

Koho Tokai 10 February, 2015

1. Medical Services on Weekends in February
2. Extension of Administrative Service Time
3. Story Telling
4. Station Gallery
5. Garden Plots to Rent
6. Checkups for Cervical Cancer, Breast Cancer and Osteoporosis
7. Hydro Gymnastics Class ( First Semester)
8. Hello Baby Classes for Pregnant Women
9. A Room for Parents and Children to Support their Childcare
10. Let's Talk with the Mayor
11. COMMIT Festival 2015
12. France's Salon

1. Medical Services on Weekends in February

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

Wed. 11: Tokai Clinic ph. 029-283-1711

Sun. 15: Tokai Village Hospital, ph. 029-282-2188

Sun. 22: Ibarakihigashi National Hospital, ph. 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 6:30p.m.-00:30a.m., Sundays, public holidays 9:00 a.m.- 5:00 p.m.

2. Extension of Administrative Service Time

Date: Every 1st and 3rd Thursday

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

Services and Sections:

Civil Registration Section; Resident registration, seal (hanko) registration, passport issuance, and publishing of other certifications and permissions.

National Health Insurance and Pension Section; Procedures of national health insurance and national pension plan, issuance of Mother and Child Health

Handbook (boshi kenko techo)

Social Welfare Section; Procedures for day-care center, application of children allowance and child-rearing

Welfare and Nursing Care Section; Application of long-term care insurance and support of the elderly.

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

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

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

### 3. Story Telling

Students of Tokai High School who studied story telling at volunteer course will read stories with members of Tanpopo- no- kai.

Date: Sat. 21 Feb.

Time: 2:00- 3:00 p.m.

Place: Tokai-mura Library

Eligible people: Elementary school students and under.

Others: No advanced reservation is necessary.

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

### 4. Station Gallery

Place: JR Tokai Station, Gallery A (2F)

Inquiries: Community Facility Management Office, Tokai Station, ph. 029-287-3680

#### 1) Ibaraki Ranjun-kai Kana Calligraphy Exhibition

Heian period kana in various styles.

30 pieces of Kana Calligraphy with different styles will be exhibited.

Date: Sun. 22- Sat. 28 Feb.

Time: 10:00 a.m.-6:00 p.m. ( closes 3:00 p.m. on Sat. 28 Feb.)

#### 2) 22nd Tsuchi-nakama Sculpture Exhibition

Tsuchi-nakama is a group of sculpture graduates from Ibaraki University who work with materials such as clay, metal, terracotta, wood and stone.

Date: Sun. 1- Sat. 7 Mar.

Time: 10:00 a.m.-6:00 p.m. ( closes 3:00 p.m. on Sat. 7 Mar.)

### 3) Family Exhibition ( Oyako-ten) of Masakazu Sato and Junko Sato

Masakazu and Junko Sato who hold exhibits every year in Tokyo Metropolitan Art Museum are going to organize a family exhibition to take a leap into the future.

35 pieces of watercolor and oil painting will be exhibited.

Date: Sun. 8 - Sat. 14 Mar., 10:00 a.m.-7:00 p.m. ( closes 3:00 p.m. on Sat. 14 Mar.)

## 5. Garden Plots to Rent

Term: Sun. 1 Mar, 2015- Mon. 29 Feb, 2016

Place: Shirakata and Toyooka area

Eligible people: Who either lives or works in Tokai-mura

Cost: 3,000 yen/ 1 plot (50 square meters) per year (Up to 3 plots per person may be rented.)

Application: Bring your personal seal and apply with the fee at Tokai Farmers' Market "Nijinonaka" from Saturday 14 February, 8:30 a.m.- 5:15 p.m.(except Monday).

Others: First- come- first- served basis.

Inquiries: Farmers' Market " Nijinonaka", ph. 029-287-7867

## 6. Checkups for Cervical Cancer, Breast Cancer and Osteoporosis

Cervical Cancer, breast cancer and osteoporosis checks for female residents of Tokai-mura will be conducted.

Date: Mon. 23- Sat. 28 Feb., Tue. 3- Sat. 7 Mar.

Reception: 9:30- 10:30 a.m., 0:30-1:30 p.m.

Place: Tokai-mura Health Center

Eligible people:

Cervical cancer check; 20 years old and over (as of 31 March, 2015 )

Breast cancer check; 30 years old and over (as of 31 March, 2015 )

Breast cancer check for people who is over 60 and odd number age will change to echography from clinical breast examination.

Osteoporosis check; 30, 35, 40, 45, 50, 55, 60, 65, 70 and 75 years old (as of 31 March, 2015 )

Cost: Free

Others: Anyone who has already had these checks since April, 2014 at any medical facilities, is not eligible.

If you have any unused coupons sent in May, 2014, for these checks, please use it on this occasion.

