

Koho Tokai 25 September, 2016

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1. Weekend Medical Services in Oct.

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

Sun.2: Ibarakihigashi National Hospital ph. 029-282-1151

Sun.9: Ibarakihigashi National Hospital ph. 029-282-1151

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

Sun. 16: Muto Pediatric Clinic ph. 029-282-7722

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

Sun.30: 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 (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 Oct.

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

Eligible people: Residents aged 30- 64 years old.

Date: Thu. 6, 13, 20 and 27 Oct. 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 Oct. at Tokai Health Center

(1) Mother and Child Health Consultation

Date: Fri. 7 Oct.

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 May. 2016

Date: Wed. 5 Oct. 2016

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

2) Children (born in Mar. 2015) aged 1 year and 6 months old

Date: Thu. 6 Oct. 2016

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

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

Date: Wed. 12 Oct. 2016

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

4) Dental Checks for Children (born in Mar. 2014) aged 2 years and 6 months old

Date: Thu.13 Oct. 2016

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

5) Baby (born in Jul. 2016) class

Date: Fri. 14 Oct. 2016

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

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

4. Meeting for the Briefing about and Distribution of Stable Iodine Tablets

Stable iodine tablets will be distributed to residents who live in Tokai Village by Ibaraki Prefecture and Tokai Village. Distribution is limited to the residents who didn't receive the stable iodine tablet and who moved to Tokai Village after the distribution meeting in the last fiscal year. In order to receive stable iodine tablets, participation in the distribution meeting is required and a set of information papers should be brought to the meeting. The set will be sent out by the beginning of Oct..

A household representative (18 years old and above) can receive stable iodine tablets for all members of family. In case the household takes the numbered tickets and check sheets of the whole family.

Based on the policies of the central government, stable iodine tablets will be taken ONLY following doctor's direction.

What is stable iodine tablet?

A stable iodine tablet is prescription product for preventing radioactive deficiency by radioactive iodine. The stable iodine tablet will be distributed in advance and taken quickly in case of a nuclear disaster.

[Date and time]

Date: Sun.16, 23, 30 Oct. and Thu.3, Sun. 13 Nov.

Time: 10:00a.m. - 6:00p.m.

Date: Wed.2 Nov.

Time: 10:00a.m. - 8:00p.m.

*Reservation is not required. You can come at your convenience. Please note it will be crowded in the morning.

*If your household has already received the explanation about stable iodine tablets in the last fiscal year, the explanation can be omitted by writing your signature on "explanatory contents reconfirmation sheet" that will be sent with other papers in an envelope by the beginning of Oct..

[The time schedule]

- 1) **Reception Time:** 10:00-10:15a.m.
Briefing and distribution: 10:15-11:00a.m.
- 2) **Reception Time:** 11:00-11:15a.m.
Briefing and distribution: 11:15a.m.-noon
- 3) **Reception Time:** 1:00-1:15p.m.
Briefing and distribution: 1:15-2:00p.m.
- 4) **Reception Time:** 2:00-2:15p.m.
Briefing and distribution: 2:15-3:00p.m.
- 5) **Reception Time:** 3:00-3:15p.m.
Briefing and distribution: 3:15-4:00p.m.
- 6) **Reception Time:** 4:00-4:15a.m.
Briefing and distribution: 4:15-5:00p.m.
- 7) **Reception Time:** 5:00-5:15p.m.
Briefing and distribution: 5:15-6:00p.m.

- 8) **Reception Time:** 6:00-6:15p.m.
Briefing and distribution: 6:15-7:00p.m.
- 9) **Reception Time:** 7:00-7:15p.m.
Briefing and distribution: 7:15-8:00p.m.
- *8) and 9) will be held on Wed.2 Nov. only.

Place: Tokai Welfare Center, “Kizuna”

[Notice to the guardian who have child of age 2 and under]

Because a stable iodine jelly has been made for children age 2 and under from this fiscal year, even if you already received the stable iodine tablets, the stable iodine jelly will be distributed for your child.

*This jelly will not be distributed for children who are 3 years old on the date of distribution.

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

5. Subsidized Influenza Vaccinations

What’s an influenza vaccination?

Influenza vaccinations can be effective in preventing influenza or reducing the severity of symptoms. Immunity lasts for about five months from two weeks after the injection (or second injection for children under 13). Recipients should be aware of side effects or adverse reactions, and only receive the vaccination when in good health condition.

