



# HAMURA NEWS

**HAMURIN** Hamura City Mascot

**September 1<sup>st</sup>, 2022**

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>

Published by: Hamura City

E-mail: [s102000@city.hamura.tokyo.jp](mailto:s102000@city.hamura.tokyo.jp)

## COMMUNITY INFORMATIONS FOR ELDERLY PEOPLE

高齢の方に関する事業

高齢の方への主な福祉サービス ~いつまでも安心して暮らしていくために~

### <Main Welfare Measures for the elderly ~ Living with peace of mind forever ~>

City carries out the following services for elderly people. All require an application in advance and survey may be required depending on the services. For further information, please inquiry.

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

Services	Eligibility	Details
Diaper Service	<ul style="list-style-type: none"> <li>Those who are age 65 or over needed diapers all the times at home (long-term care level 3 or more)</li> <li>Those who are Support level 1, 2 and recognized as incontinent due to illness etc.(exclude Living Support Act recipient)</li> </ul>	Benefits for diapers designated by the city (up to ¥4,000 per month) ** 10% of the cost of benefits will be borne by you.
Bedridden Elderly Bedding Dry Services	<ul style="list-style-type: none"> <li>Living alone at home and having difficulty drying bedding people aged 65 or over.</li> <li>Households with only elderly people / with bedridden people aged 65 or over at home</li> </ul>	Dry up to 5 sheets once a month.
Elderly Independence Support Housing Renovation Benefit	<ul style="list-style-type: none"> <li>Equipment Renovation: Those who are at home age 65 or older with certified long-term care and needed renovation.</li> <li>Preventive Benefits: Those who do have certified for long-term care</li> </ul>	Equipment Repair: Bathtub replacement (up to ¥379,000) Sink/Wash Basin (up to ¥156,000) Preventive benefits: Installation of handrails, elimination of steps on the floor, etc. (up to ¥200,000) *10 to 30% of cost of benefits is borne by own. *Please consult before renovation.
Elderly emergency notification system	<ul style="list-style-type: none"> <li>Those who live alone age 65 or over and need constant attention due to physical chronic illness (heat disease, circulatory system)</li> </ul>	Install and lend emergency notification system equipment *Some costs will be borne depending on income.
Elderly housing fire reporting system	<ul style="list-style-type: none"> <li>Those who are age 65 or over and live alone Households with only elderly people who need constant attention and consideration for disaster prevention due to chronic physical illness, etc.</li> </ul>	Installation and rental of residential fire reporting equipment, etc. *Some costs will be borne depending on income.
Prowling elderly search services	<ul style="list-style-type: none"> <li>Those who are age 65 or over and caring for people with wandering due to dementia at home.</li> </ul>	Using the GPS location search system, convey wandering elderly location to the caregiver for early detection. Anshin Watch Sticker ~ A label sticker with 2D code printed is attached to the clothes or bag of the wandering elderly. When the finder reads the 2D code to notify the caregiver, leading to prompt return home. *Free up to 40 Watching Stickers.

Subsidies for water and sewerage usage fees	<ul style="list-style-type: none"> <li>● Those who are age 65 or over and caring for people with wandering due to dementia at home.</li> <li>● Single-person households aged 70 or over or in a household with only elderly people who are applied to the following 1) ~ 3).</li> </ul> <ol style="list-style-type: none"> <li>1) Residents Tax is exempt in the year which all household members are subsidized</li> <li>2) Not receiving Living Support Act subsidy</li> <li>3) No delinquency in water and sewerage usage fees</li> </ol>	Subsidize basic water and sewage charges (minimum diameter (13mm) for one faucet)
Welfare Telephone Services	<ul style="list-style-type: none"> <li>● Single-person households aged 65 or over, with only elderly people and no telephone</li> <li>● Single-person households with aged 70 or over and apply the following 1) and 2)</li> </ul> <ol style="list-style-type: none"> <li>1) No relatives live in Hamura City</li> <li>2) Annual income tax is ¥42,000 or less and require regular safety confirmation</li> </ol>	<ul style="list-style-type: none"> <li>● Subsidize basic usage and call charge (up to ¥600 per month)</li> <li>● Lend a phone to household without a phone.</li> </ul>

敬老金をお届けします

**< Complimentary Gift to Elderly Citizens from Hamura City >**

A complimentary Gift will be sent to elderly citizens on September 19<sup>th</sup> (Mon, Holiday).

