



# HAMURA NEWS

**HAMURIN** Hamura City Mascot  
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**July 1<sup>st</sup>, 2019**  
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## COMMUNITY

青梅・羽村子ども体験塾「子ども発掘調査体験」参加者募集

### < Children's Historical Study Workshop ~ Excavation and Research ~ >

Eligibility: 4<sup>th</sup> graders ~ High School Students residing in *Ome* and *Hamura* city who can attend more than 4 days in this workshop. An introductory meeting will offer details as to attire during the event, etc.

\*For participation in the introductory meeting and the earthenware firing observation, 1<sup>st</sup> ~ 9<sup>th</sup> graders must be accompanied by an adult but high school students need self-participation.

Capacity: First 10 applicants      Fee: Free .

#### ● **Introductory Meeting**

Date & Time: Aug 4<sup>th</sup>(Sun), 10AM~11:30AM

Place: *Ōme Daimon Shimin Center* (Address 2-288 *Daimon*, *Ōme City*.)

#### ● **Excavation Work (5 Days)**

The work will take place at an excavation site of an ancient house from 1700 years ago.

Date: Aug 6<sup>th</sup>(Tue) ~ 10<sup>th</sup>(Sat)      Time: 10AM ~ 3PM

Place: *Ōme-shi Nogami-cho Kasumidai Iseki* (2 *Choume*, *Nogami-cho*, *Ōme City*.  
West of *Daimon Shimin Center*)

#### ● **Cleaning the Artifacts**

The participants will clean the excavated artifacts, and will also try ancient-style earthenware making.

Date/Time: Aug 14<sup>th</sup> (Wed), 10AM~Noon      Place: *Hamura Kyoudo Hakubutsukan*

#### ● **Fan making experience and Completion Ceremony**

Date/Time: Aug 15<sup>th</sup> (Thu), 10AM~Noon      Place: *Hamura Kyoudo Hakubutsukan*

\*\* Participants will meet and dismiss at the each event.

How to apply: Between July 2<sup>nd</sup> (Tue) ~ 26<sup>th</sup> (Fri), 9AM~5PM, call *Kyoudo Hakubutsukan*. ☎042-558-2561  
(close Monday exclude holidays)

親子で巡ろう 公共施設見学会

### <Hamura Public Facilities Bus Tour ~ Get To Know More About Our Public Facilities >

It is a great chance to know more about our city government through learning the functions of *Hamura* City public facilities. The public facilities tour is recommended for family participants as a summer experience.

Date/Time: Aug. 1<sup>st</sup> (Thu), 9AM ~ about 2PM (Will be held in light rain)      Tour starts and ends at: City Hall

Eligibility: *Hamura* residents, workers, and students (Please register by a pair: parent and child)

Capacity: 26 people (13 pairs: If there are many applicants, participants will be chosen by name drawing.)

\*Participants will receive the attendance certificate.      Fee: Free      Things to bring: Lunch and Drink

How to apply: By July 19<sup>th</sup> (Fri) 5PM. Application forms are available at city hall 1<sup>st</sup> floor Reception /3<sup>rd</sup> floor *Kouhou-Kouchou Ka*, city hall branch offices, city public facilities. Please submit your application via postal mail / fax / or bring it to city hall *Kouhou-Kouchou Ka* on 3<sup>rd</sup> floor. .

Contact: *Kouhou-Kouchou Ka* – City Hall ☎Ext.337      Postal mail: 〒205-8601(write zip code only)

Fax: 042-554-2921      Forms are downloadable from city website.

Please come between 8:30AM ~ 5PM on weekdays, excluding holidays

Tour Course : (There may be a change)

- ① City Hall... visit inside of the city assembly conference hall and the studio of TV Hamura.
- ② *Fukushi* Center...Experience of wheelchairs
- ③ Library ...An exceptional chance to access the room of closed stacks of library collection
- ④ *Yutorogi*...You can see and try operating the stage systems of recital hall! (lunch time).

羽村の水生生物を学ぼう 水辺観察会参加者募集

### <ENVIRONMENTAL WORKSHOP ~Water Creatures And Their Environment~>

An environmental counselor will guide the tour introducing creatures that live nearby water, studying about the water quality of the Tama River. You can learn about the ecosystem of *Hamura* City.

Date & Time: July 29<sup>th</sup> (Mon) 9AM ~ lasting for about 2 and half hours (It will be cancelled if it rains)

Meeting Place: *Ikoinosato* Entrance. Eligibility: *Hamura* Elementary and Junior High school students (3rd grader or younger must be accompanied by an adult, 4th grade or older can also join with an adult)

Capacity: First 40 applicants Fee: Free Things to bring: Drink, Cap/Hat, Writing Materials, Towel, Landing Net (if participator has one), clothes and shoes which you don't mind getting wet.

Instructor: Mr. *Kousuke Satta* (Environmental counselor)

How to apply / Inquiry: Please send an application no later than July 19<sup>th</sup> (Fri) Include participant's address, name, age, and telephone number. Call, e-mail, or visit *Kankyō Hozen-Ka* between 8:30AM ~ 5PM on weekdays excluding holidays.

(e-mail: s205000@city.hamura.tokyo.jp (Please use the title "*Mizube Kansatsukai Sanka Kibou*" on your message. Inquiries: *Kankyō Hozen Ka*, ☎Ext. 227

熱中症に気を付けよう!

