



HAMURA NEWS

HAMURIN Hamura City Mascot

Edited by: *Hisho Kouhou Ka* (Secretary & Public Information Section)
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羽村市高齢者レクリエーションのつどい

<Hamura City Recreation Gathering for the Elderly>

The Senior Citizens Recreation Gathering is held to promote health and friendship among senior citizens. If you are a member of a senior citizen club, please apply to the club. If you are not a member, please feel free to come directly to the venue on the day of the event.

Date and Time: June 22nd (Thu), 1:30PM ~ 4:30PM

Location: S&D Sports Arena Hamura (Sports Center), the 1st Hall.

Eligibility: Those who are age 60 or older Hamura Residents.

Things to bring: Indoor shoes, bag for outdoor shoes and beverage.

(Please wear exercise clothes to participate).

[Program] (Programs are subject to change)

- Bread-eating contest ○ Ball tossing
- Bin-knocking relay ○ Ground golf relay ○ Lantern festival dance, etc.

Inquiries: Korei Fukushi Kaigo Ka, Korei Fukushi Kakari ☎Ext. 177

第43回 障害者スポーツ、レクリエーションのつどい

<The 43rd Sports and Recreation Gathering for the Handicapped>

The handicapped sports will be introduced. Let's interact and deepen friendship through sports and recreation!

Date and Time: June 25 (Sun) 10AM ~ 12:30PM

Location: S&D Sports Arena Hamura (Sports Center), the 1st Hall.

Things to bring: Indoor shoes, bag for outdoor shoes and beverage.

(Please wear exercise clothes to participate).

[Program] (Programs are subject to change)

- Red and White Ball tossing ○ Bread-eating contest ○ Let's sing in sign language, etc.

Sponsor: Hamura City, Council of Social Welfare

Inquiries: Shougai Fukushi Ka, Shougai Fukushi Kakari ☎Ext. 174

令和5年度多摩・島しょ広域連携活動助成事業 子ども体験塾

<FY 2023 Tama-Tousho Areas Collaboration Activity Subsidy Program ~ Children's Experience Classes>

[The World of Musicals ~ Seeing Is Believing]

A chance to acquire self-expression and communication skills through dance and musicals!

Term: August 1st (Tue) ~ 6th (Sun)

Sponsor: Hamura City, Ome City, Mizuho Machi Children's Experience School Executive Committee



◆参加型シアターラーニング（ミュージカル鑑賞とワークショップによる参加型芸術鑑賞）

Participatory Theatre Learning

(Participatory art appreciation through musicals and workshops)

This is a fun program which you can find your own unique expression with actors of the professional theater group "Ongakuza Musical".

Date and Time: August 6th (Sun) 2PM ~ 3:20PM (door opens...1:30PM)

Location: Primo Hall Yutorogi, Main Hall

Capacity: 854 (If applicants are too many, the drawing will be held. All seats reserved but unable to select.)

Instructor: Ongakuza Musical

◆「タップダンスをみて、つくって、たいけんしよう！」(タップシューズ制作&ダンス体験)

"Let's see, make, and explore tap dance!" (Making Tap Shoes & Dance Experience)

Make your own original tap shoes, think about how tap shoes work and how to create sound!
You will wear the tap shoes you made and dance a tap dance!

[Ome City] Date: August 1st (Tue)

Location: S&D Tamagu Center Cultural Activity Room A

[Mizuho Machi] Date: August 2nd (Wed)

Location: Mizuho View Park. Sky Hall Small Hall and Main Hall

[Hamura City] Date: August 3rd (Thu)

Location: Primo Hall Yutorogi Rehearsal Room, Small Hall



[General Items for all venues]

Time: ① 11AM ~ 12:30PM (Registration: 10:45AM) ② 2PM ~ 3:30PM (Registration: 1:45PM)

Capacity: 20 per session (if the applicants are too many, the drawing will be held).

Instructor: Mr. Keiichi Miyashita (musical actor and tap dancer)

Things to bring: Indoor shoes (School shoes or sneakers is fine) and exercise clothes.

◆「だからだあそび」(リズムや動きを楽しむワークショップ)

"Dakarada-Asobi" (workshops to enjoy rhythm and movement)

You can experience to use your body to trace a line on the floor or a strange athletic figure, then you will find that you'll be dancing. At the end of the event, there will be a mini presentation with live music and lights!

