



March 2026

NALC Holland Newsletter vol.18



Hello Everyone, I hope everything is all right with you and your family.

Did you enjoy fireworks on the new year's day?

I enjoyed the fireworks in Wilnis with my wife's family members. Many fireworks were sparkling in the sky just like the other years. It is sad that was the last New Year's day fireworks. It is the countermeasure taken to put a period to the dangerous situation of escalating illegal powerful fireworks and violence

towards police, it is just by some groups of people. Perhaps some young people will let fireworks in the sky from time to time even it is illegal.

Currently, leaders of powerful countries are plunging innocent countries (or the whole world) into a state of uncertainty in order to protect their own countries (or their own power?).

Therefore it is quite important to keep the spirit of helping each other. I hope 2026 will be a good year for everyone.

NALC Holland Chairman Kuniharu Iwasaki



Zonnehuis Amstelveen "World Day" Event

kuniharu Iwasaki

The "World Day" event was held at Zonnehuis Amstelveen in Amstelveen on Thursday, 25th September 2025. The purpose of the event is to allow the residences of the facilities (residences were gathered from Zonnehuis groups in Amstelveen) to experience and enjoy a little bit of the atmosphere of other countries since they are not able to travel away. Members of the JWC and NALC Holland also cooperated in the event.

The weather was fine on the day, and many people gathered at the venue. In the hall, booths from Japan, Germany, Vietnam, the Netherlands, Mexico, Suriname, Hungary, Indonesia, Italy, the United States, and Morocco lined the stage, various of foods from each country were inviting the people. Zonnehuis residents, volunteers, facility staff, and visitors all enjoyed a variety of flavors.

The JWC members also performed a fun Bon Odori dance, bringing smiles to the faces of both dancers and people watching them. Everyone was captivated by the heartwarming performance by the JWC group "Sakura." When they started playing the Carpenters' song, some of the residents at the facility turned their attention to the music and listened with nostalgia, perhaps it recalled their memories of the time when the song was popular.

NALC Holland's Japan booth was also popular, with some residents happily placing food on their laps while sitting in their wheelchairs and asking, "This is delicious, can I have some for my grandchild?", and some have come back multiple times and enjoyed the food with a smile saying, "So this time I'll try this one!" This event was a great success thanks to the cooperation of many people.





Senior Exchange Meeting

Music Therapy Newsletter Vol.1

Towards a Future in which Hearts Resonate

What is Music Therapy?

It is a specialized way of approaching that supports the health of our minds and bodies. It is a method to give influences to people's emotions, thoughts, and physical state through various activities such as listening, singing, playing, and moving with music. What is important is not the skill of playing or singing, but the experience gained from music, and the sensations and feeling of association that arise in the process. These activities are widely used in medical, nursing, and educational settings, It helps individuals to regulate their mental state, express emotions that are difficult to put into words, and promotes interaction with others.

What are the effects of music therapy?

Music has many benefits, including calming emotions, reducing stress, regulating breathing and heart rate to promote relaxation, improving attention and memory, and providing people with a platform for interaction and self-expression in a group. For example, singing nostalgic songs can evoke memories and emotions in people with dementia, leading to increased conversation and smiles. There are also cases where rhythmic walking improves gait stability in Parkinson's disease patients, and vocal exercises can improve speaking ability. Furthermore, in neonatal intensive care units (NICU), gentle music is known to improve babies' breathing and sleep quality, and also deepen parent-child bonding.

Music and brain

Music stimulates our entire brain, maintaining and improving motoric capabilities and cognitive functions, and regulating mood.

Playing an instrument or singing further enhances these effects, helping to relieve anxiety and pain while also deepening social connections. Music enriches our emotional expression and interpersonal interactions, and is a major factor in improving our quality of life.

I would like to raise awareness and spreading music therapy, as well as promote its introduction in medical and educational settings, and convey its value to many people. Furthermore, I would like to widely deliver the power of music through various lectures and workshops, aiming to serve as a bridge between cultures.

