THE NATIONAL NEWSPAPER OF THE JACL

May 4-17, 2018

PACIFIC CITIZEN

» PAGE 6

Caregiving Special Issue

Intimate real-life stories of ordinary people making extraordinary decisions on how best to take care of their loved ones — and how you can, too.

» PAGE 2

Register Now for the 2018 JACL National Convention in July.

» PAGE 8

The 49th Manzanar Pilgrimage Reminds All to 'Stay Involved.'

PHOTO: PIXABAY

WWW.PACIFICCITIZEN.ORG

#3320 / VOL. 166, No. 8 ISSN: 0030-8579

Caregiving – SOMETHING WE *ALL* NEED TO TALK ABOUT

Welcome to the *Pacific Citizen's* special Caregiving issue, the first of many to come that will delve into this very real and important topic affecting all of us at some point in our lives.

While holding our editorial meetings about upcoming Special Issues we would be doing in 2018, Caregiving was a topic that needed to be addressed, as either we are involved first-hand in caregiving, know of a loved one providing care or need care ourselves — it's time to talk about it!

According to the National Alliance for Caregiving in collaboration with AARP, more than 65 million people, 29 percent of the U.S. population, is providing care for a chronically ill, disabled or aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one.

What we have discovered is that many caregivers feel alone, overwhelmed and don't know quite what options are available to them in terms of help and guidance. We also found there are so many resources available that do want to help.

In regards to this issue, the *P.C.* has just broken the surface on the available possibilities that exist out there, which is why this issue is only the first of many to come regarding caregiving.

This first issue primarily covers resources available in the Greater Los Angeles area, but we realize that our readers span the entire nation.

Future Caregiving issues will delve into various regions in the U.S. so that you know you're never alone — there is help everywhere waiting to hear your concerns, questions, you name it.

Caregiving is a journey that is not meant to be taken alone. Reach out and don't be afraid to ask for help. There is a nationwide network available to assist you every step of the way!

— Pacific Citizen Staff

JACL NATIONAL CONVENTION SET FOR PHILADELPHIA IN JULY

In this the 30th anniversary since the passage of redress, JACL will look back on the success of redress as one component of the long struggle for civil rights in this country.

Civil rights embodies the balancing of a resistance to the status quo and the need to find a reconciliation of often opposing sides, particularly in the wake of victory.

In this time of heightened political differences, how can we find this balance and look back to the success of redress as a model for achieving further progress in civil and human rights?

The 2018 JACL National Convention will be held July 18-22 at the Sheraton Downtown in Philadelphia. The convention will formally open the evening of July 18 with a welcome reception for attendees and conclude with the annual Sayonara Banquet on July 21.

Philadelphia as a city has much to offer beyond the convention. There are, of course, the iconic historic sites including the Liberty Bell and Independence Hall, site of the signing of both the Declaration of Independence and the U.S. Constitution.

The hotel is located within blocks of some of the most famous art museums in the country, including the Barnes Foundation, which will be the site of one of the convention events on July 20.

NATIONAL CONVENTION • PHILADELPHIA
JACL 2018
REDRESS • RESISTANCE • RECONCILIATION

To register for convention and for information about hotel reservations, visit the JACL National Convention webpage (https://jacl.org/2018-convention/).

Twin Cities JACL Co-Sponsors a Photographic Exhibition on the Wartime Incarceration of JAs

PHOTO: CHERYL HIRATA-DULAS

Panelists *(from left)* KaYing Yang, Paul Lelii, Sally Sudo, Nagessa Dube and Omar Jamal share their stories of how they came to live in Minnesota and how their experiences have influenced their lives and work.

By Cheryl Hirata-Dulas

Photographer John Matsunaga, a member of the Twin Cities JACL board and Education Committee, traveled to all 10 of the War Relocation Authority concentration camps to document the physical remains at each site. A collection of his photographs was displayed at the East Side Freedom Library in St. Paul, Minn., until Feb. 24. In addition, the exhibit also wrapped up its latest showing at the Asian Pacific American Resource Center at the University of Minnesota on May 4.

A diverse group of chapter members, community members, educators, students and artists attended the opening reception of the exhibition, titled "Nidoto Nai Yoni: Forgetting and Remembering the Wartime Incarceration of Japanese Americans."

The exhibition was co-sponsored by the Twin Cities JACL through the Les and Karen Suzukamo, Donald S. Maeda, Helen Tsuchiya and Mikio Kirihara Funds.

Kent Mori, whose father was initially incarcerated at Jerome, Ark., and barely escaped deportation to Japan after answering "No," "No" to the loyalty questionnaire, learned about his family's incarceration experience later in life.

"This photo exhibit on the prison camps reminds me of the close link between demonizing minorities and overseas wars by the U.S. government," said Mori. "I'm proud that my community, Japanese Americans, are saying 'no' and standing with our Muslim friends and neighbors being attacked now."

>> See TWIN CITIES on page 4

HOW TO REACH US

Email: pc@pacificcitizen.org
Online: www.pacificcitizen.org
Tel: (213) 620-1767
Mail: 123 Ellison S. Onizuka St., Suite 313
Los Angeles, CA 90012

STAFF

Executive Editor
Allison Haramoto

Senior Editor
Digital & Social Media
George Johnston

Business Manager
Susan Yokoyama

Production Artist
Marie Samonte

Circulation
Eva Ting

The ***Pacific Citizen*** newspaper (ISSN: 0030-8579) is published semi-monthly (except once in December and January) by the Japanese American Citizens League, *Pacific Citizen,* 123 Ellison S. Onizuka St., Suite 313 Los Angeles, CA 90012 Periodical postage paid at L.A., CA **POSTMASTER:** Send address changes to National JACL, 1765 Sutter St., San Francisco, CA 94115

JACL President: Gary Mayeda
Executive Director: David Inoue
Interim Assistant Executive Director: Stephanie Nitahara

SUBSCRIBE
Get a one-year subscription of the Pacific Citizen newspaper at: www.pacificcitizen.org or call (213) 620-1767

ADVERTISE
To advertise in the *Pacific Citizen*, call (213) 620-1767 or e-mail: pc@pacificcitizen.org

Periodicals paid at Los Angeles, Calif. and mailing office.

JACL MEMBERS

Change of Address

If you've moved, please send new information to:
National JACL
1765 Sutter St.
San Francisco,
CA 94115
(415) 921-5225
ext. 26

Allow 6 weeks for address changes.

To avoid interruptions in delivery, please notify your postmaster to include periodicals in your change of address (USPS Form 3575)

NIKKEI VOICE

WHEN FAMILY CAREGIVING ISN'T ENOUGH FOR YOUR PARENT

PHOTOS: GIL ASAKAWA

Junko Asakawa in front of her room at the memory care facility

Junko Asakawa and her son, Glenn, in her new room.

By Gil Asakawa

My brother, Glenn, and I moved my mom from her house in Lafayette, Colo., last month to live in a memory care facility nearby. She's had dementia for years, and it's gotten noticeably worse for the past couple of years. I'm still sorting through how I felt to take her out of her house, and how it feels now.

Junko Asakawa was born and raised in Nemuro, a small fishing town in the northern Japanese island of Hokkaido. She grew up in the prewar years and was even crowned "Miss Nemuro" when she was a teenager. My dad met her during the Korean War, when he was stationed in Nemuro.

My mom always cooked Japanese food, even when she made American-style dinners. I have vivid memories of eating steak, or hamburgers, or spaghetti — while she had salmon, miso soup and white rice.

When we moved from Japan to northern Virginia, she began baking and decorating cakes, and I was proud to help her by making templates for her of cartoon characters like Snoopy or Charlie Brown when customers requested them. And she began making mochi manju, the Japanese sweet bean-paste-filled sticky rice pastries, to sell in a D.C. Japanese grocery.

After we moved to Denver, she continued selling manju and making cakes. I found two albums of faded photographs of her cakes, catalogs that I'll treasure.

My dad died of cancer 26 years ago. My mom lived in our big suburban house until almost a decade ago, when my younger brother, Glenn, suggested she should move across the street from he and his wife and their daughters' house in Lafayette, a northern suburb east of Boulder. After her move, it seemed like she became a smaller person, not just in stature but in presence, and lonelier. Her Japanese friends were farther away.

She became, like a lot of older people, isolated. Mostly, in the last few years, she's spent her time watching TV Japan, a satellite TV feed of Japanese programming that includes news, kids' shows, game shows, dramas, music and variety shows all on one channel, all day long. We took away her car about five years ago when state police found her at a highway exit in Wyoming, a two-hour drive away. She thought she was going to Walmart, five minutes away.

Because Glenn and his wife, Michelle, lived across the street, they became my mom's primary caregivers, maintaining the house and yard and making sure she was all right. They'd take her grocery shopping (in the end, they just bought the groceries she needed) or to the hair salon.

But we all knew that my mom's dementia would make it harder and harder to care for her. By this January, Glenn and Michelle were going across the street every morning, noon and night, to feed her because she'd stopped cooking for herself.

It's hard to face reality. Even though you might want to think you can keep caring for a loved one in his or her own home, or in your home, there will come a time when the burden of caregiving can feel like a crushing weight.

For Asians especially, there's so much cultural value placed on respect for elders, and caring for elders, that Asians tend to have among the highest numbers of multigenerational households.

We finally realized it was time to let professionals care for mom full-time, 24/7. Glenn did an excellent job of contacting nearby senior centers and memory care facilities

>> See PARENT on page 12

LEGAL-EASE: AN ATTORNEY'S PERSPECTIVE

THE SANDWICH GENERATION: WHEN MOTHERHOOD AND CAREGIVING COLLIDE

By Staci Yamashita-Iida, Esq.

