

# Caregiver Conference

*20 Years of Caring for Caregivers*

Presented by Keiro

**Saturday, March 13, 2021**

**12:00 – 3:00 p.m. PST**

**Virtual Webinar**

Keiro is celebrating our 20<sup>th</sup> year of hosting Caregiver Conferences. These events continue to offer valuable resources and education for caregivers who support older adults to age well at home and in the community. This free virtual conference will provide new tools and practical resources for current and future caregivers.

## Schedule

12:00 - 1:00 p.m.	Virtual Resource Fair
1:00 - 2:00 p.m.	Keynote Presentation
2:00 - 3:00 p.m.	Breakout Sessions

## Registration

Register for FREE by scanning the QR code or by visiting  
**<https://www.keiro.org/caregiver-conference>**.

The first 200 individuals to register for the event will receive a complimentary mailed care package.

Webinar & Caregiver Care Package registration closes  
Monday, 3/1 (while supplies last).

Webinar-Only registration closes Wednesday, 3/10.

Scan Here  
to Register:



MORE INFORMATION →

## Keynote Presentation

### Caregiving During a Pandemic: What Comes Next?

*Presented by Christina Irving, Family Caregiver Alliance*

Caring for loved ones is rarely an easy task—but during a global pandemic, managing everyday caregiving responsibilities becomes even more complicated. Please join us as Christina Irving, of Family Caregiver Alliance, shares tips and tools for caregivers to care both for their family members and themselves.

## Breakout Sessions *(Select One)*

### Thinking About My Future Care: Lessons Learned as Past Caregivers

*Guest Speakers: Dianne Kujubu Belli (moderator), Robert Fukumoto, Lauren Iwata Hui, Mark Oune, and Lisa Sugimoto*

A diverse panel of community members looks back on their family caregiving journeys and reflects on lessons learned as they consider their own future care needs.



### Culinary Tips for Caregivers

*Guest Speakers: Ron Dyo and Jane Matsumoto*

Join us as we take a dive into Japanese cuisine with a retired registered nurse and community organizer as we explore how preparing Japanese meals can be fast, easy, tasty, and nutritious!

## Caregiver Conference 20<sup>th</sup> Anniversary Partners

East San Gabriel Valley Japanese  
Community Center  
Gardena Valley Japanese Cultural Institute  
Long Beach Japanese Cultural Center/  
Long Beach Pioneer Project  
Los Angeles Homba Hongwanji Buddhist Temple  
Nishi Adult Buddhist Association  
Orange County Buddhist Church  
Oxnard Buddhist Temple

Pasadena Buddhist Temple  
Pasadena Japanese Cultural Institute  
Pasadena Nikkei Seniors  
The Terasaki Nibei Foundation  
Venice Japanese Community Center  
Venice Pioneer Project  
Wintersburg Presbyterian Church

*The Caregiver Conference is FREE to the community and is made possible by Keiro along with support from The Aratani Foundation, The Doizaki Family, Gene & Vickie Kanamori, Nikkei Senior Gardens, our community partners, donors, and volunteers.*

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.