Date & Time: August 4th(Fri) ① 11AM ~ 12:30PM (Registration: 10:45AM),

② 2PM ~ 3:30PM (Registration: 1:45PM)

Location: Primo Hall Yutorogi, Small Hall

Capacity: 20 per session (if the applicants are too many, the drawing will be held).

Lecturer: Ms. Mikiko Stowe (choreographer) and Ms. Akiko Sheena (performance)

◆ミュージカル映画上映「美女と野獣」(実写/2017年/アメリカ)

Musical film screening "Beauty and the Beast" (Live Action Version / 2017 / USA)

Watch a live-action musical performance of the Disney animated film with focus on the performance!

Date: August 5th (Sat), 10AM ~ 12:10PM (door opens: 9:30AM)

Location: Primo Hall Yutorogi, Small Hall.

Capacity: 252 (in application order).

[How to Apply]

Eligibility: Elementary and junior high school students residing and attending school in Hamura/Ome City or Mizuho Machi.

** 1st and 2nd graders must be accompanied with guardian.

The methods of applying: Please apply using one of the following methods A ~ C.

A. Please send a postcard with the name of event (if more than one event is to be held, indicate up to the second choice), address, name, telephone number, school name, grade and accompanied parent or guardian's name. (Must arrive no later than June 23rd (Fri)).

** One postcard is required for each event.

B. Fill out the application form distributed at the relevant section office of each municipality and submit to office.

C. Please apply via City official website. (B and C deadlines are till June 23rd (Fri) 5PM).

** If there are too many applications, the drawing will be held.

Send to & Inquiries: Primo Hall Yutorogi (Lifelong Learning Promotion Section), Children's Experience School ☎042-570-0707, 〒205-0003 1-11-5 Midorigaoka, Hamura.

大島・子ども体験塾 参加者募集!

<Oshima Children's Experience School ~ Welcome participants!>

Oshima Children's Experience School will be held jointly with Akiruno City.

Participants will enjoy learning the importance and joy of cooperation with each other through climbing mountain and swimming in the sea in Izu Oshima.

Program schedules:

- Preliminary activities: July 30th (Sun).
- On-site activities: Izu Oshima August 12th (Sat) ~ 14th (Mon), (2 nights / 3 days).
 - ▼ Climbing Mt. Mihara, swimming in the sea, hometown experience and etc.
- Post-Program activities: August 26th (Sat).

Eligibility: The 5th graders of elementary school ~ Junior high school students of Hamura residents who can participate in all planned programs and be active as leaders of youth activities in their schools, communities and etc..

Capacity: 15 (Total 30 for Hamura and Akiruno cities. If the applicants are too many, the drawing will be held).

Fee: ¥12,000.-

- Please pay the fee at the parents' briefing session.
- Parents briefing will be held on July 19th (Wed).
- Expenses for cancelled flights and extra nights due to bad weather, etc. are not covered by insurance may be charged separately.
- This project is supported by the Tama-Island wide-area cooperation activity subsidy.

Application: Till June 12th (Mon), please fill out the application form and send via mail or come to City Hall 2F, Kosodate Shien Ka, Jidou Seishounen Kakari, 〒205-8601 (need not address)

** Application forms are available at City Hall 2F Kosodate Shien Ka, Jidou Seishounen Kakari, elementary or junior high school and also can be downloaded from the city official website.

Inquiries: Kosodate Shien Ka, Jidou Seishounen Kakari ☎Ext. 263.

羽村ゆとろぎ寄席 特別公演

<Hamura Yutorogi Yose Special Performance>

Performers: Harukutei Kakehashi (Rakugo), Harukutei Shoya (Rakugo), Sanyutei Yujaku (Rakugo), Tamagawa Taifuku (Rokyoku), Knights (Manzai), Yanagitei Kochiraku (Rakugo)

Date and Time: September 1st (Fri), 2023, 6:30PM (door opens: 6PM)

Location: Primo Hall Yutorogi, Main Hall Capacity: 854

Tickets (all reserved): General (Pre-sale) ¥2,500, (at the door) ¥3,000,
High school students and younger ¥1,000.

** Preschool children are not allow to admit.



Tickets sale: From June 3rd (Sat).

Play Guide: [Box office] ~ ○ Primo Hall Yutorogi (9AM~8PM, closes Monday exclude holiday's).

