

広報とうかい 4/25 号

1. 5月の休日診療
2. 5月の健康相談
3. 新型コロナウイルスワクチン接種のお知らせ
4. スマホ決済で30%ポイント還元します！
5. 軽自動車納税通知書の郵送
6. 集団検診（6・7月）の予約を受け付けます
7. 5月1日から特定健康診査（特定健診）が始まります
8. 小さいお子さんがいる保護者の皆さんへ
9. みんなですこやかウォーキング
10. ハローベビースクール
11. SC スマイル TOKAI「丹原湿原・鹿俣山ハイキング」
12. チャレンジスクール「弓道の部」
13. チャレンジスクール「卓球の部」
14. 「はなのわペアレント・トレーニング」参加者募集

Tokai Newsletter 25 Apr. 2021

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13. Table Tennis Classes
14. Hananowa Parent 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 May

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

Sun. 2: Tokai Hospital, ph.029-282-2188

Mon. 3: Ogata Clinic, ph.029-282-4781

Tue. 4: Tokai Hospital, ph.029-282-2188

Wed. 5: Muto Pediatric Clinic, ph.029-282-7722

Sun. 9: Tokai Clinic, ph.029-283-1711

Sun. 16: Higashihara Clinic, ph.029-283-2301

Sun. 23: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 30: Ibarakihigashi National Hospital, ph.029-282-1151

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 May

(1) Health Consultation for Mothers and Children

Date: Fri. 21 May

Time: 9:00 a.m. - 11:00 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

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

Date: Fri. 21 May

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. 12 May

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

2) Children - aged 1 year and 6 months old

Date: Thu. 13 May

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

3) Children - aged 3 years old

Date: Wed. 26 May

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

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

Date: Thu. 20 May

Time: 1:00 p.m. - 1:30 p.m.

*All eligible children will be notified individually.

(4) Baby Class for babies born in Feb. 2021

Date: Tue. 11 May

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

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

3. Coronavirus Vaccination Information

Coronavirus vaccination will be provided free of charge for all residents in Japan generally at your place of resident registration. Please check the latest information from the village in the newsletters and on the village official website. Thank you for your understanding.

For people over 75

Vaccination Coupons were sent to the elderly 75 years of age and older on 16 Apr. Please keep your coupon until the vaccine is available for you.

If you are over 75 and have not received the coupon yet, please contact the Call Center shown below.

In Ibaraki Prefecture, priority will be given to people living in senior care facilities. Vaccination for them will start in mid May.

Vaccination for people over 75 who do not live in the senior care facilities will start from late May. Reservations cannot be accepted now.

*For people aged between 65 and 74, vaccination schedule will be announced as soon as it is decided.

You can make inquiries through the following call center or website. Reservations CANNOT be made yet.

Tokai Village Coronavirus Vaccination Call Center:

0570-033-271 (9:00 a.m. – 5:00 p.m., Mon. to Fri. except public holidays)

*Please note that the Call Center may be busy depending on the time.

Tokai Village Coronavirus Vaccination Website:

https://www.knt-kt.co.jp/ec/2021/covid_tokai/

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

4. Make a Payment with PayPay and Get 30% Points Back!

The village will start “Cashless Payment Points Return Campaign” from 1 May to promote cashless payment and support businesses affected by the pandemic.

During the period from 1 May to 30 Jun., you will get 30% points back of the payments you made by the cashless app PayPay at eligible shops and restaurants in the village. Up to 1,000 points per payment and up to 10,000 points per month will be rewarded.

Looking for participating businesses

Shops and restaurants can apply for the participation until Fri. 14 May.

For details, see: <https://www.vill.tokai.ibaraki.jp/763/jigyousya/5750.html>

Guidance for people wanting to use PayPay for the first time

How to install and register with PayPay on your smartphone will be explained. No reservation is required.

Date: Thu. 13 May

Time: 3:00 p.m. – 4:00 p.m. (Opens at 2:30 p.m.)

Place: Meeting Room 101 and 102 at Tokai Village Office Annex

Inquiries: Industry Policy Section, ph. 029-282-1711 ext. 1269

5. Light Vehicle Tax

Light vehicle tax bill will be sent out to owners soon.

Please make sure to make payment at banks, convenience stores or the Japan Post Bank (in Kanto and Yamanashi pref.) or by smartphone apps designated on the back of the notice by Mon. 31 May.

