

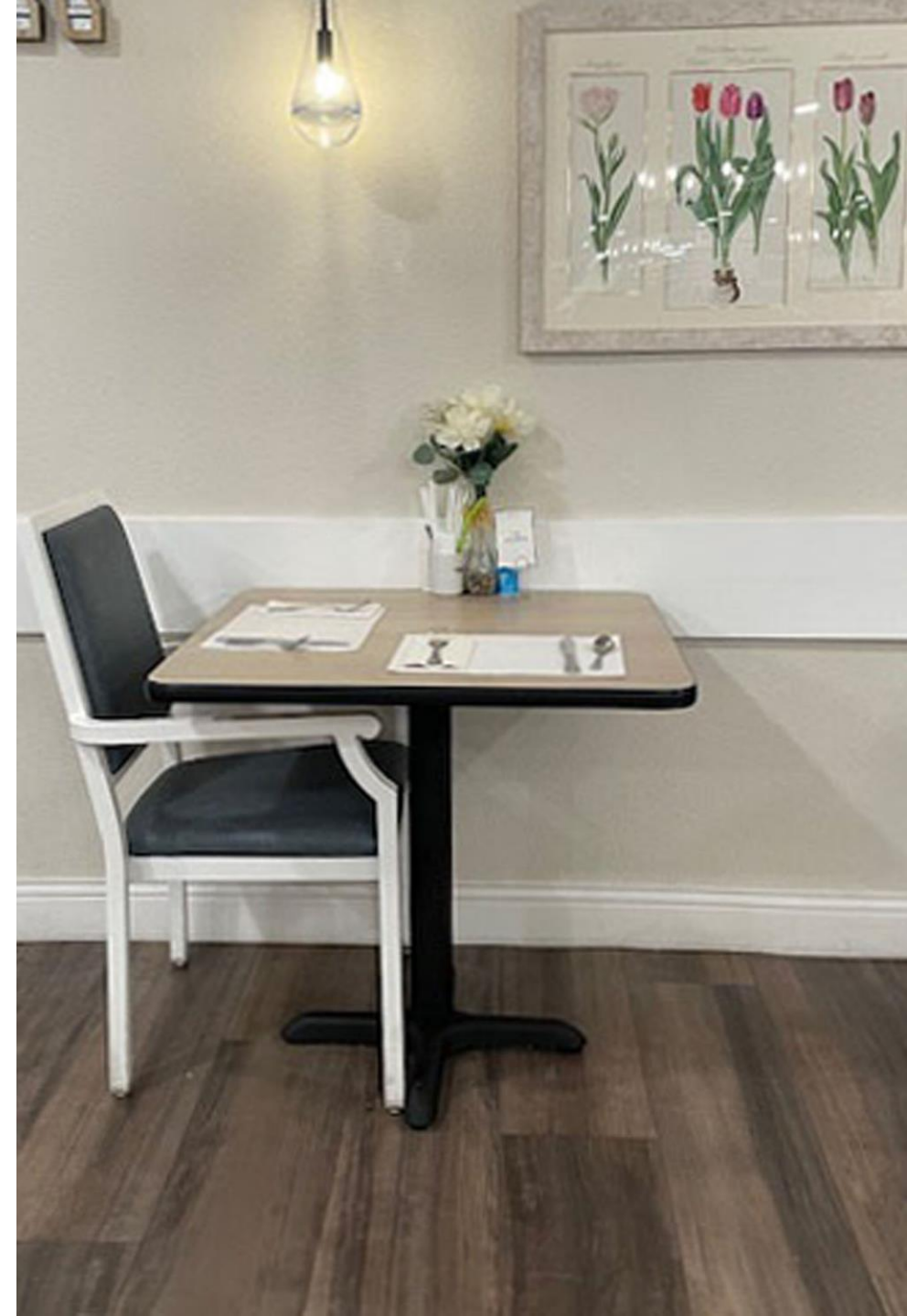
Keeping the Line Open: Expectations and Realities of Aging

February 9 to March 25, 2026
Visit to Japan

"What Would Written Words Do?"

