Finding Purpose
**Welcome to Keiro Connect: Summer 2021 Edition!**

The theme of this summer issue of Keiro Connect is *Finding Purpose*. Throughout our lives, it is important for us to have at least one self-defined purpose—something that brings meaning and joy to our lives. Purpose can include family and friends; community involvement; hobbies; and spirituality. Our purpose can often be redefined throughout our lifetime as our roles, interests, and beliefs evolve.

For me, I am a father, grandfather, husband, friend, active community volunteer, and avid Dodgers fan. Outside of my family and personal life, I also have the important and humbling role of leading Keiro during our 60th Anniversary.

Keiro’s services today are not necessarily the same as they were six decades ago, but our mission—or purpose for existence—is the same. Keiro’s mission, to enhance the quality of senior life six decades ago, but our mission—or purpose for existence—is that mission brings me passion and meaning to my role. As we look toward the future, I see the needs of older adults continuing to evolve, and Keiro being there every step of the way.

Thank you for your ongoing support, helping us fulfill our purpose of supporting older adults in Our Community!

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**Cover Photo Artist:**

**Rick Osaka (67)**

Rick was a commercial artist in Los Angeles and New York City. Before retiring, he was an art instructor at Pasadena City College and now devotes his time fully to make art independently.

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**Discovering Ikigai**

**Do More You**

*Ikigai* is a Japanese term that translates to “a reason/purpose for being.” On January 20, 2021, Keiro welcomed Tim Tamashiro to share his views on the importance of *ikigai* and how discovering your personal *ikigai* can add more joy to your day.

*Ikigai* originates back to the Heian period in Japan. The Japanese word “*iki*” translates to life, while “*gai*” comes from the word “*kai*” meaning shell (something that was valuable in those days). Outside of its practical use, the word “*kai*” also means “shell” which is “to delight.”

Like other Japanese words, *ikigai* can be described by three parts:

- **Life**
- **What you love**
- **What you are good at**

And one additional component:

- **What you are supposed to do (including your job)**

*Ikigai* can change throughout your lifetime. It can be discovered during any stage of your life—whether you are a child, adolescent, adult, or senior. It can be something that you thought you knew for a long time, but you only recently discovered.

Through his own life purpose, he has been helping others identify their own *ikigai*. According to him, there are three steps to discovering your *ikigai*.

**1. Experiment and try something new.**

**2. Observe what you like/dislike and continue the process to zero-in on what you really enjoy doing.**

**3. Think beyond your zero-in process and let the experience sink in by letting your subconscious mind process the information.**

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

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**“Once you come up with your *ikigai*, your mind will crack open in the most beautiful way, like finding a north star that you can rely on…”**

- **TIM TAMASHIRO**

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**Ikigai**

- **Life**
- **What you love**
- **What you are good at**
- **What you are supposed to do**
- **What gets you out of bed in the morning**

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**Tim Tamashiro**

Tim shared how he discovered his *ikigai* which is “to delight.” Through his own life purpose, he has been helping others identify their own *ikigai*. According to him, there are three steps to discovering your *ikigai*.

- **Explore** - Experiment and try something new.
- **Zero-in** - Observe what you like/dislike and continue the process to zero-in on what you really enjoy doing.
- **Ponder** - Think beyond your zero-in process and let the experience sink in by letting your subconscious mind process these experiences.

One of the main tips he stressed about the discovery process was to take action. *Ikigai* can start by discovering “what you love” and “what you are good at” and must have a “boomerang” structure where it should be a gift that benefits others. During the Q&A, Tim stressed that retirement is a time of “nothing but opportunity” where anyone can discover *ikigai*.

Tim concluded, “Once you come up with your *ikigai*, your mind will crack open in the most beautiful way, like finding a north star that you can rely on. So, do more you! Do more you every day for your wellbeing and happiness by being yourself and watching the world [thank you for it].”

Many participants shared how they were reminded of the importance of this concept. For one participant, Kristine, *ikigai* meant “to make meaningful contributions to the community.” She added, “I always thought of *ikigai* as ‘what gets you out of bed in the morning,’ but the speaker added to that with more concrete characteristics that were helpful for me.” She saw this presentation as a sign to recommit to her work and self-reflect on the importance of what she can contribute to the world.

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

In his presentation, Dr. Joshua Chodosh, MD, MSHS, FACP, focused on the benefits of early detection of dementia. He shared, “About 50% of people who are suffering from dementia never get detected and diagnosed, and that is a very serious problem.”

Dr. Chodosh recognizes “self-screening”, or noticing “red flags”, as one method of detection along with performance-based testing and functional-based interviews (Chodosh, 2021). Not only will a screening be able to detect signs of dementia but getting regularly screened creates a baseline evaluation for future screenings.

