

KAIKOUKAI

Vol.05



日本：新倉富士浅間神社

FROM JAPAN TO THE WORLD

外国人向け社内報

KAIKOUKAI from Japan to the world

KAIKOUKAI

Philosophy

1. We aim for comprehensive medical care.
 2. We aim to provide medical care that is truly in the best interests of the patient.
 3. We aim to run an operation that provides an optimal working environment for medical practitioners.
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今回紹介する職員の方々



マリアーリエルト リックジョンレイエス
Mallari Eldric John Reyes
リハビリテーション
Kaikoukai Rehabilitation Hospital
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Philippines



グ ラナダ ジェイミールズ ギント
Granada Jamie Luz Guinto
リハビリテーション
Kaikoukai Rehabilitation Hospital
フィリピン
Philippines



モハマト ラディ スギアルト
Mochamad Radi Sugiarto
リハビリテーション
Kaikoukai Rehabilitation Hospital
インドネシア
Indonesia



ズ オンカックタイン タ
Dương Khắc Thanh Thảo
老健かいこう
Elderly Health Care Facility Kaikou
ベトナム
Vietnam



タイティゴ ックハン
Thái Thị Ngọc Hân
老健かいこう
Elderly Health Care Facility Kaikou
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Vietnam



ティ イ
程 禕偉
海外人材開発部
Corporate Head office
中国
China

リハビリテーション	・・・病院医療事業部	偕行会リハビリテーション病院
老健かいこう	・・・在宅医療事業部	老人保健施設かいこう
海外人材開発部	・・・法人本部	海外人材開発部



マリアーリ エルドリック
ジョン レイエス

呼び名：エルジョさん
出身国：フィリピン
趣味：バスケットボール

コロナが落ち着いたら日本の 色々な所へ旅がしたい！

私の休日は充実しています。朝は家事をして、その後スーパーに買い物に行き、帰ってきたら料理を作ります。昼食を食べた後、日本語の勉強と看護師国家試験の勉強をします。時間があれば、映画を見たり、ジョギングをします。寝る前は英語の小説を読みます。これが私の休日のルーティンです。

本当は日本の色々な所へ行きたいですが、コロナの影響で行けません。コロナが落ち着いたら、日本の北から南まで旅行がしたいです。コロナ禍の前は御在所岳に登山をしたことがあります。登るのは大変でしたが、良い景色を見ると気持ちよくなりました。翌日、全身筋肉痛になりましたが、それもいい思い出です。いつか富士山に登ってみたいです。

日本に来て驚いたことがあります。それはどこにでも自動販売機があることです。私の母国では、ほとんどありませんので日本の自動販売機を見ると飲み物が美味しそうに思えて、ついお金を入れてしまいます。いつでも気軽に飲み物が買える日本は本当に便利な国だなと思います。



ありがとうメッセージ

同じ職場の皆様へ

いつも色々とお世話になります。外国人として生活は大変ですが、皆様のおかげで安心して毎日を過ごすことができています。とても安心しています。

心より感謝いたします！



Mallari Eldric John Reyes

Nickname: Eljo

Home country: Philippines

Hobby: Basketball

Once COVID-19 settles down, I want to travel to many places in Japan!

I enjoy my holidays. I do housework in the morning, then go shopping at the supermarket and cook after returning home. After lunch, I usually learn Japanese and study for the national nursing examination. If I have time, I watch movies and go jogging. I read English novels before I go to bed. This

is my holiday routine. I want to go to many places in Japan, but I can't because of COVID. Once COVID is settled, I want to travel from the northern to southern parts of Japan. Before COVID, I went climbing Mt. Gozaisho-dake. It was hard, but I enjoyed the scenery. I had muscle pain the next day, but it was still a good memory. I want to climb Mt. Fuji someday. One thing surprised me when I came to Japan. There are vending machines everywhere. There are only so few in my home country, so when I look at vending machines in Japan, the drinks look so appealing, and I bought quite many of them. I think that Japan is a really convenient country because I can buy drinks anytime.



