



June 28, 2021

NALC Holland Newsletter vol.11



**Last weekend of May, a horse chestnut tree is standing in the deep blue sky. I can see it just from my garden. One of the meaning of the tree is "Healthy". Seed extraction has been used for medicine, and these days also cosmetics. Corona crisis seems to be calming down. Hope it ends soon and we can be active soon again.**

**NALC Holland Chairman Kuniharu Iwasaki**

## Introduction Questionnaire for the NALC members- Holland

More than one year ago we are confronted with the Corona virus. In the beginning we did not know the consequences for us.

Now we have experienced third waves and the infection is drastically decreasing. We made this questionnaire in April 2021 and we did not know how it will be finished. We hope that all people have got vaccination. So at the moment you receive the NALC newsletter in June 2021 the circumstances will be changed to the better. In any cases every one of us has more or less serious experiences.

With the questionnaire I we want to create the possibilities to share these experiences. Therefore we would like to ask you to answer the 8 questions you can find below.

When you want to get some help answering this, other NALC-Holland members are ready to help you (as a Buddy).

In the questionnaire II, we would also like to know how you expect to experience your life after the Corona Time. In this way we can find how we are able to support other people or ask other members to support you (Reciprocity). With all these answers from you we can make a Network plan as to how we can help each other after Corona Time.

### **I How did you experience the lockdown?**

- 1, How was your personal development (personal skills, adaptive behaviors)?
- 2, How was your self-determination (decision making, personal goals)?
- 3, How was your interpersonal relation (social networks, participation)?
- 4, How was your social inclusion (community, participation)?
- 5, How was your rights (dignity, legal access)?
- 6, How was your emotional well-being (safety, lack of stress)?
- 7, How was your physical well-being (health status, nutritional status)?
- 8, How was your material well-being (financial status, employment status)?

### **II After Corona**

- 1a, What do you expect from the NALC in terms of personal development (personal skills, adaptive behaviors)?
- 1b What can NALC expect from you in terms of personal development (personal skills, adaptive behaviors)?
- 2a What do you expect from the NALC in terms of self-determination (decision making, personal goals)?
- 2b What can NALC expect from you in terms of self-determination (decision making, personal goals)?
- 3a, What do you expect from the NALC in terms of interpersonal relation (social networks, participation)?
- 3b What can NALC expect from you in terms of interpersonal relation (social networks, participation)?
- 4a, What do you expect from the NALC in terms of social inclusion (community, participation)?
- 4b What can NALC expect from you in terms of social inclusion (community, participation)?
- 5a, What do you expect from the NALC in terms of rights (dignity, legal access)?
- 5b What can NALC expect from you in terms of rights (dignity, legal access)?
- 6a, What do you expect from the NALC in terms of emotional well-being (safety, lack of stress)?
- 6b What can NALC expect from you in terms of emotional well-being (safety, lack of stress)?
- 7a, What do you expect from the NALC in terms of physical well-being (health status, nutritional status)?
- 7b What can NALC expect from you in terms of physical well-being (health status, nutritional status)?
- 8a, What do you expect from the NALC in terms of material well-being (financial status, employment status)?
- 8b What can NALC expect from you in terms of material well-being (financial status, employment status)?

Thank you for your answer. Please send your written answer to K. Hirata [leona.ilya@gmail.com](mailto:leona.ilya@gmail.com) before the end of August. The information that we have from you is treated strictly confidential.

A. Millenaar, K. Hirata

# Aiming to be a social worker who works until 90 years old, how to live in the super aging society

Mitsuhide Sano

Don't you think "working until 90" is a great title? Mr. Sano returned to Japan after working as a representative of a Japanese company in Amsterdam. In January of this year, when I met him again at an online meeting, I was surprised to hear that he would leave the company, and then would be re-employed as a social worker from this April. He seemed to have made a detailed plan, so I asked him to write about that story. We've got a great report which inspires people. See the last subheading : [Keep on working until 90 years old : SUPER WORKER "G" !](#)

