

Sakura-mochi (rice cake wrapped in pickled cherry leaf)

~ from Natsu-shoku Recipe ~



We have been making Sakura-mochi every spring since the earthquake as part of our activities in the temporary housings and public restoration housings. Since 2018, we made Sakura-mochi with children in the local community as part of the Natsu-shoku project. The faint smell of cherry blossoms from the handmade sweets brought spring to the salon. It will be 10 full years from the earthquake, and we hope that the handmade Sakura-mochi will continue to play the role of a storyteller of the earthquake. (Fushimi, Visiting Nurse)



Natsu-shoku: good old dishes that brings back good old memories.

Nagomi's Supporters (Jan2020 to Dec 2020)

Support Funds/Grants

- Mental revitalization project for the evacuees within Fukushima Pref and returnees
- Fukushima Ward Council on Social Welfare
- Donation for facilities suffering from Typhoons Faxai (#15) & Hagibis (#19), 2019

Corporate Supporters

- Specified Medical Corporation Tomio-kai, Sakuragaoka Hospital
- Japan Society for Health and Welfare Policy

Donations from Individuals

From 41 individuals totaling 2,379,000 Yen

(listed in random order, honorifics omitted)

Donations and your membership fees are being utilized as operational costs of the NPO. We truly appreciate your contribution and support.



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 | | |

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

【Donations】 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
1-2-8 Okinouchi, Soma City, Fukushima Prefecture 976-0016
Tel: 0244-26-9753
Fax: 0244-26-9739
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The Association for Establishing a New Psychiatric Care,
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Great East Japan Earthquake 10-year Memorial Project

Reviewing “The 10 years Nagomi spent along with the revitalization of Fukushima – we shall continue on together”

“The 10 years Nagomi spent along with the revitalization of Fukushima” was successfully broadcast on the web on January 31. As we reach full 10 years after the earthquake, we looked back at the “mental healthcare” that our NPO have been conducting and also introduced our prospects for the future. The program was broadcast in the form of webinar. There were 70 participants including corporate members of our NPO and relevant organizations and the media. We were able to spend quality time by exchanging our opinions with those who continue to extend their support to us although we have not been able to meet with in person. It was also a valuable opportunity for us Nagomi to review our activities and look ahead into the future. There are issues that we have learned through past activities which needs to be resolved, and also rewards and challenges for future activities. We shall continue our activities standing close to the local community and confront each one of these issues. (Tadano, Administration)



It's almost like a real TV station!



To avoid the three C's, non-committee members observed from a different room.



Preparing for Web Broadcast

Members with no previous experience in video production nor live broadcasting gathered together as executive committee members and held numerous meetings in preparation. During the general meeting with all members of Nagomi, we discussed about our passionate thoughts on what we hope to accomplish in this local community. We are so relieved now that the live broadcast was successfully completed without any major troubles. Our thanks to all members who participated. We would appreciate your continued support to Nagomi's activities. (Members of the Executive Committee)





Outreach Team

Let us introduce some of the activities that we had with the participants this year and some of their happy reviews.

- One participant told us that he “want to go have some Sushi when his diabetes gets better.” He worked on improving his eating habits and worked out hard when exercising. His diabetes got better and was able to go to a go-around sushi shop that he had been dreaming of. I was so happy to hear him say that “the sushi was so good!”
- Participant using out-going support showed interest in visiting temples and shrines. We participated together in a rally to collect stamps from local temples and shrines.



We were able to add one more fun reason to go out for. We will continue to look for new fun activities.

• We visited our user who is living alone to take precautions against heat-shocks and take countermeasures against cold weather. We put insulation material on windows and spread mats on the floor. The mats were of the color that the user liked. The User told us that “It’s Wonderful!” with a big smile. The smile also made us happy and we were all smiling before we realized it. (Ishii/Watanobe)



Nagomi CLUB Team

“Welcoming the New Year”

We made mini-sized new year’s pine tree decoration to prepare for the new year at the Local Activity Support Center Nagomi CLUB. One of the participants provided us with pine and manryo (coral berries) from his garden. We made the decoration looking back at the passing year and with our hope to welcome a great new year.