○ S&D Sports Arena Hamura (Sports Center) ☎ 042-555-0033 (9AM~5PM closes Monday exclude holidays').

○ Nishitama Newspare Ticket Service ☎0120-61-3737 (10AM~5PM closes Saturdays and Sundays).

[Internet Sales] ~ ○ Yutorogi Online ticket ○ Confeti

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

東京サマーランド 羽村市民デー!

< Hamura City Citizen Special Discount Day at Tokyo Summerland!! >

Inquiries: Tokyo Summerland Reservation Center ☎042-558-6511

There will be a special offer for Hamura City citizens at Summerland Amusement Park. Pool and playground for a set (1 day pass).

Date: June 10th (Sat) ~ 12th (Mon) 3 days.

Time: Monday ~ Friday 10AM ~ 5PM (Pool is open until 4:30PM)

Saturday/Sunday 10AM ~ 6PM (Pool is open until 5:30PM)

Eligibility: Hamura City Residents and students

● **Special Rate**

Category		General Fee (Mon~Fri) / (Sat & Sun)	Special rate fee June 10 th (Sat) ~ 12 th (Mon)
One Day Pass	Adult	¥2,600.- / ¥3,400.-	¥1,000.- (Mon) / ¥1,500.- (Sat & Sun)
	Junior High School Students	¥2,100.- / ¥3,000.-	
	Elementary School Students	¥1,500.- / ¥2,500.-	FREE
	Preschoolers / Seniors	¥1,000.- / ¥1,800.-	

※ Category: Adult (High School Students ~ age 64) / Preschoolers (age 3 ~ preschoolers) / Seniors (age 65 or over)

※ One (1) Day pass: Admission + Indoor / Outdoor Pools + All-you-can-ride vehicle (exclude coin game machines etc., outdoor pools are only for Saturday and Sunday).

How to Enter:

- 1) Purchase a designated day ticket for visiting via the designated website for visitors' number (sales start at 12AM 7 days before the desired date of visit). 5 tickets (including free) for per eligible person.
** Sales of "the designated day ticket" will be closed as soon as the limited number is reached.
 - 2) Please bring your smartphone to come that you can display the pre-purchased designated day ticket.
- ※ The special discount ticket only sale via designated website, please check Hamura News ver. June 1st to get QR code to purchase.

<The 22nd Art Exhibition in Hamura> 22nd アート in はむら展

The modern art exhibition will be exhibit Tama Areas 65 artists' work pieces.

Date and Time: June 27th (Tue) ~ July 9th (Sun) 10AM~5PM

- The last day July 9th is till 4PM
- July 3rd (Mon) is closed

Inquiries: Primo Hall Yutorogi ☎042-570-0707



- 1) [Night Gallery Session] ~ Art appreciation via dialogue of adults!

Date and Time: July 1st (Sat) 6:30PM~8PM

Eligibility: High School Students or older. Capacity: 10

- 2) [Workshop] ~ "Let's make an exciting frame!"

Date and Time: July 8th (Sat) ① 1:30PM~2:30PM ② 3PM~4PM

Eligibility: Elementary School students

- Children under 3rd grade are required to accompany with guardian

Capacity: 10 per session

Fee: ¥200 (material fee)

Lecturer: ART-SHO San

- 3) [Gallery Sessions] ~ The writers will provide explanation of their works.

Date and Time: July 9th (Sun) 10AM~11AM

Eligibility: For everyone

Capacity: 10

How to apply: Starting from June 2nd (Fri), please call, reference Hamura News ver. June 1st 2D Code or come directly to Primo Hall Yutorogi.

小学生芸術鑑賞教室 サポートボランティア募集

<Elementary School Students Art Exhibition Class Support Volunteer Recruitment>

During "The 22nd Art in Hamura Exhibition, there is one class for all 4th grade elementary school students in the city. The support volunteers for helping children to enjoy and safely watch are recruited.

Qualifications for application: Those who are interested in art and education, also can participate in the following schedules whichever is convenient (only one period is acceptable)

Date and Time: June 29th (Thu), 30th (Fri) and July 4th (Tue) ~ 7th (Fri)

①8:30AM~10:30AM ②10AM~Noon ③1PM~3PM either one is acceptable

Details: It is an activity that draws out impressions while appreciating the works with a group of children. No special knowledge is required.

