



# HAMURA NEWS

HAMURIN Hamura City Mascot

December 1<sup>st</sup>, 2023

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■ 12月3日～9日は「障害者週間」

## <December 3rd ~ 9th is "Disability Week">

Disability Week is a week to deepen the interest and understanding of the welfare of disability persons, as stipulated in the "Basic Law for Persons with Disabilities".

Let us create an environment for an "Everyone lives together Society" that respects personality and individuality to supports each other.

Inquiries: Shogai Fukushi Ka, Shogai Fukushi Kakari ☎ Ext. 172

■ ご存じですか「障害者差別解消法」

### <Get knowing "Disability Discrimination Elimination Law"!>

The Disability Discrimination Elimination Law stipulates that government and municipalities, as well as private business such as companies and stores, must not give "unfair discriminatory treatment" and provide "reasonable accommodation" on the basis of disability.

Inquiries: Shogai Fukushi Ka, Shogaisha Shien Kakari ☎ Ext. 185

○ してはいけないこと・・・「不当な差別的取扱い」

#### **What people should not do ~ "Unjustified discriminatory treatment"!**

It is to respond differently from a person without disability, such as refusing to provide services due to disability without a justifiable reason. For example,

- Refuse to enter store or use the facility due to disability.
- Do not respond that there are no properties for people with disabilities.

○ しなければならないこと・・・「合理的配慮の提供」

#### **What people should do ~ "Providing reasonable accommodation"!**

If there is a manifestation of intention from a person with disability to ask for some consideration, please respond within the range that does not become too burdensome.

- Devise a method of communication such as writing or reading aloud.
- If there is a step, assist in raising casters or using slopes.

Assist with the use of ropes, etc.

It is difficult to understand from outside when people require consideration. Also, everyone is at risk of being physically disabled due to injury or illness. Let us aim to everyone living in the community can deepen their understanding of disabilities and people with or without disabilities can live together with peace of mind.

■ 障害者週間展示とハンディキャップサービス

### **Disability Week Exhibition and The Handicap Service**

Inquiries: Primo Library Hamura ☎042-554-2280

**<"Disability Week Exhibition" will be held>** 障害者週間展示

The books and materials will be held that deepen the understanding of disabilities and knowing those who have difficulty reading in print.

Term: Dec 1st (Fri) ~ 14th (Thu)

Location: Primo Library Hamura

○ **The Handicap Service** ハンディキャップサービス

The following services are available for those who have difficulty reading printed books due to visual impairment or other reasons, or who have difficulty visiting the library due to old age or physical disability. Registration may be required for handicap services. Please contact the library for details.

- ◆ Lending of Braille books, Large print books and Reading CDs
  - ※ Using Library Card to borrow.
- ◆ Lending of talking books (DAISY version (The digital Accessible Information System))
- ◆ Face-to-Face reading service
- ◆ Delivery Services



災害時に備えて 避難行動要支援者制度

**<The Evacuation Plan to Support Those Requiring Evacuation Assistance>**

There is a list of elderly people and people with disabilities who especially need evacuation support (evacuation action supporters) in advance. It is useful system for safety confirmation and evacuation guidance during disaster.

The city will send a notice in late December to individuals who are eligible from this fiscal year to confirm their consent to provide or create the plan.

Inquiries: Bousai Anzen Ka, Bousai. Kiki Kanri Kakari Ext. ☎217

◆ [Evacuation Action Supporter Name List] 避難行動要支援者名簿

▼ Eligibility 対象

Eligible City residents who fall into one of the following categories (excluding those residing in facilities)

1. Households comprised of age 75 or older.
2. Certified as Long-term Care Level 3 or higher.
3. Physical Disability Certificate (身体障害者手帳) Level 1 or 2.
4. Intellectual Disability Certificate (愛の手帳) Level 1 or 2.
5. Health and Welfare Handbook for Mentally Disabled (精神障害者保健福祉手帳) Level 1 or 2.
6. Those needing special assistance in time of evacuation with incurable diseases.
7. Those certified by the mayor as needing evacuation assistance during evacuation.

▼ Items to be included in the list 名簿に記載する事項

- . Name, gender, date of birth, address, emergency contact information, reason for evacuation etc.

