

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. 国勢調査の回答はお済ですか？
4. インフルエンザワクチン予防接種の費用助成
5. ワクチンの接種間隔が変更となります
6. 医療福祉費支給制度（マル福・マル特）
7. 水道メーターを交換します
8. みんなですこやかウォーキング
9. 龍王峡ハイキング
10. チャレンジスクール「剣道の部」
11. グランドピアノを弾いてみませんか（第3期）
12. 八間道路を探検しよう！
13. 「東海村スマイルマラソン2021」の開催を中止します
14. 外国人のための電話・ビデオ通話による休日無料弁護士相談

Tokai Newsletter 25 Sep. 2020

1. Weekend Medical Services in Oct.
2. Health Checks and Consultation in Oct.
3. Please Respond to the Census 2020 by 7 Oct.
4. Subsidized Influenza Vaccinations
5. Length of Vaccination Intervals to be Changed
6. Medical Welfare Subsidy System - Marufuku and Marutoku
7. Replacement of Water Meter
8. Healthy Walking Group
9. Hiking Tour to Ryuokyo Ravine
10. Kendo Class
11. Rent a Grand Piano for Private Practice
12. Walk on Hachiken Road
13. Tokai Smile Marathon 2021 Cancelled
14. Free Legal Consultation for Foreigners on Telephone and Video Call

In order to prevent the infectious disease of the novel coronavirus from spreading, some or all the events may be cancelled or postponed.

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

Sun. 11: Tokai Clinic, ph.029-283-1711

Sun. 18: Muto Pediatric Clinic, ph.029-282-7722

Sun. 25: Tokai Hospital, ph.029-282-2188

Ibaraki Children's Resource Line, ph. #8000 (for mobile phones), or 03-6667-3377

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

Ibaraki Adult's Resource Line, ph. #7119 (for mobile phones), or 03-6667-3377

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

2. Health Checks and Consultation in Oct.

(1) Health Consultation for Mothers and Children

Please ask about date and time and make an appointment in advance.

(2) "Genki-up" Health Consultation for Adults

Date: Fri. 16 Oct.

Time: 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Please make an appointment.

(3) Health Check for Babies

1) Infants

Date: Wed. 7 Oct.

Time: 12:30 p.m. - 1:30 p.m.

2) Children - aged 1 year and 6 months old

Date: Thu. 8 Oct.

Time: 12:45 p.m. - 1:30 p.m.

3) Children - aged 3 years old

Date: Wed. 14 Oct.

Time: 1:00 p.m. - 1:45 p.m.

4) Dental Checks for Children - aged 2 years and 6 months old

Date: Thu. 15 Oct.

Time: 1:00 p.m. - 1:45 p.m.

*All eligible children will be notified individually.

(4) Baby Class for babies born in Jul. 2020

Date: Thu. 1 Oct.

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

(5) Dental Checkup Class for babies born in Nov. & Dec. 2019

Date: Tue. 27 Oct.

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

Please make an appointment.

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

3. Please Respond to the Census 2020 by 7 Oct.

The national census by the Japanese government has started. Have you received Census survey documents in your mailbox? The Census is the most important statistical survey and is held once every five years. It covers everyone that has lived or plans to live in Japan for more than three months, regardless of nationality. Everyone that is covered is legally obliged to respond. Please be sure to respond by Wed. 7 Oct. We appreciate your understanding and cooperation.

Online response is recommended as it is quick and easy and can also avoid face-to-face contact. Go to "Response Site" <https://www.e-kokusei.go.jp/html/portal/en/top.html> and follow the instructions on the screen to respond to the Census. Login ID and access key are provided in your survey documents.

*Online responses are available in the following languages; Japanese, English, Chinese (Simplified, Traditional), Korean, Vietnamese, Spanish and Portuguese. If you want to reply in another language besides the above, please contact General Affairs Section of Tokai Village Office. We will provide you the survey form of your choice.

*If you are not sure about the procedures, bring your survey documents and we will help you with the online response on the following dates.

Dates and time: 1:00 p.m. - 5:00 p.m. on Thu. 1 & Fri. 2 Oct.

Place: Meeting room on the 5th floor of Village Office

You can also respond by filling out the survey form and either sending it in the enclosed envelope or submitting it to the Census Taker. If your household has more than 5 members, please ask the Census Taker or Village Office for another survey form.

Inquiries: General Affairs Section, ph. 029-282-1711 ext. 1316, or

Census 2020 Call Center (8:00 a.m. – 9:00 p.m.), ph. 0570-07-2020 or 03-6636-9607 from IP phones (Call charges will apply)

Website: <https://www.kokusei2020.go.jp/>

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 good health condition.

Information of the subsidized vaccinations

The following groups are entitled to subsidized vaccinations.

Term: Thu. 1 Oct. 2020 - Sat. 30 Jan. 2021

*Please read "Notes on vaccination term" below for details.

1) Eligible people: Children between the ages of one (as of 1 Oct. 2020) and 15 years old (3rd year junior high)

Cost: 1,000 yen per vaccination

Application: Vaccination coupons will be sent out in the end of September. No need to apply for the subsidy unless you moved to Tokai Village after September. In that case, contact Tokai Health Center.

