

## 広報とうかい 4/25 号

1. 5月の休日診療
2. 5月の健康体操
3. 健康相談
4. 平成30年度から、国民健康保険税の税額税率等を改定します
5. 「姉妹都市交流協議会」会員募集
6. アイダホフォールズ市学生訪問団のホストファミリー募集
7. ご家庭のパソコンの捨て方が変わります
8. 乳がん・子宮頸がん施設健診
9. 予防接種の予診票・案内文を郵送しました
10. すこやかウォーキング
11. 第19回「ふれあい福祉まつり」
12. 親子で Let's ダンス
13. チャレンジスクール「弓道の部」

## Koho Tokai 25 Apr., 2018

1. Weekend Medical Services in May
2. Calisthenics Class in May
3. Health Checks for Infants and Toddlers in May at Tokai Health Center
4. Tax Amount and Rate of National Health Insurance will be revised from Apr. 2018
5. Tokai Village Sister Cities Association
6. Host Families Needed for Sister City Visitors
7. How to Dispose of the Home PC
8. Breast Cancer and Pap smear Checks
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10. Sukoyaka Walking
11. The 19th Fureai Welfare Festival
12. Dance Class for Children and Parents
13. Kyudo Classes

### 1. Weekend Medical Services in May

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

Thu. 3: Ibarakihigashi National Hospital, ph.029-282-1151

Fri. 4: Ibarakihigashi National Hospital, ph.029-282-1151

Sat. 5: Ibarakihigashi National Hospital, ph.029-282-1151

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

Sun.13: Tokai Hospital, ph.029-282-2188

Sun.20: Tokai Clinic, ph.029-283-1711

Sun.27: Muto Pediatric Clinic, ph.029-282-7722

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, 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 Tokai Welfare Center "Kizuna".

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

**Date:** Every Thursdays and Saturdays in May except Thu.3, Sat. 5, 26 and 31.

**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 May at Tokai Health Center**

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

**Date:** Fri. 25 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. 2017**

**Date:** Wed. 9 May

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

#### **2) Children (born in Oct. 2016) aged 1 year and 6 months old**

**Date:** Thu. 10 May.

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

**3) Children (born in Mar. 2015) aged 3 years old**

**Date:** Wed. 16 May.

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

**4) Dental Checks for Children (born in Oct. 2015) aged 2 years and 6 months old**

**Date:** Thu. 17 May

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

**5) Baby (born in Feb. 2018) class**

**Date:** Tue. 8 May

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

**6) “Dental Checkup day” (born in Jun. 2017) class**

**Date:** Tue. 29 May

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

Please make an appointment in advance for each class.

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

**4. Tax Amount and Rate of National Health Insurance will be revised from Apr. 2018**

Under the established National Health Insurance (NHI) system to date, local municipal governments have served as the insurer. However, from April 2018, local municipal governments and prefectural governments will act as joint insurers and operate the NHI system for local residents together.

Medical expense for an aging society is increasing, on the other hand tax revenues are decreasing because of the decline in the number of the insured. Therefore the cost borne by each insured is higher.

Your cooperation and understanding about financial difficulties of NHI would be appreciated. Payment of NHI tax will be accepted from July 2018.

**Details of the revision:**

※NHI tax is composed of 8 factors.

1. Medical treatment portion;

-Income-derived amount (based on the annual income of the previous year)

Apr. 2016- Mar. 2018: 6.70%

Apr. 2018- Mar. 2019: 7.80%

Increasing level: 1.10%

-Per capita amount (based on the number of NHI members in household)

