



HAMURA NEWS

HAMURIN Hamura City Mascot

September 15th, 2021

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

WATCH OUT FOR COVID-19

急増~羽村市でも若年層の新型コロナウイルス感染症患者が増えています

<RAPID INCREASING ~ the number of YOUNG COVID-19 patients is increasing.>

Inquiries: Kenko Ka (in Hoken Center) ☎EXT. 622~626

新型コロナワクチン接種の実施状況 (8月31日現在)

Implementation status of COVID-19 vaccination (as of August 31, 2021)

Overall (12 years old and over) ~ number of people 49,684

[1st time vaccination] Vaccination people 27,254 (vaccinated rate 54.9%)

[2nd time vaccination] Vaccination people 18,798 (vaccinated rate 37.8%)

65 years old and over ~ number of people 14,636

[1st time vaccination] Vaccination people 13,008 (vaccinated rate 88.9%)

[2nd time vaccination] Vaccination people 12,594 (vaccinated rate 86.0%)

The number of new cases covid-19 patients of Hamura City in August is more than **four** times than previous month and about half of them are in **twenties or younger**. It is very obvious that young people infected is increasing rapidly. So please take proper countermeasures to protect yourself, family and people around you from COVI-19 spreading.

他人事でなく自分事として考えましょう

It is not another individual affair any more, people should think it to be own personal issue!

Please make sure to continue countermeasures thoroughly.

- When going out or moving: 外出、移動するときは
 1. Always wear mask, wash hands and ventilate the room thoroughly.
 2. Refrain from going out unnecessarily. (Especially self-restraint after 8PM)
 3. Keep a small number people to go shopping and refrain times.
 4. Refrain from moving between prefectures as much as possible.
- Workplace 職場では
 1. Utilization of telework, the goal is to reduce the number of employees in office by 70%
 2. Reduce contact with people such as staggered work and bicycle commuting.
 3. Wash your hands as soon as when you get to workplace
 4. As few conversation as possible.
 5. Break time with few people
 6. Ventilation thoroughly
 7. If you fell unwell, please take a rest without overdoing.

If you have any concern about COVID-19, please inquires as following: ~

Status	Inquires
When you have symptoms	Please contact your home doctor
Unable to have medical examination or without home doctor	Tokyo Metropolitan Fever Counseling Center ☎03-5320-4592 (24 hours) (include Saturday, Sunday and Holidays)
If you have other concerns, ● Knowing countermeasures to prevent COVID-19 ● Might have been infected COVID-19 ● It is better to have PCR test, etc.	New Coronavirus (COVID-19) Call Center ☎0570-550571 9AM~10PM (include Saturday, Sunday and Holidays)
Request to have PCR test at own expense	Please search through internet~ "Koroshō Jihikensa" (Ministry of Health, Labor and Welfare, self-expense)
Regarding about correspondence of CLOSE contact and infected person	Nishitama Hokensho ☎0428-22-6141 9AM~5PM (exclude Saturday, Sunday and Holidays)

■新型コロナウイルスに感染症で、自宅療養している方に食料品をお届けします。

<City will deliver Food to those who are receiving Medical Treatment at home due to COVID-19.>

For those who are undergoing medical treatment at home with COVID-19 infection, city will help to deliver food. Please contact if you are applicable.

Eligibility: Those who meet 1) ~ 3) all of the following requirements.

- 1) Hamura residents infected with COVID-19 with positive test result and are undergoing medical treatment at home (including family members such as close contacts living together)
- 2) Those who have not received relief supplies from Tokyo Metropolitan yet.
- 3) Those who have difficulty in securing food because there is no one in the neighborhood who can support.

Support Details:

Rice and rice porridge (retort pouch products), canned foods, sports drinks, etc. for 3 days.

* Contents are subject to change.

* Items cannot be specified.

* Individual food allergies cannot be deal with, so if you have allergies, please check the ingredient label of products.

Shipping Method: It will be placed at the front door (unable to deliver face-to-face delivery).

