

KEIRO SYMPOSIUM:

# DESIGNING YOUR FUTURE

Saturday, October 24, 2020

Zoom Webinar



# Welcome



Welcome to the 2020 Keiro Symposium!

At last year's Symposium, I challenged us all to think towards our futures so we can be better prepared for what lies ahead. That challenge continues. Although the COVID-19 pandemic has upended life as we knew it, it has also given us the opportunity to step back and think about what is most meaningful to us.

Today, from the comfort of our homes, we explore how we can design our own futures as we age – for ourselves and for Our Community. Our speakers will share how health care, finances, and

technology impact us but how we can use them to enhance our own wellbeing and connect with those around us.

Lastly, we are grateful to our generous sponsors and supporters. Through a collaborative, innovative, and purposeful approach, Keiro continues to be able to work towards advancing the quality of senior life in Our Community. Thank you for being here with us.

Gratefully,

Gene S. Kanamori  
President & CEO

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# Program Schedule



10:00 a.m.

## Welcome Remarks

**Gene S. Kanamori**

*President & CEO, Keiro*

10:05 a.m.

## Confidently Navigating this Pandemic

**William Dunne**

*Administrative Director, Security, Safety, Emergency Preparedness,  
UCLA Health*

**Johnese Spisso**

*President, UCLA Health, CEO, UCLA Hospital System, Associate Vice  
Chancellor, UCLA Health Sciences*

10:40 a.m.

## The 10 Investing Questions that Matter Today

**Ric Edelman**

*Edelman Financial Engines*

11:20 a.m.

## Innovative Ways to Stay Connected

**Rich DeMuro**

*KTLA-TV*

11:55 a.m.

## Closing Remarks

**Lynn Miyamoto**

*Board Chair, Keiro*

CONSIDER MAKING A GIFT TODAY TO

## Support Keiro

Keiro provides a variety of culturally-sensitive resources and programs and is adapting to meet the growing needs of our community.

### **But we cannot do it alone!**

Your support enables us to continue providing much-needed services to positively impact thousands of older adults and caregivers in our community!

**To make a tax-deductible gift to Keiro, visit  
[keiro.org/support](https://keiro.org/support)**

# Speakers



## Rich DeMuro

*Emmy Award Winning Tech Reporter, KTLA-TV*

Rich DeMuro is known to viewers around the nation as “Rich on Tech.” Rich is the tech reporter for the #1 rated KTLA Morning News on KTLA-TV Channel 5 in Los Angeles. His “Tech Smart” report is syndicated to dozens of Tribune TV stations nationwide. Rich focuses on new gadgets, cool apps, and useful tech tips everyone can use. He is also a weekly guest on KFI AM 640 Los Angeles and is the fill-in host for Leo Laporte’s popular syndicated radio show called “The Tech Guy,” which is heard in over 170 cities. Additionally, Rich hosts a podcast called “Rich on Tech” where he discusses the week’s tech news and takes calls from listeners. Rich’s book 101 Handy Tech Tips for the iPhone, is a bestseller on Amazon and has the tips, tricks, and knowledge you need to master one of the world’s most popular smartphones. In the past, Rich has lent his tech opinions to various media outlets including CNET, NBC’s Today Show, Fox News Channel, the BBC, CNBC, The Insider, and more. Rich is originally from New Jersey and graduated from the University of Southern California with a degree in Broadcast Journalism. He lives in Los Angeles with his wife and sons and enjoys traveling, reading, running, magic, movies, and writing.



## William Dunne

*Administrative Director, Security, Safety, Emergency Preparedness, UCLA Health*

William Dunne is the administrative director for Safety, Security, and Emergency Preparedness at University of California Los Angeles (UCLA) Health System in Los Angeles, California. He is responsible for overseeing the disaster preparedness and response, safety, and security services for the four UCLA hospitals, over 185 outpatient clinics, and the David Geffen School of Medicine at UCLA. He provides strategic leadership for the innovation of training, compliance, and collaboration building in all three of these disciplines in UCLA Health Sciences as well as across the UC System. He actively engages executive participation and engagement in emergency management, mission continuity, threat management, and risk reduction arenas. He collaborates with local, state, federal, and international partners to effectively build relationships and broaden response and mitigation capabilities for UCLA and our broader community. Bill has been with UCLA Health since 2007 and at UCLA since 1999. Previously, Bill was the program director of the Paramedic Program at the Geffen School of Medicine at UCLA and a chief of EMS in Suffield, Connecticut. He started his career in EMS and Fire Service on the east coast. He holds a master’s degree in Homeland Defense and Security from the Naval Postgraduate School and bachelor’s and master’s degrees in Emergency Health Services from the University of Maryland Baltimore County.



