

## 広報とうかい 11/25 号

1. 12月の休日診療
2. 12月の健康体操
3. 12月の健康相談
4. 救急医療について
5. 百塚保育所「こあらひろば」
6. 子ども用品交換会
7. ジュニア卓球教室
8. ヒタチスターライトイルミネーション 2018

## Koho Tokai 25 November, 2018

1. Weekend Medical Services in Dec.
2. Calisthenics Class in Dec.
3. Health Checks for Infants and Toddlers in Dec. at Tokai Health Center
4. Emergency Medical Service
5. Venue for Parents and Children to Receive Assistance with Childcare
6. Used Items Bazaar Exchange for Babies and Children
7. Table Tennis Classes
8. Starlight Illumination 2018 in Hitachi City

### 1. Weekend Medical Services in Dec.

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

Sun. 2: Tokai Clinic, ph.029-283-1711

Sun. 9: Tokai Hospital, ph.029-282-2188

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

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

Mon. 24: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 30: Ogata Clinic, ph.029-282-4781

Mon. 31: Ogata Clinic, ph.029-282-4781

### **Ibaraki Prefecture 24 Hour Emergency Medical Information Control Center,**

ph. 029-241-4199: Between Mon. and Sat. 9:00 a.m.- 5:30 p.m.

**Ibaraki Children's Resource Line**, ph. #8000 (for mobile phones), or 03-5367-2367:  
Between Mon. and Sat. 5:30 p.m.- 9:00 a.m. of the following day. Sundays, public holidays, year end, new year, 9:00 a.m.- 9:00 a.m. of the following day.

**Ibaraki Adult's Resource Line**, ph. #7119 (for mobile phones), or 03-5367-2365:

Between Mon. and Sat. 5:30 p.m.- 9:00 a.m. of the following day. Sundays, public holidays, year end, new year, 9:00 a.m.- 9:00 a.m. of the following day.

## **2. Calisthenics Class in Dec.**

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 Dec. except Sat. 1, 22, 29 and Thu. 27

**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 Dec. at Tokai Health Center**

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

**Date:** Fri. 21 Dec.

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

1:00 - 2:00 p.m.

### **(2) “Genki-up” Health Consultation**

**Date:** Fri. 21 Dec.

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

1:00 - 5:00 p.m.

Please make an appointment.

### **(3) Health Check for Babies**

#### **1) Infants born in Jul. 2018**

**Date:** Wed. 5 Dec.

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

#### **2) Children (born in May 2017) aged 1 year and 6 months old**

**Date:** Thu. 6 Dec.

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

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

**Date:** Wed. 12 Dec.

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

#### **4) Dental Checks for Children (born in May 2016) aged 2 years and 6 months old**

**Date:** Thu. 20 Dec.

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

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

**Date:** Fri. 7 Dec.

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

**6) “Dental Checkup day” (born in Jan. 2018) class**

**Date:** Mon. 10 Dec.

**Time:** 9:30 - 10:00 a.m.

Please make an appointment in advance.

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

**4. Emergency Medical Service**

[Urgent care center]

The urgent care center established by municipalities provides treatment for minor injuries and illnesses that are urgent but not life threatening. The treatment is provided for first aid only. Medication for one day is generally prescribed.

\*Your cooperation is necessary for emergency medical care.

\*To visit your doctor.

\*If you are unsure of your condition, consult your doctor.

**If you are suddenly taken ill or injured.....**

▶When you can go to the hospital alone.

1. During consultation hours: Visit your doctor

2. During reception hours of urgent care center:

Mito City urgent care center (Kasahara-cho 993-13, Mito City, ph.029-243-8825)

[Sundays, Public holiday and during New Year’s holidays (30 Dec. through 3 Jan.)]

Time: 9:00 - 11:45 a.m., 1:00 - 3:15 p.m.

Hospital department: Pediatrics, Internal medicine, Surgery and Dentistry

[During nighttime]

Time: 7:30 - 10:15 p.m.