Message of Thanks

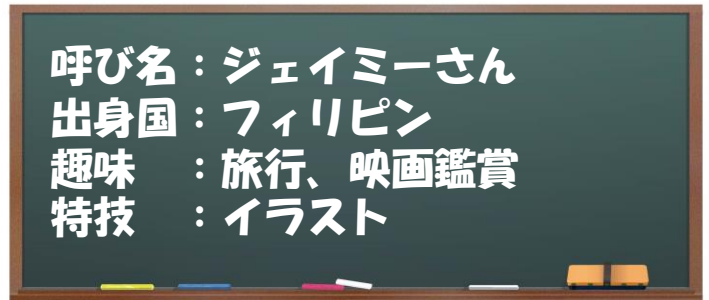
To all of my colleagues,

Thank you very much for everything. Living as a foreigner is hard, but I can live with peace of mind thanks to everyone. I really feel safe.

Thank you from the bottom of my heart!



グラナダ
ジェイミー ルズ ギント



目標は国家試験合格と立派な看護師になることです。

私が日本に来た目的は、国家試験に合格し、立派な看護師になることです。日本に来た当初は、言葉の壁に苦しんだ時もありました。しかし、日本語の勉強は毎日のようにしているので段々と慣れてきたと思います。日本に来て、初めての一人暮らしも大変でしたが、何か困ったことや聞きたいことがあれば、

いつも先輩方が教えてくださるのでとても助かっています。日本に来る前の日本人の印象は、厳しいイメージがありましたが、実際は優しくとても親切だと思いました。

休みの日は、家事をしたり家事の合間に勉強をしたり、時間があればユーチューブやネットフリックスで動画を見たりしています。コロナが流行りだしてからあまり出かけなくなりましたが、旅行が好きで、大阪で研修をしていたときは、京都や奈良に行き思い出を作ることが出来ました。

これからも目標のために勉強を続け、一生懸命働いて貯金が出来たら日本の色々な所に旅行をしたいと思います。

ありがとうメッセージ



まずは、同じ職場で働く皆様に感謝を伝えたいです。皆様のおかげで仕事もだんだんと慣れてきました。皆様には色々な迷惑をかけておりますが、これからも頑張りたいと思います。

母、姉、友人たちへ

みんな、私に愛と応援を本当にありがとう。



Granada Jamie Luz Guinto



My goal is to pass the national exam and become a good nurse.

My purpose in coming to Japan is to pass the national examination and become a good nurse. When I first came to Japan, I struggled with language barriers. However, I study Japanese every day, so I think I'm getting better step by step. When I came to Japan, it was hard to live alone for the first

time, but my seniors were always there to help me with any problems or questions. Before coming to Japan, I used to think that Japanese people were strict, but now I think they are kind and friendly. On my days off, I usually do housework, study in between chores, and watch videos on YouTube and Netflix when there is time. I didn't go out much during the COVID pandemic, but I like traveling, and when I was training in Osaka, I could go to Kyoto and Nara and have a good time. I want to continue studying for my goals and travel to various places in Japan if I can save some money from my hard work.

Message of Thanks



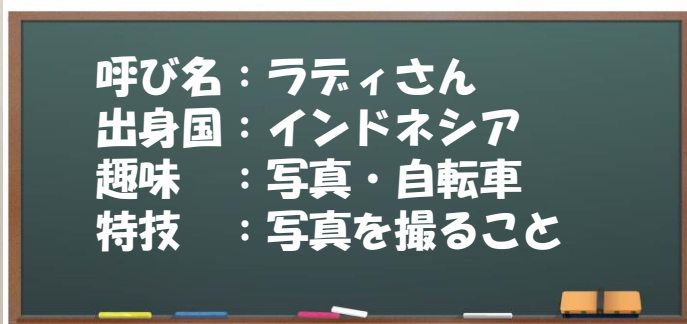
First of all, I would like to thank all of my colleagues at work. Thanks to everyone, I can get used to my work. I have bothered you all with many things, but I will continue to do my best.

To Mama, Ate & Friends

Thank you so much to my family & friends for showering me with love and support.



