

## **Koho Tokai 25 June, 2015**

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### **1. Medical Services on Weekends in July**

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

Sun. 5: Ogata Clinic, ph. 029-282-4781

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

Sun.19: Tokai Village Hospital ph. 029-282-2188

Sun.20: Tokai Clinic, ph. 029-283-1711

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

### **2. Calisthenics Class in July**

Stretch and yoga exercise classes will be held at Tokai-mura Welfare Center “Kizuna”.

**Eligible people:** Residents aged 40- 64 years old.

**Date:** Thu. 2, 16, 23, 30 Jul. 2015

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

**Others:** First-time attendees need to apply.

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

### **3. Health Checks for Infants and Toddlers in July at Tokai-mura Health Center**

#### **(1) Mother and Child Health Consultation**

**Date:** Fri. 10 Jul.

**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**

##### **1) Infants born in Feb. 2015**

**Date:** Wed. 8 Jul. 2015

**Time:** 1:00-1:45p.m.

##### **2) Children (born in Dec. 2013) aged 1 year and 6 months old**

**Date:** Thu. 9 Jul. 2015

**Time:** 1:00-1:45p.m.

##### **3) Children (born in May. 2012) aged 3 years old**

**Date:** Wed. 15 Jul. 2015

**Time:** 1:00-1:45p.m.

##### **4) Dental Checks for Children (born in Dec. 2012) aged 2 years and 6 months old**

**Date:** Wed. 29 Jul. 2015

**Time:** 1:00-1:45 p.m.

##### **5) Baby (born in Apr. 2015) class**

**Date:** Thu. 30 Jul. 2015

**Time:** 1:00-1:20p.m.

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

### **4. Local Gift Vouchers with a Premium of 20 Percent will be sold on Sat.11 and Sun.12 Jul.**

#### **Date of sale:**

The gift vouchers will be sold on Sat.11 and Sun.12 Jul, 10:00a.m.-3:00p.m.

\*The sale will end when all the stock has run out.

#### **Place of sale:**

Local Gift Vouchers will be sold at Tokai-mura Village Office.

\*Discount sale for the “Ibaraki kids Club Card” holders will be held at Tokai-mura Welfare Center “Kizuna”

**Limit of sale:**

One person can buy up to two books (the first 5,500 books)

\* “Ibaraki kids Club Card” holders can buy only one book (the first 4,500 books).

Bring the card at the time of purchase.

\* Your name and address is to be filled out in person on the prescribed form at the time of purchase.

**Available shops**

The local gift vouchers can be used at the shops which show the “Nobori” (banner) that says local gift voucher at a Premium in Tokai-mura.

You can check the appearance of the “Nobori” on the webpage below.

<http://www.tokaisci.or.jp/premium/nobori.jpg>

**Valid Period of use**

Sat. 11 Jul.-Mon. 12 Oct.

\*Gift vouchers are not available after this period.

**Notice:**

-The gift voucher cannot be consumed with beer coupons, book coupons, stationery coupons, gift certificate, stamps, revenue stamps, prepaid cards and etc., cannot use it to pay tax payments, and fees for public services nor to make a purchase.

-Please use the gift voucher above the face values, because change cannot be paid.

- The gift voucher cannot be change into cash, and cannot be sold to others for value.

- The gift voucher cannot be reissued in case of robbery, loss, or destruction of it.

**Inquiries:** Community Development Promotion Section, ph. 029-282-1711 ext.1344, 1345

**5. The Tax Check for National Health Insurance will be sent.**

National Health Insurance is a mutual aid system that ensures that members can receive medical treatment without anxiety of medical cost in times of injury or illness. The resource is covered by the tax of national health insurance that was paid from the household head of insured person, and the burden charge from government.

It has been decided the amount of the national health insurance 2015, and the check and notice will be sent on Mon. 13 Jul. (except people registered account transfer system.) Please make sure to make payment by the due date printed on the payment slip.

