Kaytee Sumida was born and raised in Los Angeles, California. She became interested in Asian religions by reading folk tales in Chinese literature and culture classes. She has been a member of the Buddhist Temple San Diego (Jodo Shinshu) since 1990 and is currently on the board of directors, serving as liaison with the Interreligious Council of San Diego. She also serves on the Buddhist Education Committee, Activities Committee, Ecosangha, and Dana Club. She is the secretary of the Interreligious Council of San Diego. She is married, with two adult sons, two dogs, two chickens, and lots of plants.

Kaytee received a B.S. in Medical Technology at California State University, Los Angeles, and an M.A. from San Francisco State University. She received further education and training in Medical Technology while serving in the United States Navy, including a specialty internship at Irwin Memorial Blood Bank. While living in Okinawa, she volunteered on research projects at the Blood Donor Center and taught conversational English. She is a lifetime member of Sakyadhita and has served as acting secretary since 2015. She also assists in the activities of the Buddhist Women's Association (Bukkyo Fujinkai) of Jodo Shinshu.