

広報とうかい 3/25号

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2. 4月の健康体操参加者募集
3. 4月の健康相談
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6. 成人歯科検診
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13. IF 学生訪問団員募集

Koho Tokai 25 March, 2015

1. Medical Services on Weekends in April
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3. Health Checks for Infants and Toddlers in April at Welfare Center Kizuna
4. The 26th Tokai Cherry Blossom Festival
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12. Cherry Blossom Festival in Hitachi City
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1. Medical Services on Weekends in April

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

Sun. 5: Muto Pediatric Clinic, ph. 029-282-7722

Sun. 12: Ibarakihigashi National Hospital, ph. 029-282-1151

Sun. 19: Ishii Orthopedics (Seikeigeka) Clinic ph. 029-270-5141

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

Wed. 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 April

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

Date: Thu. 9, 16, 23, 30 Apr.

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 April at Welfare Center Kizuna

(1) Mother and Child Health Consultation

Date: Fri. 24

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

①Infants born in November, 2014

Date: Wed. 8

Time: 1:00- 1:45 pm.

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

Date: Thu. 9

Time: 1:00- 1:45 pm.

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

Date: Wed. 15

Time: 1:00- 1:45 pm.

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

Date: Thu. 23

Time: 1:00- 1:45 pm.

(4) A Class for Babies born in January, 2015

Date: Wed. 22

Time: 1:00- 1:20 pm.

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

4. The 26th Tokai Cherry Blossom Festival

Please enjoy the fantastic view of two hundred cherry trees illuminated at night.

Date: Wed. 1- Sun. 19 Apr. (Dates may change depending on the state of the blossoms.)

Place: Akogigaura Park

Light-up time: Sunset until 9:00 p.m.

Inquiries: Tokai-mura Tourist Association Secretariat, Community Development Promotion Section of Tokai-mura, ph. 029-282-1711 ext. 1344

5. Sukoyaka Walking

A one-hour walk along the Ibaraki Health Road.

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

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

Meeting place: Shirakata Community Center, at the parking area.

Eligible people: Tokai-mura residents

Cost: Free

Others: Bring a drink and a small towel.

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

6. Dental Checks for Adults and Pregnant Women

Free dental checks are available to adults and women who are pregnant to prevent gum disease. These checks are available at designated dental clinics.

Eligible people: Residents aged 30, 40, 50, 60, 70 years old (as of 31 March 2016) and pregnant woman.

Term: Wed. 1 Apr., 2015- Thu. 31 Mar., 2016

Cost: Free

Others: Voucher forms will be sent in March 2015 for eligible people. For the pregnant women they will receive a voucher form at their issuance of Mother and Child Health Handbook (boshi kenko techo).

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

7. Subsidies for Comprehensive Medical Checkups and Brain Scans

1) Eligible people:

- 1. Anyone between 20 and 74 with national health insurance in a household that has fully paid the insurance premiums.

-2. Senior citizens covered by the medical care system for people aged 75 and over (kouki koreisha iryou hoken) who have fully paid the premiums.

2) Designated medical institutions and self-pay amount

-1. Tokai Village Hospital, ph. 029-282-2188

(1) Self-pay amount of comprehensive medical checks

a) Anyone under 40 years old or 75 years old and over / 12,000 yen

b) Anyone between 40 and 74 years old / 12,000 yen

(2) Self-pay amount of brain scans / unadministered

-2. Hitachi Ltd. Hitachinaka General Hospital, ph. 029-354-6795

(1) Self-pay amount of comprehensive medical checks

a) Anyone under 40 years old or 75 years old and over / 12,300 yen

b) Anyone between 40 and 74 years old / 12,600 yen

(2) Self-pay amount of brain scans / 10,800 yen

-3. Hitachi Ltd. Hitachi General Hospital, ph. 0294-23-3971

(1) Self-pay amount of comprehensive medical checks

a) Anyone under 40 years old or 75 years old and over / 12,300 yen

b) Anyone between 40 and 74 years old / 12,600 yen

(2) Self-pay amount of brain scans / 10,800 yen

-4. Ibarakiken Medical Center, ph. 029-243-1111

(1) Self-pay amount of comprehensive medical checks

a) Anyone under 40 years old or 75 years old and over / 12,300 yen

b) Anyone between 40 and 74 years old / 12,300 yen

(2) Self-pay amount of brain scans / unadministered

-5. Seirei Memorial Hospital, ph. 0294-52-8531

(1) Self-pay amount of comprehensive medical checks

a) Anyone under 40 years old or 75 years old and over / unadministered

b) Anyone between 40 and 74 years old / unadministered

(2) Self-pay amount of brain scans / 8,700 yen

-6. Brainpier Minamiohta, ph. 0294-70-1711

(1) Self-pay amount of comprehensive medical checks

a) Anyone under 40 years old or 75 years old and over / unadministered

b) Anyone between 40 and 74 years old / unadministered

(2) Self-pay amount of brain scans / 11,300 yen

3) Others:

- 1. You can only receive subsidy once in a fiscal year.
- 2. You cannot have comprehensive medical checkups on top of the special health check, elderly health check or any other cancer checks (stomach cancer, lung cancer and colon cancer) offered by Tokai- mura government.
- 3. Make inquiries about the cost of checkups not eligible for subsidies, direct to the medical institutions.

