DELIVERY

THOMAS T. YOSHIKAWA, MD

If we compare healthcare and the delivery of healthcare today compared to what was available for our grandparents in the early 1900s, we'd feel extremely fortunate for the improved quality of life we now enjoy from the advances in this area. The objective evidence for this gain in improved health is shown by the differences in life expectancies in 1900 compared to today. In 1900, the average life expectancy in the United States (U.S.) was about 46 years. Today, life expectancy in the U.S. is about 78 years. Yet, new advances and innovations in healthcare

continue to develop, which will not only improve longevity but more importantly the quality of health and well-being, as well as access to and delivery of healthcare.

The following are many (but not all) of the new developments and advances in health and healthcare systems that are currently available or will be soon become part of our standard or benchmark of quality healthcare.

### Diabetes: "Artificial Pancreas"

Instead of poking your finger for blood to check glucose (sugar) levels to determine how much insulin should be taken and then injecting yourself with insulin, a closed loop insulin delivery system has been developed. The system will regularly check your blood glucose, determine how much insulin (if any) is needed, and then automatically inject the drug into your blood.

### Cancer: Target-Specific Therapy

The dreaded words, "cancer chemotherapy" is frightening. Traditional cancer drugs kill cancer cells but also your normal cells causing severe side effects (nausea, vomiting, diarrhea, pain, etc.). Now, for many cancers, we can examine the specific genetic makeup of cancer cells (genetic biomarkers: how it differs from normal cells) and then prescribe medications that are designed to kill only the cancer cells. Also, immunotherapy uses similar principles of using your own immune cells (cells that fight cancer and infections) that are specifically modified to kill cancer cells but not your normal cells.

### Pancreatic Cancer Detection

Cancer of the pancreas has one of the worst prognoses (one-year survival is 20% and five-year survival is 7%), largely because it is detected late in the disease; it is not a cancer that is easy to detect early. The number of cases of pancreatic cancer appears to be increasing. Scientists have "engineered" pancreatic cancer cells to reverse their make-up to their early stem cell stage (the earliest stage of all cells, each then evolves into certain type of cells such as brain, heart, muscle, kidney, etc.) and found two key proteins that occur in patients with pancreatic cancers. Hopefully identifying these two proteins could be used to detect pancreatic cancer early.

### Contact Lenses – New Uses

Contact lenses have been engineered to be used as health monitors by incorporating more than 100 sensors (e.g., measure blood glucose). Lenses have also been developed to deliver drugs directly into the eye to treat eye diseases such as glaucoma – they would be worn for a maximum of two weeks.



### Telehealth/Telemedicine/Distant Medicine

Currently, systems are already in place to allow doctors located in remote sites to communicate their findings (as well as receive advice from consultants) to major medical centers that are equipped with high technology and tests and staffed with experts. This concept also allows patients to directly communicate with their doctors. Smartphone technology also permits patients to transmit key test information (e.g., blood pressure, pulse, electrocardiographic findings (EKG)).

### Brain Stimulation

Deep brain stimulation has been used to help patients with Parkinson's disease. This concept has been expanded to help patients with strokes to recover/regain more of their motor function. Some studies also suggest that brain stimulation may improve memory function in patients with Alzheimer's disease.



#### About the Author

*Thomas T. Yoshikawa, MD is a Distinguished Professor of Medicine, Geriatric Medicine and Infectious Diseases at the David Geffen School of Medicine at UCLA. He was previously the Editor-in-Chief of the Journal of the American Geriatrics*

*Society. The opinions expressed in this column are those of Dr. Yoshikawa and not necessarily of Dr. Yoshikawa's employer or Keiro.*





# HELPING SENIOR DRIVERS STAY SAFE

SANDRA OKADA

Like a well fit shoe made specifically for a particular sport or activity, there are products and techniques that can help older drivers with safer driving performance.

Choosing the right features on vehicles can help compensate for age-related changes and improve performance while driving. **Blind spot indicators** on side mirrors can help, especially since many drivers may not consistently check over their shoulder when making lateral lane changes. This is helpful especially for older drivers who have physical difficulty looking over their shoulders. For those who are short in stature, **electric pedal extensions** and **telescopic steering columns** may prevent one from sitting too close to the steering wheel. **Rain sensors** for automatic windshield wipers can help with quick visual clarity while concentrating on the road.

For individual fittings in vehicles, check out **CarFit**. Trained technicians and Occupational Therapists (OT) review how one's own personal vehicle and ergonomic fit work together to enhance comfort, control, and safety. A good fit may mean at least 10 inches of space between the breastbone and steering wheel for the airbag to deploy safely. The OT may recommend a seat belt extension if you have limited range to buckle.

Commendably, many older drivers self-regulate their driving habits when realizing some age-related decline by cutting back night or freeway driving, not driving in traffic or bad weather, and driving familiar routes.

