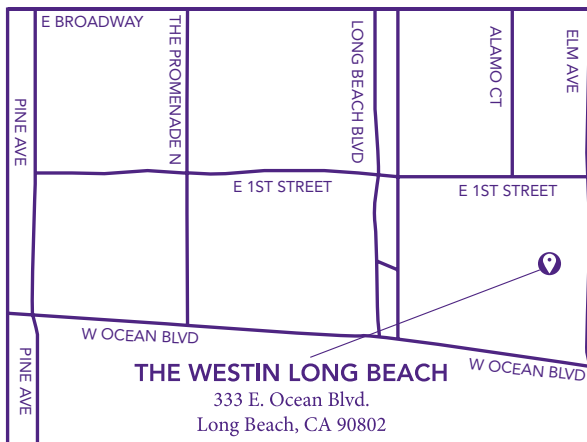


BREAKOUT SESSION 1:

- A** **The Secret is at the Table: The Mediterranean Diet**
SPEAKER: Chef Simon Elmaleh
ABOUT THIS SESSION: While America is constantly chasing the newest and best diet fads, there is one that has stood the test of time and is proven to have medical benefits: the Mediterranean diet. During this cooking demonstration, participants will be able to sample Chef Elmaleh's delicious cuisines as he shares the recipes and science behind this amazing diet.
- B** **Keeping Your Brain Healthy: How to Lower Your Risk for Dementia**
SPEAKER: Debra Cherry, PhD, Executive Vice President, Alzheimer's Los Angeles
ABOUT THIS SESSION: While a cure for Alzheimer's Disease remains elusive, research is revealing how we can reduce our risk for this condition through lifestyle changes. Learn how Alzheimer's differs from normal age-related cognitive changes and what you can do to slow them down.
- C** **Contemporary Aesthetic Treatments for Aging into Tomorrow: Facial, Body, and Hair Rejuvenation**
SPEAKER: Gordan Sasaki, MD, FACS, Clinical Professor, Department of Plastic Surgery, Loma Linda University
ABOUT THIS SESSION: The natural processes of aging are often genetic but can be amplified by other factors. In the past few years, new procedures have emerged to treat and address the aesthetic concerns of patients who prefer not to undergo surgery. This presentation will clarify the benefits and limitations of these methods in order to implement them in clinical practices.

LOCATION



BREAKOUT SESSION 2:

- D** **Are Your Finances Ready for Tomorrow?**
SPEAKERS: Akemi Kondo Dalvi, CPA, Owner & CEO, Kondo Wealth Advisors, LLC
Alan T. Kondo, CFP, CLU, Founder, President, Kondo Wealth Advisors, LLC
ABOUT THIS SESSION: Managing your finances has become more confusing than ever. Tax laws have changed again and a simple mistake today can have lasting impact in the future. Learn the financial strategies that make sense for you and ensure your family is your biggest beneficiary when you pass away.
- E** **Innovations in Aging: Technologies Supporting Independence and Wellbeing**
SPEAKER: Davis Park, Executive Director, Front Porch Center for Innovation and Wellbeing
ABOUT THIS SESSION: What do we look for as we and our loved ones age, and how can technology support our needs? How do we make sense of all the products and services that are in the marketplace today? How do we find the right technology solutions? This session will survey the landscape of technological innovations for aging and explore some of the answers to these questions.
- F** **The Ancient Wisdom of Mind-Body Exercise**
SPEAKER: Raina Tsuda, DAOM, LAc., CMT, Clinical Specialist, UCLA Center for East-West Medicine
ABOUT THIS SESSION: Mind-body exercises such as Qigong, Tai Chi, and yoga have been practiced for thousands of years. They are embedded in the daily lifestyle of many Asian cultures. Benefits include improved balance, posture, better sleep, and better cognitive function. At this session, you will learn about and experience the benefits of mind-body exercises for healthy aging.

www.keiro.org/conference

Keiro is a mission-driven organization engaged in improving the quality of life for older adults and their caregivers in the Japanese American and Japanese community of Los Angeles, Orange, and Ventura counties. Keiro delivers a wide range of resources to address the challenges and barriers that aging presents: isolation, limited financial resources, complex health conditions, and cognitive and memory disabilities. Keiro also partners with companies and organizations that can expand its services and ability to reach seniors and caregivers, and participates in research and innovative work where Keiro can contribute to advancing progress in resolving the challenges of aging.

