



HAMURIN Hamura City Mascot

HAMURA NEWS

December 1st, 2021

Edited by: *Kouhou Kouchou-ka* (Public Information & Public Opinion Section)
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地域のおあしすでほっと一息スマイルカフェ

<A Relaxing Smile Café in Hamura>

"Smile Café" is a facility that provides people who have difficulty living mainly due to mental illness to find their own way of life through working and interaction with friends and community.

The "Smile Café" can provide local people to interact and relax by offering bread, cookies and seasonal drink which were handmade at here.

Location: 2-10-1 Tamakawa, Hamura City ☎042-578-2723

Store open date and hours: Tuesday, Thursday and Friday 1PM~3PM

■ 12月3日～9日は「障害者週間」

<December 3rd ~ 9th is "Disability Week">

Disability Week is a week to deepen the interest and understanding of the welfare of disability persons. Let us create an environment for an "Everyone lives together Society" that respects personality and individuality and supports each other.

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

■図書館から

NOTICE FROM LIBRARY

<"Disability Week Exhibition" will be held> 障害者週間展示

The books and materials will be held that deepen the understanding of disabilities and knowing those who have difficulty reading in print.

Term: December 1st (Wed) ~ 12th (Sun)

Location: Main Library 1F Exhibition Corner.

○ Please use the Handicap Service ハンディキャップサービスを利用してください

The library offers the following services to those who have difficulty reading in print due to visual impairment or difficulty visiting the library due to old age or physical reason. Some handicap services require registration, please contact for details.

◆ Lending of Braille books, Large print books and Reading CDs

※ Using Library Card to borrow

◆ Lending of talking books (DAISY version (The digital Accessible Information System))

◆ Face-to-Face reading service

◆ Delivery Services

Inquiries: Library ☎042-554-2280

■ご存じですか「障害者差別解消法」

<Get knowing "Disability Discrimination Elimination Law"!>

This law aims to create a society where people with and without disabilities can live together by eliminating discrimination against people with disabilities.

○ してはいけないこと・・・「不当な差別的取扱い」とは

What people should not do ~ "Unjustified discriminatory treatment"!

It is to respond differently from a person without disability, such as refusing to provide services due to disability without a justifiable reason. For example,

- Refuse to enter store or use the facility due to disability.
- Do not respond that there are no properties for people with disabilities.

○ しなければならないこと・・・「合理的配慮の提供」とは

What people should do ~ "Providing reasonable accommodation"!

If there is a manifestation of intention from a person with disability to ask for some consideration, please respond within the range that does not become too burdensome.

- Devise a method of communication such as writing or reading aloud.
- If there is a step, assist in raising casters or using slopes.

It is difficult to understand from outside when people require consideration. Also, everyone is at risk of being physically disabled due to injury or illness. Let us aim to everyone living in the community can deepen their understanding of disabilities and people with or without disabilities can live together with peace of mind.

Inquiries: Shogai Fukushi Ka, Shogai Shien Kakari ☎ Ext. 185

新型コロナワクチン接種 その16

VACCINATION OF COVID-19

Part 16

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

Phone Relay Services, please try to call Kenko Ka (in Hoken Center)☎042-555-1111 Ext.627~630

■ 追加接種（3回目の接種）の準備を進めています。

<The Booster Vaccination (3rd Vaccination) is preparing.>

The booster vaccination (3rd vaccination) will be given based on the duration of vaccine's effect and trends of infection in Japan domestics and overseas. The details will be posted in Hamura News December 15th version.

令和3年3月、4月に2回目の接種を受けた医療従事者の方へ

For Medical Workers who had 2nd COVID-19 vaccination during March/ April, 2021~

The booster vaccination tickets have been mailed out November 19th, if you still do not receive it, please contact to Hamura City COVID-19 Call Center.

【スポーツセンター第2ホール 貸出しできない期間を延長します】

<Sports Center 2nd Hall will be extended Non-Rental Period>

Appreciate your cooperation and understanding about this issue.

