

HAMURA NEWS

Published by: *Hamura City*

May 15th, 2012

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Hamura News Back Numbers = <http://www.city.hamura.tokyo.jp/category/2-4-1-7-1.html>

THE *OHTAMA* "B-CLASS GOURMET" FAIR

The term "B-Class Gourmet" refers to the cheap and popular Japanese casual dishes.

At this event, held under the themes "Food and Tourism" and "*Chisan Chishou* (local production for local consumption)", total of 10 municipalities in the Tokyo's *Ohtama* region will get together and represent themselves with their uniquely invented B-class gourmet menu to appeal their local products used to add a twist to the menu. Visitors who try the food at the event will get to vote in the menu competition.

Come to the fair and taste *Hamura's* proud special menu "Ham&Rice Croquette" and "Ham&Rice Burger"!

Date & Time: May 26th(Sat) 11AM ~ 5PM & 27th(Sun) 11AM ~ 4PM *Votes accepted until 3PM on 27th.

Place: Parking Area of Tokyo Summer Land Family Park (*Akiruno City*) *No reservation required

Inquiry: *Sangyou-ka Shoukou Kankou-kakari* *Each Gourmet Booth will be closed as prepared food runs out.

TOWN CLEANING CAMPAIGN & SPRING COMMUNITY GARDENING CAMPAIGN

On Sunday, May 27th

< Town Cleaning Campaign >

Let's join in for a day of public cleaning activity — picking up trash and cleaning around our public facilities and streets. A good opportunity to casually join in the community activity and meet more neighbors!

Campaign Special Collection: Please pick up trash from public spaces, then separate them into burnable and non-burnable trash bags, then place them out for collection before 9AM on the event day.

* Designated campaign trash bags and collection spot information will be distributed by your local neighborhood / community association.

* Garbage from homes will not be collected on the campaign day.

* The campaign trash bags cannot be used for normal collections. Please store the unused campaign bags for the next campaign or return them to *Seikatsu Kankyou-ka* in city hall on the 2nd floor.

Inquiry: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari*

< Gardening Campaign >

Hamura City will distribute 106,000 pots of colorful flowers – *Salvia*, *Marigold* and *Begonia* – to neighborhood associations and community groups to decorate public parks and sidewalks. The decorated gardens will be the competition entries for the *Hamura City* Summer "*Hana Ippai*" Competition to be held in July.

Inquiry: *Sangyou-ka Nousei Kakari / Hamura-shi Kankou Kyoukai* ☎555-9667

< "Hana Ippai" Competition Results from Autumn Community Gardening Campaign 2011 >

Public Flowerbed Category

Grand Prize: *Sakaechou Dai-ichi*, 1st Runner-up: *Honchou Dai-ichi* & *Hamura Danchi*

Street Category

Grand Prize: *Ozakudai Nishi*, 1st Runner-up: *Ozakudai Higashi* & *Futabachou Matsubara*

School/Kindergarten/Nursery Category

Grand Prize: *Sakae Elementary School*, 1st Runner-up: *Ozakudai Elementary School* & *Dai-ni Junior High*

WATERWORKS PROMOTION WEEK - June 1st ~ 7th

The week of June 1st ~ 7th is the Waterworks Promotion Week. During this week, the *Hamura* City Waterworks Department will welcome visitors to the tour in our *Haisuitou* (Standpipe) and *Jousuijou* (Filtration Plant). The visitors will receive a gift of bottled *Hamura* natural water "Mizuhamura", and for the children (elementary students and younger) balloons will be given! It is not necessary to make an appointment in advance. These major facilities will be open to the public to promote the understanding of our water system that local residents rely on for daily water supply. The Waterworks Department is, along with the wide range of responsibilities, currently carrying out the earthquake-resistance improvement project for the underground pipe systems as well as the regular monitoring of local water quality focusing on the detection of radio-active substances in order to maintain quality water supply.

Haisuitou (Standpipe): Open to public on June 1st (Fri) ~ 7th (Thu) 9AM ~ 4PM. From the top of the tower, you can enjoy the grand view of the *Hamura* city landscape! Please stop by at the office first for admission.

Jousuijou (Filtration Plant): Open to public on June 2nd (Sat) and 3rd (Sun), 9AM~4PM. This plant is equipped with one of the largest membrane water filtration system in Japan.

