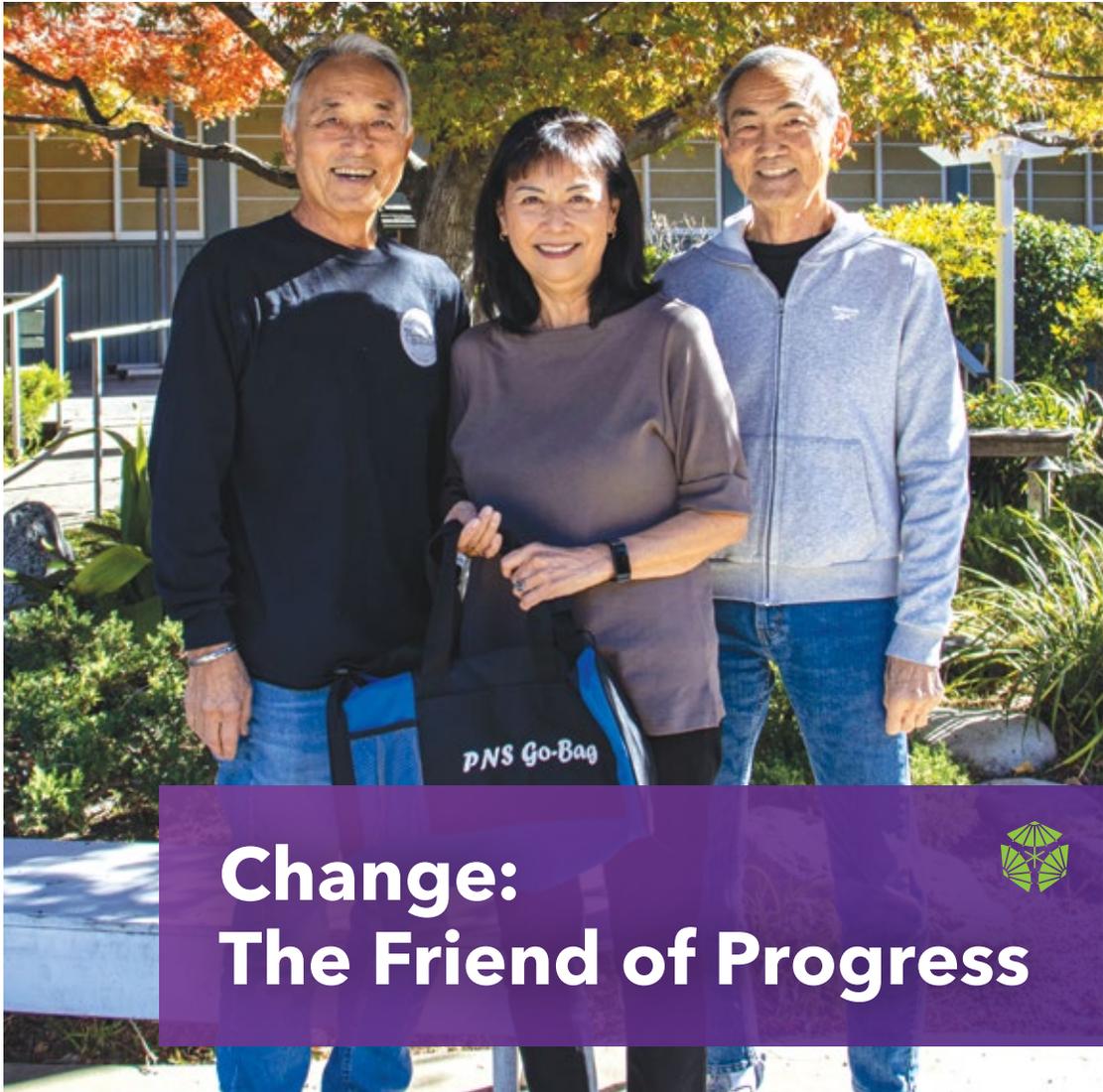


KeiroConnect



KeiroConnect
Keiro



1,961 views

Embracing life's adjustments [#change](#)

[View all 294 comments](#)

3 DAYS AGO

Greetings!

A MESSAGE FROM KEIRO BOARD CHAIR

I am excited to begin my tenure as the new Keiro Board chair as Keiro's mission of "Enhancing the Quality of Senior Life in Our Community" strongly resonates with me. Serving on the Board is one way I can give back to the community, and I am humbled by this opportunity.

