

## 広報とうかい 2/25 号

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## Tokai Newsletter 25 Feb. 2023

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**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 Mar.

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

Sun. 5: Tokai Clinic, ph.029-283-1711

Sun. 12: Tokai Hospital, ph.029-282-2188

Sun. 19: Muto Pediatric Clinic, ph.029-282-7722

Tue. 21: Tokai Hospital, ph.029-282-2188

Sun. 26: Higashihara Clinic, ph.029-283-2301

**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 Mar.**

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

**Date:** Fri. 3 Mar.

**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. 3 Mar.

**Time:** 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Please make an appointment.

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

#### **1) Infants (babies born in Oct. 2022)**

**Date:** Wed. 8 Mar.

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

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

**Date:** Thu. 9 Mar.

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

#### **3) Children - aged 3 years old (babies born in Sep. 2019)**

**Date:** Wed. 15 Mar.

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

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

**Date:** Mon. 6 Mar.

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

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

## **3. Tokai-mura Care Center for Sick and Convalescent Children "Rupinasu"**

When parents/guardians cannot take care of a sick/convalescent child at home due to work or other reasons, temporary childcare service is provided at the Care Center for Sick and Convalescent Children "Rupinasu" located next to Tokai Hospital.

The service is available 8:00 a.m. to 6:00 p.m., Mon. to Fri. (except public holidays and Dec. 29 to Jan. 3). To use the service, you need to take your child to a clinic and have the doctor fill out a medical information form.

Registration in advance is required. You need to submit a registration form to Rupinasu from 8:00 a.m. to 5:30 p.m., Mon. to Fri. (except public holidays). The registration form is available at Rupinasu, Tokai Hospital and Childcare Support Section, or can be downloaded from Childcare Support portal website "Nobi-nobi Kosodate Cho"

**Inquiries:** Tokai-mura Care Center for Sick and Convalescent Children "Rupinasu", ph. 029-283-3522, Tokai Hospital, ph.029-282-2188, Community Welfare Section, ph.029-282-1711 ext.1138

#### **4. Healthy Walking Group**

One-hour walk along the Health Road around Tokai Welfare Center "Kizuna".

**Date:** Fri. 3 Mar. (Canceled in case of rain)

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

**Meeting place:** Tokai Welfare Center "Kizuna"

**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

#### **5. Kizuna Food Pantry**

Food and daily necessities donated by companies and individuals will be distributed to people in need. Application is required and a date and time will be specified.

**Date and Place:**

Mon. 20 and Wed. 22 to Sat. 25 Mar. at Tokai Welfare Center "Kizuna"

Mon. 27 Mar. at Nakamaru Community Center

Tue. 28 Mar. at Ishigami Community Center

**Time:** 1:30 p.m. – 4:00 p.m.

**Eligible people:** Single-parent families and households with reduced income due to the new coronavirus pandemic or having difficulties in making a living due to price hikes

**Contents:** Rice, seasonings, snacks, canned food, and so on

**Cost:** Free

**Other:** One time only per household. If you would like to donate items, please bring them to Tokai Village Social Welfare Council by Fri. 10 Mar.

**Application:** Apply by phone, Official LINE, or in person to Tokai Village Social Welfare Council between 8:30 a.m. and 5:15 p.m. from Wed. 1 to Fri. 10 Mar.

**Inquiries:** Tokai Village Social Welfare Council Livelihood Support Network, ph. 029-283-0205

## **6. Basic Physical Training Course for Women**

**Date:** Sun. 26 Mar.

**Time:** 10:30 a.m. - noon

**Place:** Tokai Gymnasium

**Eligible people:** Women from 18 to 49 years old

**Capacity:** 10 people (Minimum number is 5.)

**Cost:** 600 yen per person

**Application:** Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Thu. 2 to Wed. 22 Mar. (except Mon.)

**Inquiries:** Tokai Gymnasium, ph. 029-283-0673

## **7. Core Training Class with an Athletic Stick**

**Dates:** Three Wednesdays – 8, 15, 22 Mar.

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

**Place:** Tokai Gymnasium

**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

**Cost:** 1,500 yen for non-members, free for Smile Tokai members

**Application:** Apply with the fee at Tokai Gymnasium.

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

## **8. "Dressing in Kimono" at Sister City Hall**

You will have the chance to be dressed in an "Easy-to-wear Kimono" and you can take selfies in Kimono!

**Date:** Sat. 25 Mar.

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

**Place:** Tokai-mura Sister City Hall

**Eligible people:** Foreigners who live or work in Tokai Village

**Capacity:** 8 people

**Cost:** Free

**Other:** Kimonos are available for men and women (No Kimono available for children)

**Application:** Email your name, phone number, size (S/M/L) of the clothes you are wearing and this program name to Tokai-mura Sister City Hall (tokai.sch@net1.jway.ne.jp) by Fri. 17

Mar.

**Inquiries:** Tokai-mura Sister City Hall, ph. 029-282-0535 (except Sun.),

For details, see Sister City Hall Facebook at <https://www.facebook.com/tokai.sch/>.