



HAMURA NEWS

HAMURIN Hamura City Mascot

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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 = <https://www.city.hamura.tokyo.jp> E-mail:s102000@city.hamura.tokyo.jp

COMMUNITY



新型コロナワクチン接種 その10

VACCINATION OF COVID-19

Part 10

Phone Inquiries and Time: Hamura City COVID-19 Vaccine Center ☎0570-030207 (**EVERYDAY**)
9AM~5PM (including Saturday, Sunday and Holidays)

仕事や留学などで海外へ渡航する方へ

新型コロナウイルスワクチン接種証明書を発行します

<For business trip or Studying aboard ~ the certificate of COVID-19 Vaccination>

When you go to others countries for business, studying aboard etc. and need to prove already completed COVID-19 vaccination, the certificate of "Completed COVID-19 vaccination" will be issued.

In Japan domestic areas, the vaccination ticket with completed stickers is valid to prove to complete vaccination.

Apply Time: Monday ~ Friday 9AM~5PM (exclude Holidays)

Location: Hamura City Vaccine Call Center (in Hoken Center)

Issuing Fee: Free

How to apply: Please bring the requirement documents to submit or mail to Hamura City COVID-19 Vaccine Center.

** Issued vaccination certificate will be mailed later.

Things to Bring: ① Application form ② Passport (copy is fine)

** Vaccination Ticket ~ if you lost it, please bring others Identification to confirm your My Number and address.

③ Vaccination Certificate or Vaccination Record

★ Passport with the others name (maiden last name, others last name or first name)

④ If the name of passport is maiden name or different name, please bring Identity Document to confirm.

★ When you request representative to apply

⑤ If you ask another individual to apply, please bring power of attorney with personal signature.

★ When you apply via post mail

⑥ Please send post mail with ①~③ documents, if necessary, also enclose ④ and ⑤'s documents.

** Please submit ④ and ⑤'s documents by copy but these copies are unable to return.

Send to and Inquiries: Hamura City Vaccine Call Center (in Hoken Center)

〒205-0003 5-5-2 Midorigaoka

☎0570-030207

< Aiming for an area where residents may live in their wishing way

~ 5 Challenges in this summer >

① ~ちょっとした応援が大きな力に~ 認知症サポーター養成講座参加者募集

< Little Supporting becomes Huge power ~

Courses in Nursing Care for Supporting Dementia Patients >

As we know, everyone will become dementia possibly. In order to live in familiar area even people have dementia, it is very important to have a little support in living area. 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: August 26th (Thu), 7PM ~ 8:30PM (Reception is from 6:30PM)

Location: Yutorogi 2F Kouza Shitsu 1

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

Capacity: 15 people (in order of application)

Things to bring: Writing utensils.

Instructor: Chiiki Hokatsu Shien Center Ayumi, Caravan mate

How to apply and Inquiries: Till August 23rd (Mon), please call or come to

Chiiki Hokatsu Shien Center, Ayumi ☎042-570-1200

② ~世界アルツハイマー月間講演会~ 認知症の予防と、地域でともに暮らすために

< Lecture about "Dementia" ~ Prevention of Dementia and Living together with others ~ >

Date and Time: September 9th (Thu) 3PM~5PM

Location: Yutorogi Small Hall

Eligibility: Hamura Residents, workers and students

Capacity: 100 (in order of application)

Thing to bring: Writing Utensils

Details: Lecture of the cause reasons, symptoms of Dementia, how to prevent and early treatments.

Lecturer: Mr. Suzuki, Hiroyuki (Tokyo Health and Longevity Medical Center Laboratory)

How to apply: Till September 3rd (Friday) 9AM~5PM, please call, email or come to City Hall, Kourei Fukushi

Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ✉s304200@city.hamura.tokyo.jp

** When you apply via email, please write down **Subject ~ "Apply for Dementia Lecture"**

③ ~男性介護者対象~ 家族介護者リフレッシュの会

<For Male Caregiver ~ Get-together Refresh event for family members of dementia patient >

Male Participants can learn and talk about how to take care of family members (mother or wife) in need of special care for dementia symptoms. Join to share your questions/tips with other care takers. There are information and tips of countermeasures to prevent affection at home, personal information will be confidential.

