



HAMURA NEWS

July 1st, 2022

Published by: Hamura City

HAMURIN Hamura City Mascot
Edited by: Hisho Kouhou Ka (Secretary & Public Information 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



■多文化共生講演会 **Multicultural Lecture Meeting**

Why don't you think about "Multicultural coexistence from the viewpoint of sports" together?
Talk show of former professional baseball player Mr. Takashi Toritani X

former Fuji TV announcer ~ Mr. Daiki Tanaka

There will be a dialogue between Mr. Takashi Toritani who spent his childhood in Hamura and Mr. Daiki Tanaka. They will talk about "Multicultural coexistence from the perspective of sports" that a former professional baseball player who will share his experiences during this active career such as memories of his childhood in Hamura, Fussa city to communicate with foreign players.

[Instructors]

Mr. Takashi Toritani ~ Graduated from Hamura the 1st Junior High School. He joined the Hanshin Tigers Team in 2003 and set numerous records such as consecutive 1939 games for 2000 hits. He transferred to Lotte team and retired in 2021.

Mr. Daiki Tanaka ~ Former Fuji TV announcer, in charge of "Tokudane", "Sport" programs, sports broadcasts, etc. He was independent from 2018 active as a sports anchor and manager.

Date and Time: **September 17th (Sat) 2PM~4PM** (door opens: 1:20PM)

Location: **Primo Hall Yutorogi, Main Hall** [Free charge and require applying]

Capacity: 800 people (if there are many applicants, drawing will be held)

Eligibility: Hamura or Fussa Citys' residents, worker and students (exclude preschoolers)

** Sign language interpreter is available.

Details: [Part 1] What is multicultural coexistence?

~ Introduce Fussa-Hamura Multicultural Enterprise Council

[Part 2] Mr. Takashi Toritani x Mr. Daiki Tanaka Talk Show

How to apply: Please apply by either ① or ② by July 31st (Sun) (effective postmark)

① Application form via internet

② Required for official Round-trip postcard (Oufuku Hagaki) as below, fill in the items and send it out. (** One person / per application).

Main Sponsor: Fussa. Hamura Multicultural Coexistence Enterprise Council.

Post card [Sending]

(Surface) 〒205-8601 (need not describe location) Chiiki Shinkou Ka [Tabunka Kyousei Kouenkai] Office Ate	(Back) Need not write down anything.
----------------------------------------------------------------------------------------------------------------------	------------------------------------------------

[Reply]

(Surface) 〒 Post zip code , name and address	(Back) ①Name(Furigana) ②Address ③Phone No. ④Desired No. of people (up to 4 people) ⑤ Request for Sign language interpreter/ wheelchair seat ⑥Question to instructor
-----------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

** Application is not acceptable by phone call or email.

** It is strictly prohibited to buy or sell admission tickets via internet.

** The drawing results will be notified by reply postcard or email.

Inquiries: Chiiki Shinkou Ka, Citizen Activity Center ☎Ext.631.632

シャトレーゼ 7月から、指定保養施設等の利用を始めます

<From July, Chateraise Recreation Facilities will be started usage>

Based on the comprehensive cooperation agreement signed between Hamura City and Chateraise Holdings Co., Ltd. The accommodation and leisure facilities owned by the company are designated as facilities that citizens can use at a discount rate and the partial usage fee is also bearded by city. (

Eligibility: Hamura Residents, worker and students.

City contribution: ¥2,000 per person / per use

** Up to 2 times per person in a year, it will end as soon as the city budget limit is reached.

Reservation applying Term: Starting from July 1st (Fri).

How to use: Regarding information of how to use, recreation facilities, etc., please see the leaflet distributed with Hamura News July 1st version.

Inquiries: Chiiki Shinkou Ka, Chiiki Shinkou Kakari ☎Ext. 202

姉妹都市 北杜市に行こう・交流しよう！

<Let's go and interact with our sister city, Hokuto City!>

Inquiries: Planning and Policy Section (Kikaku Seikaku Ka) ☎Ext. 312

●北杜市のスポーツ・温泉施設が北杜市民料金で利用可能

Hamura citizens can use Sports and Hot spring facilities in Yamanashi Prefecture Hokuto City at Hokuto citizen rates. Please do not forget to bring your driving license or health insurance card which confirms you live in Hamura city.

