



FIFTY YEARS

50

STORIES

CELEBRATING ALL THINGS KEIRO



Keiro  
Senior HealthCare





*Our Legacy*

*Our Future*

## 敬老シニア・ヘルスケア」50周年を迎えて

本日、皆様と共に敬老シニア・ヘルスケアの創立50周年を祝う事が出来ますことを大変喜ばしく思います。高齢者へのケアを通して私達のコミュニティに心の平安を提供するという私達の伝統と祝いであり、今後もコミュニティが確信を持って加齢を経験できるようにサポートしていくという私達の将来を祝うものもあります。更に、それはただ単に敬老シニア・ヘルスケアという一つの組織だけのお祝いではありません。私達のコミュニティ全体のお祝いなのです。つまり、私達のコミュニティは皆様の力で成し遂げられ、同時に、コミュニティが成し遂げたものの一つがこの敬老シニア・ヘルスケアという施設なのです。

今、皆さんが手にされております「50年—50話」は、言わばモザイクのようなものです。異なる小さな断片の数々、時にそれがモザイクの断片である事を認識する事が難しいものもあります。それらの断片を一つずつ集めていって「敬老」というユニークな絵を完成させるのです。それは「高齢者を敬う」という絵でもあります。

表紙が醸し出す様に、敬老シニア・ヘルスケアはコミュニティの実に様々な部分に手を差し伸べて来ました。一方で、その様々な部分から手を差し伸べられても来ました。全く思いもよらなかった形で差し伸べられた手もありました。それでも、敬老シニ

ア・ヘルスケアが実際はどのようなものであるかは、その全体を綿密に見ていくことで初めて見えてくるものだと思っています。それは文化と価値感が、ごく普通の人々の日々の暮らしの中で生き延びているという一つのコミュニティなのです。

この本に盛り込まれたストーリーだけでは敬老について語ることは当然不可能ですが、それでも、高齢者のケアの為には、コミュニティが一丸となる事がいかに必要であることを示しています。この本に掲載されたストーリーや写真をご覧頂いたら、そのことがお分かり頂けると思います。中には馴染みのある人のストーリーや写真があるかもしれませんが、そうでないものもあるでしょう。それでも、これまでとは全く違った新しい目で、敬老シニア・ヘルスケアの良い側面を、そして、それが代表する貴重なコミュニティというものを見て頂けたら幸いです。私達には誰でも一人ひとり、それぞれ独自のストーリーがありますが、このコミュニティに住む高齢者の暮らしの質を維持していこうという熱意によって、私達は一つに結び付けられるのです。

敬老シニア・ヘルスケアの希望に満ちた将来を胸に抱きながら、一つのコミュニティとして、これからも私達の価値ある暮らしを一緒に守っていきましょう。そうすることによって私達は誰でも自信を持って加齢を経験していくことができるでしょう。

川名フランク  
理事長

三宅ショーン  
代表兼最高経営責任者

## Welcome

Dear Friends,

October 15, 2011

It is with great pleasure that we celebrate Keiro's 50th anniversary, **our legacy**: offering peace-of-mind to our community through a tradition of caring, and **our future**: supporting our community to approach aging with confidence. Our celebration is not only for Keiro as an organization, but also for our community, as we recognize all that our community is and has accomplished!

This publication that you hold in your hand, *50 Years, 50 Stories*, is a mosaic of sorts; seemingly disparate, sometimes unrecognizable pieces that together paint a unique picture of Keiro and “respect for our elders.” As the cover suggests, Keiro has touched and is touched by areas of our community in ways we may not even realize. It is only when we examine the whole that we see Keiro for what it really is – a community whose values and culture are lived out every day in the lives of extraordinarily ordinary people.

While the stories are by no means exhaustive, they reflect the reality that it takes a community to care for seniors. As you glance through the stories and photos, some familiar and others revelatory, we hope that you will see with fresh eyes the beauty of Keiro, and the precious community it represents. Each of us has a unique story, but what unites us is the compassionate desire to support the quality of senior life in our community.

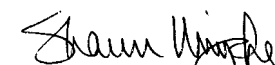
As we embrace an exciting future for Keiro, let us as one community continue to live out our values so that we may all approach aging with confidence!

Sincerely,



Frank Kawana

Chairman  
Board of Directors



Shawn Miyake

President & CEO  
Keiro Senior HealthCare

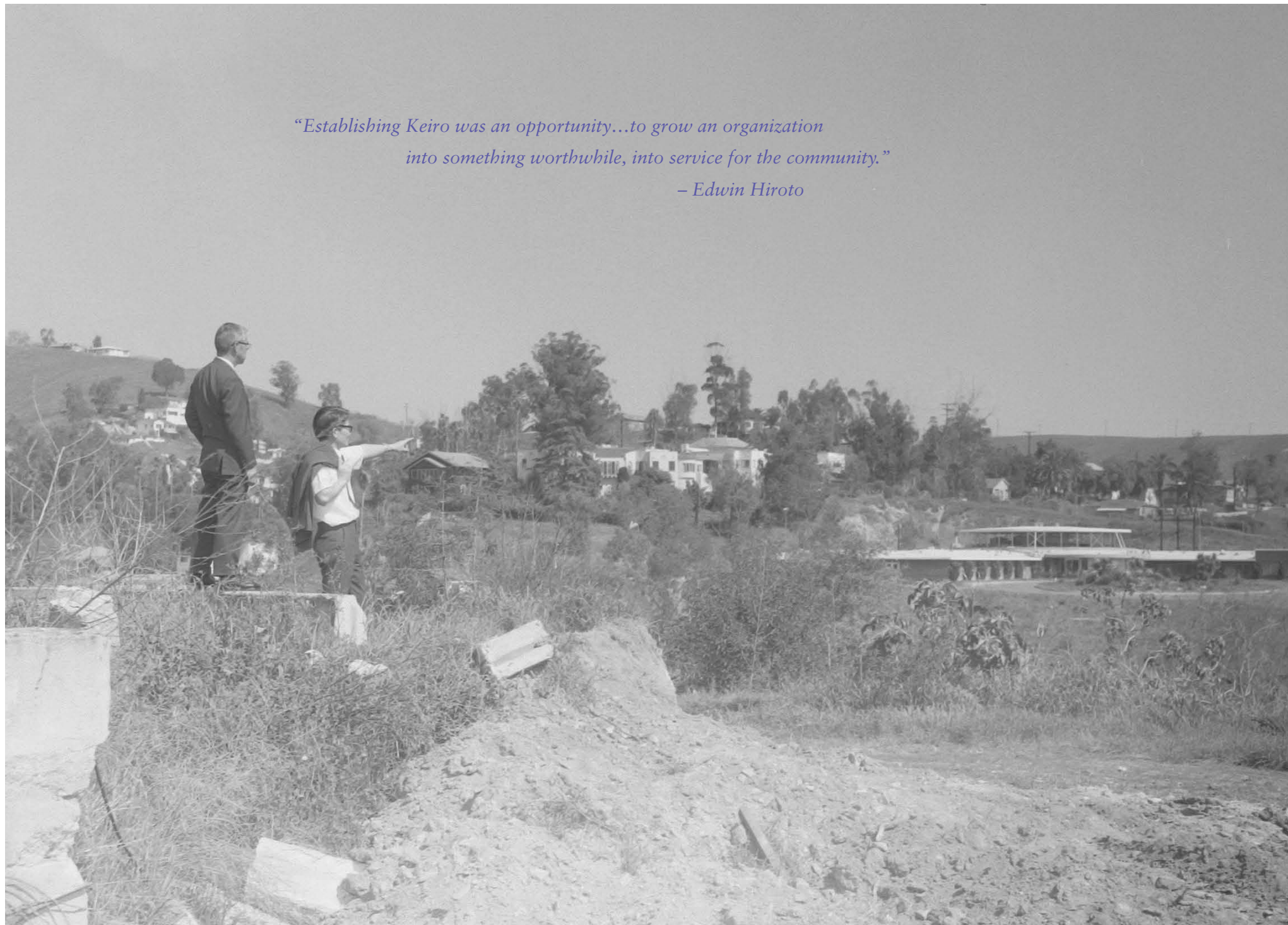
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## Opening the Umbrella of Care

*“Establishing Keiro was an opportunity...to grow an organization  
into something worthwhile, into service for the community.”*

*– Edwin Hiroto*



“How would you like to do something worthwhile?” Joseph Shinoda, head of San Lorenzo Nursery, had challenged Edwin Hiroto in 1959.

At the time, Hiroto was operating his own insurance agency in Little Tokyo. He lived in the same neighborhood as Shinoda and had previously worked for the nursery.

Shinoda, who was on the board for Memorial Hospital of the Japanese Community, wanted to know if Hiroto would become the organization’s first administrator. Hiroto agreed.

What resulted was a calculated and steady growth of services:  
Japanese Hospital of Los Angeles (1961)  
City View Hospital (1962)  
Keiro Nursing Home (1969)  
Minami Keiro Nursing Home (1974)  
Keiro Retirement Home (1975)  
Keiro Intermediate Care Facility (1977)  
South Bay Keiro Nursing Home (1981)

Under Hiroto’s tenure, the difficult decision to close City View Hospital was made in 1985, but the Japanese Retirement Home expansion was

successfully completed in 1989 and more beds were added to Keiro Nursing Home in 1990, enabling the closure of Minami Keiro. A foundation for the future, namely outreach efforts to the Sansei and Yonsei generations, was also established.

“Ed challenged the board of directors to commit to long-term goals and objectives of health care for the elderly,” stated James K. Mitsumori, president of the board when Hiroto retired in 1991. Hiroto relocated to Washington state, where he passed away on December 25, 2008 at the age of 82.

“He conceived and executed the overall plan to give the Nikkei community an ‘Umbrella of Care,’” continued Mitsumori. “He had a knack for attracting dedicated people to guide and assist him in the various projects that he envisioned. As a result of this single ability . . . and working together on common goals, the projects have become monuments in the Japanese community.”

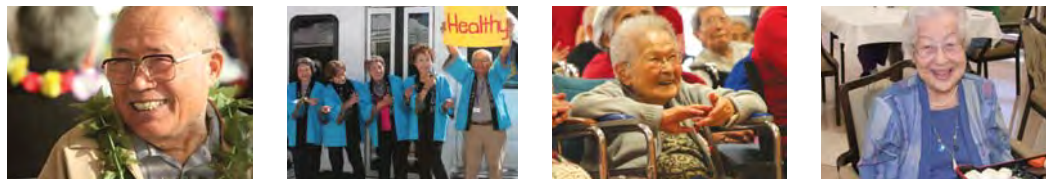
## Best Practices

After establishing her own medical office in Chicago after World War II, Dr. Sakaye Shigekawa looked back west to her hometown of Los Angeles. Her last residence in Southern California was Santa Anita Assembly Center, where she had helped care for 17,000 detainees.

Even though the war was over, the return to Los Angeles was not easy. “If it weren’t for the Japanese Hospital, when I came back I couldn’t have done anything, because [there was] no hospital to work in,” remembered Dr. Shigekawa, who had purchased property on Santa Monica Boulevard for her medical practice. Two area hospitals flatly refused to accept Japanese American doctors. Queen of Angels Hospital took a long time in responding, but finally, after six months, admitting privileges were extended to both Dr. Shigekawa and an African American physician, a first in the history of the medical facility.

Dr. Shigekawa went on to have a burgeoning obstetrics practice, delivering an estimated 20,000 babies over the course of 33 years. Her focus steadily shifted to geriatric care as many of her patients became residents at Keiro Nursing Home. “What I enjoy most about working at Keiro is seeing my longtime patients,” said Dr. Shigekawa. “Most of them have been my patients for over 50 years. . . . Many are younger than I am.”

The doctor also served as a member of the Utilization Review and Quality Assurance Committee for the nursing home. “The quality of care at Keiro is very good,” she said. “It’s one of the best.”



*“The quality of care at Keiro is very good...”*



*it’s one of the best.”*

### STORY THREE

A *mon* is a Japanese family crest. Keiro's *mon*, or logo, consists of three open umbrellas, representing the organization's "umbrella of care" approach. It also symbolizes its role as an extension of family, serving over 125,000 families in the community.

The umbrella is a metaphor that has been used in a number of Keiro's internal and community publications. The first newsletter, released in June 1976, was *The Umbrella*; the title was expanded to *Umbrella of Care* in Spring 2003. An employee publication, *Umbrella Gram*, was produced from 1993 to 2000.

As *kasa* is umbrella in Japanese, Keiro also has a Japanese-speaking support group called Kasa-No-Kai,



literally Umbrella Association. Since 1992, this group of 75 women have faithfully served the residents, providing homemade desserts, coffee, and tea in the patio area of the Activity

Center. More importantly, these volunteers engage in conversation and nurture relationships, sometimes even providing transportation to medical appointments and helping to plan birthday parties.

