



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

Phone: 213.873.5700  
Fax: 213.873.5799  
E-mail: [contact@keiro.org](mailto:contact@keiro.org)  
Web: [keiro.org](http://keiro.org)

Non-Profit  
Organization  
U.S. Postage  
PAID  
Los Angeles, CA  
Permit No. 32672

#### Stay Connected with Keiro:



[facebook.com/keiro.iha](https://facebook.com/keiro.iha)



[@keiroliving](https://twitter.com/keiroliving)



Visit [keiro.org](http://keiro.org) to sign up  
for our E-Newsletter!



Select Keiro Services and shop at smile.  
[amazon.com](http://amazon.com) to support us!



#### UPCOMING EVENTS:



## Keiro no Hi FESTIVAL

Celebrating our Older Adults

Sunday, September 16, 2018

10:00 a.m. – 4:00 p.m.

Japanese American Cultural & Community Center  
244 S. San Pedro St., Los Angeles, CA 90012

Co-presented by Keiro and the  
Japanese American Cultural & Community Center

KEIRO CONFERENCE:

## AGING INTO TOMORROW

An innovative approach  
to the aging process

Saturday, October 13, 2018

9:00 a.m. – 3:00 p.m.

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

Registration: \$50

# Caring for Caregivers

## Contents:

P.2	2018 Caregiver Conference
P.4	Message from the President & CEO
P.4	How Does Keiro Support Caregivers?
P.5	Our Year 1 Grants Cycle
P.5	2018 Grants Cycle
P.6	My Peace of Mind – How Iyashi Care Helped Me

P.8	Thank You to Friends of Keiro
P.9	Volunteer Highlight: NJ Nakamura
P.10	Connecting with Our Community – Keiro Happenings
P.11	Vitality Forum Superstar: Akemi Miyake
P.11	Ahead on Aging: New Medicare Cards





## Keiro's Caregiver Conference 2018

After 51 years of marriage, Roy and Masako Matsuo are looking for new ways to take care of themselves. Masako was diagnosed with Alzheimer's disease about a year ago and her husband Roy is her primary caregiver.



Both can't count the number of Keiro caregiver conferences they've been to but say they always learn.

"There's always something," Roy adds. "Even if you think you know everything, someone will say something that gives you more insight."

While past conferences have helped Roy and Masako already, they're hoping to explore additional options available to them to address their needs both current and future.

"I want to keep her home for as long as possible, but also know when to ask for help," says Roy as he points to his conference program booklet. "That's what this is about."

More than 300 attendees gathered Saturday morning on May 12<sup>th</sup> at the Caregiver Conference co-presented by Keiro and Orange County Buddhist Church. The Mother's Day weekend conference

provided specific resources for older adults, their families, and caregivers.

As a mother of two, a daughter, and a family caregiver, Keiro's President & CEO Leona Hiraoka detailed how "caregivers play a central role in an older adult's ability to age well and with grace. And caregivers need resources too."

The morning's keynote speaker, Associate Medical Director of Providence Health & Services Dr. Yuichi Edwin Yanami, hoped to provide a timely resource to help caregivers through Iyashi Care, a new Keiro and Providence partnership providing palliative care (see P.6). The culturally sensitive and innovative service is "not meant to replace your doctor but is there as an additional layer of support during your treatment," explained Dr. Yanami.

Attendees were also given the choice of attending different informational breakout sessions. Topics ranged from covering legal advice, managing stress for caregivers, recognizing red flags for older adults in need of help, tips on hiring in-home care, and communication challenges for those with Alzheimer's disease.

For Tad and Karen Okumoto, the Alzheimer's session helped them better understand how to communicate with Tad's mother who has symptoms of dementia.

“I understand how we need to change,” Tad explained. “The ones with dementia and Alzheimer’s won’t change. We need to know how to communicate better.”

According to the Alzheimer’s Association, Alzheimer’s and dementia caregivers provide care on average one to four years more than other caregivers.