The amount will be deducted from your account on Mon. 31 May only for bank transfer registrants.

Anyone who has not received or has lost the tax notice, or who has received it for a scrapped/disused car or a car that changed ownership before 1 Apr. 2021, please inquire at Tax Section, Tokai Village Office.

Regarding reduction and exemption for the disabled, please contact Tax Section.

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

6. Health Checks for Residents in Jun. & Jul.

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 to prevent the spread of the coronavirus. Please note that a limited number of people will be accepted.

Dates:

Choose from the following.

Tue. 1, Wed. 2, Thu. 3, Mon. 7, Fri. 11, Sat. 12, Sat. 19, Fri. 25, Wed. 30 Jun.

Mon. 5, Fri. 9, Sat. 10, Mon. 19, Tue. 20, Wed. 21, Wed. 28, Thu. 29, Fri. 30 Jul.

Reception Time:

Choose from the following.

①7:30 a.m. – 7:45 a.m. ②8:00 a.m. – 8:15 a.m. ③8:30 a.m. – 8:45 a.m.

④9:00 a.m. – 9:15 a.m. ⑤9:30 a.m. – 9:45 a.m. ⑥10:00 a.m. – 10:15 a.m.

⑦10:30 a.m. – 10:45 a.m. ⑧11:00 a.m. – 11:15 a.m.

Place:

Tokai Health Center in Tokai Welfare Center "Kizuna"

Cost: Free

Reservation:

You can reserve either by phone or online.

Phone; Health Check Call Center, ph. 0570-058-122

Call between 9:00 a.m. – 6:00 p.m. on Fri. 7, Sat. 8 and Mon. 10 May.

Online; See the guidebook enclosed with the ticket.

Reserve between 7:30 a.m. – 11:00 p.m. on Fri. 7, Sat. 8, Sun. 9 and Mon. 10 May.

*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 Thu. 13 May.

For those who take colon cancer test only:

No reservation is required. Please bring your sample to Health Center at the reception time.

Notes:

*You cannot take a health check if you are not registered as a resident of Tokai Village on the day.

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

Inquiries:

About specific health checkups and health checks for the elderly; Civil Registration Section, ph. 029-282-1711 ext. 1131, 1135

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

7. Specific Health Checkup

Specific health checkup comprises health screenings intended to identify those who require

health guidance to prevent lifestyle-related diseases such as diabetes, high blood pressure, or hyperlipidemia, by focusing on visceral-fat obesity.

Results of the specific health checkups are ranked by level and an appropriate specific health guidance will be provided for each level.

Term: Sat. 1 May – Mon. 31 Jan. 2022

Eligible people: Anyone aged between 40 and 74 who is enrolled in Tokai Village National Health Insurance program. Outpatients are also eligible. Specific Health Checkup Tickets (pink color) will be sent to eligible people in late Apr.

Cost: Free (once a fiscal year)

How to get a checkup:

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

You can take a Specific Health Checkup at Jumin Kenshin venue in Jun. and Jul. Make a reservation according to the procedure leaflet enclosed with the ticket. About 50 people will be accepted per day.

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

Please contact a designated medical institution on the list:

<https://www.ibaraki.med.or.jp/kenmintop/kakusyusenmoni/tokuteikensin/>

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

8. Facilities for Children and Parents

The following facilities are open for kids and parents with infection prevention measures in place. Reservation is required for use.

(1) Tokai Muramatsu-Syuku Kodomoen Childcare Support Room

Open hours: 9:30 a.m. – 11:30 a.m. Mon – Fri.

Eligible people: Preschool children only

Capacity: 5 pairs (10 people) per day

Limit of use: Up to 2 times per week

Note: Childcare counseling is available between 9:00 a.m. and 5:00 p.m. on Mon., Tue., Thu. and Fri. Reservation required.

Reservation hours: 8:30 a.m. – 11:30 a.m.

Contact: 029-282-7390

(2) Nagahori Sukoyaka House

Open hours: 9:30 a.m. – 11:30 a.m. Mon – Fri.

Eligible people: Preschool children only

Capacity: 12 pairs (26 people) per day

Limit of use: Up to 3 times per week

Reservation hours: 9:00 a.m. – 11:30 a.m.

Contact: 029-283-3664

(3) Children's Center in Tokai Welfare Center "Kizuna"

Open hours: 9:30 a.m. – 11:30 a.m. Mon – Fri., the second and forth Sat.