▼ Provide the list of names (persons involved in evacuation support, etc.) 名簿の提供先 (避難支援等関係者)  
Neighborhood Association, Civil Voluntary Disaster Management Organization, Commissioned Welfare Volunteers, Fire Brigades, Hamura City Social Welfare Organizations and Traffic Safety Organizations, Fussa Police Department and Fire Department.

※ Please note that personal information may be disclosed within the Disaster, even if there was no consent provided in times of emergency.

◆ [Individual Evacuation Plan] 個別避難計画

▼ **Eligibility** 対象

Eligible City residents who fall into one of the following categories (excluding those residing in facilities)

1. Certified as Long-term Care Level 3 or higher
2. Physical Disability Certificate (身体障害者手帳) Level 1 or 2
3. Intellectual Disability Certificate (愛の手帳) Level 1 or 2
4. Health and Welfare Handbook for Mentally Disabled (精神障害者保健福祉手帳) Level 1 or 2
5. Those needing special assistance in time of evacuation with incurable diseases.
6. Those certified by the mayor as needing evacuation assistance during evacuation.

- ※ Individual evacuation plans are prepared in stages. This year, city will be sent to those eligible in Tamagawa 1-chome / 2-chome, Hanehigashi 3-chome, Hanenaka 3-chome and Hagami 4-chome.
- ※ Persons in other areas may also create individual evacuation plans. Please inquiry to Bosai Anzen Ka, Bosai. Kiki Kanri Kakari.

▼ **Items to be included in the plan** 計画に記載する事項

In addition to the information listed in the list of persons requiring support for evacuation action, the persons to be supported for evacuation, evacuation sites, evacuation routes, points to keep in mind when evacuating, etc.

- ※ The plan providers (parties involved in evacuation support, etc.) are the same as the provider of the list of persons requiring support for evacuation action.

「シャトレーゼ」 指定保養施設を利用しよう！

**<Please visit Chateraise Recreation Facilities>**

Inquiries: Chiiki Shinkou Ka, Chiiki Shinkou Kakari ☎Ext. 202

Based on the comprehensive cooperation agreement signed between Hamura City and Chateraise Holdings Co., Ltd. The accommodation and leisure facilities owned by the company are designated as facilities that citizens can use at a discount rate and the partial usage fee is also bearded by city.

Shateraise Hotel Danrokan is newly designated as a recreation facility, please use it.

Eligibility: Hamura Residents, worker and students.

City contribution: ¥2,000 per person / per use

\*\* Application is required. Please download from city official website.

\*\* Up to 2 times per person in a year, it will end as soon as the city budget limit is reached.

\*\* Please contact with each recreation facilities to get details of services, fees, etc.



お知らせ

## INFORMATION

令和6年羽村市二十歳のつどい

### < Coming of Twenty-Year-Old Gathering Ceremony 2024 >

The "Twenty-Year-Old Gathering" will be held to celebrate all of the 20-year-olds who are moving forward. After the ceremony, video messages from celebrities and a slide show of former teachers produced by the staff will be shown.

Date/Time: January 8th (Mon, Holiday) 11AM (Reception: 10:30AM ~)

Location: Primo Hall Yutorogi Main Hall

Eligibility: Those who was born April 2nd, 2003 ~ April 1st, 2004.

\*\* Please bring invitation postcards (which will be sent in end of November).

\*\* Even you live in out off Hamura City, you still may participate, please contact with us in advance.

Inquiries: Primo Hall Yutorogi (Lifelong Learning Promotion Section) ☎042-570-0707

健康

## HEALTH



胃がん・肺がん・乳がん検診（第4期）

### < The 4th Term Screening for Stomach / Lung Cancer & Breast Cancer >

**Date & Time:** Stomach Cancer / Lung Cancer Screening: Feb 18th (Sun) and 19th (Mon), 8AM ~ Noon.  
Breast Cancer screening: Feb 18th (Sun) 8AM~ 4PM

- ☆ Only Feb 18th (Sun) can have 3 screenings (Stomach / Lung & Breast Cancer Screening) together.
- ☆ Time can not be specified. The time will be written on your ticket.

