# HAMURA NEWS

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

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#### JAPANESE REGIONAL CULTURES EXCHANGE EVENTS

At Hamura City Life-long Learning Center *Yutorogi*, the Japanese Cultural Exchange Week will be held on January  $12^{th} \sim 20^{th}$  2013. In this event, traditional Japanese folk entertainment will be performed on stage.

<u>Place</u>: Yutorogi Grand Hall <u>Seat Category</u>: All non-reserved seat

Event Hosted by: Hamura City Board of Education Inquiry: Yutorogi \$\gred{2}570-0707

<u>Child Care Service</u>: Fee and preliminary registration required by January 11<sup>th</sup>(Fri). Please contact *Yutorogi*.

- < Folk Music and Dance of Etchu Toyama Region "Kaze no Owara" >
- Program I Minyou (folk ballad & dance) of Etchu Gokayama Region

*Gokayama* is famed for its' carefully preserved cultural heritages, such as the *Gasshou Zukuri* architectures and the surrounding beautiful natural environment that are registered World Cultural and Natural Heritage, as well as the intangible cultural heritages that will be performed in the coming event at *Yutorogi*.

Minyou music and dance ~ Kokiriko (the supposed-oldest Japanese folk music), Hayamugiya, and Mugiya-bushi ~ will be performed by the Toyama locals who will travel to Hamura City for the event.

- Program II Minyou (folk ballad & dance) of Etchu Yao Region
  - "Owara-bushi" is a folk ballad and dance which is said originally started as a ritual held on the 210<sup>th</sup> day on the lunar calendar, a day believed to be the Day of Wind Calamity. On this day the locals devote a ritual in prayer for the appearament of wind damage and abundant rice harvest.
  - *Owara-bushi* is danced by men and women, in long rows with their faces covered by low-brimmed straw hats. They dance simultaneously to the melancholic melody played by oriental string instruments and drums accompanied with *Minyou* style singing.

Show Date & Time: January 20<sup>th</sup>(Sun) 1PM~ (Door opens at 0:30PM)

Admission: Adult ¥1000, High school students & Younger ¥500

- < Kabuki New Year Show >
- Program I Transformation into "Rokusuke"

This unique show prevails the process of make-up and dressing-up of a *Kabuki* character.

- Program II - Kabuki Dance by Rokusuke

This performance features the popular elements of *Kabuki* dance numbers.

- Program II - Kabuki Play "Anma to Dorobou"

This easy-to-follow story is popular among the beginner *Kabuki* audiences.

Show Date & Time: January 19<sup>th</sup>(Sat) 5PM~ (Door opens at 4:30PM)

Admission: Adult advance¥2500, on-site¥3000 / High school students & Younger advance or on-site ¥1000

# << Ticket Sales >>

Tickets are sold from October 16<sup>th</sup>(Tue) at *Yutorogi*, Sports Center, *Nishitama Shinbun* Ticket Service Center (10AM~5PM weekdays only ☎0120-61-3737 *Fussa* City), *Marufuji* Supermarkets (there are 7 locations in *Ōme* City, *Hamura* City and *Fussa* City).

# **☆☆ The 43rd HAMURA LOCAL INDUSTRY FESTIVAL ☆☆**

"Hamura-shi Sangyou-sai"

November 3<sup>rd</sup>(Sat) & 4<sup>th</sup>(Sun) 10AM ~ 4PM in Fujimi Park

# < Agriculture Exhibition >

Locally grown vegetables, flowers, and *Bonsai* pots will be offered. You can not only shop for fresh & healthy products on the site, but also chat with the farmers who had grown them!

### < Knives & Cutting Board Maintenance Service >

Local carpenters will contribute to this event by providing FREE service with their professional skills. They will sharpen your kitchen knives and refurbish your wooden cut board. (Limit of 3 knives per person)

#### < Products & Food Stalls >

Get to know more local products and food stores. You will find *Sangyou-sai* Special Prices everywhere! <u>Hamura Nigiwai Lottery Event</u> - Chance to win great products provided by *Hamura* local enterprises!

Date & Time: November 3<sup>rd</sup>(Sat) 10AM~ \*First-come first-served policy

# < Regional Specialties >

Must try the Soft Ice-Cream sent from *Hamura's* sister city, *Hokuto* City located near *Kiyosato* mountain resort. Also, enjoy the variety of regional specialties from all over Japan.

# < Touhoku Support Project >

There will be sales booths of *Touhoku* regional products! Let's enjoy shopping and support the rebuilding of earthquake-afflicted communities in *Tohoku*.

#### < Consumers' Awareness Exhibition >

Various eco-ideas will be suggested in relation to our Food, Living, Waste, and Environment. Inquiry: *Shouhi Seikatsu* Center Ext640

# < Industry Exhibition >

Introduces industrial products and manufacturing technology of the highest quality from *Hamura's* local enterprises. The following educational projects are supported by two of such companies. \*No Fee/Reservation required

Kid's Engineering Workshop – Calculator Assembling

Date & Time: November 3<sup>rd</sup>(Sat), 10:30AM~ (5 times) Capacity: 12 kids each group

Instructed by engineers from CASIO Computer Co., Ltd. Hamura Gijutsu Center

Kid's Manufacturing Workshop - Original Design Printing on T-shirt

Date & Time: November 4<sup>th</sup>(Sun), 10:30AM~ (3 times) Capacity:15 kids each group

Instructed by professionals from Prism Ltd. and Unno Giken Co., Ltd.

### < Kids Events in Sangyou-sai >

<u>Happy Halloween in *Hamura*</u> - Let's make Halloween masks! Join in a parade and stamp rally for treats. <u>Play Land</u> – Come and have fun on the inflated playground and the petting zoo!

# < Tray Recycling System in Industry Festival >

Event visitors and participating organizations will be asked to cooperate in Tableware Reuse System. After enjoying snacking and drinking at the festival, please return the used tableware to the collection spot (リュース食器返却所). This waste reduction project is held in coordination with The Anti-Global Warming Environmental Joint Project organized by all 62 Tokyo municipalities.

Inquiry: The 43<sup>rd</sup> Hamurashi Sangyou-sai Jikkou Iinkai Jimukyoku at city hall Sangyou-ka Ext658 (Hamura Local Industry Festival Executive Committee, Representative Office)

### THE 43rd HAMURA CULTURE FAIR

#### "Hamura-shi Bunka-sai"

Various cultural events are now happening at *Hamura* City Lifelong Learning Center "*Yutorogi*".(\$570-0707) This year's Culture Fair exhibitions, theater performances and special events were introduced in October 1<sup>st</sup> issue. Event time schedule and exhibitor/performer information are listed in *Hamura* News Japanese Edition October 15<sup>th</sup> issue. This issue features culture workshops that foreign residents are welcome to participate.

# \* Japanese Flower Arrangement

Date & Time: October 20<sup>th</sup>(Sat) 11AM~3PM Place: Sousaku-Shitsu3 Fee: ¥300

Capacity: 50 people, Anyone who is 1<sup>st</sup> grader or older (1<sup>st</sup>~3<sup>rd</sup> grader must be accompanied by an adult)

Instructor: Hamura-shi Kadou-kai

# \* Origami Cranes (connected-folding method)

Date & Time: October 17<sup>th</sup>(Wed) ~ 21<sup>st</sup>(Sun) 10AM~5PM Place: *Gakushuu-Shitsu2* Fee: ¥Free

Instructor: Hamura Renzuru-no-kai

# \* Paper Crafts (Propeller Toy & Pop-up Card)

Date & Time: October 24<sup>th</sup>(Wed) ~ 28<sup>th</sup>(Sun) 10AM~5PM Place: *Gakushuu-Shitsu2* Fee: ¥Free Capacity: 100 people for each craft, Anyone who is 6<sup>th</sup> grader or younger Instructor: Snake Junior

# \* Hand Knitting (Mini-Muffler)

Date & Time: November 2<sup>nd</sup>(Fri) ~ 4<sup>th</sup>(Sun) 10AM~5PM Place: Sousaku-Shitsu1 Fee: Free

Capacity: No seat limit, Beginner or anyone is welcome 
Instructor: Knit Salon

# \* Origami

Date & Time: October 31<sup>st</sup> (Wed) ~ November 4<sup>th</sup> (Sun) 10AM~4PM Place: *Gakushuu-Shitsu2* 

Fee: Free Capacity: No seat limit Instructor: Shinsou Club

# \* Singing & Piano

Date & Time: October 25<sup>th</sup>(Thu) 1PM~2PM Place: Small Hall Fee: Free

Capacity: 30 people, Any age Instructor: Dolce

# \* Keyboard Instruments

Date & Time: October 25<sup>th</sup>(Thu) 2PM~3PM Place: Small Hall Instructor: The Merry Mellow

Fee: Free Capacity: 20 people, Any age (\*you can participate with or without your own instrument)

### \* Japanese Harp

Date & Time: October 26<sup>th</sup>(Fri) 1PM~2PM Place: Small Hall Fee: Free

Capacity: No seat limit Instructor: Taishoukoto Ouseiryuu

# \* Folk Dances From Around The World

Date & Time: October 28th (Sun) Noon~1PM \*canceled in case of rain Place: Kouryuu Hiroba

Fee: Free Capacity: 30 people Instructor: Senior Folk Dance

# ABANDONED BICYCLES CLEAN-UP CAMPAIGN

October 22<sup>nd</sup>(Mon) ~ 31<sup>st</sup>(Wed)

There will be a campaign for cleaning-up abandoned bicycles around *Hamura* and *Ozaku* JR Stations. Cooperation from each one of us contributes to making our town free of illegal bicycle parking.

- ◆ Let's be considerate of Visually-Challenged People Bicycles sitting on the yellow Braille Blocks make it difficult for visually-challenged people to walk on the street safely.
- ◆ Narrowed Sidewalk is Unsafe Bicycles left on the street make sidewalk very narrow, causing problems for everyone, especially persons in wheelchairs, people with strollers or small children, and elderly persons.
- ♦ Businesses around the rail stations are also affected by illegally parked bicycles.

 $\underline{\text{No-Parking Zones for Bicycles}} : \text{ Areas within 400 meters radius from } \textit{Hamura} \text{ and } \textit{Ozaku} \text{ JR Stations}.$ 

Illegally parked bicycles and low-powered bicycles (mopeds) will be towed away and stored at the *Hamura* City Bicycle Storage. Penalty fee is required to be paid to retrieve a vehicle from the storage.

Inquiries: Bousai Anzen-ka Koutsuu Bouhan-kakari Ext216

Hamura-shi Jitensha Hokanjo (Hamura City Bicycle Storage) 2579-4815

#### TOKYO METROPOLITAN AREA MINIMUM WAGE has been revised

As of October 1<sup>st</sup> 2012, the minimum hourly wage in Tokyo was revised to ¥850.

The minimum wage system is a system that employer must pay the employee a wage that is not less than the minimum wage formulated by the government on the basis of the Minimum Wages Law.

In principal, the system applies to all workers and their employers, regardless of pay structure or any forms and the titles of employment, full or part-time, temporary work or side job, etc. Wages targeted as subject to the minimum wage are only the wages corresponded with usual working time and working days.

There are different minimum wages in different areas of the country, and specific minimum wages for certain industries. For more information regarding the minimum wage legislation explained in foreign languages, please contact the Labor Consultation Centers introduced in the article below.

#### LABOR CONSULTATION CENTERS for FOREIGN WORKERS

Labor Consultation Center is an agency of Industry and Labor Bureau of Tokyo Metropolitan Government. It provides services such as labor consultation, seminar, distributing labor-related information and publication, lending labor-related videos.

English translators are available for consultations on a regular basis, and translators for 6 other languages (Chinese, Spanish, Portuguese, Korean, Thai, and Persia) can be dispatched by appointment.

All consultation services are available free of charge. Reservation is needed for consultation in person.

Personal information obtained during a consultation will be kept confidential.