The following groups are entitled to subsidized vaccinations.

Term: Sat. 1 Oct.-Tue. 31 Jan. 2017

1) **Eligible people:** Children between the aged of one (as of 1 Oct. 2016) and 15 years old (3rd year junior high).

Cost: 1,000 yen vaccination.

Application:

Vaccination coupons will be sent out in late Sep.

No need to apply for the subsidy unless you moved to Tokai Village after Sep. In that case, applications will be available at the Tokai Health Center.

2) Eligible people: Residents 65 years and over.

Cost: Free

Application:

Vaccination coupons for residents born up to 1 Dec. 1951, will be sent out in late Sep.. No need to apply for the subsidy unless you moved to Tokai after Sep.. In that case, applications will be possible at Tokai Health Center. Please be sure to receive the injection after your 65th birthday.

Vaccination coupons for residents born between 2 and 31 Dec. 1951, will be sent out from Nov..

3) Eligible people:

Residents between 60 and 64 years old with level one disabilities (e.g. heart disease, kidney disease, and respiratory disease).

Cost: Free

Application:

-If you are going to receive a vaccination for the first time, bring your physical disability certificate to apply at the Tokai Health Center.

-Previous recipients only need to call the Tokai Health Center in advance.

4) Eligible people:

Residents of households who are between one and 64 years in age and exempt from municipal resident tax.

Cost: Free

Application:

Bring your 'municipal inhabitant taxation certificate to apply for the influenza vaccination subsidy' (Tokai Village influenza wakuchin sesshuyo son/kenminzei hikazei shomeisho) to Tokai Health Center. If there are any applicants in your family between the ages of 1 to 15 years old, bring the vaccination coupon as well.

*To apply for the 'municipal inhabitant taxation certificate to apply for the influenza vaccination subsidy' (Tokai Village influenza wakuchin sesshuyo son/kenminzei hikazei shomeisho), bring your ID (e.g. driver's license or insurance card) and fill out an application form at the Tax Division (Tokai Village Office 1F). It will cost 200 yen. Anyone who moved to Tokai Village after 2 Jan. 2016 also needs a certificate of

taxation from the local government office at their former address.

5) Eligible people:

Residents between one and 64 years old who receive public assistance.

Cost: Free

Application:

Vaccination coupons will be sent out in late Sep..

No need to apply for the subsidy.

In case you didn't receive the coupon, bring your 'certificate of public assistance (seikatsu hogo jukyusho) to apply at the Tokai Health Center. Also, please bring the vaccination coupon if there are any applicants in your family between the ages of 1 to 15 years old.

*Residents aged 16 to 64 except those who are eligible as stated 4) and 5), must pay for the expense of the vaccinations. If you want to receive the vaccination, make inquiries at any hospitals or clinics.

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

6. Health Checks for Residents

Jumin Kenshin (residents' health checks for tuberculosis, lung cancer, colon cancer, prostate cancer, liver inflammation, specific health checks, health checks for the elderly and lifestyle disease prevention health checks) will be held in October as listed below.

Date and Place:

Mon.17: Muramatsu Community Center

Wed.19: Tokai Health Center

Thu.20: Funaishikawa Community Center

Fri.21: Ishigami Community Center

Mon.24: Tokai Health Center

Tue.25: Masaki Community Center

Wed.26: Shirakata Community Center

Fri.28: Nakamaru Community Center

Sat.29: Tokai Health Center

Reception Time: 9:30- 11:00a.m., 1:30- 2:30p.m.

Cost: Free

Others: If you received any health check between June and August, you may not receive the same check in October.

Application: Anyone wishing to have the checks who did not return the health check questionnaire sent out in January or who recently moved to Tokai Village should apply at the Tokai Health Center.

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

7. Subsidies for hepatitis B routine immunization

Tokai Village is subsidizing the cost of hepatitis B routine immunization (3 times) for infant and toddlers from Sat. 1 Oct..

Eligible people:

Children born after Apr. 2016 and from two months to under eleven months old.

(Typical inoculating term is children between 2 and 9 months)

* Vaccination coupons will be sent out in late Sep..

