

Keiro®   
Connect



# *Staying Active and Being Prepared*



# Welcome to Keiro Connect: Summer 2019 Edition!

I hope everyone has enjoyed the summer months. If your schedule was full of family vacations and weekend gatherings, you have had many wonderful opportunities for social engagement.

Social isolation and loneliness continue to be pressing issues in our community and in the general population. As humans, we have a basic need to be a part of a group and to feel needed, valued, and comforted.

According to the AARP Foundation, one third of adults over the age of 45 reported feeling lonely. This is a staggering figure as loneliness can increase the risk of negative health outcomes.

This summer, I attended many community functions such as bazaars and obon festivals, where I connected with lots of old and new friends. It's unfortunate that part of our community cannot partake in all these activities due to the barriers that contribute to loneliness and isolation.

Through our grants program and partnerships, Keiro supports many organizations addressing this critical issue in our community. However, it will take much more to combat this growing epidemic.

Let's challenge ourselves as a community to take this on. Visit an elderly friend or take your grandparents to a meal. Even just a simple hello to your elderly neighbor can help. These small actions can and will make a difference!

*Gene S. Kanamori*

Gene S. Kanamori  
President & CEO, Keiro



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## 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 Urasenke 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 was 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 positing 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 volunteering, and I hope to continue this for as long as I can."

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

この記事の日本語版はKeiroのウェブサイト([keiro.org/jp/news](http://keiro.org/jp/news))からご覧いただけます。

For more information regarding volunteer opportunities with Keiro, please email [programs@keiro.org](mailto:programs@keiro.org).

## Thank you from Keiro

Thank you to all our volunteers who continue to support Keiro's efforts to impact older adults and their caregivers in Our Community!

Keiro夏号へようこそ!

この夏、私も多くのお盆祭りに参加し、友人達と時間を過ごしました。もし皆さんのスケジュールがそのような行事や集まりで詰まっていたとしたら、人との交流の時間がたくさんあったということになります。

社会的孤立や孤独は私たちのコミュニティそして社会の中で大きな課題になっています。驚くことに45歳以上の3割は寂しさを感じているというアンケート調査もあり、また研究によれば寂しさは健康に悪影響を及ぼすといわれています。

Keiroでもこの課題に助成金やパートナーシップを通じて取り組んでおりますが、コミュニティの皆さんと一緒に取り組むことが大切だと考えています。ご年配の友人とお茶したり、あるいは近所のおばあちゃんに毎朝挨拶したり等、一つ一つの小さな行動が大きな違いを生み出すと思っています。

ジーン・カナモリ  
代表兼最高経営責任者 (CEO)



## 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 Shimbashi, 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](http://keiro.org/news).

If your community organization is interested in the CarFit program, please contact [programs@keiro.org](mailto: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](mailto:contact@keiro.org) today if you would like to join us in our efforts.

## IYASHI 癒 CARE

On June 11, 2019, a seminar was held at Irvine Yamaha Music Center welcoming Kazuyoshi Kitaoka, who was a long time journalist in Los Angeles and is currently receiving treatment in Japan for liver cancer. Iyashi Care lead physician Dr. Yuichi Yanami also spoke about the realities of living with a serious illness and how Iyashi Care can help older adults in Our Community. Article available on [keiro.org/news](http://keiro.org/news).

6月11日にアーバインにてロサンゼルスで長年ジャーナリストとしてご活躍され、現在日本で肝臓がんと闘っていらっしゃる北岡和義先生が「ガンとの共存」をテーマに熱弁。Keiroの癒しケアプログラムもがんと闘う方へのサポートの一つとして紹介されました。詳細はこちらから: [Keiro.org/jp/news](http://Keiro.org/jp/news)

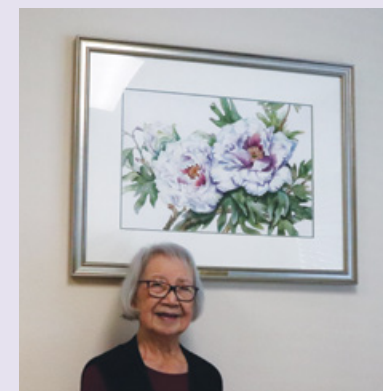


## Keiro Superstar: Satoko Yamamura (90)

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 Doyon 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 *genki* 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](http://keiro.org/news).



