

Keiro presents

Caregiver Conference

Zoom Webinar

- **Understanding Long-Term Care**
Tuesday, March 8 | 6:00 – 7:30 p.m. PST
- **Navigating Challenging Conversations**
Wednesday, March 16 | 6:00 – 7:30 p.m. PDT
- **Stress Management for Caregivers**
Saturday, March 26 | 10:00 – 11:30 a.m. PDT

The Caregiver Conference is FREE to the community and is made possible by Keiro along with support from The Aratani Foundation, our community partners, sponsors, donors, and volunteers.



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. In everything we do, we advance our mission through a person-centered, innovative, and collaborative approach.

KEIRO'S SERVICES AND PROGRAMS

Community Education and Events

Keiro partners with dozens of community centers, churches, temples, and other groups serving Japanese American and Japanese older adults to provide comprehensive classes to meet the needs of their aging members. Educational programs focus on health/wellness, financial wellbeing, aging resources, technology, and other relevant topics. Currently, classes are conducted in virtual formats. Since April 2020, Keiro has hosted over 237 Virtual Keiro Forums.

Keiro also hosts community events throughout the year to support older adults and caregivers. These events range from conferences that provide resources and education, to festivals that celebrate the lives and accomplishments of the older adults in Our Community. We look forward to bringing our programs back in-person once it is safe to do so.

Iyashi Care

Keiro and Providence have partnered since August 2017 to create the first culturally-sensitive palliative care program focusing on Japanese American and Japanese older adults living with advanced illnesses and/or debilitating symptoms. This innovative program brings together a specialized team of doctors, nurses, and social workers to work closely with the patient's existing health care team to provide an extra layer of support as patients pursue the best possible quality of life.

Community Building and Partnerships

Keiro continues to advance its mission in innovative ways through collaboration and partnerships with community organizations that share similar visions and already do great work to serve the older adults in our community.

As we aim to transform the wellbeing of our aging community, we know that we cannot do this work alone. By working together, we can strengthen existing programs, increase resources, and fill critical gaps in our community's support network.

Grants Program

Launched in 2016, Keiro's Grants Program provides funding support to local nonprofit, community-based organizations that serve the Japanese American and Japanese older adult population. Grantmaking allows Keiro to invest in new and ongoing programs that reduce social isolation among older adults and their caregivers. To date, Keiro has supported 71 local organizations through the Grants Program.

Nikkei Senior Network

As part of strengthening community network and collaboration, Keiro has hosted regular meetings since 2006 to gather community leaders and share ideas and projects with other community partners serving older across Southern California. The shared knowledge strengthens community bonds to empower community organization leaders to tackle various challenges relating to aging in community, ranging from transportation, social connections, program planning, and more.

LTSC Partnership

Keiro and Little Tokyo Service Center (LTSC) have partnered since 2017 to expand and enhance support to older adults and their caregivers. The partnership initiative continues today, focusing on mental health, caregiving, and low-income clients seeking emergency assistance. Keiro also collaborated with LTSC during the pandemic to provide over 19,000 meals to local older adults through the LT Eats program that started in response to the pandemic.

Community Advancement

As local organizations are challenged with maintaining their day-to-day operations, Keiro curates a series of educational seminars aimed at expanding organizations' capacity. During its initial pilot phase in 2021, Keiro connected dozens of community partners with experts in the fields of human resources, COVID-19 protocols, fund development, and nonprofit finances. Keiro continues to provide responsive educational resources to empower organizations serving our aging community.

Please visit our website at [keiro.org](https://www.keiro.org) for additional and updated information.



Conference Program

► Understanding Long-Term Care

Tuesday, March 8

6:00 p.m.

Presentation and Q&A

Karl Kim, CFP, CLTC

7:00 p.m.

Resource Fair

1. Nikkei Senior Gardens
2. Sakura Gardens at Los Angeles

► Navigating Challenging Conversations

Wednesday, March 16

6:00 p.m.

Presentation and Q&A

Kanako Fukuyama, MSW and Andrea Strouth, MSW

7:00 p.m.

Resource Fair

1. Iyashi Care
2. Fukui Mortuary
3. Kubota Mortuary

► Stress Management for Caregivers

Saturday, March 26

10:00 a.m.

Presentation and Q&A

Nancy Clifton-Hawkins, MPH, MCHES

11:00 a.m.

Resource Fair

1. Home Care Assistance/Millennia
2. 24 Hour Home Care
3. Little Tokyo Service Center



Session Details

Session #1: Understanding Long-Term Care

The world of long-term care can be confusing to navigate unless you have a counselor to walk you through it. Karl Kim, CFP, CLTC, will provide an overview of the cost of long-term care as well as payment methods (Medicare, Medi-Cal, private pay, and other options) in order to assist people in preparing financially for future care costs.

