

広報とうかい 12/25 号

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Tokai Newsletter 25 Dec. 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 for the End of Year and Jan. 2021

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

Dec. 2020

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

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

Jan. 2021

Fri. 1: Tokai Hospital, ph.029-282-2188

Sat. 2: Tokai Clinic, ph.029-283-1711

Sun. 3: Tokai Hospital, ph.029-282-2188

Sun. 10: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Mon. 11: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 17: Higashihara Clinic, ph.029-283-2301

Sun. 24: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 31: Muto Pediatric Clinic, ph.029-282-7722

*Each hospital/clinic has different closing days for New Year holidays.

Ibaraki Children Emergency Information Helpline, ph. #8000 or 03-6667-3377

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

Ibaraki Adult Emergency Information Helpline, ph. #7119 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 Jan.

(1) Health Consultation for Mothers and Children

Date: Fri. 8, Tue.12 & Fri. 29 Jan.

Please make an appointment.

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

Date: Fri. 29 Jan.

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. 13 Jan.

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

2) Children - aged 1 year and 6 months old

Date: Thu. 14 Jan.

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

3) Children - aged 3 years old

Date: Wed. 20 Jan.

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

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

Date: Wed. 27 Jan.

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

*All eligible children will be notified individually.

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

Date: Mon. 18 Jan.

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

Please make an appointment.

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

3. "5 Situations" That Increase the Risk of Infection

Please avoid the following situations as much as possible to prevent the spread of the coronavirus.

- (1) Social gatherings with drinking alcohol
- (2) Long feasts in large groups
- (3) Conversation without a mask
- (4) Living together in a small limited space
- (5) Switching locations

For details, see <https://corona.go.jp/prevention/pdf/en.5situations.pdf>

4. Closing Days for New Year Holiday Period

The following public offices and facilities will be closed during the New Year period as indicated below.

Closed from Sat. 26 Dec. 2020 until Sun. 3 Jan. 2021

-Children's Center: ph. 029-306-1017

Closed from Mon. 28 Dec. 2020 until Mon. 4 Jan. 2021

-Tokai Central Community Center: ph.029-282-3329

-Ishigami, Masaki and Funaishikawa Community Centers

-Tokai Library (opens 1:00 p.m. on Tue. 5 Jan.): ph. 029-282-3435

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

-Tokai Gymnasium: ph. 029-283-0673

Closed from Sun. 27 Dec. 2020 until Sun. 3 Jan. 2021

-Tokai Welfare Center "Kizuna": ph. 029-283-2299

-Tokai Sister City Hall: ph.029-282-0535

Closed from Tue. 29 Dec. 2020 until Sun. 3 Jan. 2021

-Tokai Village Office: ph.029-282-1711

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

-Tokai Hospital (except for weekend and holiday hours): ph. 029-282-2188

-Nagahori Sukoyaka House: ph. 029-283-3664

-Muramatsu, Shirakata and Nakamaru Community Centers

-"Ainori-kun" (a share-ride taxi service) Reservation Center: 029-306-2828

Closed from Thu. 31 Dec. 2020 until Sun. 3 Jan. 2021

-Hitachinaka-Tokai Clean Center: ph. 029-265-5310

-Tokai Village Clean Center: ph. 029-282-7289

5. Group Gynecological Exam – By Reservation Only

Group Gynecological Exam will be held by advance reservation only this year to prevent the spread of the coronavirus. A ticket will be sent to women who have applied for Group Gynecological Exam. A ticket for osteoporosis testing will be sent to women who are 30, 35, 40, 45, 50, 55, 60, 65, 70, 75 years of age this year.

Dates:

Choose from the following.

Mon. 15, Tue. 16, Thu.18, Fri. 19, Sat. 20, Wed. 24, Thu. 25, Fri. 26, Sat.27 Feb. 2021

Reception Time:

Choose from the following.

Cervical cancer screening; ①9:30 a.m. – 9:45 a.m. ②10:00 a.m. – 10:15 a.m.

③12:30 p.m. – 12:40 p.m. ④12:50 p.m. – 1:00 p.m. ⑤1:10 p.m. – 1:20 p.m.

