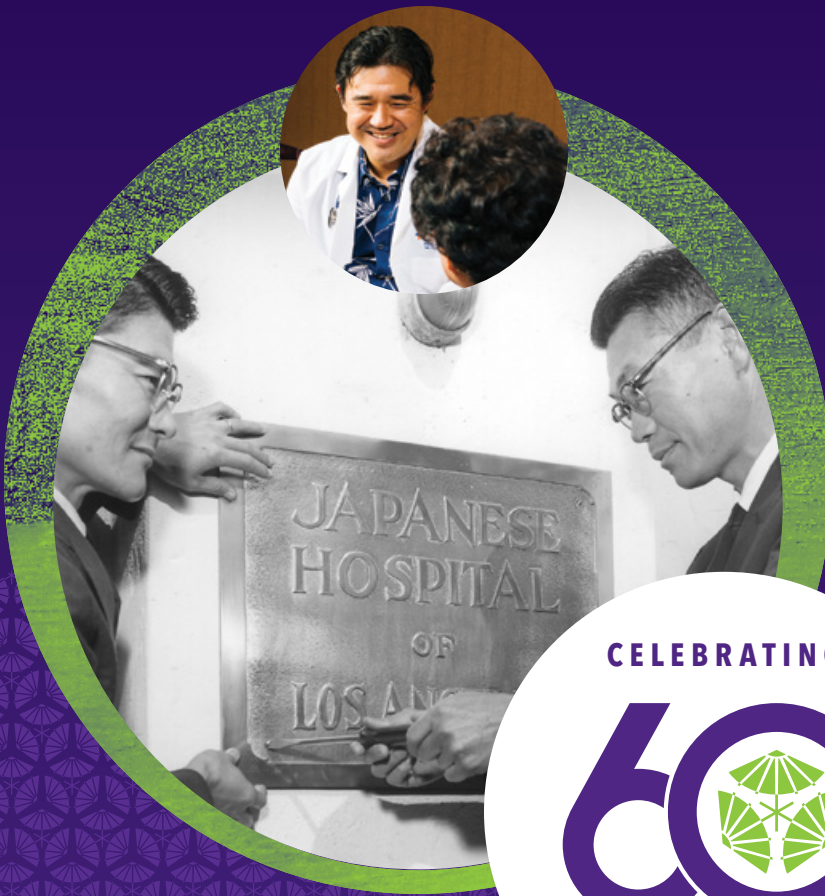


Keiro®

Connect



CELEBRATING

60

YEARS



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Happy New Year and Welcome to Keiro Connect: 60th Anniversary Edition!

This year marks Keiro’s 60th anniversary, our *kanreki*. *Kanreki* is a celebration of being reborn and starting a new circle of life, while celebrating all of our accomplishments over the past six decades.

When we reflect back on Keiro’s history—dating back to 1961 when a group of eight community leaders had the foresight and shared vision to address the needs of an aging community—we think about how Our Community has changed and how Keiro’s care for older adults has evolved alongside that. However, our purpose and reason for existing remain the same.

60 years ago, our founders were ahead of their time starting with the Japanese Hospital. After establishing one of the largest culturally-sensitive skilled nursing facilities, Keiro continued to expand its facility-based care. Keiro was also on the forefront of wellness and health promotion and community-based services, as the vast majority increasingly preferred to age in the community.

Today, Keiro finds itself continuing to make progress in the service of older adults and their caregivers, wherever they call home. Keiro has moved into

grantmaking and partnerships, a community-wide focus on reducing social isolation, and the establishment of the first palliative care program for Japanese Americans and Japanese in the United States. Caring for older adults looks different today, but still follows the same bold tone and example set by our founders.

But we have never been able to do this work alone. The community has always been a pivotal part of our legacy—because it takes a community to care for older adults. Every one of us has played a vital role in Keiro’s 60 years of serving older adults and their caregivers. Together with your help, we will honor our past while writing the next chapter of what aging means in Our Community.



Lynn Miyamoto

Lynn Miyamoto
Chair, Board of Directors



Gene S. Kanamori

Gene S. Kanamori
President & CEO

皆様、あけましておめでとうございます！今年Keiroは創立60周年、つまり「還暦」を迎えます。還暦とは、生まれ年に戻って、新たに始まる節目の年であり、過去60年間の功績や歩みを祝う年でもあります。

Keiroの誕生は、コミュニティの高齢化を見据え、先見性を備えた8人のビジョンを共有したリーダーが集まった1961年までさかのぼります。その歴史を振り返ってみると、私たちのコミュニティがいかに変化してきたか、それとともにKeiroの高齢者支援がどのように進化してきたかを考えさせられます。しかし、私たちが今日も存在する目的は当初から変わっていません。

60年前に設立した日系病院をはじめとして、創設者たちは時代を先取りしていました。文化に配慮した最大限の有料介護施設を開設した後も、Keiroは施設型介護の拡大を続けてきました。自分の住むコミュニティで老後を迎えたいという大勢の住民の希望を受けて、健康増進、地域に根ざしたサービスの最前線に立ったのもKeiroでした。

現在も、高齢者とその介護者のためのサービスを本人たちの望む場所で提供するべく、Keiroは進化と発展を続けています。コミュニティ全体で社会的孤立を減

らすことに重点を置いた助成・パートナーシップへ移行し、米国初の日系アメリカ人と日本人のための緩和ケアプログラムを設立しました。時代を経て、高齢者へのケアは変化してきましたが、創設当時の明確な思想と模範は今も変わっていません。

しかし、こうした偉大な功績も、一人では成し遂げることはできません。コミュニティの皆様こそが、私たちの伝統と文化の中心的な役割を果たしてきました。高齢者を見守り、支えていくことはコミュニティ全体で取り組むべき事です。Keiroの60年の歴史の中で、一人ひとりが高齢者と介護者を支える重要な役割を担ってきました。皆様からの支援のもと、過去に敬意を表しながら、コミュニティで老後を過ごす意味を考え、次の章に進んでいきたいと考えています。

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理事長

ジーン・カナモリ(Gene S. Kanamori)
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Dr. Glen Komatsu, Iyashi Care physician

What it Means to Heal: Dr. Glen Komatsu's Journey with the Iyashi Care Program

Dr. Glen Komatsu is a nationally-renowned physician and innovator within the palliative care field—who also introduces himself as a *Sansei* and the son of a farmer, as important aspects of his identity. In 2017, Dr. Komatsu approached Keiro with a seed of an idea: A partnership which would provide culturally-sensitive palliative care to older adults within the Japanese American and Japanese community. From this seed sprouted Iyashi Care, named after the Japanese word that means “to heal.”

Palliative care is a specialty of medicine where a team of professionals—including doctors, nurses, social workers, and chaplains—collectively supports a patient with a serious illness and their families. “The care is provided in addition to your regular doctors, and it provides an extra layer of support to try and relieve the stress of chronic or terminal illness,” Dr. Komatsu explained. He works for Providence, a health system with a long-standing commitment to building and growing excellent palliative care programs.

