

KeiroConnect



YEARS
ROOTED IN COMMUNITY





Welcome!

A MESSAGE FROM KEIRO'S PRESIDENT & CEO AND BOARD CHAIR



Beverly Ito

Beverly Ito
President & CEO



Gerald Iseda

Gerald Iseda, MBA
Board Chair

As Keiro enters its 65th anniversary year, it is a time to reflect upon our legacy and how the aging experience has evolved over the years. Since its founding in 1961, people are living longer, caregiving is more complex, and individuals are navigating new perceptions around aging, identity, and community. To create meaningful and sustainable change, Our Community must not only respond to challenges as they arise, but each one of us must prepare for the journey ahead. Keiro's goal is to ensure that YOU, and future generations, can age with dignity, confidence, and purpose.

Keiro's vision, *to build a community where everyone, across generations, can live healthier and more fulfilling lives*, extends our longstanding commitment to meet the evolving needs of older adults, caregivers, and Our Community for decades to come. Our programs, partnerships, grant funding, and community networks exist to support individuals by strengthening community resources around them.

As we celebrate this milestone year, we invite you to stay connected with Keiro and discover how our programs and resources can enhance your quality of life. Whether you are an older adult, a caregiver, or a community supporter, you have a role in Keiro's story. Thank you for helping us build a healthier, more connected community for generations to come.

Keiroが65周年の節目を迎えるにあたり、私たちはこれまでの歩みを振り返るとともに、年齢を重ねることが時代とともにどのように変化してきたのかを見つめなおす時を迎えています。1961年の創立以来、人々の寿命は延び、介護の形はより複雑化するとともに、年を重ねることや自分らしさ、コミュニティに対する捉え方も変わってきています。意義のある持続可能な変化を生み出すためには、目の前に課題が生じてから対応するだけでなく、コミュニティの皆さま1人ひとりが将来に向けて準備しておくことが必要です。Keiroの目標は、皆さま、そして将来の世代が、尊厳と自信、そして生きがいをもって年を重ねていけるよう支援することです。

Keiroのビジョンは、「世代を超えて誰もがより健康で充実した人生を送ることができるコミュニティを築く」ことです。この考えは、高齢者、介護者、そしてコミュニティの変化し続けるニーズに今後何十年にもわたり、応えていくという、私たちの長年の取り組みをさらに発展させるものです。私たちのプログラム、パートナーシップ、助成金、そしてコミュニティネットワークは、コミュニティとのつながりを強化することで、皆さま1人ひとりを支え続けます。

この記念すべき年を迎えるにあたり、ぜひKeiroとつながりを保ち、私たちのプログラムやリソースが皆さまの生活の質をどのように高めることができるかを知っていただきたいと思います。高齢者の方、介護者の方、そしてコミュニティを支える皆さま1人ひとりには、Keiroの歩みにおいて欠かすことのできない大切な存在です。世代を超えて、より健康で、よりつながりの強いコミュニティを築くためにお力添えいただき、心より感謝申し上げます。



Keiro's Publications Through The Years

For over 45 years, Keiro's publications have been instrumental in connecting with Our Community. They continue to serve as a key method for sharing news, updates, upcoming events, and community stories, allowing Keiro to reach people far and wide. Check out the evolution of Keiro's publications over the years.

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Honoring Our Legacy. Advancing Our Future.

For 65 years, Keiro has supported the evolving needs of older adults and caregivers in the Japanese American and Japanese community. What began as a vision in 1961 has grown into a community-based organization serving individuals and families across Los Angeles, Orange, and Ventura counties.

As we celebrate this milestone, we honor the vision of our founders while looking ahead with purpose. Keiro's vision, **to build a community where everyone, across generations, can live a healthier and more fulfilling life**, reflects both where we have been and where we are going.

made it difficult to talk openly about aging and caregiving. At Keiro, we believe it is time to change that narrative. By embracing aging proactively, individuals gain more choices, greater confidence, and clearer pathways to the quality of life they desire.

Across the Aging Continuum

Aging is a lifelong journey that affects individuals, families, and communities long before care is ever needed. Research shows that early planning, social connection, and access to culturally responsive resources lead to better health outcomes, greater independence, and improved quality of life as we age.

