



HAMURA NEWS

Published by: Hamura City

April 1st, 2021

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

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

Hamura City Official Website = <http://www.city.hamura.tokyo.jp> E-mail:s102000@city.hamura.tokyo.jp

Hamura News Back Numbers = <http://www.city.hamura.tokyo.jp/category/3-17-2-0-0.html>

グリーントリム公園であそぼう！

<Let's play at Green Trim Park!>

Green Trim Park (1-1713-1 Hanenishi, Hamura) was renewal and opened on March 22, 2021.

The facilities such as playset were renewed and various ideas devised. It is a fun-filled park where you can feel close to nature of Satoyama.

■自然を身近に感じられる公園

* A park where you can feel close to nature.

In the park, there is a walking path to set up and let you enjoy greenery and flowers. Also, it is ideal for familiar nature learning to observe insects and birds that live in the nature of Satoyama. In autumn, people may enjoy in autumn red leaves views. In winter, the bright sunlight will let people feel warm even the weather is cold at green area.

■小さい子が遊べる遊具

* Playset for Little children can play

The questionnaires of the children from nursery school and kindergarten who play in Green Trim Park on daily basis were taken and decided what kinds of playset to set up. Mainly, playset that can be played by younger children were prepared.

■新しい設備も

* New Equipment were set up

The eastern stand which is ideal for watching children playing to make sure keeping safe and the lighting restrooms have also been newly cleaned.

■地域ボランティアのチカラを借りています

* Local Volunteers provide much helping

City has in collaboration with the members of "Mihara Satoyama Preservation Society" (which is engaged in volunteer activities centered on Green Trim Park), aims to create a park for relaxation for the region and strives to conserve for developing the Satoyama.

Inquiries: Doboku Ka, Kouen Kanri Kakari ☎Ext. 283

準備を進めています！ 新型コロナウイルスのワクチン接種 その3

City is preparing! Vaccination of COVID-19

Part III

Inquiries: Kenko Ka, New Coronavirus (COVID-19) Vaccination Countermeasures Section ☎Ext.627

【羽村市の接種に向けたスケジュール】

<The schedule of Hamura City Vaccine Inoculation>



** The schedule might be changes since vaccine supplying status. Kindly have citizens' understandings.

Time	Details
The middle of April	Age 65 & Over, Vaccination ticket will be sent out
	Starting reservation
From May	Starting inoculation
From June	Age 64 & Under, Vaccination ticket will be sent out

【新型コロナワクチンについて皆さんに知ってほしいこと】

[For everyone, get knowing about COVID-19 vaccination]

Expert from the Prime Minister's Office and the Ministry of Health, Labor and Welfare document ~ as Feb 19, 2021.

《新型コロナワクチンは、発症を防ぐ効果が認められています》

<The COVID-19 Vaccine has been shown to be effective in preventing the onset of disease>

The newly approved COVID-19 vaccine is 95% effective after two inoculations and has been shown in preventing symptoms such as fever and coughing. (* The effectiveness of influenza vaccine is about 40~60%)

《新型コロナワクチンは、あなたご自身のためだけでなく、医療機関の負担を減らすための重要な手段にもなります》

<The COVID-19 Vaccine is not only for people but also reducing much burden on medical institutions >

The COVID-19 is still unknown. By the end of January 2021, more than 6,000 peoples had died and 30,000 were hospitalized due to it. The special effect medicine is also under development.

Under such circumstances, it is expected by receiving vaccinations from many people will help to decrease the number of seriously ill and dead and burden on medical institutions.

《どんなワクチンでも、副反応が起こる可能性があります》

<Any Vaccine has possibility to cause side reactions>

In general, the vaccine causes a reaction to immunize which is call "side reactions" such as pain at the site of vaccination, fever and headache. Side reactions that require treatment or remain impaired are extremely rare but not zero. (Health damage caused by vaccination is subject to the relief system)

In the domestic clinical trial of the vaccine approved this time, after 2 vaccinations, pain at the inoculation site was observed 80%, fever of 37.5 ° or higher was 33% and fatigue was 60%. The frequency of anaphylaxis which is an acute allergic reaction to the components contained in vaccine is about 5 in million people in USA. In the case of vaccination in Japan, 15 ~ 30 minutes after vaccination, medical staff will take necessary measures even if anaphylaxis occur.

《新型コロナワクチンの承認後も、継続的に安全性を確認します》

<Continuously confirm safety even after approval of COVID-19 vaccine>

If anaphylaxis occurs and a doctor diagnoses serious symptoms that are suspected to be related to vaccination, they will be reported by law and evaluated by specialist. The reports include cases in which the causal relationship with the vaccine cannot be evaluate immediately such as worsening of chronic disease and death after vaccination, but we will collect and evaluate a wide range of cases.

In addition, we are planning to investigate the symptoms after vaccination for a total of about 3 million

people including 10,000 to 20,000 pre-vaccinated people. In this way, the safety of vaccines and providing information on safety will be continued to confirm.