Yuko M. Leong
RN, PHN, MS, PHCNS-BC

Keeping the Line Open, 2026 Yuko M. Leong





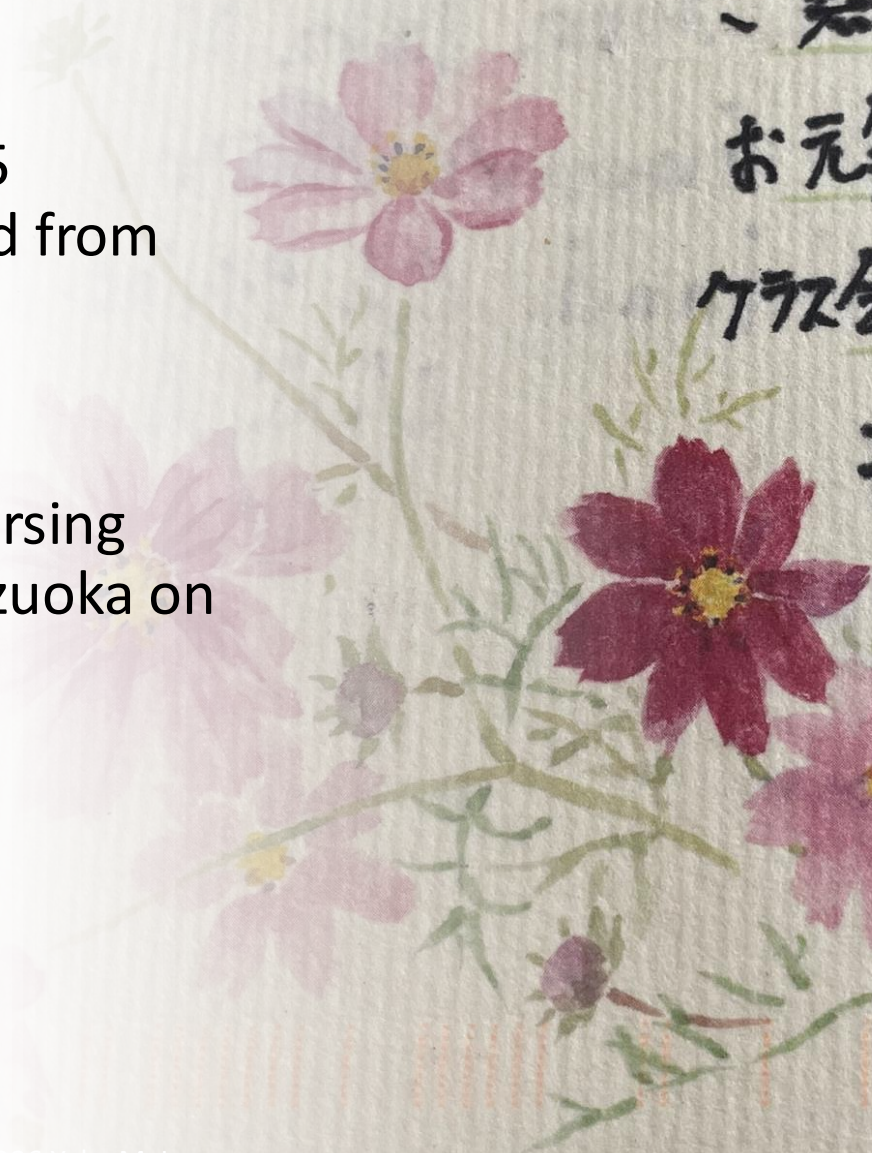
March 12, 2020

Visited Wittenberg, Germany

[Luther House Wittenberg | UNESCO World Heritage Site](#)

October 2025
Received a Postcard from
Japan

Announcement of Nursing
School Reunion in Shizuoka on
February 12, 2026



ご無沙汰をいいます。
お元気ですか。来年2月か
3月会(看一)のお知らせです。
2026. 2. 12(木) 11:30.
会場 ホテル
グランドホテル静岡
(静岡駅南側)
会費 9000円
静岡の4人が幹事
をしてくれています。

