



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

Soso COCORO News Nagomi

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General Assembly and Tea Party 2021

Date/Time: June 27, 2021 (Sunday)

- General Assembly 13:00~14:00
regular members only
- Tea Party 14:10~15:30
anyone is welcome

To be held on Zoom. ※Detail to be informed separately.

Scheduled to be held online.
We look forward to your participation.



A large earthquake shake for the first time in 10 years

An earthquake off the coast of Fukushima Prefecture with the intensity of 6-upper on the Japanese scale hit the area on February 13. We, at the Care Center, were able to confirm safety of all our staff in about 20 minutes. Through our experience of the Great East Japan Earthquake, we instructed our staff not to run low on gas for their cars. We also checked the radiation level using my radiation counter. Damage to our office was minor but we spent the next few days cleaning up. At the same time, we listed up the elderly residents living on their own and residents who might not be able to send distress signals and checked on their status. We also confirmed with the local government offices of Shinchi-machi and Soma City, the areas which suffered larger damages, regarding the possible needs for additional support in the evacuation shelters. It is 10 years from the Great East Japan Earthquake and we once again realized the importance of enhancing awareness to prepare for possible future disasters on regular daily basis. (Yonekura, Care Center)

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

1. Regular Member Annual Membership Fee: 10,000 yen
2. Supporting Member Annual Membership Fee (per unit): 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 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.
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
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E-mail address: nagomi@soso-cocoro.jp

10 years from the Earthquake . . . Sharing thoughts with some Nagomi staff

“Each and everyone’s 10 years” Mina Nishiuchi

We heard the words “It’s 10 years” in many places. I was baffled by these words, but I guess some people might start to forget if we do not mention it in words. A few years after the earthquake, one of the victims told me that “when I talk about someone that I lost, there are some people who say that I am still talking about it after so many years”. Would this person be allowed to talk about the dear one that she lost now when people are saying “It’s 10 years”? Many people have passed away in various disasters during the past 10 years. It is impossible for us to remember everything that happened and all the people lost, but it is possible for us to recall them and stand by them even from far away. “It is 10 years” will be repeated amongst all of us who survived regardless of what the disaster was. March 10 this year was 76 years since the Great Tokyo Air Raid of WWII. I remember reading an article last year about a person who visits the memorial monument of the Air Raid every year thinking about the raid even after 75 years. I am sure that there will be people visiting this area with the same feelings 66 years from now. Time passed does not change the feelings towards people and things lost.



My 10 years was entirely focused on trying to spend the extraordinary days as though it was just an ordinary day. I am truly happy that I was able to meet with many people after the Earthquake, those who I would not have encountered otherwise. I myself have not lost any family member or friend by the Earthquake, but some friends and relatives have lost someone. It breaks my heart when I think about them. I try not to shed tears by keeping my abs tight when I listen to various experiences or talk about myself. I have carried on my job and raised my children in ways that I would have done had there been no earthquake. I have been pretending that the earthquake had never happened, despite the fact that I work at Nagomi and am receiving so much support and met with so much expectations. Otherwise, I am brought straight back to the day that I experienced the Tsunami and my body is frozen by my wish that the earthquake and accident never happened.



I was not able to write about any pleasurable things when writing about myself, but Nagomi’s 10-year milestone is only a little ahead. Let’s look forward to it.

“Each and everyone’s 10 years” Hiroshi Tachiya

March 11, 2011. Wondering what the following 10 years meant when seen from that date, we might say that nothing has changed at all. This is because the area that I live in, the job that I am involved in, the people that I support, they still cannot get over that day.

Ever since that day, we keep on recalling the day and the painful heartbreaking feelings are repeated when we try to make up for what we had lost that day. There are so many people whose watch has stopped at 2:46 pm on March 11, 2011 and still remain at the moment. The past 10 years means nothing to those who are struggling to start their watch moving again. The painful heartbreaking feelings do not disappear no matter how many years passes by, not 10 years nor 20 years.

I believe that it is necessary for the media to report that it is 10 years from the Earthquake to prevent the Earthquake from being forgotten and becoming weathered. However, it is also a fact that there are bereaved families who feel anger towards the words “10-year mark” commonly used by the media. There also are bereaved families who considers that “each day is a day to console the ceased” and feels that “Great East Japan Earthquake remains as a reality even after 10 years”.

For the victims, marking 5 years or 10 years has no meaning. Being born and raised in the disaster area, and being involved in a job to support this area, I believe that it is necessary for me to face the Earthquake and deal with it on daily basis and I wish to go on doing it.

It is 10 years since I started to work in the mental healthcare field. I can recall the faces of every one that I encountered; those that my support completed, those who passed away midstream, colleagues who left halfway down the road.

How are you doing, N-san, who came to Fukushima with burning aspirations to support the area right after the Earthquake?

Have you recovered and in a better shape now, A-san? Your smile was always a great help for me.

S-san, you were not able to stop drinking till the last day. You fought to put out fire on the day Fukushima Daiichi Nuclear Power Station exploded. Are you enjoying your drinks over there?

Great East Japan Earthquake....I shall not forget anyone....

Coastline of Kashima District,
Minami Soma City 10 years after
the Earthquake