モハマド ラディ スギアルト



日本の景色が大好きです！

私は日本に来る前から、アニメで日本の季節のことを知っていました。例えば、春には友達や家族とお花見をしたり、秋には紅葉で周りの景色が、赤・黄・オレンジ色に変わることです。実際に日本で季節の移り変わりを感じて、春と秋の雰囲気の違いにとっても感動しました。

また、日本に来る前は生魚を食べたことがなかったので、最初はお寿司の美味しさが分かりませんでした。今はだんだん慣れてきて生魚の美味しさが分かるようになってお寿司が好きになりました。私は自然の景色を観ることが大好きなので、休みの日に車で色々な場所へ景色を観に行っています。特に景色がきれいだったのは、岐阜の付知峡と養老の滝、愛知の香嵐渓です。今でもすごく心に残っています。ほかにも休みの日は、娘と一緒に遊んだりして過ごしています。永住権を取って日本に長い年月住むことが、今の私の目標です。

ありがとうメッセージ



＜お父さんとお母さんへ＞

ありがとうございます。お祈りをしてくれたおかげで、看護師国家試験に合格できました。二人がいつも元気でいられるよう祈っています。近い将来、お父さんとお母さんを日本へ観光に連れて行けるように願っています。



Mochamad Radi Sugiarto



Saya Sangat Suka Pemandangan di Jepang

Sebelum ke Jepang, saya mengenal musim di Jepang lewat *anime*. Misalnya, pada saat musim semi, orang Jepang pergi *hanami* (tradisi menikmati keindahan bunga sakura) bersama teman atau keluarga. Saat musim gugur, dedaunan akan berubah warna menjadi merah, kuning, dan oranye. Di Jepang, saya benar-benar merasakan pergantian musim, dan merasa terkesan dengan perbedaan suasana di musim semi dan musim

gugur. Selain itu, sebelum ke Jepang, saya belum pernah makan ikan mentah, sehingga awalnya saya tidak tahu di mana letak lezatnya sushi. Sekarang saya sudah terbiasa, dan bisa menikmati lezatnya, bahkan saya jadi suka makan sushi. Saya juga sangat suka melihat pemandangan alam. Di hari libur, dengan naik mobil, saya pergi ke berbagai tempat untuk melihat pemandangan alam. Beberapa pemandangan yang paling berkesan adalah Lembah Tsukechikyo dan air terjun Yoro di prefektur Gifu, serta Lembah Korankei Gorge di prefektur Aichi. Pada hari libur, saya juga sering menghabiskan waktu untuk bermain bersama putri saya. Tujuan saya saat ini adalah mendapatkan visa tinggal permanen, dan tinggal di Jepang selama mungkin.

Ucapan terima kasih



Bapak dan Ibu, terima kasih banyak. Berkat doa dan restumu, aku bisa lulus Sertifikasi Ujian Perawat di Jepang. Semoga Bapak dan Ibu sehat selalu. Dalam waktu dekat, mudah-mudahan bisa mengajak Bapak dan Ibu wisata ke Jepang.



ズオン カック タイン タオ

呼び名：タオさん

出身国：ベトナム

趣味：読書

目指すは利用者様に愛される スキルの高い介護士です。

日本に来る前は、なぜ日本人は食べ物を生で食べられるのだろう？と不思議に思っていました。入国してからお刺身を食べてみたらとても美味しかったです。他にも、日本には自動洗浄機能のあるトイレがあることを知って、初めて使ったときびっくりしました。実際に日本に来てから知ったこと、経験したことの多くが、入国前のイメージとは違って、日本への興味がますます沸きました。

しかし、日本に来てから困ったことも多く、例えば病気になった時、どこに行けばいいかわからないということに当時は困りました。友達と休みが一緒で、天気がいい日にはダンスのクリップ（動画）を作成してます。お休みの日に一人の時は本を読んでいることが多いです。私は、「利用者様に愛される、スキルの高い介護士になりたい」という目標があります。ほかに、日本のきれいな場所に行きたいです。もっと日本の多くの場所や、習慣を知りたいと思っています。

ありがとうメッセージ



まずはベトナムにいる人へ感謝のメッセージを書きます。

ママ、私を産んで育ててくれてありがとう。そして私が選んだ道をいつも応援してくれて、ありがとう。

ベトナムの友達の皆、近所の皆さん、特に、私がさびしかったとき、いろいろ慰めてくれた202号室のお嬢さん、色々ありがとうございました。次は上司や同僚に仕事や生活で私をたくさん助けてくれた事を感謝します。ありがとうございました。



Dương Khắc Thanh Thảo

Tên gọi: Thảo

Quốc tịch: Việt Nam

Sở thích: Đọc sách

Mục tiêu của tôi là trở thành điều dưỡng viên có kỹ năng tay nghề cao và được mọi người yêu mến

