

## 広報とうかい 2/25 号

1. 3月の休日診療
2. 3月の健康相談
3. マイナンバーカードをお持ちでない方に申請書が届きます
4. 須和間踏切の通行止めを解除しました
5. 安定ヨウ素剤の配布会を開催します
6. 確定申告の受付期間について
7. みんなですこやかウォーキング
8. 令和2年度「とうかい健康ポイント事業」の応募受付が始まりました
9. 親子で東海村オリジナルソイジョイ作り体験
10. 「リラックスエクササイズ」前期参加者募集
11. トレーニング基礎講座

## Tokai Newsletter 25 Feb. 2021

1. Weekend Medical Services in Mar.
2. Health Checks and Consultation in Mar.
3. My Number Card Application Will Be Sent
4. Suwama Crossing Maintenance Work Finished
5. Distribution of Stable Iodine Tablets
6. Extension of the Due Date for Filing a Final Return Form
7. Healthy Walking Group
8. Application Started for Tokai Village Health Point Program
9. SOYJOY Cooking Class
10. Relax Exercise Course
11. Basic Physical Training Course

**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 Mar.**

**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

Sun. 14: Muto Pediatric Clinic, ph.029-282-7722

Sat. 20: Tokai Hospital, ph.029-282-2188

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

Sun. 28: Tokai Clinic, ph.029-283-1711

**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 Mar.**

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

**Date:** Fri. 5, 19, 26 Mar.

Please make an appointment.

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

**Date:** Fri. 19 Mar.

**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. 10 Mar.

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

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

**Date:** Thu. 11 Mar.

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

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

**Date:** Wed. 17 Mar.

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

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

**Date:** Thu. 18 Mar.

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

\*All eligible children will be notified individually.

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

**Date:** Thu. 4 Mar.

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

#### **(5) Dental Checkup Class for babies born in Mar. & Apr. 2020**

**Date:** Mon. 1 Mar.

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

Please make an appointment.

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

### **3. My Number Card Application Will Be Sent**

To promote My Number Card service, the application form for My Number Card will be sent to those who have not yet applied.

#### **How to apply**

-Online by reading the QR code on the application form

-By post

For details, see <https://www.kojinbango-card.go.jp/en-kofushinse/>

#### **My Number Point Campaign**

If you apply for My Number Card by the end of March and apply for My Number Point by the end of September, you are eligible to receive up to 5,000 yen worth of points for your usage of the registered cashless payment service.

**Inquiries:** Civil Registration Section, ph. 029-282-1711 ext. 1123, 1124, 1125,

My Number Call Center, Ph. 0120-0178-26 (Available languages: English, Chinese, Korean, Spanish and Portuguese)

Website: <https://www.kojinbango-card.go.jp/en/>

### **4. Suwama Crossing Maintenance Work Finished**

Suwama railroad crossing had been closed from Sep. 2020 due to sidewalk maintenance work. The maintenance work has finished and the crossing is open from 8 Feb.

Thank you for your cooperation.

**Inquiries:** Urban Development Section, ph. 029-282-1711 ext. 1232

### **5. Distribution of Stable Iodine Tablets**

Stable iodine tablets will be distributed to residents living within around 5 kilometers of Tokai No.2 Power Station of the Japan Atomic Power Company in Tokai Village by Ibaraki Prefecture and Tokai Village.

#### **What are stable iodine tablets?**

A stable iodine tablet is a prescribed product for preventing radioactive deficiency by radioactive iodine. The stable iodine tablet will be distributed in advance and taken quickly in case of a nuclear disaster.

#### **Eligible people:**

-Those who moved to Tokai or were born after 1 Oct. 2020

Bring the documents to be sent in Feb. You need to fill in the enclosed "check sheet" and "receipt" in advance.

-Those who have never received the tablet, or have the expired tablet  
Bring the documents received in Nov. 2020. You need to fill in the enclosed "check sheet"  
and "receipt" in advance.

**Date:**

(1) Sat. 6 Mar. (2) Sun. 7 Mar.

**Time:**

9:00 a.m. - 11:30 a.m., 1:00 p.m. - 4:30 p.m.

**Place:**

(1) Hitachi City Office South Branch

(2) Tokai Welfare Center "Kizuna"

**Other:**

-If you have already received the explanation about stable iodine tablets, the explanation can be omitted by checking the "explanation confirmed" box on the back of the enclosed numbered ticket.

