

BEFORE IT'S TOO LATE:

DISCUSSING ADVANCE PLANNING

Saturday, April 19, 2025 | 12:00 - 1:30 p.m.

Keiro and Little Tokyo Service Center's (LTSC) Changing Tides present a panel discussion on the stressors that come with end-of-life decisions and how advance planning can help alleviate some of that stress. This in-person panel discussion will share stories from the community, emphasizing the importance of taking action on these documents before it's too late.

This event is made possible by the generous support of Project Kokoro.

Keiro



Founded in 1961, **Keiro** improves the quality of life for older adults and their caregivers in the Japanese American community of Los Angeles, Orange, and Ventura counties. Keiro provides a range of culturally-sensitive programs and resources, in both English and Japanese, to meet the evolving needs of our aging community.

Changing Tides



Changing Tides is a program of Little Tokyo Service Center that seeks to inspire greater mental health discussion within the Japanese American and broader Asian American community while tackling the associated stigma. Its mission is to normalize mental health in our community through events, services, outreach, education, and open conversations.

Facilitated by:

Peter Gee



As Little Tokyo Service Center's Director of Service Programs, Peter Gee leads service programs core to the organization's mission and roots as a social service agency including care management, mental health services, Changing Tides, homeless services and senior services – just to name a few. He also serves on the Executive Management Committee, LTSC's staff leadership team.

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Meet Our Panelists:

Diana Ono



Diana Ono is the Co-President of Project Kokoro at OCBC, a community leader, working grandma, caregiver, and advocate for Japanese culture and Japanese community. She stays active by playing basketball, pickleball, and spending quality time with her grandkids and extended family. Her *ikigai* (purpose in life) is serving her community and temple.

Joo Ae Park



Joo Ae Park is a Registered Associate Marriage and Family Therapist with clinical experience providing services to children, adolescents, and adults through individual, couple, and family therapy. Joo Ae works as a clinician at the Orange County Asian and Pacific Islander Community Alliance (OCAPICA) Project MPOWER. Joo Ae completed her Master of Arts in Marriage and Family Therapy at Biola University and is currently pursuing her Doctorate in Marriage and Family Therapy at Hope International University.

John Nakaki



John Nakaki has been with Keiro since 2009 and is currently an Administrative Associate. He has worked as a courier, new hire orientation instructor, Occupational Safety and Health Administration (OSHA) compliance trainer, and community services facilitator. John was on the Board of Directors of the Grateful Crane Ensemble and is a founding member of Sansei Legacy of Southern California. Previously, John spent over 30 years with UPS in operations and staff positions.

Deena Umeda



Deena Umeda (she/they) is the Changing Tides Assistant Outreach Coordinator. She grew up in San Jose California before she moved to Santa Barbara to attend college. She graduated from UCSB with a degree in Asian American Studies. Now, she is based in Los Angeles, and in her free time she enjoys cooking for her friends, tending to her indoor plants, and dabbling in different kinds of arts and crafts.