

## ☆ *Ichigo Ichie's* First **NakaMarché** ☆



On Saturday, October 7, a clear and pleasant autumn day, we held our first **NakaMarché**. [Our original portmanteau name combining “*nakama*” (fellows) and “*marché*” (street market).]

Thanks to the vendors, local residents, and the residents and users of our facility, it was a very lively and enjoyable day.



# Ichigo Ichie Low-Cost Retirement Home

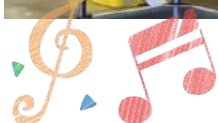
## Fall Fitness Festival

Our first physical fitness festival held in four years was a fierce competition between the residents and the staff, who were reshuffled into a red and a white team.

The teams fought with all their might in all categories under enthusiastic cheering.



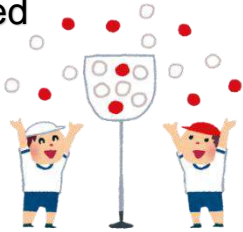
The categories for staff members gave chances to reverse the lead. ☆ The audience enthusiastically cheered the staff members as they each struck a funny pose of encouragement.



# Ichigo Ichie Day-Care Center

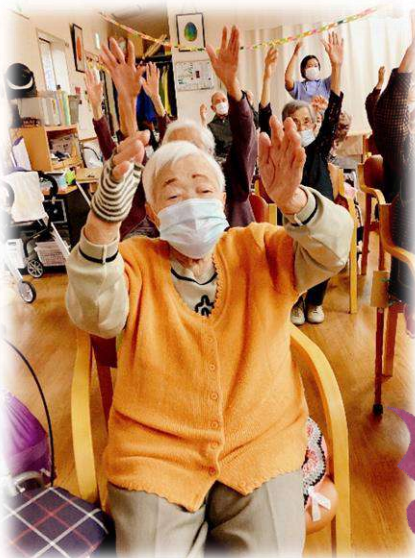


This year's fitness festival featured a basketball-like tossing game with cushion balls, a passing game, and a stick soccer game, all of which saw heated competition! The white team won, but everyone did their best with a youthful spirit!



## ♪ Music Week ♪

From November 6 through 11, we held a "Music Week ♪" as an event for everyone to enjoy music. ♪  
It turned out to be a charming week of singing and exercises.



## From Our Health Care Pros

### Getting Good Sleep Every Night...



Sleep helps us recover from mental and physical fatigue. Not getting sufficient amounts and quality of sleep can lead to disruptions in our daily lives or even to health problems. It also increases the risk of lifestyle-related diseases. Therefore, everyone should review their own sleep and aim to improve the health of body and mind.

Maybe you can refer to “健康づくりのための睡眠指針 2014～睡眠12箇条～” (“Sleep Guidelines for Health Promotion 2014 - 12 Clauses for Sleep”) issued only in Japanese by the Ministry of Health, Labor and Welfare.



### Stay Ahead of Colds!

This year, more people than usual seem to be getting sick due to stronger temperature changes. In addition, an influenza alert has been issued for the first time in several years, so please pay attention to air temperature and humidity. Moreover, it is important to drink plenty of water, eat well, exercise properly, and sleep well. Let's spend this winter and New Year's holiday with smiles on our faces! 😊

## From Our Kitchen

### Have You Ever Heard of Sarcopenia?

Once a month, we talk about nutrition and health to those who attend our **Physical Fitness Class**. In October, for the first time, a cook was the instructor, and along with making snacks, we discussed the topic of “**How to prevent sarcopenia**”.

Do you even know the word "sarcopenia"? Almost nobody in the Physical Fitness Class knew it. Sarcopenia is a condition in which the body loses muscle mass, muscle strength, and physical ability due to aging. Adding nutrients such as protein (as a source of generating muscle and blood), calcium for strengthening the bones, and vitamin D for improved absorption, to your current diet can help you prevent sarcopenia and thereby maintain a healthy body!

The snack we made was **cheese toast with shirasu** (“whitebait”).



## Current Occupancies as of DEC 1, 2023

### Ichigo Ichie Low-Cost Retirement Home

Fully occupied with 3 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
many	lots	lots	many	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

Don't you want to warm up your body by stretching in the cold of winter? Here are some simple stretching exercises for you!

### Shoulder stretching

- 1) Place your hands on your shoulders and lower your elbows.
  - 2) Slowly raise your elbows.
    - Count to 8 as you raise your elbows.
    - Raise your elbows slightly higher than your shoulders for best results.
  - 3) Repeat this movement of slowly raising and lowering your elbows 5 to 10 times.
    - For an even better effect, be careful not to bend your back.
    - You should really try this easy exercise, as you can even do it as you are watching TV.

In our classes, we teach movement and stretching exercises that you can easily do at home. We look forward to seeing you participate!



## Ichigo Ichie Welfare Society swc

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