



PACIFIC CITIZEN

CELEBRATING 91 YEARS

COVID-19



PHOTO: KATHIE ROMAN

SURVIVING IT,



PHOTO: COURTESY OF GENE DORIO

FIGHTING IT,



PREVENTING IT?

The coronavirus pandemic has ravaged our world, forcing every one of us to change our way of living. Inside, a closer look at this relentless foe.

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JACL SEEKS CANDIDATES FOR 2020-22 BIENNIUM

SAN FRANCISCO — The National JACL Nominations Committee is seeking members who are interested in running for a seat on the National JACL Board of Directors. The initial filing deadline is June 16.

After that date, those wishing to submit their names as candidates must run from the floor of the Special National Council Meeting, which will be set by the National Board, and are subject to addi-

tional requirements as described in the nominations and guidelines information. The term of office for this election shall be two years covering the 2020-22 Biennium.

Positions include National President, National Secretary/Treasurer, VP of General Operations, VP for Planning & Development, VP for Membership, VP for Public Affairs, National Youth/Student Council Chair and National Youth/Student Council Representative. A

description of the officers and their duties can be found in the JACL Constitution and Bylaws (https://jacl.org/wordpress/wp-content/uploads/2019/11/Constitution-and-Bylaws_2019_08_01-1.docx).

The National Board will convene a Special National Council Meeting in accordance with Bylaws, Article IV, Section 6, for the sole purpose of nominating and electing officers. The process and procedures for those who wish to run

can be found on the JACL website (<https://jacl.org/committees-and-forms/>).

For more information, contact Nominations Committee Chair Eric Langowski at erhlango@gmail.com.



1990 National Convention held in San Diego. Many of the donations to the fund were from JACL members who gave portions of their redress awards to further the legacy of JACL. A portion of the earnings from the Legacy Fund Endowment continues to annually provide funds to run the grants program.

Questions or concerns can be directed to the program's co-chairs at rbarton4106@comcast.net and tabe@jacl.org.

JACL Extends Legacy Fund Grants Program Application Deadline

Legacy Fund Grants Committee Co-Chairs Roberta Barton and Toshi Abe announced recently that the application deadline for the Legacy Fund Grants Program has been extended to June 16.

The adjustment was made in response to the recent cancelation of the 2020 JACL National Convention caused by the evolving COVID-19

pandemic.

An updated application and application instruction documents are available on the JACL website (<https://jacl.org/legacy-fund-grants>).

All applications, including those submitted under the previous deadlines, will now be required to include a contingency plan to address potential COVID-19 restrictions that

could alter the project timeline and/or format.

The maximum grant award for 2020 is \$5,000. Grants will be awarded for projects and activities that support the mission of JACL and the 2019-20 JACL Strategic Plan for Action.

The Legacy Fund was established by the JACL National Council at the

LETTER TO THE EDITOR

Dear Editor,

I loved Lillian Kimura. I loved her passion for pursuing social justice. As an ardent advocate of the Women's Rights Movement of the 1970s, she interacted with civil rights icons like Dorothy Height, and Lillian brought that attitude for change to JACL.

I loved Lillian because she defied gender stereotypes about women

in leadership roles by first failing to be elected as JACL president in 1980 before prevailing in 1992.

I loved Lillian's flamboyance. I recall how she would show up at JACL conventions wearing fashionable hats and then proceed to back up that fashion statement with authoritative and compelling statements on the convention floor.

I loved Lillian for her wisdom

and advice. Lillian is the person who persuaded me in a not-so-gentle way to apply for a position on the JACL staff in 1978. Through the years, she was a wonderful mentor and friend.

I loved Lillian for her caring and concern. She once told me that she gave to street people because they, too, needed to be acknowledged with some sense of dignity restored.

I don't think Bill Hosokawa

would ever have referred to Lillian as a "Quiet American." Hers was a voice at every table she sat. She did so because she knew she had to leave an impression in representing all of us. No one did it quite like Lillian, and we are all better for it.

Sincerely,

Bill Yoshino,
Chicago, IL



PACIFIC CITIZEN

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Pacific Citizen Newspaper
123 Ellison S. Onizuka St. #313
Los Angeles, CA 90012
(213) 620-1767
www.PacificCitizen.Org

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
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Production Artist
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Circulation
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By David Inoue,
JACL Executive Director

FROM THE EXECUTIVE DIRECTOR

'YOU KEEP USING THAT WORD. I DO NOT THINK IT MEANS WHAT YOU THINK IT MEANS'

As our family has been in lockdown, we have been watching a lot of movies. This week, we saw the 1987 film "The Princess Bride," which has the line in the title of this article. Unfortunately, this has become applicable to several people who have used the Japanese American experience to try to prove their point regarding policies in response to COVID-19.

The week of Feb. 19 was likely the last date many Japanese Americans attended a large public event before widespread concerns about COVID-19 led to shelter-in-place orders and the cancellation of March Madness and the postponement of the seasons for every major professional sports league. Feb. 19, of course, is the anniversary of President Franklin D. Roosevelt's signing of Executive Order 9066.

Less than a month later, in a tweet, Rep. Thomas Massie (R-Ky.) would describe

Roosevelt's incarceration order as a "light touch" compared to the measures being taken today to prevent the spread of a deadly disease.

A month later, in a brief submitted in a Kentucky case challenging Gov. Andy Beshear's statewide shelter-in-place orders as a violation of religious rights, plaintiffs similarly used Korematsu as a parallel infringement upon rights. Then this past week, Wisconsin Supreme Court Justice Rebecca Bradley recalled Korematsu as an example of government overreach.

In JACL's statement in response to Bradley, Wisconsin Chapter President Ron Kuramoto said it eloquently and succinctly: "Bradley may believe that she is arguing Constitutional principles, but her claim of a nonexistent equivalency distorts the conversation and denigrates the history and experience of Japanese Americans."

It is encouraging that what is common to all of these perspectives is that they universally recognize the wrong that was done to Japanese Americans during World War II. But what

is also clear, especially from Rep. Massie's tweet, is that none recognize the severity of what the incarceration did to the Japanese American community, nor the false pretense under which it was initiated.

It is undeniable that what we are going through now is painful and perhaps the most difficult situation many of us will ever face. However, it still pales in comparison to the unconstitutional actions of our government against Japanese Americans.

Japanese Americans were forcefully removed from their homes, their businesses were forced to close and they were sent to concentration camps for the duration of WWII.

Under the current orders, no one has had their property taken from them, nor has anyone been removed from their home or separated from their families because they lead the Buddhist church in the community.

Today, we see people protesting their right to eat at McDonald's without wearing a mask or get their hair cut. The Kentucky case is

on behalf of churches fighting for the right to worship in person. Comparatively, none of their ministers have been taken away to a Federal prison facility.

While we are being forced to give up some conveniences, our fundamental freedoms remain largely intact. Worship may be conducted differently, but the right to worship has not been taken away.

Where comparisons to WWII also fail is that the incarceration was based upon the lies of the government. Claims of military necessity were proven later to be fabricated, to hide a racist intent, that was actually not so hidden.

Unfortunately, there is much we still do not know about COVID-19. However, the policies being implemented are based on the assessment of those in the medical and public health community as what is needed to save lives and protect the public.

It is the science that is dictating the policy. This is all in the face of significant and strong opposition from even within the government itself, but at least that debate is taking place.

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By Gil Asakawa

NIKKEI VOICE

FOOD FOR THOUGHT — AND SHELTERING AT HOME

PHOTOS: GIL ASAKAWA

Anyone who knows me knows that I love to eat. I'm a foodie. I love restaurants (I'm opinionated about them, too). And, I love to cook. I post photos of my food on Instagram, Twitter and Facebook, and even use the hashtags "#twEATS" and "foodporn."

I like all food from around the globe, from burgers and pizza to Middle Eastern, Italian, Swedish (thank you, Ikea!), Ethiopian, Mexican, Argentinian, South Asian, Vietnamese, Korean, Filipino and all flavors of Chinese, including American Chinese. I've even eaten candied ants and cooked crickets. My gastronomic motto is "If someone somewhere on Earth eats something, I'm willing to try it ... at least once."

But my favorite food, not surprisingly to anyone who knows me, is Japanese cuisine. I love Japanese food. I grew up with it, after all. And I'm proud of knowing about Japanese eats, how it's done right, what people do wrong and the cultural nuances and the history of the dishes I crave.

As the coronavirus changed our world, I've found myself enjoying cooking — both Japanese and non-Japanese dishes even more than I always have. My wife, Erin, is a great cook and specializes in the Japanese food she grew up with, too.

In the two months we've been mostly homebound, we've served up crazy international mash-ups, some we cooked, some we bought, some we picked up to go, like one night when we had leftover homemade spaghetti, salad, pork tamale, Japanese-style spinach with shoyu and katsuobushi (one of the few vegetables I remember my mom giving us growing up in Japan), as well as Spam and eggs with lots of onion and shoyu.

One night after dinner, when my father-in-law dropped off some salmon and mackerel he grilled for us, I made ochazuke — salmon and furikake sprinkled over rice with green tea poured over it. That's a flavor I remember vividly from when I was a kid. I even reached further back into my Japanese side to have smelly snotty natto (fermented soy beans) drizzled with shoyu and mixed into hot rice. Then, I doubled down another day for breakfast and had raw egg and shoyu mixed together and poured over hot white rice. Yum!

We've made okonomiyaki, the savory Japanese pancake (sort of) made with flour and egg and various vegetables like bean sprouts and shredded cabbage with pork belly (bacon) on top. When I wasn't playing chef, I served as sous chef for Erin, and the other day helped cut up a pork shoulder roast into small strips that she added to miso, ginger and dashi soup and tofu to make butadofu.

It's been a wonderful adventure. I bet a



Homemade eats: okonomiyaki (top); butadofu (left) and salmon with gnocchi and pesto



lot of readers have had some great foodie adventures at home, too. Or, maybe you're supporting your favorite local restaurants, Japanese or not, by ordering food for pick up or delivery. Hint: Order and pick it up — the food delivery services that many of us have gotten comfortable using charge exorbitant fees to the restaurants, so they actually make less money if you have GrubHub or UberEats deliver dinner. However, when we make a big batch of sumthin' sumthin', I'm happy to box up the Tupperware and deliver them to family in my Subaru, calling myself "GuberEats." Get it?

