

## Recommendation of "Piano" Kawano Style

Hello, I am Kawano and I work as a member of Visiting Nurse Team. Piano is the very thing that I recommend. What led me to start playing the piano was when I saw Ryuichi Sakamoto in the movie "Merry Christmas, Mr. Lawrence" which I happened to be watching at home. It was around the time that I turned 50 years old and was looking for something interesting take up as a hobby. I started to take piano lessons last September thinking that it would also serve as brain training for me.

A piano recital was held in June and I played "Merry Christmas, Mr. Lawrence". My performance was exceptionally bad.....My mind went blank and my fingers stopped moving but I managed to play till the end of the piece. My piano instructor told me that "Although your performance at the recital did not go well, the process is what is most important. You will surely get better". These words are the moral support for me! What impressed me the most was the performance of an elderly violinist who had been on stage many times. I was encouraged and inspired by watching the violinist play till the end of the piece even though the violin was not making much music and the performance was made haltingly (Oh my! I was playing the same way!)

Standing in the wing of the stage waiting for my turn also was a good experience for me.

I have started practicing "Canon" for my performance next year. It helps me clear my head when practicing and I can feel that I am getting better gradually. I plan to continue for a while. What do you recommend?  
(Kawano, Visiting Nurse)




Recommending Nagomi style of ...

Section introducing Nagomi staff's recommendation!

## We invite you to become a new Nagomi supporter member (member of the NPO) !

### 【How to become a new member】

Please send your application as follows and make payment of your membership fee by postal transfer.

- By Fax or postal mail: Please send your application with the following information to the fax number/address listed below; type of member (regular member or supporting member), name, address, company or organization name (occupation), phone number, e-mail address.
- Via our website: <http://soso-cocoro.jp/>  
Click  button on our website and fill out the application form.

Application can also be made via the QR code on the right ⇒



We regularly send newsletters and local information about Soso area to our members. We look forward to your participation!

We are now an authorized Certified NPO Organization. Membership fees and donations made to our NPO are eligible for income tax exemption applied to donations. Please refer to our website for details.

To pay your membership fee/to donate: Postal Transfer

- Regular Member Annual Membership Fee: 10,000 yen
- Supporting Member Annual Membership Fee: 3,000 yen (per unit)
- Donations

### 【Account details】

Account number: 02260-0-126825  
Account name: The Association for Establishing a New Psychiatric Care, Health, and Welfare System in Soso

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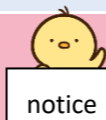
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( 'ω' ) /

## General Assembly for FY2025 was held

General Assembly of Nagomi, held on June 10, marked its 14<sup>th</sup> since the first assembly being held in 2012. Thanks to the participants, all topics for discussion listed in our agenda were approved, and the proceedings were carried out smoothly. This year, the assembly was held both on-site and via on-line, and turned out to be a fruitful meeting as we were able to exchange opinions also with member In distant locations

We shall take the opinions that we received from the participants into consideration and continue with our efforts to further develop the activities of our NPO. We sincerely ask for your continuing support. (Tadano, Administration)



notice

## The movie "Live, live, live (Ikite, ikite, ikiro)" won the Silver Award at the World Media Festivals!



The movie in which the activities of Nagomi was made into a documentary, "Live, live, live (Ikite, ikite, ikiro)" won the Silver Award in the Entertainment: Film Documentary Category at the "World Media Festivals 2025", an International Film Festival held in Germany!

\* "World Media Festivals" is a global competition for media, founded in year 2000 by Inter Media, a German Film Distribution Company, and is the largest media competition held in Europe. It competes for the highest quality of artwork in diverse categories; from TV programs to advertisements and web contents. 764 works from 29 countries were submitted for the competition in 2025.

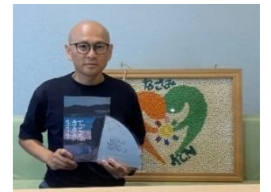


Photo with the Plaque borrowed from Nippon Denpa News Co. Ltd.

## The DVD "Unraveling through involvement with dependents in the disaster area – Clues in supporting lives"

This is a DVD which explains the process of how the supporting party interacted with one of the disaster victims who appeared in the movie "Live, live, live (Ikite, ikite, ikiro)" till the victim's recovery, from the perspective of the supporting party's standpoint. In community-based support, there are many lives that cannot be saved by just waiting for people to call out for help. Especially at the time of large-scale evacuation, all kinds of mental health issues in the community surface when the evacuees return to their homes. For example, those who are isolated hesitate to call out for help in many cases. Many of them are not even aware that they are troubled. For most supporting parties there are not many opportunities to experience extending such care.

