

HAMURA NEWS

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☆☆☆ THE 37th HAMURA SUMMER FESTIVAL ☆☆☆

Event Details on Page 2~4

KYODO HAKUBUTSUKAN (Folk Museum) ☎558-2561

< Exhibition "*Tamagawa Jousui* ~The secrets of its' structure and role~ >

You can learn about the structure and the role of *Tamagawa Jousui*(water canal) created back in the *Edo* era.

Date & Time: July 15th(Sun) ~ December 16th(Sun), 9AM ~ 5PM *Open until 6PM in July ~ September.

*The museum will be open on the holidays of July 16th(Mon), September 17th(Mon), and October 8th(Mon).

Place: *Kikaku-ten* (Exhibition) area Admission: Free Inquiry: *Kyodo Hakubutsukan* ☎558-2561

*If you desire a guide, please ask at the front desk (The guide is not always available)

HAMURA ZOO ☎579-4041

< Baby prairie dogs are born! >

8 prairie dogs came to our zoo in July 2011, and this is the first time for *Hamura Zoo* to have baby prairie dogs born among them! We have already confirmed 6 babies showing up from their nest hall. Come see them!

ENVIRONMENTAL WORKSHOP ~Water Creatures And Their Environment~

An environmental counselor will guide the tour investigating local river creatures and water quality.

Date & Time: August 3rd(Fri) 9AM~About 2 hours (Cancelled if rains) Meeting Place: *Ikoinosato* Entrance

Eligibility: *Hamura* elementary school students (3rd grader or younger must be accompanied by an adult)

Capacity: First 30 applicants Fee: Free Things to bring: Drink, Cap/Hat, Writing Materials, and Towel

How to apply / Inquiry: July 17th(Tue) ~ 31st(Tue) call, e-mail, or visit *Kankyou Hozen-ka Kankyou Hozen-kakari*. e-mail: s205000@city.hamura.tokyo.jp * Please wear clothes appropriate for the activity.

HAMURA CITY HAS SENT RELIEF AID MONEY

As of June 14th, the relief aid money donation for the victims of Great East Japan Earthquake entrusted with *Hamura City* has totaled to ¥30,164,175. Thank you very much for your contributions.

On June 12th, *Hamura City* has made direct remittances of aid money from this donation fund to *Ibaraki* prefecture this time. The total amount of aid money sent from this donation fund is ¥28million to date.

The city will continue accepting donations, and will send aid money to the prefectures in process to recover from severe damages of the earthquake and Tsunami.

Please make donations by using one of the Donation Boxes in city hall main/branch offices, *Yutorogi*, Library and Sports Center, or by bank transfer to an officially designated bank account within *Nishitama* Agriculture Cooperative Association (*Nishitama Noukyou*). Inquiries: *Kikaku Seisaku-ka Kikaku Seisaku-tantou*

【 Account Title: 羽村市東北関東大震災義援金 / Branch: 西多摩農業協同組合本店 / Account#: 普通0076220 】

* The transfer fee will be waived if you make a bank transfer payment for donation purpose through a teller service at any *Nishitama Noukyou* branches within Tokyo. (*Fee will be charged through an ATM procedure)

THE 37th HAMURA SUMMER FESTIVAL

Date & Time: July 28th(Sat), 29th(Sun), 3PM ~ 8:30PM

Place: JR *Hamura Station West Rotary, East Rotary and the surrounding area*

*July 28th(Sat): in case of rain, the opening ceremony will be postponed to the 29th(Sun).

*July 29th(Sun): in case of rain, the event will be canceled.

* For more details, please refer to an information bill (in Japanese) available in newspaper of July 27th(Fri) or at the event site during the event.

◆ **Traffic Restriction:** East Rotary area... both on 28th(Sat) & 29th(Sun), 2PM ~ 9PM
West Rotary... 28th(Sat) 3:30PM ~ 5PM, 29th(Sun) 2:30PM ~ 4:30PM

◆ **Inquiries:** The 37th *Hamura Natsumatsuri Jikkou Iinkai*
(co-operated by *Sangyou-ka* and *Hamura-shi Shoukoukai* ☎555-6211)

◆ **Hosted by:** The 37th *Hamura Natsumatsuri Jikkou Iinkai*

◆ **Co-hosted by:** *Hamura-shi, Hamura-shi Shoukoukai, Hamura-shi Kankou Kyoukai, Hamura-shi Chounai-kai Rengoukai, Hamura-shi Shougyou Kyoudou Kumiai, Hamura-shi Roujin Club Rengoukai, Tokutei Hieiri Katsudou Houjin Hamura-shi Taiiku Kyoukai*

~ FEATURES OF THIS YEAR'S FESTIVAL ~

- ★ "Touhoku Recovery Support Booths" will sell regional specialty goods!
- ★ "B-class Gourmet Food Booth" will newly join the festival this summer!
- ★ Energy conservation measures will be taken for setting up this event (i.e. using LED lightings).
- ★ *Uchiwa* fans will be distributed to the festival visitors.

