



HAMURA NEWS

January 15th, 2017

HAMURIN Hamura City Mascot

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

5-2-1 *Midorigaoka*, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

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IMPORTANT TAX INFORMATION Residents Tax Return and Income Tax Return See Pages 2 ~ 5 Inside ⇒

羽村にぎわい商品券 先行予約販売

< Hamura Nigiwai Shopping Voucher 2017 ~ Advance Sale for Elder, Handicapped, Pregnant People, or Child Rearing Households >

Hamura residents who are eligible for placing a pre-order of the advance voucher sale can purchase up to 3 voucher books per person during the designated advance sale period.

You pay **¥10,000** per voucher book, and you get Face Value of **¥11,000** per book (¥500×22tickets)

Eligibility: Hamura resident (as of Feb.19th, 2017) who is over 75 years old, owns a *Shougaisha Techou* (handicap certificate), pregnant who owns a *Boshi Kenkou Techou* (Maternal and Child Health Handbook), or is household raising a child at age junior high school or younger.

Availability: 3,000 voucher books reserved for special advance sale. *If more people apply over the limit, selections will be made by lot-drawing. The result of the lot-drawing will be mailed to all applicants using the reply post card. The post card you receive will be the ticket for buying the advance reservation voucher.

Application period (postal mark deadline): January 25th (Wed) ~ February 4th (Sat)

How to Apply: On Reply-paid postcard (*Oufuku Hagaki*), fill in as below.

Original message side 〒205-0002 <i>Hamura-shi</i> <i>Sakae-chou 2-28-7</i> <i>Hamura-shi Shoukoukai</i>	Leave this side blank	Reply side 〒Your Zip Code Your Mailing Address Your Name	Your Mailing Address, Name, Phone Number, and the Number of voucher books you wish to purchase
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How to purchase the advance reservation voucher: Bring the reply post card you receive with identification with your birthday, fee, *Shougaisha Techou*(handicap certificate), *Boshi Kenkou Techou* (Maternal and Child Health Handbook), or proof of dependent at eligible age such as health card to the *Hamura-shi Shoukoukai* between February 12th(Sun) ~ 16th(Thu) 8:30AM ~ 5PM (opens from 9AM on 12th(Sun)).

After this period, you cannot purchase the advance reservation voucher.

Inquiries: *Hamura-shi Shoukoukai* (*Hamura City Society Of Commerce And Industry*) ☎042-555-6211, *Sangyou-ka Keizai Taisaku-kakari* ☎Ext.656



文化財消防演習

< Fire Drill for Cultural Heritage Fire Prevention Day >

January 26th is Cultural Heritage Fire Prevention Day. A valuable mural of the temple in Nara Prefecture was lost to a fire which occurred on January 26th of 1949. Awareness to protect assets started from this incident, which led to the Cultural Heritage Asset Protection Law to be enacted in 1950. In observance of this Law, the first Cultural Heritage Assets Fire Prevention Day was established on January 26, 1955.

A fire drill will be open for the public to view:

Date: January 22nd (Sun) 9:30AM

At: *Tamagawa Jinjya* (Shrine) 4-1-16 *Hanehigashi*

Inquiries: *Bousai Anzen Ka Bousai Kakari* ☎Ext. 207

RESIDENTS TAX RETURN – *JUUMINZEI no SHINKOKU

The Period For Filing Residents Tax Return Is **February 8th (Wed) ~ March 15th (Wed)**

Monday ~ Friday, 9AM~11AM & 1PM~3:30PM Closed on Weekends & Holidays

Place: *Hamura* city hall 4th floor, in Large Conference Room (大会議室)

Inquiries regarding Residents Tax: *Kazei-ka Shiminzei-kakari* Ext.189 in city hall

To allow time for data input, you must anticipate a 30 minute waiting time when coming to file taxes.

*a combination of inhabitants taxes paid to local municipality and prefectural government, calculated based on your total income of the preceding calendar year.

Who has to file the Residents Tax Return?

- Persons whose only income source was the employment income, and his/her employer did not file the salary/wage payment report (*Kyuuyo Shiharai Houkoku-sho*) to the municipal office.
*Please confirm about the filing system of your workplace(s) that you worked for in the previous year.
- Persons who had any Business Income, Real Property Income, Income from Dividends, income from public pension or any other type of income, and who are not required to file the income tax return.
- Persons who had any tax-free income. (Benefits from survivor's pension, disability pension, unemployment insurance, livelihood protection)
- Persons who had no income. (No need to file if registered dependent under other Hamura city resident)
- owns business but lives outside of *Hamura* city
- Subscribers to National Health Insurance or Long Life Medical Care Program who did not have any income (You will not be required to file taxes if you are filing income tax return (*kakutei shinkoku*), if your employer has handled your tax return, have income less than ¥1,515,000 in pension at 65/older, or are a dependent.)

