

# KeiroConnect



**How Do You Want To Age?**

Baby boomers talk about aging.





## 1967

Edwin Hiroto, one of Keiro's founders and first CEO, standing near the Keiro Nursing Home site. The innovation and evolution of Keiro began since its early days and continues to this day.

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*Gene S. Kanamori*

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## Welcome!

A MESSAGE FROM KEIRO PRESIDENT & CEO

As we begin 2022, I am optimistic for what the year has in store for us.

Each day, as 10,000 Baby Boomers in America turn 65, we realize that we are no longer the future older adults – we are now the older adults. This new wave provides opportunities for Keiro to take innovative strides to address the current and future needs of older adults and caregivers wherever they call home.

When I think about my own future, I want to age in my own home for as long as possible – and also not be a burden on my children. But to do that, all of us need to start planning and preparing now.

I am pleased to share that, over the coming months, Keiro will roll out a new series of programming and initiatives to begin preparing for what aging will look like in Our Community in the future. Building off of Keiro's existing community partnerships, grantmaking, and caregiver programs, we will focus on expanding community-based services, launching caregiving initiatives for younger generations, and exploring options to establish permanent presence in the community.

Thank you for your continued support and partnership. Together with your help, Keiro will be there every step of the way, as a resource and trusted asset to care for our aging community!

2022年を迎え、今年こそ皆さまにとって良い年になるようにと希望するばかりです。

アメリカでは毎日1万人のベビーブーム世代が65歳を迎えています。私自身もすでに高齢者の仲間入りをしていることを認識せずにはおれません。この新しい高齢者世代の波こそ、Keiroが革新的な取り組みを通じ、現在そして未来の高齢者および介護者のニーズに応えるサービスを、それぞれがホームと呼び、選ぶ場所で提供していく機会と捉えております。

私自身の将来を考える時、少しでも長く自宅で歳を重ねたいと願うと同時に、子供たちの負担にはなりたくないと思うのです。そのためには将来への準備を今から始めておかねければなりません。

Keiroでは今後、高齢化する未来のコミュニティ像に備えた新しいプログラムやイニシアチブの展開を予定しています。Keiroの現在のパートナーシップ、助成金や介護者支援のプログラムを基盤に、コミュニティ主体のサービスの拡張、若い世代が介護について考える機会の提供、そしてコミュニティに永続的に根差せる拠点の検討を予定しております。

Keiroへの絶え間ないご支援をまことにありがとうございます。皆様のご協力のもとKeiroは、高齢化するコミュニティを支える信頼されるリソースとして、身近に感じ頼っていただける存在になれるよう、弛ぬサポートを継続させていただく所存です。本年もどうぞよろしくご願い申し上げます。

代表兼CEO ジーン・カナモリ





(L to R) David, Deena, Teeny, and Tim

# I want to age \_\_\_\_\_ :

## A Conversation With the Baby Boomer Generation

As the next generation begins to see aging-related care on the horizon, Keiro strives to provide innovative ways to support and guide individuals on this next phase of life. We gathered four adults from the baby boomer generation to ask how they view aging, with particular focus on their different approaches to preparing for their future care.

### Old Word, New Meaning

*It can often be difficult to determine when one considers themselves “old,” or even understand what that term really means. We first asked the participants, “What do you think of the term ‘old’?”*

**Teeny:** When I think of somebody who is old, I think of the word “experienced.”

**Tim:** It’s actually not in my vocabulary yet. I don’t consider it being old, I consider it adjusting, in terms of lifestyle, to our body. So I never say “old.”

**Deena:** I don’t think I’ve used that term too often! I used to think it was a number, but that just flew out the window. I still don’t think I’m old, I just think I’m not as young as I once was!

**Tim:** Well that’s a way of looking at it, half full versus half empty! I totally understand that. The only times you wonder is when you wake up and you feel an ache that you didn’t have a day before. And you say, “Whoa, why does my shoulder hurt today? I didn’t do anything.”

**Teeny:** I realized I was kind of old when my former students turned 60. And I was going, “Oh, that means – *oh*.”

**David:** When people at work started calling me “sir” instead of my first name, I knew I was old.

### Concerns and Accommodations

*The conversation then turned towards aging concerns, sparked by the question “What are your biggest concerns about aging?” Some mentioned the changes they were willing to make with their lifestyle and living space, while others noted that setting up plans for future care is an important step they should take.*

**Deena:** Losing your mobility or independence, that’s a huge concern. But what I’m seeing is that the more active you are, you do stay healthier and you keep your mind active, so that’s influenced me in wanting to stay a little more alert and doing things.

