

37th Anniversary Celebration

On August 1, we celebrated the 37th anniversary of Ōguchi *Ichigo Ichie*. We would like to express our heartfelt gratitude to all former and current residents, who have been an important part of our lives, as well as to their families and the local community for their ongoing support.



At the opening ceremony before lunch, facility director Miyazaki welcomed the assembled residents and staff with his greetings before Ms. Hanabusa, who has long supported the *Ichigo Ichie Welfare Society* through music clubs and other activities, offered her words of congratulations.



In the afternoon, we held an event to commemorate the founding of our facility. Accompanied by Ms. Hanabusa's organ, the residents sang songs and danced *Bon* dances, with bright smiles on their faces.

Ichigo Ichie Low-Cost Retirement Home

Summer Festival 2023



This year, we enjoyed yet another hot summer in festival mood, with "kanpai!" literally cheering up everyone's smile.



Fishing for colorful water balloons and watermelon splitting are very popular festival games every year. ☆

The sweet watermelons were cheered by the crowd and then quenched the thirst in everybody's mouths and hearts. 🎵



Ōguchi Ichigo Ichie Day Care Center



★ Tanabata Star Festival Party ★



On July 7, the actual *Tanabata* day, we held our "Tanabata Event ☆2023☆". ♪ For the first time in four years, we held an exchange event with kindergarten kids who sang and played musical instruments for our users to whom this exchange brought many smiles and a blast of energy! ♪ For lunch, we served *Tanabata chirashi-zushi* (sushi rice sprinkled over with various toppings) inspired by the Milky Way, and as an afternoon snack, a *Tanabata* sweets buffet with different roll cakes and *wagashi* (Japanese confectionery).



From Our Health Care Pros

Would you like to review your lifestyle so that you can live a healthy life forever?

10 Articles for Improving Your Lifestyle Habits

- (1) Keep up with moderate daily exercise!
Try to put in 10 extra minutes for daily exercise.
- (2) Quit smoking!
Smoking is harmful not only to smokers themselves but also to people around them.
- (3) Be moderate with your daily salt intake!
It should not exceed 7.5 g for men and 6.5 g for women. To prevent high blood pressure and arteriosclerosis, try to maintain a low-sodium diet.
- (4) Avoid fatty meals!
- (5) Eat fish rather than meat as a main staple!
The oil contained in fish helps to lower cholesterol levels.
- (6) Eat plenty of vegetables!
- (7) Drink alcohol only moderately!
- (8) Brush your teeth after every meal!
- (9) Relieve stress in a way that suits you.
- (10) Get enough rest with regular sleep.
Sleep is effective in relaxing tired bodies and relieving fatigue.



From Our Nutritionists

Having Snacks May Actually Be Good for You!

What bell does it ring when you hear the word "snack"? Many people may think of fattening snacks that they are not really supposed to eat. In fact, however, having snacks between regular meals is an efficient way of eating both for the working generation, for whom it is difficult to eat three meals regularly every day, and for seniors, who can no longer eat as much at one time. The important thing, though, is not to eat "three meals a day" but to **keep a steady total amount of food eaten per day.**

Many of you may feel constrained by rules like "Don't eat late at night" or "Don't miss meals," but everyone's lifestyle is just different.

How about enjoying eating habits with more fun and freedom by smartly planning for one or the other snack between meals?



If you would like to find out more, please contact one of our nutritionists.



Current Occupancies As of AUG 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
few	many	many	many	many	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!

From Our Care Plan Center



Ask for advice as soon as possible when your daily life has changed!

As you age, do you find more and more things in your life seeming tedious or too much to handle, for example, when it comes to going out, preparing meals, taking a bath, going shopping, meeting friends, or dressing up nicely? You may feel that not long ago you were able to do such things without having to think about them.... In such cases, please first consult with the *Chōjū-Fukushi-ka** ("Longevity and Welfare Division") of the Ōguchi Town Office or the *Ōguchi-chō Chiiki Hōkatsu Shien Sentā** ("Ōguchi Town Community Comprehensive Support Center"). After consultation, if you have been certified for long-term care, one of our care managers will visit you at home to introduce and coordinate long-term care insurance services and other resources to help you live a more positive and fulfilling life.

Please feel free to contact us for consultation:

☎ (0587) 95-7277

*Since these facilities have no official English names, we are providing the transcribed Japanese names along with their tentative literal translations.



Ichigo Ichie Welfare Society swc

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