Kokubunji Office: ☎042(321)6110 [English] Wed. Hours: 2PM~4PM

Location: 3-22-10 Minami-cho, Kokubunji-shi, Tokyo

*Iidabashi* Office: ☎0570(00)6110 [English] Mon.~Fri. / [Chinese] Tue., Wed., Thu. Hours: 2PM~4PM

Location: Tokyo Shigoto Center 9F, 3-10-3 Iidabashi, Chiyoda-ku, Tokyo

Osaki Office: 2PM~4PM [English] Wed. Hours: 2PM~4PM

Location: Gate City West-Tower 2F, 1-11-1 Osaki, Shinagawa-ku, Tokyo

"The Foreign Workers' Handbook": To obtain a copy, please contact any of the consultation centers.

It is also available in PDF format  $\rightarrow$  http://www.hataraku.metro.tokyo.jp/soudan-c/center/e/index.html

# **ADVISORY SERVICE FOR FOREIGN WORKERS**

# Consultation by Tokyo Labor Bureau Labor Standards Department Inspection Division

Hours: 10AM~Noon / 1PM~3PM \*Please make an appointment before visiting

<u>Languages</u>: English – Mon. Wed. Fri. / Chinese – Tue. Thu.

Topics covered: working conditions, wages, dismissal, retirement, work hours, days off, etc.

Tel: 03-3512-1612 Location: 1-2-1 Kudan-Minami, Chiyoda-ku, Tokyo

# ONE-DAY LABOR CONSULTATION in AKISHIMA CITY

# HAMURA ENVIRONMENT FESTIVAL Project / Booth Participants Wanted

Hamura City will hold the Environment Festival for the first time this year. Let's make it a great success!

<u>Date & Time</u>: November 23<sup>rd</sup> (Fri) 10AM~3PM <u>Place</u>: City hall parking & Community Center

< Kids Cafe (Kodomo Cafe) >

Staff children will make and sell sweets that are made with local agriculture products. It is a great chance for children to learn about food millage and basic store management.

<u>Place</u>: City hall staff canteen <u>Eligibility</u>: Elementary ~ Junior high students interested in food business <u>Staff number capacity</u>: First 10 applicants for each shift block (11AM~Noon / 1PM~2PM)

< Eco-Friendly Idea Sharing Project (Watashi no Eco Jiman) >

< Eco-Friendly Items Found in Hamura City (Machi de Mitsuketa Eco na Mono) >

Share your findings of anything eco-friendly! It can be something publicly well-know or unique in *Hamura*.

<u>Place</u>: Community Center <u>Eligibility</u>: Anyone who are interested in environmental issues

<u>Format</u>: Photograph or drawing (A3 paper size) of eco-friendly thing, system, etc. in *Hamura* City.

#### < Flea Market >

<u>Place</u>: City hall parking <u>Fee</u>: Free <u>Eligibility</u>: Anyone who are interested in environmental issues \*On application form, please state the sale items that you plan to sell at your booth.

\*In case the applicant number exceeds the space capacity, sellers will be selected by lottery.

# < How to Apply >

Fill in the name of event you wish to participate in, your name, address, age, and contact number. Then mail, fax, email or bring your application to *Kankyou Hozen-ka* (Ext.226) in city hall  $2^{nd}$  floor during the application period, October  $16^{th}$ (Tue) ~ November  $9^{th}$ (Fri).

Fax: 554-2921 Mail: fill-in the zipcode only ₹205-8601 Email: s205000@city.hamura.tokyo.jp

# PROMOTION for GREEN PRESERVATION of THE OLD TAMA RIVER BANK Symposium & Walking Rally Application

In the west Tokyo area, including our *Hamura* City, there is a geographical trace which tells about where the Tama river used to flow and how it carved land in its' history. As the course of flow shifted over time, it left a few levels of banks. One of them which expands for 40km from *Ome* City to *Choufu* City now remains as a belt of forested landscape. In *Hamura*, this old bank runs by *Negaramimae* Paddy Field.

These green preservation promotion events will provide a great opportunity for the local residents to get to know about this characteristic landscape, and think about the nature and benefit it provides for our town. The rally participants will receive a gift of sapling tree, nest box or binoculars.

**Symposium** November 17<sup>th</sup> (Sat) 10AM~Noon at *Akishima Shimin Kaikan* small hall Lecture presentation by Mr. *Hideaki Anzai* (Chief Researcher, Japan Wild Bird Association) \*lecture topics are organized for audiences at high school age and over.

【 Walking Rally 】 November 17<sup>th</sup> (Sat) 1PM~4PM Eligibility: Elementary students and older Course (2.5km): Near *Haijima Dai-yon* Elementary School → Near *Fussa Dai-go* Elementary School

 ${}^{\star}$ Free shuttle buses will transport the rally participants between the rally course and  ${\it Haijima}$  Station.

<u>How to Apply</u>: Send application during October 15<sup>th</sup>(Mon) ~ November 10<sup>th</sup>(Sat). Participant capacity is first 200 applicants. Apply for symposium and/or walking rally.

Fill in the title "Symposium & Walking Rally *Sanka Kibou*", your name, age, mailing address, phone number, fax number or email address, then send it via fax or email to the event office "SERCO - *Gaisen* Symposium & Walking Rally". Fax: 03-3406-1595 Email: gaisen@ml.serco.co.jp

Inquiry: Kankyou Hozen-ka Kankyou Hozen-kakari Ext224

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

All *Hamura* City Junior High Schools organize a social learning program which allow the students to experience 5-day internship at actual work places, thanks to the cooperation from local business entities. This social learning program provides the students a chance for learning about various jobs and opportunity for developing communication skills required in professional environment.

Please be informed that  $8^{th}$  graders of *Hamura Dai-ichi* and *Dai-san* Junior High Schools will be on the 5-day internship on the following dates. 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* Ext379 *Dai-ichi* Students: October  $22^{nd}$  (Mon)  $\sim 26^{th}$  (Fri) *Dai-san* Students: November  $5^{th}$  (Mon)  $\sim 9^{th}$  (Fri) \**Hamura Dai-ni* Junior High School had already finished this year's 5-day internship program back in May.

#### **NURSERY SCHOOL APPLICATION for SPRING 2013**

Enrollment Application Form for nursery schools in *Hamura* City will be available from <u>November 1<sup>st</sup>(Thu)</u>. Parents who wish to newly enroll or transfer child(ren) to a nursery school from April 2013, please make sure to file an application as early as possible during the application period.

- \*Information of registration renewal procedure will be announced in January 2013 by each Nursery School to the households of currently enrolled children.
- \*Regarding the transfer to a nursery school in another municipality, please contact *Hoiku-ka* in City Hall at your earliest convenience.

<u>Application Period & Place</u>: December 1<sup>st</sup>(Sat) ~ 14<sup>th</sup>(Fri)

File at: Mon. ~ Fri. - Hoiku-ka Hoiku-kakari (Ext234) in city hall 2<sup>nd</sup> floor

Sat. & Sun. - Conference Room 102 in city hall 1st floor

<u>Where to Obtain a Form</u>: *Hoiku-ka*, City Hall branch offices, Nursery Schools, and Children Centers

\*Form can also be downloaded from the *Hamura* City Official Website.

# DISTRIBUTION of HAMURA CITY WASTE DISPOSAL BAGS to WASTE HANDLING FEE EXEMPT HOUSEHOLDS

Starting on November 1<sup>st</sup> (Thu), applications will be accepted for the free distribution of *Hamura* City Waste Disposal Bag for the program year of December 2012 ~ November 2013.

Eligibility: ① Welfare(Seikatsuhogo) recipient household ② Child-Rearing Allowance (Jidou Fuyou Teate) recipient household ③ Special Child-Raising Allowance (Tokubetsu Jidou Fuyou Teate) recipient household ④ Resident Tax exempt household with a Physical Disability Certificate holder (grade1~2) ⑤ Resident Tax exempt household with a holder of Health and Welfare Handbook (Ai-noTechou) (grade1~2) ⑥ Resident Tax exempt household with a holder of Certificate for Adults and Children with Mental Deficiency (Seishin Shougaisha Hoken Fukushi Techou) (grade1) ⑦ Recipient of Old-age Welfare Pension (Rourei Fukushi Nenkin) issued with a green Pension Handbook

Number of Supplied Bags: Varies on family structure and qualification category.

\*10 big bags can be exchanged into 20 middle size bags.

<u>Application Period</u>: November 1<sup>st</sup>(Thu) ~ 30<sup>th</sup>(Fri), closed on weekends & national holidays

9AM~Noon & 1PM~5PM \*Open until 8PM on 7<sup>th</sup>(Wed), 14<sup>th</sup>(Wed), and 21<sup>st</sup>(Wed).

Application Place: City Hall 2<sup>nd</sup> Floor Conference Room 201

Required Items for Application: Personal seal (Inkan), Proof of eligibility (relevant certificate, etc)

- \* Should a household under eligibility condition **(4)**~**(6)** wish to apply for the free bags after 5PM on Wednesday, please present Resident Tax Exempt Certificate of all family members.
- \* A person applying on behalf of a qualified applicant will be required to present his/her ID and personal seal.
- \* Application can be accepted for only one of the eligibility categories.
- \* One-year supply of bags will be given. Please bring a carry-bag for the large stock.
- \* If applying after November 30<sup>th</sup>, bags will be supplied in quantity proportional to the remaining month of the program year.

Inquiry: Seikatsu Kankyou-ka Seikatsu Kankyou-kakari Ext204

# EAST CHILDREN CENTER (Higashi Jidoukan) 2570-7751

< Sports Day ~ Group Jump Rope ~ >

Date & Time: October 24<sup>th</sup> (Wed), 3PM ~ 4PM \*No application is required to participate.

Eligibility: Elementary School & Junior High School Students

#### WATER LEAKAGE INSPECTION

*Hamura* City will be sending water works contractors to each household to run a water leakage inspection on the following schedule. Thank you very much in advance for your cooperation.

\* City-contracted inspection officers carry their ID. If the officer seems suspicious, please ask to show the ID.

Inspection Period: November 1<sup>st</sup> (Thu) 2012 ~ February 28<sup>th</sup> (Thu), 2013

Inspection Area: Hane Naka 1~4-choume, Hane Higashi 1~3-choume, Kawasaki 1~4-choume,

Tamagawa 1~2-choume, Hane 690~743 (Seiryuu District)

Inquiries: Hamura City Water Works Bureau 2554-2269

#### HEALTH AND MEDICAL PUBLIC LECTURE

### ~ Irregular Pulse ~

<u>Date & Time</u>: November 5<sup>th</sup>(Mon) 2PM~ <u>Place</u>: *Fussa* Hospital 1<sup>st</sup> Floor "*Tamokuteki*" Hall

Eligibility: Residents and workers of *Hamura, Fussa* or *Mizuho* who have attending doctor in *Fussa* Hospital.

<u>Capacity</u>: First 72 people Admission: Free

<u>Lecturer</u>: Dr. *Eiji Takahashi (Fussa* Hospital Cardiovascular Medicine Department, Chief Doctor)

# "KAIGO no HI" (Nursing Care Day)

#### ~ Public Lecture on Dementia Prevention ~

Let's join in this event and learn about Dementia, as well as how to prevent the development of Dementia. There also will be a free medical counseling service for elderly persons on this event day.

<u>Date&Time</u>: November 8<sup>th</sup>(Thu), 2PM ~ 3:30PM <u>Place</u>: Community Center 3<sup>rd</sup> Floor Hall <u>Admission</u>: Free <u>Lecturer</u>: Ms. *Noriko Miyamae* (Visiting Researcher, Tokyo Metropolitan Geriatric Hospital & Institute of Gerontology)

Reservation: Not required Capacity: 180 people Inquiry: Kourei Fukushi Kaigo-ka Ext176

# Do you know? "GENERIC DRUGS"

Notification of Medication Cost Difference with Generic Drugs (ジェネリック医薬品利用差額通知書) were mailed out to applicable residents who are National Health Insurance member and were prescribed brand-name drugs for their medication in the month of July.

This notification lists the names and patient's cost of purchased medicines, and also informs the cost difference between the generic products and brand-name products for those medicines (cost difference is stated only when it is over ¥100). The stated cost difference is the amount the patient would be able to save by changing the medications to generic drugs.

This notification is issued for the purpose of raising public awareness on the generic drugs. There are no procedure required to be taken regarding the contents of this notification.

