

Koho Tokai 25 February, 2016

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1. Medical Services on Weekends in Mar.

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

Sun.6: Tokai Village Hospital ph. 029-282-2188

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

Sun.20: Tokai Village Hospital ph. 029-282-2188

Mon.21: Ishii Orthopedics (Seikeigeka) Clinic ph. 029-270-5141

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 Mar.

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

Eligible people: Residents aged 30- 64 years old.

Date: Thu.3, 10, Mar. 2016

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 Mar. at Tokai-mura Health Center

(1) Mother and Child Health Consultation

Date: Fri. 18 Mar.

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 Oct. 2015

Date: Wed. 9 Mar. 2016

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

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

Date: Thu. 10 Mar. 2016

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

3) Children (born in Jan. 2013) aged 3 years old

Date: Wed. 16 Mar. 2015

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

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

Date: Wed. 23 Mar. 2016

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

5) Baby (born in Dec. 2015) class

Date: Tue. 22 Mar. 2016

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

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

4. The Additional Briefing and Distribution Meeting of Stable Iodine Tablet

Stable iodine tablets have been distributed since last October by Ibaraki Prefecture and Tokai-mura. Those who have not received the tablet yet and want one should attend the briefing.

Those who participated the briefing but have not received the tablet yet should bring number tickets and check sheets about you and which was distributed in the briefing to a distribution meeting. Based on the policies of the Central government, stable iodine tablet will be taken ONLY by a doctor's judgment.

One of your family members can receive the all tablets for your families in exchange for number tickets of all family members.

What is Stable iodine tablet?

If a nuclear disaster occurs and leads to the environmental emergency due to the release of large quantity of radioactive iodine, the radioactive iodine can be absorbed inside our bodies. If a stable iodine tablet is taken within a prudent period of time after the disaster has occurred, the thyroidal will be filled with stable iodine, and the radioactive iodine will not

reach into the thyroidal, therefore radioactive deficiency will be prevented.

[People who have not attended the briefing last year]

Make sure to bring your number ticket which was sent on Sep. 2015 by post. It might be difficult to attend and receive the tablet without the ticket.

Place and Dates:

-Hitachinaka Health Center; Fri.4 and Tue.15 Mar.

-Tokai-mura Welfare Center Kizuna; Sun.13 Mar.

Schedule of the briefing

1) 1:30 p.m.- (door open 1:00 -1:30 p.m.)

2) 3:00 p.m.- (door open 2:30 -3:00 p.m.)

3) 4:30 p.m.- (door open 4:00 -4:30 p.m.)

4) 6:00 p.m.- (door open 5:30 -6:00 p.m.)

5) 7:00 p.m.- (door open 6:30 -7:00 p.m.)

*5) is only for Sun.13 Mar..

*The briefing is due to 30 minutes each.

Schedule of the distribution

The distribution will be held after the briefing. Stable iodine tablet will be distributed after filling out check sheets.

[People who have attended the briefing]

Please come with your number ticket and check sheets which was distributed at the briefing between 1:00 and 7:00 p.m.(Only Sun.13 Mar.is until 8:00 p.m.) for the schedule above. It will be only distribution.

[People who lost/do not have number ticket]

Bring your ID which evidence of your address (ex. driver's license, receipt of public utilities charge) to Disaster Prevention and Nuclear Energy Safety Section in Tokai-mura Village Office before the meeting in order to get you're your number ticket issued.

Inquiries:

-About distribution of stable iodine tablet: Ibaraki Prefectural Pharmaceutical Administration, ph.029-301-3384

-About the schedule and place of briefing and distributing meeting, about re-published number ticket: Disaster Prevention and Nuclear Energy Safety Section, ph. 029-282-1711 ext. 1518

5. Installing Earthquake-Sensitive Circuit Breaker in Your House

Over 60 % of the fire at large earthquake such as the Great Hanshin Awaji Earthquake and the Great East Japan Earthquake was caused by electricity like leakage. Earthquake-sensitive circuit breaker is very effective at preventing electrical fires.

[What is Earthquake-sensitive circuit breaker?]

Earthquake-sensitive circuit breaker can detect the motion from an earthquake and shut off the electric power supply automatically.

[Kind and Feature of the Breakers]

1) Distribution board type

All the electric power will be shut off. Needed electrical work to put it. Cost is about 20,000 to 80,000 yen.

2) Socket type

There are 2 types; 1. A small breaker to be plugged into an outlet.

2. A small breaker to be replaced with an existing outlet.

Cost is about 5,000 to 20,000 yen.

3) Simple type

Install to the breaker in your house directly with no electrical work. Cost is about 3,000 to 4,000 yen.

Inquiries: Disaster Prevention and Nuclear Energy Safety Section, ph.029-282-1711 ext.1518

6. Sukoyaka Walking

One hour of walking along the Ibaraki Health Road around Tokai-mura Welfare Center “Kizuna”.

Date: Wed. 2 Mar. 2016 (Canceled in case of rain)

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

Meeting place: Tokai-mura Welfare Center “Kizuna”

Eligible people: Tokai-mura residents

Cost: Free

Others: Bring a drink and 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 and have ‘Shiteinanbyo tokuteiiryohi jukyusha-sho (medical treatment certificate of specified disease)’ and have the self-pay.

2) Who is receiving medical treatment for rheumatoid arthritis.

