

Koho Tokai 25 September, 2014

1. Medical Services on Weekends in October
2. Calisthenics Class in October
3. Health Checks for Infants and Toddlers October at Kizuna Public Health Center
4. Subsidized Influenza Vaccinations
5. Health Checks for Residents
6. Replacement of Water Meters
7. Sukoyaka Walking
8. A Room for Parents and Children to Support their Childcare
9. Happy Land for Children and Parents
10. Child Support Lecture
11. Let's Play with Fathers!
12. Admissions Information of Village Kindergarten for 2015
13. Temporary Closure of Tokai-mura Library
14. Badminton Classes
15. Ohzora Marche
16. Let's Talk with the Mayor
17. Autumn Festival

1. Medical Services on Weekends in October

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

Sun. 5: Ibarakihigashi National Hospital, ph. 029-282-1151

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

Mon. 13: Higashihara Clinic, ph. 029-283-2301

Sun. 19: Ogata Clinic, ph. 029-282-4781

Sun. 26: Tokai Village Hospital, ph. 029-282-2188

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- Saturday 3 January, 2015 9:00 a.m.- 5:00 p.m.

2. Calisthenics Class in October

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

Eligible people: Residents aged 40 -64 years old.

Date: Thursdays 9, 16, 23, 30 October

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

Other: People coming for first time need to apply in advance.

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

3. Health Checks for Infants and Toddlers October at Kizuna Welfare Center

(1) Mother and Child Health Consultation

Date: Fri. 10

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 May, 2014

Date: Wed. 8

Time: 1:00- 1:45 pm.

② Children(born in March, 2013) aged 1 and a half years old

Date: Thu. 9

Time: 1:00- 1:45 pm.

③ Children(born in August, 2011) aged 3 years old

Date: Wed. 15

Time: 1:00- 1:45 pm.

④ Dental Checks for Children(born in March, 2012) aged 2 and a half years

Date: Thu. 16

Time: 1:00 to 1:45 pm.

(4) A Class for Babies born in July, 2014

Date: Fri. 17

Time: 1:00 to 1:20 pm.

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

4. Subsidized Influenza Vaccinations

The following groups are entitled to subsidized vaccinations.

Term: Wed. 1 Oct. - Sat. 31 Jan., 2015

1) Eligible people: Children aged between one (from 1 Oct. 2014) and 15 years old (3rd year junior high).

Cost: 1,000 yen each time.

Application: Vaccination coupons will be sent out in late September. No need to apply for the subsidy unless you moved to Tokai-mura after September. In that case, applications will be possible at Tokai-mura Health Center.

2) Eligible people: Residents 65 years and over.

Cost: Free

Application: Vaccination coupons will be sent out in late September. No need to apply for the subsidy unless you moved to Tokai-mura after September. In that case, applications will be possible at Tokai-mura Health Center. Vaccination coupons for residents born between 2 and 31 December 1949, will be sent out in late November.

3) Eligible people: Residents between 60 and 64 years old with level one disabilities (e.g. heart disease, kidney disease, and respiratory disease).

Cost: Free

Application: If you are going to receive a vaccination for the first time, bring your physical disability certificate to apply at Tokai-mura Health Center. Previous recipients only need to call Tokai-mura Health Center in advance.

4) Eligible people: For any residents of households exempt from municipal inhabitant tax.

Cost: Free

Application: Bring your 'municipal inhabitant taxation certificate to apply for the influenza vaccination subsidy' (Tokai-mura influenza wakuchin sesshuyo son/kenminzei hikazei shomeisho) to Tokai-mura Health Center. And if there is any applicants in your family aged 1 year old to 15 years old, bring the vaccination coupon too.

Others: To apply for the 'municipal inhabitant taxation certificate to apply for the influenza vaccination subsidy' (Tokai-mura influenza wakuchin sesshuyo son/kenminzei hikazei shomeisho), bring your ID (e.g. driver's license or insurance card) and fill out an application form at the Tax Division (Tokai-mura Village Office 1F). It will cost 200 yen.

Anyone who moved to Tokai-mura after 2 January, 2014 also needs a certificate of

taxation from the local government office at their former address.

5) Eligible people: For residents receiving public assistance.

Cost: Free

Application: Vaccination coupons will be sent out in late September. No need to apply for the subsidy. In case you didn't receive the coupon, bring your ' certificate of public assistance (seikatsu hogo jukyusho) to apply at Tokai-mura Health Center. And if there is any applicants in your family aged 1 year old to 15 years old, bring the vaccination coupon too.