Those who recently moved to Tokai-mura and wish to have checks should apply at Tokai-mura Health Center.

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

#### 7. Hydro Gymnastics Class ( First Semester)

A series of 20 classes for function recovery for disabled persons and health maintenance will be held.

Date: April- September ( 20 classes for each course)

Place: Tokai- mura Welfare Center “ Kizuna”

Eligible people and schedules:

1) General course: Those who are a resident of Tokai- mura and is 60 years old and over

Capacity: 18 people for each class

- Monday Class 1: 9:30- 10:30 a.m.

- Monday Class 3: 1:00- 2:00 p.m.

- Monday Class 4: 2:30- 3:30 p.m.

- Friday Class 1: 9:30- 10:30 a.m.

- Friday Class 3: 1:00- 2:00 p.m.

- Friday Class 4: 2:30- 3:30 p.m.

2) Gender-segregated general course: Those who are a resident and about 40 years old and over

Capacity: 18 people for each class

Mens' course

Saturday Class 1: 9:30- 10:30 a.m

Women's course

Saturday Class 2: 11:00 a.m.- noon

3) Beginner course (Movements of Hydro gymnastics for this course is slower than the general course.) : Those who are a resident of Tokai- mura and 60 years old and

over

Capacity: 18 people for each class

- Monday Class 2: 11:00 a.m.- noon

- Friday Class 2: 11:00 a.m.- noon

4) Small group course; Those who are a resident, about 40 years old and over, has a disability and wishes to participate in a small group course.

Capacity: 6 people for each class

- Thursday Class 1: 9:30- 10:30 a.m.

- Thursday Class 2: 11:00 a.m.- noon

- Thursday Class 3: 1:00- 2:00 p.m.

- Thursday Class 4: 2:30- 3:30 p.m.

Program: Walking in water, hydro gymnastics and others.

Cost: 9,000yen per person

Others: A lottery will be held if there are too many applicants.

Simple medical questions will be asked at the reception.

In some cases, doctor's certificate may be required.

Application: Bring your ID and apply between Friday 13 and Thursday 26 February at Senior Center. Application by phone is not available.

Inquiries: Senior Center in Tokai- mura Welfare Center " Kizuna", ph. 029-282-4300

## 8. Hello Baby Classes for Pregnant Women

Let's learn about pregnancy, childbirth, child care, and share with us your concerns and your experience as a mother.

Date and Content:

1. Mon. 16 Mar. 9:30a.m.-1:00p.m.

Discussion with a midwife about nutrition during pregnancy and cooking hints. Bring an apron and headscarf to cover your hair. Reservation for childcare services must be made beforehand.

2. Fri. 20 Mar. 1:30-4:00p.m.

Delivery process and life after childbirth/child safety seats for cars/dental checkups and brushing guidance. Reservation for childcare services must be made beforehand.

3. Sat. 21 Mar. 9:20a.m.-noon

Lecture that assists life with a baby after discharge/how to bath a new born/  
pregnancy experience for fathers. Bring an apron. There are no childcare services.

Place: Tokai-mura Health Center

Cost: Free

Others: Bring your Mother and Child Health Handbook (boshi kenko techo), the  
supplementary handbook, pen and notebook.

Applications: To register for the childcare services and the class on Monday 16  
March, call Tokai-mura Health Center by Monday 2 March.

No registration is necessary for Friday 20 and Saturday 21 March.

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

#### 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 playing and listening to storytelling.

Date: Thursdays 19 and 26 February

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, towels and spare clothes.

Reservations are not necessary.

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

#### 10. 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: Sun. 22 Feb.

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 Tokai-mura website.

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

#### 11. COMMIT Festival 2015

COMMIT Festival will be held in Mito City.

There will be performances and exhibitions of volunteer groups of welfare, environment, international exchange and community development and others.

Date: Sat. 21 Feb.

Time: 10:00 a.m. - 4:00 p.m.

Place: AEON MALL Mito Uchihara ( 2-1 Uchihara, Mito City)

Events: Stage performances, consultation for citizens' activities and exchange corners, experience and products selling corners

Inquiries: Regional Promotion Division in Mito City Government Office, ph. 029-232-9105

#### 12. France's Salon

Let's listen to a lecture on geography, language, custom, history including some other subjects of France with some light refreshments and drinks.

Date: Sat. 14. Feb.

Time: 1:00- 3:00 p.m.

Place: Tokai-mura Sister City Hall

Speaker: Mr. Ludovic De Pinho, CIR of Ibaraki Prefecture ( CIR: Coordinator for International Relations)

Cost: 100yen for Tokai-mura International Center members, 200yen for non-members.

Others: No advanced reservation is necessary.

Inquiries: Secretariat of Tokai-mura International Center  
ph.; 029-282-0535

e-mail: tokai-international@net1.jway.ne.jp