

## 広報とうかい 4/25 号

1. 5月の休日診療
2. 5月の健康相談
3. 集団検診（6・7月）の予約を受け付けます
4. 5月1日から特定健康診査（特定健診）が始まります
5. 「軽自動車納税通知書」を郵送します
6. みんなですこやかウォーキング
7. 受診しましょう 風しんの抗体検査・予防接種
8. 親子で Let's ダンス
9. 歴史と未来の交流館展示替えのお知らせ
10. チャレンジスクール「弓道の部」
11. チャレンジスクール「卓球の部」

## Tokai Newsletter 25 Apr. 2022

1. Weekend Medical Services in May
2. Health Checks and Consultations in May
3. Health Checks for Residents in Jun. & Jul.
4. Specific Health Checkup
5. Light Vehicle Tax
6. Healthy Walking Group
7. Rubella Vaccine and Antibody Test
8. Dance Class for Kids and Parents
9. Spring Display at Tokai Village Museum
10. Kyudo (Japanese archery) Classes
11. Table Tennis Classes

**In order to prevent the infectious disease of the novel coronavirus from spreading, some or all the events may be cancelled or postponed.**

### 1. Weekend Medical Services in May

**Hours:** 9:30 a.m. - 2:00 p.m., except noon - 1:00 p.m. (Hours are available for all locations.)

Sun. 1: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Tue. 3: Tokai Hospital, ph.029-282-2188

Wed. 4: Higashihara Clinic, ph.029-283-2301

Thu. 5: Tokai Hospital, ph.029-282-2188

Sun. 8: Muto Pediatric Clinic, ph.029-282-7722

Sun. 15: Tokai Clinic, ph.029-283-1711

Sun. 22: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 29: Ibarakihigashi National Hospital, ph.029-282-1151

**Ibaraki Children Emergency Information Helpline**, ph. #8000 or 050-5445-2856

Hours: open 24 hours a day, every day of the year (including emergency medical information)

**Ibaraki Adult Emergency Information Helpline**, ph. #7119 or 050-5445-2856

Hours: open 24 hours a day, every day of the year (including emergency medical information)

## **2. Health Checks and Consultations in May**

### **(1) Health Consultation for Mothers and Children**

**Date:** Fri. 20 May

**Time:** 9:30 a.m. - 11:00 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

### **(2) "Genki-up" Health Consultation for Adults**

**Date:** Fri. 20 May

**Time:** 9:00 a.m. - 11:00 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

### **(3) Health Check for Babies**

#### **1) Infants (babies born in Dec. 2021)**

**Date:** Wed. 11 May

**Time:** 12:50 p.m. - 1:50 p.m.

#### **2) Children - aged 1 year and 6 months old (babies born in Oct. 2020)**

**Date:** Thu. 12 May

**Time:** 12:50 p.m. - 1:50 p.m.

#### **3) Children - aged 3 years old (babies born in Nov. 2018)**

**Date:** Wed. 18 May

**Time:** 12:50 p.m. - 1:50 p.m.

#### **(4) Baby Class for babies born in Feb. 2022**

**Date:** Tue. 24 May

**Time:** 1:00 p.m. - 1:20 p.m.

**Inquiries:** Tokai Health Center, ph. 029-282-2797

### **3. Health Checks for Residents in Jun. & Jul.**

Residents' health checks for tuberculosis, lung cancer, colon cancer, prostate cancer, liver inflammation, specific health checks, health checks for the elderly and lifestyle disease prevention health checks will be held as listed below.

Health checks for residents will be held only by advance reservation to prevent the spread of the coronavirus. Please note that a limited number of people will be accepted.

**Dates:**

Wed. 1, Thu. 2, Fri. 3, Sat. 11, Mon. 13, Tue. 14, Fri. 24, Sat. 25, Mon. 27 Jun.

Mon. 4, Fri. 8, Sat. 9, Tue. 19, Wed. 20, Thu. 21, Fri. 22, Fri. 29 Jul.

**Reception Time:**

①8:00 a.m. – 8:15 a.m. ②8:30 a.m. – 8:45 a.m. ③9:00 a.m. – 9:15 a.m.

④9:30 a.m. – 9:45 a.m. ⑤10:00 a.m. – 10:15 a.m. ⑥10:30 a.m. – 10:45 a.m.

⑦11:00 a.m. – 11:15 a.m. ⑧11:30 a.m. – 11:45 a.m.

**Place:**

Tokai Health Center in Tokai Welfare Center "Kizuna"

**Cost:** Free

**Reservation:**

You can reserve either by phone or online.

**Phone;** Health Check Call Center, ph. 0570-010-212

Call between 9:00 a.m. – 6:00 p.m. on Tue. 10, Wed. 11 and Thu. 12 May.

**Online;** See the guidebook enclosed with the ticket for the reservation procedure.

Reservations will be accepted on Tue. 10, Wed. 11 and Thu. 12 May.

\*Reservations are taken on a first-come, first-served basis. If there is any vacancy, reservations will be taken at Tokai Health Center by phone after Mon. 16 May.

**For those who take colon cancer test only:**

No reservation is required. Please bring your sample to Health Center at the reception time.

**Notes:**

\*If you are not registered as a resident of the village on the checkup day, you are not eligible for the checkup.

\*Please wear a mask and take your temperature.

\*You cannot take a health check if you are unwell or without a reservation on the day.

**Inquiries:**

About specific health checkups and health checks for the elderly; Health Insurance Section, ph. 029-282-1711 ext. 1131, 1134

About health checks other than the above; Tokai Health Center, ph. 029-282-2797

#### **4. Specific Health Checkup**

Specific health checkup comprises health screenings intended to identify those who require health guidance to prevent lifestyle-related diseases such as diabetes, high blood pressure, or hyperlipidemia, by focusing on visceral-fat obesity.

