

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. 新型コロナウイルスワクチン接種のお知らせ
4. 集団検診（6・7月）の予約を受け付けます
5. 特定健診
6. 「軽自動車税納税通知書」を郵送します
7. 姉妹都市交流事業を再開します
8. みんなですこやかウォーキング
9. チャレンジスクール「弓道の部」
10. チャレンジスクール「卓球の部」
11. SC スマイル TOKAI「日山ハイキング」
12. SC スマイル TOKAI「ゴルフ教室」
13. 「東海村将棋連盟」会員募集

Tokai Newsletter 25 Apr. 2023

1. Weekend Medical Services in May
2. Health Checks and Consultations in May
3. Coronavirus Vaccination Information
4. Health Checks for Residents in Jun. & Jul.
5. Specific Health Checkup
6. Light Vehicle Tax
7. Sister City Delegations 2023
8. Healthy Walking Group
9. Kyudo (Japanese archery) Class
10. Table Tennis Classes
11. Hiking Tour to Hiyama (Tennozsan)
12. SC Smile TOKAI "Golf Class"
13. Tokai-mura Shogi (Japanese chess) Federation is Seeking Members

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

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

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

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

Sun. 7: Muto Pediatric Clinic, ph.029-282-7722

Sun. 14: Tokai Clinic, ph.029-283-1711

Sun. 21: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 28: 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. 19 May

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

Please make an appointment.

(2) “Genki-up” Health Consultation for Adults

Date: Fri. 19 May

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

Please make an appointment.

(3) Health Check for Babies

1) Infants (babies born in Dec. 2022)

Date: Wed. 10 May

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

2) Children - aged 1 year and 6 months old (babies born in Oct. 2021)

Date: Thu. 11 May

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

3) Children - aged 3 years old (babies born in Nov. 2019)

Date: Wed. 17 May

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

(4) Baby Class for babies born in Feb. 2023

Date: Mon. 22 May

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

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

3. Coronavirus Vaccination Information

The Japanese government will start administering the 2023 Spring coronavirus vaccine free of charge. In Tokai Village, the vaccination will start on Thu. 11 May. Reservations begin on 1 May at 9:00 a.m. Please check the latest information from the village on the Tokai Village Coronavirus Vaccination Website and the Official Village Website.

Eligible people

(1) People aged 65 and older who have already taken the first two doses

These people will receive a Vaccination Coupon when they are eligible for the 2023 Spring coronavirus vaccine. However, if you have not yet received an Omicron-targeted vaccine, you need to use the Vaccination Coupon that has already been sent. If you have lost your Vaccination Coupon for an Omicron-targeted vaccine, please contact Tokai Health Center or visit the Tokai Village Coronavirus Vaccination Website to reissue a coupon.

(2) People aged between 5 and 64 with underlying medical conditions or with a higher risk of serious illness who have already taken the first two doses

(3) Healthcare providers and workers in facilities for the elderly and disabled who have already taken the first two doses

People categorized in (2) and (3) must apply for the 2023 Spring coronavirus vaccine if they would like to receive it. You can apply online via Tokai Village Coronavirus Vaccination Website, or by submitting the application form to Tokai Health Center by fax (029-212-6818) or in person. The application forms are available at Tokai Health Center or can be downloaded from the Tokai Village Coronavirus Vaccination Website.

*The 2023 Autumn coronavirus vaccine is scheduled to start in Sep. for all people over 5 years old who have already taken the first two doses.

Inquiries

Tokai Village Coronavirus Vaccination Call Center:

0570-033-271 (9:00 a.m. – 5:00 p.m., Mon. to Fri. except public holidays)

Tokai Village Coronavirus Vaccination Website:

https://www.knt-kt.co.jp/ec/2021/covid_tokai/

Ibaraki Prefecture COVID-19 Vaccine Call Center (Inquiries about side-effects):

029-301-5394 (24H every day)

Information in foreign languages

Multilingual Call Center (Ministry of Health, Labour and Welfare):

0120-761770 (toll-free)

9:00 a.m. – 9:00 p.m.: Japanese, English, Chinese, Korean, Portuguese, Spanish

9:00 a.m. – 6:00 p.m.: Thai

10:00 a.m. – 7:00 p.m.: Vietnamese

Coronavirus Vaccination Info (Prime Minister's Office of Japan):

<https://japan.kantei.go.jp/ongoingtopics/vaccine.html>

Translation of Vaccination Questionnaire, etc. (Ministry of Health, Labour and Welfare):

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/vaccine_tagengo.html

COVID-19 Vaccine Navi (Ministry of Health, Labour and Welfare):

<https://v-sys.mhlw.go.jp/en/>

Coronavirus Vaccination Info (Ibaraki Prefecture):

https://www.pref.ibaraki.jp/hokenfukushi/yobo/kiki/vaccine/english/information_on_the_covid-19_vaccine_for_foreign_residents.html

Multilingual Emergency Updates (NHK World Japan)

<https://www.nhk.or.jp/nhkworld-blog/>

4. 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 per day.

