Staying Active and Being Prepared
OCJAA Volunteer Panel Discussion: Staying Active Through Volunteering and Giving Back

On June 12, 2019, Keiro and Orange County Japanese American Association (OCJAA) co-hosted a panel discussion in Japanese at Anaheim Free Methodist Church about volunteerism. The program attracted more than 50 attendees, eager to learn about volunteering and listen to testimonials from three panelists in their 80s who continue to use their unique skillsets as volunteers.

Laura Lee, program associate at Keiro, first discussed the various benefits of volunteering. “Volunteering can lower blood pressure, reduce risk of dementia, and increase resilience toward stress,” she explained, as participants intently took notes. She concluded by sharing volunteer opportunities to look into, before introducing the three OCJAA volunteer panelists.

Soyu Koizumi, a tea ceremony teacher from the Ursenke Tankokai Orange County Association, shared how her feeling of gratitude pushes her to volunteer. “I received so much kindness from many people who came before me. [...] I really felt that I needed to give back for all that I’ve received through the path of tea.”

Masahiro Takahashi, a calligraphy teacher at OCJAA, started calligraphy at a young age, but it wasn’t until the age of 65 that he decided to pick it up again. “One thing I benefited from volunteering is that I was able to meet so many people,” Masahiro said. “Otherwise, I would have just stayed at home by myself.”

Keito Nakazawa, an iPad instructor at OCJAA, has been teaching iPad classes for more than seven years. His passion for technology stems from his career as an engineer. His method of teaching is to “never think of it as ‘teaching’ but rather as sharing the knowledge.”

During the Q&A session, one participant expressed his hesitation to volunteer, stating he did not hold any skills to teach others. Keito answered him by pointing that he also does not hold any special skills. He said the computer has been a tool he used throughout his career and wanted to share his accumulated knowledge with others. “Please use the knowledge gained from your past experiences. I’m sure you can find something.”

Hearing this, another participant added to the conversation. “I have been volunteering at OCJAA for many years. [...] Even for someone like me, there’s something I can help with. If you can do something as simple as help carry a heavy refrigerator, there are volunteer opportunities available for you.”

One guest shared that he was inspired to continue volunteering because of this event. “I [...] truly feel [...] that the most important thing is your passion and motivation,” he said.

Akemi Miyake, president of the OCJAA board emeritus who is turning 100 years old this summer, concluded the event by emphatically encouraging the participants to give back to the community. “I was able to live to today because of this event. “I […] truly feel […] that the most important thing is your passion and motivation,” he said.

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

There are many physical, mental, and social benefits to volunteering. Visit Keiro’s factsheet section on our website to learn more! keiro.org/resources/fact-sheets.

For more information regarding volunteer opportunities with Keiro, please email programs@keiro.org.
JOIN US IN BECOMING ECO-FRIENDLY

Keiro is helping the environment by decreasing our number of print publications. If you opt to receive our future publications via email only, you will be the first to read our publication, one week before it gets mailed out. Please email contact@keiro.org today if you would like to join us in our efforts.

CarFit: Keeping Senior Drivers Safe

Keiro hosted a CarFit program on July 12, 2019 at the San Fernando Valley Japanese American Community Center. 11 participants each received a free 20-minute inspection of their own vehicles to check how well their cars “fit” them as aging drivers. CarFit is a collaborative program originally put together by the American Occupational Therapist Association, AARP, and AAA.

The CarFit program uses 12 different inspection areas, including seat belt use, steering wheel tilt and positioning, and more. A certified occupational therapist conducts the final assessment of the CarFit inspection and provides suggestions for how assistive devices can be used to support safe driving.

Ken Shimbshi, who went through Carfit for the first time, says, “It was mostly review for me but it was very interesting. I learned that I was looking too far inside for my side mirror, so I got to adjust [my mirrors] to have less of a blind spot.”

For Michiko Kus, the program helped answer some questions she had about her car. “I always end up forgetting to ask the car dealer […]. It was nice to be able to get those answers,” she said smiling.

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

If your community organization is interested in the CarFit program, please contact programs@keiro.org.

Keiro Superstar: Satoko Yamamura (90)

Satoko Yamamura is an atomic bomb survivor and an accomplished 90-year-old painter who spends two to three hours a day on her work. She discovered her passion for art at 64 years old, when she enrolled in art classes at local colleges. She says it’s never too late to start something new.

“I remember I was the only older one in class,” she says. “I was with young people… but I was doing so well. I was fine.” Her work has been featured in a number of exhibits, including the Doyen Studio & Gallery in Camarillo.

For Satoko, her years as a mother, a wife, and now as a painter, have taught her to value both health and safety in helping her maintain her go-ki lifestyle. That sense of safety can take many shapes. She especially values the friendships and relationships she has built at Nikkei Senior Gardens, which act as her support system since much of her family still lives in Japan.

Looking towards her future, Satoko hopes to discover new passions and take on as many new challenges as she can find. But for now, she will continue to paint.

For the full story, visit keiro.org/news.
What Does Iyashi Care Provide?

Since 2017, our Iyashi Care team has assisted over 150 older adults and their families with the challenges of living with serious illnesses and debilitating symptoms. This ongoing series of articles explains how Iyashi Care can provide meaningful services to you and your loved ones.

Advanced Planning

One of the most frequently overlooked and neglected facets of aging is preparing for the future as one ages, including advanced care planning.

Advance directives are one of the most commonly used planning documents, which the Iyashi Care team can help you and your family prepare. This is a legal document that outlines a patient’s healthcare preferences: what medical treatment they do and do not want. By making these kinds of decisions early, families can minimize their need to “guess” or even argue about how a patient might want critical medical care decisions handled in an emergency.

For Hiro and his wife Masami, who was fighting cancer, the Iyashi Care team was able to help them understand the importance of filling out this document. They received a detailed explanation in Japanese, and were able to fully understand and import the Iyashi Care team was able to help them understand the importance of filling out this document. They received a detailed explanation in Japanese, and were able to fully understand and import it. Especially for older adults, there are higher risks with each medical option as well. “Advance directives state the options you can select, but do not outline the risks associated with it. […] Especially for older adults, there are higher risks associated with even the most common procedures.”

Iyashi Care social worker, Kanako Fukuyama, added that the Iyashi Care team can also help explain the risks associated with each medical option as well. “Advance directives state the options you can select, but do not outline the risks associated with it. […] Especially for older adults, there are higher risks associated with even the most common procedures.”

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

To learn more about how you can complete an advanced directive, visit Keiro’s factsheet: keiro.org/resources.

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
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UPCOMING EVENTS:

Keiro no Hi Festival
Celebrating our Older Adults
Saturday, September 14, 2019
10:00 a.m. – 4:00 p.m.
Japanese American Cultural & Community Center Plaza
244 S. San Pedro St., Los Angeles, CA 90012
Co-hosted by Keiro and Japanese American Cultural & Community Center
Registration Deadline: August 30, 2019
keiro.org/knh

Keiro Symposium:
AGING INTO TOMORROW
An innovative approach to the aging process
Saturday, October 5, 2019
9:00 a.m. – 3:00 p.m.
The Westin Long Beach
333 E. Ocean Blvd., Long Beach, CA 90802
Registration: $50
Registration Deadline: September 20, 2019
keiro.org/symposium

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