



# HAMURA NEWS

**HAMURIN** Hamura City Mascot

**September 15<sup>th</sup>, 2020**

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

フレイル予防・認知症を予防しましょう！

### <Flail and Dementia Prevention>

Hamura City is doing various efforts for Flail and Dementia prevention. It is more effective and comfortable to work with friends than alone, so please participate together and also cooperate to have COVID-19 prevention countermeasures.

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

### What is Flail? フレイルとは

When people become elderly, human motor function and cognitive function will be lowed status which is called "Flail". Due to prevent COVID-19, people refrain from going out often and stay home longer. The opportunities to exercise, interact and communicate with people are less and might cause "Flail" and "Dementia" status.

#### 1. [Flail Prevention Gymnastics Class] フレイル予防体操教室

Stretching, muscle training, and methods to prevent dementia.

Eligibility: Over age 65

Date and Time: The 3<sup>rd</sup> Tuesday of every month 9:30AM ~ 11:30AM

Location: Communication Center 1F, Elderly Meeting Room

Capacity: Frist 20 (for keeping social distance) Fee: Free

Things to Bring: Towel, Beverage, Writing utensils and exercise clothes

How to Apply: Not required, please come directly



#### 2. [Care Prevention Gymnastic Visiting Class] 介護予防体操 出前講座

Doing simple exercises continuously to strength foot and waist! Trainer will explain muscle training and dementia prevention methods by using chairs and how to start and keep on voluntary activities.

Date and Time: Approximately one and half hours, Monday ~ Friday between 9:30AM to 3PM (exclude Saturday, Sunday and Holidays)

Location: Pipe chairs and power can be secured in *Hamura City* (prepared by the group)

Eligibility and Capacity: Groups with age 65 or older, number more than 10 peoples (please consultate the number of people)

Lecturer: Rehabilitation specialists such as physical therapists, Health nurses, etc.

How to Apply and Inquiry: One and half months before the desired implementation date, please call to

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

## **What is Dementia?**

認知症とは

Due to brain's sickness to cause damage to the cells of brain, cognitive functions such as memory and judgement are deteriorated. Mild symptoms include difficulty remembering new things and repeat asking to the same things. Early detection and early treatment of dementia are important. If you have any concerns or symptoms, please consult doctor, specialist or local community support center.

75歳以上の方に「敬老の日」にあわせて記念品をお贈りします

### **<For "Respect the aged day", commemorative gift will be given to over age 75">**

Celebrating the longevity of elderly people who have been devoting to development of society for many years. Present for "Respect the aged day" is given to aged people.

[Respect the aged day (gift certificate)] ~ Gift certificate ¥2,000 (¥500 x 4) that can be used at Hamura City Commercial Cooperative Member stores.

Eligibility: *Hamura* Residents as of September 1<sup>st</sup>, 2020 age over 75 or becoming 75 this year (was born April 2<sup>nd</sup>, 1945 to April 1<sup>st</sup>, 1946)

Commemorative Gift will be sent out after September 19<sup>th</sup> (Sat) by register mail.

Inquiry: *Korei Fukushi Kaigo Ka, Korei Fukushi Kakari* ☎Ext. 176

認知症サポーター養成講座

### **< 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. When you finish lecture, the "Orange Ring" will be provided for supporter's marking.

Date & Time: October 17<sup>th</sup> (Sat), 10AM ~ 11:30AM (Reception is from 9:30AM)

Location: *Yotorogi Kouzai Shitsu 1*

Eligibility: *Hamura* Resident and Commuter age over 15 (exclude Junior High School students)

Capacity: First 15 people    Fee: FREE

Instructor: *Chiiku Hokatsu Shien Center Akashia, Caravan mate*

How to apply and Inquiry: Call or come to *Chiiku Hokatsu Shien Center Akashia (2-6-6 Tamagawa, Hamura)* ☎042-578-5508, weekdays 9AM~5PM

- For countermeasures of COVID 19, please wear mask, check health status and temperature (No allow to participate, if it is over 37.5°C)

骨粗しょう症予防講演会

### **<Osteoporosis Prevention Class ~ Bone Class>**

"Osteoporosis" is a fragile bone disease. This disease is said to be one of the causes of long-term care. The highest amount of bone in the 20s is reduced by the effects of aging and decreasing female hormones. If the daily life is disordered, it may occur from young age. If you want to learn how to maintain bone health from exercise and meal, welcome to this class.