What to Bring for Filing the Tax Return

There is no need to fill out the Tax Return form beforehand. Please have applicable documents ready.

- Tax Return form - *Inkan* (Do not use the casual rubber stamp. Use personal seal.) - Resident Card
- Documents proving your income record of 2016 (Certificate Of Income And Withholding Tax 源泉徴収票, or official record of any income you are declaring) for yourself and for your dependents.
- A Pension Beneficiary should bring Certificate of Income with pension indicated (Certificate Of Income And Withholding Tax 源泉徴収票)
- National Pension Deduction Certificate (国民年金控除証明書)
- Deduction for Social Insurance Premiums: Deduction for the following categories of payments paid in 2016: Please attach the stamped receipts of payment and necessary documents for the application of deductions.
 - ▶National Health Insurance Tax Premium (国民健康保険税), Late-Elderly Medical Insurance Premiums (後期高齢者医療保険料)/health coverage (健康保険料), Welfare Annuity Provided by your employer (厚生年金保険料)
- Deduction for Life Insurance Premiums and Earthquake Insurance
Please present your Insurance Premiums Deduction Certificate (保険料控除証明書) provided by mail from the insurance company.
- Deduction for Medical Expenses: receipts issued by doctors, detailed statement of medical expenses, etc
- Tax credits may be applied for various donations (Present receipt issued to you)
- For Person claiming Disability related deductions: Please present physical disabilities certificate, or certificate for mental deficiency (身体障害者手帳、愛の手帳).
- Special Spousal Deduction: Please attach a document certifying the spouse's income.

- Statement of Earnings and Expenditures (in case of earners of business income / real property income)
- Official documentation required for personal spousal exemptions for relatives residing overseas
 - ▶Documents Providing Proof of Kinship an accurate translation
 - ▶Financial Documents proving bank remittance for supporting the dependent and an accurate translation
- Individual Number Card (my number card), or Individual Number Notification Card (*tsuuchi card*) and ID

Filing via Mail

Send your completed tax returns form along with required documents to;

Zipcode 〒205-8601, *Hamura-shi Kazei-ka Shiminzei-kakari* *street address not necessary

*If you need your copy of the tax return stamped with the date of receipt, and/or medical expense receipts returned, please enclose a duplicate copy of the form and a self-addressed return-envelope attached with necessary postage.

Inquiries: You can call the *Nenkin* (Pension Plan) Special Consultation Desk at ☎0570-003-004 regarding deductions for National Pension, or the *Ōme Nenkin Jimusho* (Pension) ☎0428-30-3410 for general inquiries.

NOTICE TO THOSE LEAVING JAPAN DURING 2017

A person departing from Japan (who cease to have resident address in Japan) must declare his/her income well before departure, and designate a tax agent who will handle the tax-related correspondences and tax payments in Japan on behalf of a client. Please note that individuals who have not paid their tax or filed a return by the specified due date may be imposed delinquent tax.

For more information, please refer to Income Tax Guide for Foreigners available online.

This issue of *Hamura News* provides a brief guideline and basic instruction on income tax return.

(Foreign residents should confirm with their embassies/consulates for details on any bilateral tax treaties which may affect income tax collection/reporting here in Japan and back home.

For further information and instruction, it is advised to refer to the 2016 Income Tax And Special Income Tax For Reconstruction Guide, available in English on the National Tax Agency Official Website.

→ <https://www.nta.go.jp/tetsuzuki/shinkoku/shotoku/tebiki2016/pdf/43.pdf> and

→ <https://www.nta.go.jp/tetsuzuki/shinkoku/shotoku/tebiki2016/pdf/43-1.pdf>

*Printed copy of the guide is available for reference at *Ōme Tax Office*.)

Tokyo Metropolitan Government Tax Bureau http://www.tax.metro.tokyo.jp/english/type_tax.html

所得税の確定申告

INCOME TAX RETURN - *SHOTOKUZEI no KAKUTEI SHINKOKU*

Income Tax Return filing period is

February 9th (Wed) ~ March 15th (Wed) Monday ~ Friday, 9 AM ~ 5 PM

Filing at *Ōme Tax Office* –

* Tax Return Filing ▶February 9th(Thu) ~ March 15th (Wed) Closed on Weekends and Holidays

*The *Ōme Tax office* has an electronic filing system which is very convenient.

Filing at *Tachikawa Tax Office*: Specially Open Sundays: February 19th & February 26th

(Please expect to wait in line.) *Phone consultation and tax payment are not accepted on Sundays.

Filing at *Hamura City Hall* - in Large Conference Room (大会議室) 4th floor

Closed on Weekends and Holidays

For inquiries regarding Income Tax and Final Return, please contact...

