

## **Koho Tokai 25 March, 2016**

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

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

Sun.3: Ogata Clinic ph. 029-282-4781

Sun. 10: Tokai Village Hospital ph. 029-282-2188

Sun.17: Ishii Orthopedics (Seikeigeka) Clinic ph. 029-270-5141

Sun.24: Ibarakihigashi National Hospital ph. 029-282-1151

Fri.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 Apr.**

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

**Eligible people:** Residents aged 30- 64 years old.

**Date:** Thu.7, 14, 21 Apr. 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 Apr. at Tokai-mura Health Center**

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

**Date:** Fri. 22 Apr.

**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 Nov. 2015**

**Date:** Wed. 13 Apr. 2016

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

##### **2) Children (born in Sep. 2014) aged 1 year and 6 months old**

**Date:** Thu. 14 Apr. 2016

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

##### **3) Children (born in Feb. 2013) aged 3 years old**

**Date:** Wed. 27 Apr. 2016

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

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

**Date:** Thu. 21 Apr. 2016

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

##### **5) Baby (born in Jan. 2016) class**

**Date:** Tue. 19 Apr. 2016

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

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

### **4. Lending service radio receiver**

A radio receiver or an emergency radio can be lent out to households for free in Tokai-mura. You can receive announcement from Tokai-mura municipality such as natural disaster information and upcoming event held in Tokai. There are 2 types: One is called “kobetsu jushinki” simple radio receiver, the other one is “bosai radio” emergency radio which also transmits AM and FM and has a built-in flashlight.

If you don't have a radio receiver and want to lend one, apply at Disaster Prevention and Nuclear Energy Safety Section (5F of Tokai-mura Village Office).

If you move out of Tokai-mura, please make inquiries about how to return it.

#### **Broadcast content:**

1) The notification from Tokai-mura

2) The chime informing noon.

3) The chime informing the time to go home for kids in the evening.

4) Emergency information

-The information about earthquake, heavy rain or flood.

The traffic restriction, evacuation advisory and evacuation order when a disaster occurs.

-The information about a missing person or situation endangering life.

-Other information about emergency.

**Notices:** If you miss and want to listen to the broadcast content one more time, you can check it by the free telephone service, ph. 0120-42-4848.

**Inquiries:**

Disaster Prevention and Nuclear Energy Safety Section, ph. 029-282-1711 ext.1524

### **5. Extension of Administrative Service Time**

Please refer to information from Koho Tokai 10th every month for details.

**Date:**

Every 1st and 3rd Thu. 2016 (If the Thu. is a public holiday then the office closes on that day and office hour is extended on the next day instead.)

**Time:**

8:30a.m.-7:00p.m.

\*The office is usually open between 8:30a.m. and 5:15p.m.

**Notice:** From 2016 Mother and Child Health Handbook (boshi kenko techo) can be received at Health Promotion Section only (Tokai-mura Health Center).

### **6. Dental Checks for Adults and Pregnant Woman**

Free dental checks are available to adults and women who are pregnant to prevent gum disease.

These checks are available at designated dental clinics.

**Term:** Fri. 1 Apr., 2016- Fri. 31 Mar., 2017

**Eligible people:**

Residents aged 30, 40, 50, 60, 70 years old (as of 31 Mar. 2017) and pregnant woman.

**Cost:** Free

**Others:**

Voucher forms will be sent in Mar. 2016 for eligible people. Pregnant women will receive a voucher form when their Mother and Child Health Handbook (boshi kenko techo is issued).

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

## **7. Hiking Tour from Mt. Tenjinyama to Oshinobe**

A hiking tour from Mt. Tenjinyama, which is the lowest mountain in Ibaraki Prefecture, to Osinobetameike-ikoinomori whose ecosystem is selected and approved by Ecosystem Conservation Society Japan.

As you walk, you can enjoy the spring wind, yamazakura cherry blossom and other beautiful aspects of nature.

The course takes approximately 2 hours and is recognized as the new Ibaraki Health Road.

**Date:** Sun. 17 Apr. (Cancelled in case of rain.)

**Time:** 9 a.m. at parking of Tokai-mura Welfare Center “Kizuna” (Register from 8:30a.m.).

**Cost:** Free

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

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

## **8. Ibaraki Kids Club Card can be used at Participating Stores in Japan**

Ibaraki kids club card can be used at participating stores not only in Ibaraki but also all over Japan from Apr.. The new card with the national common mark will be accepted when you use it in and out of Ibaraki. (Old one is still accepted but limited to usage in Ibaraki.)

### **What is Ibaraki kids club card?**

This card is published to families with children(under 18 years old) or pregnant woman who live in Ibaraki pref., and they will get various services from participating stores, shops, public facilities and etc..