Date & Time: September 11th (Sat), 10AM~11:30AM

Place: Yutorogi 2F Gakushu Shitsu 1 and 2

Eligibility: Hamura residents who are taking care of mother or wife

Capacity: about 10 people (application order)

How to Apply and Inquires: Till September 3th (Fri) 9AM~5PM, please call, email or come to Kourei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ✉s304200@city.hamura.tokyo.jp

** When you apply via email, please write down **Subject ~ "Apply for Kazoku Kaigo"**

④ 新たな活躍の場！ 介護予防リーダー養成研修

<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: September 30th (Thu) ~ December 16th (Thu) (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: 10 (in order of application)

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

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

How to apply and Inquiries: Till September 24th (Fri) 9AM~5PM, please call, email and come to Kourei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ✉s304200@city.hamura.tokyo.jp

** When you apply via email, please write down **Subject ~ "Apply for Kaigo Yobo Leader"**

⑤ ~オンラインで挑戦！~ おうちでできるフレイル予防体操

[Challenge Online ~ Frail Prevention Exercises Class at Home]

Using your own smartphone and tablets to do stretching, muscle training, and methods to prevent dementia. If you do not have any terminals which are available to borrow and instructors will teach beginner for using computer.

Eligibility: People are able to participate all sessions as below

- 1) Over age 65
- 2) Those who can do exercise alone and comfortable to take pictures or video during class lesson
- 3) Those who has smart phone, tablet or computer terminals with microphone and camera.

** If you do not have any terminals, terminals are available to be lend in venue. Please inquiry.

Capacity: 10 (if applicants are over, drawing will be held)

** Communication fee is by applicants own.

Things to prepare:

- 1) Email address to receive and send emails.
- 2) Wi-Fi etc. internet available environment
- 3) The space of safety exercises.
- 4) Stable chairs for doing exercises.

Schedules:

Date		Location	Details
1	September 8 th (Wed)	Yutorogi Reception Hall	Orientation of using terminal, physical measure and lecture of Long-term care prevention
2	September 15 th (Wed)	Participant's Home	Long-term caring prevention lecture, Frail prevention exercises and communications of participants.
3	September 21 st (Tue)		
4	September 29 th (Wed)		
5	October 7 th (Thu)		
6	October 13 th (Wed)		
7	October 21 st (Thu)	Yutorogi Reception Hall	Long-term caring prevention lecture, Frail prevention exercises and physical measure
8	October 27 th (Wed)	Yutorogi Reception Hall	Confirm online terminals using way properly, Long-term caring prevention lecture, Frail prevention exercise, return physical measure result and exchange opinions with applicants.
9	November 10 th (Wed)	Participant's Home	Online Frail prevention exercises and communicate with applicants.
10	November 25 th (Thu)		
11	December 9 th (Thu)		
12	December 23 rd (Thu)		

** All sessions time are **10AM ~ 11:30AM**

How to Apply and Inquires: Till August 31st (Tue) 9AM~5PM, please call, email or come to Korei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☒s304200@city.hamura.tokyo.jp

** When you apply via email, please write down **Subject ~" Apply for Online Long-term caring prevention excises"**

お知らせ

INFORMATION



8月1日から変わります

介護保険施設における食費・居住費と高額介護サービス費の負担限度額

< **Long Term Care Ceiling Amount will be changed from August 1st ~**

Long Term Care Facilities' food, housing expenses and High Care Services fees >

Depending on the income level, you will be able to qualify for a ceiling amount with your long-term care dwelling and meal payments, which normally are not funded by the care system. The costs which exceed this ceiling will be funded by the insurance system.

① The subsidy system will be changed for Long Term Care Facility Residents or Short-Stay users' food and housing expenses.