How to apply and Inquiries: Till June 16th (Fri), please call or come to Gakkou Kyouiku Ka, Shido Kakari ☎Ext. 376

お知らせ

INFORMATION

■プロが家族写真を撮影してフォトパネルをプレゼント

<Professionals take family photos and Give away a photo panel for present>

Recruitment of participants for Hamura Family Project "Family Photo Session".

A photo session by professional photographer will be held with the child-rearing family as a model. Take a wonderful family photo that will last a lifetime, photo data and photo panel will be presented to the participating families.

There will be also held a communication meeting where participants can exchange information.

[Information Session]

Date and Time: July 2nd (Sun) 1:30PM~

Location: Primo Hall Yutorogi 2F, Kouzashitsu 1

[Photo Session]

Date: July 9th (Sun), September 23rd (Sat) or October 22nd (Sun), either one day.

Location: A place of memories in the city and favorite spot often visited by families,

** The photos schedule will be notified to participants.

** Depending on the weather of photo session day, it may be postponed.

** We are planning an exchange meeting on days other than the photo session days.

** The photos taken will be used for public relations of the city, such as photo exhibitions and posting on the official website.

Capacity: 15 groups (If applicants are too many, drawing will be held. The drawing will be given priority to those who have not participated in the past).

Photographer: Tamairo Photo Store (Hamura city photo store)

How to apply: Till June 9th (Fri) 5PM, please apply from the application form after agreeing to the "Handing of personal information" via city official website.

Inquiries: Hisho Kouhou Ka, Kouhou. City Promotion ☎Ext. 337.



子育て世帯生活支援特別給付金（ひとり親世帯分・ひとり親世帯以外分）を支給します

<Special Benefit for Livelihood Assistance for Child-Rearing Households (for single-parent Households and non-single-parent households)>

In order to support single-parent households that are particularly affected by the rising cost of food and other necessities, special benefits will be provided to recipients of the Child Support Allowance.

[Single-parent households] 【ひとり親世帯】

Eligibility:

- 1) The recipients of the Child Support Allowance for March 2023 [No application is required].
- 2) Those whose Child Support Allowance payments have been suspended due to receipt of public

pension [application is required].

- 3) Those who are ineligible for the Child Support Allowance due to income exceeds the limit, but the family finances have suddenly changed due to soaring prices such as food costs and any monthly income since January 2023 has dropped to the level eligible for the Child Support Allowance [application is required].

Eligibility	Application	Application Term	Payment date	Amount
①	Not required	-----	The late of May	¥50,000 / per child
②	Required	June 1 st (Thu), 2023~ Feb 29 th (Thu), 2024	Middle of following month after applying	
③				

[Exclude Single Parent Households] 【ひとり親世帯以外】

Eligibility:

- 4) Those who are receiving Child-Rearing Allowance or Special Child-Rearing Allowance (exclude single parent households) in FY 2022 [No application required].
- 5) Those who are supporting eligibility children (As of March 31st, 2023 under age 18 or under age 20 children with disability) or are exempt from resident tax per capita rate or below this level's households [Application is required].

Eligibility	Application	Application Term	Payment date	Amount
④	Not required	-----	End of May	¥50,000 / per child
⑤	Required	June 1 st (Thu) 2023 ~ Feb 29 th (Thu), 2024	Middle of following month after applying	

** If ②, ③ and ⑤ are not qualified after checking, they will not receive benefits.

Applying Documents etc.

- For ②, ③ and ⑤, application forms are available in Kosodate Sodan Ka.
- ** You may also download from city official website.

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

健康

HEALTH

< Adult Dental Checkup for age 40~64 > 40~64歳の成人歯科健診

Date: June 1st (Thu) ~ July 31st (Mon)

Eligibility: Hamura residents of age 40~64 and older as of June 1st, 2023.

How to apply: Please make an appointment at a designated dental clinic listed on the Participating Dental Clinics List.

- *The check-up for 65 or older is in Sep. and Oct.
- *It not able to check for current dental treatment.
- *Once for per person yearly.
- *Please check Hamura City website for participating dental facilities.

Inquiries: Kenko Ka (in Hoken Center) ☎ Ext. 623



<Body Composition Measurement Session will be held.> 体組成測定会を行います。

A body composition analyzer measures muscle mass, body fat percentage, basal metabolic rate, etc., and public health nurses will explain the results on the spot. The diet and exercise according to the results will be also introduced.

