

広報とうかい 9/25 号

1. 10月の休日診療
2. 健康相談
3. インフルエンザワクチン予防接種の費用助成
4. 住民検診を実施します
5. 「プレミアム付商品券」を販売します
6. みんなですこやかウォーキング
7. 公立幼稚園・認定こども園（教育認定）令和2年度園児募集
8. 百塚保育所「こあらひろば」
9. 楽ちん一座～親子で音楽・触れ合い遊び～
10. 「ピーターパンサークル」（後期）会員募集
11. さちのみ認定こども園令和2年度園児（1号認定児）追加募集
12. グランドピアノを弾いてみませんか（第2期）
13. 大神宮・村松山虚空蔵堂「大空ライトアップ」

Tokai News Letter 25 Sep., 2019

1. Weekend Medical Services in Oct.
2. Health Checks and Consultation in Oct.
3. Subsidized Influenza Vaccinations
4. Health Checks for Residents
5. Local Gift Vouchers with a Premium
6. Healthy Walking Group
7. Admissions Information of Village Kindergarten for 2020
8. Venue for Parents and Children to Receive Assistance with Childcare
9. Have Fun with “Rakuchin-ichiza”
10. Peter Pan Circle
11. Additional Admissions Information of Sachinomi Kodomoen for 2020
12. Rent a Grand Piano for Private Practice
13. Illuminated Daijingu Shrine and Muramatsu-san Kokuzo-do Temple

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. 6: Higashihara Clinic, ph.029-283-2301

Sun. 13: Ogata Clinic, ph.029-282-4781

Mon. 14: Muto Pediatric Clinic, ph.029-282-7722

Sun. 20: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Tue. 22: Tokai Hospital, ph.029-282-2188

Sun. 27: Tokai Hospital, ph.029-282-2188

Ibaraki Children Emergency Information Helpline, ph. #8000 or 03-5367-2367:

Ibaraki Adult Emergency Information Helpline, ph. #7119 or 03-5367-2365:

If you experience an injury or illness and aren't sure what to do, call #7119(#8000) for advice. You can find out if you should call an ambulance or have an immediate medical exam, and also learn which clinics and hospitals are currently receiving patients. Available 24/7/365

2. Health Checks and Consultation in Oct.

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

Date: Fri. 25 Oct.

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. 25 Oct.

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

1:00 - 2:00 p.m.

(3) Health Check for Babies

1) Infants born in May 2019

Date: Wed. 9 Oct.

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

2) Children (born in Mar. 2018) aged 1 year and 6 months old

Date: Thu. 10 Oct.

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

3) Children (born in Aug. 2016) aged 3 years old

Date: Wed. 23 Oct.

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

4) Dental Checks for Children (born in Mar. 2017) aged 2 years and 6 months old

Date: Thu. 24 Oct.

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

5) Baby (born in Jul. 2019) class

Date: Fri. 11 Oct.

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

6) “Dental Checkup day” (born in Nov. and Dec. 2018) class

Date: Mon. 7 Oct.

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

Please make an appointment in advance.

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

3. 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 years old). 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: Tue. 1 Oct. - Fri. 31 Jan. 2020

1) Eligible people: Children between the ages of one (as of 1 Oct. 2019) and 15 years old (3rd year junior high).

Cost: 1,000 yen per vaccination.

Application: Vaccination coupons will be sent out in the end of September. No need to apply for the subsidy unless you moved to Tokai Village after September. In that case, applications will be available at Tokai Health Center.

2) Eligible people: Residents 65 years and over. (The age of the vaccination day)

Cost: Free

Application: No need to apply for the subsidy.

-Vaccination coupons for residents born up to 1 Dec. 1954, will be sent out from the end of September. Please be sure to receive the injection after your 65th birthday.

-Vaccination coupons for residents born between 2 and 31 Dec. 1954, will be sent out from November.

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 Tokai Health Center.

-Previous recipients only need to call 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 Tax Section (Tokai Village Office 1F). It will cost 200 yen.

