



**AS A PAST, PRESENT, OR
FUTURE CAREGIVER, I...**

SHARE YOUR VOICE!

Whether you are a past, present, or future caregiver, everyone's caregiving journey is unique. We invite Our Community to fill in the word bubble above, take a photo with it, and email to contact@keiro.org.

Welcome to Keiro Connect: Summer 2020 Edition!

As you're reading this, we will have spent about half of this whirlwind year at home under Safer at Home ordinances. I was recently thinking about how life was before COVID-19 and how different things are now. The last time I flew on a plane, I was going up to Portland to visit my son. While pondering how travel is going to change, I thought about the safety orientation the flight attendants do before takeoff—specifically, the oxygen masks. They always say to put your own mask on first, before helping others. It was a good reminder of what we must all do when caring for those around us—wearing our masks will help us protect those around us!

As we continue working together to support the older adults in Our Community, we must all continue to do our part—wearing masks and practicing physical distancing. Yet we also need to remember to take care of ourselves. It's important to take a break and focus on our own overall wellbeing, including maintaining emotional wellness and social connectedness.

おそらく、これを読んでおられる皆様は、目まぐるしいこの半年を安全の為に自宅待機されていた事でしょう。最近、コロナ前の生活からの変化に思いを馳せていました。最後に飛行機に乗ったのはポートランドに住む息子に会いに行った時でした。今後の旅行の変化を考えていて、フライトアテンダントの方の離陸前の酸素マスクの説明を思い出しました。自分のマスクをしてから、周りの方のを付ける。今の生活に通じるものだなとしみじみ感じました。自分が先にマスクをすることで、周りを助ける事につながります。

コミュニティの高齢者の方と一緒に守っていくには、引き続きマスクをし、距離を保ち各々ができることに取り組むことが大切です。同時に、

This extraordinary time has forced each of us to adapt to ongoing challenges and we must remain resilient and flexible in order to get through this. On behalf of Keiro, I am so thankful for all that Our Community is doing to support older adults—but remember to start by taking care of yourself!



Gene S. Kanamori
President & CEO



AS A COMMUNITY LEADER,
I WANT OUR COMMUNITY
TO BE SAFE.

自身の身体的および精神的な健康を守ってこそ、初めて周りの方のケアが成り立つと考えます。こんな時こそ、休養をとったりすることが大切だと思います。

未曾有の状況によって様々な困難に直面する今、引き続き臨機応変に対応し、自分の健康を維持しつつ、周りの高齢者の方へ手を差し伸べていただきたいと思います。

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My Caregiving Journey: Caring for my grandfather, Tsutomu Maehara

by Andrew Takahashi



AS A PAST CAREGIVER,
I CHERISH MY GRANDFATHER'S
LEGACY HE LEFT.

Every time you left, my grandpa cared. He acknowledged you when you left his home, and when you came back. My grandfather's simple gesture was so small that most people might not even notice it, but it's what I miss most.

After living with him as his caregiver for several years, I still leave my front door with that memory in tow.

There were a few scares when I cared for him, like when he coughed blood or when he fell.

When going out, I ran through a checklist of things that had to be done before I left. My grandfather had to be fed dinner, washed, and in bed, with NHK on, before I could leave. Even then, I never really left the house. I would sometimes even feel guilty for going out.

In hindsight, I wouldn't have changed my experience. Yes, that sense of responsibility weighed on me at times but I would never take it back. It was all worth it. Caring for him was my time with him. **It's not about a scorecard. It's just about caring for the person. Making sure that your loved one is able to live their life and be happy.**

But I wasn't alone. More than 20 family members would rally together on how to respect his wishes to remain independent while keeping him safe and healthy. Without family, this would have been even harder.

Sometimes though, there were challenges too. It was different having me, a grandson living with him, explaining to my parents what I thought might be good for my grandfather. It was during those times that I realized some conversations are really difficult because you love them. My family taught me to keep that love when approaching tough situations.



Tsutomu Maehara

Today, I won't catch him acknowledging me out the front door or welcoming me home. For now, I'll keep his memory, story, and legacy as a special blueprint for when I have my own family one day.

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

Keiro's 2020 Virtual Caregiver Conference welcomed more than 200 people from across the country.



The conference presented a panel followed by a decluttering workshop. The panel featuring Andrew Takahashi discussed difficult conversations about caregiving.

Andrew shared, "Being part of the panel was a good experience, as it was interesting hearing everyone's perspective on caregiving and their stories. Caregiving at times seems like a taboo thing to talk about in our community, but it can definitely become a source of rifts among family members. We all have different perspectives on how care should be given, and we should not be afraid to talk more about our caregiving experiences."

AS A CURRENT CAREGIVER,
I AM LEARNING TO
ACCEPT HELP.



