

Koho Tokai 25 February, 2015

1. Medical Services on Weekends in March
2. Calisthenics Class in March
3. Health Checks for Infants and Toddlers in March at Welfare Center Kizuna
4. Changes at Joban Line
5. Memorial Tree Distribution
6. Sukoyaka Walking
7. Medical Treatment Subsidy (for specified disease, rheumatoid arthritis and mental disease) will be supplied
8. Temporary Childcare at Tokai Muramatsu Shuku Kodomo-en
9. A Room for Parents and Children to Support their Childcare
10. 8th. Spring Concert of Tokai-mura Wind Orchestra

1. Medical Services on Weekends in March

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

Sun. 1: Muto Pediatric Clinic, ph. 029-282-7722

Sun. 8: Tokai Village Hospital, ph. 029-282-2188

Sun. 15: Ishii Orthopedics (Seikeigeka) Clinic ph. 029-270-5141

Sat. 21: Higashihara Clinic, ph. 029-283-2301

Sun. 22: Ibarakihigashi National Hospital, ph. 029-282-1151

Sun. 29: 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, 9:00 a.m.- 5:00 p.m.

2. Calisthenics Class in March

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

Date: Thursdays 5 and 12 March

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

Eligible people: Residents aged 40 -64 years old.

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 in March at Welfare Center Kizuna

(1) Mother and Child Health Consultation

Date: Fri. 13

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

(2) 'Genki-up' Health Consultation

Please make an appointment.

(3)Health Check for Babies

①Infant born in October, 2014

Date: Wed. 11

Time: 1:00- 1:45 pm.

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

Date: Thu. 12

Time: 1:00- 1:45 pm.

③Children(born in January, 2012) aged 3 years old

Date: Wed. 18

Time: 1:00- 1:45 pm.

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

Date: Thu. 19

Time: 1:00- 1:45 pm.

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

Date: Tue. 24

Time: 1:00- 1:20 pm.

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

4. Changes at Joban Line

From 14 March 2015, the name of limited express, express fare, and seating service will be changed. And the operation area will be extended.

-1 Names of limited express trains:

Hitachi: Limited express trains for the fastest operation (former "Super Hitachi")

Tokiwa: Limited express trains stopping at major stations (former "Fresh Hitachi")

-2 Operation Area: Between Iwaki Station and Shinagawa Station (Some trains (including limited express) will terminate and depart from Shinagawa Station and stop at Tokyo Station.)

-4 Express fare: Distinction between reserved seats and non-reserved seats will be dismissed and all seats can be reserved.

Ordinary car

1) If you buy your ticket in advance.

Up to 50km; 750 yen for an adult, 370 yen for a child
51- 100km; 1,000 yen for an adult, 500 yen for a child
101- 150km; 1,550 yen for an adult, 770 yen for a child
151- 200km; 2,200 yen for an adult, 1,100 yen for a child
201- 300km; 2,500 yen for an adult, 1,250 yen for a child

2) If you buy your ticket on the train.

Up to 50km; 1,010 yen for an adult, 500 yen, for a child
51- 100km; 1,260 yen for an adult, 630 yen for a child
101- 150km; 1,810 yen for an adult, 900 yen for a child
151- 200km; 2,460 yen for an adult, 1,230 yen for a child
201- 300km; 2,760 yen for an adult, 1,380 yen for a child

3) If you buy your ticket by 'Eki-net Ticketless Service'.

Up to 50km; 650 yen for an adult, 320 yen for a child
51- 100km; 900 yen for an adult, 450 yen for a child
101- 150km; 1,450 yen for an adult, 720 yen for a child
151- 200km; 2,100 yen for an adult, 1,050 yen for a child
201- 300km; 2,400 yen for an adult, 1,200 yen for a child

Green car(first class)

Up to 50km; 1,260 yen for an adult, 1,140 yen, for a child
51- 100km; 1,510 yen for an adult, 1,270 yen for a child
101- 150km; 3,090 yen for an adult, 2,570 yen for a child
151- 200km; 3,740 yen for an adult, 2,900 yen for a child
201- 300km; 5,070 yen for an adult, 4,080 yen for a child

-5 Seating service

JR East will enhance seating services by making all seats on ordinary cars available for reservation, as well as introducing a service that will let passengers sit without reservations in the unoccupied seats.

The sign of seat availability is as below.

Unoccupied seat: Red light

Will be soon occupied: Yellow light

Occupied seat: Green light

Others:

1) Fare classifications are as below.

Child: 6 through 11 years old

Adult: 12 years old and over

2) You need basic fare ticket too.

3) 'Eki-net Ticket Service' is a service for registered members to reserve tickets from your smart phones or cell phones.

