



# HAMURA NEWS

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■ マイナポイント第2弾の申込み期限は今年の5月末まで！

**[THE 2<sup>ND</sup> MYNA POINTS PROMOTION DEADLINE IS TILL END OF MAY, 2023!]**

Inquiries:

About My Number System and Myna Points ... Jouhou Seisaku Ka, Jouhouka Suishin Kakari ☎517

About the issuance of My Number Card .....Shimin Ka, Uketsuke Kakari ☎123



**Details:** 内容

[1] マイナンバーカードをお持ちの方に 最大5,000円分のポイント付与

**<Points worth up to ¥5,000 will be given to those who acquire My Number Card>**

If you charge or shop with a private cashless payment service (eligible electronic money, QR code payment, etc.), you may receive points for up to ¥5,000 yen depending on the amount used.

\*\* Those who applied for the first My Point and have already received points worth ¥5,000 are not eligible.

- Points grant rate 25% of charge or shopping amount.
- Maximum amount of points  
¥5,000 (You need to make a charge or purchase up to 20,000 yen. Charges or purchases made prior to applying for miner points are not eligible)

[2] 健康保険証としての利用申込みを行った方に7,500円分のポイント付与

**<Points worth ¥7,500 will be given to those who apply for use as a health insurance card>**

By applying for the use of My Number Card as a health insurance card, you can get points worth ¥7,500 with a private cashless payment services (eligible electronic money, QR code payment, etc.)

[3] 公金受取口座の登録を行った方に7,500円分のポイント付与

**<Points worth ¥7,500 will be given to those who have registered a public money receiving account>**

By registering a public money receiving account, you can get points worth ¥7,500 with a private cashless payment service (eligible electronic money, QR code payment, etc.).

※ Please check Myna Point website "search Eligible Payment Service" to get details.

**How to apply for Myna Points** マイナポイントの申込方法

① Apply on your smartphone

You can apply from the "Myna Point App" via your smartphone.

- For incompatible smartphones, please check Myna Point website.
- Multiple people can apply with one smartphone.

② Apply at the Myna Point Procedure Spots

You can apply at Myna Point procedure spots such as post office, convenience store or mobile phone shop. Please check Myna Point website to get details.

③ Apply at the City Hall

The Hamura City Hall provides support for those who cannot apply using smartphones or procedure

spots.

\*\* It may be crowded, please apply via smartphone from home as possible as you can.

Date and Time: Monday ~ Friday (exclude Holidays) 8:30AM~11:30AM/ 1PM~4:30PM /

The 2<sup>nd</sup> and 4<sup>th</sup> Saturday only for open day 8:30AM~11:30AM

Location: City Hall 1F Shimin Hall

Things to bring for applying:

- My Number Card
- 4-digits password setup when receiving My Number Card
- Cashless payment method of applying for Myna Points (example: IC card, dedicated app., etc.)
- Items that show bank account information (example: bank passbook, cash card, etc.)

\*\* Required when applying for points by registering a public money receiving account.

※ Please apply for ①, ② and ③ using the same payment service. If you applied for ① before June 30, 2022 you can apply for ② and ③ with another payment services.

※ Depending on the Payment services, some cannot be applied for at the Myna spot and pre-registration are required.

※ You cannot change the payment service after completing the application for Myna Points.

☆ My number card is required to apply for Myna Point. Myna Point cannot be applied with the My Number notification card.



令和5年度の新型コロナワクチン接種は2回

**Fiscal Year 2023 VACCINATION OF COVID-19 TWICE**

Inquiries: Hamura City New Coronavirus (COVID-19) Call Center ☎0570-030207, 9AM~5PM (include Saturday, Sunday and Holidays) \*\* Kenko Ka (in Hoken Center) ☎Ext.628 ~630

■ 令和5年度における新型コロナワクチン接種 **Fiscal Year 2023 Vaccination of COVID-19**

		Fiscal Year 2022		Fiscal Year 2023		
				April ~	May ~ August	September ~
12 Years old or over		FY 2022 Autumn~ Bivalent Vaccine for Omicron strain		Bivalent Vaccine for Omicron strain ⇒	Please see below <b>*FY2023 Spring ~ Vaccination</b> (The others exclude above ) ⇒	Those who have completed the initial vaccination (1 <sup>st</sup> , 2 <sup>nd</sup> vaccination) and age 5 or over.  Vaccine to be used will continue to be considered.
	5~11 Years old	<b>Initial Vaccination</b> (1 <sup>st</sup> , 2 <sup>nd</sup> Vaccination) <b>Booster Vaccination</b> (3 <sup>rd</sup> Vaccination) Conventional Vaccine	⇒	Bivalent Vaccine for Omicron  <b>Booster Vaccine</b>	⇒  Those with underlying diseases (Age 5~11) can receive an additional booster dose <u>Bivalent Vaccine for Omicron strain</u>	

**\*\* Fiscal Year 2023 Spring ~ Vaccination:**

The following people who have completed the initial vaccination (1<sup>st</sup>, 2<sup>nd</sup> vaccination) are eligible.

- The elderly (age 65 or over)
- Those with underlying diseases (age 12~64)
- Medical workers, etc.