Me and Iyashi Care

By Jack Fujimoto

In my “sunset” years (90+ years old), I was content to take care of my mildly cognitively-impaired wife, Grace, and my developmentally-disabled daughter by taking them to several community centers for lunch and entertainment.

My condition has resulted in an oxygen tank, a cardiac situation with a blood thinner, and a pacemaker that requires frequent monitoring.

I regularly turn to the Iyashi Care team for assistance reviewing my prescriptions, our quality of life with help from professional caregivers, and our overall sense of living.

Specifically, I call Joshua to talk about medications, and Kanako about our social needs such as safety (grab bars in shower) and future care options. For quality of life issues, Dr. Edwin Yanami has been the most helpful. He recommended smartphone applications such as Calm, Insight Timer, and Headspace to get a good night’s sleep. He also helped with improving my pulmonary function through steroids and oxygen tanks. Best of all, he has helped me find the confidence to recapture a way of life worth living through these “sunset” years.

Visit keiro.org/news for Jack’s full story.

However, as my wife’s condition progressed, we enrolled her into Iyashi Care for supplemental care. We consulted with the team about what was the best care, and what was feasible for me as a caregiver to care for my wife, daughter, and myself in this situation.



Grace Fujimoto

The impact of the stay-at-home ordinance resulted in closure of all of our activities at the community centers and meetings with friends. Our children told us to stay inside the house, and they deliver us groceries. Well, I still had to cook the meals. But that has changed. I lost a lot of weight due to my pulmonary condition and needing to take around 30 pills a day.



IYASHI
CARE

Contact us to learn how
Iyashi Care can help your family
with care coordination.

213.873.5791
keiro.org/iyashi-care



Talking about the Future: Millennial Caregivers

AS A FUTURE CARE RECIPIENT,
I AM PREPARING NOW.

According to AARP, 40 million American adults provide basic functional and nursing support to their loved ones aging at home. Of those, about one in four is part of the millennial generation. Given this statistic, are millennials prepared for when their parents and loved ones need care? Have they started the conversation?

Keiro interviewed and administered a questionnaire to families in the community, including Jerry and Sarah Fukui, about the parents’ future plans such as Do Not Resuscitate (DNR) orders, pain management, and more. We checked if their answers matched.

Jerry and Sarah have already discussed future plans, but when they took the questionnaire, some of their answers differed or needed further discussion and clarification.

Regarding Jerry’s future decision maker, Sarah thought she would be the designated person, but Jerry put his sisters. He expressed that his sisters would listen to Sarah and her brother if need be, but they would ultimately make the decision with Jerry’s wishes in mind.

“Sarah knows exactly what I want. [But] I think it’s very hard for children to be able to cope with [difficult decisions] because of the love they have for a parent. Whereas I think it would be easier for my sisters,” Jerry said.

*I probably knew the general answers,
but there were a lot of specific situational
things that were very enlightening so now
I know what to do a little bit better.*

– SARAH FUKUI



Meanwhile, their answers regarding funeral plans matched, although surprisingly it was that neither knew what the plan was. “This is so embarrassing, I should know this [...] but I don’t know if he actually sat down to do it,” Sarah said.

“I haven’t pre-funded a funeral [...] I haven’t even planned what type of funeral I want, or where I would want to be buried, what religion I would be,” Jerry said.

Reflecting on the questionnaire, Sarah said, “I actually really enjoyed it because I think I learned a lot. I probably knew the general answers, but there were a lot of specific situational things that were very enlightening so now I know what to do a little bit better.”

As a community, being proactive as much as possible is important, and that includes the millennial generation. Start the conversation today about your loved ones’ wishes as well as yours.

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

AS A FUTURE CAREGIVER,
I AM BEGINNING TO TALK TO MY DAD
MORE ABOUT HIS FUTURE.





GETTING A HEAD START ON ADVANCE CARE PLANNING

One way we can prepare for the future is advance care planning, which involves making decisions about our health care and long-term care preferences, and sharing those with our family and medical team. Planning for this can reduce stress for family members because they do not have to guess your preferences when making medical decisions on your behalf.

Here are a few tips on how to get the process started:

- 1 Talk to Your Doctor** – If you are not sure where to start, consider talking with your physician who can provide insight on your medical history and future health care decisions.
- 2 Think About Yourself** – This is all about what you want. Focus less on what other people may think, and use your personal experiences to make decisions.
- 3 Start the Conversation** – It is not easy to talk about health needs and it is easy to assume your family will “know” what your preferences are, but that is why it is important to start the conversation now.

Advance care planning can seem like an overwhelming task to undertake, but is an extremely important part of preparing for our future that we can start today.