Building Forward, Together

As Keiro marks 65 years of service, we reaffirm our commitment to the community that shaped us. By honoring our legacy and promoting a proactive approach to aging, we are helping ensure that individuals and families can move through every stage of life with dignity, confidence, and purpose.

This anniversary is both a celebration and a call to action. Together, we can build a healthier and more fulfilling future across generations.

However, aging is often framed as something to avoid. Ageism, both societal and internalized, has



The Next Steps on Keiro Kikyo Home's Roadmap

In January 2025, Keiro shared an ambitious and deeply intentional vision for Keiro Kikyo Home, a culturally responsive board and care home designed to expand access to high-quality assisted living options for Our Community. Since that announcement, Keiro's work has centered on building the leadership and governance structure needed to guide this initiative forward, including welcoming a new executive director and establishing a dedicated board of directors to steward Keiro Kikyo Home through its next phases. Throughout 2025, focus was placed on completing renovations of the property. As is often the case with projects of this complexity, the timeline was extended while the team worked through construction requirements to ensure that every aspect of the home meets the standards we have set for safety, quality, and long-term sustainability.

Keiro is excited to announce that renovations are complete, and the property received building inspection clearance from the City of Torrance. The next step will be to move forward with the licensing process, bringing us closer to opening a home rooted in dignity, cultural understanding, and community trust.

Keiro Kikyo Home is one of several initiatives within Keiro's broader strategy to shape how aging services are delivered and accessed, especially for older adults and caregivers in need of additional support. Keiro remains committed to providing Our Community with updates as it achieves significant milestones in the development of Keiro Kikyo Home.

"Keiro Kikyo Home represents more than a building; it reflects our shared responsibility to do this right. We are being thoughtful and deliberate with every move we make so that when the doors are opened, families can trust that this home was created with care, intention, and respect for those we serve."

- Lynn Miyamoto
Board Chair of Keiro Kikyo Home

For more information about Keiro Kikyo Home, visit keiro.org/kkh.

Updated as of February 18, 2026.



Aging is Inevitable, So Let's Do It RIGHT!

"It is not the passage of time that makes getting older so much harder than it has to be – it is ageism." - Ashton Applewhite ¹

Changes in our bodies are not the only reasons why aging is viewed negatively; it is a social construct. Consider these two simple statements: "You look so young" and "You look so old." What thoughts come to mind? In many cultures and trends, people may say that youth is good and aging is bad. But why are we led to perceive aging so unfavorably?

In December 2025, Keiro conducted an anonymous survey of 105 participants aged 23 to 99 to learn about Our Community's perspectives on aging. When asked what influenced their perception of aging, the most common responses, in order, were personal experiences, family/friends, and health care professionals.

Today's society has stigmatized what it means to be "old" — gray or white hair, joint pain, slower movement, wrinkles, and memory loss. Whether it be an advertisement for anti-aging supplements, a caricature of a stubborn grandparent in a movie, or jokes about growing old, ageist remarks are so normalized that the discrimination is often overlooked. These ageist perceptions can impact other aspects of daily lives including employment, accessibility in neighborhoods, legal systems, and health/social care. ²

For 65 years, Keiro has maintained the belief that aging is a process to be embraced, challenging predetermined

notions. To better understand the impact of these social attitudes, we turn to research and evidence.

The Research Shows...

The *Stereotype Embodiment Theory (SET)* states that stereotypes are embodied when their assimilation from the surrounding culture leads to self-definitions that, in turn, influence functioning and health. ³ Ultimately, age discrimination can have a negative effect on one's overall quality of life. The American Psychological Association explained, "Individuals who experience everyday ageism report a higher prevalence of chronic health conditions, poorer mental health, and increased symptoms of depression, with internalized negative ageism being linked to declines in cognitive and physical health..." ⁴

Despite the drastic repercussions of age discrimination, its negative effects are often overlooked or not taken seriously. In tandem with these findings, multiple

