



Keiro |   
Connect

SPRING 2021 EDITION

# Caregiving: *Our Journey Together*



# Welcome to Keiro Connect: Spring 2021 Edition!

Throughout my time at Keiro, I have learned how to prepare for caregiving for my own family – not just the nuts and bolts, but also emotionally and mentally.

This past year has been challenging for us all. Amidst the pandemic, I was caregiving, along with my siblings, for our parents. Due to various restrictions, it was more difficult to coordinate care, assess options, and spend quality time with family. And then my mother and father unexpectedly passed within four months of each other. But what helped make our caregiving journey smoother was the support from friends, family, and Our Community. For me, last year was a reminder that I was not alone.

As each of us goes through our own caregiving journeys, know that you are not alone. Caregiving for our loved ones will never be easy, but there are things we can do to make it even just a bit less stressful. Prepare in advance by asking for help, seeking resources, and taking care of yourself. And know that we are all here to support one another.

Take care, be safe, and thank you for all that you do to care for older adults in Our Community!

*Gene S. Kanamori*

Gene S. Kanamori  
President & CEO



Keiro で勤めている間、私は将来に備え、介護やケアに関する様々な知識（基礎から、精神面や心の準備など）を多く学ぶことができたと感じています。

去年はすべての人にとって困難の多い一年だったと思います。私もパンデミックの最中、兄弟と一緒に親の介護をしていました。様々な制限の中、親戚家族との連携や、ケアの選択肢の検討、家族と時間を過ごすことがいつも以上に大変になりました。そして、4か月の間に父・母が二人とも他界してしまう、予想外の出来事も起こりました。そんな中にも支えとなったのは家族、友人、コミュニティでした。去年は、自分が一人ではないのだ、ということを改めて実感した一年でした。

皆それぞれ介護というものに何かしらの形で関わっていくと思いますが、一人ではないのだ、と知る事がとても重要だと感じます。大切な家族の介護は容易ではありませんが、それが少しでも楽になるよう今から準備できることはたくさんあります。情報や使えるリソースを早くから探し、助けを求め、また助け合い、何よりも自分の健康やケアを怠らないことが大切だと感じます。

皆様が引き続き健康でいらっしゃることを願うと共に、いつもコミュニティの高齢者へ手を差し伸べていただき、ありがとうございます。

ジーン・カナモリ  
代表兼CEO

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## Celebrating Caregivers!

Keiro virtually celebrated their 20<sup>th</sup> anniversary of the Caregiver Conference on March 13, 2021, welcoming 250+ caregivers to the event. The event covered caregiving tips during the pandemic, advice from past caregivers, and culinary caregiving. Thank you everyone who attended and made this event possible!



*"The idea that there is help out there was powerful."*

- Dexter



# Being Prepared for the Role My Caregiving Journey

By Dexter Yuen

I currently care for my mother, who is 98 years old. Before, my siblings would take care of my mother, but with the passing of both my brother and sister this past year, I became my mother's sole caregiver.

My mother is in remarkably good health despite her age. She can care for herself, but her memory and hearing have declined quite a bit over the years.

Due to the pandemic, my mother is temporarily living with me away from her home. However, with her receiving the COVID-19 vaccine, we are now comfortable looking into options available to us, based on her needs and our family situation. I also enrolled my mom in Iyashi Care, Keiro's palliative care program, right after she moved in with me.

Keiro has been an immense help in my caregiving journey. I began attending the annual Caregiver Conference almost six or seven years ago, and it has become something I would expect to attend every year. It definitely prepared me for this role.

This year's 20th anniversary Caregiver Conference was a timely one for me. The resource fair vendors provided me with important information, such as the five tips when finding an in-home caregiver.

I also felt the keynote presentation and the past caregiver panel breakout session really reinforced the importance of not feeling guilty. You may think, "Oh, I should have done this or that," but resist those thoughts and try the best you can. There's no perfect way to do this. That message was very helpful to hear.