Period: Till July 31st (Sun), 2022

健康

HEALTH



杏林大学共催 運動健康増進プログラム 「ミニ体力測定と個別相談会」

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

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

Date: December 18th (Sat)

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

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

Location: Sports Center 2F Conference Room

Eligibility: Hamura Resident age is from 20 to 79 till April 1st, 2021

** Physical Fitness Check needs to be apart 6 months from previous checking.

Things to Bring: Water bottle for hydration, towel and writing utensils

- Please wear mask and easy to move clothes

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

*Lecture about how to see the results correctly.

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

Lecturer: Professors from Kyourin University

Application/Inquiries: During December 2nd (Thu) ~ 15th (Wed), please call Kenko Ka
(in Hoken Ceter) ☎Ext.624

インフルエンザを予防しよう

< Preventing Influenza Virus Infection >

When winter starts and air humidity drops, influenza virus infections may spread rapidly. Please take precaution measures for yourself and others. The followings are basic tips to prevent getting/spreading flu:

1) Washing hands after going out (For influenza virus, hand hygiene with alcohol formulation is also effective).

2) Moderate humidification of room.

When the air dries, the defenses of body airway mucosa weaken, making people more susceptible to the flu. It is effective to keep humidity at appropriate level (50~60%) by using a humidifier.

3) Increase body's resistance with adequate rest and balanced nutrition.

4) Avoid going out to public and crowds downtown area.

Cough Etiquette Enforcement

▶ Wear Mask

▶ Do not cough or sneeze at others

▶ Immediately throw away tissues containing nasal discharge and sputum into trash can and wash hands.

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

< The 4th Free Screening for Stomach / Lung & Breast Cancer >

Date: Feb 6th (Sun) ~ 7th (Mon), 2022

** Feb 6th (Sun) is available to have Screening for Stomach, Lung and Breast Cancer at the same day.

[Screening for Stomach / Lung Cancer] 胃がん. 肺がん検診

Date and Time: Feb 6th (Sun) ~ 7th (Mon), 2022 8AM ~ Noon (screening time is stated in ticket)

Eligibility: Hamura residents 40 years of age and older (Sputum examination is over age 50)

Details: Gastric Cancer Screening (Digital abdominal X ray photography), Respiratory Examination (Digital chest X ray photography, Sputum Examination)

• Sputum examination is provided only for people with the following conditions: [喀痰検査対象]

- ① Age 50 or older as the day of examination
- ② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = 600 or more.
** If you wish to have sputum examination, please write down ② while applying, but unable to take sputum examination only.
** If you are not qualify requirements of sputum examination, the container will not be delivered even you require.

[Breast Cancer]

Date and Time: Feb 6th (Sun) 8AM ~ 4PM (time cannot be specified)

Eligibility: Hamura female resident who are 40 years old or older as screening date and have not examined 2020/2021.

Fee: ¥1,600.- (If you have screening coupon, free for charge)

Details: Medical interview, Visual palpation and Mammography examination (Breast x ray examination)

All Screening common items:

Location: Hoken Center

Capacity: Each day about 80 peoples (if applicants are too many, drawing will be held)

** Applicants will receive notification of results, and winners will get a coupon sent in the mail by Jan 14th (Fri), 2022.

** Those who did not win the drawing may also be notified.

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

- ① Those who need assistance during inspection.
- ② Pregnant, or possibility of pregnancy
- ③ Those who are currently undergoing treatment or follow-up due to illness to be examined.
- ④ Those who have the same cancer screening opportunity provided by the employer

How to Apply: Dec 1st (Wed) ~ 15th (Wed) postmark deadline, please apply via electrical application or

Post mail to Hamura Hoken Center Gann Kenshin Tanto
〒205-0003 5-5-2 Midorigaoka, Hamura City

Mailing necessary information:

