

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. 住民検診は完全予約制で実施します！
4. みんなですこやかウォーキング
5. 妊婦のための「ハローベビースクール」
6. SC スマイル TOKAI「ノルディックウォーキング教室」
7. 冬の探鳥会

Tokai Newsletter 25 Nov. 2020

1. Weekend Medical Services in Dec.
2. Health Checks and Consultation in Dec.
3. Health Checks for Residents
4. Healthy Walking Group
5. Hello Baby Classes for Pregnant Women
6. Nordic Walking Class
7. Bird-watching Party

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 Dec.

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

Sun. 6: Tokai Hospital, ph.029-282-2188

Sun. 13: Muto Pediatric Clinic, ph.029-282-7722

Sun. 20: Ibarakihigashi National Hospital, ph.029-282-1151

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

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

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

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 Dec.

(1) Health Consultation for Mothers and Children

Date: Fri. 11, 18 & Wed. 23 Dec.

Please make an appointment.

(2) “Genki-up” Health Consultation for Adults

Date: Fri. 11 Dec.

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 Dec.

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

2) Children - aged 1 year and 6 months old

Date: Thu. 3 Dec.

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

3) Children - aged 3 years old

Date: Wed. 9 Dec.

Time: 12:40 p.m. - 2:10 p.m.

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

Date: Thu. 10 Dec.

Time: 1:00 p.m. - 2:00 p.m.

*All eligible children will be notified individually.

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

Date: Fri. 4 Dec.

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

(5) Dental Checkup Class for babies born in Jan. & Feb. 2020

Date: Tue. 8 Dec.

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

Please make an appointment.

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

3. Health Checks for Residents

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.

Thu. 21, Fri. 22, Sat. 23, Mon. 25 and Thu. 28 Jan. 2021

Reception Time:

Choose from the following.

①9:00 a.m. – 9:15 a.m. ②9:30 a.m. – 9:45 a.m. ③10:00 a.m. – 10:15 a.m.

④10:30 a.m. – 10:45 a.m. ⑤11:00 a.m. – 11:15 a.m. ⑥1:00 p.m. – 1:15 p.m.

⑦1:30 p.m. – 1:45 p.m. ⑧2:00 p.m. – 2:15 p.m. ⑨2:30 p.m. – 2:45 p.m.

Reservation:

Call Health Check Call Center, ph. 0570-074-121, between 9:00 a.m. – 6:00 p.m. on Fri. 4 Dec.

*Reservations are taken on a first come, first served basis. If there is any vacancy after Wed. 9 Dec., reservations will be taken at Tokai Health Center.

Place:

Tokai Health Center in Tokai Welfare Center "Kizuna"

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 check your temperature in advance.

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

Inquiries:

About specific health checks and health checks for the elderly; Civil Registration Section, ph. 029-282-1711 ext. 1131, 1134

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

4. Healthy Walking Group

One-hour walk along the Health Road around Tokai Welfare Center "Kizuna".

Date: Fri. 4 Dec. (Canceled in case of rain)

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

Meeting place: Tokai Welfare Center "Kizuna"

Capacity: The first 50 Tokai Village residents will be accepted.

Other: 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. 30 Nov. and Wed. 2 Dec. *You cannot participate if you are unwell or without a reservation on the day.

5. 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.

Date and Content:

(1) Fri. 15 Jan. 2021, 9:15 a.m. - 11:30 a.m. (Registration starts at 9:00 a.m.)

Lecture by a midwife, a nutrition manager and a dental hygienist. You can also try a food sample.

(2) Sat. 16 Jan. 2021, 9:15 a.m. - 11:45 a.m. (Registration starts at 9:00 a.m.)

Talk about babies' cry / how to bath a new born / pregnancy experience for fathers / useful services for before and after childbirth. Bring aprons for each attendee.

Place: Tokai Health Center

Capacity: (1) The first 8 applicants, (2) the first 9 pairs, will be accepted.

Cost: Free

Other: Bring your Maternal and Child Health Handbook (boshi kenko techo), the supplementary handbook, pen and notebook.

Inquiries and Applications: Apply by phone to Tokai Health Center (ph. 029-282-2797) by Fri. 18 Dec. Reservations are required for both classes.

6. Nordic Walking Class

Dates: 8 Saturdays from 5 Dec. to 20 Mar. 2021

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 15 applicants will be accepted.

Cost: 4,000 yen for SC Smile Tokai members, 6,000 yen for non-members

Other: The poles will be lent out by organizers.

Application: Apply at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. by Fri. 4 Dec. (except Mon.)

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

7. Bird-watching Party

Date: Sun. 13 Dec.

Time: 9:00 a.m.- noon

Eligible people: Family having a child of elementary school age or above who lives in Tokai Village. Adults only can also participate.

Capacity: The first 5 families will be accepted.

Cost: 200 yen / family

Other: The place will be advised later. Binoculars and a bird guide will be lent out by organizers.

Application: Apply by phone or in person to Lifelong Learning Section (Village Office 4F) between Fri. 27 Nov. and Fri. 4 Dec. (except weekends).

Inquiries: Lifelong Learning Section, ph. 029-282-1711 ext. 1421