Kasa-No-Kai and other volunteer groups help Keiro fulfill its official mission: "to enhance the quality of senior life in Our Community."

Keiro Founders' Family Mons



ARATANI



HIROTO



MARUYAMA



MITSUMORI



NAKAMURA



OMATSU



SHINODA



WADA

Source: *Umbrella of Care*, Spring 2008.

### STORY FOUR

## Fitness in Wheelchairs

Being bound to a wheelchair doesn't mean a nursing home resident cannot exercise. In fact, it may be more imperative than ever that seniors enhance their circulation, strength and flexibility to ward against further physical deterioration or even depression.

Noriko Kamei is one of those innovative instructors who uses music and culture to encourage frail residents to exercise. Folk tunes from Hokkaido and *sensu*, Japanese fans, are integrated in her creative routines. "Those who can move their arms, move their arms," said Kamei. "If they can only move their hands, they move their hands. Those who can't move their limbs move their bodies. The seniors love dancing."



Stretchy bands are used to create resistance in sessions at South Bay Keiro Nursing Home. Focusing on improving upper body strength, the exercises can also be adopted by those who have experienced paralysis on one side of body due to a stroke.

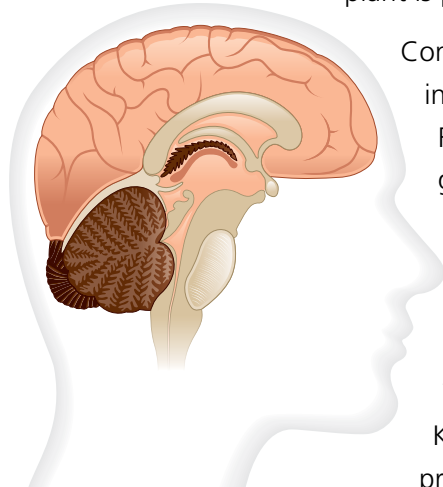


Source: *Umbrella of Care*, Spring 2003.

## Facing Alzheimer's

Twenty years ago, not much was known about Alzheimer's disease, which causes memory loss and other impairment to brain-related functions. In fact, 90 percent of what is known about this progressive, degenerative disease has been discovered in the last 15 years.

In a ground-breaking move in 1999, Keiro designated a secure 39-bed Special Care Unit (SCU) at Keiro Nursing Home specifically for ambulatory, wander-prone residents with Alzheimer's disease or other dementia. The unit has unique, special safety features; care is even taken in what kind of plant is placed in rooms and community areas.



Common risk factors for Alzheimer's include age, family history and genetics. Research shows that head injuries and general poor health may contribute to a vulnerability in developing the disease. While there's still no cure, the Alzheimer's Association reveals that healthy aging may offer some protection. To this end, The Institute for Healthy Aging holds special classes such as Memory Kai for memory enhancement and A Matter of Balance, which helps prevent falls and resulting head injuries.



Ribbon-cutting ceremony for the opening of the Special Care Unit at Keiro Nursing Home.

Today 5.4 million Americans have Alzheimer's, the most common form of dementia, including 13 percent of those over 65 and 43 percent of those 85 years and older.

Sources: Alzheimer's Association web site [www.alz.org](http://www.alz.org); *Umbrella of Care*, Winter 2007.

## Young Newlyweds

In response to the call to serve Japanese American senior citizens in the South Bay, an existing 95-bed facility in Gardena was acquired in 1980 and added to Keiro's Umbrella of Care. Mayors from eight South Bay cities, in addition to Los Angeles Mayor Tom Bradley, served as honorary chairpersons of the South Bay Keiro Development Campaign. Carson City Clerk Helen Kawagoe was a main organizer of the \$1.3 million fund-raising effort.

Among the early residents was a couple that was neither of Japanese descent nor even that elderly. They were, in fact, newlyweds – John and Caroline Allmett. Five years earlier, the couple, both suffering from multiple sclerosis, met at a nursing home in Nevada. At that time, John was completely bedridden, unable to feed himself. Through therapy, he developed some mobility in his arms and legs. Caroline operated her wheelchair through the use of a rubber tube



attached to the steering mechanism of her wheelchair.

John moved into the Gardena facility first and then asked Caroline to join him as his wife. They married in April 1981.

The couple benefited from the care and food provided by South Bay

Keiro Nursing Home. *Donburi* and *gyoza* were their favorite menu items. A Los Angeles Unified School

District teacher also came by the facility to teach them Japanese words so that they could better socialize with the Issei residents.

The Allmetts also were instrumental in improving the city's physical surroundings. They worked to have curb cuts on sidewalks so that they could easily travel through the neighborhood in their wheelchairs.

"The atmosphere here is very restful and we both have a healthier outlook on our lives," said John.

Pictured above: John and Caroline Allmett, early residents at South Bay Keiro Nursing Home.

Sources: *The Umbrella*, June 1981 and Fall 1982.

# Royal Words

*When the Emperor and Empress of Japan visited Keiro Retirement Home during their Los Angeles trip in 1994, many residents were literally at a loss for words.*

Overcome by the experience of actually meeting the royal couple face to face, some Japanese nationals wept. Others, especially Nisei, were more tongue-tied than emotional. What was the proper protocol in addressing the Imperial couple?

Tad Horino, resident council president, presented the Emperor and Empress a *shikishi*, a special art board,

## 天皇皇后両陛下の敬老引退者ホームご訪問

天皇皇后両陛下は1994年にロサンゼルスご訪問された際、敬老引退者ホーム(当時「日系引退者ホーム」)にお立ち寄り下さいました。引退者ホームの居住者だけでなく、敬老シニア・ヘルスケア傘下のそれぞれの施設の居住者が引退者ホームに集まり両陛下をお迎えしたのですが、多くの居住者は、文字通り言葉を失ってしまったようでした。

日本人居住者の中には、両陛下と直にお会いすることで感極まり、涙する人も少なくありませんでした。他の居住者、特に日系二世の居住者らにとっては、感極まる体験というよりも、どのように両陛下をお迎えしたらいいかわからないため、まともに口が利けなくなるといった体験だったようです。

その一人、当時居住者会の会長を務めていた二世のタッド・ホリノさんは、居住者全員がサインした色紙を両陛下にプレゼントしたのです



which was signed by all the residents. “I was honored to have been able to make a presentation to the royal couple,” said Horino, “but I felt so unworthy that I could not look either one of them in the eyes – I had to look down. . . I didn’t want to respond with words that were incorrect.”

Addressing a crowd of residents from several Keiro facilities, Emperor Akihito offered “my deepest respect to the Japanese people in this country who went through great suffering in earlier years, but despite this, were able to make outstanding contributions to American society.”

が、その時の事を「とても名誉な事でした」と述べながらも、「あまりにも恐れ多く、両陛下と目を合わせる事など出来ずに、ただ下を向いていました。とにかく、適切でないことは口にすまいと思って」と、当時を振り返ります。

天皇陛下は、両陛下をお迎えした敬老引退者ホームの居住者はじめ、敬老シニア・ヘルスケア諸施設の居住者らにお言葉を述べられました。次のお言葉は、居住者らを大きく励ますものとなりました。

「皆さんのご苦勞に対し、深く、敬意を表したいと思います」「皆さんが戦後、力を合わせて社会の為に立派に尽くされ、日系人の人々が米国の国民の中で大きな役割を占めてきているという事を、大変頼もしく、また、嬉しく思っております」

In addition to a tea ceremony conducted by the residents, the royal couple also enjoyed the Japanese Retirement Home’s Silver Chorus’ rendition of “Sakura” and “Home Sweet Home” in both English and Japanese.

Apparently the residents made a lasting impact on Empress Michiko. Both she and Emperor Akihiko continue the ancient tradition of writing *waka* poetry, which includes the *tanka* form of 5-7-5-7-7 syllables.

Based on her visit, she composed a poem dated January 12, Seventh year of Heisei (1995), that reads:

*You sing for us  
The song, “Sakura, Sakura”  
You, who as citizens  
Of your adopted land,  
Have now so peacefully aged.*

両陛下へのおもてなしとして、居住者有志らがお茶を点て、また、引退者ホームの居住者らで構成する「シルバー・コーラス」が日本の唱歌「さくらさくら」や英国の唱歌「埴生の宿」を日英両語で合唱して、両陛下に楽しんで頂きました。

両陛下はと共に和歌を嗜まれるのですが、居住者らのおもてなしは特に皇后陛下のお心に響くものがあったようです。翌年(平成7年)1月12日に開かれました宮中歌会始で、皇后陛下は次の和歌を詠まれました。

*移り住む  
国の民とし老いたもふ  
君らが歌ふ  
さくらさくらと*

Emperor Akihito and Empress Michiko greet Keiro residents during their visit to Los Angeles in 1994.  
両陛下をお迎えした敬老引退者ホーム居住者らにお言葉を掛けられる天皇・皇后両陛下。右手に、両陛下をご案内する、敬老引退者ホームの創始者で理事(当時)の荒谷ジョージ氏と和田フレッド勇氏

## ADOPT A Grandparent

Lauren Takeda has grandparents, but she and her sister, Courtney, found that they had room in their life for more.

Lauren and a friend, Andrew Beck, started an Adopt a Grandparent program at Keiro in which high school students assist with special events such as monthly birthday parties, Saturday morning coffee shop activities, summer concerts, and the annual spring brunch for the residents of Keiro Intermediate Care Facility.

While their main responsibilities include assisting with set-up, escorting residents, and passing out refreshments, the volunteers also enjoy the opportunity to simply talk with the residents and listen to their stories.

“The residents are very similar to my grandparents,” said Courtney, who began volunteering at Keiro through the program her older sister started. “Many of them went through the interment camps during World War II, as did my grandparents. Both are always very cheerful and happy – they have an expression on their faces that shows that they are enjoying life.”

There is also an Adopt a Grandparent program at South Bay Keiro Nursing Home, started by Aileen Hongo, a former Keiro staff member. Through their interactions with residents, teens and college students from the USC Nikkei Association learn about compassion and respect while also developing leadership experience.

*“Each senior has a unique story that’s helped us understand our history and culture.”*



## Keiro: Respect for the Aged

敬老

*Keiro*, pronounced “Kay-ro,” is a word with much meaning in Japan. It literally means “Respect for the Aged” and every September 15, a national holiday, *Keiro No Hi*, is celebrated in Japan to honor the elderly.

In keeping with these sentiments, the name “Keiro” was appropriately chosen for Keiro Senior HealthCare, the largest healthcare provider for Japanese Americans in Southern California.

As in Japan, *Keiro No Hi* is celebrated at all of Keiro’s facilities. In the past, select centenarians have received commendations from the Japanese prime minister’s office, in addition to traditional silver cups. Keiro Retirement Home celebrates with special luncheons and gifts to residents over 90 years of age.

For Keiro Senior HealthCare, *Keiro No Hi* is not just a one-day holiday. “We believe in showing respect for our elders on a daily basis,” stated Shawn Miyake, president and CEO of Keiro Senior HealthCare.



## Caring for Caregivers

親孝行

In the Japanese American community, families are on the frontlines of caring for aging parents and grandparents. Driven by a strong sense of filial piety, known as *oyakoko* in Japanese, many individuals, even those with young children, strive to be responsible for the care of older family members.

In addition to being physically and emotionally taxing, caregiving often involves digging through information and care options, as well as reading the fine print related to insurance and government reimbursements. To help caregivers navigate these waters, The Institute for

Healthy Aging at Keiro (IHA) has held dozens of caregiver conferences with regional community partners throughout Southern California. Each event has attracted 250 to 300 attendees, revealing the need for such assistance.

One person who attended a caregiver's event in Orange County commented, "Your conference and support are most appreciated. [It's] vital to us who now deal with taking care of parents [as well as] those of us who will be taken care of in the future as we baby boomers age. Now I feel so much more empowered and less fearful of helping to take care of my mother-in-law in the future."

 The Institute for  
**Healthy Aging**  
at Keiro



Sources: "Keiro Senior HealthCare's Model of Care for a Healthy Community," presented at the Healthy Aging Summit at the University of Southern California, April 12, 2011; *Umbrella of Care*, Summer 2009.

## Scouting to Make a Better World

**Trustworthy. Loyal. Helpful.** Those are three out of 12 qualities steering the Boy Scouts, an organization that marked its centennial in 2010. The Girl Scouts, which was established two years later in 1912, aims to develop girls who desire to make the world a better place.

Both these missions have been evident and achieved on Keiro's campuses. Every year scouts help with the Visions for Keiro Holiday Bingo, while also singing carols during Christmas and Children's Day. As a Brownie and Girl Scout, Mariko Rooks hand delivered donated Girl Scout cookies to Keiro residents.