How to Apply: Please dial ☎070-3190-1222 9AM~5PM (exclude Saturday, Sunday and Holiday)

** If you apply before noon, the food will be delivered to next day.

** For Hearing Impaired person, please contact via FAX i ☎042-579-2590

** Please check city official website to get more details.

Inquiries: Sangyo Shinko Ka, Shoko Kanko Kakari ☎Ext. 655



Inquiries: Hamura City New Coronavirus (COVID-19) Call Center ☎0570-030207, 9AM~5PM (include Saturday, Sunday and Holidays)

** For hearing impaired person, please Fax ☎042-554-4767

If it is hard to connect, please try to call Kenko Ka(in Hoken Center)☎042-555-1111 Ext.627~630

妊娠中の方およびその家族の優先接種を行っています。

<COVID-19 Vaccination ~ Pregnant Women and her family Priority Vaccination>

The Ministry of Health, Labor and Welfare comments vaccination for pregnant women due to the infection with COVID-19 during pregnancy tends to disease more severe especially in the latter term of pregnancy and cause risk of premature birth.

According to this reason, Hamura City will provide priority to Pregnant Women and their families' vaccination. Please check city official website to get details.

Eligibility: ① Currently pregnant women

② Pregnant women's and living together family who is age 12 or over.

Reservation method: Please call Hamura City New Coronavirus (COVID-19) Call Center to make reservation.

※ You cannot make reservations for priority from internet, so please be sure to contact call center.

※ Pregnant priority vaccination is held on Tuesday ~ Friday (exclude holidays) morning and afternoon time.

※ Those who have already made regular reservations can also change to the priority frame.

※ The Pregnant women may make regular reservation, please reserve during Tuesday ~ Friday (exclude holidays) morning and afternoon time as possible as you can.

大規模接種会場でワクチン接種を受けることができます

<You can get COVID-19 Vaccination at large scale vaccination sites >

The vaccination ticket sent from Hamura City was received, you may use it to get vaccination in others large scale vaccination sites. Please check Tokyo Metropolitan official website to get details.

10月からマンナンバーカードが健康保険証として利用できるようになります。

< From October, the Number Card will be available as a Health Insurance Card >

- Apply **MYNAPORTAL** from smartphone スマートフォンからマイナポータルで申込み

Things need to be prepared:

- 1) Applicant's personal My Number Card + PIN code (4 digits) set up at municipal city office
- 2) My Number Card readable smartphone (or PC with IC card reader)
- 3) App installation ~ **MYNAPORTAL**

Applying Procedures:

Step 1 ~ start to [MYNAPORTAL AP]

Step 2 ~ Tap [Health Insurance Card Application]

Step 3 ~ Confirm all user's regulations and agree to it.

Step 4 ~ Read My Number Card, input 4 digits PIN Code, touch card to smartphone and press start.

You can complete the procedure at the City hall.

市役所でも申し込みができます

Counter: West building 1st Floor Shimin Ka, Hoken Kakari. Korei Iryo. Nenkin Kakari.

Things to bring:

- My Number Card
- PIN code (4 digits) set in advance at the municipal city office.

There are such Merits: こんなメリットがあります！

- It can be used as a Health Insurance Card for long term.

If you use My Number Card, you can get a medical examination with the card without waiting for the change insurance card even if you get a new job, change jobs or move.

- Easy confirmation of medical insurance qualification

People can check medical insurance qualification by holding it over medical institution stalled card reader and speed up the paper work at the reception of the medical institution or pharmacy.

- No need to pay more than the limit.

Even you do not apply for certificate of limit approval, you need not to pay more than the limit under the high-cost medical treatment system at the medical institution counter. But it may not be available if the insurance tax is delinquent.

** Card Reader to be installed at medical institutions, etc. is required by the end of March, 2023.

** The start times are depending on the medical institution and pharmacy, so please check website of the Ministry of Health, Labor and Welfare and Social Insurance Medical Fee Payment Fund.

Inquiries: Shimin Ka, Hoken Kakari ☎Ext. 126

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>

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 1st, 2021 age over 75 or becoming 75 this year (was born April 2nd, 1946 to April 1st, 1947)

Deliver Method: Commemorative Gift will be sent out after September 17th (Fri) by register mail.