** Regarding Hokuto City sports and hot spring facility's address and amount, please check Hamura City official website to get details.

●北杜市と交流活動に助成金を交付します

<The subsidy will be issued for exchange activities with Hokuto City>

Eligibility: Hamura organizations, etc. that are active and interact with sister Hokuto city.

Subsidy rate: Half of the eligibility expenses.

Maximum amount of subsidy: ¥100,000.-

** If there are many applications, the amount of subsidy may be adjusted with the budget.

How to apply: If you wish to receive a subsidy, please contact Planning and Policy Section (Kikaku Seikaku Ka) by phone or email✉s101000@city.hamura.tokyo.jp in advance.

Examples of exchanges so far:

- Sports team exchange practice / Match
- Appearance at events in Hamura and Hokuto Cities.

夏休み！あれこれチャレンジしてみよう

<Summer Vocation!! Let us have challenges for various activities.>

Recommend Summer Courses for children

羽村の水生物を学ぼう 水辺観察会

■ ENVIRONMENTAL WORKSHOP ~Water Creatures And Their Environment~

An environmental counselor will guide the tour introducing creatures that live nearby water, studying about the water quality of the Tama River. You can learn about the ecosystem of Hamura City.

Date & Time: August 2nd (Tue) 9AM ~ (about 2 and half hours, it will be cancelled if it rains)

Meeting Place: Ikoinosato Entrance.

Eligibility: Hamura Elementary and Junior High school students

(3rd grader or younger must be accompanied by a guardian, 4th grade or older can also join with a guardian)



Capacity: 15 (in order of application)

Things to bring: Drink, Cap/Hat, Writing Materials, Towel, Landing Net (if participant has one)

*** Clothes and shoes which you don't mind getting wet.

Instructor: Mr. Kousuke Satta (Forest Instructor)

How to apply / Inquiries: Till July 15th (Fri), please call, email or come to Kankyou Hozen Ka ☎Ext. 226 with participant's [address, name, age, telephone number and guardians numbers if need accompanies], Email: s205000@city.hamura.tokyo.jp

** Please use the title "Mizube Kansatsukai Sanka Kibou" on your email message.

** If capacity is not full, you may participate at the event day.

お年寄りの味方になろう！小学生向け認知症サポーター養成講座

■ **Become an ally of the elderly!**

~ **Dementia Supporter training course for elementary school students.**

Dementia is a condition in which people tend to forget things because of a brain illness. In this course, you will learn about "Dementia" and "How to watch Otoshiyori" and become a dementia supporter with warmly watching over. Each participants will receive one eco-bag as a gift.

Date and Time: August 2nd (Tue) 10AM~11:30AM

Location: Primo Hall Yutorogi Reception Hall

Eligibility: Hamura residents, the 4th ~ 6th grade elementary school students and their guardians (Per child with one guardian only)

Capacity: 20 groups (in application order)

Things to bring: Writing utensils.

Details: ** Knowing about elderly people and dementia.

** Thinking about "what should I do in such a case?"

** What is "Dementia Supporter"?

How to apply and Inquires: July 4th (Mon) ~ 29th (Fri), please call, email or come to Kourei Fukushi Kaigo Ka, Kaigo Yobou, Chiiki Shien Kakari ☎Ext. 456 Email: S304200@city.hamura.tokyo.jp

** If you apply by email, specify "Application for dementia supporter training course for elementary school students" in subject and write [name, elementary school name, grade, address, guardian's name and contact phone number" in the text.

■ 夏休み司書体験 **Summer Vocation Librarian Experience**

Would you like to experience a library job? You can experience the work of lending and returning at the counter.

Date and Time: July 27th (Wed)9AM~12:30PM

Location: Primo Library Hamura

Eligibility: Hamura resident's the 5th and 6th grade elementary school students.

Capacity: 4 people (in application order)

How to apply and Inquiries: Starting from July 16th (Sat) 10AM~, please call or come to Primo Library.

☆夏休み課題図書 of 展示

<**Exhibition of Summer Vocation Task Books**>

The issue books of "The 68th National Youth Reading Impressions Competition" will be exhibited. You may make a request to borrow.