国民健康保険

**NATIONAL HEALTH INSURANCE**

Inquiries: Shimin Ka, Hoken Kakari ☎Ext. 140

■ **<National Health Insurance>** 国民健康保険とは

National Health Insurance (Kokumin Kenko Hoken) is a mutual aid system in which all subscribers pay National Health Insurance tax to cover medical expenses so that they can visit medical institutions without worries when they are sick or injured. Those are enrolled in this system include self-employed, farmers, fishermen, retired, quit job and part-time people who are not enrolled in workplace health insurance.

■ 国民健康保険加入・喪失手続きを

**<Please complete the National Health Insurance enrollment and loss procedures.>**

● Enrollment

Those who resigned at the end of March and quit their workplace health insurance are required to enroll in the National Health Insurance program. A loss eligibility certificate for health insurance or resignation certificate is required for the procedure.

● Loss of Health Insurance

Those who started working in April and enrolled in workplace health insurance are required to complete the procedures for loss of National Health Insurance. The health insurance card from the workplace is required for the procedure.

\*\* Identification documents are required for both enrollment and loss of insurance.

\*\* For more information on procedures for enrollment and loss, please check the city's official website or contact the city office.

▼ **< National Health Insurance Tax >** 国民健康保険税

The FY2023 insurance tax rates as shown as below. There is no change from the previous year in the tax rate per income and the amount per capita. The maximum amount of taxation will be increased from ¥200,000 to ¥220,000 for the support portion of the late elderly.

**Hamura City NHI Premiums for FY2023**

Item		FY 2023
Medical Expenses	Income Ratio	6.09 %
	Per Capital Basis	¥25,800
	Limit of Tax Base	¥650,000
Premiums for supporting the late elderly	Income Ratio	2.24%
	Per Capital Basis	¥10,700
	Limit of Tax Base	¥220,000
Premiums for Nursing Care	Income Ratio	2.10%
	Per Capital Basis	¥12,800
	Limit of Tax Base	¥170,000

▼ 納税通知書の送付 **<The Tax Payment Notice>**

The Tax Payment Notice for National Health Insurance Tax for Fiscal 2023 year will be sent in early July.

▼ 国民健康保険税の軽減 **<Reduction from Payment of Premiums>**

Households whose total income is below a certain amount are eligible for a reduction in National Health Insurance tax (per capita levy). No application is required, but please note that the reduction will not be granted to those who have not yet filed a tax return. In accordance with the revision of the taxation system for the FY2023, the criteria for the tax reduction for the FY 2023 as below.

<b>FY 2023</b>	<b>Applicable requirements</b>
70% Reduction	Household's total income of the person insured is less than ¥430,000 + ¥100,000 x (the number of salaried workers, etc. - 1). ※
50% Reduction	Household's total income of the person insured is less than ¥430,000 + the number of persons insured x <b>¥290,000</b> + ¥100,000 x (the number of salaried workers, etc. - 1). ※
20% Reduction	Household's total income of the person insured is less than ¥430,000 + the number of persons insured x <b>¥535,000</b> + ¥100,000 x (the number of salaried workers, etc. - 1). ※

- ※ The **bold** portion will be increased from the previous year to increase the number of persons eligible for the reduction.
- ※ The number of salaried workers, etc.: Those whose salary income is ¥550,000 or more, those who are under 65 years old and whose pension income (excluding salaried workers) exceeds ¥600,000. Those who are 65 years old or older and pension income (excluding salaried workers) exceeds ¥1,250,000.

[後期高齢者医療保険]

### **LATE ELDERLY MEDICAL INSURANCE SYSTEM (Kouki Koureisha Iryou Hoken)**

Every resident in Japan must belong to a public insurance as an enrollee. Just as Japanese citizens, all foreign national who are living in Japan and meet the following condition:

- Age 75 and after
- Fixed levy amount and income based levy rate is revised every two years according to the applicable law.

Inquiries: Shimin Ka, Kourei Iryo. Nenkin Kakari ☎Ext. 135

### **FY 2023 Insurance Premium Amount**

The annual premium amount is total of fixed levy amount and income-based levy.

Each subscriber pays premiums in this system, which is calculated based on taxable income from the previous calendar year.

#### **\*The annual premium amount = Annual fixed levy + Income x income levy 9.49%**

- The annual premium amount is calculated at a fixed levy of ¥46,400 per person
- Plus an income (※) based levy of 9.49% .
- These figures are valid for FY 2023. The maximum annual premium is ¥660,000 and round down to ¥100
- ※ Income amount that is the basis of levy 賦課のもととなる所得金額  
The amount obtained by deducting the basic deduction amount (¥430,000) from the total amount of income in previous year such as the amount of forest income and stock / long term (short term) capital gains, etc.

### **Notices to Citizens** 決定通知書の送付

- Notices will be mailed to citizens in Middle of July, 2023.
- FY2023 Simple Declaration Form will be mailed

If you do not process Tax Return processing, the Late Elderly Medical simple Declaration Form will be mailed to you. This Declaration form is limited for Late Elderly Medical Insurance only. Please confirm and submit as soon as possible.

### **Reduction of Premium** 保険料の軽減

For those with low income, the "total amount of gross income" of all the insured persons in the household and the head of the household is used.

For more details, please refer to the "Late Aged" section of the "Notice of Determination of Insurance Premium Amounts" enclosed with the notice of insurance premium amount

According to the level of income, a reduction is applied when each member's premium is calculated.