Inquiries: *Suidou Jimusho* (Waterworks Department) ☎554-2269

TRAFFIC SAFETY CLASS for JUNIOR HIGH SCHOOL STUDENTS and FAMILY

In addition to the traffic lecture, demonstrations of common traffic accidents will be performed by stunt men.

Date&Time: May 26th (Sat), 10:55AM~12:45PM Place: *Hamura Dai-ni* Junior High School (ground or gym)

*This event will be held as one of school events, however, anyone can participate. Feel free to join!

*No car parking is available for this event. Inquiry: *Bousai Anzen-ka Koutsuu Bouhan Kakari*

PUBLIC LECTURE ~ HAMURA'S HISTORY FROM EDO TO THE TOKYO ERA ~

The lecture will feature various events that took place in *Hamura* from the *Edo* era to the present.

Date & Time: ① June 23rd (Sat), 10AM ~ Noon ② July 14th (Sat), 2PM ~ 4:30PM Capacity: First 30 people

Place: *Yutorogi* 2nd floor *Kouza-shitsu 2* Fee: Free *This class is complete with 2 sessions

Application/Inquiry: Call or visit the Folk Museum starting May 18th (Fri), 9AM ~ ☎558-2561.

CULTURE CLASS and VOLUNTEER COURSE

Organized by The Tokyo Metropolitan Special Needs Education School of *Hamura*

< Classes for Handicapped Students >

Date & Time: July 7th (Sat) 9AM~12:15PM / September 8th (Sat) 9AM~12:15PM / October 13th (Sat)

9AM~12:30PM Place: Tokyo Metropolitan Special Needs Education School of *Hamura*

Class of: Please choose one course... "Playing Percussion" or "Hand-making *Udon* noodle"

< Volunteer Course >

Date & Time: June 30th (Sat) 9AM ~ 12:30PM / July 7th (Sat) 9AM ~ 12:45PM /

September 8th (Sat) 9AM ~ 12:45PM / October 13th (Sat) 9AM ~ 1PM

Place: Tokyo Metropolitan Special Needs Education School of *Hamura*

Details: ① Lecture about Volunteers' activities ② Accompany the participants in the culture classes and experience sharing activities with handicapped people

Application: Please call Tokyo Metropolitan Special Needs Education School of *Hamura* ☎554-0829

HAMURA ZOO ☎579-4041

< Our Zoo's Senior Resident >

The Timber Wolf, "Oak," was born in Canada, on April 24th 1995 and he is now 17 years old. He came to our zoo when he was only 3 months old. Usually wolves live up to about 15 years, so "Oak" is pretty old!

He used to have beautiful black hair and jump up and down when he saw little kids visiting him. Now has a lot of gray hair and usually comes close to greet visitors with wise look in his eyes. Let's wish him a happy life!

< **Swimming Center Class Information** >

These classes do not require a reservation to attend. Just show up at the Sauna front desk before class time.

◆**Hula Dance**

At this class not only can you enjoy the feeling of being on a tropical island, but also slim-up your waist area.

Date&Time: Every Thursday, 9:30AM ~ 10:30AM (no class on holidays) Place: 2nd floor Meeting Room 2

Capacity: First 20 people Fee: ¥800 per class Things to bring: Exercise wear, drink, and towel

◆**Easy Core Exercise**

By using a balance ball and a Pilates ball you can strengthen your body trunk and burn more calories.

Date&Time: Every Friday, 2PM ~ 3PM (no class on holidays) Place: Training Room Fee: ¥500 per class

Capacity: First 20 people Things to bring: Indoor shoes, exercise wear, drink, and towel

◆**Aquabics (In-Water Aerobics)**

Can't swim? Don't worry. Let's have fun exercising in the water!

Date & Time: Every Thursday, 3PM ~ 3:50PM, between June 7th and July 26th

Place: Swimming Pool Eligibility: Anyone who is 16 years old and older Capacity: First 35 people

Fee: *Hamura* residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)

Things to bring: Swimsuit, swimming cap, and towel

HELLO-WORK ŌME - SPECIAL DISPATCH to HAMURA

Hello-Work Ōme Consultants make dispatch to *Hamura* City twice a month (every 2nd and 4th Wednesday) for job-related counseling. They will help you search for job opportunities as well as apply for job.