## How do I live after retirement? ~Contribution to the local society~

### **1) Getting a job at an organization supporting COPD patients**

When I was thinking how I should live after 60years old retirement, I have chosen the job of the Secretary General of a Respiratory Disease Patient Support Group. (continued employment. Treated as seconded. Utilizing my favorite field: home healthcare) I was also able to gain valuable experiences that cannot be obtained by for-profit companies, such as by bundling related patient groups and collaborating to play a role in promoting petition activities that encourage the government to listen to the voices and requests of patients. Furthermore, through collaborations with doctors of related academic societies and international networking with representatives of overseas patient groups, I could expand personal connections to each stage and gain valuable assets that will lead to the next stage.

### **2) Getting license as a Social Worker ~Leaning "Welfare Management"**

As the second life work theme, I began preparations for social contribution in the field of dementia, which I have been thinking for many years. We live 100 years long, they say. I thought about how to live the rest of my life and thought of a final job that would allow me to continue working for a long time even when I become much older. In this super-aging society, I decided to take up a job that can contribute to the local community through

long-term care for the elderly with dementia and offer support to their families as well which is an indispensable issue. I decided to take on the challenge of acquiring the "Certified Social Worker" qualification. I have gained sufficient knowledge and experience about medical insurance related services in my previous career. Thus, what I needed was the knowledge about long-term care insurance-related services and welfare services. This is also related to NALC. Just after my retirement, I started learning at the Department of Welfare Management at Nihon Fukushi University. While serving as the secretary general of a patient support organization, I studied for two years in correspondence education at the university, cut off the required 25 credits including on-site training, and passed the national examination. I got a certified social worker qualification in April last year.

## Job hunting to make my dream come true

Since February of last year, the first state of emergency has been issued due to the new coronavirus infection, and the social situation has become very unstable. In May I retired from the company which I worked for 40 years. I started job hunting with support of a 'Hello Work' specialist while receiving unemployment benefits from employment insurance. As a social worker, I thought of a job that could contribute to the area of elderly people with dementia as a counselor at a Comprehensive Community Support Center established by each municipality in each living area.

This center is positioned, as a national policy, as one of the core institutions of the comprehensive community care system that is being established and operated in each municipality as a key to creating a community-based society in the future.

The main targets of consultation support are elderly people and their families who need or are likely to need long-term care due to various factors including dementia. At the center, specialists such as chief care managers, public health nurses, and social workers are assigned to provide consultation support and act as coordinators for optimal medical, long-term care, and welfare services, as well as other social resources. Since experience is important in addition to qualifications, I searched for a center that would accept hiring as a place for training to gain experience and continued to apply. Job hunting was also affected by the increase in unemployment due to the corona virus and restrictions on interview activities, but the biggest barrier was the age barrier. Fortunately, however, one of the Comprehensive Community Support Centers in Tokyo appreciated my past career, and after the second interview in August, I was able to get a job offer from April this year.

### Various networks and experiences

After that, I am preparing for employment while deepening my specialized knowledge about dementia and elderly care, and building and expanding new networks with people in various related fields. In particular, a valuable connection that I got was "Hoshi no Kai" of the Premature type Dementia Family Association. <<https://hoshinokai.org/>> When I got a job as a social worker, I wanted to feel that feeling through interaction with people with dementia, so I joined the association as a volunteer member.

Due to the corona disaster, it became impossible to hold face-to-face meetings, but as an alternative, Zoom meeting was introduced immediately, we hold "online salon" once a week, and the person with dementia and his or her family participating. Everyone shares updates and some of the problems in there are discussed. The 20 years anniversary of its founding will be celebrated this year. I appreciate the family

atmosphere and its continuation of the wonderful activities.

In private, we continue long-distance care for my mother-in-law (95 years old) with dementia who is in a nursing care facility in Ehime prefecture. My wife and I are sharing this task from Tokyo. In many of long-term care facilities, as a preventive measure against corona infection, visits are still not possible, and there are concerns about deterioration of dementia symptoms and deterioration of physical function. We visit her on-line and hoping that the corona disaster will come to an end as soon as possible.