- The eligibility income and assets requirement 助成を受ける方の預貯金要件

Yearly Income	Saving Amount
The pension income etc※ ~ ¥800,000 or less	Single: 6.5 million yen or less Couple: 16.5 million or less.

The pension income etc. ~ ¥800,000 ~ ¥1,200,000 or less	Single: 5.5 million yen or less Couple: 15.5 million or less.
The pension income etc. ~ ¥1,200,000 or over	Single: 5 million yen or less Couple: 15 million or less.

● Food expenses payment limit 食費の負担限度額

Yearly Income	Facility Resident	Short-Stay User
The pension income etc.※~ ¥800,000 or less	¥390	¥600
The pension income etc. ~ ¥800,000 ~ ¥1,200,000 or less	¥650	¥1,000
The pension income etc.~ ¥1,200,000 or over	¥1,360	¥1,300

※Pension Income etc.→ public pension income (including non-exempt pension) + the others income amount

※Food average fee → basic standard fee becomes ¥1,445

※No change for housing burden payment

※Recipients of Living assistance act or the elderly welfare pension, etc. burden ceiling fee for food and housing are unchanged.

- ② Monthly upper limit of co-payment (High priced long term care service) is changed.
If user age over 65 of long term care service (household) year income is over 7.7 million

● Usage fee co-payment limit 利用料の負担限度額

Income Yearly	Long term care services maximum co-payment amount
The taxable income 6.9 million yen (Income yearly 11.6 million yen or over)	¥140,100.- (per household)
The taxable income 3.8 million yen (Income yearly 7.7 million yen) ~ The taxable income 6.9 million yen or less (Income yearly 11.6 million yen or less)	¥93,000.- (per household)

** The others except abovementioned maximum co-payment amount are not change.

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext. 144

償却資産の申告をお願いします

< Reporting of Your Depreciable Assets Owned and Exceptional Measures >

If you are registered with Hamura City as a business or individual who owns a depreciable asset, you are required to file for that asset under your name as of January 1st every year and need to report till Jan 31st. If you still not reported yet, please report to city as soon as possible. Hamura City has sent forms in middle of August to those who have not yet filed accordingly. (償却資産申告) Please report your depreciable assets with this form.

- If you need Declaration Form, please contact to city hall Kazei Ka, Shisanzei Kakari ☎Ext. 157
- eLTAX is available to apply, please check city hall official website to get details.

HEALTH

健康

杏林大学共催 運動健康増進プログラム 「ミニ体カチェックと個別相談会」

< Exercise Promotion ~ "Physical Fitness Check and Individual Consolation" >

Execute physical fitness measurements, explain results and advise helpful exercises.

Date: August 21st (Sat), per session 50 minutes

Morning Course -

	Time	Capacity
①	9:40AM ~ 10:30AM	Each class 3 people (in order of application)
②	10:10AM ~ 11:00AM	
③	10:40AM ~ 11:30AM	
④	11:10AM ~ Noon	

Afternoon Course-

	Time	Capacity
⑤	1:10PM ~ 2PM	Each class 2 people (in order of application)
⑥	1:40PM ~ 2:30PM	
⑦	2:10PM ~ 3PM	
⑧	2:40PM ~ 3:30PM	

Place: Sports Center the 2nd Hall (Need not indoor exercise shoes)

Eligibility: Hamura Resident age is from 20 to 79 till April 1st, 2020 (Physical Fitness Check needs to be apart 6 months from previous checking.)

Fee: free

Things to Bring: Easy to move wears, water bottle for hydration and towel

Details: * General Physical Fitness Measurement - Health check, Measure blood pressure, Grip strength, Body composition, Sitting up, and Knee extension muscle strength.

[Age 20~64] Standing and long jump

[Age 65~79] One-leg standing with eyes open

*Lecture about how to see the results correctly.

