

## 広報とうかい 3/25 号

1. 4月の休日診療
2. 4月の健康相談
3. 令和4年度も「窓口業務時間延長」を実施します！
4. 一般ドックまたは脳ドックの受診費用を補助します
5. 東海村国保加入者の皆さんへお知らせします
6. みんなですこやかウォーキング
7. 東海村成人歯科健康診査等を実施します
8. 「びよんびよんサークル」(春コース) 会員募集
9. 「かるがもサークル」(春コース) 会員募集
10. グランドピアノを弾いてみませんか
11. SC スマイル TOKAI「霊山ハイキング」
12. かな書道「竹山会」会員募集
13. 東海村少年少女合唱団第39回「定期演奏会」

## Tokai Newsletter 25 Mar. 2022

1. Weekend Medical Services in Apr.
2. Health Checks and Consultations in Apr.
3. Extension of Administrative Service Time in Fiscal 2022
4. Subsidy for Complete Physical Examination (General Dock or Brain Dock)
5. To Those Enrolled in National Health Insurance
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7. Dental Checkups for Adults and Pregnant Women
8. Pyonpyon Circle for Parents and Babies (Spring)
9. Karugamo Circle for Parents and Babies (Spring)
10. Rent a Grand Piano for Private Practice
11. Hiking Tour to Mt. Ryozen
12. Calligraphy Club "Chikusan-kai" Members Wanted
13. Tokai-mura Boys and Girls Choir Concert

**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 Apr.**

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

Sun. 3: Ogata Clinic, ph.029-282-4781

Sun. 10: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 17: Tokai Hospital, ph.029-282-2188

Sun. 24: Tokai Hospital, ph.029-282-2188

Fri. 29: Muto Pediatric Clinic, ph.029-282-7722

**Ibaraki Children Emergency Information Helpline**, ph. #8000 or 050-5445-2856

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

**Ibaraki Adult Emergency Information Helpline**, ph. #7119 or 050-5445-2856

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

## **2. Health Checks and Consultations in Apr.**

### **(1) Health Consultation for Mothers and Children**

**Date:** Fri. 15 Apr.

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

Please make an appointment.

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

**Date:** Fri. 15 Apr.

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

Please make an appointment.

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

#### **1) Infants (babies born in Nov. 2021)**

**Date:** Wed. 6 Apr.

**Time:** 12:50 p.m. - 1:50 p.m.

#### **2) Children - aged 1 year and 6 months old (babies born in Sep. 2020)**

**Date:** Thu. 7 Apr.

**Time:** 12:50 p.m. - 1:50 p.m.

#### **3) Children - aged 3 years old (babies born in Oct. 2018)**

**Date:** Wed. 13 Apr.

**Time:** 12:50 p.m. - 1:50 p.m.

#### **(4) Baby Class for babies born in Jan. 2022**

**Date:** Mon. 18 Apr.

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

### **(5) Dental Checkup Class for babies born in Sep. & Oct. 2021**

**Date:** Wed. 27 Apr.

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

Please make an appointment.

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

### **3. Extension of Administrative Service Time in Fiscal 2022**

**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, My Number Card, passport issuance, and publishing of other certifications and permissions

**Health Insurance Section;** Procedures of National Health Insurance, National Pension Plan, Long Life Medical Care for the Elderly, Medical Welfare Subsidy and Long-term Care Insurance

**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 centers and kindergartens, application of child allowance and child-rearing allowance

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

**\*Health Promotion Section** (Tokai Health Center in Tokai Welfare Center "Kizuna"); Issuance of Maternal and Child Health Handbook (Boshi Kenko Techo) / vaccination questionnaires, and other procedures regarding maternal and child health. \*Office hours are not extended normally. If you wish to visit the office after hours, please make an appointment. Ph. 029-282-2797

### **4. Subsidy for Complete Physical Examination (General Dock or Brain Dock)**

**Eligible people:** Those who are over 18 years of age and enrolled in Tokai Village National Health Insurance or Late-stage Medical Care Insurance for the Elderly

#### **Place:**

Tokai Hospital, ph. 029-282-2614

Hitachi, Ltd. Hitachinaka General Hospital, ph. 029-354-6795

Hitachi, Ltd. Hitachi General Hospital, ph. 0294-23-3971

Ibaraki Medical Center, ph. 029-243-1111

Higashikanto Clinic, ph. 029-221-1200

Seirei Memorial Hospital, ph. 0294-52-8531

Seirei Memorial Hospital Hitachinaka, ph. 029-219-8400

Brainpier Minamiohta, ph. 0294-70-1711

Brainpier Hitachinaka, ph. 029-219-7702

\*The amount of self-pay burden varies depending on each medical institution.

**Other:**

-You can take an examination (either General Dock or Brain Dock) once a fiscal year.

-If you take a General Dock, you cannot take some other examinations provided by Tokai Village within the same fiscal year.

-There are some examinations not eligible for the subsidy. Please check with each medical institution for the cost.

**Application:** Apply at Health Insurance Section (1F) with your insurance card and hanko between Fri. 1 Apr. 2022 and Fri. 3 Mar. 2023.

\*After reservation of an examination at a designated medical institution, you need to apply for the subsidy at Health Insurance Section, then take the examination.

**Inquiries:** Civil Registration Section, ph. 029-282-1711 ext. 1131, 1135

## **5. To Those Enrolled in National Health Insurance**

(1) You need to report your withdrawal to the Health Insurance Section to end your membership when you enroll in another Japanese public health insurance system.

(2) You can still get your National Health Insurance Card issued from Tokai Village if you move out of the village due to advancing to higher education or admission to a facility. In these cases, you need to report to the Health Insurance Section.