### Keep on working till 90 years old : SUPER WORKER "G"

*( 'G' sounds like "an old man" in Japanese )*

Entering a super-aging society, dementia is no longer a matter of others, and we are entering an era in which everyone might suffer. In my next life stage, I will listen to the voice of people with dementia and make every effort to create a comfortable society where people can say, "It's okay to have dementia!"

From this April, I will finally start a new challenge as a new employee as a social worker. The goal is "The Super Social worker G (old man) who works until 90 years old." The first 3 years will be spend to gain various experiences, starting with basic trainings. Is it really going well toward the goal after 3 years? I will do my best that I can write a good report in the next NALC Newsletter.



Mr. Mitsuhide SANO (63), stationed in Amsterdam for three years until May 2017 as president of a Japanese holding company in Europe. During this time, he concurrently served as Vice Chairman of the Japanese Chamber of Commerce and Industry in the Netherlands, in charge of the Live and Welfare Committee. He was a director of the Japan Desk in Amstelland Hospital. He was a member of NALC Holland during that period. Currently re-employed as a counselor at the Comprehensive Community Support Center in Tokyo.

(M.Higashi)

## “ On-line potluck” ( January ~May 2021)



We held ‘On-line potluck’ once a month for two hours on weekends. About 8 people participated each time, and it was a place for exchanging useful information and chatting. Sometimes we had problems like the internet trouble, or the committee members had no idea what the topic should be, or so. Anyway it was meaningful to be able to exchange information in Japanese at this difficult time. Furthermore, in May, two people who suffered from corona shared their experiences.

### “How do you keep yourself healthy?”

- I walk even in the winter. Just keep on walking.
- Gymnastics using TV and the Internet. You can also do yoga quietly without disturbing your family.
- Bath, footbath
- Good foods: lemons, honey, garlic, salted koji, mushrooms, natto, miso, smoothies with plenty of vegetables and fruits.

### "JACOP activities"

- JACOP was established to become a comprehensive organization of several existing Japanese groups. By Volunteering at JACOP you earn Nalc points. (which you can use only in NL)
- Nalc is looking for ideas on August 29th for his SAKB-sponsored Open Day in Amstelveen. (Place: Where the NEMO teahouse is located.)

### "Corona vaccination"

- Allergic reactions occur within about 15 minutes after inoculation, so you are instructed to stay there.
- Be aware of the side effects.

### " Funerals, the ending"

- Funeral costs vary by district, so it's worth checking in advance.
- You can omit funeral if you like.
- If you wish to have a funeral, use the 'Ending Note' to entrust the details to the family.

### "Experience stories of people infected with corona"

**A** (Tokyo): Affected in April 2021. High fever, headache continued for 2 weeks, fatigue. The ward's Corona Countermeasures Officer came to investigate the symptoms and the situation at home, and I was told to be quarantined at home. Water and food were delivered from the ward. Complete recovery in 4-5 weeks. The source of infection is speculated to be a sports match.

**B** (Amsterdam): On May 21st 2021, I had a slight fever and was positive with a PCR tester at home. Reconfirmed positive by PCR at RAI. There is a slight fever, malaise, and discomfort in the smell. It was mild symptoms but it was hard mentally. There are no positives in my family, colleagues or friends. The source of infection is unknown. I talked to GGD on the phone and cleared his terms, so my home quarantine ended on the 29th.

(M. Higashi )

## Stichting Japanese Communities Platform ( JACOP )

“Houren-kai” which was introduced in the former newsletter, changed its name into “Stichting Japanese Communities Platform (JACOP) “.

1.5 committee + 2 advisers

2.The main meeting place: NEMO Cafe ( Amstelveen)

3.Jacop works had that many people would know about Jacop by building up the online meeting occasions.

• Facebook

[https://m.facebook.com/japanesecommunitiesplatform.nl/?ref=page\\_internal&mt\\_nav=0](https://m.facebook.com/japanesecommunitiesplatform.nl/?ref=page_internal&mt_nav=0)

• The website is coming soon.