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 for residents born up to 31 Dec. 1955 will be sent out in the end of September. Please be sure to receive the injection after your 65th birthday.

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

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 to apply for the influenza vaccination subsidy' (Tokai Village influenza wakuchin sesshuyo son/kenminzei hikazei shomeisho) 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.

6) Eligible people: Resident who is pregnant and has Maternal and Child Health Handbook (boshi kenko techo).

Cost: 1,000 yen per person

Application: Get a vaccine at a medical institution and pay the full expense. Then, bring the receipt and your Maternal and Child Health Handbook (boshi kenko techo) to apply at Tokai Health Center by Fri. 30 Jul 2021. After application, the amount you paid after deducting 1,000 yen will be transferred into your account (up to 3,380 yen). Application form is available at Tokai Health Center or can be downloaded from the official village website.

*If none of the above applies to you, you have to pay for the full expense of vaccination. If you want to receive the vaccination, make inquiries at any hospitals or clinics.

Notes on vaccination term

From Thu. 1 Oct.: Only for people eligible for 2) and 3)

From Mon. 26 Oct.: For medical workers, people with pre-existing medical conditions, pregnant women, children between 6 months old and 2nd grader of elementary school, and all other people

Reservation is required for vaccination at Tokai Hospital

Vaccination Term: Thu. 1 Oct. - Mon. 28 Dec. (It could end earlier if the vaccine runs out.)

Application: Call the reservation exclusive number (ph. 029-282-2615) between 9:00 a.m. and 5:00 p.m. (except 11:00 a.m. - 2:00 p.m.) during weekday (except public holidays), or book online at <https://www.tokai-hp.jp/>.

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

5. Length of Vaccination Intervals to be Changed

Vaccines are classified as live or inactivated vaccines, and the appropriate intervals at which to give different vaccines must be maintained. From 1 Oct. rules for the intervals will be changed.

There will be no specified period of intervals between different kinds of vaccines.

The exceptions are:

- An interval of at least 27 days should still be taken from the day after receiving a live vaccine until the day of receiving another live vaccine. (e.g. BCG, Measles-rubella [MR], varicella [chickenpox] and mumps)

- When the same vaccine is vaccinated several times, the specified intervals for each vaccine should be adhered to. (e.g. Hepatitis B, Hib infection, pediatric pneumococcus and DPT-IPV)

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 system for children, expectant and nursing mothers, single parent families and severely handicapped people to aid 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 which 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. These cases are not covered by Marufuku or Marutoku.

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 expense will be high or you are going to go into hospital, you can apply for "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 a dialysis treatment, apply for a "Medical Treatment Recipient Certification for Specific Disease" through your health insurance provider to receive subsidy. Be sure to present an appropriate certificate together with your insurance card and Marufuku/Marutoku certificate at the reception desk.

(3) If your personal information changed

When your insurance card, address or name is changed, report it to Civil Registration Section (Village Office 1F) with your Marufuku/Marutoku certificate, insurance card and hanko.

(4) Cases of a refund

A. The amount you paid at the reception desk was less than 600 yen.

If the amount was just 600 yen, it will be refunded after a few months without application. If the amount was less than 600 yen, you need to apply for a refund. For details, contact Civil Registration Section or see the official village website.

B. You paid medical expense without showing your Marufuku/Marutoku certificate.

C. You went to a medical institution outside Ibaraki prefecture.

D. You were hospitalized.

E. You ordered assistive devices or glasses for weak eyesight according to your doctor's instructions.

F. You paid medical expense without showing your insurance card.

Application:

Apply at Civil Registration Section with your Marufuku/Marutoku certificate, the original receipt, hanko and a document showing the payment provided by your health insurance provider (only for E, F and in the case of high medical expense). You should apply within 5 years from the month when you received medical treatment.

* If medical expenses become high in the cases of B, C and D, claim High Medical Expense Additional Benefits to your health insurance provider first.

* In the case of E or F, apply for a refund from your health insurance provider for the insurer's share. Apply for a refund to Civil Registration Section for the self-pay portion. There is a limit amount for refund.

Inquiries: Civil Registration Section, ph. 029-282-1711 ext. 1135

7. Replacement of Water Meter

Water meter is valid for 8 years and needs to be replaced regularly. When the time for replacement comes, an outsourced contractor with an official ID will visit your house and enter the premises to replace the water meter. We appreciate your cooperation.

Date: Thu. 1 Oct. – Wed. 4 Nov.

Area: Tokai Village water supply area

Target: Water meters with the first two digits of the number 12

Cost: Free

Contractor: Hamada Kogyo-sho, Yumiyama Kensetsu Kogyo, Mitsuwa Kogyo, Karube, Ishigami

Others:

No witness required.

You will not be charged.

Water is cut off during the work for a short time.

Work will be done even if no one is at home.

Do not put anything on the meter box.

Keep your dog away from the meter box.

Make sure that the area around the meter box is not covered with garden trees, etc.