Term: July 16th (Sat) ~ Aug 31th (Wed)

Location: Main Library, exhibition corner

** Since the usage will be concentrated, up to 2 books can be lent out per person.

☆みどりのまど夏号 <Midori No Mado Summer Edition>

Midori No Mado Summer Edition will be issued, which is a pamphlet introducing books for elementary school students. There are many fun books recommended for summer.

It will be distributed at the elementary school and library, so please borrow and read the books which are recommended.

- Distribution/Rental date: Starting from July 16th (Sat).

*People may borrow up to 2 books at a time which are introduced.

Inquiries: Primo Library Hamura ☎042-554-2280

■夏休み子ども教室「自分だけのミニ美術館」 **Summer Vocation Children's Class [Your own Mini Museum]**

You will learn how to show attractive things and create a mini-museum where you can enjoy the treasure exhibition in the box.

Date and Time: August 9th (Tue), 11th (Thu, Holiday) [all twice] 10AM~Noon

** You cannot participate in either one day only.

Location: Primo Hall Yutorogi Creative Room 1

Eligibility: The 4th ~ 6th grade elementary school students living in Hamura.

Capacity: 18 people (in application order)

Fee: ¥1,000 (material fee)

Things to bring: Exhibits (important, memorable, favorite things, treasures, etc. up to about 20 cm), pencils, erasers, scissors and glue.

** If there is guardian accompany, only one guardian for per family.

How to apply and Inquires: July 2nd (Sat) ~ 28th (Thu) 9AM~ 8PM, please via electric applying, call or come to Yutorogi (Lifelong Learning Promotion Section) ☎042-570-0707

※ Close Mondays but exclude July 18th (Mon. Holiday)

第37回青少年健全育成ポスターコンクール作品を募集します

< **The 37th HEALTHY DEVELOPMENT of ADOLESCENT YOUTH & CHILDREN Poster Contest** >

Why don't you make a poster of your feelings and thoughts in daily life such as school, community and home?

Themes: "Let's clean the town", "Let's take care of the elderly people" and "Let's get rid of bullying"

Eligibility: Hamura City Elementary and Junior High School students.

How to Apply: Till August 31st (Wed), please use drawing paper cut in four (542mm x 382mm) or cut in eight (382mm x 271mm). On the back of work ~ please fill in [school name, grade, class, name(furigana), address and contact phone number] and submit to schools or city hall 2F Jido Seishonen Ka directly.

Announcement: If you win a prize, the school name, grade and name will be announced on official website

Awards: The best and good works will be commended at Nov 12th (Sat) Youth Healthy Development Day

** It might be canceled due to COVID-19 affection spreading status.

Notes:

- The prize-winning works will be used as a poster for the healthy development of youth.
- The copyright of the prize-winning works belongs to Hamura City.
- The prize-winning works will be exhibited at Yutorogi from Nov 5th (Sat) ~ 13th (Sun) (excluding Mondays)

Apply to and Inquiries: Kosodate Shien Ka, Jido Seishonen Kakari ☎Ext. 263

敬老のつどい 9月19日 (月、祝)

< **Special Gala for Respect-For-Senior-Citizen Day ~ September 19th (Mon. Holiday)** >

This special event in commemoration of Senior Citizen's Day. Due to COVID-19 affection countermeasures,

there are some different as before.

Inquiries: Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari, ☎Ext.175~178

- Please apply in advance, all reserved seats.
- No bus for pick up and drop off.

***** **2022 Special Gala for Respect-For-Senior-Citizen Day** *****

Date: September 19th (Mon/Holiday) Location: Primo Hall Yutorogi Main Hall

Time Schedule:

The gala is repeated 4 times to serve more people to participate.

- 1) 9:30AM ~10:50AM (door opens: 9AM)
- 2) 11:50AM~1PM (door opens: 11:20AM)
- 3) 2PM~3:10PM (door opens: 1:30PM)
- 4) 4:10PM~5:20PM (door opens: 3:40PM)

Program: • Opening Ceremony • Stage Performances (Song Show)

Eligibility: Those who are 75, or are turning 75 in 2022 living in Hamura.

Capacity: 720 people for each time (if the applicants are too many, drawing will be held)

** The winner of drawing will be sent "Information Postcard".

Things to bring: Please bring your "Information Postcard" (time schedule and seat number will be shown).

How to apply: Please apply from city official website application form and postcard.

