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Tokai Newsletter 25 Sep. 2023

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1. Weekend Medical Services in Oct.

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

Sun. 1: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 8: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Mon. 9: Tokai Hospital, ph.029-282-2188

Sun. 15: Ogata Clinic, ph.029-282-4781

Sun. 22: Tokai Hospital, ph.029-282-2188

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 Oct.

(1) Health Consultation for Mothers and Children

Date: Fri. 20 Oct.

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. 20 Oct.

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 for babies born in May 2023

Date: Wed. 4 Oct.

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

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

Date: Thu. 5 Oct.

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

3) Children - aged 3 years old for babies born in Apr. 2020

Date: Wed. 18 Oct.

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

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

Date: Thu. 19 Oct.

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

(5) Dental Checkup Class for babies born in Mar. & Apr. 2023

Date: Fri. 6 Oct.

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

Please make an appointment.

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

3. Ozora Marche 2023

Please come and enjoy food, handmade crafts, workshops and music performances at a historic place!

Date: Sat. 7 Oct.

Time: 10:00 a.m.- 5:00 p.m.

Place: Daijingu Shrine, Muramatsu-san Kokuzo-do Temple

Inquiries: Tokai Village Tourism Association, ph. 029-287-0855

Website: <http://ozoramarche.com/>

4. Coronavirus Vaccination Information

Please check the latest information from the village on the Tokai Village Coronavirus Vaccination Website and the Official Village Website.

2023 Autumn Coronavirus Vaccine

Eligible people

All people over 6 months old who have already taken the first two doses (the first three doses for children between 6 months and 4 years old).

Vaccination Coupons will be sent to eligible people from the end of Sep. Once you receive the coupon, you can make a reservation.

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.co.jp/company/ec/covid_tokai/

5. Subsidized Influenza Vaccinations

What's an influenza vaccination?

Influenza vaccinations can be effective in preventing influenza or reducing the severity of symptoms. Immunity lasts for about five months from two weeks after the injection (or second injection for children under 13 years old). Recipients should be aware of side effects or adverse reactions, and only receive the vaccination when in good health condition.

Eligibilities

The following groups are entitled to subsidized vaccinations during the following term.

Term: Sun. 1 Oct. 2023 - Wed. 31 Jan. 2024

1) Eligible people: Children between the ages of one (as of the vaccination day) and 15 years old (3rd year junior high)

Cost: 1,000 yen per vaccination

Application: No need to apply for the subsidy. Vaccination coupons will be sent out to eligible people soon. However, guardians of children who were born in Jan. 2023 need to contact Tokai Health Center to apply for the coupon after Fri. 1 Dec.

*Note that babies can receive vaccination from 6 months of age, but the subsidies are only available after the child turns 1 year of age.

2) Eligible people: Residents 65 years and over (as of the vaccination day)

Cost: Free

Application: No need to apply for the subsidy. Vaccination coupons will be sent out to eligible people soon. However, those who were born in Jan. 1959 need to contact Tokai Health Center to apply for the coupon after Fri. 1 Dec.

*Be sure to receive the vaccination after your 65th birthday.

3) Eligible people: Residents between 60 and 64 years old who qualify for level one disabilities due to heart, kidney or respiratory disease, or immune function disabilities.

Cost: Free

Application:

-If you apply for this category for the first time, bring your Physical Disability Certificate to apply at Tokai Health Center.

-Previous recipients only need to call Tokai Health Center to apply.

4) Eligible people: Residents between one and 64 years old who are in an inhabitant tax-exempt household

Cost: Free

Application: Bring your 'Inhabitant Tax Exemption Certificate to Apply for the Influenza Vaccination Subsidy' (Tokai Village influenza wakuchin sesshuyo son/kenminzei hikazei shomeisho) to apply at Tokai Health Center. If there are any applicants in your family between the ages of 1 and 15 years old, bring the received vaccination coupon as well.

*To get the 'Inhabitant Tax Exemption Certificate' issued, bring your ID (e.g. driver's license) and fill out an application form at Tax Section (Tokai Village Office 1F). It will cost 200 yen.

5) Eligible people: Residents between one and 64 years old who receive public assistance.

Cost: Free

Application: Bring your 'Certificate of Public Assistance' (seikatsu hogo jukyusho) to apply at Tokai Health Center. If there are any applicants in your family between the ages of 1 and 15 years old, bring the received vaccination coupon as well.

***Note:** If none of the above groups applies to you, you need to pay for the full expense of vaccination. If you want to receive the vaccination, make inquiries at any hospitals or clinics. You can receive the influenza vaccine and the Covid vaccine at the same time.

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

6. Medical Welfare Subsidy System - Marufuku and Marutoku

What are Marufuku and Marutoku?

Both Ibaraki Prefectural "Marufuku" and Tokai Village's "Marutoku" are subsidy systems for children, expectant and nursing mothers, single-parent families and severely handicapped people to aid with medical expenses so they can receive adequate medical care when needed. Vaccinations, medical checkups, hospital meals, medicine containers, diapers, and any other treatments and/or charges that are not covered by insurance are exempt from this system.

Tips for using Marufuku or Marutoku appropriately

(1) Injury at school

Injury and Accident Mutual Aid Benefit System provides benefits (medical expenses, disability compensation or death compensation) in cases of injury, illness, disease, accident, or death that occur to students and younger children while under the supervision of schools or nurseries. Note that Marufuku or Marutoku do NOT COVER these cases.

