



Caregiver Conference

CO-PRESENTED BY

Los Angeles Holiness Church

The Terasaki Nibei Foundation

Venice Free Methodist Church

Venice Hongwanji Buddhist Temple

Venice Pioneer Project

West Los Angeles Buddhist Temple

West Los Angeles United Methodist Church

Zoom Webinar

Sunday, May 31, 2020
2:00 - 4:15 p.m.

Keiro would like to thank Venice Japanese Community Center for graciously offering to originally host the 2020 Caregiver's Conference.

420 E. Third Street, Suite 1000
Los Angeles, CA 90013
213.873.5700

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keiro.org |  



CONFERENCE PROGRAM

Founded in 1961, Keiro is a mission-driven organization engaged in improving the quality of life for older adults and their caregivers in the Japanese American and Japanese community of Los Angeles, Orange, and Ventura counties.

Keiro delivers a wide range of resources to address the challenges and barriers that aging presents. Keiro also partners with companies and organizations that can expand its services and ability to reach seniors and caregivers, and participates in research and innovative work where Keiro can contribute to advancing progress in resolving the challenges of aging.

In light of COVID-19, Keiro will not be conducting any in-person programs or events for the remainder of the year. All programs have been transitioned to alternative formats. Please visit our website at keiro.org for additional information.

OUR MISSION:

To enhance the quality of senior life in Our Community

WHAT WE DO:

Keiro provides various programs and services to meet the evolving needs of our community's older adults and their caregivers in a culturally sensitive manner. In everything we do, we aim to advance our mission and maximize our impact on Japanese American and Japanese older adults and caregivers.

CLASSES:

Keiro partners with dozens of community centers, churches, temples, and other groups serving Japanese American and Japanese older adults to provide comprehensive classes to meet the needs of their aging members. For the remainder of the year, these classes will be conducted in virtual formats.

IYASHI CARE:

Keiro and Providence Health & Services announced a partnership in August 2017 to create the first culturally sensitive palliative care program focusing on Japanese American and Japanese older adults living with advanced illnesses and/or debilitating symptoms. This innovative program brings together a team of doctors, nurses, and social workers to work closely with the patient's existing healthcare team to provide an extra layer of support as patients pursue the best possible quality of life.

EVENTS:

Keiro hosts events throughout the year to support our older adults in our community. These events range from one-day conferences that provide resources and education, to festivals that celebrate the lives and accomplishments of the older adults in our community. This year, Keiro No Hi Festival and Keiro Symposium will be conducted in an alternative format.

GRANTS PROGRAM:

Launched in 2016, Keiro's Grants Program provides funding support to qualified nonprofit, community-based organizations that serve the Japanese American and Japanese older adult population. Grantmaking allows Keiro to invest in new and ongoing programs that reduce social isolation among older adults and their caregivers.

These programs are FREE to the community and is made possible in part through our event sponsors along with support from Keiro's community partners, donors, and volunteers.

2:00 p.m. Welcome Remarks

Kevin Onishi
Director of Programs, Keiro

Ayako Masada
Caregiver Conference Planning Committee

2:15 p.m. Keynote Panel: Difficult Conversations

Moderator: Kanako Fukuyama, MSW, ASW
Iyashi Care

Panelists: Lynn Miyamoto, Naoko Okada, & Andrew Takahashi

3:00 p.m. Break

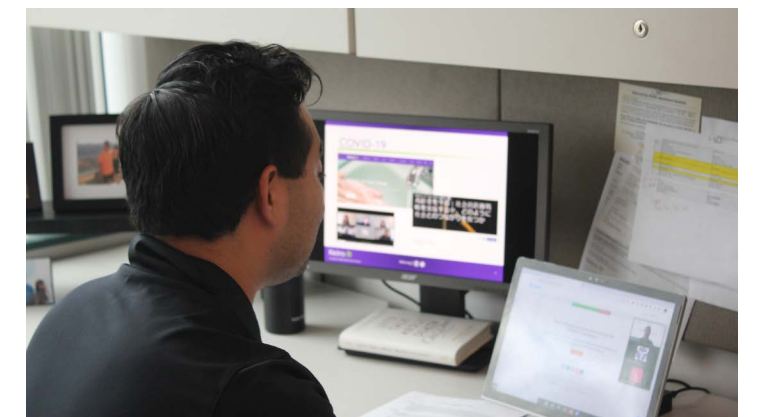
3:15 p.m. Workshop: Danshari: Downsizing and Decluttering