Send to : 〒205-8601 (need not address)

Hamura Shi Kourei Fukushi Kaigo Ka, Keirou No Tsudoi Kakari

** Please note it will not accept for phone call application. The "Information Postcard" will be sent out after September 1st (Thu).

Application Deadline: August 1st (Mon) (effective the same day postmark)

ポイ捨て禁止! 市内全域でマナーアップ

< **Hamura Ordinance Prohibiting the Littering cigarette butts and Smoking in Public Space** >

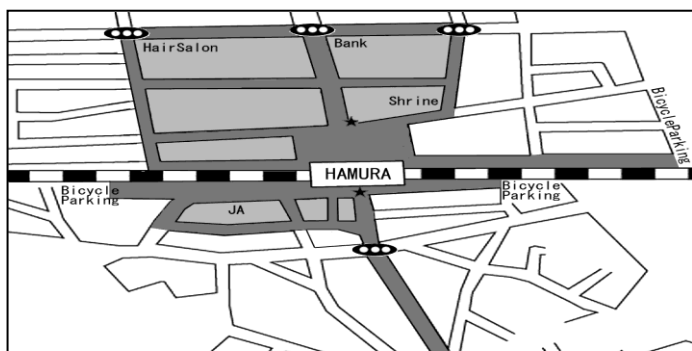
Hamura City has an ordinance pertaining to the prohibition of littering garbage and leaving dog feces, and designation of the Public Non-smoking Area. The amount of litter collected has decreased, however the continued observance of this ordinance by each person is requested.

We hope that the law will not be necessary in the future, and we also hope that our city will become a place where one can be healthy and live in safety.

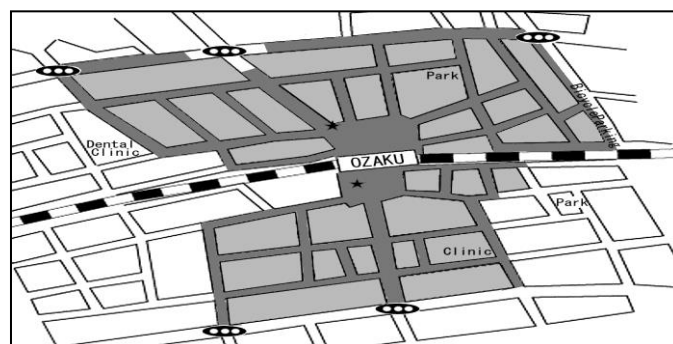
Violations are: ①[Prohibition of Littering Garbage, cigarette butts and Leaving Dog Feces] (city wide)
[Designation of the Public Non-Smoking Area]

On these maps, the colored streets and sections indicate the areas where smoking is prohibited in outdoor places under this ordinance. The designated smoking spots are indicated by ★ marks on the map

Inquiries: Kankyou Hozen Ka, ☎Ext. 226



Hamura Station



Ozaku Station

国民健康保険

HEALTH INSURANCE

< **NATIONAL HEALTH INSURANCE** >

Inquiries: Shimin Ka, Hoken Kakari, ☎Ext. 125~129



8月からの限度額適用認定証申請が必要です。

<From August, Certificate for Patient-Borne Expense Ceiling Amount is required to apply>

National Health Insurance Certificate for Patient-Borne Expense Ceiling Amount will be expiry July 31st (Sun), 2022. Please process renewal procedures.

- Renewal procedures will start from July 19th (Tue) for new certificate effective August 1st (Mon).
 - ** It will be not renewal automatically.
 - ** When another household applies, the power of attorney is required.

Certificate for Patient-Borne Expense Ceiling Amount: By presenting a Certificate for Patient-Borne Expense Ceiling Amount (限度額適用認定証) at a medical facility, You do not have to pay a portion of medical charge that exceeds the self-pay ceiling set by the National Health Insurance Regulation. To receive certificates which take effect from the month of registration, you must apply and be up to date on premium payments.

Eligibility:

- Insured members of National Health Insurance younger than 70 years old
- Those who are age 70 ~ 74 Resident Tax-Exemption.
- Those who are age 70 ~ 74 paying 30% medical co-payment and resident tax income standard from ¥1,450,000 to ¥6,900,000.- are able to obtain a High Medical Expense Benefit Certificate.

