

# KeiroConnect

All About Quality of Life...





# Welcome!

A MESSAGE FROM KEIRO BOARD CHAIR



*Lynn Miyamoto*

Lynn Miyamoto  
Board Chair

On behalf of the Board of Directors, we hope you enjoyed a wonderful holiday season!

It has been a time of change at Keiro. In December 2022, the Board announced the retirement of Gene Kanamori and the appointment of Beverly Ito as Keiro's new President and CEO.

During his 14-year tenure, Gene led with compassion and dedication, overseeing the creation of new programs, as Keiro shifted its focus to serving the thousands of older adults living at home and in the community. Moreover, he safely guided the organization through an unprecedented pandemic. We are incredibly grateful to Gene for his deep commitment to enhancing the quality of life for older adults and their loved ones.

Continuing that compassionate leadership, we are very pleased to welcome Beverly Ito as Keiro's new President and CEO. Beverly brings not only invaluable senior care expertise, but also a decades-long commitment to Keiro's mission and the community we serve. We are confident that with her dedication and experience, she will guide Keiro forward, including the ongoing exploration for a physical presence.

With support from Keiro's new President and CEO and staff, we on the Board of Directors look forward to continuing expansion of our work to meet the changing needs of Our Community.

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皆様、素敵なホリデーシーズンをお過ごしになりましたか？

Keiroにおきましては、変化の多い年末年始となりました。2022年12月、理事会はジーン・カナモリの引退と、ベバリー・イトウの新Keiro代表兼CEO就任を発表しました。

在任中の14年間ジーンは、Keiroが自宅やコミュニティで暮らす何千人もの高齢者サポートに焦点を移行する中、新たなプログラムの創造を指揮し、献身的で思いやりのあるリーダーシップを発揮しました。更に、前代未聞のパンデミックの中でも組織を安全に導きました。高齢者とその大切な人たちの生活の質（クオリティ・オブ・ライフ）をより良いものにしようと尽力した彼の深い献身と責任感に私たちはとても感謝しています。

思いやりのリーダーシップを引き継ぐベバリー・イトウ氏を、Keiroの新たな代表として迎えられることを私たちはとても嬉しく思います。彼女は高齢者ケアの貴重な専門知識と経験を持ち、数十年にも渡りKeiroのミッションと私達がサポートするコミュニティの為に貢献してきました。彼女の献身的な努力と経験がKeiroを、常設拠点検討の継続を含む、新境地へと導いてくれると私たちは確信しています。

Keiroの新たな代表兼CEOやスタッフに支えられながら、私たちのコミュニティの変化し続けるニーズに応えられますよう、理事会一同、取り組みを拡張し続けてまいります。

理事長 リン・ミヤモト

# Happy New Year!

A MESSAGE FROM KEIRO PRESIDENT & CEO

2023 is the Year of the Rabbit, which is symbolic for taking leaps forward. This aligns perfectly with my goals as the new President and CEO of Keiro.

As we continue the return to in-person gatherings, I am looking forward to reconnecting with the older adults and caregivers in Our Community and providing resources to enhance their quality of life wherever they call home. As the new President and CEO, my own sense of purpose and fulfillment has been renewed - and I am grateful to the Keiro founders, the Board of Directors, and all of the legacy residents, families, staff, and volunteers who have been an inspiration throughout my nearly 50-year career in aging services.

I am excited by the future, as Keiro “leaps forward” and continues to explore opportunities to meet the evolving needs and preferences of older adults through our quality of life programs, collaboration with community partners, grants program, and outreach to the next generations of caregivers.

On behalf of all of us at Keiro, Happy New Year! I sincerely hope that we can work together to continue our community's tradition of caring for older adults.