- Preventing "Frailty" and "Dementia" through enjoying shopping

If you refrain from going out excessively for COVID-19 countermeasures and spend more time at home, you will have less opportunity to exercise and interact with people in your life. If the period is long, the motor and cognitive functions are impaired without any notice and become status of "Frailty" and "Dementia".

Inquiries: Korei Fukushi Kaigo Ka, Korei Fukushi Kakari ☎Ext. 178

福祉

WELFARE

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 Gasoriniyou Josei)

Applications for subsidization of payment for purchase of taxi fare or gasoline costs during the first half of the fiscal year of 2021 will be accepted. Notice will be sent out at late September. To be eligible, you must be 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. 1st (Fri) ~ 8th (Fri) 8:30AM~8PM but exclude Saturday and Sunday

Location: Shougai Fukushi Ka at the 1st Floor of City Hall

Things to Bring:

- Receipts for purchase of taxi fare or gasoline costs from April to September, 2021. (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 10th(Sun) effective date of postmark
- Documents to mail:
 - (1) Receipt of taxi or gasoline costs for April-September, 2021 (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

Notes:

- 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, 2022
- For details, please check Mail of late of September or City official website

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

CHILDREN

10月1日はマル乳・マル子医療証の更新日です

< October 1st is Child Medical Certificate Renewal Day >

These medical certificates are renewed annually on October 1st. New certificates are "Light Orange Color" (valid Oct 1st, 2021 ~ Sep 30th, 2022) will be mailed to applicable households in late September.

** The child is 6 years or 15 years old with Medical Card, expiration date is March 31st (Thu), 2022. ㊦ Child Card for child 6 years old will be mailed in late of March, 2022 (valid Apr 1st (Fri) ~ Sep 30th (Fri), 2022).

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.

** The current certificates will expire on September 30th. After expiration, card must be destroyed or returned to Kosodate Shien Ka in city hall in person.

Inquiries: Kosodate Shien Ka, Shien Kakari, ☎Ext.235



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: Early October ~ Middle November Fee: ¥2,200 per block (About 10 heads),

	Farm Location	Blocks Number	Farm Owner Contact
①	Ozakudai 5-16	40	Mr.Miyamoto ☎042-554-6943
②	Sakae-cho 2-20	20	Mr. Katou ☎042-554-2044

How to apply & Inquiries: Please come to apply at Sangyou Shinko Ka, Nousei Kakari in City Hall West Annex (Nishi-Bunshitsu) on October 4th (Mon), 9AM~Noon

- If applying after October 4th (Mon) NOON, please contact the farmer directly.
- Non-Hamura residents can also apply.
- Please pay the fee with exact change while applying.

Inquiries: Sangyou Shinko Ka, Nousei Kakari, ☎Ext. 663

9月21日(火)～30日(木)は令和3年 秋の全国交通安全運動

< 2021 Fall Traffic Safety Campaign > September 21st (Tue) ~ 30th (Thu)

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. Preventing accidents when walking and riding bicycles at night time
3. Make sure safety and follow regulations of riding bicycles
4. Eradication of drunken driving and dangerous driving.
5. Preventing motorcycle and bicycle accidents

For Guardians:

Please give guidance on safe behavior to protect your child from traffic accidents.

1. Never Jump Out
2. A can might come even at a green light, so let us check the safety on the left and right.
3. Do not cross the road in front of or behind a stopped car.
4. Be careful trucks have many blind spots and it is easy to overlook pedestrians.

◆ While going out with little child(ren)

Please make sure to have protection actions for little child(ren) to avoid traffic accidents, such as never leave your sight off child(ren), walking hand in hand with child(ren) etc.

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

お知らせ

INFORMATION

飼い猫の飼育マナーアップ! ~みんなが気持ち良く生活できる街を目指しましょう~

<Breeding Manners for Domestic Cats! ~ Let's aim for living comfortably city to everyone.>

There have been many neighborhood troubles related to cats. One of the reason is improper cat breeding. Manure, barking, mess trash, and if you haven't had sterilization / castration surgery for cats, kittens might be created with unowned cats and increase the number in the area.

In a residential area, please keep your cat indoors to protect from local troubles and accidents.

If it is unavoidable to keep it in outside, please perform infertility / castration surgery to limit breeding.

