



Soso COCORO News Nagomi

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FY 2022 General Assembly & Online Event

Date/Time: June 12, 2022 (Sunday)

◎General Assembly 11:00~12:00...limited to regular members of NPO

◎Online Event 14:10~15:30...anyone is welcome

Will be held on Zoom.

* Please refer to separate leaflet for details.

We look forward to your participation!

At the Regular Meeting of Soma Rotary Club

On January 18, we participated in the regular meeting of Soma Rotary Club. The purpose was to introduce our organization and solicit new members and donations. We explained about our activities by showing a video of our actual activities and also explained about the tax benefits applicable to donations made. After our presentation, many participants showed their interest and stopped by to ask about our activities and the procedure to enroll as a member and we were also able to share opinions and exchange information. Our thanks to the members of the Soma Rotary Club for sharing their precious time with us. Let us also extend



our sincere gratitude to the Rotary Club Members who understood our efforts and enrolled as supporting members after the meeting. We shall continue our efforts in our activities to meet the needs of the Soso District. We ask for your continued support. (Tadano, Administration)

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

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. By fax or postal mail: Please send the following information to the fax number/address below; type of member (regular member or supporting member), name, address, company or organization name (occupation), phone number, e-mail address.

2. Via our website: <http://soso-cocoro.jp/>

Click 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.

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!

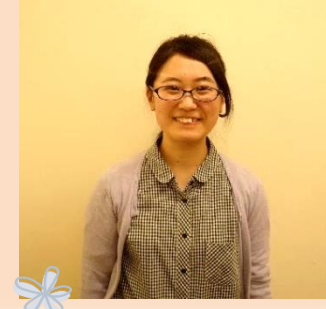
◆Tsukuru Suzuki◆

I joined the Outreach Team in April. Previously, I had been mainly conducting psychological examinations/interviews and handling consultations over the phone as a clinical psychologist of a mental clinic. During my previous visit to Nagomi, I was deeply impressed by the invisible but affluent relationship created through various community-based activities with the users. I could only imagine how much work and effort was needed to build up such relationship with the users. I shall try my best to be able to contribute to the community and ask for your support.



◆Hazuki Orikasa◆

I have started working with the Outreach Team in April. I previously worked as a nurse in a hospital in Iwaki City, but became interested in the activities of Nagomi and decided to join the organization. I hope to learn the nursing needs and ways of engagement and support which is different from that of hospitals through the time that I spend with the users and at the same time enjoy the time that we spend together. There are so many things that I am concerned about and so much to learn, but I will do my best to carry out my activities as a member of Nagomi.



Educational Activity

MI (Motivational Interviewing) Workshop

On February 16, Soma Wide Area Care Center held an “MI (Motivational Interviewing) Workshop – Motivational Interview which we can start today”, as part of the area’s Anti-Alcohol Dependence Reinforcement Operation of Fukushima Mental Care Center. Dr. Kensuke Saito and Dr. Kazuhiro Kaneda of Tohoku-kai Clinic, Sendai City, Miyagi Prefecture were invited as lecturers. 21 supporters including Public Health Nurses from the local health centers participated in the Workshop. Motivational Interview is an interviewing method, as an example, whereby supporters work together with alcoholics and motivate them to collaborate in their behavior to stop drinking. In many cases alcoholics tend to be distanced from their family and friends and become isolated. When the supporters’ feelings wishing the alcoholic to improve their health is highlighted, the supporters’ tend to strongly feel that they want make the alcoholics stop drinking. In Motivational Interviewing, we studied the method of acknowledging the ambivalence (conflicting emotions) of honestly wanting to stop but is not able to stop, and how to help guide their feelings toward “wanting to stop”. (Yonekura, Care Center)



New Team Jacket

8 years since the foundation of Visiting Nurse Station Nagomi, and our team jacket that we have been longing for is finally here! Visiting Nurse Station Nagomi was built up by each and every one who had been involved in the station’s activities including the members who worked here in the past. We must take over the thoughts of our predecessors and pass them on to the future, add the personalities

of the current staff and carry out the community-rooted nursing. We are honored and humbled with these thoughts. But at the same time, we naturally feel happy when we wear something new, and we were all smiling at each other when we saw everyone wearing the new team jacket. We will continue to come together as one team and do our best to stand by our users.

(Kosahara, Visiting Nurse)