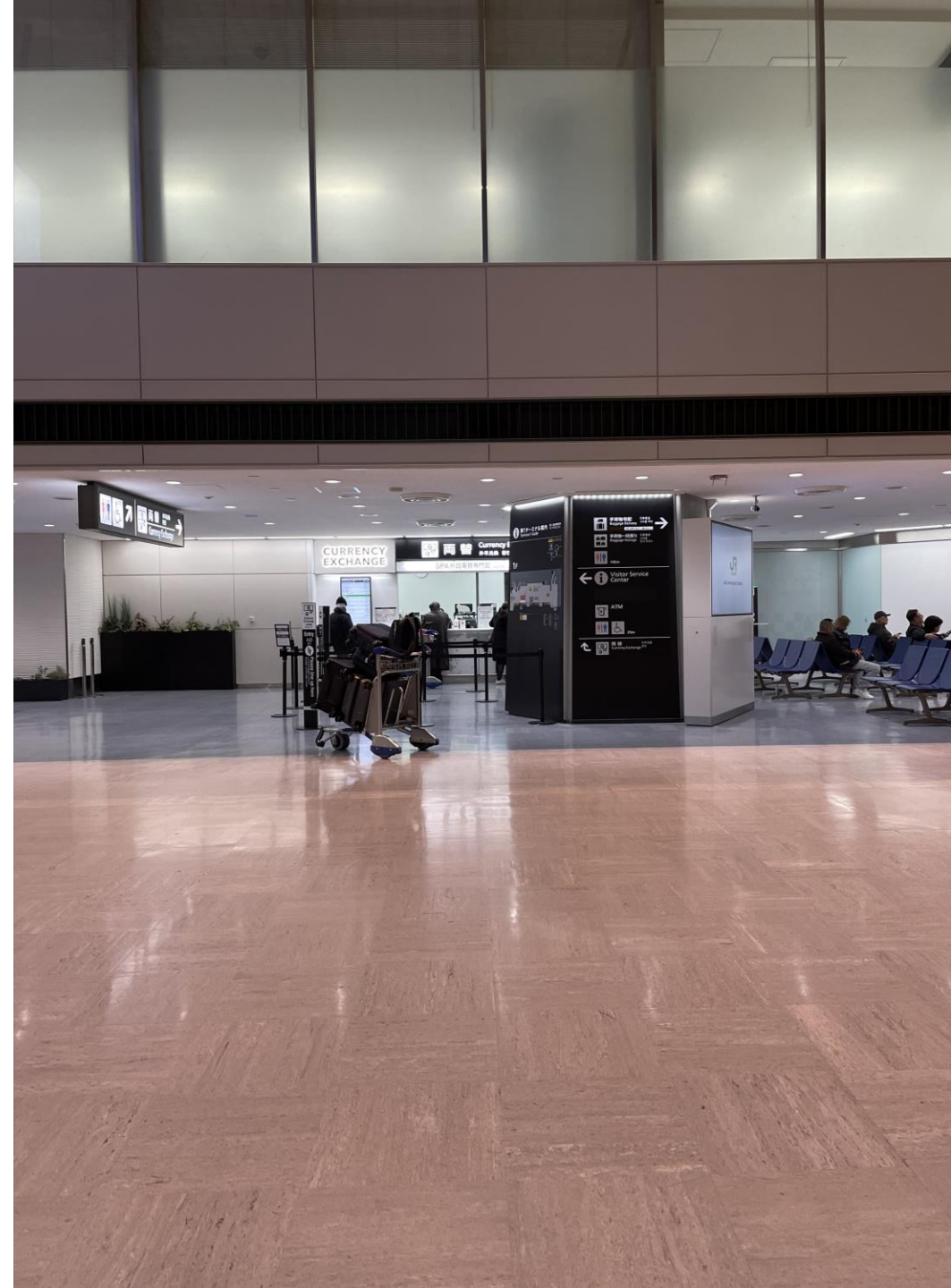
February 10, 2026
Arrived Narita Airport
Chiba Prefecture

Departed from San Francisco Airport
on February 9, by [ZIPAIR](#).

