

広報とうかい 4/10 号

1. 4月の休日診療
2. 窓口業務時間延長
3. 胸部CT検診
4. 風疹の抗体検査と予防接種のお知らせ
5. 予防接種の予診票・案内文を郵送しました
6. ハローベビースクール
7. おやこウォーク
8. 令和2年度「ポランサークル」会員募集
9. ::SC スマイル TOKAI 「初心者のためのサーキットトレーニング」
10. ::SC スマイル TOKAI 「ジュニア運動遊び教室」
11. 真崎コミュニティセンター内装改修工事予定

掲載している情報は3月27日時点のものです。新型コロナウイルス感染症の拡大防止のため、中止・延期などを行う場合があります。

All the information here is based on the publications as of March 27th.

In order to prevent the infectious disease of the novel coronavirus from spreading, some or all the events can be canceled or postponed.

Tokai News Letter 10 Apr. 2020

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9. Beginner Circuit Training class for men
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1. Weekend Medical Services in Apr.

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

Sun. 12: Tokai Hospital, ph.029-282-2188

Sun. 19: Tokai Clinic, ph.029-283-1711

Sun. 26: Tokai Hospital, ph.029-282-2188

Wed. 29: Ibarakihigashi National Hospital, ph.029-282-1151

Ibaraki Children Emergency Information Helpline, ph. #8000 or 03-6667-3377:

Ibaraki Adult Emergency Information Helpline, ph. #7119 or 03-6667-3377:

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. Extension of Administrative Service Time

Date: Every 1st and 3rd Thu.

Time: 8:30 a.m. - 7:00 p.m.

Services and Sections:

Civil Registration Section; Resident registration, seal (hanko) registration, passport issuance, and publishing of other certifications and permissions, procedures of national health insurance and national pension plan and long life medical care for the elderly.

Elderly Welfare Section; Application of long-term care insurance and support of the elderly.

Tax Section; Issuance of certifications, (local) taxpayer assistance (needs reservation)

Accounting Section; Payment of tax (except national tax, prefectural tax and national pension premiums) and royalties.

Childcare Support Section; Procedures for day-care center, application of children allowance and child-rearing allowance.

Waterworks Section; Procedures to supply public water, payment of water and sewage bills.

3. Chest CT Scans

Chest scans for the early diagnosis and detection of lung cancer are being offered to residents.

Date: Fri. 29 Sat. 30 May

Time: 9:30 a.m. - 11:15 a.m. and 1:30 p.m.- 3:15 p.m.

Place: Tokai Health Center

Eligible people: Tokai residents of 50 years old and above

Capacity: The first 80 people per day

Cost: 3,000 yen per person (Please pay on the day.)

Others: If you have previous test results which require re-examination, don't forget to apply. Also, if you are keeping an eye on the developments through a regular visit to a health care facility at present, there is no need to apply this time.

Application: Fill out an application form (available at Tokai Health Center) or send a postcard with your 1) address, 2) name, 3) date of birth and 4) phone number, 5) two preferred dates for examination. Address applications to Tokai Health Center, Muramatsu 2005, Tokai Village 319-1112. Applications should be received by Fri. 24 Apr. (must be postmarked by the deadline). Vouchers will be sent out later.

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

4. Immune Body Test and Vaccination against Measles – Rubella

In order to prevent Measles – Rubella from breaking out and spreading, we are offering immune body tests and vaccination against Measles – Rubella to residents. Necessary vouchers issued from Tokai Village are being sent to eligible persons now. So, please apply for the immune body test and vaccination against Measles – Rubella at this opportunity.

In addition, if you are diagnosed, after the test, as the subject for the 5th term routine vaccination, you are required to have protective inoculation this time.

Dates: Until Thu. 31 Mar. 2022

Place: Enforced health care facilities nationwide, specific medical screening facilities, company health examination facilities, etc.

Eligible people: Tokai residents (male) born between 2 Apr. 1962 and 1 Apr. 1979

At this time, vouchers have been sent to the people who were born in the age bracket from 2 Apr. 1962 to 1 Apr. 1972.

As for the vouchers issued during the fiscal year 2019, the expiry date is recorded as until the end of March 2020, but its expiration term has been prolonged; therefore,

the vouchers should be usable beyond its initial expiry date.

Cost: Free

Others and Inquiries: The people who have already moved to other municipalities cannot use the vouchers. So, please be careful.

For those who still don't have vouchers because of the recent movement, please contact Tokai Health Center at ph. 029-282-2797

5. 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.

Eligible people: Children born between 2 Apr. 2014 and 1 Apr. 2015

(2) Cervical Cancer Vaccination

Subsidized cervical cancer vaccinations are available to girls born between 2 Apr. 2004 and 1 Apr. 2008 (between 1st grade of junior high and 1st grade of high school).

Note: Information letters have already been sent to girls born between 2 Apr. 2007 and 1 Apr. 2008 (the first grade at junior high school) this time

(3) Japanese Encephalitis Vaccination

Vaccinations for Japanese encephalitis were suspended until 2009, and as a result, eligible children may not have been completely immunized. Now they are provided with the opportunity for receiving the vaccination.

Eligible people:

1. Children born between 2 Apr. 1995 and 1 Apr. 2007 (until the day before 20th birthday)

2. Children born between 2 Apr. 2007 and 1 Oct. 2009 (until the day before 13th birthday)

*Information letters have already been sent to children born between 2 Apr. 2002 and 1 Apr. 2003 who did not receive the fourth shot.

(1) - (3)

Cost: Free

Other: 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

6. Hello Baby Classes for Pregnant Women

Let's learn about pregnancy, childbirth, child care, and share your concerns and experiences with us as an expecting mother.