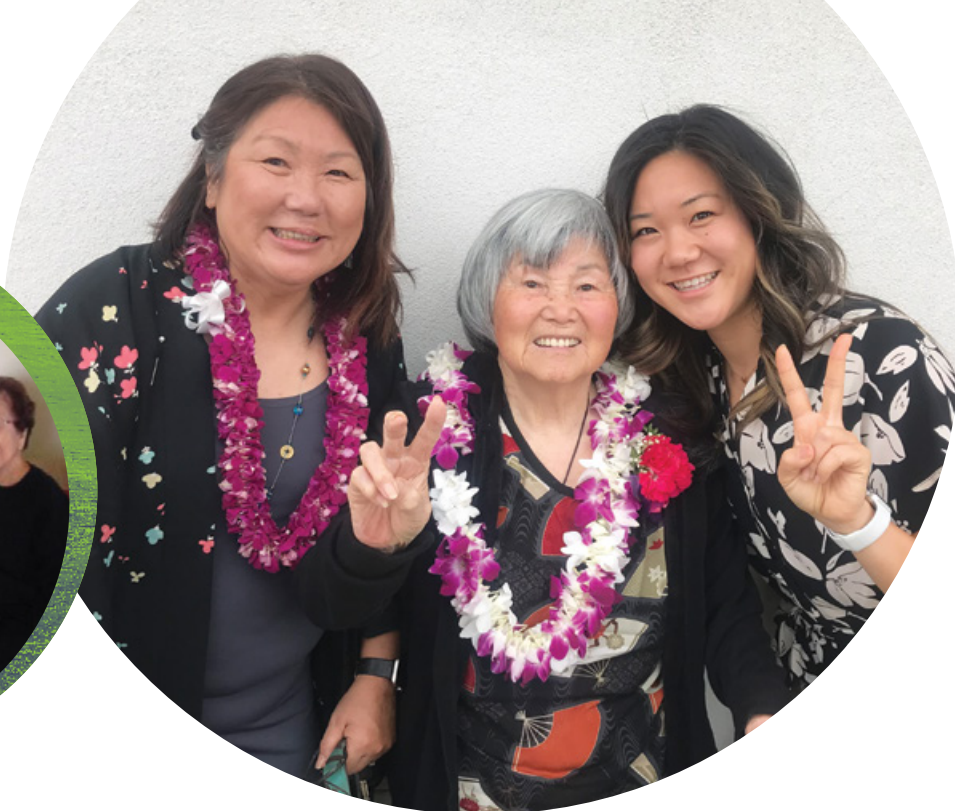
I'm also thankful that this conference was held virtually. If this year's event was in-person, I would probably not have been able to attend.

I honestly don't remember too much about the specifics from the first few caregiver conferences I've attended, but this idea that there is help out there was powerful. Because I was given information earlier, I wasn't surprised about some of the things happening as I am caregiving. Clearly, I'm busy now, but I don't feel overwhelmed.

My personal advice I can give to future caregivers is don't wait until you're already in the situation to start thinking about it. I'm so glad I went to Caregiver Conferences in the past. In hindsight, I also wish I had told more of my friends and relatives about Keiro's Caregiver Conferences. Whether they're currently in the role or not, it's good to know these resources are available.

For the full article, visit [keiro.org/news](https://keiro.org/news).





## A Lineage of Care: Diana and Megan Ono’s Caregiving Across Generations

For mother-daughter pair Diana Ono and Megan Ono, caring for others is a role and a purpose that has been passed down in their family for generations. Diana and Megan are caregivers to Diana’s parents, Tatsuo and Tomiko Ando, and Megan’s paternal grandmother, Dorothy Ono, before she passed away at age 98 in March 2020.

Diana shared that she and Megan inherited this legacy of caregiving from Megan’s grandparents. She explained, “My mom [Tomiko Ito Ando] took care of my grandparents Mine and Gonsaku Ito back in the 1980’s, I am now taking care of my parents, and in 20 years, Megan might have to take care of me!”

Before Dorothy passed away, Diana and Megan’s family would visit her every Friday evening. “I think the most important thing was that we talked to her and listened to her stories,” Diana said. “It got her to think about her history, and we really got to know things about her life and the family.”

Diana and Megan highlighted how they try to give a sense of purpose through their caregiving interactions. Megan shared that she has “tea ceremony parties” with Tomiko. “Even though she has dementia, the practice is so deeply ingrained in her cultural upbringing that I think those memories came back to her.” The family likes to spend time in the kitchen with Tatsuo, whose hobby is cooking Japanese food, especially sushi, who has passed down his cooking knowledge to his children and grandchildren.

Diana shared about the importance of being prepared for the role of caregiving before stepping into it, as well as having a solid support system and doing self-care, which she learned through attending Keiro’s Caregiver Conferences in the past. Megan said she feels well prepared for the time when she might become a caregiver to her own parents.

Looking towards a future of continued caregiving, Megan shared, “The non-tangible things are the main things... To know that those lessons and stories and all the history [from my grandparents]—the good, bad, and ugly—have made us stronger as a family, that’s really what makes me happy and hopeful.”

For the full article, visit [keiro.org/news](https://keiro.org/news).



Photos courtesy of the Ono Family

## Keiro Superstar: Yosh Arima

For 42 years, Yosh Arima, 91, was a teacher of a variety of subjects, counselor, and popular baseball, gymnastics, golf, and basketball coach at Belmont High School. He is most known for his love for sports and has taken several golf trips around the world.