< **Minyou Nagashi (Japanese folk dance)** by *Hamura-shi Buyou Renmei* >

Japanese slow dance parade in traditional summer kimonos. The parade will go toward *Hamura* station.

< **Awa Odori (Japanese folk dance)** by *Hamura-ren & Mitaka-ren* >

Cheerful 'Awa' dance parade. Join and dance along! There will also be a mini dance class too!

< **Mandou Gyouretsu (Japanese lantern March) & Ninba Odori (Hamura's Original Dance)** >

This is the main program of the *Hamura* festival. More than 1000 people from district associations, citizen groups, workers groups and others will join this Japanese dance parade, and some of them march with their own creations of illuminated Japanese lanterns.

< **Samba Dancing** >

There will be total of 4 samba teams participating in the festival this summer.

< **Other Events** >

- Stage Performances at sub-stage
- *Hamura Matsuri Bayashi*
- Putt-putt Golf Tournament
- *Gion Bayashi*
- *Higashiguchi Shouten-kai* Summer Festival... both days, 3PM ~ 8PM

< **Festival Scene Photo Contest** >

Photo Size: printed size 130mmx180mm ~ 254mmx305mm

How to Apply / Inquiry: please bring or mail your art work with an entry form (pick up at Event Headquarter during the festival) to *Hamurashi Shougyou Kyoudou Kumiai* before August 24th(Fri), Noon.

Address; 〒205-0014 *Hamura-shi Hanehigashi* 1-1-8 ☎555-5421

◆ **Let's Keep a Clean Festival Site!**

Not only the event staff but also all participants and guests are asked to cooperate in keeping the festival site clean. Please comply with recycling rules and pick up the trash left inappropriately.

◆ **Environmentally Friendly Festival operated with "Tradable Green System"**

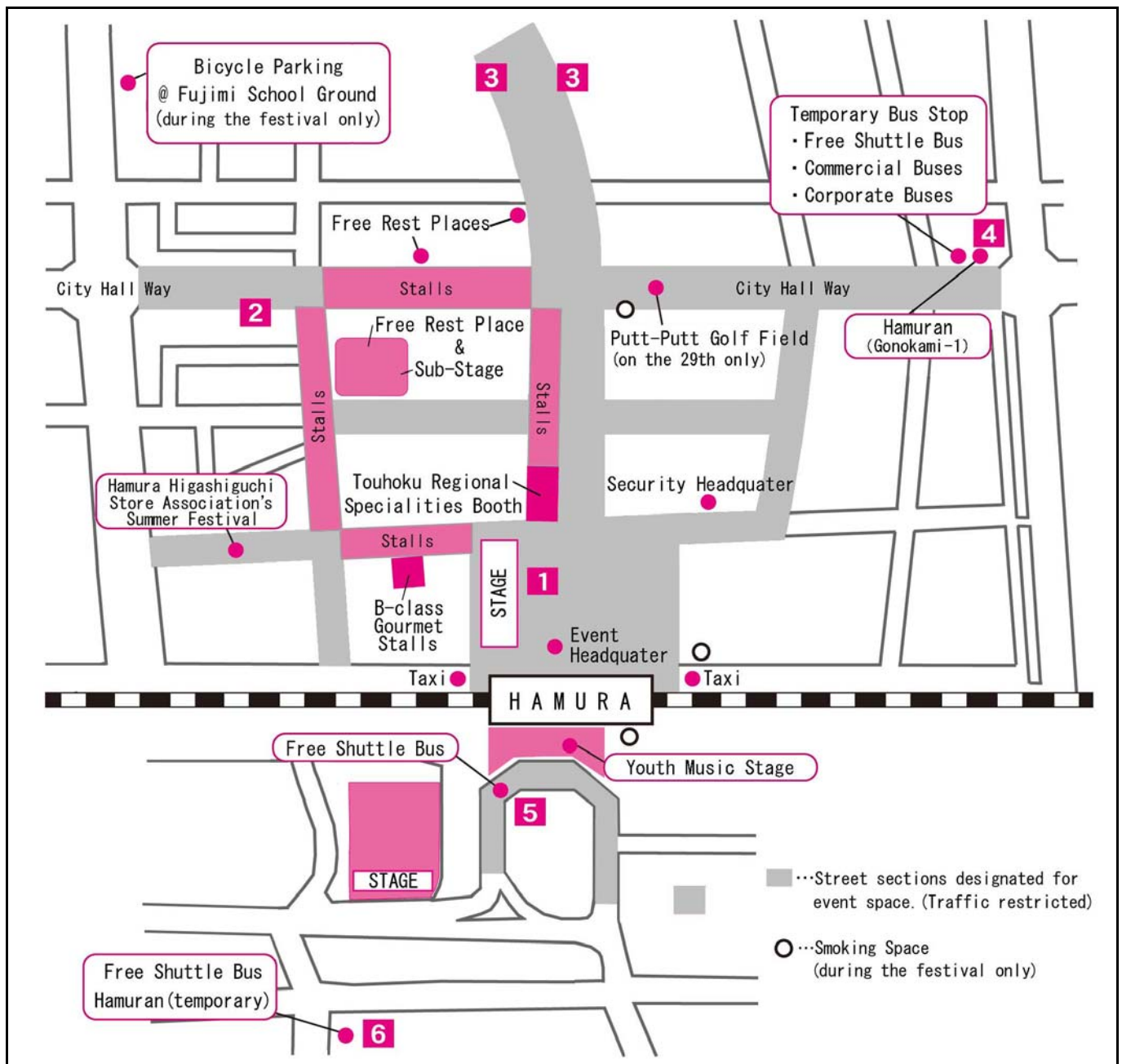
1000kwh of the electricity used to operate this event will come from the Biomass Power Generation System of *Morigasaki* Water Treatment Center in *Ōta-ku*, the destination area of Tama River. *Hamura* City, because clean water is our symbol, aims to create an event with a back up of Water-Eco Energy.