## Inquiries:

- About system ~ Kouiki Rengou Inquiry Center ☎0570-086-519 (IP hone , PSH ☎ 03-3222-4496)  
Fax 0570-086-075 (exclude Saturday, Sunday and Holidays 9AM~5PM)
- Individual Consolation and Personal information ~Shimin Ka, Kourei Iryou. Nenkin Kakari ☎Ext. 135

■国保・後期高齢 傷病手当金を支給しています。

### **<NATIONAL HEALTH INSURANCE AND LATE-ELDERLY INJURY/SICKNESS ALLOWANCE WILL BE EXTENDED>**

National Health Insurance and Late-elderly Health Insurance are providing sickness allowance to those who are infected or suspected to be infected with COVID-19 and unable to work for medical treatment without getting salary.

The payment applicable term: The period of inability to work has been extended to [January 1<sup>st</sup>, 2020 ~ May 7<sup>th</sup>, 2023]

※ Please inquiry in advance for more information on requirements and application procedures.

Inquiries: National Health Insurance .... Shimin Ka, Hoken Kakari ☎Ext. 127 /

Kouki Koureisha Iryou .... Shimin Ka, Kourei Iryou. Nenkin Kakari ☎Ext. 138

国民年金

## **PENSION**

Inquiries: Oume Nenkin Jimusho ☎0428-30-3410

Shimin Ka, Kourei Iryou. Nenkin Kakari ☎Ext. 140

令和4年度の国民年金保険料

### **< Change of National Pension Premium Amount for 2023 Fiscal Year >**

For the fiscal year of 2023 (April ~ March), the monthly premium amount of National Pension (国民年金保険料) will be decreased by ¥70. Starting with the April premium payment, a monthly premium will be ¥16,520.

The Japan Pension Service (日本年金機構) will mail the packet of payment slips to the National Pension premium payers. Please check the payment due dates for each month, and be sure to pay without delay. Premiums can be paid at financial institutions, post offices and convenience stores, or by bank transfer.

\*Special discount is applied to payments made by bank transfer. To register, please used the enclosed application form 「国民年金保険料口座振替納付申出書」 at the financial institution of your bank account.

Please inquire regarding credit card payments. Application forms are downloadable from National Pension Website (in Japanese only). Registration for lump sum payment must be made at appropriate time.

Please ask for details.

国民年金保険料の免除・納付猶予申請

### **▶ National Pension Premium Payment Support Systems (免除申請)**

There is a support system for payment of National Pension Premiums. If you would like to know more about these support systems, please feel free to inquire at the National Pension Service.

If you are a low income earner, or unemployed, you may be exempt or be given a grace period from premium payments if approval for extension is granted.

- You are able to request the extension for 2 years and 1 month worth of payments for which deadline was not met at period before application for exemption.
- For payments into the future until June of the ensuing year.
- Procedures are made at city hall or nearest Pension Office. It is allowed to apply post mail.
- Please bring pension booklet and personal Identities such as driving license, my number card, etc.
- If you have resigned from your job, you may be asked to bring related documents. Please inquire.

### **▶ Special Provision For Students - Grace Period (学生納付特例制度)**

As it is generally difficult for students to pay pension premiums, there is a system giving grace period allowing deferred payment of the premiums (\*Income restriction applies).

- This allows the students to have their premium payments postponed for a period from 2 years and 1 month worth of payments for which deadline was not met at period before the application (if the

applicant is older than 20 years old)

- For payments into the future until end of the ensuing fiscal year.
- Those who were enrolled under this exempt system must take a status renewal procedure in order to sustain the exempt status for FY2023. Enrollment Renewal Confirmation Form (継続申請確認通知) will be mailed to the applicable students. Please complete packet and send back.
- First time procedures are made at city hall or nearest Pension Office

Things to bring: Pension booklet, Basic Pension Number Notice, Students ID, or documents proving student status.

- If you have resigned from your job, you may be asked to bring related documents. Please inquire.

**<Please do not FORGET Rabies Shot for Your Dog >** 狂犬病予防注射をわすれずに！

～ **Notification for this year Group Rabies Shot**

Dog Owners are required by law to make dog registration and receive rabies vaccination for pet dogs. Owners must register their dog(s) to their resident municipality and ensure that their dog(s) receive rabies shots (annually) within April to June.

Fees:

◎Registered dog... ¥3,750 (¥3,200 for shot, ¥550 for shot certificate tag).

This year's 2023 Rabies Vaccination Form (狂犬病予防注射済票交付申請書, orange colored paper) was mailed to registered dog owners in End of March. Please be sure to bring the form when coming to the vaccination.

◎New-registered dog... ¥6,750 (¥3,000 for registration, ¥3,200 for shot, ¥550 for shot certificate tag)

● Schedules:

<b>Rabies Shot Vaccine Schedule (held in rain or shine)</b>			
<b>Date</b>	<b>Location</b>	<b>Address</b>	<b>Hours</b>
April 20 <sup>th</sup> (Thu)	東会館 Azuma Kaikan	Hanehigashi 3-11-32	10AM ~ 10:45AM
	西部地域備蓄倉庫 Seibu Chiiki Bichiku Souko	Ozakudai 5-19-4	11:05AM ~ 11:55PM
April 21 <sup>st</sup> (Fri)	三矢会館 Mitsuya Kaikan	Shinmeidai 4-4-9	10AM ~ 10:50AM
	羽村市役所 Hamura City Hall	Midorigaoka 5-2-1	11:10AM ~ Noon

Notes:

- Please make sure to arrive at the vaccination site on time.
- Have your papers filled out
- If your dog is ill or pregnant, please consult with a veterinarian before receiving a rabies shot.
- Dogs under 3 months old and dogs who had bitten a person within past 2 weeks cannot take the shot.
- To prevent troubles, please make sure that dog's collar is secure and tighten the leash at the sites.
- Please make sure your dog is clean. Also do not forget to take your dog's droppings home!

