

広報とうかい 11/25号

1. 12月の休日診療
2. 12月の健康相談
3. 集団検診（1月）の予約を受け付けます
4. ふるさと帰省ライブ 茨城編
5. みんなですこやかウォーキング
6. 特設きずなパントリー
7. 東海村子ども芸術祭

Tokai Newsletter 25 Nov. 2022

1. Weekend Medical Services in Dec.
2. Health Checks and Consultations in Dec.
3. Health Checks for Residents in Jan.
4. Concert by Local Musicians
5. Healthy Walking Group
6. Kizuna Food Pantry
7. Children's Art Festival

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 Dec.

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

Sun. 4: Tokai Hospital, ph.029-282-2188

Sun. 11: Muto Pediatric Clinic, ph.029-282-7722

Sun. 18: Tokai Hospital, ph.029-282-2188

Sun. 25: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Fri. 30: Ogata Clinic, ph.029-282-4781

Sat. 31: Ogata Clinic, ph.029-282-4781

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 Dec.

(1) Health Consultation for Mothers and Children

Date: Fri. 16 Dec.

Time: 9:00 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. 16 Dec.

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 Jul. 2022)

Date: Wed. 7 Dec.

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

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

Date: Thu. 8 Dec.

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

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

Date: Wed. 14 Dec.

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

(4) Baby Class for babies born in Sep. 2022

Date: Wed. 21 Dec.

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

(5) Dental Checkup Class for babies born in May & Jun. 2022

Date: Tue. 20 Dec.

Time: 9:30 a.m. - 9:45 a.m.

Please make an appointment.

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

3. Health Checks for Residents in Jan.

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: Thu. 26 and Fri. 27 Jan. 2023

Reception Time:

Choose from the following.

- ① 9:30 a.m. – 9:45 a.m. ② 10:00 a.m. – 10:15 a.m. ③ 10:30 a.m. – 10:45 a.m.
④ 11:00 a.m. – 11:15 a.m. ⑤ 1:00 p.m. – 1:15 p.m. ⑥ 1:30 p.m. – 1:45 p.m.
⑦ 2:00 p.m. – 2:15 p.m. ⑧ 2:30 p.m. – 2:45 p.m.

Place: Tokai Health Center in Tokai Welfare Center "Kizuna"

Cost: Free

Reservation:

-By Phone: Call Health Check Call Center, ph. 0570-010-212, between 9:00 a.m. – 6:00 p.m. on Thu. 8 Dec.

-Online: Book through Health Checks Reservation Website between 7:30 a.m. and 11:00 p.m. on Thu. 8 Dec. (See the leaflet enclosed with your checkup voucher for details.)

*Reservations are taken on a first come, first served basis. If there is any vacancy, reservations will be taken at Tokai Health Center after Tue. 13 Dec.

For those who take colon cancer test only:

No reservation is required. Please bring your sample to Health Center during the reception hours on the checkup day.

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 checks and health checks for the elderly; Civil Registration Section, ph. 029-282-1711 ext. 1131, 1135

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

4. Concert by Local Musicians

Date: Mon. 9 Jan.

Time: 2:30 p.m. (Doors open at 2:00 p.m.)

Place: Tokai Culture Center

Cost: 2,000 yen per person *No preschool children allowed

Performers: Ocarina player Sojiro, Singer Kumiko, Guitarist Dai Kimura, Shakuhachi and Biwa Player Tomoka Nagasu

Application and Inquiries: Apply by phone to Tokai Culture Center (ph. 029-282-8511) from 9:00 a.m. on Sat. 10 Dec. If there are remaining tickets available, tickets will be sold at Tokai Culture Center from 1:00 p.m. on Sat. 10 Dec.

5. Healthy Walking Group

One-hour walk along the Ibaraki Health Road "Oshinobe Tenjinyama" course.

Date: Fri. 2 Dec. (Canceled in case of rain)

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

Meeting place: Tokai Welfare Center "Kizuna"

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

6. 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:

Wed. 21 to Sat. 24 Dec. at Tokai Welfare Center "Kizuna"

Mon. 26 Dec. Shirakata Community Center

Tue. 27 Dec. Funaishikawa 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

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. 9 Dec.

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 Thu. 1 to Fri. 16 Dec.

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

7. Children's Art Festival

[Calligraphy & Painting Exhibition]

Sat. 3 Dec. 1:00 p.m. – 5:00 p.m. and Sun. 4 Dec. 9:00 a.m. – 5:00 p.m.

[Stage Performances]

Sun. 4 Dec. 12:50 p.m. – 5:00 p.m.

Place: Tokai Culture Center

Cost: Free

Other: You need a ticket to see stage performances. Tickets will be distributed at Tokai Culture Center.

Inquiries: Tokai Culture Center, ph. 029-282-8511