Date and Time: June 22nd (Thu) 1:15PM ~ 3:10PM (about 15 minutes)

Location: Hoken Center

Capacity: 18 (in order of application)

How to apply: June 2nd (Fri) ~ 20th (Tue), please call Kenko Ka.

- ** Measurement is not possible for people with medical electrical equipment such as pacemakers.
- ** If you have a health book, please bring it with you.
- ** If you would like more detailed consultation, individual consultation will be held on the same day.

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

< Hepatitis Virus Screening > 肝炎ウイルス検診

Date: June 1st (Thu) ~ October 31st (Tue)

Eligibility: Hamura residents who fall in one of the following categories:

- ① Those who turn(ed) age 40 in FY2023.
- ※ Excludes those who have undergone or plan to undergo hepatitis virus screening conducted by employer or company etc.
- ② Those who is age 41 or over and never have hepatitis virus screening before or who had a health check-up this year but the hepatic function rate was abnormal and wish to take screening.

Details: Hepatitis B / C test by blood test

How & Where: Please bring the screening with your health insurance card at one of the participating medical facilities.

** For the list of medical facilities, please check via city official website or inquiry to Kenko Ka.

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



■ 特定健康診査を受けましょう

SPECIFIED HEALTH CHECKUPS

An annual checkup report of Specified Health Checkups (Tokutei Kenkou Shinsa) will help you preventing lifestyle-related diseases by undergoing and checkups ticket will be mailed out in late May.

Eligibility:

- National Health Insurance (NHI) Members (and their dependents)
Those who are at age 40 ~ 74 (people turns 40 years old within FY 2023)
 - Those who are enrolled in the Late-Elderly Medical Insurance Program/System
- ※ How to get a medical checkup: Please bring the Specific Health Checkups Ticket, Medical Insurance Card and Elderly Member Card to checkup.
- Program Period: June 1st (Thu) ~ October 31st (Tue)
- ** If you do not have National Health Insurance on medical system for the Elderly on the day of checkup day, you will not be able to receive checkup.

For those who are members of Health Insurance Association, etc. 健康保険組合などに加入している方へ
Each medical insurer will inform you about the health checkup. Please contact them for the timing and medical institutions.

Specified Health Checkups 特定健康診査とは

This health check focuses on metabolic syndrome*.

* Metabolic syndrome: Visceral fat syndrome, there are too much fat accumulated around the internal organs of abdomen and two or more of hyperglycemia, hypertension and dyslipidemia overlap. If this condition continues, arteriosclerosis will progress and myocardial and cerebral infraction will be more likely to occur in the future.

Special Health Guidance 特定保健指導

If you are 74 years old or younger, as a result of a health checkup, your abdominal circumference and BMI (values calculated from height and weight) are above the standard values. Also, any of the blood pressure, lipid or blood glucose test values is above the standard. Public health nurses and registered dietitians will individually support improvement measures to prevent lifestyle-related diseases.

Information on specific health guidance will be sent to those who are eligible from the business entrusted by the city.

Lifestyle-related disease aggravation prevention business 生活習慣病重症化予防事業

As a result of the specific medical examination, for those who have not received medical treatment at medical institution even they needed, the business operator entrusted by the city may prompt them to receive treatment.

Health-up Health Checkup ヘルスアップ健康診査

In order to get a better idea of people health condition, people can take health-up checkup with 7 additional tests.

※ If the medical checkup results are abnormal, please consult a doctor.

Inquiries: Kenko Ka (in Hoken Center) ☎Ext.625

新型コロナワクチン 集団接種会場は6月で終了

<COVID-19 vaccine mass vaccination venue ends in June>

The mass vaccination conducted at S&D Sports Arena Hamura (Sports Center) will end on June 30th (Fri). If you wish to be vaccinated after July, please vaccinate at an individual medical institution in the city or large-scale vaccination site in Tokyo. For details, please check the Hamura News April 15th version or the city's official website.

Inquiries: Hamura City COVID-19 Vaccine Call Center ☎0570-030207 (exclude Sundays and holidays)

* Those who wish to use the telephone relay service cannot via call center. Please call the Kenko Ka, ☎ 042-555-1111 Ext.628 ~ 630.