2023年の卯年は、飛躍の象徴とされ、Keiroの新代表兼CEOとしての私の目標と正に一致しています。

対面での機会が増えつつある中、私たちのコミュニティのご高齢者や介護者の方々と再びつながり合い、高齢者の方がホームと呼ぶそれぞれの場所での生活の質を高め得るリソースを提供していきたいと考えています。新代表兼CEOとして私自身、使命と決意を新たにすると同時に、Keiroの創設者、理事会、そして私の50年近いエイジングサービスにおけるキャリアを通じてインスピレーションを与えて下さっている居住者、家族、スタッフ、ボランティアの皆様にも深く感謝申し上げます。

Keiroが「飛躍」し、生活の質の向上の為に各種プログラムやコミュニティパートナーとの協力、助成金プログラム、次世代の家族介護者への働きかけ等を通じて、高齢者の変化し続けるニーズやご希望に応える機会を探求し続ける未来に、私は大きな期待を寄せています。

Keiroを代表し、新年明けましておめでとうございます。コミュニティに受け継がれる高齢者への思いやり・ケアを次につなげるために、共に歩み続けられるよう心から願っています。

代表兼CEO ベバリー・イトウ



*Beverly Ito*

Beverly Ito  
President & CEO





Use your smartphone camera or a QR code scanning mobile application to read the full versions of the articles throughout this publication!



## What is Quality of Life?

In fulfilling our mission, Keiro engages in programs, services, and collaboration to advance the quality of life of older adults, their caregivers, and all who support them in Our Community. We do this through a culturally-sensitive and person-centered approach that incorporates key elements contributing to a high quality of life for older adults and their caregivers.

### In this issue:



PAGES 4-5

#### Health/Wellness

A person's health/wellness is defined by their physical, mental, and emotional state of being. It includes both the presence, absence, and/or risk of disease and symptoms, and the individual's perception of their health status.



PAGES 6-8

#### Purpose

An older adult should have something that brings meaning and joy to their life. Purpose can include family and friends, community engagement, hobbies, and spirituality.



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#### Connectedness

Humans are inherently social and need engagement through social networks to thrive. Connectedness - whether at an individual, family, or community level - is vital to one's wellbeing.



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#### Security

A sense of security is necessary for older adults to live a healthy and fulfilling life. Security includes financial stability; consistent housing; a reliable social network; and access to high quality, affordable services.



PAGES 11-12

#### Autonomy

As older adults age, the ability to choose how to live life the way they want should be maintained as much as possible. Although physical and/or cognitive limitations may make this difficult, lacking even a feeling of autonomy can lead to a decline in quality of life.



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#### Friends of Keiro & Year in Review

Check out a few highlights of 2022 and our supporters who made this year's programs and services possible.



Health/Wellness



## A Glimpse of a First Visit with an Iyashi Care Doctor

The first visit with any doctor may be a daunting one if you do not know what to expect. Keiro spoke with Dr. Yuichi Edwin Yanami about how the first Iyashi Care visit typically goes and the importance of establishing a relationship with the patient and their loved ones.

IYASHI 癒 CARE

*Note: Each initial Iyashi Care visit is different. The goal of this article is to share generally how these visits go.*

### 1. What is Iyashi Care?

Dr. Yanami will explain what Iyashi Care is, how it can support both patients and family members, and what to expect from the program.

### 2. Getting to Know Both the Patient and Doctor

In order to build a relationship with the patient, Dr. Yanami walks in with the goal of conveying a friendly demeanor.

### 3. Medical History and Medications

Next, Dr. Yanami will review the patient's medical history, medications, and supplements so that they can focus on what symptoms the Iyashi Care team can help manage.

### 4. The Patient's Support System

It is also key in care discussions for the team to learn about the patient's support system, including family and friends.

### 5. Basic Home Safety Assessment

Dr. Yanami prefers doing the first visit at the patient's residence so he can also conduct a home safety assessment and make any recommendations, as needed.

### 6. Discussion of Important Documents

Dr. Yanami will talk to the patient about key documents to be completed such as the advance health care directive and POLST forms.

### 7. Follow Up

At the end of the first visit, Dr. Yanami will ask about any additional questions or concerns and discuss his visit schedule with the patient.

"It is important for the patient and their loved ones to know that the Iyashi Care team is just a phone call away, if they have any questions or concerns - and they should not hesitate to reach out to us, as we strive to be that extra layer of support for them."

For the full article, scan the QR code or 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)



# The Power of Music in the Aging Process

Research over the last few decades shows that listening to or creating music can have positive health effects on multiple levels.

Through Keiro’s Grants Program, Keiro has supported the efforts of many community groups that provide a space for older adults to connect with each other through music. One study found that those who participated in choral groups had better morale, less loneliness, as well as reporting fewer falls, doctors’ visits, and less medication use than those who did not.

