

SUMMER 2022

KeiroConnect



Dress to Express

Being comfortable and confident
in your own style – at any age!





FASHION FROM THE ARCHIVES

1970s

The Dames, also known as Les Dames, is a Japanese American women's philanthropic organization that would help fundraise for various community organizations, including Keiro's former facilities. Their unique trademark look included their signature red and white gingham aprons. They would wear this outfit to different events in the community, particularly to host fundraisers like benefit concerts and their country store.



Gene S. Kanamori

Gene S. Kanamori
President & CEO

Welcome!

A MESSAGE FROM KEIRO PRESIDENT & CEO

At Keiro, we have been busy working on new programs and partnerships, including an initiative with our long-time community partner, the East San Gabriel Valley Japanese Community Center, to establish ClubGenki, a senior adult day program to support those aging at home.

This summer, we also saw the return of familiar festivities in our community. It has been so wonderful to reconnect with friends and family in-person.

After more than two years of virtual events, where we really only needed to dress from the waist up, some of us may have forgotten what it's like to dress up (or some of us may have just gotten lazy). In this edition, we focus on how we all express ourselves through our fashion and style – no matter our age. From the clothes we pick to deciding whether or not to dye our hair, fashion is about making sure we feel good about ourselves.

Keiroでは、新しいプログラムやパートナーシップとの取り組みに忙しい日々を過ごして参りました。特に、在宅で年齢を重ねる方への支援を目的に、長年のパートナーであるイーストサンゲールバレー日系コミュニティセンターと「ClubGenki」という名称のシニア向けデイ・プログラム開設に着手いたしました。

更にこの夏は、馴染み深いイベントの数々が各コミュニティで再開されました。家族や友人と対面で再会できたことは大きな喜びでした。

腰より上だけちゃんとした服を着ればよかった、バーチャルでのイベント参加が続いてもう数年。外出時に改めて、何を着ようか迷ってしまったり、ドレスアップなど面倒くさいと感じてしまっても不思議ではありません。この号では着こなすとファッションを通した、年齢にとらわれない各々の表現力に着目しました。服装のチョイスから、髪を染めるか染めないかという選択に至るまで、ファッションは、私達一人一人に心地よさや自信までもたらしてくれると言えるでしょう。

ジーン・カナモリ
代表兼CEO

Keiro Board of Directors

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



Comfort and Confidence – Fashion in Our Community

The way you dress is a tool for creativity and expression for all ages. Even as your physical features may change, having your own sense of style never stops being a great outlet of self-expression. To highlight what it means to be comfortable and confident in our clothing at any age, Keiro invited four older adult community members to have their photos professionally taken wearing one of their favorite outfits and to share what fashion means to them.

Meet Our Models

Fumiko, 75

Fumiko was dressed in a traditional purple *kimono* with an elegant floral *obi*, one of her favorite combinations. She usually wears a *kimono* whenever she attends a festival or event.

“[The pattern], it’s called *Edo komon*,” she explained. “It basically looks like a solid color in the distance — purple, which is my favorite color. The *obi* — the sash — has embroidery, and I think it is very exotic.”

As the Vice President of the Nadeshiko Kimono Club, Fumiko feels that what she wears can be used to honor her Japanese roots. “I think [wearing the *kimono*] makes me feel really good being Japanese and being able to spread the idea of culture,” she said.



Lance, 68

Lance decided to wear a collared polo shirt and dressier shorts — his go-to outfit for when he goes golfing with his friends, a hobby which he regularly enjoys.

For Lance, dressing up is about dressing for the occasion. “I think it’s more in the not wanting to look like a slob when I’m out in public,” he said.

Lance says that comfort is a key consideration in choosing your outfit. “You need to feel comfortable in what you wear, not what other people want to see you wear if it’s not very comfortable for you. You need to be comfortable as we grow older — enjoy your life.”