**Location:** Hoken Center

**Eligibility:**

- ◆ Stomach Cancer / Lung Cancer Screening ~ Those who have Hamura Residents certificate and are age 40 or over (Sputum test is over age 50).
- ◆ Breast Cancer screening ~ Hamura female are age 40 or over with Residents certificate and haven't had screening in FY 2023.

\*\* You are not eligible to take this exam if any of the following conditions apply:

Stomach Cancer ①~⑧ / Lung Cancer ①~⑤ / Breast Cancer ①~⑥

- ① Those who had the same cancer screening in this Fiscal Year.
- ② Pregnant, possibility of pregnancy or breast feeding.
- ③ Currently being treated for stomach, lung or breast illness.
- ④ Those who have the same cancer screening opportunity provided by the employer.
- ⑤ Need assistance during inspection.
- ⑥ Those who have implant such as breast augmentation, shunts, etc.
- ⑦ Those who have had colon polyps removed or allergy of Barium preparation.
- ⑧ Have had an open heart surgery, orthopedic surgery, myocardial infarction or stroke within the past year.

**Capacity:** 80 people each day (If there are too many applicants, the drawing will be held).

※ Applicants will receive notification of results, and winners will get a coupon sent in the mail by late of January.

**Fee:** Stomach Cancer / Lung Cancer Screening ~ JPY500, Breast Cancer screening ~ JPY1,600

**Details:** Stomach Cancer Screening: Digital abdominal X ray photography and Barium examination.

Lung Cancer Screening: Digital chest X ray photography and Sputum Examination.

Breast Cancer Screening: Mammography Examination.

**Please Note:**

\* [Sputum examination] is provided only for people with the following conditions:

- ① Those who are age 50 or over as to examination date
- ② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = 600 or more.

**Application:** Dec 1st (Fri) ~ 14th (Thu) (postmark deadline), fill in necessary information on an application form and send to Kenko Ka or via electrical application.

- How to fill in an application postcard -

Front	Back
〒205-0003 To: "Gan Tantou" Hamurashi Hoken Center 5-5-2 Midorigaoka, Hamura City	<ul style="list-style-type: none"> <li>・Your desired screening date (first and second choices)</li> <li>・Screening/Exam you desire</li> <li>・address, name, date of birth/age, contact (daytime phone number)</li> <li>・if you wish to have sputum examination: number of cigarette per day x smoking years</li> </ul>

**Note:**

- If the family member also request to take examination, it is needed to apply by each other.
- No need to apply by return postcard.

**Inquiries:** Kenko Ka (Hoken Center) ☎Ext. 626.

## <Cervical Cancer Vaccination> 子宮頸がん予防接種

子宮頸がんはワクチンで予防できる唯一のがんです。

◆ Cervical cancer is the only cancer that can be prevented with a vaccine.

[Cervical cancer] is a cancer of the female cervix. It is often caused by a virus called human papillomavirus (HPV), which is found in more than 90% of cervical cancer patients. HPV is a virus that can infect anyone at least once in their lifetime. In most people who are infected, the infection disappears spontaneously, but in some people it can lead to cancer. Preventing infection is the way to avoid cancer.

The HPV vaccine prevents up to 90% of the causes of cervical cancer.

Eligibility for publicly funded (free of charge) vaccination 公費（無料）接種対象者

- Girls who are in the 6th grade of elementary school (12 years old ) to 1st grade of high school (16 years old) in this fiscal year.
- Women were born between April 2, 1997 and April 1, 2007 (as FY2024) who missed the opportunity to be vaccinated due to the withholding of active recommendation.

For more information, please visit the "Cervical Cancer Vaccination" page on the city's official website or contact the city office.

Inquiries: Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 697.



杏林大学共催 運動健康増進プログラム 「体カチェックと運動講座」

## < Exercise Promotion ~ "Physical Fitness Check and Exercise Session" >

Execute physical fitness measurements, explain results and advise helpful exercises.

Date: December 16th (Sat) Morning Course 10AM~Noon

Afternoon Course 1:30PM~3:30PM (you may choose either one)

Location: S&D Sports Arena Hamura

※ Need not indoor exercise shoes.