**Teeny:** I’m also ready to get a new bathroom with accommodations, with the low entry or a seat. And I’ll clear away all my clutter so I don’t trip.

**David:** Mine is Medicare. Health insurance keeps on changing – and then not having any kids of my own, like, who’s going to take care of me?

**Deena:** Yeah. It’s ideal to age at home, but since I have no children as well, that’s probably not going to happen that way. I think that’s kind of the reality that my husband and I are going to have to face. That’s kind of my fear — that when I get older, who’s going to be taking care of me?

**“That’s kind of my fear – that when I get older, who’s going to be taking care of me?”**

– Deena

**Tim:** I know this might sound bad, but I have no concerns. There will always be issues — I figure I’m going to deal with them as they come up.

**David:** I respect that. There’s a lot of people that have feelings like you do. But the one thing I tell them is make sure you have everything in place so you don’t have to think about it.

article continued on next page →



Participants were filmed as they discussed their aging experience together.



## Starting the Conversation

*Ensuring everything is in place includes talking to loved ones about the changes in accommodations that may be needed down the road. We asked the interviewees, “Have you had a conversation with your loved ones about future care?”*

**Teeny:** I find it hard to imagine that my two sons will take care of me. Right now it’s like, I’m the only one who does stuff, so I’m going to take care of my husband who’s old, but what about me when I’m at that point? I have long-term care insurance and other plans... I think I’ll be the one to find the place for myself. But I need to communicate to my children what my desires are.

**Tim:** I think with me it’s pretty clear in terms of what I want to happen. So I think my loved ones totally understand the issues. I just don’t want to have to think about the whole thing because it might not happen that way. When there are issues that I need to address health-wise or mentally, then I’ll address it.

**David:** I don’t expect [future caregiving from family]. I got my living trust done, and Medicare. When I retired, I got a financial planner. So basically everything is set, in my opinion. I don’t have any kids, so my niece and nephew — I tease them, I say, “You know you’re going to be taking care of me!”

**Deena:** I do the same thing! I don’t think I’ve talked to anybody about aging... I don’t expect my nieces to

have to worry about me. I think it’s something my husband and I do need to talk about, because it is just us. I think I have to talk to more family members about the future, because you never know how fast that future comes.

The baby boomers closed the discussion with plenty of laughter and smiles, having become quick friends over the course of their conversation. All agreed that they would be taking time to think about the questions from the day, considering how they can best prepare to enter the next chapter of their lives.

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

*Stay tuned for the release of the video of their discussion!*

## DISCUSSION PARTICIPANTS

*Thank you to the Japanese American National Museum for generously providing the location for this project.*



**David, 63**

David lives on his own and has no children. After working at UPS for 36 years, he has focused his life on taking care of himself and reconnecting with friends and family. He enjoys exercising, walking his dog, doing yard work, and detailing his car.



**Deena, 64**

Deena lives with her husband, Bob, and has no children. Deena worked as a pediatric occupational therapist for 39 years. Deena enjoys going on walks with her dog and volunteering with Pasadena Nikkei Seniors for their lunch deliveries.



**Teeny, 71**

Teeny lives with her husband, Sei, and has two children. She was a teacher at Belmont High School for 37 years and still keeps in touch with her students. She enjoys spending time in her garden at home and looks forward to planting more fruit trees.



**Tim, 67**

Tim lives with his wife, Sandy, and beloved dog, and has no children. He retired from Automobile Club of Southern California. Tim is currently president of the board of directors of East San Gabriel Valley Japanese Community Center.

*To ensure the safety of all individuals involved in the filming of this discussion, all necessary precautions were taken according to Los Angeles County's COVID-19 protocols.*

## IYASHI 癒 CARE

# How Iyashi Care can Benefit the Millennial Generation



*Keiro interviewed Michelle Hirano, family member of an Iyashi Care patient, who shared about her experience with Iyashi Care and*

*how it may be beneficial to others in the community, including the millennial generation.*

For Michelle and her family, her grandmother was a key caretaker who kept the family together. With time and her grandmother aging, that role began shifting. Going from the primary care provider in a large extended family to accepting care from others was a difficult transition both for Michelle’s grandmother and mother.