Apr. 2016- Mar. 2018: 19,800 yen

- Apr. 2018- Mar. 2019: 22,000 yen  
Increasing level: 2,200 yen
- Fixed amount (per household)  
Apr. 2016- Mar. 2018: 20,800 yen  
Apr. 2018- Mar. 2019: 23,000 yen  
Increasing level: 2,200 yen
- 2. Latter- term elderly support portion (support for elderlies aged 75 and over);
- Income-derived amount (based on the annual income of the previous year)  
Apr. 2016- Mar. 2018: 1.85%  
Apr. 2018- Mar. 2019: 2.30%  
Increasing level: 0.45%
- Per capita amount (based on the number of NHI members in household)  
Apr. 2016- Mar. 2018: 5,500 yen  
Apr. 2018- Mar. 2019: 6,500 yen  
Increasing level: 1,000 yen
- Fixed amount (per household)  
Apr. 2016- Mar. 2018: 5,500 yen  
Apr. 2018- Mar. 2019: 6,500 yen  
Increasing level: 1,000 yen
- 3. Long-term care portion;
- Income-derived amount (based on the annual income of the previous year)  
Apr. 2016- Mar. 2018: 1.65%  
Apr. 2018- Mar. 2019: 2.00%  
Increasing level: 0.35%
- Per capita amount (based on the number of NHI members in household)  
Apr. 2016- Mar. 2018: 11,600 yen  
Apr. 2018- Mar. 2019: 13,500 yen  
Increasing level: 1,900 yen

**Inquiries:** Civil Registration Section, ph. 029-282-1711 ext.1131

## **5. Tokai Village Sister Cities Association**

Applications to Tokai Village Sister Cities Association are being accepted. There is a youth group which consists of students, between junior high students and university students, and they have international exchanges once a month with Idaho Falls youth group such as skyping, planning and having American seasonal events, and

others. Any nationalities are welcomed!

**Member's fee:** 2,000 yen per year (1,000 yen per year for students.)

**Application and Inquiries:** Secretarial and Public Relations Section, ph. 029-282-1711 ext.1301

For more details; <https://shimaitoshikouryuu.jimdo.com/>

## **6. Host Families Needed for Sister City Visitors**

A youth delegation (15 students between 14 and 18 years old) from our sister city, the city of Idaho Falls, will visit Tokai this summer. Host families are needed to host delegation members during their stay.

**Date of visit:** Thu. 26 Jul. to Mon. 6 Aug.

**Eligible family:** 15 families in and around Tokai

\* A lottery will be held in case of too many applicants.

**Other:** On weekdays from Monday to Friday, the youth delegation members will attend events, parties and excursions, organized by the Tokai Village Sister Cities Association. Please drop off/pick up the delegation member at the Tokai Sister City Hall and others. Host families are able to attend some of the events with the delegation members! On weekends please share your family time with your delegation member.

### **Application and Inquiries:**

Fill out the form available from Secretarial and Public Relations Section or Tokai Sister City Hall and apply by Mon. 14 May.

You also can download the application form from the Tokai Village Sister Cities Association website.

Tokai Village Sister Cities Association Secretariat (in Secretarial and Public Relations Section, ph. 029-282-1711 ext.1301)

Tokai Sister City Hall, ph. 029-282-0535

E-mail: tokai.sch@net1.jway.ne.jp

## **7. How to Dispose of the Home PC**

Unneeded home PCs have been received by Tokai Village since 1 April.

**How to dispose (from April):** Bring the PC to Tokai Village Clean Center directly, or throw it away to the recycle box which is set in Tokai Village Office, Community Centers or AEON Tokai 3F. You should bring it to the Clean Center directly if the PC

cannot get through a slot.

\*Please make sure that the PC will not be accepted in any garbage collection points.

**Eligible device:** Desktop PC tower, monitor (cathode-ray tube/ liquid crystal display) and notebook computer discharged from households.

**Other:** Please erase completely the data on your own responsibility.

**Inquiries:** Tokai Village Clean Center, ph. 029-282-7289

## **8. Breast Cancer and Pap smear Checks**

Women living in Tokai Village are entitled to receive free examination for breast and cervical cancer at designated clinics and hospitals.

**Eligible people:** Breast cancer checks: Women 30 years old and above.

Pap smear checks: Women 20 years old and above.

**Term:** Tue. 1 May, 2018 - Thu. 31 Jan., 2019

**Cost:** Free

**Other:** If you recently moved to Tokai Village, apply at the Tokai Health Center.

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

## **9. Vaccination Vouchers and Information letters have already been sent**

(1) Measles-Rubella Vaccinations (2nd shot)

The epidemic period of this disease is from early spring to beginning summer.

Children who have already had the first MR vaccination during infancy are recommended to get the second inoculation.

