Staying Connected, Together
Welcome to Keiro Connect: Spring 2020 Edition!

Over the past few months, our world has drastically changed — in a way I could have never imagined. It has certainly been a trying time for everyone, but I have also been inspired seeing all of us come together to overcome this crisis and support Our Community’s older adults.

Like many of us, I have been inundated with COVID-19 news for the last two months and it’s been challenging to navigate and find credible information. I am proud of Keiro’s work during this crisis to address the needs of Our Community. Our staff has quickly pivoted our traditional in-person programs to an entirely virtual format.

Gene S. Kanamori, President & CEO
Keiro

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Specially for this edition, Keiro will announce alternative plans to replace our originally-scheduled programs.

As part of the Little Tokyo community, we have heard growing concern for the older adult residents in this area, who fall in the at-risk category. In the upcoming weeks, Keiro will announce alternative plans to replace our originally-scheduled programs.

Keiro, the Los Angeles-based California non-profit that has been providing supports and services to older adults since 1968, has never imagined. It has certainly been a trying time for everyone, but I have also been inspired seeing all of us come together to overcome this crisis and support Our Community’s older adults.

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At Keiro, we have long said that “it takes a community to care for older adults,” and right now that phrase resonates more than ever — it will take a community! We are getting through this crisis and I am asking you, our fellow community members, to join us in our ongoing efforts to share our resources, and more importantly, to reach out and help an older adult in your life. Together, we will get through this.
Iyashi Care, a partnership program with Keiro and Providence Health & Services, provides a personalized approach to each patient and family’s situation. What works for one person may not work for another. Yet through these interviews and stories, we hope to show the many different options and Iyashi Care experiences.

Chatting with the Iyashi Care Team
Part 5: Palliative Care in Action

What is an example of when you provided palliative care to a patient?

Dr. Yuichi Edwin Yanami: Every Friday, a patient who lives in assisted living gets her hair done with a caregiver outside the facility. She is on water pills because of high blood pressure, meaning she needs to go to the bathroom frequently. For her, I prescribed no medication on Fridays so she doesn’t have to worry too much while she’s out. I think that’s pretty much palliative care in a nutshell – finding out the needs of our patients and being able to help their medical needs meet that.

Any messages to the community or future patients?

Dr. Yanami: If you’re struggling with any pain or difficulty, please reach out sooner rather than later. It breaks my heart when I hear a comment [about someone who] was having a hard time but are better now. I wish they called [when they were in pain] and I could have probably helped them make their lives a little bit easier. We do help with pain control.

Kanako Fukuyama: Just reach out, inquire about Iyashi Care, and see whether where you’re headed is the plan your aging parents or you really want. Reach out to us so you can be prepared.

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

Contact us to learn how Iyashi Care can help you or a loved one
213.873.5791 | keiro.org/iyashi-care

Keiro Grants Year 3 Cycle

2020-2021 Keiro Grants Cycle

Keiro remains committed to supporting older adults and their caregivers in the Japanese American and Japanese communities of Los Angeles, Orange, and Ventura counties through its Grants Program. Announcements regarding the next grant cycle will be made at a future time.

We will also be extending the funding timeline for the 2019-2020 Grant Cycle. Programs that are currently on hold will be receiving communication from our team.

Please visit keiro.org/grants for more information or email grants@keiro.org to be added to our contact lists to receive updates.

Sue Kawasaki
Continuing Education for the Nikkei Widowed

"Social isolation is a serious occurrence whenever one loses a spouse and lifelong companion. With help from Keiro’s Grants Program, we fill this void by providing opportunities for this population – the most senior of seniors – to gather together with peers and learn how to enjoy their next phase of life independently. Six months after losing her spouse, a member heard about CENW from a friend in her line dancing group. She thought having support from others in the same situation as herself would be beneficial. Another member found the educational aspect of the speaker’s program to be the inspiration for joining our group."