Date & Time: Every 2nd and 4th Wednesday, 1:30PM ~ 4:30PM *No appointment is required.

Place: *Sangyou Fukushi* Center 1st floor Eligibility: Those who is searching for a job opportunity

Inquiry: *Sangyou-ka Keizai Taisaku-kakari*

RECEIVE DISASTER-RELATED EARLY WARNING through "AREA MAIL"

NTT DOCOMO, a mobile communication service provider, operates "Area Mail (エリアメール)" service which allows its' subscribers to receive earthquake early warnings (緊急地震速報) issued by the Japan Meteorological Agency as well as disaster and evacuation information (災害・非難情報) issued by national and local governments including *Hamura* City. The city is also looking into signing up for the similar services operated by other mobile service providers in order to broadcast the local emergency information to more mobile users

~ **How does Area Mail service work?**

Area Mail distributes disaster-related information simultaneously via Docomo's network to all Docomo mobile phones in the likely-to-be afflicted areas. When you receive an Area Mail, you are notified by a popup bulletin that appears on the handset screen and a special ring tone. In an event of disaster or other emergency, unlike the ordinary mobile mail, Area Mails can be received free from the effects of line congestion.

~ **Are there any procedures or charges required?**

No i-mode subscription, specific registration, additional service subscription charge or communications charge is required to receive Area Mails. (*Certain in-advance settings may be required with some handset)

~ **Please Note**

* Area Mail messages are issued in Japanese only.

* The Area Mail service can be used only with Area Mail-compatible handset, with which the special ring tone can be played even when the handset is set to Manner Mode or Public Mode(Drive Mode).

* To find out about the compatible handset models, please see the Docomo's English Web-instruction for Area Mail, or inquire at your local Docomo Customer Service Center.

→ http://www.nttdocomo.co.jp/english/binary/pdf/support/trouble/manual/network/area_mail.pdf

APPLICATION for CHILD SUPPORT ALLOWANCE

Child Support Allowance (*Jidou Ikusei Teate*) is provided mainly to single parent households which meet the income limit requirement. Children of such households are eligible to receive this benefit until the first March following his/her 18th birthday. Children in foster care facilities are excluded from eligibility. There are two types of this allowance; general allowance and disability allowance.

June is the beginning month of a fiscal year for Child Support Allowance Program. If you wish to newly apply or reapply this year under qualifying status, please file an application by the end of May.

❖ Current Child Support Allowance recipients will receive Notification of Current Status (現況届用紙) by mail in June. Please fill-in the form and be sure to submit it by the deadline stated on the form.

For procedure details and required items for application, please contact *Kosodate Shien-ka Shien-kakari*.

◆ Child Support Allowance (*Jidou Ikusei Teate*)

Allowance Amount: ¥13500 per child, monthly

Eligibility: Household of parent/guardian with child(ren) born after April 2nd 1994 which meets the income limit requirement (previous year's income), and has any of the following conditions.

- Parents are divorced
- Parent has severe disability that prevents him/her to be employed
- Father or mother was deceased
- Child was born out of wedlock

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

Allowance Amount: ¥12500~¥15500 per child, monthly *depending on the disability and household income

Eligibility: Household of parent/guardian with child(ren) under 20 years old with disability covered by mental disability certificate (*Ai no Techou*) or physical disability certificate (*Shintai Shogaisha Techou*) grade 1~4.

JAPANESE TITLE OF CHILD ALLOWANCE HAS CHANGED

Up to March 2012, Child Allowance used be called *Kodomo Teate* (子ども手当) in Japanese which been used since April 2010 when *Kodomo Teate* with new regulation replaced the previous child allowance program called *Jidou Teate* (児童手当). However, in April 2012, the child allowance was again re-titled as *Jidou Teate*. Starting from June 2012, income restriction will be newly applied to the child allowance program (*the income restriction was not applied to April and May benefits).

Those who were child allowance recipient as of March 2012 do not need to re-apply, but will receive a Notice of Current Status (現況届) by mail in June. Their eligibility for receiving child allowance after May will be determined based on their household income level and status information that recipients provide on this notice. Please submit the notice to *Kosodate Shien-ka Shien-kakari* before the deadline stated on the notice.

