



Nagomi's Supporters (January to December 2025)

《Donation for creation of English version of the movie "Live, live, live (Ikite, Ikike, Ikiro)" 》

Team for realization of English version of the movie "Live, live, live" (Fund raising at film screening, etc.)

Association of Japanese Doctors in US
JAMSNET

《Individuals》 From total number of 35 individuals

《Supports/Funds》 Social Welfare Corporation Community Chest Fukushima Prefecture

Your donations and membership fees are being utilized as operational costs of the NPO.
We truly appreciate your contribution and support.



General Assembly and 15th Anniversary Event to be held

General Assembly and the NPO's 15th Anniversary Commemoration Event will be held on the same day.

Date: June 14, 2026 (Sunday)

Details to follow!

★ **General Assembly:** Scheduled to be held at the Minami Soma Office of the NPO

★ **Anniversary Event:** Scheduled to be held at Minami Soma Jus Mall

We plan to use this opportunity to look back at our past steps during the past 15 years together and spend time together focusing on communication with each other in a "matsuri (Japanese festival)" or cultural festival like environment. We look forward to your participation!

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.

1. 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.
2. 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 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

1. Regular Member Annual Membership Fee: 10,000 yen
2. Supporting Member Annual Membership Fee: 3,000 yen (per unit)

3. Donations



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

 【Contact】 Nagomi Soma Office
 1-2-8 Okinouchi, Soma City, Fukushima Prefecture 976-0016
 Tel: 0244-26-9753
 Fax: 0244-26-9739
 E-mail address: nagomi@soso-cocoro.jp



【Account details】

Account number: 02260-0-126825

Account name: The Association for Establishing a New Psychiatric Care, Health, and Welfare System in Soso



The NPO Association for Establishing a New Psychiatric Care, Health and Welfare System in Soso

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Networking Event between Karakoro and Nagomi was held

Following February last year, we held a networking event in the Roadside Station in Namie-machi with "Karakoro Station" who have been extending support for a long time in Ishinomaki City, Miyagi Prefecture since the Earthquake. Continuing from last year, staffs from National Center of Neurology and Psychiatry and from Kokoro Fukushima Care Center also participated, resulting in a wider range of exchanges.



The event started off with the talk delivered by Hashimoto-san of Coffee Time, Employment Support Office of Namie-machi. After viewing the video of Nagomi's activities right after the Earthquake, we broke up into groups and worked on case Analysis based on actual case examples from both Karakoro and Nagomi.

By listening to perspectives and opinions based on experiences of both Karakoro and Nagomi in a very peaceful atmosphere, the event also became an opportunity which enabled us to feel the spirit and aspiration that we both have in common.

(T.Suzuki, Outreach)



Lecture at Jiyunomori Gakuen Junior & Senior High School Study Tour

On November 25 last year, I had an opportunity to give a lecture about the efforts to support disaster victims during the study tour of the disaster-stricken area that the students of Jinunomori Gakuen of Hanno-shi, Saitama Prefecture which was held at Futabaya Ryokan in Odaka District, Minami Soma City.

Many heated questions out-performing those from adults, such as "What are things that go beyond active listening?" and "How do you keep balance when you are trying to encourage independence to those who tend to depend on supporters?", continued over 30 minutes.

That night, I was able to fall into a deep sleep, feeling really fulfilled. (Yonekura, Care Center)

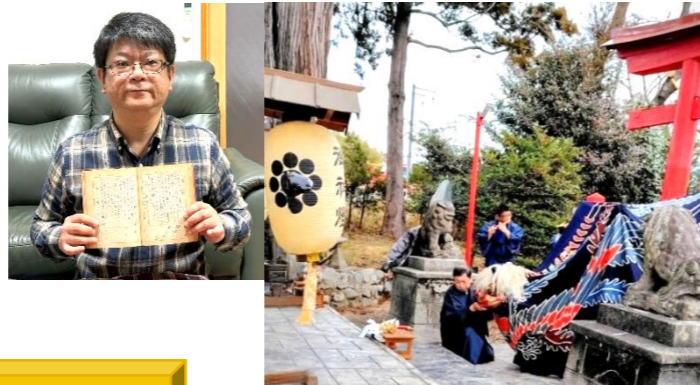


Care Center Team

We continue to extend our home-visit care to I-san since I-san returned to Odaka in 2020. When we visit I-san, we tend to spend more time discussing about the history and traditions of Odaka rather than about physical conditions.