We also used the pressed flowers and leaves that we made from flowers and leaves that we picked during our walks and made pictures with them. Every picture was different and unique although the base was the same and they were all beautiful. We talked about what we want to do when it gets warmer thinking back on where we went during our walks and made comments such as “it was summer when we picked this flower.” We all agreed that it is important to keep our good health conditions to be able to do the things that we want to. (Yatsu)



Care Center Team



Soma Wide Area Care Center Nagomi extends support in issues that are difficult for other organizations support due to various reasons. Our mobility which enables us to go anywhere whenever necessary is our selling point. One of our most recent activity was to help the owner find the car that was left behind in the evacuation order zone when the earthquake hit the area and dispose of the car so that the owner could apply for public welfare assistance. In another case, we cut the grass in the garden for a resident suffering from dementia accompanied with paranoia. The resident was very grateful and this activity played a very important role in helping us build a relationship with this resident. We hope to continue to extend our support by being flexible and by using different measures for different purposes as necessary. (Yonekura)



Visiting Nurse Team



“Visiting Santa Claus”

We held a singing party on Christmas maintaining necessary physical distance. We were fascinated by the lively sound of acoustic guitar played by one of our staff. We sang two classic hits along with the guitar. Singing out aloud helped release our stress and it did a lot to refresh us. We hope that the day that we can take masks off and sing along together returns in the not-too-distant future, and plan to hold such gatherings on a regular basis. Maybe another staff member might also play the guitar next time. (Ohgaki)



On-site Training Course at Futaba Wide Area Fire Defense Headquarters

Members of Futaba Wide Area Fire Defense Headquarters have been performing lifesaving activities in earthquake/tsunami/nuclear accident in Futaba District from right after the earthquake. They have gone through extremely severe experience both mentally and physically including firefighting at the nuclear power plant premises, residents’ evacuation guidance, search of missing persons in the coastal area devastated by the tsunami. They still continue to support the lives of the local residents who severely suffered the earthquake in Futaba District. Many of the staff themselves are victims of the disaster and evacuees. Many commutes long distance from various areas of the prefecture, and felt that the severe situation still continues.

We held an on-site training course on communication in the workplace for their staff members at their request. 2 staff members from Fukushima Care Center also joined this course and the participants experienced a groupwork to realize that we all have different values and another groupwork on reframing which helps us in changing that way we perceive things. Yonekura, who heads our care center, introduced the difficulties that we faced in creating a comfortable workplace environment after the earthquake disaster and the ideas used to solve the problem based on the experience at Nagomi. We hope to continue the cooperation with the members of the HQ to support the community. (Adachi, Care Center)



Nagomi’s Promotional Activities

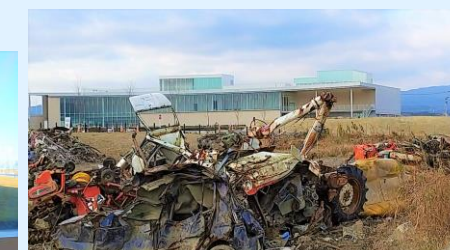
Visit to Futaba Branch Office of Fukushima Care Center!

Futaba Branch Office of Fukushima Care Center is located in Tomioka-machi, Fukushima Prefecture. 3 years have passed since its opening on December 1, 2017 following the lifting of the evacuation order in April 2017. Futaba Branch conducts wide range of support activities ranging from extending support to individual residents by making visits, to supporting their mental health. Futaba District, one of the areas that Futaba Branch covers, is an area which is said to lack social resources because of evacuation from the nuclear power plant after the earthquake. However, activities report from Futaba Branch powerfully expresses that “Power and strength of each individual residents is the largest social resource of this area”. Staff from Futaba branch and Nagomi staff held a meeting to prepare for next year and reconfirmed to continue our activities cooperating with each other. (Adachi, Care Center)



Community Update

On September 20, 2020, “The Great East Japan Earthquake and Nuclear Disaster Memorial Museum”, which passes down the records of the Nuclear Point Plant accident, was opened in Futaba-machi. The Museum was established to pass down the records and memories of the disaster which was huge and complex never experienced domestically as a lesson in preventing disaster and reducing damages from disaster. We can see the exhibits on display and also listen to the various experiences of the local storytellers. Why not visit the museum repeatedly and continue to put our thoughts on the magnitude of the disaster and revitalization of the area? (Fushimi, Visiting Nurse)



The Great East Japan Earthquake and Nuclear Disaster Memorial Museum