### < Heatstroke – Please Be Aware of the Risk ! >

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. The prevention is important. Indoor conditions also need to be taken into account. More people are actually carried by ambulance for heat exhaustion symptoms happening in indoor places than at outdoor places. Cooperation is asked from everyone in order to protect the vulnerable people.\*Pay attention to sudden rise in temperature. \*Please 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, non-responsiveness

**If you get Heat Exhaustion:** First you must move to cool place and drink a lot of fluid, then try to cool down your arm pits and leg bases.\* If someone is unconscious or cannot take in fluids, call an ambulance or call Tokyo Fire Department's *Kyūkyū Soudan* Center ☎#7119 (available 24 hours) *Hoken* Center ☎Ext.624

「夏休み処分場見学会」参加者募集

### < Family Study Tour to Waste Recycling Center >

Inquiries: ☎042-597-6152

Don't miss this opportunity to learn how our garbage gets processed!

Tour 1: August 2<sup>nd</sup> (Fri) 9AM~6PM To *Yanagisenen* Public Facility, *Futatsuzuka* and *Yatozawa* Disposal Centers. The group will meet and be dismissed at *Seibu* Line *Higashimurayama* Station.

Tour 2: August 9<sup>th</sup>(Fri) 9AM~5:30PM To *Hachiochi City Tobuki* Sanitary Association, *Futatsuzuka* and *Yatozawa* Disposal Centers. Group will meet and be dismissed at JR *Hachiochi* Station.

Tour 3: August 16<sup>th</sup>(Fri) 9:30AM~6PM To *Musashino* City Sanitary Association, *Futatsuzuka* and *Yatozawa* Disposal Centers. Group will meet and be dismissed at *JR Mitaka Station*

Eligibility: 4<sup>th</sup>~6<sup>th</sup> grade children living in *Tama* area and his/her accompanying guardian who is age 18 or older (Pair of 2 persons), or *Tama* Region residents in Junior High School or older (Pair of 2 persons)

Capacity: 40 pairs (80 people) in each tour \*If applicants is many, participants may be selected by drawing.

Fee: ¥500 per person (for Lunch Fee) \*Please pay this fee on the tour day.

How to Apply & Inquiry: On postcard, fill in the following information of both participants; ①name, ②age, ③gender, ④address, ⑤Home phone number, ⑥Mobile number, ⑦date you would like to participate, and ⑧ Name of school or work(outside of *Tama* districts). Please mail it before July 22<sup>th</sup>(Mon) to; Tokyo *Tama Kouiki Shigen Junkan Kumiai* "Natsuyasumi Shobun Ba Kengakukai Kakari".

〒190-0181, 7642 Ōguno, Ōaza, Hinode-machi, Nishitama-gun, ☎042-597-6152

\*\* Please check website of Tokyo *Tama Kouiki Shigen Junkan Kumiai* to download [*Natsuyasumi Shobun Ba Kengaku Kai* application form] to apply

第 55 回少年少女球技大会

### < The 55<sup>th</sup> Boys & Girls Ballgame Tournament > (Softball and Kickball)

This is held to promote the interaction of children of different age groups in the neighborhood. The young athletes have been training throughout the year. We invite you to meet the brightest smiles to cheer for them.

Date & Time: July 13<sup>th</sup>(Sat) *Fujimi* Park Ground 8:45AM~ *Musashino* Park Ground 9:10AM~

July 14<sup>th</sup>(Sun) *Fujimi* Park Ground 8:30AM~ (reserved dates are 15<sup>th</sup> (Mon, holiday)),

\*Please cooperate with the prevention of traffic congestion, and refrain from coming to the event by a car.

\*If the weather is too bad or hot occasions, the schedule will be changed.

Inquiries: *Jidou Seishounen Ka*, ☎Ext. 263

水上公園プールはお休みします

### < Hamura Suijou Kouen (Water Park) Pool will be closed for Summer 2019! >

*Hamura Suijou Kouen*'s pool will be closed since it will cost a large amount of repair costs to operate the entire facility, such as breakdown of filter and pump, city decided to close the pool this summer.

Inquiry: *Doboku Ka Koen Kanri Kakari* ☎Ext.282

## LAW CONSULTATIONS

外国人法律相談 (東京三弁護士会多摩支部)

### < Law Consultations for Foreign Residents ~ Free for Interpreter fee >

There is a consultation service available for your legal problems such as status of residence, labor, divorce, visa, or other problems in daily life. Confidentiality will be kept.

- Lawyers ~ Lawyers who have been trained in foreign legal counseling and registered in the specialized consultation roster will be in charge.
- Place ~ Principally the place of consultation will be law office of lawyer who is in charge of consultation. But, if you have any issues such as sickness or short of transportation fees, it is possible to have official tour legal consultation. Require to confirm with lawyer in advance.
- Details ~ Status of residence, consultation on immigration matters such as refugee status recognition, international marriage, divorce, consultation on civil or criminal cases such as labor issues etc.
- Eligible ~ Foreign nationals, as well as non-nationals, are eligible for consultation regarding cases

which are involved foreign nationals as parties or counterparts.

- Language ~ It is possible to have interpreter to help but only available Japanese for consultation reservation. Please ask someone who can speak Japanese to make reservation phone call firstly.
- Consultation fee ~ Depends on financial status
  - A. If your financial status is above standard as below mentioned, 30 minutes (with interpreter 60 minutes) fees ¥5000 (not included consumption tax)
  - B. If your financial status is under standard
    - ① Income standard (net income amount monthly)
      - a. Single ¥182,000
      - b. 2 individuals family ¥251,000
      - c. 3 individuals family ¥272,000
      - d. 4 individuals family ¥299,000(Please plus 10% to calculate for living big city.)
    - ② Please calculate your income after spending fixed expenses such as rent, house mortgage, medical fees, and etc.
    - ③ If your bank checking and saving property is over standard, it also needs to charge consultation fees.
  - C. Free for interpreter fee.

Inquiries: Tokyo San Bengoshikai Tama Shibu, reservation Tel ☎042-548-1190 Weekday 10AM~12AM, 1PM~4PM

動物園

## HAMURA ZOO ☎042-579-4041

親子ナイトツアー

### < Hamura Zoo Family Night Tour >

Let's watch the night-active animals! The tour will be led by zoo keepers with their informative commentary.