I-san continues to record the Soma Nomaoui (Soma Wild Horse) Festival on video from dozens of years ago. Even with the regional ties declining, I-san continues to transcribe the pre-WWII diaries found in his home and works on the succession of Kagura (Shinto music and dance).

We believe that these activities to restore and succeed local tradition is also important for mental care. We will continue our activities to support daily lives of local residents. (Otani)



Nagomi CLUB Team

Community Activity Support Center Nagomi CLUB extend our service by providing a place to stay during daytime. Once every month, the members get together to discuss how they want to spend their time and decide the details of the activity.

For December, there were suggestions such as “It’s Christmas time, so let’s make snowdomes” and “It’s getting cold, and I want to have a hot dish. What shall we make on Cooking Day”? We will work on carrying out as many activities as possible that all the members can enjoy. (Abe)



←Curry Noodles we cooked



↑ Snow Domes we made

Please welcome Nagomi’s New Members!

◆HATAKEYAMA Youichi◆

Pleasure to meet you. I am Hatakeyama, a Certified Social Worker and have started to work here August last year. I used to support households in need by assisting them to get access to loans and public welfare in my previous job. My previous job mostly involved extending support “on the spot”. Here at Nagomi, I feel that the stance to support the entirety of our user’s lives by taking into consideration of their economic status from multiple perspectives including their mental aspects and family background is very important.

I will work to learn the in-depth knowledge my senior colleagues and try to become a generalist who can comprehensively support the local residents. I shall also work to contribute to the profits of the residents utilizing my knowledge as an Administrative Scrivener by through assisting in the protection of rights and assisting necessary procedures and to support my senior colleagues by providing backup from both welfare and legal aspects.



◆HIRAI Megumi◆

Nice to meet you, everyone. I am Megumi Hirai, a Mental Health Social Worker and joined Nagomi in September.

I once evacuated to Sendai after the nuclear power plant accident. Since my return to my home town, I have been working for an NGO which provides reconstruction support project for about 10 years. At the sites of disaster reliefs, I met with many local residents living their lives carrying various emotional scars and wrestling with many conflicts from the Earthquake experience.

What I learned through this was that the approach to try to “get through this together and think it through together” as one person living in the same area is much more important than the action of simply extending support.

I shall continue to learn everyday aiming towards my goal of becoming a Social Worker who is easy to talk to and can depend on without any worries.

Lastly, please let me share a phrase from the bible that is etched in my mind, “Rejoice with those who rejoice; weep with those who weep”. Thank you for your support in advance!



Visiting Nurse Team

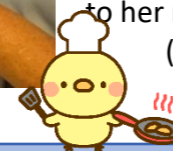


T-san, who lives alone, started to use Visiting Nurse and other services after being hospitalized for a while several years ago. Since then, opportunity to cook gradually decreased to zero with Bento (lunch box) being delivered and someone cooking for her. We suggested to include cooking as one of activities during our visits, hoping that the joy of cooking would be a good stimulation and she agreed. She now cooks dishes that she used to cook frequently in the past such as scrambled eggs, Napolitan pasta, and potato salad a couple of times a month. She is very good in handling knives, and remembers



the procedures of cooking the dishes. But as she is a bit hasty, she tends to turn up the heat (LOL). I just tell her to watch out not to burn the food. She wishes to be able to cook more efficiently without adding new recipes to her repertoire, and we hope to be able to support her through our visits.

(Orikasa)



Outreach Team

We held conferences by each municipality at the Community Health Center in Soma City the other day.

Our team arrange meetings every year with parties related to providing support in each municipality to share information and to gather opinions regarding the activities of the Outreach Team. We reported on our activities and achievements for this year and asked for advices regarding local resources and relationship with our users.

This is a valuable opportunity for us to directly meet with supporters in each municipality and also is an opportunity for us to learn about the issues and ways of extending support that differs in each area. (Nishiuchi)