After an in-person group performance for the first time in three years, Fumiko Uno, president of Sakura Chorus, shared, “While the members are aging, the best part was that they each put in their best effort to sing and share the joy collectively. I see many of them feeling motivated to continue on.”

Even listening to music can help reduce apathy, one of the first symptoms of dementia. In a 2018 study, nursing home residents showed a significant decline in apathy after being exposed to sensory stimulation with music for 12 weeks.

Over the past seven years since the sale of our former facilities, Keiro provided over 250 opportunities for former facility residents to remain in touch with their cultural roots. One performer, Miko Shudo, who is also a music therapist, shared that performing for older adults provides a special connection for her. “I feel that I’m singing for my ancestors who’ve passed before me. Even though I have yet to meet everyone there, I feel a deep sense of gratitude and connection with the residents.”

For both performers and recipients, the power of music and its positive health impact go a long way, especially in Our Community.

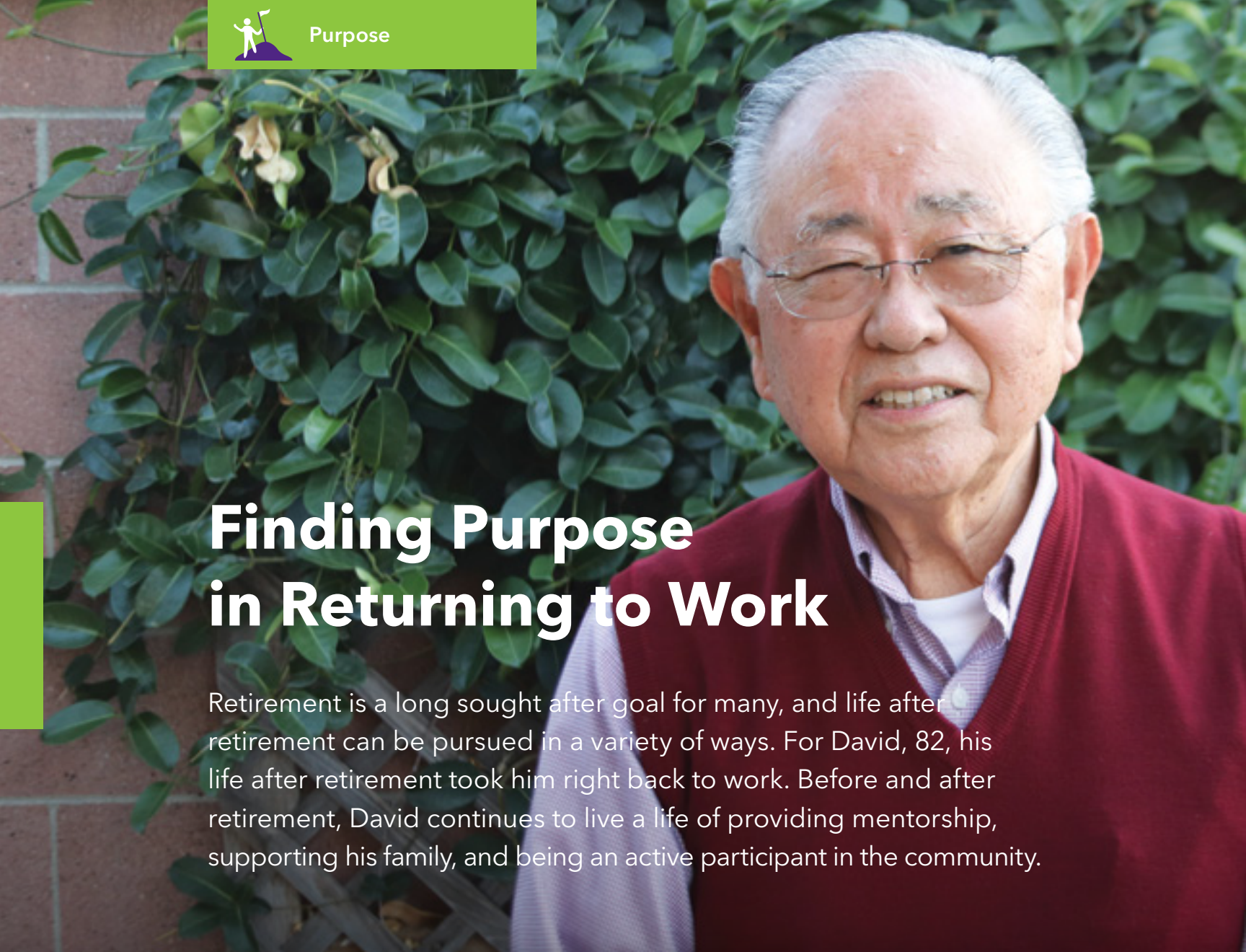
For the full article and citations of the studies referenced, scan the QR code or visit [keiro.org/news](https://keiro.org/news).



