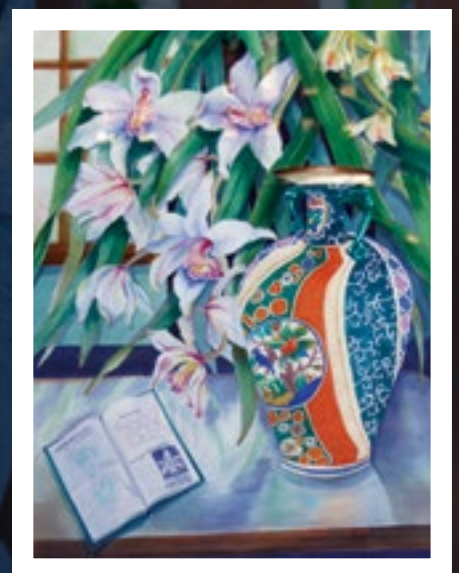


Keiro®
Connect

Quality of Life in Our Community



Satoko Yamamura (91)
"Kutaniyaki Vase and Cymbidium"
Quality of Life Arts Showcase



Keiro virtually hosted the third annual Keiro no Hi Festival to celebrate older adults in the community on Saturday, September 12, 2020.

Although the scheduled bento pickups were unfortunately cancelled at the last minute due to poor local air quality, the livestream resulted in over 2,000 views from across the United States. The program included messages from community leaders, performances by community artists, and fun workshops. During the program, older adults from the community showed off artwork where they expressed what quality of life means to them.



The virtual livestream can be viewed on [YouTube](#) by searching “[Keiro no Hi Festival 2020](#).”



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Keiro no Hi Festival Quality of Life Arts Showcase

*What Does Quality of Life
Mean to You?*

Keiro invited older adults in our Japanese American and Japanese community to participate in this year's event by creating and sharing their art to express what quality of life means to them. Enjoy their pieces!

*I enjoy making these to make other people happy.
Making others happy is my purpose in life.*

- Ralph Ichikawa



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Quilting summons my creative spirit. Designing with colors and forms is an artistic expression, an antidote to being inundated with the current speed of changes and ideas.

- Virginia Suzuki



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Five years ago, I discovered the joys of trout fishing! It is such a relaxing time to "get-away" for peace, relaxation, and sometimes the adrenaline rush of catching a trout.

- NJ Nakamura



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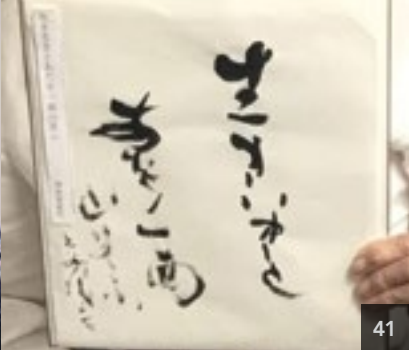
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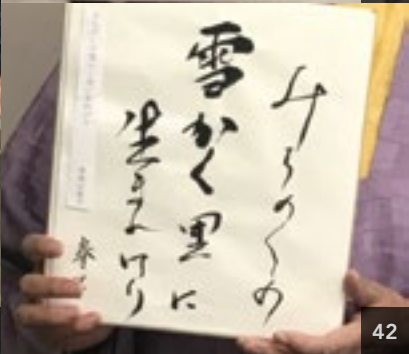
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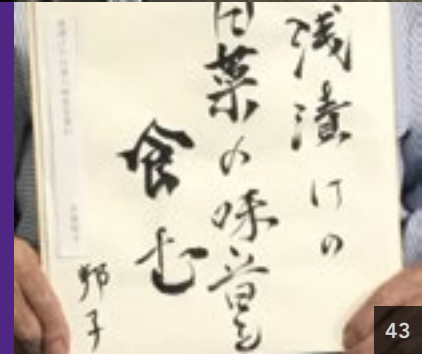
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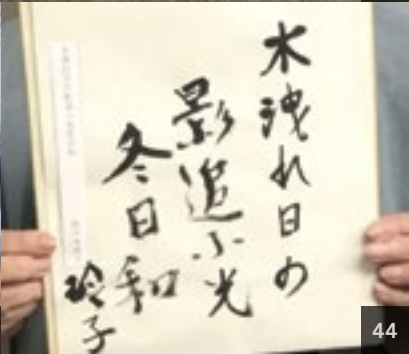
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Joy of life and doing something fun during the pandemic restriction.