**If you have a Dog, the following procedures are required** ～ こんな手続きを

Registration and Rabies Vaccination:

- Just starting to keep a dog or haven't registered since long time ~ please register (fee ¥3,000) at Kankyō Hozen Ka and receive register tag.
- Dog received rabies vaccination but haven't received and injection completed voucher ~ please receive an injection completed voucher at Kankyō Hozen Ka (fee: ¥550)
- Dog Registration must be done within 30 days after you obtain a dog, or in a case of a new-born puppy, register him/her within 30 days after turning 90 days old.
- The first year you have a new dog older than 90 days, the shot must be given with 30 days. Dogs must receive rabies shot between April 1<sup>st</sup> ~ June 30<sup>th</sup> every year.

Inquiries: Kankyō Hozen Ka ☎Ext.226

福祉

## WELFARE

障害のある方のタクシー・ガソリン費用などを助成します

### < Application of Subsidies for Residents with Disability >

Subsidy application notification has been mailed out to applicable residents with disability certificate.

▶ **Taxi Fare or Gasoline Cost** (タクシー・自動車ガソリン費用) ---

Procedures notice will be mailed in the End of March, please check details and process. Mail is available Night time of Monday ~ Friday.

<<**Apply from City Hall**>>

Application Term and Time: Apply for reimbursement from April 3<sup>rd</sup> (Mon) ~ 10<sup>th</sup> (Mon) 8:30AM~8PM (till 8<sup>th</sup> (Sat) Noon) \*\* Excluding April 1<sup>st</sup> (Sat), 2<sup>nd</sup> (Sun) and 9<sup>th</sup> (Sun)

Location: City Hall 1F Multiple Purposes Room (Tamokuteki Shitsu)

\*\* Please be reminded that this benefit cannot be provided if the application is not filed by above term.

Things to Bring:

- Receipts for purchase of taxi fare or gasoline costs
- Inkan (official seal)
- Shintaishogaisha Techo (Handicapped handbook) or Ai No Techo (Love's handbook)

<<**Apply by Post Mail**>>

Deadline to apply: April 10<sup>th</sup> (Mon) (via postmark day)

Enclosed documents: ①Receipts for purchase of taxi fare or gasoline costs

②Application invoice with notice and fill in details and seal.

Send to address: 〒205-8601 Hamura City Hall Shougai Fukushi Ka, Shougai Fukushi Kakari

\*\* If you request to mail, fee of post will be carried by yourself.

▶ **For Hair Dressing Cost** (理容・美容サービス費用)/ **Rehabilitation Physical Therapy Cost** (機能回復施術費用)

--- For the eligibility, Utilization Ticket will be mailed, No procedure required.

- ◆ In order to receive these benefits, you must apply in advance.
- ◆ Notice will be mailed End of March and please check City Hall official website.

Inquiries: Shougai Fukushi Ka, Shougai Fukushi Kakari ☎Ext.173



健康

**HEALTH**

夏までに! 「スマート&ビューティープログラム」 ~計るだけダイエット 60日コース~

< **Till Summer! [Smart & Beauty Program] ~ Measurement-Only Diet for 60 Days** >

Easy diet method focusing on internal bodily weight control functions and keeping a weight change record!

Time: Each date 10AM~12:30PM

Location: Hoken Center

Eligibility: Hamura Resident under 70 years or younger as of May 17<sup>th</sup>, 2023.

\*\* Those who are being monitored under the health guidance program are not eligible to participate.

\*\* If you cannot participate all class, please consulate.

Capacity: 12 people (in order of application)

◆ The date and details of Measurement only Diet

	<b>Date</b>	<b>Things to Bring</b>	<b>Class Details</b>
①	May 17 <sup>th</sup> (Wed)	Writing utensil and Questionnaire about physical condition and meals.	▶ Lecture of Diet Method ▶ Cooking diet menu (cooking demonstration)
②	June 1 <sup>st</sup> (Thu)	Writing utensil, Exercise clothes, shoes, Beverage and Towel	▶ Diet Class ▶ Be Active (exercise class)
③	July 19 <sup>th</sup> (Wed)	Writing utensil, Apron and Bandana	▶ Diet Class ▶ Functional and healthy menu (cooking demonstration)

Fee: The 1<sup>st</sup> and 3<sup>rd</sup> times: ¥300.- (for cooking practice fee).

\*Please measure your weight at home with a scale reading 50 ~ 100g units.

Inquiries & Application: Starting from April 4<sup>th</sup> (Tue), please call or email to Kenko Ka (in Hoken Center)

\*\* If you apply via email, please have subject [Smart & Beauty Program Participation Request] and with address, name, age and daytime contact phone number.

胃がん・肺がん検診 (第1期) 今年度から自己負担があります。

< **Screening for Stomach / Lung Cancer & Tuberculosis (the 1<sup>st</sup> term)** >

~ **It will be Self-Payment from this Fiscal Year.**

Date & Time: June 7<sup>th</sup> (Wed) ~ 10<sup>th</sup> (Thu) 8:00AM ~ Noon

\*\* The check time will be shown in Examination Ticket.

