

## Year-end and New Year Season Awareness Campaign on Alcohol Related Issues

### Promotional Activities

Awareness Campaign on alcohol related issues was held during the year-end season. We usually distribute brochures in commercial facilities in the city, but this time, we expanded the distribution area and mainly distributed in the disaster public housings in Shinchi-machi, Soma City, Minami Soma City, and Namie-machi, areas that we did not distribute in the past. With the help from some of the municipal governments and social welfare councils, recovered patients, volunteers from graduate school of Japan Red Cross College of Nursing, we were able to deliver the brochure to total of 1000 housings. We were made aware of the fact that aging of residents continues in some districts and that families remain separated by the disaster, and we realized that it is important that districts continue to support each other. (Suzuki, Care Center)



# Soso COCORO News Nagomi



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### Community Update

## The first Pokémon Park in Japan is now open

“Chansey Park” featuring Chansey, the Pokémon character which supports Fukushima, opened in “Roadside Station Namie” on December 12, 2021. Six playground equipments designed featuring Chansey are located in this park, which was featured in the news. When we entered the park, the bright pink color caught our eyes and the cute expressions of Pokémon characters made us feel at ease. We visited the park on a weekday, but the park was lively with many children and filled with peaceful atmosphere. The huge Chansey shaped slide is something worth seeing. We recommend you to visit this park when you come to Namie. (Kanazawa, Outreach Team)



## From the “9<sup>th</sup> Forum on Loneliness and Isolation”


I attended the 9<sup>th</sup> Forum on Loneliness and Isolation which was held on November 8 (Mon), 2021 at Hotel Fukushima Green Palace. This Forum is organized by the Office of Loneliness and Isolation. Ms. Seiko Noda, Minister in Charge of Measures for Loneliness and Isolation, Governor Uchibori of Fukushima Prefecture, and representatives from 6 organizations handling measures for loneliness and isolation in Fukushima Prefecture attended the forum. I delivered a brief 5-minute presentation and reported that disaster and isolation are strongly related and is an everyday issue and also that the currently existing system is not sufficient in bringing alcohol related issues and social withdrawal brought to light to actual support needed. I was not used to making short presentations, but was able to learn a few things from this experience. One of which is that I must bear in mind to “continue training daily ways to explain to those who are not experts in simple and easy to understand ways.” (Yonekura, Care Center)



\*Minutes of this forum are available on the Cabinet Office website and also was introduced in the local newspaper.

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

### 【How to become a new member】

- Please send your application as follows and make payment of your membership fee by postal transfer.
- By Fax or postal mail: Please send the following information to the below fax number/address; type of member (regular member or supporting member), name, address, company or organization name (occupation), phone number, e-mail address.
  - Via our website: <http://soso-cocoro.jp/>
- Click  **★会員になる** button on our website 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.

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

- Regular Member Annual Membership Fee: 10,000 yen
  - Supporting Member Annual Membership Fee (per unit): 3,000 yen
  - 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



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## Nagomi's Supporters (January 2021 to December 2021)

- |                             |   |
|-----------------------------|---|
| Corporations/ Organizations | – Medical Corporation So-shi kai, Kinshicho Kubota Clinic |
| Individuals                 | – Futaba-kai  |
| Support Funds               | – Central Community Chest of Japan (Akai Hane)            |
- from 24 individuals totaling JPY213,000-

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



## Outreach Team

During the months of October to December, we visited some local sight-seeing spots using “Kashima Stamp Rally” and “Visiting Great Sights of Kashima” brochures together with our users residing in Kashima District of Minami Soma City. “Kashima Stamp Rally” is a stamp rally visiting temples and shrines located in Kashima District (there are as many as 34 of them!). We found out that there are several sights historically known as spiritual spots in our neighborhood. Cute guardian dogs (koma-inu), beautiful autumn leaves, winter cherry blossoms in full bloom.....beautiful view seen from the ruins of a mountain castle that we visited using “Visiting Great Sights” brochure.... we were able to enjoy the flow of nature and touch of history that we tend to overlook in our busy daily lives. We shared the experience of discovering new local spots and were able to spend some slow enriching hours with the users. (Kanazawa, Outreach Team)



