

SPRING 2022

KeiroConnect

Caregiving Across the Generations

Providing resources to past, present, and future caregivers



FEBRUARY, APRIL 2022

MILLENNIAL CAREGIVING DINNER

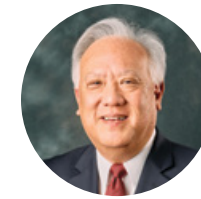
Keiro began hosting a series of dinners to bring the millennial generation together to start conversations around caregiving and preparing for the future.

February



Welcome!

A MESSAGE FROM KEIRO PRESIDENT & CEO



Gene S. Kanamori

Gene S. Kanamori
President & CEO

In this edition, we are excited to explore a topic relevant to all generations: Caregiving.

Keiro is proud to be able to serve family caregivers in Our Community, providing practical knowledge and resources through our caregiver conference, delivering peace-of-mind through our Iyashi Care program, and being here for them so they know they are not alone.

The experiences we gain as caregivers can help us shape our future as we age – and to prepare our children for the time when we will need care.

This year, Keiro reached out to the next generation of caregivers – the Millennials. Through discussions on starting these conversations with their loved ones, we hope to begin preparing the younger generations to continue our community's tradition of caring for older adults.

All of these programs are made possible by our donors and sponsors, and I cannot thank them enough for their ongoing support so Keiro can continue to deliver these services.

I wish everyone a nice spring season, and I am looking forward to seeing all of you in person during the summer and beyond.

当春号は世代に関わらず影響を受けがちな「介護」をテーマにお届けいたします。

Keiroではご家族の介護を担う方々に実用的なノウハウやリソースを展開する「介護者カンファレンス」や、安らぎを高齢者とその家族にお届けする「癒しケア」プログラム等を通じ、家族介護者に「独りではない、頼れるところがある。」と感じていただけるよう、日々サポートさせていただいています。

介護という経験は、歳を重ねる我々の未来を整えるきっかけとなり、将来我々の介護者となり得る子供達の準備にも役立つことでしょう。

今年Keiroでは次世代の家族介護者、ミレニアル世代との会話も始めました。「大切な人と介護について会話を始めるきっかけ」等のディスカッションを通じ、高齢者を大切にお世話するというコミュニティの伝統を若い世代につなげていく試みです。

これらのプログラムはスポンサーや皆様のご寄付なしでは実現できません。皆様の継続的なKeiroへのご支援に心より感謝申し上げます。

皆様にとって良い春となりますようお願いながら、近い将来対面でお会い出来る日を楽しみにしております。

ジーン・カナモリ
代表兼CEO

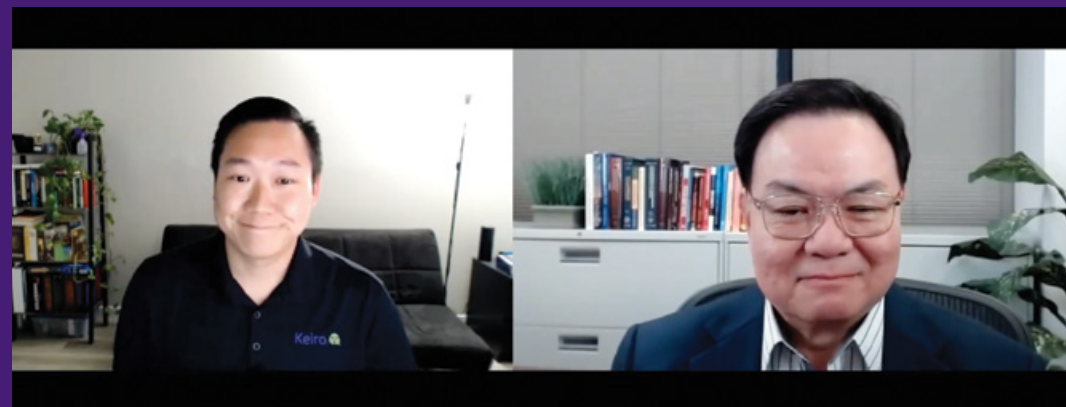
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MARCH 2022

CAREGIVER CONFERENCE

This year's annual conference was virtually presented in a three-part series covering topics such as long-term care, navigating challenging conversations, and stress management for caregivers. (Pictured: Karl Kim, CFP, CLTC, presenting during Session #1: Understanding Long-Term Care.)



April

April



Caregiver to Care Recipient

Keiro recently interviewed longtime supporter Joanne Sato, and asked her to share her caregiving experience and thoughts of her future as she anticipates eventually becoming a care recipient.

Joanne's caregiving journey began when she was in her late 30s for her mother and father. She traveled to Hawaii and took turns with her sister to assist their parents. Providing long-distance caregiving was one of the most stressful times in her life. Joanne and her sister had no plan for caring for their parents, so there was always a feeling of helplessness, not knowing if the decisions made were the right ones. Hiring trusting caregivers was a challenge, especially when caring for their father. They struggled with below-standard levels of care and items often disappeared from the house.

Despite these challenges, she also had a great support system. Her relatives in Hawaii checked in on her parents and offered help. She also fortunately had a very understanding employer who allowed her to make frequent trips to Hawaii.

Joanne shared, "Today, we are so fortunate to have organizations like Keiro that provide much needed information and support and who partner with families in caring for loved ones."

What Her Caregiving Experience Taught Her

Reflecting on her caregiving experience, she shared how there were many challenges, but she felt that it was a blessing to be able to spend precious time caring for her parents. At the same time, she emphasized how self-care is key to continue caring for loved ones.



Joanne talking with her daughter Terri.

"I thought I could and should be able to handle things, but there was a point I had to ask for help. I was thankful for friends and family who helped."

Given how young she was when she took on the role, she advised that "things happen when they happen" and that anyone can be in the caregiver role at any time. "Preparation should be done as early as possible," she commented.

Future Caregiving - Start the Talk Now

Looking toward the future, Joanne said that her caregiving experience helped her think about when the transition will happen for when she will begin receiving care. For her care, she would like to stay home as long as possible but is also thinking of alternative care such as a residential home.

"I am very determined that my children not go through many of the things I

experienced, and I want to share what I learned. One thing I've been doing with my children is talking about it."

Joanne acknowledged that it's hard for some children to picture their parents as needing so much help. Her advice is to start with informal talks which will help adult children to slowly handle deeper conversations later. "It's hard for them to think that someday, we won't be here. So that's why communication is important."

One recommendation she gave was *Five Wishes*, a type of advance directive, which helped her face conversations with her children. She also said that having preferences in writing is helpful because children may think differently on what they feel the parent wants.

When asked about hiring professional caregivers, her experience with her parents allowed her to prepare. She keeps a list of people/agencies to consult when hiring caregivers if her children need help. "Keiro and Iyashi Care are on that list too!"

"I hope that I can be cared for according to my wishes for as long as possible. But there may be a time when I can no longer make my own decisions. And maybe my children will not always have a choice in the decisions they make for me. But it is important that they know that I am okay with that."

"I am very determined that my children not go through many of the things I experienced, and I want to share what I learned."

- Joanne

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



Caring for the Caregiver: Iyashi Care’s Support for Patients and Their Loved Ones

The Ohashi Family and Iyashi Care

In his ninth year of caregiving for his mother Terry, Dale has built up a network of resources for both of them as he navigates the challenges of caring for an aging loved one. Dale shared how he has benefited from Iyashi Care, an innovative program that provides palliative care to older adults in the Japanese American and Japanese-speaking community.

Dale’s mother was diagnosed with age-related brain shrinkage, which causes a number of difficulties including decreased memory and cognitive capacity. After attending a few of Keiro’s caregiving seminars at his church and Caregiver Conference over Zoom, Dale heard about Iyashi Care and decided to look into it to help him support his mother’s conditions.

