



September 3, 2023

NALC Holland *Newsletter vol.13*



I was quite lucky this year that I could see Cherry blossoms in full blooming in Amstelveen.

In the morning of new year's eve, I had strong pain in my right eye and went to Emergency hospital. The horn membrane got a small cut by some foreign matter and infected by bacterias. The doctor told that the treatment with antibiotics had to be started now, otherwise it would be blinded. I could not drive a car for ca.1 month, so I needed help from my wife and daughter to see the doctor. I feel and also feel now it is very fine and important to have someone near who can help me.

I hope NALC Holland we can give our hands to such people as ones who need help.

NALC Holland chairman Kuniharu Iwasaki



Report Trial of “Senior Exchange Meeting” at Zonnehuis

Chieko Otsuka, 29 March 2023

On March 28 (Tuesday), a trial session of the “Senior Exchange Meeting” was held at Zonnehuis in Bovenkerk, Amstelveen. Iwasaki-san, Kannan-san, and Otsuka participated from NALC. In addition, Nakamura-san who is interested in caring of elderly people, joined us as well.

Four elderly people living in Zonnehuis attended this trial event. They all have various international backgrounds. Thanks to Ms. S and Ms. A. 's kind consideration for NALC these people were carefully selected for this trial event.

Ms. R.: Her husband is a Portuguese. He often visits her as he lives nearby Zonnehuis.

Ms. H.: She has spent for 7 years in Surabaya, Indonesia when she was a child, and is good at cooking Indonesian cuisine. She is a former cooking specialist and has published her own cooking book.

Mr. J.: He is from Papua, Indonesia and has moved from Indonesia to the Netherlands in 1962.

Mr. T.: He is the only Japanese resident in Zonnehuis. Initially, Zonnehuis consulted with JWC, and asked whether if there was anyone who can talk with him in Japanese. This consultation has liaised NALC with Zonnehuis, and has become a starting point of this trial event by NALC.

In this trial event, we started greeting and introducing each other, and then we wrote Dutch participants' names in Hiragana, to learn all the participants' names and introduce one of writing styles in Japanese..

It was a good opportunity for NALC to introduce our activities to Zonnehuis staffs and some of residents including Mr. T. From the reactions of the staffs who joined us, they apparently had a positive impression about this trial meeting. We are still in a discussion on how we could continue this senior meeting session with Zonnehuis, however, In case Zonnehuis is happy to continue having this senior meeting session regularly, we would highly appreciate that many of NALC members would be also able to join this session as a volunteer.



Review Book:” Polderjapanner” written in Dutch by Fumiko Miura. A Japanese Woman in the Netherlands



Fumiko Miura (1972) werd geboren in Shinshiro, Japan, en studeerde sociologie aan de Erasmus Universiteit. Ze woont sinds 2001 in Rotterdam, waar ze werkzaam is als leraar Japans. *Polderjapanner* is haar eerste boek.

Many Japanese people who live in Holland are familiar with the Dutch values. Fumiko Miura-san is one of the women who already lived in the Netherlands for more than 20 years and is married with a Dutch man. She got a Dutch language registration and with that she could study Sociology at the Erasmus University and succeeded with a Master about “Japanese who lived in the Netherlands “From these findings she wrote a book in Dutch and published that in the beginning of 2023 about differences and similarities in Japanese & Dutch in such a humorous way that she got very good reviews (recensies in Dutch) in newspapers and magazines. She started her book with a Japanese slogan: ”Toudai moto kurashi “ which means in this context that which is near from you don’t see the curiosity. Once you see this from another culture or with eyes from a person of another culture you see your own culture better. Fumiko-san described this in a vivid way in her book .

A typical difference between Japanese en Dutch people is that the first one are more modest. She gave a good example ;she waited endless on her turn in a shop until she learned to say “ik ben aan de beurt “(it is my turn)” A similarity between the 2 cultures is that people are hard working. Maybe it can be explained by the Confucianism in Japan and the Calvinism in the Netherlands. As a consequence it is for Japanese more dramatic because some people worked so hard that they died; which is called in Japanese “Karouchi“ Dutch people get a burn out; from which they can recover. Nowadays, it is in both cultures more relaxed with Feel-good-books In Japan ‘Ikigai’ and in Holland ‘Niksen “

In their free time Dutch men like to make their own renovation of the house with self bought materials ;the houses for Japanese men fall into such disrepair that they ask a construction company to renew the house. Dutch women are continuous busy to clean their house nicely while Japanese women have difficulties to clear up the rooms with many belongings. It is inexplicable why the book ‘opgeruimd’ of clear-guru Marie Kondo is so popular in Holland? Miura-san became with her book so well-known in Holland, therefore she has been asked to give a lecture in various fields .I attended one last week; she did this very attractive; also because during her performance she played 2 songs with a sanshin from Okinawa .



Impression from Anthony Millenaar
(Photos: Anthony Millenaar)



A visit to Stichting AFASIE THERAPIE Amsterdam

Masako Higashi

Marja, one of my ikebana student asked me ‘ Masako, Do you like to give ikebana workshop to the people from AFASIE THERAPIE Amsterdam? I do volunteer work there and we organise something nice for the patients on Friday afternoon. People feel happy if they work with flowers, don’t you think?’ I had one word that I could not catch from this conversation. What is “AFASIE”? Marja explained to me and I searched on the Internet.

