



# HAMURA NEWS

**HAMURIN** Hamura City Mascot

**September 1<sup>st</sup>, 2020**

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## COMMUNITY

東京マイタイムラインを使って 複合災害に備えよう！

### “USING TOKYO MY TIMELINE TO PREPARE FOR COMPOUND DISASTER!”

9月12日(土)は、令和2年度羽村市総合防災訓練

#### <Reiwa 2<sup>nd</sup> Year Hamura City Comprehensive Disaster Prevention Training Day ~ Sep 12<sup>th</sup> (Sat)>

Let's participate in Disaster Drills at home! This year's disaster drill will be conducted mainly for evacuation shelter members and city staffs in preparation for "Storm and Flood Damage" during infectious disease spreading.

Please take this opportunity to think again about storm and flood damage countermeasures with your family and make necessary preparations to collect information to "Protect your own life".

Inquiry: *Bosai Anzen Ka, Bosai. Kiki Kanri Kakari* ☎Ext. 207

#### **Theme: Preparing for Compound Disaster** ~ Storm and Flood Damage and Infection Disease

- 1) Let's create "My Timeline" ~ A tool for confirming evacuation behaviors in advance. It will be distributed to all households with *Hamura News* Sep. 1<sup>st</sup> version.
- 2) Evacuation Centers Opening and Trainings 避難所開設、運営訓練  
The City Staffs and Voluntary Organization of Disaster Evacuation will conduct training such as prevention of infectious disease measures. (You are free to visit the training at each evacuation center. When you visit, be sure take sufficient measures to prevent infection, such as wearing a mask, checking your health and ensuring social distance)

City staffs will carry out operation training of storm and flood damage correspondence manual.

\*\* In case of stormy weather to cancel, the notice will be sent by disaster management radio and *Hamura* mail services.

#### **Tips to create My Timeline:**

- 1) Evacuation in the Car 車での避難  
~ During the storm and flood damage, it is possible to evacuate to center by car, in the meanwhile, keep staying in car is the one of choice to prevent infectious disease. But if you evacuate in car, please be aware as followings
  - ◆ Even if you choose to evacuate in car, please let staff know when you arrive to shelter.
  - ◆ Prevent economy syndrome by stretching exercises regularly
- 2) Evacuation with Pets ペット避難の方法  
~ When disaster happens, it is the owner who can protect your pet!  
Please be prepared for disasters by properly managing your pet's health, displaying your identity and preparing pet food with other emergency supplies for pets. Also, check the shelter and

evacuation route where you will evacuate with pet (accompanied evacuation).  
In shelter, the proper awareness of owner and preparation are importance for proper pet evacuation.

### 3) Distributed Evacuation 分散避難

~ When an epidemic occurs, going to an evacuation center will contact an unspecified number of people, increasing the risk of infection. In such a case, staying in home is one of the evacuation if the safety of home is confirmed. Evacuating to relative's or friend's houses in a safe place is another evacuation way. In order to properly carry out distributed evacuation in real disaster, it is necessary to consider the evacuation site and method beforehand.

### 4) Other Preparation そのほかの備えて

- Find out the dangers around your home

~ During typhoons, storms and floods terms, flying objects from strong winds and heavy rains can flood your home. Check in advance to see if there is anything that can be blown around your home and prepare sandbags for flood protection.

- Let's hold a family disaster prevention conference

~ Discuss with family to confirm evacuation routs and methods under various circumstances for storm and flood damage term. In addition, needs to pre-preparation when an infectious disease is prevalent.

- Check the stockpile

~ Check the expiration date of stocked items and change if necessary. Also, if supplies (masks, hand sanitizer, etc.) for infection control are insufficient, please add them.

高齢の方に関する事業

## INFORMATIONS FOR ELDERLY PEOPLE

介護予防説明会 参加者募集

### <~Recruitment of Participants for Care Prevention Session ~>

By continuing little exercise, you may maintain the motor function necessary for daily life. Let's strengthen our legs together, live an energetic and enjoyable life forever. Introducing gymnastics that can be easily done using a chair and how to continue.

Date: Oct 30<sup>th</sup> (Fri) 10AM~Noon

Location: Community Center Base 1F *Kinou Kaifuku Kunren Shitsu*

Eligibility: Over Age 65

Capacity: First 10

Things to Bring: Indoor shoes, Towel, Beverage, Writing instruments and Exercise clothes.