Last March, Craig Ishii, executive director of the nonprofit organization Kizuna, forwarded me an email titled "Applications Open for the 2017 TOMODACHI Emerging Leaders Program." The body of the email displayed one simple sentence: "I think you should consider this." Little did I know that this message would be the catalyst for one of the most valuable professional and personal experiences I've ever had.

After being selected for the program, I traveled to Washington, D.C., in November of last year to attend the 2017 U.S.-Japan Council Annual Conference. The organization, which seeks to promote and strengthen U.S.-Japan relations, holds the yearly gathering in an effort to bring together hundreds of business professionals and community leaders to discuss prominent issues that affect both countries.

As an Elder Law attorney, I was particularly drawn to one of the conference sessions that focused on the way Japan's aging population shapes its health care system and, as a byproduct, results in a plummeting number of women in the workforce.

The panelist expert on this topic was Scott Sato, chief operating officer of Pasona Group, Inc., a Japanese company dealing with employment and staffing solutions. Mr. Sato has granted me permission to share some of his findings in this article.

In Japan, the traditional role of a woman was a *shufu,* or housewife. Modernly, however, women are pursuing higher levels of education and focusing on their careers. Consequently, women are getting married and having children later and later in life.

This creates a unique problem. At that stage, women are also expected to care for their aging parents. Japan is widely regarded as one of the oldest societies in the world — not just historically, but in terms of population as well. There are approximately 33 million seniors living in Japan, and that number continues to steadily increase.

This intersection of childcare and eldercare has compelled hundreds of thousands of Japanese women to engage in the socioeconomic phenomenon called "double care." Double care refers to the dual responsibility of raising one's children and being a caretaker for one's elderly parents at the same time.

Sadly, the duties of double care have had a drastic impact on the number of women in the workforce. For many, the demands and time constraints of double care force women to switch to part-time (and lower-paying) employment. Many quit their jobs altogether. The progress achieved by women in the work place has taken three steps backward.

The root of the issue seems to be Japan's aging demographic. It is estimated that approximately 21 percent of the population will be over the age of 65 by the year 2025. By the same year, one out of 15 individuals will suffer from dementia. That leaves about 5.4 jobs open in Tokyo to every one person who needs nursing care.

So, how does Japan plan on combatting the issue? First, the government is working on bringing in "technical interns" to assist with day-to-day activities such as house cleaning and basic care. These foreigners would come to Japan on a special type of training visa and learn the cultural customs and practices of the Japanese people. For example, the "interns" would learn to remove their shoes before entering a home. That way, Japanese women will feel more comfortable hiring additional help, and the stress of keeping the home clean will be relieved.

Second, in addition to promoting child daycare, Japan is working on implementing adult daycare options as well. Large companies would have adult daycare facilities on their premises. That way, daughters can "visit" their parents during breaks and have lunch together. This would allow children to maintain their occupations while still ensuring that their parents are taken care of.

Hopefully, the steps Japan is taking to actively decrease the problems of double care will prove to be successful. In the meantime, similar actions must be taken here in the United States.

While double care is the term used to describe the actions of the women in Japan, here in the U.S., the women who assume dual motherhood and caregiver responsibilities are referred to as the "Sandwich Generation."

Like Japan, the U.S. is faced with an aging population. About 10,000 people turn 65 each and every day. Also like Japan, women are a force to be reckoned with in the workplace. Female executives are more and more common nowadays, which leads to many giving birth in their late 30s and early 40s.

In additional to the physical burdens of experiencing the Sandwich Generation, women in the U.S. shoulder a financial obligation as well. Many members of the so-called "millennial" generation struggle to achieve financial inde-

>> See GENERATION on page 12

TWIN CITIES >> continued from page 2

PHOTOS: CHERYL HIRATA-DULAS

Members of the Twin Cities JACL board and Education Committee at the opening reception. Pictured *(from left)* are Hana Maruyama, Sally Sudo, Yuichiro Onishi, Krista Hanson, Ben Hartmann, Janet Carlson, Elizabeth Fugikawa, John Matsunaga, Amy Dickerson, Teresa Swartz, Gloria Kumagai, Phil Nomura, Carolyn Nayematsu, Les Suzukamo and Cheryl Hirata-Dulas.

In his artist's statement, Matsunaga, a fiscal year 2017 recipient of an Artist Initiative grant from the Minnesota State Arts Board, explained that "this body of work explores the themes of memory and forgetting, particularly in regards to the loss in our understanding of this history that will inevitably occur when the last of those who went through this experience pass away and their lived memories vanish."

Matsunaga was able to find and photograph the exact location of the barracks where his father was incarcerated as a youth at Gila River, Ariz.

In conjunction with the exhibit, three free public programs were also held. A discussion panel took place on Feb. 10 titled, "Experiences of Wartime Displacement, Dispossession and Confinement: The Japanese American Incarceration and Beyond."

Panelist Sally Sudo was uprooted from Seattle, Wash., along with her parents and 11 siblings, and she spent her first- through third-grade years incarcerated at Minidoka, Idaho, during World War II. The other four panelists were Paul Lelii, a St. Paul attorney who talked about representing Cambodians who were facing deportation; KaYing Yang, director of programs and partnerships at Coalition of Asian American Leaders; Nagessa Dube, chairman of the Oromo Federalist Congress, International Support Group; and Omar Jamal, executive director of the Somali Justice Center.

Panelists shared their experiences and points of view, along with their stories of eventual resettlement in Minnesota. In summarizing the program, Peter Rachleff, co-executive director of the East Side Freedom Library, articulated two points that struck him: "One is KaYing's point that our foreign policy has created the situation that brought people here. The other point is that these are Americans, and this is what America looks like. And though all of you in different places and different times have been through very difficult, unjust experiences, I want to say that I'm glad that you're here, I'm glad that you're part of our community. We have to figure out together how to make the world a place where people can find justice and live wherever they want to live."

Pictured *(from left)* are Yuichiro Onishi, Jaylani Hussein, John Matsunaga and Peter Rachleff at the East Side Freedom Library following the Day of Remembrance commemoration and film screening on Feb. 19.

The second accompanying program was titled, "Representing and Resisting Injustices Through Art." Three local artists joined Matsunaga in a conversation about how they have used their art to engage with the historical injustices that have challenged their communities.

Nikki McComb, a photographer, shared her inspiration and efforts to end gun violence in Minneapolis with her campaign, #ENOUGH. Saymoukda Duangphouxay Vongsay, a Lao American spoken word poet, playwright and community activist, was born in a refugee camp in Nongkhai, Thailand, in 1981, and immigrated to Minnesota in 1984. Her work, including the award-winning poem, "When Everything Was Everything," portrays first-hand her life as a refugee in Minneapolis and St. Paul with honesty and images that enable others to connect and identify with her experiences. Alessandra Williams, a UCLA-trained Ph.D. in culture and performance, talked about performing with the Ananya Dance Theater, which is choreographed with dance movements that, through the use of stories of local and global communities of color, relate to issues of social justice.

Lastly, the film "And Then They Came for Us," directed by Abby Ginzberg and Ken Schneider, was shown on Feb. 19, in commemoration of the 76th anniversary of Executive Order 9066.

University of Minnesota Professor Yuichiro Onishi and Jaylani Hussein, executive director of the Minnesota chapter of the Council on American-Islamic Relations, led the post-screening discussion. They shared their concerns about the parallels between the Japanese American incarceration and the experiences of Muslim Americans today, and they each encouraged people to speak out for justice and oppose discrimination, xenophobia and racism.

For more information about the Matsunaga art exhibit, visit johnmatsunaga.com.

WISDOM OF A CAREGIVER: NEVER A BURDEN

Susan Shinagawa reflects on her experiences caring for her mother, Emiko, during her final months.

By George Toshio Johnston,
Senior Editor, Digital & Social Media

If anyone can speak to the real-world experiences of being a caregiver for one's elderly parents, Susan Shinagawa of Spring Valley, Calif., certainly has the bona fides.

Not only did she help care for her own parents — John and Emiko Shinagawa of Milpitas, Calif. — she also helped her sister-in-law, Cathy Deatrick, care for her and her brother's parents, Bob and Shirley Norberg. (Bob died of metastatic prostate cancer in 2013; Shirley, who lives in Boise, Idaho, with Cathy, has Alzheimer's disease.)

Emi and John Shinagawa had four children: Susan, the second-oldest and only daughter, and three sons, Arthur, Jimmy and Robert. Emi, who died Feb. 25 at 88, hung on to life much longer than anyone might have guessed. Not only was she diabetic, she had suffered eight known heart attacks, and when she went into hospice care (which typically is for a six-month period, tops), it had to be renewed twice.

"You wouldn't know it by looking at her and talking to her, but she was probably one of the strongest women I've ever known," Susan said of her mother.

Caring for her mom over the last months of her life was a challenge for Susan on many levels: geographic (Susan and her husband, Rob Norberg, live near San Diego, but San Jose-adjacent Milpitas is an eight-and-a-half hour drive away), physical (Susan is herself on permanent disability as a two-time cancer survivor who has to watch her own health — but was still able to help her mother without having to worry about career obligations) and emotional ("It would kill me if she died when I wasn't there," Susan said.)

Nevertheless, Susan was a willing participant when it came to caring for her elders. "I wanted to take care of my mom. Because both of my parents had taken care of their parents, from a very, very early age, I just always knew that when my parents needed me, I would take care of them. It was never a question for me," said Susan, 60.

According to Susan, her mother, Emiko Shinagawa, lived alone and was very independent — but then she had a heart attack on June 29, 2015. It wasn't, however, her first heart attack, as doctors determined that she had at least one other prior heart attack that had gone unreported, and her arteries were 99 percent occluded.

