

# GENKI CONFERENCE: CAREGIVER'S EDITION

## Sunday, April 27, 2014



Co-presented by Keiro Senior HealthCare and the Westside Conference Organizing Committee (includes Japanese Institute of Sawtelle, Venice Hongwanji Buddhist Temple, Venice Japanese Community Center, Venice Pioneer Project, Venice Santa Monica Free Methodist Church, Westlight Community Church, West Los Angeles Buddhist Temple, West Los Angeles Holiness Church, and West Los Angeles United Methodist Church)

**Venice Japanese Community Center**  
**12448 Braddock Dr., Los Angeles, CA 90066**

### Schedule

Noon–1:30 p.m. Registration  
Lunch and Resource Fair  
1:30 p.m.–4:30 p.m. Program

### Keynote Presentations:

#### Family Dynamics in Caregiving

*Christina Irving, Family Consultant, Family Caregiver Alliance*

Are you caregiving from a long distance, thinking about having your parent move in with you, or having to make decisions for your loved one? These are common issues many caregivers go through which may create tension among other family members. Learn how caregiving affects family dynamics and how you can communicate with family members effectively.

#### I Am Somebody: Dignity in Caregiving

*Frances Kakugawa, poet and author of Breaking the Silence: A Caregiver's Voice*

Come for a poignant, inspirational session which will remind you that you are not alone. Glean wisdom from a seasoned caregiver who has dealt with some of the same experiences, feelings, and struggles that you do—and triumphed.

### Breakout Sessions (See Back Panel)

All opinions expressed are general in nature and solely those of the speakers, and do not necessarily reflect the opinions of Keiro Senior HealthCare and the Westside Conference Organizing Committee. You should consult with an attorney or physician of your own selection to personalize the legal work or health services for your own solution. The conference is made possible by Keiro's Endowment Fund with partial funding from the Aratani Foundation and the Takayama Foundation.

Please cut off and return

**FREE** for All Attendees:

- Bento Lunch underwritten by an anonymous donor
- Program
- Resource Fair
- Health Screenings by 
- Free consultations with estate planning attorneys and pharmacists (available by appointment only)

## Registration Form



Space is limited and reservations are required.  
Please register by one of the following methods:

- **Register online** at [www.keiro.org/genki-conference-registration](http://www.keiro.org/genki-conference-registration)
- **Email** [kkusano@keiro.org](mailto:kkusano@keiro.org) with the subject "Conference Registration" and include name, phone number, mailing address, your first and second choices of breakout session, and indicate if you would like consultations from an attorney or a pharmacist.
- **Call** (323) 980-2353
- **Mail** the form to:  
Genki Conference: Caregiver's Edition  
325 Boyle Ave. Los Angeles, CA 90033

Please note that the event will be filmed and/or photographed. By registering, you agree that we may use your likeness to promote Keiro and its events and services.

Mr. Ms. Mrs. Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Phone: \_\_\_\_\_

**I would like a free consultation with a(n):**

Attorney  Pharmacist

**Breakout Session (choose one):**

1<sup>st</sup> Choice: A B C D 2<sup>nd</sup> Choice: A B C D



**The Genki Conference** is designed to help you live life to the fullest by addressing the eight dimensions of wellness: physical, occupational, financial, intellectual, emotional, social, spiritual, and environmental.

Caring for a loved one can be physically and emotionally challenging. But knowing what to do, what to expect, and who to depend on may help lighten the load on your shoulders. This conference offers tools and practical resources with compassion for current and future caregivers.

	<b>Breakout Session Topics</b>	<b>Speakers</b>	<b>Description</b>
<b>A</b>	Hands-On Caregiving Demonstrations	<i>Barbara Fukuji, P.T., Whittier Hospital Medical Center Cheryl Nakagiri, P.T., DG Therapy Group Myra Chang, O.T., Centinela Hospital Medical Center Ali Kamada, P.T., Centinela Hospital Medical Center Janis Ozaki, P.T., Centinela Hospital Medical Center</i>	Learn how to assist your loved one safely and comfortably.
<b>B</b>	Age in Place	<i>Kathleen Cole, OTR/L, CAPS, ECHM &amp; Shirley Nakaki, P.T., CAPS, ECHM Home Accessibility Specialists &amp; Partners in Adapt=Ability, Solutions for Accessible Living</i>	Learn how to make your home work for you with a focus on safety, comfort and convenience while embracing the concepts of healthy aging.
<b>C</b>	Options and Resources for Long-Term Caregiving	<i>Claudia Ellano-Ota, LCSW, Executive Director, Caregiver Resource Center – Orange County</i>	Learn what options are available for long-term care and how much they cost.
<b>D</b>	Health Care Reform and You	<i>Shawn Miyake, CEO, Keiro Senior HealthCare</i>	Learn how the Affordable Care Act impacts you and our community.



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compassion and resources*

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