## Ric Edelman

*Edelman Financial Engines*

All three leading trade publications, Investment Advisor, RIABiz and Investment News, have recognized Ric Edelman as one of the most influential people in the financial planning and investment management profession. He’s in both Research magazine’s Financial Advisor Hall of Fame and Barron’s Hall of Fame, and was ranked three times as the nation’s #1 Independent Financial Advisor by Barron’s and among the Top 10 Wealth Advisors by Forbes. In 2017, Ric received the IARFC’s Lifetime Achievement Award. Widely known for his thought leadership in the financial services industry, Ric is founder of the RIA Digital Assets Council and with the Bipartisan Policy Center, the Funding Our Future Coalition. He’s also been awarded two patents for financial product innovation. Ric is also a leading financial educator and champion of improving financial literacy for all Americans. He’s the award-winning host of one of the longest-running national personal finance radio show. He’s been on the air for nearly 30 years, currently airing on 80 stations coast-to-coast. He’s also produced several award-winning specials for Public Television, and he’s a #1 New York Times bestselling author with 10 books on personal finance, including a best-selling children’s book on money. Ric taught personal finance for nine years at Georgetown University and currently is a Distinguished Lecturer at his alma mater, Rowan University, which awarded Ric an Honorary Doctorate in 1999. In 2020, Rowan named its communications school the Ric Edelman College of Communication & Creative Arts. Ric and his wife Jean live in Northern Virginia.



### Johnese Spisso

*President, UCLA Health, CEO, UCLA Hospital System, Associate Vice Chancellor, UCLA Health Services*

Johnese Spisso assumed the positions of president of UCLA Health, CEO of UCLA Hospital System, and associate vice chancellor of UCLA Health Sciences in 2016. She is a nationally recognized academic health care leader with more than 30 years of experience, and oversees all operations of UCLA's hospitals and clinics as well as the health system's regional outreach strategy. Before coming to UCLA, Spisso spent 22 years at UW Medicine in Seattle, Washington, where she was steadily promoted from chief nursing officer to chief operating officer to chief health system officer and vice president of medical affairs for the University of Washington, a role she served in from 2007-2016 and was responsible for the four hospitals, community clinics, faculty practice group, and the airlift northwest flight program. While there, she played a major role in expanding collaborations with regional hospitals and in the operational integration of two major community hospitals into UW Medicine. She was also instrumental in leading the development of a statewide trauma system. Prior to UW, as a registered nurse, Spisso rose through the ranks in the 12 years she spent at the University of California Davis Medical Center and directed the critical care, trauma and burn center, emergency services, and the Life Flight Air-Medical Program. Before that, she began her career as a critical-care nurse in the medical, surgical, and transplant intensive care unit at the University of Pittsburgh Medical Center. Spisso received a master's degree in health care administration and public administration from the University of San Francisco, and a bachelor's degree in health sciences from Chapman College. She earned her RN at the St. Francis School of Nursing. She has received numerous awards and recognition throughout her career, most recently being named to Modern Healthcare's Top 25 Most Influential Women Leaders in 2019.

## WITH YOUR HELP

# Keiro's 2020 Impact

*This year has certainly been a challenging one for everyone, especially older adults and their caregivers. With your support and encouragement, Keiro was able to shift our programming to adapt to the current climate, while remaining focused on improving the quality of life of Our Community's older adults!*

**Over 1,500 older adults have connected through our weekly virtual programs and events.** The last seven months of staying safe at home have also led to isolation and loneliness, which is why it is so important to stay connected with older adults wherever they call home. Although we are a long way from connecting with every older adult through technology, it has been a huge start and we look forward to creating new and exciting opportunities to stay in touch.

**Over 7,800 meals have been provided to seniors** residing in Little Tokyo through the Little Tokyo Eats program. In partnership with Little Tokyo Service Center and Little

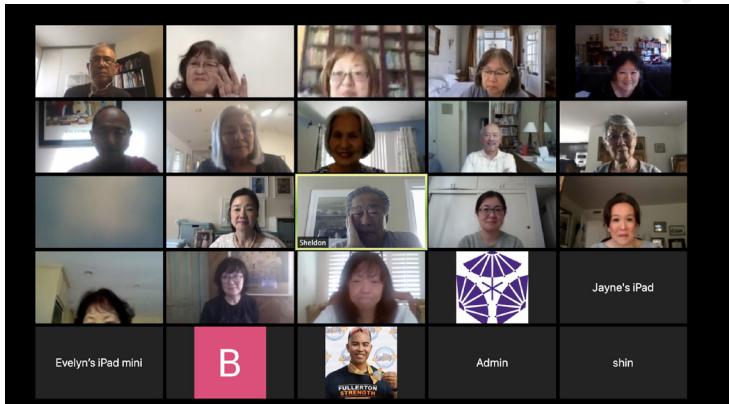
Tokyo Community Council, this meal program was created to address the immediate needs of our local older adults who are most vulnerable. We will continue working with local impacted small businesses to deliver hundreds of meals weekly to those at high risk.