I recognize the need to offer current and future programs that enable older adults to age at home for as long as possible and to serve the 85,000 older adults in our tri-county service area.

As Board chair, I want to build upon the legacy of our predecessors and ensure Keiro is meeting the evolving needs of older adults and caregivers. As we continue to enhance our various programs, I am seeking additional feedback to supplement the results of the community needs survey and explore financially feasible and sustainable service models. I look forward to meeting and engaging with Our Community in the coming year!

「私たちのコミュニティにおける高齢者の生活の質向上」というKeiroのミッションに私は強く共感し、そのKeiroにおいて新理事長としての任期をスタート出来ることを非常に光栄に思います。私にとって理事を務めることはコミュニティへの一つの恩返しであり、このような機会をいただき、身の引き締まる思いです。

高齢者が可能な限り長く自宅で暮らせる為のプログラムを現在、そして今後も提供し、サービスを提供している3つのカウンティに住む8万5千人の高齢者に奉仕する必要性を認識しています。

理事長として、前任者の方々のレガシーを基盤に、高齢者および介護者の変化し続けるニーズに対応できるKeiroを築き上げたいと考えています。様々なプログラムの強化を図るにあたり、コミュニティのニーズ調査の結果を踏まえ、財政的に実行可能で継続可能なサービスモデルを模索するため、さらなるご意見をお聞かせいただきたいと思います。新たな年を迎え、コミュニティの皆様にお会いし、関わり合えることを心から楽しみにしています。

ジャック・クリハラ
理事長



Jack Kurihara

Jack Kurihara PharmD,
Board Chair

Keiro Board of Directors

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Board Chair
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- Beverly Ito

Aging at a Glance

Everyone is aging. When it happens, Keiro will be there for you.

10.8 M

By 2030, **10.8 million** Californians will be an older adult.



1 in 7 caregivers are providing unpaid care to an adult with health or functional needs.



Of older adults want to and do **age at home.**

Welcome to Keiro Connect Annual Edition

A MESSAGE FROM KEIRO PRESIDENT & CEO

My inaugural year as President & CEO was most memorable for the abundant opportunities I had to attend community events, cultivate relationships, and listen to different perspectives on Keiro's legacy and future vision.

One key project in 2023 was conducting a community needs survey to learn about the perceived needs and preferences of Our Community's older adults and caregivers. While the survey results help identify options to enhance support for older adults, the greater outcome was reconnecting with those we had not connected with after the sale of the facilities.

In November, we celebrated the legacies of Board members Ernie Doizaki, Jerry Fukui, and Tom Iino for their decades of leadership and support. As Lynn Miyamoto completed her tenure as Board chair, we welcomed Jack Kurihara, former vice chair, as the incoming chair. We are grateful to all of our Board members for their inspiring leadership and commitment to supporting the aging of our community members.

In 2024, I look forward to expanding our community outreach and support for older adults to age with confidence and dignity in the location of their choosing. Through our programs and partnerships, I envision Keiro as a central hub of resources throughout the aging and caregiving journey.

Please join us to see what Keiro can do for you!

Keiro代表兼CEOの就任初年度は、コミュニティイベントに参加し、関係を深め、Keiroのレガシーと将来のビジョンについて様々な視点からの意見聴取に奔走した、最も忘れがたい一年となりました。

昨年、コミュニティの高齢者および介護者の方々が感じているニーズや優先傾向について把握するための調査を実施しました。アンケート調査結果が今後の取り組みの検討に役立てられるのはもちろんのこと、この調査を通じて、旧Keiro施設売却後に疎遠になってしまった方々と再びつながることができたことを、何よりも嬉しく思います。

11月には、理事として長年に渡りリーダーシップを発揮しコミュニティを支えてきたアーニー・ドイザキ、ジェリー・フクイ、トム・イノ各氏の功績を讃える昼食会を開催。またリン・ミヤモト氏の理事長任期満了にともない、それまで副会長を務めてきたジャック・クリハラ氏を新理事長として迎えました。理事の皆様素晴らしいリーダーシップと地域社会における高齢化を支援する献身的な取り組みに心より感謝申し上げます。