Photo credit: Sakura Chorus



Miko Shudo



## Finding Purpose in Returning to Work

Retirement is a long sought after goal for many, and life after retirement can be pursued in a variety of ways. For David, 82, his life after retirement took him right back to work. Before and after retirement, David continues to live a life of providing mentorship, supporting his family, and being an active participant in the community.

### Jumping Back into Work

After a successful career of over 37 years in the communications satellite field, David retired at the age of 60. Shortly after, he applied to be a college instructor, something he had always envisioned himself doing after he retired. While teaching, David received a call less than six months after retirement from his company asking if he would come back to help.

David agreed to come back as a part-time employee where he could pass his extensive knowledge and wisdom on to the company’s current workers, and engage with the younger generation of engineers who have the same passion and drive as himself.

### Finding a Work and Retirement-Life Balance

Although David works part-time, he makes sure to have a proper balance between work and making the most of his retirement life. While he enjoys his work life, David envisions that the day he fully retires from work is on the horizon.

When asked what advice he has for those who are recently retired or about to retire, he said, “The most general advice I have would be to just seek out what interests you. And if it is not the right [hobby], then change it! You’re not stuck with it, so you should feel free to pursue something else. Bottom line is: retire with a plan and change it if required.”



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





## To Love and Serve Others: How Masako and Hiroko Fulfill Each Other's Purpose

"She is so revered. She is the *baachan* who lives in America. The little kids all know her because stories are told about her sacrifice coming here and never being able to go back."

This is how Hiroko describes her mother, Masako. Masako, who was born in 1919, has lived through wartime, during which she cared for two young children and her family.

### Staying Connected

At 104 years old, Masako is comfortably settled down in Huntington Beach, and her daily routine consists of various activities including crocheting and writing letters. Hiroko's presence, however, is what completes Masako's day. Hiroko visits her mother every day and takes Masako around for all her community engagements, including with Long Beach Japanese Community Center and Wintersburg Senior Fellowship.

Masako lives by Buddha's teachings, which are to love and serve others. She wishes to be kind and helpful to others. One of the many ways she does this is by donating items that she has crocheted.

Masako describes her purpose in life as being "to live a healthy, happy life" and "to be a good example to [her] family and friends." One way in which she seeks to fulfill her purpose is to stay connected with her friends and family in Japan and the United States through writing letters to them.

### Letters to Remember

Masako has a great memory for birthdays. Even when her friends have passed away, "my mother said, 'I want to write to their daughter because I want to tell them about her,'" Hiroko said. "So she remembers what she did with these friends and writes about the cute little things — the things they ate and where they went."



**"I find it a privilege [to care for my mother] because I know a lot of people — all my friends — no longer have their mothers or fathers. So, she's their mother."**

- Hiroko

When they run into the grandchildren of Masako's friends at church, they are so thankful to receive her letters.

"They treasure that letter because they didn't know that about their mom," Hiroko said. "I mean, you know, moms are so busy, they are just doing all these things, and [grandchildren] don't know the little things they did."

### Following in Mother's Footsteps

Hiroko is following in her mother's footsteps through finding purpose in being able to help others, especially seniors. She finds so much joy in caring for her mother.

"I find it a privilege because I know a lot of people — all my friends — no longer have their mothers or fathers. So, she's

their mother," she said. "And I take her places, and she just lights up and they light up."

Hiroko's purpose in life is to be healthy because her family and her mother depend on it. In this way, Hiroko and Masako help each other fulfill their purpose and in turn improve each other's quality of life. Hiroko has found purpose in life by caring for her mother, and Masako has been able to stay connected with family and extend a helping hand to those who need it.