Caregiving for them is a big part of their life, from commuting after work for visits to cooking special meals. “Caregiving is more than just being there and helping her get out of bed and go to the bathroom,” said Karen. “Caregiving is making sure that all the pieces are there.”

Both Tad and Karen say that the conference has helped them find those pieces.

Diana Ono attended the conference several times before, but she says this one was different. “This one was good because before I was volunteering [for the event] but now I’m living it.” She learned about caregiving through watching her parents care for her grandparents. But now she is putting into practice the specific tips she learned to better communicate with her mother, who has dementia. “You have to live in their world. They ask the same question a hundred times so you divert it or you change the subject, instead of getting angry.”

A resource fair was held giving attendees the opportunity to meet with various organizations and companies to access additional information on care services. Many also had the chance to speak to the Iyashi Care team to learn more about the program in detail.



Caregivers play a central role in an older adult’s ability to age well and with grace. And caregivers need resources too.

Leona Hiraoka  
President & CEO, Keiro

The fair was beneficial to those who support others in the community. First time attendee Gary Tawa, who cares for his 91-year-old mother, wanted to help his church members as well. “I’m in charge of senior ministry at our church. So I want to help provide resources to them like how to get a caretaker.”

Diana also invited multiple friends to attend the conference for the first time.

“One of the good things is everybody talks, and it’s like ‘oh I’m not the only one in the same situation’ and [...for my friends] they networked, they got to pick up the brochures, and learn about things.”

While the conference was a one-day event, it is part of Keiro’s year-round commitment to improving the quality of life for older adults and their caregivers.





## How Does Keiro Support Caregivers?

Keiro supports caregivers by providing answers and resources to confidently care for their loved ones. Resources available include:

### Iyashi Care

This Keiro-Providence partnership program provides palliative care to older adults with advanced illnesses and/or debilitating symptoms and their families. For more information, call 213.873.5791 or turn to P.6.

### Caregiver Conference

This annual event consisting of expert speakers and a resource fair provides opportunities to expand your caregiving knowledge and connect with others going through similar experiences.

### Fact Sheets and Videos

From advanced directives to how to use a gait belt, Keiro's website offers a wealth of tips and tools for caregivers. Visit [keiro.org/resources](http://keiro.org/resources).

### Care Providers

This Keiro-Little Tokyo Service Center partnership program recruits and trains quality care providers for direct hire. For more information, call 213.473.3035.

### Resource Directory

A convenient place to look up a variety of services in your area. Visit [keiro.org/resources](http://keiro.org/resources).

For any questions, email [programs@keiro.org](mailto:programs@keiro.org) or call

## Welcome to Keiro Connect: Summer 2018 Edition!

Despite the hot weather, summer is a much-anticipated time in our community – reconnecting with others, enjoying good food, and joining the bon odori line even if you don't know the motions. What strikes me about these summer festivals is how seamlessly older adults' needs are incorporated and that everyone helps out.

Caregivers are the foundation of support for older adults in our community. Nearly one in three Japanese Americans provide care to a loved one. Families including grandchildren and friends ensure that their older loved ones can continue to attend important events like these summer festivals, and Keiro is working to create expanded resources and support for these families.



We hope this Summer 2018 Edition will provide helpful information about Keiro's programs and services to the caregivers in our community. We truly thank all our supporters and community partners for your dedication to making our work possible.

Leona Hiraoka  
President and Chief Executive Officer, Keiro

厳しい暑さが続く中、待ち遠しかった夏祭りの季節となりました。コミュニティの方々と、年齢の枠を越えて、食事やおしゃべりをし、盆踊りなどを通して皆で楽しめるイベントとなっていることがほほえましく、とても感心いたしました。

現在約3人に一人の日系人が介護に携わっているといわれています。コミュニティの高齢者を支える為に、必要な存在である介護者への支援が不可欠になってきています。本誌ではKeiroが提供するサービスの内容から、介護をしている方々のお話など、盛りだくさんの内容となっております。

