

## Nagomi's Supporters (December 2021 to December 2022)

- <Corporations/ Organizations>
- Fujii Mental Clinic
  - General Incorporated Association CWAJ
  - Tabuchi Neurology Clinic
  - Medical Corporation Saiseikai Nagahashi Hospital
  - Mental Healthcare Project related to the Great East Japan Earthquake
- <Individuals> from 23 individuals totaling JPY485,912-
- <Support Funds> Central Community Chest of Japan (allocation from donation by Arakawa Works Limited Liability Company)

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

\*Honorific titles omitted



## 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.

1. 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.
2. 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.

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



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

【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](mailto:nagomi@soso-cocoro.jp)



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

# Soso COCORO News Nagomi

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## “Sugiura Memorial Foundation 11<sup>th</sup> Outstanding Achievement Award for Development of Community Medicine”

We were awarded the 11th Outstanding Achievement Award for Development of Community Medicine from the Sugiura Memorial Foundation. This award is to honor efforts by organizations or individuals which have contributed to the development of community medicine, shown outstanding achievement in improving health and public welfare, carried out activities supporting residents to continue their lives peacefully in their familiar community. Dr. Masao Nakazawa, who have been supporting our NPO for a long period, nominated us as a candidate for the award.

He also gave a speech at the award presentation ceremony. We believe that this award is the result of the cooperation that we receive from the members of our organization and members of the local community who support us with understanding of our activities, and also the fruit of daily efforts made by all our staff members. Thank you again. (Nishiuchi, Outreach)



## “Seikatsu Rinsho (life-based clinical approach)” Workshop ~aiming to achieve support deeply rooted in social life~

In September and November, we held workshops titled “Seikatsu Rinsho ~ Medically Examining Life”. The instructor of the workshop, Dr. Masao Nakazawa, Psychiatrist in the Department of Psychiatry, Yoyogi Hospital, has been practicing psychiatric care deeply rooting in social life for many years. “Seikatsu Rinsho” is an initiative to understand those with mental disorder as one human being leading his/her everyday life, and not as a “patient” or a “symptom”. It is an initiative to prevent recurrence or worsening of disorders by approaching the person’s “life” itself. Total of two workshops were held; basic and advanced, and the basic concept of Seikatsu Rinsho and tips on how to be involved were discussed.



Approximately 30 participants from various fields attended, including public health nurses who play important roles in the area and members of welfare office and employment support office. “A nail that stands out too much will NOT be hammered down. You all should stand out too much” was the very passionate message that Dr. Nakazawa gave us at the end of the workshop. (Adachi, Care Center)

To be released Spring 2023!

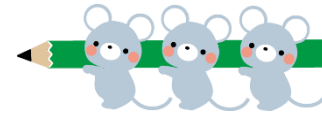
## DVD “Seikatsu Rinsho for Comprehensive Community Based Care” ~ Key to better understanding of mental disorders ~

Dr. Nakazawa’s lecture on “Seikatsu Rinsho” is compactly recorded as an introductory course. Video introducing visiting activities by Nagomi is also included as bonus footage. Price: JPY5,500- (tax included). Details to be announced shortly.





## Visiting Nurse Team



Nagomi Visiting Nurse Team

Visiting Nurse Team have started to hold discussions in preparation of putting "Crisis Plan" into actual practice. Crisis Plan is a plan (protection of rights) created based on the agreement made between us supporters and our users at the time when the user's condition is stable. The plan outlines self-coping methods that the user is to take in order to maintain a stable condition and at times when signs of worsening of symptoms is seen or when their medical condition deteriorates, and also outlines how us supporters are to respond. We will continue to work hard so that everyone is able to live with peace of mind without any worries. (Arai, Visiting Nurse)

## Care Center Team

### Thank-you Party for Dr. Nakazawa!

It is 11 years since the end of April 2011 when Dr. Nakazawa, Psychiatrist, rushed over for the first time to extend his support to Soma City. He has continued his support to the Soso Area with passion in his eyes and enthusiasm in his heart since then. As Dr. Nakazawa has decided to end his direct support to the area, we held a "Thank-you Party for Dr. Nakazawa". From the start-up of Nagomi as a corporate body till today, he has given us many advices, sometimes quietly watching over us and at times giving us severe advices. At the age of 86, he still continues to work actively as a psychiatrist. We believe the he will



continue to give us strict but also warm advices. Let us extend our heartfelt gratitude from all members of Nagomi. We will appreciate your continuing support. (Adachi, Care Center)



Thank you for your long-term support, Dr. Nakazawa!