Arrived in Terminal 2, late at night. We were
the last passengers to go through
immigration/customs, escorted by two
attendants to a hotel shuttle location as my
husband was in a wheelchair.

* [NARITA INTERNATIONAL AIRPORT](#)

* [hotel nikko narita \[Official Website\] | Hotel
Nikko, most frequent free shuttle to or from
Narita Airport](#)



February 11, 2026
Heading to the city of Shizuoka, Shizuoka
Prefecture

11 am: Checked out and took a reserved taxi from *Nikko Narita Hotel* to Tokyo Station, Yaesu Exit to get on *JR Shinkansen Kodama* to Shizuoka, no reserved seats, stopping at every station:

[JR Central Official - Shinkansen Travel Site](#)

Arrived early before check-in time of 3 pm to *Nakajimaya Hotel*:

[【公式】中島屋グランドホテル | 中島屋ホテルズ](#)

One key (later learned door does not auto-lock) and Wi-Fi access was limited to one room. No access in the lobby nor the conference room where the reunion took a place.



February 14, 2026
Heading to Hamamatsu by a family car and
stopped at Mariko-no-Yado, Tokaido

[Chojiya web site | 丁子屋丁子屋](#)

" Chojiya is the oldest company in Shizuoka prefecture, which opened in 1596. During the Sengoku period, the first Heikichi founded Chojiya in Mariko, a small post town on Tokaido. ... This is said to be about Chojiya. The same as that time, regardless of your status and position, we pray for the safety of the traveling travelers on the road and continue to provide temporary hospitality."



February 15, 2026
Hamamatsu

Wandered out on foot to
figure out why
our iPhones have not
been connecting despite
purchasing eSim cards:
[Shop Nomad eSIM Plans](#)

Visited neighborhood
iPhone Repair shop

[浜松市でiPhone修理なら「モバイルリペア」](#)

Planning to travel to Nagoya
from March 7

Two dates to consider
for accommodation:

March 8: My husband
planned to meet his on-line
"Japanese" tutor in Nagoya

March 12: Our son will
arrive: [Chubu Centrair
International Airport](#)

Made reservations for *Hotel
Resol Nagoya*: [HOTEL RESOL
NAGOYA](#)