Living alone became more dangerous for her grandmother, and eventually the family looked into other options. Michelle’s mother first heard about the Iyashi Care program through Keiro’s quarterly publication. “My mom realized it would be impactful once the team started asking about

my grandma’s background. It wasn’t just health records, but what were you interested in, what were you doing. It was about the whole person. That’s how the [Iyashi Care] team got to know she was from Okinawa, which is so important for my grandmother.”

Michelle went on to recall one specific visit, where Dr. Yanami played *sanshin* (Okinawan guitar). This episode stayed with her, as it wasn’t anything they had ever experienced with other health care services. “My grandmother doesn’t show emotions and is very stoic, so for her to have tears and show emotions was a huge breakthrough for my mom.”

Michelle believes that the concept of whole person, holistic care is becoming more preferred by her generation and the need for such services will only continue to grow. She agrees that given how complex and difficult the health care system is, caregiving is a much-needed topic that could be shared more widely. “We [millennial generation] always talk about ‘adulting,’ and people say, ‘I don’t know how to adult,’”

chuckled Michelle. “I think there’s this bigger question of what do we need to know to be better informed and make better decisions.”

When asked what the millennial generation should know about caregiving, Michelle said that it is important to be aware of resources before you need them. “Learning about Iyashi Care could be a proactive thing for you and your family. I feel so fortunate enough to know this program.”

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

**For more information about Iyashi Care, contact us at**

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



# Memory Loss – Is This Normal?



**“There’s such a stigma to dementia, Alzheimer’s, and memory loss that, as a way of self-preservation, we start to become defensive and come up with ways to not appear to have that memory loss.”**

*- Margaret Shimada, LCSW  
Director of Service Programs, Little Tokyo Service Center*

As we age, we may start to notice changes in our bodies and in our memory. For some people, there is a different level of worry when it comes to experiencing forgetfulness. There are a variety of factors in our lives that can cause forgetfulness or mild cognitive decline without necessarily indicating early signs of Alzheimer’s or dementia.

## What’s “Normal” Memory Loss?

Debra Cherry, PhD, executive vice president of Alzheimer’s Los Angeles, shared with us that as we age, our brains do experience changes. According to Dr. Cherry, our memory peaks when we are in our 20s, but after our 40s, there is a modest and gradual decline, mostly at an unnoticeable level.

She shared, “If you were looking at these normal changes and were comparing them to a dementia, like Alzheimer’s or vascular dementia, losses due to dementia gets so severe that they interfere with our functions of daily living.” Experiencing mental changes that impact daily function or quality of life may be a sign to consider checking in with a doctor.

## Memory Loss That Isn’t Necessarily Dementia

Memory loss, especially if it starts suddenly, can be temporary and caused by reasons other than dementia and Alzheimer’s. Some factors that may contribute to temporary memory loss include grief, depression, medication interactions, vitamin deficiencies, and more.

Margaret Shimada, LCSW, director of service programs at Little Tokyo Service Center, has interacted with individuals who have experienced different stages of forgetfulness. She has seen in cases of grief when someone loses a loved one, they become more forgetful, scattered, and less focused. Once they were able to grieve or work through their depression with therapy, support, or medication, the fog lifted and they became more alert.

## The Next Steps

The first step to take, regardless of whether you are experiencing memory loss or not, is to establish a baseline, or what is normal for your memory. Dr. Cherry recommends that if you have concerns, you should let your physician know how your current function differs from your baseline. During one short physician visit, it might be difficult for your doctor to notice a substantial change. If you feel like your memory and thinking differ from your baseline, it may be beneficial to ask your physician for a referral to a specialist in memory disorders, usually a neurologist or a geriatrician.

## Normalizing a Judgment-Free, Honest Conversation

Other than maintaining our brain health, normalizing honest yet judgment-free conversations with loved ones about these signs of forgetfulness or memory loss is important. “There’s such a stigma to dementia, Alzheimer’s, and memory loss that, as a way of self-preservation, we start to become defensive and come up with ways to not appear to have that memory loss,” Margaret explained. “But denial oftentimes contributes to the problem. At the same time, we also do not want to jump to conclusions. That’s when the conversation with our family and physician becomes so important.”

When we have those conversations that are open and free of judgment, we are not instilling fear in the individual, but rather taking that step in normalizing the idea that “This is okay.” With this new mindset, we’ll be able to look at the individual holistically, and take the proper steps to approach forgetfulness and memory loss.