Contents: Preventing long-term care, gymnastics using a chair and "3 months support menu" for continuing gymnastics

Inquiry: *Korei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari* ☎Ext. 456

新たな活躍の場！ 介護予防リーダー養成研修 参加者募集

### <New working field! Recruitment of participants for Care Prevention Leader Training>

Why don't you study exercise techniques to live a healthy life and help gymnastics class in local area? If you are interested in nursing care prevention and community development, please take this class.

Date: Oct 7<sup>th</sup> (Wed) ~ Dec 23<sup>rd</sup> (Wed) (All 12 sessions)

Time: 9:30AM ~ 11:30AM

Location: Community Center Base 1F *Kinou Kaifuku Kunren Shitsu*

Eligibility: Those who live in *Hamura City* and can act as Care Prevention Leaders after training

Capacity: First 10

Things to bring: Writing instrument, beverage, towel, etc.

Contents: Maintenance of daily living functions, improvement of oral functions, prevention of dementia, practical exercises by health exercise instructors.

\*\* After completing the training, register as a care prevention leader in “*Maimaizu Health Class*” for elderly people to help preventing dementia.

How to apply and Inquiry: Sep 1<sup>st</sup> (Tue) ~ 30<sup>th</sup> (Wed), please call or mail to *Korei Fukushi Kaigo Ka, Kaigo Yobo. Chiiku Shien Kakari* Ext. ☎196

Mail address: s304200@city.hamura.tokyo.jp

家族介護慰労金を支給します

### < Rewarding Family Members who Provide Elder Home Nursing Care >

Home nursing care providers for elders who are certified as level 4 and 5 will be eligible to receive a one-time sum. Please claim if you apply to the following:

- Have been caring for level 4 and 5 elder for at least one year counting from standard date set for evaluation, while residing on adjacent or same property as your elder
- Previous year’s income counting from term of rewarding year’s standard date set for evaluation of all household members is tax exempt
- Have not utilized the day care system (short stay term for total of 7 days or less total is not counted) in the past year counting from standard date set for evaluation
- The elderly receiving nursing care has not been hospitalized for more than 90 days.

\*\*\* ¥100,000 per family for details, call *Kourei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari* ☎456

敬老金をお届けします

### < Complimentary Gift to Elderly Citizens from Hamura City >

A complimentary Gift will be sent to elderly citizens by the middle of September (around the 20<sup>th</sup> (Sun)).

Gift Amount is: 88 yrs old or older - ¥20,000, 100 yrs old or older ¥50,000

Inquiry: *Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari* ☎Ext. 177

マイナンバーカードをつくる お手伝いをします。

### < May we help to process My Number Card? >

For those who cannot easily apply, such as “I don’t know how to apply.” Or “It is troublesome to prepare photos to apply”. City will provide application support at area Hall. It will take about 10 minutes for each person. Please feel free to come after work.

Location	Date and Time
<i>Gonokami Kaikan</i>	Sep 8 <sup>th</sup> (Tue). Sep 17 <sup>th</sup> (Thu) 6:30~8PM
<i>Ozakudai Nishi Kaikan</i>	Sep 10 <sup>th</sup> (Thu). Sep 18 <sup>th</sup> (Fri) 6:30~8PM
<i>Sangaya Kaikan</i>	Sep 11 <sup>th</sup> (Fri). Sep 15 <sup>th</sup> (Tue) 6:30~8PM

\*\* In order to avoid 3 closing circumstances, we may ask you to take some countermeasures such as going out once after receiving the application.

Thing to Bring: My Number Card application form

- If you lose the application form, please bring your identification documents and issue a special

application form at City Office.

- Flow of the day to apply:

- ① Reception
- ② Filling in application data and photo taking with dedicated terminal
- ③ Sending out application data ---> Complete

Inquiry: *Shimin Ka, Uketsuke Kakari* ☎123

補助

## SUBSIDY

木造住宅の「耐震診断」「耐震改修」経費を補助します

### <Assistance for “Earthquake Resistance Diagnosis” and “Earthquake Retrofitting” expense for wooden houses>

In order to prepare for earthquakes in Tokyo area that will not know when it will occur, city will subsidize some costs required for “Earthquake Resistance Diagnosis” and “Earthquake Resistance Retrofitting” of wooden houses in order to prevent disaster.

Eligibility:

- 1) Residents who own houses
- 2) Those who have fully paid city taxes, etc.