- ① Your desired screening date (first and second choices)
- ② Screening / Exam you desire ③ Address ④ Name
- ⑤ Date of birth and age ⑥ Contact (daytime phone number)

** Each family member should make separate application.

** Application form will not be distributed in counter.

** Please download application form from official city website.

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

■ 災害時に備えて 避難行動要支援者制度

<Hamura City's Evacuation Plan to Support Those Requiring Evacuation Assistance (避難行動要支援者制度) >

● Evacuation Action Supporter System 避難行動要支援者制度とは

Hamura City prepares a list of elderly people and people with disabilities who especially need evacuation support (evacuation action supporters) in advance. It is useful system for safety confirmation and evacuation guidance during disaster.

● Registration of evacuation action supporter list 避難行動要支援者名簿の登録

The eligible people to be registered in the list is determined in advance in city's regional disaster prevention plan. The list information will be distributed to the related parties to necessary range when disaster occurs. If the consent of people is obtained, it will be distributed before disaster occurs and will be used for disaster prevention activities such as daily monitoring, safety confirmation and evacuation drills.

** The comprehensive disaster prevention drills are held every year, the information list will be distributed in advance and used for evacuation measures and safety confirmation drills conducted by Chonakai (Neighborhood Associations) and Jichikai (Residents' Associations).

● "List of Citizens Requiring Evacuation Assistance" 名簿の登録対象となる方

▪ Eligibility ▪

Hamura City Residents who are not long term hospital / nursing home dwellers that fulfill following criteria:

1. Households comprised of age 75 or older

2. Certified as Long-term Care Level 3 or higher

Holders of 3. Physical Disability Certificate (身体障害者手帳) Level 1 or 2

4. Intellectual Disability Certificate (愛の手帳) Level 1 or 2

5. Health and Welfare Handbook for Mentally Disabled (精神障害者保健福祉手帳) Level 1 or 2

6. Those needing special assistance in time of evacuation with incurable diseases.

7. Those certified by the mayor as needing evacuation assistance during evacuation.

** If you are not applicable ①~⑥ to above and wish to be included in the list, please inquiry to Bosai Anzen Ka.

● Personal Information

The required information for registry is as follows.

Name, Date of Birth, gender, address, point of contact (phone number), and a reason for needing assistance which was provided at time of registry.

● The Various Agencies which will handle the Information

Neighborhood Association, Civil Voluntary Disaster Management Organization, Commissioned Welfare Volunteers, Fire Brigades, Hamura City Social Welfare Organizations and Traffic Safety Organizations, Fussa Police Department and Fire Department

** Please note that personal information may be disclosed within the specifications of the Disaster Control Plan, even if there was no consent provided in times of emergency.

● Applicable Citizens will Receive Notification

Those who are going to be registered from now will receive "List of Citizens Requiring Evacuation Assistance" (避難行動要支援者名簿) notice packet around End of December.

This notice, which includes information about the Basic Act on Disaster Control Measures, confirmation regarding the information that is kept, and the consent form is sent so that information can be offered to various agencies to be prepared for when an emergency occurs. This consent form should be signed and returned.

Inquiries: Bosai Anzen Ka, Bosai. Kiki Kanri Kakari Ext. ☎217



年末防犯・交通安全・火災予防 パトロール週間

< The Year End Crime Prevention, Traffic Safety, Fire Prevention Patrol Week >

In the aim to create a safe town, providing a sense of security for all Hamura City citizens, various groups have planned city-wide patrol by organized efforts of concerned citizens, school workers, members of police and fire department, fire brigades, Hamura City Traffic Safety Committee, Crime Prevention Committee.

Patrol Week: December 20th (Mon) ~ 26th (Sun) Areas of Patrol: City wide

The patrol week was established to raise awareness for prevention of crime, traffic incidents, or fire in the holiday season of the New Years.

Prosperity area patrol Date: December 20th (Mon).

Place: JR Ozaku Station East Entrance around.

