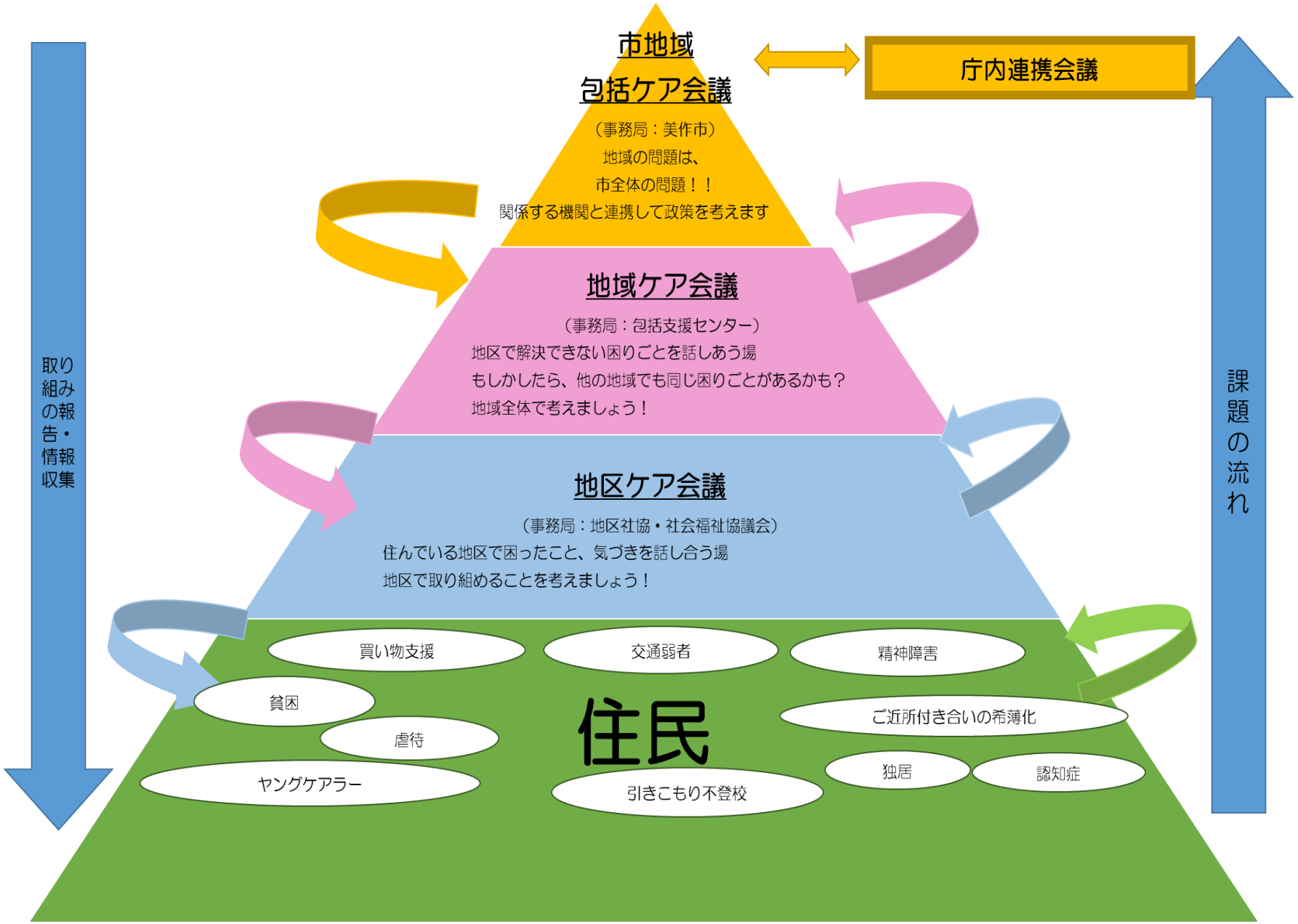美作市各「ケア会議」のしくみ