Presenter: Karl Kim, CFP, CLTC



Karl Kim is the author of *Don't Go Broke Paying the Nursing Home: How Californians Can Protect Their Home, Cash and Retirement Accounts*. Karl's personal mission is to educate every Californian about the smart steps to plan for long-term care costs. Karl is a Certified Financial Planner™ (CFP®) with over 35 years of experience. He is also Certified in Long-Term Care planning (CLTC), a LTC Medi-Cal Specialist, and a California Licensed Insurance Broker. He has written extensively about the importance of planning ahead in order to correct the mistakes commonly found in many retirement, insurance, and investment plans.

Active in the Japanese-American and Hawaiian communities in Los Angeles and Orange County, Karl has volunteered in various capacities for Keiro. He has been involved with Keiro past and present with roles including being a former member of the Board of Directors, IHA Advisory Council member, and member of the Fund Development Committee.

Session #2: Navigating Challenging Conversations

Conversations related to health care preferences and caregiving preparation can be challenging subjects to navigate. However, knowing the wishes of a loved one and having proper documentation in place can be beneficial as caregivers consider advance care planning. Understanding that these conversations within Our Community may not be easy to bring up, Kanako Fukuyama, MSW, and Andrea Strouth, MSW will discuss strategies to navigate these challenging, and possibly daunting, conversations with loved ones.

Presenter: Kanako Fukuyama, MSW

Clinical Social Worker, Iyashi Care Program; Providence TrinityCare Hospice



Kanako received her bachelor's degree in psychology from Concordia University in Irvine and a master's degree in social work from California State University, Long Beach. She worked at Keiro Adult Day Care Center of Orange County for seven years. Upon closure of the Center, Kanako joined The Institute for Healthy Aging at Keiro to reach out to a wider range of Japanese American communities. There, she managed community education programs and provided support and culturally-sensitive resources to older adults and caregivers. After working at Keiro for 18 years, Kanako joined Providence to be a part of the Iyashi Care program. She hopes to use her bilingual and culturally-sensitive skills to help patients and their loved ones navigate the health system and to ensure they receive the emotional support needed when someone has been diagnosed with a serious illness.

Presenter: Andrea Strouth, MSW

Clinical Social Worker, Iyashi Care Program; Providence TrinityCare Hospice



Andrea Strouth originally joined Providence in 2015. She has supported the Community Palliative Care Program as a clinical social worker, clinical supervisor, senior project manager, and currently serves as clinical manager. Andrea's hope is for patients to feel empowered in every aspect of their care, understand their illness, and ensure that they have the space to express how they wish to be cared for.

Andrea holds a bachelor's degree in psychology and received her master's degree in social work from the University of Pennsylvania. She received post master's education at the Shiley Haynes Institute for Palliative Care through California State University, San Marcos. Previously, Andrea worked in both inpatient and outpatient oncology social work settings at Duke University Hospital, in Durham, North Carolina, as well as the former Hahnemann University Hospital and Penn Medicine's Abramson Cancer Center, both located in Philadelphia, PA.

Session #3: Stress Management for Caregivers

Research shows that caregiving can be a rewarding, yet stressful experience. Maintaining good mental health as a caregiver is of utmost importance. Nancy Clifton-Hawkins, MPH, MCHES, will discuss how to recognize signs of stress and strategies to manage that stress so that caregivers can continue to care for themselves while they care for their loved ones. This presentation will provide attendees with a different perspective on caregiving – focusing on how to care for the body's most important organ, the brain.

Presenter: Nancy Clifton-Hawkins, MPH, MCHES



Nancy is the director of community benefit at City of Hope. She represents City of Hope's efforts to understand and identify programs and initiatives designed to improve the adverse impacts resulting from inequities in the social determinants of health. With over two decades of experience working in Southern California with vulnerable multi-ethnic communities, Nancy represents City of Hope with community coalitions such as the Health Consortium of Greater San Gabriel Valley and Healthy San Gabriel Valley.

Nancy earned a dual Master of Public health degree in health promotion/education and global health from Loma Linda University. She is also a Master Certified Health Education Specialist with expertise in delivering health and wellness topics in a variety of community settings, age groups, and cultures. Nancy is very grateful for the opportunity to serve as the director of social welfare at the Orange County Buddhist Church.