Breast cancer screening (mammography/ultrasonography), osteoporosis testing;

①9:30 a.m. – 9:45 a.m. ②10:00 a.m. – 10:15 a.m.

③12:30 p.m. – 12:40 p.m. ④12:50 p.m. – 1:00 p.m. ⑤1:10 p.m. – 1:20 p.m.

⑥1:30 p.m. – 1:40 p.m. ⑦1:50 p.m. – 2:00 p.m. ⑧2:10 p.m. – 2:20 p.m.

Cost: Free

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

Reservation:

You can reserve either by phone or online.

Phone; Health Check Call Center, ph. 0570-075-575

Call between 9:00 a.m. – 6:00 p.m. on Wed. 13 & Thu. 14 Jan. 2021

Online: See the guidebook enclosed with the ticket.

Reserve between 7:30 a.m. – 11:00 p.m. on Wed. 13 & Thu. 14 Jan. 2021.

*Reservations are taken on a first come, first served basis. If there is any vacancy, reservations will be taken at Tokai Health Center by phone after Mon. 18 Jan. 2021.

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.

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

6. Health Check Applications

Application forms (fiscal 2021) for annual cancer and lifestyle disease health checks, provided by Tokai Village, were sent to residents registered as of 30 Nov. 2020.

Application: Return the form to Tokai Health Center by Sat. 23 Jan. 2021.

Other: If you did not receive an application form and would like to receive these health checks, contact Tokai Health Center.

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

7. Fire Brigade New Year Parade 2021

The Fire Brigade will hold a ceremony and review. The sirens will sound for one minute from 7:00 a.m. Please do not confuse them with a real fire alert.

Date: Sun. 10 Jan. 2021

Time: 9:30 a.m. – 10:50 a.m.

Place: Tokai Culture Center

Inquiries: Disaster Prevention and Nuclear Energy Safety Section, ph. 029-282-1711, ext. 1523

*Contact Tokai Fire Station, ph. 029-282-2038, on the day.

8. Healthy Walking Group

One-hour walk along the Ibaraki Health Road "Akogigaura kokuzo-do" course.

Date: Fri. 8 Jan. 2021 (Canceled in case of rain)

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

Meeting place: Muramatsu Community Center

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) on Mon. 4 or Tue. 5 Jan. *You cannot participate if you are unwell or without a reservation on the day.

9. Health and Beauty Classes for Young Women

(1) Face-to-face course (A Diet class and 2 Exercise classes)

-Diet class

Date: Tue. 19 Jan. 2021

Time: 10:00 a.m. – 11:15 a.m.

Instructor: Ms. Mariko Watahiki (Dietitian)

Content: Lecture of healthy menu

-Exercise class

Date: Tue. 2 and 9 Feb. 2021

Time: 1:15 p.m. – 2:30 p.m.

Instructor: Ms. Haruko Watahiki

Content: Pelvic stretching exercise

-For both classes

Place: Tokai Welfare Center “Kizuna”

Eligible people: Women who live in Tokai Village aged 20-39 years old

Capacity: The first 12 applicants will be accepted.

Cost: Free

Other: Childcare service will be provided for free for the first 10 applicants.

Application: Apply to Tokai Health Center between Mon. 4 and Fri. 8 Jan.

(2) Online course

Anyone can watch online videos introducing pelvic stretching exercise and healthy menu cooking.

Application: Apply by Wed. 13 Jan. 2021 from the website:

https://s-kantan.jp/vill-tokai-ibaraki-u/offer/offerDetail_initDisplay.action

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

10. Bird-watching Party

Date: Sun. 24 Jan. 2021

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 Mon. 28 Dec. and Wed. 13 Jan. 2021 (except weekends, public holidays and New Year holidays).

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

11. Basic Physical Training Course

Date: Sat. 30 and Sun. 31 Jan. 2021 (two classes)

Time: 10:30 a.m. - 11:45 a.m.