-If you have lost the received documents, ask for new ones at the reception desk on the day.

-If you already have a stable iodine jelly for infants under 3 years old and your child is 3 years old or older on the day, the jelly will be collected.

-A household representative (18 years old and above) can receive stable iodine tablets for all family members. In that case, the representative must bring the numbered tickets, the check sheets and the expired stable iodine tablets or jelly (if you have them) of the family members.

-Stable Iodine tablets can be received at some pharmacies. For details, see:

<https://www.vill.tokai.ibaraki.jp/soshikikarasagasu/somminseikatsubu/bosaigenshiryokuanzenka/6/5577.html>

**Inquiries:**

-General inquiries about stable iodine tablet distribution: Ibaraki Prefectural Pharmaceutical Administration, ph. 029-301-3384

-For distribution schedule/place: Disaster Prevention and Nuclear Energy Safety Section, ph. 029-282-1711 ext. 1522

**6. Extension of the Due Date for Filing a Final Return Tax Form**

The period for filing was set from Fri. 12 Feb. to Mon. 15 Mar. However, in order to prevent the spread of the coronavirus infection, it has been extended to Thu. 15 Apr.

Please note that the consultation at Nuclear Energy Inspection Training Room of Tokai Village Office (5F) will end on Mon. 15 Mar. as scheduled.

After Tue. 16 Mar. you need to go to:

-Hitachiota Prefectural Tax Office for consultation and filing of final return.

-Tax Section of Tokai Village Office (1F) for consultation and declaration of prefectural/municipal inhabitant tax.

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

## **7. Healthy Walking Group**

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

**Date:** Fri. 5 Mar. (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. 1 and Wed. 3 Mar. \*You cannot participate if you are unwell or without a reservation on the day.

## **8. Application Started for Tokai Village Health Point Program**

**Term:** Until Wed. 31 Mar. (must be received by this date)

**Procedure:**

(1) Get a Point Card at Tokai Health Center or by downloading from the official village website.

(2) Collect 50 points through the specified activities such as exercises toward your goal, installing of the specified app, vaccination, blood donation and health checkup.

(3) Submit your Point Card to Tokai Health Center between Mon. 1 Feb. and Wed. 31 Mar. and you will get a souvenir.

**Other:** If you apply by post, please enclose a copy of a document showing that you had a checkup, etc.

**Application:** Apply by post or in person to Tokai Health Center with your Point Card and necessary documents.

**Inquiries:** Tokai Health Center, ph. 029-282-2797, 2005 Muramatsu, Tokai Village 319-1112

## **9. SOYJOY Cooking Class**

Let's learn about soy beans and make an original SOYJOY using whole soybean flour!

**Date:** Thu. 25 Mar.

**Time:** 1:00 p.m. – 3:30 p.m. (Registration starts from 12:45 p.m.)

**Place:** Ishigami Community Center

**Eligible people:** Elementary school students and guardians who live in Tokai Village

**Capacity:** The first 6 families will be accepted. (One guardian per one student)

\*Brothers and sisters in elementary school are accepted in one group.

**Cost:** 200 yen per person

**Other:**

A lottery will be held if there are too many applicants, but the first-time participants will be given priority.

**Application:** Send a return postcard with class name, child's name(s) with furigana, grade, guardian's name, phone number, whether or not you have participated in the class before, to Health Promotion Section (Tokai Welfare Center "Kizuna", 2005 Muramatsu, Tokai Village 319-1112)

**Inquiries:** Health Promotion Section, ph. 029-282-2797

## 10. Relax Exercise Course

**Date:** 23 classes on Wed. and Sat. from Sat. 10 Apr. to Wed. 29 Sep.

**Time:** 6:30 p.m. - 8:00 p.m.

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

**Eligible people:** Tokai Village residents who are between 30 and 64 years of age

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

**Instructor:** Health and exercise trainer

**Cost:** Free

**Application:** Apply with the application form at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Wed. 17 Mar.

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

## 11. Basic Physical Training Course

**Date:** Sat. 27 and Sun. 28 Mar. (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 Sat. 27 Feb. to Wed. 24 Mar. (except Mon.)

(2) From Fri. 5 to Wed. 24 Mar. (except Mon.)

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

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