\*\* You may choose desired one day between 4 days.

Location: Hoken Center

Eligibility:

**[Screening for Stomach]** ~ Hamura residents 40 years of age and older

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

(it is changed details from this year)

- ① Those who is over age **50**
- ② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = **600** or more.

\*\* Applying ONLY Sputum examination is not acceptable.

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

- 1) Pregnant, or possibility of pregnancy
- 2) Barium Allergy     3) Colon Polyp removal surgery within 2 months
- 4) Currently being treated for stomach or lung illness etc.

※ Please check Hamura News April 1<sup>st</sup> version for more details of ineligible conditions.

Capacity: 80 people each day (If there are too many applicants, selection will be done by name drawing.)

\*Applicants will receive notice of results and winners will get a coupon sent in the mail by Early of May.

Fee: ¥500 for each examination (exclude welfare supporting person).

Application Period: April 3<sup>rd</sup> (Mon) ~ 21<sup>st</sup> (Fri) postmark deadline

\*\* Please apply separately by each family member.

How to apply: Send a post card as shown to Hoken Center till April 21<sup>st</sup> (postmark)

- How to fill in an application postcard -

Front	Back
〒205-0003 To: "Gan Kenshin 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 · Birthday and age</li> <li>•Your name, mailing address, and phone number (available daytime contact)</li> <li>• Sputum examination / you desire</li> </ul>

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 622~626

フレイル予防

**FLAIL PREVENTION**

~初めてでも安心、サポートばっちり!~ おうちでできる オンラインフレイル予防体操

<**Online Frail Prevention Exercises at Home**> ~ You may get supports even be beginner!

People can participate in exercises for preventing frailty from home using smartphone or computer.

**Schedules:**

Number	Date and Time	Location	Class Format
1	May 11 <sup>th</sup> (Thu)	Kouza Shitsu 1	Meet
2	May 18 <sup>th</sup> (Thu)		
3	May 25 <sup>th</sup> (Thu)	Participants' Home Online	Online
4	June 1 <sup>st</sup> (Thu)		
5	June 8 <sup>th</sup> (Thu)		
6	June 15 <sup>th</sup> (Thu)		
7	June 22 <sup>nd</sup> (Thu)	Kouza Shitsu 1	Meet
8	June 29 <sup>th</sup> (Thu)		





Eligibility: Hamura residents 65 years old or older who are able to exercise safely alone.

Capacity: 10 (in application order)

\*\* Please pay communication fee by your own.

\*\* For details of things to bring etc. please inquiry.

\*\* Please wear exercise clothes to come.

\*\* Participants are responsible for communication and other expenses.

\*\* For more information on what to bring, please check the city official website or inquiries to office.

How to apply and Inquiries: Within Apr 3<sup>rd</sup> (Mon) ~ May 10<sup>th</sup> (Wed), please call, email or come to Kourei Fukushi Kaigo Ka, Kaigo Yobou, Chiiki Shien Kakari ☎Ext. 197, Email: [s304200@city.hamura.tokyo.jp](mailto:s304200@city.hamura.tokyo.jp)

※ When applying by email, please write "Application for Online Exercise at Home" in the subject line and your address, name, age, contact phone number in the content.

いこいの里でもはじめます！フレイル予防体操教室

### <Ikoi No Sato will start to have Flail Prevention Exercise Class>

From April, Ikoi No Sato will have stretching, muscle training, and methods to prevent dementia and Flail status for elderly people.

#### ● Flail Prevention Gymnastics Class details and application method etc.

Class Name	Details	Date and Time (for April)	Location	Capacity
Basic Gymnastics Class	Stretching Exercises, Slow muscle training, oral function improvement exercises, etc.	The 1 <sup>st</sup> Tuesday (April 4 <sup>th</sup> )	Ikoi No Sato	Capacity: First 30
		The 3 <sup>rd</sup> Tuesday (April 18 <sup>th</sup> ) 9:30AM~11:30AM	Jurakuen	
Muscle Training Machine Class	Strengthen arm, back and leg muscles with 4 training machines	The 2 <sup>nd</sup> Wednesday (April 12 <sup>th</sup> ) 1)9:30AM~10:30AM 2)10:30AM~11:30AM	Jurakuen	Each 10 people (apply via call, email or come to, the 1 <sup>st</sup> day of each month will accept).
		The 4 <sup>th</sup> Tuesday (April 25 <sup>th</sup> ) 1)1:30PM~2:30PM 2)2:30PM~3:30PM	Ikoi No Sato	
On Line Exercises Class	Smartphones and PCs to participate. Use a chair and exercise at home	The 4 <sup>th</sup> Monday (April 24 <sup>th</sup> ) 10AM~11:30AM	Zoom (On line)	Each 30 (apply via mail)

Eligibility: Hamura Residents with age over 65

How to apply and Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Yobou, Chiiki Shien Kakari ☎Ext. 197, Email: [s304200@city.hamura.tokyo.jp](mailto:s304200@city.hamura.tokyo.jp)

※ When applying by email, please write "Application for muscle training machines or on line exercises class" in the subject line and your address, name, age, contact phone number in the content.