Date: ①August 3<sup>rd</sup> ②August 10<sup>th</sup> ③August 17<sup>th</sup> ④August 24<sup>th</sup> (All Saturdays) Reception: 6:45PM ~

Time: 7:30PM ~ 8:45PM Place: Hamura Zoo Bring a flashlight and wear long sleeves, long pants.

Eligibility: Age 4 years or older Capacity: 60 people per day (if too many applicants, it will be drawing)

Fee: age 4 ~ 9<sup>th</sup> Graders ... ¥350, Others ... ¥600 (Zoo admission included)

Application Deadline: postmark deadline dates for application filing are as follows;

①July 20<sup>th</sup> (Sat) ②July 27<sup>th</sup> (Sat) ③August 3<sup>rd</sup> (Sat) ④August 10<sup>th</sup> (Sat)

Application and Inquiry: on reply-paid postcard ("Oufuku Hagaki"), fill in the following information and send to the zoo; 〒205-0012, 4122 Hane, Hamura-shi, Hamura Zoo, "Oyako Night Tour"

State desired date, Names and age (grade) of people in your group, main applicant's address, phone number, and indicate whether you wish to wait for cancellation in case applications exceed the capacity.

### <Hamura Zoo Closure Dates for July>

July 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> all Mondays.

July 15<sup>th</sup> (Mon, Holiday) will be opened.

## HEALTH, HEALTH INSURANCE AND PENSION

おとなの風疹抗体検査。予防接種

### < Rubella(Fuushinn), Antibody Test and Immunization for Adults >

#### Provide Rubella(Fuushinn) Antibody Test, Immunization

Rubella, which is also known as German Measles, is becoming ever more prevalent among adults in recent years.

For expectant mothers, contracting rubella poses a threat to cause her fetus to be born with congenital rubella syndrome (which is characterized by hearing impairments, cardiac disease or cataracts).

Antibody titer fee and portion of Rubella Immunization fee will be expanded to provide to eligibility people

included male also.

**Free Coupon Eligibility:** Male was born from Apr 2<sup>nd</sup>, 1972 ~ Apr 1<sup>st</sup>, 1981

- If male was born from Apr 2<sup>nd</sup>, 1962 ~ Apr 1<sup>st</sup>, 1972 and want to take vaccine, please come to Hoken Center to request.

**Subsidy Eligibility:** Hamura residents at age 19 or older who is below status are eligible.

- 1) Female who wish to be pregnant in the future.
- 2) Female is pregnant and people who are living together with her.
- 3) People are living with above 1) or 2) status.

Subsidy amount

- Rubella(Fuushinn) Antibody Test – all amount
- Measles-Rubella mixed vaccine - ¥5,000.
- Rubella Vaccine - ¥3,000.
- If people take Rubella antibody titer is proven low by a test. Immunization can be provided.

**Application and Appointment:**

Please submit an application for the process to the Hoken Center in advance and check official website to get more details about medical locations and so on.

Inquiry: Hoken Center 042-555-1111, ☎Ext.623

国民年金保険料の免除・納付猶予制度があります

▶ National Pension Premium Payment Support Systems (免除申請)

There is a support system for payment of National Pension Premiums. If you would like to know more about these support systems, please feel free to inquire at the National Pension Service.

If you are a low income earner, or unemployed, you may be exempt or be given a grace period from premium payments if approval for extension is granted. You are able to request the extension for 2 years and 1 month worth of payments for which deadline was not met at period before application for exemption, and for payments into the future until June of the ensuing year. Procedures are made at city hall or nearest Pension Office (Please bring booklet and personal seal. If you have resigned from your job, you may be asked to bring related documents. Please inquire.)

Document to have when you apply: Nenkin booklet

\* Those who were enrolled under this exempt system must take a status renewal procedure in order to sustain the exempt status for FY2019. Enrollment Renewal Confirmation Form will be mailed to the applicable students. Please complete packet and send back. First time procedures are made at city hall or nearest Pension Office

(Please bring booklet, documents proving student status, and personal seal).

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

Inquiries: City Hall, Shimin Ka Kourei Iryou/ Nenkin Kakari, ☎Ext. 140 / Ōme Nenkin Jimusho 0428-30-3410

国民健康保険高齢受給者証の更新時期です

< **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 31<sup>st</sup>(Wed). 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 1<sup>st</sup> to July 31<sup>st</sup>, 2020.

Inquiries: City Hall, Shimin Ka, Hoken Kakari, ☎Ext. 126

国民健康保険限度額適用認定の申請

< **National Health Insurance Certificate for Patient-Borne Expense Ceiling Amount** >

Bring: ID, Insurance Card, Individual Number Inquiries: Shimin Ka, Hoken Kakari ☎ Ext. 128

Renewal procedures will start from July 22<sup>nd</sup> (Mon) for new certificate effective August 1<sup>st</sup> (Thu).

**Certificate for Patient-Borne Expense Ceiling Amount:** By presenting a Certificate for Patient-Borne Expense Ceiling Amount or Certificate for Partial Exemption of Standard Medical Cost (限度額適用認定証 または標準負担額減額認定証) at a medical facility, you do not have to pay a portion of medical charge that exceeds the self-pay ceiling set by the National Health Insurance Regulation. To receive certificates which take effect

from the month of registration, you must apply and be up to date on premium payments.

#### ◆ Who is eligible for the High Medical Expense Benefit System

Insured members of National Health Insurance younger than 70 years old, those who are over 70 years old ~ 74 years old: a.) Resident Tax-Exempt, b.) as of August 2019 ~ those paying 30% who are applicable to income standard from ¥1,450,000 to ¥6,900,000.- are able to obtain a High Medical Expense Benefit Certificate.

