



The Way to Happiness as Taught to Me by Working at *Ichigo Ichie*

Nobuyoshi Suzuki, Head Manager of *Ōguchi Ichigo Ichie*

I always think, "*Ichigo Ichie is a treasure box.*" ✨ Here, I can exchange greetings with long-lived people who are over 100 years old. Kindergarten kids come by to show us how they play. We are allowed to watch over elementary school students on their way to and from school. Nursing students come here for practical training, and our 20-something year old kitchen staff work hard to prepare the meals for all of us. Family members come over to visit our facilities.

And then there are our residents and day-care patrons. There are other jobs that involve interacting with people, but is there any other job with a spectrum like this? This workplace truly is a treasure box. ✨

It newly taught me a way to be happy. I wrote "be happy," but to be precise, I believe that "happy" is nothing you "are" or "become" but something you "feel." This is because even if someone thinks, "If I were rich, I would be happy," there are many cases where people do not turn out to be happy when they actually do get rich, aren't there?!?

One of the ways to feel happiness is to say "*ari-ga-tō*" ("Thank you"). All of our residents and patrons say "*arigatō*" ("Thank you", 有り難う; literally, however, an expression along the lines of "It seems hard/difficult (*gatō*) to have/be (*ari*) this" or even "It seems difficult to exist (without your help)") to us really often. I then reply, "Thank you, too," thinking that we as staff are in a position to receive their fees for our work and have the opportunity to provide them with nursing care. In my view, it is a matter of course to do and give what we can, so I wondered "Why do they say 'Thank you' to us?" Then I came to realize that we can also express our gratitude for things that can be taken for granted. By now stretching *arigatō* to *ari-ga-tō* (taking the last syllable *tō* from *tōzen* ("natural, of course", 当然), I got to learn to be thankful for what we take for granted.

For instance, have you ever appreciated the skin on the soles of your feet? If you did not have any skin on your soles, how painful would it be to walk? It would be very tough every day.

Health, parents, the sun, family, food, peace, air... If we are thankful for what we already do have, nothing could make us happier! If, on the other hand, we keep ranting and complaining about what we do not have, we might be, and stay, unhappy. This way, gratitude is an "antenna for happiness." It is just like the Earth's air. The Earth is warmed by the sun. But it is extremely cold on top of high mountains, although these are closer to the sun. Why is that? Because there is no air there. As the air is warmed by the sun, we are able to feel gratitude for the sun. Without an antenna for gratitude, we could not feel somebody else's gratitude! We would not notice it! That is what I believe it means. Without a grateful heart, no matter how much we are blessed in our surroundings, we would never feel happiness... That would be really sad, wouldn't it?

Therefore, I always want to keep a heart of gratitude for the things I take for granted.

Finally, I am very grateful for the connection to all of you who read this! Please accept my gratitude!



Ichigo Ichie Low-Cost Retirement Home

Our facility offers various projects and club activities to bring along fun and enjoyment for the residents.



Taishōgoto Club



Eat-Out Tours



Omatcha Club



Walking



Gymnastics Club



Picture Letters



Sushi Buffet



ChokoKara Therapy
("Just a little"
Physiotherapy)

We also provide health checkups and ongoing muscular exercise, encouraging participants to lead active lifestyles without any mental pressure.



Ōguchi Ichigo Ichie Day-Care Center

Mother's Day

On the occasion of Mother's Day, as tokens of our gratitude, we gave the celebrants small gifts and had a photo shoot.



The attendees got to enjoy a tasty treat, hand-made by the kitchen staff. ♡



祝 Celebrating Age 100: Warmest Congratulations!!!



We had the pleasure to celebrate a centennial birthday. The family wrote a letter and, without telling the celebrant beforehand, a staff member read it on their behalf. There were even a few tearful moments, ☆ but altogether it was a wonderful, heartwarming birthday party.



From Our Healthcare Pros

Stay energetic through healthy dental and oral habits!



When the mouth gets weaker, so does the body!

Every year, June 4-10 is Dental and Oral Health Week. When the mouth functions poorly, the body also weakens. Have you ever thought about what major functions the mouth has? There are four: eating, speaking, breathing, and making facial expressions.

In order to sustain the four major functions,
it is vital that the oral cavity stays well moistened with saliva.

When the mouth becomes dry due to insufficient secretion of saliva, it becomes easily contaminated. In addition, the inside of the cheeks and gums may be injured by our food, or it may become difficult to chew and swallow properly. Saliva is important to moisten the oral cavity and maintain oral health. Therefore, we recommend massaging the salivary glands.

Speaking of oral health! Brushing our teeth should be a matter of course. We often hear about the link between oral bacteria and internal diseases. Dental plaque, a mass of bacteria, is a direct cause of tooth decay and periodontal disease. It is also said to be related to aspiration pneumonia, infective endocarditis, sepsis, and ischemic heart disease, so everyone should have regular dental checkups as well. Oral health is very important not only for maintaining and improving our nutritional condition and physical fitness, but also for living a motivated life every day.

From Our Nutritionists

Let's be aware of hydration before the hot season arrives in full swing!

During the humid rainy season, many people tend to drink too little water and are unaware that they are becoming dehydrated. During this time of year, it is important to be aware of **latent dehydration**.

It is said that many people are on the verge of dehydration when the body is depleted of the necessary amount of water, but neither they nor those around them are aware of it. Let's pay attention to even the smallest signs of dehydration to prevent such "hidden dehydration".

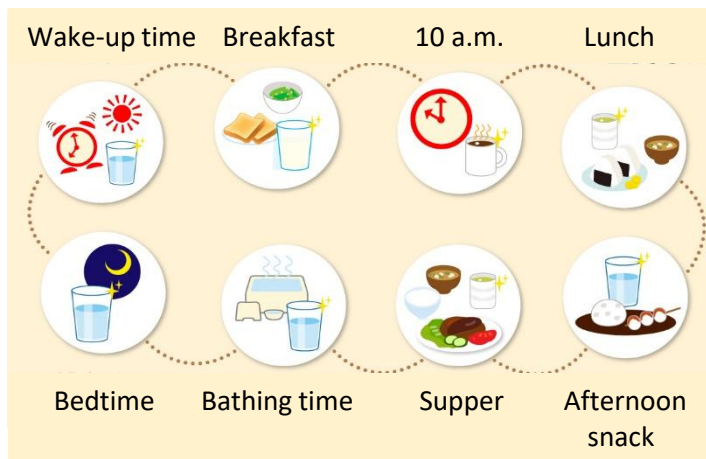
Key points to prevent latent dehydration:

(1) Drink beverages suitable for hydration.

Alcoholic beverages and drinks high in caffeine, such as coffee, have a diuretic effect, making it easier to excrete body fluids as urine, so they are not recommendable for rehydration. It is better to drink water or barley tea on a daily basis.

(2) Keep in mind to rehydrate frequently.

When you start to feel thirsty, your body's water supply may already be too low. Consciously drink about 1 glass (200 ml) of water or tea several times a day before you even start to feel thirsty, as illustrated on the right.



Ichigo Ichie Welfare Society swc

Ōguchi Ichigo Ichie

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