

Koho Tokai 10 March, 2015

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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. 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. 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. Public Bus will start operating from April, 2015

Tokai- mura is promoting the enhancement of public transportation.

In collaboration with the private sector, Tokai- mura will start to provide bus service for residents and visitors who want to come in and out of Tokai-mura.

4 new bus routes will be added from this April.

Public transportation services in Tokai- mura are as below.

(1) Ainori-kun (Tokai- mura taxi on demand)

Ainori-kun is a demand taxi service started from April, 2006 that will take registered resident anywhere in Tokia-mura.

Eligible people: Resident who is registered to use.

Fare:

300 yen per ride

100 yen per ride applies to anyone as following:

- 1) Anyone with physical, mental, or intellectual disabilities
- 2) Anyone certified for receiving nursing care (yokaigo)
- 3) An attendant for a passenger 1) and 2)
- 4) Children under six accompanied by guardians and guardians accompanying children younger than six (one guardian per child).

One guardian per child will be charged 100 yen

(2)- 1 Route bus

Eligible people: Anyone

1) Existing route

A. Route: Between Tokai Station East Exit and Floresta Suwama

Fare: 170- 310 yen

B. Route: Between Tokai Station West Exit and Ibaraki University by way of Mito Station

Fare: 170- 930 yen

2) New route

A. Route: Tokai Station West Exit by way of Kasamatsu Sports Park; Circulator route
Fare: 170- 280 yen

B. Route: Between Tokai Station West Exit and Hitachi Osakana Center (Roadside Station of Hitachi City)
Fare: 170- 380 yen

Transit available to Hitachi BRT (Bus Rapid Transit)

C. Route: Between Tokai Station East Exit and Ibarakihigashi National Hospital
Fare: 170- 330 yen

D. Route: Between Tokai Station East Exit and Hitachi Seaside Park
Fare: 170- 520 yen

Transit available to other transportation as below

JA Nagasuna: Smile Aozora Bus

Joyful Honda West: Route bus

Joyful Honda East: Route Bus and Smile Aozora Bus

Hitachi Seaside Park: Route Bus, Smile Aozora Bus, Expressway Bus, Shuttle Bus

(2)- 2 Expressway bus

1) Existing route

A. Route: Between Tokai Station East Exit and Tokyo Station

Fare: 2,240 yen

B. Route: Between Tokai Station East Exit and Sendai Station

Fare: 4,600 yen (weekday)

(2)- 3 Airport limousine

1) Existing route

A. Route: Between Tokai Station East Exit and Narita Airport

Fare: 3,100 yen

B. Route: Between Tokai Station East Exit and Haneda Airport

Fare: 3,800 yen

C. Route: Between Tokai Station East Exit and Ibaraki Airport

Fare: 1,230 yen

(3) JR Joban Line

Fare: Depends on distance

(4) Taxi

Area: Area: In and out of Tokai-mura

Fare: Depends on distance

Inquiries:

About operation diagram and fare; Ibaraki Transportation Co. Ltd., ph. 029-272-7311

HP <http://www.ibako.co.jp/> (Automatic translation system)

About public transportation of Tokai- mura;

Community Development Promotion Section of Tokai-mura, ph. 029-282-1711 ext. 1342

HP <http://www.vill.tokai.ibaraki.jp/>

4. Hello from SC Smile TOKAI

SC Smile TOKAI is a sports club promoting to create a community of lifelong sports through many sports activities since 2007.

Activities:

Sports classes for children:

Kidsbics, aerobics for competition, junior golf, junior gymnastics, junior tennis, junior valley ball, junior athletic sports, mini basketball

Sports classes for adults:

Aerobics, exercises, step exercises, soft(light) exercises, hiking, body care, yoga

Members wanted for SC Smile TOKAI

Eligible people: Those who are living, working (including family member who are living with) or going school in Tokai-mura.

Annual fee(for individual member):

Small children, elementary school students: 2,400 yen for a new member, 2,000 yen after the year of initiation.

