

## 広報とうかい 3/25 号

1. 4月の休日診療
2. 4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. 令和3年度も「窓口業務時間延長」を実施します！
5. 路線バスのルートやダイヤを一部変更します
6. 東海村国保加入者の方へお知らせ
7. 「東海村健康相談 24 時」は 3 月 31 日で終了します
8. みんなですこやかウォーキング
9. 東海村成人歯科健康診査等を実施します
10. 一般ドックまたは脳ドックの受診費用を補助します
11. 特設きずなパントリー
12. 「男体山」ハイキング
13. 村の税金等は口座振替で納付しませんか？

## Tokai Newsletter 25 Mar. 2021

1. Weekend Medical Services in Apr.
2. Health Checks and Consultations in Apr.
3. Coronavirus Vaccination Information
4. Extension of Administrative Service Time in Fiscal 2021
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9. Dental Checkups for Adults and Pregnant Women
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11. Kizuna Food Pantry
12. Hiking Tour to Mt. Nantai
13. Direct Debit for Tax Payment

**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 Apr.**

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

Sun. 4: Ogata Clinic, ph.029-282-4781

Sun. 11: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 18: Tokai Hospital, ph.029-282-2188

Sun. 25: Tokai Hospital, ph.029-282-2188

Thu. 29: Tokai Clinic, ph.029-283-1711

**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 Apr.**

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

**Date:** Fri. 23 Apr.

**Time:** 9:00 a.m. - 12:00 a.m., 1:00 p.m. - 4:00 p.m.

Please make an appointment.

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

**Date:** Fri. 23 Apr.

**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. 7 Apr.

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

#### **2) Children - aged 1 year and 6 months old**

**Date:** Thu. 8 Apr.

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

#### **3) Children - aged 3 years old**

**Date:** Wed. 14 Apr.

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

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

**Date:** Thu. 15 Apr.

**Time:** 1:00 p.m. - 2:00 p.m.

\*All eligible children will be notified individually.

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

**Date:** Fri. 9 Apr.

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

#### **(5) Dental Checkup Class for babies born in May & Jun. 2020**

**Date:** Thu. 22 Apr.

**Time:** 9:30 a.m. - 9:45 a.m.

Please make an appointment.

#### **(6) Baby Food Class for babies born in Sep. & Oct. 2020**

**Date:** Wed. 28 Apr.

**Time:** 9:30 a.m. - 9:45 a.m.

Please make an appointment.

**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. The schedule is not decided yet. Please check the latest information from the village in the newsletters and on the village official website. Thank you for your understanding.

You can make inquiries and reservations through the following website or call center.

#### **Tokai Village Coronavirus Vaccination Website:**

[https://www.knt-kt.co.jp/ec/2021/covid\\_tokai/](https://www.knt-kt.co.jp/ec/2021/covid_tokai/)

#### **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.

#### **Vaccination Procedure**

The coupons will be sent out in order of priority. Please keep your coupon safe until the vaccine is available to you. Vaccines will be administered individually at a medical institution only by appointment.

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

### **4. Extension of Administrative Service Time in Fiscal 2021**

**Date:** Every 1st and 3rd Thu.

**Time:** 8:30 a.m. - 7:00 p.m.

#### **Services and Sections:**

**Civil Registration Section;** Resident registration, seal (hanko) registration, passport issuance, and publishing of other certifications and permissions, procedures of national health

insurance and national pension plan and long life medical care for the elderly.

**Elderly Welfare Section;** Application of long-term care insurance and support of the elderly.

**Tax Section;** Issuance of certifications, (local) taxpayer assistance (needs reservation)

**Accounting Section;** Payment of tax (except national tax, prefectural tax and national pension premiums) and royalties.

**Childcare Support Section;** Procedures for day-care center, application of children allowance and child-rearing allowance.

**Waterworks Section;** Procedures to supply public water, payment of water and sewage bills.

**\*Health Promotion Section** (Tokai Health Center in Tokai Welfare Center “Kizuna”); Issuance of Maternal and Child Health Handbook (boshi kenko techo) /vaccination questionnaires, and other procedures regarding maternal and child health. \*Office hours are not extended normally. If you wish to visit the office after hours, please contact in advance to make an appointment.

## **5. Some Bus Routes and Schedules Revised from 1 Apr.**

### **(1) Main changes**

-“Kasamatsu Sports Park Circulation Lines” will be discontinued.

-New bus stops “Suwama Kita” and “Midorigaoka-ku Jichikai Shukaijo Mae” will be established.

-“Midorigaoka Danchi Kitaguchi” will be relocated to the north side.

-Timetables will be changed in “Floresta Suwama,” “Minami-dai,” “Midorigaoka” and “Ibarakihigashi National Hospital” Lines.

For the latest timetables, see:

[https://www.vill.tokai.ibaraki.jp/kurashi\\_tetsuzuki/kokyokotsu/rosembus\\_demandtaxi/3767.html](https://www.vill.tokai.ibaraki.jp/kurashi_tetsuzuki/kokyokotsu/rosembus_demandtaxi/3767.html)

### **(2) Ibappi Bus Card**

Ibappi Bus Card is a prepaid IC card issued by Ibaraki Kotsu. By using Ibappi Bus Card, you can get discounts such as 10% discount on the bus fares.

**Inquiries:** Planning and Management Section, ph. 029-282-1711 ext.1337

## **6. To Those Enrolled in National Health Insurance**

(1) You need to report your withdrawal to the Civil Registration Section to end your membership when you enroll in another Japanese public health insurance system.

