

広報とうかい 3/25号

1. 4月の休日診療
2. 4月の健康相談
3. 一般・脳ドックの受診費用を補助します
4. こんにちは！SCスマイルTOKAIです！
5. みんなですこやかウォーキング
6. 母と子のサロン
7. グランドピアノを弾いてみませんか
8. SCスマイルTOKAI「古峰ヶ原高原ハイキング」

Tokai Newsletter 25 Mar. 2024

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1. Weekend Medical Services in Apr.

Hours: 9:00 a.m. - noon (Hours are available for all locations.)

Sun. 7: Tokai Hospital, ph.029-282-2188

Sun. 14: Tokai Hospital, ph.029-282-2188

Sun. 21: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 28: Tokai Hospital, ph.029-282-2188

Mon. 29: 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 Apr.

(1) Health Consultation for Mothers and Children

Date: Fri. 12 Apr.

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. 12 Apr.

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 Nov. 2023)

Date: Wed. 10 Apr.

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

2) Children - aged 1 year and 6 months old (babies born in Sep. 2022)

Date: Fri. 19 Apr.

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

3) Children - aged 3 years old (babies born in Oct. 2020)

Date: Wed. 17 Apr.

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

(4) Baby Class for babies born in Jan. 2024

Date: Mon. 15 Apr.

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

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

3. Subsidy for Complete Physical Examination (General Dock or Brain Dock)

Eligible people: Those who are over 18 years of age and enrolled in Tokai Village National Health Insurance or Late-stage Medical Care Insurance for the Elderly

Place:

Tokai Hospital, ph. 029-282-2614

Hitachi, Ltd. Hitachinaka General Hospital, ph. 029-354-6795

Hitachi, Ltd. Hitachi General Hospital, ph. 0294-23-3971

Ibaraki Medical Center, ph. 029-243-1111

Higashikanto Clinic, ph. 029-221-1200

Seirei Memorial Hospital, ph. 0294-52-8531

Seirei Memorial Hospital Hitachinaka, ph. 029-219-8400

Brainpier Minamiohta, ph. 0294-70-1711

Brainpier Hitachinaka, ph. 029-219-7702

*The amount of self-pay burden varies depending on each medical institution.

Other:

-You can take an examination (either General Dock or Brain Dock) once a fiscal year.

-If you take a General Dock, you cannot take some other examinations provided by Tokai Village within the same fiscal year.

-There are some examinations not eligible for the subsidy. Please check with each medical institution for the cost.

Application: Apply at Health Insurance Section (1F) with your insurance card and hanko between Mon. 1 Apr. 2024 and Fri. 7 Mar. 2025.

*After making a reservation at a designated medical institution, you need to apply for the subsidy at Health Insurance Section, before taking the examination.

Inquiries: Health Insurance Section, ph. 029-282-1711 ext. 1131(until Fri. 29 Mar.), 1171 (from Mon. 1 Apr.)

4. What is SC Smile Tokai?

SC Smile Tokai is a local membership sports club aiming to make sports enjoyable for everyone in the community. It has 628 members now from infants to adults.

It has various kinds of sports classes including aerobics, physical training, table tennis, tennis, volleyball, track and field, mini basketball, golf, hiking and yoga. It also organizes some sports events for the community.

Membership application

Eligible people: Anyone who lives, works or goes to school in Tokai Village

The annual membership fee is 2400 yen for elementary school students and under (2000 yen for renewal), 3600 yen for junior high and high school students (3000 yen for renewal), and 6000 yen for university students and adults (5000 yen for renewal).

For more information, see SC Smile Tokai website at <https://scsmiletokai.com/>

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

5. Healthy Walking Group

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

Date: Fri. 5 Apr. (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. 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

6. Salon for Moms and Kids

The salon offers a place where parents and children can have a pleasant time playing together with volunteers while having the opportunity to exchange ideas about childcare.

Date: Fri. 7, Fri. 14, Sat. 22, Fri. 28 Jun. (4 times in total)

Time: 10:00 a.m.- 11:15 a.m.

Place: Funaishikawa Community Center

Eligible people: A mother and her first child born between 1 Jul. and 31 Dec. 2023, who live in Tokai Village *If there are too many applicants, a lottery will be held.

Capacity: 10 pairs

Cost: Free for Tokai Village Residents Conference members, 300 yen per pair for non-members

Application: Apply online between Tue. 2 and Tue. 16 Apr. at:

<https://www.vill.tokai.ibaraki.jp/cgi-bin/inquiry.php/104>

Inquiries: Tokai Village Residents Conference, ph.029-287-0851

7. Rent a Grand Piano for Private Practice

Dates:

Fri. 12, Sat. 20, Sun. 28 Apr.

Fri. 10, Sat. 18, Tue. 28 May

Tue. 11, Sat. 22, Tue. 25 Jun.

Time:

1:00 p.m. - 7:50 p.m. on Tue. and Fri.

9:00 a.m. - 7:50 p.m. (except noon - 1:00 p.m.) on Sat., Sun.

Place: Tokai Culture Center

Eligible people: Anyone who lives, works or goes to school in Tokai Village

Cost: 200 yen per session (50-minute session for one person only)

*You can apply up to two practice sessions per term (Apr. to Jun.).

*Reservations cannot be changed.

*Please contact Tokai Culture Center about additional use.

Application and Inquiries: Apply to Tokai Culture Center (ph. 029-282-8511) between 9:00 a.m. and 5:00 p.m. from Sat. 6 Apr. You should apply by 5:00 p.m. on the day you want to use the venue (except closed days).

8. Hiking Tour to Kobugahara-kogen

Date: Sat. 27 Apr.

Time: Meeting at Fureaino-mori Park at 6:20 a.m.

Departure time: 6:30 a.m.

Place: Kobugahara-kogen, Kanuma city, Tochigi pref.

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: 10,000 yen for Smile Tokai members, 13,000 yen per person who lives together with a Smile Tokai member, 15,000 yen for non-members

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Thu. 4 to Thu. 25 Apr. (except Mon.)

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