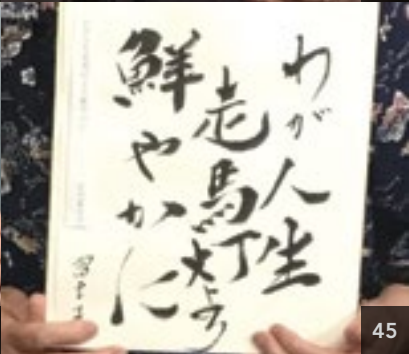
- Paul Imahara



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Artists:

1. Alan Nakagawa (56)
2. Alice Hirota (78)
3. Sadao Dairiki (95)
4. Chizuko Fujikawa (75)
5. Dr. Robert Yonemoto (99)
6. Katsuko Tanaka (91)
7. Kay Tashima (98)
8. Bonnie Nii (87)
9. Satoko Yamamura (91)
10. Ralph Ichikawa (84)
11. Lois Yagi (97)
12. Tamiko Inoue (93)
13. Rick Osaka (66)
14. Tamiko Takagi (89)
15. Setsuko Hayashi (84)
16. Tomoko Uehara (82)
17. Kiyoko Hayes (94)
18. Yoshiko Mitsushashi (94)
19. Hiromi Nishimura (104)
20. Virginia Suzuki (87)
21. NJ Nakamura (65)
22. Margaret Zumwinkle (90)
23. Helen Fukuhara (72)

Sakura Gardens Ceramics Group

24. Hitoshi Yamada (86)
25. May Hamada (92)
26. Yoshi Komaki (99)
27. Kazumi Uyechi (92)
28. Violet Kuroki (85)
29. Fumiya Matsushima (82)
30. Suzuko Alimento (88)
31. Satoko Komaki (91)
32. Tomiyo Hatago (82)
33. Paul Imahara (85)

Braille Institute Group

34. Bill Brown (79)
35. Kathy Good (79)
36. Debbie Hill (69)
37. Stephanie Leathers (63)
38. Nancy Min (75)
39. Ina Beach (94)

Sakura Gardens Haiku Club

40. Sakura Gardens Haiku Group
41. Tomiyo Hatago (82)
42. Haruko Tsukayama (77)
43. Kuniko Une (91)
44. Reiko Sasaki (86)
45. Fujiko Yoshikawa (87)

To view all the artists' titles and artwork in detail, please visit keiro.org/arts-showcase.

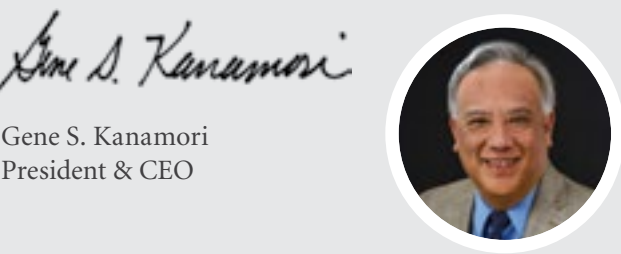
Welcome to Keiro Connect: Fall 2020 Edition!

While 2020 has certainly been a challenging year, I optimistically look forward to next year, and Keiro’s 60th anniversary. Even as Keiro evolved to meet changing needs, our purpose – enhancing the quality of senior life in Our Community – has remained constant.

As we pondered our mission and the best collaborative approaches to advancing the wellbeing of older adults and their caregivers, five key elements of a high quality of life became apparent – physical, mental, emotional **health and wellbeing**; self-defined **purpose**; **connectedness** to others; a sense of financial and social **security**; and the **autonomy** to live the way we want.

I invite you to join us in celebrating our 60th anniversary – by continuing all the good work you do to support the older adults and caregivers in your lives. It takes a community to care for our older adults, and Keiro remains committed to providing culturally sensitive, person-centered programs and services.

Although the holidays will look different this year, I hope you are all able to engage safely with your loved ones.