The *Pacific Citizen* interviewed Susan Shinagawa about her recent experiences as a caregiver for an elderly parent. While she allowed that her somewhat unique situation allowed her to have the time to care for her mother, she still had knowledge and wisdom she wanted to pass along to anyone anticipating having to care for an elderly parent, with some of her advice falling under the heading of "Do As I Say, Not as I Do."

***PACIFIC CITIZEN:* For somebody who may be anticipating having to be a caregiver for an elderly parent, whether it's installing in handrails or a ramp in the home or getting legal paperwork like a power of attorney, what come's to mind as far as advice for someone transitioning into becoming a caregiver?**

SUSAN SHINAGAWA: It all depends on the person being cared for. My mom was 85 when she had her first recorded heart attack and had diabetes for over 30 years at that point. She had been diagnosed with angina in 2008 and took nitroglycerin tablets if she had chest pains.

PHOTOS: COURTESY OF SUSAN SHINAGAWA

Emiko Shinagawa

Arthur, Jimmy, Robert, Emi and Susan in Tahoe for her 80th birthday celebration.

« A photo of Susan and Emi Shinagawa during an Alaskan cruise in 2004.

But for some reason, she wasn't seeing a cardiologist, which I find really strange. Like I said, she was very independent. She was one of those Nisei who, if something was wrong with her, you wouldn't find out about it until months later. But she considered herself to be relatively *genki,* which she was for her age.

It wasn't until she had her heart attack and it was clear that I was going be staying with her for awhile that she decided it was a good idea that I have power of attorney, and she showed me where all the stuff (important documents) was.

We actually put in a ramp for my older brother *(Edtior's Note: He returned from the Philippines to help care for Emiko but mysteriously had developed endocarditis, a heart infection, as well as kidney failure, and was hospitalized for 10 weeks.)* and ended up needing it, which was good because my mom eventually needed it also. I don't know if she would have wanted it done herself. We had already installed grab bars in her shower and bathroom. We removed runners in her hallway on the hardwood floors so she wouldn't trip on them.

I think it's really important for the person who's being cared for to feel like they have as much control as possible. . . . When you lose control of everything else in your life, you feel like you have to hang on to something. I knew that having control of her life was going to be important for her. So, that's why I say it really depends on the person.

***P.C.:* Regarding the power of attorney and other documents, you almost have to make an appointment while people — the caregiver and the recipient of the care — are still healthy.**

SHINAGAWA: I think it's important to have that conversation before somebody gets sick, something as simple as, "What do you want to have happen if you have a heart attack, and you can't make a decision for yourself?" She had let me know her desires about that (extraordinary lifesaving measures) decades ago.

>> See WISDOM on page 7

Los Angeles' NIKKEI SENIOR-CARE OPTIONS, Post-Keiro Sale

To say that 2016's $41 million sale to Pacifica Co. LLC of Los Angeles County's four Keiro retirement home/senior care facilities — which included a name change to Kei-Ai Los Angeles and the transformation of Keiro into a quasiphilanthropic organization that still, according to its website, focuses on enhancing "the quality of senior life in our community" — was divisive would be akin to calling the Grand Canyon a ditch.

While Kei-Ai is contractually obligated to retain its Japanese cultural emphasis and amenities at the renamed facilities for the next 33 months or so, the sale did raise the issue of uncertainty for those people who had designs on someday possibly spending their "golden years" at one of the former Keiro sites.

What, then, are some options for Los Angeles County and Orange County's older-skewing Japanese Americans who may want to stay in a retirement home attuned to the ancestral Japanese culture (and cuisine) or receive culturally sensitive in-home services? Here are a few possibilities.

CARELIFE

Also known as Japanese Home Care, Torrance-based Carelife is not a facility but, rather, a multilingual "network of like-minded, high-quality, culturally aligned home care organizations" that provides two types of services: companionship (meal prep, light housekeeping including laundry and transportation, etc.) and personal care (assistance with bathing, dressing, using the toilet, dressing, grooming, exercise, etc.). **Website:** *carelifeinc.com* and *japanesehomecare.com* • **Email:** *info@carelifeinc.com* • **Telephone:** (310) 373-6030 • **Address:** 3812 Sepulveda Blvd., Suite 485, Torrance, CA 90505

NIKKEI SENIOR GARDENS

An assisted-living retirement community that opened its doors in 2009, Nikkei Senior Gardens is located in the north San Fernando Valley neighborhood of Arleta and boasts 86 assisted-living or memory care apartments. A 24-hour care staff is on-site, and residents are served three meals daily and have the option of Japanese or Western cuisine. **Website:** *nikkeiseniorgardens.com* • **Telephone:** (818) 899-1000 • **Address:** 9221 Arleta Ave., Arleta, CA 91331

IYASHI CARE

Despite having sold its four bricks-and-mortar facilities, Keiro still exists as a nonprofit community resource that provides programs and services aimed at Japanese American and Japanese-speaking elders — and its Iyashi Care (with partner Providence Health & Services) delivers support and care directly to those with advanced illnesses, debilitating and/or life-limiting symptoms, whether they reside at the family home, a nursing home or an assisted-living facility. **Website:** *keiro.org* • **Email:** *contact@keiro.org* • **Telephone:** (213) 873-5791 • **Address:** 420 E. Third St., Suite 1000, Los Angeles, CA 90013

KEI-AI

The moniker for what used to be the physical Keiro facilities, Kei-Ai agreed to continue to offer for a five-year period what it had before its sale, namely elder care sympathetic to the cultural needs of Japanese American and Japanese-speaking patients. Whether the Kei-Ai facilities will continue to offer these cultural-specific services, however, after that term ends in 2021 is unknown.

Kei-Ai Los Angeles: Formerly the Keiro Nursing Home, the facility focuses on the long-term or short-term stays of residents in need of in-patient rehabilitation or recovery. **Website:** *keiai-la.com/* • **Email:** *shaunaf@aspenskilledhealth.com* • **Telephone:** (323) 276-5713 • **Address:** 2221 Lincoln Park Ave., Los Angeles, CA 90031

Kei-Ai South Bay Healthcare Center, formerly the South Bay Keiro Nursing Home; like its L.A. cousin, it focuses on in-patient rehabilitation for patients recovering from serious illness or surgeries. **Website:** *keiai-southbay.com* • **Email:** *info@keiai-southbay.com* • **Telephone:** (310) 532-0700 • Address: 15115 S. Vermont Ave., Gardena, CA 90247

Sakura Intermediate Care Facility & Sakura Gardens at Los Angeles, formerly Keiro Intermediate Care Facility and Keiro Retirement home, respectively. The former is for residents needing daily assistance and possibly in the early stages of cognitive-related issues, the latter for more able-bodied, sound-minded individuals who may or may not need assistance. **Website:** *sakura-icf.com* • **Email:** *info@Sakura-ICF.com* • **Telephone:** (323) 980-7529 • **Address:** 325 S. Boyle Ave., Los Angeles, CA 90033 & **Website:** *www.pacificaseniorliving.com/senior-living/ca/los-angeles/sakura-gardens* • Telephone: (323) 212-5811 • **Address:** 325 S. Boyle Ave., Los Angeles, CA 90033 ■

PHOTO: PIXABAY

Caregiving: WHEN IT'S NOT YOUR PARENTS

An intimate look at how two families have poured love and commitment into their different caregiving situations.

By George Toshio Johnston,
Senior Editor, Digital & Social Media

The default definition of the word "caregiving" that most people probably have in mind means caring for a parent — and for most people with an aging parent or parents, it can be a thought lurking in the back of one's mind, a problem to deal with sometime down the road.

But the need to provide care for a family member can also be a child, a spouse or a sibling, and the circumstances can arrive suddenly and unexpectedly.

That was certainly the case for Chicagoans April Inagaki* and Gregg Oshita, whose lives were changed irrevocably when fate abruptly singled out members of their families in ways that could not be foreseen.

Inagaki's journey (and that of her siblings) as a caregiver began in 1998 when her younger sister, Marilyn, injured her tailbone when she slipped and fell on a garage floor. While it might sound like a rather benign-sounding accident, it left her in tremendous pain.

"She was taking a lot of painkillers, and she had an accidental overdose," said April, 60, "and she had stopped breathing." Found by a friend, Marilyn was taken to a hospital in San Diego, where she had been living and working as a grants administrator for the University of California, San Diego. She was comatose for three days. The accident happened on Dec. 31, 1999.

According to April, Marilyn had suffered an anoxic brain injury, meaning her oxygen-deprived brain damage was diffused, over almost her entire brain, and not limited to a particular area. Early on, as her brain tried to heal, it would seize, and she was put on anti-seizure medication. Rehabilitation and occupational therapy would help — but what had happened to Marilyn meant that for April, her three other healthy siblings and their parents, Marilyn could no longer care independently for herself.

* * *

For Oshita, 68, his journey as a caregiver was more recent, and the duration was comparatively short, the last 28 days of the life of his late wife, Robyn, who died on Oct. 23, 2017, at 66. The cause was AML or acute myeloid leukemia, a blood and bone marrow cancer that can develop and spread fast — alarmingly fast. The time from diagnosis to death was, Gregg recalled, about two-and-a-half months.

Earlier that year, though, Robyn and Gregg would take three memorable trips: in March to Ecuador, where their daughter, Kimberly, was teaching; then at the end of April, Japan for 10 days, a gift from Kimberly and son, Michael; and finally, in July, to California: Napa Valley, Monterey, Carmel and San Francisco.

To prepare, they began an exercise program. "Robyn could out exercise me easily. I mean, she would do the elliptical, and then she'd go on the stair stepper — she was eventually climbing up 13-15 flights of stairs," Gregg Oshita said. "She was in great health."

It was in Carmel and San Francisco when Robyn told Gregg that she couldn't go up the hills like usual. Gregg also noticed that she bruised easily, getting black and blue marks all over, just from bumping into something.