## Monitoring Visit by Tohoku Regional Bureau of Health and Welfare

On October 26 (Wednesday), Tohoku Regional Bureau of Health and Welfare paid a visit to Care Center Nagomi. We exchanged opinions regarding change of our users with time, current mental health conditions of local government employees, etc., and support towards the supporters. Our center handles many users with alcohol-related issues who tend to isolate themselves and those



who tend to remain reclusive. We explained about the characteristics of our users and details of the support that we provide.

(Yonekura, Care Center)

## Recovered Namie-machi Touka-ichi Festival held for the first time in 3 years

"Touka-ichi Festival" is THE seasonal tradition of autumn in Namie-machi. The festival was held in the town for the first time in 7 years since the March 11 evacuation of the whole town. However, during the recent years, the festival continued to be cancelled due to COVID19. In Autumn 2022, 3<sup>rd</sup> Recovered Namie-machi Touka-ichi Festival was held for the first time in 3 years. I watched the



comedy duo "Haha-gokoro" perform and took photos with members of "Namie Avengers", the masked super-hero squad. Festivals are exciting for both adults and children. I hope that we are able to get back our ordinary daily life in the near future. (Adachi, Care Center)



## Nagomi CLUB Team

We held an "Imoni Party (Taro Hotpot Party)" in November. It was reported in the TV news that last year the largest Imoni Party in Japan was held in Yamagata for the first time in 3 years. One of our users who saw this news suggested to hold an Imoni Party at Nagomi CLUB, and we organized the party.



On the day of the party, once we started to prepare the hotpot, our user actively advised us on the steps to cook the hotpot and suggested to put the food that take time to cook into the pot first. With such great guidance on the procedure, we put all the food into the pot one by one. We discussed what flavoring to choose and decided on Miso flavor. The hotpot was cooked in no time! The dynamic but yet sensitive way the pot was cooked shows experience in household chores and how much the user loves Imoni. We were able to enjoy the atmosphere of Imoni even indoors.

(Abe, Nagomi CLUB)



## Outreach Team

Outreach Team support users so that they are able to add "comfortable, fun, and exciting" times to their daily lives. We check events held in the local community regularly trying to find "interesting and fun events", and also plan events ourselves. In autumn of 2022, we found a flyer for a "Violin Concert"! We invited our user who enjoys listening to music to this concert. There was also an invitation from one of the local counselors and we decided that all of us should go together. The concert was an event to celebrate the opening of NPO Coffee Time Namie-machi and to commemorate the opening of a new cellar of Cellar Café "Sen-no-hana (thousand flowers)" in Nihonmatsu City. The concert started with the main theme song of the TV program "Jonetsu Tairiku", followed by several classic pieces. We were able to enjoy live performance in a very relaxing way in the lobby where warm sunlight shined in. We received the message that "it was wonderful" from our user accompanied with a huge satisfied smile. We will continue to work on creating comfortable time through various events, plans and ideas. (Kanazawa, Outreach)



## Please welcome Nagomi's new member!

### Seika Ishikawa

My name is Seika Ishikawa and joined Visiting Nurse Station Nagomi in January 2023. I previously worked in a psychiatric hospital in Fukuoka City. I started to have interest in the activities of the local society extending support to those suffering from mental disorders and facing difficulties in their lives, and decided to join Nagomi. With Soso District being my home town, I look forward to interacting with the local residents. With so many things that I need to learn, I am facing big anxiety, but I will do my best to be able to make some contribution to my home town. Thank you for your understanding and support in advance.