Tokyo Regional Taxation Bureau (Tokyo *Kokuzei-Kyoku*) English Consultation ☎03-3821-9070

Ōme Tax Office (*Ōme Zeimusho*) ☎0428-22-3185 (<https://www.nta.go.jp/taxanswer/english/moreinformation.htm>) :03-3821-9070(英語対応)

◆ **Cases of Final Tax Return that cannot be handled at city hall** ◆

Inquiries which require technical interpretation of tax laws, such as those relating to Income from Capital Gains Subject to Aggregate Taxation (*Jouto Shotoku*) and returns dating back to 2015 cannot be answered at city hall. Please take those inquiries directly to National Tax Agency *Ōme* Office.

◆ **Free income tax consultation** is provided by *Ōme* Tax office and Tokyo Regional Taxation Bureau. Free income tax and resident tax consultation are also provided at *Hamura* city hall 4th floor, *Daikaigi-shitsu* on the following dates. Feel free to stop by to get help from professionals before filling out your return form.

February 8th (Wed) ~ March 15th (Wed)

Monday ~ Friday, 9AM~11AM & 1PM~3:30PM Closed on Weekends and Holidays

Tax consultants from *Ōme* Tax Office will be available to answer questions regarding certain cases of final return that are usually not handled at city hall on February 13th (Mon) ~ 15th (Wed) (until 3PM).

Kanpu Shinkoku (Refund Return) – Application for Tax Refunds

The filing period for the income of 2016 has already started at *Ōme* Tax Office.

You can apply for Tax Refunds if your income tax has been withheld at source from your salary/wage of 2016 and you expect you have over-paid income tax, or you have not undergone year-end adjustment (or *Nenmatsu Chousei* in Japanese, is usually processed by the employer.) with the payer of your salary/wage and you are eligible to receive tax allowance / tax credit, etc.

*For more on applicable cases, please see the Income Tax Guide.

What to Bring for Filing the Tax Return

Please refer to the section with this title on the previous chapter of the Residents Tax Return (*Jyuminzei no Shinkoku*) page. The necessary documents are the same.

Filing via Postal Mail

Send your completed tax returns form along with required documents to;

Zipcode 〒198-8530, *Ōme* Tax Office (*Ōme Zeimusho*) 4-13-4 Higashi *Ōme*, *Ōme-shi*

*If you need a copy of the final tax return stamped with the date of receipt, and/or medical expense receipts returned, please enclose a duplicate copy of the form and a self-addressed return-envelope attached with necessary postage.

*The parking spaces of *Ōme* Tax Office will not be available (spaces for disabled people are available) from February 1st (Wed) to March 31st(Fri).

Filing via Internet

"e-Tax" online tax filing and payment system allows taxpayers who have electrical identification certificate (*Kouteki Kojin Ninshou*) to file income tax return and pay tax online. ♦e-Tax Help Desk: ☎0570-01-5901 (An IC card reader for your PC and user registration are also needed in advance to use the service.)

Those who obtained the electrical identification certificate number for e-tax purposes, and filed for tax online previously, will not receive tax return forms by mail.

Social Security, Tax Number System is required for administrative procedures.

The Individual Number Card (my number card), or Individual Number Notification Card (*tsuuchi card*) and valid identification, such as a driver's license, resident card, or passport must be presented with the documents related to your tax return.

● Tax Deductions for persons in need of nursing care

Persons who have 要介護/要支援認定 *Youkaigo/Youshien Nintei* (Certification of Needed Long-Term Care/Support) and persons who have a dependent with this certificate can apply for Exemption for the Disabled. Please obtain Certificate for the Exemption for the Disabled (障害者控除対象者認定書) at city hall. Those 65 years old or older who have severe degree of disability, and are certified under the long-term care needs will be eligible for tax exemption certification under the measure. There are many categories and conditions regarding level of severity for above certification which apply, so please inquire at ☎Ext. 177

Fees for nursing care services that are subject to the Nursing-care Insurance Coverage: Current nursing care facility users may be applicable for medical exemptions of fees incurred. Certain conditions apply, so please inquire at *Kourei Fukushi Ka, Kaigo Ka, Kaigo Hoken* Section at ☎Ext.142 regarding the Nursing Care Insurance System, or the *Ōme Tax Office* about general inquiries about method and policy of tax system (*Ōme Zeimusho*) ☎0428-22-3185.

If you apply to receive tax deductions for Long-Term Care Insurance Premiums, please ask the *Ōme Zeimusho* ☎0428-22-3185 on detailed instructions. If you will be requesting the Patient-Borne Expense Ceiling Amount Certificate for Long-Term Care Insurance, please inquire at *Kourei Fukushi Ka, Kaigo Ka, Kaigo Hoken* Section at ☎Ext.142.