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





# Mental Health Support During the Pandemic

Partnership between Little Tokyo Service Center and Keiro

According to a recent AARP survey of older adults, most rated their mental health during the pandemic as excellent, very good, or good. But more than half of respondents also said they were feeling anxious about things and/or having difficulty falling or staying asleep. More individuals sought mental health support services offered in partnership by Keiro and LTSC during the pandemic as well. One client, Kaede, sought out help when she realized how the pandemic was affecting her.

Kaede was very socially active, but with the pandemic, her hobbies, projects, and trips were suddenly cancelled, with only feelings of anxiety to replace them. This eventually led to symptoms commonly associated with panic disorder. She was unable to sleep and found herself waking her husband up in the middle of the night.

It was then that Kaede's Japanese-speaking psychiatrist recommended counseling alongside medical treatment. "It seemed like a good option because I didn't want to be too reliant on medication," said Kaede, "and I could talk freely in Japanese."

Kaede began her counseling sessions at LTSC virtually once a week with her therapist, Yuka Kato. "We started by having Kaede talk about what was making her anxious. Then we talked about calming and relaxation techniques." Kaede now meets with Yuka once every three weeks. She is also re-embracing her diverse interests and has restarted several activities.

Initially, Kaede was hesitant to seek help. "I didn't want to be thought of as this crazy person. I hated the idea of being labeled as having a mental illness," she explained. "But I knew that I was falling apart, and I was scared."

Kaede concluded, "[Thanks to counseling,] I now feel like I have enough strength to think positively, and to be able to shift my feelings towards gratitude. If there's someone around me experiencing this, I would encourage them to seek counseling. Because the best first step you can take is to try talking about it."

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

パンデミックによって生活が一変した日本人のカエデさん。Keiroとリトル東京サービスセンターによるメンタルヘルス支援によって支えられたお話の日本語版は[keiro.org/jp/news](https://keiro.org/jp/news)よりご覧ください。



# Technology with a Twist: Enjoy Life More and Live Better

Debra Satterfield

New technology is always on the horizon, and it keeps us constantly learning new things! Some new technologies are found in the gadgets and things we use every day such as digital watches or a smart phone. So, what is coming next? Here are three things to watch on the technology horizon:

- **The Metaverse** is a term for a future world that is made up of computer-generated virtual communities, digital technologies, and entertainment. It is based on augmented and virtual reality, also called "AR/VR" or blended reality.
- **The Internet of Things**, also known as "IoT", are small devices that connect us to the internet and allow us to participate in the metaverse.
- **Deep Learning and Machine Learning** will help us to find things or direct us to things we might enjoy. This is also known as artificial

intelligence or "AI". The basis for all AI is computer codes and statistics or probability formulas.

The combination of AI, IoT, and the metaverse will seamlessly create a new world of opportunities for all of us in our daily lives. Here are just a few ways these emerging technologies can support our future lifestyles:

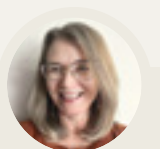
- **Independence with Driverless Cars and Personal Mobility:** Many of us do not want to give up their keys, but in the future, with automation, IoT and other technology, driverless cars will be a new method of transportation.
- **Worry Free with Responsive Smart Homes:** Today we worry about being a burden to our loved ones and needing help in our homes, but in the near future, our homes themselves will be smart and can help support our daily lives.

- **Connecting to a Fulfilling Life in our Metaverse Communities:** In the metaverse, we will have new ways to stay connected with the people we care about and to keep doing the things we love.

We will be able to enjoy more active lives with greater ease and comfort. And all of this is so you can live better and enjoy life more. Welcome to the metaverse!

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

## ABOUT THE AUTHOR



**Debra Satterfield** is a professor at California State University, Long Beach. She holds an MFA degree in design from Iowa State University and a BS in computer science from Morningside College. Her research is on smart home technologies, aging in place, service design, and human experience design.

## SPEAKER SERIES | MAY 2022 A MENTAL HEALTH CONVERSATION

**Series of Virtual Webinars** - This series, consisting of multiple presentations throughout the month of May, is centered around how and why a strong mental health benefits one's aging experience on a physical and emotional level.

Registration will open  
**Monday, April 4, 2022.**

Visit [keiro.org/speaker-series](https://keiro.org/speaker-series)  
for more information.