- Eligibility:
- ① Hamura Resident age is from 20 to 79 as of April 1st, 2023
  - ② Physical Fitness Check needs to be apart 6 months from previous checking.
  - ③ No limit exercise from doctor order.

Capacity: 10 people for each course (in order of application)

Things to Bring: Beverage, towel and writing utensils

Details: [General Items] Measurements of Blood Pressure, Grip Strength, Body Composition, Long sitting forward bending and Raise upper body.

[20-64 years old] Standing long jump, repeated horizontal jump and steep walk.

[65-79 years old] Open eye one leg stand, 10m obstacle walk and 6-minute walk.

Lecturer: Professors from Kyourin University~ Mr. Hiroyuki Ishii, Mr. Keita Aihara and Ms. Mina Kusuda

Application: During Dec 2nd (Sat) ~ 13th (Wed) 9AM~5PM, please call or come to S&D Sports Arena Hamura (close Mondays).

Inquiries: Kenko Ka (in Hoken Ceter) ☎Ext.625 / S&D Sports Arena Hamura ☎042-555-0033.

講座

## COURSE

令和5年度羽村市スポーツリーダー養成講習会

### FISCAL YEAR 2023 TRAINING CLASSES for SPORTS LEADERS

This is course for Sports Leader and guardians in community. Everyone may participate not only instructor. After completing all 6 sessions, you can become a certified Hamura City Sports Leader.

Application: During Dec 5th (Tue) ~ 23rd (Sat), please fill form with necessary information and submit via Fax, Email and direct come to S&D Sports Arena Hamura (9AM~5PM, close Mondays)

Fax: 042-554-9974, ✉s705005@city.hamura.tokyo.jp

※ Please download check list from city official website.

◆ Hamura City Sports Leaders Training Schedules:

Date and Time	Location	Class Details
Jan 13th (Sat) 1:30PM~4PM	Primo Hall Yutorogi	. Role of Sports Leaders and Sports Promotion in Hamura City . Sports and Mental Health
Jan 20th (Sat), 1:30PM~5:15PM	S&D Sports Arena Hamura * Please wear	. Sports Accident, Corporal Punishment Harassment . Warming up and cooling down teaching methods and points.
Jan 28th (Sun), 1PM~4:45PM	easy to move clothes.	. Basic of Sports Nutrition . Learning CPR (cardiopulmonary resuscitation) and AED usage

Inquiries: S&D Sports Arena Hamura ☎042-555-0033.

安全・安心

## SAFETY AND RELIEF

年末防犯・交通安全・火災予防 パトロール週間

### < The Year End Crime Prevention, Traffic Safety, Fire Prevention Patrol Week >

In the aim to create a safe town, providing a sense of security for all Hamura City citizens, various groups have planned city-wide patrol by organized efforts of concerned citizens, school workers, members of police and fire department, fire brigades, Hamura City Traffic Safety Committee, Crime Prevention Committee.

[Patrol Week] パトロール週間

The patrol week was established to raise awareness for prevention of crime, traffic incidents, or fire in the holiday season of the New Years.

Term: Dec 14th (Thu) ~ 20th (Wed)

[Kick-off Ceremony and Patrol Ozaku Station East Entrance around] 出発式および羽村駅東口パトロール

The representatives of cooperating organization will hold departure ceremony. After ceremony, the patrol of Hamura station east exit around will be held.

Prosperity area patrol Date: Dec 14th (Thu) 6:30PM~

Inquiries: Bousai Anzen Ka, Bouhan Koutsuu Anzen Kakari, ☎Ext. 216.

12月1日 ~ 7日 TOKYO 交通安全キャンペーン

## TOKYO METROPOLITAN GOVERNMENT'S TRAFFIC SAFETY CAMPAIGN

~ December 1st to 7th

Tokyo Metropolitan Government's 6 important points as below: ~

- ⊗ 1: Prevention of motorcycle traffic accidents.
- ⊗ 2: Stop Drunk Driving.
- ⊗ 3: Secure safety for the Elders Pedestrians.
- ⊗ 4: Prevention of Bicycle traffic accidents at twilight or night time.
- ⊗ 5: Ensure compliance with traffic rules including electric kickboards, etc.
- ⊗ 6: Stop illegal parking.



