

**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.

*Keiro is a not-for-profit organization founded in 1961 to support older adults to age with confidence through programs that meet community needs. Our programs are designed to help people live healthy and fulfilling lives through initiatives that are based on research, encourage healthy living, and build community.*

For more information and resources:  
[www.keiro.org](http://www.keiro.org)

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## BREAKOUT SESSIONS:

### **A "Understanding Communication Challenges and Difficult Behaviors"**

Learn why persons with AD behave in the way they do in order to communicate and manage behavioral difficulties effectively.

**Stephanie Brynjolfson**

*Consultant, Education and Advocacy, Alzheimer's Association, California Southland Chapter*

### **C "Caregiver's Support Group"**

Interested in a caregiver's support group? Join this session to experience the benefits of a support group. Seating is limited to 20.

**Little Tokyo Service Center**

### **B "Managing Caregiving Stress"**

Learn how to allow yourself to take care of yourself so that you can continue to care for your loved ones.

**Grace Avila**

*USC Family Caregiver Support Center, Davis School of Gerontology*

### **D "Estate Planning 101 for You and Your Loved Ones"**

Learn how wills, trusts, advance health care directives and other documents can help you plan for the future and protect your loved ones.

**Nathan Watanabe, Esq.**



# GENKI CONFERENCE: CAREGIVER'S EDITION

## *Caregiving with Purpose*

Saturday, July 18, 2015



**Keiro**  
Healthy Community - Healthy People

**ESGVJCC**  
EAST SAN GABRIEL VALLEY  
JAPANESE COMMUNITY CENTER

# GENKI CONFERENCE: CAREGIVER'S EDITION

## Caregiving with Purpose



A PROGRAM OF THE KAWANA CENTER FOR HEALTHY LIVING POWERED BY KEIRO

Co-presented by Keiro and East San Gabriel Valley Japanese Community Center

Caring for a loved one can be physically and emotionally challenging. Knowing what to do, what to expect, and on whom to depend, may help lighten the load. Join us for this FREE conference featuring speakers, tools and practical resources with compassion for current and future caregivers.

**WHEN:** **Saturday, July 18, 2015**

**WHERE:** East San Gabriel Valley Japanese Community Center  
1203 W. Puente Ave., West Covina, CA 91790

### SCHEDULE:

8:30 a.m.	Registration
9:00 a.m. – 12:15 p.m.	Speaker Presentations & Breakout Sessions
12:15 p.m.	Hosted Lunch & Resource Fair
	Ask the Expert (Complimentary legal and pharmacy consultations by appointments)
	Free Health Screenings by SCAN

### KEYNOTE PRESENTATIONS:

#### "Developing Purpose as a Caregiver"

Explore ways for caregivers to develop a purpose in their caregiving role.

**Karin V. Little, MSW**

Family Consultant, Education Coordinator,  
Caregiver Resource Center

#### "Caregiving: The Ultimate Gift"

Caregivers are the hands that hold humanity - a gift given to ourselves, our loved ones, and to the children of the future.

**Frances H. Kakugawa**

Internationally published, award winning  
author/lecturer/educator/poet/caregiver



**FREE EVENT**

- Hosted Bento Lunch
- Resource Fair
- Health Screenings by  **independence at home**  
A DIVISION OF SCAN HEALTH PLAN
- Complimentary consultations with estate planning attorneys and pharmacists (available by appointment only)



**KAISER PERMANENTE®**

This program is FREE to the community and is made possible in part through Kaiser Permanente and the Keiro Endowment Fund along with support from Keiro's donors and volunteers.

Please cut off and return



### 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-esgvjcc](http://www.keiro.org/genki-conference-esgvjcc)

**Email** [kfukuyama@keiro.org](mailto:kfukuyama@keiro.org) with the subject "Conference Registration" and include your name, phone number, mailing address, and indicate if you would like consultations from an attorney, or a pharmacist.

**Call** 213.873.5709

**Mail** this form to:  
Genki Conference: Caregiver's Edition  
420 E. 3<sup>rd</sup> Street, Suite 1000  
Los Angeles, CA 90013

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

☐ Attorney ☐ Pharmacist

Keiro staff will call you to make an appointment.

#### Breakout Session (choose one):

1<sup>st</sup> Choice: ☐ A ☐ B ☐ C ☐ D      2<sup>nd</sup> Choice (in case your first choice is already full): ☐ A ☐ B ☐ C ☐ D

☐ Mr. ☐ Ms. ☐ Mrs. Name: \_\_\_\_\_

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

E-mail Address: \_\_\_\_\_

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

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.

**Keiro**