私たちの活動を支援くださいます、すべてのコミュニティパートナーそしてサポーターの皆様に深く感謝申し上げます。

レオナ・ヒラオカ  
Keiro代表兼最高経営責任者 (CEO)

### Keiro Board of Directors

Lynn Miyamoto, Esq.,  
Board Chair  
Ernest Doizaki  
Jeff Folick  
Kimiko Fujita  
Gerald Fukui

Thomas Iino, CPA  
Claire Koga, MD  
Jack Kurihara, PharmD  
Makoto Nakayama, PharmD  
Lisa Sugimoto, EdD  
Dennis Sugino

## Our Year 1 Grants Cycle

IN 2017, KEIRO'S GRANT RECIPIENTS CREATED  
MORE THAN **109,000** OPPORTUNITIES  
TO ENGAGE OLDER ADULTS  
AND THEIR CAREGIVERS

# BY THE NUMBERS



**OVER 7,800 HOURS**  
OF CAREGIVER SUPPORT  
THROUGH PROGRAMS & EDUCATION



**7,300 SERVICES**  
PROVIDED FOR  
JAPANESE SPEAKERS



**OVER 1,000 RIDES**  
HELPED TRANSPORT OLDER ADULTS TO  
VARIOUS PROGRAMS AND EVENTS,  
KEEPING THEM SOCIALLY ENGAGED

### Recipients' Voices:

"CENW is extremely grateful to Keiro for its fiscal and partnership support in our efforts to assist the senior of seniors live a balanced, meaningful and productive life. We hope to continue this partnership as long as there is a need in our community for an organization such as ours."

Sue Kawasaki, president of Continuing Education for the Nikkei Widowed

"Even though we meet once a month, I think the consistency has been helpful. And anything can happen in a month's time. The needs of caregivers are unique and understanding your own experience can be better understood by the help of fellow caregivers and a good leader. It seems as though the meetings could potentially go another hour if we didn't watch the clock."

Lillian, attendee of the Caregiver Support Group at

### 2018 Grants Cycle

Keiro's 2018 Grants Cycle is now open! Focusing on reducing social isolation, Keiro's grantmaking strategy will continue to support new and ongoing programs that serve older adults and their caregivers in the Japanese American and Japanese community in Los Angeles, Orange, and Ventura counties.

This year, grants up to \$15,000 will be available, and priority will be given to organizations with an annual operating budget of less than \$1 million. Please visit [keiro.org/grants](http://keiro.org/grants) for the guidelines, eligibility criteria, and application materials.

The application deadline is 5:00 p.m. on Friday, August 31, 2018. Early submission is encouraged.

For any questions, please email [grants@keiro.org](mailto:grants@keiro.org) or call 213.873.5703.





## My Peace of Mind – How Iyashi Care Helped Me

Whenever you take a loved one to the emergency room, you never know what to expect. You try to keep track of everything, but that can be difficult when things move so quickly and you are interacting with unfamiliar staff, not your own doctors. And on top of all that, you're trying to remain calm so your family member doesn't become too anxious.

Sheldon Kawahara lived this experience when he took his 99-year-old father, Toki Kawahara, to the ER. Mr. Kawahara was diagnosed with pneumonia and severe loss of heart function. Several hospital staff, including a hospitalist, cardiologist, and patient manager, spoke with the Kawaharas but they received vague and sometimes conflicting information about both his father's condition and treatment options. Sheldon was used to following the doctors' advice – but this time, he didn't know what to do.

Having used Keiro's services before, Sheldon called Keiro staff for advice, where they introduced him to Iyashi Care. At first, Sheldon wasn't sure he and his father qualified since they were

already working with the hospital staff. But after talking through his situation, he understood how this could help his family.