Modifiable Risk Factors

On the other hand, Dr. Helena Chang Chui, MD presented the important role living a healthy lifestyle plays in decreasing our risk for dementia. She shared that there are 12 modifiable risk factors that, if properly maintained, could significantly decrease the risk for dementia. (See image below)

Keeping Your Brain Healthy

In the last presentation, Sarah Lenz Lock, JD, shared a method of maintaining proper brain health as we age called “Staying Sharp’s Six Pillars of Brain Health: BE MORE”—Be social, Engage your brain, Manage stress, Ongoing exercise, Restorative sleep, and Eat right. Each pillar touches upon areas in our life that can improve our mental health. Additionally, Dr. Debra Cherry, PhD shared a few resources Alzheimer’s Los Angeles offers for patients and families.

Normalizing the conversation around Alzheimer’s with our doctor and family members establishes trust among all individuals involved. If we are able to collectively normalize talking about dementia rather than dismissing it, we will be able to take the proper steps to detect and prevent the disease.

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

Sharing Our Passions: Keiro’s Teach Me Series Videos

Having a sense of purpose, or something we are passionate about, is an important element in having a good quality of life. For our Teach Me Series, Keiro asked older adults to be our teachers, sharing their stories related to an activity they enjoy doing via video.

There is more to a hobby than simply completing an activity, and the lessons and stories behind these activities are valuable to be shared and passed down. We challenge you to find a person you can teach your skill or share your knowledge to about something that you’re passionate about!

Visit keiro.org/news or search “KeiroConnect” on YouTube to watch full episodes. Stay tuned for future episodes!

Keiro supports the Department of Health and Human Services’ COVID-19 education campaign We Can Do This in efforts to increase education and awareness about COVID-19 vaccines.

Visit vaccines.gov for more information.
Linda lives in a household of six, including Jun (her husband) and Keith (her brother-in-law) whom she and Jun care for. "Even after Keith left the military, he never went for a single check-up with a doctor. But then again, our mother was exactly the same," said Jun.

"Despite having health insurance, my mother-in-law used to say that 'going to the doctor will only make it worse' and just refused to go," said Linda.

The fact that he refused to be examined by any doctor made Linda worry about what would happen when he passes away. While she wanted to be respectful of Keith’s wishes to not see any doctors, she also wondered if there was a way for them to feel more reassured as a family caring for him. As Linda started pre-planning, the person assisting with funeral plans suggested she call Iyashi Care about her situation.

Until then, Keith didn’t want to see any doctors. But with Linda’s encouragement, he agreed to a home visit by the Iyashi Care team doctor, Dr. Yuichi Edwin Yanami. "I thought about what could happen if I died here. They would need to seek help, and if I hadn’t been under the care of any doctor at all, that could cause my family all sorts of troubles. That seemed irresponsible to me," shared Keith.

Iyashi Care strives to provide support in a way that respects these wishes. Keith, who lived his whole life without ever seeing a doctor, felt comfortable accepting help from the Iyashi Care team, especially when he saw how it allevied his family’s concerns. “I didn’t feel any hesitation,” he said. Not only does the support offered by Iyashi Care ease the burden on patients, it also brings the same peace of mind to family members caring for them.

"It’s very helpful having the doctor come to our home. It feels very reassuring. We can ask him anything, and he will give us advice, so it has helped to relieve our mental stress too."

– JUN

The Iyashi Care team worked to understand Keith’s wishes as well as those of the family members caring for him. They also provided support in order to relieve the burden on both the patient and his caregivers as much as possible. "It’s very helpful having the doctor come to our home. It feels very reassuring. We can ask him anything, and he will give us advice, so it has helped to relieve our mental stress too," said Jun, with a tone of relief in his voice.

Iyashi Care strives to provide support in a way that respects these wishes. Keith, who lived his whole life without ever seeing a doctor, felt comfortable accepting help from the Iyashi Care team, especially when he saw how it alleviated his family’s concerns. “I didn’t feel any hesitation,” he said. Not only does the support offered by Iyashi Care ease the burden on patients, it also brings the same peace of mind to family members caring for them.

"Names have been changed at the request of the family."

For the full article, please visit keiro.org/news.
Keiro and Japanese American Cultural & Community Center present

Keiro no Hi FESTIVAL
Celebrating our Older Adults

Saturday, September 18, 2021

View our exciting online video premiere with performances, workshops, an Arts Showcase, and special guest speakers. You won’t want to miss it!

Registration is not required to view the online video premiere.

For more information: keiro.org/knh

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