介護予防

NURSING PREVENTION

<Let's continue! Care Prevention Exercise> みんなで続ける！介護予防体操

Doing simple exercises continuously to make strong body to prevent affection diseases!

Rehabilitation specialists will introduce the Hamura City Flail Prevention Exercises which are currently available on YouTube.

Date and Time: June 30th (Fri) 10AM~11:30AM

Location: Community Center 3F Hall

Eligibility: Those who are lack of exercise and interested in Care Prevention Exercises

Capacity: 10 (in application order).

Things to bring: Towel, beverage, writing utensils and exercise clothes.

Apply & Inquiries: June 1st (Thu) ~ 23rd (Fri) 9AM~5PM, please call, email or come to Korei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎Ext. 197, ✉s304200@city.hamura.tokyo.jp

** When applying by e-mail, please include "Let's continue! Care Prevention Exercise" in the title and details with your name, address, and contact information.

税金

TAX

< The Notification of Property Tax > 固定資産税のお知らせ

● Real Estate Value Inspection

If you newly build a residence or expand the existing property, you need to have your real estate value (re)evaluated within the same year. Please contact and set up an appointment for Kaoku Chousa (Real Estate Value Inspection).

※ If you expand garage or sunroom, it will be also taxable.

● Report of Demolished Property

When you have all or part of your registered residential property demolished, please file as below:

- A Lost Property Registration (Messhitsu Touki) for registered property.
- [Property (house) demolition report] for unregistered property.

** Please file without delay, otherwise, property tax will continue to be imposed towards the demolished (non-existing) property from next FY.

● Residential Land Property

When any of the following cases apply to your land property, please file a required report without delay.

- ・ Built a new house on your land property and changed the use purpose from commercial to residential.
- ・ Had existing house demolished, and the use purpose of your land property is no longer residential.

- Built a real estate for business within your (former) residential land property.
- Changed your residential real estate to a property of commercial use.
- When you are remodeling your home.

◆ **Property Tax Reductions**

Introducing the property tax reduction system. In these systems, the deadline for filing is within 3 months from the date when the repair work is completed. Please contact us for details such as required documents.

- Energy-saving repair work for houses
- Barrier-free renovation work for houses
- Seismic retrofitting of houses

To know more about the following tax reduction systems, please check city official website.

Inquiries: Kazei Ka, Shisanzei Kakari ☎Ext.158.

市民税・都民税納税通知書を6月中旬に送付します

< **Notification will be sent to Citizens Regarding Resident Tax Payment in Middle of June** >

2023 Notification of "Jyuuminzei" Resident Tax Payment will be mailed to the tax payers in middle of June. Residents Tax amount is calculated based on the income of the preceding calendar year at the municipality in which you reside as of January 1st. It is paid in 4 installments during the year in which notification was made, however if you have taxes deducted from your public pension, it will be deducted in 6 installments. We kindly ask that you make these payments by the deadline shown on the payment slip.

In addition, for those who receive the amount determination of special collection tax through the company notice, the payment will be deducted in 12 installments from the salary in June to May of the following year.

Inquiries: Kazei Ka, Shimin Zei Kakari, ☎Ext. 162

高次脳機能障害の相談窓口

< **Please use the consultation desk for Higher Brain Dysfunction** >

Do you have symptoms such as "I feel angry", "I can't do what I used to do" etc. after suffering from a stroke, other illness or a traffic accident?

These symptoms may be "Higher Brain Dysfunction". Since this disorder is not visible to the eye, it is often difficult to understand the surroundings, and the person or family members feel many difficulties in daily life. The specialist counselors in Higher Cerebral Dysfunction will provide individual consultations regarding trouble in living, how to use social resources and consultation with medical institutions, etc.

Day and Time: The 3rd Tuesday of every month 2PM~4PM (Reservation is required)

Location: City Hall 1F Shogai Fukushi Ka.

Apply & Inquiries: Please call in advance or come to Shogai Fukushi Ka, Shogaisha Shien Kakari ☎Ext. 186

人権・身の上相談を利用してください

< **Free Public Counseling for Human Rights and Personal Affairs (Jinken/Minoue)** >

There are civil rights commissioners recommended by the Minister of Justice are accepting consultation on Human Rights. Consultation is free and confidential. Please consult with us if you have any problems with unjustified persecution, bullying or human rights issue.