Sheldon first spoke with Dr. Yuichi Edwin Yanami, one of the lead Iyashi Care physicians, about his father's situation. He then met with one of the Iyashi Care social workers, Jaylynn De Laroche, who explained what his options were given his father's preferences. As his father was being discharged from the hospital soon, Jaylynn, Sheldon, and his family worked quickly to find a good board and care facility and ensure that the transition went smoothly. Jaylynn assisted with the discharge by developing a care plan, ordering medical equipment, and completing the admissions paperwork at the board and care. And despite Mr. Kawahara arriving at the facility after 9:00 p.m., Jaylynn stayed to make sure he was comfortable.

A few days later, Dr. Yanami visited Mr. Kawahara and reviewed his medical records. He explained to the family that with the heart condition, it was very difficult to estimate prognosis. Other than ensuring that he was comfortable, there wasn't much else

they could do. Sheldon very much appreciated Dr. Yanami's honesty and genuine concern.

When Mr. Kawahara settled into his new routine, Sheldon and his family were very pleased with his care. Initially Mr. Kawahara was skeptical about his whole situation, but he became very comfortable with Dr. Yanami – he thanked Mr. Kawahara for his military service, which meant a great deal to the family. Mr. Kawahara liked to stay up late and not eat on a set schedule, and the facility was able to accommodate that. Dr. Yanami and the Iyashi Care team continued to monitor Mr. Kawahara's condition.

"The Iyashi Care team made the transition so much easier, with a very quick turnaround," says Sheldon. "Anytime you're going through a crisis, you're not always thinking about everything – just the safety of your loved one. If you don't know what you don't know, you can't plan ahead. Having Jaylynne and Dr. Yanami there to help plan and fill in the gaps was huge. And the cultural sensitivity aspect was a big comfort because they understood things that others might not, without us having to explain it. I would highly recommend Iyashi Care, without hesitation, to others going through a similar situation. The peace of mind for our family was invaluable."



*Sheldon and his wife conversing with Dr. Yanami at Keiro's Caregiver Conference*



## WHAT IS PALLIATIVE CARE?

Palliative care is specialized medical care for people with serious illnesses and life-limiting symptoms. This type of care is focused on providing relief and comfort from symptoms and stress of a serious illness. The goal is to improve the quality of life for both the patient and their family.

Palliative care is provided by a specially-trained team of doctors, nurses, social workers, and other specialists who work together with the patient's other doctors to provide an extra layer of support. It is appropriate at any stage of a serious illness as early as from the time of diagnosis, and it can be provided along with curative treatment. Palliative care does not replace your current physicians but

## IYASHI 癒 CARE

Keiro and Providence present the first palliative care program in the United States catered towards Japanese American and Japanese older adults and their families. The program provides an extra layer of care by working together with the patient's current healthcare team.

Contact us today to inquire  
about this new, innovative  
program!

213.873.5791  
[keiro.org/iyashi-care](http://keiro.org/iyashi-care)





# 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 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 June 2016 – December 2017.