* * *

After about a year in a rehab hospital in San Diego, the Inagaki family brought Marilyn to Chicago. "My mom tried to take care of her in the beginning for a while, by herself, without caregivers," April Inagaki said, with everyone pitching in.

When she proved to be beyond her mother's ability, Marilyn went to her father's place (the parents were divorced by this time), with part-time caregivers and the healthy siblings again pitching in. Because of her brain injury, though, Marilyn was prone to unpredictable mood swings.

"It was too much, even with a part-time caregiver, to handle, and we couldn't afford a full, 24-hour caregiver." At the time, Marilyn was only in her 30s.

The Inagaki family was advised that Marilyn would be better off in a nursing home and that she should be put on Medicaid to pay for it.

"That was an arduous process, as anyone who has applied for public money must know," April said, dealing with detailed paperwork regarding health insurance and assets, like Marilyn's San Diego condo, which would have to be sold. "My father was an insurance agent, and one of my older brothers was an underwriter, so they were familiar with contracts and that really helped — but it was hard, even for them, to deal with that paperwork."

When Marilyn's Medicaid came up for review years later and they had to reapply, April said this time she hired an attorney. While not inexpensive, the process went much more smoothly.

Although their mother is still alive, but with their father having passed away, April has assumed the duties of handling Marilyn's affairs and keeping track of her paperwork.

According to April, the biggest issues facing her younger sister, now 56, are short-term memory loss, poor decision-making abilities and impulsivity issues.

"That part of her brain that controls inhibition and impulsivity were damaged. But she is ambulatory, she can walk, although she's weak," April said, noting that she uses a cane and sometimes a walker. "She does require a lot of supervision."

* * *

Concerned that something was not right with Robyn, the Oshitas visited a cardiologist upon their return home, and the doctor ordered a complete blood test, which resulted in the first red flag: a platelet count of 10,000.

Upon being told this, Gregg said he thought that sounded like a big number. Then he was told that in a healthy individual, the platelet count varies from 150,000-450,000. "That was when we knew something was wrong," he said.

Then came the news from a biopsy that what Robyn had was myelodysplastic syndromes (MDS), a bone marrow disease. Another specialist would tell them that Robyn would need a bone marrow transplant, for which a matching donor would be needed. "As it turned out, two people were found who were a good bone marrow match for Robyn, so that made us feel better," Gregg said.

Then came news that MDS can convert into AML within seven months if left untreated. "Unfortunately, it converted in two months," Gregg said, despite beginning chemotherapy immediately. He also said, "We were told that it's worse when someone goes from MDS to AML than if they have AML alone."

* * *

While Marilyn's family did obtain a power of attorney for health-care and financial decisions, which April is in charge of, she is not her sister's guardian. "She's her own person," said April.

Looking back over the last nearly 20 years, April says that Marilyn's accident, which left her permanently disabled, had a "huge impact" on the family.

"The relationship between my brothers and sisters and I — we weren't especially close — but when this happened, we just all closed ranks to try and help each other out," April said. "A lot of the burden has fallen on me because I guess that's the kind of person I am. When there's something that needs to be done, I just step up and do it. Being the big sister of the family, too, that's kind of the role I've always played."

While admitting that life for everyone has become easier since Marilyn has moved to a facility, April notes that Marilyn's situation is never completely out of her thoughts. "I think about Marilyn all the time," she said. "Any kind of heath issues that she's had over the years and will have as she gets older."

April also says that as a family, "we became sad," even though she's still with us. "A pastor at our church said you have to grieve about Marilyn because she's not the person that she was. The Marilyn that we once knew is gone."

April credits her church for serving as an additional community and support group. "We'll always be grateful to them," she said. She also credits social workers and government agencies, as well as aunts and uncles, as being a great source of help and support.

In addition, April also took the advice of close friends who could tell that the situation was wearing her out and suggested she see a professional with whom to talk.

"I did go to see a psychologist, and I continue to," she said. "He brings perspective to me. We go for a physical [examination] for our bodies, so I go once a year for a mental tune up. . . . It really does help to have a great mental health professional that you can turn to, as well.

"When you're caring for someone, you're prone to depression and becoming tired," she continued. " I never see taking care of Marilyn — and my parents — as a burden. It's part of the Japanese *oya-koko* (filial piety)," she said. "It's just something we do."

* * *

Asked whether he ever had a "getting your affairs in order" conversation in case she didn't beat the cancer, Gregg's answer was yes and no.

"We never had a conversation, 'Hey, I might be dying,' or anything else like that," he said. "In fact, I kept trying to keep myself positive and Robyn positive by saying, 'We're battling this together, and we're going to beat it.'

"On the other hand, we did contact an attorney to put a trust together," Gregg continued. "But that was something that we had thought about for a while, in the event that something happened to us." They did draw up a living will, a trust and a power of attorney.

"I remember a week and a half to two weeks before Robyn passed away, she woke me up and she said, 'Gregg, Gregg.' I said, 'Honey, what's up?' She said, 'It's been a great ride.'"

Understandably, Gregg says he doesn't want to dwell on Robyn's final days as her health so rapidly declined, from being able to walk to becoming bedridden and living with pain, and how he cared for her in what would be her final days, doing anything he could to help and comfort her.

He prefers, rather, to keep alive his memories of Robyn when she was vital and in good health — and that is why Gregg has created a foundation to keep her memory alive and help others.

"We started the Gregg and Robyn Oshita Foundation. The reason it has both our names [is because] I wanted my name, my life, my future tied to Robyn to keep her memory alive. After Robyn passed, my kids (Michael and Kimberly) and I talked, and we said we wanted to honor mom and keep her memory alive.

"We started the foundation, essentially, to help other families, individuals, who are battling AML or MDS, so they don't have to go through the pain and heartache of what we did," he said. The foundation's activities include sponsoring blood and platelet drives, induced by the memory of how Robyn needed transfusions twice a week.

"We had to worry every day whether or not we were going to find platelets," Gregg said. "I can't tell you how stressful that is because at one point, her platelets dropped to 5,000."

Fast-forwarding to now, Gregg said, "We had our inaugural event in Chicago, and it was a blood drive in Robyn's honor — 27 people donated blood in about four hours." He noted that they also signed up eight people to be bone marrow transplant donors through the organization Be the Match.

"Our goal is to save one life this year," he said. "If we can save one life, that will be a great start to our foundation."

* * *

If there is, as the saying goes, a silver lining to every dark cloud, what was the silver lining for the Oshitas and the Inagakis? Wouldn't they rather have what happened not to have happened, what with Marilyn Inagaki living on in a disabled state, while Robyn Oshita living on only in memory? Of course. But it didn't turn out that way. *"Shō ga nai,"* April said.

For the Inagaki family, Marilyn's situation brought the other siblings together in a way that might not have happened otherwise.

For the Oshita family, remembering Robyn by finding a way to help others was a way of turning a negative into a positive. The result: the Gregg and Robyn Oshita Foundation, the website for which is *thegrofoundation.org/*, with its next platelet/blood drive set for the week of June 2–9 in Cincinnati, in partnership with the Hoxworth Blood Center, with Gregg requesting that donors use either the PR number of PR-1465 or Robyn's name. Call (513) 451-0910 for details or visit *hoxworth.org/*.

For April, Marilyn's circumstances made them realize that despite the hardships it caused, there were others they met through support groups whose situations were far worse.

"I think our culture was very helpful in getting our family through it," April mused. "There was no question we were going to do what we need to do to take care of her."

****April Inagaki is a pseudonym.***

WISDOM >> continued from page 5

P.C.: Does it have to be in writing?

SHINAGAWA: It's good if you have it in writing. I have three siblings, and if it wasn't in writing and one of them objected to that, then I couldn't say, "That's what mom wanted."

Once you're hospitalized and especially the older you are, they ask you for a living will or whatever, and they want you to fill out that information. The hospital — at least that's how it was for Kaiser — encourages you to do that. I would encourage people to think about these things long before they're ever needed.

P.C.: Did your mother have any cognitive impairment issues?

SHINAGAWA: With my mom, I wouldn't say she lost any of her cognitive ability, but while she was in the hospital and in pain and feeling horrible, that's not the time you want people making decisions.

In my mom's case, she was lucid up until two days before she passed away. A week before she died, she said to me, "Why can't they just put me to sleep?" and I said, "You mean like take a nap to sleep or like what they do with dogs?" and she said, "Like what they do with dogs." I knew she was pretty tired of what was going on.

Amazingly, her heart was so weak, and by law, they can only put you in hospice when they think you have less than six months to live. After that six months, you have to be recertified every two months. She was recertified twice, so she lived longer than they thought she would, as bad as her heart was. I couldn't believe she was not only alive, but also able to think and talk. She was done with it — she wanted it to be over.

P.C.: Did you ever have a discussion or consideration for a Dr. Kevorkian-style assisted suicide situation?

SHINAGAWA: We didn't. California does have that [law], however, you can't find a doctor who will carry that out right now, even though it's legal.

It's interesting — my dad, he never said, "Why can't they put me to sleep?" He'd been sort of sick for a while, and for the last year of his life, he was in the hospital more than he was out of the hospital. He was in a lot of pain; he had a lot of complications. He would actually come out and say, "I'm done with this, I don't want to do this anymore, why can't I just hurry up and die?"

Maybe it's a male thing. Even though my father was Japanese and my father-in-law was Caucasian, at the point they started being unable to do things they were always able to do, it was really frustrating for them.

P.C.: Somebody who ends up being in the shoes of being a caregiver, what about your own mental and physical needs? Do you feel guilty about taking a break, even if it's for a day?