[Points to have a cat as pet]

- 1) Please try to keep indoors.
- 2) Display your identity on the microchip and collar.

It will help to distinguish from a cat without owner or a clue when you get lost it.

- 3) Perform infertility / castration surgery
- 4) Prepare a depository in case of emergency

The owner may be unable to keep cat due to sudden illness or accident. So, it is important to prepare a depository in advance.

Inquiries: Kankyo Hozen Ka ☎Ext.226

HEALTH

乳がん検診 子宮頸がん検診

<Breast Cancer Screening and Cervical Cancer Screening>

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.

< Breast Cancer Screening 2nd Term > 乳がん検診(第2期)

Date: By appointment October 1st (Fri) ~ December 28th (Tue) specified day

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 in last and this fiscal year.

・ There is a limit to screening capacity. (It will be closed up to capacity number)

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 ineligibles ~

- ◆ 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 2nd Term > 子宮頸がん検診(第2期)

Date: By appointment October 1st (Fri), 2021 ~ Feb 28th (Mon), 2022 specified day

Participating Facilities:

Hamura City ~ Yorimitsu Ladies Clinic, Hamura Himawari Clinic and Wakakusa Iin,
Fussa City ~ Fussa Hospital and Taisei Hospital

● Cancer Screening Ends on: December 28th (Tue) 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. (It will be closed up to capacity number) 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:

How to Apply: Starting from Sep 15th (Wed), 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

Examination Methods:

After accepting, a medical examination voucher will be send out. Please check each hospital's reservation and examination methods.

- ・ 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.

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

がん検診クーポンを持っている方へ 忘れずに活用してください。

< To Those Who Have Cancer Screening Coupons ~ Please be unforgettable to utilize it .>

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.

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

メンズキッチン

< Men's Cooking Class >

Building a healthy body starts with the meal you have every day. Men's Cooking Class will introduce cooking tips and enjoy in making cuisines.

Date: October 19th (Tue) 10AM ~ 11:45AM

Location: Health Center

Eligibility: Hamura Male Residents

Capacity: 12 (in order of application)

Things to Bring: Writing utensils, health notebook (if you have) and wear mask

Details: Health sessions, registered dietitian will show cooking demonstration to introduce cuisines.

How to apply and Inquires: Starts from September 16th (Thu), please call Kenko Ka (in Hoken Center) ☎Ext.625 to apply.

健康管理術

Health Management Techniques

Inquiries: Kenko Ka (in Hoken Center) ☎Ext.624

おうちごはん、おいしく減塩 ~ 9月は食生活改善普及運動月間~

<Delicious and Low-Sodium Cooking ~ September is Dietary Improvement Activity Month>

Low-Sodium is very important for preventing high blood pressure which might be one reason to cause risk of COVID-19 serious illness. Also, low-sodium may help to prevent stomach cancer. In general, Japanese is higher salt intake than the others countries. WHO's target amount is under 5g/day, but Japanese is taking twice amount of salt daily.

The standard for the intensity of flavor that people feel delicious is daily diet. You will get used to the lighter taste in about a week, it is change to cook more at home right now, so let us try to cook lighter flavor for health.

Tips of Low-Sodium:

<Choose the food>

- Please reference the salt equivalent on the Nutrition Facts Label to make your selection
- Utilize Low-Sodium Food

<Cooking Time>

- Use seasonings sparingly.
- Use acidity and aroma in cooking to reduce salt intake. Vinegar, lemon juice, sesame, sesame oil, soy sauce, pepper, curry power, green perilla etc.

<While eating>

- Do not put seasonings at table.
- Only use little soy sauce or sauce if you dip food rather than pour it over on food.
- Please leave over half bowl soup when you have noodles.

9月24日(金)~30日(木)は結核予防週間

<Tuberculosis Prevention Week Sep 24th (Fri) ~ 30th(Thu)>

Tuberculosis is not past illness anymore, it was occurred in Nishitama Health Center's jurisdiction 30 patients

in 2020. 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.

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

子育て応援ニュース

<CHILDCARE SUPPORT NEWS>

産後メンタルヘルス相談

<Postnatal Mental Health Consultation>

~If mother is feeling unwell after childbirth, why not consult to us once?