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





# Millennial Caregiving

Creating Connections for the Journey Ahead

In 2022, Keiro launched its Millennial Caregiving initiative, beginning with a series of dinners to bring the next generation together to start conversations around caregiving and preparing for the future. The three-part series introduced different topics such as conversations about death, funeral planning, and estate planning. For many attendees, this was the first introduction to thinking about these topics for their own families and futures and discussing with their peers.

Keiro interviewed two participants, Leslie and Daniel, about how the dinners have benefitted them so far. Both felt the dinner series was a good place to start thinking about these important topics that they know will be relevant in the future.

## A Starting Point for the Conversation

“If I were to do it on my own, I wouldn’t really know where to start, so I think overall just learning what types of questions to ask my family was helpful,” shared Daniel.

Daniel mentioned that while his parents said they have their plan in place regarding caregiving, he was not aware of the details. “Now [after attending the dinners], I have more questions to bring to the table as we go along this journey to figure it out. I started talking to [my parents] about estate planning over the

phone. As we started, it didn’t seem like they wanted to talk about that much, so I definitely want to have that serious conversation in person.” He also added, “I want to bring my brothers into the conversation, so ...

To continue reading about how Daniel and Leslie feel Keiro is relevant to their generation, and the importance of connecting with others, scan the QR code or visit [keiro.org/news](https://keiro.org/news).



**“Caregiving and aging are a journey. It’s definitely not linear, but I’m glad I just got started.”**

- Daniel



## Caregiver Conference

Saturday, March 18, 2023  
10:00 a.m. – 2:00 p.m.  
Wintersburg Presbyterian Church

Keiro looks forward to welcoming back older adults and caregivers to the community to learn from subject matter experts and resources. We hope to see you there!

Registration is required to attend. For more information, visit [keiro.org/caregiver-conference](https://keiro.org/caregiver-conference) or contact [programs@keiro.org](mailto:programs@keiro.org).

# Securely Planning Ahead



Whether it’s financial, housing, or personal, security is an integral part to having a good quality of life. In regards to personal security, preparing oneself for emergencies and natural disasters can bring peace of mind to you and your loved ones.

## ✓ 6 STEPS to Prepare for a Catastrophic Event

### STEP 1: Set a place to meet up.

If you have to leave your home or work place during an emergency, decide where you will go and inform your loved ones where that is.

### STEP 2: Get connected.

Figure out how you will receive real-time information and updates such as alerts on your phone, sms texts, National Oceanic and Atmospheric Administration (NOAA) radio, etc.

### STEP 3: Be informed.

Know local sources of emergency information and resources such as your local community center’s, church’s, and neighborhood’s emergency plans.

### STEP 4: Know the plan.

Ask about the emergency plans at work, at your children/grandchildren school or daycare, or if your family and dependents are in other facilities. Include your pets in your plan.

### STEP 5: Know where your important documents are located.

Scan or take pictures of them and save digital copies. Put it in one place so it would be easy to grab or include these in your supply kits.

### STEP 6: Share your plans.

Fill out a planning document and share with family and neighbors.

While we can’t prevent catastrophic events, we can prepare ourselves to be equipped with tools, skills, and a productive mindset to help us get through one should we experience it.

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



To learn how to get involved with the Nikkei Senior Network and how Keiro can host an emergency preparedness presentation for your organization, contact [programs@keiro.org](mailto:programs@keiro.org).

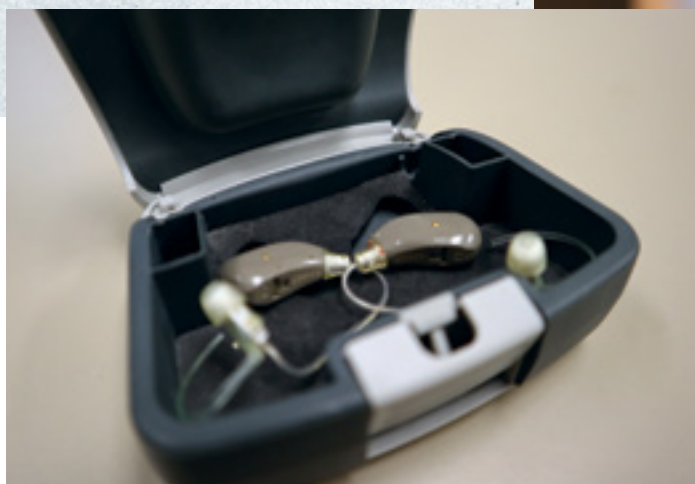
This project was supported by Grant Cooperative Agreement Number PH-002457-15 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the CDC and the Los Angeles County Department of Public Health, Emergency Preparedness and Response Division.



