

Please welcome Nagomi's new members!

Introduction of new Board Chair Kunihiro Watanabe

Hello, everyone. My name is Kunihiro Watanabe from NPO Izumi-kai, and have been just been elected as Board Chair. Izumi-kai extends support activities related to "residences" in Fukushima City, such as management of group homes and support for people living alone. We are also engaged in the management of continuous employment support type B office Aoba operated by NPO Aoba which has evacuated from Futaba-machi to Fukushima City. I will do my best to be of whatever support I can be for the Soso area with my past experiences.



New staff introduction Yuko Ohgaki (Visiting Nurse Team)

Hello! I have started working as a staff of Visiting Nurse Team from July. I decided to make a new start and moved from Saitama hoping to be of some help to the people living at home with various problems on their minds. I have felt the warmth of the people of Soma, was healed by the time passing slowly in Soma, and I really love the great food, the clear sky, and beautiful stars! I hope to be able to continue my life here forever in this wonderful town and ask for your continued support.



New Staff introduction Hideto Abe (Nagomi CLUB Team)

Hello everyone. I have been working at Nagomi CLUB since June. I am spending my everyday life with some mental issues myself. Although I currently work only one day a week, my goal is "to gradually increase my working days". I will do my best in extending my service by using my experiences as one of the persons fighting these issues and to be able to take further steps forward together with the Nagomi CLUB members.



We are inviting you to become a new Nagomi Supporter Member! (Member of the NPO Corporation)

1. Regular Member Annual Membership Fee: 10,000 yen
2. Supporting Member Annual Membership Fee: 3,000 yen
3. Donations

【How to become a new member】

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

1. Send us the following information by fax or postal mail to the address/fax number below; regular member or supporting member, name, address, company or organization (occupation), phone number, e-mail address.
2. Application can also be made via Nagomi's website: <http://soso-cocoro.jp/>
Click [★会員登録](#) button and fill out the application form.

【Donations】

Donations can be made via our website. Please click [★寄付する](#) button.

To pay your membership fee / to donate: Postal Transfer
Account No. : 02260-0-126825
Account Name : The Association for Establishing a New Psychiatric Care, Health and Welfare System in Soso

We regularly send newsletters and local information 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: nagomi@soso-cocoro.jp



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

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Report on General Assembly

The NPO's 7th General Assembly, the first being held in 2012, was held. There were changes in the Board Chairs, and Mr. Koichi Aizawa, who had been the Vice President since the foundation of the NPO have retired. Let us extend our appreciation to Mr. Aizawa for his contribution in taking on the important position for such a long period. We ask for his continued support and guidance. Mr. Kunihiro Watanabe will be taking over Mr. Aizawa's position as a new board chair. We welcome Mr. Watanabe and ask for support and guidance. We staff members will continue with our efforts to establish a new psychiatric care, health and welfare system. (Tadano)

Tea Party

Nagomi Tea party was held following the General Assembly. The Tea Party was prepared with the hope to offer an opportunity and place for everyone who have extended their support to Nagomi and also for the people who are interested in knowing what Nagomi is and its activities. There were many war comments written in the questionnaires that we asked the participants to fill out, such as "display were creative and we enjoyed them", "We enjoyed the activities we share with everyone such as making sushi rolls".

We thank all the participants for sharing your time with us. We are really happy to hear that you all enjoyed the opportunity. (Yanagisawa)

Let's challenge to make Futomaki Sushi Rolls!



Fellowship Gathering with Sept 11th Families Association

"NagashiSomen"(flowing somen noodles) was popular!



The fellowship gathering with the September 11th Families' Association (a group of the bereaved families from the 9.11 attacks in the US) was held again this year with the residents of Kitahara disaster recovery housing community in Minami Soma. Some residents were first at a loss that they were not able to communicate in Japanese, but the "automatic translation function" on smartphones helped tremendously. The communication using the function seemed to be a symbol of modern technology. Natural disaster in Western Japan from heavy rain came up in the conversation, and the participants were telling each other that they all learned that "it is important to support each other during difficult times" through their experiences of disaster. This is a feeling that can be shared between the groups as they both had experienced difficult times through unprecedented disasters. It was a day that I realized that their heart-to-heart communication is the reason that this gathering is still continuing after 7 years. (Kudo)



Outreach Team



As one of the Outreach activities, two ladies that we support who tend to be secluded at home, 2 staff members, and a volunteering nursing school student who loves makeups gathered together and the five of us held a make-up class. The two ladies brought their own cosmetics and mirrors and listened eagerly to the nursing school student's explanations. With instructions on the key points of makeup, they put makeup on themselves, and had the student put makeup on them using

the colorful makeups that they chose from the many items that were laid in front of them. The ladies showed wonderful smiling faces when they saw themselves beautifully made-up in the mirror. We hope this was of some help to feel how fun it is to dress up and give them an opportunity to enjoy going out for social activities. (Ishii)