Date: The 3rd Thursday of every month 1:30PM~4:30PM (Reservation is required)

Location: City Hall 1F Citizen Consultation Room

Capacity: 3 / per day

Apply & Inquiries: Please call in advance to Hisho Kouhou Ka, Shimin Soudan Kakari, ☎Ext. 541

後期高齢者医療

ELDERLY MEDICAL SYSTEM

ジェネリック医薬品差額通知書を送付します

NOTIFICATION OF MEDICATION COST DIFFERENCE OF INNOVATOR/ GENERIC DRUGS

A notification in the title will be mailed out to applicable residents who are a National Health Insurance and were prescribed brand-name drugs at the late of June.

Switching the medication from brand name drug to generic drug, especially in long term use, may greatly reduce the medical cost for patients

Eligibility: Those who are insured under medical care system for the late elderly, who are prescribed brand-name medicines but expected to reduce costs by a certain amount or more.

Generic drugs are considered identical to the brand-name counterpart in efficacy, safety, dose, strength, route of administration and intended use, and are available at more affordable price.

Inquiries: Generic Drug difference notification support desk ☎0120-629-016

(Opening Period) The next day after mailing ~ July 31st (Mon) (Mon~Fri 9AM~5PM, exclude holidays).

交通事故などにあつたときは市に届け出を

<When traffic accident is happened, please report to City.>

Medical expenses such as an injuries received from a third party ~ traffic accident will be borne by the perpetrator (the other party) according to the negligence rate. But you may receive insurance medical treatment in the elderly medical care by notice.

In that case, please inform the medical institution that you will have medical examination due to accident and promptly report to City Hall Shimin Ka, Korei Iryo service counter (including self-damage accident). Necessary documents (damage report, etc.) will be informed after investigating about the accident situation.

** In the case of traffic accident, accident certificate is required, so be sure to report it to police firstly.

Inquiries: Shimin Ka, Korei Iryo. Nenkin Kakari ☎ Ext. 138.

情報アラカルト

子育て

1歳児教室「1歳ちゃん♪ 生まれ〜!」

< 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: June 27th (Tue), from 9:30AM ~ 11PM Location: Hoken Center

Eligibility: Becoming to one year old in June and guardian (priority for the 1st child of applicant)

** Admission are not allowed for Siblings of participating child.

Capacity: 8 groups (in order of application)

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

Apply & Inquiries: Starting from June 6th (Tue) 9AM~, please call or come directly to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 692.



MISCELLANEOUS INFORMATION CHILDREN

< Chatting Place for Parents > おしゃべり場

Please feel free to join and share some thoughts and tips for child rearing.

The counselors are available hours as below: 9AM~Noon

<u>Location & Date:</u> Central Children Center – Tue, Thu & Sat West Children Center – Mon, Wed & Fri East Children Center – Tue, Fri & Sun
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<u>Inquiries:</u> Kodomo Katei Shien Center ☎042-578-2882
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児童手当・児童育成手当の現況届を忘れずに

<Do not forget to submit the current status report for Child-Rearing Allowance!>

The notification will be sent out to eligibility in late May.

Accepting Period and Time: June 1st (Thu) ~ 30th (Fri)

Monday ~ Friday 8:30AM~11:30AM, 1PM~4:30PM

** The submission by post mail is also acceptable.

※ If the beneficiary is continuously accepting, please submit the current status report. If you do not submit the status report, you will not be able to receive the allowance after June.

※ If the child rearing status changes (such as unable to rear, address/name change etc.), please submit the change status report.

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

6月は、児童手当・児童育成手当の支給月

<Child Allowance and Child Support Allowance Recipients in June>

June is the month in which payment of February ~ May is made by bank transfer to those applicable citizens' designated bank accounts. Date of payment is scheduled for the June 14th (Wed).

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

S&D SWIMMING PLAZA HAMURA (SWIMMING CENTER)

<Water Walking Class> 水中ウォーキング講習会

Date and Time: June 24th (Sat) 10AM~10:50AM

Location: S&D Swimming Plaza Hamura (Swimming Center) Eligibility: Age 16 or over

Capacity: First 30

Fee: Hamura residents or workers ¥410, those who are residing outside of Hamura City ¥610
(Included admission and insurance fee).

Things to bring: Swimsuit, Swimming Cap and Towel.

How to Apply: On event day June 24th (Sat) 9AM~9:50AM, please come directly.

Inquiries: S&D Swimming Plaza Hamura ☎042-579-3210

浸水への備えを 6月が浸水対策強化月間

<Preparing for Flooding, June is the month for Strengthening Flooding Measures>

Bureau of Sewerage Tokyo Metropolitan Government has designated June as the month for strengthening flood control measures and asks for preparations for flooding.

If the gutter of the road is blocked, rainwater will not flow into the rainwater pipe. Water will accumulate on the road, increasing the risk of flooding. Please do not put anything in the gutter or on top of it.

Inquiries: Bureau of Sewerage Tokyo Metropolitan Government Regional Sewer office ☎042-527-4828.

危険です！道路に出た枝などの障害物

It is dangerous! Obstacles such as branches on the road.

Hedges and tree branches extending on sidewalks and driveways obstruct traffic, such as hiding traffic signs and curved mirrors. Signs, merchandise and flowerpots places on the road not only obstruct passage but also can cause passers and bicycles to fall and get injured. If it causes an accident, the owner may be held liable for the accident.

It is dangerous to put the garbage collected by the city on the road, please put it out on own premises. Let us manage properly so that everyone can use the road safely and comfortably and the property such as individuals and businesses does not appear on the road.

Inquiries: City Road...Civil Engineering Division Road Management Section ☎Ext. 295

Metropolitan Road... Nishitama Construction Office Management Division Inspector General

☎0428-22-7216

危険物安全週間 <Dangerous Goods Safety Week >

Term: June 4th (Sun) ~ 10th (Sat).

Tokyo Fire Department Fire and Disaster Prevention Slogan for FY 2023

"Check with your eyes, check with your voice and watch out for fire."

- (1) Do not use rubbing alcohol near fire, use proper handling and ventilation in the area where refills are performed.
- (2) Accidents due to operational errors in gas stations are increasing. When using gas stations, be careful not only in the handling of equipment but also in the operation of vehicles.
- (3) When purchasing gasoline in a carrying can, identification is required from the store. In addition, refilling gasoline containers should be done by employees of the gas station. Do not do it personally.

Inquiries: Fussa Fire Department ☎042-552-0119



「子ども国際交流音楽祭」合唱団参加者・歓迎演奏出演者募集

< "CHILDREN INTERNATIONAL MUSIC FESTIVAL" >

~ Recruitment of Chorus Participants and Performers ~

The choir participants will perform at the "Children International Music Festival" held at Yutorogi on October 9th (Monday. Holiday) and welcome the performers group from Vienna.

[Choir] Eligibility: For the 5th grade elementary school students ~ 18 years olds' Hamura residents who can participate in the actual performance and practices.

Capacity: 100 (Total for Hamura City, Hinohara Village and Okutama Town).

Practice Days: From June 25th (Sun) ~ October 1st (Sun), mainly Sundays from 2PM~5PM (about 9 times).

[Performance] Eligibility: The students or graduates studying at Music University, etc. who live, work or come from the Nishitama Areas up to about 30 years old.

** Please apply as an ensembles as much as possible.

** There will be a review by the music director.

Apply & Inquires: **[Choir]** ~ Till June 20th (Tue) / **[Performance]** Till June 30th (Fri), please fill out the required information on the application form and directly come to Primo Hall Yutorogi (Shougai Gakushu Suishi Ka) ☎042-570-0707 (exclude Mondays, 9AM~8PM).

6月の休日診療

◆ LOCAL MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
4 th (Sun)	Wakakusa Iin	☎042-579-0311	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Moriya Shika Iin	☎042-555-9872
11 th (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Yano Shika Iin	☎042-555-3363
18 th (Sun)	Yokota Clinic	☎042-554-8580	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Watanabe Shika Iin	☎042-570-1688
25 th (Sun)	Yanagida Iin	☎042-555-1800	Hikari Clinic (Fussa-shi)	☎042-530-0221	Honda Dental Clinic	☎042-554-4184

*Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily, where you can obtain information by phone about medical institutions that can provide language assistance and explanation about the Health System of Japan. Translation service is available via website: <https://www.himawari.metro.tokyo.jp> online at the Medical Information Website of the Tokyo Metropolitan Government. The translation may not be accurate as the function is operated on the web based translation machine.