If you want inspiration, you can find lots of amazing Japanese food videos (in English and Japanese, and the Japanese videos often have good English closed captions) on YouTube. My go-to YouTuber for Nihon-shoku is Namiko Chen, or Nami, and her channel "JustOneCookbook." Her videos are very

instructional, and the blog posts and articles on her website (www.justonecookbook.com) are educational, putting the food into cultural context. She was born in Yokohama but now lives in the San Francisco area. With her husband's production help filming and photographing her cooking, Nami is an impressive culinary ambassador for Japan. I'll be interviewing her at length soon, so stay tuned.

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SECOND WAVE OF CORONAVIRUS DEATHS FEARED

As states start to reopen their economies despite rising COVID-19 numbers, health experts say it's just too soon.

By Associated Press

WASHINGTON, D.C. — As Europe and the U.S. loosen their lockdowns against the coronavirus, health experts are expressing growing dread over what they say is an all-but-certain second wave of deaths and infections that could force governments to clamp back down.

"We're risking a backslide that will be intolerable," said Dr. Ian Lipkin of Columbia University's Center for Infection and Immunity.

Around the world, German authorities began drawing up plans in case of a resurgence of the virus. Experts in Italy urged intensified efforts to identify new victims and trace their contacts. And France, which hasn't yet eased its lockdown, has already worked up a "re-confinement plan" in the event of a new wave.

"There will be a second wave, but the problem is to which extent. Is it a small wave or a big wave? It's too early to say," said Olivier Schwartz, head of the virus unit at France's Pasteur Institute.

In the U.S., with about half of the states easing their shutdowns to get their economies restarted and cellphone data showing that people are becoming restless and increasingly leaving home, public health authorities are worried.

Many states have not put in place the robust testing that experts believe is necessary to detect and contain new outbreaks. And many governors have pressed ahead before their states met one of the key benchmarks in the Trump administration's guidelines for reopening — a 14-day downward trajectory in new illnesses and infections.

"If we relax these measures without having the proper public health safeguards in place, we can expect many more cases and, unfortunately, more deaths," said Josh Michaud, associate director of global health policy with the Kaiser Family Foundation in Washington.

Cases have continued to rise steadily in places such as Iowa and Missouri since the governors began reopening, while new infections have yo-yoed in Georgia, Tennessee and Texas.

Lipkin said he is most worried about two things: the reopening of bars, where people crowd together and lose their inhibitions,

and large gatherings such as sporting events, concerts and plays. Preventing outbreaks will require aggressive contact tracing powered by armies of public health workers hundreds of thousands of people strong, which the U.S. doesn't yet have, Lipkin said.

Worldwide, the virus has infected more than 3.6 million people and killed over a quarter-million, according to a tally by Johns Hopkins University that experts agree understates the dimensions of the disaster because of limited testing, differences in counting the dead and concealment by some governments.

The U.S. has recorded over 70,000 deaths and 1.2 million confirmed infections, while Europe has reported over 140,000 dead.

This week, the researchers behind a widely cited model from the University of Washington nearly doubled their projection of deaths in the U.S. to around 134,000 through early August, in large part because of the easing of state stay-at-home restrictions. Newly confirmed infections per day in the U.S. exceed 20,000, and deaths per day are running well over 1,000.

In hard-hit New York City, which has managed to bring down deaths dramatically even as confirmed infections continue to rise around the rest of the country, Mayor Bill de Blasio warned that some states might be reopening too quickly.

"My message to the rest of the country is learn from how much effort, how much discipline it took to finally bring these numbers down and follow the same path until you're sure that it's being beaten back," he said on CNN, "or else if this thing boomerangs, you're putting off any kind of restart or recovery a hell of a lot longer."

A century ago, the Spanish flu epidemic's second wave was far deadlier than its first, in part because authorities allowed mass gatherings from Philadelphia to San Francisco.

"It's clear to me that we are in a critical moment of this fight. We risk complacency and accepting the preventable deaths of 2,000 Americans each day," epidemiologist Caitlin Rivers, a professor at Johns Hopkins, told a House subcommittee in Washington.

President Donald Trump, who has pressed hard to ease the restrictions that have throttled the economy and thrown more than 30 million Americans out of work, pulled back May 5 on White House plans revealed a day earlier to wind down the coronavirus task force.

He tweeted that the task force will continue meeting indefinitely with a "focus on SAFETY & OPENING UP OUR COUNTRY AGAIN."

Underscoring those economic concerns, the European Union predicted the worst recession in its quarter-century history. And the U.S. unemployment rate for April, which comes out May 8, is expected to hit a staggering 16 percent, a level last seen during the Great Depression of the 1930s.

Governors continue to face demands, even lawsuits, to reopen. In Michigan, where armed demonstrators entered the Capitol last week, the Republican-led Legislature sued Democratic Gov. Gretchen Whitmer, asking a judge to declare invalid her stay-at-home order, which runs at least through May 15.

In hard-hit Italy, which has begun easing restrictions, Dr. Silvio Brusaferro, president of the Superior Institute of Health, urged "a huge investment" of resources to train medical personnel to monitor possible new cases of the virus, which has killed about 30,000 people nationwide.

He said that contact-tracing apps — which are being built by dozens of countries and companies — aren't enough to manage future waves of infection.

German Chancellor Angela Merkel said after meeting with the country's 16 governors that restaurants and other businesses will be allowed to reopen in the coming weeks but that regional authorities will have to draw up a "restriction concept" for any county that reports 50 new cases for every 100,000 inhabitants within a week.

Lothar Wieler, head of Germany's national disease control center, said scientists "know with great certainty that there will be a second wave" of infections.

Britain, with over 30,000 dead, the second-highest death toll in the world behind the U.S.,

plans to extend its lockdown but has begun recruiting 18,000 people to trace contacts of those infected.

In other developments, the U.S. Centers for Disease Control and Prevention said nearly 5,000 coronavirus illnesses and at least 88 deaths have been reported among inmates in American jails and prisons. An additional 2,800 cases and 15 deaths were reported among guards and other staffer members. ■



COVID-19: U.S. AT A GLANCE*

- **Total Cases:** 1,219,066*
- **Total Deaths:** 73,297 (as of May 7)
- **Jurisdictions Reporting Cases:** 55 (50 states, District of Columbia, Puerto Rico, Guam, the Northern Mariana Islands and the U.S. Virgin Islands)

*Data includes both confirmed and presumptive positive cases of COVID-19 reported to the CDC or tested at the CDC since Jan. 21, with the exception of testing results for persons repatriated to the U.S. from Wuhan, China, and Japan. State and local public health departments are now testing and publicly reporting their cases. In the event of a discrepancy between CDC cases and cases reported by state and local public health officials, data reported by states should be considered the most up to date.

Source: CDC

Face Covering Do's and Don'ts:

DO:

- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers



cdc.gov/coronavirus

APRIL JOBS DATA SHOWS SOARING UNEMPLOYMENT NUMBERS

By Associated Press

WASHINGTON, D.C. — The economic catastrophe caused by the viral outbreak likely sent the U.S. unemployment rate in April to its highest level since the Great Depression and caused a record-shattering loss of jobs.

With the economy paralyzed by business closures, the unemployment rate likely jumped to at least 16 percent — from just 4.4 percent

in March — and employers cut a stunning 21 million or more jobs in April, economists have forecast, according to data provider FactSet. If so, it would mean that nearly all the job growth in the 11 years since the Great Recession had vanished in a single month.

Yet, even those breathtaking figures won't fully capture the magnitude of the damage the coronavirus has inflicted on the job market.

Many people still employed have

had their hours reduced. Others have suffered pay cuts. Some who've lost jobs won't have been able to look for work amid widespread shutdowns and won't even be counted as unemployed. A broader measure — the proportion of adults with jobs — could plunge to a record low.

"What we're talking about here is pretty stunning," said Diane Swong, chief economist at Grant Thornton. "The shock is unique because the cause is unique. It's such a different animal from anything that we've ever seen."

About 3.5 million people sought jobless aid during the first week in May. That would bring the total number of layoffs to nearly 34 million since the shutdowns began seven weeks ago. ■

PANDEMIC HITS UTAH COUPLE HARD

Chuck and Lori Townsend face an extraordinary ordeal when he gets COVID-19.

By P.C. Staff

I thought he was going to die.” That was the assessment Lori Townsend had for Charles “Chuck” Townsend, her husband of more than 25 years.

As a nurse at the University of Utah Medical Center’s recovery room with more than 35 years of experience, including working in operating rooms and intensive care units, Lori’s conclusion was clinical, clear-eyed and desperate.

Chuck was on a ventilator in a quarantined ICU, fighting for his life. He had COVID-19.

Fortunately, however, for Chuck, Lori, their son, Michael, and daughter, Katie, his folks, Chizuko and Kemp Townsend, as well as other relatives and friends, Chuck would not be among the more than 70,000 Americans who have died after becoming infected with the novel coronavirus.

But for several days in March, the outlook for Chuck was grim indeed. Now having recovered from the worst of the illness, Chuck says he can’t remember ever having been this sick.



Before they married, Chuck Townsend and Lori Polte were both once military dependents whose fathers served in the Air Force. They even attended the same Department of Defense high school in Japan’s Okinawa prefecture — but they were far from the stereotypical high school sweethearts.

“I never spoke to her, I was never necessarily in the same room with her, I didn’t have a class with her,” Chuck recalled of Lori.

Maybe they would have met, but before his senior year, Chuck’s father was transferred from Kadena Air Base to McClellan Air Force Base near Sacramento, Calif., and Chuck graduated from a nearby high school.

Chuck later attended the University of California, Davis, where he double-majored in electrical and computer engineering; following college, he secured a civilian job for the Air Force as an electronics engineer.

It was at a 10-year reunion for Kubasaki High School, from which Lori graduated, that the future couple connected and fell in love; they married a couple of years later in Sacramento.

As his career progressed, the Townsends moved to Hawaii, San Diego and, in 2003, Layton, Utah. Lori, meantime, was able to find work as a nurse wherever they lived.