**THE 37th HAMURA SUMMER FESTIVAL
PROGRAM SCHEDULE**

July 28th (Sat)		
Events	Place	Time
Opening Attractions Music Performances (by <i>Hamura Daiichi</i> Junior high school brass band & <i>Hamura Higashi</i> elementary school Junior Orchestra)	JR <i>Hamura</i> Station East Rotary	3PM ~ 3:10PM 3:20PM ~ 3:30PM
Opening Ceremony	JR <i>Hamura</i> Station East Rotary	3:10PM ~ 3:20PM
Youth Parade	Station Street (<i>Ekimae Dori</i>), JR <i>Hamura</i> Station East Rotary	3:50PM ~ 4:20PM
<i>Minyou Nagashi</i> (Japanese Folk Dance)		4:20PM ~ 4:50PM
<i>Mandou Gyouretsu</i> (Lantern March)		4:50PM ~ 5:10PM
<i>Ninba Odori</i> (Japanese Folk Dance)		5:10PM ~ 5:50PM
<i>Mandou Gyouretsu & Ninba Odori</i>		5:50PM ~ 7:10PM
<i>Awa Odori</i> (Japanese Folk Dance)		7:10PM ~ 7:40PM
Sub Stage Performances	Sub-Stages set up by Hamura Dome and by West Rotary	3PM ~ 8PM
<i>Matsuri Bayashi</i> (traditional festival band)	<i>Dashi</i> (Japanese float) set on a street	3PM ~ 8PM
Food Stalls & Sales Booths	Set up on streets	3PM ~ 8:30PM
JR <i>Hamura</i> Station East Rotary traffic restriction		2PM ~ 9PM
JR <i>Hamura</i> Station West Rotary traffic restriction		3:30PM ~ 5PM

July 29th (Sun)		
Events	Place	Time
<i>Wadaiko</i> (Japanese Drums) By <i>Hamura Taiko Fukyuu-kai</i>	JR <i>Hamura</i> station East Rotary	3 PM ~ 3:30PM
Samba Parade by Misto Quente Consereia	Station Street (<i>Ekimae Dori</i>), JR <i>Hamura</i> Station East Rotary	3:50PM ~ 4:25PM
Samba Parade by Tokyo University of Foreign Studies Brazilian Culture Club		4:35PM ~ 5:10PM
Samba Parade by ICU Lambs		5:20PM ~ 5:55PM
Samba Parade by Uniao Dos Amadores		6:05PM ~ 6:40PM
<i>Gion Bayashi</i> (traditional festival band) by <i>Azuma-chou Gion Bayashi Hozon-kai</i>	On the street	5PM ~ 7PM
Putt-putt Golf	On city hall way *see event map	4:30PM ~ 8PM
Closing Attractions	Main Stage	7PM ~ 8PM
Closing Ceremony	Main Stage	8:10PM ~ 8:20PM
Sub Stage Performances	Sub-Stages set up by Hamura Dome and by West Rotary	3PM ~ 8PM
<i>Matsuri Bayashi</i> (traditional festival band)	<i>Dashi</i> (Japanese float) set on a street	3PM ~ 8PM
Food Stalls & Sales Booths	Set up on streets	3PM ~ 8:30PM
<i>Hamura</i> station East Exit Rotary traffic restriction		2PM ~ 9PM
<i>Hamura</i> station East West Rotary traffic restriction		2:30PM ~ 4:30PM

THE 37th HAMURA SUMMER FESTIVAL EVENT MAP



Please Note:

- Bus & Taxi pick-up points within the event site will be temporary relocated. Please check on the event map.
- There is no car parking available. Please refrain from coming to the event by cars.
- Event visitors with bicycles are advised to park their bicycles at *Fujimi Elementary School Ground*.

◆ **Temporary Change of Hamuran Bus Routes**

The bus stops within the event site will not operate on the event dates during the traffic restriction time:
Hamura Station East Side: Both event days, 2PM ~ 9PM

The buses will not stop at *Hamura-eki Higashiguchi* (Map①), *Fujimi Shougakkou Iriguchi* (Map②), and *Hamura-eki Iriguchi* (Map③). All the buses will depart from / arrive at *Gonokami 1chome* bus stop (map④), and will operate using the *Hamuraeki Higashiguchi* bus stop schedule.

Hamura Station West Side: 28th(Sat) 3:30PM ~ 5PM & 29th(Sun) 2:30PM ~ 4:30PM

The buses will not stop at *Hamura-eki Nishiguchi* (Map⑤). A replacement temporary bus stop (map6) will be in front of the parking area of the West Side Land Readjustment Project Branch Office (羽村駅西口土地区画整理事業個別説明事務所), and will operate using the *Hamuraeki Nishiguchi* bus stop schedule.

◆ **Free Shuttle Bus for the Event**

Time: 2PM ~ 9:30PM

Course: ① *Sakaechou-Ozaku* course, ② *Shinmeidai-Fujimidaira* course,

③ *Hanenaka-HamuraSeki-Kawasaki-Seiryuu* course, ④ *Ozakusakashita-Hanekami* course

*For more detail about bus information, please check our City website or the information bill.

ELECTRIC POWER SAVING for SUMMER 2012

~ Everyone's Cooperation Needed! ~

Serious shortage of electric power supply is expected again during this summer. In order to secure stable power supply and to avoid a black out, everyone is asked to cooperate in the reduction of electricity usage.

Inquiries: *Kankyou Hozen-ka Kankyou Hozen-kakari*

~ Power Saving Tips for Homes ~	
Bath	Take turns for hot bath without long time lag between family members
	Keep the hot tub covered while it is not being used
	Use minimum shower water. Do not let it running unnecessarily
Laundry	Reduce the frequency of machine laundry and drying
	Use remaining tub water for laundry
Toilet	Do not keep tap water running while washing face and brushing teeth
	Keep the lid closed over the thermal toilet seat when not being used
Kitchen	Make enough space between refrigerator and wall behind it
	Adjust the refrigerator temperature setting seasonally
	Keep the refrigerator contents minimum and organized
	Know what you need from refrigerator before opening it
	When boiling/stewing food, make sure to cover the food with a lid
	When cooking flame is larger than the pan's bottom, the heat is not effectively transmitted to the pan. The flame should be kept within the bottom diameter.
House	Set air-conditioner (cooling) temperature at 28°C or higher
	Keep Air-conditioner filter clean (clean twice a month)
	Keep TV monitor at medium to lower brightness
	Keep TV sound volume lower than usual
	Clear objects from the floor before using vacuum cleaner
	Clean a room with manual tools to reduce the vacuum cleaner usage
	Change the vacuum cleaner's power adjustment for different uses... on wooden/tatami floor at Low, on carpeted floor at High, etc.
	Set PC's power saver option in effect
	Replace incandescent lights with more ecological fluorescent or LED lights
Use the main power switch rather than a power button on remote controller when you know that you will not use the lighting or device for a long while	

★ If you practice all these power saving tips introduced in above chart, it is estimated that you will save approximately **¥32,500** in electricity bill in a year, and also conserve **340.5kg** of CO² emission!

*The saved amount may vary depending on the model of devices.

~ Power Saving Tips for Offices ~	
Lighting	Reduce the number of light fixtures in use to half of usual
	Adjust the brightness of lighting fixtures that are brighter than necessary (advised level of brightness on the desk surface is 500 lux or under)
Air Conditioning	Keep Air-conditioner filter clean (clean every other week)
	Use AC's ventilation mode when the room temperature can be kept at 28°C without using cooling mode
	By making the flaps of window blind flat, necessary amount of daylight can be retained and the sun heat effect can be reduced at the same time
	Adjust the temperature setting so the actual office temperature is kept at 28°C
	Adjust the AC's setting at over 30°C for machine/equipment/electricity control room
Electric Device	Make setting for lower power consumption while the device is on stand-by mode
	Lower the monitor brightness
Power Saving Awareness	Prepare additional power saving measures for a case of serious power emergency Itemize which devices consume larger energy and clarify the power consumption of

each device for more effective power saving practice.

TAMA AREA STAMP RALLY for NATIONAL SPORTS FESTIVAL!

This stamp rally will be held to promote Sports Festival Tokyo 2013 (The 68th National Sports Festival & The 13th National Sports Festival for Handicapped), supported by 30 municipalities in *Tama* region.

Go around the stamp points located in 30 cities/towns in *Tama* region. If you collect more than 3 stamps, you have a chance to win great prizes in the lists below!

☆Special Prize (15 stamps~)☆

- *Yokohama* Theme park & Hotel ticket
- Electric Bicycle
- Travel Coupon ¥30,000 by JTB
- Nintendo Wii & Wii Party set

☆Sponsor Prize (7 stamps~)☆

- Hotel restaurant ticket
- Ticket for Amusement park & Art Museums
- Soccer & Basketball tickets (for top athlete's games)
- Sports drink and food

☆Yuri-to Prize (3 stamps~)☆

- Sports festival Tokyo 2013 Original Goods

Date: July 21st(Sat) ~ October 31st(Wed) Inquiry: *Kokutai Suishinshitsu* ☎578-8788

Stamp book distribution: Stamp book is available at city halls, *Tama* area railway stations, or you can also download from the official websites of participating municipalities.

How to enter for drawing: Collect stamps on the last page of stamp book and apply by the following method By November 9th(Fri)... ①Apply at city hall ②Put ¥80 postal stamp on the stamp page and mail the book to;

Kokutai Stamp Rally Jikkou Iinkai Jimukyoku, Fuchu-shi Kokutai Suishinshitsu-Nai,
〒183-0056, 1-5 *Kotobuki-chou, Fuchu-shi, Tokyo*

HAMURA CITY PUBLIC HOUSING

— *Shiei Juutaku* —

The application brochures for the current offer term will be available from July 17th(Tue) ~ 26th(Thu), at *Kenchiku-ka* (8:30AM~5PM) in city hall 2nd floor and at city hall branch offices (9AM~1PM) on weekdays, or at city hall Main Reception on the weekend. These public housings are managed by local or metropolitan government in purpose of providing affordable housings for low-income earners and residents having housing problems. There are required applicant eligibility qualifications such as income level, period of resident registration history, etc. For more details regarding applicant qualifications and application procedure, please refer to the brochure or consult *Kenchiku-ka Iji Kanri-kakari*.

Availability: One apartment at *Mihara Danchi* Apartment Complex (address: *Hanenishi 1-7-6*), 2DK, 1st Floor
Rent: will be determined according to the tenant's household income level

Applicant Eligibility: a household of two senior Hamura residents (one of them at age 60 or older with another at age 65 or older), with *Hamura* City Resident Record for 2 years or more, and has no taxes in arrears.

How to Apply: Please come to *Kenchiku-ka Ijikanri-kakari* in city hall 2nd floor between July 17th(Tue) ~ 26th(Thu), 8:30AM ~ 5PM on weekdays. *The tenants will be selected by open drawing on Aug. 2nd(Thu).

JOB INTERVIEW PREPARATION SEMINAR & JOB INTERVIEWING EVENT

This event is to provide support for local residents who are seeking employment. It is co-hosted by *Hamura* City and Tokyo *Shigoto* Center *Tama* Chapter. About 10 local business entities will provide interview opportunities. There is no age restriction for participating in this event.

Date: August 2nd (Thu) Place: *Hamura City Sangyou Fukushi* Center ①2nd Floor *Kaigi-shitsu* ②i-Hall

Time: ①Interview Preparation Seminar... 10AM~Noon

②Joint Job Interviewing... 1:30PM~4:30PM (Sign-in Hour 1PM ~ 3:30PM)

Fee: Free Capacity: ①First 30 applicants ②Not limited

Things to bring: Your resume (Please bring multiple copies so you can hand them to various companies)

Application: ① Call Tokyo *Shigoto* Center *Tama* Chapter ☎042-329-4510 ② No reservation needed.

Inquiry: *Sangyou-ka Keizai Taisaku-kakari, Tokyo Shigoto Center Tama Chapter*

CHILD REARING SEMINAR for PARENTS

~ No Parents Are Perfect ~

Parents raising small children commonly have a sense of anxiety and uncertainty accumulating from their daily tasks and responsibilities over child raising. This seminar gathering will provide the participants with and an opportunity for group discussion/sharing lead by a counselor. Join in this chance for finding a help or inspiration to your child-care related concerns, and gain knowledge and confidence towards parenting.

Date & Time: Tuesdays of August 28th, September 4th · 11th · 18th · 25th, October 9th (6 sessions), 10AM~Noon

Place: Yutorogi Kouza-shitsu2 Capacity: First 10 applicants Fee: ¥300 (drink¥50 x 6 sessions)

Eligibility: Hamura residents raising 18 months old ~ preschool children, and able to attend all 6 sessions

Child Care Service: 18 month old ~ preschooler, up to 10 kids, fee ¥300 (snack¥50 x 6 sessions)

Application/Inquiry: July 23rd(Mon) 9AM~, call *Kodomo Katei Shien Center* ☎578-2882 (Mon.~Fri.)

JOB SEARCH SUPPORT for SINGLE PARENTS

Single mothers and single fathers who are receiving Child-Rearing Allowance (*Jidou Fuyou Teate*) can receive free job search consultation with a Single-mother Independence Support Counselor who will help draw up a scheme for a job search process designed for each individual including a vocational training if necessary.

To make an appointment, please contact *Kosodate Shien-ka Shien-kakari*.

NOTIFICATION OF CURRENT STATUS for CHILD ALLOWANCE and CHILD SUPPORT ALLOWANCE

Recipients of Child Allowance (*Jidou Teate*) and recipients of Child Support Allowance (*Jidou Ikusei Teate*) are required to fill out a Notification of Current Status (現況届) which was mailed to the applicable households, and submit it in June as an annual procedure. Those who have not yet filed the notification are advised to complete the procedure immediately in order for maintaining the qualification for keep receiving the benefits.

Inquiries: *Kosodate Shien-ka Shien-kakari*

NOTIFICATION OF CURRENT STATUS for CHILD-REARING ALLOWANCE, SPECIAL CHILD-RAISING ALLOWANCE and SINGLE-PARENT HOUSEHOLD MEDICAL SUPPORT

Recipients of Child-Rearing Allowance (児童扶養手当), Special Child-Raising Allowance (特別児童扶養手当) or Single-Parent Household Medical Support (ひとり親家庭医療費助成) are required to submit a Notification of Current Status (現況届) along with the required documents during the designated filing period. Please do not delay to take the procedure. For procedure details and required documents, please inquire.

Filing Period: August 2nd(Thu) ~ 13th(Mon), Open everyday during this period, 8:30AM~11:45 & 1PM~5PM

Inquire / File to: *Kosodate Shien-ka Shien-kakari*

OVER-SIZED TRASH ACCEPTANCE WILL BE TEMPORARILY REDUCED

Due to the facility maintenance, the Recycle Center will restrict the capacity of acceptance of over-sized trash. Please refrain from requesting a pick-up service or bringing in your over-sized trash to the center between July 30th(Mon) through August 3rd(Fri), unless it is an urgent case. Thank you for your cooperation.

Inquiries: *Hamura City Recycle Center* ☎578-1211

LATE-ELDERLY MEDICAL INSURANCE SYSTEM

Kouki Koureisha Iryou Hoken

Inquiries: *Shimin-ka Kourei Iryou/Nenkin-kakari*

Who are subject to this medical insurance?

Just as Japanese citizens, all foreign nationals who is living in Japan and meet the following conditions a) and b) are automatically enrolled in Late-Elderly Medical Insurance System on his/her 75th birthday, regardless of the type of previous social health insurance (National Health Insurance, Employees' Health Insurance, Mutual Aid Society Insurance, etc.).

- a) Properly registered as a foreign resident in Japan in accordance with the Alien Registration Law (current law) or Basic Resident Registration Law (after July 9th 2012).
- b) Determined to have been living in Japan for more than one year per the Immigration Control and Refugee Recognition Act.
- * After the implementation of the new Basic Resident Registration Law on July 9th 2012, foreign nationals who stay in Japan longer than 3 months up to 1 year will also become subject to this insurance system.
- * Those who are between the ages of 65 and 74 and has been assessed as having a permanent disability can enroll in Late-Elderly Medical Insurance System before turning 75 years old.

FY2012~2013 Premium has been determined

Each subscriber pays his/her own premiums in this system, which is calculated based on taxable income from the previous calendar year. For Metropolitan Tokyo, the annual premium amount is calculated at a fixed levy of **¥40,100** per insured person plus an income-based levy of **8.19%**. These figures are valid for FY2012 and FY2013. The maximum annual premium is ¥550,000, with amounts rounded down to the nearest ¥100.

Late-Elderly Medical Insurance Premium is Increased

Fixed levy amount and income-based levy rate are revised every two years.

Due to the trend that shows great increase of medical cost to support the population subject to this medical insurance, it has been determined necessary to raise the premium amount for the current term, despite the efforts that the city has taken such as the control measure that increased the partial subsidization of the base premium, which, in principal, to be fully covered by the contributions from the insured members.

We appreciate your support and understanding in this matter.

Reduction of Premium

Premium amount may be reduced according to the level of income. The reduction is automatically applied when each member's premium is calculated. To know more about the reduction requirements, please inquire

Co-payment Rates

Presentation of health insurance card will be required when receiving medical treatments at a medical facility. Subscribers will be issued a health insurance card with indication of the holder's co-payment rate, either 10% or 30%. In principal, the rate for those who have working-level income is 30%, and for the rest is 10%.

An insured member with a working-level income is someone who has ¥1.45 million or more in taxable income or has another insured person by this insurance in the same household.

... However, if an insured member with 30% rate meets any of the following conditions, he/she can apply for the change of co-payment rate to 10%. An application is required in either case.

- When one person in the household is a member by this insurance and his/her earnings are less than ¥3.83 million in the previous year.
- When there is another person in ages between 70 and 74 in the same household who is enrolled in National Health Insurance or Employee's Insurance, and the combined earnings of the member and the another person are less than ¥5.2 million.
- When two or more persons in a household are members by this insurance and their combined total earnings is less than ¥5.2 million in the previous year.

Reduction of Medical Expenses

Depending on the income level or medical condition, members may, after the application is assessed and approved, obtain a certificate which sets the maximum limit of medical charges for hospital meals, insured medical treatments, hospitalization and chronic therapy for some diseases subject to the Designated Diseases Treatment Support System.

LATE-ELDERLY MEDICAL INSURANCE NOTIFICATION

Kouki Koureisha Iryou Hoken

Late-Elderly Medical Insurance Notification (後期高齢者医療保険料決定通知書) will be mailed to the insured members in mid July enclosed with a premium amount notification. In addition, cash payment slips are also enclosed for those whose premium payments are not deducted from pension or paid by bank transfer.

