

Keiro presents

Caregiver Conference

20 Years of Caring for Caregivers

Saturday, March 13, 2021

12:00 – 3:00 p.m. PST

Zoom Webinar

The Caregiver Conference is FREE to the community and is made possible by Keiro along with support from The Aratani Foundation, 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.

What We Do

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. Currently, these classes are conducted in virtual formats.

Iyashi Care

Keiro and Providence 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 health care 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. For 2021, Keiro will host the Alzheimer's Conference, multiple Speaker Series, the Keiro no Hi Festival, and Keiro's 60th Anniversary Celebration.

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.

In light of COVID-19, Keiro currently provides all programs virtually. Please visit our website at [keiro.org](https://www.keiro.org) for additional and updated information.

Conference Program

- 12:00 p.m.** **Resource Fair (listed in the order of presentation)**
- | | |
|--|----------------------------|
| 1. Iyashi Care | 4. Alzheimer's Los Angeles |
| 2. Home Care Assistance / Millennia | 5. 24-Hour Home Care |
| 3. California Telephone Access Program | 6. Nikkei Senior Gardens |
- 1:00 p.m.** **Welcome Remarks**
Gene S. Kanamori, President & CEO, Keiro
- 1:05 p.m.** **Keynote Presentation**
Caregiving During a Pandemic: What Comes Next?
Christina Irving, LCSW, Family Caregiver Alliance
Lynn Miyamoto, Q&A Moderator
- 2:00 p.m.** **Break**
Follow the instructions in your email to view the breakout session you selected.
- 2:05 p.m.** **Breakout Sessions**
- 1. Thinking About My Future Care: Lessons Learned as Past Caregivers**
Dianne Kujubu Belli (Panel Moderator), Robert Fukumoto, Lauren Iwata Hui, Mark Oune, & Lisa Sugimoto
 - 2. Culinary Tips for Caregivers**
Michelle Hirano (Q&A Moderator), Ron Dyo, & Jane Matsumoto
- 3:00 p.m.** **Closing Remarks**
Michelle Hirano & Sharon Fong, Members of Keiro's Board of Directors
- 3:05 p.m.** **End of Conference**



Conference Speakers

Keynote Presentation:

Caregiving During a Pandemic: What Comes Next?

Caring for loved ones is not an easy task and adding a pandemic on top of regular caregiving duties has not been easy on our community's caregivers. With the uncertainties of the pandemic including vaccines and Safer at Home orders, what are some coping techniques and ways to navigate these uncertainties that our community's caregivers should implore in the coming months or even years? Experts in the caregiving field provide us a framework to answer that question and more. Please join us as Family Caregiver Alliance delivers a keynote presentation on caregiving during a pandemic and answers your questions!

Presenter: Christina Irving, LCSW, *Family Caregiver Alliance*



Christina Irving is the client services director at Family Caregiver Alliance (FCA). She oversees the staff of the Bay Area Caregiver Resource Center who provide direct services to family caregivers, including assessment, counseling, education, and support. She has been with FCA for over 14 years, first as a family consultant and then as a clinical supervisor. She received a Masters of Social Work from San Jose State University and is a Licensed Clinical Social Worker.

Breakout Sessions:

1. *Thinking About My Future Care: Lessons Learned as Past Caregivers*

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.

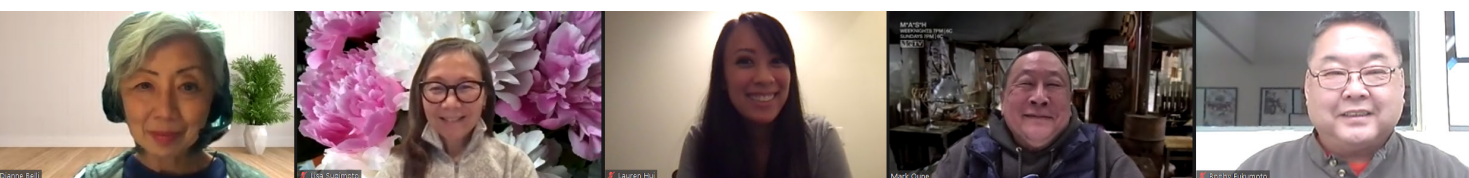
Moderator: Dianne Kujubu Belli

During Dianne's 16 years at Keiro Senior HealthCare, she served as the chief administrative officer and the founding executive director of The Institute of Healthy Aging at Keiro (IHA). Prior to coming to Keiro in 2001, she was vice president at Henry Mayo Newhall Memorial Hospital and a consultant to acute, long term, psychiatric, rehabilitation and prison hospitals.