*Lecture about how to improve physical strength and muscle strength by demonstration

Lecturers: Mr. Ishii, Hiroyuki (morning only), Mr. Aihara, Keita and Ms. Kusuda, Mina

Application/Inquiries: During August 3th (Tue) ~ 18th (Wed) , please call Kenko Ka ☎042-555-1111 Ext.624

中央児童館「キラキラ☆クラブ 第2期」おともだち募集!

Central Children Center < Join in "KiraKira Club 2nd Session" >

KiraKira club is an activity group for children at preschool age who are not enrolled in nursery school / kindergarten.

Eligibility: Children not attending preschool/kindergarten above 2 years old and Guardians

Activity Term: September ~ November

Activity Day and Time: Tuesday 10AM ~ (Twice of month about 30 minutes)

Capacity: 7 groups (in order of application)

Fee: ¥400 (Sweet Potato Digging experience Fee)

Application form distributed locations: Application forms are distributed in all Children Centers and City Hall

How to Apply and Inquiries: August 1st (Sun) ~ 31st (Tue) 9AM~4PM, please submit application form to Central Children Center directly. ☎042-554-4552

3R 促進ポスターコンクール作品募集

< 3R (Reduce, Reuse, Recycle) Promotion Poster Contest >

Ministry of the Environment and 3R Activity Promotion Forum are seeking poster artworks for 3R promotion.

Theme: Promotion of the Reduction, Reuse, and Recycling of waste

Category: 1st & 2nd graders, 3rd & 4th graders, 5th & 6th graders, and Junior High School Students

Poster size: Gayoushi Paper (380mm x 540mm Yotsugiri size) or B3 size (364mm x 515mm)

How to enter: Fill in your name, age, grade, and comment about your artwork (no longer than 50 characters), school name, school address, and phone number on a sheet of paper and attach it to the back side of your artwork, then bring it directly to Seikatsu Kankyo Ka ☎Ext. 205 in City Hall by **August 31st (Tue)** on weekdays.

*You can download the entry format and obtain details from the Hamura City Official Website.

Inquiries: Seikatsu Kankyo Ka ☎Ext. 205

新型コロナウイルス感染症生活困窮者自立支援金

< Independence Support fund for people in need due to COVID-19 >

This service is provided to households that are in need due to the effects of COVID-19, for which the re-lending of the comprehensive support fund implemented by Tokyo Metropolitan Social Welfare Association has been terminated and meet the income, asset and job searching requirements.

Support fund amount: Single household ~ ¥60,000 / per month
2 persons household ~ ¥80,000 / per month
3 or over persons household ~ ¥100,000 / per month

Payment term: Starting from July, 3 months after applying month

Requirements: Please check city official website to get details.

How to Apply: Till August 31st (Tue) (postmark date), please mail application documents to City Hall, Shakai Fukushi Ka, Shomu Kakari

Submit to and Inquiries: City Hall, Shakai Fukushi Ka, Shomu Kakari ☎Ext 478

8月10日は道の日

< August 10th is "ROAD DAY" >

Street Rules for Keeping Safe and Pleasant Streets for Everyone

- Do not set up banners, signboards or product displays on streets without permission.
- Do not illegally-park bicycles / motor bicycles on streets and other public places.
- Leaving ramp blocks (at the parking entrance/exit) on a street is prohibited.
- Do not dispose of trash or grease into street gutter.
- Do not neglect tree branches or plants growing out to street. It may block the sight or narrow the sidewalk.
Road Law States that:
 - In case of a traffic accident caused by a personal thing or a signboard placed on street, or a tree branch growing out to the street, the owner of such item may be called to account for the accident.
 - The road must be clear under the standards of the law to enable emergency vehicles to pass.
- Please cooperate with the promotion of Narrow Road Maintenance. Narrow Road with width of less than 4 M has problems not only in traffic safety (poor visibility at intersections and corners) but also in disaster prevention (obstacles for emergency vehicles such as ambulances and fire engines). Kindly ask your cooperation in improving narrow roads.

