



Thoughts at the Beginning of the Year 2020



Watching the TV broadcast on novel corona virus during New Year holidays, I was regarding it as something happening only in other countries. Now with April starting, we are in a state where we are required to act based on the perspective of preventing infection at all times. With the nationwide state of emergency declare, we believe that you are being forced to live under tough conditions.

We, "Nagomi", have continued our activities since the Great East Japan Earthquake cherishing the ideas of "connecting with each other" and "trying to help people feel that they are connected with others". However, it is now required to "keep distance from others" to prevent infection. We are put in a state where our mental health can easily be endangered with fear of being infected, being required to live inconveniently with many restrictions, the anxiety caused by the end of the battle not being in sight. Although we are required to keep physical distance from others, we shall continue our activities so that mental distance remains secured and extend support so that sense of isolation does not increase. (Okawa, Chief Director)

From the Site of Home Visiting Care



Cooperating with the shooting of "Staying close to wounded hearts
- from the site of home visiting care"

[broadcast by NHK on February 16(Sunday), 2020]



Soma Wide Area Care Center Nagomi mainly cooperated in the shooting of the program from November to December last year. We spent exceptionally long hours making arrangements with the shooting team, and around the end of the shooting period, we were so used to the cameras that we were almost unconscious of the camera rolling. Of course, the leading roles were the people who were receiving the care and cooperated in this shooting. "What is psychological care?", "How do people recover by receiving what kind of support?" By having the people share their own experiences, the program was able to communicate in ways that were easier for the viewers to understand these difficult issues. (Yonekura)



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

To pay your membership fee/to donate: Postal Transfer
Account number: 02260-0-126825
Account name: The Association for Establishing a New Psychiatric Care, Health, and Welfare System in Soso

【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  button and fill out the application form

We are authorized as a Certified NPO Organization.

Membership fees and donations made to our NPO are now eligible for income tax exemption applied to donations.

Please refer to our website for details.

【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

Please Welcome Nagomi's New Members!

I am Kazuyuki Sugimoto and have been working in Soma Wide Area Care Center Nagomi as a nurse since November. After spending some time at Nagomi in August as part of my Graduate school's practical training, I became even more attracted by charm of Soso District and the Care Center and decided to move here from Kochi Prefecture. This being the first job for me, I was a bit nervous in the beginning, but I am getting used to the life here supported by the warmth of the everyone. I hope to be able to be of some help to the people of this district. I would appreciate your support! (Kazuyuki Sugimoto)



How do you do! I am Yukari Jigami and came from Tochigi Prefecture to work at Visiting Nurse Station Nagomi. Soma City is my grandmother's hometown and I feel a quirk of fate. Fascinated by the rich and plentiful nature, the beach, and cherry blossoms in full bloom, I enjoy working every day. I will do my best to be able to be of some help to everyone in the district. Thank you for your support. (Yukari Jigami)

How do you do. I am Mayuka Hayakawa. I joined Soma Wide Area Care Center Nagomi as a nurse in April. I am originally from Tokyo and after working in the welfare sector for several years, I enrolled in Fukushima Medical University and graduated in March. I was fascinated and attracted by the warmth of the residents of Soso District and its culture during the one month that I spent as part of the University's practical training program. I would do my best to be of any assistance to everyone. (Mayuka Hayakawa)



"Natsu-shoku" Corner



District Update

Natsu-shoku Recipe Book No.3 - children's version - is now available!

It is 3 full years since we started our Natsu-shoku activities. Many people from various areas have extended their support to us and the number of them is countless. This year, we also asked the children to help us. When we showed them the recipe book that was put together, they all shouted out with joy. It is you, the residents of this area, who put together this recipe book. We hope that this remains to be an area where people cook Natsu-shoku dishes, enjoy eating and having conversations about the dishes. (Fushimi)



Joban Line Railway resumes operation!

Joban Line Railway resumed full operation on March 14 with the lifting of evacuation order. Operation of Joban Line had been suspended due to the aftermath of the Great East Japan Earthquake in Tomioka-machi, and part of difficult-to-return zones of Okuma-machi and Futaba-machi (preliminary release area within the specific reconstruction and revitalization base zone). At Momouchi Station in Odaka District of Minami Soma City, Super Express Hitachi from Tokyo and Sendai pass by one other. This is something that could happen as the result of the service of the entire Joban Line being in operation. (Ogaki)