Anyone can register as a member for free.

Registration: www.eki-net.com (only in Japanese)

Inquiries: JR East Japan Railway Company, <http://www.jreast.co.jp/e/index.html>

5. Memorial Tree Distribution

Eligible people:

Family who built a new house in Tokai-mura.

Anyone who registered marriage.

Anyone who notified a birth.

Others:

Choose one from designated tree species.

Tokai-mura is also distributing trees for greenery groups.

Application and Inquiries:

Urban Policy Section of Tokai-mura: ph. 029-282-1711 ext.1244

6. Sukoyaka Walking

One hour walk along the Ibaraki Health Road (Course D: Around Tokai-mura Welfare Center).

Date: Wed. 4 Mar. (Canceled in case of rain.)

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

Meeting place: Tokai-mura Welfare Center 'Kizuna' (Entrance of Tokai-mura Health Center)

Eligible people: Tokai-mura residents

Cost: Free

Others: Bring a drink and small towel.

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

7. Medical Treatment Subsidy (for specified disease, rheumatoid arthritis and mental disease)
will be supplied

Up to 4,000 yen subsidy per month will be paid for medical treatment of specified disease.

Eligible:

Anyone who is resident of Tokai-mura and corresponds to any of the following.

- 1) Who is receiving medical treatment for specified disease.
- 2) Who is receiving medical treatment for rheumatoid arthritis.
- 3) Who is receiving medical treatment for mental disease.

Required documents:

-1. Application form

-2 Receipt of medical institution dated between September, 2014 and February, 2015. Those who have not registered in September, 2014, can bring receipts dated between March, 2014 and February, 2015.

-3. Passbook or banking card to check your account number to transfer subsidy.

-4. Letter of proxy and personal seal ; only if the account holder is different from the applicant.

-5. Those who are receiving medical treatment for specified disease needs ' Ippan tokuteishikkan iryou jukyusha-sho (medical treatment certificate of specified disease) ' and ' Jikofutan jogengaku kanrihyo (manifest of out- of- pocket maximum expence) ' that distributed from January 2015.

-6. Those who are receiving medical treatment for rheumatoid arthritis and who have never received the subsidy need a doctor's certificate.

-7. Those who are receiving medical treatment for mental disease needs 'Seishinshogaisha hokenfukushi techo(certification of the psychiatric disordered) ' or 'Jiritsushien iryo jukyusha-sho(certification of the psychiatric) '.

Others:

Designated intractable disease were expanded from 56 diseases to 110 diseases this January..

For more information visit following website.

Japan Intractable Disease Information Center, <http://www.nanbyou.or.jp/>

Application: Bring required forms and apply from Monday 2 to Tuesday 31 March(except Saturdays, Sundays and public holidays.

Inquiries: Nagomi Tokai-mura Comprehensive Support Center, ph.029-287-2525

8. Temporary Childcare at Tokai Muramatsu Shuku Kodomo-en

Tokai Muramatsu Shuku Kodomo-en(Integrated institution of Muramatsu Daycare Center and Shuku Kindergarten) in offering temporary childcare for children whose parents or guardians can't take care of their children anymore due to a disease or any other reason.

Date: Monday through Friday (except public holidays), 7:30a.m.- 6:30p.m.

Place: Tokai Muramatsu Shuku Kodomo-en (3370- 1 Muramatsu, Tokai-mura)

Eligible: Pre-school children over 1and a half year old.

Cost:

Less than 4 hours; 1,000 yen for per person

4- 7 hours; 2,000 yen for per person

More than 8 hours; 2,500 yen for person

Application: Apply directly at Tokai Muramatsu Shuku Kodomo-en.

First- come- first- served basis.

Confirm by phone whether your requested date is available before you make an application.

Inquiries: Tokai Muramatsu Shuku Kodomo-en, ph. 029-282-7390

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

Hyakutsuka Daycare Center will open a room for parents and children to support their childcare, through playing and listening to storytelling.

Date: Thursdays 5 and 12 March

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. 8th. Spring Concert of Tokai-mura Wind Orchestra

Tokai-mura Wind Orchestra will give a concert. Mr. Hiroki Takahashi who is the composer of “Bunmei- kaika no kane” will talk about his work.

Date: Sun. 8 Mar.

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

Place: Tokai Culture Center

Conductor: Mr. Susumu Hara (Resident Conductor of Tokai-mura Wind Orchestra)

Program: Bunmei- kaika no kane, El Camino Real, Carpenters Forever and others

Entry fee: Free

Others: Special car parking is available at Tokai High School and Tokai-Minami Junior High School.

Inquiries: Tokai Culture Center, ph. 029-282-8511