Kazuyuki Abe	Joyce Hernandez	Wallace Nishimoto
*Stanley & Gladys Adachi	*Leona Hiraoka	Mary Nishisaka
Donald & Shieko Aiso	*Yoshie Hirata	*Nishisaka Family Trust
Ken Aiso	Hitoshi & Utako Sameshima Trust	OCBC Dana Program
Akira J. Muranaka Trust	Riky Hojo	Paul & Janet Ogasawara
John Akiyama	IBM Employee Services Center	Tad & Karen Okumoto
Kaoru & Reiko Akiyama	*Tom & Barbara Iino	*Yoko Ono Lennon
AmazonSmile Foundation	Brian Ikeda	*Pacifica SL Boyle, LLC
Anonymous	Intercollegiate Nikkei Council	David Sakai
Kiyoshi Arata	Iwamoto Family	*Kiyoshi Sakakura
Bank of America Employee Giving Campaign	John D. and Catherine T. MacArthur Foundation	*Nobuo Sameshima
*Joseph & Dianne Kujubu Belli	Robert & Takako Joice	San Gabriel Nikkei Seniors Club
*Boeing	Reynold Kagiwada	Donald & Wendy Sasaki
Michael T. Brown	Arnold Kaji	*SCAN Health Plan
*California Community Foundation	*Gene & Vickie Kanamori	Fumiko Shigemura
*Changing the Community	Ricky Kato	Winston & Ruth Shigenaga
*The Chicago Community Foundation	*Kawaguchi-Kihara Memorial Foundation	Ayao Shinozaki
Mieko Chin	Karen Kawakami	*Sierra Madre Issei Memorial Foundation
Thomas & Noreen Chinen	Frank & Sachie Kawana	Smart & Final Charitable Foundation
Ayako Constantine	Stanton Ogata & Paulina Kawasaki	*Dennis & Joani Sugino
*DF Foundation	*Keiko Yusa Revocable Trust	Hiroshi & Taeko Sumiyama
Kevin Doi	Dian Kobayashi & Shaun Shimoda	Richard & Alice Takahashi
*Doizaki Family	Abe T. Kochi	*Shigeo & Megumi Takayama Foundation
East San Gabriel Valley Japanese Community Center	*Claire Koga & Stephen Beck	Makoto & Julie Takeda
*Employees Charity Organization (ECHO) of Northrop Grumman	*George Komatsu Fund	Brian Taniguchi
FIA Insurance Services, Inc.	Dennis & Joyce Kunishima	Christina Tatsugawa
Fidelity Charitable Gift Fund	Richard & Charlene Kuramoto	The Terasaki Nibei Foundation
*Jeff & Namy Folick	*Jack Kurihara & Carol Inge	*TIFF Advisory Services, Inc.
*Sharlene Fujikawa	Takeshi & Ritsuko Kuroki	Yutaka & Bruce Tomoike
Kimiko Fujimaki	Haru Kuromiya	*Truist
Kiyoshi & Susan Fujisaki	Lance Maemori	Jeff Tsuji
Kimiko Fujita & Kihei Otani	Takashi & Jane Makinodan	Stuart & Frances Tsujimoto
Paul & Joyce Fujita	Randy & Amparo Masumoto	United Way California Capital Region
*Gerald Fukui	Chieko Matsuda	*United Way, Inc.
*Fukui Mortuary	Don & Kathy Matsumoto	*Upper Crust Enterprises, Inc.
*Sharon Furiya	Edward Matsumoto	*Jody Uyechi
Gardena Buddhist Church	*Thomas H. Matsunaga Family Trust	Venice Hongwanji Buddhist Temple
Harry K. Gondo	*Lynn Miyamoto & Kevin Kroeker	*Ruth Watanabe
*John H. Grace Foundation	*Mizushima Survivor's Trust	Wintersburg Presbyterian Church
Kiyoshi Hachiya	Wendy Mochizuki	*Yamakawa Family Trust
Shig & Ann Hamachi	Gloria Moriki	Sheryl Yamamoto
Grace Harada	Ned Morimoto	Hisashi & Helen Yamano
	Herbert Nagasawa	Ronald T. Yoshihara
	Les & Luci Naka	Joanne Yoshii
	*Masami & Yoko Nakamura Trust	Roy Yoshimitsu
	Penny Nakashima	*Teruyo Yoshimura Trust
	Takeshi & Patricia Nakayama	

YourCause, LLC Trustee for  
Chevron Matching Employee  
Funds

YourCause, LLC Trustee for Edison  
International

## DONATIONS IN MEMORY OF

Keiro gratefully acknowledges the  
following donors who contributed  
from June 2016 – December 2017.

Bolded names indicate individuals  
who are being honored with gifts  
to Keiro.

RUBEN DE LA TORRE  
Roy & Violet Imazu

FRED & MICHIO DOHZEN  
Jeffrey & Lorraine Dohzen

RONALD Y. DOIZAKI  
Joseph & Dianne Kujubu Belli

MICHIKO EGUCHI  
Wayne & Karen Eguchi

MATSUE FUJIKADO  
\*Emiko & John Murakawa  
\*Kinnami, Inc.