Expenses for adult diapers prescribed by a doctor are subject to the Deduction for Medical Expenses. Certifications by a physician may be required under the policy if you have been a recipient of 2 years or more. Please contact *Kourei Fukushi Kaigo-ka, Kaigo Nintei Kakari* at ☎Ext. 146.

CLASSES & EVENTS

いこいの里「いきいき展」

< Ikoi no Sato Workshop Artwork Exhibition >

Students of the "*Iki Iki Kouza*", taught by the elderly volunteers, will display their crafts.

Date: February 17th (Fri) ~ 19th (Sun) 9AM ~ 4PM (closes at 3PM on the last day) Place: *Ikoi no Sato*

Performances by students of this course: (All free of charge.)

▶[18th (Sat)] tea ceremony "*chaseki*" from 10AM ~ 1PM,

harmonica performance from 10:30AM ~ 11:30AM.

▶[19th (Sun)] Traditional Koto harp from 10:30AM ~ 11AM and 1PM ~ 1:30PM

harmonica performance from 1:30PM ~ 2:30PM

* No reservation required. Please bring your own slippers. Inquiries: *Ikoi no Sato* ☎042-578-0678

ご近所、こどもまつり

Neighborhood Children Event

Hamura City Residents who are elementary students and their families are invited to a get-together event! You can enjoy games and taking pictures with "*Hamurin*", the city mascot doll (9:30AM ~10:30AM), a 15 minute safety lecture, and a crime prevention seminar by the McDonalds' mascot. (10:45AM~ 11:30AM).

Date: February 5th (Sun), 9:30AM ~ NOON) *This event is cancelled if it snows heavily.

Place: Auditorium Hall on the 3rd floor of the Community Center Eligibility: elementary residents and family

*Please participate as a family. Capacity: first 100 (name drawing if there are many applicants) Fee: free

*There are no "*jichikai*" (neighborhood association) membership requirements to participate.

To register: Please e-mail (include [2/5 application] indicated in the subject block) the *Chiiki Shinkou Ka, Chiiki Shinkou Kakari* at s107000@city.hamura.tokyo.jp. If applying by phone, please call 8:30AM ~ 5:15PM at city hall, Ext. 202. Information needed is: guardian name, school, class, name of student, point of contact, how many. The deadline for registration is January 23rd (Mon).

~ CULTURE & COMMUNITY ~

第 35 回羽村市駅伝大会 参加者募集

< The 35th Hamura Ekiden Road Relay >

Event Date: March 5th (Sun) (Rain or Shine) Meeting time & Location: 8:30AM at *Fujimi Park*

Scheduled Starting Time: Race 1... 9:30AM, Race 2... 10:20AM

A team must consist of: 4 runners, 2 back-up runners, 1 head coach (7 total or less)

*No gender-restriction for: Neighborhood/district association, Adults-50 and over, Adults-General.

*Non-*Hamura* residents can also participate except in Neighborhood/District Association Teams.

*If there is a non-*Hamura* resident nor worker in a team, the fee for "others" will apply.

Course Distance: Race1 (team category①) ... 7.6km, Race2 (team category②) ...15.2km (3.8km per block)

Application & Inquiries: Please fill in the application form and bring it along with the fee to *Hamura-shi Taiiku Kyoukai* (Sports Center 2 F ☎042-555-1698) between January 13th(Fri) 9AM ~ February 5th(Sun) 5PM.

*Application form (第35回羽村市駅伝大会参加申込書) is available at the said office and for download.

→ <http://www.hamura-taikyo.npo-jp.net/event/information.html>

The Tokyo Olympic / Paralympic Games: "Flag Welcoming Ceremony" is held during this event!

Team Categories		Entry Fee per Team	
		<i>Hamura Residents</i>	Others
①	Neighborhood/District Association Team 町内会・自治会対抗の部	Free	---
	Junior High School Girls Team 中学生女子の部	Free	¥1,000-
	Adults-Women Team 一般女子の部	¥2,000-	¥3,000-
	Adults-50 and over Team 50歳以上の部	¥2,000-	¥3,000-
②	Junior High School Boys Team 中学生男子の部	Free	¥1,000-
	Adults-General Team 一般の部	¥2,000-	¥3,000-

第 29 回羽村市老人クラブ連合会福祉大会

< The 29th Fukushi Taikai Hosted by Hamura Roujin Club Federation >

Enjoy yourselves at this welfare festival! The senior citizen social club members will welcome any guests!

Date & Time: February 3rd (Fri), 1PM ~ (Doors opens at 0:30PM) Place: *Yutorogi Main Hall* Fee: Free

Event Detail: Part 1... Event Ceremony,

Part 2... Health Lecture given by Doctor *Mitsushio* (Head Doctor of "*Chihiro Mental Clinic*")

Part 3... Music show by professional Japanese singers

Please use public transportation since parking is limited. *No reservation required for seating.

Contact: City Hall, *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* ☎Ext.177

はむらん 一部運休のお知らせ

Partial Change in Route Scheduled for Community Busy System "Hamuran"

The "Kawasaki Kouen" bus stop will not be in service due to the road construction being held in the nearby area until January 30th (Mon). Please use the "Shinmei En" or "Kawasaki Kaikan Kita" bus stops. We apologize for any inconvenience that this may cause. Thank you for your understanding.

< Rental Farm Plot for Hamura Residents >

Hamura City leases agricultural farm plots to local residents who desire to grow their own crops.

Lease Period: March 1st, 2017 ~ January 31st, 2019 Contribution Fee: ¥4,000 for term period

Applicant Eligibility: Hamura residents. *Corporations and citizen groups are not eligible.

How to Apply & Inquiries: On Reply-paid postcard ("Oufuku Hagaki"), fill in the information as below and mail or bring it to

How to fill in
the
Reply-paid
Postcard

-- Front	*Do not write anything on this side.
〒205-8601	
To: Hamura-shi	
Sangyou-ka Nousei-kakari	

Back	Your Mailing Address Your Name Your Phone Number Name of Desired Farm
〒Your Zip Code	
Your Mailing Address	
Your Name	

Sangyou-ka Nousei-kakari (at city hall Nishi-Bunshitsu 2nd floor. ☎Ext.663) by January 25th(Wed).

* If the applications exceed the capacity, tenants will be selected by drawing held on Jan. 30th (Mon), 9AM, at city hall Nishi-Bunshitsu 2nd floor Meeting Room. All applicants will be notified of the results.

* Only one application is accepted per family. If applicant violates the rule, the applications will be invalidated.

* If you/your family are already renting plots in other *Shimin Nouen*, you are not eligible to apply.

If bringing in application, do so between 8:30AM ~ 5PM excluding Saturday, Sunday, and Holidays.

(Farm plot size is about 20m²)

Farm Name	Address	Available Plots
① Dai-Ichi Shimin Nouen	5-4-14 · 49 Midorigaoka	45
② Dai-Ni Shimin Nouen	5-6-14 · 15 Midorigaoka	39
③ Dai-San Shimin Nouen	4-6-8 Ozakudai	48
④ Dai-Hachi Shimin Nouen	1-14-9 Sakae-cho	35



手芸講習会 つるし飾り(シルバー)

SILVER JINZAI CENTER (Senior Citizen Human Resource Center) ☎042-554-5131

< Handcraft Workshop ~ "Ohinasama" Girl's Day Dolls ~ >

Date & Time: February 3rd (Fri) & 10th(Fri) (total of 2 classes), 10AM ~ 3PM Place: Silver Jinzai Center

Capacity: First 20 applicants Things to bring: Sewing kit (if you own one), and lunch

Fee: ¥2500 (material cost) How to apply & Inquiry: Call or visit the Center before January 27th (Fri).

The Silver Jinzai Center is closed on weekends. Hours are from 8:30AM ~ 5PM.

第29回郷土誌フェア

< Kyoudo Shi Fair (Compilation of Writings on the History of Hamura) >

Information Booklets which were submitted from 27 municipalities prepared by the Board of Education, Museums, and other booklets will be on display. Date: January 21st (Sat) and 22nd (Sun) 10AM ~ 5PM

(until 3PM on the 22nd) Place: Tachikawa Women's Center on the 1st Floor of "Aim" Building

Inquiries: Kyoudo Hakubutsukan ☎042-555-2561

~ SPORTS & EXERCISE ~

SWIMMING CENTER ☎042-579-3210

一日限定 ウォーキング教室

< Group Walking Exercise >

This is a one-day event. If you would like to catch up on your exercise, please join!

Date & Time: February 19th (Sun) 11AM ~ NOON The scheduled meeting place is *Suijou Koen*.

(It will be postponed to February 26th (Sun) if the weather is rainy.) **Place:** *Suijou Koen (Shinsui Koen)*

Eligibility: 16 or older **Capacity:** first 20 people **Lesson Fee:** ¥500 (will be collected on day of event)

Things to bring: drink and towel Wear comfortable clothing.

To apply: Please send an application form available at the Swimming Center during January 17th(Tue) ~ February 12th (Sun).. Please provide personal information. (address, name, age, and point of contact).

You can ① send a double reply-paid postcard to:

〒205-0011 319-3 *Gonokami, Hamura-shi.*

Indicate addressee: "Suijyou Kouen Walking Class".

② send a fax, FAX 042-579-3212

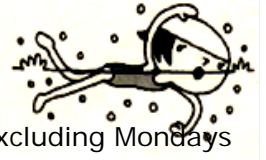
③ bring in application on weekdays to the Swimming Center(9AM ~ 8:50PM), closed on Mondays

短期水泳教室

There will be a short term swimming class during March of 2017.

Applications will be accepted from February 12th (Sun) ~ 26th (Sun) 9AM ~ 8:50PM, excluding Mondays

Term for Class: March 1st (Wed) to 28th (Tue)



< Swimming Class Lessons Details by Day of Week > (4 sessions for each class)

	NOON ~ 0:50PM	2PM ~ 2:50PM	3PM ~ 3:50PM	4PM ~ 4:50PM	5PM ~ 5:50PM	6PM ~ 6:50PM	7PM ~ 7:50PM
Tues	-----	-----	Preschool	Preschool	-----	-----	Swimmer's
Wed	-----	-----	Preschool	Elementary	Elementary	Elementary	-----
Thurs	-----	-----	Preschool	Preschool Elementary	Elementary	-----	-----
Fri	-----	-----	Preschool	Preschool Elementary	Elementary	Elementary	Swimmer's
Sat	Elementary	Elementary	Elementary Swimmer's	Class Tuition			-----
Sun	11PM ~ 11:50PM Elementary Elementary	-----	-----	Course Price		7PM ~ 8:50PM Adult	
				Preschool ¥3,500			
				Elementary ¥3,000			
				Adult ¥4,800			
Swimmer's ¥3,200							

※Elementary Children's Classes must be accompanied by an adult over 16 years old after 5PM.

For inquiry and application, please come directly to Front Desk of the Swimming Center.

トレーニングルームプログラム リラックスモーニングヨガ

< Relax Morning Yoga Exercise Class >

Breathing methods and poses to help you relax, with minor stress, will condition your mind and body balance.

Day & Time: January 22nd (Sun) ~ February 19th (Sun) (no class on Feb. 5th), 11AM ~ NOON

Place: Swimming Center *Kaigi-shitsu* on 2F **Capacity:** first 20 people **Fee:** ¥800

Things to bring: Exercise wear, drink, towel **Application:** Come directly to Sauna Reception Desk 2nd floor

HEALTH & MEDICAL

< Healthy Cooking Class ~ Recipes for Prevention of Blood Lipid~ >

Date & Time: February 22nd (Wed) 9:30AM ~ 0:30PM Place: *Hoken Center* Capacity: First 30 people
Fee: ¥300 Things to bring: Head cloth, Apron, Writing material, *Kenkou Techou* (if you have one)
* Those who wish to measure the salt content of their home made *miso* soup may bring 50ml of it
Inquiry and Application: Call or visit on weekdays, from January 18th (Mon) , between 8:30AM ~ 5PM
Hoken Center ☎ 042-555-1111, (Ext.625) (closed on Sat, Sun, and Holiday)

介護予防・日常生活支援総合事業

Nursing Care Prevention / Overall Support Project for Sustaining Quality of Daily Life for Elders

The revision to the Law Pertaining to Long-Term Care will become effective from April. The existing Nursing Care Prevention measures will be combined with newly established portion, the Elder Citizens Nursing Care Prevention aimed to sustain livelihood of those 65 years or older, expanded to provide overall support.

There are two parts to the project:

- Nursing Care Prevention/ at home or out-patient nursing and personal care services
- General Nursing Care Prevention

Nursing care prevention / nursing personal care services refers to those services utilized either from an at-home or out-patient service offered by certified facilities for preventing further deterioration of physical and mental function by the elder who is certified as needing long-term nursing care level 1 or 2.

*Please ask for details.

General Nursing Care Prevention focuses on sustaining bodily functions of the citizens at 65 years or older through exercise and promoting the participation in social activities. There will be more information soon.

Inquiries: regarding overall issues ~ *Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari* ☎Ext. 178

regarding extension of long-term nursing care level 1 or 2 ~ *Kaigo Nintei Kakari* ☎Ext 145

regarding certified facilities offering nursing care services for elders ~ *Kaigo Hoken Kakari* ☎Ext. 14

~ CHILDREN & PARENTS ~

節分豆まきおはなし会

< Story Telling and Mamemaki (Traditional Bean Throw) for Kids >

Setsubun is the day before the beginning of spring. On this day, an evil *oni* (devil) being beat off by the throwing of beans is the traditional event celebrated. Stories about *Oni* (devil) will be told at the library. After that, let's throw some beans to bring in happiness!