SHINAGAWA: It's interesting. Until my mom passed away, it never bothered me that I was taking care of her all of the time. I have three brothers — the one who came back from the Philippines lived with her, and the other two live within five minutes — and it didn't occur to me until she passed away that not once did any of them say to me, "Hey, Susan, would you like the afternoon off? Would you like to take the weekend off and see your husband?" Not one of them ever said, "Would you like me to go grocery shopping for you?"

It wasn't until my mom died did I think about that. For people that are not the caregiver but close to the caregiver, they need to offer that. It is important for people who are caregivers for an extended period of time that they get a break.

P.C.: Is it incumbent on the caregiver, if no one is offering, to ask for help? How much of it should be on the caregiver to not worry about imposing on someone and say, 'I need your help!'

SHINAGAWA: I think if I had been one of my brothers, it would have been more natural for me to do that. I think that for someone my age who is female, and I consider myself to be a very independent woman, I'm still in the mode of, I don't ask for help.

P.C.: So, would it be safe to say that one of the tips you might have is don't feel guilty asking for help, even if you're one of those people who never asks for help?

SHINAGAWA: This is where that "Do as I Say, Not as I Do" thing comes in. In fact, even if you don't think you need a break, it's important that people give you a break. Part of it was I'm the only daughter, and mom and I were always closer, and because of my medical history, I know how to take care of people better.

Because of my disability, I have to go home every 11-12 weeks for a medical appointment *(Editor's Note: Shinagawa has a surgically implanted continuous infusion intrathecal drug pump that must be refilled),* and I'd usually fly home, have my appointments and fly back. My three brothers would share the time, and I'd have to make up a schedule and write up all the instructions. They'd only do it every three months, so they wouldn't remember, and things would also change.

(Editor's Note: Shinagawa related how before one of her trips back to Spring Valley, her mother wanted to accompany her by car, even though she was getting weaker, which made things more difficult, and her mother became very ill on top of that, and they ended up returning to Milpitas earlier than planned.)

It wasn't until after we got back that she told me that she was afraid to not be with me because I knew how to take care of her. It's not that she didn't want to be with my brothers, but she felt like I was able to give her better care.

P.C.: Having had these experiences, caring for your parents and your husband's parents, has it caused you to rethink your own future? What sorts of things will you be doing as a result of your experiences?

SHINAGAWA: I have thought about it a lot, and part of it is because my husband is *hakujin* and his family view on taking care of people is different than my experience was. The things that I've thought about, because I don't have any children of my own — there's not going to be anyone to take care of me when I need them. So, I know that I'll need to go into some kind of assisted living, but I don't have the finances to pay for that. I've thought about it. I don't know what to do about it.

P.C.: Thank you for taking the time to talk about this. Did you have any parting thoughts?

SHINAGAWA: For me, it has been more of a gift for me than something that I had to do. It allowed me the time to spend with people in a more intimate way than I would have never otherwise been able to. Everything that needed to be said was said long before anybody passed away. To me, it was just so much more of a gift to be able to spend the time and be able to help. I'm not saying that people who don't feel that way should feel bad about that. I think that's just me, and a lot of it has to do with because I always thought that I would take care of my parents. It was never to me a burden that I thought I had to do. I wanted to do it. ■

PHOTOS: COURTESY OF SUSAN SHINAGAWA

Susan and Emi Shinagawa at Hiroshima Peace Park

Emi and her dog, Mitzy, in a photo taken in February 2017.

Emi and Susan Shinagawa in 2004 in Nenana River, Fairbanks, Alaska

PHOTOS: CHARLES JAMES

An estimated 1,000 people attended the 49th Manzanar Pilgrimage, many of whom traveled great distances to attend the event.

‘DEMOCRACY IS WINNING’

The 49th Annual Manzanar Pilgrimage reminds attendees to ‘stay involved’ in order to ensure that justice is granted for all Americans.

By Charles James, Contributor

The theme for this year’s 49th Annual Manzanar Pilgrimage was “Silent No More, Liberty and Justice for All!” in honor of the 30th anniversary of the passing of the Civil Liberties Act of 1988.

On April 28, a crowd estimated at 1,000 people gathered at the Manzanar National Historic Site, where more than 10,000 people of Japanese descent, most of whom were American citizens, were unjustly incarcerated during World War II under the pretext of being a “security risk.”

The CLA of 1988 offered an official apology from the U.S. government along with reparations, as well as recognition of the “grave injustice” done to those incarcerated in the American concentration camps during the war. It represented the success of activism in the Japanese American community that began in the late-1960s, which emphasized no longer being silent about the injustices inflicted upon them during WWII.

There was no lack of appreciation or enthusiasm as the crowd was welcomed with a drum performance by UCLA Kyodo Taiko under a clear, sunny blue sky complemented with a light breeze.

Emcee Pat Sakamoto, a former internee at Manzanar, kicked off the day’s program. Sakamoto said that her mother never talked about her life in camp. Her mother was pregnant with her when she and her husband arrived in Manzanar. And while her mother said “Yes” to the infamous Loyalty Oath required of all camp internees 17 years of age and older, her father said “No,” which resulted in him being sent to the Tule Lake Camp. “I never met my father,” she noted sadly.

Guest speaker Karen Umemoto, director of the UCLA Asian American Studies Center, remembered fondly that, when she was a child, all her friends in Southern California would take trips to Disneyland, while “we (her family) would come to the desert, to here, to Manzanar.”

Her father, Frank Umemoto, was in high school when he was sent to Manzanar. “His experience was pretty positive,” she said. He later wrote a book titled, “Manzanar to Mt. Whitney: Life and Times of a Lost Hiker,” in which he wrote about his experiences at the camp.

Sadly, Umemoto went on to say, her grandparents were sent to Tule Lake Camp. Her grandfather died of cancer there that was attributed to drinking “bootleg rice wine.”

This year’s student speaker was Lauren Matsumoto, a fourth-generation Japanese American, who represented the University of California, San Diego Nikkei Student Union. Matsumoto is involved in the Manzanar at Dusk Program, which lets college students and others share their thoughts, feelings and insights about their community, along with their shared history. Matsumoto said that “learning history is the first step in never letting it happen again.”

A sad part of Matsumoto’s family history is that her grandparents, who were interned at Tule Lake and Gila River, were “deeply scarred” by the experience, Matsumoto said, and as a result, it greatly affected her father and, ultimately, herself as well.

The next speaker was Yusra Khafagi, leadership development coordinator with the Council on American-Islamic Relations, who expressed her appreciation of the Pilgrimage message that all citizens should speak out against injustices and learn the lessons represented by Manzanar of what happens a group of Americans are singled out for their race, ancestry or beliefs.

This year’s keynote speaker was Ann Burroughs, president and CEO of the Japanese American National Museum in Los Angeles.

Burroughs said that in 1986, two years before the U.S. government signed the CLA, she was detained and sent to prison in South Africa without a trial and interrogated every day as the government attempted to prove that she had committed treason. Burroughs said she was singled out because she actively protested apartheid, which sought to retain the political and economic power of a white minority over nonwhites, who were in the majority of the country’s citizens.

That personal experience of government-sanctioned racism gave Burroughs a unique understanding into the Japanese American internment experience and Japanese Americans’ efforts to have the U.S. government officially acknowledge the “grave injustice” perpetrated on the internees of the concentration camps. They wanted an apology and reparations.

Burroughs said her personal experience in South Africa led her to a lifetime of activism and dedication in her life to promote social justice and human rights for all.

Noting that this year’s pilgrimage theme was “Silent No More, Liberty and Justice for All!” Burroughs noted that the forced removal was motivated by “racial prejudice, wartime hysteria and a failure of political leadership” and not the false excuse of “security concerns” that was used to justify the establishment of the camps.

Burroughs said that, in addition to the formal apology given by the U.S. government,” the CLA also provided funds for monetary restitution to “eligible” Japanese who had been incarcerated in the camps. It was the “redress” movement and the CLA that finally “lifted the veil of silence” about wartime incarceration.

She went on to say that “it was that silence gave way to righteous indignation, which turned into a ‘fighting spirit’ among the Japanese American community at the time. . . . Passage of the CLA was an enormous victory for civil

UCLA’s Kyodo Taiko welcomed the crowd with a spirited performance.

JANM’s Ann Burroughs was the keynote speaker.

Emcee Pat Sakamoto, a former Manzanar incarceree

Student speaker Lauren Matsumoto from UCSD

Kathy Bancroft of the Lone Pine Paiute-Shoshone Tribe welcomed the crowd.

Yusra Khafagi of CAIR made a few remarks to the crowd on tolerance.

The Sue Kunitomi Embrey Legacy Award was presented to Wilbur Sato *(right)* by Manzanar Committee member Bruce Embrey *(left)*.

rights and the Japanese American community.

"It drew a line in the sand," she continued, "that forced the American government to apologize for a wrong and put it on notice that it could no longer 'ignore its past.'"

Burroughs noted that "the entire country — with the exception of the Quakers — was silent 75 years ago when President Franklin D. Roosevelt signed Executive Order 9066." It was that order, she went on to say, that resulted in the forced removal of West Coast Japanese and led to the creation of the 10 War Relocation Authority camps.

"The importance of remembering and learning from that experience cannot be stressed enough," said Burroughs. She then quoted Bishop Desmond Tutu that "if we allow bygones to be bygones, there will be no bygones because history will be repeated."

Keith Kawamoto of the 442 Regimental Combat Team, the most decorated unit for its size and length of service in the history of the U.S. military

Burroughs ended her comments with the observation that "the Japanese American experience is about democracy, about taking a stand for what is right."

Many speakers at the pilgrimage expressed concern that the WWII era is fading from the nation's collective memory. One of them, Bruce Embrey, representing the Manzanar Committee, told the crowd that the pilgrimages are held "to honor those who survived life behind barbed wire" and that they were vital to the success for redress.