Subsidized Housing:

Among wooden houses in city, detached wooden houses less 2 stories build by the conventional construction method (frame construction method) before May 31, 1981.

- Please inquiry for other conditions.

Subsidy Amount

- Seismic Diagnosis ~ 1/2 of costs (50,000 Yen limit)
- Seismic Retrofitting ~ 1/2 of costs (500,000 Yen limit)

Inquiry: *Toshi Keikaku Ka, Jutaku Kotsu Kakari* ☎ Ext.276

全国大会などに出場した青少年の保護者を対象に補助金を交付します

### < Partial Financial Assistance for Travel Expenses for your Child’s National Contest >

If you are a *Hamura* City Resident, and your child has excelled in sport activities, eligible for competition in a well-recognized contest, *Hamura* City will provide partial financial assistance for the travel costs which are incurred.\* A “child” refers to the term until March 31<sup>st</sup> after their 18<sup>th</sup> birthday.

Eligibility: National, State, sponsored event which is coordinated by public organization or service group, or an international contest held.

Costs for Reimbursement: Travel and Lodging (with limits)

Inquiry: City Hall, *Shougai Gakushuu Soumu Ka, Shougai Gakushuu Suishin Kakari*, ☎Ext. 363

9月は[燃やせるごみ分別強化月間]

### < September is “Burnable Waste Accurate Separation Month” >

*Hamura* City designated February, May and September as “Burnable Waste Accurate Separation Month.”

Please separate your burnable waste in order to retrieve recyclable resources from them.

○Raw Garbage is the point of decreasing 減量のポイントは生ごみ

- Decreasing burnable garbage by squeezing out the water.
  - Do not allow food waste to get wet
  - Do not leave any food
  - Using garbage disposal container ~ Let's compost the garbage and use it for fields and planters.
- \*\* There is an environmentally friendly subsidy system for purchasing household garbage processing container. For details, please check official city website.
- Set up 3 types of garbage collection bags      3種類のごみ袋を設置  
Separation is made easier by keeping each of the following: "Paper Items" "Plastic Containers and Packaging" and "Burnable Trash" bags ready to dispose into.
  - Plastic Container and Packaging has a mark by which it can be distinguished.      容器包装プラスチック  
Wash them if they are dirty. Dispose of these in a transparent bag on "Recyclable Trash B" collection days.
  - Used Clothes and fabrics      古着・古繊維  
Used Clothes and fabrics include curtains and sheets, bits of cloth. Bind with a string and dispose of them on "Recyclable Trash A" Collection days. Wet fabric is not suitable for recycling. Don't dispose of when it is rainy.

Inquiry: Seikatsu Kankyou Ka, ☎Ext. 204

粗大ごみの受入れを一時休止します

### < Oversize Trash Services will be stop temporarily >

Due to facility repair, recycling center will stop service for accepting oversized trash. Your cooperation will be highly appreciated.

Term: Sep 21<sup>st</sup> (Mon, Holiday) ~ 25<sup>th</sup> (Fri)

\*\* If you need to dispose of oversized trash during moving, please contact us in advance.

Inquiry: Recycling Center ☎042-578-1211



## HEALTH AND INSURANCE

### < NATIONAL HEALTH INSURANCE >      国民健康保険

- National Health Insurance subscribers, medical cost optimization      国保加入者の方に 医療費適正化事業  
Hamura City has consigned company to process the followings 1) ~ 3) procedures.  
Name of consigned company: Medi-Brain Company

#### 1) Sending Generic medicine difference notification      ジェネリック差額通知の送付

A notification in the title (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 your decreasing cost of switching from brand-name medicine to generic medicine. If you have any concerns and questions about generic medicine, please consult with doctor and pharmacist.

Number of delivery: 6 times from September ~ February, 2021.

- The use of generic drugs is beneficial for the medical insurance program as well as the individual. There is no procedure required to be taken regarding this notification.

#### 2) Diabetic nephropathy aggravation prevention procedures      糖尿病性腎症重症化予防事業

Health guidance will be recommended to people who have been treated for diabetes who meet certain requirements. To the eligibility people, a consigned company by the city will send participation information and advices through phone call. If you wish to attend, please consult primary care doctor and submit the participation agreement to insurance section.