Eligibility: Household of parent/guardian who is primarily responsible for providing the needs and taking care of a child born after April 2nd 1997 which meets the income limit requirement (previous year's income).

*If the child is studying in Japan on study-abroad program, his/her parents may not qualify for this allowance.

Household Income Ceiling for Child Allowance Beneficiary Eligibility		
Number of dependents	Approximate net income	Approximate pre-tax annual income
0	¥6,220,000	¥8,333,000
1	¥6,600,000	¥8,756,000
2	¥6,980,000	¥9,178,000
3	¥7,360,000	¥9,600,000
4	¥7,740,000	¥10,021,000
5	¥8,120,000	¥10,421,000

Allowance Amount:

Age of Child	Amount per child
0 ~ 2 years old	¥15,000
3 years old ~ Elementary school age (First or Second Child)	¥10,000
3 years old ~ Elementary school age (Third Child or younger)	¥15,000
Junior high school age	¥10,000

❖ Child Allowance provided under Special Provision: Household of parent/guardian raising a child at applicable age whose income exceeds the ceiling will receive the flat-rate monthly benefit of ¥5,000 per child.

Payment Method: The allowance will be deposited to the designated bank account of the beneficiary on 15th of June, October and February as the combined amount of 4 months-worth benefit.

ON-THE-JOB SOCIAL LEARNING for JUNIOR HIGH SCHOOL STUDENTS

All *Hamura* Junior High Schools organize a social learning program which allow the students to experience semi-internship at actual work places, thanks to the cooperation from local business entities.

This social learning program provides the students a great opportunity for learning about the jobs and developing communication skills required in professional environment.

Please be informed that 8th graders of *Hamura Dai-ni* Junior High School will start their 5-day internship starting on May 21st(Mon). Those students do not go to their school during the internship week, but they commute directly to the assigned work places. Inquiries: *Gakkou Kyouiku-ka Shidou-kakari*

CHILD-CARE FACILITIES in HAMURA

There are many authorized child-care facilities in *Hamura* City accepting preschool age children. These facilities' systems are designed to answer the parents' various child-care needs flexibly. Facility location, fee and enrollment capacity varies among the facilities. Inquiries: *Hoiku-ka Hoiku-kakari*

◆ *Nintei Kodomoen* - Certified Child-Care Facility

Nintei Kodomoen accepts preschool age child and provides both nursery service and preschool education to the children, as well as childcare-related support to the parents and local communities.

The youngest accepted age of child varies among the facilities.

<i>Asunaro</i> あすなる	provides preschool education and child rearing support	<i>Ozakudai</i> 1-6-32 ☎570-1558
<i>Tama Gakuin Youchien</i> 多摩学院幼稚園	Day care service for 0 ~ 2 year olds, Extended hour child care for 3 ~ 5 year olds child rearing support for parents	<i>Midorigaoka</i> 1-15-8 ☎554-6023
<i>Gonokami Youchien</i> 五ノ神幼稚園	Extended hour child care for 3 ~ 5 years old, child rearing support for parents	<i>Midorigaoka</i> 1-10-10 ☎554-6878

◆ *Ninshou Hoikujo* – Tokyo Metropolitan Government (TMG)-Certified Child-Care Facility

TMG sets its own certification measures for child care facilities in Tokyo metropolitan area which aims to better cater to the specific needs in urban child rearing situation. The TMG's *Ninshou Hoikujo* qualification requirements differ from that for *Ninka Hoikujo*, (regulated by the Ministry of Health, Labour and Welfare) in its admission capacity, admission of babies younger than 1 year old, minimum floor area, nursery fee, opening hours and so on. There are three *Ninshou Hoikujo* in *Hamura* City.

<i>Tulip Hoikujo</i> チューリップ保育所	<i>Futaba-chou</i> 2-14-15 ☎554-0102
<i>Donguri-no-Ie Hoikujo</i> どんぐりの家保育所	<i>Shinmeidai</i> 3-3-12 ☎579-1215
<i>Asunaro</i> あすなる	<i>Ozakudai</i> 1-6-32 ☎570-1558

◆ *Katei Fukushi-in* - Home Day-care

In principal, Home Daycare is a small-sized child-care service by authorized *Katei Fukushi-in* member (licensed nursery and/or kindergarten teacher) who fulfill certain qualifications at their homes.