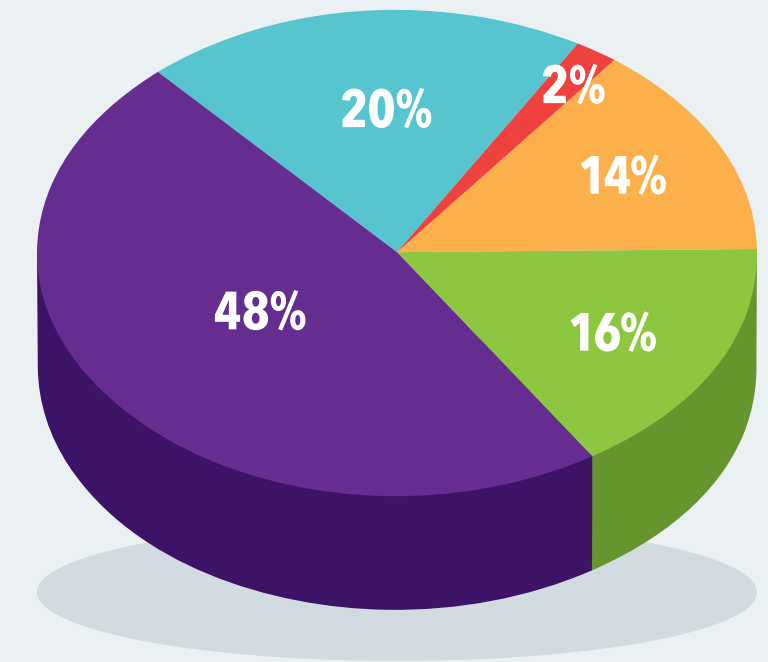
experiments showed that group interventions centered on discussing the positive aspects of aging successfully enhanced participants' perceptions of their own aging experience and improved physical function. ^{5,6} This study supports the notion that fostering an age-positive atmosphere and reframing the collective perception of aging can lead to remarkable improvements in an individual's overall health.

Challenging the Stereotypes

One of the first steps in combating ageism is to identify how, where, and in what ways it manifests. Ageism can take form both consciously (explicitly) and unconsciously (implicitly), and it can be difficult to detect and overcome because of its implicit nature and how it is heavily ingrained in our everyday lives. ⁷

How do you generally view aging?

- 20% (21 responses)
Positively
- 48% (50 responses)
Somewhat Positively
- 16% (17 responses)
Neutral
- 14% (15 responses)
Somewhat Negatively
- 2% (2 responses)
Negatively



There are small and large ways that we can begin to identify ageism and head towards a path of acceptance and empowerment. In *Ageism Unmasked*, Tracey Gendron, PhD, wrote, "Once you begin to recognize ageism in all its forms, you will be able to make conscious choices on how you want to experience aging." ⁸

Here are a few tips to help combat age-related stereotypes and biases:

1. Challenge Stereotypes in Everyday Conversations
2. Stay Visible in and Engaged with Community Life
3. Promote Lifelong Learning and Skill Building
4. Reframe Aging as a Life Stage, not a Decline
5. Support Research That Counters Aging Myths

Embrace Your Aging Journey

Our Community has already taken that step towards a shift in aging perspective, with 68% of survey respondents saying that they generally view aging as "Positive" or "Somewhat Positive." Presenting information in a positive light can help counteract existing stereotypes and prejudices about older age. ² Letting go of society's fear-based mentality about aging can help you appreciate the value of your own journey.

Reflecting on their aging experience, one respondent, age 75, added, "We may not understand everything, but it's fun to try." Take a moment to ask yourself, "What aspects of aging do I appreciate?" Commit to embracing your answer with pride, and encourage others to do the same. Together, let's celebrate the experiences and opportunities that aging brings.

For the full article and list of citations, visit keiro.org/news.

Top 3 BIGGEST CONCERNS as YOU AGE:

- 1 Physical and Mental Health
- 2 Burdening Love Ones
- 3 Finances

Top 3 THINGS YOU'RE LOOKING FORWARD TO as YOU AGE:

- 1 Learning New Things
- 2 Traveling
- 3 Free Time



Strengthening Community Through Meaningful Programs

In order to build a community where everyone, across generations, can live a healthier and more fulfilling life, Keiro designs and hosts programs for three interconnected priorities: older adults, caregivers, and community. Throughout 2025, Keiro focused on making meaningful differences in the lives of those we serve, enhancing wellness, connectivity, and care for each program participant.

