

## Nagomi's Supporters (from February 2019 to December 2019)

**Individual Donations** From 28 individuals totaling 295,92 yen (listed in random order, honorifics omitted)

### Corporate Supporters

- Futaba-kai • CWAJ • Kinshicho Kubota Clinic • Fujii Mental Clinic
- Medical Corporation Koujukai Takagi Clinic • Community Activity Support Center Urara
- POCKE, Inc. • Visiting Nurse Station Fudoudaira • Medical Corporation Choujukai Amitani Clinic
- All patients of Medical Corporation Choujukai Amitani Clinic • Visiting Nurse Station Nekonote
- Society for Health Service and Activities of Miyagi • Specified Non-Profit Organization of Mentally Handicapped Persons and Recovered Persons Club Sumire-kai

### Support Funds/Public Subsidies

- Mental Reconstruction Project of Reconstruction Agency for Evacuees within Fukushima Prefecture and returnees
- Japan Relief Fund
- Red Feather Campaign

We greatly appreciate the donations and relief supplies provided to us after the damages from heavy rain fall caused by Typhoon Hagibis. We utilized them effectively.



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

- |                      |                                |           |
|----------------------|--------------------------------|-----------|
| 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.

1. 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.
2. 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 are 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

【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](mailto:nagomi@soso-cocoro.jp)



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

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



## Soso COCORO News Nagomi

24th Issue March 2020

Published by: Public Relations and Membership Management Committee

URL: <http://soso-cocoro.jp/>

Facebook: <https://www.facebook.com/cocoro.nagomi/>



## Minami Soma Satellite Office of Visiting Nurse Station Nagomi is Now Open!

Many psychiatric wards were closed down in this area due to the impact of the earthquake and this area has become an underserved area for medical service with hospitalization not being possible as the pre-earthquake days. In order to enhance our support in the southern regions of Soso Area where evacuation order has been lifted and people have started to return to their homes, we have opened the "Satellite Office of Visiting Nurse Station Nagomi" in the Nagomi Minami Soma Office located in Haramachi district of Minami Soma City. With "to live vividly in the local area" in "your own ways as you naturally are" as our motto, our team targets to support the lives of the residents of the region by providing home visit nursing care which targets prevention and treatment, and to assist the residents so that they can bloom their one and only flower (life) in the world. (Ohgaki)



## Typhoon Hagibis Report

Many residents suffered damages caused by Typhoon Hagibis which hit this area last October. Many homes were flooded and many residents were forced to move out of their houses. Water was cut off in more than half of Nagomi staffs' residents. Two of our staffs' houses were flooded. 3 cars which belonged to our organization were submerged under water in our Soma Office, one of which had to be scrapped.

Water supply was cut off in Soma City, Shinchi-machi, and Kashima District of Minami Soma City and many water supply trucks were allocated. As it was a great burden for the elderly residents to go get water from the water supply trucks, I accompanied them. There were water supply trucks provided by the self-defense force at the water station and the members of the self-defense force were providing polite and careful service to each resident who came to get water. We truly admire the devoted support that they were extending to us.

Some residents were not able to do their laundry or take baths, and we asked for donations of washing machines and opened the temporary housings in Minami Soma City, which were used at the time of the Great East Japan Earthquake, to the public and provided the baths to be used free of charge.

By the time water supply was recovered, the mud dried up and earth-like color dust was swirling all around town. We will continue to do your best in order to extend our assistance and support to the residents of this area as we have done since the Great East Japan Earthquake.



Water supply trucks  
(Soma City)



Donated washing machines  
(Minami Soma City)



Disaster rubbish collection  
area (Soma City)



## Outreach Team

B told us her wish “to be able to cook” and “to help her family”. We continue to hold cooking lessons at home. We discuss and decide the menu, list up the ingredients and material, and go shopping together. B is getting better at using cooking knives and peeler, uses her own creativity and we can see that her cooking skills are greatly improving. B showed us her smile saying “This taste good” when she took a bite of the cooked dish. When B served the dishes that she cooked to her family, they were amazed and said “Did you cook this yourself? It tastes so good!”. B, too, seemed happy to hear her family’s comments. I hope that B continues to take on various new challenges with confidence. (Watanobe)