"Starting in 1969 as a people's movement," Embrey said, "the pilgrimages became a way to confront the shock, humiliation and shame that kept many internees silent about the experience."

Embrey continued, "It was the efforts of Japanese American and African-American politicians, and Japanese American veterans from the 442nd Regimental Combat Team and the 100th Infantry Battalion that ensured the passage of the Civil Liberties Act, which sadly came too late for many." He noted that 40,000 former internees had already died by 1988.

He also warned the gathering that all the efforts that went into the CLA "will not be worth it if we do not stand up when other minorities are having their civil and constitutional rights threatened."

Presentation of the flags representing the 10 WRA camps.

The Sue Kunitomi Embrey Legacy Award this year was awarded to longtime community activist Wilbur Sato, who was recognized as someone who tirelessly went to work on behalf of the Japanese American community, committed to defending democracy and civil rights.

Sato, who turned 89 on April 26, was raised on Terminal Island, a former fishing village, which is now a part of the Port of Long Beach and the Port of Los Angeles. He was in the seventh grade when Pearl Harbor was attacked on Dec. 7, 1941. The Sato family was forced to leave the island and would be incarcerated at Manzanar.

He gave the crowd a list of what life was like for a "poor Japanese."

"We had no doctor or modern medical care," Sato said. "Anyone born in Japan could not become a U.S. citizen. If you were a U.S. citizen and married someone born in Japan, you would lose your citizenship. Restaurants refused to serve Japanese, and hotels would most likely refuse to rent us rooms, which meant bringing your own food with you on long trips . . . and sleeping in the car.

"Blatant racism was accepted throughout society," Sato continued, "and racist, derogatory terms and stereotypes were used routinely by the media, newspapers and Hollywood.

"The camps were just the latest manifestation of that racism," Sato concluded. He noted that after the war, prejudice and racism remained a part of the American experience for Japanese Americans.

He became a lawyer after graduating from the University of California, Los Angeles, in 1951 and joined the Japanese American Citizens League to fight against the injustices against Japanese Americans. He also became a longtime member of the National Coalition for Redress/Reparations (now known as Nikkei for Civil Rights and Redress) and became active on the Manzanar Committee and its yearly pilgrimages.

In accepting the award, Sato urged those in the audience to "stay involved with the issues important to them and not be easily discouraged because when it comes to such fights, 'democracy is winning.'" ■

A NATIONAL GUIDE TO NOTABLE COMMUNITY EVENTS

CALENDAR

NCWNP

Sacramento Asian Pacific Film Festival: Films of Solidarity, Resistance, Justice, and Unity
May 26-27; Noon-10 p.m.
California Museum
1020 "O" St.
Price: Ticket prices vary.
This two-day event will feature more than two-dozen films across four showtimes, including talkbacks with filmmakers and a panel discussion. Best ticket prices are before May 23 with levels for General Admission, Student and Senior Discounts and Advance Purchases. The program includes selections from the Asians on Film Festival as well as "Delano Manongs," "Resistance at Tule Lake," "Cats of Mirikitani," "Yuri Kochiyama: A Passion for Justice," "Gook" and a panel discussion: "All Part of One Another: API Activism in Sacramento." The evening program on May 26 is in partnership with the ABAS Law Foundation.
Info: Visit www.sapff.org/2018-festival-programming/ or www.sapff.org.

Nakayoshi Young Professionals 10th Anniversary Celebration
San Francisco, CA
June 2; 6-9 p.m.
MIS Historic Learning Center
640 Mason St. at the SF Presidio
Price: $40 per ticket (includes $10 MIS exhibit admission fee)
Come celebrate 10 years of volunteerism and creating community for young professionals while learning about the history of the MIS Nikkei Soldiers all under the night sky and the Golden Gate Bridge. Tickets include light food and celebratory drink. This is a 21+ event and members and new friends are all welcome!
Info: RSVP on Facebook at https://www.facebook.com/events/484400735308036/ and purchase tickets at Eventbrite at https://goo.gl/WkgiuW.

'Gambatte! Legacy of an Enduring Spirit' Exhibit
Roseville, CA
Thru June 2
Blue Line Arts
405 Vernon St., Suite 100
This exhibit, "Gambatte! Legacy of an Enduring Spirit: Triumphing Over Adversity — Japanese American WWII Incarceration Reflections, Then and Now" by Paul Kitagaki Jr. is on display now on Tuesdays and Thursdays from 11 a.m.-5 p.m. and Wednesday, Friday and Saturday from 11 a.m.-3 p.m.
Info: Call (916) 783-4117 for more information.

Japanese Cultural Fair
Santa Cruz, CA
June 9
Mission Plaza Park (in front of Holy Cross Church)
103 Emmett St.
Price: Free
The purpose of the Japanese Cultural Fair is to provide an opportunity for the community to increase its awareness and understanding of the Japanese community in Santa Cruz County as well as Japanese culture, both traditional and contemporary. Come out and experience this event, which has been held for 30 years.
Info: Call (831) 462-4589 or email jcf@baymoon.com.

PSW

'Hapa.Me — 15 Years of the Hapa Project' Exhibit
Los Angeles, CA
Thru Oct. 28
Japanese American National Museum
100 N. Central Ave.
In this new exhibition by artist Kip Fulbeck, it pairs photographs from his groundbreaking 2006 exhibition "Kip Fulbeck: Part Asian, 100% Hapa" with new portraits of the same individuals.
Info: Visit www.janm.org/hapa-me.

Keiro Caregiver Conference
Anaheim, CA
May 12; 10 a.m.-2:30 p.m.
Orange County Buddhist Church
909 S. Dale Ave.
Price: Free
Keiro's annual conference will recognize caregivers as well as teach participants how to confidently provide the quality of care older adults deserve. Keynote speaker will be Dr. Yuichi Edwin Yanami, associate medial director at Providence Health and Services.
Info: Visit www.keiro.org/caregiver-conference for reservations or call Bryce Ikemura (213) 873-5708.

Info: 'What We Carried: Fragments & Memories From Iraq & Syria'
Los Angeles, CA
May 19-Aug. 5
Japanese American National Museum
100 N. Central Ave.
This exhibition of photographs by Jim Lommasson captures cherished objects brought to the U.S. by Iraqi and Syrian refugees who successfully resettled in the States. Bearing hand-written notes by their owners that explain what the objects mean to them, these images are a testimony to the common threads that bind us all: love for family, friendship and the places people call home. This traveling exhibition's theme echoes that of the JA incarceration experience during WWII.
Info: Visit janm.org.

Killer Kimchi
Los Angeles, CA
May 27; 10-11 a.m.
JACCC
244 S. San Pedro St.
Price: $25 General; $20 JACCC Member
In this demonstration, join Hae Jung Cho of the Institute of Domestic Technology as he makes "poggi kimchi." This stuffed kimchi is incredibly delicious and will knock your socks off!
Info: Call (213) 680-3700 or email boxoffice@jaccc.org.

Buddhist Temple of San Diego Japanese Cultural Bazaar
San Diego, CA
June 3; 11 a.m.-4 p.m.
2929 Market St.
Price: Free
Join the Buddhist Temple of San Diego at its annual bazaar featuring delicious food including sushi, teriyaki chicken, tacos and chow mein, as well as games, silent auction, taiko performance, cultural exhibits and demonstrations and much more for the entire family!
Info: Call (619) 239-0896 or email info@btsd.net.

PNW

Gaman Festival
Portland, OR
May 11 (6-9 p.m. film showing) and May 12 (10 a.m.-4 p.m. art booths)
Portland Community College
705 N. Killingsworth St.
Gaman Fest is an intergenerationally inspired event showcasing art as activism, sponsored by O.N.E. and Portland JACL.
Info: For volunteer information, contact Sachi Kaneko at sachi@pdxjacl.org.

'A Dragon Lives Here' — Part 4
Seattle, WA
Currently on exhibit
The Wing Luke Museum of the Asian Pacific American Experience
719 S. King St.
Price: $17 General museum admission for adults
Created in partnership with the Bruce Lee Foundation, this exhibit, Part 4 in a series, hones in on the legendary martial artist's Seattle roots and the fact that the city, now known as a city for innovation, technology and entrepreneurs, also played a key role in shaping Bruce Lee and his groundbreaking approach.
Info: Visit wingluke.org.

All Things Japanese Sale
Seattle, WA
Aug. 17-19
JCCCW
1414 S. Weller St.
Save the date for the All Things Japanese Sale, a large rummage sale hosted by the Hosekibako: Japanese Resale Shop at JCCCW. The sale will feature a wide variety of Japanese items, including more than 1,000 antiques and collectibles with prices starting at just $0.25 — there will be something for everyone!
Info: Visit jcccw.org.

IDC

41st Utah Asian Festival
Sandy, Utah
June 16; 10 a.m.-7 p.m.
Mountain America Expo Center
9575 S. State St.
Price: Free and all are welcome
Presented by the Asian Association of Utah, this annual festival will feature 15 countries through performances, exhibits, food and hands-on cultural demonstrations. Come enjoy a pageantry of arts and culture represented by the Bhutan, Cambodian, Chinese, Filipino, Hawaiian, Hmong, Indian, Indonesian, Japanese, Korean, Laotian, Taiwanese, Thai, Tibetan and Vietnamese communities.
Info: Visit utahasianfestival.com

MDC

'Courage and Compassion: Our Shared Story of the Japanese American WWII Experience'
St. Paul, MN
June 30-Sept. 3
Historic Fort Snelling Visitors Center
200 Tower Ave.
Price: Free and open to the public
The Twin Cities chapter of the JACL and Historic Snelling present this traveling exhibition developed by the Go for Broke National Education Center, which chronicles the Japanese American WWII experience. In addition, the TC JACL education committee has produced a local component that consists of stories involving JA community building and civic engagement throughout Minnesota.
Info: Contact tcjacl.org.