### **How to make a new card:**

Apply or bring your old card to Childcare Support Section or Tokai-mura Health Center.

**Inquiries:** Childcare Support Section of Tokai-mura, ph. 029-282-1711 ext.1182

For more details; <http://www.kids.pref.ibaraki.jp/kids/>

<http://www8.cao.go.jp/shoushi/shoushika/relation/index.html>

## **9. Peter Pan Circle**

The circle will be held for children playing each other, and their guardians to exchange different experiences and ideas through this circle.

**Dates:** Every Tue.to Fri. from May to Sep. 2016.

\*Circle for 1 and 2 years old children: Every Tue.to Thu.

Circle for 3 years old children: Every Fri.

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

**Place:** Ozora Daycare Center

**Eligible people:** Children born between 2 Apr. 2012 and 1 Apr. 2015 and their guardian who live in Tokai-mura.

**Capacity:** The first 50 pairs will be accepted per class per day.

**Cost:** Free

**Application:**

Apply for Tue. classes on Tue. 19 Apr. 10:00 a.m. to noon

Apply for Wed. classes on Wed. 20 Apr. 10:00 a.m. to noon

Apply for Thu. classes on Thu. 21 Apr. 10:00 a.m. to noon

Apply for Fri. classes on Fri. 22 Apr. 10:00 a.m. to noon

Apply in person at Ozora Daycare Center.

No phone applications accepted.

Applications will be accepted on a first-come-first-served-basis, but will be accepted when the classes aren't filled even after the deadlines.

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

## 10. Oyako Land

Oyako Land offers play activities and storytelling. Open from May to Mar. 2017.

**Date and eligible people:**

Every third Thursday;

For children 6 months and over accompanied by a guardian

Every fourth Thursday;

For children 2 years old and over accompanied by a guardian

**Time:** 9:40-11:00 a.m.

**Place:** Sunflower Kodomo no Mori Daycare Center

**Cost:** Free

**Others:** Bring a drink and a bag to put shoes in. Reservations are not necessary.

Pre-Oyako Land will be held on Thu.28 Apr..

**Inquiries:** Sunflower Kodomo no Mori Daycare Center, ph. 029-287-7111

## 11. Hiking Tour to Mt. Futatuyasan

The course takes approximately 4 hours around Nyotaisan and the top of Mt. Futatuyasan.

It's the best time to see the akayashio-azalea.

**Date:** Sat. 30 Apr. 2016

**Time:** Meeting at Fureaino-mori Park at 7:20a.m.

**Departure time:** 7:30a.m.

**Place:** Mt. Futatuyasan in Iwaki City of Fukushima Prefecture

**Eligible people:**

Who is living or working in Tokai-mura or belonging to Smile Tokai, and be over 18 years old.

The first 30 applicants will be accepted.

**Cost:** 5,500yen for Smile Tokai members, 7,000yen for the family of the Smile Tokai member, 9,000yen for non-members.

**Application:**

9:00a.m- 5:00p.m. Sat. 9-Sun. 24 Apr. 2016(except Mondays)

Register for the tour and pay at Tokai Gymnasium.

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

## 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:** Fri. 1- Sun. 17 Apr.

**Place:**

- Heiwa-dori Street; Hitachi Fuyumono performance (traditional float performance) will be held on Sat.9 and Sun.10 Apr..
- Kamine Park; Spring Festival will be held until Sun. 17 Apr..
- Juo Panorama Park

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

## 13. Supporters for Non-Japanese people

There are 30 Japanese and Non-Japanese volunteers to support foreigners in Tokai-mura. We have English, Chinese, Korean and French speakers.

If you want to make friends, to know Tokai-mura and school information, and to talk about your worries, please feel free to contact us.

We will introduce the supporters for you.

**Inquiries:** Tokai-mura Sister City Hall, ph./029-282-0535(9:00a.m.-5:00p.m.)

Except Sunday

E-mail/ [tokai.sch@net1.jway.ne.jp](mailto:tokai.sch@net1.jway.ne.jp)

## 介绍帮助外国人的自愿者

现在在东海村有 30 名想要帮助外国人的志愿者报名，其中有日本人还有外国人。他们会讲英语，汉语，韩国语和法语。

如果您想要交朋友，或者是想了解东海村还有有关学校和教育的信息，或者是您只想谈一谈您的烦恼等等，请联系以下咨询地址。我们会为您介绍能帮助您的志愿者。

**咨询:** 东海村姐妹城市交流会馆 电话/029-282-0535 (9:00-17:00)

星期日除外

电脑信箱/ [tokai.sch@net1.jway.ne.jp](mailto:tokai.sch@net1.jway.ne.jp)