Audrey Sakamoto
West Covina Christian Church

"The Keiro grant ‘opened our eyes’ to become more sensitive to the vulnerable [older adults] who could be lonely and become isolated. Rather than just perceiving the seniors as a group, it caused us to identify individuals and thus making it possible to meet needs which may have been overlooked. We recognized the cultural values of gaman and enryo among some of the Nisei to be barriers for seeking assistance. But when we made the effort to reach out or invite them, there were positive responses."

"Japanese language programming is vital. It is an opportunity for our aging parents to explore and engage in a new language and culture while also allowing them to form relationships and connections with older adults of different backgrounds. It provides a valuable connection to their Japanese heritage, allowing them to maintain cultural traditions and values."

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Importance of Intergenerational Connections:
Service Learning Program
A Keiro and Kizuna partnership

In a special intergenerational program held in February 2020, high school students and residents of Kei-Ai South Bay Healthcare Center and Sakura Intermediate Care Facility came together for an afternoon of activities. Keiro staff first taught the students how to initiate conversations and empathize with older adults regarding the challenges of aging. Later, they partnered with residents to converse and play a modified version of bingo using Japanese food. These activities were designed to give the students, many of whom will likely be future caregivers, the skills needed to communicate with older adults and break down barriers to intergenerational engagement.

15-year-old participant Ashley explained that she now knows how to communicate with older adults. “I can find a common ground and just be polite and respectful, and use various techniques that we learned today.”

A Japanese-speaking resident shared that this was the first time in a very long time that she had engaged in such a conversation. Her friend, who interpreted for her during the activity, enjoyed it so much that she asked when the next event would be.

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

Keiro Superstar:
Toshi “Beverly” Iba

At 95 years old, Toshi “Beverly” Iba is a mother, grandmother, friend, and more recently, a photoshoot model for Keiro. Her secrets to living long and prosperous are to be with people and stay busy.

She has a full calendar to keep track of her appointments and trips, as she is affiliated with multiple organizations in the community. “I’m constantly looking at my calendar,” she chuckled, “to make sure I don’t miss any of my events!”

Despite the current state of social distancing, she maintains her active social life by making regular calls to her friends, checking in on how they’re doing.

As an active and social older adult, Beverly enjoys engaging with her community. But she wants to remind all of us how important it is to “listen to people [and] don’t do all of the talking all the time. You join in and converse, that’s for sure, but always listen.”

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

Wearable Technology:
A helping hand or a hidden threat?

Wearable technology has the ability to change everyday devices such as watches, glasses, and even hearing aids into powerful tools to help us both stay connected and assist with health maintenance. Many use them to manage chronic illnesses as well. The benefits of these types of technology are undeniable, but users of smart technology should also be cautious.

Here are some tips:

1. Learn about the privacy policies surrounding device use. If possible, choose stricter privacy settings that protect your information and limit who you share your information with.
2. Use a password to protect devices and connected accounts.
3. Understand that wearable technology does not replace doctor visits or check-ups.

For the full fact sheet, please visit keiro.org/resources under “Fact Sheets.”

Keiro Caregiving Forum in Japanese
Saturday, June 20, 2020

Keiro No Hi Festival - Celebrating Our Older Adults
September 2020

Keiro Symposium: Designing Your Future
October 2020

Caregiving Forum - Culinary Caregiving
Saturday, November 7, 2020

If there are any questions regarding these events, contact programs@keiro.org or call 213.873.5792.

After careful consideration, we have decided to transition all of our scheduled in-person events to alternative formats for the remainder of the year. For more details on our upcoming events, visit keiro.org.

The 2020 Census is happening now. You can respond online, by phone, or by mail. Visit 2020census.gov for more information.
Join Us for a “Quality of Life” Fine Arts Showcase in honor of Keiro No Hi!

We are inviting everyone in our community, age 60 or older, to express their talent through art. Submitted artwork will be displayed during September 2020. Details will be updated on Keiro’s website. The theme is “Quality of Life” and what that means to you.

Submit Artwork by: Friday, August 28, 2020
Display Date: September 2020

For more information visit keiro.org/art-showcase.

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