Date & Time: January 28th (Sat), 11AM~ Place: 2nd floor volunteer room Fee/Reservation: Not required

Eligibility: Nursery School Children to Elementary Kids Inquiries: Please call the Library at ☎554-2280



「ひとり親家庭高等職業訓練促進資金貸付事業」が始まりました

< Loan for Advanced Training Offered to Enable Acquisition of Skills by Single Parent >

Hamura City has been offering "Support for Advanced Training" in which there is support for expenditure necessary for living incurred by the single parent during the term while they are learning skills at an educational institution offering a skills course for a term of 1 year or longer for accreditation in the following certifications: nurse, childcare giver, and hairdresser. The term of support is limited to 3 years.

The "Loan for Advanced Training Offered to Enable Acquisition of Skills" which is a loan offered by the Tokyo Metropolitan Government, will start. It is a program established by the Social Welfare Association, which offers financial assistance to the single parents to enroll into a professional training courses and for costs related to the employment. If they have been certified within one year, and continue the profession for at least 5 consecutive years, the debtor becomes exempt from their liability to pay back the loan under provision. *Prior consultation is required. Inquiries: *Kosodate Shien Ka, Kosodate Shien Kakari*, ☎Ext. 239.

PUBLIC SERVICE & ADMINISTRATION

放射線量の測定結果

Radiation Dose Test Results at Fujimi Park

The level of radiation is lower than 0.23 μsv/h; figure by which it is considered safe if readings are below this.

(unit: μsv/h (micro Sievert per hour))

Date of Testing	Weather	Elevation at which testing was conducted		
		5cm	50cm	1m
Dec. 14 th (Wed)	cloudy	0.053	0.054	0.049

Inquiries: Kankyou Hozen Ka, Kankyou Hozen Kakari ☎Ext 226

羽村市水道水の放射性物質測定結果

Radiation Level Analysis of Tap Water of Hamura City

City

Date the Water Sample was Gained	Testing Items (unit: Becquerel per kilogram)	
	radioactive cesium 134	radioactive cesium 137
Dec. 6 th (Tue) 9AM	Not detected (Below 0.1)	Not detected (Below 0.1)
Target value	10	

The target value is figures specified by the government at which findings should be lower than (the sum of the level detected for cesium 134 and cesium 137). Waterworks Bureau ☎554-226

社会保険料(国民年金保険料)控除証明書の再発行

Re-Issuance of CERTIFICATE OF TAX DEDUCTION FOR SOCIAL INSURANCE PREMIUMS (for National Pension Insurance Premiums)

Certificate Of Tax Deduction For Social Insurance Premiums (National Pension Insurance Premiums)

「社会保険料(国民年金保険料)控除証明書」 was issued by Japan Pension Service (日本年金機構) as a form of postcard, and mailed in early November to the National Pension Insurance Premium payers. National Pension Insurance Premium is tax deductible under a category of social insurance when necessary documents are submitted at the time of Year-end Adjustment or Final Return.

This certificate is a proof of the amount of your National Pension Insurance Premiums paid by the end of September 2016. Please request a re-issuance of this document if you have misplaced it.

Special Help Desk for Re-Issuance:

Nenkin Inquiry Dial ☎0570-003-004 available until March 15th (Wed) (in Japanese)

Monday ~ Friday: 8:30AM ~ 7PM, and 2nd Saturday of the month 8AM ~ 5PM (all other Saturdays closed.)

Ōme Social Insurance Office (Nenkin Jimusho) ☎0428-30-3410

税務署員を装った不審な電話や「振り込め詐欺」に注意

< Please be Aware of "Furikome" (Remittance) Sagi (Fraud) >

People have received calls from persons claiming to be from the Tax Bureau. Please be notified that the Tax Bureau will not call anyone regarding the following subjects.

- Questionnaire about the pension plan or the "my number" • Directing someone to the ATM for Tax return
- Assigning someone to go make a remittance to a specific bank account for collection of taxes

If you know of any suspicious activity, please report it to the Ōme Tax Office (Ōme Zeimusho) ☎0428-22-3185.

(認知症育成講座、家族介護交流会)

< Social Support for Dementia >

Elders show symptoms of dementia, where the function of the brain is reduced, and their ability to live their daily life becomes limited. They will display anger, loss of memory, limited ability in tasks that they once were able to do without difficulty. Once their logical senses are no longer with them, they can become anxious from the overwhelming misery. Members of society should be considerate as to not require the elder to be alarmed, to act in a hurry, and not to disrespect them. Please support those who are taking care of an elder in your society. The *Chiiki Houkatsu Shien Center* in *Hamura City* offers consultation.

The Orange Ring: Over 200 *Hamura City* Citizens have an "Orange Ring" that is given to qualified "Supporters".

< Courses in Nursing Care for Supporting Dementia Patients >

The correct knowledge of dementia and the tendencies that dementia patients have can be learned at this course. You will not be required to commit to duties after completion of this course.