3) Who is receiving medical treatment for mental disease and have ‘Jiritsushien iryo jukyusha-sho (certification of the psychiatric)’ or ‘Seishin hokenfukushi techo (certification of

the psychiatric disordered)' and have the self-pay.

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 'Shiteinanbyo tokuteiryohi jukyusha-sho (medical treatment certificate of specified disease)' and 'Shiteinanbyo tokuteiryohi jikofutan jogengaku kanriteityo (manifest of out-of-pocket maximum expence)'.
5) Those who are receiving medical treatment for rheumatoid arthritis and who have never received the subsidy need a doctor's certificate and receipt of medical institution.
 - 6) Those who are receiving medical treatment for mental disease needs the following documents.
- 'Jiritsushien iryo jukyusha-sho (certification of the psychiatric)' or 'Seishin hokenfukushi techo (certification of the psychiatric disordered)'.
- Receipt of medical institution (Those who is hospitalized only).
- * Clinical date of receipt of medical institution and certification should be between Mar. 2015 and Feb. 2016.

Others:

For more information visit following website.

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

Application:

Bring required documents and apply from Tue. 1 to Thu. 31 Mar. (except Saturdays, Sundays and Public holidays)

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

8. Application for Tokai-mura Afterschool Care Club

An afterschool care club is a facility that takes care of children afterschool while their parents or guardians are at work.

Open: From Afterschool to 7:00 p.m. between Mon. and Fri. (except public holidays and school holidays). The time will be 7:30 a.m. to 7:00 p.m. for long holidays and school holidays.

Place: Tokai-mura afterschool care club (Ishigami, Funaishikawa, Nakamaru, Shirakata and Terunuma) *All are located next to each elementary school.

Eligible People: Children satisfying the following conditions

- Children who have working/sick parents, or have parents who need elderly care/nursing or have handicapped, and have nobody at home during afterschool.
- Children who will be 2 to 6 grade in Apr.2016
- New applicants

Childcare Fee: 5,000 yen per person and per month (10,000 yen for only August)

Extra fee will be added for snack, lunch and events.

Application: Send the filled out application form to TelWel East Japan Corporation East Kanto Branch. You can get the form at each afterschool care club.

Inquiries: TelWel East Japan Corporation East Kanto Branch, ph.043-227-7121

Childcare Support Section, ph.029-282-1711 ext.1184

Only for Muramatsu Afterschool Care Club, ph.029-283-0983

9. Learning English through Games and Storytelling

Learning English through games with NLT (Native Language Teacher) and learning how to enjoy picture books from the staff of Tokai-mura Library.

Date: Tue. 8 Mar.

Time: 9:30 –11:00a.m.

Place: Tokai Muramatsusyuku-Kodomoen

Eligible people: Children between 1 year old and 3 years old with a guardian.

Capacity: There is a limit of 10 pairs.

Cost: Free

Application and Inquiries:

Call Tokai Muramatsusyuku-Kodomoen Parenting Support Center 1:00-5:00p.m.from Mon. 29 Feb.to Fri.4 Mar. ph. 029-282-7390

10. Experiencing Daycare for Children who are not in a Daycare Center or a Kindergarten [Wakuwaku Club]

-A circle for 0-1 year old children and their guardian.

Date: Fri.11 Mar. 2016

-A circle for 2 years old children and their guardian.

Date: Fri.4 Mar. 2016

Time: 10:00 -11:30a.m.

Place: Tokai Muramatsushuku-Kodomoen

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

Capacity: The first 3 pairs are accepted.

Cost: Free

Contents: Seeing class activities, playing with each other

Inquiries: Apply at Tokai Muramatsushuku-Kodomoen Parenting Support Center from 9:00a.m. Mon. 29 Feb. 2016 to two days before the date of circle. Ph. 029-282-7390

11. Bus Tour to 12 Scenes of Tokai

Bus tour to 12 scenes of Tokai will be held. Members of a volunteer group will guide about the history and culture.

Date: Sun. 27 and Thu. 31 Mar.

Time: 9:00 a.m.- noon, 1:00 - 4:00 p.m.

Place: Ishigami Castle, Daijingu Shrine (Inner Shrine), Muramatsu-san Kokuzo-do Temple, Akogigaura Park

Eligible People: First 20 Tokai-mura residents for each date. Child accompanied by parent are welcome.

Cost: Free

Application and Inquiries: Apply to Tokai-mura Citizen Center 'Egao' by Tue.15 Mar., ph.029-283-4538

12. Inspection Preview of New Nakamaru Elementary School's Building

Date: Sat. 19 Mar.

Time: 1:30- 4:00p.m. (Reception will be closed at 3:30 p.m.)

Place: Nakamaru Elementary School

Others: There is no parking at Nakamaru Elementary School. Please park at the parking of Tokai Culture Center. Reservations are not necessary.

Inquiries: School Education Section, ph. 029-282-1711 ext. 1418

13. The 120th Mito Ume Matsuri (Japanese Plum Blossom Festival)

Gathering the successive Ume-musume and Ume-taishi (ambassador), and "Night, Blossom, Festival" for 2 nights will be held at Kairakuen Park in Mito city.

Date: until Thu. 31 Mar.

Place: Kairakuen Park and Kodokan Hall

Inquiries: Mito Tourist Association; ph. 029-224-0441

See the details; <http://www.mitokoumon.com/festival/ume.html>