(2) You can still get your National Health Insurance Card issued from Tokai Village if you

move out of the village due to advancing to higher education or admission to a facility. In these cases, you need to report to the Civil Registration Section.

(3) If you use National Health Insurance after you enrolled in another Japanese public health insurance system, you may be asked to return the medical expenses paid by the National Health Insurance.

(4) Please consider choosing inexpensive generic medicines if they are available.

**Inquiries:** Civil Registration Section, ph. 029-282-1711 ext. 1133

## **7. Tokai Village Health Telephone Consultation Service Terminated**

The 24-hour Tokai Village Health Telephone Consultation Service will be terminated on 31 Mar.

From Apr. please contact the following 24-hour services when you are worried about a sudden illness or want to obtain information about available medical institutions.

-Ibaraki Children Emergency Information Helpline, ph. #8000 or 03-6667-3377

-Ibaraki Adult Emergency Information Helpline, ph. #7119 or 03-6667-3377

-Ibaraki Prefecture "Search for a Doctor" system: <https://www.qg.pref.ibaraki.jp/>

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

## **8. Healthy Walking Group**

One-hour walk along the Health Road around Nakamaru Area.

**Date:** Fri. 9 Apr. (Canceled in case of rain)

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

**Meeting place:** Nakamaru Community Center

**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 Mon. 29 and Wed. 31 Mar.

## **9. Dental Checkups for Adults and Pregnant Women**

Free dental checkups are available to adults of specific ages and pregnant women at the designated dental clinics.

**Term:** Thu. 1 Apr. 2021 - Thu. 31 Mar. 2022

**Eligible people:** Residents aged 30, 40, 50, 60, 70 years old (as of 31 Mar. 2021) and pregnant women

**Cost:** Free

**Other:** Vouchers will be sent to eligible people. Pregnant women will receive a voucher when the Maternal and Child Health Handbook (boshi kenko techo) is issued. Contact Tokai Health Center if you moved to Tokai Village and don't have a voucher.

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

### **10. Subsidy for Complete Physical Examination (General Dock or Brain Dock)**

**Eligible people:** Those who are over 20 years of age and enrolled in Tokai Village National Health Insurance or Late-stage Medical Care Insurance for the Elderly

**Place:**

Tokai Hospital, ph. 029-282-2614

Hitachi, Ltd. Hitachinaka General Hospital, ph. 029-354-6795

Hitachi, Ltd. Hitachi General Hospital, ph. 0294-23-3971

Ibaraki Medical Center, ph. 029-243-1111

Higashikanto Clinic, ph. 029-221-1200

Seirei Memorial Hospital, ph. 0294-52-8531

Brainpier Minamiohta, ph. 0294-70-1711

Seirei Memorial Hospital Hitachinaka, ph. 029-219-8400

Brainpier Hitachinaka, ph. 029-219-7702

\*The amount of self-pay burden varies depending on the medical institution.

**Other:**

-You can take the examination (either General Dock or Brain Dock) once a fiscal year.

-If you take a General Dock, you cannot take some other examinations provided by Tokai Village within the same fiscal year.

-There are some examinations not eligible for the subsidy. Please check with each medical institution for the cost.

**Application:** Apply at Civil Registration Section (1F) with your insurance card and hanko between Thu. 1 Apr. 2021 and Fri. 4 Mar. 2022 (except weekends and public holidays).

\*After reservation of an examination at a designated medical institution, you need to apply for the subsidy at Civil Registration Section, then take the examination.

**Inquiries:** Civil Registration Section, ph. 029-282-1711 ext. 1131, 1135

## **11. Kizuna Food Pantry**

Food and daily necessities donated by companies and individuals will be distributed to people in need.

**Date:** Fri. 26, Sat. 27 and Mon. 29 Mar.

**Time:** 10:00 a.m. – 1:00 p.m.

**Place:** Warehouse on the east side of the building Tokai Welfare Center “Kizuna”

**Eligible people:** Households, single-parent families and students with reduced income due to the new coronavirus pandemic

**Contents:** Please select the items you need within the following maximum number of items:

-7 foodstuffs and 5 daily necessities for households with up to 3 members

-10 foodstuffs and 7 daily necessities for households with more than 4 members

**Cost:** Free

**Other:** One time only per household. Applications will be closed as soon as the supplies run out each day.

**Inquiries:** Tokai Village Social Welfare Council, ph. 029-282-2804

## **12. Hiking Tour to Mt. Nantai**

**Date:** Sat. 24 Apr.

**Time:** Meeting at Fureaino-mori Park at 8:20 a.m.

**Departure time:** 8:30 a.m.

**Place:** Mt. Nantai in Hitachiota city

**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) “Course including spots with a chain handrail” which takes approx. 3 hours 30 minutes.

2) “Course via Oenji-goe” which takes approx. 3 hours 10 minutes.

**Cost:** 5,000 yen for Smile Tokai members, 6,000 yen for the family living together of the Smile Tokai members, 8,500 yen for non-members

**Other:** Those who have participated in more than five hiking classes in fiscal 2021 (a total of seven classes will be held) will receive a 50% discount on the fee for the sixth and seventh class.

**Application:** Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Sat. 3 to Wed. 21 Apr. (except Mon.)

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

### **13. Direct Debit for Tax Payment**

You can pay taxes by direct debit.

#### **Application at Village Office**

Place: Tax Section, Civil Registration Section, Elderly Welfare Section (1F)

What to bring: Cash card (PIN number required), your ID

#### **Application at a Bank**

Place: Banks or financial institutions

What to bring: Bankbook, hanko, tax notice

**Inquiries:** Tax Section, ph. 029-282-1711 ext. 1116