2024年は、高齢者の方々がご自身で選んだ場所にて自信と尊厳をもって歳を重ねられるよう、コミュニティへの働きかけと支援を拡大させていく所存です。独自のプログラムやパートナーシップを通じて、Keiroが高齢者と介護者の方々の生活を支えるリソース提供の中心的なハブとなるべく努力して参ります。Keiroが提供するプログラムやサービスへの皆様のご参加を心よりお待ちしております。

ベバリ・イトウ
代表兼CEO



Beverly Ito

Beverly Ito
Keiro President & CEO

In this edition:

- It's Not Just Stubbornness: Understanding Changes in the Aging Process
- Success with Safety Through Keiro's Nikkei Senior Network
- Embracing Change With Help From Iyashi Care
- Show my Caregiving: Richard Lui's Journey
- Aging with Grace at 100
- Community Needs Survey Results
- Friends of Keiro
- Volunteer with Keiro!
- Upcoming Events for 2024

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



It's Not Just Stubbornness

Understanding Changes in the Aging Process

We may commonly hear statements like, “*Jiichan* has his way and won’t change the way things are,” or “Older adults are stubborn.” But how true are these statements? Keiro asked Kimberly Hiroto, Ph.D., a geropsychologist with 14 years of experience, about how older adults can embrace change.



Holding Onto What's Under My Control

Kimberly acknowledged that although there may be sentiments that older adults are more stubborn, they may be exhibiting such behaviors because they want to maintain as much autonomy and independence as possible. “There are a lot of things [in the aging process] where changes happen that are beyond their control.”

Whether it be new diets, taking certain medications, or giving up driving, the key common factor that Kimberly stressed was the intrusiveness of change on the person’s life. “There’s rarely a sense of agency or choice in the matter. Change is often imposed upon the person without their permission, especially the bigger changes, such as limiting or losing driving privileges.” Because many factors are beyond their control, older adults tend to hold on tighter to things that are within their control and that they value. And these changes often come with little time to process as well.

The Toughest Changes

Kimberly shared the three areas where there’s often most **resistance to change**:

- 1. Change in Family Dynamics** - This is where the relationship between the parent and adult child switches, and the adult child takes on a more “parental” role. Kimberly stressed that this shift “often happens without either person’s permission, and it typically happens over time. But it also can occur suddenly.” When the roles switch, it may feel invasive from the parent perspective since they may feel like their independence is being compromised.
- 2. Change in Social Value Within Society** - While the Japanese American community places more emphasis on honoring older adults, many mainstream society narratives portray aging negatively (e.g., “anti-aging” products) with a cultural value on youth. Such messages are often internalized by older adults, leading to ageist beliefs including a reduced sense of social value.
- 3. Functional Change (Cognitive and Physical)** - “This may be one of the hardest changes that older adults experience, understandably. The misalignment between one’s mind and one’s body can be incredibly tough,” explained Kimberly. These changes are often outside our control.

Tips for Embracing Change

Some changes in the aging process are inevitable. While every situation and individual are different, Kimberly provided some advice on how changes can be embraced and transitions made easier.

- 1. Talking About it** - It helps to openly acknowledge that changes in the aging process can be a struggle. Talking to someone who recognizes the magnitude of change in a culturally sensitive way can be important. When considering a change, it can help to discuss the pros and cons.
- 2. Giving Time to Adjust, if Possible** - For certain changes that can be anticipated in advance, ensure the older adult has the time and space to process and prepare for those changes.
- 3. Finding Ways to Say Goodbye** - The healing process often begins when one looks for some closure. These processes can take the form of ritual (e.g., funeral services). But they can also happen in more intimate moments of discussion with trusted individuals.
- 4. Having a Substitute...**

Thank you to Dr. Kimberly Hiroto for providing information and insight for this article.

To continue reading about tips on embracing change, scan the QR code or visit keiro.org/news.



Success with Safety Through Keiro's Nikkei Senior Network



Since 2006, Keiro has connected with the Nikkei Senior Network (NSN), a network of community leaders who serve older adults in their local communities. In 2023, the theme of these NSN meetings was security, with a focus on emergency preparedness.

Keiro's team visited Pasadena Nikkei Seniors (PNS) in February 2023 to present on what to pack in a go-bag, a packed bag with items that you would most likely need in an emergency. After the presentation, PNS leaders Scott, Janie, and Ron came together to create and distribute their own go-bags for their members. The bag included an emergency space blanket and flashlight, along with a suggested checklist of

personal items to pack. Scott said, "Whatever you do, you should always include the essential items in the [information] packet."

