

Even on a Stone...

Ryō Miyazaki, Head Manager of Ōguchi *Ichigo Ichie*

In this early summer season, I would like to take this opportunity to extend my best wishes to all of you for your continued wellbeing. Also, I would like to thank you for your continued support and help in operating our facility.

This spring, Ōguchi *Ichigo Ichie* hired a new high school graduate for the first time in three years, allowing us to welcome April with a new dash of freshness. In such a season of positive thinking, I would like to tackle various things while remembering the time when I joined the company 24 years ago. At the time, the words of our Chairwoman of the Board (current President), "*Ishi no ue nimo sannen* 石の上にも三年," literally meaning "Even if it's a stone, [sit on it for] three years," left a deep imprint on my mind. Everyone is familiar with this proverb, which means that if you sit still on a stone for three years, the stone will eventually warm up. This is a metaphor for the fact that no matter how hard a situation is, if you persevere, eventually some changes will occur and facilitate the budding of a turnaround. The "three years" are a deliberate figure just to imply a long period, but at the time I thought to myself, "Okay! Three years for starts!" I took the number literally and have been working hard in my job ever since. This is what I told the new employee at this year's welcoming ceremony, and I hope he will succeed according to the proverb's original meaning. To continue with the different interpretation, it has been three years since I was appointed head manager of Ōguchi *Ichigo Ichie*. When I first took office in the midst of the corona crisis, we experienced a cluster at the facility and worked together closely with all residents and staff to get through this truly difficult time. Last year, in my third year into office and just as my "stone" had warmed up, we held our *Ichigo Ichie NakaMarché* street market as one of our new initiatives and outreach activities in October and March. Both times, it attracted many visitors and created lots of smiles. As a result of overcoming the difficult period of the corona crisis, we were able to transform our past events into new ones, thus adding a new page to the 37-year history of Ōguchi *Ichigo Ichie*. We will continue to both carry on the traditions and bring in new winds to enliven Ōguchi Town and our facilities together with our residents, users, local residents, and staff. I gladly look forward to working with all of you again this year!



Our next *Ichigo Ichie NakaMarchés* are scheduled for **Sat, Oct 5, 2024** and **Sat, Mar 29, 2025**.
We definitely hope to see you then!

Ichigo Ichie Low-Cost Retirement Home



A Grace- and Colorful Interplay of Wisterias and Peonies

In a period of rain, we hung up a few *teruteru bōzu* (charm figures with “shiny bald heads”), and they really worked to stop the rain, allowing us to visit *Mandaraji Temple* in Kōnan on the next day. The sweet fragrance of wisteria there tickled our noses pleasantly.



As a treat, we brought madeleines with a rich buttery flavor, freshly made by our kitchen staff. Eating them outside doubled the deliciousness as well as the smiles on everybody's faces. ☆



Ichigo Ichie Day-Care Center

In early April, as every year, we were treated to *dango* (rice flour dumplings) on a skewer while admiring the cherry blossoms in full bloom! The mind-soothing cherry blossoms and the belly-filling dumplings gave everyone a joyful time.



We also enjoyed a walk along the Gojō River and felt the budding spring with every fiber.



母の日

Haha no hi



On **Mother's Day**, the ladies were treated with a special lunch and dessert, plus a comb in thanks for their daily support.

From Our Health Care Pros

Every year from June 4 to 10, an "Oral Health Week" is observed in Japan. The average life expectancy of Japanese people now exceeds 80 years. The life expectancy of teeth, though, is said to be only in the 50s to 60s, with more and more people losing their teeth as they get older. Although there are various causes, the most common cause of tooth loss is said to be gum disease, and statistics from the Ministry of Health, Labor and Welfare indicate that two thirds of people in their 30s and older suffer from it. In order to prolong the life of our teeth, everyone should get into the habit of practicing oral care, taking the "Oral Health Week" as a starting point.



Heat Stroke Prevention Coming in Full Swing in June

Get your air conditioners and fans ready before the hot period really starts. As you prepare packs of barley tea and other items you always use in summer, also keep a thermometer and a hygrometer in reach. The better prepared you are, the better your time will be!

From Our Kitchen

On May 7, we held a Mother's Day event to say thank you to our female guests. As requested by some of our guests, the menu included two kinds of pizza. Also, we colored the rice pink, making it a Mother's Day color and prompting comments such as, "What a beautiful color!" We are truly happy that we were able to express our gratitude through our Mother's Day dishes.



Menu

- Sushi with *ume* plum and *shiso* leaves
- Seafood pizza
- *Ebi-furai* (deep-fried shrimp)
- *Kushikatsu* (skewered pork cutlet)
- Margherita pizza
- mushroom soup
- Cobb salad

Three kinds of dessert:

- Black bean and *matcha* pound cake
- Mandarin orange jelly
- Apple pie

Current Occupancies as of MAY 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
many	many	many	few	many	none

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

As part of the nursing care prevention programs implemented by the town of Ōguchi, we have been consigned with conducting physical fitness classes. To participate, applicants are required to consult with the Ōguchi Town Office or the *Chiiki Hōkatsu Shien Center* ("Local Comprehensive Support Center") and answer questions about their lifestyle and health condition in a "Life Function Check Sheet", and those who are deemed to be in need of exercise and opportunities to go out are then invited to join. The classes offer oral exercises by a dental hygienist, exercises and stretches that can be done at home, and exercises that can be done using everyday objects. With the class held twice a week, the participants enjoy a pleasant rhythm in their daily lives that provides them with the chance to do exercises and a place to interact with other local people.



Ichigo Ichie Welfare Society swc

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