In recent years, numerous Eagle Scout candidates have made physical improvements to Keiro campuses.

**Trustworthy.  
Loyal.  
Helpful.**

For example, at South Bay Keiro Nursing Home, Devan Yamashiro, with aid from the Gardena Valley Gardeners' Association, helped renovate a garden, while Isaac Ide built an awning and completed a flower bed. On Keiro's Los Angeles campus in Boyle Heights, Jonathan Kawaguchi refinished the wood on outdoor patio tables and chairs.



Both Paul Terasaki and Cody Sato improved safety in through the resident gardens at Keiro Retirement Home, with Paul also relandscaping a patio garden at Keiro Nursing Home. "Now residents and their families can enjoy spending time outside in the garden and viewing the colorful flowers," said Paul.



Sources: *Umbrella of Care*, Summer 2008, Fall 2010, Winter 2010.

# Celebrating Tanabata

On the seventh day of the seventh lunar month, the Tanabata Festival, or Star Festival, is celebrated in Japan.

Originating from China, the legend tells of two star-crossed lovers who meet through the Milky Way one night a year. Known more recently as Chinese Valentine's Day, the festival is also recognized beyond Asia, such as in Brazil and, as of 2009, at the Nisei Week Japanese Festival in Los Angeles' Little Tokyo.

Keiro actually has had Tanabata festivities since the 1970s. As is tradition, a piece of bamboo is decorated with colorful *origami* and pieces of paper where residents have written wishes of good luck. Games, talent shows, singing, and eating watermelon have been part of the celebration.



For the Tanabata Festival during Nisei Week, Keiro volunteers and residents joined in the community-

wide effort to create large beautiful streamers. At Keiro Intermediate Care Facility, volunteers June Hayashi and Mitzi Toshima held two craft workshops to help the residents put together pieces for the streamers.

While one group of residents folded *tsuru*, the others glued precut chains and unfolded tissue paper flowers.

"It's a lot of work but the end results are so rewarding for us and the residents," said Hayashi. "The time we

spent on this is nothing to me because seeing the joy on the residents' faces is timeless."



# Flying Fish

Any visitor entering the conference room in Keiro's Administration Building cannot help but notice the large mounted fish on the wall. The fisherman behind the catch? It's none other than Fred Wada.



Wada was born in 1907 in the U.S., but was sent to live with his grandparents in Wakayama, Japan, when he was four years old. In the poor fishing village of Totsui, Wada observed how the residents helped each other, whether it be serving as lookouts for schools of fish or hauling nets.

"Whether the catch was large or small, every family in the village shared according to its need," recalled Wada.

Wada carried this philosophy throughout his life. He returned to the U.S. and made his way to Oakland, where he started a produce venture and organized a cooperative for Issei businessmen.

During World War II, Wada chose to voluntarily relocate his family to the interior. Closing his Oakland markets, he led a group of 130 Japanese Americans to a colony in a former mining town in Utah. After the war, he and his family moved to Southern California, where he eventually built a thriving "Farmer Fred" chain of produce markets.



In 1949, Wada and his wife Masako agreed to house nine Japanese swimmers, including Hironoshin "Flying Fish" Furuhashi, who were in Los Angeles for an international meet. Thus began Wada's long association with the Olympics.

The couple had been in Sao Paulo, Brazil, on an Olympics mission when they noted how Jewish immigrants were providing housing and medical care for senior citizens in their community. After undergoing cancer surgery, Wada was further convinced that Japanese Americans in Los Angeles needed a nursing home.

When Keiro Nursing Home was built in 1969, Wada was prepared to sacrifice: he and other leaders put up their homes as collateral for a loan to complete the project. Wada later served as general chairman of the Japanese Home for the Aged Development Fund.

The fishes on display in the Maruchan Conference Room is a reminder of the spirit and commitment of Wada's dedication to his postwar village, Keiro.



## Mochi New Year

*Kagami mochi*, literally “mirror rice cake,” adorns households that celebrate Japanese New Year on January 1. Two white rice cakes are placed atop of each other to symbolize the outgoing and incoming of years.

Keiro, in the past, has embraced the role of the rice cake in holding its annual *mochitsuki*, in which residents took turns pounding cooked sweet rice with a giant wooden mallet in a large stone mortar. The making of *mochi* has since been mechanized, but the new year celebration continues with a festive *osechi* meal.

Donations from area businesses and individuals make it possible to serve traditional iconic foods, including sashimi, *kazunoko* (herring roe), *tamago yaki* (rolled omelet) and *kamaboko* (fish cake), as well as sweets such as *kohaku manju* (steamed rice cake), *kinton* (mashed red beans or chestnuts) and, of course, *mochi*.

The New Year’s party is an opportune time when organizations such as the Japanese Chamber of Commerce of Southern California and the Japanese Women’s Society of Southern California pledge their

support for Keiro by presenting funds collected by a community-wide year-end charity drive.

The *kagami mochi* usually serves as the table centerpiece and includes a tangerine, or *daidai*, signifying the continuation of the generations.



## For Love of Basketball and Grandparents

**“My two favorite things are playing basketball and collecting money in my piggy bank, so I used my favorite things to help Keiro seniors,” stated Kirstyn Middo back in 2006.**

Kirstyn and more than 250 girls, ranging from ages 6 to 14, had participated in a Kids for Keiro Hoop Shoot fundraiser in which the young athletes secured pledges for every point scored during a Japanese American Optimist basketball league game. Since the program began in 2005, the JAO girls have raised more than \$49,000.

“I want to support Keiro because my great-grandmother used to be there and I want other seniors to have a nice life with good food like sushi,” said Lynn Takahashi, a top fundraiser since 2006.

JAO, one of the more than 3,000 Optimist Clubs throughout the nation, was established in 1954 by



some of the same men who founded Keiro. The group is involved in various community service activities that help youth and the Japanese American community in the greater Los Angeles area.

In addition to the hoop shoot, which is organized through the JAO Girls Invitational Basketball League, JAO Kids for Keiro participants also spend time making holiday ornaments and gifts at Keiro.

Upon completing their craft projects, the girls personally present their handiwork to residents of Keiro Retirement Home and Keiro Intermediate Care Facility.

# We Are Family



It is said that a company is only as good as its people. At Keiro, that philosophy has special significance as many employees have devoted their life's work to care for Japanese American seniors. For example, approximately 70 out of nearly 600 staff members today have worked for Keiro for 20 years or more.

The current employee with the longest tenure is Beverly Ito, who started in the business office and then worked as a pharmacy intern at City View Hospital in 1974. Over the last 37 years, she has risen up the ranks and now serves as the administrator of Keiro Intermediate Care Facility and also Keiro's chief compliance officer. Other staff members who have been with the organization for more than three decades include individuals in the nursing, dietary, activities, environmental services, and administrative departments.

In a recent survey of Keiro employees, one comment echoed a recurring theme: "Everyone – employee, family member, resident – treats each other like family."

# At the Wheel

Keiro's 18 vehicles, which boast special features such as high ceilings, wheelchair hydraulic lifts and assist handles, provide residents with a sense of freedom and activity beyond the confines of its campuses.

The drivers, mostly volunteer, transport residents more than 100,000 miles every year to medical appointments and social outings, which range from *hanami* or flower viewing of cherry blossoms, shopping at Walmart and Little Tokyo, attending sporting events, viewing Christmas lights, visiting organic farms, and taking a trip to the beach or even Las Vegas.

Tens of thousands of dollars each year are spent on gasoline and insurance. And the vehicles themselves

require extensive maintenance. Again, volunteers have been key in raising funds for the fleet. For example, Christmas card sales spearheaded by volunteers at South Bay Keiro and City View Hospital in the 1980s enabled the

purchase of three medi-vans. More recently, proceeds from the Friends of Keiro Retirement Home's annual benefit drawing was earmarked towards the purchase of a vehicle.

And in 2008, Mitzi Toshima, the widow of Richard Toshima (pictured at left), a dedicated volunteer driver of five years, donated *koden* (funeral

monetary gifts) in her late husband's memory to purchase a vehicle equipped with all the bells and whistles.



## Gathering Place

In 1976, the Los Angeles Free Methodist Church, a Japanese American landmark in Boyle Heights, was set on fire by an arsonist. The church building was destroyed.

For a year, both the English and Japanese worship services were held in a temporary meeting place—Keiro Retirement Home—arrangements made by the church's minister, Pastor David Shigekawa, who was also on the retirement home's board.

Since its opening in 1975, the Los Angeles campus has served as a site for community events ranging from a wedding reception to a fundraiser for Wendy Yoshimura, the Symbionese Liberation Army member who was arrested with Patty Hearst in 1975. Other activities have included piano recitals, Nisei ballroom dances, singles' socials, film screenings, and play rehearsals. Both the Wakayama Kenjinkai and the Nikkei Widowed Group currently have regular meetings at Keiro.

Close to Little Tokyo, downtown Los Angeles, and the 5 Freeway, the Boyle Heights campus is centrally located. The neighborhood also has a multicultural legacy, serving as an enclave for newcomers from Mexico, Japan, England, Germany, Russia, Armenia, as well as the eastern, southern and southwestern United States.

While many Japanese Americans have since moved out of the area, Boyle Heights still remains as a symbolic and iconic place, representing immigrant struggles and dreams. And Keiro also continues its role as a place where Japanese Americans can celebrate and connect.



# Golden Tickets

Stapled benefit drawing tickets. Check. Letter. Check. Return envelope. Check.

Every spring, assembly lines of more than 100 volunteers are organized at long tables for a half day of stuffing close to 20,000 addressed envelopes for a benefit drawing mailing. This fundraiser is not inconsequential: in 2003, proceeds from the drawing, organized by Friends of Keiro Retirement Home, and other funds totaling a half a million dollars made it possible to completely renovate the Keiro Activity Center, the crowning centerpiece of the Los Angeles campus.

The long-anticipated center has a volunteer office, sewing and computer rooms, a fully serviceable kitchen, two outside patios, an auditorium, and an activity room. Each of Keiro's four facilities has a dedicated activities manager and staff to support a total of 30,000 hours of activities a year.

In addition to renovations of the Keiro Activity Center, money from the benefit drawing has gone towards the purchase of a vehicle fleet to transport residents to outings and medical appointments.

Held on the first Saturday of every March, the mailing workshop has become somewhat of a social activity, with organizations from various counties joining together for envelope stuffing and a *yakisoba* lunch.

Leading the charge is Betty Yumori, founder and president of Friends of Keiro Retirement Home, who has served Keiro in various capacities over 30 years. "Taking care of the seniors at Keiro reminds me of my own mother and father," she said. "We need to give them comfort in their golden years."

# From Punched Cards to Blogs

Prior to the 1960s, large American corporations fed punched cards into large tabulating machines. By the time Edwin Hiroto was at the helm of Keiro Senior HealthCare, the latest technology available was being learned and adopted. One of the first computing machines was the IBM 403, which used a typebar printing mechanism rather than punched cards.

“We pulled many ‘all nighters’ making payroll with new programs that none of us had seen or used before,” said Ken Hayashi, who assisted CEO Edwin Hiroto. “We worked hard but it was fun to work with other motivated people for a supportive boss and for what we all considered a good cause.”

Another revolutionary piece of equipment was the first successful commercial plain paper copier, the Xerox 914. Prior to the complete adoption of the photocopier, office workers had to use carbon paper and mimeograph machines.

Later, computers introduced by a revolutionary company called Apple were purchased for desktop publishing and Keiro’s newsletters. In the 21<sup>st</sup> century, Keiro launched

its own web site, [www.keiro.org](http://www.keiro.org), which has already undergone two redesigns, and last year Dianne Kujubu Belli, executive director of The Institute for Healthy Aging at Keiro, started a blog, Genki Woman. Computer workshops on Facebook and other social networking sites have also been held for residents and senior volunteers.



# Unbroken Chain

... only with the help of the community and volunteers, the chain of care remains unbroken

When the fund-raising drive for Keiro Intermediate Care Facility (KICF) was spearheaded in 1976, there were no intermediate care facilities in the Central Los Angeles region. At the time, Keiro Nursing Home and Minami Keiro Nursing Home were completely full, with growing waiting lists. It was determined that a significant percentage of residents would benefit from the environment of an intermediate care facility, which aims at preventing or delaying acute episodes of physical illness and encouraging resident independence to the extent of their ability.

Today, KICF, located next to Keiro Retirement Home, is a vital link in the organization’s “continuum of care.” KICF serves those who are unable to stay in independent living facilities like Keiro Retirement Home and yet who do not need the more complex care provided in a nursing home. It essentially serves as a safety net for families who cannot afford the burden of private-pay assisted living. MediCal is accepted here but does not necessarily cover the cost of care.