# Is it Time to Get a Hearing Aid?

At Keiro, one of the five elements of quality of life is autonomy. The ability to hear is crucial to both your physical health and maintaining individual, family, and community connections. If you are experiencing hearing loss, you should be able to choose what to do about it.

In December 2022, Keiro conducted an anonymous survey of 46 participants of all ages to learn about the different perspectives on hearing aids in Our Community. Most respondents indicated that they had no hesitations about getting hearing aids. However, of those who do wear hearing aids, most indicated that they were not particularly fond of wearing hearing aids but were satisfied with the results they produced. “So many seniors deny or refuse to address hearing loss [due to] cost, discomfort, and embarrassment of having to wear them,” one respondent noted.



Keiro interviewed Dr. Raymond Goldsworthy, PhD, an associate professor of otolaryngology at the University of Southern California, to offer insight into the stigma associated with hearing aids.

The way to reduce stigma surrounding hearing aids begins with conversation and raising awareness. “You need to be in a position to say, ‘I need you to slow down, repeat yourself,’ — you need to be able to self-advocate,” Dr. Goldsworthy said.

Keiro also interviewed Dr. Marcia Blank, AuD, who has been practicing for over 40 years. She also recommends a mindset shift. “If you wear hearing aids, you’ll give off a more youthful impression to others because you’ll be hearing correctly, and won’t be seemingly ignoring people because you didn’t hear them,” she said.

Hearing aids, cochlear implants, or different combinations of the two are some choices a medical professional may suggest to you.

“You have to set the right expectations that it is going to be a process,” Dr. Blank said. “There’s often a lot of fine tuning that needs to go on to get [the hearing aid] optimized for the

individual.” Dr. Blank also emphasized the importance of follow up visits after the initial fitting to make sure that the hearing aid is working properly.

One large barrier to hearing aids is the cost. “[My hearing aids] cost as much as my first car!” said one survey respondent. As of October 2022, hearing aids are available to purchase over the counter, making the average price of hearing aids several thousand dollars cheaper than that of prescription hearing aids. Dr. Blank hopes that this will improve accessibility of hearing aids, even if they are used casually.

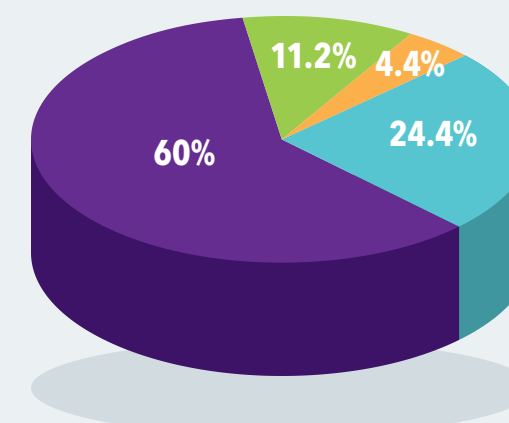
At the end of the day, the decision to get hearing aids or cochlear implants remains yours to make. However, one thing is clear: “The key thing is to be able to communicate with one another, your loved ones and to stay in that conversation. It’s not hearing loss per se, it’s how you use the hearing [ability] that you have left,” Dr. Goldsworthy said.

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



## How does your hearing impact your quality of life?

- 60% (27 responses)**  
Impacts Somewhat Negatively
- 24.4% (11 responses)**  
No Impact
- 11.2% (5 responses)**  
Impacts Positively
- 4.4% (2 responses)**  
Impacts Very Negatively



## Is Therapy the Right Choice for Me?

There are many factors that go into deciding to go to therapy and/or counseling for mental health. There are two general factors to consider when therapy may be helpful:

### 1. Is the problem distressing?

- Do you spend time thinking about the issue every week?
- Is the problem embarrassing so that you hide it from others?
- Over the past few months, has the problem reduced your quality of life?

### 2. Is the problem interfering with some aspect of your life?

- Does the problem take up considerable time (i.e., more than one hour a day)?
- Have you reduced other priorities (work, family, etc.) because of the problem?
- Are you rearranging your lifestyle to accommodate the problem?