3) Visiting and Guidance Services for duplicate and frequent examinees 重複・頻回受診者等訪問指導業務

Health Guidance will be recommended to medical examinees who visit medical institutions frequently, visit multiple medical institutions for same disease and multiple prescriptions of the same drug within the same month. To the eligibility people, a consigned company by the city will send participation information and advices through phone call. If you wish to attend, please submit form to insurance section.

Inquiry: *Shimin Ka Hoken Kakari* ☎126

65 歳以上の成人歯科健康診査

< **Age over 65 Adult Dental Checkup** >

Date: Sep. 1<sup>st</sup> (Tue) ~ Oct. 31<sup>st</sup> (Sat)

Eligibility: *Hamura* residents of age 65 and older as of June 1<sup>st</sup>, 2020

Fee: Free (only once a year)

How to apply: Please make an appointment at a designated dental clinic listed on the Participating Dental Clinics List.

\*Those who are under dental treatment or who have checkups provided by an employer are not eligible.

\*Bring your Health Insurance Card \*Please check *Hamura* City website or call related medical facilities

Inquiry: *Kenko Ka* (inside of *Hoken* Center), Ext.☎623

## INFORMATION

自殺防止！東京キャンペーン【東京都の相談窓口】

< **Tokyo Suicide Prevention Campaign** >

September is Suicide Prevention Campaign Month. Many factors contribute to the motivation for suicide. The society can prevent these incidents by acting together.

Listed here are some support systems operated by various organizations.

Special Counseling Support provided by Tokyo Metropolitan Government (Free)

1) "LINE" Counseling

Day and Time: Everyday 3PM~10PM (reception: till 9:30PM) schedule till March

Tokyo Metropolitan Government Welfare and Health Bureau Account Name: **Sodan Hotto LINE@Tokyo**

\*\* Please check Tokyo Metropolitan Government Welfare and Health Bureau official website for details.

2) Telephone Counseling for Suicide-Bereaved Family 自死遺族のための電話相談

Executing Facility	Telephone Number	Term and Time
Telephone Counseling for Suicide-Bereaved Family	☎03-3261-4350	Sep 7 <sup>th</sup> (Mon) ~ 9 <sup>th</sup> (Wed) 11AM ~ 7PM
Listening Counseling for Suicide-Bereaved Family (Grief Care Support)	☎03-3796-5453	Sep 15 <sup>th</sup> (Tue) ~ 18 <sup>th</sup> (Fri) Noon ~ 4PM

3) Counseling for Problems with Multiple Consumer Loans 多重債務110番  
September 7<sup>th</sup> (Mon). 8<sup>th</sup> (Tue), 9AM ~ 5PM ☎03-3235-1155 (Tokyo Consumer Life Center)

4) Telephone Consultation regarding Mental Concerns こころの悩みなどについての電話相談

Executing Facility	Telephone Number	Term and Time
"Echo" Outreach Hotline "Inochi No Yamabiko Denwa"	☎03-3842-5311	Sunday of September and Holidays , NOON ~ 8PM
Suicide Prevention Hotline "Inochi-no Denwa"	☎0120-783-556	September 10 <sup>th</sup> (Thu) 8AM ~ 11 <sup>th</sup> (Fri) 8AM
Tokyo Suicide Prevention Dial "Kokoro to Inochi no Hotline"	☎0570-087478	September 23 <sup>rd</sup> (Wed) ~ 27 <sup>th</sup> (Sun), 24 Hours

- It will be charged communication fee except Free Dial calling.
- Navi-Dial starting with 0570 is not eligible for free mobile phone calls or unlimited plans.

5) Metal and Life Lecture (online) こころといのちの講演会 (オンライン開催)

"Metal Health First Aid Course ~ What if you notice a mental disorder of family member? "

Date and Time: Oct 3<sup>rd</sup> (Sat) 1:30PM~4PM

Eligibility: Student living in Tokyo or attending school who wants to work in medical, health, welfare, law, education, etc.

Lecturer: Ms. *Momoe Saito* (former professor, Faculty of Pharmaceutical Sciences, Taikyo University. Guest Professor of Tokyo Pharmaceutical University Currently.

How to apply: Please check official website of Tokyo Metropolitan Government Welfare and Health Bureau to get details.

6) *Hamura* City Consultation

Please check city official website.

「羽村東部踏切」の両側に歩道を設置します

### < Sidewalks will be installed on both of "Hamura East Railroad Crossing" >

For safety of pedestrians, construction will be carried out. Works will be processed during night when trains do not run. The road will be closed during work and noise from heavy machinery will occur. We appreciate residents understanding and cooperation.