MITSUYE FURUYA  
Steve & Joanne Ishii

JOE SHOKICHI HOSHINO  
Jody M. Hoshino

CHIHARU IKEDA  
Yoko Kato

ALICE KAWASAKI  
Glenn & Marion Toyoshima

YUKIO & ALICE KUDOW  
Dianne Odagawa & Cindy  
Nakamura

EDWARD J. KUROSUMI  
Yoshio & Toshie Setoguchi

MASE & NATSU NAKAMINE  
ICI Worldwide, Inc.

TOSHIRO & YETSUKO SETO  
Anonymous

NAMI SHINGU  
Mitchell & Elinor Sakado

ASAKO WILKERSON  
Patrick & Yuriko McGowan

following donor who contributed  
from June 2016 – December 2017.

Bolded names indicate individuals  
who are being honored with gifts  
to Keiro.

## ANNIVERSARY

JOE SHOKICHI & KIMIKA HOSHINO  
Jody M. Hoshino

## IN-KIND DONATIONS

Keiro gratefully acknowledges the  
following donors who contributed  
from June 2016 – December 2017.

Boy Scout Troop 738

Cub Scout Pack 738

Disneyland Resort

F.K. Nursery, Inc.

Fugetsu-Do Confectionery

Girl Scout Troop 12135

Los Angeles Hampa Hongwanji  
Adult Buddhist Association

Magicopolis

Carol Miyahira

Project Kokoro & Dana Program

Victor & Claire Seki

Umeya Rice Cake Company

David Uyehara

Yoshie Yoshiba

## VEHICLE DONATIONS

Keiro gratefully acknowledges the  
following donors who contributed  
from June 2016 – September 2016.

Vehicle donations for Keiro have  
ended as of September 30, 2016.  
We thank everyone for your  
contributions over  
the years.

James Fujisaki

Efren & Liwayway Jacot

Alan & Gayle Otani

Isamu & Mitsuko Sugiura

Kent & Karen Tanabe



## VOLUNTEER SPOTLIGHT:

### NJ Nakamura

NJ facilitates iPad and diabetes classes through Keiro's new volunteer program. Having done patient education as a nurse for many years, she was comfortable with the diabetes class but was more nervous before her first iPad class. Afterwards NJ commented, "Knowing that Keiro has a solid teaching manual and with the support of my co-instructor made teaching this class easier than I expected. The participants...seemed so grateful and eager to learn. It was fun to see their smiles of accomplishments."

Keiro volunteers go through training to present and facilitate seminars and classes on topics from technology to wellness. No teaching experience or subject-matter knowledge is needed.

## Get Involved with Keiro



There are many ways to engage with Keiro as we work to advance the quality of life for older adults in our community. Keiro provides resources and programming that help Japanese American and Japanese older adults to age confidently wherever they call home. We encourage you to join our efforts by supporting Keiro as a donor, partner, or volunteer. It takes a community to care for our older adults, and we truly appreciate all your help and support!

Visit [keiro.org/get-involved](http://keiro.org/get-involved) or email  
[support@keiro.org](mailto:support@keiro.org) for more information.

## SPECIAL OCCASION DONATIONS

Keiro gratefully acknowledges the

## Keiro no Hi FESTIVAL

Celebrating our Older Adults

FREE EVENT

Sunday, September 16, 2018  
10:00 a.m. – 4:00 p.m.

Japanese American Cultural & Community Center  
244 S. San Pedro St., Los Angeles, CA 90012

Keiro 



Keiro no Hi, or Respect for the Aged Day, is a Japanese holiday to honor and celebrate older adults. This year, Keiro and the Japanese American Cultural & Community Center are partnering to host a festival designed to celebrate the lives of our community's older adults. Keiro no Hi will take an innovative approach to the festival's programmatic elements, specifically catering to older attendees.

Complimentary transportation will be made available to older adults from numerous locations throughout Los Angeles and Orange counties. The event is free to the public and includes intergenerational activities, performances, food, workshops, health screenings, and more.