To learn more about our impact and discover how Keiro can support you and your loved ones, visit keiro.org/what-we-do or email programs@keiro.org.

Data reflects metrics from November 2024 to October 2025.

Older Adults

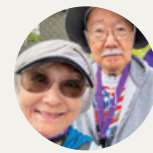


Keiro's programs for older adults are designed to help participants approach aging with confidence, connection, and grace. Through Quality of Life Classes and Genki Living Workshops, participants explore strategies to help them stay active, engage their minds, and explore meaningful ways to improve their quality of life. The annual Keiro no Hi Festival honors Our Community's older adults through a day of celebration and recognition for their lifelong accomplishments. Together, these programs empower older adults to live well today while thoughtfully preparing for the future.



"Since I am only able to participate [virtually], there would be no other way for me to take advantage of the information presented. I have learned new information, and [the classes have] reinforced important topics for me as I age."

- Thomas, Quality of Life Class Attendee



"Keiro's focus on *genki* living and their online Quality of Life Classes make it easy to stay involved and motivated to learn new things. The classes are interesting, offered at convenient times, and are easy to watch and participate in. I look forward to more interesting classes in 2026!"

- Donna, Quality of Life Class Attendee

1,733 participants

served through online and in-person educational Quality of Life Classes.

103 older adults

across three Genki Living Workshops were introduced to accessible hobbies and activities that promote health, wellness, and social connection.

531 attendees

gathered at the Keiro no Hi Festival to celebrate Our Community's older adults with live performances, bento lunches, games, crafts, and more.

Caregivers



Keiro's programs for caregivers recognize and uplift those who provide care for others, ensuring they feel supported, prepared, and connected. Our biannual Caregiver Conference brings together experts and resources to help caregivers navigate challenges of caregiving with confidence. These online and in-person events create a welcoming space to learn practical strategies, share experiences, and offer emotional support.



"The Caregiver Conference showed me that caregivers need community as much as information. Keiro and programs like *Iyashi Care* make space for caregivers to pause and be cared for, with a team that understands our culture, language, and the generational complexities of caregiving."

- Viva, Caregiver Conference - South Bay Panelist

200 community members

gained access to professional presentations and local resources at our Caregiver Conferences in the San Gabriel Valley and South Bay.

92% of evaluation respondents

were confident in their ability to apply information from our Caregiver Conferences.

Iyashi Care's Impact in 2025



543

patients and families served in 2025

88%

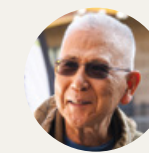
completion rate of Physician Orders for Life Sustaining Treatment (POLST) for families enrolled in the program

Data reflects metrics from January to December 2025.

Community



Keiro's programs for community focus on creating new, and investing in existing, supportive aging programs and services that are accessible for older adults within their local communities. These programs include the Grants Program, *Iyashi Care*, Keiro Kikyo Home, the Little Tokyo Service Center Partnership, and the Nikkei Senior Network (NSN). Through the NSN, Keiro brings together community leaders to exchange resources, build partnerships, and collaborate toward shared goals that support and uplift the older adults and caregivers within their community organizations.



"I believe the NSN is one of the best tools for networking among organizations in Southern California. We are grateful to Keiro for supporting the NSN and for its ongoing efforts to promote a high quality of life for seniors."

- Sam, NSN Leader from Anaheim Revive Church



"[The NSN meetings have] become a wealth of information and resources that CENW can draw upon as they plan future speakers and activities. It was extremely helpful when learning how to reopen after COVID, as an example."

- Sue, NSN Leader from Continuing Education for the Nikkei Widowed (CENW)

23 community organizations

were brought together by Keiro through the NSN on a regional level to discuss and share strategies for supporting their older adult programs.

IYASHI 癒 CARE

For more information about *Iyashi Care*, contact us at **213.873.5791** or programs@keiro.org.

Investing in Mental Health by Supporting Community Infrastructure

Since 2017, Keiro and Little Tokyo Service Center (LTSC) have partnered to expand and enhance LTSC's existing bilingual services.

At the core of this partnership is Keiro's commitment to investing in trusted community organizations, and the people within them, who are already doing exceptional work but may be limited by systemic challenges. With support from Keiro, LTSC has provided more than 13,300 hours of free counseling and case management to older adults and caregivers in Our Community.