Tim, 100

Tim, who recently celebrated his 100th birthday, was dressed in coordinating colors with his wife, Marion, who also had her photos taken. Tim chose a patterned button-down shirt paired with a green cardigan.

“It really feels excellent and very good [to wear a nice outfit],” he said.

Tim thinks it is important for people to have their unique sense of style.



His own signature style includes a Tommy Bahama shirt and a solid-colored cardigan.

He wrapped up the interview with a comment showing a glimpse of his confidence. “Why do I feel comfortable in my own clothes?” he asked. “It looks a lot better than someone else’s clothes!”

Marion, 95

Marion chose to wear a chic solid color pantsuit with a bright green jacket. Her own approach to style is to dress more modestly and then dress up the outfit by accessorizing with jewelry. At the photoshoot, she paired her outfit with a matching set of stunning gold earrings and a necklace.

Although she said she does not have many occasions to get dressed up now, when she does, she thinks about the colors of the clothing pieces.

“When I get dressed up, I’m rather conservative; I wear a lot of black,” she said. “But I like colors. My favorite color is purple.”



Style is something that is unique to every individual and can be used to bring out one’s own personality. While the pandemic may have limited the occasions where we get dressed up, we can now find more ways to experiment with clothing that make us feel good. Choosing an outfit that makes us feel comfortable and confident is one of the many ways to improve mood and self-esteem every day.

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

Fashion and Aging

Healthy aging encompasses more than just physical health and wellness. Some ways to have a positive outlook on aging include participating in activities you enjoy, such as fashion. Some people may think that older adults lose interest in style and appearance as they age. However, fashion is a great way to express your creativity and personality.



Benefits of Fashion

Fashion can build confidence:

Wearing clothes that make you feel comfortable and stylish can boost self-esteem.

Fashion is a mood-booster:

Wearing your favorite clothes or vibrant, colorful clothing and accessories can make you feel better.

Fashion evokes nostalgia:

Certain clothes or accessories can remind us of specific memories from the past. These items can be a source of pleasure and joy.

Fashion is self-expression:

Clothes and accessories allow you to express yourself and nonverbally show parts of your personality.

Whether it be through the colors you wear or the type of clothing you choose, consider revisiting your closet and think about how you want to express yourself through your own style!

To learn more about the benefits of fashion and helpful tips, visit keiro.org/fashion-aging.

FASHION TIP #1

Certain colors evoke different emotions and feelings.

Yellow elicits feelings of happiness and creativity, white can represent clarity and simplicity, and more!

FASHION TIP #2

Colors can match better if you change the tint or shade.

For example, purple and yellow might be too bright together, but lavender and khaki have a softer appearance.

FASHION TIP #3

Consider adding a pop of color.

Adding at least one bright color to your outfit can bring new energy to your attire.

To Gray or Not to Gray - That is the Question

Dyeing your hair is a topic of interest, but not many people may have discussed it. Keiro conducted an anonymous survey of 129 participants of all ages to learn more from individuals regarding their hair dyeing preferences. Though aging is inevitable, it can be embraced positively in many ways.



Hearing from the Expert

Keiro interviewed Jack Martin, a celebrity hair colorist who is best known for starting the trend of “Silver Transformations” in which he transforms people’s different hair types and colors to a fashionable silver or gray look.

Jack explained that the most common reasons people decide to make the change to gray hair are: high maintenance; they do not work anymore; they could not dye it during the pandemic and never continued; medical reasons; the fear of hair damage; and it has now become trendier to have gray hair.

Embracing the Gray

Of the survey participants who used to regularly dye their hair but do not anymore, 86% said they enjoy not having to dye their hair anymore, 14% said they were not particularly tied to their hair being dyed or not, and no one said they wish they could continue to dye their hair.