As a result, Keiro Senior HealthCare, functioning as a nonprofit, makes the operation of an intermediate care facility possible. The commitment made in 1976 continues today, and only with the help of the community and volunteers, the chain of care remains unbroken.

# Haiku Sensei

Satoshi Tone was in a Siberian prisoner of war camp during World War II when he began to cultivate a love for writing. Burning one end of a piece of bark, he would then use the charcoal to write poems on cement.

Released after the end of the war, Tone returned to his homeland of Japan and married a *Kibei*-Nisei, Sumiye Yamamoto. Together they moved to the U.S.

While working as a gardener for 40 years, he would continue to write haiku as a hobby when he went on vacations with his family. At 60, he became more serious about writing haiku as a way to keep up his Japanese. "Writing haiku helps me not to forget my language," said Tone.

Responding to a friend's recommendation, he sent a sampling of poems to Japan's largest haiku publishing company, Takahama Kyoshi Hototokisu. His submission was accepted and published in a book called *Tazuru*. Eventually he joined a haiku group, Tachiban Haiku, which helped to develop his passion for the literary form. He later formed his own group, Kachofuei USA, attracting 70 members from all over the nation.

In 2005, Tone moved into Keiro Intermediate Care Facility and a year later was asked to join a haiku group, Asunaru, which he eventually led. The group is open to the community and meets once a month at Keiro Retirement Home.

Tone had written a haiku in memory of Fred Wada, one of the founders of Keiro. That haiku is now displayed on The Founders Wall as follows:

*Entrusting  
my remaining years to Keiro  
I am at peace*

余生託して  
敬老に  
去年今年

Source: *Umbrella of Care*, Fall 2009.



## PHILANTHROPY IN TRANSLATION

When businessman George Aratani first went to Japan on a fund-raising mission for Keiro with Fred Wada in 1964, he was offered canned tangerines, samurai swords, and helmets. During a meeting with a mayor, Aratani and Wada were shown hundreds of ceramic tiles decorated with a painting of Mt. Fuji. "I'm willing to donate all of this to you," the politician said proudly.

Aratani bowed respectfully. "That is much too generous a gift. Perhaps something less."

But the mayor insisted.

In the end, all the Nisei fund raisers got for their efforts were crates of such souvenirs to ship back to Los Angeles. Although the trip left them in the red, Aratani, who was the chair of Big Gifts for Keiro, was undeterred. "The Japanese are not accustomed to contributing to charities. Somehow we have to educate them."

Fully bilingual and bicultural, Aratani was able to work with the Keidanren, a Japanese consortium of financial and industrial companies, to convince them to grant Keiro tax-exempt status. Up to that time, the agency had

never extended that status to any U.S.-based social service group. By 1985, \$3.5 million had been raised in Japan for the new Keiro Retirement Home building, exceeding expectations.

Over the years, various Japanese institutions and leaders have lent a hand in raising funds for Keiro. For example, in 1985, Japanese Consul General Taizo Watanabe was named honorary chairman of the \$6.5 million fund-raising campaign for Keiro Retirement Home.

Different leaders brought various kinds of expertise to Keiro. It was Aratani who understood how to reach those in Japan.



*George Aratani and Fred Wada show their success in raising funds from Japan and during the Emperor's visit.*

Sources: *The Rafu Shimpō*, March 18, 1989; *Kashu Mainichi*, October 22, 1985; and *An American Son: The Story of George Aratani, Founder of Mikasa and Kenwood Electronics* by Naomi Hirahara.

## DOCTOR IN THE HOUSE



Robert Obi, a doctor who worked for Keiro's City View Hospital, made his first house call as a medical extern at Santa Anita Racetrack, where he was held with other Japanese Americans in 1942.

Due to this historic mass relocation, Obi's education at USC Medical School was cut short. From Santa Anita Assembly Center, Obi was sent to the camp in Amache on the windswept plains of the southeastern

corner of Colorado, where he became chief X-ray technician for more than 7,300 detainees.

He left Amache in 1944 to work as a biochemist for the Children's Fund in Detroit, Michigan. Within four years of leaving Amache, he finally obtained his medical degree from Wayne State University in Detroit.

Dr. Obi went on to become the first post-World War II Japanese American medical graduate to receive internship privileges at Los Angeles County General Hospital. In 1951, Dr. Obi became the chief anesthesiologist at the Japanese Hospital of Los Angeles, a facility with special family significance. It was his uncle, Dr. George Takeyama, whose name was used to secure the hospital property in Boyle Heights. In 1960, Dr. Obi became the medical director of the facility. He later served in the capacity at City View Hospital until the hospital's closure in 1985.



*Pictured above left: Dr. Robert Obi on duty at Amache, Colorado. Photo courtesy of Obi Family*

Sources: *Silent Scars of Healing Hands* (Naomi Hirahara and Gwenn M. Jensen); *Japanese Community Health, Inc. Salutes World War II Camp Doctors and Nurses*, 1990.

# Keiro is Home



In Setsuko Takechi Perry's room at Keiro Intermediate Care Facility (KICF) is a framed photo of her with her sisters in Japan in 1935.

Setsuko, 82, was a volunteer in Keiro's sewing room before she entered Keiro five years ago, first as a resident at the retirement home and now at KICF. "She has always felt at home at Keiro," stated playwright Velina Hasu Houston, one of Setsuko's daughters. "The sense of home has developed due to the personableness of the staff and also via the friendships that she makes with other residents."



For Velina, who visits her mother on a regular basis, Keiro feels like a comfortable home, too. "I can't rest easy unless I know that my mother is in good hands. When it comes to 24-hour care of my mother at this time in her life with the cognitive impairment issues that challenge her, I am grateful that she is in a place where the staff knows her and truly cares about her as an individual. Keiro is a partner with me in the care and sustaining of my mother who left her native Japan years ago to build a life in the U.S."

According to Velina, Setsuko's roommate has become like an *onesan*, older sister, to her mother. "Indeed, I find myself relating to Nakamoto-san as if she is family, too."

# Yuppies with Vision

*Newsweek Magazine* declared 1984 the Year of the Yuppie, referring to the young upwardly-mobile professionals who were often characterized in the media as being materialistic.

Not so in all circles. In 1988, a small group of Sansei (third-generation) professionals got together for a completely altruistic purpose: to launch a support group to raise visibility and funds for Keiro's service to older generations. Calling themselves "Visions for Keiro," the group has continued raising funds and awareness, as well as recruiting volunteers for special events.

"Twenty years ago, we saw our grandparents at Keiro, supported by our parents, and we knew that eventually the Sansei and Yonsei generations would need to get involved," said Gary Kawaguchi, president of Visions for Keiro.



This involvement came in the form of Yuppie Yaki, a family event that attracted 500-700 people for a daylong event with food, entertainment, crafts, and games; Casino Nights in the 1990s; and the Annual Charity Golf Classic, which still is held today. In February 1990, Visions for Keiro's inaugural dinner dance benefit, "Puttin' on the Ritz," even included the participation of the late Congressman Robert Matsui of Sacramento.

The group's efforts have made it possible for Keiro to purchase equipment like resident buses and install Wi-Fi throughout each of Keiro's facilities. An annual holiday bingo event enables interaction among residents and family members, Girl Scouts, Boy Scouts, and youth-oriented groups like Nikkei Bridge.

While the era of the yuppie has long past, the legacy of Visions for Keiro continues, stronger than ever.

# A Keiro for the Northwest

More than 1,000 miles north of Keiro Senior HealthCare in Los Angeles is another Keiro, operated by a 35-year-old nonprofit, Nikkei Concerns, in Seattle.

Although Seattle Keiro is completely independent of Keiro's Umbrella of Care in Southern California, its beginning is linked to Edwin Hiroto and his then fund-raising assistant Joyce Miyabe. Miyabe's father Tosh Okamoto and other Seattle-based Japanese American leaders were seeking to start a nursing home of their own in the Pacific Northwest in the 1970s. So when Hiroto was fortuitously vacationing in Seattle, the leaders called on him to take a look at a facility that they were contemplating purchasing.

It was a rundown building, which smelled of urine and needed heavy-duty cleaning and weeding, in addition to a fresh coat of paint. While some committee members were hesitant about buying such a facility for \$305,000, Hiroto gave his whole-hearted endorsement, pointing out that the construction of a new facility would cost much more—perhaps several million dollars. He even sent Miyabe up to Seattle to aid in setting up a \$500,000 capital campaign.

By January 1976, the committee decided to purchase the property. The flagship nursing home was named Seattle Keiro, with the full blessing and support of Southern California's Keiro.

When Seattle Keiro expanded and passed on their original building to the Chinese American community, they also passed on advice they had learned from Edwin Hiroto. In this way "Keiro" has spread beyond the Los Angeles Japanese American community.



## No Ordinary Dames

Back in the 1970s, they were known as “The Dames.” Founded by Iris Teragawa with four charter members, The Dames, today known as Les Dames, is a Japanese American women’s philanthropic organization. Its support for Keiro is generous and varied, from raising thousands of dollars to creating needlepoint doorstops for residents.

In the mid-1970s Les Dames held a full-scale Country Fair on the grounds of the Boyle Heights property with more than 30 craft, food and game booths. Members wearing red and white gingham aprons operated a country store which featured their homemade preserves, tsukemono, candy and Christmas ornaments. Also making special appearances were local celebrities, including comedian Pat Morita, newscaster Tritia Toyota and actress Nobu McCarthy.

Les Dames’ other fundraisers included cookbook sales and benefit concerts. The members have also joined other groups in helping with the Friends of Keiro Retirement Home benefit drawing and mailing.

Their trademark apron from the 1970s is a reminder of how community organizations and individuals channel their special uniqueness in ways that assist Keiro.





STORY TWENTY-NINE

## First Ten

**“One day last week, the first contingent of 10 elderly Issei registered at the newly established Japanese Retirement Home at 325 S. Boyle Ave.”**

“Among the prominent occupants at the five-acre facility, formerly operated by the Jewish Home for the Aged, is Mrs. Haruyo Masaoka, 87-year-old pioneer and mother of eight grown children, two of whom are deceased.

“Mrs. Masaoka, whose sons Joe Grant and Mike have made legislative successes in Washington after World War II, almost singlehandedly raised her offspring since the loss of her husband half a century ago.

“The Masaokas operated a grocery store in Salt Lake City. Her late son, Joe Grant, eldest and 15 years of age at the time, was administrator for the Japanese American Research Project at UCLA.

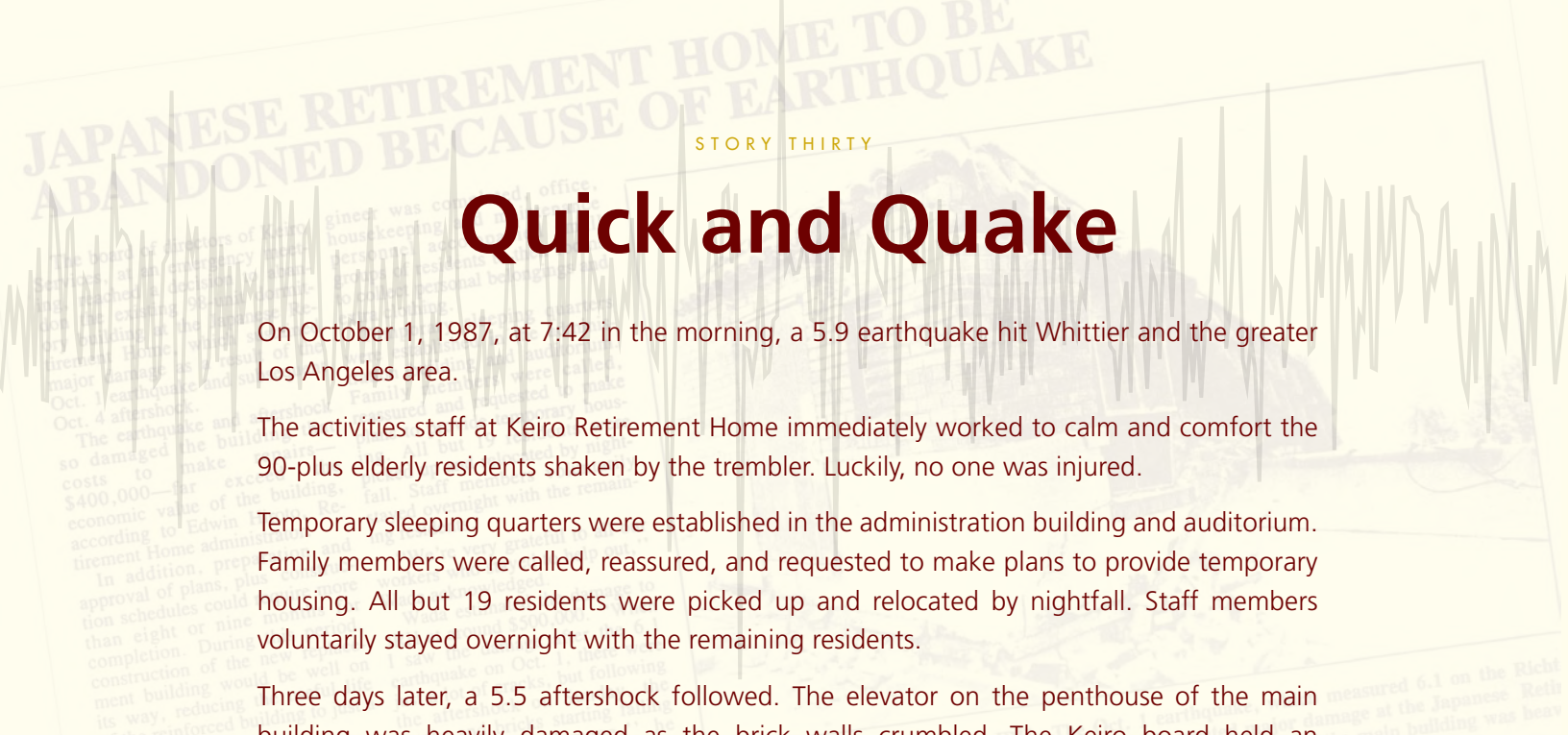


“Another son, Ben, died in action during World War II while serving with the 442<sup>nd</sup> Combat Team.