Inquiries: City Hall, *Shimin Ka, Hoken Kakari*, ☎Ext. 128

国民健康保険税納税通知書の送付

#### < **National Health Insurance Notification** >

National Health Insurance (*Kokumin Kenkou Hoken*) Notification (国民健康保険税納税通知書) for FY2019 will be mailed to the applicable households in early July. The enclosed information explains about premium amount and premium calculation system. We appreciate your cooperation for making payments on time.

#### ❖ Reduction and Exemption of National Health Insurance Premium

There is a special measure provided for victims of a disaster and for those in difficult financial situation.

For details, please contact the *Shimin Ka, Hoken Kakari*, ☎Ext. 129.

後期高齢者医療制度 医療費の負担割合と軽減制度

#### < **Late Elderly Medical Insurance Program Co-Payment Rate and Medical Fee Reduction Measures** >

*Shimin Ka, Kourei Iryou · Nenkin Kakari* ☎Ext. 138

The co-payment rate for members of the Late Elderly Medical Insurance Program paid at the medical institution is either 10 or 30 percent of the total costs. It is determined by your previous year's income, revised every year on August 1<sup>st</sup>. Applicable to those older than 75 years old or at the age of 65 to younger than 75 with disability recognized by the Tokyo Metropolitan Government.

\* If the co-payment status is unchanged, present green colored card is still able to use. But if status is changed, new card will be sent in the middle of July.

10 %» persons whose household had taxable total income after the deductions less than ¥1,450,000.

30 %» household with member who has more than ¥1,450,000 of taxable total income.

It is possible to reduce your co-payment rate to 10%. Those who are eligible will receive a packet including the form 基準収入適用申請書、or Income Evaluation Request for Application for Medical Fee Reduction to be submitted with tax return. Certain standards apply, and certification is required. Please bring/ send supporting documentation such as your my number notification.

#### Other measures for reducing the self-pay burden:

• The Ceiling Amount Certificate which can be offered to the household which have tax exempt income. To be eligible, you must make application procedures and be certified. Tax exempt households that qualify under standards will be issued a Certificate for NHI Applied-Ceiling Amount/Partial Exemption of Standard Medical Cost (限度額適用/標準負担額減額認定証). Outpatient/medical expenses and Meals will be reduced. Ceiling Amount Reduction Certificate (減額認定証) notification letter will be sent to applicable households.

• For those who are or older having disability specified under late elderly medical insurance:

特定疾病療養受療証, or Certification for Specific Illness Treatment will be sent to patients whose illnesses take time to heal. By presenting the 特定疾病療養受療証, or Certification for Specific Illness Treatment, there will be a ¥10,000 ceiling amount applied at each medical institution used. Certain standards apply. Please inquire. You will need your identification, my number, inkan (seal) when you apply for the certificate.

■ A New Medical Insurance Card will be issued for Late-Elderly Medical Insurance Plan Policy Holder and will be sent to each policy holder's registered address. This is the new insurance card which is valid from August 1<sup>st</sup> (Thu). The presently held card will expire on July 31<sup>st</sup> (Wed). Those who were not present at the time of delivery will receive "notice of delivery" slip, and should retrieve their packet by going to the Post Office with

sufficient identification. If the delivery does not become completed within a certain safekeeping term at post office, the packets will be returned to the city hall.

後期高齢者医療制度、保険料決定通知書の送付

**< Late-Elderly Medical Insurance Notification >**: *Shimin ka, Kourei Iryou Nenkin-Kakari* ☎Ext. 138  
The Union of Municipalities which incorporate the Late-Elderly Insurance Plan determines the premium amount levied to members, and they will issue a Late-Elderly Medical Insurance Notification (後期高齢者医療保険料決定通知書) which will be mailed to the insured members in mid-July enclosed with a premium amount notification based on 2018 income. Your packet will differ according to payment method.

### ~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 submit it to your financial institution. To switch the method from deduction from pension to bank transfer, an additional procedure is required at the city hall. Premium Reduction is possible depending on the amount of income. Please inquire if your conditions apply. For those whose final return of 2018 is not yet filed, the premium amount notification will only state the fixed levy. Once his/her 2018 taxable income is filed, the income-based levy will be calculated and he/she will be notified. You must have completed the tax returns for the previous year to receive this reduction.

介護保険

## LONG-TERM CARE INSURANCE (Kaigo Hoken)

### Inquiries:

Long-term Care Insurance and Insurance Fee...*Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari* ☎Ext.144,  
Nursing Care Required Service... *Kourei Fukushi Kaigo Ka, Kaigo Nintai Kakari* ☎Ext.146,  
Premium payment and Fund Transfer, *Nouzei Ka, Nouzei-tantou* ☎Ext.179.190

介護保険料額決定通知書・納入通知書を送付します

### **< Long-Term Care Insurance (Kaigo Hoken) Notification >**

There will be a FY 2019 Premium Notification and Statement (介護保険料額決定通知書・納入通知書) which will be mailed in early July to those who are enrolled in this the long term care insurance program at age 65 or older (Class 1 policy holder). \*Long-term Care Insurance premium is reevaluated every 3 years based on the accumulation of demand for services which took place in the city. Premium contribution is the main source of revenue to fund this insurance program

#### **Age 65 or older (Class 1 policy holder)**

How the Premium is Calculated: Your previous year's aggregate income is categorized into one of the 13 levels of premium coverage. (Total income is categorized accordingly. Please ask for details.)

The payment schedule for annual premiums is broken down into bi-monthly contribution amounts, however for those who had a change in income, an amount adjustment may be charged in the August bank transfer. Remainder term payments are arranged so that installments are divided evenly in each payment month.