Students of junior high school and high school: 3,600 yen for a new member, 3,000 yen after the year of initiation.

University students and adults: 6,000 yen for a new member, 5,000 yen after the year of initiation.

Application: Please fill out the form available from Tokai-mura Gymnasium. After the application

at the gymnasium, pay the annual fee through a post office transfer. The receipt of the payment will be the tentative member's card until authorized member's card is sent.

Classes and activities for members and non-members;

(1) Aerobics Classes

Date & time: Every Tuesday (7 classes/ term), 7:45- 8:45 p.m.

Place: Tokai-mura Welfare Center "Kizuna"

Eligible people: Those who are living, working (including family member who are living with) in Tokai-mura or member of SC Smile TOKAI and 18 years old and over.

Capacity: 30 people (first-come-first-served-bases)

Cost: 3,500 yen for Smile TOKAI member, 7,000 yen for non-member.

(2) Step exercises

Date & Time: Every Thursday(7 classes/ term), 7:30- 8:30 p.m.

Place: Tokai-mura Welfare Center "Kizuna"

Eligible people: Those who are living, working (including family member who are living with) in Tokai-mura or member of SC Smile TOKAI and 18 years old and over.

Capacity: 30 people (first-come-first-served-bases)

Cost: 3,500 yen for Smile TOKAI member, 7,000 yen for non-member.

(3) Exercises for adults

Date & Time: Every Friday(7 classes/ term), 1:30- 3:00 p.m.

Place: Tokai-mura Welfare Center "Kizuna" and other facilities

Eligible people: Those who are living, working (including family member who are living with) in Tokai-mura or member of SC Smile TOKAI and 18 years old and over.

Capacity: 30 people (first-come-first-served-bases)

Cost: 3,500 yen for Smile TOKAI member,7,000 yen for non-member.

(4) Hiking

Date: April through December, 2015 (7 times)

The first time hiking will be organized as below.

Mt. Takayama (Tochigi Pref.)

Date: Sat. 18 Apr.

Others:

For more details, the next Koho Tokai 25 March, 2015 issue.

Each hiking will be posted on further Koho Tokai.

(5) Trial classes of exercise "Enjoy health up!"

Date: Thursdays from 9 April, 2015 to 10 March (37 classes: almost 3 times in a month/ term)

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

Place: Tokai-mura Welfare Center "Kizuna"

Eligible people: Residents who wants to start playing sports and is aged between 40 and 64 years

old.

Participle term: Within a year or until 65th birthday month.

Cost: Free

Application:

For (1), (2) and (3): Apply after 9:00 a.m. on Thursday 19 March at Tokai Gymnasium with the participation fee.

For (5): Apply anytime at Tokai-mura Gymnasium

Application time: 9:00 a.m.- 5:00 p.m. except Monday. (Tuesday will be closed if Monday is a public holiday

Inquiries: Tokai-mura Gymnasium. ph. 029-283-1001

5. National Health Insurance Card for fiscal 2015 will be sent

Your current National Health Insurance Card will expire on 31 Mar. The new card will be sent by simplified registered mail as below.

Addressee: Head of household

Term of post office delivery: Sat. 14- Mon. 30 Mar.

Reference date of insurance card preparation: As of 23 February, 2015

How to receive new card:

Simplified registered mail will not delivered if you are absent, in this case a notice will be left instead. Please receive the mail in accordance with the absence slip or if you could not receive the mail by Monday 30 March, bring your ID (such as driver's license, insurance card for fiscal 2014), personal seal to National Health Insurance and Pension Section in Tokai-mura Village Office to collect your card, after 1:00 p.m. on Tuesday 31 March.

When you receive the new card, check the personal information printed on it and you may use it from Wednesday 1 April. Contact National Health Insurance and Pension Section if you find any mistakes or you have joined other health insurance schemes. Cut the old card up and discard it, or take it to the National Health Insurance and Pension Section after the expiration date.