Their hope for the future is to not only improve the go-bag but to also be able to give more of them to the community.

As community members of Zenshuji Soto Mission in Little Tokyo, Reverend Shumyo Kojima and Amy have been working to keep their temple safe. In 2023, Zenshuji installed security cameras and replaced lights around the property. Amy and Kojima-sensei have also cultivated relationships with nearby

residents where community members are made aware to report anything suspicious.

Amy commented, "[These NSN meetings] are a good reminder for us about what we are doing... and prompt us to review and also to share what other people are doing." Keiro cannot wait to see what the Nikkei Senior Network will bring in years to come.

For the full article, scan the QR code or visit keiro.org/news.



Empowerment in Numbers: Emergency Preparedness Classes Sparking Change!

Thanks to our robust emergency preparedness programs, we presented over 23 classes and encouraged positive changes among the NSN organizations.

537
Total attendees

41
Community members certified in First Aid & CPR through our programs

42
Total organizations served to increase safety

100
Go-bags distributed

Embracing Change With Help From Iyashi Care

"The Iyashi Care team was alongside us every step of the way."

- Nancy

When Nancy took on full time caregiving for her late parents, Frank and Marian, there were many elements to the role that she and her family were not prepared for. Little did Nancy know that the Iyashi Care team would provide her and both of her parents with invaluable support as they faced various challenges and changes throughout their journey.

Nancy first heard about Iyashi Care during a caregiver group meeting at her church. After the initial call with the Iyashi Care social worker, Marian was enrolled as a patient and eventually Frank as well.

Their family took advantage of the various services that Iyashi Care offered. Nancy particularly highlighted the ability of the Iyashi Care team to help with prescribing medications in an efficient manner, the ability to have appointments in the comfort of their home, and the 24/7 call line. Iyashi Care would also regularly call Nancy to check in on her specifically. "I appreciated their calls so much... They're just so compassionate and understanding."

Nancy experienced a drastic shift in the way she viewed her caregiving experience and was better able to physically and emotionally care for herself as well as her parents. She also wanted to share with others around her on how these services ultimately improved the quality of life for her and both her parents. "The Iyashi Care team was alongside us every step of the way and provided for our every need with love and compassion."

For the full article, scan the QR code or visit keiro.org/news.



Community Comfort: How Iyashi Care Positively Impacts Patients & Families



532

patients and families served in 2023

89%

Completion rate of Physician Orders for Life Sustaining Treatment (POLST) for families enrolled in the program

Providence, our valued partner, has achieved accreditation from The Joint Commission for its hospice and palliative care programs.

IYASHI 癒 CARE.

For more information about Iyashi Care, contact us at **213.873.5791** or programs@keiro.org.



Photo Courtesy: Vino Wong/Sky Blossom Films

Show my Caregiving Richard Lui's Journey

While one in seven people in the United States takes on the role of caregiving, many do not identify themselves as caregivers because they feel like they are simply being the child, parent, or relative. Keiro interviewed Richard Lui, caregiver, MSNBC/NBC News anchor, author, and filmmaker, about his experience as a caregiver and how he is taking steps bringing awareness to caregiving.

From News Anchor to Long-Distance Caregiver

Richard's caregiving experience began nine years ago, when his late father's Alzheimer's disease began to take a toll on not only his father, but also his mother, as she served as the primary caregiver living in San Francisco.

Richard eventually made the difficult decision to travel to and from New York to care for his parents. He traveled roughly three times a month while still working part time at NBC in New York. About eight years later, this routine had become a regular occurrence for Richard.

Self-Identifying as a Caregiver

Richard shared an experience that is very common for most caregivers: not self-identifying as a caregiver earlier on in the journey. It wasn't until a few years into caregiving that he truly accepted the role that he was in.

Richard shared, "Most [caregivers] are on an arc of becoming prepared. A few self-identify early and prepare early. Of course, the objective now is to get people aware and to prepare earlier on."



Photo Courtesy: Lui Family



Photo Courtesy: Lui Family

Show, Don't Tell Your Caregiving Story

When asked about how people can shift their perspective about caregiving, Richard had a simple response: "Show, don't tell." He encourages people to take their opportunity, within what they are comfortable, to creatively show their own stories which ultimately conveys how important the subject is to the individual. By showing the importance, the impact will manifest itself.