With a Masters of Public Health from University of California, Los Angeles, she was a fellow in the American College of Health Care Executives and a member of the board of directors of the American Society on Aging. She was previously the president of the California Association of Quality Assurance Professionals and the president of the Buddhist Churches of America's Federation of Buddhist Women's Associations.

Dianne shared caregiving responsibilities for her parents with her sister and brother for 18 years. Their parents became ill at the same time. At one point, her sister stayed overnight at their parents' house for two nights a week, her brother stayed two nights a week, and Dianne stayed over three nights a week.

She and her husband, Joe, both now retired, are full-time babysitters for four grandchildren under the age of 3 ½.



Panelist: Robert Fukumoto

Robert was born in East Los Angeles at the Los Angeles Japanese Hospital. After completing the two-year program at America Academy of Dramatic Arts, he worked for the United States Postal Service for 32 years. Three years short of early retirement, he resigned to take care of his elderly mother full-time. Robert was his mother's primary caregiver for ten years. During this time, he assisted with his mother's activities of daily living until her passing in 2014.

Panelist: Lauren Iwata Hui

Lauren Iwata Hui is a Yonsei, Japanese American from Torrance, CA. She received her Masters of Gerontology from the University of Southern California and previously worked as an activities assistant at South Bay Keiro Nursing Home (now Kei-Ai South Bay). Currently, she works as a project manager for Kaiser Permanente-Downey Medical Center where she is involved with innovation, telehealth, and various COVID-19 projects. Lauren was the 2013 Nisei Week Queen and is grateful for the experience to connect with many Little Tokyo organizations. As a new mom, she hopes to stay active in the community and teach her daughter about Japanese American culture. While pursuing her Masters degree, she was a live-in caregiver for her grandfather.

Panelist: Mark Oune

Mark is a product of the Los Angeles area, growing up in Boyle Heights and attending Theodore Roosevelt High School and California State University, Los Angeles. He obtained his diplomas from both educational institutions while also earning higher level certifications while working for the County of Los Angeles. He worked for the County for 41 years retiring from his last position with the Treasurer and Tax Collector as an assistant Treasurer and Tax Collector in March of 2016.

He has participated in various athletic sports including aikido, and also served in several community youth groups performing duties such as a coach, camp counselor, staff person, administrative assistant, and board member. Recently he has volunteered with various temples, a scholarship fund, and a prestigious senior service organization. He shared his caregiver duties with his sister to care for their mother for a little less than six months.

Panelist: Lisa Sugimoto

After a 35-year career in the California community colleges, Lisa Sugimoto joined PPL, Inc. and currently serves as vice president and partner. She now consults California community colleges primarily on executive searches. She served as the superintendent/president of Pasadena City College during the Nisei Diploma project when students of Japanese descent, who were incarcerated during World War II, received their honorary college degrees. She retired early from her community college career to spend time and travel with her parents. Lisa earned her Doctorate in Education from the University of California, Los Angeles' Educational Leadership Program and her MBA and Masters of Education from the University of Southern California.

2. Culinary Tips for Caregivers

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.

Panelist: Ron Dyo



Ron Dyo is the president of Pasadena Nikkei Seniors, a board member for the Pasadena Japanese Cultural Institute (Pasadena JCI), and has been a board member for Rising Stars since its inception (17 years). As a former family caregiver for his mother-in-law, his primary role was to prepare well-balanced meals for her while she lived with him and his family. While he has no formal culinary training, Ron has made a name for himself as the volunteer “chef” for groups he regularly volunteers with including Pasadena JCI, Rising Stars, and Pasadena Nikkei Seniors. Ron has cooked and prepared as many as 230 meals for the Miss Pasadena JCI program to more intimate events like a 12-course meal at his home. In his spare time, Ron is an avid fisherman and has started an event called Kids Gone Fishing where city youth have the opportunity to learn how to fish and catch their own trout.

Panelist: Jane Matsumoto



Jane Matsumoto directs the culinary arts program for the new Toshizo Watanabe Culinary Community Center (TWCCC). She initially started as a culinary program volunteer at Japanese American Cultural & Community Center (JACCC) due to her lifelong passion in Japanese cuisines and cultural arts. As an avid cook, Jane entertains at home and wherever friends, colleagues, and family need culinary imagination.

Jane is also a former registered nurse. She worked in various operating rooms across Los Angeles as a surgical nurse focused on head & neck, orthopedic, and neurosurgery. More recently while working at JACCC, Jane’s mother was incapacitated due to a fall and came to temporarily live with her. During and after this recovery period, Jane used her nursing and culinary background to institute an orderly way to examine nutritious options, stock the pantry, and develop menus that may be helpful for caregivers.