If child was born after Aug. 2016, vaccination coupons will be sent out after one and a half months of birth

Inquiries: If you recently moved to Tokai Village and don't have the vaccination coupons, apply at the Tokai Health Center, ph. 029-282-2797

8. "Happy Land" (for children and parents)

Date and Contents:

- 1) Thu. 13 Oct. : Small sports day
- 2) Thu. 27 Oct. : Take a walk

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

Place: 1) Funaishikawa Community Center

2) Kasamatsu Sports Park (meet at Mizu-no-Hiroba)

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

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. Let's Play with Fathers!

Playtime for children with their fathers.

Date: Sun. 30 Oct.

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

Place: Ishigami Community Center

Eligible People: Children 2 and 3 years old accompanied by fathers (mother, brothers, and sisters of the children may also join). First 20 families will be accepted.

Cost: Free (300 yen for family of non-member of Residents Alliance)

Other: Bring a towel, spare clothes, and also indoor shoes in case of rain.

Application: Submit the application form at Tokai Youth Center between 8:30 a.m. and 5:30 p.m. by Sat. 22 Oct. (except Sun., Mon., and national holiday).

* Open until 8:00 P.M. Wed., Fri., and Sat.

Inquiries: Tokai Youth Center, ph. 029-282-7049

10. Admissions Information of Village Kindergarten for 2017

Eligible People: a) 3 years olds born between 2 Apr. 2013 and 1 Apr. 2014

b) 4 years olds born between 2 Apr. 2012 and 1 Apr. 2013

c) 5 years olds born between 2 Apr. 2011 and 1 Apr. 2012

Capacity: a) 32 children for Muramatsu Kindergarten. 16 children for Ishigami, Funaishikawa, Muramatsushuku-Kodomoen, and Suwama Kindergarten.
b) and c) 140 children for each class for Muramatsu Kindergarten. 35 children for each class for Ishigami, 24 children for each class for Muramatsushuku-Kodomoen, and 70 children for each class for Funaishikawa and Suwama Kindergarten.

* If there are too many applicants for a), a lottery will be held.

Distribute Application:

Available for pick-up from Fri. 30 Sep. at the kindergarten in your school area.

Childcare Fee: It will be decided by municipal resident tax of fiscal 2016. See more detailed information on the distributed material or Tokai Village official website. (<https://www.vill.tokai.ibaraki.jp/>)

Application: Bring the application form and "Facility type payment costs, local model childcare payment costs supply authorization application" you filled out on Mon. 24 or Tue. 25 Oct. to the kindergarten of your school area.

Inquiries:

- Muramatsu Kindergarten (Shirakata and Muramatsu Elementary School Area),
ph. 029-282-2867
- Ishigami Kindergarten (Ishigami Elementary School Area), ph. 029-282-3100
- Funaishikawa Kindergarten (Funaishikawa Elementary School Area),
ph. 029-282-2962
- Muramatsushuku-Kodomoen (Terunuma Elementary School Area),
ph. 029-282-3701
- Suwama Kindergarten (Nakamaru Elementary School Area), ph. 029-282-4631
- Childcare Support Section (Tokai Village Office), ph. 029-282-1711 ext. 1185

11. Admissions Information of Sachinomi Kodomoen for 2017

Eligible People: a) 3 years old children born between 2 Apr. 2013 and 1 Apr. 2014
 b) 5 years old children born between 2 Apr. 2011 and 1 Apr. 2012
 * 4 years old children won't be admitted.

Capacity: 3 children for a), 4 children for b)

* If there are too many applicants, a lottery will be held.

Distribute Application:

9:00 a.m.- 5:00 p.m. after Mon. 3 Oct..(except Sat., Sun. and national holiday)

Application and Inquiries:

Apply in person at Sachinomi Kodomoen between 9:10 and 9:30 a.m. on Tue.11 Oct., ph. 029-212-5057

12. Ohzora Marche

Date: Sat. 8 Oct.

The event will be held in case of rain, but postponed if the weather conditions are very poor.

Time: 10:00a.m.- 5:30 p.m.

Place: Daijingu shrine and Muramatsusan Kokuzodo temple

Contents: There will be a variety of stalls selling food and handicrafts, workshop, performance of Kimono and calligraphy, handshape art, and exhibition of historical pictures of shrine and temple as well as live entertainment.

Inquiries: Tokai Village Tourism Association, ph. 029-287-0855

See more detailed on the official website. (<https://tokai-kanko.com/>)