Our community is able to **stay informed** on relevant and **accurate COVID-19 information and resources**. In March, Keiro committed to providing timely updates and resources in both English and Japanese. With your help we will continue to provide that pertinent information through our website, e-newsletters, and webinars.

Finally, Keiro continues to help our former facilities provide culturally-sensitive programming and special events. When the COVID-19 pandemic began, Keiro supported the front line employees with weekly meals purchased from local small businesses.

**We thank you  
FOR PARTNERING WITH US**

# About Keiro



For 60 years, Keiro has focused on improving the quality of life for older adults and their caregivers in the Japanese American community of Los Angeles, Orange, and Ventura counties. Keiro provides a range of culturally-sensitive programs and resources, in both English and Japanese, to meet the evolving needs of our aging community. In everything we do, we advance our mission through a person-centered, innovative, and collaborative approach.

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](http://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. 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.



## 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.



## 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.



Photo courtesy of LTSC

# Free Upcoming Events

## KEIRO SPEAKER SERIES

### CANNABIS USE: A GROWING TREND AMONG OLDER ADULTS

Wednesday, October 28  
6:30 - 7:30 pm (PDT)

*Data shows that cannabis use is on the rise among older adults. During this lively discussion between a physician and an attorney who are experts in cannabis-related issues, we will explore questions including:*

- Is cannabis legal?
- Is it safe?
- What are the benefits and risks of using cannabis?
- What is the difference between THC and CBD?
- What is hemp, anyways?
- Can I use it if I move into a licensed community?

This discussion will be designed to allocate plenty of time for questions, answers, and discussion with the attendees.

Register today for this free event at [keiro.org](https://keiro.org)

## VETERANS CONFERENCE

*Co-hosted with East San Gabriel Valley Japanese Community Center*

Saturday, November 7, 2020

11:00 a.m. Virtual Webinar  
12:30 p.m. Private Consultations and complimentary bento pickup

Register today for this free event at [keiro.org](https://keiro.org)

## 20 YEARS OF CARING FOR CAREGIVERS

### 2021 CAREGIVER CONFERENCE



Since 2001, Keiro has provided culturally-sensitive resources and practical tools through our annual Caregiver Conference. Join us for our 20th Anniversary of caring for our caregivers through an informative look at how caregiving has evolved over the two decades and what the future of caring for our loved ones entails.

**SAVE THE DATE**  
**Saturday, March 13, 2021**

## UPCOMING VIRTUAL FORUMS

Sumo Wrestling 101 with Matthew Tsunawaki  
Tuesday, November 3 | 10:30 - 11:30 a.m.

*Learn about the origins of sumo, the traditions, rules, and how the rankings are determined.*

Art Journaling 101 with Audrey Okeya  
Wednesday, November 4 | 10:30 - 11:30 a.m.

*Learn how to create an art journal and the benefits of this practical hobby.*

Making Home Safe presented by Alzheimer's LA  
Friday, November 20 | 10:30 - 11:30 a.m.

*Learn methods to modify your home, simple hacks, and ways to use technology to support a person with dementia.*

Visit [keiro.org](https://keiro.org) to see full schedule and to register



## Leave a Legacy with Keiro

Legacy giving is the transfer of assets to Keiro during a lifetime or as part of an estate plan. It is a win-win approach to philanthropic giving that supports Keiro and can benefit you now, or in the future. Include Keiro as part of your estate plan for legacy giving.

For more information, contact [bleong@keiro.org](mailto:bleong@keiro.org) or visit [keiro.org/legacygiving](https://keiro.org/legacygiving)

# Symposium Sponsors



Keiro gratefully acknowledges the following organizations and individuals who have made this event possible:

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*Congratulations Keiro on a successful  
Virtual 2020 Keiro Symposium!*

*- Gene & Vickie Kanamori*



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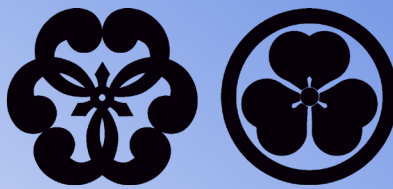
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Keiro's work to improve the lives of Japanese  
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**LYNN MIYAMOTO & KEVIN KROEKER**



*are pleased to support the Keiro Symposium and Keiro's work  
to improve the quality of life for Japanese American older adults*





*The Doizaki Family*  
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to support older adults





keiro.org |  

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