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Connect

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CAREGIVER

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*Caring in  
Our Community*



# Welcome to Keiro Connect: Spring 2019 Edition!

On March 30, Keiro hosted its annual Caregiver Conference at the Pasadena Buddhist Temple. At the beginning of the conference, Keiro Board Chair Lynn Miyamoto shared a quote: “To care for someone who once cared for you is the ultimate honor.” I pondered this throughout the day. We are all going to be caregivers and/or will need caregiving at some point in our lives. And even though many of us may not want to think about it, we all must start preparing however we can.

As I walked around the conference, I was amazed by how intently the attendees were actively trying to prepare or see how they could become better caregivers – I saw lots of notetaking and heard many great questions.

All of the speakers were outstanding, and I learned quite a bit that will help me on my personal caregiving journey. I attended breakout sessions on mobile caregiving and hands-on caregiving techniques. Technology is here to stay, and it’s advancing at such a fast pace now that it can be hard to keep up. Yet it can also help make our lives a little easier and more comfortable, often in ways we may not have thought. Instead of worrying about grocery shopping, we can have them delivered to our door. Instead of wondering what happens when we can’t drive anymore, we can schedule rides on demand.

But despite all the benefits of technology, there are some things it can’t replace: the human touch and emotional connections between people. The hands-on caregiving session demonstrated proper techniques for assisting your loved one – no mobile applications, no robots, just a gait belt and a dedicated caregiver.

People and technology are the keys to the future of family caregiving. I hope that all our community members will continue to embrace technology and the ways it can make our caregiving journeys less stressful, but at the same time never losing or underestimating the importance of truly connecting with our loved ones.

*Gene S. Kanamori*

Gene S. Kanamori  
President & CEO, Keiro



## Providing Practical Resources: Keiro’s Annual Caregiver Conference

On Saturday, March 30, over 250 caregivers both new and experienced gathered at the Pasadena Buddhist Temple for educational sessions, a resource fair, and individual consultations. The conference covered new topics as well as continued one of the long-standing goals of these conferences: helping caregivers to care not only for their loved ones, but for themselves.

The morning keynote speaker Patty Watson-Swan, community nursing supervisor at the Huntington Hospital Senior Care Network, emphasized to attendees that “not caring for yourself is beneficial to no one.” She recommended gratitude journals, mindful meditation, and a number of other ways to lower stress. Patty even suggested that caregivers change the view of their role from being caregivers to being care managers, defined as the switch from taking everything onto oneself to finding ways to better delegate and reframe thoughts or expectations.

“That was so helpful,” conference attendee Lynne Hanamoto said. “Because caregiving can be so stressful and to be mindful of yourself is important. To take time to breathe and be present is huge.”

This year, Keiro introduced a new topic: mobile caregiving. The interactive and conversational presentation went over a number of smartphone applications, digital resources, and electronic devices to help supplement caregiving responsibilities.



Makoto Kotani, program analyst at Keiro, explained how to find a number of online resources including Facebook groups dedicated to caregivers and AgingCare’s Caregiver Forum, which can help caregivers connect with others, leaving them feeling less isolated and better informed. Mobile apps like CaringBridge and Lotsa Helping Hands can give caregivers practical tools right at their fingertips to manage care.

During the afternoon keynote session, panelists Kanako Fukuyama, MSW, ASW, Joshua Northcutt, RN, and Dr. Yuichi Edwin Yanami from the Iyashi Care team explored how palliative care can help navigate family dynamics. Having multiple family members involved in caregiving can sometimes make it challenging, as people have different expectations and opinions.

Dr. Yanami added that the Iyashi Care team acts as a neutral third party to listen and clarify where each family member is coming from. “It’s in their heart but sometimes people have trouble explaining in the right words.”

Keiro remains committed to serving current, past, and future caregivers in Our Community through meaningful and practical programming to support them on their journey.

For the full article, visit [keiro.org/news](https://keiro.org/news).

Keiro春号へようこそ！

先日、Keiroの介護者カンファレンスが行われ、モバイルアプリを活用した介護や実践介護などのトピックスを提供しました。メモをたくさんとり、積極的に質問をしている参加者たちを多く見かけ感心しました。最先端の技術を活用し、介護への負担を軽減させることはとても重要である一方、テクノロジーは人間の変わりになることはできないということを、一介護者として感じました。人間とテクノロジーが共存、協力することが将来の介護の鍵となってくるのではないかとつくづく感じております。皆様にとってすばらしい春の訪れとなりますように。

ジーン・カナモリ  
代表兼最高経営責任者（CEO）

### Keiro Board of Directors



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# Caregiver Short Stories

Each caregiver has their own journey. Caregivers in Our Community share their stories and advice.