Anyone who moved to Tokai Village after 2 Jan. 2019 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: Bring your 'certificate of public assistance' (seikatsu hogo jukyusho) to apply at 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.

Vaccination at Tokai Hospital: Reservation by phone is required.

Vaccination Term: Tue. 1 Oct. - Sat. 28 Dec.

Application: Apply to the reservation exclusive number (ph. 029-282-2615) by phone

between 9:00 a.m. and 5:00 p.m. during weekday. (except 11:00 a.m. - 2:00 p.m.)

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

4. Specific Health Checkup

The specific health checkup, which is mainly for metabolic syndrome, are strongly recommended.

Eligible people: Anyone aged 40 to 74 who are enrolled Tokai Village National Health Insurance program. Outpatients are also eligible.

Cost: Free (once a year)

How to get a checkup:

1) At Jumin Kenshin (resident's health checks) Venue

Bring your health insurance card and the specific health checkups ticket (pink color).

Reservations are not required.

*Ticket has already been sent eligible people in late Apr.

Reception Time: 9:30 a.m. - 2:30 p.m. (except 11:00 a.m. - 1:30 p.m.)

Date and Venue:

Mon. 7: Muramatsu Community Center

Tue. 8: Masaki Community Center

Wed. 16: Tokai Health Center

Thu. 17: Tokai Health Center

Fri. 18: Funaishikawa Community Center; Parking is limited.

Sat. 26: Tokai Health Center

Mon. 28: Nakamaru Community Center

Tue. 29: Ishigami Community Center

Wed. 30: Tokai Health Center

Thu. 31: Tokai Health Center; Free shuttle bus will be provided from Shirakata Community Center.

***Time schedule of a shuttle bus on Thu. 31 Oct.:**

Shirakata Community Center ⇒ Tokai Health Center

Leaving at 9:00 a.m., 10:00 a.m., 1:00 p.m.

Tokai Health Center ⇒ Shirakata Community Center

Leaving at 11:30 a.m., 0:30 p.m., 2:30 p.m., 3:20 p.m.

2) At a designated medical institution in Tokai Village and Ibaraki Prefecture

Please contact a designated medical institution on the list which is enclosed with the ticket.

Checkup period: By Fri. 31 Jan. 2020

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

5. Local Gift Vouchers with a Premium

Local gift vouchers with a discount will be sold to eligible people from Tue. 1 Oct..

Eligible people:

1) Low income individuals who live in Tokai Village (as of 1 Jan. 2019).

Applicants who pass the screening will receive an exchange ticket for vouchers. If you have not applied yet, please submit by Fri. 29 Nov..

2) Householders who have children born between 2 Apr. 2016 and 30 Sep. 2019 and live in Tokai Village (as of 1 Jun. 2019). Exchange ticket for vouchers will be mailed soon. * Applications are not required.

Sales period: From Tue. 1 Oct. to Fri. 28 Feb. 2020 (except Sat., Sun. and national holiday) *The 1st Saturdays of each month will be available.

Sales time: 9:00 a.m. - 4:00 p.m. *9:00 a.m.- noon on the 1st Saturdays of each month.

Sales place: Tokai Chamber of Commerce and Industry

Sales amount: 4,000 yen per book. Limit 5 books per person/child.

Others: Bring cash, an exchange ticket for vouchers and your ID such as driver's license or insurance card.

Inquiries: Welfare General Affairs Section, ph. 029-282-1711 ext.1139

6. Healthy Walking Group

One hour walk along the Ibaraki Health Road "Ishigami Historical Street" course.

Date: Fri. 11 Oct. (Canceled in case of rain.)

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

Meeting place: Ishigami Community Center

Eligible people: Tokai Village residents

Others: Bring a drink and a 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

Reservations are not required.

7. Admissions Information of Village Kindergarten for 2020

Eligible people:

- a) 3 year-old children born between 2 Apr. 2016 and 1 Apr. 2017
- b) 4 year-old children born between 2 Apr. 2015 and 1 Apr. 2016
- c) 5 year-old children born between 2 Apr. 2014 and 1 Apr. 2015

Distribute Application: Available for pick-up from Tue. 1 Oct. at the kindergarten in your school area or Childcare Support Section in Tokai Village Office.