## Visiting Nurse Team



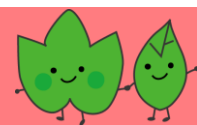
The members of our team sometimes have the opportunity to enjoy breathtaking views together with our users. We visited Karousan Mountain (Shinchi-machi) to see the coloring autumn leaves. We try to assist our users find pleasure in their daily lives and feel the joys of each season and at the same time have some physical activities, not only to check their daily physical conditions and give them advice. On other days we go out to feed the swans. Our hearts are warmed when our users show the kindness of their hearts when they feed the swans making sure that the small baby swans are also being fed. (Saito)



## “Natsu-shoku” Good Old Dishes / Spiritual Home Restoration Project

What got us to start this activity was a story told by an elderly lady in her 80’s whose husband and home were washed away by the Tsunami and was living alone. We listened to her stories about tsunami but she was not regaining her liveliness. We decided to ask her to tell us stories about the dishes that she enjoyed and about the daily life during her childhood and days after she was married. This helped to bring back many lively memories and she was able to gradually regain her liveliness.

This fiscal year, we cooked dishes together with children hoping to create memories that they can remember even when they are 80years old, memories of the dishes that they enjoyed with someone. (Fushimi)



## Nagomi’s Promotion Activities

### Lecture on early-onset dementia patients

A lecture on early-onset dementia co-sponsored by Soso branch of Association of Dementia Patients and Families and Nagomi was held in September. Over 60 people participated showing the high level of interest regarding early-onset dementia. “Thoughts” of the patients themselves such as “we want to be supported in areas that we cannot handle ourselves”, “do not take away what we can still do ourselves” and “do not rush us” were words that resonated with us. After the lecture, patients from the local area approached us for consultation. This was an opportunity where we were reminded once again that early-onset dementia is an issue very close to us. (Ishii)



### Volunteer Training Course

There were 16 applications to the training course which was held 6 times in the past. I was surprised and happy at the same time as the person in charge for the course. This time again, we had the opportunity to visit NPO Coffee Time and NPO Asagao who both happily extended their cooperation to us. All the participants were full of their emotions that they “want to understand even for a little bit” and “want to establish good relationship”. We look forward to conducting activities together with them. We were able to spend some quality time together again. (Kishima)



## Nagomi CLUB Team



Last November, with support from the members of the Society to Connect by Education, Art, and Medical Care, we painted wet-in-wet water color paint pictures with “Autumn” as the theme and also had a hand massage session. All participants painted using the same color paints such as red, orange, and yellow, but the finished paintings were all full of many colors, more colors than we had imagined. Most participants experienced hand massage for the first time. Our whole body warmed up with the massage and we were able to spend some relaxing time together. Let us extend our thanks to the society members. (Yatsu)



## Care Center Team



A told us that he had obtained a driving license for small motorbikes but was afraid to actually ride on the street. We held a training session on public streets to solve his problem.

We asked A what he was afraid of and found out that he was afraid of making right turns. A and myself got on a 250CC scooter and we had him experience the ride from his house to Nagomi office by riding tandem (both of us riding together on one bike). Next, we asked A to ride his own motorbike to Nagomi office. Amazingly A was able to overcome his fear by drawing an image of riding on the street in his head. A easily made right turns and finished his first ride on public streets. His mother used to drive him to Nagomi office, but since this training session, he now is able to come on his own. (Yonekura)



## Soma Uguisu giving up drinking alcohol society

Soma Uguisu Giving Up Drinking Alcohol Society marked its 5<sup>th</sup> anniversary. Nagomi provides venue for the society meetings and our staff also participate in the meetings. At the meeting, participants talk about their own experience and it is a place where participants can honestly look back on themselves and consult with us. People with drinking problems and their family are able to discuss and share their common issues related to alcohol. The meeting also provides an opportunity to look back on their own selves by talking about themselves. Participants vary, some of them having been able to stay away from alcohol for many years, some still trying to give up drinking, men and women, people with various backgrounds and ages. (Sugimoto)