Eligible people: Preschool children only

Capacity: 20 people per day

Limit of use: Up to 2 times per week

Note: There are activities by age group.

Reservation hours: 9:00 a.m. – 11:30 a.m.

Contact: 029-306-1017

Please feel free to contact the facilities if you have any concerns or would like to ask for advice regarding child rearing.

Inquiries: Childcare Support Section, ph.029-282-1711 ext.1187

9. Healthy Walking Group

One-hour walk along the Health Road around Fureaino-mori Area.

Date: Fri. 7 May (Canceled in case of rain)

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

Meeting place: Fureaino-mori Park

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

Cost: Free

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 Tue. 27 and Fri. 30 Apr. (except Thu. 29 Apr.)

10. 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. 14 May, 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. Childcare service will be provided for free.

(2) Sat. 15 May, 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. No childcare service will be provided.

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 to Tokai Health Center (ph. 029-282-2797) by Thu. 6 May. Reservations are required for both classes.

11. Hiking Tour to Mt. Kanomata

Date: Sat. 29 May

Time: Meeting at Fureaino-mori Park at 5:40 a.m.

Departure time: 5:50 a.m.

Place: Mt. Kanomata in Numata city, Gumma 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) "From Tambara Center House to Lavender Park via Mt. Kanomata" which takes approx. 4 hours 45 minutes.

2) "Round trip from Lavender Park to Mt. Kanomata" which takes approx. 3 hours 40 minutes.

Cost: 9,000 yen for Smile Tokai members, 11,000 yen per family members whose at least one of the members belongs to the Smile Tokai Group, 13,000 yen for non-members

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Fri. 7 to Wed. 26 May. (except Mon.)

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

12. Kyudo (Japanese archery) Classes

A series of 10 classes will be offered.

Dates: Saturdays; 22, 29 May, 12, 19, 26 Jun.

Sundays; 23, 30 May, 13, 20, 27 Jun.

Time: 4:15 p.m. - 6:15 p.m.

Place: Tokai Gymnasium

Eligible people: Junior high school students or older who either live, work or go to school in Tokai Village (including family living together).

Capacity: The first 15 people for adult and the first 15 junior high school students will be accepted (minimum number is 15 for both).

Cost: 2,000 yen per person

Application and Inquiries: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Thu. 29 Apr. to Sun. 9 May (except Thu. 6 May).

Tokai Gymnasium, ph. 029-283-0673

13. Table Tennis Classes

A series of six classes will be offered.

[For Elementary students]

Dates: Saturdays 5, 12, 19, 26 Jun. and 3, 10 Jul.

Time: 2:00 p.m. - 3:30 p.m.

Eligible people: Elementary school students who live or go to school in Tokai Village

Capacity: The first 20 applicants will be accepted. (minimum number is 10.)

Cost: 2,000 yen per person

[For Adult]

Dates: Tuesdays 1, 8, 15, Jun., Fridays 4, 11, 18 Jun.

Time: 7:00 p.m. - 9:00 p.m.

Eligible people: Junior high school students or older who either live, work or go to school in Tokai Village (including family living together).

Capacity: The first 20 applicants will be accepted. (minimum number is 10.)

Cost: 2,000 yen per person

Place: Tokai Gymnasium

Others: Free tools will be offered for applicants.

Application and Inquiries: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Thu. 29 Apr. to Sun. 23 May (except Thu. 6, Mon. 10 and 17 May).

Tokai Gymnasium, ph. 029-283-0673

14. Hananowa Parent Training Course

Date: Three Wednesdays – 9 Jun., 14 Jul. and 8 Sep.

Time: 9:30 a.m. – 11:00 a.m.

Place: “Nagomi” Tokai Comprehensive Support Center

Eligible people: Tokai Village residents who have children between 3 years old and 3rd grade of elementary school

Capacity: The first 20 people will be accepted.

Cost: Free

Contents: How to cope with children’s behavior effectively in everyday life

Instructor: Ms. Nemoto

Other: The schedule is subject to change due to the coronavirus situation.

Application and Inquiries: Apply by phone to Support Center for Child Development in “Nagomi” Tokai Comprehensive Support Center (ph. 029-282-3443) between Wed. 28 Apr. and Wed. 12 May (except weekends and public holidays).