In December 2019, Yosh was diagnosed with congestive heart failure. Since then, with the pandemic restrictions and his health, he has been limited from doing certain activities. In order to keep himself in good shape, Yosh eats healthy food, goes on mile-long walks every day, tends to his garden regularly, where he shares the produce with his family and friends, and, of course, golfs. Yosh shared that one of his main motivations for staying healthy is to be able to travel to Japan, Thailand, and Hawaii again.

Yosh continuously stresses the importance of being around people you enjoy. Yosh shared, “I am very blessed in my life, and the personal relationships I have with people have been very rewarding to me.”

For the full article, visit [keiro.org/news](https://keiro.org/news).



Yosh in Japan with his friends.



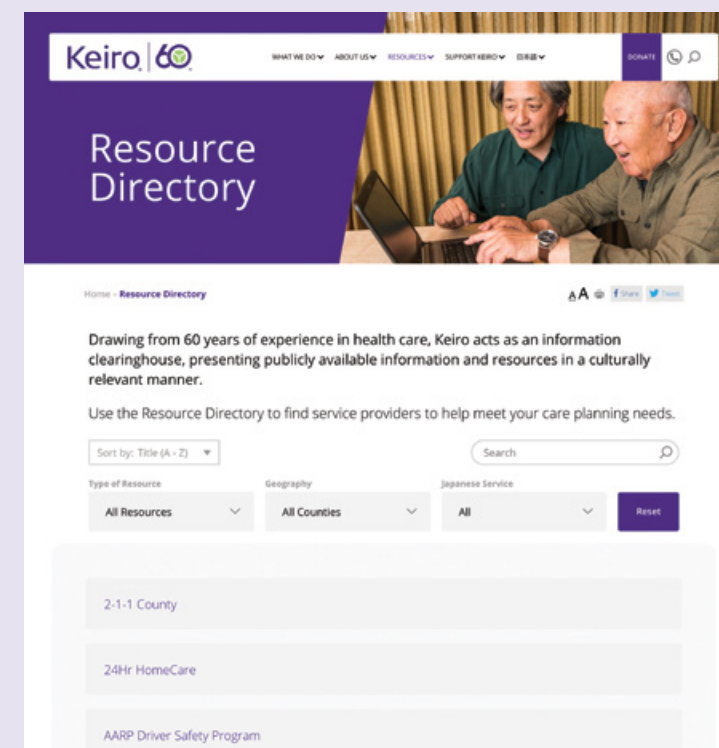
## Exploring Keiro’s Updated Resource Directory

By Heather Harada, MS, Director of Strategy

With all the information available to us online, it can seem like a daunting task to sort through it all and decide not only what our best options are but also what is reliable.

Keiro has long offered a resource guide for Our Community, presenting publicly available information and resources in a culturally relevant manner. We recently revamped the Resource Directory on our website, making it more user-friendly by adding filters to narrow your search and fact sheets that provide an overview of each category.

Keiro’s Resource Directory is a tool I have frequently utilized over the years, when assisting community members caring for loved ones or seeking options for themselves. I encourage everyone to try it!



To explore the Resource Directory, visit [keiro.org/resource-directory](https://keiro.org/resource-directory).





## IYASHI CARE

For more information about  
Iyashi Care, contact us at

213.873.5791  
[programs@keiro.org](mailto:programs@keiro.org)



*"I have had many struggles. There are times when I cannot speak up about those difficulties. But now I am able to live with the help of those around me, and Iyashi Care makes me feel at ease."*

- EMI

## Iyashi Care Story: A Support System Like No Other

Emi first learned of Iyashi Care at the end of January 2019 when her late husband Bill suddenly suffered heart failure. "I don't speak English well and my husband doesn't understand Japanese. I thought, 'What am I going to do?'" She came across an advertisement in a Japanese newspaper where she saw the words "Japanese-speaking Iyashi Care team." When she saw it, Emi "called immediately, thinking this may be a good place to ask for help."

### Heartful Support

As Bill's primary caregiver, Emi shared that the support from the Iyashi Care team was a continuous source of reassurance. "Dr. Yanami (lead physician) speaks both Japanese and English, so he helped me with many things. He came to see us at least once a month and helped us each time we called him, especially when things were bad. Kanako (social worker), Joshua (nurse), and Miho (administrative assistant) also called us frequently to check up on us, asking, 'Are you okay? How are you?'"

To make sure Bill's wish of "being at home for his last moments" was prioritized and fulfilled, the Iyashi Care team assisted them with a thorough transition to a hospice program administered at home.

### Peace of Mind Knowing That You're Supported, No Matter What

Emi also has a chronic illness herself. Sometimes, when she experiences nervousness, she has blood in her urine and has stomach pain that prevents her from eating properly. Because of these health concerns and her feelings of loneliness after becoming widowed, Emi decided to enroll herself in Iyashi Care after Bill's death.