Answering “yes” to any of the questions above may suggest that considering therapy and/or counseling could be helpful.

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





# 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.

### CASH DONATIONS

Keiro gratefully acknowledges the following donors who contributed from January - December 2022.

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## KEIRO HIGHLIGHTS OF 2022



### IN-PERSON CLASSES

This year we resumed in-person presentations on topics such as long term care, fall prevention, our Tech Hour class, and more!



### KEIRO NO HI FESTIVAL

In September, Keiro held its 5<sup>th</sup> annual Keiro no Hi Festival in-person for the first time in three years. This year's festival was hosted at four local community organizations where attendees reunited and enjoyed a bento and various activities.



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### CONSIDER MAKING A RECURRING GIFT TO KEIRO

Monthly giving helps continue our mission to enhance the quality of senior life in Our Community through programs and resources to meet their changing needs. A monthly gift forms a predictable source of income, providing assurance that reliable resources and support remain available, while also enabling us to continue to innovate our programs and services in order to meet the changing needs of Our Community. To learn more about our Monthly Recurring Program, please contact Keiro staff at [support@keiro.org](mailto:support@keiro.org) or **213.873.5793**.



### 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).

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*Keiro gratefully acknowledges the following donors who contributed from January – December 2022.*

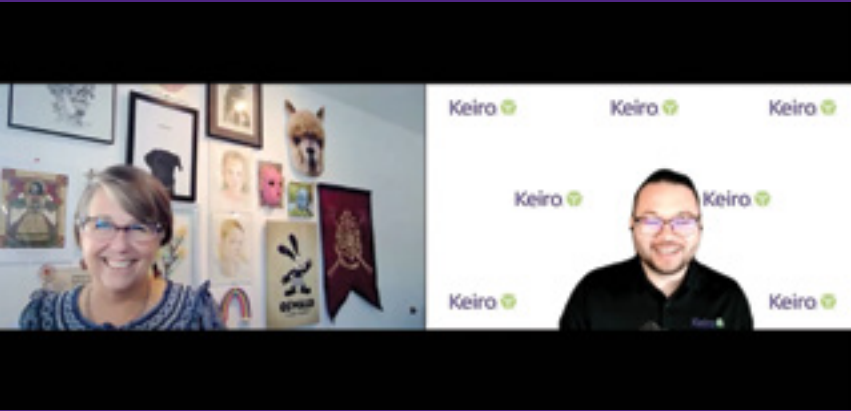
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### RESIDENTIAL FACILITIES SUPPORT

*Keiro continued to support local senior residential facilities serving the Japanese American community by funding fun and culturally sensitive activities for residents.*



### CONFERENCES

*Carrying on our tradition of supporting our community's caregivers, we hosted our annual Caregiver Conference in a three-part series throughout the month of March, as well as the second Alzheimer's Conference in partnership with Alzheimer's Los Angeles.*



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*Keiro gratefully acknowledges  
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## LEAVE A LEGACY WITH KEIRO



You can leave a lasting impact on improving the quality of life of Japanese American older adults with Keiro! Legacy giving is the transfer of assets to Keiro during one's lifetime or as a part of an estate plan. This allows individuals to plan for their future while also giving a meaningful gift to Keiro. 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)**.



## MILLENNIAL CAREGIVING

*We introduced the Millennial Caregiving program, a series of dinners that brought together individuals of the younger generation to get the conversation started with their older loved ones.*



## CLUB GENKI

*We announced our partnership with the East San Gabriel Valley Japanese Community Center to launch ClubGenki, a culturally-sensitive senior adult day program.*

## THANK YOU FOR A MEMORABLE 2022!






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


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Fax: 213.873.5799  
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## Upcoming Events

 **Quality of Life Classes**  
Every other Tuesday and Thursday

 **Caregiver Conference**  
Saturday, March 18, 2023

 **Memory Café**  
August 2023

 **Keiro no Hi Festival**  
September 2023

*\*Dates are subject to change*

For more information  
on Keiro's upcoming  
events, scan the QR  
code or visit  
[keiro.org/what-we-do](http://keiro.org/what-we-do).



If you are interested in Keiro  
hosting an in-person presentation  
for your organization, inquire with  
[programs@keiro.org](mailto:programs@keiro.org).



2022 Keiro no Hi Festival - Beverly Ito with Keiro volunteers