Trước khi đến Nhật Bản, tôi đã cảm thấy rất kỳ lạ rằng, tại sao người Nhật có thể ăn được đồ ăn sống vậy nhỉ?? Thế nhưng, kể từ khi sang đây, khi ăn thử món Sashimi (gỏi cá sống) thì tôi đã thấy rất ngon. Ngoài ra, khi biết ở Nhật có bồn cầu có chức năng rửa tự động, lần đầu tiên sử dụng nó, tôi đã rất ngạc nhiên. Phần lớn những gì tôi biết được, những điều tôi đã trải nghiệm được kể từ khi đến Nhật Bản, đều khác với những gì tôi tưởng tượng trước đó, và tôi ngày càng yêu thích đất nước Nhật Bản hơn. Chỉ là

khi sang Nhật thì tôi gặp rất nhiều khó khăn, ví dụ như khi bản thân tôi bị bệnh, thì khi đó, tôi đã gặp phải khó khăn là không biết phải đi đâu cả. Ngày nghỉ, tôi cùng các bạn của tôi tạo các clip (video) nhảy dance vào những ngày mà thời tiết đẹp. Vào các ngày nghỉ, khi ở một mình, tôi thường đọc sách. Tôi có mục tiêu là: “muốn trở thành điều dưỡng viên có tay nghề cao và được mọi người yêu mến”. Ngoài ra, tôi cũng muốn đi du lịch đến những nơi có cảnh đẹp ở Nhật Bản. Tôi cũng muốn biết thêm nhiều địa điểm, nhiều phong tục tập quán của Nhật Bản.



Tin nhắn cảm ơn

Đầu tiên, tôi muốn cảm ơn những người thân ở Việt Nam, nên tôi sẽ viết bằng tiếng Việt. “Cám ơn mẹ yêu đã sinh con ra và luôn đồng hành cùng con trên con đường con đã chọn. Cảm ơn những người bạn Việt Nam, hàng xóm của tôi, đặc biệt là cô bé phòng 202, vào những lúc tôi cô đơn đã an ủi, động viên tôi.”

Tiếp đó, tôi cũng rất cảm ơn đến cấp trên, các bạn đồng nghiệp đã giúp đỡ tôi rất nhiều trong công việc và đời sống sinh hoạt.



タイ ティ ゴック ハン

呼び名：ハンさん

出身国：ベトナム

趣味：旅行

日本を知っていくにつれて、 特に和食が好きになりました。

私は日本に来て良かった、という気持ちをずっと持っています。日本に2年住んで、私は信じられないほど和食が好きになりました。和食は自然な味を重視していて、新鮮なものをそのまま食べることで、自然な味がしてとても美味しいです。

日本人はよく挨拶をします。毎日「おはようございます」「ありがとうございます」と聞きます。とてもマナーが良いと思います。朝、「おはようございます」と言うと、返事をしてもらいました。それが

嬉しくて、楽しくなります。初めて日本に来たときは家にばかりいて、外出することはありませんでした。ゴミの分別方法・電車の乗り方が分からず、電話予約をする必要があることから、病院に行けないこともあり心配でした。仕事でも難しいこと、理解できないこともあります。しかし、他の人にそれを伝える方法がわからず、「話をしたい、楽しい雰囲気の中で仕事が出来ようになりたい」そう思うのですが、日本語で上手く表現出来ず、難しいことが多かったです。

私の好きなことは写真を撮る事です。休みの日は公園に行って、自然や花の写真を撮ります。私は内向的な性格ですので、集まりや、食事会が少し苦手です。しかし、私の家で料理や飾りつけをすることは好きです。巻き寿司や卵巻き、茶碗蒸し、私の国でもよく食べられている食べ物を作ります。たまに買い物に出かけて、仲のいい人と話をしています。一人で色々な場所へ行って、ゆっくりと旅行や食事を楽しんでみたいとも思っています。今後の目標は日本語を聞き取れるようになること、理解できるようになること。他にも、横浜・沖縄・京都・岐阜へ旅行に行きたいです。



ありがとうメッセージ

<山川様へ>

貴重なお時間を割いて、たくさんのアドバイスを頂き、本当にありがとうございます。ご相談に乗っていただき、とても助かりました。これからも、仕事を出来るように積極的に教えていただいたことを活かしながら頑張りたいと思っています。

<職場の方へ>

色々とお世話をしてくださって感謝しています。いつもありがとうございます。



Thái Thị Ngọc Hân

Tên gọi: Hân

Quốc tịch: Việt Nam

Sở thích: Du lịch

Khi biết đến nước Nhật, tôi đặc biệt thích đồ ăn Nhật.