Hospital department: Pediatrics and Internal medicine

**3. Outside reception hours of urgent care center**

For all: Emergency Medical Information Control Center, ph. 029-241-4199

You will get information about hospitals, then call in advance to make sure they are available for you.

Reception hours: 9:00 a.m. - 5:30 p.m. (except Sun.)

\*Pediatrics, Internal medicine and Surgery only.

For Child: Ibaraki Children's Hospital, ph. 029-254-1151

Reception hours: 10:00 p.m. - 2:00 a.m. of the following day

Treatment hours: 11:00 p.m. - 3:00 a.m. of the following day

\*Please call the hospital in advance.

▶In case of sudden illness and severe condition.

Call 119 for an ambulance.

**If you are unsure of the patient's condition, please call the lines below.**

**Ibaraki Children's Resource Line**, ph. #8000 (for mobile phones), or 03-5367-2367:

Between Mon. and Sat. 5:30 p.m.- 9:00 a.m. of the following day. Sundays, public holidays and during New Year's holidays (29 Dec. through 3 Jan.), 9:00 a.m.- 9:00 a.m. of the following day.

**Ibaraki Adult's Resource Line**, ph. #7119 (for mobile phones), or 03-5367-2365:

Between Mon. and Sat. 5:30 p.m.- 9:00 a.m. of the following day. Sundays, public holidays and during New Year's holidays (29 Dec. through 3 Jan.), 9:00 a.m.- 9:00 a.m. of the following day.

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

## **5. Venue for Parents and Children to Receive Assistance with Childcare**

**Date:** 1) Wed. 5, 19 Dec. 2) Wed. 12 Dec.

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

**Place:** Hyakutsuka Daycare Center

**Eligible People:** 1) Children aged one and a half years old or under accompanied by a guardian who is a resident of Tokai Village. 2) Children aged between 19 months old and pre-school age children accompanied by a guardian who is a resident of Tokai Village.

**Contents:** Playing freely, Storytelling

**Cost:** Free

**Others:** Bring a drink and spare clothes.

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

Reservations are not required.

## **6. Used Items Bazaar Exchange for Babies and Children**

A bazaar to exchange used items for babies and children will be held.

**Date:** Sat. 15 Dec.

**Time:** 10:30 a.m. - 3:00 p.m.

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

**Other:** Please bring a reusable bag. Big items such as child safety seat or stroller will be sold by lottery.

Application; 10:30 a.m. - 1:00 p.m.

Result announcement; 2:00 p.m.

**Inquiries:** Tokai Village Social Welfare Council, ph. 029-282-2804

See more details on the official website.

## **7. Table Tennis Classes**

A series of table tennis classes will be offered, please feel free to try and enjoy it. We welcome from beginners to experienced.

**Dates:** Sat. 19, 26 Jan., 9, 16, 23 Feb., 2, 9, 16 Mar. (eight classes)

**Time:** 6:30 - 8:00 p.m.

**Place:** Tokai Gymnasium

**Eligible people:** Anyone of elementary school student, who either lives or goes to school in Tokai Village, or SC Smile TOKAI members.

**Capacity:** The first 20 applicants will be accepted.

**Cost:** 4,000 yen for SC Smile TOKAI members, 6,000 yen for non-members

**Others:** Free table tennis rackets will be offered for applicants who do not have it.

**Application:** Apply to Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Sun. 9 Dec. to Sun. 6 Jan. 2019 (except Mon. 10, 17, Tue. 25, and Fri. 28 - Thu. 3 Jan. 2019)

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

## **8. Starlight Illumination 2018 in Hitachi City**

**Date:** until Tue. 25 Dec.

**Time:** 5:00 - 10:00 p.m.

**Place:** Hitachi Shintoshi Hiroba of Hitachi Civic Center (in front of JR Hitachi Station)

**Inquiries:** Hitachi Civic Center, ph. 0294-24-7711