Place: Tokai Gymnasium

Eligible people:

(1) Anyone of junior high school student or above, who lives, works or goes to school in Tokai Village (including family living together)

(2) Anyone of junior high school student or above, who lives in the neighboring areas of Tokai Village (Mito, Hitachinaka, Naka, Ibaraki-machi, Oarai, Omitama, Shirosato, Kasama)

Capacity: The first 10 applicants will be accepted. (Minimum number is 5.)

Instructor: Mr. Yuto Sakai, Ms. Sachie Iso

Cost: 1,000 yen per person

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

(1) From Tue. 5 to Wed. 27 Jan.

(2) From Sun. 10 to Wed. 27 Jan.

(except Tue. 12 and Mon. 18, 25 Jan.)

*The application will be closed as soon as the number of participants reaches the limit.

Inquiries: Tokai Gymnasium, ph. 029-283-0673

12. Golf Class

Both beginners and experienced players are welcome.

Dates: 5 Sundays - 24, 31 Jan. and 7, 14, 21 Feb. 2021

Time: 1:30 p.m. - 2:30 p.m.

Place: Sakaide Golf Center in Naka city

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 4 applicants will be accepted.

Instructor: Mr. Shigeru Nanao (PGA qualified instructor)

Cost: 10,000 yen for Smile Tokai members, 12,500 yen for non-members

Application: Apply to Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Tue. 5 to Tue. 19 Jan. (except Tue. 12 and Mon. 18 Jan.).

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

13. Junior Hockey Class

Dates: 4 Sundays – 24, 31 Jan. and 7, 14 Feb. 2021

Time: 1:00 - 3:00 p.m.

Place: Tokai High School and Tokai Gymnasium

Eligible people: Children between 1st and 6th grade of elementary school who either live in or around Tokai Village.

Capacity: The first 20 people will be accepted. (Minimum number is 5.)

Cost: Free

Others: Tools will be lent out by organizers. Guardians can participate only in the first class.

Application and Inquiries: Apply to Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Tue. 5 to Sun. 17 Jan. (except Tue. 12 Jan.). Tokai Gymnasium, ph. 029-283-0673

14. Lending of Disaster Prevention Administrative Radios Resumed

Lending of disaster prevention administrative radio had been suspended from Sep. as they were out of stock due to production delay resulting from the coronavirus outbreak, but the radios are now available for lending.

Tokai Village lends out a disaster prevention administrative radio or a radio receiver to each household for free to provide urgent disaster information and other important administrative information from the village.

Inquiries: Disaster Prevention and Nuclear Energy Safety Section, ph. 029-282-1711 ext. 1522

15. Garbage Disposal during New Year Holidays

(1) Collection days for burnable trash

Collection day Monday and Thursday area:

- The last collection; Mon. 28 Dec. 2020
- The first collection; Mon. 4 Jan. 2021

Collection day Tuesday and Friday area:

- The last collection; Tue. 29 Dec. 2020
- The first collection; Tue. 5 Jan. 2021

*Be sure to take burnable trash in a designated bag to the collection site by 8:30 a.m.

(2) Direct carry-in to Clean Centers

In case you take the trash directly to either of the clean centers in Tokai or Hitachinaka, the centers will be closed from Thu. 31 Dec. 2020 to Sun. 3 Jan. 2021.

As it is usually very crowded during the year-end and New Year holidays, it is recommended to avoid those busy periods. The trash accepted at each clean center is as follows and neither center will accept any trash in other categories.

-Hitachinaka · Tokai Clean Center: burnable trash

*Open from 8:30 to 4:30 p.m. on Mon. to Fri., from 8:30 to 11:30 a.m. on Sat.

-Tokai Village Clean Center: unburnable trash, bulky trash, recyclables, pruned branches and leaves

*Open from 8:30 a.m. to 4:30 p.m. (except noon - 1:00 p.m.) on Mon. to Fri., from 8:30 to noon on 2nd & 4th Sat.

Notes:

Wear a mask. Do not visit the facilities if you feel unwell. To avoid crowds, separate the trash and collect it by categories in advance.

Inquiries: Tokai Village Clean Center, ph. 029-282-7289