《ワクチンについて、正しく知ったうえで、判断しましょう》

<Please make a decision after knowing the vaccine correctly>

When approving the COVID-19 vaccine and recommending vaccination, government has confirmed from data of tens of thousands people in Japan and overseas that the benefits of vaccination such as the onset prevention effect, outweigh the disadvantages of side reactions. The national government will endeavor to provide information so that the people can make a convincing decision.

《ワクチン接種に関する各問い合わせ先》

<< Inquiries about vaccination of COVID-19 >>

- Regarding Hamura City Vaccine Inoculation
..... Hamura City COVID-19 vaccine call center ☎0570-030207
Hours: 9AM~5PM (excluding Saturday, Sunday and Holidays)
** Consolation only till starting reservations.
** For hearing disability and hardly to communicate via telephone consolation, please use
Fax ☎042-554-4767.
- Regarding Vaccination effectiveness, side-effect, etc.
Ministry of Health, Labor and Welfare COVID-19 Vaccine Call Center ☎0120-761770 (Free Dial)
Hours: 9AM~9PM (Including Saturday, Sunday and Holidays)
- Regarding Hamura City update information of Vaccination (city official website)
<http://www.city.hamura.tokyo.jp/0000014617.html>
- Regarding Government established "COVID-19 Vaccine Special Page"
<https://www.kantei.go.jp/jp/headline/kansensho/vaccine.html>

事業者向け 市の独自支援施策

Hamura City's Supporting Measures for Businesses

In Hamura city, there are various original support projects for businesses. Each support grant has an application deadline and budget limit. Please make sure to use and apply as early as you may.

Inquiries: Industry Promotion Division, Commerce, Industry and Tourism Section ☎Ext. 655

▲地域イノベーション創出事業

<Regional Innovation Creation Business>

The portion of expenses will be subsidized for businesses in which small and medium-sized enterprises develop new businesses, enter new fields by developing new products or digitalize production independently or in collaboration with others.

▲羽村市中小企業資金融資制度・小口零細企業資金融資制度

<Hamura City Small Micro Enterprise Financing System>

The financial institution that has contract with the city, the city replenishes a part of the interest when the business operator uses the above system.

Interest rate 1.6% (own expense 0.8%), Interest supply city 0.8% to financial institutions

Guarantee fee: Full half-price subsidy (upper limit: ¥200,000 for small and medium-sized companies, ¥150,000 for small and micro companies), please check website for details

▲中小企業販路開拓支援助成金

<Small and medium-sized companies market development support subsidy>

For small and medium-sized enterprises, city will subsidize part of the expenses required for market development.

Subsidy Amount: 1/2 of target expenses (for those who use this subsidy for the first time, 2/3 of target expenses, both have an upper limit of ¥100,000)

▲中小企業技術力向上及び人材育成支援助成金

<Small and medium-sized companies technical capability and human resource development support subsidy>

City will subsidize part of the expense required for small and medium-sized enterprises to attend seminars related to technical and human resource development for acquiring qualifications.

Subsidy Amount: Half of the target expenses (up to ¥200,000)

*** Please check City official website to get details for abovementioned subsidy support programs.

国保・後期高齢 傷病手当金 支給適用期間を延長

<Extending the Application Period of National Health Insurance / Late Elderly Injury and Sickness Allowance>

If an insured person of National Health Insurance and Late Elderly Medical Insurance is infected with COVID-19 or has symptoms such as fever to be suspected of being infected. He/She cannot work for medical treatment, the Injury and Sickness Allowance for the period will be provided when salary is not received.

Payment application period has been extended from "Jan 1st, 2020 ~ March 31st, 2021" to "Jan 1st, 2020 ~ **June 30th, 2021**"

** Regarding Payment requirements and application methods, please contact to below inquires.

Inquiries: National Health Insurance ... Shimin Ka, Shimin Hoken Kakari ☎Ext. 127

Late Elderly Medical ... Shimin Ka, Korei Iryo. Nenkin Kakari ☎Ext. 138

国民年金

PENSION

Inquiries: Ōme Nenkin Jimusho ☎0428-30-3410

Shimin Ka, Kourei Iryou. Nenkin Kakari ☎Ext. 140

令和3年度の国民年金保険料

< Change of National Pension Premium Amount for 2021 Fiscal Year >

For the fiscal year of 2021 (April ~ March), the monthly premium amount of National Pension (国民年金保険料) will be increased by ¥70. Starting with the April premium payment, a monthly premium will be ¥16,610.

The Japan Pension Service (日本年金機構) will mail the packet of payment slips to the National Pension premium payers. Please check the payment due dates for each month, and be sure to pay without delay. Premiums can be paid at financial institutions, post offices and convenience stores, or by bank transfer.

*Special discount is applied to payments made by bank transfer. To register, please used the enclosed application form 「国民年金保険料口座振替納付申出書」 at the financial institution of your bank account.

Please inquire regarding credit card payments. Application forms are downloadable from National Pension Website (in Japanese only). Registration for lump sum payment must be made at appropriate time.

Please ask for details.