** Due to COVID-19, Kick-off Ceremony will not be held.

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

12月1日(水)~7日(火) TOKYO交通安全キャンペーン

TOKYO METROPOLITAN GOVERNMENT'S TRAFFIC SAFETY CAMPAIGN

~ Dec 1st (Wed) ~ 7th (Tue)

Tokyo Metropolitan Government's 5 important points as below: ~

- ✪ 1: Children and Elders are the most vulnerable to traffic accidents.
- ✪ 2: Improve awareness of safe driving, including the Eradication of Drunk Driving and others bad and dangerous driving and Protection of Pedestrians.
- ✪ 3: Prevention of Bicycle traffic accidents
- ✪ 4: Prevention of motorcycle traffic accidents.
- ✪ 5: Stop illegal parking

Inquiries: City Hall, Bousai Anzen Ka, Bouhan Koutsuu Ansen Kakari ☎Ext 216

Pay Pay キャンペーン in 羽村 ~羽村のお店でお得に買い物~

<Pay Pay Campaign in Hamura ~ Let's shop in Hamura at a discount!>

Campaign Term: December 1st (Wed) ~ 26th (Sun)

** The maximum points that can be awarded for one payment is 3,000 points (1 point = 1 yen) and the maximum points within the period is 10,000 points.

Eligibility Stores: 対象店舗

Stores that have pasted "PayPay campaign" post in Hamura City

** Please check eligibility stores from PayPay app. or distributed leaflets with Hamura News Dec 1st version.

◆ The Eligibility Stores Business 対象となる店舗の方へ

By the campaign starts, those business operators will receive the poster and leaflets as the registered address, please post it at stores from December 1st (Wed).

** Stores considering the introduction of "PayPay" will not be able to participate in campaign due to it will take time to register.

◆ People who want to know how to use "PayPay" 「PayPay」の使い方を知りたい方

People can consult at SoftBank shops in the city and customer services counter even not SoftBank user.

Stores are available to Consult 相談できる店舗

SoftBank Hamura: ☎042-569-8161 / SoftBank Ozaku ☎042-570-7747

PayPay Customer Support Counter ☎0120-990-634

Inquiries: Hamura City Chamber of Commerce ☎042-555-6211 / Sangyo Kikaku Ka ☎Ext. 667

INFORMATION

受験生チャレンジ支援貸付事業

< Public Loan Program for Students Preparing for Entrance Examination >

Tokyo metropolitan government has an interest-free public loan program for low income households having a student preparing for high school or university entrance examination. It is provided towards supporting the expenses of tutoring school (Gakushuujuku) and of the entrance examinations. Counseling will be available till End of January, 2022.

Eligibility:

- The earner of main source of income.
- The total income of household (parents and other caregivers) is below certain standard.
- Applications will be reviewed for the applicant's (parent) income level, fixed property assets, bank savings must be less ¥6,000,000.
- Do not own land/estate (exclude current resident land or estate)
- Tokyo resident record history (starting at least 1 year ago and continuing).

Lending Objects :

- * Study Tutoring School's Tuition Fee must be ¥200,000 or less (But Private Tutor's fee is exclusion)
- * Entrance Examination Fee – High School must be ¥27,400 or less / College, University or Vocational School must be ¥800,000 or less.

Saturday, Sunday and Night Counseling Schedule:

	Date	Time
1	December 12 th (Sun)	10AM~4PM
2	January 15 th (Sat), 2022	
3	December 21 st (Tue)	8:30AM~8:30PM
4	January 21 st (Fri), 2022	

Inquiries: Shakai Fukushi Kyougikai (Council of Social Welfare) ☎042-554-0304.

令和4年度償却資産申告書を郵送します

< 2022 Tax Filing for Depreciable Assets mailing in December >

If you own a business registered in Hamura City as of January 1st, you will receive a Notification of Depreciable Assets Tax Filing (償却資産申告書(償却資産課税台帳)) from Hamura City office that will be mailed to the applicable business entities in early of December. Your local municipality must be notified of the changes regarding depreciable assets which are registered to you as of January 1st of each year. Avoid the negligence of forgetting to do so.

