

## **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. みんなですこやかウォーキング
5. ひとり親世帯のお子さんへ入学祝い品を差し上げます
6. 母子家庭親子クリスマス会
7. 東海村子ども芸術祭

## **Tokai Newsletter 25 Nov. 2024**

1. Weekend Medical Services in Dec.
2. Health Checks and Consultations in Dec.
3. Health Checks for Residents in Jan.
4. Healthy Walking Group
5. School Supplies Donation to New Students
6. Christmas Party for Single-mother Families
7. Children's Art Festival

### **1. Weekend Medical Services in Dec.**

**Hours:** 9:00 a.m. - noon

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

Sun. 8: Tokai Hospital, ph.029-282-2188

Sun. 15: Higashihara Clinic, ph.029-283-2301

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

Sun. 29: Usui Clinic, ph.029-229-0855

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

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

**Ibaraki Children Emergency Information Helpline**, ph. #8000 or 050-5445-2856

Hours: Open 24 hours, every day of the year (including emergency medical information)

**Ibaraki Adult Emergency Information Helpline**, ph. #7119 or 050-5445-2856

Hours: Open 24 hours, 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. 13 Dec.

**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. 13 Dec.

**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 Jul. 2024**

**Date:** Wed. 4 Dec.

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

#### **2) Children - aged 1 year and 6 months old for babies born in May 2023**

**Date:** Fri. 20 Dec.

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

#### **3) Children - aged 3 years old for babies born in Jun. 2021**

**Date:** Wed. 11 Dec.

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

#### **(4) Baby Class for babies born in Sep. 2024**

**Date:** Thu. 12 Dec.

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

#### **(5) Dental Checkup Class for babies born in May & Jun. 2024**

**Date:** Thu. 19 Dec.

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

**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. The health checks will be held only by reservation. You need to have a checkup voucher to make a reservation. If you do not have one, contact Tokai Health Center by Wed. 4 Dec.

**Dates:** Mon. 27 and Tue. 28 Jan. 2025

**Reception Time:**

Choose from the following.

- ①9:30 a.m. – 9:45 a.m. ②10:00 a.m. – 10:15 a.m. ③10:30 a.m. – 10:45 a.m.  
④11:00 a.m. – 11:15 a.m. ⑤1:00 p.m. – 1:15 p.m. ⑥1:30 p.m. – 1:45 p.m.  
⑦2:00 p.m. – 2:15 p.m. ⑧2:30 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. 0570-041-172, between 9:00 a.m. – 6:00 p.m. on Thu. 5 Dec.

-Online: Book through Health Checks Reservation Website between 7:30 a.m. and 11:59 p.m. on Thu. 5 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. 10 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.

**Note:**

If you are not registered as a resident of the village on the checkup day, you are not eligible for the checkup.

**Inquiries:**

About specific health checks and health checks for the elderly; Civil Registration Section, ph. 029-282-1711 ext. 1171, 1173

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

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

One-hour walk along the Ibaraki Health Road "Ishigami Historical Street" course.

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

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

**Meeting place:** Ishigami 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

## **5. School Supplies Donation to New Students**

Free school supplies will be offered to children in single-parent families.

**Eligible people:** Single-parent households living in Tokai Village with a child who will enter elementary school in April 2025

**Application:** Apply to Childcare Support Section, ph.029-282-1711 ext.1182, by Fri. 20 Dec.

**Inquiries:** Ibaraki Prefecture Mothers and Children Welfare Association, ph. 029-221-7505

## **6. Christmas Party for Single-mother Families**

**Date:** Sun. 22 Dec.

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

**Place:** Ishigami Community Center

**Eligible People:** Single-mother households living in Tokai Village with a child up to junior high school

**Capacity:** 40 people \*If there are too many applicants, a lottery will be held.

**Cost:** 500 yen per family

**Other:** Lunch will be served.

**Application and Inquiries:** Apply to Sakai san, Tokai-mura Mothers and Children Welfare Association, ph.029-282-4817, by Fri. 6 Dec.

## **7. Children's Art Festival**

**Calligraphy, Painting & Pottery Exhibition:**

Sat. 7 Dec. 1:00 p.m. – 5:00 p.m. and Sun. 8 Dec. 9:00 a.m. – 5:00 p.m.

**Stage Performances:** Sun. 8 Dec. 0:50 p.m. – 4:30 p.m.

**Workshops:** Sun. 8 Dec. 10:00 a.m. – 3:00 p.m.

**Place:** Tokai Culture Center

**Cost:** Free

**Inquiries:** Tokai Culture Center, ph. 029-282-8511, <http://www.tokai-cs.or.jp/post-5503/>