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Yobo. Chiiku Shien Kakari ☎Ext.197

防犯

### CRIME PREVENTION

令和 4 年特殊詐欺被害状況 < 2022 Special Fraud Damage Situation >

There were many special fraud damage cases happened in nearby cities and areas 2021 as below

City or Area	No. of case	Damage Amount
Fussa Police Distric	27	¥76,000,000.-
Hamura City	5	¥16,000,000.-

What is special fraud? Such as OreOre Fraud, Fictitious charges Fraud, Bank Savings Fraud, Refund Fraud, Loan Deposit Fraud and etc.

● Special Fraud tricks

The typical trick way ~ the culprit is impersonating a police officer or government, city official and call for cash card exchange, keeping and ask code etc. If you feel any suspicious, just call "110" right away.

● Prevention of Fraud

If you are Hamura Resident age over 65 years old, automatic call recorder is available to rent by free.

Welcome to set up if still do not have one.

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

## COMMUNITY CENTER ☎042-554-8584

■照明・音響操作講習会

### <Please Attend the Lighting and Audio Equipment Handling Course before Using Concert Hall>

There is a mandatory course for the user of the concert hall to take. You must learn how to use the lighting and audio equipment before the desired day of use. Classes are on the following **Fridays**:

April 14 <sup>th</sup>	June 9 <sup>th</sup>	August 18 <sup>th</sup>	October 13 <sup>th</sup>	December 8 <sup>th</sup>	(2024) February 9 <sup>th</sup>
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From 6:30PM ~ (approximately one and a half hours per session)

Capacity: 5 groups (up to 2 persons per group, in order of application)

Application: Please call or come directly to Community Center 1F Reception

Inquiries: Chiiki Shinkou Ka, Shimin Katsudou Center ☎Ext.632

国保加入の方に 温泉センター割引利用券を差し上げます

### < Onsen Facility Admission Discount Tickets >

Discount tickets for Onsen Facilities are distributed to the members of National Health Insurance. If it applies to you, you can pick up your ticket at Shimin Ka in city hall 1<sup>st</sup> floor. Please be sure to bring your National Health Insurance Card to be given the ticket.

Valid Term: Till March 31<sup>st</sup> (Sun), 2024.

Discount tickets can be used at these facilities:

- 数馬の湯 Kazuma-no Yu ☎042-598-6789
- もえぎの湯 Moegi-no Yu ☎0428-82-7770
- 瀬音の湯 Seoto-no Yu ☎042-595-2614
- つるつる温泉 Tsuru-Tsuru Onsen ☎042-597-1126

情報アラカルト

子育て

■出産育児一時金の支給額が上がります

### <Lump-sum childbirth and childcare benefits will be increased>

The amount of the lump-sum childbirth/childrearing allowance paid to National Health Insurance policy holders who have given birth will increase from April 1<sup>st</sup>. In principle, the lump-sum maternity and childbirth/nursing allowance is paid directly to the medical institution from the National Health Insurance (direct payment system).

Amount: ¥420,000 → ¥500,000

(In the case of delivery at a delivery institution that is not a member of the Obstetric Medical Compensation System will be ¥488,000).

※ For details, please check the official website of the city or contact the city office.

Inquiries: Shimin Ka, Hoken Kakari, ☎ Ext. 127

## MISCELLANEOUS INFORMATION CHILDREN



■妊産婦メンタルヘルス相談

### <Pregnant woman Mental Consultation (reservation required)>

Please feel free to consult with psychiatrist.

Eligibility: Pregnant woman or raising children mother living in Hamura City (generally within one year after giving birth)

Date and Time: April 26<sup>th</sup> (Wed) ① 1:30PM ② 2PM ③ 2:30PM

Counselor: Mr. Hiroshi Mitsushio (Psychiatrist, Director of Chihiro Metal Clinique)

Apply & Inquiries: Please call in advance to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari  
(in Hoken Center) ☎Ext. 693

1歳児教室「1歳ちゃん♪ 集まれ〜!」

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

The “Happy” Kosodate Chiiki Houkatsu Center (Regional Family Support Center) will hold a get-together for fun class geared toward 1 year old kids and their parents. They will offer tips on how to stop breast feeding or about safety, and the child can play with other children.

Date: April 25<sup>th</sup> (Tue), from 9:30AM ~ 11AM     Location: Hoken (Health) Center

Capacity: First 8 groups

Eligibility: Hamura City Residents who have a child at age 1 year old can attend with their child.

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

Application and Inquiries: Starting from April 4<sup>th</sup> (Tue) 9AM~, please call or come directly to Kosodate Sodan Ka, Sodan Kakari ☎Ext. 695 (Please call in advance.)

■ 4月から、児童扶養手当・特別児童扶養手当の支給額を変更

**Child Support Allowance (Jidou Ikusei Teate) and Special Child Support Allowance for Disabled Children (Jidou Ikusei (Shougai) Teate) have changed Amount from April.**

Child Support Allowance and Special Child Support Allowance for Disabled Children have changed amount from April, 2023.