As a senior solutions architect for telecommunications systems integrator Tyto Athene, Chuck travels nearly every other week and with Lori would travel to watch their kids, who attended Plymouth State University in New Hampshire, compete in NCAA carnivals as Division 1 skiers.



It was during the March 10-12 AFCEA (Armed Forces Communications and Electronics Assn.) conference in Boston that Chuck began feeling weak with chills and a fever. He can joke about it now, but Chuck knew something was seriously wrong when he lost his appetite. Still, he managed to gut it out and attend meetings until he flew home to Utah on March 13.



Lori and Chuck Townsend

Meantime, as Chuck communicated with Lori about his condition, she was concerned — but admitted that neither of them made the connection at the time that he might have COVID-19.

Interestingly, in February, Lori, too, became very ill and was admitted to the hospital. Thinking back, Lori believes it is very possible that she — as well as several co-workers at the hospital who also became ill — had undiagnosed COVID-19, and that she may have given it to Chuck.

“When he got home, I was like, ‘Ooh, he doesn’t look that great,’” said Lori. Chuck said he was feeling worse. While he didn’t have a fever, he still had no appetite. “The next day, I just felt so awful,” Chuck said.

“He couldn’t get up out of the chair to go to the bathroom without being short of breath,” said Lori about her husband’s condition on March 14. It was that shortness of breath that made her really concerned.

“I listened to his lungs. I’d watch him. He would recover once he sat down, and I was like, ‘OK, we’re going,’” said Lori, referring to urgent care. “He kept putting me off. ‘No, I’m feeling better now. I’m eating!’”

Lori remembered how on March 14, drive-through tents were being set up for Monday, the 16th.

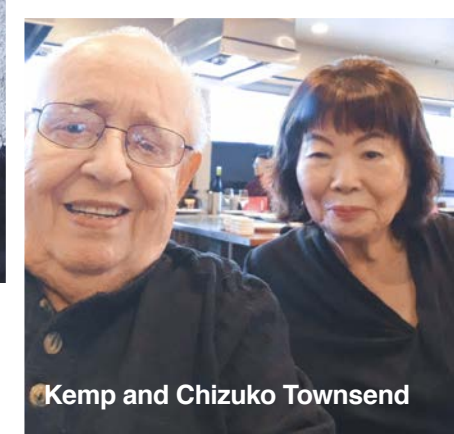
“When we went to the urgent care, and you walk up to the door, they of course screen you. ‘Have you been out of the state or the country? Yes. Have you had fever? Yes. Do you have shortness of breath? Yes.’ They gave us face masks and told us to get back into the car, right now,” Lori said.

They did their triage over the phone with a nurse. “She said, ‘We need to see you,’ so they took us in the back door,” Lori said. “By this time, Chuck had to keep sitting down. He couldn’t walk without getting out of breath.”

Chuck was taken for a chest X-ray and then was put into a room. When the medical staff checked his blood oxygen level, it was 78 percent. A normal, healthy reading should be 95 percent or above.

“When the chest X-ray came back, they said, ‘Holy crap, he’s in ARDS,’” Lori said, referring to adult respiratory distress syndrome, a serious, ICU-level condition that is often fatal.

Within minutes, Chuck was put on oxygen and transported from the Farmington Station University of Utah’s urgent care to the Ogden



Kemp and Chizuko Townsend

Regional Medical Center’s ER.

While it appeared as though Chuck had pneumonia, when his cultures came back negative, it meant technically he did not.

“That’s what the deal is with this COVID,” Lori said. “It looks like you have pneumonia, and the pneumonia is what normally causes the ARDS. The virus was just attacking his lung tissue, and we had never seen this before.”

After being admitted, Chuck was initially placed on a BiPAP, which Lori describes as a CPAP (continuous positive airway pressure) machine with a little extra pressure. By March 15, he was intubated with a breathing tube and connected to a ventilator.

Ultimately, Chuck was hospitalized in an isolated ICU for about two weeks, with the ventilator forcing oxygen into his lungs so the tissues could rest during the first week.

In addition to being intubated and connected to a ventilator, Chuck said the doctors also treated him with a medication normally used for malaria patients: hydroxychloroquine, for about the first 10 days. That treatment overlapped with remdisvir for three days, finishing with remdisvir only through day 15 at the hospital.

While the ventilator saved his life, it was a highly uncomfortable experience, and Chuck’s arms had to be restrained to prevent him from unconsciously removing the breathing tube.

He was also kept under general anesthesia that first week, had a feeding tube and was on a catheter and, said Lori, “They put a big, huge IV in his neck with all the anesthesia medications because they needed him to be completely still.”

During this entire time, Lori could not visit Chuck because he was in an isolation room. Chuck remembers regaining consciousness and struggling against the ventilator. Lori compares it to breathing through a straw.

For patients on a ventilator, nurses also have to spray saline into the lungs and suction secretions and sputum out. It might be the closest someone might come to being waterboarded, Lori said.

By March 23, Chuck was extubated, but in his mental state, he remembers having strange hallucinations of “fuschia, pink and light-blue sparklies moving around” and stressing out

about things like missing his wallet and thinking he was still in Boston and wondering how he was going to get home.

Lori, meantime, was having stressful thoughts of her own.

Based on her observations of what typically happened to the ARDS patients that she had taken care of, in addition to thinking that Chuck might not survive, she also thought that if he did live, he might have to go on disability and retire, and Chuck might have to be hooked up to an oxygen tank for the rest of his life.

“In retrospect, this COVID thing is totally different,” Lori said. “The middle-aged guys that are getting this and ending up on the ventilators don’t typically have sick lungs. For some people, it’s like they’re having a superallergic reaction to the virus, but they’re actually healthy. It’s a whole different scenario.”

Fortunately, Chuck was healthy, well under 65 with no pre-existing medical conditions, though he admitted he was overweight. As Chuck got better day by day, the thoughts of him not coming home went away pretty quickly, Lori said. “But I didn’t know what the long-term effects were going to be.”

By the end of the month, Chuck was finally released from the hospital. While returning home was a relief, Lori and their daughter, Katie — who returned to Utah to help her parents after her school was shut down — both had to take precautions so as not to catch the virus, should Chuck still be infectious.

Then, there were other issues, like taking the stairs in the family’s three-story home in his weakened state. While Chuck started working from home, by the end of a normal workday, he was wiped out, exhausted. But each day his strength and stamina began to return.

Still, there are some lingering effects, like neuropathy in his left arm and hand and in his right hand’s index finger and little finger. It ranges from discomfort to mild pain.

Whether it’s caused by the lingering effects of the novel coronavirus, the hydroxychloroquine or muscle strain from fighting the restraints, Chuck is unsure.

Lori, for her part, was never certain whether she had COVID-19 when she was sick and has since experienced migrainelike headaches, which she never had before. Is it from emotional stress or something secondary? She doesn’t know. It’s still a process, in other words.

All in all, though, compared to what could have happened, Chuck considers himself fortunate to have come through his illness as well as he has.

One thing that Chuck could now say without hesitation, exaggeration or equivocation: You don’t want to catch this.

PHOTO: LORI AND CHUCK TOWNSEND



Lori, Katie, Chuck and Michael Townsend in Boston in February

PATIENCE & PATIENTS: WHO WAS THAT MASKED MAN?

Amidst the pandemic, Dr. Gene Dorio still delivers care to the elderly.

By P.C. Staff

Every evening when Dr. Gene Uzawa Dorio returns from his day's labors, he puts himself through a new routine so that he doesn't bring along an unwelcome, unseen, deadly and tiny, very, very tiny guest into his home.

"I enter the house through the garage, close the door behind me, shed all my clothes and put it into the washer, run into the shower and wash everything, including my glasses," said Dorio, 68, a physician based in the northern part of Los Angeles County's Santa Clarita Valley.

His clothes are washed in hot water and dried overnight, so that they're clean and ready for the next day when Dorio, whose specialty is geriatric medicine, begins anew his quotidian schedule of visiting his patients where they reside.

Yes, in this day and age of telelearning, teleconferencing, telecommuting and telemedicine, this good doctor actually makes house calls.

But the spread of the novel coronavirus, which is especially dangerous to his golden-aged clientele, has also proven deadly to health-care providers.

A few of Dorio's patients have developed COVID-19, so, he has had to take the appropriate steps to protect not only his other patients, but also his wife, Robin Clough (who also works with elderly people as a senior advocate at a senior center) and himself.

"I have the Clorox cleaners, I have the [antiseptic] gels that I will use," Dorio said. "I'm very careful in cleaning off my stethoscope, my blood pressure cuff, my temperature monitor, my O₂ saturation monitor — these are all the tools that I use to assure that I'm not going to bring it home or put it in my bag and contaminate other things that I might use, but also to not give it to the next patient."

And, like others in the health-care field, Dorio has encountered shortages in the personal protective equipment that is now *de rigueur*. At the time of his interview, he was down to a couple of masks, and gloves were "few and far between." One of his masks even disintegrated on him.

"It's always a little nerve-wracking, but protection is key," Dorio said.

While the word about the importance of things like hand washing and mask wearing in public to prevent the spread of the virus has been widely disseminated, Dorio wonders whether any studies have been done as to whether one's hair may be a means of transmission. To be safe, he wears a shower cap on house calls, in addition to the other personal protective equipment (PPE) he must use.

Unfortunately, because of the precautions and extra time it takes to "suit up," Dorio has also had to reduce the number of house calls he can make each day.

But, Dorio continues to make his rounds,

write his physician's blog and do what he can, as the just-re-elected president of the Los Angeles County Commission for Older Adults and an assemblyman to the California Senior Legislature, to make sure the spotlight stays on the needs of the elderly and keep hospitals, insurance companies and politicians focused not just on the bottom line but also on helping people.



Dorio was born in New York City's Harlem after his parents returned from Japan to the U.S. His mother, Violet, was a Japanese Canadian nurse, and his father, Carl, was an Italian American serving in what was then the Army Air Force. They met after World War II when she was working for the American Red Cross, and he was sent to Tokyo's Red Cross hospital for rehabilitation after he was injured while on duty.

According to Dorio, his parents fell in love, got married and moved to New York City and became activists in civil rights issues — which got them "kicked out," as he put it.

