

広報とうかい 9/25 号

1. 10 月の休日診療
2. 10 月の健康相談
3. 大空マルシェ 2024
4. インフルエンザワクチン接種費用の助成
5. 新型コロナウイルスワクチン接種のお知らせ
6. 医療福祉費支給制度（マル福・マル特）
7. 令和 7 年度認定こども園（教育認定）・村立幼稚園入園児募集
8. 東海村ピアノマラソンコンサート
9. こんにちは！SC スマイル TOKAI です！
10. みんなですこやかウォーキング
11. おーくす船場こども園 令和 7 年度一号認定児募集
12. 大滝根山ハイキング
13. シェリーのネイチャーラボ
14. グランドピアノを弾いてみませんか

Tokai Newsletter 25 Sep. 2024

1. Weekend Medical Services in Oct.
2. Health Checks and Consultations in Oct.
3. Ozora Marche 2024
4. Subsidized Influenza Vaccinations
5. Coronavirus Vaccination Information
6. Medical Welfare Subsidy System - Marufuku and Marutoku
7. Admission Information of Public Kindergarten and Kodomoen for 2025
8. Piano Marathon Concert
9. What is SC Smile Tokai?
10. Healthy Walking Group
11. Admission Information of Oaks Funaba Kodomoen for 2025
12. Hiking Tour to Mt. Otakine
13. Shelly's Nature Lab: Let's Walk and Check the Hazard Map!
14. Rent a Grand Piano for Private Practice

1. Weekend Medical Services in Oct.

Hours: 9:00 a.m. - noon

Sun. 6: Ogata Clinic, ph.029-282-4781

Sun. 13: Ibarakihigashi National Hospital, ph.029-282-1151

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

Sun. 20: Usui Clinic, ph.029-229-0855

Sun. 27: Tokai Hospital, ph.029-282-2188

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 Oct.

(1) Health Consultation for Mothers and Children

Date: Fri. 11 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. 11 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 2024

Date: Wed. 2 Oct.

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

2) Children - aged 1 year and 6 months old for babies born in Mar. 2023

Date: Fri. 18 Oct.

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

3) Children - aged 3 years old for babies born in Apr. 2021

Date: Wed. 16 Oct.

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

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

Date: Thu. 3 Oct.

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

(5) Dental Checkup Class for babies born in Mar. & Apr. 2024

Date: Thu. 24 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 2024

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

Date: Sat. 5 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. 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 a good health condition.

Eligibilities

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

Term: Tue. 1 Oct. 2024 - Fri. 31 Jan. 2025

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 born in Jan. 2024 need to contact Tokai Health Center to apply for the coupon.

*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. 1960 need to contact Tokai Health Center to apply for the coupon.

*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:** Those who do not fall into the above categories need to pay for the full expense of vaccination. If you want to receive the vaccination, make inquiries at any hospitals or clinics.

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

5. Coronavirus Vaccination Information

From FY2024, Coronavirus Vaccination will be a routine inoculation and conducted once a year between autumn and winter.

Eligibilities

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

Term: Tue. 1 Oct. 2024 - Mon. 31 Mar. 2025

1) 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. 1960 need to contact Tokai Health Center to apply for the coupon.

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

2) 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: Bring your Physical Disability Certificate to apply at Tokai Health Center.

***Note:** Those who do not fall into the above categories need to pay for the full expense of vaccination. If you want to receive the vaccination, make inquiries at any hospitals or clinics.

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

6. Medical Welfare Subsidy System - Marufuku and Marutoku

What are Marufuku and Marutoku?

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. 1174, 1175

7. Admission Information of Public Kindergarten and Kodomoen for 2025

Eligible people:

- a) 5-year-old children born between 2 Apr. 2019 and 1 Apr. 2020
- b) 4-year-old children born between 2 Apr. 2020 and 1 Apr. 2021
- c) 3-year-old children born between 2 Apr. 2021 and 1 Apr. 2022

Application Distribution: Available for pick-up from Tue. 1 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):

Mon. 21 and Tue. 22 Oct., 1:30 p.m. – 3:30 p.m. for residents of the school district

Tue. 22 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.

