

## 広報とうかい 8/25 号

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## Tokai Newsletter 25 Aug. 2020

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**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 Sep.

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

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

Sun. 13: Tokai Hospital, ph.029-282-2188

Sun. 20: Higashihara Clinic, ph.029-283-2301

Mon. 21: Ogata Clinic, ph.029-282-4781

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

Sun. 27: 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 Sep.**

### **(1) Health Consultation for Mothers and Children**

**Date:** Fri. 18 Sep.

**Time:** 9:30 a.m. - 11:00 a.m., 1:00 p.m. - 2:00 p.m.

Please make an appointment.

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

**Date:** Fri. 18 Sep.

**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. 2 Sep.

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

#### **2) Children - aged 1 year and 6 months old**

**Date:** Thu. 3 Sep.

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

#### **3) Children - aged 3 years old**

**Date:** Wed. 16 Sep.

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

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

**Date:** Thu. 17 Sep.

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

\*All eligible children will be notified individually.

### **(4) Baby Class for babies born in Jun. 2020**

**Date:** Wed. 9 Sep.

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

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

### **3. Health Checks for Residents**

#### **(1) How to make a reservation**

Jumin Kenshin (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.

Health checks for residents will be held by advance reservation only this year to prevent the spread of the coronavirus. Please note that a limited number of people will be accepted.

The health checks are subject to cancellation due to future situations. Changes shall be notified as necessary in newsletters and on the official village website.

#### **Dates:**

Choose from the following.

Oct. 2020; Fri. 9, Sat. 10, Tue. 13, Mon. 19, Thu. 22, Fri. 23, Sat. 24, Wed. 28, Thu. 29, Fri. 30  
Jan. 2021; Thu. 21, Fri. 22, Sat. 23, Mon. 25

#### **Reception Time:**

Choose from the following.

- ① 9:00 a.m. – 9:15 a.m. ② 9:30 a.m. – 9:45 a.m. ③ 10:00 a.m. – 10:15 a.m.
- ④ 10:30 a.m. – 10:45 a.m. ⑤ 11:00 a.m. – 11:15 a.m. ⑥ 1:00 p.m. – 1:15 p.m.
- ⑦ 1:30 p.m. – 1:45 p.m. ⑧ 2:00 p.m. – 2:15 p.m. ⑨ 2:30 p.m. – 2:45 p.m.

#### **Reservation:**

Health Check Call Center, ph. 0570-074-121

Call between 9:00 a.m. – 6:00 p.m. on Mon. 7 & Tue. 8 Sep. to reserve health checks in Oct. 2020.

Call between 9:00 a.m. – 6:00 p.m. on Fri. 4 Dec. to reserve health checks in Jan. 2021.

\*Reservations are accepted only by phone.

#### **Place:**

Tokai Health Center in Tokai Welfare Center "Kizuna"

\*Health checks will not be held in other community centers this year.

#### **For those who take colon cancer test only:**

No reservation is required. Please bring your sample to Health Center between 11:15 a.m. - 11:45 a.m. or 2:45 p.m. - 3:15 p.m.

#### **Notes:**

\*Please wear a mask and take your temperature.

\*You cannot take a health check if you are unwell or without a reservation on the day.

#### **Free shuttle bus service:**

Free shuttle bus service is available between each community center and Tokai Health Center on the following dates. If you want to use the bus, please say so when you make a reservation

call. The time schedule will be notified on the voucher.

Date;	From and to;
Fri. 9 Oct.	Muramatsu Community Center
Tue. 13 Oct.	Funaishikawa Community Center
Mon. 19 Oct.	Shirakata Community Center
Thu. 22 Oct.	Ishigami Community Center
Wed. 28 Oct.	Nakamaru Community Center
Fri. 30 Oct.	Masaki Community Center

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

## **(2) Specific Health Checkup**

Specific Health Checkup is a package of health examinations to detect any signs of illness.

**Eligible people:** Anyone aged 40 to 74 who is enrolled in Tokai Village National Health Insurance program. Outpatients are also eligible. Specific Health Checkup Tickets have already been sent to eligible people in late Apr.

**Cost:** Free (once a year)

### **How to get a checkup:**

1) At Jumin Kenshin (health checks for residents) Venue (Tokai Health Center)

Make a reservation according to the procedure shown in the previous section; "(1) How to make a reservation".

Bring your health insurance card and the ticket (pink color).

2) At a designated medical institution in Tokai Village or in Ibaraki Prefecture

Please contact a designated medical institution on the list which is enclosed with the ticket.

Early booking is recommended as reservations tend to fill up quickly after Oct.

Checkup period: By Sun. 31 Jan. 2021

## **(3) Other checkups**

"Complete physical examination (Ningen Dock)", "Checkups at workplace" and "Submission of a health report" can also be subsidized.

### **Complete physical examination (Ningen Dock)**

After reservation of an examination at a designated medical institution, get a "Grant Notification" issued at Civil Registration Section in the village office to get a subsidy. Bring the notification when you take the examination. Return your Specific Health Checkup Ticket to the Civil Registration Section.

\*Please refer to Sukoyaka Challenge Calendar for details of designated medical institutions.

Checkup period: By Wed. 31 Mar. 2021

Application deadline for subsidy: Fri. 5 Mar. 2021

#### **Checkups at workplace**

After taking a checkup at your workplace, bring the checkup result to Civil Registration Section in the village office to get a subsidy.

#### **Submission of a health report**

Consult your doctor if you are seeing a doctor regularly at a designated medical institution. For details, read "Guide to submission of a health report" enclosed with the ticket.