“Although age has taken its toll, Mrs. Masaoka says she is still very interested in current events and reads the newspapers very religiously. She watches a variety of television programs.

“The Kumamoto-born Issei was raised in Hokkaido prior to her emigration to the U.S. in 1906. From her fourth floor suite, she says she views the scenery of front yard floral paths, the big trees and hustle and bustle of the activities down below. . . .”

Source: *The Rafu Shimpo*, June 5, 1975.



STORY THIRTY

## Quick and Quake

On October 1, 1987, at 7:42 in the morning, a 5.9 earthquake hit Whittier and the greater Los Angeles area.

The activities staff at Keiro Retirement Home immediately worked to calm and comfort the 90-plus elderly residents shaken by the trembler. Luckily, no one was injured.

Temporary sleeping quarters were established in the administration building and auditorium. Family members were called, reassured, and requested to make plans to provide temporary housing. All but 19 residents were picked up and relocated by nightfall. Staff members voluntarily stayed overnight with the remaining residents.

Three days later, a 5.5 aftershock followed. The elevator on the penthouse of the main building was heavily damaged as the brick walls crumbled. The Keiro board held an emergency meeting and decided to abandon the dormitory building as costs to make repairs—\$400,000—far exceeded the financial value of the building.

This kind of disaster had been anticipated. Keiro, in fact, had already launched a \$6.5-million fund-raising campaign to replace the 75-year-old aging building with a five-story, 154-unit residence hall that was seismically compliant. Approximately \$4.1 million had been raised by fall 1987.

In the meantime, a 30-unit sleeping apartment for employees across the street was converted to house displaced elderly residents. Additional space for 20 seniors was provided by quickly remodeling the first floor of Keiro Intermediate Care Facility. Renovations of the old vacant buildings at Minami Keiro Nursing Home were also part of the plan for replacement housing.

Less than two years later, on March 17, 1989, with 700 people in attendance, a ribbon-cutting ceremony was held at the new Keiro Retirement Home. Close to \$8 million had been raised. Those receiving priority in securing occupancy were the residents who were displaced by the 1987 tremors.



Source: *The Rafu Shimpo*, October 16, 1987 and March 18, 1989.

## Hearing the Air

“We must learn to hear the air,” CEO Shawn Miyake regularly tells his staff. Specifically this means to have the ability to anticipate residents’ needs even before they are verbally expressed.

Such a philosophy is in keeping with Japanese culture and communication traits. The often cited terms, *gaman* and *shinbo*, refer to enduring challenges and suffering in silence. With the elderly, however, this silence could lead to untreated medical problems. As a result, even non-Japanese staff members, including nurses and certified nursing assistants, learn to prompt residents with simple questions such as “*itai* [does it hurt]?”

For example, Raquel Otero, a restorative nursing aide at Keiro Intermediate Care Facility, puts newly acquired Japanese phrases to good use while interacting with residents on the Los Angeles campus. A “granddaughter” to many, she can often be seen walking and talking with residents, in addition to assisting them with activities of daily living.

Another staff member, Sarah Beth Barredo, a charge nurse at Keiro Nursing Home, makes a dedicated effort to understand her residents on a personal level and be familiar with their individual preferences. “At Keiro, we personalize our care according to the individual routine of each resident instead of our own,” she said. “For example, one resident doesn’t like to shower, so we offer a bath instead. Another resident likes to sleep in so we order his breakfast ‘to go’ and heat it up for him later. Although it’s challenging, it gives the residents more control over their lives.”



*We must learn to hear the air.*

**F**or active Japanese American gardeners, Sundays have usually been their only days of rest. However, a committed group has volunteered to give up rest to create green spaces for the residents of Keiro Senior HealthCare's various facilities.

For instance, volunteers from the Southern California Gardeners' Federation helped beautify Keiro Nursing Home when it was built in 1969 in Lincoln Heights. Subsequently, dozens of gardeners have donated their time to tend the grounds of the facilities within Keiro's Umbrella of Care.

When South Bay Keiro Nursing Home was launched in 1980, members from the Gardena Valley Gardeners Association (GVGA) also volunteered their services.

Ted Koseki, a former Federation president, commented, "One aspect of this project I have enjoyed has been the fellowship. We gardeners really work for the most part by ourselves. We rarely have a chance to talk with our colleagues. On these Sundays we get that chance. Whether it's a camp story, the best lawnmower prices in town, or whose grandkid is the smartest, there has never been a shortage of conversation."

The GVGA made the ultimate gift in 2005, its 50th year—the members finalized the donation of their building to Keiro. The building was eventually sold to another non-profit and the proceeds were used to improve Keiro's existing facilities. The Gardena gardeners now conduct their meetings at South Bay Keiro.

The Southern California Gardeners' Federation and its association are not the only volunteers in making Keiro green. Others include the "Wednesday" Gardening Group, started by Hodge Amemiya more than 20 years ago at the South Bay Keiro Nursing Home, and the Nanka Niwaki Sentei Kenkyu Kai, a Japanese-style pruning organization.



## In Praise of the Green Makers

## Iron Men and Women

Hidetada Yamagishi, a professional body builder from Tokyo, noticed something different when he visited with Keiro seniors in 2006. “The seniors here look young and strong compared to those I’ve seen in other homes,” said the Iron Man competitor, comparing his biceps with a resident’s.

It is no wonder, as exercise and sports are encouraged by the activity managers. With a rectangular field named after donors Sam and Haruko Yamashita, gateball is played at least two times a week at Keiro Retirement Home. Developed in Japan in 1947, gateball, like croquet, is played with wooden balls and mallets. The field is also used for grand golf, a simplified version of the sport in

which players try to putt their balls toward numbered flag poles.

“Being outside feels good,” said Obi Kiyama, both a gateball player and grand golfer. “The air is good and the sun helps lower cholesterol.” Other classes offered include *taichi*, stretching, and yoga, as well as other kinds of exercise.

Fitness is not just for athletes. A Matter of Balance, led by staff and volunteer coaches through The Institute for Healthy Aging at Keiro, addresses fears associated with falling and teaches participants practical ways to prevent falls.



## Puppy Love



When Kobe visits Keiro Nursing Home and Keiro Intermediate Care Facility, he stays all day, aside for a McDonald’s lunch break.

He makes his rounds, seeing special friends, who hug, pet and ask to shake his hand or give him high-fives. And if Kobe is lucky, he might receive a treat, perhaps a dog biscuit, because he is a lovable eight-year-old, tan-colored Golden Retriever.

Kobe is actually the second Golden Retriever owned by Chiyo and Gerald Niimi. The first, Jordan, came to Keiro in the 1990s. After he passed away, Kobe took over, visiting residents once a month.

“We enjoy taking Kobe to Keiro and cheering up the residents,” said Chiyo, whose mother-in-law had been at Keiro for three years. “Residents enjoy seeing him. We get a lot out of it. Kobe loves it. He really does. It’s a win-win for all of us!”

The presence of a dog touches animal lovers in a profound way that humans sometimes cannot. For instance, when one wheelchair-bound resident who was usually not that alert or communicative saw Kobe, she smiled widely, cupped her hands under his chin, and loudly exclaimed, “You’re beautiful!”



## STORY THIRTY-FIVE

# It's in His Hands

**“My hands are my main tools,” explains Robin H. Nakabayashi, 80, who served 19 of his three decades-long career as a physical therapist at Keiro Senior HealthCare.**

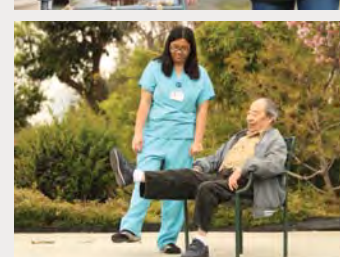
Before Nakabayashi came to City View Hospital and the nursing home in the early seventies, he had worked with an entirely different population: world-class collegiate athletes at the University of Southern California.

It was a childhood friend, Edwin Hiroto, who convinced Nakabayashi to abandon the hectic travel schedule of a college sports therapist and remain in one area, Los Angeles, to treat aging Japanese Americans. Nakabayashi was more than happy to switch demographics. Unusual for a Nisei, he had grown up with a grandmother, Mitsu, who had lived with the family even when they were incarcerated in a detention center in Poston, Arizona during World War II.

Nakabayashi was first a one-person physical therapy department at Keiro before assistants were added. Today outside companies provide these services.

Effective physical therapy can vastly improve the lifestyle of those suffering from strokes or hip fractures. “The theory is to keep them moving and active,” said Nakabayashi, who has seen paralyzed patients undergo remarkable recoveries, especially when treated immediately after their strokes. “Physical activity is really important.”

Source: Interview with Robin H. Nakabayashi, May 11, 2011.



## Japanese Idols

When Japanese singer and actor Eisaku Yoshida experienced personal difficulties a few years ago, his friend, Keiro volunteer Shigeki Nakashima, encouraged him with stories of Keiro Retirement Home residents. Inspired by their perseverance, Yoshida decided that one day he would like to visit Keiro.

In 2010, after completing his starring role in NHK's popular drama, "*Dan Dan*," Yoshida finally had his chance. Yoshida performed several songs, including "*Kokoro No Tabi*," the debut song that launched his Hollywood-style career 20 years ago, and "Chasing," which he wrote during his time of personal struggle.

"I am impressed that the average age of residents is 85, that many of them went through the camp experience during World War II, and that they are still thriving," said Yoshida.



日本の  
アイドル・歌手

Yoshida is only one of dozens of Japanese celebrities and musicians who have made their way through Keiro's doors.

Violinist Midori, who began receiving international attention for her musical talent since the age of 14, has also performed a music series at the Keiro Retirement Home in 2009.



"Music has the effect of soothing, inspiring, entertaining and enriching our lives as a whole," said Midori, who now lives in Los Angeles. "Music crosses all age lines, and everyone from infants to centenarians can partake in the experience in some way."

Other celebrities who have performed at Keiro include the Japanese female duo, Pink Lady, in the 1970s, as well as *enka* icons, Kyoko Suizenji, Mina Aoe, Saori Yuki, and Saburo Kitajima. More recently, The Gospellers and Kenichi Mikawa have also entertained residents.

## Oishii Sushi



Like many other Nisei women, Jane Hironaka helped her local *fujinkai* (women's group) in San Fernando Valley in making *makizushi*, rolled sushi with *nori* and pickled vegetables.

After moving to Keiro Retirement Home, Hironaka was able to continue this tradition in a monthly activity in the facility's kitchen. "It is natural for me to help make sushi here," she said.

Due to the generosity of organizations such as the Sushi Chef Institute, Japanese Restaurant Association, Sango Sushi, and Sushi Boy, professional-made sushi is also provided to residents at special events within all four facilities. Both presentation and preparation are considered, with even the Keiro Retirement Home ceramics class making special three-piece sets, including a plate, chopstick rest and dish for soy sauce.

The residents of Keiro Nursing Home are not left out of this annual treat. The Sushi Chef Institute, located in nearby Little Tokyo, adapted their sushi menu, incorporating cooked seasonal vegetables such as pumpkin to replace raw or chewy ingredients which would make the food difficult to swallow.

Residents of Keiro Intermediate Care Facility, as part of their lunch club activity, regularly eat at Sushi Go 55 in Little Tokyo. "*Oishii!*" one resident exclaimed. Delicious, it was.