Filing Term: from Jan 4th (Tue) ~ 31st (Mon). 2022

- It is accept by eLTAX, please see Hamura City official website to get details.

Inquiries: Kazei Ka Shisanzei Kakari ☎Ext.153

フレッシュランド西多摩

FRESHLAND NISHITAMA ☎ 042-570-2626

< **Photo Exhibition at Freshland Nishitama** > 写真作品展

Exhibition of photography works by members of "Digital Sakura". Date: December 7th (Tue) ~ 19th (Sun)

< **Yuzu ゆず湯 Japanese Citrus Bath** > On December 22nd (Wed) at Outdoor Bath (Rotenburo).

< **Christmas Event** > Children 6th grade and younger will receive Christmas gift! (until supply lasts)

Date: December 22nd (Wed) ~ 25th (Sat)

< **New Year Holiday Schedule** >

Closing Schedule: **Bath**... December 30th (Thu) ~ January 1st (Sat, Holiday) / 4th (Tue), 2022.

**Open January 2nd (Sun) Noon, 2022 and given New Year Present with limit number.

Gymnasium, Meeting Facility... Dec 29th (Wed) ~ January 4th (Tue)

**Resume January 5th (Wed), 2022.

Class opening Schedule: Hula Dance class starts on January 5th (Wed), 2022.

Yuga Class starts on January 6th (Thu), 2022.



郷土博物館

KYODOU HAKUBUTSUKAN (CITY MUSEUM) ☎042-558-2561

体験学習会「まゆ玉団子をつくろう！」

< **Cultural Workshop ~ Let's make Mayudama Dango! ~** >

When silk cultivation was a thriving industry in Hamura, people used to make a new year's decoration called "Mayudama Kazari", a cut tree branch with attached mochi balls imitating abundant silk cocoons, to pray for a good harvest and good health on the lunar New Year days.

The Strap of Mayudama Kazari will be also making together and exhibit till January 16th (Sun).

Date & Time: January 9th (Sun), 1 PM~3 PM

Location: Kyoudo Hakubutsukan Orientation Room / Old Shimoda Residence

Capacity: 15 people (in order of application)

** Elementary School students or under children need to be accompanied by an adult.

Things to Bring: Apron, Head Cloth, and Towel

Application: Dec. 4th (Sat) ~ January 8th (Sat) 9AM~ 5PM. Please Call/visit Kyoudo Hakubutsukan

SPORTS CENTER ☎042-555-0033

■ **Aerobics Carnival** エアロビクスカーニバル

○ Beginner Aerobics ビギナーエアロビクス

Date and Time: December 25th (Sat) 10AM~11AM

Location: Sports Center 1st Hall

Eligibility: Junior High School Students or older

Capacity: 100 people (in order of application)

Fee: Hamura Residents or worker ¥150 (Junior High School students ¥70) /



Out-of-City people ¥220 (Junior High School students ¥110)

Things to Bring: Indoors sports shoes, participation tickets, personal/ book of tickets and health management check list, towel, beverage and so on.

** Please wear exercise clothes.

Application: December 1st (Wed) ~ 18th (Sat) 8:40AM~4PM, participation tickets will be distributed in the training room on the 2nd floor of sports center (close Monday)

Inquiries: NPO Hamura City Athletic Association ☎042-555-1698

多摩・島しょスポーツ習慣定着促進事業 歩き方教室参加者募集

< Proper Way to Step When Walking > Walking Class

Two days courses ~ Learning about the strength to keep walking on your feet for good.
Beginners are also welcome.

Date and Time: ① January 8th (Sat) 2PM~4PM (Lectures)
② January 22nd (Sat) 10AM~Noon (Exercises)

Location: ① Sports Center Conference Room
② Sports Center 1st Hall ** Please wear Mask during exercise.