All opinions expressed are general in nature and solely those of the speakers, and do not necessarily reflect the opinions of Keiro. You should consult a physician, pharmacist, social worker, and/or an attorney of your own selection for professional advice that is appropriate for your personal situation.

Professional Consultations

Opportunities to seek free professional consultations on the phone will become available for attendees after each session. You must register for and attend the corresponding session to sign up for a professional consultation.

Sign-ups will be available on a first-come, first-served basis, and we cannot guarantee that you will secure an appointment. Attendees may utilize up to one consultation for this year's Caregiver Conference.

Consultation Sign-Up Schedule

Sign-ups for the following consultation topics will be available after their respective conference session:

Session #1: Legal and Long-Term Planning Consultations

Session #2: Iyashi Care Consultations by Keiro Staff

Session #3: Social Worker Consultations

Consultant Biographies

Steven Awakuni, Esq.

Steven is a former senior vice president and branch manager in the banking industry. In law school, he received the Bancroft-Whitney Am Jur award in taxation. He served as a judicial extern for the Honorable Fumiko Wasserman. Steve was appointed as a pro-bono prosecutor for a local city prosecutor's office, and also served as a settlement officer for the probate department of the Los Angeles Superior Court. Steven was appointed to the Gardena Planning and Environmental Quality Commission, serving as vice chair and acting chairman. He has served as legal counsel and a board member to several community organizations. He primarily practices in the area of Trusts and Estates law.

Diana Fukushima

Diana is a Yonsei, Los Angeles-born attorney with strong family ties to the Little Tokyo and Keiro communities. She attended Scripps College in Claremont, and Pepperdine Law School where she also received her Master of Dispute Resolution. She currently works with her father at the Law Offices of Paul Jay Fukushima, in the Los Angeles area, specializing in estate planning, probate, and family law.

Vivian Lee, MSW, LCSW

Vivian is a social worker with Little Tokyo Service Center (LTSC) since 2006. She oversees Kosumosu, a transitional housing program for Domestic Violence (DV) survivors, providing weekly care management services and support groups to the DV survivors. She also works with seniors, providing them with care management and counseling services. She coordinates the Master of Social Work internship program with various universities in Southern California and provides clinical supervision to fellow social workers. She was born and grew up in Hong Kong, speaks both Cantonese and Mandarin.

Consultant Biographies (cont.)

Ayumi Omoto, LCSW

Ayumi was born in Los Angeles and grew up in both California and the east coast, as well as spending her high school years in Tokyo, Japan. She attended Oberlin College in Ohio for her undergraduate degree, then obtained her Masters in Social Welfare degree from University of California, Los Angeles. Ayumi has worked at the Little Tokyo Service Center (LTSC) as a social worker for 16 years. For the last three years, she has been the coordinator of the mental health program at LTSC.

Staci Toji, Esq.

Toji Law was founded in 2018 by Staci Toji, an estate planning attorney in Torrance, CA dedicated to helping families of all generations plan for their future. Staci was born and raised in Torrance. She graduated from Loyola Marymount University, magna cum laude, as a Valedictorian Finalist and Leadership Scholar, earning her B.A. in Political Science and Asian and Pacific Studies. After LMU she began Southwestern Law School's two year accelerated SCALE Program where she was a member of the International Law Journal Honors Program. Staci is actively involved with the Go for Broke National Education Center (where she is a newly appointed member of the Board of Directors), Kizuna, U.S.-Japan Council, and the Japanese American Bar Association. In addition, she has regularly contributed articles to the JACL Pacific Citizen and Rafu Shimpo newspapers.

Resource Fair Vendors



IYASHI 癒 CARE

A Keiro-Providence Partnership: Iyashi Care provides culturally-sensitive outpatient care for Japanese American and Japanese older adults with serious illnesses or life-limiting symptoms.

To learn more about Iyashi Care:

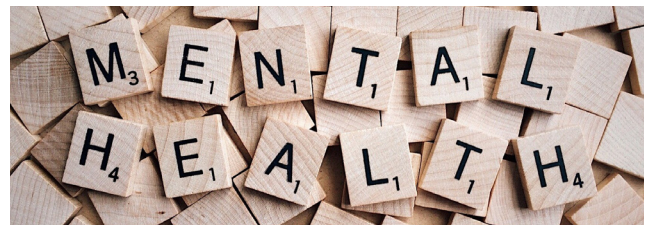
1. Please fill out [this online form](#), and a Keiro staff member will contact you to learn more about your specific situation and answer any questions.
2. Please call the Iyashi Care call line at 213.873.5791 and leave a message. A Keiro staff member will return your call within 1-2 business days.