Checkup period: By Wed. 31 Mar. 2021

**Inquiries:** Civil Registration Section, ph. 029-282-1711 ext. 1131

### **4. Subsidy for Day Care Fees of Unlicensed Childcare Facilities**

#### **(1) Subsidy for fees of unlicensed childcare facilities (for 2020 first term)**

##### **Eligible people:**

A child of a household who meets all conditions below;

- 1) Householder is a resident of Tokai village
- 2) Parents are unable to take care of the child due to work or illness
- 3) The child attended / has been attending an unlicensed childcare facility, which had been filed as required by Child Welfare Act, between Apr. and Aug. 2020 on a monthly contract (including the ones outside Tokai Village).
- 4) The fees paid were higher than what was supposed to be paid if the child attended a licensed daycare center
- 5) The child is certified or eligible for childcare by Parenting Support New System (except for those who are eligible for Free Preschool Education System.)

##### **Subsidy:**

Max. 20,000 yen per person per month – half of the difference in the monthly fee of the unlicensed childcare facility and that of a licensed daycare center

#### **(2) Subsidy for fees in stay-home period for preventing coronavirus infection**

##### **Eligible people:**

A child who did not attend unlicensed childcare facility for more than one day during restraint request period (from 20 Apr. to 31 May 2020 except weekends) including sickness absence. Not applicable if the fee for absent days has been already reduced by the facility.

##### **Subsidy:**

Amount paid in excess calculated according to the daily rate.

\*Amount of other subsidies you have received is deducted.

**Application:** Submit the application form with a document to prove attendance issued by the unlicensed childcare facility to Childcare Support Section on the 4th floor of the village office by Wed. 30 Sep. Application form and the flyer are available at Childcare Support Section or can be downloaded from Childcare Support Portal Website “Nobi-nobi Kosodate Cho”.

**Inquiries:** Childcare Support Section, ph.029-282-1711 ext.1184

## **5. Admissions Information of Migiwa Kindergarten for 2021**

### **(1) Children for kindergarten**

**Eligible people:**

3-year-old children born between 2 Apr. 2017 and 1 Apr. 2018

4-year-old children born between 2 Apr. 2016 and 1 Apr. 2017

**Orientation:** 2:00 p.m. - 3:00 p.m. on Thu. 24 & Fri. 25 Sep.

Reservations are not required.

### **(2) 2-year-old children for nursery (Usagi-gumi)**

**Eligible people:**

Children born between 2 Apr. 2018 and 1 Apr. 2019

**Orientation:** 10:30 a.m. - 11:30 a.m. on Wed. 23 Sep.

Reservations are not required.

**Application and Inquiries:** Fill out the application form which is distributed from Mon. 7 Sep. and apply in person from 9:00 a.m. on Wed. 21 Oct. for (1), and on Mon. 26 Oct. for (2) at Migiwa Kindergarten (First-come-first-served-basis). ph. 029-282-9155

For more details, please see Migiwa Kindergarten website: <http://migiwa-y.com/>

## **6. Hiking Tour to Mt. Hangetsu**

**Date:** Sat. 26 Sep.

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

**Departure time:** 7:00 a.m.

**Place:** Mt. Hangetsu, 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) "Mt. Hangetsu Observatory Course" which takes approx. 5 hours

(2) "Lake Chuzenji Observatory Course" which takes approx. 3 hours

**Cost:** 8,000 yen for Smile Tokai members, 10,000 yen for families who are members of Smile Tokai, 12,000 yen for non-members

**Application:** Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Sat. 5 to Tue. 22 Sep. (except Mon.)

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

## **7. Nordic Walking Class**

**Dates:** Every Sat. from 3 Oct. to 12 Dec. except 10 Oct. (10 classes)

**Time:** 9:00 a.m. - 11:00 a.m.

**Place:** Tokai Gymnasium and others

**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.

**Cost:** 5,000 yen for SC Smile Tokai members, 7,500 yen for the family living together or non-members

**Other:** The poles will be offered by organizers.

**Application:** Apply at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Sat. 5 to Sun. 27 Sep. (except Mon. 7, 14 and Wed. 23 Sep.)

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

## **8. Beginner Circuit Training Class for Men**

**Dates:** Every Wed. from 7 Oct. to 11 Nov. except 28 Oct. (5 classes)

**Time:** 7:00 p.m.- 8:30 p.m.

**Place:** Tokai Welfare Center "Kizuna"

**Eligible people:** Men who live in Tokai Village aged 30-59 years old

**Capacity:** The first 20 applicants will be accepted.

**Application:** Apply at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Sat. 5 Sep. to Sat. 3 Oct. (except Mon. 7, 14, Wed. 23 and Mon. 28 Sep.)

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

## **9. Kids Exercise Classes**

### **Dates:**

- (1) Every Fri. from 2 Oct. to 20 Nov. (6 classes)
- (2) Every Fri. from 4 Dec. to 15 Jan. 2021 except Fri. 1 Jan. 2021 (6 classes)

**Time:** 5:00 p.m.- 6:00 p.m.

**Place:** Tokai Gymnasium

### **Eligible people:**

- (1) Children in 4th, 5th or 6th grade of elementary school who live in Tokai Village
- (2) Children in 1st, 2nd or 3rd grade of elementary school who live in Tokai Village

**Capacity:** The first 20 applicants will be accepted for each class.

**Instructor:** Mr. Kazumasa Takahashi (Asst. Professor at Ibaraki Christian University)

**Application:** Apply at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m.

- (1) from Sat. 5 to Sun. 27 Sep. (except Mon. 7, 14 and Wed. 23 Sep)
- (2) from Sat. 7 to Mon. 23 Nov. (except Mon.)

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