"They had to move cross-country to California, where they had some friends," Dorio said. Because they were a mixed-race couple, they used the "green book," popularized by the movie of the same name, to find lodging as they drove across the country.

They settled in Los Angeles, where Gene, his older brother, Raymond, and younger brother, Ed, would all graduate from Los Angeles High School. After being activists on the East Coast, Gene said his parents became quiescent as they raised their family.

Their father, who died some 30 years ago, became a social worker for the county, and their mother continued to work as a nurse. Now 98, Violet lives in Santa Clarita, as does Ray, who also became a physician.

Gene Dorio, who has been practicing geriatric and internal medicine in the Santa Clarita Valley for 32 years, clearly remembers being 11 years old when he decided to become a doctor. It was a path that included learning about surgery, trauma, orthopedics and ER medicine at Houston's Baylor College of Medicine, known then for the famed heart surgeon Dr. Michael DeBakey.

He followed that with a yearlong stint at the University of Maryland and another year in Detroit.

"I was running one day, and it was Memorial Day, and it started to snow. I thought to myself, 'Uh, I'm not sure about this, being in Michigan.' So, the next day, I called UC Irvine, and over the telephone, they accepted me into their internal medicine program," Dorio said.

He would spend three years there and later moved north to Santa Clarita, where he opened a practice that was not initially focused on

PHOTOS: COURTESY OF GENE DORIO



Not only must Dr. Gene Uzawa Dorio now wear gloves and a mask when making house calls, but he also has opted to wear a shower cap to help keep viruses from attaching to his hair.



Because of social-distancing protocols, Gene Dorio now visits his mother, Violet Dorio, strictly online.



Dr. Gene Uzawa Dorio

geriatric care.

Even though the population then wasn't too large, he did have many seniors among his clientele and began the practice of spending one day a week making house calls.

"It got to be bigger and bigger as Santa Clarita became a city and a place where people moved to and brought along their parents," Dorio said, until his practice finally became one dominated by house calls.

Seeing his father, who was 20 years older than his mother, deal with the changes that came with age, also influenced Dorio's shift into geriatric medicine.



That shift and emphasis on house calls fits Dorio's philosophy as a physician, which is often at odds with how medicine is practiced now in the U.S.

For instance, he says that when he makes a diagnosis, 80 percent of the time it comes from history-taking and asking questions.

"If a doctor hasn't asked you 20 questions, then you haven't seen a doctor," he said. The other 20 percent comes from an in-person, physical exam.

"If you're seeing a doctor for five minutes, which is a major complaint now — 'Hello, how are you, see you later' — if that's all you get, that's not medicine to me," he said.

While technology is great and necessary, Dorio believes medicine should not be solely reliant on tech and that getting a good history and giving a thorough physical exam takes time. "There are some things that can only be done by being there," he said.

What infuriates Dorio are those who say this coronavirus pandemic is a hoax.

"Whenever you have the doubters, we have to convince them that there's no hoax. Secondly, these politicians, when they use it as political gain, when they start doing that, we have to go after them," Dorio said.

For the future, Dorio puts his trust in science and believes scientists will figure out how to rapidly isolate and treat this virus and, in the future, other disease-causing organisms.

"The scientists will say, 'You have to do this.' Will the politicians who make the policies make changes in that? Oh yes they will. But as

scientists, we have to fight back and convince the community and society that certain things have to be done. Right now, they're not being done, and people are dying."

Yes, as one who practices geriatric medicine, Dorio knows well that pandemic or no, people eventually die. So, he says it is "important to make end-of-life decisions, like whether to be intubated and put on a ventilator" in advance so that any wishes, any questions are settled.

In addition, during this time for those with elderly relatives or friends, Dorio says we have a moral duty to reach out, make contact via the phone or things like FaceTime.

Dorio also believes that even as people continue to comply with stay-at-home protocols, it's good stick to a routine — waking up at a decent time, changing out of pajamas — for one's mental health.

For Dorio's personal routine, every morning he checks his own temperature, blood pressure and oxygen level using a pulse oximeter, things he believes everyone should do.

For example, a pulse oximeter, which fits over one's fingertip and should, in his opinion, be part of everyone's personal health-care kit, can give one's blood's oxygen saturation level, which should be between 95 percent and 100 percent.

That way, if one has symptoms such as a cough or shortness of breath and a low oxygen level, one will know these are indicators that something might be wrong — or that one might have COVID-19 and need to take immediate steps for medical care.

"People around us will die. There's no doubt in my mind. They will die. My hope is that we can minimize that by doing the right things. We should take everything we do right now and put that on our learning curve so the next time it happens, we'll be able to save more people," Dorio said. "That's what I hope."

In Santa Clarita, Dorio appears on KHTS-AM 1220 and FM 98.1 on "The Senior Hour" on Wednesdays at 11 a.m. His blog is at scvphysicianreport.com.

POKER PRO WAGERS ON GLUTATHIONE FOR HEALTH

Yosh Nakano agrees with doctors who urge strengthening one's immune system.

By P.C. Staff

PHOTOS: COURTESY OF YOSH NAKANO



Yosh Nakano
100 percent
believes in
the power of
GSH.



Joe and Tomiko Nakano celebrate Joe's 97th birthday.



Dr. Herbert T. Nagasawa



Cellgevity

A stitch in time saves nine." "An ounce of prevention is worth a pound of cure." "Sonae areba urei nashi." "Be prepared."

Those aphorisms, whether in English or Japanese, carry extra meaning with the world today, which has been staggered by the global COVID-19 pandemic.

But in practical terms, even with physical distancing, washing one's hands multiple times a day, wearing masks and gloves and laundering one's clothing often, is there some action each of us could take to avoid becoming infected?

Los Angeles-based Yosh Nakano believes there is something that people — especially those in the group experts have deemed most vulnerable to the novel coronavirus, i.e., those who are over 65, are immunocompromised or with underlying conditions — can do to fight coronavirus.

A "probabilities analyst," or someone who has made a living as a professional poker player, Nakano — a former Boy Scout — has placed his bet to "be prepared" on three-letters: GSH, aka glutathione.

So, what is glutathione? In scientific terms, glutathione, or GSH, is a tripeptide that stands for three basic amino acids: l-glutamate, l-cysteine and glycine.

Nakano puts it this way: "It's the most important molecule your body produces for health, wellness and longevity."

Nakano, who freely admits that he is "not a doctor, and I don't profess to be one," says he has over the past 10 years nevertheless become an autodidact about GSH and its benefits.

According to Nakano — and science — GSH is the so-called "master antioxidant" that serves multiple functions, including countering the normally occurring oxidative stress and creation of free radicals caused by just being alive, as well as environmental factors like air pollution and lifestyle choices such as smoking, drinking alcohol, poor diet, not getting enough sleep, etc.

GSH is also crucial to the function of the body's immune system in fighting off infections, whether fungal, bacterial or viral. The good news, Nakano said, is that our bodies produce GSH naturally.

The bad news, however, is that as we age, our body's production of GSH declines, not unlike how many other bodily functions and processes decline over time. Making matters worse, those aforementioned lifestyle choices will deplete that naturally occurring GSH.

"People that are older have lower levels of glutathione, so they have weaker immune systems," said Nakano. It is believed that GSH levels at the cellular level begin to decline by about 10 percent per decade after 20. Interestingly, news reports have documented that younger, healthier people have been less impacted by the novel coronavirus. Could there be a correlation between these elements? "I think it's a direct relationship," said Nakano.



To understand GSH, some background is necessary — and that means taking a path that leads to Dr. Herbert T. Nagasawa, a retired senior career research scientist at the Veterans Administration (before it became the Department of Veterans Affairs) in Minneapolis and an adjunct professor at the University of Minnesota's Center for Drug Design.

The Hilo, Hawaii-born Nagasawa, who turns 93 later this month, ended up in Minnesota like many other Nisei who, during World War II, were sent to the Army's Military Intelligence Service Language School overlooking the Mississippi River at Ft. Snelling.

After serving in the MIS, Nagasawa used the G.I. Bill to major in chemistry at Cleveland's Western Reserve University, now Case Western Reserve University, and then earned his Ph.D. in organic chemistry at the University

of Minnesota.

According to Scott Momii, a partner with Nagasawa and his son, Dr. Scott Nagasawa, in a company named Max R&D, the elder Nagasawa was involved in research at the VA with regard to veterans returning from the Vietnam War who had chronic alcohol problems.

"He knew that glutathione was very important in protecting the liver," Momii said, "so he was trying to figure out ways to naturally enhance the production of glutathione in the body to help protect the liver."

GSH, according to Momii, has three main salutary effects: as an antioxidant, a detoxifier and an immune-system enhancer. Under optimal conditions, glutathione is present in our organs to perform those functions.

"For example, our eye's lenses contain high levels of glutathione to protect against UV radiation, which can lead to free radicals, which can lead to cataract formation," Momii said. "In our ears, there are high levels of glutathione to help protect the inner ear against damage caused by loud noises. Our skin, our heart — you'll find glutathione in all these different organs."

Nagasawa's research determined that ribose — a simple sugar — combined with cysteine worked the best at helping the body produce GSH that would, in turn, help detoxify the effects of alcohol and help prevent cirrhosis of the liver.

Nagasawa dubbed this new molecule RiboCeine and patented it after both the University of Minnesota and the VA expressed no interest in commercializing it. According to Momii, RiboCeine is uniquely able to deliver cysteine into the body's cells, which then allow the effective production of GSH.

With this proprietary technology, the Nagasawas and Momii decided to sell it to Salt Lake City-based Max International, which manufactures and sells dietary supplements containing RiboCeine. A couple of Max International's dietary supplements are MaxOne and Cellgevity.

Via Max R&D, the Nagasawas and Momii serve as consultants to Max International with regard to the quality and manufacture of RiboCeine, international product registration and FDA compliance.

According to Momii, not only is RiboCeine proprietary, manufacturing it is not easy and even if it were reverse engineered, it would open that party to a patent infringement lawsuit.



In 2006, Nakano won the Intercontinental Poker Championship, which was televised on CBS. He was regularly playing poker with high rollers like Los Angeles Lakers owner Dr. Jerry Buss and traveling the world.