If you have a difficulty with understanding Japanese guidance for the notification, please ask for an assistance at *Shimin-ka Kourei Iryou Nenkin-kakari* in city hall 1st floor.

*For those whose final return of 2011 is not yet filed, the premium amount notification will only state the fixed levy. Once his/her final return of 2011 is filed, the income-based levy will be calculated and notified.

~ Tired of dealing with periodical cash payment? ~

If your premium payments are not yet automatically deducted from pension, we recommend switching your premium payment method to bank transfer, and avoid having to worry about the due date for each installment, as well as having to pay by cash. To change your payment method to bank transfer, please fill in an enclosed request form (口座振替依頼書) and turn in to your financial institution. To switch the method from deduction from pension to bank transfer, an additional procedure will be required.

LET'S REJUVENATE YOUR BRAIN AND ENJOY LIFE MORE!

< Lecture Courses for Rejuvenating Your Brain >

This is a once-a-week class for 17 weeks. The program is a combination of walking exercise and a subject of your choice from PC, cooking, or traveling. As you learn different things, you can revitalize your brain as well as have a lot of fun with classmates!

Date & Time: Wednesdays between September 5th ~ December 26th, 9:30AM ~ 11:30AM

Place: Community Center Fee: Free (cooking ingredients cost required)

Eligibility: *Hamura* residents who are around 65 years old and meet the following conditions: ①able to participate in all 17 classes ②able to bring a personal computer

Capacity: 6 people per program (Those who attended the "Lecture for Dementia Prevention Method" are prioritized over other applicants)

How to apply / Inquiry: Between August 3rd(Fri) ~ 17th(Fri), call or visit *Kourei Fukushi-kakari*.

< Lecture Event ~Dementia Prevention Method~ >

At this lecture you can learn about the causes of dementia and how to revitalize your brain, as well as about the lecture course "Rejuvenating Your Brain", the exercise course introduced above.

Date & Time: ①August 3rd(Fri) ②August 8th(Wed), 2PM ~ 4PM Place: Community Center 3rd floor

Eligibility: *Hamura* residents who are 65 years or older, persons taking care of a dementia patient in family, or those who are interested in learning about dementia. Reservation: not required

Instructor: *Tokutei Hieiri Katsudou Houjin Ninchishou Yobou* Support Center staff

Inquiry: *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari*

RENEWAL of NATIONAL HEALTH INSURANCE ELDERLY MEMBER CARD

The current National Health Insurance Elderly Member Card (国民健康保険高齢受給者証, issued to NHI members of age 70~74) will expire on July 31st (Tue). The new card will be mailed to the current card holders before the end of July. The validity of the new card is from August 1st 2012 through July 31st 2013. Those who will turn 70 years old after July will receive the card by the end of birth month, and the validity takes effect from the following month. (If birth date is the 1st, the card validity takes effect from the birth month)

* The expired card must be returned to the city office by mail using an envelop enclosed with the new card, or please return it in person to *Shimin-ka Hoken-kakari* in city hall.

LONG-TERM CARE INSURANCE (KAIGO HOKEN) NOTIFICATION

Long-term Care Insurance (*Kaigo Hoken*) Notification and Statement (介護保険料額決定通知書・納入通知書) will be mailed to the residents at age 65 or older (Class-1 Policyholders). The enclosed notification explains the premium amount and payment method. There are two payment methods for Class-1 policyholders as explained below. Please see the notification for your payment method.

- Special Collection Method (特別徴収): Premiums are automatically deducted from pension.
- Ordinary Collection Method (普通徴収): Please pay by using a cash payment slip or by bank transfer.

* Those between 40 ~ 64 years old (Class-2 Policyholder): Long-term Care Insurance premiums are paid together with medical health insurance premiums.

Foreign residents at age of 40 or older, who stay in Japan for one year or longer, are subject to this Japanese universal insurance program. The premium contributions mainly fund this program. In order to avoid the delayed payments, please feel free to consult city hall staff if you have any questions regarding public insurance and pension system.

* Serious delinquency of premium payments may cause penalty, such as the limitation of insurance benefits.

Inquiries about: premium payment... *Nouzei-ka Nouzei-tantou*, Long-term Care Insurance... *Kaigo Hoken-kakari*, Long-term Care Service... *Chiiki Houkatsu Shien Center-kakari*, Certification for Needed Long-Term Care... *Kaigo Nintei-kakari*,

❖ If you are considering to use care service covered by Long-Term Care Insurance... ❖

Please first consult with an advisor in *Chiiki Houkatsu Shien Center* or *Kourei Fukushi Kaigo-ka* in city hall about obtaining the "Youkaigo Nintei (Long-Term Care Needs Certification)" which is issued to the members of Long-term Care Insurance who are in qualifying condition and needing long-term care.

This certificate is required for receiving the benefit of Long-term Care Insurance. This insurance system does not reduce your medical payment over the counter by simply showing your *Kaigo Hoken* insurance card.

