

Koho Tokai 25 May, 2014

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1. Medical Services on Weekends in June

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

Sun. 1: Tokai Village Hospital ph. 029-282-2188

Sun. 8: Ibarakihigashi National Hospital ph. 029-282-1151

Sun.15: Tokai Clinic ph. 029-283-1711

Sun.22: Tokai Village Hospital ph. 029-282-2188

Sun.29: Ogata Clinic ph.029-282-4781

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 6:30p.m.-00:30a.m., Sundays, public holidays, Monday 29 December, 2014- 3 Saturday January, 2015 9:00 a.m.-5:00 p.m.

2. Calisthenics Class in June

Stretch and yoga exercise class will be held at Kizuna Healthcare Center.

Eligible people: Residents aged 40- 64 years old.

Date: Thursdays 12, 19, 26 June, 2014

Time: 9:30~11:00 a.m.

Other: First-time attender needs to apply.

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

### 3. Health Checks for Infants and Toddlers in June at Kizuna Public Health Center

#### (1) Mother and Child Health Consultation

Date: Fri 20

Time: 9:30- 11:00 am, 1:00- 2:00 pm.

#### (2) 'Genki-up' Health Consultation

Please make an appointment.

#### (3) Health Check for Babies

##### ① Infant born in January, 2014

Date: Wed. 11

Time: 1:00- 1:45 pm.

##### ② Children (born in November, 2012) aged 1 and a half years old

Date: Thu. 12

Time: 1:00- 1:45 pm.

##### ③ Children (born in April, 2011) aged 3 years old

Date: Wed. 18

Time: 1:00- 1:45 pm.

##### ④ Dental Checks for Children (born in November, 2011) aged 2 and a half years

Date: Thu. 19

Time: 1:00 to 1:45 pm.

#### (4) A Class for Babies born in March, 2014

Date: Mon. 30

Time: 1:00 to 1:20 pm.

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

### 4. Green Curtain Contest

A contest for growing green curtains will be held for all residents, businesses, and associations within Tokai-mura. A green curtain is a climbing vine fashioned to grow a trellis or net surrounding the walls of a building to provide a cooling effect.

Contestants should grow the plants and submit 2 photographs (size: 89×127mm) of the green curtain together with a written report by Tue. 30 September of this year.

Application: Register your entry by Wed. 11 June. Send a fax (029-287-0479) or email ([kankyou-f@vill.tokai.ibaraki.jp](mailto:kankyou-f@vill.tokai.ibaraki.jp))

An entry form can be obtained at the Environmental Policy Section from your local community center, or downloaded the entry form at (<http://www.vill.tokai.ibaraki.jp/>).

Inquiries: Environmental Policy Section in the Tokai-mura Office (Tel: 029-282-1711, ext. 1454).

#### 5. Sukoyaka Walking

A one-hour walk along the Ibaraki Health Road around Akogigaura and Kokuzo-do temple.

Date: Wed. 4 June, 2014 Canceled in case of rain.

Time: 10:00 a.m. (register from 9:30 a.m.)

Meeting place: Muramatsu Community Center east side parking lot

Eligible people: Tokai-mura residents

Cost: Free

Others: Bring a drink and small towel.

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

#### 6. Subsidies for Hepatitis Treatment

Tokai-mura is subsidizing part of the cost of treatment for those who has received a hepatitis treatment.

Treatments those are able to be subsidized: Interferon treatment to remove viruses of hepatitis B and C, and treatment covered by health insurance using nucleic acid analogue products.

Eligible people:

(1) Resident of Tokai-mura,

(2) Those who have received a diagnosis with hepatitis B or C (must meet the standard of the disease),

and, (3) Those who are covered by National Health Insurance or other health insurance.

Subsidy: 1/2 of the monthly expense required for treatment.

Application: To apply for this subsidy bring your personal seal, bankbook or post-office account book

Inquiries: Public Health Center, ph. 029-282-2797. Inquiries can also be made at the Hitachinaka Public Health Office for prefectural hepatitis treatment program, ph.