Dates:

Fri.9, Sat. 10, Mon.12, Tue. 13, Fri. 23, Sat. 24, Mon. 26, Tue. 27, Wed. 28, Thu. 29 Jun.

Sat. 1, Mon. 3, Tue. 4, Wed. 5, Thu. 6, Fri. 7, Sat. 8, Mon. 10 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

Cost: Free

Reservation: You can reserve either by phone or online.

Phone: Health Check Call Center, ph. 0570-066-722

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

Online: See the guidebook enclosed with the ticket for the reservation procedure.

Reservations will be accepted between 7:30 a.m. – 11:00 p.m. on Tue. 9 Wed. 10 and Thu. 11 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 Tue. 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.

*You cannot take a health check if you are unwell, with a fever of 37.0 degrees or higher, or without a reservation on the day.

*Please wear a mask and take your temperature.

Inquiries:

About specific health checkups and health checks for the elderly; Health Insurance Section, ph. 029-282-1711 ext. 1131, 1135

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

5. Specific Health Checkup

Specific health checkup comprises health screenings intended to prevent lifestyle-related diseases such as diabetes, high blood pressure, or hyperlipidemia.

Term: Mon. 1 May – Wed. 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/>

Inquiries: Health Insurance Section, ph. 029-282-1711 ext. 1131

6. 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 Wed. 31 May. The amount will be deducted from your account on Wed. 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. 2023, 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

7. Sister City Delegations 2023

Sister city exchange with Idaho Falls in the US will resume this year. We will accept a Youth Delegation from Idaho Falls from 27 Jul. to 3 Aug. A General delegation from Tokai-mura will visit Idaho Falls from 28 Sep. to 6 Oct. For details, see Tokai Village Sister City Association website at: <https://shimaitoshikouryuu.jimdofree.com>

Inquiries: Policy Promotion Section, ph. 029-282-1711 ext. 1306

8. Healthy Walking Group

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

Date: Fri. 12 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

9. Kyudo (Japanese archery) Class

A series of 10 classes will be offered.

Dates: Saturdays; 20, 27 May, 10, 17, 24 Jun.

Sundays; 21, 28 May, 11, 18, 25 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: 15 adults and 15 junior high school students (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. 29 Apr. to Sun. 7 May (except Mon. 1 May).

Tokai Gymnasium, ph. 029-283-0673

10. Table Tennis Classes

[For Elementary school students]

Dates: Saturdays 3, 10, 17, 24 Jun. and 1, 8 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: 20 people (minimum number is 10.)

[For Adults]

Dates: Tuesdays 6, 13, 20, Jun., Fridays 9, 16, 23 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: 25 people (minimum number is 15.)

[For both classes]

Place: Tokai Gymnasium

Cost: 2,000 yen per person

Others: Free equipment 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. 29 Apr. to Sun. 21 May (except Mon.).

Tokai Gymnasium, ph. 029-283-0673

11. Hiking Tour to Hiyama (Tennozán)

Date: Sat. 20 May

Time: Meeting at Fureaino-mori Park at 7:20 a.m.

Departure time: 7:30 a.m.

Place: Hiyama (Tennozán) in Nihonmatsu City, Fukushima

Eligible people: Anyone who lives or works in Tokai Village (including family living together) or belongs to SC Smile Tokai and is 18 years old or above.

Capacity: 15 people

Contents: Hiking from Tazawa-tozanguchi – Hiyama (Tennozan) - Mobara-tozanguchi which takes approx. 3.5 hours.

Cost: 9,000 yen for Smile Tokai members, 11,000 yen per person who lives together with a Smile Tokai member, 13,000 yen for non-members

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. by Wed. 17 May (except Mon.)

Inquiries: SC Smile Tokai at Tokai Gymnasium, ph.029-283-1001

12. SC Smile Tokai “Golf Class”

Both beginners and experienced players are welcome.

Dates: 5 Sundays – 7, 14, 21 May and 4, 11 Jun.

Time: 1:30 p.m. - 2:30 p.m.

Place: Sakaide Golf Center in Naka city

Eligible people: Anyone who lives or works in Tokai Village (including family living together) or belongs to SC Smile Tokai and is 18 years old or above

Capacity: 4 people

Instructor: Mr. Shigeru Nanao (PGA qualified instructor)

Cost: 10,000 yen for Smile Tokai members, 12,500 yen for non-members

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. by Fri. 5 May (except Mon. 1 May)

Inquiries: SC Smile Tokai at Tokai Gymnasium, ph.029-283-1001

13. Tokai-mura Shogi (Japanese chess) Federation is Seeking Members

Dates: Sat.

Time: 9:15 a.m. – noon for elementary and junior high school students,
9:15 a.m. - 3:00 p.m. for adults

Place: Nakamaru Community Center

Cost: 60 yen per class

Inquiries: Akiba san, ph.090-8582-5059, fax 029-282-2691