寿司



# KEEPING IT CLEAN



The act of purification is a strong cultural ritual among the Japanese. At Keiro facilities, this value is not a symbolic one, but very real.

Cleanliness has been a point of emphasis ever since Keiro's inception, according to Ken Hayashi, who assisted CEO Edwin Hiroto during the institution's early years.

"We would have ambulance drivers deliver patients and comment that Keiro did not smell like other nursing homes," he said. "We were especially proud when the health department started using us as an example and training ground for new inspectors to show them how good a nursing home could be."

Today the nursing home industry is among the most regulated in California, with more than 5,000 mandated rules regarding care of residents. State regulators can arrive unannounced to facilities to check on adherence to these rules. Keiro, many times, goes beyond these regulations, maintaining a policy of treating residents as the staff themselves would like to be treated. As a result, supplies such as diapers are not distributed minimally but provided on an as-needed basis.

Both families and staff members have indicated on surveys that they appreciate Keiro's cleanliness.



## 'Greatest Generation'

一世

Issei

The resident population at Keiro can be divided into three general cultural groups: Issei (Japan-born), Nisei (second-generation Japanese American), and *Kibei-Nisei* (born in America, but raised or educated in Japan).

Over the years, the number of *Kibei-Nisei* has declined, whereas the number of Nisei has slowly increased. This rise is expected to continue.

As a result, we see the presence of veterans who served with American armed forces during World War II and the Korean Conflict.



二世

Nisei

帰米二世

Kibei Nisei

In the past, there have been Veteran's Day programs at Keiro Intermediate Care Facility and every Fourth of July, residents were invited guests at the Hollenbeck Home's annual parade until it was discontinued due to lack of space.

All-American holidays like Thanksgiving are celebrated appropriately with festive foods and decorations. Card games and English sing-a-longs are some of the activities geared for the Nisei population.

As this World War II generation has been referred to as the nation's "greatest," Keiro strives to take care of these men and women's special needs in their golden years.



## Natsukashii Nihongo

At the Keiro Senior HealthCare facilities, those born in Japan are not the only ones to appreciate the sound of *Nihongo*, Japanese language.

American-born residents may have either spent their childhoods in Japan or else grown up in Japanese-speaking households in this country. For instance, Keiro Retirement Home resident Tom Tsubone was born in the U.S., but moved to Yamaguchi, Japan, when he was five. Upon his high school graduation, he returned to his birthplace.

Being at Keiro reunited him to *Nihongo*. "Although I'm fine with speaking English, I appreciate spoken Japanese," said Tsubone in 2004.

Every facility has Japanese-speaking staff and volunteers, while many programs and meetings are conducted bilingually. Signage, including activity calendars, is also often in two languages, while Japanese cable television, DVDs, videos, newspapers, and magazines are also available.

In the case of Tsubone, he was able to deepen his skill in writing poetry in Japanese. "Japanese language makes me feel *natsukashii* [nostalgic]," he stated.

Language, for sure, involves the heart as well as the mind, so it is no wonder that the language of one's childhood would become even more significant as people age.



## Spaghetti and Sukiyaki

Keiro provides over 600 meals, three times a day, and the sheer volume of that food is staggering. For instance, a half million cups of tea and one million bowls of rice – 19 tons worth – are served a year.

But in that mass of meals are choices for different tastes and cultural backgrounds. That's evident in the favorite foods of residents at Keiro Nursing Home: spaghetti, fried chicken, beef sukiyaki, and *unagi donburi* (eel rice bowl).

For lunch and dinner, residents at the nursing home can see samples of two entrees and can choose one or both for their meal. Instead of meals served on trays, they receive each plated course on the table, set atop placemats.

Some residents have issues swallowing and as a result, must eat pureed food. As part of a Contemporary Cuisine program, selected menu items are sculpted to resemble its original form, making it more appetizing. This, in turn, helps frail bodies receive necessary calories and nutrients.

"I like that Keiro provides Japanese food, but I also enjoy spaghetti," said Mitsuko Nakamura. And regarding the shaped pureed food, "It looks just like spaghetti!"



## Singing Arigato

In Japanese culture, the crane is said to live a thousand years. Symbolizing longevity and happiness, the crane is also featured in a number of Japanese folktales, notably *The Crane Wife*, in which a grateful crane pays the ultimate sacrifice for a single act of human kindness. In the same spirit, the performance group, Grateful Crane, stretches its wings to express thankfulness, not to one man, but an entire generation of Japanese American elders.

The seed for the group was sown a decade ago when a group of actors, writers, singers and musicians began performing Japanese children's songs at Keiro Retirement Home. The mandate for the first show, initiated by musician Scott Nagatani, was simple: to sing "from the heart."

"This was not to be 'just a show for old folks,'" explained Soji Kashiwagi, director of Grateful Crane. "These were our folks,

our Japanese American elders who for years have suffered and sacrificed so that we, the younger generations, could live a better life in America. This was to be our way of giving something back for all they have given to us."

The shows then developed to include stories of the Issei and Nisei themselves – their experiences through the Great Depression and the World War II detention centers. "For all of this and more, it dawned on me that no one has ever publicly said, 'Thank you,' to them," said Kashiwagi. "And so these two simple yet powerful words became our message, delivered from the heart at the end of every show we did at Keiro."

Grateful Crane has since performed its shows all over the U.S. and even in Hiroshima. But the group has not forgotten its initial inspiration, Keiro, and returns regularly to perform and say, "Arigato."



ありがとう

Obligations of treaties should be liberally construed to effect the apparent intention of the parties to secure equality and reciprocity between them. Where a treaty admits of two constructions, one restricting the rights that may be claimed under it and the other enlarging them, the more liberal construction is to be preferred.

The treaty of commerce and navigation between the United States and Japan authorizes citizens of Japan to carry on trade within the United States and “to lease land for residential and commercial purposes, and generally to do anything incident to or necessary for trade upon the same terms as native citizens or subjects, submitting themselves to the laws and regulations there established.”

Held that this includes the operation of a hospital as a business undertaking, the leasing of land for the purpose of operating a hospital is within the scope of the agency. 201 Cal.

Mr. The filing in ers, pro Angeles with a tion to for nur Alth statute petition citizens of Japan, the Alien Land Law of the State did not permit an incorporation by them for the purpose of operating a hospital. The respondents then brought, in the Supreme Court of California, a proceeding in mandamus to compel the petitioners to file the proposed articles and to issue a certificate of incorporation to the hospital. The mandamus petition set up that the Treaty of Commerce and Navigation between the Government of the United States and the Empire of Japan, proclaimed April 5, 1911, 37 Stat. 1504, and now in force, conferred on citizens and subjects of the Empire of Japan the right to incorporate in the United States for the purposes named



Groundbreaking on June 19, 1929, for what was to become the Japanese Hospital of Los Angeles, located at 101 South Fickett Street in Boyle Heights.

# Tashiro v. Jordan

*In 1926*, Dr. Kikuo Tashiro and four other doctors applied for incorporation to build a hospital to serve the 23,000 Japanese Americans living in Los Angeles. However, the state of California denied this petition, stating that neither a U.S.-Japan treaty agreement nor alien land laws permitted the use of land for such purposes.

In response, Tashiro took the case to the state Supreme Court. The justices sided with the Japanese doctors, ruling that the state of California had unlawfully denied their request for incorporation to build a hospital. California Secretary of State Frank Jordan appealed the case to the United States Supreme Court. On November 1928, the high court decided in favor of the Japanese doctors. The judges stated that a U.S.-Japan treaty agreement allowed Issei the right to engage in commerce; thus, the group could lease land for the purpose of operating a hospital but it had be categorized as a business and not a nonprofit.

In spite of the stock market crash, the Japanese Hospital of Los Angeles was able to raise \$129,000 to purchase and construct a two-story medical facility with 42 beds on East First and Fickett streets in Boyle Heights. During World War II, the Japanese Hospital was under the trusteeship of White Memorial Hospital; it was later returned to the Japanese doctors. When Tashiro died from a heart attack in 1953, the facility was renamed Japanese Memorial Hospital in his honor.

In 1961, the organization reincorporated as the Memorial Hospital of the Japanese Community, a nonprofit, with Edwin Hiroto as its first hospital administrator. City View Hospital, located in Lincoln Heights near the LA County-USC Medical Center, was acquired to replace the aging Fickett Street hospital. While a treaty required that the pre-World War II hospital be a commercial venture, Japanese Americans finally had a nonprofit medical facility of their own, which became the cornerstone of Keiro’s Umbrella of Care.

Sources: "City View Hospital and the Japanese Hospitals of California" by Troy Kaji and Japanese Community Health, Inc. Honors Three Outstanding Doctors by Naomi Hirahara.

# Rites of Passage

Sometimes an age is not just an age.

There are rites of passage for Jewish 13-year-old boys and 12-year-old girls, as well as 15-year-old Latin American girls. The ages of 16 and 21 are also significant in the U.S.

## But what about seniors?

In the Japanese culture, various milestone ages are celebrated and marked with special rituals. For instance, when a man turns 60, he is given a *kanreki*, or second infancy, party. Literally meaning “return” and “calendar,” the *kanreki* recognizes that a man has come full circle on the Chinese zodiac calendar when he turns 60. As a result, he is given a party in which he wears a red cap, called a *zokin*, and vest, *chanchanko*, his second childhood.

Other significant birthday years include 80, 81, and 88, where a golden brown *chanchanko* and *zokin*, signifying a prosperous rice harvest, are worn. Purple, the highest regarded color in Japan believed to have symbolic healing benefits, is also adopted for other special ages.

At Keiro Nursing Home, residents one hundred years and over celebrate their birthdays by donning gold vests and caps. As is tradition in Japan, Keiro Intermediate Care Facility uses white *chanchanko* and *zokin* for 99-year-olds, while purple and gold celebratory outfits are reserved for those one hundred and over.

The oldest resident is believed to be 109-year-old Mamoru Eto, a former minister who lived at Keiro Retirement Home through the 1980s before moving to Minami Keiro Nursing Home and later Keiro Nursing Home.





The Star of David, a hexagram, is a symbol of Jewish faith that is often featured within synagogues. Careful observers would note two of them outside of Keiro's Administration Building, a reminder of the building's former identity as the Jewish Home for the Aged.

The facility on five acres had already been in existence in Boyle Heights for 62 years when it was acquired for \$1 million in March 1974 by what was then called Japanese Home for the Aged. The Jewish Home for the Aged was consolidating its senior services on a nine-acre property in San Fernando Valley, but still wanted the property to serve the community and "maintain the same integrity."

## THE STAR AND MR. GOLDBERG



Memorial plaques and religious artifacts were moved to a museum within the expanded facility on Victory Boulevard. The two Stars of David remained, however, as well as a man named George Goldberg, who had been employed by the Jewish home. Although originally from San Antonio, Texas, Goldberg spent most of the rest of his life in Boyle Heights.

Even after the sale was completed, Goldberg stayed on as an employee and later became a volunteer, maintaining the steam boilers as well as completing other maintenance duties. "I had a lot of friends among the Nisei," he said. "They were never strangers to me." He mentioned being impressed with his Japanese American friends who had been members of the 442nd Regimental Combat Team during World War II.

In 1994, Goldberg, then 85, was honored by Keiro Retirement Home for his decade-long volunteer service. "I'll keep coming as long as I can," he said at the time.

## The Way of Tea

*Chado*, or the way of tea, embraces principles that go beyond the ceremony of serving and drinking tea. The Urasenke School of Tea identifies harmony, respect, purity and tranquility as the four underlying ideals that exemplify its practice. Samurai warriors and daimyo political leaders in 16th century Japan all adopted the tea ceremony into their regular life. Within the walls of Keiro in Boyle Heights, this ancient and revered custom has been fully experienced and taught to residents into the 21st century, thanks to the volunteer work of Madame Sosei Matsumoto, the highest ranking Urasenke tea ceremony instructor in the United States.

"I love to see everyone's smiling faces as they relax and have a bowl of tea," said Madame Matsumoto, who has been leading monthly tea ceremony classes at Keiro Retirement Home for the past 20 years.

Madame Matsumoto's Keiro students include those who have been studying tea for some time as well as those who have begun studying the art form for the first time. They participate in demonstrations, such as Keiro's Open House events, but probably nothing could surpass their appearance on June 22, 1994 before Emperor Akihito and Empress Michiko.

## From Kiln to the Consulate

The ceramics class of Keiro Retirement Home had a dream: to have their own functioning on-site kiln. Adopting the motto, "Dream Chasers," the class does not have to chase any more, as a kiln was unveiled at an official ribbon-cutting ceremony in March 2004. A volunteer and a resident, Kiyoe Suzuki and Yoshiko Izumi, respectively, lent their ceramics expertise to launch the class a year earlier.