The two payment methods for Class-1 policyholders as explained below.

• Special Collection Method (特別徴収): Premiums are automatically deducted from pension.

The annual pension amount is ¥180,000 or more.

• Ordinary Collection Method (普通徴収): Please pay by using a cash payment slip or by bank transfer

The annual pension amount is less than ¥180,000, and taxable pension does not exist.

Even if you are eligible for the special collection, you may be considered for ordinary collection if:

- You turned 65 years old during the fiscal year.   ○You started earning pension after the start of fiscal year
- You transferred from another municipality   ○Your pension payment was stopped
- You are paying off a credit of pension as collateral, and you do not earn any pension amount.

**Age 40 to 64 (Class 2 policy holder)**

How the Premium is Calculated: Your premiums are calculated based on national health insurance type that you have, and both national health insurance premiums and Long-term Care Insurance premiums are paid. In the event when a need arises for nursing care, please consult with the *Chiiki Houkatsu Shien* Center. Consultation is required before you use the long term care services. City hall, Ext. 196

**♣ If you are having difficulty with paying the premiums... ♣。**

If overdue premiums accumulate without a reason of exceptional circumstances, and it may affect the benefit eligibility. Please do not let over-due taxes accumulate, just consult with *Nouzei-tantou* in city hall about special measures provided for those in difficult financial situation. There is also premium reduction and grace system for those whose property was severely damaged by fire or floods/disaster.

介護保険負担割合証を送付

**< Co-Payment Rate Determination Certificate for Long Term Care Insurance Subscribers >**

A "Co-Payment Rate Determination Certificate" will be mailed out in the middle of July to people who have been certified as a person in need for support or needing long term care indicating the payment rate that they will have (10 -30%). The term of validity for the certification is for one year. Present this certificate to the nursing facility after August 1<sup>st</sup> if using nursing care services.

The co-payment rate for some Long Term Care Insurance subscribers who are 65 years old or older, holding income above standard (Please ask for details.) will pay 20% co-payment burden when nursing care services under the Long Term Care Insurance are used.

介護保険負担限度額認定の手続き

**< Certification for Long Term Care Ceiling Amount Certification Card >**

Depending on the income level, you will be able to qualify for a ceiling amount with your long-term care dwelling and meal payments, which normally are not funded by the care system. The costs which exceed this ceiling will be funded by the insurance system. Term of validity is one year from August 1<sup>st</sup> to July of the following year. The city has sent reminder in June to those who need to make renewal procedures for this Long Term Care Ceiling Amount Certification Card.

- ①The income requirements: ○income for all members of household are tax exempt  
○ Your spouse living at another household has income which is tax exempt.
- ②Assets:○You or your spouse (whether or not living together) has an account balance below ¥20 million, and if you do not have a spouse less than ¥10 million. Please consult with City Hall to seek assistance for Long Term Care Payment Ceiling Amount certification. If you are certified, your ceiling amount will be applied.



**CHILDREN**

**Children Centers: (Central) ☎042-554-4552 (West) ☎042-554-7578 (East) ☎042-570-7551**

おしゃべり場「教えて！歯みがき」

**CHATTING PLACE for PARENTS**

This month's topic is "Teaching how to brush teeth!". Child Care Volunteers will attend your children during the event. Feel free to join and share some thoughts and tips for child rearing. Child care volunteers will look



after your children during this gathering. No reservation needed.

Place & Date: East Children Center – Jul. 16<sup>th</sup>(Tue) Time: 10:30AM~11:30AM for all dates

Central Children Center – Jul. 18<sup>th</sup>(Thu) Inquiries:

West Children Center – Jul. 19<sup>th</sup>(Fri) *Kodomo Katei Shien Center* ☎042-578-2882

児童手当・児童育成手当 現状届の提出を忘れずに

### < 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 will be mailed to the applicable households in June. Please be sure to submit it as soon as possible. Failing to do so may result in the disqualification for the benefits of this year's program. Filing Period: Mon. to Fri 8:30AM~5PM, (excluding Sat/Sun holidays)  
Inquiries: *Kosodate Shien-ka Shien Kakari* ☎Ext.236

特別児童扶養手当を支給しています

### < Application for Special Child-Rearing Allowance >

Special Child-Rearing Allowance (*Tokubetsu Jidou Fuyou Teate*) is provided to parents or guardians who are raising a child with physical/mental disability. The allowance is provided until the child turns age 20. Application and eligibility certification are required to receive the benefit of this allowance program. Eligibility: Hamura City Residents whose child or child in care of the resident has physical/mental disability or illness that is certified grade 1~3, or considered to be at a level equal to such.

**Allowance Amount:** Disability Level 1 ¥52,200 / Disability Level 2 ¥34,770

The application procedures vary depending on category. Inquiries: *Kosodate Shien-ka Shien-kakari* ☎Ext.235

## MISCELLANEOUS INFORMATION AND EVENT

骨太教室

### < Bone Friendly Diet / Exercising Tips >

Join these classes if you are interested in learning how to nurture bone health by using simple tips.

Eligibility: Hamura City Residents for both below classes

Bone Friendly Diet: Date: July 25<sup>st</sup> (Thu), 9:30AM ~ 0:30PM Place: Hoken Center

Capacity: First 30 Fee: ¥300 Things to Bring: head cloth, apron, writing utensils, health book.

\* Those who wish to measure the salt content of their home made *miso* soup may bring 50ml of it

Bone Friendly Exercising: Date: August 6<sup>th</sup> (Tue), 1:30PM ~ 3PM

Place: *Yutorogi* Reception hall Capacity: First 50

Fee: free Things to Bring: writing utensils

Instructor: Doctor Aihara, Kyourin University Professor

Apply: Hoken Center for the above from July 2<sup>nd</sup> (Tue) by telephone or walk in. 042-555-1111, ☎Ext. 627

子どもゲームプログラミング教室

### < Children Game Programming Workshop >

Game creating and skills in how to control robots will be taught in this programming workshop (in Japanese).