For those who need more professional assistance, driver rehabilitation programs can help evaluate driving skills. Staffed by OTs and **Certified Driver Rehabilitation Specialists**, these programs assess the driver's mental, physical, functional, and medical conditions before making recommendations. For instance, a spinner knob steering device and a right turn signal extension may be needed for someone with left handed weakness after a stroke.

For older drivers, now is the time to begin the conversation with family members and loved ones about safe driving. By recognizing your limitations and seeking ways to sharpen your skills and adapt your car, you are helping make the road safer for all.

For the full article, visit [keiro.org/news](http://keiro.org/news)

## Other Resources to Educate Yourself:

- **Smart Features for Cars:**  
[www.seniordriving.aaa/smartfeatures](http://www.seniordriving.aaa/smartfeatures)
- **CarFit:**  
[www.Car-Fit.org](http://www.Car-Fit.org)
- **Certified Driver Rehabilitation Specialists:**  
[www.aded.net](http://www.aded.net)
- **DMV's Senior Driver Ombudsman Branch:**  
Call 310.615.3552 for the Los Angeles/Oxnard areas or 714.705.1588 for the Orange/San Bernardino/San Diego areas, or visit [www.dmv.ca.gov](http://www.dmv.ca.gov)
- **Free Guidebook from The Hartford:**  
[www.thehartford.com/publicationsonaging](http://www.thehartford.com/publicationsonaging)



### About the Author

*Sandra Hattori Okada is an Occupational Therapist, a Gerontologist, a Certified Driver Rehabilitation Specialist, CarFit Coordinator, and consultant for the Driver Rehabilitation Program at Rancho Los Amigos National Rehabilitation Center.*

# INNOVATIVE TOOLS TO SUPPORT CAREGIVERS

ANGIE YEH



The new year brings new opportunities and challenges, but when it comes to caregiving, particularly for someone with memory loss, there are physical and emotional strains that can often seem overwhelming or difficult. The pressure intensifies even more when it appears that you are the only person who can accomplish the endless list of things that need to be done. Help can be useful

when it starts feeling like too much and doesn't always have to come in the form of a grand gesture or involve other people.

Smartphones can assist in ways we might not have thought possible. Certain applications on our phones can help us manage the care we provide, as well as our own self-care – monitoring symptoms of those we assist, coordinating care with other family members, and keeping track of appointments. Applications can provide reminders and manage medications and schedules, in addition to keeping important medical information organized.

Many commonly-asked questions surrounding caregiving can also be found on these applications, which are either free or have a nominal fee. Helpful applications include **CaringBridge** and **Pacifica**, both tailored to aid caregivers practicing self-care and keep them accountable for their own wellbeing. CaringBridge connects caregivers with family and friends to coordinate responsibilities and encourages emotional support.

Innovations in technology also help caregivers avoid potentially dangerous situations. For example, someone who is having trouble with their memory can easily get disoriented or lost. Los Angeles County's "L.A. Found" initiative includes **Project Lifesaver**, a wearable tracking technology which, when activated, will help the L.A. County Sheriff's Department quickly locate the missing individual. Other low-cost technology options include GPS watches, wristbands, and other applications that allow users to utilize their phone's GPS tracking.

For almost 40 years Alzheimer's Los Angeles has provided caregiver education and support groups, and our Care Counselors help answer questions and connect you to resources. Our website, [www.alzheimersla.org](http://www.alzheimersla.org), has a plethora of information, including caregiver tip sheets in both Japanese and English, and an option to live chat with a Care Counselor.

Being a caregiver is a big job and there are innovative tools that can help us. It's important to utilize these tools to help manage caregiver stress and promote safety and wellbeing for both our loved ones and ourselves.



### About the Author

*Angie Yeh has a Master's in Aging Services Management and has been the Asian and Pacific Islander Services Manager at Alzheimer's Los Angeles for the past two years. Alzheimer's Los Angeles is a local non-profit that has been serving people throughout Los Angeles County and the Inland Empire for almost 40 years providing free care and support for individuals and families affected by Alzheimer's disease and other dementias.*



## KEIRO CAREGIVER CONFERENCE

Saturday, March 30, 2019

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

Join us for this FREE, one-day conference to equip yourself with practical caregiving knowledge to better care for your loved ones through presentations, a resource fair, complimentary consultations, and more. This year, we are offering NEW breakout session topics with a focus on innovative ways to support caregivers.

Registration is required as space is limited!

Sign up today at [keiro.org/caregiver-conference](http://keiro.org/caregiver-conference) or call 213.873.5708. Sign up deadline: Friday, March 22, 2019





## THE CLASS THAT BROUGHT CHANGE: FIRST PRESBYTERIAN CHURCH ALTADENA

First Presbyterian Church Altadena has faithfully served the local Japanese American community in the Pasadena area for over 50 years. With nearly half of their congregation over the age of 80, the church began collaborating with Keiro two years ago to provide free healthy living classes to help their members age well.

