





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

Soso COCORO News Nagomi

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FY 2019 General Assembly & Nagomi Tea Party

 **Date & Time:** June 15 (Sat) 11:00-12:00 NPO General Assembly
12:00-14:30 Nagomi Tea Party
 **Venue:** Hamanasu-kan (Soma City General Welfare Center)

A small Tea Party will be held inviting everyone supporting Nagomi.
We look forward to seeing you all at the party!

*Please refer to the enclosed leaflet for details of Nagomi Tea Party.

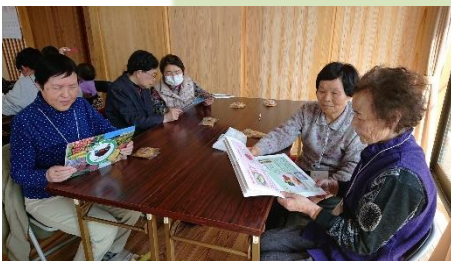


Our Thoughts at the start of FY 2019

In order to improve our support to southern area of Soso district, where the residents have started their return with the lifting of the evacuation order, Nagomi is planning to open a satellite office of visiting nurse station in our Minami Soma Office. Necessary start-up funds will be provided by donation from Japan America Society of Southern California, which was realized by the great effort by Mr. Shinichi Niwa, Vice Chief Director. We are working on securing additional visiting nurses necessary for this expansion. We ask for your continued cooperation. (Okawa, Chief Director)

We are Recruiting Visiting Nurses!

With the opening of satellite office of Visiting Nurse Station in our Minami Soma Office, we are increasing the number of our staff. Anyone interested and might consider working at Nagomi is welcome. Please check our website for details.



"Natsu-shoku" recipe book is now available!


Volume 2 of Natsu-shoku recipe book put together as part of "Natsu-shoku" Good Old Dishes / Spiritual Home Restoration Project is now available! Volume 2 offers many easy-to-cook recipes reflecting voices we heard that it is difficult to cook for small number of people now that they live alone or live with only one other person after their families were separated and living apart after the earthquake. The recipe book was put together by gathering information from the local residents. We thank everyone who have extended their cooperation. We promise to utilize this recipe book in our gathering events and visiting events. (Fushimi)

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 fax number/address below; regular member or supporting member, name, address, company or organization name (occupation), phone number, e-mail address.
2. Application can also be made via our website: <http://soso-cocoro.jp/>
Click  button and fill out the application form.

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

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

Activity Updates

Five full years have passed since Visiting Nurse Station has started its activity

I still remember the day of the opening as it was only yesterday. We were running around busily with only 2.5 staff members when we opened the station, but with the new staff who joined us last July, there are now 5 staff members. With the change of the era to Reiwa, we will refresh our spirit and intend to support our users in the Soso District and their families so that smile on their faces increase, with "Just the way you are, be true to yourself" as our motto. Anyone interested in Psychiatric visiting nursing, please come join us at Nagomi. (Sato)



Visiting Nurse Station



Outreach Team

Outreach Team now under new structure!

Outreach Team conducts outreach promotion projects (earthquake response type). As time passes from the time of the earthquake, the way we encounter with those who are having difficulties in their daily lives seem to have changed. The issues that they are facing also have become diversified. What can we do to help in such changing environment? We will do our best with our efforts putting value on the feelings and thoughts of each and every one of the people who need our support. We would appreciate your continued support. (Kijima)

Local Activity Support Center / Consultation Support Office Nagomi CLUB

Nagomi CLUB is marking its 7th year since the start of its activities on voluntary base. We started with only 2 users, but there are over 10 users now. Every month, our users plan the details of the program themselves, and enjoy various activities such as handicrafts and karaoke putting good use of their hobbies. We will continue to extend our support so that our users are able to enjoy their lives in their own ways in a surrounding that they feel comfortable and safe. (Otani)



Nagomi CLUB



Mental Care Center

"The Usual Days" of Care Center have started for FY2019

Soma Wide Region Mental Care Center Nagomi was able to start the new fiscal year with our usual staff members without any change. Our target this year is to expand our support to the residents of Iitate-mura and Naie-machi, where it has been difficult to extend our support fully. We believe that even now many evacuees are feeling difficulties with their lives in their evacuation destinations far away and are not able to express their need for help and support. There still are people who are confronted with the choice between returning home or to live permanently in their evacuation destination, and have no one to consult with. Our wish is help create a community where someone will watch over them in the areas that they currently live in. (Yonekura)

Soso District Update ~ Evacuation Order lifted in Ohkuma-machi ~



Approximately 10,000 residents of Ohkuma-machi of Fukushima Prefecture, which is its entire population, evacuated due to the nuclear accident of Tokyo Electric Power Fukushima Nuclear Plant No.1. The evacuation order was lifted on April 10 except for difficult-to-return zones. The areas that the order was lifted are Ohkawara district which is the western part of the town (areas where residence is restricted) and Nakayashiki district (zone in preparation for lifting of evacuation order). This is 40% of town's land, approx. 4% of residents, where 138 households, 367 residents (as of end of February) are officially listed in the town ledger. The town is making its new start with a new town office and public restoration housings built. It is already the 9th year since the earthquake and such a long time has passed, but the changes which the restoration brings is still on-going. (Fushimi)