Eligibility and Gift Amount are:

- 100 years old people (who was born Apr 2<sup>nd</sup>, 1922 to Apr 1<sup>st</sup>, 1923) ~ ¥50,000
- 88 years old people (who was born Apr 2<sup>nd</sup>, 1934 to Apr 1<sup>st</sup>, 1935) ~ ¥20,000

Inquiries: Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari ☎Ext. 177



■ 9月は世界アルツハイマー月間

**< September is World Alzheimer's Month >**

The city's efforts during Alzheimer's Awareness Month will be introduced, so that people can be interested in Alzheimer's disease / dementia and deepen their correct understanding. Would you like to use this opportunity to think about a society where people with dementia can live easily?

1. **Hamura City Global Alzheimer's Month Lecture**

羽村市世界アルツハイマー月間講演会

"To live together with peace of mind even if people have dementia."

Date and Time: Sep 11<sup>th</sup> (Sun) 2PM~4PM

Location: Primo Hall Yutorogi Small Hall

Lecturer: Mr. Masahiro Shigeta (Professor, Department of Psychiatry, Jikei University Medical School)

Capacity: 100 (in application order)

2. **Books Exhibition**

書籍の展示

Display and lend out books of Alzheimer's disease and dementia.

Term: Sep 1<sup>st</sup> (Thu) ~ 30<sup>th</sup> (Fri)

Location: Primo Library Hamura

3. **Hinotonton Zoo Orange Light Up**

ヒノトントンZOO オレンジライトアップ

The entrance of Hinotonton Zoo will be lit up in orange, the symbolic color of dementia support.

Date and Time: Sep 1<sup>st</sup> (Thu) ~ 30<sup>th</sup> (Fri) from sunset to 9PM

How to Apply and Inquiries: Korei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎Ext. 456

Email: s304200@city.hamura.tokyo.jp

■ みんなで続ける！介護予防体操

**< Let's keep going! Care Preventive Exercises >**

Easy muscle training to build physical strength that can withstand frailty and infectious diseases.

People may prevent the loss of physical strength due to COVID-19 with simple muscle training. A rehabilitation specialist will introduce the Hamura City frailty prevention exercises that are currently available on YouTube.

Date and Time: Oct 7<sup>th</sup> (Fri) 10AM~Noon

Location: Community Center 3F Hall

Eligibility: Those who are concerned about lack of exercise and interested in preventive care.

- Exercises will be performed using a chair for those who are not confident in their physical status.

Capacity: 10 (in order of application)

Things to bring: Towel, Beverage and Writing Utensils.

\*\* Please wear easy to do exercises clothes.

Details: Care prevention, what is "frailty", do exercise using a chair and "3 months support menu" for continuing exercise.

How to Apply and Inquiries: Sep 5<sup>th</sup> (Mon) ~ Oct 5<sup>th</sup> (Wed) 9AM~5PM, please call, email or come to Korei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎Ext. 456, ✉:s304200@city.hamura.tokyo.jp

\*\* When applying by email, please write "Continue with everyone! Application for long-term care Prevention Exercise" in the title with address, name and contact information in the text.

家族介護慰労金を支給します

### < Rewarding Family Members who Provide Elder Home Nursing Care >

Home nursing care providers for elders who are certified as level 4 and 5 will be eligible to receive a one-time sum. Please claim if you apply to the following **Eligibility**:

- Have been caring for level 4 and 5 elder for at least one year counting from standard date set for evaluation, while residing on adjacent or same property as your elder
- Previous year's income counting from term of rewarding year's standard date set for evaluation of all household members is tax exempt
- Have not utilized the day care system (short stay term for total of 7 days or less total is not counted) in the past year counting from standard date set for evaluation
- The elderly receiving nursing care has not been hospitalized for more than 90 days.

**[Amount]**: ¥100,000 per family for details, please inquiry

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎456

■家族介護リフレッシュの会

### < Family Nursing Care Refresh Meeting >

This is a meeting where people who care for family members with dementia gather to share their daily thoughts, doubts and refresh themselves. You can also ask for advice from caregivers.

