

Liaison Academia Mission (Healthy Aging Family, Latter Life Family Challenges, **wishworks**)

We are dedicated to *proactive self-growth of the individual as part of a better human society*

Liaison Academia (LIA) Mission Statement:

As a Non-Profit Organization, to focus on and facilitate a sense of wellbeing in the changing health needs of the aging Japanese population and on other **later-life** family challenges; this effort through informational and interactive programs conducted cooperatively with other organizations and individuals on an international basis.

Each person shall personally feel being “myself” -- and share the joys of this comforting reality with others every single day....

Overview:

The most unseen human emptiness in current society – especially for the elderly -- lies in the absence of achieving a sense of personal wellbeing and fulfillment; these elements combine: how one feels about self, relationships with others and how others reciprocate their feelings and attitudes.

Every individual develops his or her “life view” -- including awareness and behavioral attitudes -- according to gender, age, physiological characteristics, education, social setting and professional interests. The challenge is:

- To combine these elements in living as a healthy, confident and fulfilled person in pursuing daily life
- To be appreciated and respected by those cherished

The extent to which this balance can be achieved certainly impacts one’s quality of life at anytime – but most importantly in later life it has dramatic impact on positive personal longevity.

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Japan has a history encompassing unique cultural assets, proud traditions and many accomplishments. However, in current society there is an imbalance as – in pursuit of wealth with the dominance of large business, industrial and political institutions -- the individual citizen's sense of wellbeing has been increasingly marginalized, **and especially that of the elderly.**

To restore a desirable balance in Japanese society, it is important to create opportunities for the those in their latter years by helping them:

1. Better understand their current situation
2. Receive assurances they are not alone as others share the same situation
3. Establish a supportive environment through a network of family and friends
4. Learn about and practice a healthy lifestyle
5. Identify, learn and participate in activities providing enjoyment through physical, mental and emotional interaction
6. Find ways to identify and express those personal characteristics which are unique to themselves
7. Improve interpersonal communication through use of written, telephone and Internet efforts

The above opportunities will be developed through various means, and special efforts of the "**Wishworks**" projects.

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3 | There are people facing difficulties and hardships around us every day -- some are more obvious while many are not. While they may attempt to offer a faint smile as being content, below the surface may exist little or no sense of wellbeing? The challenge for all is to help these individuals in their **later-years** find that consistent sense of “wellbeing”

After all, each of us will walk in those **later-life** clothes some day and face the same challenges.... let's do what we can do for the “myself” personal reassurance concept – NOW -- and better prepare for a hopeful future.....

Involvement Opportunities:

You can help LIA grow in fulfilling its Mission in any or all of the following ways:

Provide your **ideas and information** about **creating a better later-life** focus

Help us **network with services** and other organization which have a **compatible purpose**

Share your time, knowledge and experience to work on fun and helpful projects

Help raise funds to support **our grass-roots based global programs and services**

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