Term and Time: From Early September to End January 2021 (planned) 0:30AM~4:30AM

Inquiry: East Japan Railway Company *Hachioji* Branch *Hachioji* Line Technical Center ☎042-621-1282

☆入浴回数券 20%割引販売

**< Freshland Nishitama Bath Coupon Ticket Sales -- 20% Off! >**

Coupon Book of eleven 3-hour tickets will be on special sale from September 12<sup>TH</sup>(Sat) ~ 22<sup>nd</sup>(Tue, Holiday)!

\*\* No sale on Sep 14<sup>th</sup> (Mon)

Price: Residents of *Hamura City, Ōme City, Fussa City, and Mizuho Town* - ¥4,000 for Adult (regular price ¥5,000), ¥2,000 for Child (regular price ¥2,500).

☆敬老の日イベント

**< Freshland Nishitama Special Event for Respect-for-the-Senior-Citizen's-Day >**

The fee for the bath facility will be 50% off for those who are age 70 or older!

Event Period: September 20<sup>th</sup> (Sun) ~ 22<sup>nd</sup> (Tue)

Special Admission Fee: (all shown at half price):

*Hamura, Ōme, Fussa City Residents, and Mizuho Town Residents*: ¥250 for 3 hours, ¥350 for all day

\* Tickets won't be accepted during this offer.

\*ID such as your driver's license or health card will be needed

\* Please check official website for details.

Inquiry: Freshland Nishitama ☎042-570-2626

**SPORTS CENTER ☎042-555-0033**

多摩・島しょスポーツ習慣定着促進事業 第1回歩き方教室参加者募集

**< Proper Way to Step When Walking > \*The 1<sup>st</sup> Walking Class**

Due to COVID-19 sake, people are lack of exercise in daily life. Learn the strength to keep walking with your feet forever. Beginners of exercise are very welcome.

Date: October 18<sup>th</sup> (Sun), 10AM ~ 11:30AM Place: Sports Center Conference Room.

Capacity: First 25

Inquiry: Sports Center ☎042-555-0033

Eligibility: Hamura residents Fee: free

Things to Bring: comfortable clothing, pencil, Indoor shoes, Beverage and Personal card and checking list for prevention of COVID-19.

Instructor: Mr. Keita Aihara (Kyori University Physical Therapy Assistant Professor)

How to Apply: Starting from Sep 1<sup>st</sup> (Tue), please call or come to Sports Center directly.  
(Close Monday but exclude Holiday's, 9AM~5PM)

四季のウォーク「I」

**< Seasonal Walking Event "I" ~ Walk Around Attractive Sites in Hamura >**

This tour will be taken on foot around the *Hamura Area*.

Date & Time: September 26<sup>th</sup> (Sat) 9AM ~ 11AM (The event will be held in light rain or shine)

Meeting Time and Place: 9AM ~ 9:30AM in front of Sports Center Entrance Square

\*Please come directly to meeting place (Start/goal ~ Sports Center)

Courses: Please choose either one course as below ~



Course	Content	Distance	Time
No. 1	<i>Fujimi Park, Musashino Park</i>	4.7 KM	71 minutes
No. 2	Sports Center, <i>Negarami zen suiden</i> (Paddy Field)	4.0 KM	60 minutes

Eligibility: Anyone who can walk the entire course (Preschoolers must be accompanied by an adult.)

Fee: Elementary student or older ¥300 Younger than Elementary ¥100

(Fee will be collected upon arrival, including insurance)

How to Apply: Within Sep 1<sup>st</sup> (Tue) ~22<sup>nd</sup> (Tue, Holiday), please call or come to Sports Center (close Monday but exclude Holiday's Monday 9AM~5PM)

Things to bring: Easy to walk shoes and clothes, Application form, Mobile phone (if you have one), mask, hat (parasol), rain gear, drink, writing instruments, copy of health insurance card and Sanitization Goods.

\*Please register *Hamura-shi* mail service (<https://mail.cous.jp/hamura/>) to get update information.

Co-hosted by: *Hamura* City Board of Education (*Kyouiku Iinkai*), *Hamura* Sports Promotion Committee

- Please register *Hamura* City Mail Services (<https://mail.cous.jp/hamura/>), if it is cancelled, you may confirm from mail services.
- For prevention of COVID-19 spreading, please follow the notice notes when you apply to participate.