Date and Time: Oct 14<sup>th</sup> (Wed) 2PM~4PM (Reception from 1:45PM~)

Location: *Yotorogi* Reception Hall

Eligibility: *Hamura* Residents

Capacity: First 21

Things to Bring: Writing utensils, mask, exercise shoes and clothes.

Content: 1) What is Osteoporosis? 2) Exercise that works on bones (exercise skills)  
3) Tips for keeping bone health.

Instructor: Ms. *Mina Kusuda* (Associate Professor, Department of Nursing, Faculty of Health, *Kyorin University*) Registered Dietitian.

How to Apply and Inquiry: Please call *Kenko Ka* (inside of *Hoken Center*) ☎Ext. 625



## HEALTH

### **Breast Cancer Screening and Cervical Cancer Screening Term 2** 第2期乳がん検診 子宮頸がん検診

You can apply for Breast and Cervical Cancer Screening if you have not been examined yet. We advise you to reserve before November and December, since there is usually an increase in patients at the end of the year. Plan well in advance and receive the screening at your earliest opportunity.

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

#### < Breast Cancer Screening > 乳がん検診

Date: By appointment between October 1<sup>st</sup> (Thu) ~ December 28<sup>th</sup> (Mon) excluding Saturday, Sunday and Holiday

Participating Medical Facilities: *Fussa Hospital*, *Taisei Hospital (Fussa City)* and *Shinmachi Clinic (Ome City)*.

Eligibility: Female residents at age 40 or older as of the examination day who were not tested last fiscal year.

- There is a limit to screening capacity. (first-come first-serve basis)

Fee: ¥1600 \*Pay at the hospital

Examination Details: Health interview, clinical breast examination, and mammography screening (X-ray)

\*Since prevention of COVID-19, *Fussa Hospital* will not process clinical breast examination.

\*Free for Welfare Recipients. Please bring the Certificate of Welfare Recipient.

\*The followings are ineligible ~

- ◆ Those who are pregnant or possible to be pregnant
- ◆ Those who are breast-feeding
- ◆ Those who have breast surgery such as breast augmentation
- ◆ Individual with artificial objects such as VP shunts
- ◆ Those who has history of breast cancer or treated for mammary gland diseases.

#### < Cervical Cancer Screening > 子宮頸がん検診

Date: By appointment between October 1<sup>st</sup> (Thu), 2020 ~ Feb 27<sup>th</sup> (Sat), 2021

Participating Facilities: *Yorimitsu Ladies Clinic*, *Hamura Himawari Clinic*, *Wakakusa Iin*, *Fussa Hospital*, *Taisei Hospital* (located in *Fussa City*),

- Cancer Screening Ends on: December 28<sup>th</sup> (Mon) for *Taisei Hospital* and *Fussa Hospital*. The others will be end as schedule.

Eligibility: Female residents at age 20 or older as of the examination day who were not tested last fiscal year.

- There is a limit to screening capacity. (First-come first-serve basis.) Fee: free

Examination Details: Health interview and Cervical cytology (If the doctor deems it necessary, perform the body tissue simultaneously).

#### **Notes about Cervical / Breast Cancer Screenings :**

- It will take about a month for the result reports of tests taken through this subsidy program.
- If you are already having symptoms, please make a doctor's appointment on your own firstly.

How to Apply: Starting from Sep 15<sup>th</sup> (Tue), Please apply via website or send by postcard to *Hoken Center*

〒205-0003 5-5-2 Midorigaoka, Hamura City

Hoken Center, Nyugan Shikyugan Kenshin Tanto

After accepting, a medical examination voucher will be send out.

