

広報とうかい 7/25 号

1. 8月の休日診療
2. 8月の健康相談
3. 新型コロナウイルス感染症に関する悩み相談窓口
4. 住民健診は完全予約制で実施します！
5. 水稲病害虫防除を実施します
6. 東海村商工会で共通金券プレゼントセールを実施します
7. 実践しよう！新しい生活様式（食生活編）
8. 「夏の星座を見よう！」
9. 「里山で虫を見よう！」
10. 真崎コミュニティセンターの一部使用を再開します
11. 東海村公式 LINE はじめました！

Tokai Newsletter 25 Jul. 2020

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2. Health Checks and Consultation in Aug.
3. Consultation Service at Village Office
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In order to prevent the infectious disease of the novel coronavirus from spreading, some or all the events may be cancelled or postponed.

1. Weekend Medical Services in Aug.

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: Higashihara Clinic, ph.029-283-2301

Mon. 10: Tokai Hospital, ph.029-282-2188

Sun. 16: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 23: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 30: Tokai Hospital, ph.029-282-2188

Ibaraki Children's Resource Line, ph. #8000 (for mobile phones), or 03-6667-3377

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 03-6667-3377

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

2. Health Checks and Consultation in Aug.

(1) Health Consultation for Mothers and Children

Date: Fri. 21 Aug.

Time: 9:30 a.m. - 11:00 a.m., 1:00 p.m. - 2:00 p.m.

Please make an appointment.

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

Date: Fri. 21 Aug.

Time: 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Please make an appointment.

(3) Health Check for Babies

1) Infants

Date: Wed. 5 Aug.

Time: 12:30 p.m. - 1:30 p.m.

2) Children - aged 1 year and 6 months old

Date: Thu. 6 Aug.

Time: 12:45 p.m. - 1:30 p.m.

3) Children - aged 3 years old

Date: Wed. 19 Aug.

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

4) Dental Checks for Children - aged 2 years and 6 months old

Date: Thu. 20 Aug.

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

*All eligible children will be notified individually.

(4) Baby Class for babies born in May 2020

Date: Fri. 7 Aug.

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

(5) Dental Checkup Class for babies born in Sep. & Oct. 2019

Date: Tue. 25 Aug.

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

Please make an appointment.

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

3. Consultation Service at Village Office

If you have concerns or problems about your life such as coronavirus infection, work, mental issues or anything in general life, please feel free to call or email to an appropriate section shown below for advice. Your situation will be kept secret.

Telephone consultation is available from 8:30 a.m. to 5:15 p.m., Mon. to Fri. (except public holidays).

Consultation by email can be accepted through Contact Form on the following website:

<https://www.vill.tokai.ibaraki.jp/soshikikarasagasu/1222.html>

Inquiries:

Tokai Health Center, ph. 029-282-2797 for prevention of infection, New Lifestyle, health & diet issues

Childcare Support Hotline HAGUKUMI, ph. 029-306-2277 for concerns about pregnancy, childbirth and childcare

Childcare Support Section, ph. 029-282-1711 ext.1186 for childcare

Welfare Section for Persons with Disabilities, Ph. 029-287-2525 for mental issues and support for people with disabilities

Local Elderly Care Center, ph. 029-287-2516 for life and nursing of elderly people

Welfare General Affairs Section, ph. 029-282-1711 ext.1139 for support for public assistance, socially withdrawn people and human rights

Village Consultation Office, ph. 029-287-0858 for consumer affairs

Village Consultation Office, ph. 029-287-0863 for support for women such as domestic violence issues

4. Health Checks for Residents – By Reservation Only

Health checks for residents will be held by advance reservation only this year to prevent the spread of the coronavirus. Please note that a limited number of people will be accepted. Details on how to make reservations will be provided in 25 Aug. issue of the newsletter.

Dates:

Oct. 2020; Fri. 9, Sat. 10, Tue. 13, Mon. 19, Thu. 22, Fri. 23, Sat. 24, Wed. 28, Thu. 29, Fri. 30
Jan. 2021; Thu. 21, Fri. 22

Reception Time:

Choose from the following.

- ① 9:00 a.m. – 9:15 a.m. ② 9:30 a.m. – 9:45 a.m. ③ 10:00 a.m. – 10:15 a.m.
- ④ 10:30 a.m. – 10:45 a.m. ⑤ 11:00 a.m. – 11:15 a.m. ⑥ 1:00 p.m. – 1:15 p.m.
- ⑦ 1:30 p.m. – 1:45 p.m. ⑧ 2:00 p.m. – 2:15 p.m. ⑨ 2:30 p.m. – 2:45 p.m.

Place:

Tokai Welfare Center "Kizuna"

*Health checks will not be held in other community centers this year.

For those who take bowel cancer test only:

No reservation is required. Please visit the venue between 11:30 a.m. - noon or 3:00 p.m. - 3:30 p.m.

For those who take tuberculosis / lung cancer test:

For chest X-ray examination, please make a reservation by Mon. 31 Aug. at Tokai Health Center. A ticket will be sent after reservation.

Gynecological exam:

A limited number of people will be accepted for gynecological exams planned for Feb. 2021. Please consider taking exam at medical institution if you already have a ticket.

Notes:

- *Please wear a mask and take your temperature.
- *Please cancel health check if you feel unwell on the day.
- *The schedule is subject to change. Changes will be notified on newsletters and the village official website.