Visiting Nurse Team

Visiting Nurse Team conducts various activities together with the participants, feeling the changes in the season. We had a very severe summer this year with temperature so high that no one had ever experienced. We made potpourri with lavenders picked by our participants, did some gardening using handmade wooden flower pots to grow sweet potatoes and herbs. Some work activities and recreational activities are necessary in our everyday lives in addition to sleeping soundly and having healthy meals in order to improve the quality of our lives. (Hattori)



Nagomi CLUB Team

Local Activity Support Center Nagomi CLUB conducts various creative activities such as Origami and Japanese calligraphy, cooking, exercise, and outings 4 days a week on Mondays, Wednesdays, Thursdays and Fridays. We decide the details of the activities by discussing with the participants. This year, we are growing vegetables using flower pots. We cooked several dishes with the fresh mini-tomatoes, eggplants, and green peppers that we harvested and enjoyed them with everyone.



If you want to socialize with others or want to be engaged in some activities during the day, but are feeling a bit shy, why don't you come by and check out what kind of activities we are offering. Feel free to contact us at Nagomi CLUB. (Yatsu)

Care Center Team

"Natsu-shoku recipes" (Good Old Dishes Recipes), completed with the help of many people. The relationship of the recipes are spreading through individual support activities and group support activities. A former resident who build her house and moved out of the temporary housing, told us that she does not have friends or acquaintances living close by and that she tends to spend more time alone on her own. Even when we invited her to come over to the Salon in the public reconstruction housings, she was hesitant to come saying that "she is not a resident of the reconstruction housing anymore." One day when we invited her to join us to make Miso as part of the "Natsu-shoku" activities, she told us that "I used to make Miso years ago myself and want to try again" and participated. Some young people who had secluded themselves for quite some time, went out to bakeries to purchase local sweets introduced in the recipe. We hope that the residents who secluded themselves and do not go out get to know the delicious dishes from their own home area and enjoy them.(Fushimi)



"Natsu-shoku" Good Old Dishes Project Corner

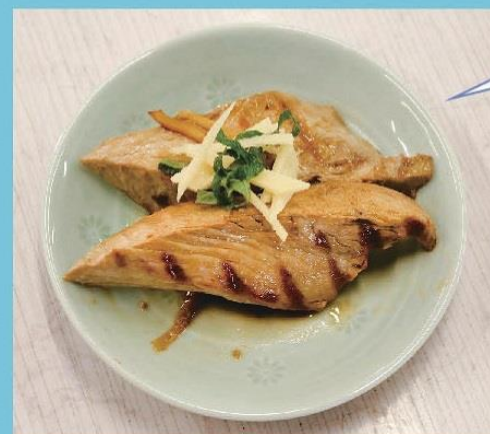
Our recommendation from
"Natsu-shoku" recipe book!

July / August Soma Nomaai Wild Horse Chase Festival

Soma Nomaai Wild Horse Festival is a festival which not only creates each of the local communities of Utogoh (Soma District), Kitagoh (Kashima District), Nakanogoh (Haramachi District), Odakagoh (Odaka District), and Shinehagoh (Futaba-gun) but also unites all these communities of Soma Area into one. The festival was held even in the year of the disaster, although in a smaller scale. The sound of the trumpet shell conch was never discontinued despite such difficulties. With over one thousand years of history, this traditional festival remains vibrant. The Soma Family who have been organizing this festival had been the lord of this area since the Kamakura Period till the end of Edo Period. The family was never assigned to a different area and remained as the lord of this area for many years. This history, too, can be said to be the reason that the culture of this area cherishes their homeland and the relationship amongst the people.



Photograph by: Kazuhito Sugita



This dish used to be served as a special dish for the Soma Nomaai Festival traditionally. In the old days, I believe that large jugs were used to marinate the bonitoes. (A lady in her 70's from Namie told us)

The season for Soma Nomaai is also the season for bonitoes. There was a tradition to eat bonito (which the Japanese name is "katsuo" and "katsu" means to win) dishes for good luck with the wish to win the race. There used to be many fishing boats specializing in bonito fishing alone.

Grilled and Marinated Bonito

Ingredients: (serving for 4)

4 slices of bonito, salt, 1 tsp vegetable oil, 2 tbsp Soy sauce, 2 tbsp sweet sake, 1/2 tbsp sake, 1/2 tbsp sugar, 1 piece ginger

Directions:

1. Salt the bonito slices and leave for a while.
2. Chop ginger into fine stick shape.
3. Put all marinating ingredients in a pan and simmer for a while, add chopped ginger
4. Grill the bonito using vegetable oil and marinate in the marinate sauce made in 3.