

## Outreach

by Ryo Miyazaki, Facility Director "Oguchi *Ichigo Ichie*"

As we approach the summer season, I would like to take this opportunity to extend my best wishes to all of you for your continued good health, and to thank you for your continued support and cooperation in the operation of our facilities. Three and a half long years have passed since the novel coronavirus epidemic broke out in 2019, but I imagine that your everyday lives have finally started to gradually return to the way they used to be. On the other hand, medical institutions and welfare facilities for the elderly still need to implement infection control in many situations, forcing us to take cautious measures and stay one or even two steps behind the general public. Therefore, we ask for your understanding and cooperation as we continue to take measures such as restricting visits to our facilities, requiring visitors to wear masks, and checking their body temperatures.

Under such circumstances, and continuing from last year, we at Oguchi *Ichigo Ichie* have started "Outreach" as one of our objectives in 2023. In 2022, I visited various places in Oguchi Town together with some of our lifestyle counselors, nursing staff, nutritionists, and dental hygienists to give lectures on brain training exercises, nutrition improvement, oral care, and preventive physical exercises for nursing care. In addition, we visited various places in Oguchi Town as visiting lecturers. At "Sakura University", an event hosted by Oguchi Town, under the title of "Stretching the Mind and Body," we introduced various hands-on exercises that can be easily done at home, including brain training exercises, designed for elderly people whose opportunities to go out and exercise have declined due to the corona pandemic. Through this, we were able to realize our goal of "proactively reaching out and delivering any necessary services and information, and approaching people who require welfare services," which we declared in last year's spring issue of the *Oguchi Ichigo Ichie News*. Moreover, since April of this year, we have been participating with our residents in the activities of the "Child Watching Team," which watches over elementary school students when they walk to school and return home. These efforts are just some of the ways in which we express our gratitude for the love and support we have received from the community over the past 37 years, and give form to our desire to contribute to community welfare as a social welfare corporation. Striving to continuously deliver our unchanging thoughts in varying forms in the future, we look forward to staying connected with you throughout this new fiscal year.

## ANNOUNCEMENT

### Information on Holding a Marché as Our Big Event for 2023

So far, Oguchi *Ichigo Ichie's* biggest event used to be the **Noryo Matsuri** in summer, but in fall of this year, we're going to change its shape into the "**Oguchi Ichigo Ichie Marché**," with a tasteful variety of food trucks and stands.

As we are currently planning for the below time and venue, we hope you'll be looking forward to it as much as we do – see you there!

**Date: Saturday, October 7, 2023, 10:00 a.m. – 2:00 p.m.**

**Location: Oguchi *Ichigo Ichie's* parking lot**

# Ichigo Ichie Low-Cost Retirement Home

## Basking in Sweet Fragrances



Spring in full bloom! 🎵  
A visit by our residents to  
Mandaraji Temple, famous  
for its wisteria



Eating onigiri rice balls together makes them  
taste twice as good! We had a great time looking  
at the beautiful wisteria blossoms up close and  
taking lots of pictures. We are already excited  
about our next outing! 🎵



# Oguchi Ichigo Ichie Day Care Center



♡ "Thank You" to All Moms ♡



As one of our yearly festivities, we held "Mother's Day Week" to express our gratitude to our female users for their support throughout our daily lives. ♡

An indispensable part of the event was the collaboration with the kitchen. ♪ We served the ladies a charming "Special Mother's Day Lunch" and a "Special Mother's Day Plate of Sweets."

Everyone had a lot of fun with Mother's Day songs and a "hang-up-the-laundry" game, where two players compete in combining and attaching as many pairs of baby socks to a net in a "drying rack". ♪



## From Our Health Care Pros



It is now June, and some of you may be feeling some physical discomfort due to the change of seasons. Don't you sometimes wish you could get along better with your body without being adversely affected by the climate? It is said that the reason we are affected by the unstable climate is that our autonomic nervous system is out of balance.

The "autonomic nervous system," which we often hear about, is what balances and regulates our bodies, and by understanding and controlling it ourselves, we can better deal with minor physical discomforts. Here are a few ways for you to try out.

### Easy ways to regulate the autonomic nervous system:

- Stretching body and limbs slowly and gently
- Deep breathing (making sure to fully exhale)
- Taking walks
- Meditation



After getting into shape, it is still important to **eat well, sleep well, and hydrate well**. Before the height of summer, you should make sure you work up a light sweat on a regular basis.

## From Our Kitchen



On March 28, we held an **Ohanami Dengaku** festival beneath the cherry blossoms in full bloom. The ingredients for the *dengaku* (tofu and other popular treats, like eggplants and bamboo sprouts) were prepared by volunteers, and after being skewered one by one with care, they were grilled slowly over charcoal and finished with a generous amount of the kitchen's secret sweet miso paste, which was then served to our residents and users.

We also offered freshly grilled tofu *dengaku* as a free giveaway to people strolling along the Gojo River on the day of the event. The 100 skewers we had prepared got picked up in no time, and we received many happy comments on how delicious they were.



## Current Occupancies As of JUN 1, 2023

### Ichigo Ichie Low-Cost Retirement Home

Fully occupied with 2 persons on waiting list  
=> relatively high chances for prospective new residents!

☎ (0587) 95-3118

### Ichigo Ichie Day Care Center

Current vacancies by weekday:

Mon	Tue	Wed	Thu	Fri	Sat
lots	lots	many	few	lots	many

If you want to have a look around at our facility, or even try it out, you can call us any time!

☎ (0587) 95-7788

Please feel free to contact us for further information!

## Physical Fitness Classes



In this issue, we would like to introduce the physical fitness classes conducted by our staff.

Gymnastics and brain training are conducted by the nursing staff of the low-cost retirement home and the staff of our affiliated day care center.

A certified dental hygienist is in charge of oral exercises. The nurses ask the users about their physical condition on the day so that they can engage in all exercises in a safe and comfortable manner. A rehabilitation instructor can give advice directly to the participants on exercises that are suited to their physical condition. The facility's dietitian talks to the participants about how they can improve their health from a dietary perspective. We have received comments from our users such as, "I have come able to sing songs louder since I started doing the oral exercises."

In such ways, we are conducting classes to maintain everyone's health through the cooperation of many different professions, hoping to help many people stay in their familiar neighborhoods.



## Ichigo Ichie Welfare Society swc

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