(1) Those who moved from Tokai- mura

Anyone who have moved away and have a resident's card in another municipality to attend school or in any kind of welfare institution, can even join the Tokai-mura National Health Insurance scheme. Also register at National Health Insurance and Pension Section if you have finished school and start to work or returned to Tokai- mura.

1) Students:

Bring student's identification (issued after 1 April, 2015), personal seal

2) People who is staying at welfare institution: Certification of enrollment (check in advance if the institution sends the certification directly to Tokai-mura Village Office or not), personal seal.

Attention: Please refer to National Health Insurance and Pension Section if student's identification or certification of enrollment of institution takes time to be issued.

(2) Expiration date of insurance card

The new insurance card expiration date is Thursday 31 March, 2016.

But people below have card that has different expiration date.

1) For anyone who is eligible for Retiree Health Care System and will be 65 years old

Expiration date: End of the birth month

The card will change to National Health Insurance card instead of Retiree Health Care System from the next month of the birthday month. The new card will be sent in the end of birthday month.

2) For anyone who will be 75 years old

Expiration date: The day before birthday

Will be joined in late- stage medical care system for the elderly on 75th birthday. Participating notice will be sent in middle of previous month.

3) For anyone who is foreign registered and the period of stay will be expired.

Expiration date: Expiration date of period of stay

Please bring your residence card at National Health Insurance and Pension Section and extend your expiration date of insurance, after updating your period of stay.

4) For anyone who has unpaid insurance tax as of the reference date

Expiration date: Wed. 30 Sep., 2015

Apply at National Health Insurance and Pension Section to renew the insurance card after Tuesday 1 September, 2015. Please refer to National Pension Section if you have difficulty for tax payment.

Inquiries: National Health Insurance and Pension Section, ph. 029-282-1711, ext. 1132

6. To Receive The Balance Amount caused by Revision of Child Rearing Allowance

This allowance is to enhance welfare for child as listed below.

Child without father or mother as a result of divorce.

Child without father or mother as a result of death.

Child whose father or mother has a disability.

Before the revision, those who are receiving public pension were not eligible to receive child rearing allowance, but after the revision as of last December, if the amount of the public pension is less than the child rearing allowance, they are now able to receive the balance amount.

Revised requirements (example cases) as of December, 2014:

Grandparents who are rearing a child and receiving a low amount old-age pension.

Single-father family where the child is receiving only a low amount survivor's welfare pension.

Single-mother family, where father died after the divorce and the child is receiving only a low amount survivor's welfare pension.

Application: Anyone who is rearing a child without the child's parent and wants to receive the balance amount needs to apply at the Social Welfare Section of Tokai-mura Village Office.

Others: Anyone who wants to confirm whether they're eligible to receive the allowance, inquire at the Social Welfare Section.

The allowance starts from the next month of application.

Those who could not receive child rearing allowance because of receiving a public pension but meet revised requirements and apply by the end of March, 2015, will be able to receive the allowance retroactive to the 1 December, 2014. The allowance for December, 2014 to March, 2015 will be paid in April, 2015.

Inquiries: Social Welfare Section of Tokai-mura, ph. 029-282-1711 ext. 1185

7. Exhibitions at Tokai Station Gallery

Place: JR Tokai Station (2F)

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

(1) Sumi Kokoro Exhibition

40 calligraphy pieces by graduates of the Ibaraki University calligraphy club and Nangaku Kawamata, the club advisor.

Date: Sun. 15 - Sat. 21 Mar.

Time: 10:00 a.m.-7:00 p.m. (closes 2:30 p.m. on the last day)

(2) Ink painting Shuko no kai Joint Exhibition

It's 4 years since Shuko no kai has started.

Enjoy individual expressed 25 pieces of ink painting.

Date: Sun 29 Mar.- Sat. 4 Apr.

Time: 10:00 a.m.- 6:00 p.m. (closes 3:00 p.m. on the last day)

(3) Chuji Takahashi Exhibition

Chuji Takahashi started painting 55 years ago.

