

## Nagomi's Supporters (January to December 2023)

<Corporations/  
Organizations> Seiyu Co., Ltd.  
Kinshicho Kubota Clinic  
Community Chest Fukushima Prefecture

<Individuals> from 31 individuals totaling JPY457,390-

\*Honorific titles  
omitted

Thank you!

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



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

Notice

### 【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  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.

How to pay your membership fee/how to donate: Postal Transfer

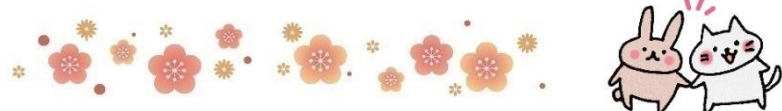
1. Regular Member Annual Membership Fee: 10,000 yen
2. Supporting Member Annual Membership Fee (per unit): 3,000 yen
3. Donations

### 【Account Details】

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



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

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QR Code for  
our website

## Having finished the 3<sup>rd</sup> “I think I will try talking about it too” Meeting Talk Event “Let us listen to everyone’s voice, let us all speak out”



This event was held on November 18 last year at “Yumehatto” in Minami Soma City. There were 44 participants in total including those who participated via the internet. “I think I will try talking about it too” is a meeting planned and operated by “Earthquake Disaster Stress Study Group” which is continued by Dr. Ryoji Aritsuka, Psychiatrist of Mental Clinic Nagomi of Soma City. A symposium themed on “Children” was held this time, and Nagomi cooperated in this symposium. High school students who were elementary school students at the time of the earthquake also participated in this symposium, and it resulted in being a forum where everyone was able to speak out their honest opinions. (Yonekura, Care Center)



## To Value Relationship with Local Community

Last year, signs of recovery from the Corona Virus pandemic were seen with local festivals being held again in various places. We participated in various festivals in order to make Nagomi's activities widely known to the local residents; Minami Soma Health and Welfare Festival, Shinchichi-machi Health and Welfare Festival, Restored Namie-machi & Tohka-ichi Festival. We held various different activities in each of the festivals that we participated in, such as offering free-space for the young people and hosting employment consultation meetings, workshop to make Christmas cards. We will continue to offer opportunities to meet with the residents in the areas that we do not interact with in our everyday life and shall value such new meetings with people. (Adachi, Care Center)



## Enjoying Embroidery



In November, Care Center held a workshop to enjoy embroidery. All participants, including staff members, were embroidery beginners. We started from learning how to handle the embroidery yarn. Our instructor was Ms. Okawa, our Chief Director! She fully displayed her embroidering skills which she had modestly been hiding! Some of us were chatting with others while pricking with our needles, others were concentrating in silence. Each of us enjoyed the embroidering time in our own ways. The refreshing feeling brought after concentrating in embroidering also felt so good. (Adachi, Care Center)





## Visiting Nurse Team

We hold daily meetings every morning by connecting Soma Office and Minami Soma Satellite Office on the internet. As several staff members resigned and left us in July and September, the meetings were somewhat desolated. Good news is that new staff members were assigned to our team in November, and we are now operating our visiting nurse service in a 5 staff team. It is now the flu season, and we are doing our best with our masks on. (Hattori)



## Nagomi CLUB Team

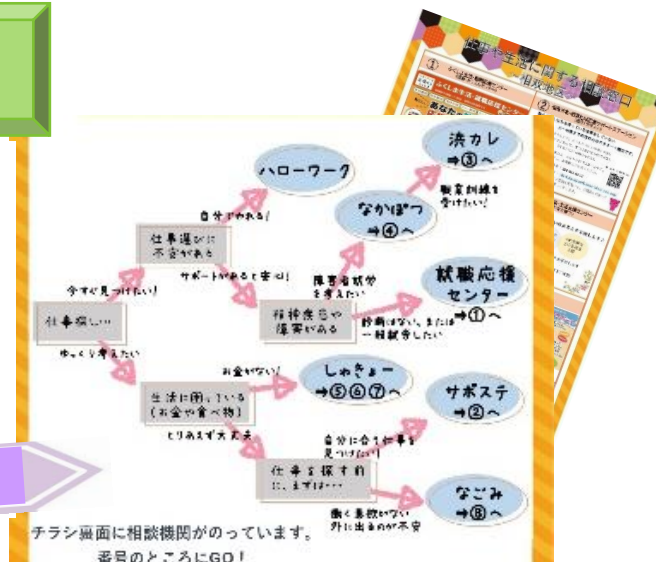


In September, we visited Marue Tourist Fruit Land located in Iisaka, Fukushima City and enjoyed grape picking. It was the first outing to a distant location after the Corona Virus pandemic. We enjoyed tasting and comparing variety of grapes; Kyoho, Steuben, Black Beat. The fresh grapes were so juicy and sweet. The participants' feedback showed that they were very much satisfied; "It was lively and fun to enjoy eating grapes with everyone!", "Let's make this an annual event". It was a day that we fully enjoyed the seasonal taste of autumn. (Kanazawa)

## Care Center Team

Various parties involved in employment support gather every month and exchange opinions. We often hear comments such as "I am not sure who to consult with about my employment and troubles in my life." As there are people at a loss about who to consult with, we decided to make flyers to help the consulting service desk known to the people facing troubles. We distributed the flyers at various events and was very well received. (Kudo)

Easy-to-understand flowchart of who to consult with!



## Outreach Team



Counseling over the phone is also an important method in extending support, in addition to making visits and holding interviews at our offices. "I was at a loss on how to respond" and "I spent too much time handling one case" are example that we often discuss about at our meetings. So, a staff member who is a clinical phycologist held a short lecture on the basics of how to be a good listener. We will continue to do our best so that our users are able to consult with us at ease. (Nishiuchi)



## Nagomi

## Recommendation of "things that I like" Kanazawa style

I loved drawing pictures since I was a child.

When I was in elementary school I wanted to become a Manga artist, but by the time I entered Junior High School, I realized that there are so many talented people who are much better artists. Realizing how difficult it would be to make a living by Manga, I remember that I made up my mind to enjoy Manga drawing just on my own time.

Other than Manga drawing, I love reading, talking with people that I like, eating sweets, taking a long bath, listening to music, and so many other things. My everyday life is filled with all sorts of "things that I like". However, when I am spending busy days and continue to drain out, I start to feel distant from "things that I like" and tend to have negative thoughts.

"Things that like", increases my happiness levels and makes my mind and body feel refreshed.

I try to consciously come in contact with the "things that I like" and savor them to so that I can stay close to "things that I like".

What are "things that you like"? (Kanazawa, Nagomi CLUB)

Recommending  
Nagomi style of ...

Section introducing  
Nagomi staff's  
recommendation!



## Please welcome Nagomi's new member!

### ◆Yoshitsugu Kawano◆

Hello everyone. I am Yoshitsugu Kawano and have been working as a nurse in Care Center since October. I am originally from Kanagawa Prefecture and previously worked in a psychiatric hospital. I was very impressed and attracted by the energetic activities conducted in the local area when I visited Nagomi during a workplace tour. I am now having a good time here in Minami Soma experiencing the culture and the warmth of the society. I hope that I am able to be of some assistance to you all. Thank you for your support in advance.