Require Documents:

- Identification Certificate (such as Driving License)
 - NHI insurance card
 - My Number Card or other documents shown my number
 - Power of Attorney (if another household applies, it is required.)
- ** The application form ~ please download from city official website or post mail.

国民健康保険税納税通知書の送付 < National Health Insurance Notification >

National Health Insurance (Kokumin Kenkou Hoken) Notification (国民健康保険税納税通知書) for FY2022 will be mailed to the applicable households in middle July. The enclosed information explains about premium amount and premium calculation system. We appreciate your cooperation for making payments on time.
❖ Regarding the insurance tax calculation, please check city website to get details.

高齢受給者証を更新します。

< Renewal Term of National Health Insurance Elderly Member Card >

The current National Health Insurance Elderly Member Card (国民健康保険高齢受給者証, issued to NHI members of age 70~74) will expire on July 31st(Sun). The new card color will be mailed to the current card holders during the middle of July.

- New Card valid period: August 1st (Mon), 2022 ~ July 31st (Mon), 2023 one year

後期高齢者医療

<LATE-ELDERLY MEDICAL INSURANCE>

Inquiries: Shimin Ka, Kourei Iryou. Nenkin Kakari ☎Ext. 138.140

医療費の負担割合と軽減制度

< Late Elderly Medical Insurance Co-Payment Rate and Medical Fee Reduction Measures >

☆ The Medical Co-Payment rate is 10% or 30% 医療費の一部負担割合

The medical co-payment rate for members of the Late Elderly Medical Insurance Program paid at the medical institution is either 10 or 30 percent of the total costs. It is determined by your previous year's income, revised every year on August 1st.

Till September 30th, 2022.

- 30 %» household with member who has more than ¥1,450,000 of resident taxable total income.

- 10 %» persons whose household had resident taxable total income after the deductions less than ¥1,450,000.

Those who change the proportion of co-payment, new insurance card will be sent in end of June.

☆ Other Measures for Reducing the Co-Payment>: 一部負担金が軽減される場合があります

For certain income or sickness may have measures for reducing the co-payment, please inquiry details.

令和4年保険料額決定通知書を送付します

< Fiscal 2022 year, Late-Elderly Medical Insurance Notification >

The Union of Municipalizes which incorporate the Late-Elderly Insurance Plan determines the premium amount levied to members, and they will issue a Late-Elderly Medical Insurance Notification FY2022 (後期高齢者医療保険料決定通知書) which will be mailed to the insured members in July enclosed with a premium amount notification based on 2021 income. Your packet will differ according to payment method.

介護保険

<LONG-TERM CARE INSURANCE (Kaigo Hoken)>

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext.144, 149

介護保険料額決定通知書・納入通知書を送付します < Long-Term Care Insurance (Kaigo Hoken) Notification >

There will be a FY 2022 Premium Notification and Statement (介護保険料額決定通知書・納入通知書) which will be mailed in early July to those who are enrolled in this the long term care insurance program at age 65 or older (Class 1 policy holder). Long-term Care Insurance fee is determined by the capacity of city's nursing care services in every 3 years. Due to this fiscal year is readjustment year of insurance fee, so it will be revised fee. Please check City Hall official website to get details for Notification and Statement.

*Please make sure to pay premium fee on time to support this system.

■Age 65 or older (Class 1 policy holder) 65歳以上の方(第1号被保険者)の保険料

How the Premium is calculated: Your previous year's aggregate income is categorized into one of the 13 levels of premium coverage. (Total income is categorized accordingly. Please ask for details.)

** For Premium Notification or others, please check from the city official website to get details.

■Age 40 to 64 (Class 2 policy holder) 40~64の方(第2号被保険者)の保険料

How the Premium is calculated: Your premiums are calculated based on national health insurance type that you have, and both national health insurance premiums and Long-term Care Insurance premiums are both required to pay.

Inquiries:

Long-term Care Insurance and Insurance Fee ~Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext.144
Nursing Care Required Service... Kourei Fukushi Kaigo Ka, Kaigo Nintai Kakari ☎Ext.146,
Premium payment... Nouzei Ka, ☎Ext.179, 190

介護保険負担限度額認定の手続き < Certification for Long Term Care Ceiling Amount Certification Card >

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.

Term of validity: One year from August 1st to end of July in following year.

Eligibility:

① The resident taxable income requirements:

- Income for all members of household are tax exempt
- Your spouse living at another household has income which is tax exempt.