Tôi vẫn luôn cảm thấy rất vui vì đã đến Nhật Bản. Sống ở Nhật được 2 năm, tôi đã trở nên thích đồ ăn Nhật đến mức không thể tin được. Các món ăn Nhật chú trọng vào hương vị tự nhiên, nên khi ăn thực phẩm tươi sống, nó có hương vị tự nhiên và rất ngon. Ngoài ra, người Nhật rất hay chào hỏi. Tôi nghe thấy họ nói: “Chào buổi sáng”, rồi “Cám ơn” mỗi ngày. Tôi nghĩ đó là cách ứng xử rất tốt. Buổi sáng, khi tôi chào: “Chào buổi sáng”, thì tôi cũng nhận được lời chào đáp lại. Điều đó khiến cho tôi cảm thấy rất vui và hạnh phúc.

Tôi đã rất lo lắng khi không biết cách phân loại rác, cách đi tàu điện rồi sợ là không thể đi đến bệnh viện được vì để đến bệnh viện cần phải gọi điện thoại để đặt lịch trước. Ngay cả trong công việc, đôi khi có những việc thật khó, rồi cũng có những việc tôi không thể hiểu được. Tuy nhiên, do không biết cách truyền đạt cho người khác những điều đó, dù trong đầu nghĩ là: “Tôi muốn được trò chuyện, tôi muốn có thể làm việc trong bầu không khí vui vẻ”, nhưng bản thân tôi lại không thể diễn đạt được bằng tiếng Nhật, nên có đã có rất nhiều điều khó khăn. Điều yêu thích của tôi là chụp ảnh. Ngày nghỉ, tôi sẽ đến công viên và chụp ảnh thiên nhiên, các loài hoa. Do tính cách của tôi khá hướng nội, nên tôi không giỏi trong việc tụ tập, tổ chức ăn uống. Tuy nhiên, tôi rất thích nấu nướng, trang trí nhà cửa cho ngôi nhà của mình. Tôi làm các món ăn như: sushi cuộn rong biển, trứng cuộn trứng hấp kiểu Nhật, các món ăn thường ăn ở đất nước của tôi. Thi thoảng, tôi ra ngoài mua sắm và trò chuyện, tán gẫu với bạn bè thân thiết. Tôi cũng muốn tự mình đi đến nhiều nơi, trải nghiệm và khám phá du lịch và thưởng thức các món ăn một cách thư thái. Mục tiêu của tôi trong tương lai là có thể nghe và hiểu được tiếng Nhật. Ngoài ra, tôi cũng muốn đi du lịch đến Yokohama, Okinawa, Kyoto, Gifu.



Tin nhắn cảm ơn

< Gửi Yamakawa >

Thật sự cảm ơn bạn đã dành thời gian và cho tôi nhiều lời khuyên quý giá của bạn. Cảm ơn bạn đã tư vấn, đưa ra lời khuyên cho tôi. Từ nay về sau, tôi sẽ cố gắng phát huy những điều bạn đã chỉ dạy cho tôi để tôi có thể làm được việc thật tốt.

< Gửi các bạn đồng nghiệp >

Tôi rất biết ơn vì các bạn đã giúp đỡ tôi rất nhiều trong công việc. Cảm ơn các bạn rất nhiều.



てい いい
程 瑋偉

呼び名 : ていさん
出身国 : 中国
趣味 : ショッピング・料理
在日年数 : 10年

日本に来て10年の程さんにお話を伺いました。

01

日本で働くきっかけを教えてください！

高校を卒業してから日本に来ました。その時、特に理由がなく外の世界を見たかったので日本に来ました。

1年半の日本語学校を経て日本福祉大学に入学しました。入学した当初特に「福祉」はどういうことかわからなかったですが、勉強していく中で徐々に興味を持つようになりました。さらに、大学院に進学して「医療・福祉マネジメント」中心により深く勉強しました。

日本で学んだ知識を生かして、日本の医療・福祉分野で実践したいと思い日本で働きたいと思いました。

又、外国人のルーツも生かして、海外との仕事に関わりたい為、偕行会に就職しました。

02

現在の職場について良いところ、やりがいを教えてください！

今の仕事の中で専門知識も外国人ルーツも中国語も活用できて、やりたいことはすべて希望通りにできています。

今の部署でチャレンジしたいことを積極的な姿勢でアピールすればやらせてもらえる為、とてもありがたく、自分の成長に良い環境だと思います。感謝しています。

03

日本に来たばかりのみんなにアドバイス

日本に来たばかりの方は、日本に対して斬新さや好奇心を持つ時期がしばらく続いて、日本生活を楽しんでいると思います。

生活、気持ちが落ち着いた後、色々困難に直面する場面も出てくると思います。海外にいる外国人は社会少数派の為、誤解が生じやすいです。

日本で頑張ってやっていけるのは私たちの目標と強い信念が支えていると思います。そして、困難があった時、強い心で頑張って乗り越えられるように心構えした方が良いと思います。



Cheng Yiwei

Nickname: Tei-san

Home country: China

Hobbies: Shopping, cooking

Years in Japan: 10 years

**We spoke with Tei-san,
who has been in Japan for
10 years.**

01

What was the reason you decided to work in Japan?

I came to Japan right after I graduated from high school. At that time, I came to Japan because I wanted to see the outside world, but for no particular reason. After a year and a half of Japanese language school, I enrolled at Nihon Fukushi University. When I first got there, I had no idea what “Fukushi” (“welfare”) was, but I gradually became interested in it as I studied it. Furthermore, I went on to graduate school to study more deeply, with a focus on “medical and welfare management”. I decided that I want to work in Japan so I could apply the knowledge I had learned here and practice in the medical and welfare fields in this country. Also, I wanted to work with people from other countries and take advantage of my foreign roots, so I decided to work for Kaikoukai.

02

What do you like about your current workplace, and what makes your work rewarding?

In this job, I’m able to utilize my expertise, foreign roots, and my Chinese language ability, and I’m able to do everything I want in the way that I wish. I’m very grateful that I’m allowed to take on challenges in my current department as long as I show that I have a positive attitude toward them, and I think that it’s a good environment for my own personal growth. I’m very thankful for what I have here.

03

What advice do you have for people who are still new to Japan?

I think that when people first arrive in Japan, there’s a period where everything is novel and you’re curious about everything here. That feeling continues for a certain period, and you really enjoy life here. But, after the lifestyle and feelings start to become more “normal”, I think that’s when you start to face a number of difficulties. Foreign residents from abroad are a small minority here, and it’s easy for misunderstandings to arise. I believe that having goals and strong beliefs support our ability to succeed in Japan. And, you need to be prepared to do what it takes to overcome problems with a strong heart in times of difficulty.

【日本文化 寿司について】

寿司とは一般的には“シャリ”と呼ばれる酢飯と“ネタ”と呼ばれる具（主に海鮮）を組み合わせた和食を言います。

【寿司の語源】

寿司の語源は「すっぱい」を意味する「酸^すし」という言葉からだと言われています。また現在よく使われている「寿司」という漢字は当て字であり、寿^{※1}（ことぶき）を司る（つかさどる）ということ縁起がよいもの、祝いの席で食べるものという意味があるとされています。

【寿司の起源】

寿司の起源はとても古く、紀元前四世紀ごろに東南アジアの山岳地帯に住む民族が入手困難であった魚を長期保存する為に作られた「熟鮓（なれずし）」という発酵食品が起源だと言われています。

【現在のスタイルに近い握りずし】

江戸時代後期には、江戸で流行していた屋台から、握ってすぐに食べられる「握りずし」が生まれました。当時の寿司の大きさは、おむすび並みの大きさであったため、切り分けて食べられていました。一皿に二貫盛る現在のスタイルは当時の名残であると言われています。また「握りずし」は江戸に行かなければ食べられないものでしたが大正十二年に起こった、関東大震災の影響で寿司職人が全国に散らばったことにより、「握りずし」が各地に広がっていきました。（諸説あり）

【寿司の食べ方】

- ・手で食べても箸で食べてもよい。手で食べる事でシャリが崩れにくい。
- ・また、箸で食べる事で衛生的であるというメリットがある
- ・一口で食べる事を想定して味付けされているので一口で食べるとよい。
- ・必要以上に濃い味付けになることを防ぐ為醤油はネタにつける。



【寿司の種類】

寿司にはいくつもの種類があることを皆さん知っていますか？ これも寿司なの？と皆さんが驚くような寿司もあるかと思ひますので紹介していきます。

ふなず

鮒寿司



1000年以上の歴史がある日本の寿司の原型と言われる鮒ずし。鮒を長時間塩漬にし、飯と共に本漬けにするという古来の製法を残しています。

巻き寿司



海苔や昆布などで酢飯と具材を巻いて、任意のサイズに切って作られます。寿司屋以外でも、家庭やお弁当屋等でも作られ、巻物とも呼ばれます。

いなりずし

稲荷寿司



油揚げを甘く煮付け、ニンジン、シイタケなどの具を混ぜた寿司飯を詰めて作られます。三角形に仕上げる地域もあります。

てまきずし

手巻寿司



江戸時代、当時の賭場である鉄火場で、江戸っ子たちが手を汚さずすぐに食べる事が出来るように考案されたとのことです。

にぎずし

握り寿司



もっとも有名な種類ではないでしょうか。江戸時代に考案され、当時の握り寿司は現在の2〜3倍もの大きさだったそうです。

ぐんかんま

軍艦巻き



1941年、東京銀座の寿司店の店主が、客からの注文をうけたことがきっかけで考案されました。他の寿司と違い、握らずにいくらやウニを飯に固定するという当時としては斬新な発想から生まれました。

【Japanese culture - About sushi】

Sushi is a type of Japanese food that combines rice seasoned with vinegar called "shari" and a topping called "neta" (mainly seafood).

【Etymology of sushi】

It is said that the etymology of sushi comes from the word "acid," which means "sour". In addition, the Chinese character "sushi" that is often used today is an Ateji character, and it is said that it means something that is auspicious because it "controls a long life" and is usually eaten during a celebration.

【Origin of sushi】

It is said that sushi has been consumed since a long time ago, and it originates from a fermented food called "Nare Zushi" made for long-term preservation of fish that was difficult to obtain by people living in the mountainous areas of Southeast Asia around the 4th century BC.

【Nigirizushi similar to the current style】

In the latter half of the Edo period, "Nigirizushi" was born from the stalls that were popular in Edo because it can be consumed right after it is prepared. At that time, sushi was about the size of a rice ball, so it was usually cut before being eaten. It is said that the current style, which has two pieces on one plate, is a remnant of those days. In addition, at that time, people had to travel to Edo to enjoy "Nigirizushi." However, due to the effects of the Great Kanto Earthquake that occurred in the 12th year of the Taisho era, sushi chefs dispersed all over Japan, and "Nigirizushi" was became known everywhere. (There are various theories)

【How to eat sushi】

- You can eat it by hand or with chopsticks. If you eat it by hand, the rice is not easily broken. Also, eating with chopsticks has the advantage of being hygienic.
- Since it is prepared as a bite-size dish, it is recommended to eat it in one bite.
- Add soy sauce only to the topping to prevent the taste from becoming too strong.

【Types of sushi】

Do you know that there are many types of sushi? There are some types of sushi that may surprise you so that I will introduce them.

Nigirizushi



Isn't it the most famous type? Invented in the Edo era, nigirizushi at that time was two to three times as large as it is today.

Inari zushi



The fried tofu is turned inside out to prevent it from slipping due to the oil, and it is arranged in a way so that rice can be packed quickly. Invented in the Edo period, it has been loved by the Japanese people until now.

Funazushi



Funazushi is said to be the predecessor of Japanese sushi with a history of more than 1000 years. It is prepared using an old method by curing crucian carp in salt for a long time and then fermenting it with rice.

Gunkanmaki



Gunkanmaki: In 1941, the owner of a sushi restaurant in Ginza, Tokyo, prepared this style in response to an order from a customer. Different from other types of sushi, it was born from a novel idea at the time to fix salmon roe and sea urchin on rice without having to press on it.

Temaki zushi



Temaki sushi: This type of sushi was arranged in a way so that impatient Edo children could eat it immediately without getting their hands dirty at the "tekkaba," a gambling house in that era.

Maki zushi



Maki sushi: It is made by wrapping rice seasoned with vinegar and fillings with seaweed or kelp and cutting it to any size. It is made not only at sushi restaurants but also at homes and lunch boxes and is also known as roll sushi.