- If you donate or provide road land free loan to city ~
 Pavement maintenance: city paves the road site.
 Site management: city manages the road site
 Tax exemption and exemption from property taxes ~ please contact city to get details
Inquiries: Road maintenance ~ City Hall, Doboku Ka, Douro Kanri Kakari ☎Ext.292
 Taxation ~ Kazei Ka, Shisan Zei Kakari ☎Ext.157

国民年金保険料の納付は、口座振替・前納がお得です

< **Rate Reduction Applied For National Pension Premium Advance Lump-Sum Payment** >

All people who are registered to reside in Japan and aged between 20 and 59, irrespective of their nationality, must be covered by the National Pension system by law and must pay contributions.

When paying the National Pension premiums in advance in lump-sum of 6 months in advance by bank transfer, some reduction is applied to the yearly premium amount. If you wish to register for the automated bank transfer payment, please do so by the deadline.

This registration need not be renewed yearly. It will be automatically continued in every following year.

- Deadline: Till **August 31st (Tue)**, Bank transfer will be made on the 31st of October, however, if the financial institution is closed on 31st, it will be made on the next day of operation.

Place and items to bring for registration: Please take a procedure at a financial institution of your banking account. Bring your bank book, Inkan registered to the account, Nenkin Techou or proof of national pension certification number, and registration form which is available at the pension office and financial institutions.

Inquiries: Ōme Nenkin Jimusho (Pension Office) ☎0428-30-3410



都営住宅入居者募集 (8月)

< **TOKYO METROPOLITAN PUBLIC HOUSING "Toei Juutaku" Application Information for Aug 2021** >

(Toei Juutaku housings are managed by the Tokyo Metropolitan government in purpose of providing affordable housings for low-income earners.)

Availabilities for this application period are for the following household types;

- 1) Family unit (general)
- 2) Single. Wheel-chair and Silver peer (single or 2 persons household)
- 3) House that died of illness in room (single, single with wheel chair, silver peer, etc.)

Application: The completed application form must reach Shibuya Post office by mail before **August 16th (Mon)**.

Brochure with application form (in Japanese): August 2nd (Mon) ~ 11th (Wed) 8:30AM~5PM

Locations for Brochure Handout: at Toshikeikaku Ka (city hall 2nd Fl.), 1st FL Reception Desk and B1 the front of Management Room

There are applicant eligibility qualifications regarding income level, period of resident registration history, etc. For details, please refer to the application brochure.

Inquiries: Tokyo Juutaku Kyoukyuu Kousha Toei Jyuutaku Boshuu Center (JKK Tokyo Application Center)
 Aug. 2nd (Mon) ~ 16th (Mon) ☎0570-010-810 / other times ☎03-3498-8894

*Exclude Saturday, Sunday and Holidays.

フレッシュランド西多摩

FRESHLAND NISHITAMA ☎042-570-2626

■ 天然温泉の掘削工事がはじまります

< **Natural hot spring excavation work begins** >

The Freshland Nishitama has planned to big scale to remold during fiscal year 2023, for preparation works,

the natural hot spring excavation work begins soon.

During works term, noise generation and partial usage restrictions on walking paths, etc. might be caused, sorry to cause your inconveniences.

Works Term: July, 2021 ~ March, 2022.

■ 臨時休館のお知らせ

<Temporary Closing Information>

Date: Close August 10 (Tue) for moving materials.

*** The walking paths are not available during close day.

■ 回数券の販売は9月30日まで

<Discount tickets is selling till September 30th>

During fiscal year 2023 big scale remolding construction, it will close one year. Regarding discount tickets, please use all during valid period. If you have points, please use it till end of March, 2023.

Inquiries: Freshland Nishitama ☎042-570-2626

貯水槽水道を設置している方へ

< Maintenance of Water Tank >

Schools, hospitals and other multistoried buildings are equipped with water tanks. Hamura City is responsible of the water quality until the water enters the tank of a private building. Once water is in the tank, the quality management and responsibility of water is on the building owner.

Building owners, please do not neglect the required maintenance works for keeping the safe condition of the system periodically.

