

The logo features the text 'Keiro | 60 Connect' in white. 'Keiro' is in a sans-serif font, followed by a vertical bar, the number '60', and the word 'Connect'. To the right of '60' is a circular icon containing a stylized green plant. The entire logo is set against a purple circular background.

Keiro | 60  
Connect

SUMMER 2021 EDITION

The background illustration shows a koi fish with white, red, and black patches leaping out of a blue body of water. The water is depicted with white splashes at the bottom. In the upper right, there are green, star-shaped plants and a tree with orange branches. Several white, diagonal lines on the left side represent rain falling.

*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 in Our Community*, is just as important now as it was when we were founded—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!



Gene S. Kanamori  
President & CEO



今回のテーマは「目的をもって生活する」です。人生の中で、自分にとっての生きがい、生きる意味—何か自分の人生に喜びをもたらすものを一つだけでも持つことはとても重要です。それは家族や友人、コミュニティ、趣味、スピリチュアリティ等、多岐にわたります。また、自分の役割や興味、考えが変化の中で生きる目的が変化する場合もあります。

私は父親であり、祖父であり、友人であり、活発なボランティア活動をする一人であり、また熱血なドジャーズファンであります。またありがたいこともKeiroの60周年という節目の年に今のお役をいただいています。

Keiroの提供するサービスは60年前と比べずいぶん変化しました。しかしながらその存在意義・ミッションは変わっておりません。高齢者の方の生活の質の向上という理念は当時も今もとても大切にしているものです。将来を見ますと、今後も高齢者のニーズは変化し続け、Keiroはその変化に柔軟に対応してゆく所存です。

いつもご支援いただきありがとうございます。

代表兼CEO  
ジーン・カナモリ

## Keiro Board of Directors



|                                     |                                      |
|-------------------------------------|--------------------------------------|
| Lynn Miyamoto, Esq.,<br>Board Chair | Thomas Iino, CPA                     |
| Doug Aihara                         | Claire Koga, MD                      |
| Ernest Doizaki                      | Jack Kurihara, PharmD                |
| Sharon Fong                         | Hiroko Murakami, MSW                 |
| Kimiko Fujita                       | Lisa Sugimoto, EdD                   |
| Gerald Fukui                        | Gene S. Kanamori,<br>President & CEO |
| Michelle Hirano, MAT                |                                      |



## 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.



Tim Tamashiro



"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

## 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 back during this period).

生き甲斐

*iki*  
Life

*gai*  
Worth (shell)

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](https://keiro.org/news).

# Let's Talk About Alzheimer's Disease

Keiro and Alzheimer's Los Angeles co-presented their first Alzheimer's Conference together in May 2021. This conference assembled a panel of expert speakers to educate our community on Alzheimer's disease including current research, treatment options, risk factors, and caregiver support.



While building a Lego helicopter together, Dai shared how Lego-building and 3-D modeling help him pass time during the day.

## 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](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。

## Sharing Our Passions: Keiro's Teach Me Series Videos

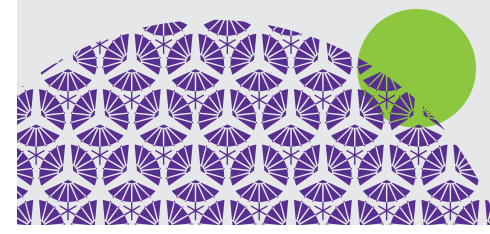
Having a sense of purpose, or something we are passionate about, is an important element in having a good quality of life. For our Teach Me Series, Keiro asked older adults to be our teachers, sharing their stories related to an activity they enjoy doing via video.

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](https://keiro.org/news) or search "KeiroConnect" on YouTube to watch full episodes. Stay tuned for future episodes!



Ralph showed us how to make his mac potato salad. He shared how food connects him to his family, church friends, and more.



### MODIFIABLE RISK FACTORS

(THE LANCET, 2020)

#### EARLY LIFE

Education

#### MIDLIFE

Hearing Loss  
Traumatic Brain Injury  
Hypertension  
Alcohol Misuse  
Obesity

#### LATER LIFE

Smoking  
Depression  
Social Isolation  
Physical Inactivity  
Air Pollution  
Diabetes



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](https://vaccines.gov) for more information.



# IYASHI CARE

For more information about Iyashi Care, contact us at

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



*"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

## Accepting Iyashi Care: A Sense of Family Responsibility

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.