Accepted Age: 8 weeks ~ 3 years old Fee: ¥33,000/month *Fee for meals and diapers are not included.

Hours: 8:30AM~5:30PM in principal (approximately 9 hours a day, except Sundays & Holidays)

Ms. <i>Retsuko Sekiguchi</i>	<i>Hane-kami</i> 1-20-11 ☎554-7279
Ms. <i>Ayako Hara</i>	<i>Hane-naka</i> 1-1-11 ☎554-9457
Ms. <i>Yumiko Shimizu</i>	<i>Hane-higashi</i> 1-28-30 ☎555-6041
Ms. <i>Kayoko Nakayama</i>	<i>Hane-nishi</i> 2-7-1 ☎555-6952
Ms. <i>Meiko Aoki</i>	<i>Hane-naka</i> 1-5-14 ☎554-7232(day) or 555-5565(5PM~)
Ms. <i>Teruko Morita</i>	<i>Sakae-chou</i> 1-8-86 ☎578-2052
Ms. <i>Noriko Mori</i>	<i>Shinmenidai</i> 3-32-12 ☎555-9265
Ms. <i>Hisako Osonoi</i>	<i>Hane-naka</i> 2-1-6 ☎578-2789

Please Note: *The service contract is to be made between the parent and service provider.

*To obtain more detailed information, please contact each child-care facility.

ENERGY EFFICIENCY RETROFIT GRANT

Hamura City has various grant programs to support environment-friendly renovations done to residential or small-business buildings and its' surrounding. These grants were established in hope to promote the popularization of environment-friendly living as well as to take part in the efforts against Global Warming. The newest of such grant programs is the Energy Efficiency Retrofit Grant which was established to support local residents and small-businesses who are considering the retrofitting in their building such as facilitating a system for generating renewable energy or reducing energy consumption.

To know more about this grant, please inquire to *Kankyouhozen-ka* in city hall.

Grant Amount: 10% of the actual cost for qualified renovation work will be reimbursed as a form of Eco-Point.

*1 eco-point = ¥1 *There are maximum limit set for each type of retrofitting.

Examples of retrofitting works that are subject to this Grant:

Installing a Solar heat energy system, solar hot water system, household fuel cell cogeneration system, household natural gas hot water system, high-efficiency small scale cogeneration system, LED lighting, thermal insulation improvement, low water-consumption toilet, high-insulation bathtub, etc.

Eligibility: The applicant must have at least 1 year of record in Residents Registry or Property Registry of *Hamura* City. The building in subject must be a residence or small office space that is built in the same premise with residence. Building age is 5 years or more, or 5 years elapsed since the last retrofitting done.

GRANT for HEDGE INSTALLATION

Hamura City offers this grant to residents who install hedge or replace block/concrete fence with hedge. This program aims to promote the risk reduction of fence collapse caused by earthquake or accident, as well as to gain green landscape in our community. For details, please contact *Kankyouhozen-ka* in city hall.

Grant Amount: Half of the actual total construction cost, or ¥20,000 per meter maximum.

*If the construction includes block fence demolition, the max-limit is ¥27,000 per meter.

Following conditions apply:

- This grant is not applicable to new hedge installation that costs less than ¥10,000 per meter, or to hard-fence replacement construction that costs less than ¥17,000 per meter.
- There are regulations regarding the width of road facing a hedge, height of trees, length of hedge, etc.
- Residents who have any delinquent city tax are not eligible to apply.

2012 Application Term: until March 31st (Sun) 2013.

GRANT for SOLAR POWER GENERATOR

This grant is provided for the installation of Domestic Photovoltaic (solar) Power Generation System that qualifies the grant program regulation. For more information about the qualification requirements on applicant and device, as well as about application procedure, please contact *Kankyou Hozen-ka* in city hall.

Grant Amount: Now is the best chance to install a solar power generator, because you can receive grants from *Hamura* City, Tokyo Metropolitan Government and National Government at the same time!

For example, if you newly installed a 3KW solar power generator, the combined grant amount may total as... from *Hamura* City ¥50,000 + from TMG ¥300,000 + from National Government ¥105,000 = ¥455,000

Eligibility: *Hamura* Residents who ①have been living in *Hamura* for more than 1 year, ②have no delinquent city tax, ③install a qualifying device to their residence, or those who purchase a residence with a qualifying device installed after January 1st 2012. *One application chance per household.