名古屋鉄道・近畿日本鉄道の特急列車は722～731ページをご覧ください。
尾頭橋駅には東海道本線の列車のみ停車します。

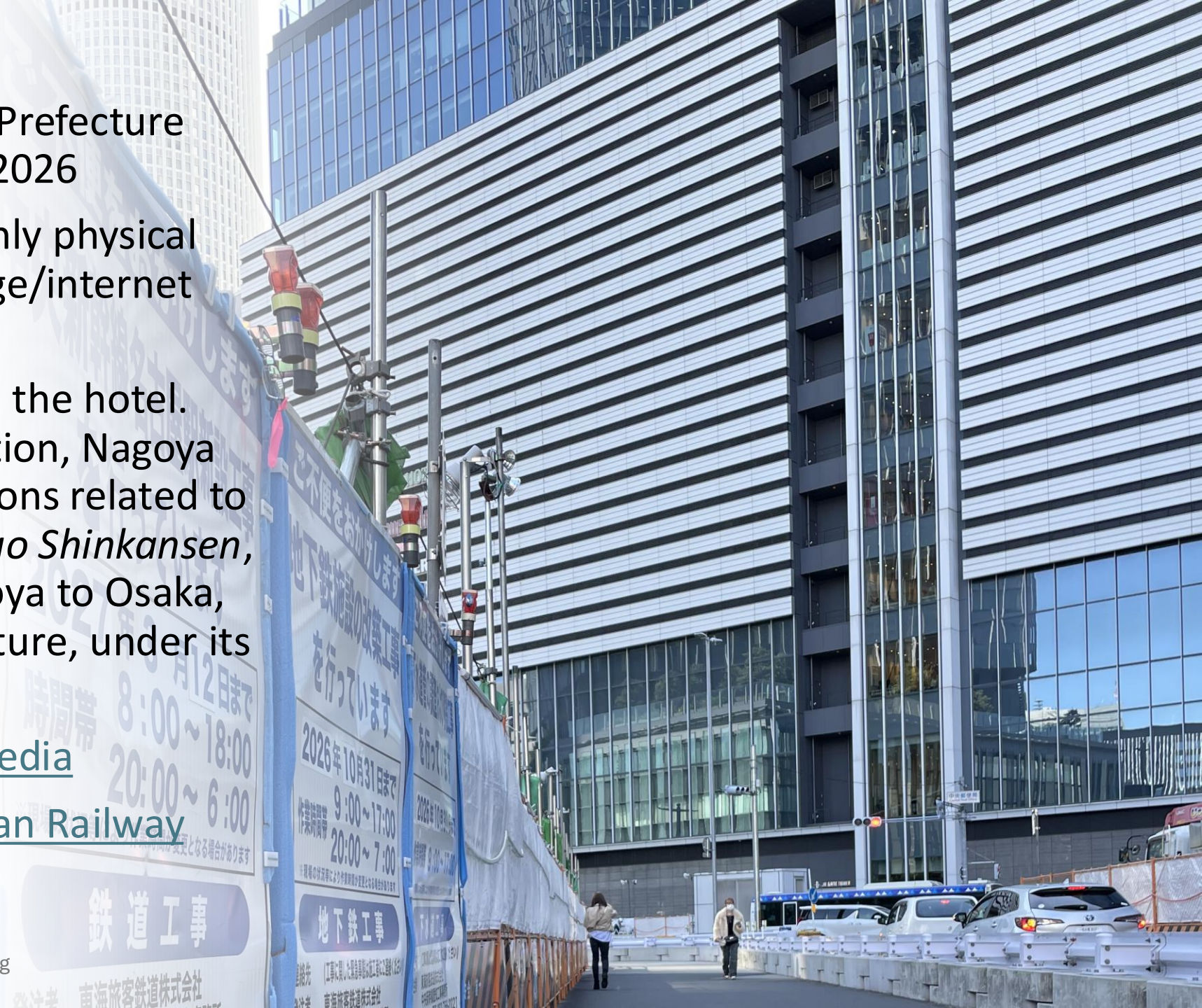
Stay in Nagoya, Aichi Prefecture March 7 – 14, 2026

Limited mobilities, not only physical strength but also language/internet access etc.

Remained mostly around the hotel. Noticing lots of construction, Nagoya train station and restrictions related to new railroad project: *Chuo Shinkansen*, zipping from Tokyo, Nagoya to Osaka, skipping Shizuoka Prefecture, under its mountains.

[Chūō Shinkansen - Wikipedia](#)

