

New staff introduction - Takako Saito (Care Center)

Hello everyone. I have joined Soma Care Center Nagomi as a new member in July. I feel every day that Soso Area is filled with power. I am very much interested in "living the daily life" and hope to learn the daily lives that the residents of this area cherish and hope to be of some assistance to all of you. I am originally from Chiba Prefecture and worked as a nurse in a psychiatric ward. Outdoor activities and embroidery are my hobbies, and Gyoza (Chinese dumplings) is my favorite dish. I very much look forward to working with you.



New staff introduction - Yumiko Goto (Outreach Team)




How do you do, I am Yumiko Goto. I have started to work as a nurse in the Outreach Team from the beginning of this fiscal year. Outreach is quite different from my previous workplace and I am carrying out my activities by learning how to think and deal with each different situation accordingly. I hope to cooperate with everyone involved and put our heads together to realize each and everyone's own way of life. My home is in Naka-dori, but I currently live alone in Soma and spending some quality time enjoying the beautiful sights and delicious seafood of Soso Area. I would appreciate your support.

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

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|----------------------|--------------------------------|-----------|
| 1. Regular member | Annual membership fee | 10,000yen |
| 2. Supporting member | Annual membership fee per unit | 3,000yen |
| 3. Donations | | |

【How to become a new member】

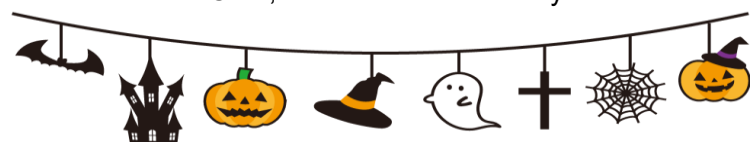
Please send your application as follows and make payment of your membership fee by postal transfer.

- Send us the following information by postal mail or fax to the address/fax number below; regular member or supporting member, name, address, company or organization name (occupation), phone number, e-mail address.
- Application can also be made via our website: <http://soso-cocoro.jp/>
Click  **★ 会員になる** button and fill out the application form.

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

We have been authorized as a Certified NPO Organization. Supporting membership fees and donations made to our NPO are now eligible for income tax exemption applied to donations. By choosing between tax deduction for donations (income deduction) and tax deduction and filing for final tax returns, you will be able to receive income tax exemption. Please refer to your website for details.

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



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Report on General Assembly

The General Assembly of our NPO, the first in 2012, held its 8th meeting this year. Re-election of Directors of the NPO took place at the General Assembly and we will continue to be under the structure of the 5 Directors (President Okawa, Vice President Niwa, and Directors Anbo, Hashimoto, and Watanabe) and 2 Auditors (Auditors Suzuki and Tadano). The tea party held after the General Assembly was a great success with 40 participants including members of the NPO and residents of the local area and we were able to spend some quality time. We would like to extend our sincere gratitude to the volunteers from Futaba Assistant Nurse Academy and Soma Institute of Nursing Education who extended their assistance to us. (Tadano)



Tea Party Report

During the Tea Party following the General Assembly, we had an opportunity to experience some dishes from the Natsu-shoku (Good old dishes) recipes. We cooked Namie Fried Noodles, Easy-to-make Sushi Rice Bowl (Chirashi Sushi), and Ton-jiru (soup with pork and vegetables). Chirashi Sushi is the menu which was introduced during the health class held at our assembly facility by Kizuna Clinic from Kashima-ku, Minami Soma City. Our staff cook Ton-jiru at least once a year as cooking the dish is included in the disaster training program as one of the essential experiences. At the tea party, Director Hashimoto taught how to cook Namie Fried Noodles. All the ingredients used for this dish are what we use daily, and we realized that how we cook the dish makes a lot of difference!
It tasted so good! (Fushimi)



Participation of "Yone Craft"

"Yone Craft" participated in the Tea Party. Yone Craft is the short name for Yonekura Workshop, a shop which was opened based on the idea to "make good use of the woodwork that the owner started as a hobby" and they collaborated with the supported members' handcrafted woodworks which were created as their hobby. We started our preparation by designing the booth to exhibit the woodworks. We asked the members of Men's Gathering who were participating in the woodwork class at the gathering to supervise.