Eligibility: Hamura residents Capacity: First 30 (Application order)

Things to Bring: comfortable clothing, beverage, writing utensils, mask and health management check list.

Instructor: Mr. Aihara, Kenta (Ass. Professor of Kyorin University)

Apply: Till December 28th (Tue) 5PM, please call or come to Sports Center

** Please have Health Management check list in sports center or download from city official website.

Inquiries: Sports Center ☎042-555-0033

YOTOROGI ☎042-570-0707

第20回ゆとりぎ想ひ出の映画鑑「監獄ロック」

<The 20th Yutorogi Souhide Movie [Prison Rock]>

A musical movie starring Mr. Elvis Presley, it is a monochrome screening with subtitles.

Date and Time: January 30th (Sun), 2022 2PM~ (Opening: 1:15PM, screening time: 102 minutes)

Location: Small Hall ** Preschool children are not allowed to admission.

Capacity: 252 people (in order of application)

Ticket fee: ¥500.-

Ticket selling: From December 2nd (Thu) 9AM~

Selling Counter:

- Yutorogi ☎042-570-0707 (9AM~8PM, close Monday)
- Sports Center ☎042-555-0033 (9AM~5PM, close Monday)
- Nishitama Newspaper Ticket Services ☎0120-61-3737 (Monday ~ Friday, 9AM~5PM)

図書館

LIBRARY ☎042-554-2280

<Library Close for Organize Date> 館内整理日 (休館)

Date: December 15th (Wed)



子育て

CHILDREN

<Pregnant woman Online Consultation (reservation required)> 妊産婦オンライン相談 (要予約)

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: **Midwife** ~ December 28th (Tue) 1:30PM~3:30PM

Public Health Nurse ~ Monday to Friday 9AM~4PM

Inquiries: Kosodate Soudan Ka, Boshi Hoken.Soudan 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 >

Talking about the characteristics of one-year-old, daily rhythm, weaning and so on.

Date: December 28th (Tue), from 9:30AM ~ 11AM Location: Hoken (Health) Center

Capacity: First 8 (in order of application) Priority for applicants of the 1st time to participate

** Admission are not allowed for Siblings of participating child.

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

Application and Inquiries: Starting from December 6th (Mon) 9AM~, please call or come directly to Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari, ☎Ext. 695

「ちょこっと広場」を利用してください

< “Chokotto Hiroba” Consultation Services- Require Reservation >

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
December 23 rd (Thu) ① 10AM ② 11AM	1 (in order of application)	Central Children Center

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

To make a reservation, please call the Kosodate Soudan Ka, Soudan Kakari at the below # (Hoken Center).

Inquiries: Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari (in Hoken Center) ☎Ext. 694

< Chatting Place for Parents > おしゃべり場 「わが家の食事、おやつ」

This month's topic is "My home's Meals and Snacks". What kinds of menus which children like? Let us share the tips of popular menu for each other. Child care volunteers will look after your children during this gathering. No reservation needed.

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

Place & Date: Central Children Center – Tue, Thu & Sat Time: 9AM ~ Noon

West Children Center – Mon, Wed & Fri Inquiries: Kodomo Katei Shien Center

East Children Center – Tue, Fri & Sun ☎042-578-2882

児童館 「キラキラ☆クラブ第3期」おともだち募集!!

< Join the kids play club “KiraKira Hiroba ☆ Club ” 3rd Term >

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

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



Capacity: First 7 groups (application order)

How to Apply: December 1st (Wed) ~ 28th (Tue) 9AM~4:30PM Application forms are distributed in City Hall 2F Jido Seishonen Ka. Please fill the form and submit to Central Children Center.

Inquiries: Children Central Center ☎042-5544552 (close Friday)

ひとり親家庭等医療助成

< Medical Expense Support for Single Parent Households >

Medical expenses for a child of single-parent household or other household under qualifying financial status can be partially or fully subsidized by the public medical program. A child of qualifying household may benefit from this subsidy program until, at latest, first March 31st following his/her 18th birthday (before 20th birthday if child has a disability). If you would like to apply for this subsidy, please complete the application procedure by **December 28th (Tue)**.