• Connecting people in Holland and people who are interested in Holland by “club house” ( new SNS )

• HOUREN KAI found a new Cafe space in Amstelveen. It is called “NEMO Cafe”  
• You can enjoy the Japanese snacks. Activities for the elder and children are organized here. When a Nalc Holland member offers help to the followings, he/she gets the Nalc point  
• ( which can be used only in The Netherlands)

• < Volunteer works at NEMO Cafe >

• \* Kitchen help, garden help, Cleaning help at NEMO Cafe.

• \* Administration help

• \* Help for “Mokuyou kai” ( gathering of the senior Japanese, at NEMO Cafe )

• ( Ouderkerkerlaan 15 06-4240 3726 )



( M. Higashi )



A fish in the sky (K.Matsubara)



Did you know ?

## 「 Ministry of Loneliness in Japan 」

Ministry of Loneliness was established in February 2021 in Japan. Prime Minister Suga appointed Minister Regional Revitalization Sakamoto, as the Minister of this new Ministry. Because of Corona Crisis, the loneliness of adult and children are getting serious. 31 members were appointed as the staff.

[https://www.kyobun.co.jp/news/20210224\\_05/](https://www.kyobun.co.jp/news/20210224_05/)

[https://arc.asahi-kasei.co.jp/member/watching/pdf/w\\_283-14.pdf](https://arc.asahi-kasei.co.jp/member/watching/pdf/w_283-14.pdf)

<https://globe.asahi.com/article/13016730>

( M. Higashi )



Family foto of Meerkoet.  
I did not like Meerkoet as they always chase the other birds away. But since I have been watching them making nest and feeding their chicks,  
I like them very much. (M.Higashi)



Rhododendron in Amsterdam (E. Kannan)



Did you know ?

**The 1st American President with disability:  
Joe Biden**



The 46th President of the United States ; Joe Biden has a stutter since his childhood. He said that he improved that by himself. The 78years old president sits beside children who is trying to overcome the same problem and encourages them. Quote from his speech: “ I leaned so much from having the deal with stammer. It gave me the inside of other people’s pain. It maybe understand that everyone has something to fight to overcome”

<https://www.bbc.com/japanese/video-55628483>

<https://www.bbc.com/japanese/video-53859604>

<https://www3.nhk.or.jp/news/html/20210119/k10012821731000.html>

(M. Higashi)



Davidia involucrata (E. Kannan)



Wisteria in Amsterdam  
Feeling like being in Japan in early summer  
(E. Kannan)

～～ From the committee ～～

- 📢 Contribution 2020/2021 (22 euro per year )  
NALC Holland aims to cover its expenses of the meetings and the office supply by your contribution.  
We appreciate your kind understandings and cooperations.
- Account name: stichting NALC Holland  
Account number: NL67INGB0006896387  
Any questions about the payment, please contact K. Matsubara ( kayenkayo@gmail.com )
- 📢 Did you report about your volunteer activities ?  
You are kindly asked to report about your volunteer activities to the committee.  
Please send the form and send your report to emiko@kannan.jp (NAC) or kayenkayo@gmail.com  
Download ( nalcholland.nl → Time banking system → How Time banking system works → Point application form )
- 📢 NALC will join the event “ ART & JAPAN ” on the 29th of August.  
Its aim is PR and to gaining our funds. Who would like to help us as volunteer on the day?  
Who would like to offer selling items? Please contact E. Kannan.

**ART x JAPAN**

8月29日(日) 11:00 - 17:00

Ouderkerkerlaan 15 1185AB Amstelveen

邦人ラウンジNEMO茶房が入るアート施設SAKABとJAPANの合同イベント。  
アート展示、ギター、書道、折り紙、少林寺拳法などのデモの他、屋台もです。  
オランダ&日本ミックスのイベント、ぜひお越しください。

イベント詳細は JACOP (Japan Communities Platform) で随時更新。

**Colofon**

NALC Holland URL: <http://www.nalcholland.nl>  
Contact : [masako@telfort.nl](mailto:masako@telfort.nl) / 06 2425 2523