❖ If you are having difficulty with paying the premiums... ❖

Please do not neglect the outstanding balance, just consult with *Nouzei-ka Nouzei-tantou* about special measures to help the payments for those in financially difficult situation. There is also a premium reduction or grace system for the victims of severe property damage from a fire or a flood.

< Baby Food Class for 7 months old and older >

Once your baby is able to swallow weaning food, it's time to try solid food. Let's learn some easy recipes!
Date & Time: August 23rd(Thu), 10AM~11:30AM Place: *Hoken Center* Capacity: First 15 pairs
Eligibility: Babies born between October 16th ~ December 31st 2011 and parents
Contents: Hint for mid & later term of baby food stage / cooking demonstration & tasting for parents / Lecture & discussion about parenting *Sorry, siblings will not be allowed in class
How to apply: Starting July 18th (Wed) 8:30AM, please call *Hoken Center*.

< Immunization for your children >

Caution

- The timing of taking vaccines varies depending on the type of immunization.
- Some vaccines require multiple injections.
- Depending on the types of vaccine, your child needs to take them during certain period. If you miss the vaccine timing, you may not be able to apply for a subsidy to cover the cost.
- If you lost vaccination coupons or are a new resident of *Hamura City*, please visit *Hoken Center* (make sure to bring *Boshi Kenkou Techou*).
- For any questions, contact the *Hoken Center*.

Types of Vaccine and Applicable Ages

The upper age limit in the list below is the last year that public fund coverage for shot cost is effective. It is best recommended to have your child immunized as soon as he/she reaches the suitable age.

- BCG: 3 months ~ 5 months old
- Polio: 3 months ~ 7 years and 5 months old
*As of September, the vaccine will be changed from live vaccine to inactivated vaccine.
- DPT (Diphtheria, Pertussis, and Tetanus):
 - The first period: 3 vaccinations while between 3 months ~ 7 years and 5 months old (about 20 to 56 days must pass between shots),
 - Additional (4th) shot: 12~18 months after receiving the 3rd vaccination shot.
- DT vaccine (Diphtheria and Tetanus): The 6th graders (Children of age 11 ~ 12 years old)
- MR vaccine (Measles, and Rubella):
 - The first period: 1 year old
 - The second period: 5 ~ 6 years old (during one year before enrollment of elementary school)
 - The third period: 7th grade or adequate age group
 - The fourth period: 12th grade or adequate age group
 - * As a transitional measure of vaccine regulation revision, children who are in 7th and 12th grade need to have MR vaccine
- Japanese Encephalitis Vaccine
 - 1st vaccination phase: Twice between 3 ~ 7 years and 5 months old (about 1 year separation between the 2 shots)
 - 1st vaccination additional phase: Twice between 3 ~ 7 years and 5 months old (about 1 year separation between the 2 shots)
 - *For the 2nd phase take 1 shot while between 9 ~ 13 years old. For those who wish to have a vaccine, visit *Hoken Center* and make sure to bring *Boshi Kenkou Techou*.
 - *For those who were born between June 1st 1995 ~ April 1st 2007, they will be able to receive a subsidy

for both the 1st and 2nd phases.

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

Date	Hospital				Dental Clinic	
July	9am~5pm		5pm~10pm		9am~5pm	
15 th (Sun)	<i>Takiura Iin</i>	555-2655	<i>Fussashi Hoken Center</i>	552-0099	<i>Ikoma Shika Hamura Shinryoujo</i>	555-3139
16 th (Sun)	<i>Yokota Clinic</i>	554-8580	<i>Takamizu Iin (Mizuho-machi)</i>	557-0028	<i>Inagaki Shika</i>	555-6018
22 nd (Sun)	<i>Sakae-chou Shinryoujo</i>	555-8233	<i>Fussashi Hoken Center</i>	552-0099	<i>Inoue Shika Iin</i>	554-7735
29 th (Sun)	<i>Matsubara Naika Iin</i>	554-3111	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Usui Shika Iin</i>	579-1199

*Inquiries for medical facilities or medical system: Tokyo Health & Medical Information Center "Himawari"

☎03-5285-8181, in English, 9AM~8PM Daily <http://www.himawari.metro.tokyo.jp/qq/qq13enmnl.asp>

BE AWARE of HEAT EXHAUSTION !

Heat exhaustion can occur to people in a place with high temperature, high humidity and no breeze. Little children and older people have an especially higher risk of being affected. Please make sure to use air conditioners or fans as needed even during the period when power conservation is advised.

Watch out for these symptoms:

Light symptoms... Dizziness, muscle ache, sweating for a long time

Moderate symptoms... Headache, sickness, and tiredness

Severe symptoms... Unconsciousness, seizure, high fever

If you get Heat Exhaustion:

First you must move to cool place and take a lot of drink, then try to cool down your arm pits and leg bases.

*If someone is unconscious or cannot drink by himself/herself, call an ambulance or consult with Tokyo Shoubouchou Kyuukyuu Soudan Center ☎#7119 (available 24 hours)