AFASIE means that the brain has been damaged and the parts which is responsible for language are not functioning properly and you are unable to express what you want to say. Stroke is the main cause. If you have afasie,

- You are at a loss for words
- You can’t understand what the other person is saying
- You have difficulties with reading and writing

Logopedist (speech therapist) play an important role in therapeutic training. They aim to improve communication skills by:

- pursuing of problems
- the patient and the logopedist decide therapy method and its goals together
- Learning to use help materials such as cards and apps.

Group practice programs are also offered:

- Computer use learning group
- Reading and Writing group
- Discussion group

In the magazines/newsletters, they mention not only about language trainings, but also recipes for people who have difficulty swallowing food, tools for easily fastening laced shoes, tools for closing zippers with one hand, etc. You can imagine how difficult lives they have.



bron: jubileummagazine 2021, SAA-Amsterdam)

I also have difficulties communicating in Dutch as this is not my native language. It seems like that I also have the similar handicap, but people see me as a non-Dutch from my appearance immediately. Comparing to my case, it must be very difficult when you have problem to speak in your native language.

On the Ikebana Workshop day, I visited afasie therapie center with colorful flowers. After explanation everyone arranged their own ikebana. An elder man liked ikebana and could arrange a nice one by himself.

A chatty lady did not like to cut the flowers short, so she made quite tall arrangement. A young lady happily said that she loves flowers very much but her right hand does not move at all. I was impressed by her sincere attitude arranging flowers with one hand.



This new and beautiful center is situated in Amsterdam Zuid, underneath an apartments. It is a space with warm atmosphere. I think that many patients gather hier thinking ‘ I will meet my friends today’

Stichting AFASIE THERAPIE Amsterdam
<http://afasietherapie-amsterdam.nl>

— Volunteer works at Afasie center —

Since 2011 I have been working as a volunteer in the Aphasia Center 1 day a week, sometimes a period of time weekly, sometimes after a few months. Since the corona period, there are many changes in the organization. A move to a very nice new building in the Pijp in Amsterdam also brought changes in the organization and created new possibilities.

Each client establishes goals with his/her supervising speech therapist that the client wants to work on, e.g. speaking better or reading better. In addition to personal treatment, a client can work on this in a group with similar goals. For these clients it is very pleasant to be able to express themselves in a protected environment and to come into contact with fellow sufferers. These groups are supervised by a speech therapist or volunteer.

I am one of these volunteers and enjoy doing this, it is very nice to see clients grow and also to have friendship with them. Occasionally I see a client elsewhere in the city and then we have a pleasant chat.

Sometimes it is also sad when you notice that a client is getting worse or even dies. But that's part of our lives.

-Marja-

I'd like to introduce three good stories that I found in the media. They're all wonderful stories, but what made me happiest was..... the third one. How about you?

- * The appeal of the free bento was not only the bento itself
- * A challenge of Muroran City
- * A story about elementary school students helping a blind person.
(from NHK news web)
Masako Higashi

— The reason why the owner of a cafeteria offers free bento boxes —

Special bento boxes are handed out three times a week at a small cafe in Toyonaka, Osaka. The price is ... “free”. This initiative started two years ago. One of the visitors: “ I should have visited the cafeteria for the bento, but I ended up talking about my worries” What attracts many people here ? There was a kind and heart warming story between the owner and the visitors.



<https://www3.nhk.or.jp/news/html/20220823/k10013781031000.html>

— Aiming for the “Town of swallowing food” — The challenge that began in Muroran

Muroran City has started a new initiative with the hope that everyone, regardless of age or disability, can enjoy the same meal together. It was decided that the restaurant would offer not only easy-to-eat, but also good looking and good taste swallowing food. “Our goal is to become a town of swallowing food.”

The planning was to eat delicious food together, but....

The impetus for the initiative was an incident that Genki Namikata, who is the director of a nursing home that provides day care services in Muroran City, once saw. To celebrate a 88th birthday of a man, his family held a dinner party, and the table was lined with feasts. However, the man had weak chewing and swallowing strength,,,,,,

<https://www.nhk.or.jp/hokkaido/articles/slug-n039527f929f3>



"The bus has come" relay with small hands

For many years, a small hand on the back of a blind man has helped him get on and off the bus. The "Little Hand Relay" that has continued for more than 10 years.

"Should I quit my job?"

Mr. Yamazaki suffered from an eye disease and began to lose his sight when he was 35 years old. Ditches on the road and the sound of cars were huge burden on him which he did not expect.

By the time he got to work, he was already exhausted and sick of his job. Mr. Yamazaki says that he was thinking of quit his job because he could not work at the time when he was most active. One morning when Mr. Yamazaki was waiting for the bus at the bus stop as usual, he heard a girl's voice.

"The bus has come"

Around his waist, he felt a small hand. A girl gently pushed him on the waist and guided him to the entrance of the bus. From that day on, the communication between the girl and Ms. Yamazaki began, and even after the child graduated, her juniors continued to reach out. And it was not only Mr. Yamazaki who was moved, but also the children. . . .

<https://www3.nhk.or.jp/news/html/20220411/k10013576641000.html>



Colofon

NALC Holland URL: <http://nalcholland.nl>

masako@telfort.nl / 06 2425 2523