Improve awareness of safe driving and Protection of Pedestrians. Let us follow the traffic regulations.

- ※ The city subsidizes the purchase of bicycle helmets for those under 18 and over 65 years old.  
For details, please visit the city's official website or contact the city office. (A seal and various documents are required for application )

Inquiries: Bousai Anzen Ka, Bouhan Koutsuu Anzen Kakari ☎Ext. 216

環境

## ENVIRONMENT

家庭用パソコンは 市では回収できません

### <The city cannot collect household PCs>

The city cannot collect unused household PCs. If you wish to dispose, please use one of the following



methods.

(1) Collection by PC manufacturers

PCs that are no longer used at home and reused as resources. Please contact each manufacturer for contact information, collection methods, collection/recycling fees and other details.

Inquiries: PC3R Promotion Association ☎ 03-5282-7685

(2) Free collection by courier service

The city's cooperating and collaborating businesses collect PCs by courier service. If a PC is included in the collection items, the collection fee for one box will be waived. Peripheral equipment such as printers can also be collected together (the maximum size and weight of the free box is 140 cm (3 sides total) or less, and the weight is 20 kg or less).

Data erasure service for personal information is also available.

For details on collection methods and items eligible for collection, please check the website of Linnet Japan Recycle Co. (the fee will be changed from Dec 1st (Fri)).

※You can also visit the websites of PC3R Promotion Association and Linette Japan Recycle from the city's official website.

Inquiries: Seikatsu Kankyou ☎Ext. 204

譲り合う気持ちで騒音を減らそう

**<Let's Reduce Noise with mutual respect>**

Noise is generated by human activity and unable to be eliminated.

Typical noise sources include the following:

- ① Noise from house equipment (e.g., refrigerator, washing machine, dryer, vacuum cleaner etc.).
- ② Noise from house equipment and structural aspects of the house (e.g., air conditioners, water supply and drainage in bathrooms and toilets, door openings and closings, etc.).
- ③ Noise from musical instruments, audio equipment, etc. (e.g., piano, stereo, TV etc.)
- ④ Noise associated with daily activities (talking, crying, laughing, jumping, etc.).
- ⑤ Sounds generated by factories and designated workplaces.
- ⑥ Sounds generated by traffic such as automobiles.
- ⑦ Noise generated by construction work.
- ⑧ Other (e.g., sounds of cars and motorcycles idling, pet noises, wind chimes, etc.)

**[To reduce noise]** 騒音を減らすために

In social life, it is necessary to prevent noise from disturbing others as much as possible.

If simple measures cannot be expected to solve the problem, the following soundproofing measures may be taken as necessary.

- ① Move the source of the noise to a remote location to less impact.
- ② Block the path of sound transmission by enclosing the source, etc.
- ③ Cover the interior surface with glass wool etc. that are highly effective in absorbing sound.
- ④ Use rubber materials with anti-vibration effect to soften splashing sound in housing complexes.
- ⑤ Build a fence or other barrier in the path of sound transmission to block the sound.

Although there are some standard values for noise, it is not enough to solve the problem even the level of noise is lower than the standard.

It is important for us to be careful not to make more noise than necessary and to be considerate of our neighbors. Let's make a comfortable place to live by discussing with each other with mutual respect.

Inquiries: Kankyou Hozen ☎Ext. 226.

相談

**CONSULTATION**

ひきこもり相談を受け付けています

**<Consultation for Social Withdrawal (Hikikomori) is available.>**

The term "Social Withdrawal (Hikikomori)" refers to a condition in which a person's social participation is constricted due to a variety of factors. The person loses a place to live outside the home, such as employment or school for an extended period. In general, this is the state of remaining generally at home for six months or longer. "Hikikomori" will happen for anyone who may suffer from it.

Depending on the context of the consultation, the city, in cooperation with the Tokyo Metropolitan Government, refers people to the "Tokyo Hikikomori Support Net" which is a network of related



organizations and specialized institutions. In addition, the "Consultation Service for Living Independence" provides consultation on economic matters and problems related to daily and social life for those who have financial difficulties and withdrawal consultation is also available.

