

広報とうかい 6/25 号

1. 7月の休日診療
2. 7月の健康相談
3. 水害・土砂災害時の防災情報の伝え方がかわります
4. 「プレミアム付商品券」を販売します
5. 安定ヨウ素剤の配布会を開催します
6. 英語で遊ぼう
7. 親子で Let's ダンス
8. 百塚保育所「こあらひろば」
9. グランドピアノを弾いてみませんか
10. ノルディックウォーキング体験教室
11. トレーニング基礎講座（初心者編）
12. バギーのままコンサートスペシャル

Tokai News Letter 25 Jun., 2019

1. Weekend Medical Services in Jul.
2. Calisthenics Class in Jul.
3. Changes to Disaster Alert Levels for Floods and Landslides
4. Local Gift Vouchers with a Discount
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1. Weekend Medical Services in Jul.

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

Sun. 7: Tokai Hospital, ph. 029-282-2188

Sun. 14: Tokai Clinic, ph. 029-283-1711

Mon. 15: Ibarakihigashi National Hospital, ph. 029-282-1151

Sun. 21: Tokai Hospital, ph. 029-282-2188

Sun. 28: Ibarakihigashi National Hospital, ph. 029-282-1151

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

Hours: open 24 hours a day, every day of the year (including emergency medical information)

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

Hours: open 24 hours a day, every day of the year (including emergency medical information)

2. Health Checks and Consultation in Jul.

(1) "Genki-up" Health Consultation for Adults

Date: Fri. 19 Jul.

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

1:00 - 5:00 p.m.

Please make an appointment.

(2) Health Consultation for Mothers and Children

Date: Fri. 19 Jul.

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

1:00 - 2:00 p.m.

Please make an appointment.

(3) Health Check for Babies

1) Infants born in Feb. 2019

Date: Wed. 10 Jul.

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

2) Children (born in Dec. 2017) aged 1 year and 6 months old

Date: Thu. 11 Jul.

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

3) Children (born in May 2016) aged 3 years old

Date: Wed. 17 Jul.

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

4) Dental Checks for Children (born in Dec. 2016) aged 2 years and 6 months old

Date: Thu. 18 Jul.

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

5) Baby (born in Apr. 2019) class

Date: Thu. 4 Jul.

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

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

3. Changes to Disaster Alert Levels for Floods and Landslides

This updated guideline provides disaster prevention information at five levels of alertness so that people can intuitively understand the meaning of the information, and clarifies the action to be taken.

Alert Level Guidance:

-Warning level 5; It is a situation where a disaster has already occurred. Take the best action to save your life.

-Warning level 4; Evacuate to a designated evacuation area immediately. If moving to a public evacuation site is dangerous, evacuate to a safe place nearby or a safer place at home.

-Warning level 3; Evacuate people who need extra time for evacuation (elderly people, people with disabilities, infants etc.) and their supporters. Others should prepare for evacuation.

-Warning level 2; Prepare for evacuation. Review your nearest evacuation location and make a plan.

-Warning level 1; Be alert for important disaster information.

4. Local Gift Vouchers with a Discount

Local gift vouchers with a discount will be sold to eligible people.

What are Local Gift Vouchers?

We sell gift certificate with ten 500-yen tickets for 4,000 yen (20% discount).

Eligible people:

- 1) Low income individuals who live in Tokai Village (as of 1 Jan. 2019).
- 2) Householders who have children born between 2 Apr. 2016 and 30 Sep. 2019 and live in Tokai Village (as of 1 Jun. 2019).

Application:

For the eligible people 1);

After receiving an application form in the middle of Jul., fill out the necessary information on it and submit or mail it in the return envelope to Welfare General Affairs Section between 8:30 a.m. and 5:15 p.m., from Tue. 16 Jul. to Fri. 29 Nov. 2019. (except Sat., Sun. and national holidays) Exchange ticket for vouchers will be mailed to eligible people late in Sep. after screening.

For the eligible people 2);

Applications are not required. Exchange ticket for vouchers will be mailed late in Sep.

Notice: Place and date of sale, and available shops will be announced later.

For 1): Buy up to 5 books per person.

For 2): Buy up to 5 books per child.

*Please be careful of fraud.

Inquiries: Welfare General Affairs Section, ph. 029-282-1711 ext.2036, 2037

Tokai Village Office 1F, Tokai 3-7-1, Tokai Village 319-1192

5. Distribution of Stable Iodine Tablets

Stable iodine tablets will be distributed to residents who live in Tokai Village by Ibaraki Prefecture and Tokai Village. 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. All the information papers will be sent out around beginning of Jul..

What is stable iodine tablet?

A stable iodine tablet is a prescribed 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:

1) Sun. 14 Jul., Sat. 3, 31 Aug.

2) Thu. 22 Aug.

Time:

9:00 - 11:30 a.m., 1:00 - 4:30 p.m. for the dates 1)

11:00 a.m. - 6:30 p.m. for the date 2)

*Between 9 and 10 a.m. might be crowded.

Place:

Tokai Welfare Center “Kizuna” for the dates 1)

Tokai Village Office 5F for the date 2)

Eligible people: Tokai residents who have never received the tablet, or have had the expired tablet.

