

Koho Tokai 25 August, 2015

1. Medical Services on Weekends in Sep.
2. Calisthenics Class in Sep.
3. Health Checks for Infants and Toddlers in Sep. at Tokai-mura Health Center
4. The census taker will make the round on territory from early Sep.
5. Sukoyaka Walking
6. Medical Treatment Subsidy (for specified disease and rheumatoid arthritis) will be supplied
7. Experiencing Daycare for children who are not in a nursery school or a kindergarten [Wakuwaku Club]
8. Information from Hyakutsuka Daycare Center
9. Guitar Concert of Kazumi Watanabe and Jin Oki
10. Table Tennis Classes

1. Medical Services on Weekends in Sep.

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

Sun.6: Higashihara Clinic, ph.029-283-2301

Sun.13: Ibarakihigashi National Hospital ph. 029-282-1151

Sun.20: Muto Pediatric Clinic, ph.029-282-7722

Mon.21: Tokai Village Hospital ph. 029-282-2188

Tue.22: Ishii Orthopedics (Seikeigeka) Clinic, ph. 029-270-5141

Wed.23: Tokai Village Hospital ph. 029-282-2188

Sun.27: Tokai Clinic, ph. 029-283-1711

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 Sep.

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

Eligible people: Residents aged 40- 64 years old.

Date: Thu.3, 10, 17 Sep. 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 Sep. at Tokai-mura Health Center

(1) Mother and Child Health Consultation

Date: Fri. 18 Sep.

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 Apr. 2015

Date: Wed. 2 Sep. 2015

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

2) Children (born in Feb. 2014) aged 1 year and 6 months old

Date: Thu. 3 Sep. 2015

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

3) Children (born in Jul. 2012) aged 3 years old

Date: Wed. 16 Sep. 2015

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

4) Dental Checks for Children (born in Feb. 2013) aged 2 years and 6 months old

Date: Thu. 17 Sep. 2015

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

5) Baby (born in Jun. 2015) class

Date: Tue. 29 Aug. 2015

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

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

4. The census taker will make the round on territory from early Sep.

The census taker will make the round on territory from early Sep. and will begin delivering census forms to each household from Thu. 10 Sep. 2015.

Notice:

The census taker will carry a certificate of 2015 Population Census of Japan for identification. Under no circumstances will they ask you to hand over money or valuables. Contact the General Affairs Section if you are suspicious of any census taker, or receive any suspicious emails or phone calls about the census.

Inquiries: General Affairs Section, ph. 282-1711 ext. 1316;

Census Call Center, 0570-07-2015 or 03-4330-2015 (from IP phones);

*Available term: By Sat. 31 Oct.

The Statistics Bureau, Ministry of Internal Affairs and Communications Website:

<http://www.stat.go.jp/>

5. Sukoyaka Walking

One hour of walking along the Ibaraki Health Road around Shirakata Sakurakaoru-denen.

Date: Wed. 2 Sep. 2015 (Canceled in case of rain)

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

Meeting place: Shirakata Community Center parking lot

Eligible people: Tokai-mura residents

Cost: Free

Others: Bring a drink and towel.

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

6. Medical Treatment Subsidy (for Tokutei Shikkan and rheumatoid arthritis) will be supplied

Up to 4,000 yen subsidy per month will be paid for medical treatment of Tokutei Shikkan (specified Rare and Intractable disease).

Eligible People:

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

- 1) Who is receiving medical treatment for specified disease (having “Medical treatment certificate of specified disease” and paying their own expenses).
- 2) Who is receiving medical treatment for rheumatoid arthritis.

Eligible Term: For the consultation between March and August 2015.

Required Documents:

- 1. Application form
- 2. Passbook or banking card to check your account number to transfer subsidy.
- 3. Letter of proxy and personal seal; only if the account holder is different from the applicant.
- 4. Those who are receiving medical treatment for specified disease needs ‘Shiteinanbyou Tokutei Iryouhi Jukyusha-sho (Medical treatment certificate of specified disease)’, and ‘Shiteinanbyou Tokutei Iryouhi Jikofutan Jogengaku Kanritecho (Manifest of out-of-pocket maximum expence)’.
- 5. Those who are receiving medical treatment for rheumatoid arthritis need a doctor’s certificate (only those who have never received the subsidy) and receipts from medical institution.

Application and Inquiries: Bring required forms and apply from Tue. 1 to Wed. 30 Sep. (except Saturdays, Sundays and national holidays.) at Nagomi Tokai-mura Comprehensive Support Center. Ph. 029-287-2525

**7. Experiencing Daycare for children who are not in a daycare center or a kindergarten
[Wakuwaku Club]**

- 1) Circle for 0-1 year old children and their guardian on Fri.18 Sep.
- 2) Circle for 2 years old children and their guardian on Fri.11 Sep.
- 3) Circle for 3-5 years old children and their guardian on Fri.25 Sep.

1)-3)

Time: 10:00 –11:30a.m.

Place: Tokai Muramatsusyuku-Kodomoen

Eligible people: Children who are not in a daycare center or a kindergarten and their guardian who have never joined and is a resident of Tokai-mura.

Cost: Free

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

Contents: Seeing class activities, playing with each other

Inquiries: Apply at Tokai Muramatsusyuku-Kodomoen Parenting Support Center from 9:00a.m. Fri. 28 Aug. to two days before the date of circle. Ph. 029-282-7390

8. Information from Hyakutsuka Daycare Center

[Happy Land]

Date and Contents: Thu. 10 Sep. 2015: Play in the water Rhythm activities
Thu. 24 Sep. 2015: Rhythm activities

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.

[Room Koara- Hiroba for Parents and Children to Support Their Childcare]

Date: Thu. 3 and Thu. 17 Sep. 2015

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

Place: Hyakutsuka Daycare Center

Eligible people: Infants and toddlers 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

9. Guitar Concert of Kazumi Watanabe and Jin Oki

A grand guitar concert of joint performance will be held by Kazumi Watanabe who is the top guitarist of jazz and Jin Oki who became the first Japanese guitarist of flamenco to win first prize in International guitarist of flamenco Competition.

Date: Sat. 28 Nov.

Time: 3:00p.m. (Doors open at 2:30p.m.)

Place: Tokai Culture Center

Cost: 4,500yen (reserved seat only)

Application: Tickets are on sale from 9:00 a.m. on Sat. 12 Sep. at Tokai Culture Center and other ticket agencies. Reservation by phone is possible from 1:00p.m. depending on ticket availability. Sale date and time depends on each ticket agency.

Others:

Pre-school children cannot attend this event, but a childcare service will be offered (1,000yen per child). To register for the childcare services call Tokai Culture Center by Sat. 21 Nov.

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

10. Table Tennis Classes

A series of six classes will be offered.

Dates: (Tuesdays and Fridays from 29 September to 20 October except Tue. 13 Oct.)

Tuesdays; 29 September, 6, 20 October

Fridays; 2, 9, 16 October

Time: 10:00a.m. - noon

Place: Tokai Gymnasium

Cost: 2,000 yen per person

Eligible people: Anyone of 18 years old or above, who either lives or works in Tokai-mura, or is a family member living together.

Capacity: Applicants are limited to 25 (minimum applicant count is 15).

Others: To register for the childcare services (1,250yen per child for per class), apply by Sunday 13 September.

Application and Inquiries: Apply with the fee at Tokai Gymnasium between 9:00 a.m. and 5:00 p.m., from Sun. 30 Aug. to Sun. 20 Sep. (except Mondays). Tokai Gymnasium, ph. 029-283-0673