"Dr. Yanami talks to me more like a friend than a doctor, and I heard many people say, 'I got cured when I saw that doctor's face.' I can ask and tell him anything, including saying things that I shouldn't," recalled Emi.

For Emi, the Iyashi Care team not only alleviates her health concerns, but also provides a powerful means of support for both her mental and physical wellbeing, providing 'iyashi' or healing.

*\*Names have been changed with the request of the patient.*

For the full article, visit [keiro.org/news](https://keiro.org/news).  
こちらの記事の日本語版は [keiro.org/jp/news](https://keiro.org/jp/news) よりご覧ください。



## AHEAD ON AGING: ANTICIPATORY GRIEF

Grief that happens before someone's death

Anticipatory grief can occur when caring for someone over a prolonged period of time, and caregivers start to grieve for their loved one before they pass away. This is a normal process that results from the anticipation of loss, even though it is not discussed as much as grief after a death. This type of grief can cause various physical and emotional issues such as sadness, anger, depression, and sleeplessness.

Some signs of anticipatory grief include:

- **Scattered thoughts** about the past and present with your loved one as well as a future without them
- **Lost sense of time** due to prolonged caregiving, constantly on alert because you never know when exactly the end will come
- **Sense of suspense and fear** of being misunderstood, not wanting to share these feelings with others

Understanding that there is a name for these experiences may help normalize these feelings of grief. For more on stages of anticipatory grief, and how to cope with it, visit our factsheet at [keiro.org/fact-sheets](https://keiro.org/fact-sheets).

### Keiro Speaker Series



#### Cybersecurity with Alan Sugano, ADS Consulting Group, Inc

Wednesday, July 21  
7:00-8:00 p.m. PDT  
Zoom Webinar

Learn from an expert about the top  
10 things to protect yourself online.

Register today:  
[keiro.org/speaker-series](https://keiro.org/speaker-series)



## 2020-2021 Grant Recipients

Congratulations to all the recipient organizations of the 2020-2021 cycle of Keiro's Grants Program! Keiro looks forward to working with all organizations to reduce social isolation among older adults and caregivers in Our Community.

Cerritos Baptist Church  
Continuing Education for the Nikkei Widowed, Inc.  
East San Gabriel Valley Japanese Community Center  
Faith United Methodist Church  
First Presbyterian Church Altadena  
Gardena Valley Japanese Cultural Institute  
Go For Broke National Education Center  
Japanese Christian Church Federation of Southern California  
Little Tokyo Nutrition Services  
Long Beach Buddhist Church  
Long Beach Japanese Cultural Center/Long Beach Pioneer Project  
Los Angeles Holiness Church  
Los Angeles Homba Hongwanji Buddhist Temple  
Los Angeles Men's Glee Club  
Makoto Taiko  
Mission Valley Free Methodist Church  
Mutual Ministries of Christ Church & St. Andrews  
OPICA Adult Day Program & Counseling Center  
Orange County Buddhist Church  
Orange County Friendship Choir  
Orange County Japanese American Association  
Oxnard Buddhist Temple  
Pasadena Buddhist Temple  
Pasadena Nikkei Seniors  
Sakura Chorus  
Union Church of Los Angeles  
Venice Hongwanji Buddhist Temple  
Venice Japanese Community Center  
Visual Communications Media  
West Los Angeles Buddhist Temple  
Zenshuji Soto Mission  
Zentoku Foundation



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If you opt to receive our future publications via  
email only, please email [contact@keiro.org](mailto:contact@keiro.org) today!



 Cut out and keep these safety tips!

## SENIOR SAFETY TIPS



- 1 Be aware of your surroundings.**  
Limit distractions, such as phone use.
- 2 Walk in groups** while conducting errands.
- 3 Speak out** in a loud and firm voice if you are  
being followed or threatened.
- 4 Seek help immediately.** Ask others to call  
9-1-1 if assistance is needed.
- 5 Report the incident to someone you trust.**  
Report any anti-Asian incident you experience  
or witness (even if it is not a crime) to  
[stopaapihate.org](http://stopaapihate.org).

*These tips are provided in partnership with  
Keiro and Little Tokyo Service Center.*

For more information: [keiro.org/senior-safety](http://keiro.org/senior-safety)

日本語はこちら: [keiro.org/jp/senior-safety](http://keiro.org/jp/senior-safety)

Keiro and Japanese American Cultural & Community Center present



敬老の日フェスティバル  
**September 18, 2021**

#### Join us for:

- Complimentary Bento & Package with Registration
- Virtual Livestream
- Arts Showcase (Submissions due August 28, 2021)

For more information: [keiro.org/knh](http://keiro.org/knh)

日本語はこちら: [keiro.org/jp/knh](http://keiro.org/jp/knh)