Residents aged from 16 to 64 except eligibility 4) and 5), must pay for the expense of the vaccinations. If you want receive the vaccinations, make inquiries at any hospitals or clinics.

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). Recipients should be aware of side effects or adverse reactions, and only have the injection when in good health conditions.

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

5. Health Checks for Residents

Jumin kenshin(residents' health checks of tuberculosis, lung cancer, colon cancer, prostate cancer and liver inflammation) will be held in October as below. Specific health checks (Tokutei kenko shinsa), health checks for the elderly (Koureisha kenko shinsa) and lifestyle disease prevention health checks will also be held.

Date and place:

Sat. 18; Tokai-mura Health Center

Wed. 22; Muramatsu Community Center

Thu. 23; Nakamaru Community Center

Fri. 24; Ishigami Community Center

Tue. 28; Masaki Community Center

Wed. 29; Funaishikawa Community Center

Thu. 30; Shirakata Community Center

Fri. 31; Tokai-mura Health Center

Reception time: 9:30- 11:00a.m., 1:30- 2:30p.m.

Cost: Free

Others: If you had received any health check in June or July, you may not receive the same check in October.

Application: Anyone wishing to have the checks who did not return the health check questionnaire sent out in January, or recently moved to Tokai-mura, should apply at the Tokai-mura Health Center.

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

6. Replacement of Water Meters

Water meters verifiable as eight-years old or more will be replaced in accordance with the Measurement Act.

Term: Fri. 10 Oct.- Fri. 7 Nov.

Area: Tokai-mura water-supply area

Property: Water meters whose numbers begin with 06

Cost: Free

The contracted companies: Ishigami, Karube, Yumiyama Kensetsu Kougyo, Hamada Kougyosho, Mitsuwa Kougyo, Marusei Setsubi, Shin-ei Kougyo and Oekan Kouji.

Others: Contracted companies will carry out the work for free. If anyone comes to do his/ her work, check that he/ she has an ID certification that says: “量水器交換工事作業用 = Ryosuiki kokan koji sagyoyo”. Call the Waterworks section at the Village Office if you have any doubts.

Notes:

You need not be at home when the work is carried out, but it will be necessary for someone to enter your property.

The work will not take long, but it is necessary to stop the water supply while it is being carried out.

Please make sure not to leave anything on or near the water meter box.

Keep dogs away from the water meter.

After the replacement is complete, leave the tap running for a few minutes to wash away air and dirt.

Inquiries: Waterworks Section, ph. 282-1711, ext. 1153

7. Sukoyaka Walking

One hour of walking along the Ibaraki Health Road from Fureainomori Park.

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

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

Meeting place: Fureainomori Park (west side of Tokai-mura Library)

Eligible people: Tokai-mura residents

Cost: Free

Others: Bring a drink and small towel.

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

8. A Room for Parents and Children to Support their Childcare

Hyakutsuka Daycare Center opens a room for guardian and children to support their childcare, through playing and listening to storytelling.

Date: Thursdays 2 and 16 October

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

Place: Hyakutsuka Daycare Center

Eligible people: Preschool children accompanied by a guardian 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

9. Happy Land for Children and Parents

1) Mini sports festival

Date: Thu. 9 Oct. (In case of rain it will be rescheduled to indoors activities.)

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

Place: Funaishikawa Community Center

2) A walk in the park

Date: Thu. 23 Oct. (Canceled in case of rain.)

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

Place: “ Mizu no hiroba” in Kasamatsu Sports Park

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

Cost: Free

Others: Bring a hat, drink, towel and spare clothes. No reservations are required.

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

10. Child Support Lecture

Are you suffering for the allergy of your child?

Dr. Takehiko Matsui, pediatrician of Tokai Village Hospital, will give a lecture about the alimentary allergy.

Date: Wed.29 Oct.

Time: 2:00- 3:30p.m.(doors open at 1:30p.m.)

Place: Kizuna Public Health Center

Eligible people: Parents of infants

Capacity: 50 families

Cost: Free

Application: Phone by Friday 10 October at Tokai-mura Health Center.

Others: You need to make reservation for childcare if needed on that day. The childcare will be limited for first 30 applicants.

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

11. Let's Play with Fathers!

Playtime for children with their fathers.

Date: Sun. 26 Oct.

Time: 10:00- 11:30a.m.