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

5. Aerial Spraying of Rice Fields Scheduled for 30 Jul.

Rice fields throughout Tokai Village will be sprayed with insecticide by unmanned helicopters for insect pest control. We appreciate your understanding and cooperation.

Date and time:

4:30 a.m. – 11:00 a.m. (except 7:00 a.m. – 8:00 a.m.) on Thu. 30 Jul. (Notified through the community radio system when postponed due to rain)

Area: All rice fields in the village

Type of insecticide: Amistar Actara SC

Notes:

- *Insecticide will be sprayed after no one has been confirmed around nearby area.
- *Rice fields near main roads, school routes and residential areas will be sprayed early in the morning.
- *Do not enter or approach the spraying area during spraying. Some nearby roads will be closed.
- *If insecticide gets on your skin by any chance, wash it away with soap immediately.
- *If insecticide sticks on your car, wash it away with water immediately as it could stain.
- *Follow the instructions of the field workers to avoid accidents.

Inquiries: Agricultural Policy Section, ph. 029-282-1711 ext.1222

6. Money Coupon Present Campaign

During the campaign, one point is given per purchase of 500 yen at any of the registered 73 stores and restaurants in the village. Once you have collected 10 points, you can participate in a drawing for a prize.

When: From Sat. 1 Aug. to Thu. 31 Dec.

Where: At registered stores and restaurants with a banner or a poster

Drawing dates: Once a month from Sep. 2020 to Jan. 2021 (a total of 5 times)

*Winners will receive the prize without prior announcement.

Prize:

*Grand prize (one per month); Tokai Village Selection (A selection of good food made in the village. Go to Tokai Village Tourism Association's website at <http://tokai-kanko.com/> for details.)

*Special prize (one per month); Money coupon worth 30,000 yen

*First prize (one per month); Money coupon worth 10,000 yen

*Second prize (five per month); Money coupon worth 3,000 yen

*Third prize (more than 90 per month); Money coupon worth 1,000 yen

*Olympic memorial prize (five per month); Money coupon worth 5,000 yen

Note:

You can purchase money coupons at Tokai Village Society of Commerce and Industry.

Inquiries: Tokai Village Society of Commerce and Industry, ph. 029-282-3238

7. Diet in the “New Lifestyle”

The following are recommendations for a good diet in the “New Lifestyle” to prevent the spread of the coronavirus. Let’s eat balanced meals and stay fit!

- Eat outdoors on sunny days
- Do not share dishes but serve individually
- Do not sit face to face but side by side
- Do not share glasses and cups
- Utilize take-away and delivery
- Enjoy food with less conversation

Cooking together is fun. Let’s enjoy cooking and dining with the family. Even little kids can help with preparing dishes, cups and eating utensils or wiping a table.

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

8. Let’s Find Stars in Summer!

Participants will enjoy binocular observation with some experts.

Date: Sun. 30 Aug.

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

Meeting place: Tokai Welfare Center "Kizuna"

Eligible people: Anyone of elementary school age or older, who lives in Tokai Village (elementary school kids need to be accompanied by a guardian)

Capacity: The first 20 applicants will be accepted.

Cost: 500 yen per group

Others: Things needed to be brought will be advised later

Application: Send your name, phone number and program name to Ms. Hayashi (trekie-k@qd5.so-net.ne.jp) by e-mail between Tue. 4 Aug. and Mon. 10 Aug.

Inquires: Ms. Hayashi, ph. 029-282-9353 (Reservation cannot be made by phone)

9. Let’s Find Insects in Woodland!

Participants will observe insects during the day and at night with some experts. You can join either one or both.

***Day course**

Date: Mon. 10 Aug.

Time: 9:00 a.m.-noon

***Night course**

Date: Sat. 8 Aug.

Time: 6:00 p.m. – 8:30 p.m.

Meeting place: Nakamaru Community Center

Eligible people: Anyone of elementary school age or older, who lives in Tokai Village (elementary school kids need to be accompanied by a guardian)

Capacity: The first 20 applicants will be accepted.

Cost: 200 yen per group

Others: Things needed to be brought will be advised later

Application: Send your name, phone number and program name & course to Ms. Hayashi (trekie-k@qd5.so-net.ne.jp) by e-mail between Tue. 28 Jul. 9:00 a.m. and Mon. 3 Aug.

Inquires: Ms. Hayashi, ph. 029-282-9353 (Reservation cannot be made by phone)

10. Use of Some Rooms in Masaki Community Center Resumed

Masaki Community Center will be undergoing interior repair work until Feb. 2021 but some rooms and spaces will be open to the public as described below.

The schedule for the opening of more rooms and spaces shall be updated as necessary through the newsletter, village official website, and bulletin board at each community center.

Open Date: From Tue. 4 Aug. to Fri. 20 Nov. (Closed again from Sat. 21 Nov.)

Place: Meeting room and kitchen

Others: Reservation can be made from Tue. 4 Aug. 9:00 a.m. (1:00 p.m. by telephone) for up to one month ahead.

Inquires: Community Development Promotion Section, ph. 029-282-1711 ext. 1461 or Masaki Community Center, ph. 029-283-4477

11. Village Official LINE Started!

The village official LINE is now available to receive useful information about administration, disaster, events and sightseeing. Please add our account as a friend on LINE through any of the ways shown on the following website:

<https://www.vill.tokai.ibaraki.jp/soshikikarasagasu/kikakusomubu/hishokohoka/7/3/1/5041.html>

Inquiries: Secretarial and Public Relations Section, ph. 029-282-1711 ext.1306