② Assets for own and sponsor (living together or separately) :

- ① The recipients of Public Life Assistance for needy and the elderly welfare pension ~
Single: 10 million yen or less / couple: 20 million or less.
- ② Tax pension income +Total others income +Tax-exempt pension income is or less 800,000 yen ~
Single: 6.5 million yen or less, Couple: 16.5 million yen or less
- ③ Tax pension income +Total others income +Tax-exempt pension income is 800,000 yen or less than
1.2 million ~ Single: 5.5 million yen or less, Couple: 15.5 million yen or less
- ④ Tax pension income +Total others income +Tax-exempt pension income is 1.2 million yen or over ~
Single: below 5 million yen, Couple: below 15 million yen or less

*** "Spouse" includes cases of common-law relationship.

*** Application is requires to receive the ceiling amount burden certificate

Please check city hall official website or inquiry for required documents.

引き続き負担限度額認定を利用する方は更新の手続きを

<Renewal of continuing to use the Ceiling Amount Certificatation>

If you already have a "Certificate of Long-Term Care Insurance Ceiling Amount", a renewal procedure information will be sent in June. Please make sure to receive it.

認定を受けた方へ 7月中旬に新しい介護保険負担割合証を送付します

< Co-Payment Rate Determination Certificate for Long Term Care Insurance Subscribers >

A "Co-Payment Rate Determination Certificate" will be mailed out in the **Middle of July** to people who have been certified as a person in need for support or needing long term care indicating the payment rate that they will have (10 -30%). The term of validity for the current certification is for one year till July 31st (Sun). Present this certificate to the nursing facility after August 1st (Mon) if using nursing care services.

国民健康保険、後期高齢者医療保険、介護保険 共通 新型コロナウイルス感染症に関する支援策

<National Health Insurance, Late Elderly Medical Insurance and Long-term Care Insurance Related information of COVID-19>

新型コロナウイルス感染症の影響による保険税などの軽減

▲ Reduction of Insurance Premium due to COVID-19 affection

Premium Reduction is possible depending on the income amount of the insured and head of household. Please inquire if your conditions apply.

The following (1) (2) householder may exempt or decrease insurance premium due to COVID-19 affection.

- (1) Due to COVID-19, main income livelihood maintainer decreased, ill or injury heavily ~ exempt all insurance premium.
- (2) The main livelihood maintainer's income decreased much ~ may decrease partial of insurance premium.

Please check Hamura News Japanese July 1st version to get details about the main livelihood maintainer required conditions.

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 term [Jan 1st, 2020 ~ **September 30th, 2022**"].

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

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

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

Long-term Care Insurance --- Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext. 142

お知らせ

健康

【骨粗しょう症予防検診】骨密度測定 ~20代30代から受けましょう!~

<Osteoporosis Preventive Examination ~ please check from age 20, 30>

Bone density measurement ~ Prevention from a young age

Date and Time: The 1st Time August 28th (Sun), the 2nd Time August 29th(Mon)

Both are from 8:45AM ~ Noon and 1:20PM ~ 4:45PM

(Required time is about 30 minutes)

Location: Hoken Center

Eligibility: Female age 20~65 who are Hamura Residents as August 28th (Sun), 2022.

- Please refrain from those who are undergoing treatment for Osteoporosis, pregnant or may become pregnant.

Capacity: 180 people (if there are many applicants, drawing will be held)

Thing to bring: Writing utensils.

Details: Bone density measurement (X-ray photography of forearm bone) and individual return of examination results.

How to Apply and Inquiries: From July 1st (Fri) ~ 22nd (Fri) (effective postmark on the day), please apply

1) By Electronic application (via internet)

- Regarding electronic service application, please check city official website [Kotsu Soshosho Yobo Kenshin] to get details.

2) By Post mail, please send to:

〒205-0003 5-5-2 Midorigaoka, Hamura Hoken Center, Kotsu Soshosho Yobo Kenshin Tanto

- Please write down your address, name (furigana), date of birth, telephone number and desired date of consultation (fill in the 1st and 2nd choices)

Inquiries: Kenko Ka (in Hoken Center) ☎Ext.626

< Replacement of Water Usage Meters by Free> 水道メーターを無料で交換します

Water Usage Meters with the expiring guarantee period (8 years) will be replaced with new meters.