At its heart are the therapists, social workers, case managers, and other staff members, who care for the most vulnerable. Keiro sat down with Namiko, Licensed Clinical Social Worker, and Akiko, Licensed Clinical Social Worker, to learn more about their work and the impact of the Keiro and LTSC partnership.



Akiko

Namiko

A Glimpse at the Day-to-Day

Both fluent in Japanese and English, Namiko primarily works with older adults, while

Akiko sees adult clients of all ages. Due to ongoing stigma around addressing mental health in the Asian American, Native Hawaiian, and Pacific Islanders (AA/NHPIs) community, clients often seek help only once their situations have become very serious, and they have multiple concerns. Some examples of these concerns include physical and/or mental health issues, housing and/or financial instability, or family relationship problems. Because of this, LTSC utilizes a therapeutic case management approach. The LTSC staff's day-to-day work is multi-faceted — listening to clients, understanding what their needs and priorities are, helping them come up with solutions, connecting them to resources, and building trust.

Supporting the Client Every Step of the Way

Namiko shared about an older Japanese-speaking client of hers who initially received grief support. Eventually, the client began having memory impairment to the point she could no longer safely live alone and had to move to a senior living facility. Namiko supported her throughout the entire process, including



on her move-in day. She shared, "While providing case management support and assistance with moving, I was able to therapeutically help [the client] process and accept saying goodbye to her home. The flexible Keiro funding allowed me the time and space to do that."

Flexibility, collaboration, and trust are key benefits of this unique partnership. Akiko explained other contracts and agencies may be very strict about types of support provided, expected progress, documentation, and length of time on service, regardless of what is actually best for the client. "We want to do a good job, but when there are a lot of restrictions, I can't be so creative in thinking about the best solutions. The Keiro partnership is different because they trust our professional expertise."

Seeing Progress, Big and Small

While Namiko and Akiko are both motivated by a strong desire to help those in need, the work can be emotionally challenging for the staff. They take great joy in seeing

clients make even the smallest steps toward becoming more independent. The staff are known to give so much and they also remember to take care of themselves, whether it is partaking in activities with other LTSC staff or enjoying personal hobbies.

"I would like the community to know that talking about mental health doesn't have to be scary. Many of our clients had a negative impression of therapy before they reached out, but little by little, they started to blossom," Akiko noted. "We're here to help, however we can."

Working in collaboration, both Keiro and LTSC are able to expand access to mental health services in Our Community by removing barriers and investing in people, flexible support, and culturally-sensitive care.

For the full article, visit keiro.org/news.

For more information about the Keiro and LTSC mental health partnership, visit keiro.org/ltsc-partnership.



Stepping Into Keiro's 10th Grants Program Cycle

Keiro announced the recipients of its 2026 Grants Program cycle, awarding \$350,000 in funds to support 42 nonprofit organizations.



This year, emphasis was placed on program development, including the expansion and/or enhancement of existing programs; capacity building; and core operation support focused on improving at least one of the following quality of life elements, as defined by Keiro — health and wellness, purpose, connectedness, security, and autonomy.

2025 Grants Program at a Glance



2026 Keiro Grants Program Recipients

- Asian American Community Media Project
- Cerritos Baptist Church
- CharanPoran USA, Inc.
- Chatsworth West United Methodist Church
- Continuing Education for the Nikkei Widowed, Inc.
- Crossroads Community Church of South Orange County
- Evergreen Baptist Church of Los Angeles
- Faith United Methodist Church
- First Presbyterian Church Altadena
- Gardena Valley Japanese Cultural Institute
- Higashi Honganji Buddhist Temple
- Japanese Christian Church Federation of Southern California
- Kansai Club
- Kansha Project
- Leisure Club at ESGVJCC
- Little Tokyo Nutrition Services
- Long Beach Buddhist Church
- Long Beach Japanese Cultural Center
- Los Angeles Homba Hongwanji Buddhist Temple
- Los Angeles Men's Glee Club
- Makoto Taiko
- Mission Valley Free Methodist Church
- NALC USA
- Nanka Kenjinkai Kyogikai
- Orange County Buddhist Church
- Orange County Friendship Choir
- Orange County Japanese American Association
- Oxnard Buddhist Temple
- Pasadena Buddhist Temple
- Pasadena Nikkei Seniors
- Sakura Chorus
- San Fernando Valley Meiji Senior Citizens Club
- San Gabriel Nikkei Seniors
- Tulips in Harmony
- Union Church of Los Angeles
- Venice Hongwanji Buddhist Temple
- Venice Japanese Community Center
- Visual Communications Media
- Wa no Kai
- West Los Angeles Buddhist Temple
- West Los Angeles United Methodist Church
- Zenshuji Soto Mission