Others:

- If you lose the paperwork, please ask for new ones at the reception desk on that day.
- If you have already received the explanation about stable iodine tablets, the explanation can be omitted by checking the “explanatory contents reconfirmation filed” at the back of the numbered ticket.
- A household representative (18 years old and above) can receive stable iodine tablets for all the members of the family. In that case, the household has to bring the numbered tickets, the check sheets and the old stable iodine tablets, or jelly expired in the end of August 2019 of the family.

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. 1522

6. Learning English for Children

Let’s learn English through games with NLT (Native Language Teacher).

Date: Tue. 9 Jul.

Time: 9:45 - 10:30 a.m.

Place: Tokai Muramatsu-syuku Kodomoen

Eligible people: Children between one and a half years old and pre-school age children with a guardian who resides in Tokai Village.

Capacity: The first 10 pairs will be accepted.

Cost: Free

Application and Inquiries: Apply on the phone to Tokai Muramatsu-syuku Kodomoen Parenting Support Center from 9:00 a.m. to 5:00 p.m. on Fri. 28 Jun., ph. 029-282-7390

7. Dance Class for Children and Parents

Date: Thu. 11 Jul.

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

Place: Tokai Muramatsu-syuku Kodomoen

Eligible People: Children aged between 6 months old and pre-school age children with a guardian who resides in Tokai Village.

Instructor: Ms. Kanon Kubo (Dance instructor)

Cost: Free

Others: Bring a drink, a towel and wear comfortable clothes. There is a gravel parking lot next to Muramastu Community Center.

Inquiries: Tokai Muramatsu-syuku Kodomoen Parenting Support Center, ph. 029-282-7390

Reservations are not required.

8. Venue for Parents and Children to Receive Assistance with Childcare

Date: Wed. 10 and 24 Jul.

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

Place: Hyakutsuka Daycare Center

Eligible People: Pre-school age children or under accompanied by a guardian who resides in 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.

9. Rent a Grand Piano for Private Practice

The stage Yamaha grand piano (Yamaha CFIII-S) can be rented for private piano practice.

Date:

Tue. 9, Wed. 17, and Sun. 28 Jul.

Mon. 12 (national holiday), Wed. 14, and Sun. 18 Aug.

Wed. 4, 18, and Tue. 10 Sep.

Time:

1:00 - 8:00 p.m. on Tue. and Wed.

9:00 a.m. - 8:00 p.m. (except noon - 1:00 p.m.) on Sun. and national holiday

Place: Tokai Culture Center

Eligible people: Anyone who lives, works or goes to school in Tokai Village.

Cost: 200 yen per hour (one hour session for one person only)

*You can apply to two practice sessions per term (from Jul. to Sep.).

*Reservations cannot be changed and the rental cost cannot be returned.

*Please contact Tokai Cultural Center about additional use.

Application: You can apply from 9:00 a.m. on Sun. 30 Jun. at Tokai Culture Center. And you should apply by 5:00 p.m. on the day before each available date (except closed days).

Reservations for any remaining vacant time slots may be made over the telephone after 1:00 p.m. on the same day.

Inquiries: Tokai Culture Center, ph.029-282-8511

10. A Trial Lesson of Nordic Walking Class

Dates: Sat. 13, 20, Sun. 14 Jul. (3 classes)

*Sun. 21 Jul. will be a temporary day.

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

Place:

Tokai Gymnasium; Sat. 13, Sun. 14 Jul.

Shirakata Community Center; Sat. 20 Jul.

Eligible people: Anyone who lives or works in Tokai Village (including family living together) or belong to SC Smile Tokai and are 18 years old or above.

Capacity: The first 20 applicants will be accepted.

Contents: Walking exercise using a pole

Cost: 500 yen for SC Smile Tokai members, 1,000 yen for the family living together or non-members

Other: The poles will be offered by organizers. Class will be held once/twice a month from September.

Application: Apply at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. by Wed. 10 Jul. (except Mondays).

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

11. Basic Training Course for Beginner

Date: Sat. 27 and Sun. 28 Jul. (two classes)

Time: 10:30 - 11:45 a.m.

Place: Tokai Gymnasium

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

Capacity: The first 10 applicants will be accepted. (minimum number is 5.)

Cost: 1,000 yen per person

Application and Inquiries: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Sat. 29 Jun. to Thu. 25 Jul. (except Mon. 1, 8, 22 and Tue. 16 Jul.). Tokai Gymnasium, ph. 029-283-0673

12. "A Special Concert with Buggy"

A concert for everyone from babies to adult will be held. Anyone can enter the hall and enjoy the concert even babies in buggies or anyone in a wheel chair. Let's enjoy combination of gospel and dance performance this time.

Date: Sun. 11 Aug.

Time: 2:00 p.m. (Doors open at 1:15 p.m.)

Place: Tokai Industry and Information Plaza "iVil"

Performers: Love=a Rainbow, KO-TANG

Capacity: Around the first 250 people will be accepted.

Entry fee:

University student and over; 500 yen per person

High school student and under; free

Others: All seats will be Non-reserved. Pre-school age children including infants will also be accepted. You have to bring a ticket even if you are a high school student or under. You might watch standing up as seating is limited. A room for nursing baby, changing diapers and crawling will be opened.

Application and Inquiries: Ticket will be sold from 9 a.m. on Sat. 13 Jul. at Tokai Culture Center, ph. 029-282-8511 or each ticket agency.