

Roadside Station Namie

Roadside Station Namie opened on August 1st in the midst of the rainy season. With the end of the rainy season being late, it was still raining the day before the opening day. It was as though the sun was also eagerly waiting for this day, with patches of blue sky seen between the clouds and many visitors stopped by. Various items, from traditional products such as Ohori Soma Yaki earth ware to character products of the idol group Momoiro Clover Z, products of "Ukedon", the costumed mascot character of Namie-machi, are being sold. A new Namie has made a start with many people supporting and watching over the area. (Ohgaki, Visiting Nurse Team)



Iitate-mura Residents' Medical Check

This year again, we went to assist in the medical check of Iitate-mura residents. This is an opportunity for people who now live in other locations to meet with the public health nurse and their ex-neighbors once a year, but this year the atmosphere was a bit different. In order to prevent the spread of Novel Corona virus, medical check was carried out with various preventive measures such as residents being grouped according to the area of residency and assigned reception times, number of people allowed inside the venue being limited. We wore face shields during medical interviews. There were village office employees who continue their activities to protect the health of the residents and at the same time determined to take preventive measures against virus infection to be seen. (Adachi, Care Center)



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 | | |


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



【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 are now authorized as a Certified NPO Organization. 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 our website for details.

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

【Contact】 Nagomi Soma Office
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The Association for Establishing a New Psychiatric Care, Health
and Welfare System in Soso

Soso COCORO News Nagomi

26th issue September 2020

Published by: Public Relations and Membership
Management Committee

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

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



General Assembly of Nagomi was successfully completed

It was the 9th time that the General Assembly of our NPO was held. From the viewpoint of preventing novel Corona virus infection, voting was done in writing and was successfully completed on June 23. We extend our appreciation to the members for their understanding and cooperation in this matter. The tea party which was held every year after the General Assembly was also cancelled. The tea party is originally meant to be an opportunity for us to interact with the members and residents of the area, and we feel very unfortunate that we had to cancel it. Praying for the Corona virus crisis to settle down in the very near future, we will continue our support activities taking necessary measures to prevent spread of the virus infection. (Tadano, Administration Office)

Our appreciation to the support of "Médecins du Monde"



Many people have been extending their support to us since just after the Earthquake. Especially among them, Médecins du Monde have extended their support to us for a long period till end of March this year. In the early days, they have provided us with medical equipment and supplies. Dispatch of specialists when we were short of supporters was especially encouraging. They extended their support flexibly adjusting to the changing needs of the area. They visited temporary housings and held activities in the meeting salons, held activities in various public restoration housings, and extended support to residents after the evacuation order was lifted in Odaka district and Namie-machi. In many occasions we were helped by their cool-headed assessments from the viewpoints of professionals of a different organization. They continued to be involved during the days when the future was uncertain and offered assurance and feeling of security not only to the residents but also to our staff. Earthquake and nuclear power plant accident, wide area evacuation and return of the evacuees, support during disasters that no one had ever experienced is always like stumbling around in the dark. They continued to watch over the area together with us by our side, worried and thought with us and extended their support to us. We feel that they put into practice the words "to stand by". Thank you again to the members of Médecins du Monde. (Fushimi, Visiting Nurse Team)



Thank you so much!

Outreach Team

Outreach Team started its activities at the same time as when the NPO was established and is in its 9th year. With the NPO as its parent organization, the team conducts its activities in cooperation with Visiting Nurse Station and Mental Care Center and there are some long-term users that we support. I was transferred from Soma Office, where the Outreach Team is located, to Minami Soma Office 4 years ago, and was transferred back to Soma Office this year. I was able to meet again with the people that I was not able to see during the past 4 years, but was concerned about. I was deeply moved when I saw them welcome me with smiling faces. I am very grateful and believe that this reunion was made possible by the staff and the residents of this district who have continued to extend their support to the users. Such amazing things could happen when we are working for many years. (Nishiuchi)



Visiting Nurse Team

This will be the 8th year since the Visiting Nurse Team started its activities. We opened Minami Soma Satellite Office last October, and the number of users is now almost the same in Soma and Minami Soma. I am happy that we have started to receive request for our visits from clinics and public health and welfare offices which shows that our activities are gradually being recognized. I believe that you have been spending anxious days recently with stay-at-home restrictions due to the Corona virus. Visiting Nurse Team's staff worked on the office's flower garden and beautiful sunflowers are now in full bloom. The sunflowers with the large flowers facing the sun gives us comfort and makes us feel at peace. We will continue our visits with the objective to become a bright positive comforting existence for our users. (Sato)



Nagomi CLUB Team

The rainy season started in June and it continued to rain. In addition to the rain, outdoor activities are limited due to the Corona virus and we tend to feel down. Despite of our depressed feelings, the vegetables, including cucumbers and eggplants, kept on growing bigger by the day and outgrowing the planters. Looking at the vegetables, our conversation was naturally getting livelier with comments such as "The cucumber is this big now!", "Aren't they getting too big?", "I found one that is just the right size!". I can feel that the participants' ties are now getting stronger by eating the freshly picked vegetables together. How about giving it a try to grow your own vegetable garden? I am sure that you will be able to get many wonderful memories. (Otani)



Care Center Team

Soma Wide Area Care Center was forced to cancel group activities from April till early June due to the Corona Virus. As taking thorough measures to prevent infection could cause us from extending necessary support, we discussed amongst the staff about the "the support that is necessary all the more because of the Corona Virus". We decided to "make more frequent visits to the people in need by making each visit shorter" and to "communicate that we are concerned about them". There are various types of people who need our support; those who have the tendency to fall into bad conditions mentally and requires to be watched over periodically, those who are able to lead their own lives but have shut themselves off from society and had been staying home for a long time. We believe that the difficult time that we are currently facing have helped us deepen our understanding of how our support should be. (Yonekura)



In the midst of the Corona related crisis...

Video Conference on Care

In the midst of the Corona related crisis, we held a video conference regarding care for our users on the web. The meeting was held in a room which was sufficiently ventilated, and the chairs for the attendees were placed about 1 meter apart to ensure social distance. We sat keeping sufficient space from each other and yet close enough to be shown in the PC screen, and the speaker moved closer to the microphone only when making comments. We cannot postpone our communication with our users and the staff in charge to discuss about better living conditions for the users till the Corona virus inflection comes to an end. (Ohgaki, Visiting Nurse Team)



Twice as much fun!

Life rhythm of some of you might have been disturbed with your workplace being closed down by the spread of Corona virus. With the request from some of our users who were in such condition, we played catch to overcome lack of exercise and also for a change of pace. To add a bit of game to it, we listed up the food that we liked when throwing the ball. It was a little hard to exercise wearing masks, but it was a cool day and we were able to work up a good sweat. Changes in lifestyle rhythm could have great impact on mental and physical soundness of some people with mental illness such as depression. It is not only a few people who are feeling uneasy with anxiety not knowing how long they are to hang on in the situation where the end is not in sight. It is not so much fun when you are exercising or taking a walk alone on your own, but it is twice as much fun when you are with someone. We will do our best to stand close by each and every one of our user's wishes and to overcome the difficult time together. (Hayakawa, Care Center)