2012 Application Terms		
	Generator Installation Date	Application Period
Term 1	January 1 st ~ June 30 th	Jun. 1 st ~ Aug. 20 th
Term 2	July 1 st ~ December 31 st	Nov. 1 st ~ Jan. 21 st 2013

*This grant is provided to 35 applicants in each application term. The grant recipients may be selected by drawing.

JUNE 1st is The Day For

COMMISSIONER FOR THE PROTECTION OF FUNDAMENTAL HUMAN RIGHTS

Human Rights are important and must be respected so that everyone can have a happy life. In *Hamura City*, we invite 3 commissioners assigned by the Minister of Justice to provide Human Rights Counseling.

< Free Counseling on Troubles Involving Human Rights Issues >

Feel free to come by to city hall for human rights counseling. You can tell us your experience about unfair persecution, severe teasing, defamation, and discrimination. Private information will be strictly protected.

Counseling Date: Every 3rd Thursday of a month, 1:30PM ~ 4:30PM Next Date is June 21st (Thu).

Place: *Shimin Soudan-shitsu* (Citizen's counseling room) at City Hall 1st Floor

Contact: *Kouhou Kouchou-ka Shimin Soudan-kakari*

JURAKU-EN "OKONOMI KOUZA WORKSHOP" SIGN-UP NOW!

Having a hobby is one of the tips to have a healthy long life. You can also meet new friends in the classes!

Class Period: June 2012 ~ March 2013 Eligibility: *Hamura* residents who are at age 60 or older

Place: *Juraku-en* Silver Citizen's Meeting Room (in Community Center) Fee: Free (material cost required)

How to apply & Inquiry: Call or visit *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari*, between May 15th(Tue) ~ 25th(Fri), 8:30AM ~ 5PM.

Class Name	Day & Time	Students	Instructor
<i>Minyou</i> (Folk singing)	Tuesday, 1PM ~ 3:30PM	10	Ms. Ayako Yamaki
<i>Igo</i> (Board game)	Friday, 10AM ~ Noon	20	Mr. Nobuo Uno
<i>Shougi</i> (Board game)	Friday, 1PM ~ 4:30PM	10	Mr. Isamu Takahashi
<i>Kadou</i> (Flower Arrangement)	1 st & 3 rd Thursday, 9:30AM ~ Noon	15	Ms. Youko Karasawa

EXERCISE CLASS for FALL PREVENTION & IMPROVING PHISICAL FITNESS

Wouldn't you love to stay healthy and fit even when you are old? At this class we introduce various exercises which are effective in preventing falling & improving your stamina. Please join us!

Date & Time: Fridays between June 1st ~ 22nd, 1:30PM ~ 3:30PM Place: Sports Center 2nd floor Hall #3

Eligibility: Age 65 or older Capacity: 30 people per day Things to bring: Exercise wear, towel, drink

How to apply & Inquiry: Starting May 15th(Tue) 9AM, call *Kourei Fukushi Kaigo-ka Chiiki Houkatsu Shien* Center. Office hour is 9AM ~ 5PM, weekdays only.

LUNCH PARTY for SENIOR CITIZEN FRIENDS

A casual lunch party will be held for senior residents for an opportunity to make new friends.

Anyone who is over 65 years old living alone or with another person also over 65 years old are welcome.

Please join and share a wonderful time with lunch and watching entertainment performed by volunteers.

Date & Time: June 20th(Wed) 11:45AM~1:45PM Place: *Fukushi Center Dai-kaigishitsu*

Capacity: first 50 applicants Admission: ¥500 (for lunch & drinks)

*Event Transportation will not be provided. Please take Community Bus "*Hamuran*" to *Fukushi Center*.

Application: please call or visit *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* and provide your name, address and contact number between May 15th(Tue) ~ June 8th(Fri).

Workshop for NURSING CARE of FAMILY MEMBER

~ Let's meet at friendly gathering ~

If you are seeking for advice on nursing care of a family member having dementia symptoms, this is a good opportunity to meet and talk with others with similar situation. Feel free to join and share some information.

