

DVD on “Seikatsu Rinsho for Comprehensive Community Based Care ～Key to better understanding of mental disorders～” is now available!



DVD which compactly records the two workshops by Dr. Nakazawa of Yoyogi Hospital has been completed and now available. Dr. Nakazawa has continuously visited Soso District since April 2011, right after the earthquake, to extend his support to the area. This DVD records the expertise and knowledge of the richly experienced Dr. Nakazawa.

“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”, and an initiative to prevent recurrence or worsening of disorders by approaching the person’s life itself.

This DVD is an introduction for beginners such as supporters who have feelings of inadequacy in dealing with patients with mental disorders and those who want to start their studies in this field. Video introducing actual visiting activities by Nagomi is also included as a bonus footage. Limited 100 sets with Dr. Nakazawa’s signature available on first come first served basis. Price: JPY5,500-(tax included) plus shipping fee. Available via Nagomi’s website. (Adachi, Care Center)



Picture Book on Sex Education



The welfare workers’ meeting, which is held every month, is working on putting together a picture book leaflet on sex education. The reason we started this effort is a consultation case which was very difficult to deal with. Although sex education is a very important subject in many scenes, the current situation is that most of the adults and supporters have hesitation or feel uncomfortable to deal with sex education. The idea came to us that picture books might be easy to pick-up for everyone from adult to children regardless of whether they have disabilities or not, and we started to put together the picture book. The librarian of Minami Soma City Library joined our production member group and the production is currently at its peak. It is only one more step to completion! (Adachi, Care Center)



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 your application with the following information to the fax number/address listed 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 [★会員になる](#) button on our website and fill out the application form.

1. Regular Member Annual Membership Fee: 10,000 yen
2. Supporting Member Annual Membership Fee (per unit): 3,000 yen
3. Donations

【Account 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

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



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.

【Contact】 Nagomi Soma Office
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QR Code for our website

Nagomi’s General Assembly has been Successfully Held

Nagomi’s General Assembly, held on June 25, marked its 12th, the first being held in 2012.

Re-election of Board Members took place this year. Our new administration structure will be as follows; Takako Okawa, President, Shin-ichi Niwa, Vice President, Directors; Hiroaki Anbo, Junko Murata (new), Katsuyuki Shibusa (new), Yudai Tadano (new), and Auditors; Hiroshi Suzuki, Tomoko Endo (new). We will continue our efforts under this new administration. With this re-election, Yuriko Hashimoto, Director, Kunihiro Watanabe, Director, and Kiyomi Tadano, Auditor retired from office. We thank them for the time and consideration they have extended to us during their time in their office. (Tadano, Administration)



One day event!

Nagomi Radio Station On Air!

Nagomi Radio Station went on air on June 25! Our first attempt ever! This on-line event named Nagomi Radio Station (actually being held in a hybrid format using ZOOM) was held from our desire to report Nagomi’s activities and our everyday atmosphere, to deliver the voices of our users, and to create an opportunity to interact with each other. Presentation of interview video of Nagomi users and their messages (both good points and bad points), picture story show based on actual examples in Nagomi, “Karuta(Japanese playing cards)” of lessons learned through our activities, short video introducing Nagomi, introduction of our exchange events and much more. I myself was very nervous as it was my first experience as a radio personality. I was uneasy the whole time while we were on air, as other personalities were playing plunks on me and teasing me in ways that the listeners will not notice. I am so relieved that we were able to finish without any trouble. Result of questionnaires filled out by participants was very favorable and I believe that we were able to deliver a wonderful radio station event. (Arai, Visiting Nurse)

Looking back, all the Nagomi staff members, not only the members of the executive committee, were working in various places not only on the day of the event but also on the day before the event. We are grateful that you all helped us in setting up the event venue and preparing to go on air.

We owe it to all of you that we were able to get great reviews from the listeners telling us that the broadcast was interesting and fun. This Radio station event was realized with everyone’s help and we were able to have a wonderful time. (Abe, Nagomi CLUB)



Please welcome Nagomi's new member!

◆Masaki Abe◆

I started to work for Visiting Nurse Station Nagomi on April 1, 2023, and is in charge of Outreach Support Service.

I feel grateful to have been able to join Nagomi as a nurse. In the Outreach Team, I work with various counterparties on daily basis in order to help realize the wishes and needs of our users.

I am doing my best so that I can be of assistance even slightly to the Soso District, which is my home town. Looking forward to working with you. (Abe, Outreach)



We are recruiting new staff members!

Nagomi is an NPO based in Hama-dori District of Fukushima Prefecture, which was established after the Great East Japan Earthquake. We extend visiting support service to earthquake victims and residents suffering from mental disorders. Staff members actively communicate with one another on daily basis, and when someone is facing a problem we discuss among staff members and help each other. As more than half of the staff are originally from other prefectures, we have lively conversations on local topics now and then during our break.