20 pieces of his abstract paintings, landscape paintings and portraits painted with oil, water colors or acrylics will be exhibited.

Date: Sun. 5- Sat. 11 Apr.

Time: 10:00 a.m.- 6:00 p.m. (closes 3:00 p.m. on the last day)

8. Deadline of Vaccination Coupons

You may not be subsidized, if you don't receive vaccinations as below by Tuesday 31 March.

(1) Measles- Rubella Vaccination: Second shot

Eligible people: Children born between 2 April, 2008 and 1 April, 2009

(2) Combination (diphtheria and tetanus) Vaccination.

Eligible people: Children born between 2 April, 2002 and 1 April, 2003

(3) Chicken Pox Vaccination

Eligible people:

Children who are between 36 months and 59 months old and haven't received chickenpox vaccination in the past are eligible for routine vaccination.

5 and 6 years old children (preschooler age) who want to receive the first shot and have the voucher of optional vaccination.

(4)Mumps Vaccination

Eligible people: Children born between 2 April, 2008 and 1 April, 2009 and haven't received mumps vaccination.

(5) Pneumococcus Vaccinations for Adults

Eligible people: Those who meet one of the conditions below and have never received pneumococcus vaccination(Pneumovax NP).

-1. Those who are between 60 and 64 years old and have disability in heart, kidney, respiratory apparatus or immunity.

-2. Those who are 65, 70, 75, 80, 85, 90, 95, 100 years old between 1 April, 2014 and 31 March, 2015.

-3. Those who are 101 years old and over.

Others: 4,000 yen self- pay for pneumococcus vaccination for adults.

Anyone who recently moved to Tokai- mura or who has not received the vaccination form, refer to Tokai-mura Health Center.

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

9. Tokai-mura Junior Chorus Group Concert

Tokai-mura Junior Chorus group will give a regular concert.

Date: Sun. 29 Mar.

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

Place: Tokai Culture Center

Program

Part 1: Tokai-mura Chorus suite

Part 2: Chorus musical "Fuki(butterbur)"

Part 3: "Yokai taiso No. 1" and others.

Entree Fee: Free

Others: No reservations are required

Inquiries: Lifelong Learning Section of Tokai-mura, ph 029-282-1711 ext.1423

10. Musical Festival 2015

The theater company Tomical is holding Musical Festival.

Date: Sat. 14 Mar.

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

Place: Nakamaru Community Center

Entry fee: Free (Preschoolers are welcome.)

Inquiries:

Tomical, email: tomical.office@gmail.com

Tokai Culture Center, ph. 029-282-8511

11. 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. 21 Mar.

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 of Tokai-mura, ph. 029-282-1711 ext. 1333

12. Science Café in Ricotti

Date: Sat. 14 Mar.

Time: 1:30- 3:00 p.m.

Place: Ricotti

Eligible people: High school students and over

Capacity: First 30 people

Program: "Frontier Science at J-PARC 2: Future Discoveries by Neutrons- Revealing Mysteries of Materials and Life in Ibaraki "

Lector: Dr. Shinichi Sakamoto, J-PARC Center

Prof. Toru Ishigaki, Frontier Research Center for Applied Atomic Sciences, Ibaraki University.

Cost: Free

Others: Lecture will be given in Japanese.

Inquiries: General Affairs Section 2, Japan Atomic Energy Agency, ph. 029-282-3470

13. The 25th Japan Ground Self- Defense Forces Engineers School Band Concert

Enjoy concert of Japan Ground Self- Defense Forces Engineers School Band and guest performance by Ms. Marina Kato who is a whistler.

Date: Sat. 28 Mar.

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

Place: Ibaraki Kenmin Bunka Center (697 Semba-cho, Mito)

Program: Invicta Overture for Band, Spirited Away(Sen to Chihiro no Kamikakushi) and else.

Entry fee: Free

Please note that seats are limited.

Inquiries: Public Relations, JGSDF Katsuta, ph. 029-274-3211