がん検診クーポンを持っている方へ

**< To Those Who Have Not Used Your Cancer Screening Coupons Yet >**

Hamura City had sent special coupons for breast cancer and cervical cancer (breast cancer and cervical cancer screening are for women only), in accord with the special health measures by federal government in the Late of May for free cancer screening. Please be reminded that the coupons will expire.

Please make your appointment in advance so as to avoid the last month of screening. You may not be able to get an appointment because of the increase of patients receiving screening, even if your coupon is valid. If you lost your coupon, please contact the Hoken Center. The coupon will be reissued.

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

## CHILDREN

**< CHILDCARE SUPPORT NEWS: >** 子育て応援ニュース

ハロー赤ちゃんクラス(両親学級)

**< Childbirth Preparation Class for Parents >**

Date & Time: October 17<sup>th</sup> (Sat), ①9:30AM ~ 10:45AM, ②11AM ~ 12:15PM  
③1:30PM ~ 2:45PM, ④3PM ~ 4:15PM please choose

Location: Hoken Center

Eligibility: Expectant mothers residing in Hamura City (one family member can also participate)

Capacity: First 4 pairs

Class Detail: How to bathe a baby, change diapers, make formula and etc.

Things to bring: Boshi Kenkou Techou (Maternal and Child Health Handbook), Father's Handbook, Beverage and Writing utensils

Hours of Operation: Weekdays, excluding holidays from 8:30AM ~ 5PM. Call or visit Hoken Center in advance to reserve (choose the time). Hoken Center 042-555-1111 ☎Ext.693

**< Wan Wan (Bow Wow) Hiroba >** わんわんひろば

Playtime activities for small children and their parents! Sing, and have fun with other parents and their child.

Location & Inquiry: East Children Center ☎042-570-7751

Date: October 20<sup>th</sup> (Tue)

Eligibility: 8 month old toddlers and parents      Fee: free      No reservation needed!!

**KOGUMA HIROBA (CUB SPACE) at Children Centers** こぐまひろば

Parents and small children can learn fun activities for exercise! Join and have fun!

Date	Place
Oct 6 <sup>th</sup> (Tue)	East Children Center
Oct 7 <sup>th</sup> (Wed)	West Children Center
Oct 8 <sup>th</sup> (Thu)	Central Children Center

Eligibility: Parents and Children 9 months ~ under 2 years old. Sessions are free.

## **ASOBI POCKET at Children Centers** あそびのポケット

Game creators/instructors will play with children with fun games using hands and bodies. Join and have fun!

Eligibility: Children from 2 years old to preschool age, and their parents.

Place & Date: Central Children Center – Oct. 29<sup>th</sup> (Thu)

Admission: free \*No reservation needed.

### <Children Centers Common as below: >

- Time: 10AM~ (about 20 minutes) of each day
- Capacity: First 5 pairs

Children Center	Telephone ☎
Central Children Center	042-554-4552
West Children Center	042-554-7578
East Children Center	042-570-7751

ロタウイルスワクチン予防接種が10月1日(日)から無料に

### <Free Rotavirus Vaccination Starting October 1<sup>st</sup> (Thu), 2020>

Inquiry: Kosodate Sodan-Ka Boshi Hoken. Sodan Kakari (inside or Hoken Center) ☎Ext.695

Rota Vaccination is optional from Oct 1<sup>st</sup>, either any vaccination (own expense) or routine immunization (free). Eligibility: Age 0 baby was born after Aug 1<sup>st</sup>, 2020.

### ▼ Rotavirus Infection

ロタウイルス感染症とは

It is an acute gastroenteritis which is a disease that tends to occur during infancy (around Age 0~6). The main symptoms are watery diarrhea, nausea, vomiting, fever and abdominal pain. The children hospitalized patients up to age 5 are approximately 40%~50% caused by rotavirus, which is said to affect almost all children by the age of 5. It has been reported that vaccination could reduce the number of hospitalized patients with rotavirus gastroenteritis about 70~90%.