Register now by visiting [keiro.org/knh](http://keiro.org/knh) or call Keiro at 213.873.5708.

KEIRO CONFERENCE:

## AGING INTO TOMORROW

An innovative approach to the aging process

REGISTRATION: \$50

Saturday, October 13, 2018  
9:00 a.m. – 3:00 p.m.

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

Keiro is looking toward the future of aging and its unique impact on the Japanese American and Japanese community of Southern California. Join us for a fun and informative one-day conference bringing together wellness, technology, and aging trends impacting all of us!

BREAKOUT SESSION TOPICS INCLUDE:

- Keeping Your Brain Healthy: How to Lower Your Risk for Dementia
- Financial Planning: Are You Ready for Retirement?
- The Secret is at the Table: The Mediterranean Diet
- Contemporary Aesthetic Treatments for Aging into Tomorrow: Facial/Body and Hair Rejuvenation
- Innovations in Aging: Technologies Supporting Independence and Wellbeing
- The Ancient Wisdom of Mind-Body Exercise

To register, please visit [keiro.org/conference](http://keiro.org/conference) or call 213.873.5700.

KEYNOTE SPEAKERS:

### The Science Behind Social Connection in Older Age



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

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

### Let it Go for Good

Peter Walsh



Peter Walsh has helped millions around the world feel the joy of living with less stuff. His approach is to help people understand the tremendous power their possessions have, and how that can hurt their and their family's overall well-being. Peter offers many ways to think and deal with the clutter that's





*His signature peace sign taken during the Fall Prevention class*

## Vitality Forum Superstar: Akemi Miyake (98)

As the first president of the Orange County Japanese American Association, Miyake-san is still actively dedicated to serving the community. Recently, he attended Keiro's fall prevention class at OCJAA in May 2018. He commented, "I have learned quite a lot today that I can apply starting tomorrow. I should put into practice and change some of my habits. I am so thankful for this seminar."



*Miyake-san plays gateball at least three times a week*

As Miyake-san approaches his 100<sup>th</sup> birthday, he is often asked about his secrets to staying healthy. He stressed the importance of harmony, gratitude, and collaboration. He also added that he drinks one glass of red wine each night and eats aloe three times a day to keep his digestive system healthy.

To read more about Miyake-san, visit our website: [keiro.org/news](http://keiro.org/news)

日本語版はこちらから: [keiro.org/jp/news](http://keiro.org/jp/news)

To learn more about Keiro's classes, visit [keiro.org/classes](http://keiro.org/classes).



*Smiling with his gateball friends in Costa Mesa*

## AHEAD ON AGING: NEW MEDICARE CARDS

The Centers for Medicare and Medicaid Services (CMS) began issuing new Medicare cards to its beneficiaries in April 2018. You do not need to do anything to get a new card, but here are five things to keep in mind:

- 1 New cards will be delivered between April 2018 and April 2019.
- 2 To prevent identity theft, the new cards do not have social security numbers. It will instead have a unique Medicare number (combination of numbers and letters) that is given to each person.
- 3 Make sure your mailing address is up to date. Contact the Social Security Administration online or call 1.800.772.1800 if you need to change your address.
- 4 When you receive your new cards, make sure to destroy the old card.
- 5 **WATCH OUT FOR SCAMS!** Medicare will never call to ask for your personal information. Do not share any personal information if someone calls claiming to be from Medicare.

Visit [keiro.org/fact-sheet](http://keiro.org/fact-sheet) or [medicare.gov](http://medicare.gov) for more information.

MEDICARE HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY	JOHN DOE
MEDICARE CLAIM NUMBER	000-00-0000-A
SEX	MALE
IS ENTITLED TO	EFFECTIVE DATE
HOSPITAL (PART A)	01-01-2007
MEDICAL (PART B)	01-01-2007
SIGN HERE	

*Photo courtesy: medicare.gov*