(3) If you use National Health Insurance after you enrolled in another Japanese public health insurance system, you may be asked to return the medical expenses paid by the National Health Insurance.

(4) Please consider choosing inexpensive generic medicines if they are available.

**Inquiries:** Health Insurance Section, ph. 029-282-1711 ext. 1133

## **6. Healthy Walking Group**

One-hour walk along the Ibaraki Health Road "Shirakata Sakurakaoru Denen" course.

**Date:** Fri. 8 Apr. (Canceled in case of rain)

**Time:** 9:30 a.m. (Registration starts from 9:00 a.m.)

**Meeting place:** Shirakata Community Center

**Eligible People:** Tokai Village residents

**Other:** No reservation is required. Wear a mask. Bring a drink, a towel, and wear comfortable clothes. Please try carpooling due to the limited space in the parking lot.

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

## **7. Dental Checkups for Adults and Pregnant Women**

Free dental checkups are available to adults of specific ages and pregnant women at the designated dental clinics.

**Term:** Fri. 1 Apr. 2022 - Fri. 31 Mar. 2023

**Eligible people:** Residents aged 30, 40, 50, 60, 70 years old (as of fiscal 2022) and pregnant women

**Cost:** Free

**Other:** Vouchers will be sent to eligible people. Pregnant women will receive a voucher when the Maternal and Child Health Handbook (Boshi Kenko Techo) is issued. Contact Tokai Health Center if you moved to Tokai Village and don't have a voucher.

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

## **8. Pyonpyon Circle for Parents and Babies (Spring)**

**Date:** 8 Fridays – 15 Apr., 13, 27 May, 10, 24 Jun., 1, 8, 22 Jul.

**Time:** 9:45 a.m. - 11:15 a.m.

**Place:** Tokai Muramatsu-Syuku Kodomoen

**Eligible People:** Children born between 2 Apr. and 30 Sep. 2020 accompanied by a guardian who lives in Tokai Village.

**Capacity:** 8 pairs

**Cost:** Free

**Application and Inquiries:** Apply by phone to Tokai Muramatsu-Syuku Kodomoen Parenting Support Center from 9:00 a.m. to 5:00 p.m. after Fri. 1 Apr., ph. 029-282-7390.

\*For details, see Childcare Support Portal Website "Nobi-nobi Kosodate Cho":

<https://www.tokai-kosodate.jp/pagecat401/kosodatesienhigyolist>

### **9. Karugamo Circle for Parents and Babies (Spring)**

**Date:** 8 Tuesdays from 19 Apr. to 28 Jun. except 3, 10 May and 7 Jun.

**Time:** 10:00 a.m. - 11:15 a.m.

**Place:** Tokai Muramatsu-Syuku Kodomoen

**Eligible People:** Children born between 2 Apr. and 30 Sep. 2021 accompanied by a guardian who lives in Tokai Village.

**Capacity:** 8 pairs

**Cost:** Free

**Application and Inquiries:** Apply by phone to Tokai Muramatsu-Syuku Kodomoen Parenting Support Center from 9:00 a.m. to 5:00 p.m. after Tue. 5 Apr., ph. 029-282-7390.

\*For details, see Childcare Support Portal Website "Nobi-nobi Kosodate Cho":

<https://www.tokai-kosodate.jp/pagecat401/kosodatesienhigyolist>

### **10. Rent a Grand Piano for Private Practice**

**Dates:**

Tue. 12, Fri. 22, Fri. 29 Apr.

Sat. 7, Fri. 13, Tue. 24 May

Tue. 7, Sun. 19, Tue. 28 Jun.

**Time:**

1:00 p.m. - 7:50 p.m. on Tue. and Fri.

9:00 a.m. - 7:50 p.m. (except noon - 1:00 p.m.) on Sat., Sun. and public holidays

**Place:** Tokai Culture Center

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

**Cost:** 200 yen per session to be paid on the day (50-minute session for one person only)

\*You can apply up to two practice sessions per term (Apr. to Jun.).

\*Reservations cannot be changed.

\*Please contact Tokai Culture Center about additional use.

**Application and Inquiries:** Apply to Tokai Culture Center (ph. 029-282-8511) from 9:00 a.m. on Sat. 2 Apr. You should apply by 5:00 p.m. on the day you want to use the venue (except closed days).

### **11. Hiking Tour to Mt. Ryozen**

**Date:** Sat. 23 Apr.

**Time:** Meeting at Fureaino-mori Park at 6:50 a.m.

**Departure time:** 7:00 a.m.

**Place:** Mt. Ryozen in Fukushima Pref.

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

**Capacity:** 20 people

**Contents:** There are 2 courses.

1. "Rock Climbing Course" which takes approx. 3.5 hours

2. "Family Course" which takes approx. 2.5 hours

**Cost:** 8,000 yen for Smile Tokai members, 9,000 yen per person who lives together with a Smile Tokai member, 11,500 yen for non-members

**Application:** Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Sat. 2 to Wed. 20 Apr. (except Mon.)

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

## **12. Calligraphy Club "Chikusan-kai" Members Wanted**

**Date:** 1st and 3rd Thu. and 1st and 3rd Fri.

**Time:** 1:00 p.m. - 5:00 p.m. on Thu., 6:00 p.m. - 8:30 p.m. on Fri.

**Place:** Tokai Central Community Center

**Cost:** 3,000 yen per month, 2,000 yen per month for high school students and under

**Inquiries:** Mitsuta san, ph. 090-2255-1817

## **13. Tokai-mura Boys and Girls Choir Concert**

**Date:** Sun. 10 Apr.

**Time:** 2:30 p.m. (Doors open at 2:00 p.m.)

**Place:** Tokai Culture Center

**Cost:** Free with a ticket

**Other:** Tickets will be distributed at Tokai Culture Center.

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