# 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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\*Asterisks denote cumulative gift amounts of \$1,000 and over for the donation period between January - December 2021.

## 2021 IN REVIEW



### LT EATS

Keiro supported the LT Eats program, in partnership with Little Tokyo Service Center and Little Tokyo Community Council, providing over 19,000 meals to local older adult residents throughout the course of 18 months.



### CAREGIVER CONFERENCE

Keiro celebrated our 20<sup>th</sup> year of hosting Caregiver Conferences with valuable presentations on caregiving during the pandemic, reflections from past caregivers, and culinary tips for caregivers.



### COVID-19 BOOSTER CLINIC

Little Tokyo Service Center, Wesley Health Centers, and Keiro partnered to bring a mobile clinic to Little Tokyo in December – providing the COVID-19 vaccine booster to local low-income older adults, essential workers, and childcare professionals.



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## Newly Retired: Janis Parkinson

Recently retiring during the pandemic, Janis Parkinson spent the first year of her retirement committing to focusing on herself and making the most out of her day.

After over 40 years at her job, she felt that retiring at the age of 64 was the perfect fit for her. “I wanted to change my habits to be a little bit healthier. Now I have more time to do healthier things.” A fun activity that Janis regularly takes part in is regularly going to Knott’s Berry Farm to spend time with her sister.

Before the pandemic, Janis did not have much interaction with Keiro. Since attending a Keiro Speaker Series in October 2020, Janis has become a regular attendee and joins virtual forums twice a week.

When asked about what comes next, she shared, “It’s coming up on a year, so I have to get serious about different goals I have set up for myself.” Janis looks forward to enjoying time to herself but also setting new goals to further enjoy the new lifestyle she began.

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



## ALZHEIMER’S CONFERENCE

*Keiro and Alzheimer’s Los Angeles co-presented their first Alzheimer’s Conference together in May. This bilingual conference assembled a panel of expert speakers to educate our community on Alzheimer’s disease including current research, treatment options, and more.*



## KEIRO GRANTS PROGRAM

*Keiro’s Grants Program continued to support new and ongoing programs that focus on reducing social isolation and loneliness among older adults and caregivers. As one of the grants recipients, pictured are members of San Fernando Valley Japanese Community Center who took a day trip to the Ronald Reagan Library for the first time since the pandemic.*



## SENIOR SAFETY

*With the rise in hate crimes impacting Asian American older adults, Keiro hosted multiple senior safety classes and created flyers and resources with safety tips for older adults.*



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\*Steven & Sharon Nakase  
THE KUDOWS  
Arlene Nakamura & Traci Toyofuku  
FAYE TODA  
Charlotte Nakamura  
Mary M. Tamura



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](mailto:support@keiro.org) or visit [keiro.org/support](https://keiro.org/support).



KEIRO NO HI FESTIVAL

Keiro and Japanese American Cultural & Community Center presented the fourth annual Keiro no Hi Festival virtually in September. This event brought our community together through an online video premiere, fine arts showcase, and bento and gift package pickup at community hubs.



60<sup>TH</sup> ANNIVERSARY

Keiro celebrated its 60<sup>th</sup> anniversary with a virtual celebration highlighting the organization’s history and vision for the future in October.



TEACH ME SERIES

We started a new video project called Teach Me Series. In these videos, we asked older adults to be our teachers, sharing their stories related to an activity they enjoy doing.



KEICHI & OKIYO NAKAFUJI  
FAYE TODA  
Dennis & Sharon Nakafuji  
MR. & MRS. KIYOSHI TOKIYAMA  
Ken & Yoshie Tokiyama

DIANNE TOMOOKA  
Randy, Sandy, Brooke, & Derek

MR. & MRS. TOM TSUBONE  
Yoshiko Ikoma

DENNIS TSUJIMOTO  
Shoko Tsujimoto

YASUMICHI & CHIYE UMEZUKA  
Cecily Umezuka

TSURU UNE  
George & Mabel Kanno

MR. FRED ISAMU WADA  
Shigeru & Kaoru Mase

KIWA WADA  
Toshiko Takashio

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Ruby Wong

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SUEME YAMASHITA  
Carrie T. Horton