The devices that are subject to replacement have an indication on the reverse side of cover lid as 34/11 or 35/○(○ is number 6~9) . City approved contractors will distribute a work notification to applicable households prior to the work date. The reinstallation work is absolutely free of charge.

The contractors will be wearing an official armband, and carrying an identification issued by Hamura City. The work will be conducted regardless of the house owner's presence. Thank you for your understanding.

*Please test-run the water after the work is done until you see normal water condition.

Work Period: Districts of odd-numbered month meter-reading - July 11th (Mon) ~ Aug 12th (Fri)

Districts of even-numbered month meter-reading - Oct 11th (Tue) ~ Nov 11th (Fri)

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

■20代30代から骨粗しょう症を考えましょう！～決して早くはありません～

<Let's think about osteoporosis from the 20s and 30s! ~ It's never too early ~.>

The amount of exercise reduced due to teleworking or the tendency to stay home for the influence of self-restraint from going out. Lack of exercise poses a risk of various illnesses. Why don't you think about osteoporosis which is easy to occur?

1) What is osteoporosis? 骨粗しょう症とは

In healthy bones, the balance between "breaking" and "creating" is balanced, but if this balance is lost, bone density will decrease and osteoporosis will develop into a state in which fractures are likely to occur. Bone density peaks around the age of 20s, remains constant till the middle 40s, and declines from around the age of 50s. Women are said to have less bone mass at peak times than men and likely to develop osteoporosis due to the effects of female hormones.

2) Diet and lack of exercise are related to osteoporosis ダイエットや運動不足が骨粗しょう症に関連する理由

The growing term is an important time to build strong bones and store calcium. Excessive dieting when you are young will reduce peak bone mass and make more likely to develop osteoporosis as you grow older. In addition, the more loading is applied to the bones, the more active the cells making bones strong. So people who have few opportunities to go out, do not have a habit of moving their bodies and thin will tend to weaken their bones.

3) How to strengthen bones 骨を強くする方法

Bones can be strengthened by improving daily life.

. Meal ~ Actively take nutrients that help bone formation, such as calcium, vitamin D, K etc.

. Life ~ Having sunbathe about 30 minutes daily.

. Exercise ~ Exercise that puts a load on your bones, such as jogging or jumping rope.

** At the Hoken Center, health nurses and registered dietitians may provide consultation on physical condition, diet and mind. Please feel free to contact.

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

マスク着用のルールが一部変更になりました

<Some rules for wearing masks have changed.>

The Ministry of Health, Labor and Welfare presented the idea of wearing a mask for COVID-19 infection. It is recommended to wear a mask according to the situation while continuing basic countermeasures such as hand washing, disinfection and avoiding 3C' status.

Outdoors 屋外

It is **not necessary** to wear a mask if you can secure distance※ with people or hardly have conversation with others.

☆Examples ~ not wearing mask☆

. Walking, running, cycling etc. in the park.

. Scene where people pass each other in outdoors, such as walking or riding bicycle to commute but even the distance cannot be secured.

. Playing outside without getting close, such as playing game of tag (Onigokko).

Indoors 屋内

In buildings, underground malls, public transportation, etc. if you can keep a distance※ from people and rarely have a conversation, you do not need to wear a mask.

☆Example when it is not necessary to wear a mask☆

. Reading and art appreciation at the library with a distance.

Points to keep in mind 留意するポイント

. Wear a mask when interacting with high-risk people, such as when meeting the elderly or going to the hospital.

. In the summer, there is increasing the risk of heat stroke outdoors.

It is recommended to remove the mask to prevent heat stroke if you can secure a distance※ with people or rarely have a conversation.

Understanding and consideration for people who are unable to wear masks:

Some people have difficulty wearing a mask due to health or disabilities reasons. Please understand that some people may not be able to wear the mask due to severe cognitive or respiratory disabilities that are difficult to tolerate or for health reasons. (From the Ministry of Health, Labor and Welfare website, understanding for people with developmental disabilities who have difficulty wearing masks, etc.).

※ Distance to people: 2 meters or more is a guide.