Therefore, when a child gets injured at school/nursery and goes to a hospital, do not present the Marufuku/Marutoku certificate but only present the insurance card and pay the expense at the hospital. Then claim a refund from the Injury and Accident Mutual Aid Benefit System which the child has joined at school/nursery.

(2) Special certificate

If your medical expenses will be high or you are going to go into hospital, you can apply for a "High-cost Medical Expense Benefit" in advance so that you are only required to pay a pre-fixed ceiling amount. Apply through your health insurance provider beforehand to get an "Eligibility Certificate for Ceiling-Amount Application".

If you suffer from the diseases specified by the government including chronic renal insufficiency which requires dialysis treatment, apply for a "Medical Treatment Recipient Certification for Specific Disease" through your health insurance provider to receive the subsidy.

Be sure to present an appropriate certificate together with your insurance card and Marufuku/Marutoku certificate at the reception desk.

(3) Change of bank account or insurance card

If your bank account or insurance card has been changed, you need to register the new information at the Health Insurance Section.

Inquiries: Health Insurance Section, ph. 029-282-1711 ext. 1134, 1135

7. Admission Information of Public Kindergarten and Kodomoen for 2024

Eligible people:

- a) 5-year-old children born between 2 Apr. 2018 and 1 Apr. 2019
- b) 4-year-old children born between 2 Apr. 2019 and 1 Apr. 2020
- c) 3-year-old children born between 2 Apr. 2020 and 1 Apr. 2021

Application Distribution: Available for pick-up from Mon. 2 Oct. at kindergarten/kodomoen in your school district or Childcare Support Section in Tokai Village Office, or can be downloaded from Childcare Support portal website "Nobi-nobi Kosodate Cho" at <http://www.tokai-kosodate.jp/>

Application: Submit the application to the kindergarten/kodomoen of your school district during each specified application period shown below.

*Tokai Muramatsu-Syuku Kodomoen and Ishigami Kindergarten accept applications from out of the school district.

Application period:

(1) Tokai Muramatsu-Syuku Kodomoen, ph. 029-282-3700 (Terunuma Elementary School District):

Thu. 19 and Fri. 20 Oct., 1:30 p.m. – 3:30 p.m. for residents of the school district

Fri. 20 Oct., 3:30 p.m. – 4:00 p.m. for residents of Ishigami Elementary School District

*If there are too many applicants from outside of the school district, a lottery will be held on the day of application.

Mon. 23 Oct., 10:00 a.m. – 10:30 a.m. for residents of elementary school districts other than Terunuma *ACCEPTED ONLY if there is any vacancy.

(2) Ishigami Kindergarten, ph. 029-282-3100 (Ishigami Elementary School District):

Tue. 24 and Wed. 25 Oct. 1:30 p.m. – 4:00 p.m.

*If there are too many applicants from outside of the school district, a lottery will be held at 10:00 a.m. on Thu. 26 Oct.

(3) Muramatsu Kindergarten, ph. 029-282-2867 (Shirakata, Muramatsu, Funaishikawa and Nakamaru Elementary School District):

Tue. 24 and Wed. 25 Oct., 9:00 a.m. – 10:00 a.m. and 1:00 p.m. – 2:00 p.m.

*Funaishikawa and Suwama Kindergartens will be merged into Muramatsu Kindergarten.

Inquiries: Childcare Support Section, ph. 029-282-1711 ext. 1185

8. What is SC Smile Tokai?

SC Smile Tokai started in 2007. It is an NPO local membership sports club aiming to make sports enjoyable for everyone in the community. It has 593 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

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

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

9. Healthy Walking Group

One-hour walk along the Health Road around Nakamaru area.

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

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

Meeting place: Nakamaru Community Center

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

10. Library Closures

Tokai Library will be closed for inventory from Mon. 16 to Tue. 24 Oct. The libraries in the Community Centers will be open as usual.

From Tue. 3 to Sun. 15 Oct., you can borrow double the usual number: up to 20 books, 6 magazines and 4 CD/DVDs at the Tokai Library and the libraries at the Community Centers.

Inquiries: Tokai Library, ph. 029-282-3435

11. Kids Exercise Classes

Dates: 6 Sundays – 12, 19, 26 Nov., 3, 10 and 17 Dec.

Time: (1) Hop class: 9:30 a.m.- 10:30 a.m., (2) Step class: 11:00 a.m.- noon, (3) Jump class: 1:30 p.m.- 2:30 p.m.,

Place: Tokai Gymnasium

Eligible people: Children in (1) the final two years of kindergarten/nursery, (2) 1st and 2nd grades in elementary school, (3) 3rd and 4th grades in elementary school, who live in Tokai Village

Capacity: 30 people for each class

Cost: Free

Application: Apply at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Sat. 7 Oct. to Sun. 5 Nov. (except Mon.)

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

12. Hiking Tour to Ryuokyo Ravine

Date: Sat. 28 Oct.

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

Departure time: 6:30 a.m.

Place: Ryuokyo Ravine, Nikko 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

Contents: "Yumoto Station to Ryuokyo Station Course" which takes approx. 3 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. from Thu. 5 to Wed. 25 Oct. (except Mon.)

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