- ① Clean the inside of receiving tank and elevated water tank once a year.
- ② Check the equipment inside and surrounding devices of water tank once a year.
- ③ Check the water color, turbidity, odor, taste and residual chlorine for abnormalities regularly.

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

図書館

LIBRARY ☎042-554-2280

小学生向け おうまがときおはなし会

<For Elementary School Students ~ Dark Night Story Telling >

During hot summer nights, a little chilly and scaring story telling will be held.

Date and Time: August 20th (Fri) 6PM~6:30PM

Location: Main Library (Story Telling Room)

Eligibility: Elementary School Students (need guardians to pick up)

Capacity: 10 (in order of application)

How to Apply: August 7th (Sat) 10AM~, please come or call to library.

Inquiries: Library ☎042-554-2280

<Close Day for Cleaning>

休館整理日

Date: August 17th (Tuesday)



■ おしゃべり場 「おむつバイバイ」

< Chatting Place for Parents > 」

This month's topic is "Say Bye to Diapers". 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 (9AM~11AM)

<p><u>Place & Date:</u> Central Children Center – Tue, Thu & Sat West Children Center – Mon, Wed & Fri East Children Center – Tue, Fri & Sun</p>	<p><u>Inquiries:</u> Kodomo Katei Shien Center ☎Ext. 269 ☎042-578-2882</p>
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■ 「ちょこっと広場」を利用してください

< "Chokotto Hiroba" Consultation Services- Require Reservation >

The Child Rearing Consultation Service offered by Clinical Psychologists assigned from Hamura City Child And Family Support Center (Kodomo Katei Shien Center), "Chokotto Hiroba" are offered to city citizens. Please feel free to visit to talk about your child's psychological development, parent's mental stress and etc. In addition to the general consultation, they provide more detailed consultation about the various matters related to the growth by addressing the specific needs of your child.

こころの相談（臨床心理士）

◆ Consultation for Emotional Wellbeing of Your Child ~ "Kokoro No Soudan"

Date and Time	Capacity	Location
Aug 18 th (Wed) 10AM	1 (in order of application)	West Children Center

ことばの相談（言語聴覚士）

◆ Consultation for speech and hearing Concerns (speech therapist) of Your Child

Date	Capacity	Location
Aug 16 th (Mon) ① 9:30AM ② 10:45AM ③ 1:15PM ④ 2:30PM	One for each time (in order of application)	Hoken Center

** City official website is posted the whole year schedule.

Inquiries: Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari, ☎Ext. 694

■ 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: August 24th (Tue) 1:30PM~3:30PM

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

■ 1歳児教室「1歳ちゃん♪ 生まれ〜！」

< 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: August 24th (Tue), from 9:30AM ~ 11PM Location: Hoken (Health) Center
Eligibility: Hamura City Residents who have a child at age 1 year old as **August** can attend with their child.
Capacity: First 8 (in order of application) Priority for applicants of the 1st time to participate
Things to Bring: Boshi Kenkou Techou (Maternal Handbook), Bath Towel and Beverage
Application and Inquiries: Starting from August 5th (Thu) 9AM~, please call or come directly to Kosodate
Sodan Ka, Boshi Hoken. Sodan Kakari ☎Ext. 695

特別児童扶養手当「現況届」の提出を

< Notification of Current Status for Special Child-Raising Allowance >

Recipients of Special Child-Raising Allowance (特別児童扶養手当) are required to submit a Notification of Current Status (現況届) along with the required documents during the designated filing period. Please do not delay to take the procedure. For procedure details and required documents, please inquire. Recipients will be notified by early of August by mailed notice from the City.

Filing Period: August 2nd (Mon) ~ September 3th (Fri)

Office Hours: 8:30AM~11:45PM, 1PM~5PM (Exclude 11:45AM~1PM)

** Special office is open on Aug 21st (Sat) and 22nd (Sun), 28th (Sat) and 29th (Sun)

Location: Kosodate Shien Ka on the 2nd floor of the City Hall.