### ▼ Vaccination Period and Frequency

接種期間と回数

Rotarix: 6 to 24 weeks after birth (168 days) / twice (4 weeks or more)

Rota Tag: 6 to 32 weeks after birth (224 days) / three times (6 weeks or more)

\*\* Please consult with your doctor to select proper vaccines and inoculate.

\*\* For the viewpoint of safety, the first time to take by 14 weeks 6 days.

\*\* Vaccination frequency varies depending on the vaccine but no difference in efficacy or safety.

If you need more information, please contact to Kosodate Sodan-Ka Boshi Hoken. Sodan Kakari (inside or Hoken Center) ☎Ext.695

助成

## **SUBSIDY**

雨水浸透施設設置費を助成しています

### < Partial Grant for Purchase of Rainwater Ground Infiltration System >

A partial grant for fees for rainwater ground-infiltration system installed in your premises are being offered. Installing this system allows the rainwater to flow into the ground. It is the responsibility of the owner to remove leaves and objects from the water intake opening, and to keep filthy water from getting into the system.

Eligibility: ① Owner of detached house in *Hamura City* or Individuals who own apartments.

② Person who pay off city taxes that should be paid.

\*\* There are some areas that are not eligible for subsidies. Please contact Waterworks Office for other conditions.

Subsidy Amount:

Standard construction unit price (\*) x Number of rainwater infiltration facilities to be subsidized  
(Maximum amount of ¥400,000)

(\*) Standard construction unit price ~ depend on the diameter of penetration

For more about the system, please contact *Suidou Jimusho* Waterworks Office ☎042-554-2269

Inquiry: Waterworks Office ☎042-554-2269

身体障害および知的障害のある方のタクシー・ガソリン費用の上半期分を助成します

**< Filing for Subsidization of Taxi Fare or Gasoline Costs by Residents with Disability (First Half) >  
(Takushi Hiyou / Jidousha Gasorinhiyou Josei)**

Applications for subsidization of payment for purchase of taxi fare or gasoline costs during the first half of the fiscal year of 2020 will be accepted. To be eligible, you must have one of the following disability certificates:

- Physical Disability Certificate grade 1 to 2 (3 for lower limb, trunk, or internal dysfunction)
- Certificate for Mental Deficiency grade 1 to 2 "Ai No Techou"
- Persons with brain paralysis or progressive muscular atrophy who has already been certified

To receive subsidy, you must be certified in advance.

Limitation for Subsidization: ¥ 15,000 (for the months of April through September)

※If the date on which you were certified is past the start of the term for certification, the limit will vary from the above.

Period for Application: Oct. 1<sup>st</sup> (Thu) ~ 10<sup>th</sup> (Sat)

\*\* Exclude Oct 4<sup>th</sup> (Sun)

\*\* Saturday Time: 8:30AM~11:45AM and 1PM~5PM

Location: *Shougai Fukushi Ka* at the 1<sup>st</sup> Floor of City Hall

Things to Bring:

- Receipts for purchase of taxi fare or gasoline costs from April to September. (Invoices and sales slips of payment for transaction by credit card will not be acceptable.)
- Inkan (official stamp)
- Disability Certificate or Certificate for Mental Deficiency "Ai No Techou"

By Post Mail:

- Postage is paid by sender.
- Deadline for mailing ~ Oct 10<sup>th</sup>(Sat) effective date of postmark
- Documents to mail:
  - (1) Receipt of taxi or gasoline costs for April-September Reiwa 2<sup>nd</sup> Year (Delivery note and credit card sales form are not accepted)
  - (2) Invoice (enclosed in the notice. Check the example entry, fill in / seal)
- Mail to : 〒205-8601 (Location description not required)

*Shougai Fukushi Ka Shougai Fukushi Kakari*

## Common Subject Matter:

- If you are not able to file during the period for application, it can be filed with the subsidization for latter half of the fiscal year at April of Reiwa 3<sup>rd</sup> Year
- For details, please check Mail of late of September or City official website

Inquiry: *Shougai Fukushi Ka Shougai Fukushi Kakari* ☎Ext. 173

福祉

## WELFARE

ご存じですか？ヘルプカードとヘルプマーク

### <Do you know Help Card and Help Mark?>

**Help Card**: It is carried by people who need assistance due to disabilities, etc. The content that they would like to help I written in card. If you find the person with Help Card has any troubles, please help according to the contents written on the card.