国民年金保険料が免除・納付猶予になる制度

▶ 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.

- For payments into the future until June of the ensuing year.
- Procedures are made at city hall or nearest Pension Office. It is allowed to apply post mail.
- Please bring pension booklet and personal Identities such as driving license, my number card, etc.
- If you have resigned from your job, you may be asked to bring related documents. Please inquire.

▶ **Special Provision For Students - Grace Period** (学生納付特例制度)

As it is generally difficult for students to pay pension premiums, there is a system giving grace period allowing deferred payment of the premiums (*Income restriction applies).

- This allows the students to have their premium payments postponed for a period from 2 years and 1 month worth of payments for which deadline was not met at period before the application (if the applicant is older than 20 years old)
- For payments into the future until end of the ensuing fiscal year.
- Those who were enrolled under this exempt system must take a status renewal procedure in order to sustain the exempt status for FY2020. Enrollment Renewal Confirmation Form (継続申請確認通知) 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 Pension booklet, students ID, or documents proving student status.
- If you have resigned from your job, you may be asked to bring related documents. Please inquire.

国民健康保険

NATIONAL HEALTH INSURANCE

Inquiries: Shimin Ka, Hoken Kakari ☎Ext. 127

令和3年度の国民健康保険税

Facial 2021 National Health Insurance – Kokumin Kenkou Hoken

All residents of Japan are required by the law to have health insurance coverage. The aim of the Japanese National Health Insurance Program (N.H.I.) is to minimize the burden of medical expenses for residents who are not covered by Employee’s Medical Insurance or any other health insurance. Foreign residents who are granted a permission of residence over 1 year and are not enrolled in Employee’s Health Insurance must enroll in N.H.I., and others who stay in Japan with legal status for over 3 months are also subject to the enrollment obligation. The N.H.I. program fund is dependent on the pool of member’s premium contributions from citizens enrolled (Hokenzei), the rate of which varies among municipalities.

Yearly Medical Costs per Person and Premiums to Cover for It (Unit: Ten Thousand Yen)

The premium contributions alone are not enough.

Therefore, the city government has been supplementing a portion of the balance with special funds from the City’s General Account Budget. Administrative responsibilities of the National Health Insurance will be handed over to the metropolitan and prefectural governments, effective from FY 2021. National Health Insurance premium rate will be determined by the figures provided by the prefectural governments. Hamura City, which is under the jurisdiction of the Tokyo metropolitan government, determines the premium using the Tokyo metropolitan government’s premium rate as a reference. The premiums that are contributed will be collected by the metropolitan government, and then the whole part of medical fees and medicine costs for municipalities subject to the coverage are subsidized from the metropolitan government. This system will give stability to the funding for the national health insurance. We appreciate your understanding on this matter, and would like to strongly encourage our people for making efforts on keeping good health.

2017	2018	2019	2020
341,547	354,123	377,737	354,594
Medical Expenses			
81,694	87,499	87,782	90,449
From Premiums			

Hamura City NHI Premiums for 2021

	Income Ratio	Per Capital Basis	Limit of Tax Base
Medical Expenses	5.82 %	¥25,000	¥630,000
Premiums for supporting the late elderly	2.20 %	¥10,500	¥190,000
Premiums for Nursing Care	1.99 %	¥12,400	¥170,000

~ Health Premium Reductions (maximum 20 %, 50 %, or 70% Reduction) ~
Citizens can be eligible for partial exemption from health premiums. If the household’s total income for 2020 is less than standard, premium costs can be reduced. The various reductions are calculated based on each household’s income. Please make an inquiry to City’s Medical Insurance Section Shiminka Hoken Kakari for details. You must register to be eligible.

<Exemption from Payment of Premiums>

If your situation is as described below, you will be eligible to receive exemption from payment. Please do not leave over-due taxes accumulating, just consult with Nouzei Ka Nouzei Kakari about special measures provided for those in difficult financial situation. Exemption is for

- The victims of severe property damage from fire or flood.
- IF Employee Insurance (SHAKAI HOKEN) is no longer available, and policy holder must make change of health care category to enrollment in Kokumin Kenko Hoken (NHI) insurance at age 65 or older who has enrolled in premiums for supporting the elderly as well.

Unemployed Persons ~ Steady income has not been possible due to recent termination or due to a business being suspended or terminated (Reduction or Exemption is applied, whichever is deemed as appropriate.)

Please inquire, for there are conditions for certification.

[後期高齢者医療保険]

LATE ELDERLY MEDICAL INSURANCE SYSTEM (Kouki Koureisha Iryou Hoken)

Inquires: Shimin Ka, Kourei Iryou. Nenkin Kakari ☎Ext. 140

Every resident in Japan must belong to a public insurance as an enrollee. Just as Japanese citizens, all foreign national who are living in Japan and meet the following condition:

- Age 75 and after
- Fixed levy amount and income based levy rate is revised every two years according to the applicable law.

FY 2021 Insurance Premium Amount

The annual premium amount is total of fixed levy amount and income-based levy. FY2021 Premium has been determined without any change from FY2020.

