

Koho Tokai, April 25, 2016

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### **1. Weekend medical services in May**

Hours: 9:30a.m.-2:00p.m., except 12:00-1:00p.m. (Hours apply to all locations.)

Sun.1: Tokai Clinic, ph.029-283-1711

Tues. 3: Tokai Hospital, ph. 029-282-2188

Wed.4: Muto Pediatric Clinic, ph. 029-282-7722

Thu.5: Tokai Hospital, ph. 029-282-2188

Sun.8: Ibaraki-higashi National Hospital, ph. 029-282-1151

Sun.15: Higashihara Clinic, ph. 029-283-2301

Sun.22: Ogata Clinic, ph. 029-282-4781

Sun.29: Ishii Orthopedics (Seikeigeka) Clinic, ph. 029-270-5141

Ibaraki Prefecture 24 Hour Emergency Medical Information Control Center, ph. 029-241-4199

Ibaraki Children's Resource Line, ph. #8000 (for mobile phones), or 029-254-9900: Between Mon. and Fri. 6:30p.m.-8:00a.m. of the following day, Sundays, public holidays, and 8:00 a.m.-8:00 a.m. of the following day.

### **2. Calisthenics class in May**

Stretch and yoga exercise classes will be held at the Tokai Welfare Center, "Kizuna".

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

**Date:** May 12 and 19 (Thurs), 2016

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

**Others:** First-time attendees must apply.

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

### **3. Health checks for infants and toddlers in May, at Tokai Health Center**

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

**Date:** Fri. 20 May

**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 Dec. 2015**

**Date:** Wed. 18 May 2016

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

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

**Date:** Thurs. 12 May 2016

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

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

**Date:** Wed. 25 May 2016

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

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

**Date:** Thurs. 19 May 2016

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

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

**Date:** Tues. 24 May 2016

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

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

### **4. Child-rearing support service for mothers**

Attendees of the “Baby class for 3-month-old babies” will be given a child-rearing item such as maternity clothes, maternity underwear, or a mother’s bag. They can choose one item out of the catalogue which will be given upon attendance.

Apply using the postcard attached to the catalog. Goods will then be sent to your house.

**Cost:** Free

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

### **5. Aid for people before and after childbirth**

If you are eligible, a helper will come to your house to assist with housework and childcare.

#### **Eligibility:**

Residents of Tokai who meet either of the following conditions.

- 1) Woman in pregnancy, or within 16 weeks after childbirth, who cannot do housework due to poor physical condition. Family members are also unable to take care of the baby.
- 2) Woman within 1 year of multiple birth.

**Available date and time:**

**Date:** Every day, except at year-end and during the New Year holiday

**Time:** 8:00a.m.-6:00p.m. (between 1 hour and 4 hours per day)

\*For 1) use limit is 60 hours

For 2) use limit is 80 hours

**Services provided:**

Housework:

- Meal preparation and clean-up
- Washing and mending of clothing
- Cleaning, organizing of living room
- Shopping for basic necessities

Childcare:

- Preparing formula and clean-up
- Preparing bath and clean-up

**Fee:**

800 -1,240yen per 1 hour

\* People living on welfare can use the service for free.

**Application:**

Fill in the application form at the Tokai Health Center in advance.

Please bring your mother and child health handbook (*boshi kenko techo*) and your stamp (*hanko*)

You also can download the application form from the Tokai Village official homepage.

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

## **6. Changes to light K-car taxes**

2016 tax notices for small cars will be sent out to owners.

**Payment deadline:** Tue. 31 May, 2016

**Payment location:** Payments can be made at designated banks, some convenience stores, and the Japan Post Bank (in Kanto and Yamanashi prefectures) indicated on the back of the notice.

Anyone who has not received or has lost the tax notice, or who has disposed of their car before Fri. 1 April 2016, please inquire at the Tax Section.

The tax rate for light vehicles (three or four wheels) has been changed from fiscal 2016, and depends on the category of the vehicle or its initial registration date.

- (1) Mopeds, motorcycles, etc., and small special motor vehicles

### 1) Mopeds

- 50cc or less will be 2,000 yen (current tax: 1,000 yen)
- 90cc or less will be 2,000 yen (current tax: 1,200 yen)
- 125cc or less will be 2,400 yen (current tax: 1,600 yen)
- Mini-cars will be 3,700 yen (current tax: 2,500 yen)

### 2) Small special motor vehicles

- Farm vehicles will be 2,000 yen (current: 1,600 yen)
- Small special motor vehicles, except farm vehicles: for specialized operation (forklifts etc.) will be 5,900 yen (current tax: 4,700 yen)

### 3) Motorcycles and scooters

- Small motorcycles 250cc or less will be 3,600 yen (current tax: 2,400 yen)
- Small motorcycles over 250cc will be 6,000 yen (current tax: 4,000 yen)

#### (2) Light vehicles: tricycles, four wheelers

The tax rate for vehicles registered before March 31, 2015 will not be changed. However, an aging vehicle tax rate will be applied if 13 years have passed since initial registration (except for light vehicles classified as: electric, natural gas, methanol, mixed methanol, or hybrid). A greening special exemption will be applied to eco-light vehicles.

