



## Best Wishes for the New Year!



Over the year-end and New Year's holidays, we harvested *shōgatsuna* ("New Year's greens", a slightly lighter variant of *komatsuna*) and held a *mochizuki* ("rice-cake pounding") event with our residents! Our kitchen made the *mochi* rice cakes and New Year's greens into *zōni* (mixed soup with rice cakes) on New Year's Day.



Conveniently  
assorted New  
Year delicacies:  
**osechi\*** ❤️



\*Small dishes with auspicious meanings that, at the same time, spare families from spending much time in preparing holiday meals.



## NakaMarché Vol. 2

["nakama" (fellows) × "marché" (street market)]

**Date:** Saturday, March 30, 2024

**Place:** Ōguchi *Ichigo Ichie* parking lot



For further details about our street market or *Ichigo Ichie* in general, please feel free to check and follow our Instagram and web pages. 🎵



# Ichigo Ichie Low-Cost Retirement Home

## Back on Track with Outings



Under clear autumn skies, we went to Jakkōin Temple, famous for its maple leaves, in our neighbor city Inuyama. The participants, confident in their legs and feet, made their way up the long flight of stairs to then enjoy the deep red autumn leaves.



A chance to strike the huge temple bell!



During a visit to nearby Momotarō Shrine, our staff took the initiative in fending off the evil *oni* demons and then wishing for everyone's safe and secure life at Ichigo Ichie in 2024.



# Ichigo Ichie Day Care Center

☆ Celebrating Christmas ☆ 2023 ☆

♪ We held a number of Christmas events on December 6, 7, 11, and 25, 2023, and for the first time in four years, we had preschool children joining us. It was a warm time full of joy and smiles. ♪



The handbell performance was a charming concert with the participation of our service users. ♪ All meals and snacks, of course, were Christmas-themed.







## From Our Health Care Pros '10 Articles of Health'

for Staying Fit for the Next Ten Years

- 1) Get up early and eat a hearty breakfast to awaken body and brain to start a day full of energy.
- 2) Set your goals for daily oral care in line with the 8020 Campaign.
- 3) Get sufficient rest through a good night's sleep.
- 4) Get a checkup once a year.
- 5) Check your health every day, measuring your temperature, blood pressure, weight, etc. at the same time and under the same conditions.
- 6) Beware of too many snacks between meals.
- 7) Have a palmful of vegetables in each meal and try to reduce salt intake.
- 8) Have complete meals with staple foods, entrees and side dishes.
- 9) Consciously increase your walking time by 20 minutes a day (or 10 minutes twice a day).
- 10) Greet people with a smile.



Check how well you have been doing with the 10 articles in your daily life, and then take on new challenges, starting with the easier ones!



## From Our Nutritionists



### Kagamibiraki and steaming hot zenzai!

*Kagamibiraki* ("opening the mirror") is an event to wish for good luck throughout the new year by taking in the spirit of the New Year's deity residing in the *kagamimochi* ("mirror rice cake") when he or she returns home (when the pine tree season is over). In other words, *kagamibiraki* is held until all rice cakes have been eaten. Here at *Ōguchi Ichigo Ichie*, we put *mochi* into *zenzai* (a sweet bean soup) to get the power of the New Year's god by eating the *mochi*! All residents, day care clients, and staff enjoy the delicious food every year, wishing for good health. This year, the self-proclaimed "*Miss Kagamibiraki*" also made an appearance, causing the *kagamibiraki* ceremony to be filled with laughter!

**Let's all laugh a lot, eat a lot, sleep well, and stay healthy for another year!**



## Current Occupancies

As of JAN 1, 2024

### 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
<b>few</b>	<b>few</b>	<b>few</b>	<b>few</b>	<b>few</b>	<b>few</b>

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



Do you all know what kinds of nursing care insurance services are available? Roughly speaking, there are two main types of services: in-home services and ambulatory day care services.

**In-home services** → Nursing services are provided at each client's home: geriatric nursing care, bathing, medical nursing care, rehabilitation.

**Ambulatory day care services** → Clients go to designated places to receive nursing care services: day care facilities, geriatric and medical care facilities, short-stay care homes.

**Our care managers will help you find the necessary services according to your particular conditions.**



Please feel free to contact us for consultation any time!



## Ichigo Ichie Welfare Society swc

### Ōguchi Ichigo-Ichie Retirement Home and Day Care Center

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