Gene S. Kanamori
President & CEO

2020年困難な年となる中、来年Keiroは60周年を迎えます。時代のニーズの変化に柔軟に対応しつつ、高齢者の方の生活の質を向上させる、という目的を貫いて参りました。生活の質とは、体や心の健康のみならず、生きがいを持つ、周りとのつながり、金銭的や社会的な安全、そして自立など、様々な要素から成り立つと考えております。

来年こそは、皆様と共に祝える年になるよう願っております。この60年、様々な形でご支援・ご協力頂き、感謝申し上げますと共に、今後も文化に配慮した、ニーズに沿ったサービスやプログラムを提供して参る所存です。通年とは異なるホリデーシーズン。皆様安全な年末年始を過ごされるよう願っております。

ジーン・カナモリ
代表兼CEO



“The Most Important Thing is That I Feel Secure Now”

Tales of Service and Support From an Iyashi Care Patient

Even before she was introduced to Iyashi Care, 74-year-old Ellen Mizoguchi knew that wellbeing is affected when living with a chronic medical condition. Ellen overcame rectal cancer in 2001 and due to the treatment, her digestive tract runs at unpredictable speeds. Regulating her digestion requires ongoing management, balancing medications to help her go about her days.

But for Ellen, taking care of herself involved more than medication management, as difficult life events, medical conditions, and mental health were in constant interplay. She shared these challenges freely, hoping they reach others facing similar struggles.

In 2019, Ellen enrolled in Iyashi Care and found the team understood the nuances that come with treating a chronic medical condition. “The team kind of puts things together into perspective. They’re invaluable,” she said.

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Michelle Hirano	



Tale 1: Medication Coordination

Ellen was taking medications prescribed by different doctors for digestive regulation, pain, occasional sleep problems, anxiety, and depression. She finally found the coordination she sought with Iyashi Care.

She reviewed her list of medications with the Iyashi Care physician, Dr. Yuichi Edwin Yanami, who identified a medication that could cause bowel blockage. Together, they worked out a different set of medications that wouldn’t pose problems to her digestive track. “There has to be a careful balance of everything,” Ellen said. “And I have all these doctors! So, Dr. Yanami and the team pulled it all together.”

Tale 2: In Case of Emergency, Call...

Since her diagnosis in 2001, Ellen went to the hospital with a bowel obstruction on four different occasions. During the most recent bowel obstruction, she was able to call Joshua Northcutt, the Iyashi Care nurse. Ellen expressed her gratitude for being able to call Joshua, saying, “He was right there when I needed him.”

After she recovered, Joshua and Ellen decided she should start using the Life Alert emergency response system. “He told me – because you live alone, you have to make sure you have [a way to] contact [emergency services],” she said. Ellen continues to live independently, but now with a support system in place in case of a medical crisis.

Tale 3: A Prepared Planner

Prior to this interview, Kanako Fukuyama, the Iyashi Care social worker, called Ellen to discuss long-term planning. Kanako was surprised to learn that Ellen had already created a trust and established advance directives. “I said it’s because I had to go through it all with my husband!” Had Ellen lacked advance directives, Kanako would have been there to help her as part of the care planning support provided by the Iyashi Care team.



Ellen felt reassured after going over these decisions with Kanako and the Iyashi Care team. “It dawned on me that wow, somebody has to do this in every family or it is chaos,” she reflected.

When asked what she wished more people knew about Iyashi Care, Ellen immediately responded, “How all-encompassing it is – but not all at once.” She went on to explain, “Having been through cancer, at first I was like, ‘Okay, palliative care is what you go through before hospice’ – but that’s not the way it is. Palliative care can extend over a period of time.”

“If Dr. Yanami and the team hadn’t listened to everything I was saying, I would still be taking things that were binding my system and swinging me from one end to the other. The most important thing is I feel secure now – and I don’t feel so isolated when it comes to medical concerns.”

For Ellen’s full story, 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



LITTLE TOKYO EATS

SUPPORTING VULNERABLE
OLDER ADULTS AND
LOCAL BUSINESSES DURING
THE PANDEMIC

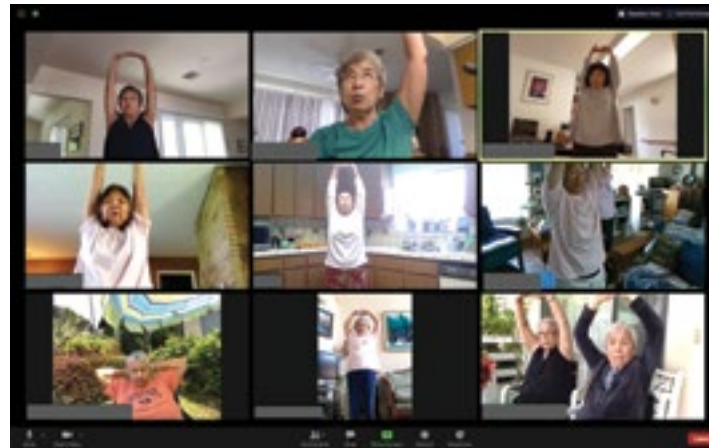
LT Eats is a program that delivers fresh, warm meals prepared by local restaurants to older adults living in Little Tokyo. This program, in partnership with Little Tokyo Service Center, Little Tokyo Community Council, and Keiro, was developed to support those severely impacted by COVID-19. Since the first delivery made in early April, more than 7,500 meals have been delivered to over 900 older adults. Given the changing Safer at Home regulations, the program will continue through the end of the year.

"I look forward to every meal. I am so extremely grateful. Please convey my appreciation to everyone."

- Little Tokyo resident



Photos credited to: Little Tokyo Service Center



Class is Where the Home is: The Transition to Virtual Programming for Zen Aerobics and Tai Chi/Qigong Classes

"Everyone was just experimenting, and then we were like 'Oh! We can see each other!'"

And so began the first Zoom Zen Aerobics class from Zenshuji Soto Mission, according to Program Coordinator Amy Honjiyo. She and Setsuko Nakahara, organizer of the Tai Chi/Qigong class at Los Angeles Homba Hongwanji Buddhist Temple, both Keiro Grant recipients, have moved their programs online due to the COVID-19 pandemic – and both agree, it has been a journey of adaptation.

Amy and Setsuko shared that the virtual transition has been a constant learning process, as many participants started off as beginner Zoom users. Zoom troubleshooting became a regular class occurrence that both had to navigate early on.

Despite these challenges, both programs have been working hard to improve the quality of their classes. In some ways, the shift has even created more accessibility for their participants. Setsuko explained, "People don't have to worry about traveling to class – it's a little easier from home."

However, Amy and Setsuko both acknowledged that the in-person connection still feels like a missing piece. Setsuko commented, "When we do get back together, I think we'll appreciate each other a lot more." For now though, this virtual gathering helps the members stay connected. Amy shared, "Every week I take screenshots, because there is something that someone is doing that's humorous."

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

Freshly Retired: Wade Utsunomiya

After retiring in 2014, Wade Utsunomiya was ready to enjoy some quality time. With six years under his belt, Wade shared some of the ways he spends that time, while offering advice for other recently retired adults.

"I would say to someone who has retired, 'You deserve to be happy after working so long!'"

When Wade first retired, he took time to reflect on the direction he wanted his life to take next. He realized he wanted to pursue the things that brought him happiness. Whether it's competitive sports or acting as an extra in TV shows like *This Is Us*, Wade continues to pursue connection and fun.

"It's important to remember that having fun while aging can take adjustments. My advice is to be realistic about what your situation is, to [continue to] enjoy things that you always enjoy."

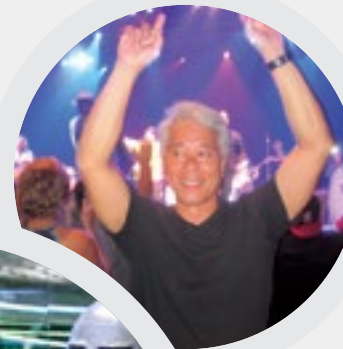


Outside of COVID-19 times, you can still find Wade shooting hoops or swimming in the pool during the day. At night, however, you are more likely to find him on the dance floor, grooving to old-school rhythm and blues. "I can't go to every dance, and I probably shouldn't drop into the splits as often, but I love it as much as ever."

"As I've gotten older, I've come to see how cherishing relationships with family and friends is really the most important thing."

In addition to the quality time he spends with his loved ones, Wade also honors the memory of Amy Utsunomiya, his late wife, through the "Amy Utsunomiya Memorial Youth Community Service Award" given to youth who are following her legacy of service to the Pasadena Japanese American community.

