

## 広報とうかい 8/25 号

1. 9月の休日診療
2. 9月の健康相談
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5. トレーニング基礎講座
6. SCスマイルTOKAI「五色沼・桧原湖」ハイキング
7. チャレンジスクール「合気道の部」
8. 水戸ホーリーホックの試合を優待価格で観戦できます
9. ヨガサークル「星」ヨガ会員募集

## Tokai Newsletter 25 Aug. 2021

1. Weekend Medical Services in Sep.
2. Health Checks and Consultations in Sep.
3. Health Checks for Residents
4. Subsidy for Day Care Fees of Unlicensed Childcare Facilities
5. Basic Physical Training Course
6. Hiking Tour to Goshikinuma/Hibarako
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8. Special Discount Ticket for Mito HollyHock Soccer Game
9. Hoshi Yoga Group Members Wanted

**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 Jun.

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

Sun. 5: Tokai Clinic, ph.029-283-1711

Sun. 12: Tokai Hospital, ph.029-282-2188

Sun. 19: Ibarakihigashi National Hospital, ph.029-282-1151

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

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

Sun. 26: 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 Consultations in Sep.**

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

**Date:** Fri. 17 Sep.

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

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

**Date:** Fri. 17 Sep.

**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 (born in Apr. 2021)**

**Date:** Wed. 1 Sep.

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

#### **2) Children - aged 1 year and 6 months old (born in Feb. 2020)**

**Date:** Thu. 2 Sep.

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

#### **3) Children - aged 3 years old (born in Mar. 2018)**

**Date:** Wed. 15 Sep.

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

#### **4) Dental Checks for Children - aged 2 years and 6 months old (born in Feb. 2019)**

**Date:** Thu. 16 Sep.

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

#### **(4) Baby Class for babies (born in Jun. 2021)**

**Date:** Wed. 8 Sep.

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

#### **(5) Dental Checkup Class for babies (born in Mar. & Apr. 2021)**

**Date:** Thu. 30 Sep.

**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**

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

**Dates:**

Choose from the following.

Fri. 8, Sat. 9, Fri. 15, Mon. 18, Tue. 19, Fri. 22, Sat. 23, Mon. 25, Wed. 27 and Thu. 28 Oct.

**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.

**Place:**

Tokai Health Center in Tokai Welfare Center "Kizuna"

**Cost:** Free

**Reservation:**

-By Phone: Call Health Check Call Center, ph. 0570-058-122, between 9:00 a.m. – 6:00 p.m. on Wed. 8 and Thu. 9 Sep.

-Online: Book through Health Checks Reservation Website between 7:30 a.m. and 11:00 p.m. on Wed. 8 and Thu. 9 Sep. (See the leaflet enclosed with your checkup voucher for details.)

\*Reservations are taken on a first come, first served basis. If there is any vacancy, reservations will be taken at Tokai Health Center after Mon. 13 Sep.

**For those who take colon cancer test only:**

No reservation is required. Please bring your sample to Health Center during the reception hours on the checkup day.

**Notes:**

\*If you are not registered as a resident of the village on the checkup day, you are not eligible for the checkup.

\*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.

**Free shuttle bus service:**

Free shuttle bus service is available between each community center and Tokai Health Center on the following dates. If you want to use the bus service, please request it when you reserve your checkup. The time schedule will be notified on the voucher.

Date:                      From: / To:

Fri. 15 Oct. Muramatsu Community Center  
Mon. 18 Oct. Nakamaru Community Center  
Tue. 19 Oct. Masaki Community Center  
Fri. 22 Oct. Ishigami Community Center  
Mon. 25 Oct. Shirakata Community Center  
Wed. 27 Oct. Funaishikawa Community Center

**Inquiries:**

About specific health checks 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

#### **4. Subsidy for Day Care Fees of Unlicensed Childcare Facilities**

**Eligible people:**

A child of a household who meets all conditions below;

- 1) The child is a resident of Tokai village.
- 2) Parents/guardians are unable to take care of the child due to work or illness.
- 3) The child attended / has been attending an unlicensed childcare facility, which had been filed as required by Child Welfare Act, between Apr. and Aug. 2021 on a monthly contract (including the ones outside Tokai Village).
- 4) The fees paid were higher than what was supposed to be paid if the child attended a licensed daycare center.
- 5) The child is certified or eligible for childcare by Parenting Support New System (except for those who are eligible for Free Preschool Education System).

**Subsidy:**

Max. 20,000 yen per person per month – half of the difference in the monthly fee of the unlicensed childcare facility and that of a licensed daycare center

**Application:** Submit the application form with the certificate to prove attendance and payment issued by the unlicensed childcare facility to the Childcare Support Section on the 4th floor of the Village Office by Thu. 30 Sep. Application form and the flyer are available at the Childcare Support Section or can be downloaded from Childcare Support Portal Website “Nobi-nobi Kosodate Cho”.

**Inquiries:** Childcare Support Section, ph.029-282-1711 ext.1184

#### **5. Basic Physical Training Course**

**Date:** Sat. 25 and Sun. 26 Sep. (two classes)

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

**Place:** Tokai Gymnasium

**Eligible people:** Junior high school students and older

**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. from Sun. 29 Aug. to Wed. 22 Sep. (except Mon.)

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

## **6. Hiking Tour to Goshikinuma/Hibarako**

**Date:** Sat. 25 Sep.

**Time:** Meeting at Fureaino-mori Park at 6:30 a.m.

**Departure time:** 6:40 a.m.

**Place:** Goshikinuma and Hibarako in Fukushima 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:** From Urabandai Visitor Center to:

1. Urabandai Sight Station which takes approx. 4 hours
2. Urabandai Bussankan which takes approx. 3 hours

**Cost:** 8,500 yen for Smile Tokai members, 10,500 yen per person who lives together with a Smile Tokai member, 12,500 yen for non-members

**Application:** Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Fri. 3 to Mon. 20 Sep. (except Mon. 6 and 13 Sep.)

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

## **7. Aikido Class**

Aikido is practiced by a wide range of people, regardless of age and gender. You can learn manners, basic skills and demonstration.

**Dates:** 6 Saturdays from 18 Sep. to 23 Oct.

**Time:** 4:00 p.m. - 5:30 p.m. (You can practice until 6:15 p.m. if you want.)

**Place:** Tokai Gymnasium

**Eligible people:** Elementary school students and older who either live, work or go to school in Tokai Village (including family living together)

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

**Cost:** 500 yen per person

**Others:** Please wear long sleeves and pants (jersey, Judo or Karate outfit) for preventing injury.

**Application and Inquiries:** Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Sat. 28 Aug. to Sat. 11 Sep. (except Mon.) Tokai Gymnasium, ph. 029-283-0673

### **8. Special Discount Ticket for Mito HollyHock Soccer Game**

**Date:** Sun. 26 Sep.

**Time:** Kickoff at 2 p.m.

**Place:** K's Denki Stadium Mito (2058-1 Kobuki-cho, Mito)

**Eligible people:** Anyone who either lives or goes to school in Tokai Village

**Capacity:** First 1,000 people

**Cost:** 1,500 yen/person for main side unreserved seat, 1,000 yen/person for back home unreserved seat, 500 yen/person for behind the goal unreserved seat

**Application:** Reserve online from 4:00 p.m. on 26 Aug. at

<https://bit.ly/3kuTe6b>

\*Registration for J League Ticket is required.

**Inquiries:** Lifelong Learning Section, ph. 029-287-0851

### **9. Hoshi Yoga Group Members Wanted**

**Date:** 4 Mondays per month

**Time:** 7:30 p.m. – 9:00 p.m.

**Place:** Community Centers in the village

**Cost:** 3,500 yen per month

**Application and Inquiries:** Ms. Seki, email [hoshiyoga.t@gmail.com](mailto:hoshiyoga.t@gmail.com)