Date & Time: February 4th (Sat), 10AM ~ NOON Place: *Yutorogi Kouzashitsu* on the 2nd floor

Eligibility: *Hamura* Resident and Commuter Capacity: first 50 people Fee: FREE

~ Get-together event for family members of dementia patient ~

Participants can learn and talk about how to take care of family members in need of special care for dementia symptoms. Join to share your questions/tips with other care takers. They will talk about how to deal with the elder when they show symptoms, or how some have been qualified for nursing care certification.

Date & Time: February 9th (Thu), 1:30PM~3PM Place: Community Center 2nd floor *Kenshuushitsu 1*

Eligibility: *Hamura* residents who are taking care of elderly family members Capacity: About 10 people

Fee: Free

Application & Inquiry: Please reserve at *Kourei Fukushi Kaigo-ka Chiiki Houkatsu Shien Center* (☎Ext.141) in advance for the above. 8:30AM ~ 5PM on weekdays: Closed on Weekends and Holidays.

< Composting Food Waste Using a Cardboard Box: Composter Tester (Monitor) Wanted >

By composting food wastes, the total burnable waste can be reduced, and can be changed into a useful resource by recycling. *Hamura City* promotes food waste reduction, and is looking for people who want to participate in the class and become a composter tester (monitor) for recycling food waste using a composter made of card board boxes. If you become a composter tester, (monitor), your composter made during the course can be taken home. (about the standard sized *mikan* box) Fertilizers are made through microscopic organisms' decomposition of kitchen wastes inside this cardboard box with enriched soil. If you become a tester (monitor), you will be asked to fill out a questionnaire. You must be a resident or a worker to apply.

Day/Time: February 11th (Sat, Holiday) 1:30PM~3PM Place: Community Center *Daiichi Kenshuu Shitsu (2F)*

Eligibility: *Hamura City* residents/worker, first 20 applicants Fee: Free Items to bring: pen/notebook

Application/Inquiry: Call or come to *Seikatsu Kankyou-ka* on the 2nd floor of city hall, in advance from January 16th (Mon) ~ February 10th (Fri) from 8:30AM~5PM.(excluding weekends & holiday),

Inquiries: *Seikatsu Kankyou Ka, Seikatsu Kankyou Kakari* ☎ Ext.204

雪に備えて

< Preparation for the Snow Season >

Hamura City's measures for snow removal are made sufficiently to resume normal daily activities of its citizens. It will be implemented in the event of heavy snowfall. Citizens are urged to take necessary precautions. Inquiries: *Kikikanri-ka Kikikanri-kakari*, ☎Ext.217

-- To Prevent Disaster --

Weather forecasts can be useful in determining the severity of circumstances from predicted amount of snowfall. There are preventive measures which can be taken.

- Be prepared – Buy a shovel before the store runs out of stock.
- Structural support such as long objects installed in the shed or garage type structures can avoid collapse.
- Finish your grocery shopping prior to the worsening of weather conditions.
- Also useful are the information from the *Hamura City*, and other television and radio broadcasts which will inform you of road closures and necessary emergency information.
- Please register to the *Hamura City's* emergency e-mail notification system. (hamura@entry.mail-dpt.jp)
Inquiries regarding this system should be directed to City Hall, *Koho Kocho Ka, Koho Kakari* at Ext. ☎339

-- If it Snows -

- Avoided leaving your home. If you must go out, stay calm. Wear durable shoes.
- Have snow gear for your vehicle, and keep your distance from the car in front of you, and don't speed.
- Beware of the snow which falls from rooftops and trees.
-

-- Guideline for Snow Removal --

Please do not pile up snow near fire hydrants for it impedes the operations of the fire department. The below listed guidelines should be followed as well:

1. Do not haul snow into the roadway section of the street.
2. Don't park illegally on the street.
3. Structures in the street set on the roadside to eliminate the level difference should be removed.
4. Please permit snow removal at night by the city hall. Noise levels may rise during the process. We may require road closures if necessary. Loading of snow into temporary residential spaces may occur.
5. Remove snow within reasonable area near the residence, such as driveways front and entrances areas.

We appreciate your cooperation regarding snow preparation.

Inquiries: *Doboku ka, Douro Kanri Kakari* Ext. ☎294, or *Nishitama Kensetsu Jimusho* ☎0428-22-7219

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
January 15 th (Sun)	<i>Yamaguchi Naika Clinic</i>	☎042-570-7661	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Moriya Shika Iin</i>	☎042-555-9872
January 22 nd (Sun)	<i>Nishitama Byouin</i>	☎042-554-0838	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Yano Shika Iin</i>	☎042-555-3363
January 29 th (Sun)	<i>Yanagida Iin</i>	☎042-555-1800	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Takada Shika Iin</i>	☎042-555-5903