## Lynne

When asked if she is a caregiver, Lynne is quick to say yes. She is part of the sandwich generation, caring for her own family as well as her 86-year-old mother with dementia. As the primary caregiver, Lynne sometimes feels incredibly stressed to be in that role, juggling it with working full time.

Over time, with the help of different community organizations like Keiro though, she says she was able to connect with meaningful resources.

“Oh, one really big piece of advice I give to new caregivers is to try to think of something positive about yourself and the person you’re caring for.” When her mother becomes upset about a situation, Lynne sometimes talks to her mom about happy memories by going through old photo albums. “It seems like a distraction but we’re talking about good memories and she’s okay.”

## Cory

In the summer of 2012, Cory received a call in the middle of night and heard his parents’ home was on fire. Thankfully, the neighbors quickly called for help and fire crews were able to rescue his parents.

Cory says his parents were still borderline independent at the time, but slowly, the signs of dementia began to show. Cory eventually moved his parents to Kei-Ai Los Angeles Healthcare

Center, where he saw Keiro flyers on seminars for various topics such as caregiving and dementia.

“I feel very grateful for what’s available to me,” he says. “The sooner you recognize your loved ones require care – start figuring out a plan instead of waiting. Because it can get overwhelming, but know that there are resources out there.”

## Kathy

Kathy does not necessarily identify herself as a “caregiver” because it is such a familiar role to her. She says, though, being a caregiver still has its challenges. “With my dad – and the dementia – I worked part time but I had to cut back because of caregiving. I couldn’t leave him home all day.”

Kathy does acknowledge that her experience comes with personal joys. Her father placing her keys on a different counter or moving her passport are moments she laughs about.

Most importantly, Kathy advises not stressing out about everything. Especially for caregivers stepping into this role for the first time – unexpectedly or not – “you have to let things go.”

For the full story and other caregiving related articles, visit [keiro.org/news](http://keiro.org/news).

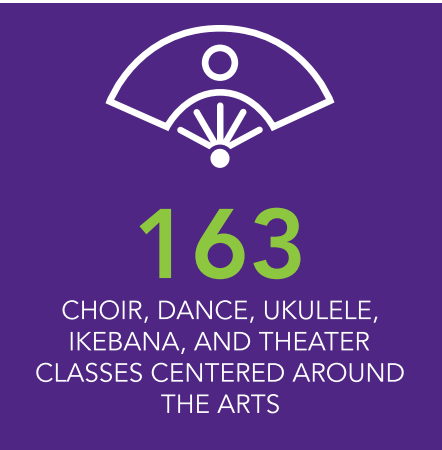


## MY CAREGIVING JOURNEY: KEIRO BOARD CHAIR LYNN MIYAMOTO

As Board Chair, I am proud that Keiro continues our unwavering dedication to enhancing the quality of senior life in the Japanese American and Japanese community of Southern California. At Keiro’s recent Caregiver Conference in Pasadena, I was provided with useful tools, resources, and technological approaches to assist in the challenges that caring for my 90-year-old mother brings. We hope that you will join Keiro as we reimagine the aging process through positive, collaborative, innovative, and uplifting solutions.

# Keiro Grants Year 2 Cycle

In 2018, Keiro’s Grant recipients served more than 6,506 older adults and caregivers in Our Community.



## 2019-2020 Grants Cycle is Now Open

With a continued focus on reducing social isolation, Keiro’s 2019-2020 Grants Program will support both new and ongoing programs that serve older adults and their caregivers in the Japanese American and Japanese communities in Los Angeles, Orange, and Ventura counties.

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

**The application deadline is 5:00 p.m. on Friday, August 30, 2019.**

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



2019年度Keiro助成金プログラムの申し込み受付を開始いたしました。今年の助成金は昨年同様、社会的孤立の軽減に焦点を当てております。詳細は[keiro.org/jp/grants](http://keiro.org/jp/grants)をご参照ください。



# IYASHI 癒 CARE

Since 2017, our Iyashi Care team has had the privilege of assisting over 100 older adults and their families with the difficulties of living with serious illnesses and debilitating symptoms.

Iyashi Care, a culturally sensitive palliative care program, was created knowing that quality care requires a strong relationship between the patient and the clinical team. Here are stories of older adults and how Iyashi Care has helped them.

