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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 in Oct.**

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

Sun. 3: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 10: Tokai Hospital, ph.029-282-2188

Sun. 17: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 24: Tokai Hospital, ph.029-282-2188

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

**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 Oct.**

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

**Date:** Fri. 29 Oct.

**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. 29 Oct.

**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 (babies born in May 2021)**

**Date:** Wed. 6 Oct.

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

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

**Date:** Thu. 7 Oct.

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

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

**Date:** Wed. 13 Oct.

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

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

**Date:** Thu. 14 Oct.

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

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

**Date:** Wed. 20 Oct.

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

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

### **3. Subsidized Influenza Vaccinations**

#### **What's an influenza vaccination?**

Influenza vaccinations can be effective in preventing influenza or reducing the severity of symptoms. Immunity lasts for about five months from two weeks after the injection (or second injection for children under 13 years old). Recipients should be aware of side effects or adverse reactions, and only receive the vaccination when in good health condition.

#### **Information of the subsidized vaccinations**

The following groups are entitled to subsidized vaccinations during the following term.

**Term:** Fri. 1 Oct. 2021 - Mon. 31 Jan. 2022

**1) Eligible people:** Children between the ages of one (as of 1 Oct. 2021) and 15 years old (3rd year junior high)

**Cost:** 1,000 yen per vaccination

**Application:** Vaccination coupons will be sent out in the end of September. No need to apply for the subsidy unless you moved to Tokai Village after September. In that case, contact Tokai Health Center.

**2) Eligible people:** Residents 65 years and over (as of the vaccination day)

**Cost:** Free

**Application:** No need to apply for the subsidy.

Vaccination coupons for residents born up to 31 Dec. 1956 will be sent out in the end of September. Please be sure to receive the injection after your 65th birthday.

**3) Eligible people:** Residents between 60 and 64 years old who qualify for level one disabilities due to heart, kidney or respiratory disease, or immune function disabilities.

**Cost:** Free

**Application:**

-If you apply for this category for the first time, bring your Physical Disability Certificate to apply at Tokai Health Center.

-Previous recipients only need to call Tokai Health Center to apply.

**4) Eligible people:** Residents between one and 64 years old who are in an inhabitant tax-exempt household

**Cost:** Free

**Application:** Bring your 'Inhabitant Tax Exemption Certificate to Apply for the Influenza Vaccination Subsidy' (Tokai Village influenza wakuchin sesshuyo son/kenminzei hikazei shomeisho) to apply at Tokai Health Center. If there are any applicants in your family between the ages of 1 and 15 years old, bring the received vaccination coupon as well.

\*To get the 'Inhabitant Tax Exemption Certificate' issued, bring your ID (e.g. driver's license) and fill out an application form at Tax Section (Tokai Village Office 1F). It will cost 200 yen.

**5) Eligible people:** Residents between one and 64 years old who receive public assistance.

**Cost:** Free

**Application:** Bring your 'Certificate of Public Assistance' (seikatsu hogo jukyusho) to apply at Tokai Health Center. If there are any applicants in your family between the ages of 1 and 15 years old, bring the received vaccination coupon as well.

**\*Note:** If none of the above groups applies to you, you have to pay for the full expense of vaccination. If you want to receive the vaccination, make inquiries at any hospitals or clinics.

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

#### **Reservation is required for vaccination at Tokai Hospital**

**Reservation and Vaccination Term:** From Fri. 1 Oct. \*It ends when the vaccine runs out.

**Application:** Call the reservation exclusive number (ph. 029-282-2615) between 9:00 a.m. and 5:00 p.m. (except 11:00 a.m. - 2:00 p.m.) during weekday (except public holidays), or book online at <https://www.tokai-hp.jp/>.

#### **4. Admission Information of Public Kindergarten and Kodomoen for 2022**

##### **Eligible people:**

- a) 5 year-old children born between 2 Apr. 2016 and 1 Apr. 2017
- b) 4 year-old children born between 2 Apr. 2017 and 1 Apr. 2018
- c) 3 year-old children born between 2 Apr. 2018 and 1 Apr. 2019

**Application Distribution:** Available for pick-up from Tue. 5 Oct. at kindergarten/kodomoen in your school district or Childcare Support Section in Tokai Village Office, or can be downloaded from Childcare Support portal website "Nobi-nobi Kosodate Cho" at <http://www.tokai-kosodate.jp/>

**Application:** Submit the application to the kindergarten/kodomoen of your school district during each specified application period shown below.

\*Tokai Muramatsu-Syuku Kodomoen and Ishigami Kindergarten accept applications from out of the school district. If there are too many applicants from outside of the school district, a lottery will be held on the day of application.

**Application period:**

-Tokai Muramatsu-Syuku Kodomoen, ph. 029-282-3701 (Terunuma Elementary School District):

Mon. 18 and Tue. 19 Oct., 1:30 p.m. – 3:30 p.m. for residents of the school district

Wed. 20 Oct., 10:00 a.m. – 10:30 a.m. for residents of Funaishikawa and Nakamaru Elementary School District

Mon. 25 Oct., 10:00 a.m. – 10:30 a.m. for residents of elementary school districts other than Terunuma and Shirakata \* ACCEPTED ONLY if there is any vacancy.

-Ishigami Kindergarten, ph. 029-282-3100 (Ishigami Elementary School District):

Wed. 20 and Thu. 21 Oct. 1:30 p.m. – 4:00 p.m. for residents of the school district

Tue. 26 Oct., 10:00 a.m. – 10:30 a.m. for residents of elementary school districts other than Ishigami

-Muramatsu Kindergarten, ph. 029-282-2867 (Shirakata and Muramatsu Elementary School District):

Wed. 27 to Fri. 29 Oct., 10:00 a.m. – 11:00 a.m. and 3:00 p.m. – 4:00 p.m.

-Funaishikawa Kindergarten, ph. 029-282-2962 (Funaishikawa Elementary School District):

Wed. 27 to Fri. 29 Oct., 1:30 p.m. – 3:30 p.m.

-Suwama Kindergarten, ph. 029-282-4631 (Nakamaru Elementary School District):

Wed. 27 to Fri. 29 Oct., 2:30 p.m. – 3:30 p.m.

**Inquiries:** Childcare Support Section, ph. 029-282-1711 ext. 1185

**5. Medical Welfare Subsidy System - Marufuku and Marutoku****What are Marufuku and Marutoku?**

Both Ibaraki Prefectural “Marufuku” and Tokai Village’s “Marutoku” are subsidy systems for children, expectant and nursing mothers, single parent families and severely handicapped people to aid medical expenses so they can receive adequate medical care when needed. Vaccinations, medical checkups, hospital meals, medicine containers, diapers, and any other treatments and/or charges which are not covered by insurance are exempt from this system.

**Tips for using Marufuku or Marutoku appropriately****(1) Injury at school**

Injury and Accident Mutual Aid Benefit System provides benefits (medical expenses, disability compensation or death compensation) in cases of injury, illness, disease, accident, or death that occur to students and younger children while under the supervision of schools or nurseries. Note that Marufuku or Marutoku do NOT COVER these cases but they provide benefits.

Therefore, when a child gets injured at school/nursery and goes to a hospital, do not present the Marufuku/Marutoku certificate but only present the insurance card and pay the expense at the hospital. Then claim a refund from the Injury and Accident Mutual Aid Benefit System which the child has joined at school/nursery.

## **(2) Special certificate**

If your medical expense will be high or you are going to go into hospital, you can apply for "High-cost Medical Expense Benefit" in advance so that you are only required to pay a pre-fixed ceiling amount. Apply through your health insurance provider beforehand to get an "Eligibility Certificate for Ceiling-Amount Application".

If you suffer from the diseases specified by the government including chronic renal insufficiency which requires a dialysis treatment, apply for a "Medical Treatment Recipient Certification for Specific Disease" through your health insurance provider to receive subsidy. Be sure to present an appropriate certificate together with your insurance card and Marufuku/Marutoku certificate at the reception desk.

## **(3) You need to apply for a refund in the following cases**

A. The amount you paid at the reception desk was less than 600 yen.

If the amount was just 600 yen, it will be refunded after a few months without application. If the amount was less than 600 yen, you need to apply for a refund. For details, contact Civil Registration Section or see the official village website.

B. You paid medical expense without showing your Marufuku/Marutoku certificate.

C. You went to a medical institution outside Ibaraki prefecture.

D. You were hospitalized.

E. You ordered assistive devices or glasses for weak eyesight according to your doctor's instructions.

F. You paid medical expense without showing your insurance card.

### **Application:**

Apply at Civil Registration Section with your Marufuku/Marutoku certificate, the original receipt, hanko and a document showing the payment provided by your health insurance provider (only for E, F and in the case of high medical expense). You should apply within 5 years from the month when you received medical treatment.

\*If medical expenses become high in the cases of B, C and D, claim High Medical Expense Additional Benefits to your health insurance provider first.

\*In the case of E or F, apply for a refund from your health insurance provider for the insurer's share. Apply for a refund to Civil Registration Section for the self-pay portion. There is a limit amount for refund.

**Inquiries:** Civil Registration Section, ph. 029-282-1711 ext. 1135

## **6. What is SC Smile Tokai?**

SC Smile Tokai is a local membership sports club started in 2007, aiming to make sports enjoyable for everyone in the community. It has 541 members now from infants to adults.