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

Keiro Caregiving Forum: Preparing for the Future

Sherry Watanabe

I am both a past and a future caregiver. Currently, I am preparing to care for my 99-year-old mother-in-law. One useful thing I learned was about the no rinse body wash and the shampoo set, so I went online and purchased those right after. I think Zoom is here to stay, so I recommend everyone to just try it and be adventurous! It's a whole new world out there.



AS A PAST AND A FUTURE CAREGIVER, I AM GOING TO BE PREPARED.

Over 20 members of the community gathered on Zoom for one of the first virtual events hosted by Keiro on Saturday, April 18, 2020. Both current and future caregivers attended from the comfort of their homes to obtain practical knowledge about caregiving tasks that they can implement from today.

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



伊豆島智恵子

過去に参加したセミナーで年齢を重ねることによる肉体的・精神的な変化について学び、もっと知りたいと感じ、このセミナーに参加しました。今後自分がどうなるかわからないから、[介護を]受ける側として、また介護する方としてもいろんな情報を頭のすみでにでも入れておく事は大切だと思いました。今は介護保険を見直したり、将来に向けて知識を蓄える準備をしています。Keiroのセミナーにでると、あー必要だなと思うことがどんどん出てきます、気づかされます。

将来の介護者として、今は準備中です。

2020年6月20日にKeiroとオレンジ郡日系協会共催の介護フォーラムが実施され、カリフォルニア州公認臨床ソーシャルワーカーのレイン志織氏が介護を受ける側、する側双方の視点から、高齢期における脳と精神の健康や、介護に関してすぐ実践できる日常生活での工夫点などについて講演いただきました。日本語で実施されたこのイベントには日本からの参加者も含め60名以上が自宅からバーチャルで参加しました。

こちらは抜粋版です。全文はkeiro.org/jp/newsよりご覧ください。

KEIRO EVENTS & ANNOUNCEMENTS

For the safety of Our Community, all in-person Keiro programs have transitioned to a virtual format. We hope you can join us for our upcoming events.



Keiro no Hi Festival Saturday, September 12, 2020

Please join Keiro's first virtual Keiro no Hi Festival where we honor the older adults in Our Community. The virtual festival includes a hosted bento lunch pickup for preregistered individuals and a free livestream consisting of workshops and entertainment.

Please join us by visiting keiro.org at 1:00 p.m. on Saturday, September 12, 2020 for the livestream!

Keiroでは日本の祝日にちなみ、バーチャル敬老の日フェスティバルを実施いたします。参加は無料、当日は事前申し込みされた方へのお弁当の配布及び午後1時よりライブ配信をkeiro.orgより実施する予定です。ぜひご自宅からご参加ください!

Join us for our Weekly Virtual Forums!



Keiro hosts weekly forums through Zoom, featuring guest speakers, community members, and Keiro staff. Please use this time to learn something new, and stay connected with Keiro and others!

UPCOMING FORUMS:

- Tech Hour**
Thursday, September 10
3:00 - 4:00 p.m.
- Ikebana with Satsuki Palter**
Thursday, September 17
3:00 - 4:00 p.m.
- Conversation Kitchen:
Hiyashi Chuka** (cold ramen noodles)
Tuesday, September 22
10:30 - 11:30 a.m.

Visit keiro.org to register today.



Announcement Regarding Grants 2020-2021 Cycle

The 2020-2021 Keiro Grants Program cycle will continue to focus on reducing social isolation and loneliness for older adults and caregivers in Los Angeles, Orange, and Ventura counties. This year, greater emphasis will be placed on programs that provide outreach to and inclusion of older adults and caregivers in the community that are at risk of social isolation. Outreach can include seeking new participants in activities or reengaging with past participants in programs. Application process is opened until 5:00 p.m. Friday, October 30, 2020.

For more information, please visit keiro.org/grants.






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UPCOMING EVENTS:

Keiro SPEAKER SERIES

Please join us one evening each month as we invite guest speakers to share their areas of expertise. We hope the Keiro Speaker Series will encourage you to pursue ongoing life enrichment.

Managing a High-Yielding, Edible Home Garden
Wednesday, September 23, 2020
with Dan Allen, Farmscape

Cannabis Use by Older Adults: A Growing Trend
Wednesday, October 28, 2020
with Pam Kaufmann, Esq. and Cari Levy, MD

How a Person Can Be "Well" Through End of Life
Wednesday, November 18, 2020
with Ira Byock, MD

Japanese New Year with Chef Akira Hirose and Family
Wednesday, December 16, 2020

Register at keiro.org

FREE EVENT!

KEIRO SYMPOSIUM:

DESIGNING YOUR FUTURE

Saturday, October 24, 2020
10:00 a.m. - noon

This year's Keiro Symposium will assemble leading experts in the fields of health care, finances, and technology to discuss how the pandemic is changing their influence on aging. Thank you to our donors and their support in making this a free event.

Registration Deadline:
Wednesday, October 21, 2020