But Nakano was also a diabetic with arthritic knees and other problems, like neuropathy in his feet. Not only that, according to his website (YoshNakano.com), he felt his mind wasn't as sharp as it had been in his youth. As a poker pro, his lifestyle, which included skipping

sleep to play in tournaments and not eating as well as he should have, had taken its toll.

When Nakano first became aware of Max International's GSH products about four years later, he began a daily regimen of its products, and those problems soon disappeared — and Nakano adds that he hasn't been sick since.

He also made sure his parents, Joe and Tomiko Nakano — 97 and 87, respectively — began taking it. Yosh became a GSH evangelist of sorts and began selling Cellgevity and MaxOne as a sideline to making a living in poker, including producing a show titled "Celebrity Poker Gala" on Amazon Prime Video.

Interestingly, Nakano had been marketing Cellgevity as a dietary supplement that could help alleviate the effects of overindulging from drinking, despite the other benefits the optimal levels of GSH can confer.

Now, however, amidst this global pandemic, Nakano says GSH may be of value beyond alcohol detoxification.

Thing is, Cellgevity cannot be purchased at a supermarket the way one can buy a bottle of multivitamins. Max International's business model is network marketing, meaning Nakano sells directly to his customers. While that may mean someone interested in buying Cellgevity as a dietary supplement cannot just conveniently pop in to their local drugstore, it also means Nakano can explain how and why it works.

For example, there are glutathione supplements that can be purchased off the shelf. But, said Nakano, "Oral glutathione is not bioavailable. If you're buying glutathione off the shelves, you're just wasting your money."

Because of FDA regulations, there are limits to what anyone can claim about the efficacy of dietary supplements, Cellgevity included. That said, Nakano believes in the products he sells and says there is real science behind the benefits that GSH can provide, which trump dangerous and dubious treatments.

"All you have to do is google 'glutathione' and whatever condition or situation you want to refer to and you'll have all kinds of things pop up," said Nakano. "What you need to do is stay away from the marketing sites and look up the studies that are published on PubMed." (Note: The URL for PubMed is actually <https://www.ncbi.nlm.nih.gov/pubmed/>, a website of the National Library of Medicine at the National Institutes of Health.)

Anyone interested in Cellgevity can visit Nakano's website (magicalgsh.com) for details. As a betting man, Nakano believes the odds are you'll be a believer, too. ■



Yosh Nakano plays poker with Rocky Carroll (right), one of the stars of the CBS TV series "NCIS."

JACL's First Woman National President Dies

Lillian Kimura, 91, also served the YWCA at the national level.

By P.C. Staff

Lillian Chiyeko Kimura, who served as national president of the JACL from 1992-94 and was the first woman to serve in that capacity, has died. She was 91.

According to her niece, Margaret Golden, Kimura's death on April 23 — she had just turned 91 on April 7 — was the result of COVID-19. She was residing in Albany, N.Y., at the time of her death.

In her professional career, Kimura also served as the associate executive director of the YWCA of the USA.

In reaction to news of Kimura's death, JACL National President Jeffrey Moy said, "Coming up through EDC, Lillian was a presence that helped me understand what a leader of JACL looks like. She was kind, clear about her vision and incredibly supportive of the organization and our members. In particular, I remember her standing up to ensure that youth had opportunities to be heard and to lead, something I know that myself and others in my generation will not forget."

"Her passing underscores the need for more female leadership at all levels of our organization, particularly in forward-facing roles," Moy continued. "I'm thankful that I had the opportunity to know her, and my deepest condolences go to her family and friends."

Recalling his relationship with Kimura, JACL National Executive Director David Inoue said: "I first met Lillian while representing the D.C. chapter at EDC meetings. She had that perfect balance of toughness and kindness that came through when we first met and talked about my having taken the overnight Chinatown bus from D.C. to

Manhattan for the meeting. She really cared about people she came into contact with. The legacy she leaves for JACL is incomparable, and to lose her and Helen Kawagoe within the span of one month leaves a hole for us that cannot be filled. I hope that as more people learn about them, especially young women members of JACL, they will become inspired to lead this organization as she did, leading the fight for civil rights for all."

Before her election as JACL national president in August 1992, Kimura also served as chair of the *Pacific Citizen* for two terms from 1988-90 and 1990-92. Her tenure as JACL's president, however, began with controversy, a word that might encapsulate her one-term tenure.

Kimura's rival in the race for the office of JACL president, John Saito Sr., was initially declared the winner of the election, with a one-vote win of 55-54 (*P.C.*, Aug. 14, 1992). After a recount was demanded, followed by several more, a revised tally showed Kimura had won 59-50. Although Saito would eventually concede defeat, more controversy would follow Kimura.

At the Sept. 25-26, 1993, National Board meeting, Kimura fired then-*P.C.* Board Chair Paul Shinkawa. At the meeting, according to an Oct. 29-Nov. 4, 1993, op-ed piece by columnist and *Pacific Citizen* adviser Bill Hosokawa, "Some members of the National Board and the headquarters staff had been unhappy with *Pacific Citizen's* treatment of the news. . . . Tempers flared and some inflammatory remarks were made. JACL President Lillian Kimura directed Paul M. Shinkawa, chair of

the *P.C.* board, not to publish a detailed account of the proceedings.

"Shinkawa, citing the opinion of JACL's legal counsel, interpreted Kimura's order as a violation of JACL's constitution, which places responsibility for *P.C.* on the *P.C.* board."

"He considered the gag order an attempt to keep important information from the membership and declined to carry it out. Kimura asked for Shinkawa's resignation, which she had authority to do, and he tendered it."

The firing led to several follow-up pro-and-con columns and letters to the editor in subsequent issues of the *P.C.*, including an Oct. 15-21, 1993, editorial by then-Editor/General Manager Richard Suenaga, who summarized the brouhaha by writing: "They succeeded in removing Shinkawa; they failed as leaders."

In that same issue, Kimura addressed the incident in her "In-Sight" column, writing: "It was with deep regret that I asked Paul Shinkawa for his resignation. He being the good JACLer he is did so immediately."

Reached by telephone to get his reaction to Kimura's death, Shinkawa, who lives in Texas, told the *Pacific Citizen* that while Kimura "fired me," he struck a conciliatory tone.

"I was very sad to hear that. Lillian marked a very important milestone in JACL history," he said. "I supported what she was trying to do and was trying to get done, and things just didn't work out. She and I thought things would turn out slightly differently, and we had a parting of the ways, or a parting of the philosophy, at least."

FOLLOWING LILLIAN KIMURA'S DEATH ON APRIL 23, SEVERAL JACLERS AND OTHERS EXPRESSED THEIR SENTIMENTS ABOUT HER LIFE AND LEGACY.

Carol Kawamoto (former PSWDC governor who served on the JACL National Board with Kimura): "It has been very sad to lose three very strong women, Irene Hirano Inouye, Helen Kawagoe and Lillian Kimura . . . JACL and community leaders and icons who passed away so close together."

Mike Ishii (co-chair for the New York City Day of Remembrance and Tsuru for Solidarity): "We are feeling deep heartache in N.Y.C. at the news of Lillian Kimura's passing. She was known as a just and kind person of reason who stood up for people who often had been denied a voice or a seat at the table. . . . She was a pillar of the community, and I admired and loved her deeply. She was deeply inclusive and always supported the NYDOR programs. She came every year, and her presence was grounding and central. She always made a point to speak to me and other younger organizers and appreciate us and tell us how proud she was of our work. It deeply mattered and left an impression upon me. Her leadership in fighting for LGBTQ rights and challenging homophobia was both courageous and principled. Her legacy will live on in the N.Y. Japanese American community."

David Lin (JACL National President 2012-16): "I am deeply saddened upon hearing the news about Lillian's passing. Lillian struck me as an extremely kind and generous person from the day we met at the EDC/MDC Bi-District Council meeting in 2007. She encouraged me to serve, and she mentored and coached me when I was on the National Board. And above all, she inspired me to dedicate my service to the JACL just as she had. For that, I owe her a debt of gratitude. I will always cherish my association with Lillian, and she will be missed dearly."

"Throughout her career, Kimura was a tireless advocate for civil rights for all through her work at the YWCA. The year of her election heralded JACL resolutions condemning sexual harassment, supporting family leave and supporting a woman's right to choose abortion. Over the next two years, JACL increasingly supported gay rights, including the right to serve in the military, culminating in a resolution in 1994 supporting gay marriage."

Lillian Kimura made JACL history; her tenure included several controversial issues.

PHOTOS: PACIFIC CITIZEN



» See next page

» continued



Regarding Kimura firing him as *P.C.* board chair, Shinkawa added, “I wouldn’t say it was amicable, but I recognized her authority to do that, and she did it. Most of the storm, the tempest in the teapot, occurred after that.”

In other areas, Kimura had a goal to “have JACL reach 30,000 members by the year 2000.” While that failed to occur, during her administration, the JACL, at the Aug. 3-6, 1994, National Convention in Salt Lake City did vote in favor of a resolution to support same-sex marriage, a stance that, while divisive within the JACL, put it decades ahead of most other civil rights organizations — and the Supreme Court, which more than 20 years later voted 5-4 in support of same-sex marriage in 2015.

The controversial stance led to the resignation of Allen Kato, who had been the JACL legal counsel (*P.C.*, June 10-16, 1994). In a letter to Kimura, he wrote that he could not “support the National Board’s recent endorsement of same-sex marriage laws” due to a conflict with his religious beliefs.

Kimura, who did not run for a second term as JACL president, was succeeded in 1994 by Denny Yasuhara, who inherited a JACL with chronic fiscal woes and became a lightning rod for controversy when he presided over a December 1994 downsizing of JACL and *P.C.* staffs, which led to the resignation of the vp of membership and services (*P.C.*, Jan. 6-19, 1995) and later, calls for his resignation (*P.C.*, April 7-20, 1995).

Born in Glendale, Calif., Kimura was 13 during World War II when her family and she were uprooted and eventually incarcerated at the Manzanar WRA Center in California. Afterward, her family moved to Chicago, where Kimura would attend the University of Illinois, where she earned a bachelor’s degree in 1951 and later, a master’s degree in social work in 1954.