Date: August 3<sup>rd</sup> (Sat) ~ 4<sup>th</sup>, August 17<sup>th</sup> (Sat) ~ 18<sup>th</sup> (Sun)

Both from 1:30PM~5:30PM

Place: *Sangyou Fukushi* Center

Eligibility: 4<sup>th</sup> grade ~high school student Capacity: first 20 per class (name drawing if many applicants)

Fee: ¥3,000 Things to Bring: laptop computer equipped with Windows software 7 or newer.

(MAC pc is not suitable to use for this class.) Teacher: Mr. *Onitama* Hosted By: The *Nishitama* Programming Club  
Co-Hosted By: Board of Education of 4 municipalities, and the *Ōme Sato* Foundation

Application and Inquiries: Please apply from website till July 23<sup>rd</sup> (Tue): Nishitama Programming Club for details.

羽村フィルハーモニー管弦楽団 第28回定期演奏会

< **Hamura Philharmonic Orchestra ~ The 28<sup>th</sup> Concert ~** >

Date & Time: July 14<sup>th</sup>(Sun) 2PM~ (doors open at 1:30PM) Place: *Yutorogi* Main Hall

Capacity: First 800 people Admission: Free No reservation needed.

If you wish to bring your child, seating for you can be arranged at the designated family seating area.

Host: The *Hamura* City Board of Education, *Hamura* Cultural Association, *Hamura* Music Federation

Inquiry: *Hamura* Philharmonic Orchestra : Email to the organization's office → hamuraphil.post@gmail.com



はむら桜づつみジュニア駅伝教室

< **The 2019 Hamura Sakura-Zutsumi Junior Road Race Ekiden Race** >

The *Hamura Sakura-Zutsumi* Junior Road Race *Ekiden* Road Race will be held as an event to promote youth development in a project sponsored by the *Taiiku Kyoukai* of Hamura City (Athletic Association). You do not have to participate in all of the days scheduled. Dates: on the following Saturdays ▶ July 27<sup>th</sup> & August 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> 8AM ~ 9PM Meet at: 7:30AM Place: *Miyanoshita* Ground Parking Parents can participate with their children of eligible age. Eligibility: 3<sup>rd</sup>~6<sup>th</sup> Graders No reservation necessary Fee: Free Things to Bring: towel, water bottle, comfortable clothing and shoes fit for exercise.

\*Insurance is provided by the *Taiiku Kyoukai* of Hamura City. Inquiries: *Hamura-shi Rikugyou Kyogi Club* ☎042-554-2763(Inquiries are from 6-8PM)

第4回HAMURAメリーリボン演劇祭

< **The 4<sup>th</sup> Hamura Merry Ribbon Theatrical Performance** >

Actors who perform in *Hamura* City will create this event that can be enjoyed by anyone. Let's support their artistic movement. "Merry Ribbon" represents a joyful, a time to be enjoyed, festive mood; the ribbon symbolizing the encounter with someone you feel a connection with, or a bond with. The performers act to offer energizing vibes to their audience. Capacity: First 252

Host: The *Hamura* City Board of Education

Date: July 20<sup>th</sup> (Sat) and July 21<sup>st</sup> (Sun)

Place: *Yutorogi* Small Hall Admission: Free

**Performance schedule:**

Performing Acts July 20 <sup>th</sup> (Sat) Open 0:30PM		Performing Acts July 21 <sup>st</sup> (Sun) Open 0:00PM	
0:50PM~	Opening Ceremony	0:25PM~	Opening Ceremony
1PM ~	<i>Hamura Dai Ichi</i> Junior High School Drama Club	0:30PM~	" <i>Gin No Suzu Ni Gou</i> "(Silver Bell)
2:10PM~	<i>Hamura</i> High School Drama Club	1:30PM~	<i>Fussa</i> High School Drama Club
3:10PM~	<i>Itsukaichi</i> High School Drama Club	2:10PM~	" <i>Gekidan Meister</i> "
4PM~	Book Reading Theater " <i>Hibiki</i> "	3:30PM~	" <i>Gekidan San Maru Hachi</i> "
	None	4PM~	" <i>Gekidan Sora</i> "

Inquiries: *Yutorogi* ☎042-570-0707



高校生のための合同企業説明会in羽村

< **Joint Job Interviewing Event for High School Students** >

Date/Time: July 12<sup>th</sup> (Fri), 1PM ~ 4PM (doors open at 0:30PM) \*About 16 business entities will be present.

Place: *Yutorogi* Small Hall Fee: Free \*Reservation not needed.

Eligibility: Current 3<sup>rd</sup> year high school students expected to graduate in March 2020

Inquiry: Hello Work Ōme *Gakusotsu Tantou* ☎0428-24-8641 or *Sangyou Shinkou Ka, Shoukou Kankou kakari*

☎Ext.657

出張ハローワーク

### < Hellow Work Dispatch to Hamura City >

Hello Work Ōme is providing employment consultation with *Hamura* city for people who are looking for employment. No Reservation Needed

Date/Time: July 10<sup>th</sup> (Wed) and 24<sup>th</sup> (Wed) 1:30PM ~ 4PM

Place: *Fukushi Center* 2<sup>nd</sup> Floor Seminar Room

Inquiries: *Hamura Sangyou Shinkou Ka, Shoukou Kankou Kakari*, ☎Ext. 657/Hello Work Ōme Services ☎0428-24-9163

水道メーターを無料で交換します

### < Replacement of Water Usage Meters by Free >

Water Usage Meters with the expiring guarantee period (8 years) will be replaced with new meters.