Inquiries: ☆ For those generally aged 15~34: Kosodate Shien Ka, Jido Seishonen Kakari ☎Ext.263 /  
☆ For those generally aged 35 and over: (Seikatsu Jiritsu Sodan service) Shakai Fukushi Ka, Shomu Kakari ☎Ext.107.

子育て

## CHILDREN

1歳児教室「1歳ちゃん♪ 集まれ〜!」

### < The 1 Year-Old and Parent Get-Together Group >

Date: December 19th (Tue), from 9:30AM ~ 11AM      Location: Hoken Center

Eligibility: Children will be one year old as December and their parents or guardians.

Capacity: 8 groups (in the order of application)

Things to Bring: Boshi Kenkou Techou (Maternal Handbook), Bath Towel and Beverage.

Details: Talking about the characteristics of one-year-old, weaning, meals and so on.

Application and Inquiries: Starting from Dec 6th (Wed) 9AM~, please call or come directly to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 692.



お子さんの発達に関する相談

### <Children development Consultation>

①子どもの発達に関する総合相談日

General consultation day for Children development

Date	Location
Monday ~ Friday (exclude Holidays)	Hoken Center

Eligibility: For those who 18 years old or under.

②ことばの相談

Consultation for speech and hearing Concerns (speech therapist) of Your Child

Date	Location
December 8th (Fri) and 27th (Wed)	Hoken Center

Application & Inquiries: Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari (in Hoken Center) ☎Ext. 694

🏠 マル親医療証の更新

### <Renewal of parents - MaruOya Medical Card>

The medical card for the new year (valid from January 1st ~ December 31st) is "Light purple" color. The new medical card will be sent to those who have been continuously certified in late December.

Medical certificates cannot be issued to those who have not completed the current status form.

\* Single Parent Medical Expense Subsidy System Parent is a system that subsidizes the medical expenses of single parent families. To receive the subsidy, you need to apply for it.

Please check the city's official website for details on eligibility requirements, income restrictions, etc.

Inquiries: Kosodate Sodan Ka, Teate. Josei Kakari ☎Ext.237

ご存じですか、児童扶養手当

### <Do you know about the Child Support Allowance?>

This allowance is provided to single-parent families for the purpose of promoting the welfare of their children by helping to stabilize their lives and promote their independence.

To receive the allowance, application is required.

For details on eligibility requirements, income limits, etc., please check the official website of the city.

Inquiries: Kosodate Sodan Ka, Teate. Josei Kakari ☎Ext.237



納税

## TAXATION

令和6年度償却資産申告書を送付します

### < FY 2024 Tax Filing for Depreciable Assets sending out >

If you own a business registered in Hamura City as of January 1st are required to report depreciable assets such as machinery, equipment, fixtures, parking lot facilities and outbuildings or rental housing owned for the purpose of operating business, please filing till Jan 31st (Thu), 2024.

If you have not received the guides will be sent to those who have registered in early of December. Please contact to Kazai Ka, Shisanzei Kakari.

Filing Term: from Jan 4th (Thu) ~ 31st (Wed), 2024 (for depreciable assets as Jan 1st, 2024).

- It is accept by eLTAX ~ you may apply from home or office via internet. For eLTAX, there are some commercial tax/ accounting software to support. You can also download eLTAX-compatible software PCdesk for free. The details, please check eLTAX's website.

Inquiries: Kazai Ka, Shisanzei Kakari ☎Ext.153.

## PRIMO HALL YUTOROGI ☎ 042-570-0707

■国際理解講座「実は知らない日本とトルコの深い絆」

### <International Understanding Lecture [The deep bond between Japan and Turkey]>

Date and Time: January 20th (Sat), 1:30PM~3:30PM      Location: Lecture Room (Kouzashitsu) 1

Capacity: 50 (in the order of application)

Lecturer: Mr. Nobuo Misawa (Lecturer, Professor of Touyou University).

Application: From Dec 1st (Fri) (the person of outside city: Dec 8th (Fri) ~ ) 9AM~8PM, please call, via electronic application service and come directly to Primo Hall Yutorogi.