It has various kinds of sports classes including aerobics, physical training, table tennis, tennis, volleyball, track and field, mini basketball, golf, hiking and yoga. It also organizes some sports events for the community.

### **Membership application**

Eligible people: Anyone who lives, works or goes to school in Tokai Village

For more information, see SC Smile Tokai website:

<http://www.sc-smiletokai.com/>

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

## **7. Healthy Walking Group**

One-hour walk along the Health Road around Shirakata area.

**Date:** Fri. 1 Oct. (Canceled in case of rain)

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

**Meeting place:** Shirakata 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) between Mon. 27 Sep. and Wed. 29 Sep.

## **8. 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 classes.

### **Date and Content:**

(1) Fri. 12 Nov., 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. 13 Nov., 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.

**Applications and Inquiries:** Apply to Tokai Health Center, ph. 029-282-2797, by Fri. 29 Oct. Reservations are required for both classes.

### **9. Rent a Grand Piano for Private Practice**

**Dates:**

Tue. 5, 12, Thu. 28 Oct.

Fri. 12, Sun. 21, Fri. 26 Nov.

Tue. 7, Sun. 19, Fri. 24 Dec.

**Time:**

1:00 p.m. - 8:00 p.m. on Tue. Thu. and Fri.

9:00 a.m. - 8:00 p.m. (except noon - 1:00 p.m.) on Sun.

**Place:** Tokai Culture Center

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

**Cost:** 200 yen per session to be paid on the day (50-minute session for one person only)

\*You can apply up to two practice sessions per term (Oct. to Dec. 2021).

\*Reservations cannot be changed.

\*Please contact Tokai Culture Center about additional use.

**Application and Inquiries:** Apply by phone to Tokai Culture Center (ph. 029-282-8511) from 9:00 a.m. on Sat. 2 Oct. You should apply by 5:00 p.m. on the day you want to use the venue (except closed days).

### **10. Piano Marathon Concert**

**Date:** Sun. 3 Oct.

**Time:** 10:00 a.m. - 4:30 p.m. (Doors open at 9:30 a.m.)

**Place:** Tokai Culture Center

**Contents:** 60 players and groups will play piano solo, four-handed performance and ensemble

**Cost:** Free

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



### **11. Tokai Jazz Night 2021 in iVil**

**Date:** Sun. 17 Oct.

**Time:** 5:00 p.m. (Doors open at 4:30 p.m.)

**Place:** Tokai Industry and Information Plaza "iVil"

**Capacity:** 80 people

**Performer:** Ms. Ai Takeda

**Cost:** 1,000 yen per person to be paid on the day

**Other:** No preschool children allowed. No food/drinks provided.

**Application and Inquiries:** Apply by phone to Tokai Culture Center (ph. 029-282-8511) from 9:00 a.m. on Fri. 1 Oct.

### **12. Kids Exercise Classes**

**Dates:** (total of 7 classes)

(1) 6 Fridays – 5, 12, 19, 26 Nov. 3, 10 Dec., 5:00 p.m.- 6:00 p.m.

(2) Special class by Mito Holly Hock Academy Coach on Sat. 20 Nov. 10:00 a.m. – 11:30 a.m.

**Place:** Tokai Gymnasium

**Eligible people:** Children in 1st, 2nd and 3rd grade of elementary school who live or go to school in Tokai Village

**Capacity:** The first 30 applicants will be accepted.

**Cost:** Free

**Instructor:** Mr. Kazumasa Takahashi (Ibaraki Christian University)

**Application:** Apply to Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Sat. 2 to Sun. 24 Oct. (except Mon.)

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

### **13. Hiking Tour to Mt. Issaikyozan**

**Date:** Sat. 23 Oct.

**Time:** Meeting at Fureaino-mori Park at 6:10 a.m.

**Departure time:** 6:20 a.m.

**Place:** Mt. Issaikyozan in Fukushima

**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:** The course will take approx. 3.5 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 Thu. 30 Sep. to Wed. 20 Oct. (except Mon.)

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

#### **14. Library Closures**

Tokai Library and the libraries in Community Centers will be closed for inventory and computer system replacement from Mon. 18 Oct. to Mon. 1 Nov.

From Mon. 4 to Sun. 17 Oct., you can borrow double the usual number: up to 20 books, 6 magazines and 4 CD/DVDs. \*Special borrowing term starts from Tue. 5 Oct. at Tokai Library and the libraries in Ishigami, Masaki and Funaishikawa Community Center as they are closed on Mon. Nakamaru Community Center is closed due to interior repair work.

**Inquiries:** Tokai Library, ph. 029-282-3435