KEIRO CONFERENCE:

AGING INTO TOMORROW

An innovative approach to the aging process

Saturday, October 13, 2018

The Westin Long Beach
333 E. Ocean Blvd.
Long Beach, CA 90802

Keiro 



The concept of innovation often conjures fantastical images of futuristic electronic devices and flying cars, but innovation occurs beyond the scope of technology.

With advances in modern medicine and significant societal shifts, how we age has evolved over the last couple of decades. Yet one constant remains: we all still age. As Keiro evaluates both the traditional and modern challenges presented with aging, we are continually seeking out innovative approaches and solutions.

Keiro is proud to present its annual conference, Aging into Tomorrow. This one-day gathering for baby boomers, academics, caregivers, and older adults alike, highlights an innovative approach to aging and the ways we can use forward-thinking to plan for our futures today.

KEYNOTE PRESENTATIONS:



The Science Behind Social Connection in Older Age

SPEAKER: Carla Perissinotto, MD, MHS, Associate Professor, Associate Chief of Clinical Programs in Geriatrics, University of California, San Francisco

The session will cover current evidence for the health effects of loneliness and social isolation. This session will also provide an overview of the definitions of loneliness, isolation, and social connection and discuss how they are measured while providing practical ideas on how to address this growing healthcare issue.



Let it Go for Good

SPEAKER: Peter Walsh

Peter Walsh has helped millions of people across the world feel the joy that comes with living with fewer things. His approach is to first help people understand that their possessions have tremendous power, but that for many people, that power ends up hurting their own and their family's overall wellbeing. Peter offers many ways to think about the clutter that's filling up your home and how to deal with it in a smart, respectful way.

PLATINUM SPONSORS

Kawaguchi-Kihara Memorial Foundation
Doizaki Family

GOLD SPONSOR

Lynn Miyamoto & Kevin Kroeker
MUFG Union Bank

SILVER SPONSORS

ADS Consulting
FIA Insurance

BRONZE SPONSORS

Japanese American National Museum
Go for Broke National Educational Center
Little Tokyo Service Center
Yamaha Music Center

For sponsorship opportunities, please contact ksato@keiro.org.

Please cut off and return.



REGISTRATION FORM: Cost of Registration is \$50/Person

Please register by one of the following methods:

Register online at www.keiro.org/conference/

Email bikemura@keiro.org with the subject "Conference Registration" and include your name, phone number, and mailing address.

Call 213.873.5708

Mail this completed form to:

Attn: Bryce Ikemura
420 East 3rd Street, Suite 1000
Los Angeles, CA 90013

Payment can be made online with credit card or by check payable to Keiro.

Breakout Sessions (choose a first and second choice for each session):

Session 1: (1st Choice) A B C (2nd Choice) A B C

Session 2: (1st Choice) D E F (2nd Choice) D E F

Mr. Ms. Mrs. Name: _____

Address: _____

E-mail Address: _____

Phone: _____

Due to space limitations, registrations will be honored in the order they are received. Please note that the event will be filmed and photographed. By registering, you agree that we may use your likeness to promote Keiro and its events and services. Cancellation and refund requests must be made in writing and postmarked, faxed, or emailed by September 16, 2018 to the address indicated on this sheet. Refund requests will be refunded the full amount less \$10 per registrant for administrative fees. Refund requests postmarked, faxed, or emailed after September 16, 2018 will not be honored due to required guarantees.