Each subscriber pays premiums in this system, which is calculated based on taxable income from the previous calendar year.

- The annual premium amount is calculated at a fixed levy of ¥44,100 per person
- Plus an income (※1) based levy of 8.72% .
- These figures are valid for FY 2021. The maximum annual premium is ¥640,000.

Reduction of Premium

According to the level of income, a reduction is applied when each member's premium is calculated.

① 均等割額の軽減

~ Per capita amount deduction

The per capita rate is reduced based on the "Total amount of income, etc." of all insured persons of the medical system for elderly in the same household and the head of household.

② 所得割額の軽減

~ Reduction of Income percent

The income percent is reduced based on the insured person [income account (※1) basis of the levy]

③ 被扶養者だった方の軽減

~ Reduction of Dependents

Those who were dependents of the company's health insurance (excluding National Health Insurance and National Health Insurance Association) until the day before covered by the medical system for elderly insurance can receive the following deductions.

- Per capita rate : 50% reduction until the enrolled month after two years have passed
- Income Reduction: It will not be changed for the time being.

※1 賦課のもととなる所得金額 **Income amount that is the basis of levy**

The amount obtained by deducting the basic deduction amount (¥430,000) from the total amount of income in previous year such as the amount of forest income and stock / long term (short term) capital gains, etc.

Notices to Citizens

- Notices will be mailed to citizens in Middle of July, 2021.
- FY2021 Simple Declaration Form will be mailed
If you do not process Tax Return processing, the Late Elderly Medical simple Declaration Form will be mailed to you. This Declaration form is limited for Late Elderly Medical Insurance only. Please confirm and submit as soon as possible.

To know more about the reduction requirements, please inquire.

Inquiries: Shimin Ka, Kourei Iryou, Nenkin Kakari, ☎Ext. 140

国保加入の方に 温泉センター割引利用券を差し上げます

< Onsen Facility Admission Discount Tickets >

Discount tickets for Onsen Facilities are distributed to the members of National Health Insurance. If it applies to you, you can pick up your ticket at Shimin Ka in city hall 1st floor. Please be sure to bring your National Health Insurance Card to be given the ticket. This ticket will expire on March 31st(Thu), 2022.

*Not applicable to members of Late-Elderly Medical Insurance (those who are at age 75 or older).

Discount tickets can be used at these facilities:

- 数馬の湯 Kazuma-no Yu ☎042-598-6789
- もえぎの湯 Moegi-no Yu ☎0428-82-7770
- 瀬音の湯 Seoto-no Yu ☎042-595-2614
- つるつる温泉 Tsuru-Tsuru Onsen ☎042-597-1126

健康

HEALTH

カラダ塾 ちょうどよく食べる、糖質 ~糖尿病予防~

BODY SCHOOL < Eat well, have Sugar just right ~ Diabetes Prevention ~>

"BODY SCHOOL" where you can learn about the relations between blood sugar level and sugar correctly, and the tips to get sugar just right

Date & Time: April 21st (Wed) 10AM ~ 11:30PM Place: Hoken Center

Capacity: First 12 people of application order

Things to bring: Writing Utensils * Please wear mask

Application and Inquiries: Starting April 2nd (Fri), call Hoken Center ☎042-555-1111, Ext.625

第1期 胃がん・肺がん検診(喀痰検査対象者が変更となりました)

The 1st Term < Free Screening for Stomach / Lung Cancer & Tuberculosis >

(Change sputum examination eligibility)

Date & Time: May 29th (Sat), 30th (Sun), 31st (Mon), June 1st (Tue) and 2nd (Wed) 7:30AM ~ Noon

** Please choose one day between term but unable to time designation.

Place: Hoken Center Eligibility: Hamura residents 40 years of age and older

*You are not eligible to take this exam if any of the following conditions apply:

- ① Pregnant, or possibility of pregnancy
- ② Currently being treated for stomach or lung illness
- ③ Those who have the same cancer screening opportunity provided by the employer

Capacity: 80 people each day (If there are too many applicants, selection will be done by name drawing.

*Applicants will receive notice of results and winners will get a coupon sent in the mail by April 30th (Fri).

Please Note:

- You may apply for all the screening/exams held on the same day.
- Please fill in the reason why need to Sputum examination. Applying Sputum examination is not acceptable.

~Sputum examination is provided only for people with the following conditions

(it is changed details from this year)

- ① Those who is over age **50**
- ② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = **600** or more.

Application Period: April 1st (Thu) ~ 20th (Tue) postmark deadline

** Extended after April 21st (Wed), if there are still vacancies

** Please apply separately by each family member.

How to apply: Send a post card as shown to Hoken Center till April 20th (postmark)

- How to fill in an application postcard -

Front	Back
〒205-0003 To: "Gan Kenshin Tantou" Hamurashi Hoken Center 5-5-2 Midorigaoka, Hamura City	<ul style="list-style-type: none"> •Your desired screening date (first and second choices) •Your name, mailing address, and phone number (available daytime contact) •Screening/Exam you desire

Inquiries: Hoken (Public Health) Center ☎042-555-1111, Ext. 623

しっかりサポート！大人ダイエット ～計るだけダイエット60日コース～

Adult Diet < "Measurement-Only" Diet for 60 Days >

For healthy *Hamura* Resident under 70 years or younger as of May 14th, 2021.