- Distribution target: Persons with disability certificate, love certificate, mental health and welfare certificate, people with intractable disease, etc.

**Help Mark**: It is worn by those who do not know from outside but need help or consideration. If you see a person wearing help mark, please consider supporting actions such as giving your seat on the train.

- Distribution target: Those who use artificial limbs or joints, have internal disorders or intractable diseases, or in early pregnancy.

Distribution Location: City Hall 1F *Shougai Fukushi Ka*

- Help Mark distribution will be end to the last one, but it is also available at the *Toei Subway, Yurikamome* and *Tama Monorail* stations. Please check to distribution destination at advance.

Inquiry: *Shougai Fukushi Ka, Shougai Fukushi Kakari* ☎Ext. 173

イベント

## EVENT

サツマイモ区画売り

### < Let's Dig Up Satsumaimo (Sweet Potatoes) >

Let's have fun digging up sweet potatoes grown in *Hamura* city! Locally grown potatoes are very delicious.

Harvesting time: Mid October ~ Early November    Fee: ¥2,000 per block (About 10 heads),

Farm Location: ① *Ozakudai* 5-16 50 blocks available    ② *Sakae-cho* 2-20 20 blocks available

Farm Owner: ① *Mr. Miyamoto* ☎042-554-6943    ② *Mr. Katou* ☎042-554-2044

How to apply & Inquiry: Please come to register and pay the fee with exact change at *Sangyou Shinko Ka Shinko Nousei Kakari* in City Hall West Annex (*Nishi-Bunshitsu*) on October 2<sup>nd</sup> (Fri), 9AM ~ Noon

- If applying after October 2<sup>nd</sup> (Fri) NOON, please contact the farmer directly.
- Non-*Hamura* residents can also apply.

Inquiry: *Sangyou Shinko Ka, Nousei Kakari*, ☎Ext. 663



来年に向けて！グリーンカーテン作り講習会

### <For next year! Green Curtain Making Class>

Making green curtain is help to evaporate water from plant leaves and decrease circumstance temperature degree to let people feel comfortable during hot summer season.

The Green Curtain Support Team (*Econet Hamura*) will serve as an instructor to support making green curtains.

Solve your questions of green curtains for next year.

Date and Time: Sep 27<sup>th</sup> (Sun) 10AM~11:30AM

Location: *Yotorogi* Communication Square (if it rains, change to *Yotorogi* 3F *Sosakushitsu* 1)

Eligibility: Individual who is living or working in *Hamura* City

Capacity: First 15

Things to Bring: Writing instruments and photographs of green curtains (if you have any)

- Participants will be gifted a passion fruit seedling.  
(Branches for cutting are free, seedling in pot cost ¥100 for material fee)
- This course is for ECO action points. (Lecture participation 50 points)

Lecturer: Mr. *Hiromitsu Matsuzaki* (Chairman of Econet *Hamura*)

How to Apply: Sep 14<sup>th</sup> (Mon) 9AM ~ 24<sup>th</sup> (Thu) 5PM, please call *Kankyo Hozen Ka* ☎Ext. 227 or  
Email: econet.hamura@gmail.com

Inquiry: *Kankyo Hozen Ka* ☎Ext. 227

## INFORMATION

お知らせ

9月20日(日)から26日(土)は動物愛護週間

### <Animal Protection Week Sep 20<sup>th</sup> ~ 26<sup>th</sup>>

Please keep loving animals and taking responsibility to rear them. For animals, killing, abuse and abandonment are punishable by law.

#### Sterility and Castration Surgery 不妊・去勢手術

~ If you do not breed pets properly, please perform infertility/castration surgery. It is also possible to help to prevent genital diseases.