Place: Ishigami Community Center

Cost: Free (300 yen for family of non-member of Residents Alliance)

Eligible people: Children 2 and 3 years old accompanied by fathers(mother , brothers, and sisters of the children may also join). 20 families(first-come-first-served-basis)

Application: Phone by Thursday 16 October and submit the application at Tokai-mura Youth Center.

Inquiries: Youth Center, ph. 029-282-7049

12. Admissions Information of Village Kindergarten for 2015

Eligible people:

Class for 5 years old: children born between 2 April 2009 and 1 April 2010

Class for 4 years old: children born between 2 April 2010 and 1 April 2011

Class for 3 years old: children born between 2 April 2011 and 1 April 2012

Capacity:

All the children for 4 and 5 years old classes will be accepted

Class for 3 years old children: 32 children for Muramatsu Kindergarten, 16 children for each, Ishigami, Funaishikawa, Shuku, and Suwama Kindergarten. If there are too many applicants a lottery will be held.

Distribution schedule of the application form:

Apply from Wednesday 1 to Friday 10 October at the Kindergarten in your school area.

The childcare fee will be revised at fiscal 2015.

Shuku Kindergarten will be an integrated institution of kindergarten and daycare center.

Application: Bring the application form you filled out, entry fee, and the residence certificate of your child(domicile, relationship to head of household and residence register code number are not needed) on Tuesday 14 or Wednesday 15 October to the kindergarten of your school area.

Inquiries:

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

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

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

Shuku Kindergarten(Terunuma Elementary School Area), ph. 029-282-3701

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

School Education Section(Tokai-mura Village Office 4F), ph. 029-282-1711 ext. 1414

13. Temporary Closure of Tokai-mura Library

The Tokai-mura Library will close for a week in October for stocktaking. Before the closure, you can double the number of items you are usually allowed to borrow from

the library up to three weeks.

Closing dates: Wed.1- 8 Oct.

Special borrowing period: Until Tuesday 30 September

Number of volumes and term you may borrow: Books and picture stories; up to 20, magazines; up to 6, CDs, videos and DVDs; up to 4

How to return: Any returns during the closure period should be placed in the Book Post at the library or returned at one of the community centers.

Others: Large picture books and picture stories must be returned directly to Tokai Library after it opens on Thursday 9 October.

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

14. Badminton Classes

A series of six classes will be offered.

Date: Every Wednesday and Friday from 5 to 26 November(except Friday 21 November).

Time: 7:00- 9:00p.m.

Place: Tokai-mura Gymnasium

Cost: 2,000 yen per person

Eligible people: Anyone of junior high school age or above, who either lives, works, or is a family member of anyone in these categories or goes to school in Tokai-mura.

First 25 people are accepted. (minimum operating count is 10 people).

Application: Apply with the fee at Tokai-mura Gymnasium between 9:00a.m. and 5:00p.m., from Sunday 5 to Sun. 26 October (except Mondays 6, 20 and Tuesday 14 October).

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

15. Ohzora Marche

An outdoor market will be held at the Daijingu shrine and Muramatsusan Kokuzodo temple. There will be a variety of stalls selling food, vegetables, local products and handicrafts, as well as live entertainment.

Date: Sun. 12 Oct.

The event will be held in case of rain, but canceled if the weather condition is very bad.

Time: 11:00a.m.- 5:30 p.m.

Others: The shuttle buses will operate between event site, Tokai Station East Exit and Kizuna Welfare Center. The cost is 100 yen one-way for adults and free for elementary school children or younger.

Inquiries: Tokai-mura Tourism Association, ph. 029-282-1711 ext. 1344

16. Let's Talk with the Mayor

Anyone who wants to talk to Mayor Yamada on a one-to-one basis about politics and daily life of Tokai-mura,

Date: Sat. 11 Oct.

Time: 2:00- 5:00p.m.

Location: AEON 1F (Near the food section)

Others: No reservations are required but first-come-first-served basis.

The matters of discussion will be published (anonymously) on the home page of the Tokai-mura website.

Inquiries: Planning and Management Section ph. 029-282-1711(ext. 1333)

17. Autumn Festival

An Autumn Festival will be held at Hitachi Seaside Park.

Enjoy local foods, products, free sightseeing bus tours of Hitachinaka City and Tokai-mura.

Date: Sun.19 Oct.(Canceled in case of very bad weather.)

Time: 9:30a.m.- 5:00p.m.(The opening time may be earlier depending on congestion.)

Others: Entrance is free, but the parking fee is not.

Inquiries: Ibaraki Prefecture Regional Planning Section, ph.029-301-2730