(Those who are being monitored under the health guidance program are not eligible to participate.)

Easy diet method focusing on internal bodily weight control functions and keeping a weight change record!

	Date and Time	Class Details
①	May 14 th (Fri). 2021	▶ Lecture on Measurement-Only Diet Method ▶ Cooking and eating for low metabolism (cooking demonstration)
②	May 26 th (Wed), 2021	▶ Diet Tips. ▶ Be Active (exercise class)
③	July 13 th (Tue), 2021	▶ Vegetables in your meals. ▶ Recipe of satisfying meal for family/lots of vegetables (cooking demonstration)

*** Time: Each date 10AM~Noon

Location: Hoken Center

Capacity: First 12 people (in order of application)

*Please measure your weight at home with a scale reading 50 ~ 100g units.

*Please wear mask to participate.

Inquiries & Application: Starting from April 2nd (Fri), please call Hoken Center 042-555-1111.☎Ext.625

男性対象 大人の風しん抗体検査・予防接種無料クーポン券を送りました

< Rubella(Fuushinn), Antibody Test and Immunization for Adult Men >

Provide Rubella(Fuushinn) Antibody Test, Immunization

Rubella, which is also known as German Measles, is becoming ever more prevalent among adult men 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 2nd, 1962 ~ Apr 1st, 1966

- If people take Rubella antibody titer is proven low by a test. Immunization can be provided.
- Regarding participating medical institutions, please check official website of Ministry of Health, Labor and Welfare.

※ If male was born from Apr 2nd, 1972 ~ Apr 1st, 1979

The coupon will be expired March 2020 but extended to March 2022.

** Please bring coupon postcard to medical institutions to take vaccine.

** If you lost coupon postcard or just move in Hamura City but want to take vaccine, please come to Hoken Center to request.

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

Inquiries: Hoken Ka (in Hoken Center) 042-555-1111, ☎Ext.623

福祉

WELFARE

障害のある方のタクシー・ガソリン費用などを助成します

< Application of Subsidies for Residents with Disability >

Subsidy application notification has been mailed out to applicable residents with disability certificate.

▶ **Taxi Fare or Gasoline Cost** (タクシー・自動車ガソリン費用) ---

** Considering about countermeasures of COVID-19, you may apply via post mail.

<<Apply from City Hall>>

Application Term: Apply for reimbursement from April 1st (Thu) ~ 10th (Sat)

** Excluding April 4th (Sun)

Location: City Hall 1F Meeting Room 101

** Please be reminded that this benefit cannot be provided if the application is not filed by above term.

● **Acceptance on Saturdays**

Day and Time: April 3rd (Sat). 10th (Sat) 8:30AM~11:45AM, 1PM~5PM

Location: City Hall 1F Multiple Purposes Room (Tamokuteki Shitsu)

Things to Bring:

- Receipts for purchase of taxi fare or gasoline costs
(Invoices and sales slips of payment for transaction by credit card will not be acceptable.)
- Inkan (official seal)
- Shintaishogaisha Techo (Handicapped handbook) or Ai No Techo (Love's handbook)

<<**Apply by Post Mail**>>

Deadline to apply: April 10th (Sat) (via postmark day)

Enclosed documents: ①Receipts for purchase of taxi fare or gasoline costs
②Application invoice with notice and fill in details and seal.

** If you request to mail, fee of post will be carried by yourself.

Send to address: 〒205-8601 Hamura City Hall Shougai Fukushi Ka, Shougai Fukushi Kakari

▶ **For Hair Dressing Cost** (理容・美容サービス費用)/ **Rehabilitation Physical Therapy Cost** (機能回復施術費用)

--- Concerning about prevention COVID-19 spreading, Utilization Ticket will be mailed,
No procedure required.

- ◆ In order to receive these benefits, you must apply in advance.
- ◆ Notice will be mailed End of March and please check City Hall official website.

Inquiries: Shougai Fukushi Ka, Shougai Fukushi Kakari ☎Ext.173



<**Flail Prevention Gymnastics Class ~ the 3rd Tuesday monthly**> フレイル予防体操教室

Stretching, muscle training, and methods to prevent dementia and Flail status for elderly people.

Eligibility: Over age 65

Date and Time: **The 3rd Tuesday** of every month 9:30AM ~ 11:30AM

Date (The 3 rd Tuesday every month)		
April 20 th	May 18 th	June 15 th
July 20 th	August 17 th	September 21 st
October 19 th	November 16 th	December 21 st
January 18 th	February 15 th	March 15 th

Location: Communication Center 1F, Elderly Meeting Room

Capacity: Frist 20 (only accept on class day)

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

- If you have fever or coughing symptoms, please do not participate.
- Please write down your emergency contact person and phone number.
- Every session with same details, chair will not be used.