GRACE YAMAUCHI  
Camryn Sugita-Lee

SHIGEO YASUI  
Claire Akune

GOSAKU & UME YOKOTA  
Mieko Hiroshima

YURIKO YOKOYAMA  
Stanley & Ann Nakamoto

RAY YOSHIYAMA  
Anonymous

YOSHIKO YOSHIKAWA  
Kenneth Ohtomo  
YUKIKO YUGE  
Keith Yuge

## DONATIONS IN HONOR OF

*Keiro gratefully acknowledges the following donors who contributed from January – December 2021.*

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

**442<sup>ND</sup> "GO FOR BROKE" REGIMENTAL UNIT**  
Jody M. Hoshino

**YAEKO AIHARA**  
Nahan Gluck

**BRAD FUJIKUNI**  
Russell & Miyoko Ukita

**ALICE HIRATA**  
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Robert & Ina Inouye

**THE ISSEI & NISEI GENERATION**  
Jody M. Hoshino

**TEIJI KAWANA & FAMILY**  
Anonymous

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Shelley Miura-Hatakeyama

**LYNN MIYAMOTO**  
Laura Matsunaga

**TATSURO MOHRI**  
Anonymous

NAKAGAWA & HIDA FAMILIES  
Lisa Hida

TSURUYE NISHIKAWA  
Penny Nakashima

YOKO NISHITANI  
Kazuko S. Takahashi

ANGELES S. REVITA  
Loreta Revita Marks

SOUTHERN CALIFORNIA GARDENERS  
Jody M. Hoshino

DR. JUNE USHIJIMA  
Dolores Kaneshina

CATHERINE YOSHIKAWA  
\*Thomas Yoshikawa, M.D.

## SPECIAL OCCASION DONATIONS

*Keiro gratefully acknowledges the following donors who contributed from January – December 2021.*

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

**60<sup>TH</sup> ANNIVERSARY**  
Brandon Leong

**ANNIVERSARY OF JOE SHOKICHI & KIMIKO HOSHINO**  
Jody M. Hoshino

**BIRTHDAY OF BRANDON LEONG**  
Michelle Obi

**JACK MASAO'S FIRST BIRTHDAY**  
Atsuko Yomogida

## IN-KIND DONATIONS

*Keiro gratefully acknowledges the following donors who contributed from January – December 2021.*

AARP  
Bourbon Foods USA  
Huntington Library, Art Museum, and Botanical Gardens  
Nanka Seimen Co.



## 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 Michelle Hirano, director of development, at **213.873.5705** or [mhirano@keiro.org](mailto:mhirano@keiro.org).

# Two Cents from Three Centenarians

## Advice to those who are turning 65



**"Don't take your health for granted. Each day is a blessing and continue to share your gifts."**

**MADAME FUJIMA KANSUMA (103)** is a legendary Classical Japanese dance instructor. She has over 50 *natoris* (someone who has received a degree in Japanese dance and given a professional stage name) who received the Fujima name and degree. She finds being able to teach and share dance with her beloved students for over 80 years an unbelievable gift.

**"Take it easy and don't worry too much. You need to relax!"**

**TED YASUNAGA (100)** is a Nikkei Senior Gardens resident who was part of the 442<sup>nd</sup> Regimental Combat Team during WWII. Even after his milestone 100th birthday, he continues to be independent, managing his own finances, and staying up-to-date on the latest news, especially about sports.



**"Patience is very important. And being grateful."**

**SAKAYE ARATANI (102)** is the wife of the late George Aratani. Her family, including her great-grandchildren, is a large part of what keeps her going. Her curiosity to explore also keeps her busy, including earring creations, which she began during the pandemic.

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



## IYASHI CARE

*We continued to strengthen our Iyashi Care program, providing peace of mind to hundreds of older adults living with serious illnesses while also supporting their family members navigating the complex health care system.*

# THANK YOU

FOR A MEMORABLE 2021!





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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)

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## Upcoming Events

 **2022 Caregiver Conference:**  
Understanding Long-Term Care  
Tuesday, March 8  
Navigating Challenging  
Conversations  
Wednesday, March 16  
Stress Management  
for Caregivers  
Saturday, March 26

 **Speaker Series:**  
A Mental Health Conversation  
May 2022

 **Alzheimer's Conference**  
June 2022

 **Keiro no Hi Festival**  
September 2022

*\*Dates are subject to change*

For more information on  
Keiro's upcoming events,  
visit [keiro.org/events](http://keiro.org/events).



Community members of East San Gabriel Valley Japanese Community Center during their meal pick-up for older adults.