Remove magnetic water activator from the meter box.

Muddy water rarely comes out after the work.

Inquiries: Waterworks Section, ph. 029-282-1711 ext. 1154

8. Healthy Walking Group

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

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

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

Meeting place: Ishigami Community Center

Eligible people: The first 50 Tokai Village residents will be accepted.

Others: Wear a mask. Bring a drink and a towel, and wear comfortable clothes. Please share cars due to the limited space in the parking lot.

Application and Inquiries: Apply by phone to Tokai Health Center (ph. 029-282-2797) between Mon. 28 and Wed. 30 Sep. *You cannot participate if you are unwell or without a reservation on the day.

9. Hiking Tour to Ryuokyo Ravine

Date: Sat. 24 Oct.

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

Departure time: 7:00 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: The first 20 applicants will be accepted.

Contents: There are 2 courses,

(1) "Ryuokyo Station to Kawaji-yumoto Station Course" which takes approx. 4 hours

(2) "Ryuokyo Station to Kawaji-onsen Station Course" which takes approx. 3.5 hours

Cost: 7,000 yen for Smile Tokai members, 9,000 yen for families who are members of Smile Tokai, 11,000 yen for non-members

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Sat. 3 to Wed. 21 Oct. (except Mon.)

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

10. Kendo Class

Dates: 6 Sundays – 18, 25 Oct., 1, 8, 22, 29 Nov.

Time: 1:30 p.m. - 3:00 p.m. Advanced classes can be extended until 4:00 p.m.

Place: Tokai Gymnasium

Eligible people: Anyone of elementary school or above, who either lives, works or goes to school in Tokai Village (including family living together)

Capacity: The first 20 applicants will be accepted. (Minimum applicant count is 5.)

Cost: 1,000 yen per person

Others: Free tools will be offered for applicants.

Application and Inquiries: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Tue. 29 Sep. to Sun. 11 Oct. (except Mon. 5 Oct.) Tokai Gymnasium, ph. 029-283-0673.

11. Rent a Grand Piano for Private Practice

Dates:

Wed. 7, Sun. 11, Sun. 18 Oct.

Tue. 10, Wed. 18, Wed. 25 Nov.

Wed. 2, Tue. 8, Wed. 23 Dec.

Time:

1:00 p.m. - 8:00 p.m. on Tue. and Wed.

9:00 a.m. - 8:00 p.m. (except noon - 1:00 p.m.) on Sun.

Place: Tokai Culture Center

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

Cost: 200 yen per session to be paid on the day (50-minute session for one person only)

*You can apply up to two practice sessions per term (Nov. to Dec. 2020).

*Reservations cannot be changed and the rental cost cannot be returned.

*Please contact Tokai Culture Center about additional use.

Others: The time for one session has been shortened due to ventilation and disinfection of the venue.

Application and Inquiries: Apply by phone to Tokai Culture Center (ph. 029-282-8511) from 9:00 a.m. on Sat. 3 Oct. You should apply by 5:00 p.m. on the day before the day you want to use the venue (except closed days).

12. Walk on Hachiken Road

Let's explore the Hachiken Road starting from Muramatsusan Kokuzodo Temple down to the beach!

Date: Sun. 11 Oct. (Canceled in case of rain)

Time: 9:00 a.m. - noon

Eligible people: Elementary school or junior high school student who lives in Tokai Village (Children in 1st, 2nd and 3rd grade of elementary school need to be accompanied by a guardian)

Capacity: The first 20 applicants will be accepted.

Cost: Free

Others: Meeting point and things needed to be brought will be advised later.

Application and Inquires: Send your name, grade, phone number with a subject "Walk on Hachiken Road" to Watahiki san, Girl Scouts Ibaraki Group-25 (gsibaraki25.tokai@gmail.com, ph. 090-9431-8560) by e-mail between 9:00 a.m. Mon. 28 Sep. and Fri. 2 Oct. (Reservation cannot be made by phone.)

13. Tokai Smile Marathon 2021 Cancelled

Tokai Smile Marathon 2021 has been cancelled to prevent the infectious disease of the novel coronavirus from spreading. We appreciate your understanding.

Inquires: Tokai Village Marathon Committee at Tokai Gymnasium, ph. 029-283-0673

14. Free Legal Consultation for Foreigners on Telephone and Video Call

Date & Time: Sun. 4 & 11 Oct. 10:00 a.m. - 3:00 p.m. (Registration ends at 2:30 p.m.)

How to Consult: Telephone or Video Call (LINE · Skype · Messenger) – email ①your name
②language ③the tool you may use

Description: Legal consultations may cover issues related to work, visa, marriage, taxes, insurance and other concerns related to daily living. (All interviews are free and confidential with interpretation.)

Languages: Interpreters will be available with a lawyer in the following languages: English, Chinese, Thai, Tagalog, Portuguese, Korean, Spanish, Indonesian and Vietnamese.

Contact: Consultation Center for Foreigners of the Ibaraki International Association
TEL: 029-244-3811 FAX: 029-241-7611 E-mail: iia_consul@ia-ibaraki.or.jp