## Care Center Team

Care Center holds information exchange meetings periodically for the Life Support Consultants of Council of Social Welfares working in Futaba-gun. This time, we gave a short lecture in relation to alcohol issues on points to observe when holding conversations with local residents or making home visits. Some of the participants were newly hired staff with only few months of experience, and they mentioned that they did not know how to cope with such situations practically. Reconstruction bases are slowly being established in Futaba-gun area, and number of residents returning home is gradually increasing. Ten years have passed since the earthquake and there still are people whose hearts are suffering from deep wounds. We sincerely hope that efforts for reconstruction continues and that residents are able to live peacefully and safely in their home towns. (Kudo, Care Center Team)

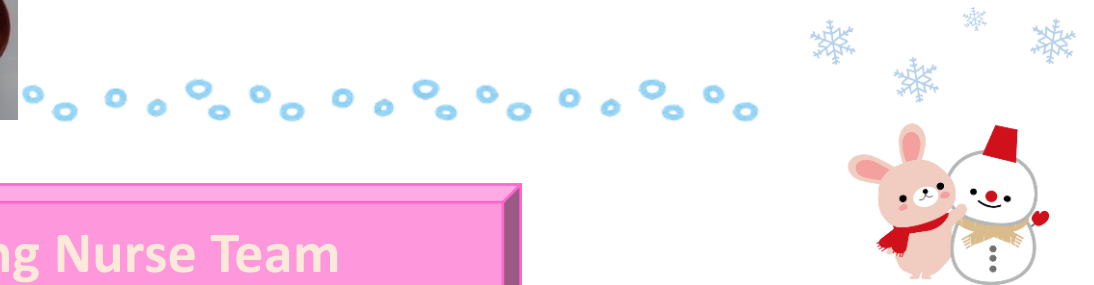


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## Nagomi CLUB Team

One day in November, one of the users brought us some “Inohana (Koh-take mushrooms). We learned how to cook Inohana rice from the user’s family and made rice balls. When we were conducting our daily activities, the room began to be filled with savoring smell. As soon as we heard the melody from the rice cooker telling us that the rice was cooked, we rushed to wash our hands, put our aprons on, and got ready to make rice balls. When we opened the rice cooker, the mouth-watering smell of Inohana expanded and filled the whole room. “Koh-take”, the name of the mushroom, means mushroom with aroma, and the aroma was really strong and mouth-waring as the name suggests. We made rice balls enjoying the savoring smell of the mushroom. (Abe, Nagomi CLUB Team)



## Visiting Nurse Team

Dr. Kobayashi, Director of Sakuragaoka Hospital of Kumamoto Prefecture, has been visiting us every month since right after the Great East Japan Earthquake which hit us in 2011 and continues to extend his support. During his recent visit, Dr. Kobayashi accompanied us on our visit to one of our users living in Odaka district of Minami Soma City. Dr. Kobayashi is a warm-hearted person who is “always here with us.” The visit was friendly and peaceful as usual although it was the first time for our user to meet with Dr. Kobayashi. It was close to Christmas, and we found a huge cute Christmas Wreath in the Odaka Community Exchange Center. As of November 2021, 3811 residents have Returned home to Odaka district, which was former assigned as evacuation order zone. Dr. Kobayashi continues to watch over the changing people and scenery of this area. (Sato, Visiting Nurse Team)



## Please Welcome Nagomi’s New Members!

### Yukie Kanazawa

I joined the Outreach Team last September and am a Mental Health Social Worker. I previously worked in the Counselling Room of a mental hospital. Each and every day with the team is exciting and meaningful. Eating tasty food, enjoying myself and having a good laugh are the things that I cherish to spend my days meaningfully. I will do my best day by day and look forward to working here.



### Noritsugu Kosahara

I was assigned to Visiting Nurse Station Nagomi last October and have been working here. I previously worked with the Outreach Team. After leaving the organization once, I was observing the district from a different standpoint and realized that there are so many people who continue to face anxieties and face difficulties in their daily lives after being discharged from the hospital. There are limits to what I can do, but decided to work with this NPO again in order to give shape to my thoughts. I will do my best so that I can be of any assistance. Look forward to working with you.



### Misumi Yamazaki

I have been working at Soma Wide Area Care Center Nagomi as a part-time staff nurse since last October. I used to work as a hospital nurse till last year, and am currently studying in the graduate school of Japan Red Cross College of Nursing, majoring in disaster nursing. I happened to learn about Nagomi’s activities through some connections and was attracted by the closeness of the staff and users and also by the freeness of their activities. I must first get to know Fukushima, Soso District, and Minami Soma, but will do my best and look forward to working with you all.