Results of the specific health checkups will be ranked by level and appropriate specific health guidance will be provided for each level.

**Term:** Sun. 1 May – Tue. 31 Jan. 2023

**Eligible people:** Anyone aged between 40 and 74 who is enrolled in Tokai Village National Health Insurance program. Outpatients are also eligible. Specific Health Checkup Tickets (pink color) will be sent to eligible people in late Apr.

**Cost:** Free (once a fiscal year)

#### **How to get a checkup:**

1) At the residents' health checks venue (Tokai Health Center) in Jun. and Jul.

Make a reservation according to the procedure leaflet enclosed with the ticket.

2) At a designated medical institution in Ibaraki Prefecture

Contact a designated medical institution on the list:

<https://www.ibaraki.med.or.jp/kenmintop/kakusyusenmoni/tokuteikensin/>

**Inquiries:** Civil Registration Section, ph. 029-282-1711 ext. 1131

#### **5. Light Vehicle Tax**

Light vehicle tax bills will be sent out to owners soon.

Please make payment at banks, convenience stores or the Japan Post Bank (in Kanto and Yamanashi pref.) or by smartphone apps designated on the back of the notice by Tue. 31 May. The amount will be deducted from your account on Tue. 31 May only for bank transfer registrants.

If you have not received a tax notice, or have received it for a car that was scrapped or changed ownership before 1 Apr. 2022, please inquire at Tax Section, Tokai Village Office.

Regarding reduction and exemption for the disabled, please contact Tax Section.

**Inquiries:** Tax Section, ph. 029-282-1711 ext. 1117

#### **6. Healthy Walking Group**

One-hour walk along the Health Road around Fureaino-mori Area.

**Date:** Fri. 6 May (Canceled in case of rain)

**Time:** 9:30 a.m. (Registration starts from 9:00 a.m.)

**Meeting place:** Fureaino-mori Park

**Eligible People:** Tokai Village residents

**Other:** No reservation is required. Wear a mask. Bring a drink, a towel, and wear comfortable clothes. Please try carpooling due to the limited space in the parking lot.

**Inquiries:** Tokai Health Center, ph. 029-282-2797

## **7. Rubella Antibody Test and Vaccine**

To prevent the outbreak and spread of rubella, the antibody tests are provided free of charge for men born between 2 Apr.1962 and 1 Apr. 1979. Coupons have been sent to eligible people in 2019 or 2020. The validity of the coupons has been extended until 28 Feb. 2023. According to the test result, you should receive the vaccine.

**Inquiries:** Tokai Health Center, ph. 029-282-2797

## **8. Dance Class for Kids and Parents**

**Date:** Mon. 9 May

**Time:** 10:00 a.m. - 11:00 a.m.

**Place:** Tokai Muramatsu-Syuku Kodomoen

**Eligible People:** Children from 6 months old to preschool age accompanied by a guardian who lives in Tokai Village

**Capacity:** 20 pairs

**Instructor:** Ms. Kanon Kubo

**Cost:** Free

**Other:** Bring a drink, a towel, and wear comfortable clothes.

**Application and Inquiries:** Apply by phone to Tokai Muramatsu-Syuku Kodomoen Parenting Support Center after 8:30 a.m. on Mon. 9 May, ph. 029-282-7390.

## **9. Spring Display at Tokai Village Museum**

Tokai Village Museum is now having spring displays "Tokai Village Future Map" and "Waterside Tokai Village - Spring" through Sun. 5 Jun.

**Place:** Tokai Village Museum (Rekishi To Mirai No Kyoryukan)

**Cost:** Free

**Inquiries:** Lifelong Learning Section, ph. 029-287-0851

## **10. Kyudo (Japanese archery) Classes**

A series of 10 classes will be offered.

**Dates:** Saturdays; 21, 28 May, 11, 18, 25 Jun.

Sundays; 22, 29 May, 12, 19, 26 Jun.

**Time:** 4:15 p.m. - 6:15 p.m.

**Place:** Tokai Gymnasium

**Eligible people:** Junior high school students or older who either live, work or go to school in Tokai Village (including family living together).

**Capacity:** The first 15 people for adult and the first 15 junior high school students will be accepted (minimum number is 15 in total).

**Cost:** 2,000 yen per person

**Application and Inquiries:** Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Sat. 30 Apr. to Sun. 8 May (except Mon. 2 May).

Tokai Gymnasium, ph. 029-283-0673

## **11. Table Tennis Classes**

**[For Elementary school students]**

**Dates:** Saturdays 4, 11, 18, 25 Jun. and 2, 9 Jul. (6 classes)

**Time:** 2:00 p.m. - 3:30 p.m.

**Eligible people:** Elementary school students who live or go to school in Tokai Village

**Capacity:** The first 20 applicants will be accepted. (minimum number is 10.)

**[For Adult]**

**Dates:** Tuesdays 7, 14, 21, Jun., Fridays 10, 17, 24 Jun. (6 classes)

**Time:** 7:00 p.m. - 9:00 p.m.

**Eligible people:** Junior high school students or older who either live, work or go to school in Tokai Village (including family living together).

**Capacity:** The first 25 applicants will be accepted. (minimum number is 15.)

**[For both classes]**

**Cost:** 2,000 yen per person

**Place:** Tokai Gymnasium

**Others:** Free tools will be offered for applicants.

**Application and Inquiries:** Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Sat. 30 Apr. to Sun. 22 May (except Mon.).

Tokai Gymnasium, ph. 029-283-0673