Friends of Keiro

Donors and volunteers help Keiro advance the quality of life for Japanese American and Japanese older adults wherever they call home. Your support allows Keiro to adapt and meet the changing needs of Our Community. Our deepest gratitude goes to all who join Keiro in our mission to enhance the quality of senior life in Our Community.

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IN CELEBRATION OF KIMIKO IGE'S 102ND BIRTHDAY
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By making a planned gift to Keiro, you will be joining the generous and forward-thinking members of our Legacy Circle by supporting Keiro's long-term mission, to enhance the quality of senior life in Our Community, for years to come. For more information about Keiro's Legacy Circle, contact support@keiro.org.



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May 2025
Keiro and LTSC staff with members of the Pasadena and Altadena communities at a hosted lunch for Eaton Fire survivors

2026 KEIRO CALENDAR



November 2025
Tractor tour and lunch at Tanaka Farms

MARCH

Genki Living Workshops: Cooking
Friday, March 6
East San Gabriel Valley Japanese Community Center

Living Stories of Little Tokyo with Mike Okamura
Virtual Quality of Life Class
Tuesday, March 10
2:00 - 3:00 p.m.

Clinical Trials - How You Can Be a Part of the Next Great Scientific Discovery! with Mary S. Easton Center for Alzheimer's Research and Care at UCLA
Virtual Quality of Life Class
Thursday, March 19
2:00 - 3:00 p.m.

Cooking in the Community with NJ Nakamura and Hitomi Hashimoto
Virtual Quality of Life Class
Wednesday, March 25
2:00 - 3:00 p.m.

APRIL

Prime Time Perks with Trent Tomoyasu
Virtual Quality of Life Class
Thursday, April 2
2:00 - 3:00 p.m.

Caregiver Conference - West Los Angeles
Sunday, April 19
11:30 a.m. - 4:00 p.m.
Venice Japanese Community Center

MAY

2027 Keiro Grants Programs
Application Opens: Monday, May 18

JUNE

Genki Living Workshops: Walking
South Coast Botanic Garden

AUGUST

Genki Living Workshops: Arts & Crafts
Venice Japanese Community Center

SEPTEMBER

Keiro no Hi Festival
Saturday, September 12
Los Angeles Homba Hongwanji Buddhist Temple (Nishi)

OCTOBER

Caregiver Conference - Orange County
Saturday, October 24
Orange County Buddhist Church

To register and learn more about Keiro's upcoming events, visit keiro.org/what-we-do.

Updated as of February 18, 2026.

DISASTER RECOVERY FUND

In April 2025, Keiro established a Disaster Recovery Fund to assist First Presbyterian Church Altadena, Pasadena Buddhist Temple, Pasadena Nikkei Seniors, and Little Tokyo Service Center (LTSC) as they supported older adults and their families who were impacted by the Eaton Fire. Throughout the year, the funding helped provide meals, activities, educational workshops, and other opportunities to connect with others. This support also included mental health counseling, case management, and additional client assistance through LTSC.



February 2026
Healing and Hope Mural Project commemorating the one-year anniversary of the Eaton Fire



May 2025
Hosted lunch for Eaton Fire survivors



May 2025
Luncheon featuring a performance by The Grateful Crane Ensemble






OVER 80 KEIRO STAFF HOURS
spent assisting the Eaton Fire Nikkei Meal Program



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Keiro provides a variety of culturally-sensitive services and programs and is adapting to meet the current community needs. However, we cannot do it alone! Your contribution supports much-needed services and resources for older adults and caregivers.

Make a gift today by visiting keiro.org/support or by using the envelope provided in this publication.