029-265-5515.

#### 7. Fureai Welfare Festival

The Fureai Welfare Festival, where many local volunteer groups set up stands and showcase their activities, will be held at Kizuna Public Health Center. There will be stalls selling food, sweets and handcrafts.

Date: Sat. 7 June, 2014

Time: 10:00 a.m. - 3:00 p.m.

Others: A shuttle bus service will operate between Tokai Culture Center and Kizuna.

Due to the temporary closing of Kizuna, bathing facilities and training room will not be available on the day.

Inquiries: Tokai Citizen Volunteers Center 'Egao' ph. 029-283-4538

#### 8. Happy Land for Children and Parents

Date: Thursdays 12 and 26, June, 2014

Time: 10:00-11:00 a.m.

Place: Funaishikawa Community Center

Eligible people: Preschool age children accompanied by a parent who is a resident of Tokai-mura.

Cost: Free

Others: On 12 June, we will make the Tanabata decorations and we will do the rhythm activities on 26 June. Bring a drink, towel and spare clothes

Inquiries: Regional Parenting Support Center at Hyakutsuka Daycare Center, ph. 029-270-5660

#### 9. A Room for Parents and Children to Support their Childcare

Hyakutsuka Daycare Center opens a room for parents and children to support their childcare, through doing eurythmics and listening storytelling.

Date: Thursdays 5 and 19 June, 2014

Time: 9:30-11:30 a.m.

Place: Hyakutsuka Daycare Center

Eligible people: Preschool age children accompanied by a parent who is a resident of

Tokai-mura.

Cost: Free

Others: Bring a drink, towel and spare clothes.

Reservations are not necessary.

Inquiries: Regional Parenting Support Center at Hyakutsuka Daycare Center, ph. 029-270-5660

#### 10. Learning Child Care

Let's enjoy listening to a piano concert and performing eurhythmics with your kids.

Date: Thu. 5 Jun. 2014

Time: 10:00-11:00 a.m. (doors open at 9:45 a.m.)

Place: Sunflower Kodomo-no-mori Daycare Center

Eligible people: Children between 18 months and 3 years old accompanied by a guardian.

The first 25 families are accepted.

Instructor: Ms. Keiko Yoneta (Piano), Ms. Asako Yoneta (Eurhythmics)

Cost: Free

Others: Bring a drink and a bag to put shoes in.

Application: Please phone after Monday 26 May (except weekends), from 10:00 a.m. to 3:00 p.m. and make a reservation.

Inquiries: Sunflower Kodomo-no-mori Daycare Center, ph. 029-287-7111

#### 11. Tokai-mura Art Festival

Tokai-mura Art Festival Executive Committee will hold an art festival and various groups will perform at the Toukai Culture Center.

Date: Sun. 8 June, 2014

Time: From 0:55p.m.(doors open at 0:20p.m.)

Entry fee: Free

Performance Program:

1:00p.m. Tokai daiko (Japanese drum)

1:30p.m. Ocarina

1:55p.m. Tsugaru shamisen,

2:20p.m. Koto music

2:40p.m. So-ran dance,

3:05p.m. Jazz dance

3:35p.m. Ginnei kenshibu (Chinese poems with sword and dance)

4:00p.m. Japanese local folk songs

4:15p.m. Modern dance

4:40p.m. Hula dance

5:25p.m. Karaoke

Inquiries: Tokai Culture Center ph.029-287-2512

12. 'Guide to Daily Life in Tokai-mura' and 'Map of Tokai-mura' Have Been Issued  
Tokai International Center has published the guide book ('Guide to Daily Life in Tokai-mura') and the map ('Map of Tokai-mura') under cooperation between the Tokai-mura Tourism Bureau by using a lottery subsidy. These information services may be of use to foreigners and help to make the life and stay in Tokai more comfortable.

Installation locations: Tokai-mura Sister City Hall, Community Development Promotion Section(3rd floor of the Tokai-mura Village Office)

Inquiries: Community Development Promotion Section ph.029-282-1711 ext.1342