With this mindset and in the midst of his journey, Richard began to blend his caregiving experience with his career. He directed and produced two documentaries called *Sky Blossom* and *UNCONDITIONAL* which highlighted caregiving stories, with a focus on mental health, of various individuals with different backgrounds and ages, including his own.

He also shared that incorporating social media posts about caregiving is one step in showing an earnest perspective of the role. Richard also recommends simply sharing other people's posts about caregiving to bring attention to the subject. This begs the question, "How will you show your story?"

For the full article, scan the QR code or visit keiro.org/news.



ASSISTING CAREGIVERS AT EVERY PHASE



Caregiving is a role that anyone can take on. Whether you are:

- **Expectant** - Anticipating needing to care for a loved one in the future
- **Freshman** - A new caregiver
- **Entrenched** - In the thick of caregiving responsibilities
- **Transitioning** - Moving from a more involved to less involved care role
- or no longer a caregiver

Keiro is committed to producing resources for every stage - so that you know you are not alone on your journey.

Caregiver Conference

Join us for our annual Caregiver Conference!

Saturday, April 13, 2024

San Fernando Valley Japanese American Community Center

To register, visit keiro.org/CC24.

Keiro is now on INSTAGRAM!



Follow us at [@KeiroConnect](https://www.instagram.com/KeiroConnect) and share with us your caregiving journey!



Aging with Grace at 100

The average life expectancy of Asian Americans is 85 years old, but there are many in Our Community whose longevity extends beyond this age. Keiro interviewed Kimi, a Los Angeles native who is 100 years young.

Kimi grew up off of 3rd Street and San Pedro. Her family owned and operated a restaurant until World War II when her family was sent to the Santa Anita Assembly Center. When the war was over, she kept working in administration through various companies, eventually retiring from Westwood Elementary School.

Nowadays, a routine helps Kimi as she ages. One of her favorite activities to do is eating breakfast, which is normally toast with a lot of butter. She also enjoys going on regular walks with her dog and caregiver, shopping at Target, and spending time with her family. When asked what her secret ingredient is to being 100, she says “just eating properly.” She grew many vegetables in her backyard over the years as well.

Kimi also enjoys it when her family takes her to amusement parks, fun events, and even the arcade. One event that her family was able to take her to was the 2023 Keiro no Hi Festival. With the help of her family, they were able to stamp the *Ireichō* at the Japanese American National Museum and have her photo taken at the portrait studio.

Kimi has lived a tremendous life that is full of love, hard work, and family. Her family enjoys the time they have with Kimi and appreciates the foundation she laid for the life they have today.

For the full article, scan the QR code or visit keiro.org/news.





Time Well Spent:
Checking in on our Quality of Life Programs

- 1,000+** Program attendees served
- 27** In-person classes
- 1,560** Education hours



Community Needs Survey 2023

Keiro conducted a survey in summer 2023 to assess the needs and preferences of older adults and caregivers as part of an ongoing commitment to better understand the evolving needs of Our Community.

What PROGRAMS or SERVICES would be most beneficial in navigating your AGING JOURNEY?

(for respondents or their loved ones)



58%
Social programs hosted at Japanese American community centers



58%
Transportation services



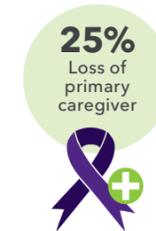
51%
In-home support with activities of daily living



50%
In-home support with instrumental activities of daily living

What would CAUSE A MOVE from your current residence?

If they move, about half of the respondents prefer to stay within **25 MILES** of their current home.



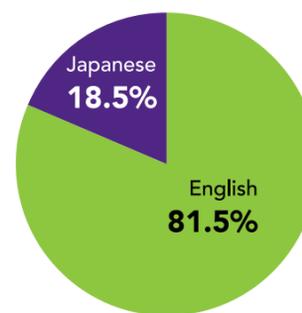
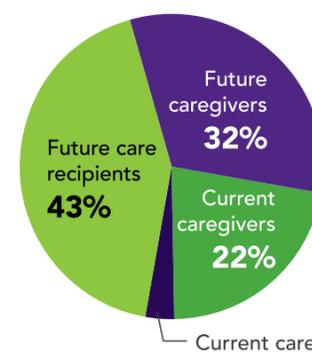
Out of all the considerations for choosing a facility, **QUALITY OF CARE** was the most important factor for **50% of respondents** over cost of care, culturally sensitive care, amenities offered, etc.