Ceramics have figured prominently in Japanese culture since 6 BC, when Jomon Period pottery was believed to be baked on an open fire. Regions throughout Japan, especially in the south, pride themselves on producing distinct ceramic styles with boutique kilns throughout the archipelago. Traditions such as the tea ceremony celebrate the beauty of handmade *chawan* (tea cup).

Since acquiring the kiln, the ceramics class has produced beautiful goods that have been sold and donated at Keiro events. In 2010, exquisite pieces created by fourteen members of the class were placed on display by the Consulate General of Japan in the Japan Information & Culture Center Library and the Consular Lobby.

At the time, resident Mitori Misumi said, "I like ceramics so I am very happy that other people can look at my art work."



## Swimming Upstream

*Koi*, or carp, are revered in Japan because they are known to swim upstream under adverse circumstances. These colorful fish are also known to have a long life and have a dedicated following here in the United States through the hobbyist group, Zen Nippon Airinkai (ZNA).

For an entire year from July 1979, members of the Southern California chapter came to Keiro Retirement Home every Sunday to create an elaborate *koi* pond and garden on the premises, currently located next to the gateball field. Donating their labor and equipment, they broke ground, shoveled dirt, installed pipes and laid down concrete.

According to the project's chairperson Dr. Harold Harada, the work was "a soul-satisfying experience."

Both Harada and ZNA chapter member Jimmy Inouye went to the Disneyland Hotel to select two *koi*, valued at \$800 each, from its pond, a donation from the hotel to the Japanese Retirement Home.

Those two *koi*, as well as other donated carp, were released into the new pond at a dedication ceremony on May 18, 1980 with more than 125 guests in attendance.

Nine years later, plans to erect another pond and garden were completed. Designed by a team of building architects, landscapers, and rockscape developers, the Garden for the Generations was designed to memorialize the legacy of the three generations of Japanese Americans—Issei, Nisei and Sansei.

Even its signature pond celebrates this inter-generational theme: waterfalls recycle water down manmade rocks through three pools situated at different levels. Located in front of the Administration Building with a connecting bridge between the residence hall and dining facility, the pond and garden offer residents and visitors alike an inspiration to "swim upstream."



# Ultimate Sacrifice

Every holiday, including Memorial Day, Takeshi Oishi, administrator of Keiro Retirement Home, and his wife bring brooms and appropriate flowers – perhaps Easter lilies or poinsettia – to Evergreen Cemetery or other local memorial parks. There they visit and clean the resting places of former residents who do not have relatives in this country to maintain their gravesites.

Purely a volunteer effort beyond the scope of his official duties, Oishi's service exemplifies sacrifices that many have made to honor seniors at Keiro. Another individual was the late Toshihiko Taenaka, the founder and president of Best Carpet Supply Company in Gardena. After meeting Keiro founder Fred Wada in 1965, the Tokyo-born



Taenaka became a convert and avid supporter of Keiro's mission and often served as the "face" of Keiro at events involving the *Shin-Issei* or immigrant communities. Current CEO Shawn Miyake, who often relied on Taenaka's advice on

Japanese protocol, remembers the businessman fielding phone calls regarding flooring orders while attending community events on behalf of Keiro as a volunteer.

Oishi and Taenaka walk in the footsteps of Keiro's founders, who guaranteed the original loan of \$650,000 – a staggering amount in the '60s – by using their personal homes as collateral. The sacrifices of these men and their families have made it possible for Keiro to be the place that it is today.



From left are founders George Aratani, Gongoro Nakamura, and Fred Wada. From far right are founders Edwin Hiroto (first CEO of Keiro), (Consul General Henry Shimanouchi), Frank Omatsu, Kiyoshi Maruyama, and James Mitsumori. Joseph Shinoda not pictured.

Sources: interview with Takeshi Oishi, March 21, 2011; interview with Ken Hayashi, June 7, 2010; Cultural News website, <http://culturalnews.tripod.com>, September 6, 2005.

# Genki Living: 'To Age with Confidence'

Whereas the founders of Keiro dreamed of buildings and direct services for the care of the elderly, times are changing. Now more older adults plan on staying at home during their golden years. As caregiving at home presents various challenges to the family, it is imperative that individuals, beginning with those in their fifties, take personal responsibility for their long-term health and wellness.



To achieve this goal, Keiro launched The Institute for Healthy Aging (IHA) to promote *genki*, or healthy, living. It empowers and connects community members so they can "age with confidence" in all areas of wellness, including the physical, environmental, spiritual, social, emotional, intellectual, financial, and occupational dimensions.

Programs such as the Women's Wellness Conference, held in the fall of 2010, in addition to classes and seminars on topics as diverse as social networking and preventing falls, are vital to maintaining a *genki* lifestyle. Success of the community outreach programs depends on volunteerism and social connectedness. Since 23.6 percent of Japanese Americans are over the age of 65 (compared to 12.9 percent in the general population), Keiro is committed to this concept of *genki* living. For example, at Keiro's Healthy Aging Summit, Keiro brought additional knowledge and healthy aging resources to the community through partnerships with organizations like AARP and the University of Southern California.

Sources: "Keiro Senior HealthCare's Model of Care for a Healthy Community," presented at the Healthy Aging Summit at the University of Southern California, April 12, 2011; U.S. Census, 2009 American Community Survey.

# Keiro History Timeline

Since 1961, Keiro Senior HealthCare's *Living Treasures* – its founders, volunteers, residents, and staff – have enriched the lives of seniors, wherever they may call “home.” Together, they embody our community's value of taking care of our respected elders. Thanks to the hundreds of individuals and groups from every generation, Keiro will continue to respond to the ever-changing needs of seniors and their families.



**1961** Keiro Senior HealthCare is founded and purchases the Japanese Hospital of Los Angeles as the first step in creating its comprehensive “Umbrella of Care” for Japanese American seniors.



**1962** City View Hospital ('62-'85) is acquired through a lease/purchase arrangement.



**1967** Land is purchased in Lincoln Heights for Keiro Nursing Home.



**1969** Keiro Nursing Home, the nation's first culturally-sensitive long-term care environment for Japanese seniors, opens its doors.



**1972** City View Hospital is purchased in full.



**1974** The five-acre Jewish Home for the Aging in Boyle Heights (now called the Los Angeles Campus) is purchased for the future sites of Keiro Retirement Home and Keiro Intermediate Care Facility.

Minami Keiro Nursing Home ('74-'90) in Lincoln Heights opens with 96 beds.



**1975** Keiro Retirement Home opens, providing care units in a culturally-sensitive setting with familiar language, food and values for Japanese American seniors.



**1977** Keiro Intermediate Care Facility opens for mobile seniors who need additional assistance to maintain an independent lifestyle.



**1982** South Bay Keiro Nursing Home is created through a \$1,000,000 fundraising drive spearheaded by Gardena and South Bay residents.



**1989** The new Keiro Retirement Home replaces the facility severely damaged in the 1987 Whittier Earthquake. Efforts led by Keiro's founders raise \$4 million from Japanese corporations and businesses, and \$3.5 million by local residents.



**1990** Residents from the original Keiro Nursing Home and Minami Keiro Nursing Home transfer to a newly constructed Keiro Nursing Home building.



**1991** The original Keiro Nursing Home building is renovated.



**1994** Emperor Akihito and Empress Michiko of Japan visit Keiro's Los Angeles Campus.



**1999** Special Care Unit for Alzheimer's disease and dementia opens.

Keiro Adult Day Center of Orange County ('99-'06) opens.



Keiro Intermediate Care Facility is renovated and reopened.



**2000** Keiro Retirement Home Activity Center building renovations begin.

Keiro Adult Day Healthcare Center ('00-'03) opens in Torrance.



**2006** The Institute for Healthy Aging at Keiro is launched to serve the changing needs of seniors and their families and caregivers.

*Our Legacy*



*Our Future*

**2011** Keiro celebrates 50 years of enhancing the quality of senior life in Our Community.

# Keiro Staff Members

(Regular employees as of October 15, 2011)

## 30+ Years

Martha Campos  
Ricardo Cisneros  
Guadalupe Diaz  
Jose Guerrero  
Paula Guerrero  
Sumie Haraguchi  
Beverly Ito  
Jun Kurihara  
Takako Kusunaga  
Shu-Jen Lin  
Marcos Nunez  
Maria Orozco  
Reynalda Pinto  
Pablo Rubio  
Rosalie Santillan  
Janie Teshima  
Cristobal Valencia  
Choon-Ja Yoon



## 20+ Years

Fides Aguinaldo  
Maria Alvarez  
Lydia Amoranto  
Guadalupe Arroyo  
Victor Aylas  
Rutilio Bernal  
Sumie Berrios  
Milton Briand-Armas  
Martha Casas  
Maria Castaneda  
Martha Castaneda  
Luis Cisneros-Diaz  
Sandra Cohen  
Martha Coromac  
Evangelina Covarrubias  
William Craig  
Lilia Dalaten  
Maria De-Peralta  
Toshiko Gima  
Tomas Gomez  
Reiko Hamai  
Rocio Hernandez  
Bertha Hernandez  
Maria Hernandez  
Dale Higashi  
Howard Hiyoshida  
Sachiko Iwaoka  
Gloria Kiyan  
Kuei-Chun Kuchida

Juliet Martinez  
Marta Mejia  
Lidia Nakasone  
Takeshi Oishi



Burton Okuno  
Pimolrat Oonpanyo  
Jose Orozco  
Nicolas Orozco  
Estela Orozco  
Carmen Oviedo  
Dale Posadas  
Maria Rangel  
Artemio Rios-Pasaye  
Hilda Rodriguez  
Magdalena Rubio  
Kiyo Sakae  
Etsuko Sakaguchi  
Janice Shimosawa  
Fumiko Uchida  
Pablo Vega

Hiroko Wada  
Mary Yap  
Ryoko Yunouye  
Luciana Zuniga

## 10+ Years

Jose Aguilar  
Leonor Aguilera  
Alicia Aquino  
Irma Bahamondes  
Guadalupe Barbosa  
Dianne Kujubu Belli  
Bertha Berdejo Velarde  
Otilia Bolanos  
Marie Bunden  
Paul Cananea  
Maria Castaneda  
Kim Cornelio  
Elsa Desantiago

Maria Diaz  
Chie Doi  
Helen Domantay  
Virgilio Domingo  
Elvia Dominguez  
Dora Escandon  
Maria Estrada Cardiel  
Maria Fajardo  
Lilia Fines  
Sidney Francia  
Masao Fukuda  
Sayoko Galanukan  
Maria Galindo  
Miguel Gallardo  
Margarita Garcia  
Alma Garcia  
Ana Garcia  
Sandra Garrido  
Jaime Gomez  
Ester Gonzalez  
Mirna Gonzalez  
Claudia Gonzalez  
Dorothy Griffin  
Maria Guijarro  
Engracia Guzman  
Setsuko Hagihara  
Mike Harada  
Cristina Hernandez  
Rosa Hernandez  
Rosalinda Hernandez

Sally Hernandez  
Blanca Hernandez  
Lynn Higashi  
Aki Hisada  
Maria Huang  
Miyuki Ichinose-Kusayanagi  
Michelle Ikeda  
Maria Jacobo  
Maria Janacua  
Catherine Jimenez  
Genevieve Jimenez  
Miyuki Jones  
Carmelita Josol  
Fumi Kaneko  
Isoko Kayama



Yoshiko Kobayashi  
Pablo Koguchi  
Shoko Koshikawa  
Miyoko Kosugi  
Kanako Kusano  
Susan Lara

Leticia Lascano  
Tai Chin Lee  
Maria Lopez  
Susana Lopez  
Hercules Lugtu  
Virginia Lustina  
Rosa Macias  
Lance Maemori  
Maria Magsalin  
Sonia Maravilla  
Ramon Martinez  
Maria Medina  
Cynthia Medina  
Maria Mejia  
Maria Mendoza



Maribel Padua  
Jean Panay  
Monica Perez  
Caroline Potter  
Felipe Ramirez  
Uvaldo Ramirez  
Severiana Ramos Avalos  
Silverio Recaido  
Bulfrano Romero  
Esperanza Romero  
Gloria Rubianes  
Blanca Saenz  
Edward Salcido  
Nasaria Sanabria  
Rie Sera  
Lily Sera  
Jose Sosa-Tavison  
Sonia Swartz  
Hiroko Tado  
Laura Tognana  
Irma Torres  
Gloria Toyoda  
Shirlee Tu