◆ **Child Support Allowance (Jidou Ikusei Teate)**

Details	Old Allowance Amount		New Allowance Amount	
For 1 <sup>st</sup> Child	Full allowance	¥43,070	Full allowance	¥44,140
	Partial allowance	¥43,060~10,160	Partial allowance	¥43,130~10,410
Plus 2 <sup>nd</sup> Child	Full allowance	¥10,170	Full allowance	¥10,420
	Partial allowance	¥10,160~5,090	Partial allowance	¥10,410~5,210
Plus 3 <sup>rd</sup> Child	Full allowance	¥6,100	Full allowance	¥6,250
	Partial allowance	¥6,090~3,050	Partial allowance	¥6,240~3,130

◆ **Special Child Support Allowance for Disabled Children (Jidou Ikusei (Shougai) Teate)**

Details	Old Allowance Amount	New Allowance Amount
The 1 <sup>st</sup> level	¥52,400	¥53,700
The 2 <sup>nd</sup> level	¥34,900	¥35,760

Inquiries: Kosodate Sodan Ka, Teate. Josei Kakari ☎Ext.235

**Regarding to Children Development Consultation**

お子さんの発達に関する相談



① こどもの発達に関する総合相談窓口

◆ Consultation for Developmental Concerns of Your Child (Intellectual)

A clinical psychologist is available to discuss your child’s development, such as “My child is restless, can’t concentrate on one thing, not playing with other children, unable to speak yet, etc.”

Eligibility: Under Age 18

Date	Location
Monday ~ Friday (exclude Holidays)	Hoken Center

② ことばの相談 ◆ Speaking Consultation ~ “Speech therapist”

A speech therapist is available for professional consultation on language at Hoken Center

\*\* April Dates: April 14<sup>th</sup> (Fri) and 26<sup>th</sup> (Wed)

Each consultation is scheduled to be held annually on the city’s official website.

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

利用者カードは更新が必要です

### <Library User Card needs to be renewed>

The library user card needs to update registration data once every 3 years in the month of birth. This notice will be notified from counter one month in advance.

Things to bring: Driving License or Insurance card which may verify your address

- For those who are working or enrolling school requires additional documents that can confirm the work or school address. The renewal month may differ from birth month.
- The renewal month may be different from your birthday.
- If you have your previous user card, please bring it with you.

小学生だけの利用時間は午後 5 時まで

### < Library Hours for Elementary School Children will be changed till 5PM >

To adjust to the April 1<sup>st</sup> change in time for evening bell sounded in *Hamura* City, the elementary school child will be able to use library facilities until 5PM from April 1<sup>st</sup> (Sat) to Sep 30<sup>th</sup> (Sat). The child using the library after 5PM must be accompanied by an adult, so if it is anticipated that your child will not be able to return before this time, please take appropriate measures to ensure compliance.

館内整理日 (休館日) < Library Closure >

Library will be close Apr 18<sup>th</sup> (Fri) for organization.

< Story Telling for Preschoolers > Date and Time: April 8<sup>th</sup> (Sat) 11AM~

第 4 回 福生市観光案内所×羽村市観光協会コラボツアー ポカポカ陽気に誘われて！ ~福生~羽村へ新緑花紀行

### <The 4<sup>th</sup> Hamura / Fussa Collaboration Tour

~ "Enjoy in Warm Weather! ~ Fresh Greenery Flower Tour from Fussa to Hamura" >

Enjoy nature observation and cultural assets while strolling along the Tamagawa-Josui River.

Date and Time: Meet April 15<sup>th</sup> (Sat) Fussa Station West Exit 8:45AM (cancel due to bad weather)

Details: Fussa Shinmyosha ⇒ Dokawa Spring⇒ Negarami Mae Paddy Field, etc. (Dismiss: 12:30PM)

Capacity: 15 people (if applicants' number is over, drawing will be held) Fee: ¥500 (for insurance)

How to Apply and Inquiries: Till April 11<sup>th</sup> (Tue) 5PM, please call to ☎042-555-9667 or come to Hamura City Tourist Association (9AM~5PM)

### PRIMO HALL YUTOROGI ☎042-570-0707

第 8 回 HAMURA メリーリボン演劇祭 出演団体募集

### < The 8<sup>th</sup> Hamura Merry Ribbon Theatrical Performance ~ Theatrical Groups Wanted >

Primo Hall Yutorogi is recruiting theatrical groups who can perform in the 8<sup>th</sup> Hamura Merry Ribbon Theatrical Performance event.

Date: July 15<sup>th</sup> (Sat) and 16<sup>th</sup> (Sun) Location: Primo Hall Yutorogi Small Hall

Eligibility: Performers ~ Theater clubs of schools or theater groups (about 12 groups) active in the Tama area / Management staff ~ Anyone interested in event management, such as backstage help and venue reception

Application and Inquiries: Please apply by April 21<sup>st</sup> (Fri) via electronic applying or come to Primo Hall Yutorogi ☎042-570-0707 directly and provide [Group name, representative name, address, telephone number and group history and program contents]

\*\* If there are too many applicants, it will be held drawing.



### < Japanese Traditional Dance Class for Children >

Through the lessons of Japanese traditional dance (Nihon Buyou), children will also learn how to dress and take care of Yukata (casual cotton kimono) as well as formal etiquette. Students will learn how to dance to standard Nihon Buyou tunes to acquire basic skills in Japanese traditional dance.

Date & Time: All 15 times held on Sundays. May 21<sup>st</sup>. 28<sup>th</sup>, June 11<sup>th</sup>. 18<sup>th</sup>, July 2<sup>nd</sup>. 16<sup>th</sup>. 23<sup>rd</sup>, August 6<sup>th</sup>. 20<sup>th</sup>. 27<sup>th</sup>, September 10<sup>th</sup>. 17<sup>th</sup>, October 1<sup>st</sup>. 22<sup>nd</sup> and November 5<sup>th</sup>. \*\* 1:30Pm~3PM

\*\* The recital will be held on November 12<sup>th</sup> (Sun) Children's Festival at Primo Hall Yutorogi Small Hall.

