Caring in Our Community
On Saturday, March 30, over 250 caregivers both new and experienced gathered at the Pasadena Buddhist Temple for educational sessions, a resource fair, and individual consultations. The conference covered new topics as well as continued one of the long-standing goals of these conferences: helping caregivers to care not only for their loved ones, but for themselves.

The morning keynote speaker Patty Watson-Swan, community nursing supervisor at the Huntington Hospital Senior Care Network, emphasized to attendees that “not caring for yourself is beneficial to no one.” She recommended gratitude journals, mindful meditation, and a number of other ways to lower stress. Patty even suggested that caregivers change the view of their role from being caregivers to being care managers, defined as the switch from taking everything onto oneself to finding ways to better delegate and reframe thoughts or expectations.

“That was so helpful,” conference attendee Lynne Hanamoto said. “Because caregiving can be so stressful and to be mindful is huge.”

Dr. Yanami added that the Iyashi Care team acts as a neutral third party to listen and clarify where each family member is coming from. “It’s in their heart but sometimes people have trouble explaining in the right words.”

Keiro remains committed to serving current, past, and future caregivers in Our Community through meaningful and practical programming to support them on their journey. For the full article, visit keiro.org/news.
Caregiver Short Stories
Each caregiver has their own journey. Caregivers in Our Community share their stories and advice.

Lynne
When asked if she is a caregiver, Lynne is quick to say yes. She is part of the sandwich generation, caring for her own family as well as her 86-year-old mother with dementia. As the primary caregiver, Lynne sometimes feels incredibly stressed to be in that role, juggling it with working full time.

Over time, with the help of different community organizations like Keiro though, she says she was able to connect with meaningful resources.

“Oh, one really big piece of advice I give to new caregivers is to try to think of something positive about yourself and the person you’re caring for.” When her mother becomes upset about a situation, Lynne sometimes talks to her mom about happy memories by going through old photo albums. “It seems like a distraction but we’re talking about good memories and she’s okay.”

Kathy
Kathy does not necessarily identify herself as a “caregiver” because it is such a familiar role to her. She says, though, being a caregiver still has its challenges. “With my dad – and the dementia – I worked part time but I had to cut back because of caregiving. I couldn’t leave him home all day.”

Kathy does acknowledge that her experience comes with personal joys. Her father placing her keys on a different counter or moving her passport are moments she laughs about.

Most importantly, Kathy advises not stressing out about everything. Especially for caregivers stepping into this role for the first time – unexpectedly or not – “you have to let things go.”

For the full story and other caregiving related articles, visit keiro.org/news.

Cory
In the summer of 2012, Cory received a call in the middle of the night and heard his parents’ home was on fire. Thankfully, the neighbors quickly called for help and fire crews were able to rescue his parents.

Cory says his parents were still borderline independent at the time, but slowly, the signs of dementia began to show. Cory eventually moved his parents to Kei-Ai Los Angeles Healthcare Center, where he saw Keiro flyers on seminars for various topics such as caregiving and dementia.

“I feel very grateful for what’s available to me,” he says. “The sooner you recognize your loved ones require care – start figuring out a plan instead of waiting. Because it can get overwhelming, but know that there are resources out there.”

Keiro Grants Year 2 Cycle
In 2018, Keiro’s Grant recipients served more than 6,506 older adults and caregivers in Our Community.

2019-2020 Grants Cycle is Now Open
With a continued focus on reducing social isolation, Keiro’s 2019-2020 Grants Program will support both new and ongoing programs that serve older adults and their caregivers in the Japanese American and Japanese communities in Los Angeles, Orange, and Ventura counties.

This year, grants up to $15,000 will be available, and priority will be given to organizations with an annual operating budget of less than $1 million. Please visit keiro.org/grants for the guidelines, eligibility criteria, application materials, and grants workshop schedule.

The application deadline is 5:00 p.m. on Friday, August 30, 2019.

Early submission is encouraged. For any additional questions, please email grants@keiro.org or call 213.873.5703.

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Iyashi Care support:
Pain management consultation via phone call, advance care planning

Iyashi Care support:
Team met virtually through phone calls and emails with all to commit to being her primary caregiver, the Iyashi Care team's registered nurse, called and met with Sachiko regularly over the course of several months to ensure she was managing her pain. Kanako, the team's social worker, and Joshua, Yanami, the team's physician, prescribed new medication to gaman told that I have to
When Kazue reached out to the Iyashi Care team, Sachiko, a Japanese-speaking female in her 80s, has suffered from nerve pain ever since a natural disaster. For years, physicians told Sachiko and her daughter, Kazue, that nothing could be done to treat the pain. Kanako, the team's social worker, and Joshua, the team's registered nurse, called and met with Sachiko regularly over the course of several months to ensure she was responding to medication. For the first time since her injury, Sachiko's pain was lessened.

Name: Kiyoko
Condition: Diabetes, bladder problems, kidney disease
Iyashi Care support: Caregiving resources, 24/7 consultation via phone call, advance care planning

Upon retirement, Kiyoko was diagnosed with diabetes in addition to pre-existing bladder problems and kidney disease. With none of her children nearby to commit to being her primary caregiver, the Iyashi Care team met virtually through phone calls and emails with all of Kiyoko's children to keep close communication and spark conversation about determining the best treatment. During one holiday season, Kiyoko's kidney function worsened. Unsure if the situation required calling 911, her children called the Iyashi Care team and were able to get immediate assistance. The situation required calling 911, her children called the Iyashi Care team and were able to get immediate assistance. The family now feels more confident in their ability to make a joint decision in the event that Kiyoko has a change in her condition.

Name: Paul
Condition: Advanced Parkinson's disease, dementia, fractured hip and spine
Iyashi Care support: Consultation on care facility, advice for future care

Following intensive rehabilitation from his fall, Paul, a Nisei, returned to his assisted living facility, but his dementia worsened. The Iyashi Care team consulted with his family members before they decided to transfer Paul to a memory care unit. Since he had multiple health issues, the Iyashi Care team kept close communication with the family to provide frequent consultations as Paul's conditions changed over time. The team also had ongoing conversations with Paul and his family to establish a strong, trusting relationship, allowing the team to more candidly discuss planning for the future and Paul’s goals of care with his family.

For the full article including other examples, visit keiro.org/news.

Keiro Superstar: Hiromi Nishimura (103)

Hiromi Nishimura has lived through the Great Depression, two World Wars, and has traveled across the globe. He has lived a long life but when you ask him about how he did it – how to live to be 103 years young – Hiromi will let you in on his little secret: laughter and smiles. Everyone at the Nikkei Senior Gardens retirement community in Arleta will tell you that Hiromi’s laughter is special. You can hear his warm voice a floor above or a hallway down.

In a garden behind the resident rooms, Hiromi grows daikon, tomatoes, and other vegetables. He will claim that he is not a gardener, but he regularly checks on his harvest and enjoys giving away what his garden yields.

At 103 years old, Hiromi says he still is learning new things – most recently Mahjong. He is also a regular at Keiro’s classes, participating in iPad courses and vitality forums. He attends tai chi or any of the other exercise classes too. No matter the activity, he always makes an effort to try it out.

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

To protect the privacy of Iyashi Care patients, only their first names have been used.

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 about how Iyashi Care can help you or a loved one!
213.873.5791 | keiro.org/iyashi-care

Keiro Superstar:
Hiromi Nishimura (103)

Hiromi playing Mahjong with friends

The National Institute on Aging defines Alzheimer’s disease as “an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out simplest tasks.” Studies show that Alzheimer’s disease begins to develop in the brain 20 years or more before diagnosis. Studies also say that making lifestyle adjustments can help reduce your risk of being diagnosed with Alzheimer’s disease by a third.

Here are some tips to help you reduce your risk of Alzheimer’s disease:

• Exercise at least three to four times a week for 30 minutes
• Engage your brain in new activities and mentally challenging tasks
• Maintain social connectedness
• Protect your head
• Eat a healthy diet
• Sleep at least seven to eight hours with consistent sleep schedules
• Cut down or quit smoking

For the full fact sheet, please visit keiro.org/resources under “Fact Sheets.”
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2. Be helpful to the environment by saving trees!

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KEIRO SYMPOSIUM:

AGING INTO TOMORROW

An innovative approach to the aging process

Saturday, October 5, 2019
The Westin Long Beach

Join us for a fun and informative one-day symposium that brings together resources on wellness, technology, and social connections that will impact the way we all age!

Registration will open in summer 2019. Visit our website for updates!
keiro.org/symposium

KEIRO BULLETIN: