# This is where we live.

Enabling a free lifestyle and fulfilling life.



















21SeikiKai social welfare corporation

## Hitachi-Omiya

We're like a small village!
We are a designated support
facility for the disabled, and we
have a group home and bakery,
too. Surrounded by lush nature,
our facility is where we can
see and feel all four seasons.

This is where we live.

Our place in the mountains of Hitachi-Omiya is really like a village.
A small community where we are one big family.

We have many things here.

Abundant nature showing the four seasons.
Freedom with no constraints.
Of course,
we have rules to follow, too.
In our daily lives,
we see lots of smiling faces.

Yes.

Everyone who lives here live at their own pace and in their own way.

They live as they wish.



Large hall. (Hitachi Hana-no-sato)



## Blueberry field

The field is about a
10-minute walk from the
facility. Vegetables and
blueberries are grown and
harvested. The blueberries
are used to produce our
self-made
Kiyora-no-sato
jam!

### Yukashi Hana-no-mura

Designated support facility for the disabled Assisted-living facility, Facility admission assistance and Short-stay service

The facility has six wings which is unusual in Japan. Each resident has a private room.

This encourages freedom and independence.

Clickety - clack

### Hitachi Hana-no-sato

Designated support facility for the disabled Assisted-living facility, Facility admission assistance and Short-stay service

New facility that opened in 2015. Includes a large space and an assembly hall.

Designed so that even the elderly can use the facility with ease.

### Miharu-no-sato

Designated support facility for the disabled Assisted-living facility, Facility admission assistance and Short-stay service

Facility geared for people with physical disabilities. Focused on care given any time of the day.



Full of blueberries.



Fuii of

Nature!

## Playing field The rear of the facility has a playing field. Residents can do morning exercise and enjoy physical activities here. Kiyora-no-sato Designated support facility for the disabled Work training assistance, Continuation assistance B and Day care service The starting point for the social welfare care facility 21SeikiKai. The Bread Team, Jam Team, Farm Team, etc., do various jobs to help support independent living in society. Pan kobo Right next to Kiyora-no-sato is a bakery. It bakes and sells a variety of Smells popular bread and delicious! pastries. Group home Hana-no-ie Akari-no-ie Communal, assisted living for the disabled. The group home aims to have disabled people live in a normal



Freshly baked.



Fun in the hall, bright with natural light.



The staff provides support for daily living.



Practice walking in team work with the staff.



Caring for flower beds.

Outdoor exercise amid natural surroundings.



home-like environment and live with the same freedom as everyone else.

We make the batter, shape it, and bake it.
We also make sweet jam.







### Fun! Delicious!

As part of working assistance, we have Kiyora-no-sato where we bake and sell bread. The residents here do everything from making and shaping the batter and baking. We make over 10 varieties of bread! Besides bread, custard buns and melon buns are also very popular with customers. The bakery also makes jam. Blueberries harvested from the facility's field are boiled in a large pot to make sweet jam. The jam is sold within the facility and at local roadside stations that sell local produce to motorists.

# Connecting with the local community.

Every year, we participate in local festivals such as Hitachi-no-Kuni Yosakoi Festival and Mito Komon Festival. Besides our residents having fun, we also want to deepen

our connection with the local community. We aim to promote more public awareness of our facility, social welfare, and disabled people.



By joining local festivals, we interact with the local community.

### What kind of place is this?

Life here means freedom. There are no walls nor barriers to restrict people. Except at night, doors are not locked either. The facility basically allows residents to do things they want anytime they want and anywhere they want.

We also do things to encourage people to be more independent.

Here are a few examples.





See a small sample of our lives here.



We enjoy hot springs.
We also go overseas travel.

# Spring and fall are for traveling! Full of events throughout the year.

This facility plans spring and autumn trips. We travel to hot springs in Japan or may even go overseas to Korea or Taiwan. We have fun eating and drinking together and singing karaoke. In spring, we have cherry blossom picnics. In fall, we have excursions, and in winter we have a Christmas party. We plan many events for the entire year.



### Morning exercise is a must.



### Exercise is very important.

Doing the daily morning exercise is one rule at our facility. Instead of being cooped up indoors, we go outdoors and exercise. We break a good sweat, enjoy the natural breeze, and breathe fresh air. The facility has a playing field where we can exercise and enjoy events.





### The reason why the flower beds are brilliant

Visitors are first surprised at the brilliant flowers blooming all over the facility. Actually, facility users themselves replant the flower beds. People feel calmer through gardening and can have more abundant senses by being surrounded by brilliant flowers. People can then feel cheerful and go on with their lives.



To show different flowers every season, we will take care of the flower beds ourselves.



# If you can do it by yourself, do it by yourself.

Those who can prepare meals, clean up, do the laundry, etc., are assigned to do it. By doing things for yourself by yourself, you develop confidence and feel more independent



Cleaning up after meals and doing the laundry.

Working with nature by farming and growing vegetables and blueberries!



### Making use of the fertile environment

By using idle fields provided by local farmers, we grow vegetables, rice, and fruits. Although the physical labor is good, it is even more important to be in touch with nature and to harvest what nature offers each season. We mainly grow blueberries to make jam and also grow Japanese radish, sweet potatoes, potatoes, green onions, and other vegetables.





### We believe freedom leads to independence.

I founded this welfare organization in 2002, 14 years after first conceiving the idea. We faced many problems, but overcame them one by one with much support and enthusiasm.

More than anything, we wanted a facility providing freedom to residents. Although we still have rules to be followed, they are the same as the outside world. We want disabled people to enjoy their lives as they wish just like able-bodied people. This is what has motivated us until now.

However, that is not the only thing we have to do. We also need to spread more awareness about disabled people and deepen people's understanding. Enlightening society and the local community about disabled people and welfare facilities is an important role for us.

Although we have achieved much, we still have much more work to do. We shall keep pursuing our dreams with much passion.

social welfare corporation 21SeikiKai Chief Director Higuchi Muneharu





Creating an environment to live comfortably and get along well with the local community.

The basic concept is the same as with Hitachi-Omiya. We provide support for residents to live their lives freely. We give individualized attention so each person can enjoy living here.

Also, Mito has started a new endeavor.

Our facility aims to create an environment where residents can get along well with local people and live comfortably. To this end, we have fun things in store. For example, we have a restaurant, culture room, and karaoke room. Besides residents, the general public is also free to use these facilities.

We want to create a place where both disabled and able-bodied people can be together and have fun together.





### Mito Yumai-no-sato





While brightened with sunlight coming through the large windows, the restaurant serves delicious food and confections.

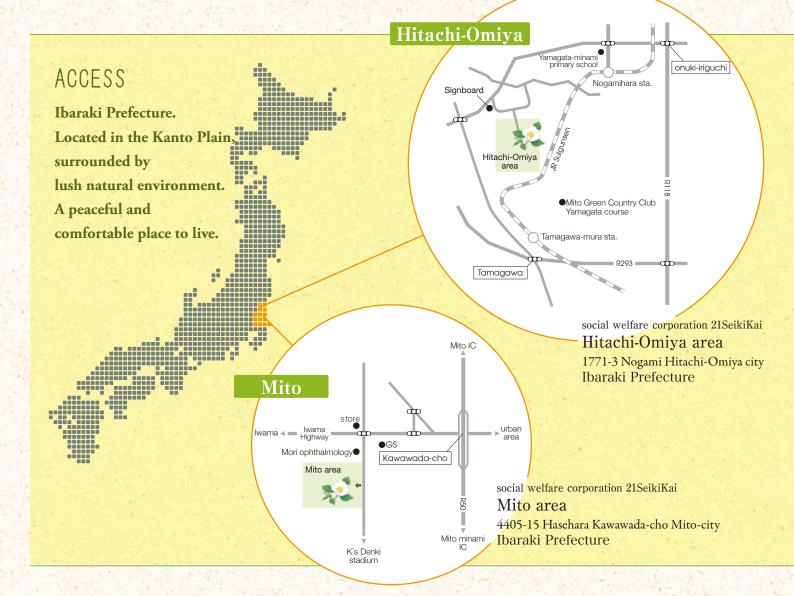
Mito Yumai-no-sato has opened a restaurant named "Hasehara Mori no Coffee Shop you & my". It assists people to work and lets them work together with chefs to cook good food and provide great customer service.

The restaurant serves food using the season's ingredients, pizza using crust baked at the facility, and toast with homemade jam. Besides meals, there are many other menu items like cake and coffee.

This is a new cafe that can use not only by facility users but also by the general public. The cafe is a bright, spacious place. Enjoy great food in a relaxing space for a relaxing time.







# social welfare corporation 21SeikiKai

4405-15 Hasehara Kawawada-cho Mito-city Ibaraki-Prefecture Japan 311-4153 Phone 029-306-9920

http://21st-century.info





Designated support facility for the disabled

#### Hitachi Hana-no-sato

1788-1 Nogami Hitachi-Omiya-city Ibaraki-Prefecture Japan 319-3114 Phone 0295-55-9551 fax 0295-55-9552

Designated support facility for the disabled

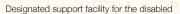
#### Yukashi-Hana-no-mura

1771-1 Nogami Hitachi-Omiya-city Ibaraki-Prefecture Japan 319-3114 Phone 0295-54-4890 fax 0295-54-4891



#### Miharu-no-sato

1926-1 Nogami Hitachi-Omiya-city Ibaraki-Prefecture Japan 319-3114 Phone 0295-57-1002 fax 0295-57-1003



#### Kiyora-no-sato

1771-3 Nogami Hitachi-Omiya-city Ibaraki-Prefecture Japan 319-3114 Phone 0295-54-4888 fax 0295-54-4889



#### Group home Hana-no-ie / Akari-no-ie

1924-1 Nogami Hitachi-Omiya-city Ibaraki-Prefecture Japan 319-3114 Phone 0295-54-4893 fax 0295-54-4893

Designated support facility for the disabled

### Mito Yumai-no-sato

4405-15 Hasehara Kawawada-cho Mito-city Ibaraki-Prefecture Japan 311-4153 Phone 029-306-9920 fax 029-306-9921

Designated support facility for the disabled

### Hatsuakane-no-sato

4405-15 Hasehara Kawawada-cho Mito-city Ibaraki-Prefecture Japan 311-4153 To open in October 2020









