

広報とうかい 9/25 号

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Tokai Newsletter 25 Sep. 2025

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1. Weekend Medical Services in Oct.

Hours: 9:00 a.m. - noon

Sun. 5: Usui Clinic, ph.029-229-0855

Sun. 12: Tokai Hospital, ph.029-282-2188

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

Sun. 19: Ogata Clinic, ph.029-282-4781

Sun. 26: 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. 10 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. 10 Oct.

Time: 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

(3) Health Check for Babies

1) Infants for babies born in May 2025

Date: Wed. 1 Oct.

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

2) Children - aged 1 year and 6 months old for babies born in Mar. 2024

Date: Fri. 17 Oct.

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

3) Children - aged 3 years old for babies born in Apr. 2022

Date: Wed. 15 Oct.

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

(4) Baby Class for babies born in Jul. 2025

Date: Thu. 9 Oct.

Time: 1:30 p.m. - 1:50 p.m.

(5) Dental Checkup Class for babies born in Mar. & Apr. 2025

Date: Thu. 2 Oct.

Time: 1:15 p.m. - 1:30 p.m.

Please make an appointment.

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

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

3. Subsidized Influenza Vaccinations

A subsidy for influenza vaccination will begin on Wed. 1 Oct.

Starting in 2025, nasal spray vaccines will also be available for ages 2 to 18, and each dose offers about one year of protection.

The following groups are eligible for subsidized vaccinations.

Subsidy period: Wed. 1 Oct. 2025 - Sat. 31 Jan. 2026

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 (5,500 yen for nasal spray)

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. 2025 need to contact Tokai Health Center to apply for the coupon.

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. 1961 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 whose entire household is exempt from resident tax and the Forest Environment Tax.

Cost: Free

Application: Bring your Tax Exemption Certificate to apply for the Influenza Vaccination Subsidy 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 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

4. Coronavirus Vaccination Information

A subsidy for coronavirus vaccination will begin on Wed. 1 Oct.

Eligibilities

The following groups are eligible for subsidized vaccinations.

Subsidy period: Wed. 1 Oct. 2025 – Tue. 31 Mar. 2026

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

Cost: You will pay the vaccination fee minus the village subsidy 5,000 yen.

Application: No need to apply for the subsidy. Vaccination coupons will be sent out to eligible people soon. However, those who were born in Mar. 1961 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: You will pay the vaccination fee minus the village subsidy 5,000 yen.

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.

3) Eligible people: Those who fall into the above categories and receive Public Assistance.

Cost: free

Application: Bring your Certificate of Public Assistance (seikatsu hogo jukyusho) 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

5. Admission Information of Public Kindergarten and Kodomoen for 2026

Eligible people:

a) 5-year-old children born between 2 Apr. 2020 and 1 Apr. 2021

b) 4-year-old children born between 2 Apr. 2021 and 1 Apr. 2022

c) 3-year-old children born between 2 Apr. 2022 and 1 Apr. 2023

Application Distribution: Available for pick-up from Wed. 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 <https://www.tokai-kosodate.jp/>

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

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

Application period:

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

Mon. 20 and Tue. 21 Oct., 10:00 a.m. – 11:30 a.m. for residents of the Terunuma Elementary School District

Tue. 21 Oct., 1:30 p.m. – 2:00 p.m. for residents outside of the Terunuma 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. The school district can be checked at;

<https://www.vill.tokai.ibaraki.jp/soshikikarasagasu/kyoikuiinkai/gakkokyoikuka/2/2/665.html>

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

Thu. 23 and Fri. 24 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

6. Healthy Walking Group

Learn proper walking techniques from a health exercise instructor, then enjoy a walk together.

Date: Fri. 3 Oct. (Held indoors if it rains)

Time: 9:30 a.m. – 11:30 a.m.

Meeting Place: Tokai Welfare Center "Kizuna"

Eligible People: Tokai Village residents who can walk 3 to 5 kilometers in an hour.

Capacity: 30 people

Other: Bring a drink, a towel, and wear comfortable clothes. Please try carpooling due to the limited space in the parking lot.

Application and Inquiries: Apply to Tokai Health Center, ph. 029-282-2797

7. Hello Baby Classes for Pregnant Women

Let's learn about pregnancy, childbirth, childcare, and share your concerns and experiences with us as an expecting mother. You can join either one or both classes.

Date and Content:

(1) Fri. 7 Nov., 9:15 a.m. - noon (Registration starts at 9:00 a.m.)

Lecture by a midwife, a nutrition manager and a dental hygienist. Childcare service will be provided for free.

(2) Sat. 8 Nov, 9:15 a.m. - 11:50 a.m. (Registration starts at 9:00 a.m.)

Talk about babies' crying / how to bathe a newborn / pregnancy experience for fathers / useful tips for before and after childbirth. Bring an apron for each attendee. No childcare service will be provided.

Place: Tokai Health Center

Capacity: (1) 12 people, (2) 16 pairs

Other: Bring your Maternal and Child Health Handbook (Boshi Kenko Techo), the supplementary handbook, pen and notebook.

Applications: Apply from Sun. 12 to Sun. 26 Oct. at: <https://tokai-vill.city-ca.jp/>

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

8. Fun Activity for Dads and Kids

Date: Sun. 9 Nov.

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

Place: Masaki Community Center

Eligible people: Fathers and children 2-3 years old in pairs who live in Tokai Village *If there are too many applicants, a lottery will be held.

Capacity: 20 pairs

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

Other: Bring a towel, a change of clothes and indoor shoes (in case of rain).

Application: Apply online by Tue. 21 Oct. at:

<https://www.vill.tokai.ibaraki.jp/soshikikarasagasu/kyoikuiinkai/shogaigakushuka/seisyoune/ibentonado/5195.html>

Inquiries: Tokai Village Youth Development Council, ph.029-287-0851

9. Shelly's Nature Lab: Let's Find Acorn Varieties!

Date: Sun. 19 Oct.

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

Place: Tokai Village Museum (Rekisho To Mirai No Koryukan)

Capacity: 20 people

Cost: Free

Application: Apply online between Thu. 25 Sep. and Fri. 10 Oct. at

https://apply.e-tumo.jp/vill-tokai-ibaraku-offer/offerDetail_initDisplay?tempSeq=76843&accessFrom=

Inquiries: Lifelong Learning Section, ph. 029-287-0851

10. Hiking Tour to Mt. Bandai

Date: Sat. 25 Oct.

Time: Meeting at Fureaino-mori Park at 5:50 a.m.

Departure time: 6:00 a.m.

Place: Mt. Bandai, Bandai-machi, 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.

* Those who wish may also take the lift.

Capacity: 15 people

Cost: 13,000 yen for Smile Tokai members, 16,000 yen per person who lives together with a Smile Tokai member, 18,000 yen for non-members

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Sat. 4 to Thu. 23 Oct.

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

11. Piano Marathon Concert

Date: Sun. 5 Oct.

Time: 10:00 a.m. - 4:30 p.m. (Doors open at 9:30 a.m.)

Place: Tokai Culture Center

Cost: Free

Contents: 63 players and groups will play piano solo, four-handed performance and ensemble.

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