The devices that are subject to replacement have an indication on the reverse side of cover lid as 32/○(○ is number 1~9) . City approved contractors will distribute a work notification to applicable households prior to the work date. The reinstallation work is absolutely free of charge.

The contractors will be wearing an official armband, and carrying an identification issued by *Hamura* City. The work will be conducted regardless of the house owner's presence. Thank you for your understanding.

\*Please test-run the water after the work is done until you see normal water condition.

Work Period: Districts of odd-numbered month meter-reading - July 10<sup>th</sup> (Wed) ~ August 9<sup>th</sup> (Fri)

Districts of even-numbered month meter-reading - August 13<sup>th</sup> (Tue) ~ September 6<sup>th</sup> (Fri)

Inquiries: *Hamura City Waterworks Office (Suidou Jimusho)* ☎042-554-2269

7月は「社会を明るくする運動」強調月間

### < July is Encouragement for Development of Safe Society Month >

All citizens should contribute to the stability of the society by offering moral support to juvenile delinquents who are readjusting to society in whatever way possible according to their respective positions. Members of the society must be aware that efforts are needed for development of a safe society.

During this month、*Hamura* City promotion committee performs various activities.

- Public relations activities in Station (*Hamura* and *Ozaku* Stations)

Date and Time: July 1<sup>st</sup> (Mon) 7:30AM~8AM

Details: Distribution of enlightenment goods and etc.

- City public relations activities (all areas in *Hamura* City)

Date and Time: July 3<sup>rd</sup> (Wed) and 10<sup>th</sup> (Wed) 10AM~Noon

Details: City tour by Public Information Car

- [Development of Safe Society Activity] *Hamura* Convention

Date and Time: July 25<sup>th</sup> (Thu) 2PM~

Details: The ways to avoid Crime will be taught.

- Encouragement Activities of *Hamura* Summer Festivals

Date and Time: July 27<sup>th</sup> (Sat)

Inquiries: *Shakai Fukushi Ka, Shomu Kakari* ☎Ext.112

愛の献血にご協力を

### < Blood Donation Needed! >

Date & Time: July 16<sup>th</sup>(Tue), 10AM~Noon, 1:15PM~4PM

Place: In front of city hall main entrance

• **Blood Donation** (400ml or 200ml)

Eligibility: Those who are Age 16 ~ 69 years old

(Age 65 or older must have blood donation record during age 60~64)

Inquiry: *Hoken Center*, 042-555-1111 ☎Ext.623

助成

## Subsidy

里帰りの時の妊婦健康診査費用の一部を助成

### < Medical Subsidy for Prenatal Checkups done outside Tokyo >

For female *Hamura* city residents, prenatal checkup fees paid at a medical facility located outside Tokyo metropolitan area can be reimbursed by the *Hamura* city public medical subsidy. Application is needed.

How to apply: Visit *Hoken Center* (weekdays, 8:30AM ~ 5PM) for application within 1 year from the day of childbirth. When applying, please make sure to bring the followings: Receipts of checkup fees, *Boshi Kenkou Techou*, Unused prenatal checkup subsidy sheets (受診票), any documentation that can identify your bank account number and bank stamp (if you have). *Hoken Center* 042-555-1111 ☎Ext.623

東京都大気汚染医療費助成制度

### < Medical Subsidy for Patients Suffering from Air Pollution-caused Diseases provided by Tokyo Metropolitan Government > Please don't forget renewal of your medical certificate..

Eligibility: patients who meet all of the following conditions.

1) Those who are 18 years old or younger (until the end of the birth month at 18 years old).

\*If you are certified and possess a valid certificate, and were born before April 1<sup>st</sup>, 1997, extension procedures will be accepted.

2) Those who have the following symptoms:

(1) Bronchial Asthma, (2) Chronic Bronchitis, (3) Asthmatic Bronchitis, (4) Pulmonary Emphysema, and (5) Subsequent symptoms of the above

3) Have at least 1 year of continuous resident registry history in the Tokyo metropolitan area by the time of application. (At least 6 months for a child under age 3)

4) Those who have any health insurance policy.

5) Those who are able to stay as a non-smoker after the date of application.

Term of Subsidization: The valid period of this subsidy approval is either approximately 2 years (depending on the birth month), end of birth month at age 18, whichever is earlier. Renewal of certificate will be required to continue receiving the subsidy.

Extension Procedures:\* If you are already receiving this subsidy, a certificate renewal application form will be mailed to you at 2 months prior to the subsidy's expiration date, or you can also obtain the form at *Hoken Center*.

Subsidization: payment of medical costs' self-pay burden under health insurance for treatment of above 1-5

Inquiries: How to apply... *Hoken Center* ☎042-555-1111, Ext.623

About this subsidy program... Tokyo Bureau of Social Welfare And Public Health ☎03-5320-4491

7月のテレビはむら

### < TV Hamura in July >

TV *Hamura*'s 30-minute program is broadcasted daily on *Tama Cable Network* (digital channel 055).

New contents come on every Thursday. The daily program times are ①9AM~ ②5PM~ ③9PM~ .

On Saturdays it is also broadcasted on digital ch.101 at ①1:30PM~ ②5PM~ ③9PM~.

