

## 広報とうかい 1/25 号

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3. 「村・県民税の申告」「所得税および復興特別所得税の確定申告」
4. 国民健康保険に加入の方 医療費を節約しましょう！
5. 冬の探鳥会
6. 東海村吹奏楽団第14回「春の演奏会」

## Tokai Newsletter 25 Jan. 2021

1. Weekend Medical Services in Feb.
2. Health Checks and Consultation in Feb.
3. Declaration of 'Prefectural/Municipal Inhabitant Tax' and 'Final Tax Return of Income Tax and Special Reconstruction Income Tax'
4. Reduction of Medical Costs on National Health Insurance
5. Bird-watching Party
6. Tokai-Mura Wind Orchestra Spring Concert

**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 Feb.

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

Sun. 7: Tokai Hospital, ph.029-282-2188

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

Sun. 14: Higashihara Clinic, ph.029-283-2301

Sun. 21: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Tue. 23: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 28: Tokai Hospital, ph.029-282-2188

**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 Feb.**

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

**Date:** Fri. 5, Fri. 12 and Mon. 22 Feb.

Please make an appointment.

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

**Date:** Fri. 12 Feb.

**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. 3 Feb.

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

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

**Date:** Thu. 4 Feb.

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

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

**Date:** Wed. 10 Feb.

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

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

**Date:** Mon. 8 Feb.

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

\*All eligible children will be notified individually.

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

**Date:** Mon. 1 Feb.

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

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

## **3. Declaration of ‘Prefectural/Municipal Inhabitant Tax’ and ‘Final Tax Return of Income Tax and Special Reconstruction Income Tax’**

Consultations and declarations will be accepted at the Tax Section of Tokai Village Office and the Hitachiota Prefectural Tax Office.

For more details of declaration, see the information from the National Tax Agency below.

2020 INCOME TAX AND SPECIAL INCOME TAX FOR RECONSTRUCTION GUIDE:

<https://www.nta.go.jp/taxes/shiraberu/shinkoku/tebiki/2020/pdf/050.pdf>

National Tax Agency:

<http://www.nta.go.jp/english/>

**Application:** Nuclear Energy Inspection Training Room of Tokai Village Office (5F)

**Date:** Fri. 12 Feb. - Mon. 15 Mar. \*Each district has a designated day. Refer to the inserted leaflet.

**Time:** 9:00 a.m. - 3:00 p.m. (doors open at 8:00 a.m.)

**Inquiries:** Tax Section, ph. 029-282-1711 ext.1117, 1118, 1119

Hitachiota Prefectural Tax Office, ph. 0294-72-2171

#### **4. Reduction of Medical Costs on National Health Insurance**

Medical costs covered by National Health Insurance are increasing every year. To avoid increase in premium, we kindly ask for your cooperation in the following manners.

-Have your family doctor and pharmacy.

-Avoid changing clinics/hospitals many times or seeing a doctor too often for one disease.

-Avoid using emergency medical care unless there is an urgent necessity. Call Emergency Information Helpline first; ph. #8000 for children and #7119 for adults.

-Keep your Okusuri-techo (medicine notebook) and consult your pharmacy for appropriate medication or mixing medications.

-Choose inexpensive generic medicines.

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

#### **5. Bird-watching Party**

**Date:** Sun. 14 Feb.

**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 Wed. 27 Jan. and Fri. 5 Feb. (except weekends).

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

## **6. Tokai-Mura Wind Orchestra Spring Concert**

**Date:** Sun. 14 Mar.

**Time:** (1) 11:00 a.m. (Doors open at 10:15 a.m.) (2) 3:00 p.m. (Doors open at 2:15 p.m.)

**Place:** Tokai Culture Center

**Capacity:** 300 people for each session

**Cost:** Free with a ticket

**Other:** Tickets will be distributed at Tokai Culture Center from 10:00 a.m. on Sun. 31 Jan. If there are any tickets left, they will be distributed at the opening time on the day.

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