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



Speaker Series: A Mental Health Conversation

May 2022
Series of Virtual Webinars



In recognition of Mental Health Awareness Month, this series, consisting of multiple presentations throughout the month of May, is centered around how and why a strong mental health benefits one's aging experience on a physical, mental, and emotional level.

Registration opens Monday, April 4, 2022.

For more information, visit keiro.org/speaker-series

Virtual Keiro Forums

Keiro is currently hosting various webinars through Zoom. Please use this time to learn something new and stay connected with Keiro and others!

Visit keiro.org/virtual to see a full listing and register for the upcoming Virtual Keiro Forums.

Upcoming Virtual Keiro Forums:

Medicare Overview with Center for Health Care Rights

Thursday, March 10 | 10:30 - 11:30 a.m.

This presentation is designed to provide an overview of how the Medicare program works. It will explore Medicare eligibility and enrollment periods, the different parts of Medicare, coverage options, and costs.

Fall Prevention

Tuesday, March 15 | 10:30 - 11:30 a.m.

With around 36 million reported cases per year among older adults, falls are a public health concern. However, falls are NOT a normal part of aging and are preventable. Join this forum to discuss shared concerns about falling, and to learn tips to reduce your risk of falls in and around the house.

5 Wishes Presentation with Little Tokyo Service Center

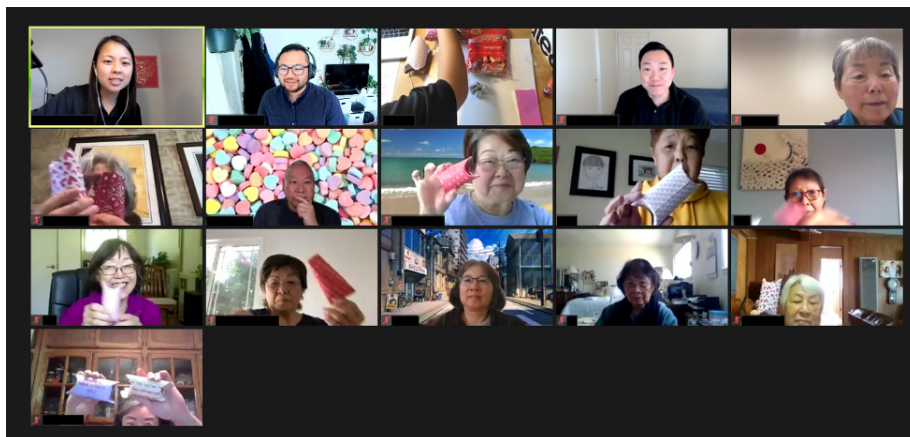
Thursday, March 17 | 10:30 - 11:30 a.m.

This presentation will introduce 5 Wishes, a tool to plan and maintain control of critical health care decisions, and share our preferences with those involved in our care. It is an advance health care directive offered in bilingual formats, including in English and Japanese, and additional sections to facilitate communication with family members and others.

Let's De-Stress with Independence at Home

Tuesday, March 22 | 10:30 - 11:30 a.m.

Stress is a normal part of life, but how you deal with that stress makes a big difference to your health. Come connect with others and learn tips on ways to better manage the stress in your life!



2022 Alzheimer's Conference

Presented with Alzheimer's Los Angeles

June 2022
Zoom Webinar

This FREE event will bring together a panel of expert speakers to educate the community on Alzheimer's disease and related disorders. This conference will be offered in English and Japanese.

For more information, visit keiro.org/alzheimers-conference.



Support Keiro

Keiro provides a variety of culturally-sensitive services and programs and is adapting to meet the current community needs. But we cannot do it alone! Your contribution supports our ability to continue providing much-needed services and resources to positively impact the ever-changing needs of older adults and caregivers in Los Angeles, Orange, and Ventura counties.

In 2021, Keiro reached over **600 caregivers and their families**, providing meaningful resources to help care for their loved ones. With your help, we can impact more caregivers in Our Community!

Contributions are tax-deductible to the fullest extent of the law. Keiro is a 501(c)(3) nonprofit organization.

To support Keiro, visit keiro.org/support.





ARATANI *foundation*

is proud to support Keiro's work to
enhance the quality of life of
older adults and their caregivers in the
Japanese American community.

Thank you to all our sponsors!

Presenting Sponsor

The Aratani Foundation

Caregiver Care Package Sponsor

Lynn Miyamoto & Kevin Kroeker

Resource Fair Sponsors

The Doizaki Family

Jack Kurihara & Carol Inge

Kawaguchi-Kihara Memorial Foundation

Session Sponsor

Home Care Assistance/Millennia