## AHEAD ON AGING: EMERGENCY PREPAREDNESS

It is important that we prepare for emergencies early on in order to protect ourselves and our loved ones. For example, you should consider having an emergency supply kit. A common practice is to have enough items to last you at least three to seven days. Some items to consider would be:

- Medication stored in Ziploc bags. If your medications need to be kept cold, consider using coolers or ice packs.
- Backup medical supplies, such as syringes or gauze
- Foods rich in macronutrients—carbohydrates, proteins, and fat
- Extra eyeglasses and/or contacts and contact solution
- Hearing aids and batteries in a container
- If you or a loved one uses an electric wheelchair, have a manual wheelchair as backup

For individuals with Alzheimer’s disease and dementia, you may consider some additional items such as:

- Incontinence supplies, wipes, and lotion
- Recent photos of the individual

Supply kits are but only one way to prepare for emergencies. Discuss having an emergency preparedness plan with your loved ones so that everyone knows what to do and how to contact each other in case of unplanned disasters.

For more information on emergency preparedness, visit the Keiro factsheet on [keiro.org/resources/fact-sheets](http://keiro.org/resources/fact-sheets).



## 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 express Masami's preferences in their native language.

Dr. Yanami, lead physician on the Iyashi Care team, stresses the importance of not only focusing on the current treatment,

but also to be prepared for the future. In fact, healthcare professionals have been promoting advance directives for nearly 50 years, and yet only one third of adults in the U.S. have completed one. "If something suddenly happens to your parents and if you don't know [...] what their preferences are, you may end up taking your loved one to the hospital for treatment. And in emergency situations, this is a typical decision to make. But when you look back, you may start having second thoughts of 'maybe she didn't want to go through treatment...maybe it wasn't supposed to be like this.'"

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](http://keiro.org/news).

To learn more about how you can complete an advanced directive, visit Keiro's factsheet: [keiro.org/resources](http://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](http://keiro.org/iyashi-care)

## Keiro no Hi FESTIVAL

Celebrating our Older Adults

FREE EVENT



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



Keiro and Japanese American Cultural & Community Center are co-hosting the second annual Keiro no Hi festival to celebrate the lives of our community's older adults through a full day of intergenerational activities, entertainment, educational workshops, and more.

The event is free to the public. With prior registration, those age 60 and older can receive complimentary transportation from locations throughout the community as well as a free bento.

Both will be provided upon a first-come, first-serve basis with prior registration. Learn more or register now by visiting [keiro.org/knh](http://keiro.org/knh) or calling Keiro at 213.873.5700.

9月14日(土)リトル東京にて第2回目の敬老の日フェスティバルをKeiroと日米文化会館で共催いたします。イベント詳細、事前登録や無料送迎についてはKeiroのウェブサイト([keiro.org](http://keiro.org))もしくはお電話(213.873.5700)にてご連絡ください。多くの方のご参加をお待ちしております。

## KEIRO SYMPOSIUM: AGING INTO TOMORROW

An innovative approach to the aging process

REGISTRATION: \$50

Saturday, October 5, 2019  
9:00 a.m. – 3:00 p.m.

The Westin Long Beach  
333 E. Ocean Blvd., Long Beach, CA 90802

Keiro is looking toward the future of aging and its unique impact on the Japanese American and Japanese community of Southern California. Join us for a fun and informative one-day conference bringing together the wellness, technology, and aging trends impacting us all!

**BREAKOUT TRACK TOPICS:**  
Participants will select one out of the three tracks.

**Track One: Aging at Home** – This track will discuss innovations that have the potential to enhance our ability to age confidently in the community for many years to come.

**Track Two: Social Connections** – This track will explore how to build stronger, healthier social relationships that will not only be better for your health, but also may enrich your life.

**Track Three: Whole-Person Care** – This track examines the concept that our life experiences influence both our needs and the choices we make as we age by applying it to our health and wellness.

Registration is now open at [keiro.org/symposium](http://keiro.org/symposium).  
Registration: \$50  
Registration deadline: September 20, 2019

### KEYNOTE SPEAKERS:



#### A Functional Medicine Approach to Cognitive Decline & Alzheimer's Disease

Candice Hall, DC  
Owner & CEO, Next Advanced Medicine

Alzheimer's disease has multiple stages and a variety of mechanisms that contribute to the disease's progression. Learn about functional medicine's approach to cognitive decline and early-stage Alzheimer's disease, including some of the latest research and science behind it.



#### Mobility for All

Tracey Doi  
Chief Financial Officer, Toyota Motor North America

Mobility goes beyond cars, even in a region like Southern California. When you're free to move, anything is possible. Explore the newest innovations and products that address mobility challenges for everyone, including personal robotics, automated driving, and mobility as a service. Together we can create better ways to move across town or across the room.



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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](http://keiro.org/knh)

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