Mary Stevens-Heebner
CEO & Founder, Clear Home Solutions

4:00 p.m. Closing Remarks

Gene S. Kanamori
President & CEO, Keiro

4:15 p.m. End of Conference



TODAY'S SPEAKERS

KEYNOTE PANEL: DIFFICULT CONVERSATIONS

Caregiving can be overwhelming, and communicating with family members regarding care for our loved ones is not a simple task. This panel will touch on the various moments in life when conversations surrounding the care of our loved ones becomes challenging. The panel is aimed to empower attendees to start these difficult conversations with the loved one you are caring for and other family members.

MODERATOR: **Kanako Fukuyama, MSW, ASW**
Iyashi Care
Clinical Social Worker, Iyashi Care Program
Providence Little Company of Mary Medical Center, Torrance

Kanako received her bachelor's degree in psychology from Concordia University in Irvine and a master's degree in social work from California State University, Long Beach. She worked at Keiro Adult Day Care Center of Orange County for seven years. Upon closure of the Center, Kanako joined The Institute for Healthy Aging at Keiro to reach out to a wider range of Japanese American communities. There she managed community education programs and provided support and culturally-sensitive resources to older adults and caregivers. After working at Keiro for 18 years, Kanako left to join Providence Health & Services to be a part of the Iyashi Care program. She hopes to use her bilingual and culturally-sensitive skills to help patients and their loved ones navigate the health system and to ensure they receive the emotional support needed when someone has been diagnosed with a serious illness.

PANELIST: **Lynn Miyamoto**

Lynn graduated from the University of California, Davis with a bachelor's degree in international relations and a law degree. She has a law practice, Lynn A. Miyamoto, a PLC, focused on immigration. Lynn serves on various non-profit boards which includes being the current chairperson of Keiro. Lynn, along with her siblings, served as a caregiver for both of her parents while they were alive. Currently, she assists her husband in long distance caregiving for her in-laws.

Lynn's other non-profit board positions include parliamentarian for the California State PTA and a board of director for Jericho Road Pasadena and UUSC (a human rights organization). She is past president of the Glendale Educational Foundation. Lynn has received numerous awards including Glendale Educational Excellence Award, Crescenta Valley Woman of the Year, Glendale Character and Ethics Award, and National PTA/California State PTA Honorary Service Awards. She lives in La Crescenta with her husband, Kevin Kroeker and has two beautiful daughters, Corrina and Saralyn.

TODAY'S SPEAKERS (cont'd)

PANELIST: **Naoko Okada**

Naoko was born in Tokyo, Japan. She graduated from Sophia University Foreign Language Department, German Department in 1984 and went on to study fashion design at Ecole de la Chambre Syndicale de la Couture Parisienne and trained with designers such as Pierre Cardin and Issei Miyake.

She moved to Los Angeles, California, in 1989. Since then, she has presented an original kimono dress at the Nisei Week Fashion Show, and has also exhibited and sold designs at the Beverly Hills Art Show. She has been involved in the planning of Japanese and Nikkei cultural activities at the Terasaki Foundation since 1990, and has been organizing lectures and performances from various points of view.

While in Japan, she was a caregiver for her grandmother for three years while in college. She later became a caregiver for her mother and father in the United States.

PANELIST: **Andrew Takahashi**

Andrew is a 29-year-old, yonsei, Japanese American currently working as a civil engineer for a private design firm in downtown Los Angeles. He is the grandson of the late Tsutomu Maehara of Anzen Hardware located in Little Tokyo. Andrew grew up around the community of Little Tokyo and has been involved in various organizations throughout his youth. His caregiving experience focuses mainly around the care of elderly family members, most recently caring for his grandfather as a live-in caregiver along with two of his cousins. In his spare time, he enjoys snowboarding and hanging out with friends.