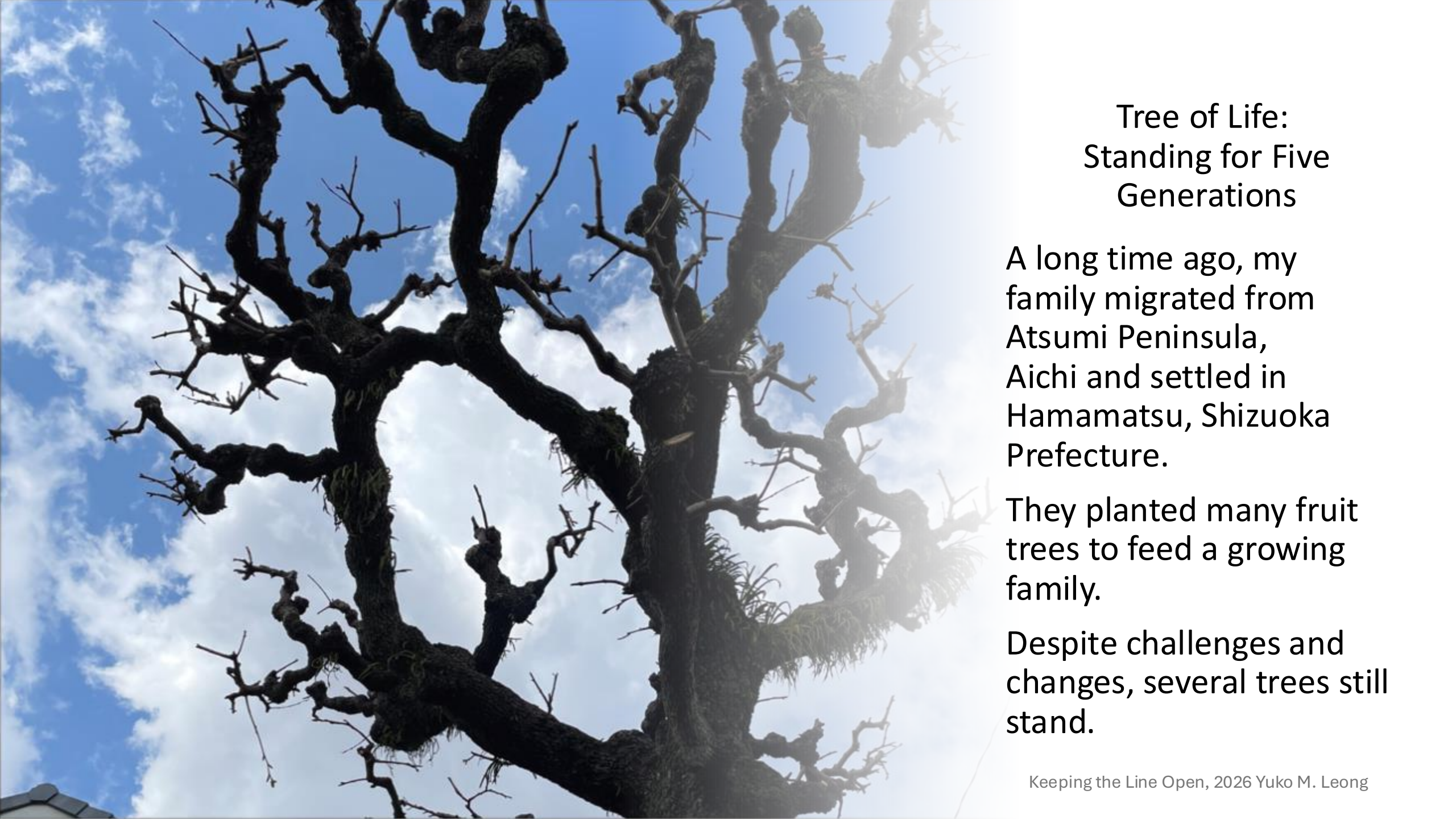
[SCMAGLEV | Central Japan Railway Company](#)





March 14, 2026
Choice to Make and Own One

I shared postcards of botanical art and stories about one of my senior friends: [Senior Living Guide | Carlton Senior Living | Northern California](#)

A large, gnarled, leafless tree stands against a bright blue sky with scattered white clouds. The tree's trunk is thick and twisted, with many smaller, bare branches extending outwards. The overall scene is one of resilience and longevity.

Tree of Life: Standing for Five Generations

A long time ago, my family migrated from Atsumi Peninsula, Aichi and settled in Hamamatsu, Shizuoka Prefecture.

They planted many fruit trees to feed a growing family.

Despite challenges and changes, several trees still stand.



March 22, 2026
Dinner @ Tororoya

和ごはん とろろや 公式HP | とろろ料理を専門に、浜松市や名古屋市で7店
舗構える和ごはんとろろや

Next generations to carry on for their journey of aging ahead.

March 25, 2026 Depart to California

Long journey back home:

1. Taxi
2. Shinkansen
3. Narita-Express [N'EX \(Narita Express\)](#).
4. Zipair, direct flight to San Francisco
5. [Uber](#)





Written Words

At the reunion luncheon on February 12th, I shared stories with my nursing colleagues about how difficult it is to master written words and to leave them for others to read in the future.

Passing postcards with images by the botanical artist Keiko Sekiya was helpful for reminding us how fragile and precious our lives can be.

Special appreciation to Mr. & Mrs. Hiramoto for trusting me to carry these postcards.