# ~ Why not switch your medication to Generic Drug? ~

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

Switching the medication from brand name drug to generic drug, especially in long term use, may greatly reduce the medical cost for patients, as well as the insurance expenditure from health insurance fund.

Please do not hesitate to consult with your doctor or pharmacist if you prefer to be prescribed a generic drug. Inquiries: *Shimin-ka Hoken-kakari* Ext.129

# HOKEN (Public Health) CENTER 曾555-1111 Ext627

#### < Blood Donation Needed! >

Citizen's cooperation for blood donations is needed to ensure continuous supply of blood for transfusions.

You can donate 400ml or 200ml of blood by stopping by at the Mobile Blood Donation Center.

<u>Date & Time</u>: November 16<sup>th</sup>(Fri) 10AM ~ Noon, 1:15PM ~ 4PM <u>Place</u>: City Hall Front Entrance

Eligibility: Age 16~69 (Those over age 65/older without a donation record in past 5 years are ineligible)

# < Childbirth Preparation Class for Mothers >

This is a class about pregnancy, giving birth, and after childbirth. Class time is  $\underline{1:15PM} \sim 3:45PM$  for all dates.

<u>Date & Program</u>: Day1... November 1<sup>st</sup> (Thu) - Lecture by a midwife,

Day2... November 8<sup>th</sup>(Thu) - Lecture by OB/GYN doctor and Dietician

Day3... November 29<sup>th</sup>(Thu) - Lecture by a dentist and talking with experienced moms

<u>Place</u>: Hoken Center <u>Eligibility</u>: Expectant mothers residing in Hamura \*No appointment required.

Things to bring: Boshi Kenkou Techou (Maternal and Child Health Handbook), writing materials.

#### < Information about "Fuiku-shou" (Habitual Abortion) >

The term "Habitual Abortion" is not yet commonly known. It is the frequent occurrence of pregnancies that end in miscarriage of the fetus. Normally about 10 ~ 15% of pregnancies end up as a natural abortion, however, most of those cases are caused by the fetus rather than mother, and those mothers deliver babies with no problem in the next pregnancy. If natural abortion occurs to you repeatedly, please see a doctor for an examination to help identify the cause. There are non-profit associations available as well to answer questions regarding the issue → Non-profit Corporation *Fuikushou Tomono Kai* "Heart Beat Club" Home page: http://www.heartbeatclub.jp/index.html Email: hbc-info@heartbeatclub.jp

### < Combination Vaccine Immunization for Children >

Formerly the childhood DTP combination immunization was for Diphtheria, Tetanus and Pertussis. Starting from November, this combination vaccination will also include Polio vaccine (subcutaneous injection of inactivated poliovirus vaccine). \*Starting date may be postponed depending on the vaccine availability. The city will start introducing the information of the new DTPP combination immunization (四種混合ワクチン) for the babies who were born in August 2012 or after as it will become the standard childhood immunization for them. The DTPP information brochure will be included in the packet of 3-4 month olds checkup. Children who were born before August 2012 and have not yet received DTP combination immunization are also advised to start with the new DTPP combination immunization. Parents of those children need to obtain a Notification of Vaccination (*Yoshinhyou*) at *Hoken* Center prior to receiving the DTPP immunization. \*Please bring \*Boshi Kenkou Techou\* (Maternal and Child Health Handbook).

# ♦ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ♦

Date	Hospital				Dental Clinic	
October	9am~5pm		5pm~10pm		9am~5pm	
21 <sup>st</sup> (Sun)	Sakae-chou Shinryoujo	555-8233	<i>Fussashi</i> <i>Hoken</i> Center	552-0099	Honda Shika Iin	554-5902
28 <sup>th</sup> (Sun)	Yamakawa Iin	554-3111	<i>Fussashi</i> <i>Hoken</i> Center	552-0099	<i>Masuda Shika</i> Iin	551-8686

<sup>\*</sup>Inquiries for medical facilities or medical system: Tokyo Health & Medical Information Center "Himawari"

<sup>\*</sup>You are not required to participate all 3 days. Please pick your desired classes.

<sup>\*</sup>If bringing your child(ren), please contact *Hoken* Center in advance.

<sup>203-5285-8181,</sup> in English, 9AM~8PM Daily