INNOVATIONS IN AGING

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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 dinner parties or holiday events. 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 recent developments 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

WELCOME TO KEIRO CONNECT
ANNUAL PUBLICATION WINTER 2019!

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!
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, they 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 Elmahli’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.”

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.”

“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.

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.”

“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.”
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.

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.
First, it’s important to find doctors in your area who are experts to avoid problems and get the best care possible for yourself and your family. Here are some things I commonly suggest in order to be prepared and to advocate for yourself and the right things.

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.

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. 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.

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. 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.

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 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

**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.
チームと協力すれば、睡眠が改善し、活動的になり、安心して過ごせるように消化、腸の状態（全て重要）を整えるために努力している専門の臨床癌、心臓、肺、肝臓、腎臓、神経系の病気の治療と併せて提供されている事柄の一つをご紹介します。

回避し、できるかぎり最高のケアを受けられるため、日頃私がアドバイスしています。そのため、大切なのは準備をして、あなた自身と家族の意思をり、問題を事前に防いだり、相談に乗って助言をしたりする機能が不足複雑化すると予想される場合、患者や家族とコミュニケーションをとることです。CMが介在しないと、急に思わされるでしょう。突然、予期せぬ困難を強いられるのです。病、その他の心配な病状にあると診断されたら、戸惑い、先の見えない不安もあります。家族や友人が、心不全、アルツハイマー、アトピー・バイヨック、癌などの深刻な病状にある人々が病気の治療と一緒に緩和ケアを受けることもあり、気分が良くなる——さらに寿命が伸びることもあります！——といった癌などの深刻な病状にある人々が病気の治療と一緒に緩和ケアを受けることもあり、気分が良くなる——さらに寿命が伸びることもあります！——といった効果を期待するためには、ホスピスが必要不可欠です。ホスピスの看護師、ソーシャルワーカー、医師は有能で、先を見越して行動し、機敏に対応してくれます。

緩和ケアが終末期を迎えた人の自宅で提供される緩和ケアは、ホスピスと呼ばれており、医療面を管理し、家族をサポートして、十分な終末期ケアを行うために、専門の職人が勤務します。この職人は、叫びをかみしめ、自己治療に費やしたり、家族や友人との時間を過ごすために寄稿しました。緩和ケアの医師は主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられています。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることを意味すると考えられている。しかしこれは正しくありません。緩和ケアは主にホスピスから始まったため、緩和ケアを受けたことは詫びることがないのです。
CASH DONATIONS (CONTINUED)

Keiro gratefully acknowledges the following donors who contributed from January – December 2018. Bolded names indicate individuals who are being honored with gifts.

KIRIYU OHTANI

It is a matter of honor and pride to help our elders and their families. We are truly grateful for the support of our donors, partners, and volunteers. 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 support to ensure that older adults are able to live independently and with dignity.

Visit keiro.org for more information.

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 supports that help Japanese American and Japanese older adults to age confidently and well. We encourage you to join our efforts by supporting Keiro as a donor, partner, or volunteer. There is a community to care for our older adults, and we truly appreciate all your help and support!
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.

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.
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 on side mirrors can help, especially since sitting too close to the steering wheel.

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

Other Resources to Educate Yourself:

- Smart Features for Cars: www.seniordriving.aaa/smartfeatures
- CarFit: www.Car-Fit.org
- Certified Driver Rehabilitation Specialists: www.aded.net
- DMV’s Senior Driver Ombudsman Branch: Call 1-800-655-3552 for the Los Angeles/Oxnard areas or 714-705-1588 for the Orange/San Bernardino/San Diego areas, or visit www.dmv.ca.gov
- Free Guidebook from The Hartford: 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 Amigues 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 caregiving education and support groups, and our Care Counselors help answer questions and connect you to resources. Our website, 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 or call 213.873.5708.

Sign up deadline: Friday, March 22, 2019
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 fall 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.

“Their experiences 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.

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 were] a real problem’ and saying it in a declarative sentence, ‘you need to fix this; this is dangerous.’”

Bob 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
Centros 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 Honganji 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 Chair
Orange County Japanese American Association
Pasadena Nikkei Seniors
San Fernando Valley Hongwanji Buddhist Temple
Senior Senior Citizens’ Club
Union Church of Los Angeles
Venice Japanese Community Center
Visual Communications Media
West Covina Christian Church
Zenbuji Soto Mission

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
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E-mail: contact@keiro.org
Web: keiro.org

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Visit keiro.org to sign up for our E-Newsletter!

Shop at smile.amazon.com and select Keiro Services to support us!

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!