Not all the victims need medical support or care, and there are those who are able to recover on their own. Supporting parties are required to assess whether the victim is in need for support or not. Delicate care following the assessment leads to recovery and to saving lives. The techniques obtained through Nagomi's experience in extending support and its involvement till recovery are contained in this DVD.  
(Yonekura, Care Center)



【to purchase】



Nippon Denpa News



Amazon

## Care Center Team



One of the users that we support, who is suffering from PTSD and alcohol use disorder, decided to move. It is just a move, but it truly involves a great many things, and I believe that the wide range of support which Nagomi covers is condensed within this move.

Support to prevent insolation which is necessary to lead their lives in the local community, social assistance from the economic aspect, establishing structure to enable continued medical support, etc.

Nagomi's support adopts "All-out deployment" as its motto. It is impossible for one single staff to handle everything in cases such as in this move even from the aspect of man-power. We do not take it all on oneself, but we extend our support by all our staff who is available at the time taking turns and joining in the support.

It is a huge change for the user to move from the environment that he has lived in for a long time and has become accustomed to. But it is also a change to take a new step forward. "With the change of environment, life style changes, with the change of environment, one's way of thinking also changes." This what both our user and ourselves came to deeply realize. (Tachiya, Care Center)



## Nagomi CLUB Team



Hot days are continuing. In July, we, at Nagomi CLUB, cooked curry using summer vegetables to beat the heat! We planned which vegetables to use based on the information that we learned from a TV talk show telling us that "Summer vegetables are packed with nutrients which helps us to get through the summer days."

"There are lots of vegetables that we can use for summer vegetable curry". We talked with one another, divided the responsibilities amongst the users and started to cook. The process went smoothly and curry which reflected our cooking experience and impressive teamwork was ready to enjoy. (Abe, Nagomi CLUB)



## Visiting Nurse Team

One of the users went Ayu (sweet fish)-fishing with another user. I was looking forward to joining them, but had to cancel at the last minute due to a sudden conflict. Another staff joined in my place to support them.

This user had been in a state of social withdrawal for a long time due to effect of mental symptoms.



Looking towards the future, the user continued to make steady efforts in the training to gradually get used to interacting with others and the society, and the user is now able to share activities with others. I am filled with joy and deeply moved. Both the user and his mother were extremely happy with this development. (Arai, Visiting Nurse)



## Outreach Team

One of our users told us that he was having trouble sleeping at night, so we suggested the practice of abdominal breathing. The user responded with very motivated words to our suggestion, and we practiced Zhan Zhuang (standing meditation) together.

Take the position shown in the photograph on the right, close your eyes, flatten your stomach when breathing in, and inflate your stomach when breathing out, and continue this repeatedly. Sympathetic and parasympathetic nerves will get balanced and you will start to feel a little drowsy. If you are having trouble falling asleep or if you are interested, please give it a try. (Kanke, Outreach)



## Please welcome Nagomi's new members!

### ◆Kanke Masataka◆

I am a nurse and joined Outreach Team in June. I previously worked in a Super Psychiatric Emergency Ward\*. I was interested in the activities of Nagomi and decided to join. I had been interested in knowing how the patients who received treatment in acute phase and later released from the hospital were leading their lives afterwards. I would also like to extend nursing care to those who are not able to access medical care for one reason or another.

\*Super Psychiatric Emergency Ward: the ward which pursues to enable patients' early return to society by providing high level intensive medical care from interprofessional health care team.



### ◆Itoh Akiko◆

Hello everyone. I am a Mental Health Social Worker and joined Soma Wide Area Mental Health Care Center Nagomi in April. Previously, I worked in this area as a School Social Worker. I approached Nagomi as I wanted to be able to extend smooth seamless collaboration support to people of all generations from children to senior citizens. At the time of the Great East Japan Earthquake, I was working in a psychiatric hospital in Tokyo and was dispatched to Soma as temporary medial staff the month following the earthquake. This was when I met with Chief Director, Okawa-san and Head of Center, Yonekura-san. I later worked in Otsuki-machi and Kamaishi City in the costal area of Iwate and this is my 10<sup>th</sup> year here in Fukushima. What is attractive about Nagomi is that there are always fellow workers with whom I can share thoughts with, who worries about same things in similar level, and that relationship where we can cover for each other exists. I would appreciate your continued support.