Gumerindo Valenzuela  
Ryu Wanibuchi  
Sachiko Ward  
Maximino Yanez  
Yumi Yuge

## Up to 10 Years

Alicia Acuna  
Zenaida Agito  
Janet Aguilar  
Patricia Aguilar  
Melissa Aguilar  
Mayra Aguilar Orellano  
Martha Aguilera  
Rosa Aguilera  
Leonela Aispuro  
Letisia Albiar  
Elizabeth Alconis  
Cynthia Almazan  
Anna Maria Almoete  
Teofila Alvarado  
Mary Jane Amadi  
Marina Amaro  
Matilde Anderson  
Emiko Anderson  
Justina Anyim  
Geraldine Aquino  
Mary Ann Aquino  
Claudia Ascencio  
Harris Asinas  
Tokie Ayabe  
Ni Ni Aye  
Yesenia Bachez  
Mary Rose Bagcat  
Manuel Balagot  
Zony Baniqued  
Tazuko Banks  
Maila Barela  
Roxana Barillas  
Sarah Barredo  
Brenda Barrera



continued on next page



Eulaliatessie Beleno	Elena Carrasco
Jennifer Beltran	Margarita Carrillo
Justin Bensen	Angelica Casas
Julio Bermudez	Maria Casillas
Keping Bi	Elena Casio
Karen Bolin	Maria Castaneda
Teresita Bollozos	Estela Castillo
Krystal Borbon	Maria Castillo Padilla
Martha Bravo	Adalberto Castillo Quintero
Hermelinda Cachola	Adolfo Castro
Jennifer Cachola	Charlene Castro
Andrea Cagaid	Jacqueline Castro
Claudia Calderon Calderon	Rosalie Catahimican
Rosario Calderon Lacsina	
Emerenciana Camba	
Camille Camba	
Argentina Canales	
Josephine Capulong	
Michelle Caragan	
Monina Carambas	
Jinovie Carancho	



Ana Celestino  
Yleana Celestino  
George Chan  
Michelle Chase  
Soledad Chavez  
Rosa Chavez  
Mayolito Chavez  
Monabelle Chavez  
Mayvic Chavez  
Qirong Chen  
Ying-Sheng Chen  
Rumiko Chen  
Francis Cho  
Claudia Chu  
Shu Chuang  
Clara Chute  
Carlos Chute  
Karla Cristal Cisneros  
Doris Colindres  
Santos Contreras Palacios  
Melissa Cooke  
Lesli Coronado-Valle  
Cerilina Cortez  
Saul Cova  
Alma Cova  
Dorina Cruz  
Sayda Cruz  
Karla Cruz  
Blanca Cruz  
Greace Cruz

Juan Cruz  
Juan Miguel Custodio  
Jocelyn Joy Dacio  
Denise Dennis  
Gema Devora  
Mary Diaz Ronquillo  
Marivic Dimson  
Brian Flores  
Maria Flores Villalobos  
Brian Fong  
Vernon Francia  
Maritza Fuentes  
Tamon Fujimi  
Ryota Fujimoto



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Jose Dominguez	Oralia Gallardo
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Hong Wang  
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Michelle White  
Theodore Yamada  
Yasuo Yamaji  
Chong Yi  
Andy Yit  
Glen Yoshida  
Elda Zamora  
Ying Zou

# Keiro Volunteer Community Groups

Adopt-A-Grandparent Los Angeles	Cosmos Chorus Group	Fukuoka Kenjin Kai
Aloha Golf Club	Doshikai	Gardena Buddhist Church
Al's Garage Ukulele Group	East San Gabriel Valley Japanese Community Center	Gardena Buddhist Church Japanese School
American Honda Motor Co., Inc.	Eastside Optimist Club	Gardena Carson Community Adult School
Amestoy Elementary School	Edo Senke School of Tea Ceremony	Gardena Community of Christ Church
Anaheim Japanese Free Methodist Church, Women In Motion	Ensemble Echo	Gardena Pioneer Project
Asia America Symphony Association and Guild	Esumi Sonjin Kai	Gardena SDAC
Awaya Kai	Evergreen Baptist Church	Gardena Valley Baptist Church
Bando Hidesomi	Faith United Methodist Church	Gardena Valley Gardener's Association
Believe in Living Treasures	Family and Friends of Keiro Nursing Homes	Gardena Valley JCI
Bible Study Fellowship	First Lutheran Church Japanese Ministry	Genchi Minyo Kikuta Kai
Boy Scout Troop 578	First Presbyterian Church of Altadena	Girl Scout Troop 4671
Boy Scout Troop 719	First Presbyterian Church Women's Group	Gospel Siloam Church
Brightwood School	Folklorico Del Mar & Flamenco Fiesta	Gospel Venture International Church
Centenary United Methodist Church	Friends of Keiro Retirement Home	Grateful Crane
Cerritos Baptist Church	Friends of The Institute for Healthy Aging	Halau Hula Moani'a'ala Anuhea
	Fujima Seiyumi Kai	Halau Keali'i O Nalani



Hanayagi Rokufukumi
Happy Science
Hara Buseikan
Higashi Hongwanji Buddhist Temple
Hikari Taiko Drummers Association of America
Himawari Karaoke Dokokai
HK Music
Honda R & D Americas, Inc.
Horipro Music Academy
Hosanna Chorus
IFEPA US-Japan Association
Japan America Chamber Ensemble
Japanese American Historical Society of Southern California
Japanese American Christian Chapel
Japanese American Optimist Club
Japanese Businessmen's Association of Southern California
Japanese Chamber of Commerce Foundation

Japanese Chamber of Commerce of Southern California
Japanese Evangelical Missionary Society
Japanese Restaurant Association
Japanese Speaking Parents Association of Children with Challenges - "Miracle Kids"
Japanese Student Network
Japanese Women's Society of Southern California
Kagoshima Kenjin Kai Karukan Chorus
Kansai Gakuin University, Nihon University, University OB-Kai
Kasa No Kai
Kiku Florist & Gifts
Kodama Kai
Kodomo no Gakko
Kodomo No Ie
Kokuso-ryu Shigin-kai
Koyasan Buddhist Temple
Koyasan Girl Scout Troop 379

Les Dames
Lighthouse Career Planning
Lighthouse Community Church
Little Tokyo Historical Society
Little Tokyo Lions Club
Los Angeles Bunka Kai
Los Angeles Chikurei Kai
Los Angeles Holiness Church
Los Angeles Homba Hongwanji Buddhist Temple (L.A. Nishi Hongwanji)
Los Angeles Homba Hongwanji Buddhist Temple Adult Buddhist Association (L.A. Nishi Hongwanji)
Los Angeles Men's Glee Club
Los Angeles South West Gardeners
Los Angeles Southwest Gardeners Association
Maryknoll Choir (St. Francis Xavier Chapel)
Medaka Club
Medical, Dental, Legal Ladies (MEDELLAS)

Mele Ohana Ukulele Group	Nishi Hongwanji Los Angeles, Boy Scout Troop 738	Rev. Naomi Fukuzawa Group	Sho Tokyo Kendo Dojo	Takahara Music Studio	Venice Japanese Community Center
Mimi Bunko		Rufuran	Showa-kai	Tenrikyo Women's Association of America Los Angeles District	Venice Japanese Community Center, Boy Scout Troop 764
Minyo Matsutoyo Kai	Nishi Hongwanji Los Angeles, Cub Scout Pack 738c	Sage Granada Park United Methodist Church	Social & Philanthropic Organization of Orange County (So-Phis)	Theta Kappa Phi Alumnae of UCLA	Venice Pioneer Project
Mission Valley Free Methodist Church	Nishi Hongwanji Los Angeles, Girl Scout Troop 12135	Sakura Chorus	Sogetsu Los Angeles	Toyota Japan Staff Wives Club	Venice Santa Monica Free Methodist Church
Mission Valley Women's Association	Orange Coast Free Methodist Church	San Fernando Valley Japanese American Community Center	Soka Gakkai International (SGI) USA	UCLA Nikkei Student Union	Ventura County Japanese American Citizens League
Miyazaki Kenjin-Kai	Orange County Buddhist Church	San Gabriel Nikkei Seniors Club	South Bay Adopt-A-Grandparent	Uncle Ulu	Visions for Keiro
Montebello Japanese Women's Club	Orange County Buddhist Church, Dana Program	San Gabriel Valley Basketball Club	South Bay Christian Church Association	Union Church of Los Angeles, Women's Guild	Wakahisa Kai
Montebello Plymouth Congregational Church, Summer Exploration	Orange County Buddhist Church, Project Kokoro	San Gabriel Valley Nikkei Singles	South Bay Community Church	United Baptist Church	West Adams Christian Church, Women's Fellowship
Monterey Park Japanese American Senior Citizens	Orange County Japanese American Association	Sato Ukulele Group	South Bay Free Methodist Church	University of Southern California Nikkei Association	West Los Angeles Buddhist Temple
Music Worship	Orange County Sansei Bowling	Sayuri Shibata Piano Studio	South Bay Japanese American Citizens League	Urasenke School of Tea	West Los Angeles JACL Auxiliary
Musical Connections	Orange County Sansei Singles	Seiai Youchien	South Bay Japanese Christian Fellowship	USC Alpha Delta Kappa Sorority	West Los Angeles United Methodist Church, United Methodist Women
Nani Wahines	Oxnard Buddhist Temple	Seicho No Ie, White Dove Association	Southeast Japanese School and Community Center	Uta Oh Kai	Wintersburg Presbyterian Church
Nichi Bei Fujinkai	Pasadena Buddhist Church	Seinan Senior Citizens' Club	Southern California Gardener's Association	Venice Hongwanji Buddhist Temple	Wintersburg Senior Fellowship Ministry
Nikkei Bridge	Pasadena Japanese Cultural Institute	Senior Foundation Charitable Corporation	Southern California Gardener's Federation	Venice Hongwanji Buddhist Temple, Cub Scout Pack 79	Yonsei Basketball Team
Nikkei Ministerial Association	Pia Hair Salon	Senshin Buddhist Temple ABA	Sunrise Elementary	Venice Hongwanji Buddhist Temple, Girl Scout Troop 5325	Yuukari Chorus
Nippon Minyo Kenkyu Kai, Hoshun Kai	Pioneer Electronics (USA), Inc.	Senshin Buddhist Temple BWA	Taiko Project		Zendeko
Nippon Minyo Kenkyu Kai, Kotobuki No Kai		Seventh Day Adventist Japanese Church	Taisho Club		
Nisei Week Queen and Court		Shibuya Group			



## Keiro Volunteers Over Five Years

Katherine Adachi	Mary Hatate	Hideo Kita	Scott Nagatani	Noriko Sato	Misuye Toshima
Yae Aihara	Eiji Hiradate	Chieko Kitaoka	Robin Nakabayashi	Toshiyuki Seino	Yoichi Tsuchiya
Mizue Ando	Mayumi Hirahara	Mineshizu Kitsu	Tomoko Nakajima	Patrick Seki	Tatsuko Tsuji
Tazue Araki	Reiko Hiraike	Ayako Kobayashi	Akiko Nakamoto	Kazuko Seko	Sumi Tsushima
Ashley Arikawa	Annlie Hirano	Reina Kobayashi	Agnes Nakamura	Mary Senzaki	Michiko Uchida
Fumiko Arita	Yoshie Hirata	Machiko Komiyama	Kumiko Nakamura	Hideko Shead	Sawako Uchimura
Misako Arita	Tomiko Hirshfield	Keiko Kondo	Kyoko Nakamura	Misayo Shiba	Etsuko Uesugi
Nobue Ashizawa	Misako Honda	Hisano Koreeda	Masaye Nakamura	Ryoko Shibata	Michi Ujije
Hidesomi Bando	Umeko Horie	Marisa Kosugi	Miyeko Nakamura	Sayuri Shibata	Yumiko Uono
Yoko Barton	Eiko Idota	Fumiko Kumoda	Terry Nakashima	Nancy Shimazu	Junko Urushibata
Mari Bregon	Teruyo Ikari	Dora Kunishige	Mari Nara	Mao Shimizu	Evelyn Uyeda
Alan Calisher	Mioko Ikeda	Edith Kunishige	Chiyo Niimi	Hisae Shimozawa	Shizu Uyemura
Nobuko Calisher	Yuko Ikeda	Yasushi Kurita	Gerald Niimi	Yoshie Shintaku	Hiroko Wada
Sachiko Carpenter	John Ikehara	Yasuhiko Kuyama	Takashi Nishioka	Betty Shiotani	Setsuko Wada
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Chieko Dote	Kazue Imoto	Tetsuji Machi	George Obatake	Deanne Suwa	Asa Wakinaka
Hazel Endo	Bobby Inoue	Yuriko Machi	Soshi Odawara	Merle Suwa	Jun Watanabe
Naomi Endo	Eiji Inoue	Randolph Masada	Ayako Ogata	Kiyoe Suzuki	Ken Wong
Machiko Fujii	George Inouye	Kenny Matsui	Kimiko Ogata	Sayoko Swartz	Sylvia Wong
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