Resource Fair Vendors



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.



To learn more about Iyashi Care:

1. 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.
2. Please call the Iyashi Care call line at 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.

2021 Alzheimer's Conference

Co-hosted by Keiro and Alzheimer's Los Angeles

SAVE THE DATE!

Saturday, May 1, 2021

9:30 a.m. – 1:00 p.m. PDT

Zoom Webinar



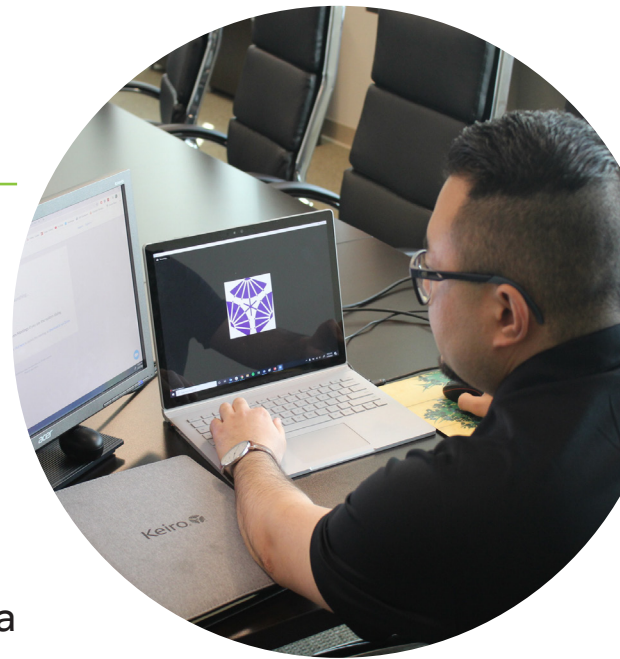
This FREE event will bring together a panel of expert speakers to educate the community on Alzheimer's disease and related disorders; current research and treatment options; and how to reduce your risk for Alzheimer's and supports available for caregiving families. This conference will also feature a virtual resource fair of organizations and vendors who will share invaluable information with attendees about Alzheimer's related services.

For more information, visit keiro.org/alzheimers-conference.

Virtual 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/virtual to see a full listing and register for the upcoming Virtual Keiro Forums.



Upcoming Forums:

Mindfulness for Seniors with Riki Aihara Tuesday, March 16 | 11:00 a.m.

Learn how to be more mindful (focused on the present moment) and calm the mind. We'll practice breathing techniques, meditation, and how to reflect upon oneself to promote overall wellness.

Watercolor Trees with Marion Nishimura Thursday, March 18 | 10:30 a.m.

You will use watercolor paint to create a fall and spring tree. The technique used is fast, easy, and fun. You will be surprised at the outcome and every tree is unique.

Kokoro no Hashi with Brandon Takahashi Friday, March 26 | 3:00 p.m.

Kokoro no Hashi (心の橋) is an opportunity for high school students to show off their talent/skill sets to an older audience. With a variety of acts ranging from dance to magic as well as interviews with the performers, the program is a great way for the younger generation to connect with the older generation.

Ukulele Making with Ralph Ichikawa Tuesday, March 30 | 10:30 a.m.

Join community member Ralph Ichikawa as he shares his hobby of making ukuleles. This presentation will walk through the various steps of making a ukulele and the tools Ralph uses.



Caregiver Conference Community 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

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.

To support Keiro, visit keiro.org/support-keiro





HONORING THE PAST. CELEBRATING OUR FUTURE.

If you or someone close to your heart needs assistance with daily living, there's a place of comfort and joy waiting. Nikkei Senior Gardens is a unique assisted living and memory care community conveniently located in the San Fernando Valley. Here, you'll be surrounded by the culture, family and warmth of the Japanese-American community.

Call (818) 899-1000 to learn more about our beautiful community.

Nikkei Senior Gardens is a non-profit community open to all.



NIKKEI
SENIOR GARDENS
Assisted Living & Memory Care



9221 Arleta Avenue ♦ Arleta, CA 91331
(818) 899-1000 ♦ www.NikkeiSeniorGardens.com

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Gene and Vickie Kanamori

are proud to support
Keiro's work to
improve the quality
of life for older adults
and their caregivers
in the Japanese
American community.



The Doizaki Family

*proudly supports Keiro and
its work to care for older
adults.*



ARATANI *foundation*

is proud to support the 2021 Keiro
Caregiver Conference and Keiro's
work to enhance the quality of life of
Japanese American older adults.



Thank you to all our sponsors

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