Event Day Contact: 080-4325-1295 (Sports Promotion Section 9AM ~ 11AM)

Inquiry: Sports Center ☎042-555-0033

## **YOTOROGI ☎ 042-570-0707**

第 81 回ゆとりぎサロンコンサート ハワイアンの日

### **< The 81<sup>ST</sup> YOTOROGI SALON CONCERT ~ HAWAIIAN NIGH >**

Date: Sep 19<sup>th</sup> (Sat) 5PM~5:45PM

Location: *Yotorogi* Communication Square (if it rains, change to Small Hall)

Performance: Single Aloha Friends

Programs: Blue Hawaii, Memories of Summer Days, Parry Shells, Waikiki, Moon Nights, etc.

Sponsor: *Hamura* City Cultural Association

Co-Sponsors: *Hamura* City Board of Education, *Hamura* City Music Federation

- For countermeasures of prevention COVID-19, please wear mask, hand & fingers sterilization, write down information in Reception Note and keep social distance while watching.

## **KYODOU HAKUBUTSUKAN ☎042-558-2561**

企画展「御鷹場と羽村」

### **< Special Exhibition ~ "Hamura in Otakaba" >**

During the Edo Era, *Hamura* was located at the western side of *Otakaba* in *Owari* Clan. It is said that there were four stone stakes standing in *Hamura* indicating the range of *Otakaba*. One of them will be displayed in this time, and what kind of control was being carried out due to being in *Otakaba*.

Date & Time: September 12<sup>th</sup> (Sat) ~ Dec 20<sup>th</sup> (Sun) (Close Monday but exclude Holiday's, 9AM~5PM).

Locations: *Kyoudo Hakubutsukan* Exhibition Center, Orientation Hall and Studying Room

Inquiry: *Kyoudo Hakubutsukan* ☎042-558-2561



予約による育児相談を再開します

### < Resuming Childcare Consultation by Appointment >

Helping to measure Children's height and weight and consultate Childcare concerns.

- Countermeasures for prevention of COVID-19 will be taken and change the content/method from September.
- For the time being, capacity will be set up to avoid crowding, please apply and make a reservation in advance.

Date and Time: Sep 17<sup>th</sup> (Thu) 10AM~11AM (appointment is required)

Capacity: First 20

Things to Bring: Mother's handbook, Diaper, Bath towel, Necessary items for child and Mask

Apply and Inquiry: Please call to *Kenko Ka, Boshi Kenko.Sodan Kakari* (inside of Hoken Center) ☎Ext.

おしゃべり掲示板 「自粛期間中どう過ごしていた？」

### <CHATTING BULLETIN BOARD> ~ "How did you spend during Self-Restraint period?"

"CHATTING PLACE for PARENTS" has been closed to prevent COVID-19 spreading, but "CHATTING BULLETIN BOARD" will be held on for the time being.

Along with theme of each month, you may share your feelings, concerns, small tweets, new information, etc. on the Bulletin Board. Although it is analog, it may be easier to write down than difficult to speak in public. Let us to make a Bulletin Board together so that people can feel a connection with each other for raising children.

Date: 1<sup>st</sup> to 15<sup>th</sup> of every month, Day of week when counselor is available

Eligibility: Those who are raising preschoolers.

Inquiry: Children and Family Support Center ☎Ext. 042-578-2882

ひとり親家庭ホームヘルプサービス事業

### < Household Chore Assistance for Single Parent Family >

The city offers household chore assistance for single parent families who struggle to maintain their daily household chores. A "home helper" will be dispatched to help with these tasks when the parent is unable to offer functional childcare or the management of household routines.

Eligibility: 1) Those who have been a single parent family for less than 2 years.

2) The child is preschool age

3) The parent or the child of compulsory education age is injured or ill

\* Prior consultation is required to receive assistance. Please ask for details.

"Home Helper" Duties: Childcare and all house works.

Hours: 1 dispatch per day for each household, for 2 to 8 hours, up to 12 times a month

Fee: User will pay fees based on their annual income. Please bring your *inkan*, Resident Tax Certificate (Resident Tax Exemption Certificate)

Inquiry: *Kosodate Shien Ka, Shien Kakari* , ☎Ext. 239

令和3年4月に小学校に入学するお子さんの健康診断を行います

< **Medical Checkup** 就学時健康診断 **for Next Year's First Graders** >

Households with child(ren) entering an elementary school in April 2021 will receive a notification of Pre-entrance Child Medical Check-up (就学時健康診断) in middle of September. If you are a parent expecting the notification but it is not delivered to you, or if you plan to enter your child to a school other than the school designated to you per notification, contact *Gakkou Kyouiku Ka Gakumu Kakari* ☎Ext.358.