Inquiries: Korei Fukushi Kaigo Ka, Kaigo Yobo. Chiiku Shien Kakari ☎Ext.197

はむら青年学級ふれんどボランティア募集

<**Hamura Youth Frendo Class Volunteer Recruitment**>

Adolescents with intellectual and physical disabilities are engaged in various activities related to lifelong learning. We are looking for volunteers to support the activity.

Eligibility: Healthy people age over high school

Working Date and Time: Sunday once a month

Working location: Yotorogi, etc.

Application and Inquires: Please call or come to Yotorogi ☎042-570-0707 directly. (9AM~5PM, excluding Holiday's Monday)

交通安全、防犯

TRAFFIC SAFETY AND CRIME PREVENTION

春の全国交通安全運動

< 2021 Spring Traffic Safety Campaign >

● Spring Traffic Safety Campaign Slogan

"Aiming for the world's best traffic safety city ~ Tokyo~"

Time: April 6th (Tue) ~ 15th (Thu)

Campaign Details:

- ① Make sure safety of Children Pedestrians
- ② Promotion of safe use of bicycle
- ③ Improving awareness of safe driving including protection of pedestrians, etc.
- ④ Prevention traffic accident of bicycle.

◆ 横断歩道は歩行者優先です **Pedestrian Crossing is prioritized**

◆ 高齢の方の交通事故防止 **Prevention of traffic accidents for the elderly**

Tokyo Metropolitan Government assists in purchase and installation of safe driving support devices. Those have the functions of suppressing sudden starts due to incorrect pedal depression, etc. If you do not have confidence to drive well or much worry from family, please consider to return driving license.

◆ 自転車は車両です **Bicycle is Vehicle**

When you ride bicycle, please make sure to follow traffic regulations well.

◆ 自転車保険へ加入しましょう

Please enroll in bicycle insurance

The Tokyo Metropolitan Ordinance has been amended and it is obligatory to enroll in insurance that can compensate for damages such as injuring others due to bicycle accident. If you use a bicycle, please check your insurance coverage.

Inquiries: Bousai Anzen Ka, Bouhan Koutsuu Anzen Kakari ☎Ext.216

令和2年特殊詐欺被害状況

< 2020 Special Fraud Damage Situation >

There were many special fraud damage cases happened in nearby cities and areas 2020 as below

City or Area	No. of case	Damage Amount
Hamura City	12	¥21,440,000.-
Fussa City	5	¥7,390,000.-
Akiruno City	3	¥3,470,000.-
Mizuho Cho	2	¥4,300,000.-

What is special fraud? Such as OreOre Fraud, Fictitious charges Fraud, Bank Savings Fraud, Refund Fraud, Loan Deposit Fraud and etc.

● Special Fraud tricks

The typical trick way ~ the culprit is impersonating a police officer or government, city official and call you as below cheating conversation.

** "We know someone is fraud to use your bank account."

** "Your cash card is needed to renewal, official will go to pick up for you."

** "Please let me know your password to help you to process"

** "You have refund issue and need to process."

● Prevention of Fraud

Always set your answering machine. Automatic call recorder, install a phone with annoying prevention function, do not answer the phone is effective way to prevent. If the phone conversation is about "money" or "finance", please remember these steps to protect yourself ~ ①Feels suspicious ②Calling back ③ Call police!

~ If you are Hamura Resident age over 65 years old, automatic call recorder is available to rent by free.

Welcome to set up if still do not have one.

Inquiries: Bousai Anzen Ka, Bouhan Koutsuu Anzen Kakari ☎Ext.216

CULTURE AND EVENTS

伝統文化いけばなこども教室

< Traditional Japanese Ikebana (Flower Arrangement) Class for Children >

These lessons of traditional Japanese Ikebana (flow arrangement) give children the opportunity to learn techniques, and also to experience Japanese Culture which values appreciation for nature.

Date & Time: All 9 sessions and held on Saturdays. 10AM ~ 11:30AM. April ~ January, 2022

(On November 13th (Sat) and 14th (Sun) the group will hold an exhibition at the Children's Festival.)

Schedules:

Date (all Saturdays)		
April 24 th	May 29 th	June 26 th
July 24 th	August 28 th	September 18 th
December 11 th	December 25 th	Jan 29 th ,2022

Location: Yutorogi 3F Sousakushitsu 1. Eligibility: Elementary School Students

Capacity: 20 people (if applicants number is over, it will be determined by raffle)

Fee: ¥500 each lesson (for flowers fee)

Application: Send a postcard to Ms. Yasuko Takeda

Address: 〒205-0002 2-7-8 Sakae-Cho, Hamura City, Tokyo, with the following information: your address, name, school, grade, guardian's name and phone number on back.

- It must arrive by April 17th (Sat).

Sponsor & Instructor: Ms. Yasuko Takeda (Hamura Ikebana Sakura Kai) ..