**For People who will be 40 years old by 31 Mar. 2016:**

The national health insurance tax (for Long-term Care Insurance) will be imposed from your

birth month (from the previous month if you were born on the 1st.) The notice of changing tax amount will be sent on the next month of your birth month.

**For Insurance Tax Payments, a Bank Transfer (Automatic withdrawal) is Safe and Convenient:**

Registrations every year are not necessary if you make an application once. Please apply at a local financial institution (Joyo Bank, Tsukuba Bank, Ibaraki-ken Credit Union, Mito Credit Association, Chuo Labor Bank, JA Hitachi Tokai Branch and Post Office), and bring a bankbook, a registered seal, an insurance card and a tax notice by the due date. It might takes 1 or 2 months until starting bank transfer, so please use the payment slips during that term.

**Paying at Convenience Stores:**

Insurance tax payments can be made at convenience stores even at night, on Saturdays, Sundays and National holidays without charge.

**Inquiries:** Welfare and Insurance Section, ph. 029-282-1711 ext.1131-1133

## **6. Providing Temporary Welfare Benefits**

Temporary welfare benefits will be provided for people on low-income by the impact of increase in the consumption tax. Application forms will be sent to the persons who are supposed to be eligible by the end of Jun.

**Eligible people:**

The person who meets all conditions below

- 1) The person who is a resident of Tokai-mura on 1 Jan. 2015.
- 2) The person who was exempt from municipal resident tax in 2015.

\*Except welfare recipients and the dependent of the person who is subject to taxation and.

**Allowance:** 6,000yen per person (\*It will be transferred designated account after Oct.)

**Submitted documents:**

- Application form
- Copy of driver's license, passport, insurance card
- Something to your account

**Application:** Submit or send in enclosed envelope the application form with the other documents to be submitted.to Welfare and Insurance Section in person from Wed.1 Jul. to Thu. 1 Oct. (except Sat., Sun. and public holidays).

The office is open 8:30 a.m.-5:15 p.m. (8:30 a.m.-7:00 p.m. on the first and third Thu.)

**Inquiries:** Welfare and Insurance Section, ph. 029-282-1711 ext.1437

## **7. 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 future mother.

### **Date and Content:**

**(1) Wed. 22 Jul., 9:30a.m.-1:00p.m.**

Discussion with a midwife about nutrition during pregnancy and cooking hints. Bring an apron and headscarf to cover hair.

**(2) Fri. 24 Jul., 1:30-4:00p.m.**

Delivery process and life after childbirth/ dental checkups and brushing guidance/ children chair for cars.

**(3) Sat. 25 Jul., 9:20a.m.-noon**

Talk about baby / how to bath a new born/ pregnancy experience for fathers. Bring an apron.

**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 apply for the class on Wed. 22 Jul. and to register for the childcare services on Fri. 24 and Sat.25 Jul. call Tokai-mura Health Center by Fri. 10 Jul.

No registration is necessary for Fri. 24 Jul. and Sat. 25 Jul.

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

## **8. Experiencing Daycare for children who are not in a nursery school or a kindergarten [Wakuwaku Club]**

1) Circle for 0-1 year old children and their guardian on Fri.24 Jul.

2) Circle for 2 years old children and their guardian on Fri.17 Jul.

3) Circle for 3-5 years old children and their guardian on Fri.3 Jul.

1)-3)

**Time:** 10:00 –11:30a.m.

**Place:** Tokai Muramatsusyuku-Kodomoen

**Eligible people:** Children who are not in a nursery school or a kindergarten and their guardian who is a resident of Tokai-mura.