This month's recipe

"Chan-chan-yaki" Salmon and vegetable steamed in miso

Ingredients/serve 1

Salmon • • • • • 80g (1 slice of)
Pepper • • • • • A dash of
Oil • • • • • 1 Tsp
Cabbage leaves • • • • • 70g (2 pieces of)
Green onion • • • • • 50g (1 piece of)
Mushroom (e.g. "Enoki" or "Shimeji") • 30g

【Seasoning】

White miso • • • 10 g (1/2 tbsp) Green
Sweet cooking sake "Mirin" • • • 1 tsp
Butter • • • • • 10g

*If you don't have "Mirin", you can add 1/2 tsp of sugar and the moisture will be released from the vegetables, then it is better to mix well while eating.



Instructions

1. Sprinkle with pepper on the salmon. Slice the cabbage leaves. Slice diagonally the green onion. Cut mushrooms such as "Enoki" or "Shimeji" into bite-sized pieces. Mix the seasoning well.
2. Heat oil in a frying pan, lightly brown the salmon on both sides, and remove to a plate.
3. Stir-fry the cabbage, green onion, and mushrooms in the same pan until soft.
4. Put the salmon back in the pan, cover the salmon with the sauteed vegetables, and pour the seasoning mixture on top.
5. Cover the pan with a lid and steam the salmon and vegetables for 5 minutes. Add the butter at the end and it is ready to serve.



※This recipe is supervised by a registered dietitian at Nagoya Kyoritsu Hospital.



↑グループホームじょうさいの河合千恵子所長（写真左）



↑透析運動療法統括部の森山善文統括部長（写真左）

ハサヌディン大学への介護・運動療法 オンライン後期実技講習を行いました

インドネシア国立ハサヌディン大学への介護、運動療法に関する後期実技講習をZOOMにて行いました。

介護についてはグループホームじょうさいの河合千恵子所長（介護福祉士）が行い、教員向け：11/9、学生向け：11/18、11/29に実施しました。

また、運動療法については透析運動療法統括部の森山善文統括部長（健康運動指導士）が教員向け：11/8、11/10、学生向け：11/22、12/1、12/6に実施しました。

講義後のフィードバックで全ての学生さんが介護、運動療法の重要性を感じてくれており、また講義内容も分かりやすかったと回答してくれていました。

今回はオンラインでの実施となりましたが、現地での実技講習を望まれる声も多くありました。



[Late-stage nursing care and exercise therapy practical training lectures held online for Hasanuddin University]

Late-stage practical training lectures on nursing care and exercise therapy for Hasanuddin University, Indonesia were held via ZOOM.

The course on nursing care was conducted by Chieko Kawai (Certified Care Worker), director of Group Home Josai on November 9 for faculty and on November 18 and 29 for students.

The course on exercise therapy was held by Yoshifumi Moriyama, general manager of the Dialysis Exercise Therapy Supervisory Department on November 8 and 10 for faculty, and on November 22, December 1, and December 6 for students.

In the feedback collected after the courses, all students felt that nursing care and exercise therapy were important and that the lecture content was easy to understand.

Although the course was conducted online this time, there were many requests for on-site practical training.



Aiming for rewarding corporate operations ～The most important factor is “rewarding work”～

The most important thing to Kaikoukai is “Aiming to manage a corporation that is rewarding for healthcare professionals”, which is also stated in our philosophy. No matter how wonderful the ideals and visions may be, if they are not accompanied by the motivation and satisfaction of each and every employee who implements them, they will be nothing more than a mere figment of our imagination. The driving force to create an organization that does rewarding work is the motivation and creativity of each and every one of its members.

Excerpt from page 46.48 of the Kaikoukai Handbook

<表紙について～新倉富士浅間神社～>

災除け・家庭円満・安産・子育ての神として地域の人々をはじめ県外に渡って広く信仰を集めています。富士山ビュースポットとしても人気で、真っ赤な鳥居から富士山と桜が見える光景は思わず息を吞んでしまうほどの美しさ。神社から登った先にある新倉浅間公園にある忠霊塔（五重塔）と合わせて、写真映えするスポットとして国内外からの参拝客が後を絶ちません。他にも境内には「子育て神木」と言われる大樹や、美しい参道の石段など見どころ沢山です。