Inquiries: Yutorogi ☎042-570-0707

伝統文化日本舞踊こども教室

< Japanese Traditional Dance Class for Children >

Through the lessons of Japanese traditional dance (Nihon Buyou), children will also learn how to dress and take care of Yukata (casual cotton kimono) as well as formal etiquette. Students will learn how to dance to standard Nihon Buyou tunes to acquire basic skills in Japanese traditional dance.

Date & Time: All held on Sundays. May ~ November.

(On November 8th (Sun) the group will perform at the Children's Festival)

Schedules:

Date (all Sundays)	
May 23 rd and 30 th	Sep 5 th and 19 th
June 6 th and 27 th	Oct 10 th and 24 th
July 4 th ,18 th and 25 th	Nov 7 th
Aug 1 st , 8 th and 22 nd	



Time: 1:30PM~3PM

Location: Yutorogi, Gonokami Kaikan.

Eligibility: Elementary School Students

Capacity: 20 people (if applicants number is over, it will be determined by raffle)

Fee: ¥500 (included all 15 lessons) Please bring a yukata if you have one.

Sponsor: Hamura-shi Nihon Buyou Wakatake no Kai

Co-Sponsored: Hamura City Board of Education

Please send a postcard addressed to Ms. Chie Fukuda at Hamura-shi Nihon Buyou Wakatake no Kai.

Address: 〒205-0011 4-14-18-703 Gonokami, Hamura City on front of postcard, and on reverse indicate address, name, name of school, grade, name of guardian, and telephone number.

It must arrive by May 11th (Tue).

Inquiries: Yutorogi ☎042-570-0707

< Let us dance together! 2020 Tokyo Olympic Marching Song >

Dance Class ~ Dance with [Happy & Peace!] Tokyo Olympics Marching song melody.

Tokyo Olympics and Paralympics will be held in this summer, people coming from all over the world to participate, let us have fun to dance like in a circle with everyone from all over the country and world, regardless age or gender.

Date: May 8th (Sat) 1:30PM~3:30PM

Place: Sports Center the 1st Hall

Capacity: First 50 (in order of application)

Things to Bring: Beverage, Towel, Indoor Exercise Shoes, etc.

[Countermeasures of COVID-19 infection]

- Please wear mask during session
- If you have coughing or fever symptoms, please do not participate
- Avoiding 3 Cs (closed space, crowded and close contact) status and Air ventilation
- Due to COVID-19 infection status, this session might be cancelled or changed.

Instructor: Hamura City Dance Federation (Buyo Renmai)

How to Apply and Inquiries: From April 1st (Thu) ~ 15th (Thu), please call, Fax or Email with your name and contact to City Hall, Tokyo Olympic and Paralympics Preparation Office, ☎Ext.345 FAX ☎042-554-2921, Email: s109000@city.hamura.tokyo.jp

MISCELLANEOUS INFORMATION

はむら花と水のまつり2021羽村・福生コラボツアー「春の玉川上水とチューリップ畑」

<Hamura Flower and Water Festival 2021 Hamura / Fussa Collaboration Tour ~ "Spring Tamagawa Aqueduct and Tulip Field" >

Approximately 350,000 colorful tulips bloom along Tamagawa Josui Park which retains the remnants of reed Musashino.

Date and Time: Meet April 10th (Sat) Fussa Station West Exit 9:10AM and 9:20AM departure

Capacity: 15 people (if applicants' number is over, drawing will be held)

Fee: ¥500

Things to bring: Used to wearing shoes, clothes, beverage, etc.

Course details: Fussa Station ⇒ Tamura Sake Brewery ⇒ Kami Josui Park ⇒ Shinbori Bridge ⇒ Hamura Weir ⇒ Hamur Jinya Ruins ⇒ Zenfukuji Sanmon ⇒ Negarami Mae Paddy Field (Tulip Field)

Co-Sponsored: Hamura Flower and Water Festival Executive Committee and Fussa City Tourist Information Center Kurumiru Fussa

How to Apply and Inquiries: Till April 6th (Tue) 5PM, please call to ☎042-555-9667 or come to Hamura City Tourist Information Center

COMMUNITY CENTER ☎042-554-8584

照明・音響操作講習会

<Please Attend the Lighting and Audio Equipment Handling Course before Using Concert Hall>

There is a mandatory course for the user of the concert hall to take. You must learn how to use the lighting and audio equipment before the desired day of use. Classes are on the following Fridays:

April 9 th	June 11 th	August 13 th	October 8 th	December 10 th	(2022)February 12 th
-----------------------	-----------------------	-------------------------	-------------------------	---------------------------	---------------------------------

From 6:30PM ~ (approximately one and a half hours per session)

Capacity: 10 groups (up to 2 persons per group, in order of application)

Application and Inquiries: Please call or come directly to Community Center 1F Reception ☎042-554-8584



子育て

CHILDREN

< Chatting Place for Parents > おしゃべり場 「子育て中のリフレッシュ」

This month's topic is "Refresh during childrearing term". 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.