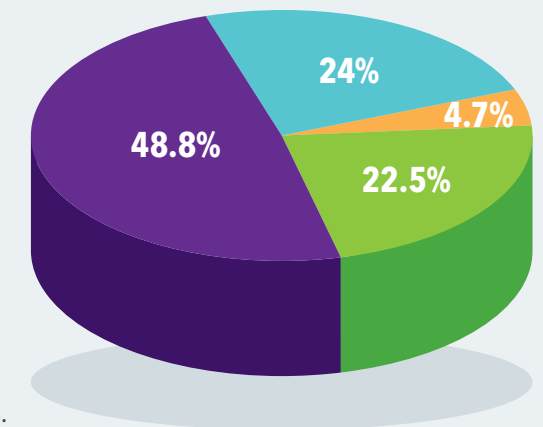
In his experience, Jack has found that most of, if not all, his clients truly enjoy the beauty of their natural color once their gray hair has grown out. Jack shared, “When I do the switch [to gray hair] and they look at themselves, they really thank me with tears. They tell me that they wish they did this a long time ago.”

Top 3 REASONS Why People STOP DYEING Their Hair:

- 1 I did not feel the need to dye it anymore.
- 2 I was not able to dye it during the pandemic.
- 3 It was too much work to maintain.

What is your current situation with dyeing your hair? (129 Responses)

- 48.8% (63 responses) I currently dye my hair.
- 24% (31 responses) I have never dyed my hair.
- 22.5% (29 responses) I have regularly dyed my hair in the past but do not anymore.
- 4.7% (6 responses) I have not dyed my hair on a regular basis.



Considering Making the Transformation

For those who may be considering, but are hesitant to make the change, Jack recommends digitally altering a picture of yourself to have gray hair or trying out a wig to visualize yourself with a different style. Encouragement is another great method as Jack enjoys showing people pictures of his work and sharing the positive feelings they experience once they go through the transformation.

However, if someone feels comfortable dyeing their hair, then they should continue doing whatever makes them feel good with regard to their own personal appearance.

The Power of Choice

Feeling comfortable in your own skin and having the autonomy of making decisions about your appearance are critical to having a good quality of life. Of the survey participants who regularly dye their hair, many commented that dyeing their hair makes them feel more confident and younger.

Going gray should not be the only option when you’re out of choices, but it may be a decision you proactively make

Top 3 REASONS Why People START DYEING Their Hair:

- 1 I wanted to cover up my gray hairs.
- 2 I wanted to look younger/ I felt like I looked old.
- 3 I wanted to try hair dyeing/ I wanted my hair to be a different color.

on your own. **The most important aspect is that you feel completely ready on your own terms and that you have the ability to choose.**

“I wish women could start to look at gray hair as just a color and not a symbol of old age,” Jack said. “It is like any other color. They should not be scared of silver hair because it is beautiful and very elegant.”

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

How Iyashi Care Helped Improve the Quality of Life of a Kibei Nisei



For the past few years, Aileen Matsuura has been caring for her 100-year-old uncle, Kazuo “Kay” Tamaki, with assistance from Iyashi Care. Kay lived alone for many years but began to have difficulty caring for himself and eventually moved into an assisted living facility.

As a *Kibei Nisei* (born in the U.S. but raised in Japan), Kay is bilingual in English and Japanese. “Over the past few years, however, Uncle Kay has gradually reverted back to speaking primarily Japanese,” Aileen explained.

Aileen learned about Iyashi Care from her daughter’s friend, who worked at Keiro. “Having a palliative care team that can speak both Japanese and English is so helpful, especially in explaining health-related issues to my uncle,” She said.

Aileen shared that she had been encouraging her uncle to complete an

advance health care directive for years, but without success. Hearing this, Iyashi Care physician Dr. Yuichi Edwin Yanami took time to explain to Kay why having an advance directive was important. “And the next thing I knew, Uncle Kay had filled out his directive!”

One of the most valuable things to come out of Kay’s time as an Iyashi Care patient is that he feels more comfortable sharing his health concerns.

“Uncle Kay was a typical older *Nisei* man, very stubborn. So it was hard for us to know when he needed help. But Dr. Yanami and the team have really taken

the time to get to know him,” Aileen shared. “And now, he’ll tell Dr. Yanami when he doesn’t feel well, even before he tells me!”