#### Identity Display 身元の表示

~ Animals get lost and cannot return to their owners. Dogs, Cats and other animals should be tagged for ease of detection. Dog owners are required to register once a lifetime and receive one rabies vaccination each year.

#### Cats Breeding Indoor 猫の飼育は屋内で

In consideration of current traffic and housing, it is desirable to keep cat indoor in urban areas. The tips to breed cats indoor are to devise furniture that allows you to move up and down, prepare nail polish for cats and good training for toilet only at designated places.

By the way, it might cause troubles with neighborhood if you are keeping cat outdoors.

#### Follow the rules for dog walking 犬の散歩はルールを守って

Using lead when you walk with dog. It is the owner's responsibility to flush dog's pee immediately, and take dog droppings back to home.

#### Evacuation from Disaster 災害に備えて

When disaster occurs, human life comes first. Unless the owner is safe, otherwise the animals cannot survive from disaster. If you need to evacuate, please take with animals as circumstances allowed. Also, prepare emergency supplies for animals (food and water for 5 days or more). Please train your pets in staying in cage during daily life.

Inquiry: *Kankyo Hozen Ka* ☎Ext.226





東京サマーランド 羽村市民デーが開催されます！

### < Hamura City Citizen Special Discount Day at Tokyo Summerland!! >

There will be a special offer for Hamura City citizens for two consecutive days at Summerland Amusement Park. Summerland is a local amusement park located in the neighboring city facing the south of Hamura City. Date: October 3<sup>th</sup> (Sat) ~ 5<sup>th</sup> (Mon) and October 10<sup>th</sup> (Sat) ~ 12<sup>th</sup> (Mon) Total 6 days 10AM ~ 5PM (Pool is open until 4:30PM.)

Eligibility: Hamura City Citizens

#### How to Enter:

- 1) Obtain "Numbered tickets with reserved dates" from the designated acquisition site (URL/QR code) for number of visitors.
  - 2) The Tokyo Summerland ticket office will require to show "Number ticket with reservation date", review the supporting documents providing proof of your resident/enrollment in *Hamura* city (such Driving License, Student ID, etc.) and purchase ticket.
- You can include up to 5 members for one Hamura City citizen (per certificate).  
Site for obtaining "Numbered tickets with reserved dates" starting from Sep 26<sup>th</sup> (Sat)  
[Summerland Hamura Shimin Day](#)
  - This event might be cancelled depending on the situation of COVID-19. In addition, the transfer money due to event cancellation will be not processed.
  - "Number ticket with reservation date" only is not available to obtain from Tokyo Summerland homepage.

Inquiry: Tokyo Summerland Reservation Center, ☎042-558-6511

9月24日(木)~30日(水)は結核予防週間

### <Tuberculosis Prevention Week Sep 24<sup>th</sup> (Thu) ~ 30<sup>th</sup>(Wed)>

Tuberculosis is not past illness anymore, it was occurred in Tokyo with almost 2,000 patients yearly and *Nishitama* Health Center's jurisdiction 47 patients. If you have continuous coughing over 2 weeks and suspect tuberculosis, please check in medical institution early to prevent. Some elder age peoples will not have cough or sputum symptoms, please have physical examination and breast X-rays check once a year for health controlling.

Inquiry: *Nishitama* Health Bureau, *Hoken Taisaku Ka*, *Kansen Sho Taisaku Tanto* ☎0428-22-6141

新しいマル乳・マル子医療証の送付

### < Child Medical Certificate Renewal >

These medical certificates are renewed annually on October 1<sup>st</sup> (Thu). New certificates will be mailed to applicable households in late September. The current certificates will expire on September 30<sup>th</sup>. After expiration, card must be destroyed or returned to *Kosodate Shien Ka* in city hall in person or by mail. Parents of the certificate holders are obligated to report to the city office on facts concerning the change of medical insurance or loss of qualification for this medical program due to relocation or other matters.

㊤医療証(Infant Medical Certificate) eligibility is specified by the "Medical Program for Babies and Preschool Children", and ㊦医療証(Child Medical Certificate) self-pay burden are specified by the "Medical Program for Children of Compulsory School Age", and medical expenses charged for medical services are subsidized under the National Health Insurance standards. ㊤/㊦ Medical Certificate is issued upon application. Please make application procedures.