Inquiries: City Hall 2F, Kosodate Shien Ka Shien Kakari, ☎Ext 235

羽村市制施行30周年記念事業

<The 30th Anniversary Project of Hamura Municipal System Enforcement>

「はむらの魅力発見！」 絵画・映像コンクール 作品募集

[Discovering the charm of Hamura!] ~ Painting and Video Works Competitions

Hamura City will held the Painting and Video competitions to discover Hamura Charm and celebrate the 30th Anniversary Project of Hamura Municipal System Enforcement.

(1) 絵画コンクール Painting Competition

Eligibility: Elementary and Junior high school students of Hamura residents.

Titles: ① [The wonderful ○○ of Hamura City that you want to leave in the future]

② [Hamura City Future Forecast: after 10 years ○○ ~]

** You may choose either one title.

Size: Yatsugiri size Gayoushi Paper (380mm x 270mm)

Deadline: September 1st (Wed)

(2) PR映像コンクール PR Video Competition

Eligibility: Elementary and Junior high school students of Hamura residents (individual, class, group etc.)

Titles: [The wonderful ○○ of Hamura City that you want to leave in the future]

Video ~ about 1 to 3 minutes Slide show pictures ~ about 3 to 5 pictures

Deadline: September 15th (Wed)

How to Apply:

- Hamura City school students ~ please submit to school.
- Students of other cities ~ please come or email to Gakko Kyoiku Ka (School Education Division)

★ Please fill in all requirement information on application form attached with applying works, not folding painting paper and input video views in DVD-R.

★ Please put in any favorite words in [○○] such as living, street, family, friends etc.

Send to: 〒205-8601 (need not to write down location) to Hamura City Gakko Kyoiku Ka Shido Kakari

Inquiries: Kikaku Seisaku Ka ☎Ext. 313, Gakko Kyoiku Ka ☎Ext. 379

キリンの子すくすく成長中

<Baby Giraffe growing quickly>

Baby Reticulated Giraffe was born on April becomes 180 CM high and much bigger than Keeper stuff. Baby Giraffe is also eating the same kinds of food with mother.

Whenever you see, you will feel it grows bigger and bigger. Welcome to Zoo to visit it.

<Close Days in August>

Aug 2nd, 16th, 23rd and 30th all Mondays.

- Aug 9th (Mon, Holiday) will be opened.

Inquiries: Hamura Zoo ☎042-579-4041

Public Consultations Schedule of August 8月相談日

Public Administration and Human Rights	19 th (Thu)	1:30pm ~ 4:30pm
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◆ Consultations are by appointment only. Please do not call the Shimin Soudan-shitsu for consultation over the telephone

8月休日診療

◆ LOCAL MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
1 st (Sun)	Shinmeidai Clinic	☎042-554-7370	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Uno Shika Iin	☎042-555-8241
8 th (Sun)	Baba Kodomo Clinic	☎042-555-3788	Hikari Clinic (Fussa-shi)	☎042-530-0221	Okikura Shika	☎042-555-4331
9 th (Mon)	Yokota Clinic	☎042-554-8580	Arai Clinic (Mizuho-machi)	☎042-557-0018	Ozawa Shika Clinic	☎042-579-1500
15 th (Sun)	Sakae-chou Shinryoujo	☎042-555-8233	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Katou Shika Clinic	☎042-554-8887
22 nd (Sun)	Yamakawa Iin	☎042-554-3111	Hikari Clinic (Fussa-shi)	☎042-530-0221	Motoe Dental Clinic	☎042-513-7808
29 th (Sun)	Hamura Sougo Shinryoujo	☎042-554-5420	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Asahi Kouen Douri Shika Iin	☎042-555-7904

* Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily, where you can obtain information by phone about medical institutions that can provide language assistance and explanation about the Health System of Japan. Translation service is available on a separate website: <https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/> online at the Medical Information Website of the Tokyo Metropolitan Government. The translation may not be accurate as the function is operated on the web based translation machine.