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.

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

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.”

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

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.

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.

Talking about the Future: Millennial Caregivers

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.

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.

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– SARAH FUKUI

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

213.873.5791
keiro.org/iyashi-care

Grace Fujimoto

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Grace Fujimoto
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 96-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.

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.

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!

Karioでは日本の祝日にちなんで、パーセパーセへの Dolphin Stella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うたおりの配布及び午後時よりライブ配信を keiro.org で実施予定です。ぜひご自宅からご参加ください！

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.
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