* There is an applicant eligibility restriction. Please inquire for details.

* Person who has the medical card (Iroushou) and has not completed the application yet, please apply immediately. New medical card (purple color) will be mailed end of December.

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

■「ボッチャはむら大会」に参加しませんか

Would you like to participate the "Boccia Hamura Tournament"?

Even beginners can enjoy it regardless of age or disability.

The winning team will be represented in "Tokyo Municipal Boccia Tournament" to be held in Hamura City on January 23rd (Sun), 2022.

Date and Time: January 15th (Sat), 2022. 9:30AM ~ Noon

Location: Sports Center 1st Hall

Eligibility: Hamura City Residents or workers

Capacity: 12 teams (in order of application) ** Please apply in a team of 3 to 6 people

Things to Bring: Exercise clothes, Indoor sports shoes, Mask, Physical condition management check sheet

** Please fill in the check sheet for physical condition of the week before the participation date and bring it on the day.

Sponsor: Hamura City Sports Habit Establishment Promotion Project Executive Committee.

How to Apply: December 5th (Sun) ~ 19th (Sun), please call or come to Sports Center
(Excluding Monday, 9AM~5PM)

** Please wear mask as much as possible during the competition (same for the attendant).

Inquiries: Sports Center ☎042-555-0033

HAMURA ZOO ☎ 042-579-4041

■意外性が魅力?! シマハイエナ

<Unexpectedness is the charm of Striped Hyena!>

It has been 12 years since the striped hyena "Yoko" came to the zoo on December 7th. The Striped Hyena is not very good at hunting because not form a flock and acts alone. They have a surprising aspect of eating insects and nuts.

“Yoko” shows a very cute expression such as shaking tail when it is happy. Also it is so cute ~ even tuck its manes when it was feeding.

✕ **Zoo close days in December** ✕

December 6th (Mon), 13th (Mon), 20th (Mon) and 27th (Mon)

Inquiries: Hamura Zoo ☎ 042-579-4041

*** Year-End / New-Year Holidays:**
December 29th (Wed) ~ 31st (Fri) will be opened
January 1st (Sat. Holiday) close, and normal operations will resume on the 2nd (Sun).

12月の相談日

PUBLIC CONSULTATIONS Schedule of December

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠*	Appointment required	Appointment required	Spanish and English interpretation services are available by appointment for Foreign Residents Consultation only. Shimin Soudan-Shitsu City hall ext.541
Public Administration and Human Rights	16 th (Thu)	1:30pm ~ 4:30pm	

*㉠=appointment required. *For English and Spanish translation services, please make an appointment in advance

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

12月の休日診療

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

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
5 th (Sun)	Yamaguchi Naika Clinic	☎042-570-7661	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Takada Shika Iin	☎042-555-5903
12 th (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Inoue Shika Iin	☎042-554-7735
19 th (Sun)	Yanagida Iin	☎042-555-1800	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Usui Shika. Orthodontic Clinic	☎042-579-1199
26 th (Sun)	Futaba Clinic	☎042-570-1588	Hikari Clinic (Fussa-shi)	☎042-530-0221	Uno Shika Iin	☎042-555-8241
29 th (Wed)	Wakakusa Iin	☎042-579-0311	Hikari Clinic (Fussa-shi)	☎042-530-0221	Kusaka Shika	☎042-555-7793
30 th (Thu)	Ozaku Ekimae Clinic	☎042-578-0161	Taisei Byouin (Fussa-shi)	☎042-551-1311	Inagaki Shika	☎042-555-6018
31 th (Fri)	Hamura Sougo Shinryoujo	☎042-554-5420	Mizuho Clinic (Mizuho-machi)	☎042-568-0300	Nakano Shika Iin	☎042-554-7053

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