#### [Tricycles]

- Current tax (applicable to vehicles registered before March 31, 2015): 3,100 yen
- After amendment (applicable to vehicles registered after April 1, 2015): 3,900 yen
- Aging vehicle taxation (applicable to vehicles over 13 years after initial registration): 4,600 yen

#### [Four-wheel vehicles]

##### 1) Passenger vehicle

###### - Private use

- Current tax (applicable to vehicles registered before March 31, 2015): 7,200 yen
- After amendment (applicable to vehicles registered after April 1, 2015): 10,800 yen
- Aging vehicle taxation (applicable to vehicles over 13 years after the initial registration): 12,900 yen

###### - Business use

- Current tax (applicable to vehicles registered before March 31, 2015): 5,500 yen
- After amendment (applicable to vehicles registered after 1 Apr. 2015): 6,900 yen
- Aging vehicle taxation (applicable to vehicles over 13 years after initial registration): 8,200 yen

##### 2) Goods vehicles

###### - Private use:

- Current tax (applicable to vehicles registered before 31. Mar.2015): 4,000 yen
- After amendment (applicable to vehicles registered after 1 Apr. 2015): 5,000 yen
- Aging vehicle taxation (applicable to vehicles over 13 years after initial registration): 6,000

yen

-Business use:

- Current tax (applicable to vehicles registered before March 31, 2015): 3,000 yen
- After amendment (applicable to vehicles registered after April 1, 2015): 3,800 yen
- Aging vehicle taxation (applicable to vehicles over 13 years after initial registration): 4,500 yen

**Inquiries:** Tax Section, 029-282-1711 (ext. 1117-1119)

### **7. As of April, hours of operation for the Ibaraki Children's Resource Line have been changed**

As of April, consultation hours have been extended. If your child suddenly falls ill and you require consultation, please feel free to contact the phone number below.

**Ibaraki Children's Resource Line:**

Ph. #8000 (touch-tone phones and mobile phones) or 029-254-9900

**Time:**

Between Mon. and Fri. 6:30p.m.-8:00a.m. of the next day.

Sundays, public holidays, 8:00 a.m.-8:00 a.m. of the next day.

**Inquiries:**

Emergency Medical Information System Section, Ibaraki-ken Medical Center, ph. 029-241-6996

### **8. Daycare experience at the Nikoniko Club (for children not attending nursery school or kindergarten)**

**Date:** Every Friday from May 20, Friday to July 1, Friday (seven classes)

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

**Place:** Tokai Muramatsu-Shuku Kodomoen

**Eligible People:** Children born between April 2, 2013 and April 1, 2014 accompanied by a parent.

**Capacity:** The first eight parents and children will be accepted.

**Contents:** Rhythm activities, crafts, and social play

**Cost:** Free

**Others:** Reservations are not necessary.

**Application and Inquiries:**

Apply in person on Tuesday, May 10, from 9:00 a.m. to 3:00 p.m. at the Tokai Muramatsu-Syuku Kodomoen Parenting Support Center (ph. 029-282-7390).

### **9. Karugamo Circle (Spring)**

Karugamo Circle is a support group for parents and babies.

**Date:** Every Tuesday from May 10 to July 12 (ten Classes)

**Time:** 10:00- 11:15 a.m.

**Place:** Tokai Muramatsu-Shuku Kodomoen

**Eligible People:** Children born between October 2014 and April 2015, accompanied by a parent.

**Capacity:** The first ten parents and children will be accepted.

**Contents:** Childcare lecture and arts & crafts

**Cost:** Free

**Application and Inquiries:**

Apply in person on May 2, Monday from 9:00 a.m. to 3:00 p.m. at the Tokai Muramatsu-Syuku Kodomoen Parenting Support Center (ph. 029-282-7390).

### 10. Kangaroo Circle (Spring)

The Kangaroo Circle is a support group for parents and babies. The group meets at the Hyakutsuka Daycare Center.

**Date:**

(1) Every Tuesday from May 17 to July 20 (ten Classes)

(2) Every Wednesday from May 17 to July 20 (ten Classes)

**Time:** 10:00-11:15 a.m.

**Place:** Hyakutsuka Daycare Center

**Eligible People:** Children born between May and November 2015, accompanied by a parent.

**Capacity:** The first fifteen parents and children for each class will be accepted.

**Cost:** Free

**Others:** Only first-time attendees will be accepted.

**Application:** Apply in-person between 10:00 a.m. and 12:00 p.m. on May 10, Tuesday, at the Regional Parenting Support Center in Hyakutsuka Daycare Center. Additional applications will be accepted by phone between 1:00 and 5:00 p.m. as between Tuesday, May 10 and Thursday, May 12.

**Inquiries:** Regional Parenting Support Center, ph. 029-270-5660

### 11. "Happy Land" (for children and parents)

(1) Rhythm activities

**Date:** May 12, Thursday

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

**Place:** Funaiishikawa Community Center

(2) Walk (cancelled in case of rain)

**Date:** May 26, Thursday

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

**Place:** Kasamatsu Sports Park (Mizuno Hiroba)

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

**Cost:** Free

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

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

## **12. A venue for parents and children to receive assistance with childcare**

Hyakutsuka Daycare Center makes a room available for parents and children to support each other with childcare.

**Date:** May 19, Thursday

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

**Place:** Hyakutsuka Daycare Center

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

**Cost:** Free

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

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