## IYASHI CARE CASES

**Name:** Sachiko

**Condition:** Nerve pain due to paraplegia

**Iyashi Care support:** Pain management



Sachiko, a Japanese-speaking female in her 80s, has suffered from nerve pain ever since a natural disaster accident. For years, physicians told Sachiko and her daughter, Kazue, that nothing could be done to treat the pain. When Kazue reached out to the Iyashi Care team, Sachiko mentioned, “Every day, I have sharp pain in my legs, but I was told that I have to *gaman* (tolerate the pain) for the rest of my life. But if you think you can help me, I am willing to try.” Dr. Yanami, the team’s physician, prescribed new medication to manage her pain. Kanako, the team’s social worker, and Joshua, the team’s registered nurse, called and met with Sachiko regularly over the course of several months to ensure she was responding to medication. For the first time since her injury, Sachiko’s pain was lessened.

**Name:** Kiyoko

**Condition:** Diabetes, bladder problems, kidney disease

**Iyashi Care support:** Caregiving resources, 24/7 consultation via phone call, advance care planning



Upon retirement, Kiyoko was diagnosed with diabetes in addition to pre-existing bladder problems and kidney disease. With none of her children nearby to commit to being her primary caregiver, the Iyashi Care team met virtually through phone calls and emails with all

of Kiyoko’s children to keep close communication and spark conversation about determining the best treatment. During one holiday season, Kiyoko’s kidney function worsened. Unsure if the situation required calling 911, her children called the Iyashi Care team and were able to get immediate assistance. The family now feels more confident in their ability to make a joint decision in the event that Kiyoko has a change in her condition.

**Name:** Paul

**Condition:** Advanced Parkinson’s disease, dementia, fractured hip and spine

**Iyashi Care support:** Consultation on care facility, advice for future care



Following intensive rehabilitation from his fall, Paul, a Nisei, returned to his assisted living facility, but his dementia worsened. The Iyashi Care team consulted with his family members before they decided to transfer Paul to a memory care unit. Since he had multiple health issues, the Iyashi Care team kept close communication with the family to provide frequent consultations as Paul’s conditions changed over time. The team also had ongoing conversations with Paul and his family to establish a strong, trusting relationship, allowing the team to more candidly discuss planning for the future and Paul’s goals of care with his family.

For the full article including other examples, visit [keiro.org/news](https://keiro.org/news).

*To protect the privacy of Iyashi Care patients, only their first names have been used.*

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

Contact us today about how Iyashi Care can help you or a loved one!

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



## Keiro Superstar: Hiromi Nishimura (103)

Hiromi Nishimura has lived through the Great Depression, two World Wars, and has traveled across the globe. He has lived a long life but when you ask him about how he did it – how to live to be 103 years young – Hiromi will let you in on his little secret: laughter and smiles. Everyone at the Nikkei Senior Gardens retirement community in Arleta will tell you that Hiromi’s laughter is special. You can hear his warm voice a floor above or a hallway down.

In a garden behind the resident rooms, Hiromi grows *daikon*, tomatoes, and other vegetables. He will claim that he is not a gardener, but he regularly checks on his harvest and enjoys giving away what his garden yields.

At 103 years old, Hiromi says he still is learning new things – most recently Mahjong. He is also a regular at Keiro’s classes, participating in iPad courses and vitality forums. He attends tai chi or any of the other exercise classes too. No matter the activity, he always makes an effort to try it out.

For the full story, visit [keiro.org/news](https://keiro.org/news).



*Hiromi playing Mahjong with friends*



## AHEAD ON AGING: ALZHEIMER’S DISEASE

The National Institute on Aging defines Alzheimer’s disease as “an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out simplest tasks.” Studies show that Alzheimer’s disease begins to develop in the brain 20 years or more before diagnosis. Studies also say that making lifestyle adjustments can help reduce your risk of being diagnosed with Alzheimer’s disease by a third.

**Here are some tips to help you reduce your risk of Alzheimer’s disease:**

- Exercise at least three to four times a week for 30 minutes
- Engage your brain in new activities and mentally challenging tasks
- Maintain social connectedness
- Protect your head
- Eat a healthy diet
- Sleep at least seven to eight hours with consistent sleep schedules
- Cut down or quit smoking

For the full fact sheet, please visit [keiro.org/resources](https://keiro.org/resources) under “Fact Sheets.”



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

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

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## KEIRO BULLETIN:

KEIRO SYMPOSIUM:

# AGING INTO TOMORROW

An innovative approach  
to the aging process

Saturday, October 5, 2019  
The Westin Long Beach

Join us for a fun and informative one-day  
symposium that brings together resources on  
wellness, technology, and social connections  
that will impact the way we all age!

Registration will open in summer 2019.  
Visit our website for updates!

[keiro.org/symposium](http://keiro.org/symposium)

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