Regular Extension: Expiration date is Sep 30<sup>th</sup>

Transition to Other Category: If child is 6 years old, with ㊤ Infant Card, or 15 years old with ㊦ Child

Card, expiration date is until the last date of the last month of eligibility, which is March 31<sup>st</sup>, 2021. You must make transition accordingly.

Inquiry: Kosodate Shien Ka, Shien Kakari, ☎Ext.237

9月下旬に介護保険給付費通知を送ります

### < Notice of Grants for Nursing Care Service Fees under Long-Term Care Insurance >

Elders who used the Nursing Care Service Fees under the Long-Term Care Insurance (Kaigo Hoken) will receive a "Notice of Grants for Nursing Care Service Fees" from the city hall Senior Citizens Welfare and Nursing Care Section in late of September.

This is a list of the nursing care grant benefits provided during the term of June through July, 2020 showing the co-payment amount that is charged, and lists details of service provider who offered the service and when the service was provided. Please confirm receipts issued by the service provider or Declaration of Services Rendered issued by your care manager. The document is not a bill. No payment actions are necessary in response to the notification.

Inquiry: Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari, ☎Ext. 143

9月21日（月、祝）～30日（水）は秋の全国交通安全運動

### < 2020 Fall Traffic Safety Campaign > September 21<sup>st</sup> (Mon, Holiday) ~ 30<sup>th</sup> (Wed)

Slogans ~ "Aiming to become the best of world road safety city TOKYO" ~

The main points of this campaign are:

1. Watch out for elder and children traffic safety
2. Encouraging elderly drivers to drive safely
3. Preventing accidents when walking and riding bicycles at night time and eradication of drunken driving.
4. Preventing motorcycle and bicycle accidents

\*\* About insurance coverage for bicycle accidents (from April 2019) in Tokyo

The ordinance has been revised, and it is obligatory to take out insurance such as compensation for damages caused by injury to another person due to a bicycle accident, please check the insurance status in details.

Inquiry: Bonsai Anzen Ka, Bouhan. Koutsuu Anzen Kakari, Ext. ☎216

## EVENT INFORMATION FOR CHILDREN

**Central Children Center ☎042-554-4552**

屋間の月観測会、ファミリー天体観測会

### < Daytime Moon Observation >

Date & Time: October 1<sup>st</sup> (Thu), 4PM ~ 4:30PM

### <Family Stargaze Event>☆☆

Date & Time: October 1<sup>st</sup> (Thu), 6:30PM ~ 7:30PM

For Both of Above:

Eligibility: Preschoolers ~ 18 years old. Fee: Free Place: Central Children Center

(Junior High School Students or younger must be accompanied by an adult.)

Capacity: 8 Persons (about 3 groups first come first served)

How to Apply: Sep 15<sup>th</sup> (Tue) ~ 30<sup>th</sup> (Wed), please call or come to Central Children Center directly

- If it is rain, an explanation of starry sky will be held in planetarium.

ぬりえコンテスト

**< Coloring Contest for Elementary Students >**

Color a provided illustration as you like and enter it for the contest! Place: East Children Center

Entry Period: October 3<sup>rd</sup> (Sat) ~ 11<sup>th</sup> (Sun)

Voting Period: October 14<sup>th</sup> (Wed) ~ 21<sup>st</sup> (Wed)

Result Announcement: October 24<sup>th</sup> (Sat)

Eligibility: Elementary Students

手作りおもちゃ教室「へんてこグライダー」

**< Handmade Toy Workshop ~ Henteko Glider >**

A weird shaped glider assembly kit will be given, you may make it at home.

Date: October 10<sup>h</sup> (Sat), 1PM ~ 3PM

Eligibility: Elementary student

Capacity: First 20

**< Toy Hospital>** おもちゃ病院

On the same day Oct 10<sup>th</sup> (Sat), we also accept repairs and consultations for broken toys.