Date and Content:

1) Fri. 15 May 9:15 a.m. - 1:30 p.m. (Registration starts at 9:00 a.m.)

Lecture by a midwife, a nutrition manager and a dental hygienist. You can also enjoy free talking and lunch time. Bring an apron, a bandana to cover your hair, a wiping cloth and a hand towel. Childcare service will be provided.

2) Sat. 16 May 9:15 a.m. - 11:45 a.m. (Registration starts at 9:00 a.m.)

Talk about babies cry/ how to bath a new born/ pregnancy experience for fathers. Introduce about services for before and after childbirth. Bring aprons for each attendees. No childcare service will be provided.

Place: Tokai Health Center

Cost: Free

Others: Bring your Maternal and Child Health Handbook (boshi kenko techo), the supplementary handbook, pen and notebook.

Inquiries and Applications: Apply on the phone to Tokai Health Center (ph. 029-282-2797) by Fri. 24 Apr. 2020.

Reservations are required for both classes.

7. Parent-Child Happy Walking

Why don't you participate in a parent-child happy walking in the fresh green of spring? Let us walk together for the maintenance of health and compensation for a lack of exercise. Beginners are very much welcome to join in. So, please give it a try.

Date: Fri. 1 May (Canceled in case of rain)

Time: 9:30 a.m. – 11:00 a.m. (Register from 9:00 a.m.)

Meeting place: Fureaino Mori Park (West side of the village library)

Eligible people: Children from 3 months old up to 3 years old accompanied by a guardian who lives in Tokai Village.

Capacity: The first 20 groups

Contents: Walking for about 30 minutes (covering a very short course of Ibaraki Health Road from Fureaino Mori Park to the fresh green course in one or two rounds depending on the physical fitness)

Cost: Free

Others: Bring a drink, a snack for a child, a towel, a cap, diapers etc., and wear comfortable clothes. Baby buggies are acceptable.

This event will be held at the same time with Healthy Walking Group.

Application and Inquiries: Apply to Tokai Health Center by Fri. 24 Apr. at ph. 029-282-2797

8. Seeking Poran Circle Annual Members for the year 2020

Poran Circle is offering a venue where parents and children can have a pleasant time, playing outside with children of Tulip Daycare Center.

Date and Time: 9:30 a.m. – 3:00 p.m. on weekdays

Place: Tulip Daycare Center

Eligible people: Circle for 1-year-old children (born in Apr. – Dec. 2018) and their guardians

Circle for 2 and 3-year-old children (born in Apr. 2016 – Mar. 2018) and their guardians

Capacity: The first 20 groups

Cost: Free

Others: Other than the circle activities, a play in rhythm is held for children between 1 to 3 years old every Friday from 9:50 a.m. to 10:30 a.m. (Reservations are required.) Childcare consultation is provided from 10:00 a.m. to 3:00 p.m. on weekdays. (Reservations are required.)

Application and Inquiries: Apply on the phone on Wed. 22 Apr. from 10:00 a.m. to 11:00 a.m. to Tulip Daycare Center at ph. 029-282-3158.

9. Beginner Circuit Training class for men

Dates: Every Wed. from Wed. 20 May to Wed. 17 Jun. (5 classes)

Time: 7:00 p.m. - 8:30 p.m.

Place: Tokai Welfare Center “Kizuna”

Eligible people: Men who live in Tokai village aged 30-59 years old

Capacity: The first 20 applicants will be accepted.

Contents: learning about circuit training exercises to build muscles and endurance for men who are beginners

Instructor: Ms. Yuka Kaminaga (Instructor for healthful exercise)

Cost: Free

Application: Apply at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Sat. 11 Apr. to Sat. 16 May (except Mondays and Thu. 7 May).

Inquiries: SC Smile Tokai at Tokai Gymnasium, ph.029-283-1001

10. Class for kids to enjoy exercise and play

Dates: Every Thu. From 21 May to 2 Jul. except Thu. 18 Jun. (6 classes)

Time: 5:00 p.m. - 6:00 p.m.

Place: Tokai Gymnasium

Eligible people: Children who live or go to elementary school in Tokai Village and are in 4th, 5th or 6th grade.

Capacity: The first 20 applicants will be accepted.

Instructor: Mr. Kazumasa Takahashi (Asst. Professor at Ibaraki Christian University)

Cost: Free

Application: Apply at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Sat. 18 Apr. to Sun. 10 May (except Mondays and Thu. 7 May).

Inquiries: SC Smile Tokai at Tokai Gymnasium, ph.029-283-1001

11. Interior Finishing Work of Masaki Community Center

From July 2020 to February 2021, interior finishing work of Masaki Community Center is scheduled to be done.

During the interior finishing work, some of the rooms and spaces will be out of use. The detailed work period of time and actual work places (rooms and the like) shall be updated as necessary through the Tokai Village Official Home Page, and bulletin board at each community center.

We are very sorry to cause you any inconvenience . Your kind understanding and cooperation would be greatly appreciated.

Applications for use: Usually, we accept applications for using the community center 2 months before the planned starting date for use, but we suspend accepting applications for using Masaki Community Center especially to be used in and after July (which are intended to be applied from the 1st of May) until the detailed work schedule is finalized.

Regarding the central evacuation site: We designate Masaki Community Center as the central evacuation site in case of a disaster; however, should a disaster occur

during the interior finishing work period, the central evacuation site is slated to be Tokai Junior High School, instead.

Inquires: Community Development Promotion Section, ph. 029-282-1711 ext. 1461