A woman's body will be changed with pregnancy and childbirth and various effects are exerted on her mind. Occasionally, she may lose her mental balance and have problems with childcare anxiety and mind. Specialist doctor will be available to discuss such mental issues.

Date and Time: October 27th (Wed) ①1:30PM~ ②2PM~ ③2:30PM~

Capacity: 1 person for each time (30 minutes / per person and require reservation)

Location: Hoken Center

Eligibility: Maternity women living in Hamura and their families (less than one year after delivery)

- If you live in another municipality but would like to consult while returning hometown Hamura, childcare is available, please consult to us.

Consultant Psychiatrist: Mr. Hiroshi Mitsushio (Director of Chihiro Mental Clinic)

How to Apply and Inquiries: Please call in advance to Kosodate Sodan Ka, Boshi Kenko. Sodan Kakari (in Hoken Center) ☎Ext.693

もぐもぐ教室～離乳食生後7か月以降講座

< Mogumogu Class ~ Baby Food Class for after 7 months baby >

If the baby is good at swallowing baby food, good to move on Mogumogu and Kamikami movement. Enjoy learning about simple menus as the hardness and size of food that suits baby and increase the variety.

Date and Time: October 28th (Thu) 10AM~ 11AM

Location: Hoken Center

Eligibility: Child was born December 1st, 2020 to April 15th, 2021 and guardian

Capacity: First 10 (in order of application) Thing to Bring: Writing Utensils

Details: * Points of baby food * Baby food cooking demonstration
* Consultation of baby and childcare

** Please leave your child to someone to take care as possible.

★ Regarding baby food, consult individually is available, please contact us.

How to Apply and Inquiries: Please call in advance to Kosodate Sodan Ka, Boshi Hoken.Sodan Kakari ☎696.

<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	Time
Oct 5 th (Tue)	East Children Center	10AM~
Oct 6 th (Wed)	West Children Center	(about 20 minutes)
Oct 14 th (Thu)	Central Children Center	

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

Capacity: First 5 groups

< WAN WAN 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 & Inquiries: East Children Center

Date: October 19th (Tue) 10AM~ (about 20 minutes)

Eligibility: 8 month old toddlers and parents

Capacity: First 5 groups

<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!

Place & Date: Central Children Center – Oct. 21st (Thu) 10AM~ (about 20 minutes)

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

Capacity: First 5 groups

< WAN WAN HIROBA, KOGUMA HIROBA and ASOBI POCKET Inquiries: >

Inquiries:

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



2021 年度秋季弓道教室

< Kyuudou (Japanese Archery) Class for Autumn 2021 >

The Class for people are interesting in experience or re-start of Japanese Archery.

Date and Time: October 3rd (Sun) ~24th (Sun), every Tuesday 6:30PM~8PM and
Sunday 9:30AM~11:30AM (Total of 7 sessions)

Location: Hamura Kyuudou Center

Capacity: 10 (in order of application) Fee: ¥3,500 (for 7 classes, including insurance)

Eligibility: Junior high school students or older (Junior High students must be accompanied by a guardian)

Things to Bring: Please participate in exercise wear. (upper wear without any buttons and socks or tabi-socks).

Application: Till September 26th (Sun), via fax and email to the center;

Fax: 042-555-9255 and ✉kyudo_hamura@yahoo.co.jp

〒205-0001 Ozakudai 4-2-8, Hamura-shi Tokyo, Kyuudou Center

Inquiries: Hamura Kyuudou Association ☎042-555-9255

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, 2021 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.

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

EVENT INFORMATION FOR CHILDREN

Central Children Center ☎042-554-4552 close Friday

屋間の月観測会、ファミリー天体観測会

< Daytime Moon Observation >

Date & Time: October 13th (Wed), 4PM ~ 4:30PM

<Family Stargaze Event>☆☆

Date & Time: October 13th (Wed), 6:30PM ~ 7:30PM

** Junior High School Students or younger must be accompanied by a guardian.

For Both of Above:

Eligibility: Elementary school ~ High School students. Place: Central Children Center

Capacity: 10 persons (in order of application, include guardians.)