**Cost:** Free

**Capacity:** There is a limit of 3 pairs for each circle.

**Contents:** Seeing class activities, play with each other

**Inquiries:** Apply at Tokai Muramatsusyuku-Kodomoen Parenting Support Center from 9:00a.m. Mon. 29 Jun. to two days before the date of circle. ph. 029-282-7390

### **9. Happy Land for Children and Parents**

**Date and Contents:** Thu. 9 Jul. 2015: Rhythm activities

Thu. 23 Jul. 2015: Play in the water

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

**Place:** Nakamaru Community Center

**Eligible people:** Infants and toddlers 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:** Parenting Support Center at Hyakutsuka Daycare Center, ph. 029-270-5660

### **10. Room Koara- Hiroba for Parents and Children to Support Their Childcare**

**Date:** Thu. 2 and Fri. 17 Jul. 2015

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

**Place:** Hyakutsuka Daycare Center

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

**Contents:** Playing freely and Storytelling

**Cost:** Free

**Others:** Bring a drink, towel and spare clothes. Reservations are not necessary.

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

### **11. Hula for Parents and Children**

Fun dance and eurhythmics class will be held for children and parents.

**Date:** Thu. 16 Jul. 2015

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

**Place:** Nakamaru Community Center

**Eligible people:** Children aged 2 years old and over and a guardian.

**Capacity:** The first 20 applicants will be accepted.

**Instructor:** Ms. Taeko Kajiwara (Hula instructor)

**Cost:** Free

**Others:** Bring a drink and a towel, and wear comfortable clothes.

**Application and Inquiries:** Apply on the phone between 1:00 and 4:00 p.m. from Mon. 29 Jun. by Fri. 3 Jul. 2015 to Parenting Support Center at Hyakutsuka Daycare Center, ph.029-270-5660

## 12. Peter Pan Circle

The new class for 3 years old children has been starting from April 2015. Why don't you join and make friends?

**Dates:** Every Friday from May to September.

**Time:** 10:45a.m. - noon

**Place:** Ozora Daycare Center

**Eligible people:** Children born between April 2, 2011 and April 1, 2012 and their guardians.

**Capacity:** The first 50 pairs will be accepted.

**Cost:** Free

**Application and Inquiries:** Ozora Daycare Center, ph. 029-287-3535

## 13. "The concert staying with a buggy" ~ A little luxury concert by piano and violin~

A concert for family including baby and small kids will be held. Anyone can enter the hall and enjoy the concert as staying on a buggy or a wheel chair. Enjoy classic music and anime songs with your family.

**Date:** Sat. 4 Jul. 2015

**Time:** 2:00 p.m. (The gate will be opened 1:15 p.m.)

**Place:** Tokai-mura Welfare Center Kizuna

**Capacity:** Around the first 150 people will be accepted. Reservations are not necessary. When the attendance number will be more than expected, it might have admission limit.

**Contents:** Sister Performance by a violinist Ms. Yuko Kawai and a pianist Ms. Momoko Endo who live in Tokai-mura.

**Entry fee:** Free

**Other:** A room for nursing baby and changing diapers will be opened.

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

## 14. Tokai Swimming Pool Opening

**Term:** Wed. 1 Jul.- Thu. 10 Sep. The pool may close in case of bad weather.

**Time:** 1. 9:00 a.m.- noon

2. 1:00- 4:00 p.m.

3. 5:00- 7:00 p.m. (No.3 is from Mon. 20 Jul. to Thu. 20 Aug.)

(except noon- 1:00p.m., 4:00- 5:00p.m.).

**Entry fee:** 200 yen for junior high students and above, 100 yen for elementary students, and free for preschool children.

**Other:** Babies should wear swimming suits or swim diapers, and be accompanied by a guardian wearing a swimming suit. No food is allowed at the pool side.

**Inquiries:** Tokai Swimming Plaza, ph. 029-287-0807.

### **15. Tokai Environmental Festival 2015 with Candle Night**

The Tokai Kankyo Festa (Environmental Festival) will be held in the Tokai-mura Village Office.

There will be screened handmade planetarium, and exhibited of new generation cars, candle arts, and performance and exercise of Ste-Ranger.

**Date:** Sat. 25 Jul.

**Time:** 3:00- 8:30p.m.

**Place:** Courtyard and parking area of the Tokai-mura Village Office

**Inquiries:** Environmental Policy Section, ph. 029-282-1711 ext.1454