Tomodachi Super Senior Luncheon
Minneapolis, MN
July 14; 11:30 a.m.
Hibachi Buffet
111 E. Lake St.
Price: Adults 75+ are free; $11 buffet lunch
Co-sponsored by the Twin Cities JACL, Nikkei Project and the Twin Cities Buddhist Assn., this is a great excuse to visit with longtime friends in this community appreciation event! All are welcome!
Info: For reservations, call Todd Tsuchiya at (952) 975-0047 or email ttsuchiya@comcast.net.

Japanese Cooking Class
Minnesota
Aug. 4; 2 p.m.
Price: Free for JACL members; $10 nonmembers
Interested in learning to make different kinds of sushi? Rachel Matsumoto will teach a class on sushi making and a noodle dish. Class size is limited to 10 people.
Info: For additional details and address information, call Gloria Kumagai at (763) 377-5602 or email Gloriak377@aol.com.

EDC

'70 Years of Honoring Service and Sacrifice' Memorial Service
Arlington, VA
May 27; 9:30-10:30 a.m.
Arlington National Cemetery Columbarium
JACL-DC and JAVA present the 70th anniversary of this ceremony, the longest, continuous annual ceremony at Arlington National Cemetery. The event, started originally by the Kobayashi family, will feature guests Sandra Tanamachi, a retired teacher from Beaumont, Texas, and Kim Minh Thai, a student at Spark M. Matsunaga Elementary School. Following the ceremony, attendees are invited to lay floral arrangements at the gravesites of our fallen heroes.
Info: Contact Turner Kobayashi at turner@audleyfarm.com or call (540) 539-1080.

'Allegiance'
Boston, MA
Thru June 2
Stanford Calderwood Pavilion at the Boston Center for the Arts
527 Tremont St.
Price: Ticket prices vary.
Tickets are now on sale for the East Coast regional premiere of "Allegiance," which was first presented in New York on Broadway from 2015-16. Inspired by the real-life story of George Takei, this musical brings into focus the Japanese American incarceration experience through the lives of one family.
Info: Visit https://www.bostontheatrescene.com/season/SPK-presents-Allegiance/.

Japanese Prints: The Psychedelic Seventies
Boston, MA
Museum of Fine Arts
465 Huntington Ave.
Expo '70 in Osaka, Japan, marked the beginning of a period of prosperity that lasted more than a decade and resulted in Japan's participation in the development of global art styles of the time — in particular, the mind-bending motifs and chromatic verve of psychedelic art, which was reflected in fashion, architecture and graphic design. This exhibit brings into light that experimental period of time.
Info: Visit http://www.mfa.org/exhibitions/japanese-prints-the-psychedelic-seventies. ■

IN MEMORIAM

Aoyagi, Harold Setsuo, 82, Torrance, CA, Feb. 11; he is survived by his children, Dawn (Brad) Sawyer, Glenn (Nancy), Scott (Janet) and Julie (Darin) Honda; brothers, Wallace (Connie) and Elvin (Cheryl); he is also survived by nieces, nephews, grandchildren, great-grandchildren, other relatives and friends.

Azuma, Hildegard, 95, Carson, CA, Feb. 4; she was predeceased by her husband, Roy Yukimasa Azuma; son, Harald; she is survived by her daughter, Mina; siblings, Kuni and Gunther; gc: 3.

Blackmun, Masako, 90, Portland, OR, Feb. 21; she is survived by her husband, John; daughter, Maya Blackmun (Scott Fitzpatrick); she is also survived by siblings and extended family; gc: 2.

Doyle, Chiyemi, 72, San Francisco, CA, March 6; during WWII, her family was incarcerated at the Tule Lake WRA Center, where she was born.

Fujii, Jim, 93, Sacramento, CA, Jan. 19; during WWII, he served in the 442nd RCT; he is survived by his wife, Toyoko; children, Jeanne Yamashita (George) and James Fujii (Doreen); sisters, Hisako Abe (Joe) and Mary Nii (Ted); he is also survived by many nieces and nephews; gc: 4.

Goya, Yoshikazu, 94, Torrance, CA, Feb. 13; he is survived by his wife, Yoshiko Jane Goya; son, Allen Wayne Kazuo (Gayle) Goya; siblings, Harriet Harue Owara, Taro Goya (Helen), Sue Ann Shiroma (Thomas) and Janice Fumie Ganeku; sister-in-law, Emi Goya; gc: 2.

Hata, Rev. Akira, 97, Panorama City, CA, March 27; he is survived by his daughter, Tissa (Christopher Uchiyama); siblings, Satoshi Hata, Marrie Yamashita, Grace Sakurai, Albert Hata, Maya Hata Lemmon and Hiroshi Hata; gc: 2.

Imamoto, Sam, 82, Los Angeles, CA, Jan. 1; he is survived by his wife, Phyllis; children, Stacy (Rick) Itow and Gregg (Barbara) Imamoto; gc: 5.

Kamimae, Midori, 83, Renton, WA, Feb. 15; she was predeceased by her husband, Kimio (Kim); she is survived by her children, Karen, Scot, Cindy (Clyde Ishii) and Tracy; gc: 6.

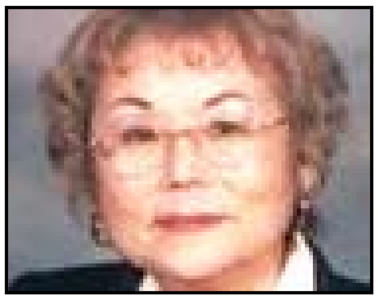
Maeda, Yoshiko, 83, Azusa, CA, Feb. 4; she is survived by her sons, Michael (Shannon) and Keith; siblings, Kyoko Kusano, Norma Domaloan and Tsutomo Miyagishima; gc: 5.

Maruno, Shiori, 96, Torrance, March 5; she is survived by her brother-in-law, Henry Karatsu; three nephews; two grandnephews and many other relatives.

Nagata, Masako, 86, Chula Vista, CA, March 10; during WWII, her family and she were incarcerated at the Poston WRA Center in AZ; she is survived by her husband, Mitsuru; daughters, Joyce, Janet, and Pat.

Ogishima, Lilly, 99, Seattle, WA, March 8; she was predeceased by her husband, John; she is survived by her children, Brian (Teresa) and Alisa (Bob) Hashimoto; gc: 2.

Pinkerton, Gene Edward, 84, Los Angeles, CA, March 29; he is survived by his wife, Kazuko; children, Patti (John) Bryan and Richard (Charisse) Pinkerton; siblings, James (Mona) Pinkerton, Ronald Pinkerton and Connie (Larry) Bowers; brother-in-law, Jerry Williams; gc: 4; ggc: 1.



Sakamoto, Susie, 91, San Jose, CA, March 13; during WWII, her family and she were incarcerated at the Tule Lake WRA Center and she graduated from its Tri-State High School; she was predeceased by her husband, James; she is survived by her children, Mark (Darci) and Terri (Ken); siblings, Henry, Harry and Yvonne; gc: 4; ggc: 2.

Takemoto, Lilly, 90, Seattle, WA, Feb. 22; during WWII, the family was interned first at Puyallup Fairgrounds and then the Minidoka Relocation Camp outside of Hunt, Idaho; she is survived by her husband, Victor; children, Vicki, Stan (Irene) and Jon (Lena); gc: 1; step-gc: 1; step-ggc: 1.

Terao, Victoria, 80, Seattle, WA, March 24; she was predeceased by her husband, Hidetomi; she is survived by her children, Cindy Nomura (David), Taylor (Sakie) and Mark (Candace); sisters, Patricia Lee and Cecelia Setoda (Roy); gc: 3.

Uyeda, Finis, 84, San Jose, CA, Feb. 28; she was predeceased by her brothers, Tetsuse (Shizuko), Tetsuya (Sachiko) and Mitsuo (Daisy); she is survived by her husband, Lester; children, Karen, Gary (Mary) and Scott (Roberta); siblings, Tatsumi (Kazuo), Kenji (Shirley) and Shigeru (June); gc: 5.

Wake, Lloyd Keigo, Rev., 95, San Francisco, CA, Dec. 27, 2017; he is survived by his wife, Marion Natsue Wake; children, Cathy Quides, Wesley Wake, Sandra Wake and Steven Wake; sisters, Florence Nagano, Lillian Koda and Betty Machida; gc: 8; ggc: 3.

Yamada, Eugene Kiyoto 'Tote,' 90, San Diego, CA, March 25; he is survived by his brother, Joseph Y. Yamada.

Yamamoto, Betty, 93, Los Angeles, CA, March 23; she was predeceased by her husband, Harry; she is survived by her son, Dennis (Joyce); sister, Eiko (Isamu) Yanagisako; a nephew, nieces and other relatives; gc: 2; ggc: 3. ■

TRIBUTE

HELEN SACHI MASAOKA

Longtime resident of San Mateo, Helen Sachi Masaoka passed away in Los Angeles on April 6 at age 90. She was the seventh of nine children born to Momotaro and Takeno Kawahara of Kawahara Nursery. Sachi was 14 years old when she and her family were incarcerated during World War II at Tanforan and then at Topaz. After the war, she went to Cal Berkeley with a poly sci major while she worked as a "schoolgirl," living with a family and taking care of their children and household in exchange for room and board. A member of the debating club, she met Tad Masaoka with whom she shared 49 happy years. As she often said, Tad was "one in a million," and "he made me laugh every day."

