

Koho Tokai Apr. 10, 2014

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1. Medical Services on Weekends and Public Holidays in April

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

Sun. 6: Ishii Orthopedics (Seikeigeka) Clinic ph. 029-270-5141

Sun. 13: Tokai-mura Hospital ph. 029-282-2188

Sun. 20: Tokai-mura Hospital ph.029-282-2188

Sun. 27: Tokai-mura Hospital ph.029-282-2188

Tue. 29: ph. Ibarakihigashi National Hospital 029-282-1151

Ibaraki Prefecture 24 Hour Emergency Medical Information Control Center, ph. 029-241-4199

Ibaraki Children's Resource Line, ph. #8000 (touch-tone phones and mobile phones)
or 029-254-9900: everyday 6:30-11:30 p.m., Sundays and public holidays, 9:00 a.m.-5:00 p.m.

2. Chest CT Scans

Chest scans for the early diagnosis and detection of lung cancer are being offered to residents. If you had previous test results that require re-examination, don't forget to apply.

Date: Thu. May 22 to Sat. 24

Time: From 9:30 to 11:30 a.m. and 1:30 to 3:30 p.m.

Place: Kizuna Public Health Center

Eligible people: Residents of 50 years and over who live in Tokai-mura

Cost: 3000 yen per person (please pay on the day)

Application: Send a postcard or application form (available at Kizuna Public Health Center) giving your name, address, telephone number, date of birth, and first and second date preferences. A maximum 100 persons can be examined per day. Applications should be received by Friday, April 25. Vouchers will be sent out later.

Inquiry: Tokai-mura Health Center ph. 029-282-2797

3. Dental Checks for Adults and Pregnant Women

Free dental checks are available to adults and woman who are pregnant to prevent gum disease. These checks are available at designated dental clinics.

Eligible people: Residents aged 30, 40, 50, 60, and 70 years old on 31 March 2015 and pregnant woman.

Voucher forms will be sent in April 2014. For the pregnant women you will receive a voucher form after you are issued your Mother and Child Health Handbook (boshi kenko techo).

Valid until Tuesday 31 March 2015.

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

4. Combination Vaccination

Measles-Rubella Vaccinations

Measles is a potentially fatal serious disease that can be prevented by an inoculation of two vaccinations. The epidemic period of this disease is from early spring to beginning summer. Children who have already had the first MR vaccination during infancy are recommended to get the second inoculation.

First shot: Children aged 1 year old

Second shot: Children born between-April 2, 2008 and April 1, 2009 (The last preschool year)

The second shot Combination Vaccines against diphtheria and pertussis

The second shot combination is a vaccine that helps prevent diphtheria and pertussis (whooping cough). Children who have already had the combination vaccination against pertussis, diphtheria and tetanus during infancy are

recommended to get the second inoculation. It is necessary to keep up to date with your immunization.

Eligible people: Children born between April 2, 2002 and April 1, 2003 (6th grade) can receive the vaccination.

Vouchers: They have already been sent to eligible individuals. If you moved to Tokai recently and would like your child to have the injection, contact the Health Center.

Cost: Free

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

5. Japanese Encephalitis Vaccination

Vaccinations for Japanese encephalitis were suspended between 2005 and 2009, and as a result, children born between April 2, 1995 and April 1, 2007 may not be completely immunized.

Eligible people: Children aged 7 and a half to 11 years and 13-19 years of age.

Cost: Free

Others: Please check your child's boshi kenko techo (mother and child health book) to see if all vaccinations have been received. If not, be sure to apply for the exact number of remaining vaccinations.

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

6. Host Families Needed for Sister City Visitors

A youth delegation from our sister city of Idaho Falls will visit Tokai this summer. Thirteen families (in or around Tokai-mura) are needed to host delegation members during their stay.

Date of visit: Thu. July 31 to Mon. August 11, 2014

Delegation members: 13 students from Idaho Falls City

Application: If you would like to host a student, please fill out the form available from Community Development Promotion Section or the Sister City Hall. The deadline for application is Monday May 12, 2014.

Other: On weekdays, the youth delegation members will attend events, parties and excursions, organized by the Tokai-mura International Center. Please drop off/pick up the delegation member at the Tokai-mura Municipal Office. Some of the events, you are able to attend with the delegation members! On weekends please share your family time with your delegation member.

Inquiries: Community Development Promotion Section, ph. 029-287-0925

Tokai-mura Sister City Hall, ph.029-282-0535

For more details, please see the Tokai-mura HP: <http://www.vill.tokai.ibaraki.jp/>

7. Members Needed for Sister City Exchange Youth Group

Members are needed for set up and run the events while the youth delegation members are visiting in Tokai-mura.

Eligible people: Jr. high school, high school and university student interested in exchanging with students from Idaho Falls City

Activities: Members should attend meetings 1-2times per month (throughout May-July) and also attend events while the delegation members are in Tokai (Thu. July 31- Mon. August 11, 2014).

Application: Please fill out the form available from Community Development Promotion Section or the Sister City Hall. The deadline is Monday May 12, 2014.

Inquiries: Community Development Promotion Section, ph. 029-287-0925

Tokai-mura Sister City Hall, ph.029-282-0535

8. Volunteer Staff Needed for Tokai-mura Tourism Bureau

Volunteer support staff is needed for the events and activities organized by Tokai-mura Tourism Bureau.

For more details, please attend one of the following sessions: Wed. May 14, 2014 at 6:30p.m. or Sat. May 17, 2014 at 1:30p.m.

Place: 205 Meeting Room (2nd Floor of the Tokai-mura Municipal Office)

Inquiries: Tokai-mura Tourism Bureau (Community Development Promotion Section) ph. 029-282-1711 ext.1344

A. The 25th Tokai Cherry Blossom Festival

Two hundred cherry trees are in bloom at the Tokai Cherry Blossom Festival. Blossoms are illuminated after dark by andon and bonbori lanterns.

Dates: Tues. April 1 - Sun. April 20 (Dates may change depending on the state of the blossoms.)

Place: Akogigaura Park (along Route 245)

Light-up time: Sunset until 9:00 p.m.

Inquiries: Tokai-mura Tourism Bureau, Community Development Promotion

Section, Tokai-mura Municipal Office, ph. 029-282-1711 ext. 1344

B. Got Any Questions about Life in Japan?

The website of the CLAIR has a wealth of information for the benefit of foreign residents in Japan. And with 13 languages on offer, it's even easier to get the answers you need. Informative topics include about housing, education, health care, emergencies(disasters) and much more. All information is provided in an easy-to understand format, giving you a step-by-step guide to resolving many issues you may while living in Japan.

For more information: Council of Local Authorities of International Relations (CLAIR) <http://www.clair.or.jp/tagengo/>