Author: Yoshimi Kawai, Pianist, Composer, Music Therapist (NICU, NMT-F™)

Born in Aichi Prefecture. She lives in the Netherlands since 2000. She runs the piano academy i-arts universe near Amsterdam, where she engages in a wide range of activities including performance, education, and music therapy. She graduated from the Graduate School of Music Therapy at ArtEZ University of the Arts in the Netherlands in 2024. She currently holds professional qualifications in Neonatal Intensive Care Unit (NICU) Music Therapy (RBL) and Neurological Music Therapy (NMT-F™), providing music therapy to a wide range of patients, from infants to the elderly. She has previously been involved in music therapy practice and research for children with dementia, Parkinson's disease, ASD, ADHD, and hospitalized children in the NICU. She specializes in improvisational and highly individualized approaches, leveraging her experience as a performer. She is currently committed to promoting music therapy through lectures and workshops. She is a member of the NVvMT (Dutch Music Therapy Association), FVB (Federation of Specialized Therapists), and IAMM (International Association of Music Medicine).



Home nursing and care "Hot News"

Yoko

Hello everyone at NALC. It's been a while. And nice to meet you for new readers, my name is Yoko. Last year, I introduced through my Hot-News an 88-year-old Ms. Warner, who I have been taking care of as a visiting nurse in the Netherlands.

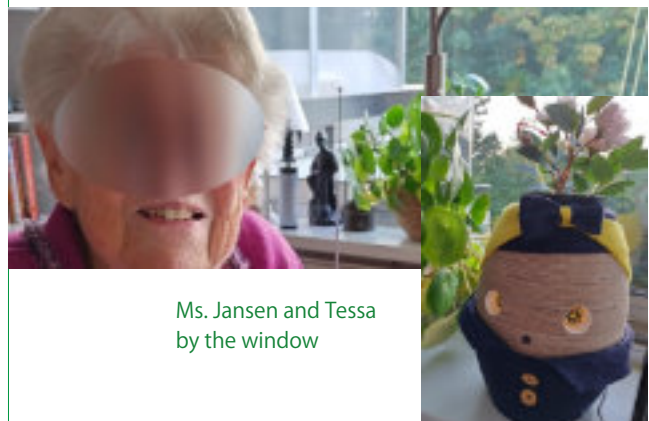
Today I am going to tell the story about 92-year-old Grandma Jansen. There are many topics surrounding this person, though I would like to introduce one of them to you."

It's about nursing care technology. In today's world, "Even in the world of nursing care, let's try to keep up with the times by using high-tech equipment" becomes the latest trend in the nursing care industry. Not just a little! But a lot of high technology is being used to compensate for labour shortages and reduce labour costs, since health insurance companies and the government are proposing policies to do so. One of those is "Tessa," developed by a company called Tiny Robot. The robot was already introduced in 2015 to visiting nursing and care organizations and has been in practical use. Then we decided to have our clients use it, so Janssen was chosen.

She lost her husband about four years ago, and her cognitive symptoms became much worse by the shock of the husband's death for a while, but the situation has gradually improved since then, and she is currently able to live alone. She is being supported to live alone by her five sons, our twice-daily visits, a helper to clean, and a life support worker who comes once a week. Many people are visiting her home regularly, though there is a real situation that she does not

have the energy to prepare meals herself since living without her husband makes her feel very lonely. So we started a trial to have Tessa talk to Ms. Jansen several times a day. Tessa is a bit funny robot shaped like two plant pots stacked on top of each other, with round eyes and a flower ornament on the top. The system works in this way that the time and the questions to be asked are entered in advance, and then responding to the user's answers. For example, at 8:30 in the morning, Tessa asks, "Good morning, Ms. Jansen. Did you sleep well?" If she answers "yes." Then Tessa responds by saying, "That's good to hear. Have a nice day." At 10 o'clock, Tessa greets again, "It's coffee time. Let's make some coffee and enjoy it." Tessa's task is to encourage people with mild dementia to take action. And since Tessa always asked the same questions, Ms. Jansen said, "What a strange doll!" and by the time she got used to Tessa, she had started almost ignoring her- - - .

This will be continued in the Summer 2026 issue.



Ms. Jansen and Tessa by the window