4) Application

Bring your health insurance card and seal and apply for subsidy at National Health Insurance and Pension Section(1st floor, Tokai- mura Village Office) between Wednesday 1 April, 2015 and Friday 4 March, 2016 before receiving health check.

8. Deadline to receive Partial Subsidy for Tandem Bicycle is 31 March

Tokai-mura subsidized a part of the expenses of tandem bicycle safety rides since Road Traffic Act was revised in July, 2009. Tokai- mura will stop supporting the expenses of tandem bicycles. Please make an arrangement to receive subsidy if you are thinking of buying tandem bicycle or already have one.

Deadline: Tue. 31 Mar.

Application: Apply directly at Social Welfare Section(1st floor of Tokai-mura Village Office) by 31 March.

Inquiries: Social Welfare Section in Tokai- mura Village Office, ph. 029-282-1711 ex. 1185

9. Hiking Tour to Mt. Takayama

You can enjoy the view of Senjogahara to the top of Mt. Takayama and also you can enjoy walking around Chuzenji Lakeside. The course takes approximately 4 and a half hours.

Date: Sat. 18 Apr.

Time: 5:20a.m. Fureaino-mori Park, at the parking area.

Departure time: 5:30a.m.

Eligible people: Those who are living or working in Tokai-mura or belonging to Smile Tokai, and are 18 years or over.

The first 40 applicants will be accepted.

Cost: 7,000 yen for Smile Tokai members,9,000 yen for the family of the Smile Tokai members, 11,000 yen for non-members.

Application: Tue. 31 Mar.- Tue. 14 Apr., 9:00a.m.- 5:00p.m.,(except Mondays.)

Register for the tour and pay at Tokai-mura Gymnasium.

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

10. 10th Anniversary Concert of Yurikago Chorus Group

Date: Wed. 29 Apr.

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

Place: Tokai Culture Center

Program:

Part 1 “Memories of Childhood”

Part 2 “Memories of Youth”

Part 3 “And now, singing of World”

Performances in collaboration with Toaki- mura Junior Chorus Group and Flamenco dance will also be given.

Admission fee: Free

Inquiries:

Ms. Teruyo Endo, Representative of Yurikago Chorus Group, ph. 029-282-0218

11.Horse Riding Youth Club Members Wanted

Date: Every Saturday and Sunday

Time: 8:30 a.m.- noon

Place: Tokai- Riding Park(Tokai Bajien), 845- 4 Funaishikawa, Tokai- mura

Eligible people: Students from grade three elementary school up to third year junior high school.

Cost: 2,000 yen per month

Application and inquiries: Mr. Shiro Ozaki, Tokai Bajien, ph.029-282-7056

12. Cherry Blossom Festival in Hitachi City

Cherry trees will be floodlit, Heiwawa-dori Street will become pedestrian precinct and various events will be held during the festival period.

Date: Wed. 1- Sun. 19 Apr.

Place: Heiwa-dori Street, Kamine Park, Juo Panorama Park

Inquiries: Hitachi Cherry Blossom Festival Executive Committee, ph. 0294-22-3111

13. Sister City Delegation Members Wanted

Youth delegation from Tokai- mura will visit our sister city Idaho Falls City in the U.S.A. in this summer. Delegation members will stay with families, interact with students in Idaho Falls City and learn about different culture.

1) Date: Thu. 23 Jul.- Tue. 4 Aug.

2) Eligible people:

Anyone Junior high school or high school student (as of April, 2015), available to participate in activities as a member of Tokai International Center after the visit to Idaho Falls City and meets any of the conditions below

-1. Resident of Tokai-mura

-2. Non- residents but have ever been host family for youth delegation from Idaho Falls City.

3) Capacity: 15 students

If there are too many applicants, priority will be given to Tokai-mura resident and novice

4) Cost: 200,000 yen (including designated travel insurance) per student

Subject to change depending on the air fare and fuel surcharge.

Resident will be subsidized half of the cost (maximum 100,000 yen)

5) Application: To apply, fill out the form available from the Community Development Promotion Section in the Tokai- mura Village Office, Sister City Hall or Tokai Station and bring directly or send to Community Development Promotion Section or to Sister City Hall by Monday 13 April.

The application form is also available from the Tokai- mura website.

6) Inquiries:

Community Development Promotion Section, ph. 029-287-0925

Tokai-mura Sister City Hall, ph.029-282-0535