Time: Reception 1:15PM~1:30PM

Date & School: Specified by the school districts;

Elementary School Name	Date
<i>Hamura Higashi</i>	Nov 16 <sup>th</sup> (Mon)
<i>Hamura Nishi</i>	Oct 12 <sup>th</sup> (Mon)
<i>Fujimi</i>	Nov 13 <sup>th</sup> (Fri)
<i>Sakae</i>	Oct 23 <sup>rd</sup> (Fri)
<i>Shourin</i>	Oct 9 <sup>th</sup> (Fri)
<i>Ozakudai</i>	Oct 19 <sup>th</sup> (Mon)
<i>Musashino</i>	Oct 30 <sup>th</sup> (Fri)

Inquiry: *Gakkou Kyouiku Ka, Gakumu Kakari* ☎ Ext.358



羽村動物公園

**HAMURA ZOO** ☎042-579-4041

○ **Humboldt Penguin Wing Belt** フンボルトペンギンの翼帯

Humboldt Penguin is very popular in the zoo. Every penguin wears a colored ring at the base of wings which is not a fashionable item, but is called the "Wing Belt". The keeper keeps a unique color or individual identification. Please pay attention to these "Wings" when you visit Zoo.

○ **American Beaver Tail** アメリカビーバーの尻尾

The cool swimming style is the American Beaver "Mugi". It swims very well by moving tail like an oar. When it feels intimidating, it hits tail on the surface of water. It often sleep during the daytime, when it is awake, please pay attention its tail.

○ **September Zoo Close Days** 9月の休園日

Sep 7<sup>th</sup>, 14<sup>th</sup> and 28<sup>th</sup> all Mondays.

\*\* Sep 21<sup>st</sup> (Mon, Holiday) will be opened.

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
Aug 12 <sup>th</sup> (Wed)	Sunny	0.052	0.047	0.046

Inquiry: Kankyou Hozen Ka ☎Ext 227

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

Date the Water Sample was Gained	Testing Items(unit: Becquerel per kilogram)	
	radioactive cesium 134	radioactive cesium 137
Aug 4 <sup>th</sup> (Tue) 10AM	Not detected (Below 0.1)	Not detected (Below 0.2)
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

9月休日診療

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

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
6 <sup>th</sup> (Sun)	<i>Matsubara Naika Iin</i>	☎042-554-2427	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Watanabe Shika Iin</i>	☎042-570-1688
13 <sup>th</sup> (Sun)	<i>Matsuda Iin</i>	☎042-554-0358	<i>Hikari Clinic (Fussa-shi)</i>	☎042-530-0221	<i>Honda Dental Clinic</i>	☎042-554-4184
20 <sup>th</sup> (Sun)	<i>Shinmeidai Clinic</i>	☎042-554-7370	<i>Kumagawa Byouin (Fussa-shi)</i>	☎042-553-3001	<i>Asahi Kouen Douri Shika Iin</i>	☎042-555-7904
21 <sup>th</sup> (Mon, Holiday)	<i>Yokota Clinic</i>	☎042-554-8580	<i>Mizuho Clinic (Mizuho-machi)</i>	☎042-568-0300	<i>Inagaki Shika</i>	☎042-555-6018
22 <sup>nd</sup> (Sun)	<i>Baba Kodomo Clinic</i>	☎042-555-3788	<i>Takasawa Byouin (Mizuho-machi)</i>	☎042-556-2311	<i>Ikoma Shika Hamura Shinryoujo</i>	☎042-555-3139
27 <sup>th</sup> (Sun)	<i>Sakae-chou Shinryoujo</i>	☎042-555-8233	<i>Hikari Clinic (Fussa-shi)</i>	☎042-530-0221	<i>Inoue Shika Iin</i>	☎042-554-7735

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

行政・人権相談日

### PUBLIC CONSULTATIONS Schedule of September

Category	Date	Time	Contact
Public Administration and Human Rights	17 <sup>th</sup> (Thu)	1:30pm ~ 4:30pm	<i>Shimin Soudan-shitsu</i> city hall ext.541

\*㊤=appointment required. .

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