The Iyashi Care team worked to understand Keith's wishes as well as those of the family members caring for him. They also provide 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 allayed 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, 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。



## VIRTUAL KEIRO FORUMS: Liz and Valerie's Path From First Log-on to First Lead

On April 22, 2021, a Zoom room followed along with mother-daughter duo, Liz and Valerie, as they led a Virtual Keiro Forum on making intricate trivets and metallic star ornaments out of ordinary clothespins.

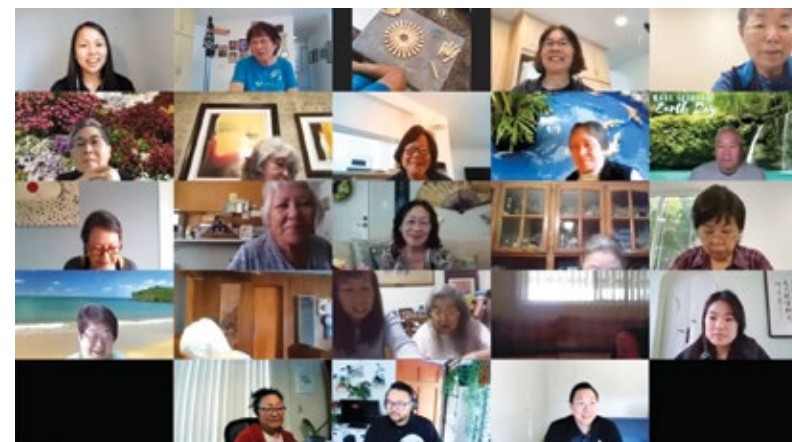
The two were among the first attendees of the forums that began in early April 2020. "Everyone is so nice on both sides of the camera," Valerie commented, "and these new activities are really meaningful during the pandemic." The idea for them to lead a forum grew organically over time as they attended more forums.

Presently, both continue to attend Virtual Keiro Forums, now with their new perspective and appreciation on the behind-the-scenes process.

Liz and Valerie have found a source of community through the Virtual Keiro Forums. Valerie shared, "Even though we've only met you through a box, I feel like we know each other already. I'm so happy that we were able to be a part of it — and we just appreciate it."

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

To attend Keiro's weekly virtual forums, visit [keiro.org/virtual](https://keiro.org/virtual).



## FRESHLY RETIRED: In Search of Service, Knowledge, and New Experiences

Five years into retirement, NJ Nakamura shared how she has found meaningful ways to enjoy her days and adapt to the changes in this new chapter of her life.

One of the biggest changes was having the freedom to decide how she wanted to spend her time. "I learned that it just opened up more opportunities," she said.

Outside of COVID times, NJ has been involved in a number of activities. These activities include co-hosting a cooking class, being a sponsor representative for the Nisei Week Queen Program, and performing Nihon Buyo. During COVID times, NJ attends online Bible study, goes on walks, and keeps in touch with her granddaughter, Miya. About five months after she retired, NJ found another way to help others through volunteering with Keiro's programs.

As NJ says she will keep pursuing new experiences and new ways to help and connect with others. "I try and stay involved," she concluded. "That's what keeps you young."

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



420 East Third Street, Suite 1000  
Los Angeles, CA 90013

Phone: 213.873.5700  
Fax: 213.873.5799  
Email: [contact@keiro.org](mailto:contact@keiro.org)  
Web: [keiro.org](http://keiro.org)

Non-Profit  
Organization  
U.S. Postage  
PAID  
Los Angeles, CA  
Permit No. 32672

Stay Connected with Keiro:

- [facebook.com/KeiroConnect](https://facebook.com/KeiroConnect)
- [@KeiroConnect](https://twitter.com/KeiroConnect)
- Visit [keiro.org](http://keiro.org) to sign up for our E-Newsletter!

**JOIN US IN BECOMING ECO-FRIENDLY**

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

**60**  
KEIRO'S  
60TH ANNIVERSARY  
CELEBRATION  
.....  
Saturday, October 23, 2021

Come celebrate our 60<sup>th</sup> Anniversary with us! Join us for an online video premiere as we look back at our history and legacy of forward-thinking service and innovation with special guests.

For more information: [keiro.org/60](http://keiro.org/60)

Keiro and Japanese American Cultural & Community Center present



敬老の日フェスティバル  
**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](http://keiro.org/knh)  
日本語はこちら: [keiro.org/jp/knh](http://keiro.org/jp/knh)