JAPANESE LANGUAGE RESPONDENTS

Indicated cost of care, amenities offered, and quality of care to all be equally important.



WHO ANSWERED?



573 completed surveys

↳ 89.8% online

↳ 10.2% mailed



55%
have engaged with Keiro within the past five years

All statistical testing was conducted at the 90% confidence level. The survey was offered online in both English and Japanese, with an option to request a mailed survey.

For more information, please visit keiro.org/survey.

Friends of Keiro

Donors 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 deepest gratitude goes to all who join Keiro in our mission to enhance the quality of senior life in Our Community.

CASH DONATIONS

Keiro gratefully acknowledges the following donors who contributed from January - December 2023.

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BEST KEIRO SMILES FROM 2023



Joyful laughs for the couple! Ernie and Kiyo Doizaki checked in at the Legacy Luncheon, an event to honor our long-time board members. As they got ready, their warm exchange was captured on camera.



Celebratory selfies! Keiro's Caregiver Conference wrapped up with this shot of volunteers taking a selfie as we cleaned up. These volunteers are the backbone and success of our large-scale events!

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Opting to give a gift to Keiro is a thoughtful and meaningful way to honor and celebrate the important milestones in the lives of your loved ones. Not only does your generous contribution support Keiro's mission to enhance the quality of life for older adults, but it also serves as a heartfelt tribute to those individuals who hold a special significance in your life.

Contact support@keiro.org or visit keiro.org/support.



A big smile at the swirl! This resident enjoyed an ice cream truck treat on a warm spring day. Keiro continues to support local senior residential facilities serving the Japanese American community by funding fun and culturally sensitive activities for residents.



Keiro staff members Michelle and Kent at our biggest event, Keiro no Hi Festival. Even through the masks, we could feel their smiles! Keiro is grateful to connect with so many community members throughout the year.



Catch up chatter! Nikkei Senior Network leaders convened at Cerritos Baptist Church for an in-person meeting. They enjoyed reconnecting with fellow leaders who also support older adults in their local communities.

THANK YOU FOR A JOYFUL 2023!



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You can significantly improve the lives of Japanese American older adults by supporting Keiro! Legacy giving involves transferring assets to Keiro during your lifetime or as part of your estate plan. This intentional act helps plan your future while making a meaningful and lasting contribution.



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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.



Volunteering at Keiro

It takes a community to support older adults, and we need YOU! There are several opportunities to engage with Keiro throughout the year as a volunteer, including our events and conferences. Join us to volunteer with Keiro!

VOICES OF OUR VOLUNTEERS



Cliff
Volunteer model for Keiro's photoshoots

"[Modeling] was enjoyable and a lot of fun getting to know the other models. Nothing like this has ever happened to me. I like what Keiro is doing for the community and will do whatever I can to support their efforts!"



Todd
Volunteer at the 2023 Keiro no Hi Festival

"It was great to see the volume of people at the Keiro no Hi Festival this year and how energized the attendees seemed as we escorted them back to their buses. As a kid, I was in the Nishi Hongwanji Boy Scouts, and our troop used to volunteer at the former retirement and nursing homes. I appreciate Keiro as a great bridge for seniors and their caregivers to gain understanding of complex health care systems and get insight into how to improve overall health and wellness."

Upcoming Volunteer Opportunities



Saturday, April 13, 2024
Caregiver Conference
Location: San Fernando Valley Japanese American Community Center

Saturday, September 21, 2024
Keiro no Hi Festival
Location: Little Tokyo

October 2024
Keiro Expo
Location: TBD

Interested in volunteering? Sign up from this QR code or email support@keiro.org.





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://instagram.com/KeiroConnect) (NEW!)
-  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!

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Join us for Keiro events throughout the year!

Caregiver Conference 2024 - Enriching Your Caregiver Toolbox

San Fernando Valley Japanese American Community Center
Saturday, April 13, 2024
9 a.m. - 1 p.m.

Keiro no Hi Festival 2024

Little Tokyo
Saturday, September 21, 2024
10 a.m. - 3 p.m.

Keiro Expo (NEW!)

Location TBD
October 2024

Quality of Life Classes

Online Zoom programs on Tuesdays.
Visit keiro.org/qol.

Sign up for our e-newsletter to hear updates by contacting contact@keiro.org!



2023 Keiro no Hi Festival