**Eligible people:** Children born between 2 Apr. 2012 and 1 Apr. 2013

(2) Diphtheria and Pertussis Vaccinations (2nd shot)

This vaccine helps prevent diphtheria and pertussis (whooping cough). Children who have already had the combined vaccine against pertussis, diphtheria and tetanus during infancy are recommended to get the second inoculation. It is necessary to keep up your immunization.

**Eligible people:** Children born between 2 Apr. 2006 and 1 Apr. 2007 (6th grade).

(3) Cervical Cancer Vaccination

Subsidized cervical cancer vaccinations are available to girls born between 2 Apr. 2005 and 1 Apr. 2008. This is an optional vaccination and it is recommended that

parents be aware of the effects and possible side effects before having their child receive it.

**Note:** Information letters have already been sent to girls born between 2 Apr. 2005 and 1 Apr. 2006 (the first grade at junior high school) this time. If you want to receive a shot, apply at Tokai Health Center.

#### (4) Japanese Encephalitis Vaccination

Vaccinations for Japanese encephalitis were suspended until 2009, and as a result, children born between 2 Apr. 1995 and 1 Apr. 2007 may not be completely immunized.

**Eligible people:** Children aged 19 years old and under who were born between 2 Apr. 2000 and 1 Apr. 2001 who did not receive the second shot. Information letters have already been sent to eligible people.

(1)- (4)

**Cost:** Free

**Others:** Anyone who recently moved to Tokai Village or who has not received the vaccination vouchers, please contact Tokai Health Center.

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

### 10. Sukoyaka Walking

One hour of walk along the Ibaraki Health Road Masaki Ichō-to-hanamizuki-nō-namiki-dori Street course.

**Date:** Wed. 9 May (Canceled in case of rain.)

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

**Meeting place:** Masaki Community Center

**Eligible people:** Tokai Village residents

**Others:** Bring a drink and a small towel, and wear comfortable clothes. Please share cars due to the limited space in the parking lot.

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

### 11. The 19<sup>th</sup> Fureai Welfare Festival

Fun event such as introduce the activities of volunteer groups, performances on stage, refreshment booths and others will be held.

**Date:** Sat. 2 Jun. (postponed to Sun. 3 Jun. in case of bad weather)

**Time:** 10:00 a.m. - 2:30 p.m.

**Place:** Tokai Welfare Center “Kizuna”

**Others:** Shuttle buses will operate between Tokai Culture Center and Welfare Center “Kizuna”.

\* Welfare Center “Kizuna” will be closed on the day. (except Children’s Center)

**Inquiries:** Fureai Welfare Festival Executive Committee Secretariat, Volunteer Citizen Activities Center “Egao”, ph. 029-283-4538

## 12. Dance Class for Children and Parents

**Date:** Thu. 17 May

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

**Place:** Tokai Muramatsu-Syuku Kodomoen

**Eligible People:** Pre-school age children accompanied by a guardian who is a resident of Tokai Village. (except children aged 6 months old and below)

**Instructor:** Ms. Kanon Kubo (dance instructor)

**Cost:** Free

**Others:** Bring a drink and wear comfortable clothes. Parking lot located east side of Tokai Muramatsu-Syuku Kodomoen will be available.

Reservations are not required.

**Inquiries:** Tokai Muramatsu-Syuku Kodomoen, ph. 029-282-3700

## 13. Kyudo Classes

A series of 10 classes will be offered, please feel free to join them.

**Dates:**

Saturdays; 26 May, 2, 16, 23, 30 Jun.

Sundays; 27 May, 3, 17, 24 Jun., 1 Jul.

**Time:** 4:15 -6:15 p.m.

**Place:** Tokai Gymnasium

**Eligible people:** Anyone of junior high school or above, who either lives, works or goes to school in Tokai Village (including family living together).

**Capacity:** The First 15 people for adult and the first 15 junior high school students will be accepted (minimum number is 15 for both).

**Instructor:** Tokai Village Kyudo Federation members

**Cost:** 2000 yen per person



**Application and Inquiries:** Apply with the fee at Tokai Gymnasium between 9:00 a.m. and 5:00 p.m., from Sat. 28 Apr. to Sun. 20 May (except Tue. 1, Mon. 7 and 14 May). Tokai Gymnasium, ph. 029-283-0673