いつもの家事が仕事になる！

### <Usual Housework becomes your job!>

~ Training for Housework Helpers and Supporters for Daily Life Support.

This is a training program to learn skills to help elderly people with cleaning, shopping, and assistance at their homes.

After completing the training, you can register with a cooperative organization in the city and work as a paid volunteer.

Date & Time: Feb 7th (Wed), 14th (Wed) and 21st (Wed), 9:30AM ~ 4PM.

Location: Community Center 2F Training Room (Kenshou Shitsu)

Eligibility: For those who are 18 years old or older able to have activity in Hamura.

Capacity: 10 (in the order of application)

Application & Inquiries: Dec 1st (Fri) ~ Jan 19th (Fri) 9AM~5PM, please apply by phone, e-mail or come to Korei Fukushi Kaigo Ka, Kaigo Yobou. Chiiki Shien Kakari ☎Ext. 197,  
✉s304200@city.hamura.tokyo.jp

※ When applying by e-mail, please have "Application for training of housework helper/housework supporter" in the subject and "Address, name, date of birth, and contact information" in the text.

## HINOTONTON ZOO (HAMURA ZOO) ☎ 042-579-4041

■ クリスマスの動物

### <Christmas Animal>

The Christmas season is coming soon. The animal associated with Christmas is the "reindeer", but this time

we will introduce the "donkey" in honor of Christ.

The donkey was once in the livestock shed where Christ was born. When the custom of Christmas was first introduced to Japan, the donkey was the partner of the Santa Claus.

The donkey has an image of being a bit laid-back, but in fact they are very smart and cute with long ears like rabbits.

✕ **Zoo close days in December** ✕

December 4th (Mon), 11th (Mon) and 18th (Mon)

※ After Dec 25th (Mon), zoo will open to the end of year.

✕ **Zoo close days in January** ✕

January 1st (New Year), 15th (Mon), 22nd (Mon) and 29th (Mon).

※ Zoo will open on Jan 8th (Mon, Holiday).

Inquiries: Hinotonton Zoo ☎ 042-579-4041



12月の相談日

**PUBLIC CONSULTATIONS Schedule of December**

Category	Date	Time	Contact
General Consultation for Foreign Residents ① *	Appointment required	Appointment required	Spanish and English interpretation services are available by appointment for Foreign Residents Consultation only.
Public Administration and Human Rights	21st (Thu)	1:30pm ~ 4:30pm	Shimin Soudan-Shitsu City hall ext.541

\*①=appointment required. \*For English and Spanish translation services, please make an appointment in advance

◆ Consultations are by appointment only. Please do not call the Shimin Soudan-Shitsu for consultation over the telephone.

12月の休日診療

◆ **MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS** ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
3rd (Sun)	Matsubara Naika Iin ☎042-554-2427	Heijitsu Yakan Kyuukan Center ☎042-555-9999	Ozawa Shika Clinic ☎042-579-1500			
10th (Sun)	Nishitama Byouin ☎042-554-0838	Hikari Clinic (Fussa-shi) ☎042-530-0221	Katou Shika Clinic ☎042-554-8887			
17th (Sun)	Matsuda Iin ☎042-554-0358	Kumagawa Byouin (Fussa-shi) ☎042-553-3001	Hamura Tulip Shika ☎042-578-8284			
24th (Sun)	Sakae-chou Shinryoujo ☎042-555-8233	Hikari Clinic (Fussa-shi) ☎042-530-0221	Kusaka Shika ☎042-555-7793			
29th (Fri)	Izumi Clinic ☎042-555-8018	Kobayashi Byouin (Iruma-shi) ☎04-2934-5121	Moriya Shika Iin ☎042-555-9872			
30th (Sat)	Wakakusa Iin ☎042-579-0311	Kobayashi Byouin (Iruma-shi) ☎04-2934-5121	DenTrust ☎042-555-7064			
31st (Sun)	Ozaki Clinic ☎042-554-0188	Kumagawa Byouin (Fussa-shi) ☎042-553-3001	Heizou Shika Iin ☎042-554-0066			

\*Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily