



HAMURA NEWS



Published by: Hamura City

April 1st, 2024

Edited by: Kouhou Kouchou-ka (Public Information & Public Opinion Section)

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国民健康保険

NATIONAL HEALTH INSURANCE

Inquiries: Shimin Ka, Hoken Kakari ☎Ext. 127

▼ <The Revision of Insurance Tax Rate> 保険税率の改定

The city has formulated a "National Health Insurance Financial Soundness Plan" based on the "Standard Insurance Premium Rates" indicated by the Tokyo Metropolitan Government, and plans to gradually reduce non-statutory transfers in stages through systematic tax rate revision.

The FY2024 insurance tax rates as shown as below.

Hamura City NHI Premiums for FY2024

ITEM		FY 2024
Medical Expenses	Income Ratio	6.43 %
	Per Capital Basis	JPY27,300
	Limit of Tax Base	JPY650,000
Premiums for supporting the late elderly	Income Ratio	2.33 %
	Per Capital Basis	JPY11,200
	Limit of Tax Base	JPY240,000
Premiums for Nursing Care	Income Ratio	2.15 %
	Per Capital Basis	JPY13,100
	Limit of Tax Base	JPY170,000



※ The limit for the support for the elderly is revised in accordance with the 2024 Tax Reform.

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

加入

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

喪失

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.

▼ <The Tax Payment Notice> 納税通知書の送付

The Tax Payment Notice for National Health Insurance Tax for Fiscal 2024 year will be sent in Middle July.

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

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 FY2024, the criteria for the tax reduction for the FY 2024 as below.

FY2024 Reduction from Payment of Premiums

	Applicable requirements
70% Reduction	Household's total income of the person insured is less than JPY430,000 + JPY100,000 x (the number of salaried workers, etc. ※ - 1).
50% Reduction	Household's total income of the person insured is less than JPY430,000 + the number of persons insured x JPY295,000 + JPY100,000 x (the number of salaried workers, etc.※ - 1).
20% Reduction	Household's total income of the person insured is less than JPY430,000 + the number of persons insured x JPY545,000 + JPY100,000 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 JPY550,000 or more, those who are under 65 years old and whose pension income (excluding salaried workers) exceeds JPY600,000. Those who are 65 years old or older and pension income (excluding salaried workers) exceeds JPY1,250,000.

国民年金

PENSION

Inquiries: Ome Nenkin Jimusho ☎0428-30-3410

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

国民年金保険料は期限内に納めてください

▶ **Please Pay National Pension Premiums on time**

For the fiscal year of 2024 (April ~ March), the monthly premium amount of National Pension (国民年金保険料) will be decreased by JPY460. Starting with the April premium payment, a monthly premium will be JPY16,980.

The Japan Pension Service (日本年金機構) will mail the packet of payment slips to the National Pension premium payers at Early of April. 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 at the financial institution of your bank account.

- ※ Please inquire regarding credit card payments to Ome Nenkin Jimusho.

国民年金保険料の免除・納付猶予

▶ **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.

Application Term 申請期間

- Past Term: 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.
- Future Term: For payments into the future until June of the ensuing year.

Application Method 申請方法

○ Please apply to City Hall 1F Kourei Iryou. Nenkin Kakari or Ome Pension Office.

Required Documents for application 申請に必要なもの

○ Pension booklet and the Notice of Basic Pension Number

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

Please inquiry in advance.

▶ **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).

Application Term: The applicant student is age 20 or over during the term.

○ Past term: From applying month to previous 2 years and 1 month prior.

○ Future term: By the end of application fiscal year.

Application Method:

○ Those whose enrollment in the 2024 academic year has been confirmed based on the previous year's application: Japan Pension Service will send student a notice confirming your application for continuation of the Special Provision for Student Payment. If you wish to continue your application for the 2024 academic year, please fill out the enclosed postcard and return it to the Japan Pension Service.

○ If you did not receive a confirmation notice of application for continuation or are applying for the first time: Please go to your local city hall or pension office.

Required Documents for application

Pension notebook, basic pension number notice, proof of student status such as a student ID card or certificate of enrollment, etc.

※ If you have resigned from your job, you may be required to submit an employment insurance release form or other documents. Please inquire in advance.

温泉センター割引利用券配布

< **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 1st floor. Please be sure to bring your National Health Insurance Card to be given the ticket.

Valid Term: Till March 31st, 2025.

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

※ For more information on the facilities opening hours, please check their websites or contact the facilities directly.

Inquiries: Shimin Ka Hoken Kakari ☎Ext. 126

[後期高齢者医療保険] ~ 75 歳以上の方の医療保険~

LATE ELDERLY MEDICAL INSURANCE SYSTEM (Kouki Koureisha Iryou Hoken)

~ **For those who Age 75 or over**

Premiums are used to pay for medical benefits.

Premium rates are reviewed every two years and uniform throughout Tokyo.



How Premiums are Determined 保険料の決め方

Premiums are charged to each person insured. The amount of premiums is the sum of the "Per Capita Amount", which is paid equally by each insured person, and the "Income Tax Rate" which is based on the

insured person's the previous year income.

***The annual premium amount = Annual fixed levy + Income x income levy 9.67%**

- The annual premium amount is calculated at a fixed levy of JPY47,300 per person
 - Plus an income (※) based levy of 9.67% .
 - These figures are valid for FY 2024. The maximum annual premium is JPY730,000 and round down to JPY100
- ※ 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 (JPY430,000) from the total amount of income (JPY24,000,000 or under) (in previous year such as the amount of forest income and stock / long term (short term) capital gains, etc.)

Reduction of Premium 保険料の軽減について

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

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, will be sent in Middle of July.

令和6年度分の後期高齢者医療保険料 年間額をお知らせします

FY2024 Notices of Late Elderly Medical Insurance Premium

Notices will be mailed to citizens in Middle of July, 2024, please confirm details.

- ※ If you do not process FY2024 Tax Return processing (Insured person or householder), the Late Elderly Medical simple Declaration Form will be mailed to you.

Inquiries:

- About system ~ Kouiki Rengou Inquiry Center ☎0570-086-519 (IP hone , PSH ☎ 03-3222-4496)
Fax 0570-086-075
- Individual Consolation and Personal information ~Shimin Ka, Kourei Iryo. Nenkin Kakari ☎Ext. 140

高齢者肺炎球菌ワクチン予防接種

< Pneumococcal Vaccination for Elderly >

[The Revision of Subsidy Eligibility and Vaccination Period] 助成の対象者・接種期間が変更

Vaccination Eligibility: Those who have the residence certificate in the city and never received a pneumococcal vaccination (including self-paid vaccination), wish to be vaccinated under either of the following (1) or (2).

- (1) Those who are 65 years old
- (2) Persons who are between 60 and 65 years old on the day of vaccination, have a disability of heart, kidney, respiratory organ functions, immune system functions caused by human immunodeficiency virus or have a physical disability certificate level 1.
(Present the certificate to the medical institution).

Subsidized amount: JPY6,500 (Please pay the amount deducting the subsidized amount from the vaccination cost at the medical institution. Limited to once during the period of validity)

- ※ This subsidy amount is for vaccinations given during FY 2024. The subsidy amount may change in FY2025.

Vaccination location: Designated medical institutions in the city (please call to make an appointment)

Vaccination period: From the day before Age 65th birthday to the day before Age 66th birthday.

- ※ If you receive the vaccination at a medical institution other than the designated medical institution or

after the vaccination period, you will have to pay the full amount of the vaccination. Even if you receive a subsidy coupon (postcard), you are not eligible if you have been vaccinated in the past.

To those who are eligibility (1)

- ※ Those who were born between April 2nd, 1959 ~ April 1st, 1960 will receive a subsidy ticket (postcard) at the end of the month prior to the month of birth.
- ※ Those who were born between April 2nd, 1958 and April 1st, 1959, FY2023 subsidy coupons (postcards) were sent.
Although it states that the vaccination period is until March 30th, 2024, it can be used until the day before age 66th birthday.
If you have lost your subsidy ticket, please go to the Health Center to reissue.
- ※ For information on designated medical institutions, please check the subsidy coupon or the official website of the city to inquiry.

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

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

~ **Group Rabies Shot will be held this year** 今年も定期集合注射を行います

Inquiries: Kankyou Seisaku Ka ☎Ext.226

Fees: JPY3,750 (JPY3,200 for shot, JPY550 for shot certificate tag).

- ◎ This year's 2024 Rabies Vaccination Form (狂犬病予防注射済票交付申請) (yellow-green colored paper) was mailed to registered dog owners in End of March. Please be sure to bring the form when coming to the vaccination.
- ◎ It is not available for new registration in venue, please finish registration procedure in advance and come.

● **Schedules:**

Rabies Shot Vaccine Schedule (held in rain or shine)			
Date	Location	Address	Hours
April 18th (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 ~ 11:55AM
April 19th (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:

- 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!
- The result of the medical questionnaire given at the group vaccination site can not be used to frant a derral of rabies vaccination. A serperate procedure is required for deferral.

Animal Hospital	Address	Phone Number
Seki Animal Hospital	1-5-19 Shinmeidai, Hamura	042-579-3816
Hamura Ozaku Animal Hospital	K2 BLD. 1F, 1-28-7 Ozakudai, Hamura	042-554-1100
Hamura Central Animal Hospital	1-5-22 Midorigaoka, Hamura	042-578-3138
Hachi Animal Hospital	1F 1-33-20, Shinmeidai, Hamura	042-578-8513

** In addition to vaccination fee ¥550, an inoculation fee will be charged. Please contact each animal hospital to get details.

INFORMATION SUBCIDY

お知らせ

助成

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 >

▶ 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. Postmail or application at weekdays Day/Night time are available.

<<Apply from City Hall Service Counter>>

Application Term: Apply for reimbursement from April 1st (Mon) ~ 10th (Wed)

※ April 7th (Sun) is not available for counter services.

Application Time: 8:30AM~8PM (April 6th (Sat) is till Noon)

** Please be reminded that this benefit cannot be provided if the application is over above term.

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

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 10th (Wed) (via postmark day)

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

② Application 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 at the End of March, No procedure required.

General items

- ◆ In order to receive these benefits, you must apply in advance.
- ◆ For details, please check City Hall official website.

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



< Ome. Hamura Peace Messengers Wanted > 青梅・羽村ピースメッセンジャー参加者募集

The project included participating in the Hiroshima Peace Gathering, peace site visitation, and listening to the testimony of atomic bomb survivor.

Eligibility: Junior High School Students who are living in Hamura and Ome City

Capacity: 10 (if the applicants are too many, the selection will be held).

** Fee for transportation, lodging, food, facility admission fee and insurance fee to Hiroshima will be provided from Sponsor.

Activity Schedule:

Details	Date and Time	Locations
Training	June 28th(Fri) 6:30PM~8:30PM	Ome City Hall
	July 13th (Sat) 9:30AM~4:30PM	Community Center (Hamura)
	July 26th (Fri) 9:30AM~4:30PM	Primo Hall Yutorogi (Hamura)
Departure Ceremony	July 30th(Tue) 6:30PM~8:30PM	Ome City Hall
Hiroshima Visit	Aug 1st (Thu) ~ 3rd (Sat)	Hiroshima City
Studying Sessions	Aug 7th (Wed) 9:30AM~4:30PM	Ome City Hall
	Aug 15th (Thu) 9:30AM~4:30PM	Primo Hall Yutorogi (Hamura)
Report	Aug 17th (Sat) 9:30AM~3PM	Primo Hall Yutorogi (Hamura)

How to select: Document Review

** Application form are distributed in City Hall 1F reception desk, 3F Somu Ka and Primo Library Hamura.
or download through city hall official website for application form.

Application and Inquiries: Till April 30th (Tue), please fill in application form, attach with picture and submit to Somu Ka ☎Ext. 347 or mail to 〒205-8601 (need not address) Hamura City Somu Ka.

介護保険

<Nursing Care Insurance>

The premiums for Nursing Care Insurance for those aged 65 and over are calculated for a period of Three fiscal years, and the cost of Nursing Care Services required during that period is calculated 23% of the cost is paid by those aged 65 and over, and the rest is paid by aged 40 ~ 64, the national government, the Tokyo Metropolitan Government and Hamura City.

The Nursing Care Insurance plan has recently been revised, and the Nursing Care Insurance premiums for fiscal years 2024 through 2026 have been determined. The Nursing Care Insurance premiums decision notice for the fiscal year 2024 will be announced in July.

※ For details on premiums by income level, please check the official website of the city.

Inquiries: Korei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext.144

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 group is limited to 10 members /per group and social education-related organizations is limited 5 members in the city.

○ 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: JPY500 million 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: JPY30 million,

Hospitalization per day: JPY4,500, Hospital visit per day: JPY3,000.

○ 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: April 2nd (Tue) ~ 30th (Tue), please bring application documents directly to the city hall 2F Kosodate Shien Ka, Jidou Seishounen Kakari.

※ Only April 25th (Thu) is till 7PM.

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

健康

HEALTH

<Cervical Cancer Vaccination Catch-up Vaccination>

Women born between April 2nd, 1997 and April 1st, 2008, who were vaccinated during the period when the recommendation for cervical cancer vaccination (human papillomavirus vaccine) was suspended and who have not yet been vaccinated, can receive free vaccine (catch-up vaccination) at public expense.

Period: Until the End of March 2025.

※ It takes about 6 months to complete the vaccination, so those who wish to be vaccinated should make an appointment at a medical institution as soon as possible.

■ **Eligible Medical Institutions** 対象の医療機関

Name	Phone Number
Wakakusa Clinic	042-579-0311
Matsuda Clinic	042-554-0358
Sakae-Cho Clinic	042-555-8233
Yorimitsu Women's Clinic	042-570-5130
Baba Children's Clinic	042-555-3788
Ozaki Clinic Hamura	042-554-0188
Shinmeidai Clinic	042-554-7370
Hamura Skin & Plastic Surgery and Internal Medicine Clinic	042-578-8785

Inquires: Kosodate Shien Ka, Boshi Hoken. Sodan Kakari ☎Ext. 697

胃がん・肺がん検診 (第1期)

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

Date & Time: June 12th (Wed) ~ 15th (Sat) 4 days 8AM ~ Noon

(Unable to choose day and the checkup time will be shown in Examination Ticket).

Location: Hoken Center

Eligibility:

[Screening for Stomach/ Lung Cancer] ~ Hamura residents 40 years of age and older

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

- 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:

[Stomach cancer screening] ①~⑫ [Lung Cancer Examination] ①⑪⑫

- ① Pregnant, possibly pregnant, or breast feeding.
- ② Those who with a history of hypersensitivity to barium products (hives, breathlessness, etc.).
- ③ Those who have had colon polyps removed within the past 2 months.
- ④ Those who have undergone laparotomy or orthopedic surgery within the past year.
- ⑤ Those who with a history of intestinal obstruction.
- ⑥ Those who are undergoing fluid restriction due to kidney disease (dialysis), etc.
- ⑦ Those who have had a myocardial infarction or cerebral infarction within the past year.
- ⑧ Those who need assistance during examinations.
- ⑨ Those who have an implantable cardioverter-defibrillator or pacemaker in the abdomen or the location of the implantable cardioverter-defibrillator or pacemaker is unknown location.
- ⑩ Those who weigh 120 kg or more.
- ⑪ Those who are currently undergoing treatment or follow-up for a disease in the area to be examined.
- ⑫ Those who have an opportunity to receive a medical checkup at their workplace.

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

※ Applicants will receive notice of results and winners will get a coupon sent in the mail by End of May.

Fee: ¥500 for each examination

※ Free for welfare supporting person who need to submit certificate.

Submit to & Application: April 1st (Mon) ~ 15th (Mon) postmark deadline, please fill in applying form or postmail to as below informations.

Submit to ~	Fill in necessary items ~
〒205-0003 To: "Gan Kenshin Tantou" Hamurashi Hoken Center 5-5-2 Midorigaoka, Hamura City	・Your desired screening date first and second choices) ・Screening/Exam you desire · Birthday and age ・Your name, mailing address, and phone number (available daytime contact) ・ Sputum examination / you desire

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

簡単! はかるだけ、効果的に理想のカラダへ

~大人ダイエット60日コース~

<It's easy! Just measure your body effectively!> ~Adult Diet 60 Days Course

Date & Time: 1st session ... May 15th (Wed) / 2nd session ... May 30th (Thu) /
3rd session ... July 17th (Wed), all are from 10AM ~ 12:30PM

Location: Health Center

Eligibility: City residents who are 70 years old or younger as of May 15th (not subject to specific health guidance)

※ Those who cannot participate on all days need to consult with us.

Capacity: 12 (in order of application)

Fee: JPY300 (for the 1st and 3rd cooking classes)

※ You will be asked to weigh yourself at home. Please prepare a digital scale (in increments of 50~100 grams).

[Learning the tips on diet diet and exercise]

1st session: Diet class / You can do this! Diet menu (cooking practice)

2nd: Diet class / Prepare your body and move comfortably (exercise practice)

3rd lecture: Diet class/Healthy menu (cooking practice)

※ Please check the city's official website for details of things to bring.

Application & Inquiries: From April 2nd (Tue), please fill out the application form on the city's official website or call Kenko Kakari (in the Hoken Center) ☎Ext. 625.



「カラダ塾」コレステロール・中性脂肪Q & A ~脂質異常症予防~

[Karada Juku] Cholesterol and Neutral Fat Q&A ~ Prevention of Dyslipidemia ~

[Karada Juku] is a program to learn about exercise and diet to build a healthy body. Effective measures for each type of dyslipidemia will be introduced.

Date and Time: April 24th (Wed), 10AM ~ 12:30PM

Location: Hoken Center

Eligibility: Hamura residents

Capacity: 20 (in order of application)

Fee: JPY300 (cooking class fee)

Things to bring: Writing utensils, apron, bandana, health notebook (if you have one) and mask.

Details: Health lecture, cooking class and individual consultation (for those who wish)

Application & Inquiries: From April 3rd (Wed), please call or e-mail the Kenko Ka (Health Center) ☎Ext. 624 or ✉s305000@city.hamura.tokyo.jp

※ When applying by e-mail, please write "Request to participate [April Karada Juku]" in the subject and [①Name, ②Age, ③Telephone number daytime and ④Address] in the text of the e-mail.

<Hamura Flea Market> 羽村市にじいろフリーマーケット

A Flea Market will be held to support SDGs lifestyle. Many old and remade handmade items are waiting for new owners. You may find the bargains which you have been looking for!

Date and Time: April 21st (Sun) 10AM ~ Noon

(inside the building in case of rain, canceled in case of stormy weather)

Location: Parking lot of Sangyou Fukushi Center

Organized by: Hamura City Flea Market Executive Committee

Supported by: Hamura City

[Food drive to be held at the same time] フードドライブ同時開催

Acceptable food items...Rice (milled rice must be within 1 month of milling), canned/ bottled food, retort pouch food, instant food, snacks, and beverages.

※ The items with a shelf life of less than one month or without a clearly marked expiration date are not acceptable.

Inquiries: Seikatsu Kankyou ☎Ext. 205

フレイル予防

FLAIL PREVENTION

<For Healthy Aging in Mind and Body ~

Let's participate in the exercise class for preventing frailty.>

There are two types of exercise classes offered for preventing frailty: "Basic exercise class" and "Muscle training machine class". Please participate in the class you want to do or want to try!

Eligibility: Hamura Residents with age over 65

Things to bring: Clothing for exercise, towel for wiping sweat, beverage and writing utensils

※ For more details, please check the flier distributed at Korei Fukushi Kaigo Ka after April 1st or check the city's official website.

● Flail Prevention Class

Flail Prevention . Basic Exercise Class				
Details	Date	Time	Location	Capacity
Stretching Exercises etc., Flail Prevention all details.	The 3rd Tuesday/ Monthly (April 16th)	9:30AM~11:30AM	Community Center Senior Meeting Room	First 30
	The 1st Thursday/ Monthly (April 4th)		Ikoi No Sato 2F Meeting Room	
Flail Prevention . Muscle Training Machine Class				
Using training muscle to strengthen muscle (the trainer will help the beginner).	The 2nd Wednesday/ Monthly (April 10th)	1)9:30AM~ 2)10:30AM~ (about 1 hour)	Community Center Fuctional Recovery Training Room	First 10 for each time ※ The April reception will be from Apr 1st (Mon)9AM~
	The 4th Tuesday/ Monthly (April 23rd)	1)1:30PM~ 2)2:30PM~ (about 1 hour)	Ikoi No Sato 2F Meeting Room	

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

情報アラカルト

MISCELLANEOUS INFORMATION

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 12th	June 14th	August 9th	October 11th	December 13th	(2025) February 14th
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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

交通安全、防犯

TRAFFIC SAFETY AND CRIME PREVENTION

春の全国交通安全運動

< 2024 Spring Traffic Safety Campaign >

● Spring Traffic Safety Campaign Slogan

“Aiming for the world’s best traffic safety city ~ Tokyo~”

Time: April 6th (Sat) ~ 15th (Mon)

Campaign 4 priority topics:

- ① Ensure a safe traffic environment for children and safe crossing road methods.
- ② Ensure that pedestrians have priority and encourage "considerate, sharing" for driving.
- ③ Wear helmets and observe traffic rules when using bicycles, electric kickboards, etc.
- ④ Prevention of traffic accidents involving two-wheeled vehicles.

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



図書館

PRIMO LIBRARY HAMURA ☎042-554-2280

館内整理日（休館日） < Library Closure >

Library will be close Apr 16th(Tue) for organization.

小学生だけの利用時間は午後 5 時 30 分まで

< Library Hours for Elementary School Children will be changed till 5:30PM >

The elementary school child will be able to use library facilities until 5:30PM from April 2nd (Tue) ~ Sep 29th (Sun). The child using the library after 5:30PM must be accompanied by an adult.

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 moth of birth. This notice will be notified from counter one month in advance.

※ If you have not used card for more than 5 years, your personal data will be deleted. If you wish to use the library, please re-register.

Items required for renewal: Driver's license, Health insurance card or other item that verifies your address.

- In addition to the above, those who work or study in the city must have a document that can verify the location of their place of employment.
- If you have your previous user card, please bring it with you.

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 >

The get-together for fun class geared toward 1 year old kids and their parents will be held. They will talk on how to stop breast feeding or about safety, and the child can play with other children.

Date: April 23rd (Tue), from 9:30AM ~ 11AM

Location: Hoken Center

Capacity: 8 groups (in the oder of application)

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 & Inquiries: Starting from April 1st (Mon) 9AM~, please call or come directly to Kosodate



■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.

Date and Time: April 24th (Wed) ① 1:30PM~ ② 2PM~ ③ 2:30PM~

Capacity: One person / per time (in the order of application)

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

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

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

■ お子さんの発達に関する相談

Regarding to Children Development Consultation

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)

Eligibility: Under Age 18

Date: Monday ~ Friday (exclude Holidays)

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

April Dates: April 3rd (Wed) and 19th (Fri).

[For ① and ② general items]:

Location: Hoken Center

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



■児童扶養手当・特別児童扶養手当の支給額を改正

The Revision of Child Support Allowance and Special Child Support Allowance for Disabled Children

Child Support Allowance and Special Child Support Allowance for Disabled Children have changed amount from April, 2024.

◆ Child Support Allowance

Details	Old Allowance Amount		New Allowance Amount	
For 1 st Child	Full allowance	JPY44,140	Full allowance	JPY45,500
	Partial allowance	JPY44,130 ~ 10,410	Partial allowance	JPY45,490 ~ 10,740
Plus 2 nd Child	Full allowance	JPY10,420	Full allowance	JPY10,750
	Partial allowance	JPY 10,410 ~ 5,210	Partial allowance	JPY10,740 ~ 5,380
Plus 3 rd Child	Full allowance	JPY6,250	Full allowance	JPY6,450
	Partial allowance	JPY6,240 ~ 3,130	Partial allowance	JPY6,440 ~ 3,230

◆ Special Child Support Allowance for Disabled Children

Details	Old Allowance Amount	New Allowance Amount
The 1 st level	JPY53,700	JPY55,350
The 2 nd level	JPY35,760	JPY36,860

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

PRIMO HALL YUTOROGI ☎042-570-0707

第9回 HAMURA メリーリボン演劇祭 出演団体募集

< The 9th Hamura Merry Ribbon Theatrical Performance ~ Theatrical Groups Wanted >

Primo Hall Yutorogi is recruiting theatrical groups who can perform in the 9th Hamura Merry Ribbon Theatrical Performance event.

Date: July 13th (Sat) and 14th (Sun) Location: Primo Hall Yutorogi Small Hall

Eligibility: Performers ~ Theater clubs of schools or theater groups active in the Tama area.

Management staff ~ Anyone interested in event management, such as backstage help and venue reception

Capacity: About 10 groups (If there are too many applicants, the drawing will be held).

Application & Inquiries: Please apply by April 24th (Wed), come to Primo Hall Yutorogi directly and provide [Group name, representative name, address, telephone number and group history and program contents].

S & Dスポーツアリーナ羽村 トレーニングルーム利用案内

<S&D Sports Arena Hamura Training Room Information>

Inquiries: NPO Hamura Athletics Association Office ☎042-555-1698



Hours: 9AM ~ 9:45PM (Entry until 9PM)

※ Up to 2 hours for entry per individual ticket or coupon ticket.

Fees: For those who live, study, or work in Hamura: JPY200 (JPY90 for Junior high school students) /

For those who live outside of Hamura: JPY300 (JPY130 for junior high school students)

Things to Bring: Clothing suitable for exercise, indoor sports shoes, drink, towel, etc.

[Gym]

Individual use: Training machines, etc. are available and easy for anyone to use.

Please ask a trainer for details.

※ High school students and older are welcome to use the gym.

[Studio]:

Programs: There are various programs provided that people can participate in on the visiting day.

For details, please check the 2D code on the Hamura News April 1st Version.

Individual use: Exclude from 30 minutes before the program starts and 30 minutes after the program ends, the individual use is available. Please use it for independent practice of dance and other activities.

※ Junior high school students and older may use the facilities. But student needs to have age 16 or older is required to use the facility.

ヒノトントン ZOO (羽村市動物公園)

<Hinotonton ZOO (Hamura City Zoo Park)>

Admission will be free for children under Age 18 from April!

Inquiries: Hinotonton ZOO ☎042-579- 4041

The Birthday is coming soon!

Introduced here are baby American beavers, twins born on May 24th, 2023. The boy is named "Pom-Pom" and the girl is named "Puka-Puka", and their adorable appearance has made many customers smile.

They will celebrate their first birthday in next monty. They are growing up with a lot of love from the staff in charge!

They are still small compared to adults, but please come and see how cute they are.

April close days

April 1st (Mon), 8th (Mon), 15th (Mon) and 22nd (Mon)

※ Open on 29th (Mon, Holiday).

May close days

13th (Mon), 20th (Mon) and 27th(Mon)

※ Open on 6th (Mon, Holiday)

PUBLIC CONSULTATIONS Schedule of APRIL

Category	Date	Time	Contact
Public Administration and Human Rights	18th(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	
7th (Sun)	Matsubara Naika Iin ☎042-554-2427	Heijitsu Yakan Kyuukan Center ☎042-555-9999	Katou Shika Clinic ☎042-554-8887			
14th (Sun)	Matsuda Iin ☎042-554-0358	Hikari Clinic (Fussa-shi) ☎042-530-0221	Hamura Shika Iin ☎042-570-4618			
21st (Sun)	Sakae-chou Shinryoujo ☎042-555-8233	Kumagawa Byouin (Fussa-shi) ☎042-553-3001	Hamura Station Dental Clinic ☎042-570-5621			
28th (Sun)	Izumi Clinic ☎042-555-8018	Hikari Clinic (Fussa-shi) ☎042-530-0221	DenTrust ☎042-555-7064			
29th (Mon) Holiday	Yanagida Iin ☎042-555-1800	Kobayashi Byouin (Iruma-shi) ☎04-2934-5121	Hirai Dental Partners ☎042-533-5157			

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