Others: Please apply to the kindergarten of your school area. A confirmation document is required in case of your address will be changed on 1 Apr. 2020 due to moving. Tokai Muramatsu-Syuku Kodomoen and Ishigami Kindergarten will accept applications from out of the school area if there are availability. If there are too many applicants, a lottery will be held at the moment.

Application: Filled out the application form and apply to the kindergarten of your school area.

-Tokai Muramatsu-Syuku Kodomoen, Ishigami Kindergarten; Mon. 21 or Wed. 23 Oct. for people live in the school area, Thu. 24 Oct. for people live out of the school area from 10:00 to 10:30 a.m.

-Muramatsu, Funaishikawa, Suwama Kindergartens; Mon. 28 - Wed. 30 Oct.

See more detailed information on the distributed material or website “Nobinobi Kosodate-cho”. (<http://www.tokai-kosodate.jp/>)

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

-Suwama Kindergarten (Nakamaru Elementary School Area), ph. 029-282-4631

- Tokai Muramatsu-Syuku Kodomoen (Terunuma Elementary School Area),
ph. 029-282-3701

Childcare Support Section (Tokai Village Office), ph. 029-282-1711 ext. 1183

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

Date: Wed. 23 Oct.

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

Place: Hyakutsuka Daycare Center

Eligible People: Pre-school age children or under 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: Hyakutsuka Daycare Center Parenting Support Center, ph. 029-270-5660
Reservations are not required.

9. Have Fun with “Rakuchin-ichiza”

Would you like to sing along with the tone of musical instruments?

Date: Wed. 27 Nov.

Time: 10:00 - 11:00 a.m. (Doors open at 9:50 a.m.)

Place: Hyakutsuka Daycare Center

Eligible People: Pre-school aged children or under with a guardian who resides in Tokai Village.

Capacity: First 20 pairs will be accepted.

Others: Bring a drink.

Inquiries: Apply by phone between 1:30 and 4:00 p.m. on Wed. 23 or Thu. 24 Oct. to Hyakutsuka Daycare Center Parenting Support Center, ph. 029-270-5660

10. Peter Pan Circle

The circle will be held for children to play among themselves, and their guardians to exchange different experiences and ideas through this circle.

Dates: Every Tue. to Fri. from Nov. 2019 to Mar. 2020

Time: 9:30 a.m. - 0:30 p.m.

*You can leave freely after 11:15 a.m..

Place: Ozora Daycare Center

Eligible people: Children born between 2 Apr. 2015 and 1 Apr. 2018 and their guardian who live in Tokai.

Capacity: The first 30 pairs will be accepted daily.

Cost: Free

Other: Please bring your own lunch if you need.

Application: Apply in person between 10:00 a.m. and noon on Wed. 23 or Thu. 24 Oct. at Ozora Daycare Center. Applications will be accepted when the classes aren't filled even after the deadlines.

11. Additional Admissions Information of Sachinomi Kodomoen for 2020

Eligible People: 4-year-old children born between 2 Apr. 2015 and 1 Apr. 2016

Capacity: 1 child

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

Distribute Application:

Anytime between 9:00 a.m. and 5:00 p.m. until Tue. 15 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 Wed. 16 Oct., ph. 029-212-5057

12. Rent a Grand Piano for Private Practice

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

Date:

Tue. 19, 26 and Wed. 6, 13, 27 Nov.

Sun. 1 and Tue. 3, 10, 24 Dec.

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.

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 Nov. to Dec. 2019).

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

*Please contact Tokai Culture Center about additional use.

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

*Application is accepted only over the counter between 9:00 a.m. and 1:00 p.m. on Sat. 5 Oct..

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

13. Illuminated Daijingu Shrine and Muramatsu-san Kokuzo-do Temple:

Date: Until Sun. 6 Oct.

Time: 5:00 - 8:00 p.m.

Place: Daijingu Shrine, Muramatsu-san Kokuzo-do Temple and the area

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