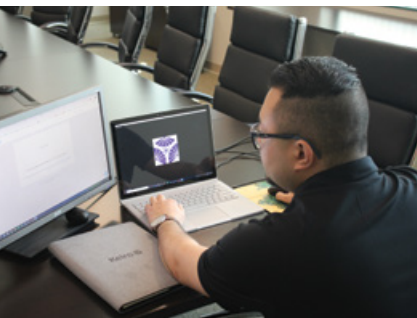


Staying Connected, Together

Keiro®
Connect



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. We have provided regular COVID-19 updates, in both English and Japanese, on our website on topics such as government ordinances, testing, scams, precautions, and what we can all do while we are at home. Since much of our work is now being done remotely, we created tutorials on using technology to stay connected.

As part of the Little Tokyo community, we have heard growing concern for the older adult residents in this area, who fall in the high-risk category. In order to help them stay safe and indoors, Keiro has partnered with Little Tokyo Service Center and Little Tokyo Community Council to create a neighborhood meal delivery program for older residents. By working with local restaurants, the program is able to support small businesses as well.

After careful consideration, we have decided to transition all of our scheduled in-person events to alternative formats for the remainder of the year, including our Keiro No Hi Festival in September and Keiro Symposium in October. Until the virus has run its course, or a vaccine is made available to everyone, we feel it is irresponsible to convene large groups of people, especially older adults that fall in the at-risk category. In the upcoming weeks, Keiro will announce alternative plans to replace our originally-scheduled programs.

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.

Gene S. Kanamori

Gene S. Kanamori
President & CEO, Keiro



この数か月、私の想像をはるかに超えるスピードで私達の生活は一変しました。大変な時期である一方、高齢者の為に皆で協力し、この状況を乗り越えようと取り組むコミュニティの団結力にも心動かされています。

皆さん同様私もこの二か月間、新型コロナウイルスのニュースばかり聞いていました。様々な情報が飛び交う中、正しく、信頼できる情報を探すのも一苦労です。Keiroのスタッフは、今まで人と直接会って提供していたすべてのプログラムを、オンラインに切り替えられるよう迅速に対応しました。また、政府の方針、検査や準備、詐欺や家での過ごし方等、新型コロナウイルスに関する情報を随時ウェブサイトを通じて日英両語で発信して参りました。また、テクノロジーを駆使して繋がる事の出来る方法の手順表なども準備させていただきました。

また、リトル東京に在籍する団体として、特にそのエリアに住む感染リスクの高い高齢者の方への支援の必要性を認識。家で安全に生活できるよう、Keiroではリトル東京サービスセンター及びリトル東京コミュニティカウンセラーと提携し、リトル東京近辺に住む高齢者の方に食事を届けるプログラムを開始致しました。また、リトル東京にあるレストランと組む事により、彼らのビジネスの支援もする事が可能となっております。

慎重に検討した結果、Keiroは9月の敬老の日フェスティバルと10月の「Keiroシンポジウム」含む年内に開催する予定の直接人と人が会うイベントを全て別の形式に変更することに決定しました。このウィルスが終息するか、あるいは誰もがワクチンを利用できるようになるまでは、大勢の人々、とりわけリスクが高いグループに該当する高齢者を多数集めることは無責任だと私たちは感じております。Keiroは今後数週間以内に、当初予定していたプログラムの変更計画を発表いたします。

Keiroではよく高齢者への支援はコミュニティが一丸となって行動することが大切(It takes a community to care for older adults)、と申し上げて参りました。この言葉が今まさに大切だと実感しております。この厳しい状況を乗り越えようとしている今、コミュニティの一員である皆様に、引き続きKeiroの提供する情報やリソースなどを周りと共有すると共に、周りの高齢者の方へも手を差し伸べて頂ければと思います。共に乗り越えて参りましょう。

ジーン・カナモリ
代表兼最高経営責任者 (CEO)

2020年日本語で実施予定の Keiroのイベント

慎重に検討した結果、Keiroは9月の敬老の日フェスティバルと10月の「Keiroシンポジウム」含む年内に開催する予定の直接人と人が会うイベントを全て別の形式に変更することに決定しました。最新情報はKeiroのウェブサイト (keiro.org/jp) よりご覧ください。

6月20日 (土) Keiro 介護フォーラム

オレンジ郡日系協会と共催するこのフォーラムでは専門家をお招きし、家族の方が介護やケアをどのように提供できるかを日本語にて紹介します。

9月12日 (土) 敬老の日フェスティバル

今年で3回目の開催となるこのフェスティバルでは通常とは異なる形式で敬老の日を祝う催しを予定しています。

10月24日 (土) Keiro シンポジウム : Designing Your Future

将来に向けての準備は今から始められます。今後発展するであろう最新技術や情報を知ることができるこのイベントを、今年日は日英両語で提供します。

未来のカタチ | United States® Census 2020 ここからスタート▶

2020年国勢調査が行われています。オンライン、電話、郵送にて回答可能です。詳細は 2020census.gov へアクセスを。

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IYASHI 癒 CARE

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.



Iyashi Care team members, from left to right: Kanako Fukuyama, Social Worker, Dr. Yuichi Edwin Yanami, Physician, and Joshua Northcutt, Registered Nurse

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



12,108

Hours of Japanese Language Programming



1,932

Opportunities to Assist Caregivers



10,267

Engagement Opportunities for 85+ Population

“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.”

Sue Kawasaki
Continuing Education for the Nikkei Widowed

“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.”

Audrey Sakamoto
West Covina Christian Church



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.



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.

UPCOMING KEIRO EVENTS JOIN US!

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.

-  **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.



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.



Toshi with her friends at Continuing Education for the Nikkei Widowed



AHEAD ON AGING: WEARABLE TECHNOLOGY

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.”

Shape
your future
START HERE > | **United States[®]
Census
2020**

The 2020 Census is happening now. You can respond online, by phone, or by mail. Visit 2020census.gov for more information.





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If you opt to receive our future publications via email only, please email contact@keiro.org today!



Keiro no Hi
FESTIVAL

Celebrating our Older Adults

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.

「私のクオリティ・オブ・ライフ」アート展への出展者募集中!

敬老の日になみ、アート展を実施いたします。展示方法はKeiroのウェブサイトよりご覧ください。60歳以上の方はどなたでも参加可能です。テーマは、「私のクオリティ・オブ・ライフ」-自分の人生を豊かにするものは?です。ぜひご自身の作品の出展をご検討ください。

提出期限:2020年8月28日(金)

詳細はkeiro.org/jp/art-showcaseをご参照ください。