Aileen concluded, “The team is incredibly kind, caring, and so responsive. They are able to build up that trust that ultimately improves quality of life for everyone involved in caring for an older adult.”

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

日本語版はkeiro.org/jp/newsよりご覧ください。

For more information about Iyashi Care, contact us at

213.873.5791
programs@keiro.org

Iyashi Care Presentation held in Japanese

On June 25, Keiro and Orange County Japanese American Association (OCJAA) jointly hosted an informational seminar in Japanese over Zoom to introduce participants to Iyashi Care. Presented in Japanese, the seminar welcomed Iyashi Care social worker Kanako Fukuyama to explain about what bilingual services Iyashi Care offers to patients and their families, how and when patients may benefit from these services, as well as how to enroll.

For more information on Iyashi Care, visit keiro.org/iyashi-care.



6月25日、Keiroとオレンジ郡日系協会 (OCJAA) 共催の癒しケア説明会がZoomで行われました。癒しケアソーシャルワーカーの福山加奈子さんをゲストとしてお迎えし、日本語でもアクセス可能な癒しケアはどのようなサービスでどう役立つのか、活用するタイミングや登録方法などについてご講演いただきました。

「癒しケアは深刻な病を抱える日系アメリカ人と日本人高齢者のために緩和ケアを提供するべく創設されました。患者さんが現在関わっている医療チームやご家族と連携しながら更なる支援を提供します。ですから癒しケアに登録されたからと言って主治医やその他の専門医からのサービスを受けられなくなるということはありません。」福山加奈子さん、癒しケアソーシャルワーカー

司会を務めた石井ふみこさんは締めくくりで次のように述べました。「これで皆さんも私も含めて癒しケアって何、という疑問が解決したような感じがいたします。」

癒しケアについての詳細はこちらから：
keiro.org/jp/iyashi-care.

Announcing ClubGenki!

Keiro and the East San Gabriel Valley Japanese Community Center (ESGVJCC) announced a partnership to launch ClubGenki, a culturally-sensitive senior adult day program to enhance the quality of life for older adults aged 55 and older who are wishing to age at home. Once open, ClubGenki will operate Monday through Friday from 9 a.m.–5 p.m.

Genki, which means “energy” or “healthy” in Japanese, is the core value of the program. Through a three-year, \$150,000 commitment from Keiro, ClubGenki hopes to promote overall wellness with a focus on older adults’ physical, mental, social, and emotional wellbeing by providing them a healthy, nurturing, and socially-stimulating environment.

“We are proud to partner with the ESGVJCC on this new initiative. Through ClubGenki, we hope to expand much-needed services for older adults aging at home – and for their families,” said Gene S. Kanamori, president and CEO of Keiro.

For more information, visit keiro.org/clubgenki.

Scheduled to open
in Fall 2022!






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


Phone: 213.873.5700
Fax: 213.873.5799
Email: contact@keiro.org
Web: keiro.org

STAY CONNECTED WITH KEIRO:

 facebook.com/KeiroConnect

 [@KeiroConnect](https://twitter.com/KeiroConnect)

 Visit keiro.org to sign up
for our E-Newsletter!

 YouTube: [KeiroConnect](https://www.youtube.com/KeiroConnect)

JOIN US IN BECOMING ECO-FRIENDLY



If you opt to receive our future
publications via **email only**, please
email contact@keiro.org today!

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

Which element of quality of life is important to you?

Keiro identifies quality of life to be
attributed to the following five elements:



Cast Your Vote Here!

Visit keiro.org/qol-poll or scan the QR
code below to answer this short poll to
share your thoughts on quality of life!



Interested in Sharing More?

If you would like to share more
about your answer, Keiro is seeking key
community voices interested in joining
a focus group to discuss quality of life
and more!

For more information, please email
programs@keiro.org.