Anyone interested in mid to long term support in the disaster affected area, anyone thinking of supporting local residents suffering from mental disorders, anyone looking for a pleasant working environment, why not have a look at Nagomi's activities? First step is to come visit us. Details of employment information can be found by clicking the career opportunities page on our website.⇒<https://soso-cocoro.jp/pages/51/>



🍵🍵🍵 From Natsu-shoku Recipe ~Pumpkin Pudding~ 🍵🍵🍵

A few years ago, Nagomi carried out an exchange project named "Natsu-shoku; Spiritual Home Restoration Project" and put together a recipe book of dishes that remain in the memories of the residents of the area. We carried out exchange programs targeting various areas and generations using this recipe book. We selected "pumpkin pudding" from the recipe book to cook together with Nagomi CLUB members this time.

It was so easy to make. The key was simply to "simmer mashed pumpkin together with all other ingredients making sure not to let boil". We were able to enjoy the rich taste of pumpkin. Review from the members was very favorable, "This scores 95 points out of 100. If we can make it a bit smoother it would taste much better."

"Natsu-shoku" helps us to communicate with each other while cooking and enables us to share feeling of pleasure and memories. Why not give it a try and cook one of the Natsu-shoku recipes? (Kanazawa, Nagomi CLUB)

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



Ingredients

pumpkin	300 g
milk	200cc
sugar	80 g
fresh cream	100 g
gelatin	10 g

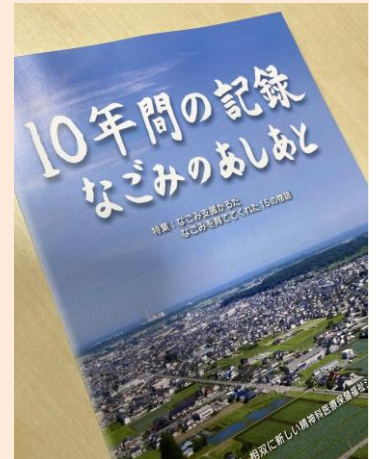
Directions

1. Steam and mash pumpkin
 2. Mix all ingredients in a pot and put the pot over fire (keep at around 80 degrees and do not let it boil)
 3. Pour into cups and cool
- *Taro potatoes can be used in place of pumpkin.

10th anniversary Official Record Report is now completed!

Official Record Report commemorating the 10th anniversary of establishment of our organization is finally completed and now ready to be distributed. It was with the support of many people that we were able to continue our activities. Please let us extend our gratitude to everyone who supported us. It is a bit late for the 10th anniversary, but we believe that we have put together a report that is very unique and is typical Nagomi-style.

Is it "already 10 years" or is it "only 10 years"? With natural disasters occurring one after another all over Japan, the opportunity to discuss only about Great East Japan Earthquake and to hear the word restoration is becoming less and less. What the next 10 years will be like is beyond our imagination, but we hope that the "footprints" that Nagomi have left will be of some help to someone who is leading his/her life in this area fighting with various issues. (Nishiuchi, Outreach)



Nagomi

Recommendation of "Decluttering" Kudo style

This section introduces little ideas and techniques that can be used at work!

The theme for this issue is "decluttering (Dan-sha-ri)".

What do you keep on top of your desk?

Pile of documents that you think you might use someday in the future...

Snacks which turn into sweet temptations when you are a bit hungry...

House plant which is your heart's oasis....

For your info, what about my desk.....I do not keep anything on my desk.

Although I do not keep anything on the top of my desk, it does not mean it is always empty.

As a matter of fact, I stock away my documents in my desk drawers.

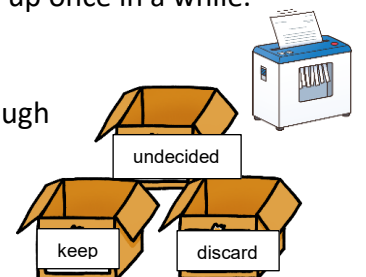
If I keep on stocking away my documents, they just keep on piling up, so I clean up once in a while.

The "Lifehack" that I came up with is this!

"Put the documents through the shredder to refresh myself!"

It feels so good when I put the huge pile of documents that I stocked away through the shredder in one go.

But be careful not to damage the machine by putting too much paper through shredding machine all at once. (Kudo, Care Center)



Nagomi's Activities to be made into a documentary movie!!

Nihon Denpa News Co., Ltd. (NDN News), who have been recording the mental care activities in the Soso District for the past 4 years, is currently producing a movie. It is a documentary film about the status of the disaster-stricken area 10 years after the earthquake and nuclear plant accident and the mental care activities in the area. They have been covering Nagomi's activities on many occasions during the past years.

The date of release of the film is still a little ways away, but we will inform you as soon as the release date is determined. (Adachi, Care Center)