Tad and Sachi lived several years in Maryland while Tad worked for his brother, Mike Masaoka, and JACL. They returned to California in 1963, where Tad went on to work for Fair Housing and HUD, and Sachi went back to school to obtain a teaching credential. She taught many years at George Hall Elementary, where she was a beloved teacher and a valued colleague. For many years, she was also an active member of Sturge Presbyterian Church.

Sachi is survived by her brother, Harry Kawahara (Jane) of Altadena, Calif., and Moko Hatamiya (Roy) of Yuba City, Calif.; three children, Jan Masaoka (Paul Rosenstiel), Mark Masaoka (Kathy) and Miya Masaoka (George Lewis); six grandchildren, Mariko Drew, Mayumi Masaoka (Tawon Saetang), Kimi Rosenstiel, Dan Masaoka (Veronica Lam), Keiko Cresante (Tom) and Tadashi Lewis. She also has three great-grandchildren, Dylan and Ethan Cresante and Yuma Masaoka Saetang, and dozens of nieces and nephews with whom she was always welcoming and generous in spirit. She was predeceased by her husband, parents, two brothers who died in childhood and her siblings, Shizu Kariya (Mas), Harumi Peterkin, Isami Kawahara (Jean) and Chieko Lily Higashi (Hisashi).

Sachi was famous for her deep faith in God, the strength of her marriage with Tad, her love of babies and children, her endless energy, her teriyaki chicken and her angel food cake.

Services will be held on Saturday, May 12, at 1:30 p.m., at Sturge Presbyterian Church, 25 S. Humboldt St., San Mateo, Calif.

REIMAGINE EVERYTHING

CAREGIVING WHILE WORKING

By Ron Mori

More than 40 million Americans are taking care of a loved one 50 or older. Approximately six in 10 of them are doing it while also trying to earn a living. I am not there yet, but I know that that day will come in the not-too-distant future. When the time comes, I will have to make lifestyle changes and navigate in unchartered waters.

Fortunately, I work with people at AARP who have been or currently are caregivers. Here are some helpful tips to consider.

Human Resources

- Ask your HR representative about your company policies and programs to support caregivers. Many companies have a plan in place to help employees find community services, counseling, respite care, legal and financial assistance and caregiver support groups. Others offer caregiving leave or flexible work arrangements.
- Employee assistance or your loved one's insurance carrier might cover visits with a therapist specializing in caretaking or family issues. Sometimes one small thing can be a big help.
- Be prepared: Even within the same company, different managers may be more accommodating than other managers to your situation.

Family and Medical Leave Act (FMLA)

Under the Family and Medical Leave Act, eligible workers are entitled to unpaid leave for up to 12 weeks per year without losing job security or health benefits in order to care for a spouse, child or parent who has a serious health condition.

- Companies that employ fewer than 50 people are exempt from FMLA.
- To qualify, you must have worked for the company for at least 1,250 hours in the last 12 months. Check with your HR department to see if you qualify. The company is required by law to tell you your rights under FMLA and, if you qualify, offer you leave. Employers may not threaten you or make your work life difficult because you requested a leave.
- You may take the 12 weeks of leave all at once or in pieces — for example, three days twice a month when a parent is receiving chemotherapy. When your leave is up, you must return to work to protect your job.
- Under the Americans With Disabilities Act (ADA), employees taking time off to care for a disabled parent or spouse are entitled to the same treatment as coworkers who take time off to care for disabled children.
- The ADA also gives you protection if you lose your job or are harassed.
- Some states have laws similar, but not identical, to the federal FMLA. They may provide different benefits.

If no law applies, your employer is not required to give you time off or make any accommodations.

Look Close to Home

Investigate and participate in your local caregiving community. An adult day care program is good for socialization and structure, and it has activities designed to maintain or strengthen skills. You also may be able to find people with whom you can have a mutual backup agreement or share a part-time caregiver.

Talk to Your Manager

If you work for a small company with no HR department, make an appointment with your boss. Be upfront about your caregiving responsibilities from the start. Most bosses value good employees and will work to keep them.

- Don't go in with the idea that there is a single answer. Also, present solutions that won't cost the company money or time.
- Flextime and telecommuting are accepted practices in many offices.
- Employers may be more likely to agree if you suggest a trial period that could be continued if successful.
- Be ready to compromise. A flexible schedule might not be possible, but your company may be willing to change your schedule, let you work from home one day a week or pay for respite care when you travel for work.
- If your supervisor lets you work from home, make sure you are always accessible by phone and email. Respond quickly.
- Attend meetings from home by conference call or Skype. If Skyping, find a quiet room and dress as you would at the office.
- Check in regularly to make sure the arrangement is working for all sides.

Stay Organized

Manage your time efficiently. Set priorities. Tackle the most important items first. When you are stretched between two obligations, it's easy to forget something.

- Keep focused by using two to-do lists — one for caregiving and one for work.
- Put obligations for both caregiving and work on a single calendar.
- Delegate at work and at home.

Finally, show appreciation to your co-workers.

Ron Mori is a member of the Washington, D.C., JACL chapter and manager of community, states and national affairs — multicultural leadership for AARP.

CAREGIVING: Important Numbers to Know

The following organizations, groups and agencies offer caregivers a variety of resources, ranging from support services and webinars to tip sheets, care guides and how-to videos.

AARP Family Caregiving
www.aarp.org/caregiving/
Find free care guides, legal checklists, care options and an online community that supports all types of family caregivers

Alzheimer's Assn.
www.alz.org • (800) 272-3900
Information and support for people with Alzheimer's disease and their caregivers. Operates a 24/7 helpline and offers care navigator tools

Alzheimers.gov
www.alzheimers.gov
The government's free information resource about Alzheimer's disease and related dementias

ARCH National Respite Network and Resource Center
www.archrespite.org
Find programs and services that allow caregivers to get a break from caring for a loved one

Caregiver Action Network
www.caregiveraction.org
Formerly known as the National Family Caregivers Assn., provides information and education for family caregivers, including a volunteer support network in over 40 states

Community Resource Finder
www.communityresourcefinder.org
Easy access to a comprehensive listing of Alzheimer's and dementia resources, community programs and services

Eldercare Locator
www.eldercare.gov • (800) 677-1116
Connects caregivers to local services and resources for older adults and adults with disabilities across the U.S.

Family Caregiver Alliance
www.caregiver.org
(800) 445-8106
Information, education and services for family caregivers, including the Family Care Navigator, a state-by-state list of services and assistance

Hospice Foundation of America
www.hospicefoundation.org
(800) 854-3402
Provides information on issues related to hospice and end-of-life care

Medicare
www.medicare.gov
(800) Medicare
Provides information about the parts of Medicare, what's new and how to find Medicare plans, facilities or providers.

National Alliance for Caregiving
www.caregiving.org
A coalition of national organizations focused on family caregiving issues

National Institute on Aging Information Center
www.nia.nih.gov • (800) 222-2225
Research leader on aging issues; information on common age-related health problems

The National Clearinghouse for Long-Term Care Information
www.longtermcare.gov
Information and tools to plan for future long-term care needs

Social Security Administration
www.socialsecurity.gov
(800) 772-1213
Information on retirement and disability benefits, including how to sign up

State Health Insurance Assistance Program
www.shiptacenter.org
A program that offers one-on-one insurance counseling and assistance to people with Medicare and their families

Veterans Administration
www.caregiver.va.gov
(855) 260-3274
Support and services for families caring for veterans. Maintains a VA caregiver support line

Well Spouse Assn.
www.wellspouse.org
(800) 838-0879
Provides support for spousal caregivers

PARENT >> from page 3

(specially created for people with dementia and Alzheimer's), and we chose one that's just a few minutes away from his house. Glenn and Michelle brought some things from her home to make her room look familiar, and we pay for TV Japan on her cable box.

To my surprise, in the weeks since we moved her, my mom seems to have accepted her new home, even though she get confused occasionally and asks when we'll take her home. The staff at the center says my mom is very friendly (shock to all of us) and sits in the great room and socializes with other residents most of the time (another shock) or watches the English cable TV (shock) and spends very little time in her room watching Japanese TV (shock, shock, shock).

But it's hard to shake the feeling of guilt that I'm not doing enough for my mom. And, there are ripple effects that continue to affect me.

We've been cleaning out my mom's house so we can rent it out, and I felt as if my mom had died. But the optimist in me knows that we're doing the right thing, and our mom will be well-cared for.

And she's still normal and gets delighted when we bring her a Japanese snack like mochi manju or osembe crackers.

We're looking forward to taking her to Japanese restaurants when she's mentally settled in her new home. That should bring her some very nice memories.

Gil Asakawa is the P.C. Editorial Board Chair and will be on a panel sponsored by AARP discussing family caregiving at the JACL National Convention in Philadelphia, July 18-22.

GENERATION >> page 3

pendence. Student loans, the competitiveness of jobs and an exorbitantly high cost of rent have driven many young adults to live at home.

This phenomenon seems to be especially prevalent in the Japanese American community, where parents graciously allow their children to remain at home long past 18. And while there are many positives to this type of arrangement, difficulties arise when parents are expected to financially support their adult children while aging simultaneously.

So, where does this leave us? Although in its infancy, the problems incurred by the Sandwich Generation are sure to remain on trend. If the U.S. models itself after Japan and seeks alternative actions, perhaps it will help alleviate the burdens endured by the Sandwich Generation. Women have already proved to be devoted mothers and loving daughters – what they need now is the opportunity to be empowered businesswomen as well.

Statistics and concepts provided courtesy of Scott Sato, COO of Pasona Group, Inc.

Staci Yamashita-Iida, Esq. is an Estate Planning attorney at Elder Law Services of California. She can be contacted at (310) 348-2995 or staci@elderlawcalifornia.com. The opinions expressed in this article are the author's own and do not necessarily reflect the view of the Pacific Citizen. The information presented does not constitute legal advice and should not be treated as such.