Inquiries: Kenko Ka (in Hoken Center) ☎Ext.625

助成

子育て

■里帰りなどの妊婦健康診査費用の一部を助成します

SUBSIDY CHILDREN

< Medical Subsidy for Prenatal Checkups done outside Tokyo >

For female Hamura city residents, prenatal checkup fees paid at a medical facility located outside Tokyo metropolitan area can be reimbursed by the Hamura city public medical subsidy. Application is needed.

Apply period: One year from the day of childbirth.

How to apply: Visit Hoken Center to apply, please make sure to bring the followings: Receipts of checkup fees, Boshi Kenkou Techou, Unused prenatal checkup subsidy sheets (受診票), any documentation that can identify your bank account number and seal.

Inquiries: Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (inside of Hoken Center) ☎Ext.697

■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: For Midwife consultation, July 21th (Thu) ① 9:30AM~ ② 10:30AM~ ③ 11:30AM~
Each time one person (in order of application, about 30 minutes for each)

For Public Health Nurse consultation, Mon~Fri 9AM~4PM

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 class will offer tips on one year old child's characteristic, how to stop breast feeding, and rhythm of daily life.

Date: July 26th (Tue), from 9:30AM ~ 11AM Location: Hoken Center

Eligibility: Residents who will become one year old up to July with guardian (priority for the 1st child).

Capacity: First 8 (in order of application)

** 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 July 5th (Tue) 9AM~, please call or come directly to Kosodate Sodan Ka, Boshi Hoken.Sodan Kakari Ext. 695

< Chatting Place for Parents > おしゃべり場 「おむつバイバイ」

This month's topic is "Bye! Bye! Diapers". Child Care Volunteers will attend your children during the event. Please feel free to join and share some thoughts and tips for child rearing. Child care volunteers will look after your children during this gathering.

Place & Date: Central Children Center – Tue, Thu & Sat West Children Center – Mon, Wed & Fri East Children Center – Tue, Fri & Sun	Inquiries: Kodomo Katei Shien Center ☎042-578-2882
------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------

児童手当・児童育成手当 現状届の提出を忘れずに

< Notification of Current Status for Child Allowance and Child Support Allowance >

Recipients of Child Allowance (Jidou Teate) and recipients of Child Support Allowance (Jidou Ikusei Teate) are required to fill out a Notification of Current Status (現況届) which will be mailed to the applicable households. Please be sure to submit it as soon as possible.

Inquiries: Kosodate Sodan Ka, Teate Josei Kakari ☎Ext.236

■羽村ゆとりぎ寄席特別公演 瀧川鯉昇一門会 in プリモホールゆとりぎ

< Hamura Yutorogi Yose Special Performance ~ Takigawa Rishou Ichimonkai >

Date and Time: September 3rd (Sat) 2PM (door opens: 1PM)

Location: Primo Hall Yutorogi Main Hall (capacity: 824 people, all reserved seat)

Tickets: General ¥3,500/ college or younger (including vocational school students) ¥3,000./ Junior high school students or younger ¥1,500 (preschoolers cannot enter).

Performers (Rakugo): Mr. Takigawa, Rishou / Koito / Koihachi/ Koitsu etc.

Ticket sales: Starting from July 9th (Sat) 9PM~

Play Guide: ** Primo Hall Yutorogi counter 9AM~8PM (Mondays close)

** Nishitama News ticket services (close Saturday and Sunday)

** Internet sale [Yutorogi Online Ticket] ~ unable to choose seat via online.

Inquiries: Yutorogi (Lifelong Learning Promotion Section) ☎042-570-0707

7月の休日診療

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
3 th (Sun)	Yamaguchi Naika Clinic	☎042-570-7661	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Inagaki Shika	☎042-555-6018
10 th (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Asahi Kouen Douri Shika Iin	☎042-555-7904
17 th (Sun)	Futaba Clinic	☎042-570-1588	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Yano Shika Iin	☎042-555-3363
18 th (Mon)	Matsubara Naika Iin	☎042-554-2427	Mizuho Byouin (Mizuho-machi)	☎042-556-2311	Watanabe Shika Iin	☎042-570-1688
24 th (Sun)	Sakae-chou Shinryoujo	☎042-555-8233	Hikari Clinic (Fussa-shi)	☎042-530-0221	Honda Dental Clinic	☎042-554-4184
31 st (Sun)	Baba Kodomo Clinic	☎042-555-3788	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Moriya Shika Iin	☎042-555-9872

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