Kimura’s career with the YWCA began in Chicago, and she later moved to New York City to work for the YWCA at the national level. Among her awards and recognitions, Kimura received the YWCA’s Racial Justice award and its Ambassador award. In 1993, the government of Japan bestowed upon her a *kunshō* (medal), the Order of the Precious Crown, Wisteria. She also received the Anti-Defamation League’s Ina Kay Award in 2008 and the Asian American Legal Defense and Education Fund Justice in Action award in 2011.

Kimura merged her experiences with JACL and the YWCA in her Sept. 4, 1992,

“In-Sight” column in the *Pacific Citizen*, writing: “My career with the YWCA has given me insight into many aspects concerning the operations of a nonprofit organization. As in many associations, JACL and the YWCA share many similarities in organization, purpose, structure, governance and fulfilling affiliate and membership needs. They are also two very different organizations with different histories and traditions and serving different constituencies. I hope that I can take some of what I have learned from my staff experience at the YWCA and combine it with my volunteer experience in JACL and other nonprofit management groups to advance this organization for the betterment of our members.”

Kimura was predeceased by her parents, Homer and Hisa Kimura; sister, Hiroko (Chester) Katayama; brother, Hikaru (Elsie) Nagao; niece, Laura DiCerberio; and nephew’s wife, Harriet DiCerberio.

She is survived by her sisters, Florence (George) Sasabuchi and Rose (Louis) DiCerberio, as well as her nephews and nieces including Paul Katayama, Mark (Evelyn) Sasabuchi, Candi (Bob) Glassberg, Patricia Lee (David Mozer), Karen (Lori Oleachea) Nagao, Lou DiCerberio, Margaret (Patrick) Golden, Marina DiCerberio; and beloved friends, Ora Taylor and Martha White, as well as many great-nieces and great-nephews. Funeral services will take place at a future date.



Gary Mayeda (JACL National President, 2016-18): “I am very saddened to hear of her passing. She was my first inspiration to be more involved in a leadership position in JACL when I saw that JACL elected its first female president. Even though she beat out John Saito Sr. of PSW, it was still an inspiration and a win for JACL. When I ran for my first National Board position, she really praised and encouraged me, saying that I had the heart to earn my leadership role in the organization. I always looked forward to each convention to see Lillian interact with the membership and see her commitment to the organization.”

Floyd Mori (JACL National President 2000-04): “Lillian Kimura was one of JACL’s great leaders. While she expressed a stern executive oversight on the operations and policy direction of the organization, she always had that twinkle in her eye that showed her love and respect to everyone with whom she worked. During her tenure, as chair of the 1994 convention held in Salt Lake City, I worked closely with her in what became a milestone in JACL history as we became one of the first national organizations to support gay marriage. The potentially divisive issue at the time was handled smoothly by Lillian, and members of the National Council went home proud of this groundbreaking stand for civil rights. It was a privilege to have been mentored by and to have worked closely with her for over 30 years.”

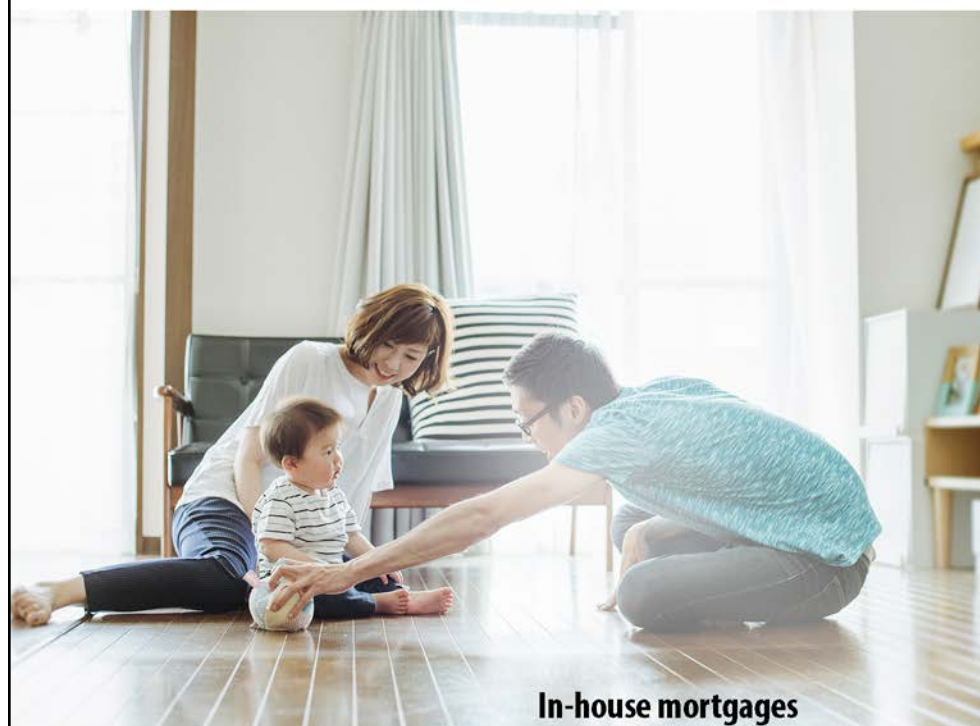
Karen Narasaki (former president and executive director of Asian Americans Advancing Justice, former JACL Washington representative): “Lillian was a force of nature. She became JACL national president at a time when few women had broken through the glass ceiling to lead national civil rights organizations. I learned a lot about leadership from watching her. She was one of the women executives at the YWCA that ensured that issues at the intersection of race and gender were a priority and that Asian

American girls were included at the table. She had an inclusive vision of a multicultural democracy and a strong sense of the role JACL could and should play in helping to build it. Under her leadership, JACL became the first major national civil rights group of color to endorse marriage equality, long before the issue got to the Supreme Court. The nation has lost another woman warrior for equality.”

Phil Tajitsu Nash (Asian American Studies professor, University of Maryland): “As a young N.Y. JACL board member and redress activist, I learned a lot from Lillian. She was grounded in the Japanese American community but also made essential connections for us to the broader worlds of advocacy and social services. Also, as a leader of both the JA redress movement and the National YWCA, she taught by example that strong, visionary, articulate and compassionate female leaders were essential for any successful strategy.”

Susan J. Onuma (board member, New York JACL chapter; president of the Japanese American Association of New York): “Lillian Kimura was an important teacher and role model to many of us as the first female leader of JACL National, as well as the YWCA and JACL N.Y. for many years. She was one of the first among strong women leaders to stand for the inclusion of women in leadership positions and was a true inspiration to many of us involved in public or community service. Her strong sense of justice and her individual sense of integrity were well known in many circles outside the Japanese American community, both nationally and internationally. Her leadership style was injected with warmth and a sense of humor while never losing focus on her vision and the importance of achieving fair and just results. Active well into her 80s, she was a true example of how we can all make a difference, no matter how young or old we are, and the importance of speaking up and not giving up. She will be deeply missed.”

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WORD » continued from page 3

The success of our economy is important, and it is important to decide if the loss of life or the success of the economy is more important.

Perhaps most disturbingly absent from many of these comparisons to WWII is the lack of acknowledgement of the racist intent of the incarceration, as well as the culmination of years of xenophobia.

Unlike the broad policies to address COVID-19 that affect everyone, only Japanese American citizens were targeted by the incarceration on the basis of ancestry. No other citizens were similarly targeted.

This racist and xenophobic element is one aspect that has unfortunately continued on to the present day. Since February, the various sites collecting information on anti-Asian bias incidents have logged over 1,900 incidents. The imagery of some of these caught on camera or the injuries sustained are horrific.

Communities of color are being impacted disparately by the virus and the policies in place. It is not just Asian Americans being targeted.

The Jewish community has also faced conspiracy theories blaming Israel. Immigrants, in general, continue to be scapegoated, and this crisis is being used to push further anti-immigrant policies.

Many of those working in essential work functions, and more likely to be exposed to the virus, are from minority communities. We are seeing higher infection and mortality rates in many of these groups.

While the virus itself may be colorblind, the people being put at higher risk of infection, higher likelihood of death once infected or subject to targeting because of xenophobic beliefs that they are to blame, are being impacted disparately and selectively. So yes, there are valid comparisons from the Japanese American experience, but they are not the ones some people are seeking to make.

David Inoue is executive director of the JACL. He is based in the organization's Washington, D.C., office.

FOOD » continued from page 3

I'm enough of a foodie, and enough of a fanatic for Japanese food in particular, that this year I'm writing a book, "Tabemasho!" ("Let's Eat!") about the history of Japanese food in America. I'll cover early Japanese restaurants to Benihana, the chain that popularized Japanese food (at least Japanese-style steakhouses) as mainstream American fare.

I'll also write how other kids used to think it was gross that I ate raw fish and this stuff called sushi, but how spoiled kids have it once a week and it's available at supermarkets (it might be bad, but it's sushi). I'll write about the Chinese roots of ramen and how it became a staple of American college kids once a Korean Japanese genius first invented instant ramen, then

invented Cup-Noodles.

And let's not forget the contributions that Japanese Americans have made to Japanese cuisine . . . there's so much to write about. And so much to eat!

I hope you're still staying at home unless you need to venture out for food or medicine. I hope you're all wearing masks outside, observing social distancing and washing your hands obsessively.

Stay safe, everyone, and we'll get through this together, maybe fatter but healthy.

Gil Asakawa is former chair of the Pacific Citizen Editorial Board and author of "Being Japanese American" (Second Edition, Stone Bridge Press, 2015). He blogs at www.nikkeiview.com.

A NATIONAL GUIDE TO NOTABLE COMMUNITY EVENTS

CALENDAR

Due to health and safety concerns in the U.S. because of the COVID-19 pandemic, please check regarding the status of events listed in this issue's Calendar section.

NATIONAL**JACL National Convention**

Continue to follow JACL on Facebook, Instagram, Twitter, JACL.org and PacificCitizen.org for updated information regarding this year's National Convention. There will be a virtual National Board meeting on Aug. 15.

Info: Visit www.jacl.org.

NCWNP**Community Kitchen Virtual Potluck**

San Francisco, CA

May 26; 7-9:30 p.m.