Location: Primo Hall Yutorogi and Gonogami Kaikan

Eligibility: Elementary School Students Fee: ¥500

Capacity: 20 (if applicants number is over, the drawing will be held)

How to apply : Till May 9<sup>th</sup> (Tue), Please send a postcard addressed to Ms. Chie Fukuda Hamura-shi Nihon Buyou Wakatake no Kai.

〒205-0011 4-14-18-703 Gonokami, Hamura City on front of postcard, and on reverse indicate address, name, name of school, grade, name of guardian, and telephone number.

### < Traditional Japanese Ikebana (Flower Arrangement) Class for Children >

These lessons of traditional Japanese Ikebana (flower arrangement) give children the opportunity to learn techniques, and also to experience Japanese Culture which values appreciation for nature.

Date & Time: 8 sessions and all Saturdays/ May 20<sup>th</sup>, June 24<sup>th</sup>, July 29<sup>th</sup>, August 19<sup>th</sup>, September 16<sup>th</sup>, December 9<sup>th</sup>, 23<sup>rd</sup> and January 20<sup>th</sup>, 2024, 10AM ~ Noon.

\*\* The exhibition will be held on November 11<sup>th</sup> (Sat) and 12<sup>th</sup> (Sun) Children's Festival.

Location: Primo Hall Yutorogi 3F Sousaku Shitsu 1 Eligibility: Elementary School Students

Capacity: 30 (if applicants number is over, the drawing will be held)

Fee: ¥500 each lesson (for flowers fee)

Application: Till April 30<sup>th</sup> (Sun), send a postcard to Ms. Yasuko Takeda (Hamura Ikebana Sakura Kai) ..

〒205-0002 2-7-8 Sakae-Cho, Hamura City, Tokyo, with [address, name, school, grade, guardian's name and phone number on back.

Inquiries: Primo Hall Yutorogi ☎042-570-0707



#### ■青少年育成活動における保険の加入

### < Insurance for Youth Development Activities >

The city can purchase insurance for representatives and leaders of youth development organizations (volunteer activities) at the city's expense.

○ Eligible Groups, etc. 対象団体等

- Youth development and social education organizations (sports clubs, etc.) in the city for the purpose of youth development.
- The coverage for youth development and social education-related organizations (sports clubs, etc.) in the city for the purpose of fostering youth is limited to 10 members per organization.

○ Compensation 補償内容

- Compensation for liability

This indemnity provides relief in the event that a representative or leader of an organization (unpaid person) becomes legally liable for compensation as a result of an accident during activities.

Limit of coverage: 500 million yen per accident for both bodily injury and property damage.

- Personal Accident Compensation

Provides relief in the event that a representative or leader (unpaid person) of the organization is injured in an accident during the activities.

Limit of compensation: Death and permanent disability: 30 million yen,

Hospitalization per day: 4,500 yen, Hospital visit per day: 3,000 yen

- Application Document 申請書類
  - Hamura City Youth Development Leaders Registration List
  - Project Plan ~ Application documents can be downloaded from the official website of city.
- Application and Inquires: April 3<sup>rd</sup> (Mon) ~ 28<sup>th</sup> (Fri), please bring application documents directly to the Kosodate Shien Ka, Jidou Seishounen Kakari ☎Ext. 263
- ※ Only April 27<sup>th</sup> (Thu) till 7PM.

### PUBLIC CONSULTATIONS Schedule of APRIL

Category	Date	Time	Contact
Public Administration and Human Rights	20 <sup>th</sup> (Thu)	1:30pm ~ 4:30pm	Shimin Soudan-shitsu city hall ext.541 ◆Please do not call the Shimin Soudan-shitsu for consultation over the telephone.
Consultation for Families with Children (General Support for Child Rearing Families)	Monday ~ Friday	8:30am ~ 5pm	Soudan Kakari at city hall ☎042-555-1111, Ext. 692 or Kodomo Katei Shien Center (Family Support Center) ☎042-578-2882

\*The General Consultation for Foreign Residents service has been discontinued.

4月の休日診療

**\*The medical facilities that are open for the Sundays, Holidays during the whole month are listed.**

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

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
2 <sup>nd</sup> (Sun)	Futaba Clinic	☎042-570-1588	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Ozawa Shika Clinic	☎042-579-1500
9 <sup>th</sup> (Sun)	Sakae-chou Shinryoujo	☎042-555-8233	Hikari Clinic (Fussa-shi)	☎042-530-0221	Katou Shika Clinic	☎042-554-8887
16 <sup>th</sup> (Sun)	Yokota Clinic	☎042-554-8580	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Hamura Tulip Shika	☎042-578-8284
23 <sup>rd</sup> (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Kusaka Shika	☎042-555-7793
29 <sup>th</sup> (Sat) Holiday	Yanagida Iin	☎042-555-1800	Mizuho Byouin (Mizuho-machi)	☎042-556-2311	Takada Shika Iin	☎042-555-5903
30 <sup>th</sup> (Sun)	Yamakawa Iin	☎042-554-3111	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Hanenaka Shika Clinic	☎042-554-2202

\*Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily  
Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 623