Budding Relationships with Iyashi Care

Dr. Komatsu describes this collaboration between Keiro and Providence as an innovative program. “It turns out that we have similar missions, which is improving the health of the communities that we serve. It was a tremendous opportunity for us to partner together to act on that vision and make it a reality for the Japanese and Japanese American population,” he said.

The Japanese cultural focus of Iyashi Care also makes it both familiar and distinct within the field of palliative care. The Iyashi Care team includes bilingual professionals in Japanese and English—and yet building culturally-sensitive relationships with patients includes more than knowing the language or culture. “One of the foundational principles I teach in palliative care is the concept of cultural humility,” Dr. Komatsu said. “Our job, as palliative care clinicians, is to learn the specific culture of that patient and family, how they interpret being Japanese or Japanese American, what is important to them, how spirituality is expressed in their lives. Each individual and their family have a unique culture which we need to understand and appreciate.”

Letting Palliative Care Take Root

Dr. Komatsu looks back on when Iyashi Care first started in 2017, recalling, “Palliative care only became a specialty of medicine in 2006. People don’t know what it is, and there’s no other existing comparable program. This is going to take time.”

Over time, the program has grown. According to Dr. Komatsu, an early barrier was confusion over whether palliative care was the same as hospice care. Palliative care can support patients at any stage of their illness—as early as the first diagnosis—and can provide support while patients seek curative treatment. Hospice care is a Medicare-defined benefit which provides palliative care in the last six months of their life, when patients cannot be cured. He explained, “Whole Person Care is something that all patients should receive. But people focus only on cures and aggressive treatment rather than realistic goals and quality of life—which contributes to their pain and suffering. When people experience palliative care support, they and their families feel incredible relief and support.”

On Blossoming and Looking Towards the Next Season

Three years after starting Iyashi Care, the program has provided support to over 250 patients. Dr. Komatsu feels great pride when he sees the team fulfill the vision of care he imagined. He described, “I sit next door to Dr. Yanami (Iyashi Care lead physician), and I hear him chattering in Japanese to patients and families, and I know he’s helping them through expert advice with a kind and compassionate presence. The same with Kanako, Miho, and Josh—I know how committed they all are to providing care. With Keiro’s support, we’ve assembled a stellar team, and it’s a joy to see them helping people every single day.”

Dr. Komatsu looks forward to seeing the program continue to flourish and grow in future years to help more in the community. “I don’t foresee any other organization or any other groups with the resources and exposure to serve the Japanese and Japanese American community like Iyashi Care does. Our population is aging and the need for Iyashi Care will only grow,” he mused. “My hope is that it will continue indefinitely, to serve this community.”

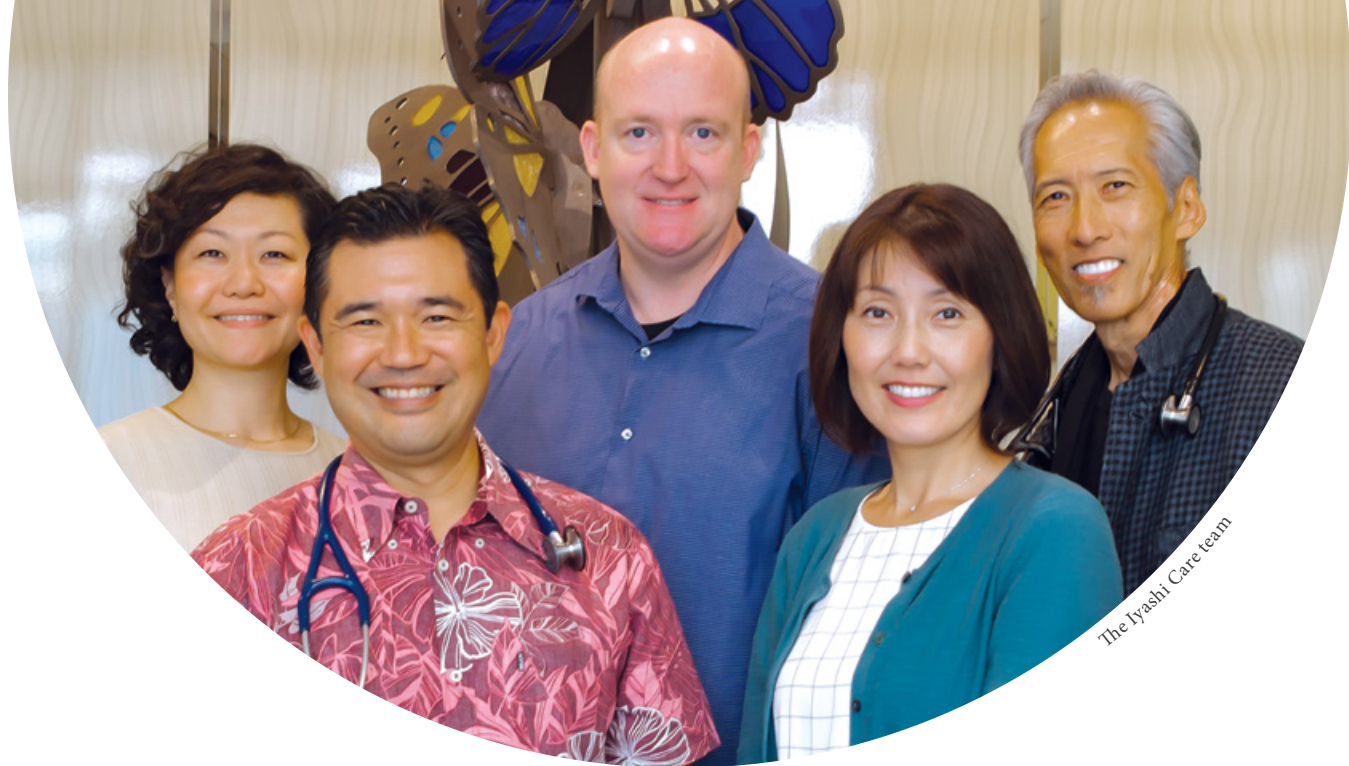
When asked about one thing he wanted the community to know about Iyashi Care, he shared, “I’d like them to give us a chance to help them and earn their trust. When you offer services that are free, people are naturally suspicious. So, I would ask the community to give us the chance to help.”

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

「私たちに手を差し伸べる機会をください。」迷った時に頼れる癒しケア。この画期的なプログラムが始まったきっかけ、そしてなぜこのケアこそが今のコミュニティにとって必要なのか、Komatsu先生の記事の日本語版はKeiroのウェブサイトからご覧ください：
keiro.org/jp/news

Dr. Komatsu presenting about Iyashi Care at Keiro's Caregiver Conference in 2017





PATIENT STORY: Iyashi Care's Caregiving Support

Evelyn Chikahisa and Tracey Doi are wife and daughter, respectively, to the late Ray Chikahisa, who passed away at age 93 in October of 2020. Evelyn and Tracey had been caregivers to Ray and enrolled him in Iyashi Care after a serious fall and brain injury in June of 2019. Recently, Evelyn and Tracey met virtually with Keiro to share how the program supported them as they worked to enhance Ray's quality of life despite difficult conditions.

Reassurance During Uncertain Times

About six months after Ray's fall, Tracey and Evelyn decided to enroll him in Iyashi Care. "We found a need for more information to support our decisions," Evelyn said. "It's not easy to watch the changes that can occur, and so the more support you have, the more helpful it is."

One of the effects of Ray's fall was that he experienced increasing confusion. Tracey explained, "We weren't sure what was typical, or what signs we should be looking for

when things were getting to be more serious. There were also a lot of adjustments for medications that we were trying to seek assistance on." The two found support and validation from the Iyashi Care team, who not only became involved in coordinating Ray's medications, but who also spoke regularly with Tracey and Evelyn about the assistance they were providing as family caregivers.

Evelyn said, "I think the key was being able to talk to professionals who could give us guidance in terms of how one might respond to the confusion he was experiencing. It's nice to have someone reassure you that you're doing the best that you can."

Tracey added that she felt supported in other caregiving areas as well. "Simple things like providing ideas for a menu that Dad might enjoy, or combining some ice cream with medicine to make it more palatable—I think that all helped," she said.

The Importance of Accessibility

For a patient with a chronic or terminal condition, easy access to care can make a world of difference. In a pandemic, the importance of accessibility is made even more prominent. Tracey and Evelyn attested to this, having supported Ray through the pandemic transitions in March of 2020. Evelyn recalled, "With the pandemic, resources that previously had been available were much more restricted. It was so helpful that we had easy access to Iyashi Care with just a phone call." She said the family could contact any of the Iyashi Care team members if the need, no matter how small, arose.

.....

"I think we need to overcome the mindset that it's embarrassing to ask for help. Because an exhausted caregiver is not as helpful to the patient and may risk the health of the caregiver."

– EVELYN

"Pandemic or not," Evelyn added, "I think when a patient is no longer very mobile, getting out of the house is a huge challenge. The team had suggestions to help with mobility, including getting out of the house and transferring to and from the car. It's hard to even describe how helpful those tips were."

Three Things, From Two Caregivers to Another

As a palliative care program, Iyashi Care takes a whole-person approach to supporting patients, which includes making sure their caregivers and loved ones feel supported. Having experienced this support firsthand, Evelyn and Tracey shared three things they would want to say to other caregivers about Iyashi Care:

1. "Your loved one has a primary physician, specialists they might see, and in addition they can have Iyashi Care, to provide comfort and support, and help the family to connect the dots. I think that is just so key." – Evelyn

iyashi 癒 CARE

For more information on Iyashi Care please visit
keiro.org/iyashi-care or call 213.873.5791.

2. "Perhaps there's a perception that since the consultations are complimentary, the quality of care may not be there. That is so far from the truth! We were really blessed with a fabulous team; whether it be a phone call or an email, or follow-up calls to us to double check everything was going well. The tie-in with Providence is very strong and the highest of quality." – Tracey

3. "I think it's important that you know about Iyashi Care before you need it. The patient and family will benefit from Iyashi Care's many services. I think we need to overcome the mindset that it's embarrassing to ask for help. Because an exhausted caregiver is not as helpful to the patient and may risk the health of the caregiver." – Evelyn

At the end of the discussion, Tracey added, "I just really hope this conversation helps compel other families to feel comfortable in reaching out for assistance when they need it. And I want to thank the whole team, because they did a phenomenal job and made it a lot easier for Mom and our family."

After thoughtful discussions with the Iyashi Care team, Evelyn made the difficult yet compassionate decision to enroll Ray into hospice to increase the level of services and support for his last month of life. Because of the partnership between Iyashi Care and Providence, a seamless transition to Providence TrinityCare Hospice was made the same day the family made the decision. Iyashi Care physician Dr. Glen Komatsu continued to supervise Ray's care under hospice. Hospice care, as an extension of palliative care, helps people have the best quality of life for as long as possible through the last chapter of their lives. Hospice helped keep Ray calm and comfortable, supported Evelyn and Tracey through that last month, and will continue to support Evelyn in her bereavement.

癒しケアは困ったときに頼れる無料相談の専門医療サービスです。患者のみならずケアするご家族にとっても心の癒しを与えられるプログラムです。癒しケア患者さんの経験の日本語版はこちらから：
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Kanako, Iyashi Care social worker (2019)

Kanako at Keiro Adult Day Center (2004)

Career of Care: Kanako Fukuyama

Today, many older adults and their loved ones know Kanako Fukuyama as the social worker on the Iyashi Care team, but her history with Keiro, and supporting the needs of Japanese American older adults, goes much further back.

Soon after graduating college, Kanako began working as an activity coordinator at Keiro's Adult Day Center of Orange County. Kanako would put together various programs for the participants, most of whom required extra caregiving support. She recalled these years saying, "I learned a lot about caregiving burden and how cognitive impairment affects both the individual and the family."

Another responsibility she had was to familiarize the community with the idea of adult day care. She said, "It was innovative—but challenging. We had to educate our community about how day care can provide not only a safe environment, but also the stimulating activities, socialization opportunities, and support for the caregivers."

At the close of the adult day center in 2006, Kanako transitioned to working with The Institute for Healthy Aging

"Caregivers are often on the right track and doing their best—but they need to hear that from somebody. So we give that validation which seems to really resonate."

– KANAKO

at Keiro. "We were trying to increase awareness on caregiving needs and healthy/genki living," she explained. Kanako's work included organizing caregiver conferences and many of the evidence-based programs, such as fall prevention and memory classes.

Since 2018, Kanako has been a social worker with the Iyashi Care program, providing palliative care to older adults. The team often helps patients and their loved ones navigate caregiving in a way that builds upon her years of experience with her time at Keiro. "Caregivers are often on the right track and doing their best—but they need to hear that from somebody. So we give that validation which seems to really resonate."

Looking back on her 18 years with Keiro, Kanako said she has been grateful to support the community, commenting, "I am very grateful for those who worked so hard to build the community we have now." She also acknowledged the transformations she has been a part of. "I've been through many changes," she said. "Not just my personal changes while I was at Keiro, but the changes Keiro was going through too. I felt that it was special that I got to experience that."

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

福山可奈子さんの記事の日本語版はこちらへアクセスください:
keiro.org/jp/news



Looking Back at 20 Years of Caregiver Conference

The first Keiro Caregiver Conference was held in 2001 at Wintersburg Presbyterian Church, attracting hundreds seeking resources. Two decades later, the event remains a relevant and much-needed resource. Keiro asked attendees from the earliest Caregiver Conferences about their experiences and thoughts.

Dianne Kujubu Belli, former chief administrative officer who coordinated the conference at that time:

"People took off work to come to the conference. Caregivers in the audience were in tears by the end of the conference because they saw that people recognized, or were beginning to recognize, the really tough job that caregivers had."

Dorothy Matsuoka, community member who attended the event since its earliest days:

"It was an excellent opportunity for caregivers to network with others who are in similar situations. They were able to see that they're not only ones that may have had questions or concerns they didn't know how to deal with. The big thing was that the Japanese American community and Asians as a whole tend to enryo so they don't complain. They don't talk about what issues they have. The vision of caregiver conference was pretty amazing for that time."

Dwight Nakata, CPA and financial planner, who attended the event since its earliest days:

"A lot of these topics were related to what I experienced with my clients. Today, after 20 years, more people are experiencing the need for caregiving or taking care of the older generation for a longer period of time, so it's affecting more people not only financially but time-wise."

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

Caregiver Conference 2021

Saturday, March 13, 2021
12:00–3:00 p.m. PST

Join us for our 20th anniversary Keiro Caregiver Conference! From a keynote session about caregiving during the pandemic, to breakout presentations on culinary caregiving, we hope this free event will be an enriching experience for past, current, and future caregivers.

Register on the Keiro website at
keiro.org/caregiver-conference.

Webinar sign up closes
Wednesday, March 10, 2021.

"There's always something [at this event]. Even if you think you know everything, someone will say something that gives you more insight."

– Past Caregiver Conference attendee caring for his wife with dementia



Thank you for a
wonderful 2020!

2020 In Review

Virtual Keiro Forums & Virtual Events

In March, Keiro made the shift to only virtual programming due to the pandemic. Since then, Keiro held over 110 weekly classes and eight major events reaching over 2,700 people virtually.

Little Tokyo Eats

Over 7,800 meals have been provided to seniors residing in Little Tokyo through the Little Tokyo Eats program since April 2020. In partnership with Little Tokyo Service Center and Little Tokyo Community Council, this program was created to address the immediate needs of our local vulnerable older adults during the pandemic.

Caregiver Conference

2020 marked the first year that Keiro's Caregiver Conference was held virtually over its 20-year history, featuring topics such as decluttering and difficult conversations as a caregiver.

Speaker Series

Keiro hosted three different Speaker Series events attracting hundreds of attendees throughout the year on topics such as gardening, cannabis use, and Japanese food, to enhance our ability to understand the world around us.

Keiro no Hi Festival

The annual Keiro no Hi Festival was held via livestream which featured performances, interactive workshops, and guest speakers. The "Quality of Life" Fine Arts Showcase was held for the first time, featuring artwork from individuals in our community aged 60 and above.

Keiro Symposium: Designing Your Future

This year's Symposium highlighted innovative tools and up-to-date guidance to design a thorough plan on aging, all from the comfort of home. Topics included health care, finances, and technology.

PICTURED ABOVE:

- 1 Chef Hirose and Philip Hirose of Azay conducting a *nabemono* cooking demonstration during a Speaker Series event.
- 2 Little Tokyo Eats food delivery.
- 3 Participant of the Keiro no Hi Festival's "Quality of Life" Fine Arts Showcase.
- 4 Keynote panelists presenting during Keiro's Caregiver Conference.
- 5 Keiro Staff Lauren Yoshiyama conducting a Virtual Keiro Forum.
- 6 Bento and gift bag distribution for Veterans Conference.
- 7 Participants of Keiro and Kizuna's Service Learning Program.
- 8 Rich DeMuro presenting during Keiro Symposium: Designing Your Future.

COMMUNITY PARTNERSHIP HIGHLIGHT:

The Senior Fellowship at Wintersburg Presbyterian Church

For 25 years, the Senior Fellowship at Wintersburg Presbyterian Church has been a space for community, support, and fellowship among older adults. The history of the fellowship has also intertwined with Keiro's, as the two have collaborated throughout the years to provide support for older adults in Our Community.

Claire Seki, the current coordinator of the Senior Fellowship program, shared, "Over the years, our Senior Fellowship has enjoyed Keiro's programs—speakers, entertainers, and the supportive programs for leaders."

The early days of the partnership began when Keiro started the Adult Day Center at the church campus in the early 2000s. Keiro and Wintersburg later continued to work together through Keiro's evidence-based programs, which informed older adults about aging-related topics like memory training and fall prevention. "They invited several of us from various churches and community organizations to become coaches, and we then shared the classes with our own groups," Claire explained.

"Currently with the pandemic, I think this partnership is really important," Claire said. "Keiro has stepped in wonderfully with helping seniors use their computers and smartphones—you

would be surprised at how many of my seniors have expanded their horizons with Keiro's instructions on how to use Zoom."

Leaders from the fellowship have also attended Keiro's Nikkei Senior Network meetings, a gathering for organizations within the community to share ideas and support during the pandemic. "I hear things and think, 'Wow, I'd like to try that!' We also hear how others may need assistance with their programs, and we try to help. It's a network; it's a family caring for others, and I'm all for that," Claire noted.

With this rich history of collaboration continuing into the present, Wintersburg's Senior Fellowship and Keiro look to how they can continue benefiting older adults in years to come. Claire commented, "Partnering forms a strong bond, a cohesive network, that ultimately benefits everyone—from the larger organizations like Keiro, to the leaders of senior programs at the local level, and ultimately the seniors. We all benefit."

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

この記事の日本語版はこちらから: keiro.org/jp/news

60 Years of Evolution and Innovation

Reflections on Keiro's 60-year history

On Adult Day Care



"I think doing adult day center back then, in 1999, was innovative and challenging. I say challenging because at the beginning, the feedback was, 'Well if my mom can stay home watching TV all day, why does she have to go to day care spending money?' So, we had to change that mentality, that the center can not only provide a safe environment but also stimulating activities, opportunities for socialization, and most of all support for caregivers. We had to do a lot of education over the years."

Kanako Fukuyama, former Keiro employee and current Iyashi Care social worker

「デイケアを1999年当時実現したのは、とても革新的で同時に挑戦でもありました。始めた当初は『母は家で一日中テレビを見ていられるのになぜお金を払ってデイケアに連れていく必要があるのかしら』と言われてしまいました。その考え方を変える必要がありました。デイケアが安全かつアクティビティや社交の場、そして介護者への支援につながっていることを伝えるのに何年もかかりました。」一福山可奈子さん (元Keiro職員、現癒しケアソーシャルワーカー)

On Keiro's Caregiver Conference



"Keiro's Caregiver Conferences helped to change the way that family caregivers in our community viewed their lives. I think family caregivers in the past were very isolated and may have suffered in silence. Keiro helped family caregivers in our community by having these large conferences where caregivers were allowed, encouraged, and supported to come together, gain new information, share stories or concerns, and know that they weren't alone."

Dianne Kujubu Belli, former chief administrative officer of Keiro

「Keiroの介護者カンファレンスは、コミュニティの家族介護者が自分たちの役割について、認識を変えるきっかけを作ったと思っています。多くの家族介護者は孤独で、誰にも言えずに苦勞して来られた方が多かったと思います。Keiroが大きなカンファレンスを開くことで、介護者たちが一堂に集まり、互いに励まし、新しい情報を得て、支え合い、不安を共有し、自分たちが一人ではないということが理解できたと思います。」一ダイアン・ベリさん (元Keiro最高総務責任者)

On Iyashi Care



"The influence of palliative care is only growing greater. People are living longer and it's a good thing, but with that, they have longer periods of disability and hardship. And we see that in Iyashi Care. People are living to their 90s, 100s but they need help, they have multiple challenges, caregiving needs, their families are struggling to care for them. Iyashi Care really helps fill that need that people and their families have to care for their aging loved ones."

Dr. Glen Komatsu, Iyashi Care physician

「緩和医療の影響力は増すばかりです。人の寿命は延びるばかりで、それはいいことですが、同時にそれは障害や苦しみが長くなるという意味でもあります。癒しケアでもそれをみます。90代、100歳以上まで生きの方がいらっしゃいますが、助けが必要です。困難があったり、介護が必要だったり、家族がケアに困っていたり。癒しケアはそれらのニーズに応え、大切な家族をケアする支援をします。」一グレン・コマツ医師 (癒しケア担当医)

On Person-Centered Care at the Facilities



"With consistent assignment, caregivers would come to know the residents more, their likes and dislikes, what they should do so that it was more in line with the resident than the benefit or convenience of the facility. We also started 'Spirit of Choice' dining, which provided more freedom for residents to choose between a couple of entrees. A lot of times as Japanese Americans you don't necessarily say what you need or want because people understood that need without being told. I think that's what made Keiro special."

Janie Teshima, former administrator of Keiro Nursing Home and employee for over 40 years

「同じ人をアサインすることで、介護者はより居住者のことを知り、好きなことや嫌いなこと、どうすればいいかをわかり、施設にとってやりやすく、便利な方法ではなく居住者目線でケアを提供していました。また『スピリッツ・オブ・チョイス』ダイニングを通じていくつかのメニューから選べることも実現しました。多くの場合、日系の人は自分が必要なこと・欲しいものは口には言わないことがあると思います。言わずとも何が必要かこちらがわかる、そういう意味でKeiroは特別だったと思います。」一ジェイニ・手島さん (40年以上勤務している元敬老介護ホーム管理者)

"About 20 years ago, there was a movement in nursing homes to embrace 'person-centered care,' which places the resident at the heart of all we do. We were taught to look from their perspective and to give autonomy in setting their daily routines. Consistent assignments were key to facilitating relationships between caregivers and residents. It can be difficult to measure, but is clearly evident when you see staff interacting with residents on a personal basis."

Beverly Ito, former administrator of Keiro Intermediate Care Facility and employee for over 40 years

「約20年程前、多くの介護施設で個人の意思を尊重したケアを推進する動きがありました。これは、私たちがやることすべてにおいて居住者を中心に考えるというものでした。彼らの視点に立ち、日々の習慣において個人が選択できるようにしました。居住者に対し同じ介護者が担当することが関係作りを構築する鍵となりました。数字で測るのは難しいですが、スタッフが居住者と個人的につながっている姿を見れば、一目瞭然です。」一ビバリー・イトウさん (40年以上勤務している元敬老中間看護施設管理者)

On Keiro's History and Future



"I think over the decades, Keiro has done an amazing job in fulfilling the hopes and dreams of the founders. If my dad were here today, I really think he would say Keiro ultimately did everything we hoped they would. Going forward though, it's hard to answer because it's a different time, different mix of people, and it's more diverse. So it's another chapter, really."

Linda Aratani, George Aratani's daughter

「この数十年を振り返りますと、創設者たちの夢と願いを叶えるべく、Keiroは本当に素晴らしい仕事をしてくれたと思います。もし父が今日ここにいたとしたら、Keiroはして欲しいと願っていたことをすべてやり切ってくれている、そう言うと思います。ここから先は、どうなるのかを答えるのは難しいです。今は違う時代で人も違います。そして多様性が増してきています。新しい章の始まりといえるでしょう。」一荒谷ジョージ氏の娘、リンダ・荒谷さん

60 Years at a Glance

Evolution and Innovation of Keiro



1961



1961



1962



1967



1969



1974



1975



1977



1989



1990



1994



2001



2006



2010



2011



2017



2018



2018



2021

As we celebrate our 60th anniversary, Keiro revisited its history starting with eight pioneer community leaders—George Aratani, Edwin Hiroto, Kiyo Maruyama, Jim Mitsumori, Gongoro Nakamura, Frank Omatsu, Joseph Shinoda, and Fred Wada—back in 1961.

Keiro has shifted its services and programs over the years, as it sought to advance its mission of caring for older adults.

We trace the path Keiro has taken, one of evolution and innovation, as we continued to meet the changing needs of older adults and their caregivers.

60年を振り返って
—Keiroの進化とイノベーションの歴史

Keiroの遷暦を記念し、1961年からのKeiroの歴史を振り返ります。Keiroはこの60年、高齢者へのケア・サービスを様々な形を変えて提供し続けて参りました。

高齢者及びその介護者の方の変化するニーズに対応しながら、Keiroがたどった進化・イノベーションの道をたどります。

“One thing I will say about the board and the founders is that they were courageous, visionary, and insightful. I particularly give them credit for being able to evolve through the generations. They continued to challenge themselves whenever they were trying to meet the needs of the community.”

Shawn Miyake
former president & CEO of Keiro



1961 KEIRO ESTABLISHED
A group of eight community leaders—George Aratani, Edwin Hiroto, Kiyoshi Maruyama, James Mitsumori, Gongoro Nakamura, Frank Omatsu, Joseph Shinoda, and Fred Wada—established Keiro to meet the needs of Japanese American older adults.

Keiro設立 - 日系高齢者のニーズに応えるため、8人のコミュニティリーダー（荒谷ジョージ氏、広戸エドウィン氏、丸山清氏、三森ジェームス氏、仲村権五郎氏、大松フランク氏、篠田ジョセフ氏、和田フレッド氏）によってKeiroが設立。

1961 JAPANESE HOSPITAL OF LOS ANGELES
Keiro purchased Japanese Hospital of Los Angeles, and began providing hospital care as a first step towards caring for the needs of Our Community.

ロサンゼルス日系病院 - コミュニティのニーズに応える第一歩として、ロサンゼルス日系病院を購入し、病院でのケアの提供を開始。

1962 CITY VIEW HOSPITAL
Keiro acquired City View Hospital through a lease purchase agreement to meet the community's growing care needs.

シティ・ビュー病院 - 増えるニーズに応えるべく、賃借り満期購入方式でシティ・ビュー病院を取得。

1967 EXPANSION
Keiro purchased land in Lincoln Heights for Keiro Nursing Home.

拡張計画 - 敬老介護ホームとなるリンカーンハイツの土地をKeiroが購入。

1969 KEIRO NURSING HOME
Keiro Nursing Home opened to provide care for those discharged from the hospital or who need long term care. This is the nation's first culturally sensitive long-term care environment for Japanese American older adults.

敬老介護ホーム - 病院から退院した高齢者や長期介護を必要とする方のために敬老介護ホームを開設。全米初の文化に配慮した日系高齢者向けの長期介護施設となる。

1974 PURCHASE OF JEWISH HOME FOR THE AGED
Keiro purchased five acres of land from the Jewish Home for the Aged in Boyle Heights to expand care for older adults.

ジュエイス・ホーム・フォー・エイジド買収 - 高齢者へのケアの拡張を計画し、ボイルハイツの5エーカーの旧ユダヤ系介護施設（Jewish Home for the Aged）を購入。

1975 KEIRO RETIREMENT HOME
Keiro Retirement Home opened on the Boyle Heights campus for independent older adults.

敬老引退者ホーム - 自立して生活できる高齢者向け施設、敬老引退者ホームがボイルハイツに開設。

1987 EARTHQUAKE DAMAGE
The Whittier earthquake severely damaged Keiro Retirement Home.

地震による被害 - ウィティアー地震によって敬老引退者ホームが大きな被害を受ける。

1989 KEIRO RETIREMENT HOME REBUILT
Keiro Retirement Home rebuilt with generous support from both the U.S. and Japan.

敬老引退者ホーム再建 - 敬老引退者ホームがアメリカおよび日本からの多大なる支援によって再建される。

1990 NEW KEIRO NURSING HOME BUILT
Residents from the original Keiro Nursing Home and Minami Keiro Nursing Home transferred to a newly constructed Keiro Nursing Home building.

新敬老介護ホームが完成 - 敬老介護ホーム及び南敬老介護ホームが新しく建てられた敬老介護ホームへ引越す。

1993 EXPANSION OF KEIRO NURSING HOME
Keiro Nursing Home upgraded and expanded the facility, growing in capacity to 300 beds.

敬老介護ホームの拡張 - 敬老介護ホームを改造・改築し、300床に拡張。

1994 EMPEROR'S VISIT
Emperor Akihito and Empress Michiko of Japan visited Keiro's Boyle Heights campus.

天皇皇后両陛下訪問 - 天皇皇后両陛下がKeiroのボイルハイツを訪問される。

1999 MEMORY CARE UNIT ESTABLISHED
The Special Care Unit for individuals with Alzheimer's disease and dementia opened at Keiro Nursing Home.

メモリー・ケア施設開設 - アルツハイマー病及び認知症を持つ居住者向けの特別な施設を敬老介護ホームに設立。

1999 ADULT DAY CENTER IN ORANGE COUNTY
Keiro Adult Day Center of Orange County opened, providing services to older adults living at home.

オレンジ郡デイセンター開設 - オレンジ郡敬老デイセンターを開き、自宅に住む高齢者向けのサービスを開始。

2000 ADULT DAY CENTER IN TORRANCE
Keiro Adult Day Healthcare Center opened in Torrance.

トランス・デイケアセンター開設 - トランス敬老デイ・ヘルスケア・センターを開き、自宅に住む高齢者向けのサービスを開始。

2001 CAREGIVER CONFERENCE
Keiro hosted its first Caregiver Conference to expand support to caregivers in the community.

初の介護者カンファレンス - 家族介護者の支援拡大のために初の介護者カンファレンスを主催。

“I think Keiro's compassion and success goes back to the founders themselves. They did something that was unheard of; they built something that nobody dreamed could exist in our community. They mortgaged their own homes to do it; they really believed in it. All the founders were forward thinking and not afraid to do something new and different.”

Dianne Kujubu Belli
former chief administrative officer of Keiro



2003 CLOSURE OF ADULT DAY CENTER
Keiro Adult Day Center closed.

デイセンターの閉鎖 - オレンジ郡敬老デイセンターの閉鎖。

2006 CLOSURE OF ADULT DAY CENTER
Keiro Adult Day Healthcare Center closed.

デイセンターの閉鎖 - トランス敬老デイ・ヘルスケア・センターの閉鎖。

2006 THE INSTITUTE FOR HEALTHY AGING
The Institute for Healthy Aging at Keiro launched with the aim of empowering older adults in the community to age well and in a manner of their choosing.

敬老ヘルシーエイジング研究機関設立 - コミュニティに住む高齢者がより健康的に、自由に年齢を重ねることを推進するために敬老ヘルシーエイジング研究機関を設立。

2010 IHA RECEIVES AWARDS
The Institute for Healthy Aging at Keiro received awards from Aging Services of California and the American Society on Aging.

IHAアワード受賞 - 敬老ヘルシーエイジング研究機関がエイジング・サービス・カリフォルニア及び全米高齢化ソサエティから表彰される。

2011 WOMEN'S WELLNESS CONFERENCE
Keiro hosted its first Women's Wellness Conference.

女性向け健康カンファレンス - 初めて女性向けの健康カンファレンスを主催。

2011 50TH ANNIVERSARY
Keiro celebrated its 50th Anniversary with a Genki Living Expo, attracting more than 3,000 people.

50周年 - Keiroは50周年を記念して元気リビング・エキスポを開催。3000名以上の参加者が集う。

2017 KEIRO CONFERENCE
Keiro hosted its first conference, Aging Into Tomorrow, to support Baby Boomers as they age.

敬老の日フェスティバル - 初の「敬老の日フェスティバル」を開催、1000人以上の参加者が集う。

2018 KEIRO CONFERENCE
Keiro hosted its first conference, Aging Into Tomorrow, to support Baby Boomers as they age.

敬老の日フェスティバル - 高齢化の未来と題した、ベビーブーマー世代を対象にしたカンファレンスが開催される。

2016 SALE OF FORMER FACILITIES
Keiro made the difficult decision of selling the four former facilities, and shifted its focus to serving older adults and caregivers living in the community.

旧施設の売却 - 旧4施設の売却という苦渋の判断を決定し、コミュニティに住む高齢者及び介護者への支援を軸にすることへ方向転換する。

2016 KEIRO GRANTS PROGRAM
As the first step post-sale, Keiro launched its grants program, providing funding to organizations serving older adults in Our Community.

助成金プログラム - 売却直後の取り組みとして、助成金プログラムを開始、高齢者を支援するコミュニティの団体を支援。

2017 IYASHI CARE
Keiro established Iyashi Care, a new partnership with Providence, to provide the nation's first palliative care program for Japanese American and Japanese older adults living with serious illnesses.

癒しケア - プロビデンスと提携し、癒しケアの提供を開始する。全米で初の、日系高齢者向けの緩和医療サービス。深刻な病を抱える高齢者を支援。

2018 KEIRO NO HI FESTIVAL
Keiro hosted its first Keiro no Hi Festival, celebrating with over 1,000 older adults in the community.

敬老の日フェスティバル - 初の「敬老の日フェスティバル」を開催、1000人以上の参加者が集う。

2018 KEIRO CONFERENCE
Keiro hosted its first conference, Aging Into Tomorrow, to support Baby Boomers as they age.

敬老の日フェスティバル - 高齢化の未来と題した、ベビーブーマー世代を対象にしたカンファレンスが開催される。

2021 KANREKI
Keiro celebrates 60 years

還暦 - Keiro60周年を迎える

“At the time, there were no organizations that helped seniors of Japanese ancestry in Southern California, and I felt there was a need for Keiro in the community. So I wanted to stay and do what I could while I was still able to help.”

Ruth Watanabe
first female Keiro board member who served for over 40 years



2021



Keiro
Sixty Years and Beyond



Ken Hayashi at Keiro's Veterans Conference in fall of 2020



Edwin Hiroto (far right) with other founders



Finding Keiro in Unlikely Places

By Ken Hayashi

When I was at UCLA, I had a roommate whose neighbor happened to be Edwin Hiroto, one of Keiro's founders. Since we were (like most college students) starving students, we used to hang out at his house quite often, where his parents would feed us. So I got to know Edwin very well.

After college, I went into the army and was stationed in a base camp in Vietnam. Edwin would write me letters occasionally, telling me about this "Keiro project"—at the time, I had no idea what a "Keiro" was! However, after I came home in 1968, he asked me to come work for him as an assistant administrator. Eventually I worked in finance and administration for both Keiro Nursing Home and City View Hospital for eleven years.

Early Visions and Victories

The early days of Keiro started with operating hospitals, but shortly after moved on to expanding services through nursing homes. When we bought the Lincoln Park property and built Keiro Nursing Home in 1969, it was a 99-bed facility. By then, we were beginning to understand that, for that time, the future was in nursing homes, long-term care, and residential care. We realized that was where we were headed and should be headed, too.

One of the goals we set for Keiro Nursing Home was to change the overall perception of the nursing home industry, which had a poor reputation. Back then if you spoke to anyone that went to a nursing home, they would have said you had to leave dollar bills for your mom or dad because that's the only way you would get someone to help them. We were determined to change that standard with our facility—and I think we did. We were much ahead of its time, so much so that the health department would bring their new inspectors to Keiro and tell them, "This is what a facility can be." We were all quite proud of that. All of the staff took the spirit of Keiro to heart. I think we really built something that not only changed an industry, but for us, took care of our older generation.

From Dawn to High Noon in the Digital Era

The time period of when I started at Keiro was also the dawn of the digital age. For example, City View Hospital used to pay a service bureau to do our payroll, because very few people could afford computers. We finally got our own IBM computer later for all of the facilities, a first-generation system programmed through wires plugged into boards. But now everything is online; it's just part of normal evolution.

But with this technological development came the closure of the hospital, a shift Keiro had to make. As technology kept rolling along, it became impossible for a 50-bed hospital to buy the fancy equipment that was coming into common use in those days. A declining occupancy rate combined with the technological financial burden, caused the closure of City View Hospital in 1985.

Found(er) Inspiration

After my employment ended with Keiro, I was basically a volunteer—and when Edwin was there, whatever he wanted, I would do. Edwin was one of my dearest friends, as well as a general role model. I was very, very fortunate in having someone like Edwin Hiroto as a mentor. Going through business school, I would sometimes hear stories about the professional world and start to wonder, "All these things my mother taught me about being a good person, being honest—do all these things still count?" Having someone like Edwin

around reinforced the fact that yes, those things count. They count in business, and they count in your personal life.

There were times when Edwin would praise all the things other people did to make Keiro a success. I would tell him privately, "Man, you never take any credit for anything!" He would respond, "Ken, that's our job. The people I'm thanking are the ones that don't have to do this." As I've gotten older, I really understand what he meant. Working at Keiro was the foundation of my entire business and personal life.

Shifting Situations, Consistent Care

Despite all the changes Keiro has undergone, I think the dedication to the wellbeing of the aging population in the Japanese American community has stayed the same. Of course, things have evolved since I started in 1968. By now, Keiro has done things like working with the Veterans Administrations or the caregiver programs. I used to have my father-in-law living with me, and those types of programs were very helpful. I think it has been a good evolution, as it's incumbent on Keiro to continue to be relevant to the community.

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

ケン・ハヤシさんのシティビュー病院や創設者の一人、広戸エドウィン氏との思い出について語っている記事の日本語版はこちらから: keiro.org/jp/news



60 YEARS OF FAMILY HISTORY: George Aratani's Legacy Through the Eyes of Sakaye Aratani and Linda Aratani

Among those in our community who have been a longstanding part of Keiro's history are Sakaye and Linda Aratani. As the wife and daughter of the late George Aratani, one of Keiro's original founders, Sakaye and Linda were alongside George from Keiro's early beginnings, and have witnessed its evolutions over the years. Sixty years after its founding, the two met with us to talk about George's inspiration and vision when starting Keiro, and how they see George's legacy being carried on today.

Inspiration From Home and Abroad

Revisiting Keiro's beginnings, Sakaye shared that the idea for the organization initially came from a discovery Fred Wada made on a trip to South America. There, Fred toured a nursing home for Japanese older adults, and was struck with inspiration. "Fred called George after he returned," Sakaye said. "And they both said that it was a great idea to bring back to Los Angeles." From there, the two began fundraising and gathering community support to found Keiro.

Sakaye also noted that the memory of George's parents motivated him to start Keiro. "His parents died when he was young, and I remember him mentioning that he always wanted to do something special for them," she said. "Having heard about the many Japanese people here in Los Angeles, when Fred approached George, George felt that this was exactly something he wanted to do for the community." With his parents in mind, George began the journey with the other founders to create Keiro and support older adults in the community for generations to come.

Growing With the Generations

Linda remembers learning about her father's vision for Keiro while growing up at home. "I was in junior high or high school," she recalled. "My dad was talking at the dinner table about something he felt was important: That the Nisei were pretty melded into society, but the Issei really embraced their culture in terms of food and activity." Noticing this culture within the Issei generation, George saw a culturally-sensitive nursing home as the solution to this generation's needs. Linda said, "I think that was definitely on his plate, changing needs when Isseis were getting old and needed institutional care. He stepped right up to address that issue, hence Keiro started."

While following this vision for the community needs he saw at the time, George nevertheless knew that the needs of the older adult population would transform along with the following generations. Linda shared, "I remember having some conversations with my dad where I said, 'If you're doing this for the Issei, what's going to happen when I get older, or my children, which is generations later?' And he always said that's out of his hands, and that was something that the organization would have to face when it got there. He was always really good at looking things realistically. But at that time, his take was just to get this thing started."

Continuing George's Legacy

Having witnessed Keiro evolutions to address changes in the community over the years, both Sakaye and Linda agreed they see George's vision for Keiro living on today. "I think Keiro has done an amazing job over the decades in fulfilling the hopes and dreams of the founders, I really do," Linda said, as Sakaye nodded her head. "I think if my dad were here today, he would say Keiro ultimately did everything we hoped they would."

Pondering where these changes will take Keiro next, Linda shared some of her thoughts about the future of supporting older adults in our community. "I'd love to see Keiro continue to do what it does today, because they do it so well," she said. "And they may have to change to fit who they serve more, I guess. For example, the Yonsei, they're so diversified as a generation. Going forward, it's a different time, a different mix of people - so it's another chapter, really." With these hopes in mind, Linda and Sakaye look forward to seeing what each new chapter will add to George's legacy with Keiro.

Keiro創設者の一人、荒谷ジョージ氏の奥さん、サカエさんと娘さんのリンダさんに、Keiroの歴史と、ジョージ氏のビジョンについて語っていただいた記事の日本語版はこちらから: keiro.org/jp/news



FRIENDS OF KEIRO

Donors, supporters, and volunteers help Keiro advance the quality of life for Japanese American and Japanese older adults wherever they call home. Your support allows Keiro to adapt and meet the changing needs of Our Community. Our sincere appreciation goes to all who join Keiro to enhance the quality of senior life in Our Community.

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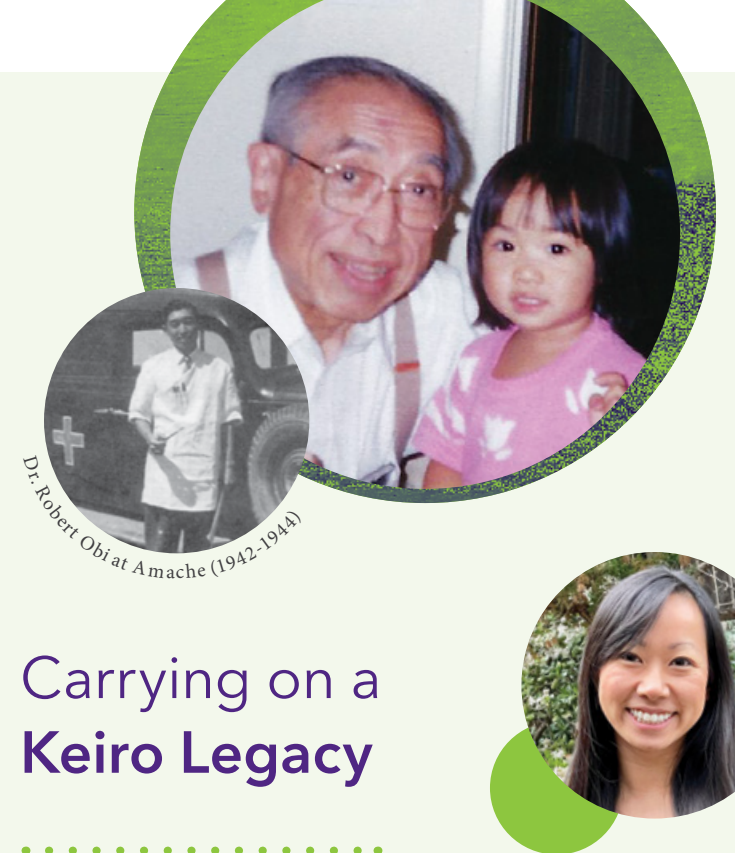
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Carrying on a Keiro Legacy

Michelle Obi began her first day of work at Keiro as development associate in December of 2019. Additionally, her grandfather, Dr. Robert Obi, served as the medical director of Keiro's City View Hospital and her grandmother was a volunteer at the hospital's gift shop.

Michelle shared that she didn't have much opportunity to hear her grandfather's stories because he passed away when she was young. It wasn't until she began interacting with community members through her work at Keiro that she learned more about him. She said that often she would encounter community members who knew Dr. Obi, and they would share stories of him.

She finds great joy in supporting the Keiro community. Michelle is glad to be able to express her appreciation towards her grandparents. "I am working for and believing in the same goals that [they] believed in, and that is a really cool connection that we now have."

Michelle would have never thought that she would be working at the same organization that her grandparents worked at. Her story reminds us to reflect back on the strong roots that were planted for Keiro in the past in order to carry on the mission that was established 60 years ago.

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

シティビュー病院の院長を努めたロバート・オビさんと現在Keiroで務めているお孫さんについての記事の日本語版はこちらから: keiro.org/jp/news

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Age is Just
a Number:
Different Generations
Benefit from Keiro



Oftentimes in the community, we hear comments such as, “Keiro is for old people.” But when should we really start thinking about aging? Keiro sat down with Virginia “Gini” Ishida and asked about her thoughts around aging. She had a simple answer, “There’s no time to think about growing old.”

To keep herself busy, Gini has immersed herself in a variety of activities. Gini also volunteers with older adults to help keep them healthy. She said, “I do enjoy [working with] them, and whatever I can do or whatever they need, I am there for them.”

Gini is a regular attendee of the Keiro Virtual Forums and finds many benefits in the resources Keiro offers. “I look to Keiro for ways to help the ones who are getting older or alone. There are a lot of people out there that need to know about Keiro and that there is something out there to help them.”

Though Gini does not consider herself old, she knows that aging is inevitable. She finds comfort in knowing that Keiro is not only there for the older adults like those who she currently works with, but will be there for the next generation of older adults as well.

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

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SPECIAL OCCASION DONATIONS

Keiro gratefully acknowledges the following donors who contributed from January - December 2020.

Bolded names indicate individuals who are being honored with gifts to Keiro.

ANNIVERSARY OF JOE SHOKICHI HOSHINO & KIMIKA HOSHINO
Jody Hoshino

MOTHER'S DAY
Virginia Ishida

IN-KIND DONATIONS

Keiro gratefully acknowledges the following donors who contributed from January - December 2020.

Bourbon Foods USA
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Mary Ellen Wong



*Asterisks denote cumulative gift amounts of \$1,000 and over for the donation period between January - December 2020.

Leave a Legacy with Keiro

Anyone can leave a legacy with Keiro. Consider leaving a lasting impact on improving the quality of life for Japanese American older adults. Legacy giving is the transfer of assets to Keiro during one’s lifetime or as part of an estate plan. It is a win-win approach to philanthropic donations that supports Keiro and can benefit you now or in the future. Consider including Keiro as part of your estate plan.

If you have already made a planned gift to Keiro, would like to speak to someone about a planned gift, or would like additional information about Keiro’s Legacy Circle, please contact Brandon Leong, director of development & communications, at 213.873.5705 or email bleong@keiro.org.

Tribute Gifts

A gift to Keiro is a thoughtful way to honor someone, by remembering and celebrating a key milestone in a loved one’s life.

Your gift not only supports Keiro’s work to improve the quality of life for older adults but also pays special tribute to your loved ones. Consider making a tribute gift today. Contact support@keiro.org or visit keiro.org/support.



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UPCOMING EVENTS



Scan the QR code with your smart
phone's camera to see the full list
of Keiro's upcoming events.



Saturday, March 13, 2021

Keiro Caregiver Conference: 20 Years of Caring
for Caregivers (Registration opened)

Saturday, May 1, 2021

Alzheimer's Conference (Registration opens
mid-March)

Wednesday, July 21, 2021

Speaker Series on Cyber Security

September 2021

Keiro no Hi Festival

Don't forget to check out our free weekly
Virtual Keiro Forums! New virtual forum topics
are posted regularly.

Visit keiro.org/virtual to register for our forums!