- Every month 1st ~ 20th while counselor is available hours

<u>Place & Date</u> : Central Children Center – Tue, Thu & Sat East Children Center – Tue, Fri & Sun West Children Center – Mon, Wed & Fri	<u>Inquiries</u> : Kodomo Katei Shien Center ☎Ext. 269 ☎042-578-2882
--	---

妊産婦オンライン相談（要予約）

<Pregnant woman Online Consultation (reservation required)>

Please feel free to use online consultation with midwife.

Eligibility: Pregnant woman or raising children mother living in Hamura City (generally within one year after giving birth)

Date and Time: April 27th (Tue) 1:30PM~3:30PM

Inquiries: Kosodate Sodan Ka, Boshi Hoken.Sodan Kakari (in Hoken Center) ☎Ext. 692

1歳児教室「1歳ちゃん♪ 集まれ〜!」

< The 1 Year-Old and Parent Get-Together Group >

The “Happy” Kosodate Chiiki Houkatsu Center (Regional Family Support Center) will hold a get-together for fun class geared toward 1 year old kids and their parents. They will offer tips on how to stop breast feeding or about safety, and the child can play with other children.

Date: April 27th (Tue), from 9:30AM ~ 11PM Place: Hoken (Health) Center

Capacity: First 8 (in order of application) Priority for applicants of the 1st time to participate Hamura City Residents who have a child at age 1 year old to 14 month old can attend with their child.

Things to Bring: Boshi Kenkou Techou (Maternal Handbook), Bath Towel and Beverage

Application and Inquiries: Starting from April 5th (Mon) 9AM~, please call or come directly to Kosodate Sodan Ka, Sodan Kakari Ext. 692 (Please call in advance.)

ひとり親家庭休養ホーム事業. ひとり親家庭にレクリエーション事業の廃止

< Stop Subsidy of Single Parent Households Holiday Lodging and Recreational Activities Costs>

Hamura City will stop the subsidy for Single parent household Holiday Lodging and Recreational Activities Costs ~ 4 Facilities (Sports Center, Swimming Center, Suijyo Park and Zoo) Discount Ticket till the End of Fiscal 2020 year. Your understandings will be highly appreciated.

Inquiries: Kosodate Shien Ka, Shien Kakari ☎ Ext. 239

図書館

LIBRARY ☎042-554-2280



利用者カードは更新が必要です

<Library User Card needs to be renewed>

The library user card needs to update registration data once every 3 years in the month of birth. This notice will be notified from counter one month in advance.

Things to bring: Driving License or Insurance card which may verify your address

** For those who are working or enrolling school requires additional documents that can confirm the work or school address. The renewal month may differ from birthday.

- If you do not use card for more than 5 years, personal data will be deleted automatically. So when you want to use library, please register again.

Thing to Bring: Driving License or Insurance Card which may verify your address

- If you have used card which not using before, please bring with you. For details, please contact with library.

- It is convenient to register as a family.

Family members will be able to receive reservation materials and check usage status on behalf of person. Please bring the user card for all family members and register to complete the procedure at counter.

Inquiries: Library ☎042-554-2280

小学生だけの利用時間は午後5時まで

< Library Hours for Elementary School Children will be changed till 5PM >

To adjust to the April 1st change in time for evening bell sounded in *Hamura* City, the elementary school child will be able to use library facilities until 5PM from April 1st (Thu) to Sep 30th (Thu). The child using the library after 5PM must be accompanied by an adult, so if it is anticipated that your child will not be able to return before this time, please take appropriate measures to ensure compliance.

館内整理日（休館日）

< Library Closure >

Library will be close Apr 15th (Thu) for organization.



4月の休日診療

***The medical facilities that are open for the Sundays, Holidays during the whole month are listed.**

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
4 th (Sun)	Izumi Clinic	☎042-555-8018	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Katou Shika Clinic	☎042-554-8887
11 th (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Motoe Dental Clinic	☎042-513-7808
18 th (Sun)	Yamaguchi Naika Clinic	☎042-570-7661	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Kusaka Shika	☎042-555-7793
25 th (Sun)	Futaba Clinic	☎042-570-1588	Hikari Clinic (Fussa-shi)	☎042-530-0221	Takada Shika Iin	☎042-555-5903
29 th (Thu) Holiday	Baba Kodomo Clinic	☎042-555-3788	Kurihara Iin (Mizuho-machi)	☎042-557-0100	Nakano Shika Iin	☎042-554-7053

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

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 623

PUBLIC CONSULTATIONS Schedule of APRIL

Category	Date	Time	Contact
Public Administration and Human Rights	15 th (Thu)	1:30pm ~ 4:30pm	Shimin Soudan-shitsu city hall ext.541 ◆Please do not call the Shimin Soudan-shitsu for consultation over the telephone.
Consultation for Families with Children (General Support for Child Rearing Families)	Monday ~ Friday	8:30am ~ 5pm	Soudan Kakari at city hall ☎042-555-1111, Ext. 692 or Kodomo Katei Shien Center (Family Support Center) ☎042-578-2882

*The General Consultation for Foreign Residents service has been discontinued.