Japanese Cultural and Community Center of Northern California Online

Price: Free registration, \$13.79 **Nikkei Potluck Cookbook available for pickup following shelter-in-place order.**

Prepare and share your favorite dishes and recipes during this virtual gathering! Participants will also take part in a group discussion of favorite Japanese and Japanese American home cooking dishes and food traditions. Zoom meeting ID provided upon registration.

Info: Register online at <http://bit.ly/communitykitchenmay2020>.

PSW**Inaugural LAAPFF Virtual Festival**

Los Angeles, CA

Begins May 1

Online Showcase

Kicking off Asian Pacific American Heritage Month, this virtual showcase will feature a free digital showcase

of films, panels and Q & A sessions from top Asian American filmmakers that focuses on the current Asian American experience in the U.S. The opening day film will feature a sneak preview of the upcoming PBS documentary series "Asian Americans."

Info: For full screening information and a festival lineup, visit festival.vcmedia.org.

Keiro Caregiver Conference

Los Angeles, CA

May 31; 2-4:15 p.m.

Virtual Conference

This conference is one of several Keiro will be holding throughout the year to serve the community and inform them about caregiving options, resources and breakout sessions involving advanced care planning, decluttering and conversations regarding care. There will be free attorney and social worker consultations, along with a hosted bento and resource fair comprised of nonprofit organizations and businesses focused on helping older adults.

Info: Visit www.keiro.org/caregiver-conference to register for this virtual conference. Please register by May 27. For questions, please email programs@keiro.org.

JANM Online Museum Collection

Los Angeles, CA

Japanese American National Museum Online

JANM's Museum Collections Online features selected highlights from the museum's permanent collection of more than 60,000 unique artifacts, documents and photographs. Among the collections that can be viewed online are the "Stanley Hayami Diary," "Hisako Hibi Collection," "George Hoshida Collection" and "Hideo Date Collection," "Estelle Ishigo Collection," among others. Although the museum is temporarily closed,

viewers can still experience its inside treasures.

Info: www.janm.org.

PNW**Wing Luke Museum Online Digital Content**

Seattle, WA

Wing Luke Museum

Although the museum's doors are temporarily closed, there is still a plethora of curated stories, digital content and neighborhood resources available to access and view. Viewers can check out Education, YouthCAN, Collections and Community Art all online!

Info: www.digitalwingluke.org.

EDC**Japan Society of Boston Free Online Resources**

Boston, MA

Virtual classes and information

Price: Free

The Japan Society of Boston is offering free online resources featuring Japanese language learning tools, Japanese cooking, origami, arts and lectures and much more, all in a virtual online capacity. **Info:** Visit <https://japansocietyboston.wildapricot.org>.

Kimono Couture: The Beauty of Chiso

Worcester, MA

Thru July 26

Worcester Art Museum

55 Salisbury St.

This is the first exhibition outside of Japan of historic and contemporary kimonos from the collection of Chiso, the distinguished Kyoto-based kimono house founded in 1555. The exhibit will include 13 kimonos from the mid-1600s-2000s. A special video will also document the contemporary creation of a kimono, from start to finish.

Info: Visit <https://www.worcesterart.org/exhibitions/kimono-couture/>. ■



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Events in the calendar section are listed based on space availability. Place a 'Spotlight' ad with photos of your event for maximum exposure.

FOR MORE INFO:

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In MEMORIAM

Aoki, Fumiko, 98, Hacienda Heights, CA, Nov. 22, 2019; she is survived by her children, Katherine Kumiko (James Hidemichi) Sadamoto and Kenneth Kenji Aoki; she is also survived by many nieces, nephews and other relatives here and in Chicago, Ill.; gc: 4.

Fujii, Terue Shimomura, 84, Cypress, CA, Jan. 21; she is survived by her sons, David (Jackie) and Tetsu (Kelly Kanamoto) Fujii; siblings, Akihiro (Sakie) Shimomura, Mirue (Toshinori) Uchihara and Katsue (Shigenobu) Motodera; sister-in-law, Rui Shimomura; gc: 1.

Hamai, Frances Kawamura, 87, Denver, CO, Dec. 1, 2019; she was predeceased by her husband, Jun; she is survived by her sons, Richard, Randall (Kris), David, Donald and Joel; siblings, Albert (Frances, d.), William (Gail) and Jeanette Tomomitsu (George); she is also survived by many nephews, nieces and many grand-nephews and grand-nieces; gc: 4; ggc: 4.

Hashi, Mitsuko, 93, Los Angeles, CA, Nov. 30, 2019; she was predeceased by her husband, Henry; she is survived by her children, Julia (Neal) Fahrner, Linda Miyuki and Steven Kaoru (Jan) Hashi; sister, Lillie Uryko Miyake; she is also survived by nieces, nephews and other relatives; gc: 7; ggc: 10.

Hashimoto, Charles Kenzo, 83, Waiohinu, HI, Oct. 1, 2019.

Hashimoto, Tom, 85, Sunnyvale, CA, Dec. 17, 2019; he was predeceased by his siblings, Masaru Hashimoto and Chiyomi Yasukawa; he is survived by his wife, June; children, Ray Hashimoto (Sharon) and Deb Mangan, (Pete); siblings, Ed Hashimoto and Patricia Matsuoka; gc: 6; ggc: 2.

Hashioka, May S., 95, Whittier, CA, Los Angeles, CA, Dec. 21, 2019; she was predeceased by her husband, Henry K. Hashioka; she is survived by her children, David, Stanley and Barbara; sister, Anna Hasegawa; she is also survived by many nieces, nephews and other relatives.

Ikuta, Shig, 90, Mountain View, CA, Dec. 20, 2019; during WWII, his family and he were incarcerated at the Poston WRA Center in AZ; he later served in the Army; he is survived by his wife, Mariko; daughters, Doreen (James) and Wendy (Jeff); gc: 4.

Imamura, Sei, 91, Monterey Park, CA, Jan. 25; he was predeceased by his wife, Alice Hideko Imamura; he is survived by his son, Daniel (Jennifer) Imamura; sister, Mariko Oishi; he is also survived by many nieces, nephews and other relatives.

Inouye, Edward Aizo, 95, Los Angeles, CA, Nov. 15, 2019; he is survived by his wife, Hatsume; children, Joanne Velasquez, Gail (Mark) Sugamura and Allen (Gwen) Inouye; gc: 4.

Iwai, Seiji, 81, Montebello, CA, Nov. 12, 2019; he was predeceased by his wife, Rhoda, and brother, Shiro Iwai; he is survived by his children, Tami Iwai-Matsuda, Stacey (Daniel) Ishimaru and Kent Iwai; siblings, Kazuo (Cary), Setsuko and Michio Iwai; gc: 3.

Iwamoto, Teruo, 84, San Jose, CA, Dec. 20, 2019.

Katayama, Florence, 60, Laguna Woods, CA, Feb. 12.

Kato, Duane, 65, Huntington Beach, CA, Jan. 16; he was predeceased by his brother, Steven Kato; he is survived by his siblings, Michael (Boyoung) Kato; Jeanne (Nelson) Goodness; 2 nephews and a niece and other relatives.

Kato, Edward, 92, Los Angeles, CA, Dec. 7, 2019; a Korean War veteran, he is survived by his wife, Yoshi; sons, Michael and Kenneth (Joanne) Kato; he is also

survived by many nieces, nephews and other relatives; gc: 2.

Kato, Ellen Laurie, 63, Livermore, CA, Feb. 17.



Kato, Haruo, 86, Walnut Creek, CA, Nov. 5; during WWII, he was incarcerated at the Topaz WRA Center in UT; he later served in the Navy; he was predeceased by his siblings, Sumiko, Masao, Hideo and George; he is survived by his wife, Grace; daughter, Ann; siblings Yone, Tak and Keith; he is also survived by many nieces, nephews and in-laws.

Matsumoto, Shirley, 78, La Palma, CA, Feb. 5; she is survived by her husband, Dan; daughters, Marni Evans, Carrie Higa and Lynly Watanabe; son, David Matsumoto;

sisters, Harriet Dunn, Terrie Ogasawara and Sally Hirano; brothers, Wilfred Kuroyama and Earl Kuroyama; gc: 5.

Matsumoto, Shirley, 78, La Palma, CA, Feb. 5; she is survived by her husband, Dan Matsumoto; children, Marni Evans, Carrie Higa, Lynly Watanabe and David Matsumoto; siblings, Harriet Dunn, Terrie Ogasawara, Sally Hirano, Wilfred Kuroyama and Earl Kuroyama; gc: 5.



Murakami, Diane, 66, San Francisco, CA, Oct. 3; she is survived by her husband, Brian Chadbourne; children, Christopher Drake and Michelle Drake; daughter-in-law, Kristina; son-in-law, Roger; mother, Mary, sister, Kimi; and brother-in-law, Kenley.

Nagashiki, Misao, 106, Los Angeles, CA, Jan. 11; she was predeceased by her husband, Masakatsu, daughter, Hisako Okura, son, Makoto Nagashiki, and 2 gc; she is survived by her children, Fumiko Hayashi, Megumi Hirata and Minoru (Nancy) Nagashiki; gc: 11; ggc: 10; gggc: 1.

Nakagawa, Isamu, 91, Monterey Park, CA, Jan. 4; he was predeceased by his wife, Fumiko; he is survived by his daughter, Donna Nakagawa Higa; brothers, Kenny and Jim (Nancy) Nakagawa; he is also survived by many nieces, nephews and other relatives; gc: 1.

Ogata, Isabell Mieko, 80, San Gabriel, CA, Nov. 23, 2019.

Ogata, Keiko, 86, Yorba Linda, CA, Dec. 22, 2019; she is survived by her 3 children; gc: 4.

Oku, Rita Inez, 79, Honolulu, HI, Dec. 15, 2019; she is survived by her daughter, Leona; brother, Rick Oku (Vicky); gc: 5; ggc: 5.

Sakemi, Kiyoshi Eddie, 92, Monterey Park, CA, Oct. 29, 2019; he is survived by his wife, Itsuko; daughter, Carrie (Rich) Wilde; gc: 1.

Sasaki, Eleanor, 93, Lihue, HI, Nov. 19, 2019.