WORKSHOP: Danshari: Downsizing and Decluttering

Danshari is the practice of letting go of material things. Learn how to start conversations with loved ones about downsizing and decluttering to enhance the aging-in-place experience.

PRESENTER: **Mary Stevens-Heebner SMM-C, CPO, CAPS**
Clear Home Solutions

When it comes to later life and all the "stuff" that goes with it, Clear Home Solutions' CEO Marty Stevens-Heebner and her staff of experts know how to manage it. Marty is the President-Elect of the thousand-member National Association of Senior Move Managers (NASMM) and was the first Certified Senior Move Manager (SMM-C) in the country.

Clear Home Solutions was the first nationally accredited company in her industry and serves Los Angeles, Ventura, and Santa Barbara counties. Her hard-working colleagues tackle moves, downsizing, and organizing, as well as professional home inventories, managing all the logistics and stress so their clients don't have to. An award-winning entrepreneur, designer and author, Marty was inspired to launch Clear Home Solutions after her experiences with her 90-year-old father and her 88-year-old aunt with dementia. She's also a Certified Professional Organizer (CPO) and a Certified Aging in Place Specialist (CAPS).

CONSULTANTS

Steven Awakuni, Esq.

Steven is a former senior vice president and branch manager in the banking industry. In law school, he received the Bancroft-Whitney Am Jur award in taxation. He served as a judicial extern for the Honorable Fumiko Wasserman. Steve was appointed as a pro-bono prosecutor for a local city prosecutor's office, and also served as a settlement officer for the probate department of the Los Angeles Superior Court. Steven was appointed to the Gardena Planning and Environmental Quality Commission, serving as vice chair and acting chairman. He has served as legal counsel and a board member to several community organizations. He primarily practices in the area of Trusts and Estates law.

Staci Toji, Esq.

Toji Law was founded in 2018 by Staci Toji, an estate planning attorney in Torrance, CA dedicated to helping families of all generations plan for their future.

Staci was born and raised in Torrance. She graduated from Loyola Marymount University, magna cum laude, as a Valedictorian Finalist and Leadership Scholar, earning her B.A. in Political Science and Asian and Pacific Studies. After LMU she began Southwestern Law School's two-year accelerated SCALE Program where she was a member of the International Law Journal Honors Program.

Staci is actively involved with the Go for Broke National Education Center (where she is a newly appointed member of the Board of Directors), Kizuna, U.S.-Japan Council, and the Japanese American Bar Association. In addition, she has regularly contributed articles to the JACL Pacific Citizen and Rafu Shimpo newspapers.

Ayumi Omoto, LCSW

Ayumi was born in Los Angeles and grew up in both California and the east coast, as well as spending her high school years in Tokyo, Japan. She attended Oberlin College in Ohio for her undergraduate degree, then obtained her Master's in Social Welfare degree from University of California, Los Angeles. Ayumi has worked at the Little Tokyo Service Center (LTSC) as a social worker for 16 years. For the last three years, she has been the coordinator of the mental health program at LTSC.

Namiko Chinen, PhD, MSW, ASW

Namiko was born and raised in Okinawa, Japan. After earning a master's degree in social work from Michigan State University, she worked at a community center as a mental health therapist for two years. She went back to Japan and worked at a psychiatric clinic before she started teaching social work practice skills and psychology of disabled and elderly among other social work and psychology related subjects at colleges and universities. Namiko came to Los Angeles in 2016 and started working at Little Tokyo Service Center (LTSC) as a bilingual social worker in April 2018.

All opinions expressed are general in nature and solely those of the speakers, and do not necessarily reflect the opinions of Keiro. You should consult a physician, pharmacist, social worker, and/or an attorney of your own selection for professional advice that is appropriate for your personal situation.

IYASHI 癒 CARE



A Keiro-Providence Partnership: Iyashi Care provides culturally-sensitive outpatient care for Japanese American and Japanese older adults with serious illnesses or life-limiting symptoms. This program can also benefit family caregivers caring for their loved ones by helping with facilitating difficult conversations, providing assistance with setting goals of care, and any resources they may need to care for their loved one.

Call today to inquire how this can help you.

Due to the COVID-19 pandemic, there are now two ways in which you can inquire about Iyashi Care:

Please fill out this [online form](#), and a Keiro staff member will contact you to learn more about your specific situation and answer any questions.