Eligibility and Time: Preschoolers 10AM~11AM, Elementary Students 1PM~3PM

Sponsors: Toy Hospital, *Nejimawashi*

図書館

**LIBRARY ☎042-554-2280**

**STORY TELLING EVENTS** 幼児、小学生、向けおはなし会

Voiced reading of children's stories from picture books and picture panel shows (*Kamishibai*) are enjoyed by children of any culture. Japanese-translated stories from various cultural origins are selected for respective age-groups with consideration to their comprehension level. Admission and reservation are not needed.

▶ **at the Main Library** ☎042-554-2280

Story Telling for Elementary School Students >> September 19<sup>th</sup> (Sat), 11AM~

Story Telling for Preschoolers >> October 10<sup>th</sup> (Sat), 11AM~

▶ **at Kawasaki Branch Library** ☎

Story Telling for all children >> September 23<sup>rd</sup> (Wed) 3PM~

**YUTOROGI ☎042-570-0707**

こども映画上映会

**< Movies for Children >**

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

Place: Yutorogi Kozashitsu 1

Fee: Free

Capacity: First 40

Program: Moonmin: An haunted ghost, etc. (3 titles scheduled)

Supported by: Hamura Eiga Club

\*No reservation required.

みんな知ってる？ お月見のこと

### <DO YOU KNOW WHAT "MOON VIEWING" IS?>

Have you ever seen "Moon Viewing"? Some people have heard the word "Mid-Autumn Festival", let's go to check out more details about traditional moon viewing.

Inquiry: Kohokocho Ka Ext. ☎338

十五夜やってなに？

#### ● **What is "Jugoya"?**

Have you heard about "Jugoya"~ Fifteen Nights? It is also called "Meigetsu" which means the middle of autumn. "Mid-Autumn" means the middle of autumn. It is around August 15<sup>th</sup> in Lunar (old) Calendar but New Calendar is in Middle of September. The full moon that appears at this time was called "Jugoya" ~ Fifteen Nights. This is the season when sky is clear and moon is very beautiful. In the meanwhile, it will be October 1<sup>st</sup> for "Jugoya" in this year.

お月見ってどんなことをするの？

#### ● **What kind of things do you prepare during Moon Viewing?**

Moonlight decorations for *Susuki*, *Odanko* and crops which are offered to serve as beautiful moon. This tradition "Otsukimi" originally came from China. It spread among nobles during the *Heian* Era. After that, harvest celebrations and family get together were held mainly in rural areas. "Jugoya" is just timing for rice harvest, people decorate *Susuki* which is similar with ear of rice and offer *Odanko* to express thankful feelings and appreciations.

#### ● **Hamura's Moon Viewing** 羽村のお月見

Hamura has always been the day lunar calendar August 15<sup>th</sup> to celebrate Full Moon. People put a stand on the edge of house, *Susuki*, *Ominaeshi*, *Hagi*, *Shion*, etc. and offer *Odanko*, taro, pumpkin, chestnuts, sweet potatoes, persimmons and any harvested in autumn. *Odanko* is made from wheat flour taken from home and offer 12 which means number of months. At *Shimoda's* House in *Hamura*, it was told that "if you cut *Susuki* short, child will become smaller", so people cut *Susuki* long deliberately and decorate. On lunar calendar September 15<sup>th</sup> will be just like "Jugoya" to celebrate.

**KYUUDOU HAKUBUTSUKAN ☎042-555-9255**

郷土博物館のお月見飾り

### < **Kyuudou Hakubutsukan's Moon-Viewing Decoration** >

According to the Mid-Autumn Moon Viewing, *Kyuudou Hakubutsukan* and Old *Shimota* Residence will display the decorations of Moon-Viewing.

Date & Time: Sept 26<sup>th</sup> (Sat)~ Oct 4<sup>th</sup> (Sun) 9AM~5PM (Close Monday exclude Holiday's)

- Old *Shimota* Residence is till 4PM

Location: Orientation Hall and Old *Shimota* Residence.