You can also view them on your smartphone. Inquiries: *Kouhou-kakari* - ☎Ext.505

Special Program: "The 38<sup>th</sup> Hamura City Elderly Residents Recreation"



**< Local fresh vegetable direct sale >** 野菜直売会**Date & Time:** July 3<sup>rd</sup> (Wed)~5<sup>th</sup> (Fri), 10<sup>th</sup> (Wed)~12<sup>th</sup> (Fri), and 17<sup>th</sup> (Wed)~19<sup>th</sup> (Fri)

All dates time are between 4PM and 6PM

**Place:** Multiple purposes facility**< Freshland Nishitama Bath Coupon Ticket Sales -- 20% Off! >** 回数券20%割引販売Coupon Book of eleven 3-hour tickets will be on special sale from July 5<sup>th</sup> (Fri) ~15<sup>th</sup> (Mon)!**Price:** Residents of *Hamura City, Ōme City, Fussa City, and Mizuho Town* - ¥4,000 for Adult, ¥2,000 for Child

Others - ¥6,400 for Adult, ¥3,200 for Child

**< Environmental Crafting Class for Elementary Students >** 環境学習講座 夏休み工作教室

There will be an environmental crafting class for kids. The group will make a solar battery operated, environmentally friendly grasshopper model or model car.

(Dates for each type of model are listed, and below information is same for both classes.)

Grasshopper: July 27<sup>th</sup> (Sat) Solar Car: August 25<sup>th</sup> (Sun)**Place:** *Freshland "Fureai Kan"* **Time:** 10AM ~ 11AM **Capacity:** first 20 for each class**Eligibility:** 4<sup>th</sup> Graders or older of Elementary School **Fee:** ¥500 **Application:** Please come to the*Freshland Nishitama* front counter in advance and apply from July 9<sup>th</sup> (Tue) to the previous day of each class.**Inquiries regarding the Environmental Crafting Class:** *Nishitama Eisei Kumiai, Keikaku Kanri Ka*

☎042-554-2409

**SPORTS CENTER ☎042-555-0033**

トレーニングルームスタジオプログラム (夏季時間変更)

**< Training Room Studio Program will be changed in Summer Time >**

- Health Exercises (July ~ September)

**Date and Time:** Every Wednesday and Friday 10AM~11:10AM**Inquiries:** NPO *Hamura City Physical Association Office* ☎042-555-1698**SWIMMING CENTER ☎042-579-3210**

トレーニングルームプログラム

**Training Room Programs****< Popular Martial Arts and Zumba Fitness Classes in July 15 >** マーシャルアーツ & ZUMBA

- Martial Arts – Mixing Punch, Kick and Fitness exercises to train body.

**Date:** July 15<sup>th</sup> (Mon, Holiday) 10AM~10:45AM

- Zumba – Follow Latin Melody to move body and dance exercises.

**Date:** July 15<sup>th</sup> (Mon, Holiday) 11AM~11:45AM**Place:** Training Room **Capacity:** first 20 people**Eligibility:** Junior High School Student or older**Fee:** ¥800 for two lessons**Things to bring:** Comfortable gym clothes, towel, drink and indoors shoes.**< In-Water Walking Exercise >** 水中ウォーキング講習会**Date & Time:** July 27<sup>th</sup> (Sat), 10AM ~ 10:50AM **Eligibility:** Age 16 or older **Capacity:** First 30**Fee:** *Hamura* residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)**Things to bring:** Swimsuit, Swimming cap, and Towel **Instructor:** *Hamura-shi Taiiku Kyoukai Sports Trainer***How to Apply:** Visit the Swimming Pool Front Desk between 9AM ~ 9:50AM.

**Radiation Dose Test Results at Fujimi Park**

The level of radiation is lower than 0.23  $\mu\text{sv}/\text{h}$ ; figure by which it is considered safe if readings are below this.(unit:  $\mu\text{sv}/\text{h}$  (micro Sievert per hour))

Date of Testing	Weather	Elevation at which testing was conducted		
		5cm	50cm	1m
June 12 <sup>th</sup> (Wed)	sunny	0.046	0.047	0.053

Inquiries: Kankyō Hozen Ka, ☎Ext 226

**Radiation Level Analysis of Tap Water of Hamura City** 羽村市水道水の放射性物質測定結果

Date the Water Sample was Gained	Testing Items(unit: Becquerel per kilogram)	
	radioactive cesium 134	radioactive cesium 137
June 10 <sup>th</sup> (Mon) 9:05AM	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 Office ☎042-554-2269



7月休日診療

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

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
7 <sup>th</sup> (Sun)	<i>Yamaguchi Naika Clinic</i>	☎042-570-7661	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Watanabe Shika Iin</i>	☎042-570-1688
14 <sup>th</sup> (Sun)	<i>Ozaki Clinic</i>	☎042-554-0188	<i>Hikari Clinic (Fussa-shi)</i>	☎042-530-0221	<i>Honda Dental Clinic</i>	☎042-554-4184
15 <sup>th</sup> (Mon) Holiday	<i>Yanagida Iin</i>	☎042-555-1800	<i>Takamizu Iin (Mizuho-machi)</i>	☎042-557-0028	<i>Asahi Kouen Douri Shika Iin</i>	☎042-555-7904
21 <sup>st</sup> (Sun)	<i>Futaba Clinic</i>	☎042-570-1588	<i>Kumagawa Byouin (Fussa-shi)</i>	☎042-553-3001	<i>Ikoma Shika Hamura Shinryoujo</i>	☎042-555-3139
28 <sup>th</sup> (Sun)	<i>Matsubara Naika Iin</i>	☎042-554-2427	<i>Hikari Clinic (Fussa-shi)</i>	☎042-530-0221	<i>Inagaki Shika</i>	☎042-555-6018

\*Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily

7月の相談日

**PUBLIC CONSULTATIONS Schedule of JULY**

Category	Date	Time	Contact
Public Administration and Human Rights	18 <sup>th</sup> (Thu)	1:30pm ~ 4:30pm	Spanish and English interpretation service is available by appointment for Foreign Residents Consultation only. ◆ <i>Shimin Soudan-shitsu</i> city hall ext.541

◆ Consultations are by appointment only. Please do not call the *Shimin Soudan-shitsu* for consultation over the telephone.