Sasaki, Henry Mitsuo, 101, Pasadena, CA, Nov. 29; a WWII veteran, he is survived by his sons, Jon (Teresa) and Carl (Elaine) Sasaki; sister-in-law, Sachi Sasaki; gc: 3; ggc: 3.

Takagishi, Kumiko Kay (nee Nakamura), 102, Chicago, IL, April 24; she was predeceased by her husband, Samuel Takagishi; she is survived by her children, Kerrie, Mark (Rhonda) and Stephen (Colleen); sisters, Marie Kitazumi and Naoko Nakamura; gc: 6, ggc: 6.

PLACE A TRIBUTE

'In Memoriam' is a free listing that appears on a limited, space-available basis. Tributes honor your loved ones with text and photos and appear in a timely manner at the rate of \$20/column inch.

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REIMAGINE EVERYTHING

PROCESSING GRIEF DURING THE COVID-19 PANDEMIC



By Erwin Tan, M.D., AARP, and
Elizabeth A. Carter, Ph.D., AARP

Grief is the normal and natural reaction to a loss of all kinds, including job loss, illness or death. COVID-19, however, has made grieving much more difficult. Times of mourning and grieving are often isolating and distressing. However, the isolation resulting from physical distancing can heighten that distress and prolong the grieving process.

Following are some things to keep in mind as well as suggestions for coping with a loss — whether you know someone in that situation or you, yourself, are the one experiencing the loss.

Starting With Awareness

Recognizing grief is the first step in dealing with it, and having that understanding is important, even for a person supporting someone grieving. Here's what you need to be aware of.

• **COVID-19 Complicates Grieving.** First, know that regardless of the current crisis, we all experience and express grief in different ways, especially during a disaster. You may feel angry, sorrowful, numb, empty or even unable to feel certain emotions.

You may also experience physical reactions, such as nausea, trembling, weakness or trouble eating and sleeping. Typically, when people are able to express their grief reactions, they begin to heal and notice positive changes.

According to Dr. Patti Anewalt, Ph.D. and director of the Pathways Center for Grief & Loss at Hospice & Community Care in Lancaster, Penn., "How much we grieve is individualized based on our personality, previous experiences with loss and our environment."

Given the current crisis, with daily routines upended and physical isolation often required, the grieving process can be disrupted and prolonged. Give yourself, or someone grieving, the added time, support and compassion this unique circumstance calls for. If you are a couple, sharing sadness and providing mutual support could contribute to a sense of togetherness that brings out the best in each other during a crisis.

• **Bereavement With Physical Distancing Can Be Harder.** Bereavement, the grief and mourning due to the loss of a loved one, is made more complicated by the necessary constraints placed on us by COVID-19. Many typical coping mechanisms are unavailable during these times, making processing grief much more difficult. Traditional memorial services are not an option, nor is hugging a friend, sharing

a meal or even saying goodbye to your loved one in person.

• **Pandemic's Universal Stressors Can Exacerbate Grief.** It's easy to imagine how grief may be compounded by sorrow and anger from the loss of a job, social network and routine, as well as anxiety about one's own health and financial security. Meeting the immediate needs of sheltering in place and making ends meet may compete with grieving the loss of life. Keep in mind that all such factors can delay, prolong and complicate the grieving process for you or someone you know.

Awareness Allows for Action

Here are some suggestions to help the grieving process move forward in spite of constraints brought on by the COVID-19 pandemic.

• **The Physically Distanced Griever Can Still Reach Out.** You need not be alone in your grief. Call, text and video chat with friends, family, religious leaders or anyone else you can confide in. During this time of crisis, your network of support may also be grieving themselves, and commiserating can be helpful.

When connecting with people, be specific about your need in the moment — whether it's a listening ear in the middle of the night or just someone to share funny stories with. Some people keep open video connections, even as they take care of daily tasks, including long periods of silence, to create that sense of connectedness. You can also reach out to the helplines and local support groups listed in the resources section below.

• **The Physically Distanced Friend Can Still Be a Steady Presence.** If you know someone grieving, offering a steady presence is a good way to support the person, and it's still possible during these days of physical distancing. If a traditional memorial services is not an option, support your friend in creating a private or virtual ritual.

You can regularly check in with your friends and loved ones; ask whether they prefer a phone, text or video call (technology permitting). Talking can be one of the most helpful things after a death, so just let them share how they're feeling and anything about their deceased loved one. Checking back in weeks or months after a loss, when the condolences have quieted, can be particularly meaningful.

Help Is Within Reach

Even though we are physically distancing, you and those you care about do not need to grieve alone. Many resources are available, with people ready to help:

Helplines

• **SAMHSA Disaster Distress Helpline:** Free hotline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. To connect with a trained crisis counselor 24/7, call (800) 985-5990 or text TalkWithUs to 66746.

• **National Suicide Prevention Lifeline:**

(800) 273-TALK (8255);
TTY: (800) 799-4TTY
(4889), available 24/7.

Support Groups

• **Hospice Foundation Support Groups** (Note: Many are open to people who did not use hospice services).
• **Connect with your local faith community.**

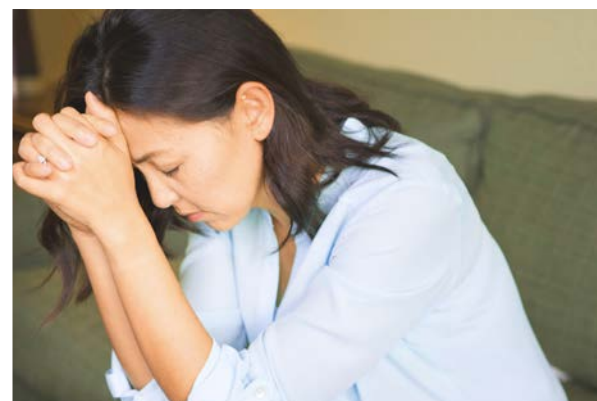
Grief Resources

• **Hospice Foundation website** (www.hospiceandcommunitycare.org) contains extensive grief resources including videos, articles and websites.

Self-Care

• **Tips for Survivors: Coping With Grief After a Traumatic Event and Exercises You Can Do at Home** can be found on the AARP website.

Care for yourself, and let's care for one another.



Erwin Tan, M.D., is a director at AARP Thought Leadership.

Elizabeth A. Carter is a senior health services research adviser at the AARP Public Policy Institute.

AMERICAN HOLIDAY TRAVEL 2019 TOUR SCHEDULE

- South America Japanese Heritage Holiday Tour (Ernest Hida)** May 9-24
Argentina – Buenos Aires; Brazil – Rio de Janeiro, Sao Paulo, Iguassu Falls;
Peru – Lima, Machu Picchu. Meet local Japanese and learn their history.
- Iceland Explorer Holiday Tour (Elaine Ishida)** June 5-11
Reykjavik, Blue Lagoon, Strokkur Geyser, Gullfoss/Golden Falls,
Thingvellir National Park, Viking Ship Museum, Lake Kleifarvatn.
- Grandparents-Grandchildren Japan Tour I (Ernest Hida)** Waitlist June 17-27
Grandparents-Grandchildren Japan Tour II (Ernest Hida) Waitlist July 1-11
Tokyo, Hakone/Atami, Hiroshima, Kyoto
- Alaska Land & Cruise Tour (Elaine Ishida)** July 16-28
Fairbanks, Denali National Park, Talkeetna, Anchorage, Hubbard Glacier,
Glacier Bay, Skagway, Juneau, Ketchikan, Vancouver, Seattle.
- Hokkaido Summer Holiday Tour (Ernest Hida)** July 17-29
Chitose, Furano, Asahikawa, Rishiri Island, Wakkanai, Sapporo, Otaru,
Lake Toya, Hakodate, Tokyo
- Western Mediterranean Holiday Cruise (Carol Hida)** Aug 18-31
Rome, Gibraltar, Malaga, Barcelona, Provence, Monte Carlo, Monaco,
Florence/Pisa. Holland America Line
- Yellowstone & Mt. Rushmore Holiday Tour (Elaine Ishida)** Sep 22-29
Jackson Hole, Yellowstone National Park, Sheridan, Mt. Rushmore.
- Japan Autumn Countryside Holiday Tour (Ernest Hida)** Oct 17-28
Tokyo, Sado Island, Kanazawa, Shirakawago, Amanohashidate, Tottori,
Matsue, Tamatsukuri Onsen, Kobe.
- Kenya Wildlife Safari Holiday Tour (Carol Hida)** Waitlist Oct 9-21
Nairobi, Amboseli-Nakuru Lake-Masai Mara National Parks, Mt. Kenya
Safari Club, Sweetwaters Tented Camp, Jane Goodall Chimpanzee Sanctuary.
- Kyushu-Shikoku Holiday Tour (Ernest Hida)** Nov 10-22
Fukuoka, Nagasaki, Ibusuki, Kagoshima, Miyazaki, Beppu, Matsuyama, Kochi,
Takamatsu, Shodo Island, Tokushima.

2020 TOUR SCHEDULE PREVIEW

- HOKKAIDO SNOW FESTIVAL HOLIDAY TOUR (Ernest Hida)** Feb 2-12
HAWAII 3-ISLAND HOLIDAY TOUR (Carol Hida) Mar 3-11
CUBA HOLIDAY TOUR (Elaine Ishida) Mar 10-17
JAPAN SPRING COUNTRYSIDE HOLIDAY TOUR (Ernest Hida) Apr 2-14
AUSTRALIA-NEW ZEALAND HOLIDAY TOUR (Ernest Hida) May
TULIP FESTIVAL & GREAT LAKES ADVENTURE TOUR (Carol Hida) May 7-15
GRANDPARENTS-GRANDCHILDREN JAPAN TOUR (Ernest Hida) Jun 21-Jul 1
CANADIAN ROCKIES-GLACIER NATIONAL PARK TOUR (Carol Hida) Jul 28-Aug 3
KENYA WILDLIFE SAFARI HOLIDAY TOUR (Carol Hida) Sep
CLASSICAL JAPAN HOLIDAY TOUR (Ernest Hida) Oct
OKINAWA HOLIDAY TOUR (Ernest Hida) Nov

For more information and reservations, please contact:

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