Please call the Iyashi Care call line 213.873.5791 and leave a message. A Keiro staff member will return your call within 1-2 business days.

For more information, visit keiro.org/iyashi-care.

Palliative care is a new field of medical care. To learn more about what this Iyashi Care program is about, read this article where we interviewed the team regarding support to caregivers and facilitating difficult conversations:

[Part 2: Supporting Caregivers and the Most Common Case – Living with Dementia](#)

[Part 3: Difficult Conversation with Family Members](#)

Keiro 

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Health & Services

KEIRO FORUMS

During COVID-19, Keiro is hosting various webinars through Zoom. Please use this time to learn something new, and stay connected with Keiro and others! Visit [Keiro.org](https://www.keiro.org) or follow this link to see a full listing and register for the upcoming Virtual Keiro Forums.



Here is a list of upcoming June Virtual Keiro Forums, if any topics interest you we encourage everyone to sign up through our website.

Conversation Kitchen: Wednesday, June 3, 10:30 - 11:30 a.m.

*How to Set-Up a Zoom Call: Friday, June 5, 2:30 - 3:00 p.m.

Food Delivery Apps: Tuesday, June 9, 10:30 - 11:30 a.m.

Lifestyle Changes During COVID-19: Wednesday, June 10, 10:30 - 11:30 a.m.

Community Bingo: Thursday, June 11, 3:00 - 4:00 p.m.

*Lifestyle Changes During COVID-19: Friday, June 12, 2:30 - 3:00 p.m.

How to Host Virtual Bingo: Tuesday, June 16, 10:30 - 11:30 a.m.

Sun Safety & Hydration: Wednesday, June 17, 10:30 - 11:30 a.m.

Why Consider Iyashi Care: Thursday, June 18, 3:00 - 4:00 p.m.

*Understanding Care-giving and Care-Receiving Journey Basics: Saturday, June 20, 10:00 - 11:00 a.m.

Smartphone Apps to Use at Home: Tuesday, June 23, 10:30 - 11:30 a.m.

Conversation Kitchen: Wednesday, June 24, 10:30 - 11:30 a.m.

Caregiver Tips: Everyday Tasks: Thursday, June 25, 3:00 - 4:00 p.m.

*Long-Term Care Options: Friday, June 26, 2:30 - 3:00 p.m.

* presentations will be in Japanese

SUPPORT KEIRO

Keiro provides a variety of culturally-sensitive services and programs and is adapting to meet the current community needs. But we cannot do it alone! Your contribution supports our ability to continue providing much-needed services and resources to positively impact the ever-changing needs of older adults and caregivers in Los Angeles, Orange, and Ventura counties. Contributions are tax-deductible to the fullest extent of the law. Keiro is a 501(c)(3) nonprofit organization.

Please [click here](#) to support Keiro.



Caregiver Resources and Support Small Businesses

Caregiver Resources

Finding trusted resources to assist you and your loved one can be a difficult task. If you are looking for resources such as in-home care, assisted living facilities, legal consultants or more, please email Keiro at programs@keiro.org, or utilize Keiro's Online Resource Directory on our [website](#).

Support Small Businesses

In lieu of this year's hosted bento, we are asking you to please go out and purchase your lunch from a local restaurant impacted by COVID-19. If you would like to support small businesses in Little Tokyo, please take a look at [Go Little Tokyo's website](#).

THANK YOU

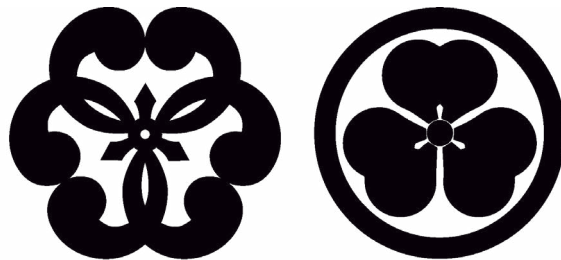
Thank you to our community partners, professional consultants, and speakers for making this event possible.

CAREGIVER CONFERENCE 2020



Thank you to all our sponsors!

PRESENTING SPONSOR



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