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





Virtual Forums:
From Our Regulars

For over six months, Keiro has been providing free weekly virtual programming to create a space for older adults to stay connected and learn something new. For many participants, these forums have become a part of their new normal and a much-needed way to stay connected while staying safe at home.



David | Reseda

Favorite Forum: Community Bingo

“I hope the forum classes will continue, even after the pandemic subsides.”

David heard about these classes through his cousin and began attending more on his own. “They offer a wide variety of topics – games, crafts, information, speakers – and make it easy to attend. I don’t even have to dress up to attend,” shared David.



Mitzi | Porter Ranch

Favorite Forums: BBQ Series, Estate Planning, Scattergories

“Keiro Forums are definitely one of my positive discoveries during this COVID quarantine.”

Mitzi described these forums using three “E”s - educational, entertaining, and enjoyable. “I look forward to sessions that celebrate my unique Japanese American background and heritage.”



Sam | Orange County

Favorite Forum: Community Bingo

“I’ve learned a lot from Keiro’s classes, and was able to apply that to my senior group’s activities.”

The biggest benefit Sam shared was learning new skills. He learned how to host Zoom meetings through Keiro’s forums and now assists his church community’s older adults. “I have hosted over ten senior meetings using Zoom.”



Audrey | South Bay

Favorite Forum: Conversation Kitchen, Crafts Corner

“These forums have kept me connected with people in the outside world. I’m nearly 77 and stay at home.”

For now, Audrey isn’t quite ready to go back out yet, so the classes help her stay connected. “Keiro’s opportunities have been a life-line and life saver. I would definitely like to see it continue because I, for one, would rather meet on Zoom than drive somewhere and be in a crowd.”



BENEFITS OF MINDFULNESS
AND MEDITATION

Mindfulness and meditation have become popular activities to help maintain overall health. The resources are out there and most are completely free!

Meditation and mindfulness have a wide range of health benefits.

- Multiple reports show that mindfulness and meditation **reduce anxiety**.
- Meditation has been shown to **help slow mental decline** in older adults. Research indicates attention span, self-awareness, and memory remain stronger in older adults who meditate regularly.
- **“Brain networks”** strengthen through meditation. Certain networks in your brain are activated when you do a specific task, like focusing your attention. Repeatedly activating these networks through meditation helps you focus on other tasks on a more regular basis.
- Mindfulness can increase your **emotional flexibility** – being able to stay in control of your emotions, in response to changes in mood or the surrounding environment.

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



Join us for our Weekly
Virtual Forums!

Keiro currently hosts weekly forums, games, and gatherings through Zoom featuring guest speakers, community members, and Keiro staff. Consider learning something new and connecting with others during this time!

UPCOMING FORUMS:

- Sharing Our Mother's Recipes**
by Marion Nishimura and NJ Nakamura
Thursday, December 3
3:00 - 4 :00 p.m.
- Feel Good Vibes: Holiday Edition (Live Virtual DJ experience)**
by Kelsey Uyeda
Thursday, December 10
3:00 - 4:00 p.m.
- Kokoro no Hashi (Intergenerational talent show)**
by Brandon Takahashi
Friday, December 18
4:00 - 5:00 p.m.



SPEAKER SERIES

Japanese Holidays with Chef
Akira Hirose and Family –
A Cooking Demonstration

Wednesday, December 16

Join us as we learn from Chef Akira and his family how to prepare *nabemono* with and for our loved ones.

Registration closes Tuesday, December 15, 2020.

Visit keiro.org to register for events!



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UPCOMING EVENTS:



KEIRO'S KANREKI 2021

Keiro will celebrate its 60th anniversary next year. In Japanese tradition, 60 is a significant year representing a circle by coming back to the same zodiac year as your birth. Join us as we celebrate our history and legacy of forward-thinking service and innovation. Look out for more information on our website!

SAVE THE DATE

VIRTUAL CAREGIVER CONFERENCE



Saturday, March 13, 2021 • 1:00 p.m.

Registration begins: January 2021

2021 will be Keiro's 20th year of holding our annual Caregiver Conference. We invite all caregivers, present, past, and future, to join us to gain important and practical knowledge from the comfort of your home.