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

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

Mon. 28 and Tue. 29 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 Wed. 30 Oct.

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

Mon. 28 and Tue. 29 Oct., 9:00 a.m. – 10:00 a.m. and 1:00 p.m. – 2:00 p.m.

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

8. Piano Marathon Concert

Date: Sun. 6 Oct.

Time: 10:00 a.m. - 3:30 p.m. (Doors open at 9:30 a.m.)

Place: Tokai Culture Center

Cost: Free

Contents: 53 players and groups will play piano solo, four-handed performance and ensemble.

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

9. What is SC Smile Tokai?

SC Smile Tokai is an NPO local membership sports club aiming to make sports enjoyable for everyone in the community. It has 759 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

10. Healthy Walking Group

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

Date: Fri. 4 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

11. Admission Information of Oaks Funaba Kodomoen for 2025

Capacity: 5 children (3 years old) born between 2 Apr. 2021 and 1 Apr. 2022

1 child (5 years old) born between 2 Apr. 2019 and 1 Apr. 2020

*No vacancy for 4-year-old children

*If there are too many applicants, a lottery will be held on Tue. 15 Oct., and the notice of the results will be mailed.

Other: You can visit the facility between 10:30 a.m. and 11:00 a.m. from Fri. 27 Sep. to Fri. 4 Oct. If you wish to visit, apply by phone in advance.

Application Distribution: 11:00 a.m. – 5:00 p.m. on Fri. 27 Sep, or 10:00 a.m.- 5:00 p.m. after Fri. 30 Sep. (except Sat. and Sun.)

*Please call before you come to obtain an application form.

Application and Inquiries: Apply in person or by registered mail to Oaks Funaba Kodomoen (592-1 Funaba, Tokai Village 319-1115, ph. 029-352-3680) by noon on Fri. 11 Oct.

12. Hiking Tour to Mt. Otakine

Date: Sat. 26 Oct.

Time: Meeting at Fureaino-mori Park at 6:50 a.m.

Departure time: 7:00 a.m.

Place: Mt. Otakine, Tamura City, Fukushima 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. 3 to Wed. 23 Oct. (except Mon. 7, 21 and Tue. 15 Oct.)

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

13. Shelly's Nature Lab: Let's Walk and Check the Hazard Map!

Date: Sun. 20 Oct.

Time: 10:00 a.m. - 11:30 a.m.

Place: Shirakata Community Center

Eligible people: Elementary school students and older

Capacity: 20 people

Cost: Free

Application: Apply by phone or e-mail (your name/s, phone number, and program name) to Lifelong Learning Section between Tue. 1 and Wed. 16 Oct.

Inquiries: Lifelong Learning Section, ph. 029-287-0851, email maruhaku@vill.tokai.ibaraki.jp

14. Rent a Grand Piano for Private Practice

Dates:

Tue. 8, Mon. 14, Tue. 22 Oct., Fri. 15, Tue. 19, 26 Nov., Tue. 10, 17 and 24 Dec.

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 Mon. 14 Oct. (a public holiday)

Place: Tokai Culture Center

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

Cost: 200 yen per 50-minute session

*You can apply up to two practice sessions per term (Oct. to Dec. 2024).

*Reservations cannot be changed.

*Please contact Tokai Culture Center about additional use.

Application and Inquiries: Apply in person to Tokai Culture Center (ph. 029-282-8511) between 9:00 a.m. and 5:00 p.m. after Sun. 29 Sep. If there is any vacancy, reservations will be taken by phone after 1:00 p.m. on Sun. 29 Sep. You can apply by 5:00 p.m. on the day you want to use the venue if there is a vacancy. Website <http://www.tokai-cs.or.jp/post-4927/>