The participants of the tea party all enjoyed the woodworks. (Yonekura)



We are now a Certified NPO Organization

On June 27, we were authorized by Fukushima Prefecture as a Certified NPO Organization. Supporting membership fees and donations made to our NPO are now eligible for tax exemption applied to donations. By choosing between tax deduction for donations (income deduction) and tax deduction and filing for final tax returns, you will be able to receive income tax exemption. The Board of Directors plan to present this system as an appealing point when asking for donations from individuals and also from corporations. We ask the readers of this newsletter to also utilize this system and ask for your continued support to us through your donations. (Okawa, President)

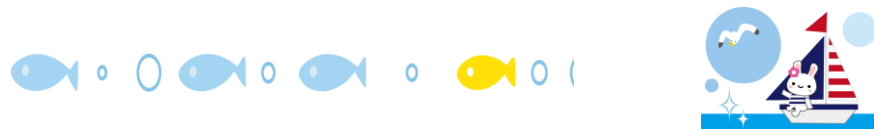
Outreach Team

As part of the Outreach Team's activities, we visited the homes of our users for house cleaning. We assisted in areas that the users are not able to tidy up on their own or difficult to handle themselves and assisted in improving their living environment. We were able to achieve huge results such as acquiring cleaning tools and vehicles to transport trash, and assigning roles for the activities with cooperation of not only the users and the outreach team staff but also with relevant organizations including staff from the administrative organizations and staff from the local comprehensive support center. After our cleaning, we received words of gratitude from our users. We spent a pleasant time under the blue summer sky. (Kikawada)



Visiting Nurse Team

Visiting Nurse Team sometimes conduct outings. Speaking of summer, it's the ocean! Many of our users expressed their wish to go to the beach. We took our shoes off and went into the ocean, and played frisbee. The users showed us their innocent smiling faces, which is very seldom in their everyday lives. And speaking of summer in Soma, it is of course Nomaoui (Wild Horse Chase Festival)! Some of our users asked us to join them in the eve of the festival held in Soma Nakamura Shrine. Although I had lived in this area for nearly half a century, it was the first time that I saw the festival. I realized that it is important to enjoy our lives as a member of the local community regardless of whether you have disabilities or not. (Suzuki)



Area Update

Land newly filled with life
- Shinchi-machi -
(shin=newly, chi=land in Japanese)

Shinchi Station was greatly damaged by the tsunami from the Great East Japan Earthquake. After 8 years from the disaster, Kankai Plaza, multi-purpose training ground, hotels and one-day onsen spa have opened one after another and the station is regaining its liveliness as the new gateway to Shinchi-machi. Especially among them, "Tsurushi-no-yu", which is a one-day spa newly opened on June 1, offers stone sauna and body scrub treatment, both recommended for ladies. You can enjoy tapioca drinks, greatly popular recently, in the lounge in between baths. Please come visit! (Tanaka)



First beach opening in 9 years
- Minami Soma City -

Kitaizumi Beach in Minami Soma City was reopened for sea bathing on July 20 this year. The beach suffered damage from the Great East Japan Earthquake but was restored by the disaster relief work. The Challenge Club decided to go out to the beach although we were a bit reluctant to go out in the continuing heat waves. The beach was filled with families having fun with the life-savers watching over them. We, too, had great fun and enjoyed the beach. We sincerely hope that this beach will again become a place where many people visit to enjoy. (Nishiuchi)



We are happy about the restoration of the Tsunami stricken area.

Nagomi CLUB Team

Nagomi CLUB is a place for daytime activities. Members in their 20's to 70's participate in the activities. We were able to go see the cherry blossoms at so many places this year. We visited Ukon Shimizu in Shinchi-machi, Soma Nakamura Shrine, Funaoka Joshi Park in Shibata-machi to see the blossoms and also for exercise. We used the tree twigs that we gathered on our way to cherry blossom viewing in Nakamura Shrine and made picture frames for flower paper ball art. We enjoyed the different texture, shape, and smell of wood when we made the frames. (Tanitsu)



Care Center Team



We hold "Men's Gathering" to support men living alone who tend to be isolated and to offer a place for them to gather. We held our gathering for the first time in Iitate-mura, "Men's Gathering IN Iitate-mura!!", under cooperation with Iitate-mura Village Office and The Ajinomoto Foundation which is a Public Interest Incorporated Foundation. Men living alone tend to have unbalanced diet and to reach out for alcohol. We planned this event to cook and enjoy delicious and nutritious dishes together. The participants told us with big smiling faces that "I enjoyed participating in this event" and "I want to participate again if there is another one of these gatherings." (Kudo)

International Exchange between Sept 11th Families Association and Nagomi



September 11th Families Association visits us from U.S. every year. This year, the fellowship gathering with the Association members and Nagomi Staff was held in Nagomi Minami Soma Office. We started our discussion with the topic of "If we were to perform a play as a theatrical company about the incidents of September 11 and March 11, what would the title of the play be?" We felt that it was difficult to choose one title for the two disasters which were both of grand scales. We seriously shared many ideas and came up with many titles for the play. Let me introduce one of the titles which was chosen through a strict selection process. "What should be recorded and what should be erased?" (Kudo)