Date & Time: May 28th(Mon), 1:30PM~3PM Place: *Fukushi Center* 2nd floor *Chuu-Kaigishitsu*

Eligibility: *Hamura* residents taking care of elderly family member(s) Capacity: about first 10 applicants

Application & Inquiries: Call *Chiiki Houkatsu Shien Center* on weekdays 9AM~5PM ☎555-1111

FREE HIV TEST at PUBLIC HEALTH CENTER

Test Date & Time: June 5th (Tue) 1:30PM~4:30PM Fee: Free Reservation: Not required

Place: *Nishitama Hokenjo* located at 5-19-6 *Higashi Ōme, Ōme City*

Test Result Reporting: Please come to the center again on June 12th (Tue) 1:30PM~4:30PM

* The result will be reported in person only. * Test results will be handled anonymously.

▶▶Those who wish can be tested also for Chlamydia, Syphilis and Gonococcal Infection with free of charge.

▶▶*Nishitama Hokenjo* is open to public for consultations about sexually transmitted diseases at anytime.

Inquiries: *Nishitama Hokenjo Hoken Taisaku-ka* ☎0428-22-6141

HOKEN (Public Health) CENTER ☎555-1111

< Baby Food Class for 7 months old and older >

Date&Time: June 14th(Thu), 10AM~11:30AM Capacity: First 15 pairs *Siblings will not be allowed in class.

Place: *Hoken Center* Eligibility: Babies born between August 1st ~ October 15th 2011 and parents

Details: Tips on how to prepare baby food for a 7-month old baby, a baby food cooking demonstration, tasting of the food, and talk-time about "Baby food and nursing"

How to apply: Starting May 16th(Wed) 8:30AM, please call *Hoken Center*.

< Breast Cancer Screening >

Date: By appointment between June 1st(Fri) ~ September 30th(Sun), except Weekends/Holidays

Place: *Fussa Hospital* Time: 8:20AM~ (about 1.5 hours required for the examination)

Fee: ¥1,600 *Please pay at the Hospital on examination day Capacity: First 370 people (2~7 per day)

*No fee for Welfare Recipients. Please bring your Certificate of Welfare Recipient.

Eligibility: Female residents age 40 or older (on examination day) who did not take this exam last year

Examination Detail: Health Interview, clinical breast examination, and mammography screening (X-ray)

How to apply: Call or visit *Hoken Center*, starting May 23rd(Wed).

< Uterine Cancer Screening >

Date: Between June 1st(Fri) ~ September 30th(Sun) Capacity: First 500 people Fee: Free

Place (Name of Clinics): *Ogata Sanfujinka Clinic, Yorimitsu Ladies Clinic, and Taisei Hospital*

Eligibility: Female *Hamura* residents age 20 or older who did not take this exam last year

How to apply: Call or visit *Hoken Center*, starting May 23rd(Wed).

Notes regarding Breast Cancer & Uterus Cancer Exams:

*Delivery of exam result may take up to 1 month. If you are already having symptoms, please see a doctor on your own.

*Applications for the next screening term (October ~ December) for both screenings will start in September.

*It is recommended to make an appointment in July ~ October. The Autumn term is usually more crowded.

< Free Female-specific Cancers Screening >

Coupons for Cervical and Breast Cancer Screenings will be mailed out along with Examination Booklets at the end of May to eligible female residents. Coupons can be used by the addressee starting from June.

Coupons for Cervical Cancer Screening are mailed to those turning to 20, 25, 30, 35, or 40 years old, and the coupons for Breast Cancer Screening are mailed to those turning to 40, 45, 50, 55, or 60 years old in FY2012.

< Health Class for Men ~Tips for your Body Condition Reform!~ >

Now is your chance to reform your body health! Anyone who would like to improve health, join us!

This class offers nutrition lecture and dietary food tasting.

Date&Time: June 16th(Sat), 2PM~4PM Place: *Hoken Center* Eligibility: *Male Hamura Residents*

Capacity: First 30 people Fee: Free Application: Starting May 16th(Wed) 8:30AM, contact *Hoken Center*.

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
20 th (Sun)	<i>Yamaguchi Naika Clinic</i>	570-7661	<i>Fussashi Hoken Center</i>	552-0099	<i>Honda Shika Iin</i>	554-5902
27 th (Sun)	<i>Izumi Clinic</i>	555-8018	<i>Fussashi Hoken Center</i>	552-0099	<i>Masuda Shika Iin</i>	551-8686