

THE SFVJACC BOARD OF DIRECTORS

Presents

SENIOR HEALTH AND HOME SAFETY

A Series of Thirteen Presentations to Improve and Enhance Our Seniors Quality of Life

Made possible by a generous grant from the:

JAPANESE AMERICAN COMMUNITY FUND

Session 1: October 14, 2022 - Sakaguchi Hall from 10:30 am–11:30 am

Aging In Place and Essential New Planning Tips

Laurie Shigekuni, Attorney at Law, Laurie Shigekuni and Associates (San Francisco)

Hear about important programs that offer supportive services to enable seniors to stay in their own homes. Two primary programs called the Program for All Inclusive Care for the Elderly (PACE) and In Home Support Services (IHSS) are available for a low cost for those who qualify for Medi-Cal long term care. Beginning January 2024, most people will be able to qualify because of a change in the law. Come and learn more!

Session 2: October 21, 2022 - Sakaguchi Hall from 10:30 am–11:30 am

Fall Prevention Strategies

Megan Young, Occupational Therapist, Providence St. Joseph's Medical Center (Burbank)

Have you fallen at least once in the past year? That's ok, right? How do you know if you're at risk of falling? What should you do about it? Megan will go over risk factors to be aware of and strategies within the home and out in the community for fall prevention.

Session 3: October 28, 2022 - Sakaguchi Hall from 10:30 am–11:30 am

Strengthening Your Body to Prevent Falls

Fernando Ruiz, MS Graduate Candidate Kinesiology, (CSUN)

Overview of the things Seniors can do to strengthen their bodies to prevent falls within their home and when out in the community. Work on these strengthening techniques in a program being coordinated with the Senior Exercise class held in the SFV Judo Dojo.

Session 4: November 4, 2022 - Sakaguchi Hall from 10:30 am–11:30 am

Importance of Correct Spinal Mechanics in Daily Life

David Honjio, Doctor of Chiropractic, Chiropractic Health Clinic (San Fernando)

Learn about correct and incorrect sleep positions, and the mechanics involved with musculoskeletal stress retention and release. Correct spinal alignment when lifting, sitting and our everyday motions and movements.

Session 5: November 11, 2022 - Sakaguchi Hall from 10:30 am–11:30 am

Self-Defense Awareness

Emily Kumagai, Matsubayashi Shorin Ryu Dojo

This Presentation will cover the current situation we face as a community with Asian Hate Crimes and will discuss how to tactically be aware to prevent these unfortunate cases against senior citizens. The presentation is the first part of two-part series. The second half will be an interactive self-defense workshop in the SFV Judo Dojo at a date to be announced.

Session 6: November 18, 2022 - Sakaguchi Hall from 10:30 am–11:30 am

Palliative Care is not hospice. Do you know the difference?

Greg Kimura, MD, Medical Consultant, Palliative Care (Los Alamitos)

Learn what types of services are available in palliative care and understand the differences between levels of care. Know the difference between palliative care and hospice care.

More presentations on the back.

Week 7: November 25, 2022 - Thanksgiving Holiday - No Session Scheduled

Week 8: December 2, 2022 - Pending

Session 9: December 9, 2022 - Sakaguchi Hall from 10:30 am–11:30 am

Making the Most of Your Doctor's Appointments

Harvey Negoro, MD, Internal Medicine (Retired)

Listen to tips on improving our Seniors and their caregiver's communication with their doctors to maximize the benefit of their doctor's appointment.

Session 10: December 16, 2022 - Sakaguchi Hall from 10:30 am–11:30 am

Life After Cancer

NJ Nakamura, MS Gerontology Nursing (Retired)

Discover more ways to enjoy all that your new life has to offer!

Week 11: December 23, 2022 - Christmas Holiday - No Session Scheduled

Week 12: December 30, 2022 - New Year's Holiday - No Session Scheduled

Session 13: January 6, 2022 - Sakaguchi Hall from 10:30 am–11:30 am

Senior Driving Safety Tips

Sandra Hattori-Okada, Occupational Therapist, Driving and Community Mobility

Learn strategies, cues and tips for Seniors to continue to drive safely and how to monitor your safe driving skills.