How to Apply: Sep 16th (Thu) ~ Oct 12th (Tue) 9AM~4PM, please call or come to Central Children Center directly

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

手作り教室「毛糸でまきまきフォトフォーム」

< Handmade Workshop ~ Using Knitting wool curly to wrap photo frame >

Date and Time: October 3rd (Sun) 1:30PM~2:30PM

Eligibility: Elementary school ~ High school students

Capacity: 8 persons (in order of application)

Things to bring: Hand towel and Beverage (water or tea) ** Please wear clothes which can get dirty.

How to Apply: Sep 16th (Thu) ~ Oct 2nd (Sat) 9AM~4PM, please come or call Central Children Center directly.

West Children Center ☎042-554-7578 close Tuesday

ハロウィンお楽しみデー

< Happy Halloween Day >

Date and Time: Oct 17th (Sun) 10AM~2PM

Eligibility: Till High School Students (preschoolers must be accompanied with guardian).

Capacity: First 90 (tickets will be pre-distributed)

Tickets distribution term: Sep 16th (Thu) ~ Oct 13th (Wed) 9AM~4PM

** Only accept to get ticket personally, not allow to get for friends.

Details: Toy scooping, Mini Games such as target shooting, Face mask, etc.

- Center opens only for "Happy Halloween Day", not available for others services.
- Oct 16th (Sat) afternoon will be closed for preparation.

East Children Center ☎042-570-7751 close Thursday

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 9th (Sat) ~ 17th (Sun)

Voting Period: October 20th (Wed) ~ 27th (Wed)

Result Announcement: October 30th (Sat)

Eligibility: Elementary School Students

図書館

LIBRARY ☎042-554-2280 close Monday

STORY TELLING EVENTS おはなし会

▶ at the Main Library

Story Telling for Elementary School Students >> September 18^h (Sat), 11AM~

Panel Theater for Preschoolers >> October 9th (Sat), 11AM~

▶ **at Kami Branch Library**

Story Telling for Elementary School Students >> September 22nd (Wed) 3PM~

YUTOROGI ☎042-570-0707

こども映画上映会

< **Movies for Children** >

Date & Time: October 3rd (Sun), 10:30AM ~ 11:30AM

Place: Yutorogi Kouzashitsu 1

Capacity: First 35

Program: Nezumi No Ongaeshi, Wright Brothers Story and Donald Duck and Saving box. (3 titles scheduled)

Supported by: Hamura Eiga Club

みんなで30周年をお祝いしよう！ 羽村市制施行30周年記念事業

<**Let us celebrate ~ The 30th Anniversary Project of Hamura Municipal System Enforcement**>

For Hamura Residents who are attending elementary and junior high schools may have chance to exchange opinions together about the future of Hamura City.

“Thinking about Hamura in the Future” Opinion exchange meeting:

Date and Time: November 6th (Sat), 2021, 9AM~4PM

Location: Hamura City Hall

Capacity: 2 (if there are many applicants, it will be selected. The results will be announced to each applicant)

Theme: “Thinking about Hamura in the future ~ 10 or 20 years after, then becoming society members”

Deadline: September 30th (Thu), 2021

How to Apply: Fill out the application form distributed at 3F Gakko Kyoiku Ka, Library, Yutorogi, Kyoudo Hakubutsukan and Sports Center, mail or directly to Gakko Kyoiku Ka (School Education Division) ☒s701000@city.hamura.tokyo.jp

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

** Applicants’ names, school names, grades, etc. may be introduced in various media such as printed matter issued by Hamura City and Board of Education, city official website and TV Hamura.

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

9月後半休日診療

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

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
19 th (Sun)	Ozaki Clinic	☎042-554-0188	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Hanenaka Shika Clinic	☎042-554-2202
20 th (Mon, Holiday)	Izumi Clinic	☎042-555-8018	Kurihara Iin (Mizuho-machi)	☎042-557-0100	Hamura Shika Iin	☎042-570-4618
23 rd (Thu, Holiday)	Yamaguchi Naika Clinic	☎042-570-7661	Ishihata Shinryoujo (Mizuho-machi)	☎042-557-0072	Hamura Station Dental Clinic	☎042-570-5621
26 th (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Takada Shika Iin	☎042-555-5903

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