One of the classes Keiro provided was *A Matter of Balance*, an evidence-based program developed by Maine Health and Boston University. Facilitated by Keiro staff and volunteers, the eight-week course aims to increase participants' confidence in their mobility and decrease their fear of falling through group discussion and activities. These include home safety assessments, weekly exercises to improve strength and balance, and opportunities to share personal experiences and tips with the class.

The course also gave participants the opportunity to identify a long-held problem for the congregation. During one of the sessions, participants were asked to walk around the church and assess potential fall hazards. One of the most serious

hazards found was the uneven pavement in the church parking lot and other areas of the property.

"We have focused on design for our facilities, so a lot of things caught up with us in terms of trying to maintain a safe environment," says Bob Uchida, a member of the Board of Stewards and *A Matter of Balance* participant. The stewards are in charge of both finances and facility maintenance for the congregation.

The uneven pavement had been an issue for years, but no one had raised the problem or even recognized it might be a dangerous fall hazard. "[There was] a lot of deferred maintenance for years," says Dorothy Kirkland, a member of the Elders of the church. "But our congregation doesn't complain, [because] we know that the stewards do the best they can with the money we have."

The Nisei generation in particular do not complain, she says. As an example, one older adult fell because of the uneven surface. She broke her arm, but never voiced a concern about it until people asked her.

"That's the nature of the Nisei generation," says Bob.

Following the completion of *A Matter of Balance*, the church learned about Keiro's Grants Program and submitted a proposal to fix the church's fall hazards. A few months later, they were notified that they had received the grant. "It was perfect timing," says Dorothy.

Although finding a contractor took some effort, the repavement itself was completed in just a week. "One weekend, it was the usual, and the next weekend it was all new," recalls Bob. They renovated the front and back parking lots, and some of the pavement around the church, all completed by mid-September 2018.

*"This activity allowed for a number of people to say, 'this is a real problem' and saying it in a declarative sentence, 'you need to fix this; this is dangerous.'"*

"It's very timely that the balance class helped the church understand safety concerns prior to the grant cycle," says Dorothy. "Even though we knew we needed [the renovation], this activity allowed for a number of people to say, 'this is a real problem' and saying it in a declarative sentence, 'you need to fix this; this is dangerous.'"

Bob saw another positive outcome of Keiro's classes: collaboration and connection with other local Japanese American organizations in the area, including the Pasadena Japanese Cultural Institute and Pasadena Buddhist Temple. Opening up the Keiro classes to all locals allowed these organizations to come together more often.

"They're experiencing the same kinds of issues [as us]. We are shrinking, they are shrinking. And so it makes sense that because we are so close that we ought to have more interconnection and interlink, and we have done quite a bit in the last year," Bob says. "Many of us will attend their events, and they come to ours. And I think a lot of this is because of Keiro classes that we had here."



## 2018 Grant Recipients

Keiro is pleased to announce the recipients of the 2018 Grants Program cycle, awarding 30 non-profit organizations who are addressing social isolation among Japanese American and Japanese older adults and their caregivers.

American Society of Hiroshima-Nagasaki  
A-Bomb Survivors  
Centenary United Methodist Church  
Cerritos Baptist Church  
Christ Episcopal Church  
Continuing Education for the Nikkei Widowed Inc.  
East San Gabriel Valley Japanese Community Center  
First Presbyterian Church Altadena  
Gardena Valley Japanese Cultural Institute  
Grateful Crane Ensemble, Inc.  
Japanese American Christian Chapel  
Little Tokyo Nutrition Services  
Long Beach Japanese Cultural Center/Long Beach Harbor Pioneer Project  
Los Angeles Holiness Church, English Division  
Los Angeles Homba Hongwanji Buddhist Temple  
Los Angeles Men's Glee Club  
Mission Valley Free Methodist Church  
Newport Beach Higashi Honganji Buddhist Temple  
Nikkei Choral Federation of Southern California  
Okinawa Association of America  
Orange County Buddhist Church  
Orange County Friendship Choir  
Orange County Japanese American Association  
Pasadena Nikkei Seniors  
San Fernando Valley Hongwanji Buddhist Temple  
Seinan Senior Citizens' Club  
Union Church of Los Angeles  
Venice Japanese Community Center  
Visual Communications Media  
West Covina Christian Church  
Zenshuji Soto Mission





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## UPCOMING EVENTS:

**March 30, 2019**

Keiro Caregiver Conference at Pasadena Buddhist Temple

**September 2019**

Keiro no Hi Festival in Little Tokyo, co-hosted by Keiro  
and Japanese American Cultural & Community Center

**October 5, 2019**

Keiro Symposium: Aging Into Tomorrow at  
The Westin Long Beach

**SEE YOU THERE!**