Receiving Guidance from Home

The Iyashi Care’s team regularly checks in with Dale over the phone and through Zoom, which he says has relieved the stress of having to take his mom to additional in-person appointments. “In order for me to speak with a doctor, I would usually have to bring her in, but now I can call up Dr. Yanami and say ‘Hey, this is happening to my mom, what should I do?’”

Bridging the Language Gap

Since Dale only speaks conversational Japanese, his knowledge of medical Japanese terms is limited and he has difficulty translating health topics for his mother. Comprised of Japanese-bilingual speakers, the Iyashi Care team has been able to converse directly to both Terry and Dale in Japanese and English to provide high-quality care.

Spreading the Word

Having experienced the benefits of Iyashi Care, Dale has recommended the program to other caregivers in his support circles. Dale shared, “Bearing the weight of caregiving on your own can easily become an overwhelming burden leading to resentment, guilt, depression, or poor health. I speak from having experienced some of these feelings myself. The ultimate goal is to make not only the care recipient’s life as pain-free and pleasant as possible, but also the caregiver’s. I hope that what I’ve said can be of benefit to somebody.”

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

For more information about
Iyashi Care, contact us at

213.873.5791
programs@keiro.org



Illustration by Adriana Danaila, © 2022

What is Respite Care?

Caring for a loved one can be a very rewarding experience. However, it can also be tiring and emotionally draining. Sometimes, asking for and seeking additional help are both warranted and needed.

Respite care allows the primary caregiver to do housework, grocery shopping, or take time for themselves to rest and relax. It is offered in a number of different ways and settings, including the following:

- An informal network of friends, family, and neighbors
- Programs through volunteer groups, faith-based organizations, or community centers
- Programs through paid respite services (privately paid or subsidized by government programs)
- Provided in the home, adult day center, senior living or other facilities

Respite care has benefits for caregivers, care recipients, and their families, and can help caregivers avoid increased stress, caregiver burnout, and more. To learn more about respite care, its benefits, and costs, visit keiro.org/respite-care.



2021-2022 Grants Program Recipients

Congratulations to all the recipient organizations of the 2021-2022 cycle of Keiro’s Grants Program! Keiro looks forward to working with all 27 organizations to reduce social isolation among older adults and caregivers in Our Community.

Recipients listed in alphabetical order:

- Cerritos Baptist Church
- Continuing Education for the Nikkei Widowed, Inc.
- East San Gabriel Valley Japanese Community Center
- Faith United Methodist Church
- Gardena Valley Japanese Cultural Institute
- Hearts of Lavender
- Little Tokyo Nutrition Services
- Long Beach Buddhist Church
- Long Beach Japanese Cultural Center/Long Beach Harbor Pioneer Project
- Los Angeles Homba Hongwanji Buddhist Temple
- Los Angeles Men’s Glee Club
- Makoto Taiko
- NALC USA
- Nikkei Choral Federation of Southern California
- 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
- Venice Hongwanji Buddhist Temple
- Venice Japanese Community Center
- Ventura County Japanese American Citizens League
- West Los Angeles Buddhist Temple
- Zenshuji Soto Mission

For more information, visit
keiro.org/news.



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Presented by:

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LOS ANGELES

Alzheimer's Conference

アルツハイマー病カンファレンス

Saturday, June 11, 2022

10:00 a.m. - 12:30 p.m.

Zoom Webinar

(Presented in English with simultaneous Japanese interpretation)

This FREE event will bring together a panel of expert speakers
to educate the community on Alzheimer's disease and related
disorders. **Registration closes Friday, June 10th.**

For more information: keiro.org/alzheimers-conference
日本語はこちら: keiro.org/alzheimers-conference-j

Save the Date!



Keiro no Hi FESTIVAL

Celebrating our Older Adults

敬老の日フェスティバル

Saturday, September 17, 2022

Join us for the fifth annual Keiro no Hi Festival!
Registration opens Tuesday, July 5th.

For more information: keiro.org/knh
日本語はこちら: keiro.org/jp/knh