Date and Time: Oct 19<sup>th</sup> (Wed) 10AM~Noon

Location: Community Center 2F Training Room 1

Eligibility: Those who are mainly caring for the elderly with dementia.

Capacity: 10 (in application order)

How to Apply and Inquires: Sep 5<sup>th</sup> (Mon) ~ Oct 14<sup>th</sup> (Fri), please call, email or come to Kourei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎456, ✉:s304200@city.hamura.tokyo.jp

\*\* When you email to apply, please fill in subject [Family Nursing Care Refresh Meeting] and text with [address, name and contact information]

市民税非課税世帯などへ臨時特別給付金の申請

### <Temporary Special Benefits Application of households exempt from residence tax>

#### **Deadline is till September 30<sup>th</sup>**

Temporary Special Benefits will be provided to support households exempt from residence tax.

Eligibility: Residence Tax Exempt households for fiscal year 2021 or 2022 with sudden changes in financial status due to COVID-19 affection.

\*\* There are others requirements, please check city official website or contact to call center.

\*\* The benefit only pay once.

[Note]:

\*\* Those who move to Hamura City on or after Jan 2<sup>nd</sup>, 2021 may need to apply by themselves. If you meet the requirements but do not have any application documents, please contact the call center.

\*\* If the taxable household is changed to a non-taxable household due to a revised residence tax return in year 2021 or 2022, the person himself / herself application is required. Please contact the call center if applicable.

Inquiries and Time: Temporary Special Benefits Call Center for Residence Tax Exempt Household ☎0570-092921 (direct) Monday ~ Friday 9AM~5PM (exclude Noon~1PM and holidays)

Service Counter: City Hall 2F Meeting Room 201

※ If you miss the deadline, you will not be able to receive ¥100,000. If you are eligible, please apply as soon as possible.

< **Medical Care for the Late Elderly people review copayment ratio ~ the 2<sup>nd</sup> renewal of insured card simultaneously**>

Inquiries: Shimin Ka, Korei Iryo. Nenkin Kakari ☎Ext. 138

- 10月1日から保険証が変わります The Health Insurance Card will be changed from October 1<sup>st</sup>

The current expiration date for the medical insurance card for the elderly (purple) is till Sep 30<sup>th</sup> (Fri). The new one will be valid from Oct 1<sup>st</sup> (Sat) is light blue color. In general, it will be sent by simplified registered mail (hand-delivered directly by a post office worker) to the address registered as a resident after mid-September.

If you are absent, you will receive a "Registered Mail Absence Notice (Absence Notice)" in the mailbox, so please either request redelivery or receive it directly at the post office counter.

- 後期高齢者医療制度医療費の負担割合

Medical Expenses Ratio covered by the Medical Care System for the Late Elderly

From Oct 1<sup>st</sup>, "20%" will be added to the copayment rate of medical expenses paid at medical institutions counter. There will be 3 categories: "10%", "20%" and "30%".

For those with income above a certain level, the copayment rate will be "20%" except for an income equivalent to active worker (30% copayment). The percentage of the copayment is reviewed on Aug 1<sup>st</sup> every year based on the municipal taxable income calculated from the insured person's previous year's income.

Till September 30 <sup>th</sup> , 2022		From October 1 <sup>st</sup> , 2022	
Category	Copayment Ratio	Category	Copayment Ratio
Income equivalent to active workers	30%	Income equivalent to active workers	30%
General income	10%	Income above certain level	20%
		General income	10%

○ **Self-pay ratio from October 1<sup>st</sup> (reference)**

<参考> 10月1日からの自己負担割合

Judgment Criteria	Category	Self-Pay Ratio
If there is an insured person in the same household whose taxable income of ¥1,450,000 or more	Income equivalent to active workers	30%
If both of the following 1) and 2) are applied: 1) There is any insured person at the same household whose taxable income for residence tax is ¥280,000 or more and less than ¥1,450,000. 2) If the total amount of [Pension income] + [Others income] ● One insured person: ¥2,000,000 or more ● Two or more insured persons: ¥3,200,000 or more in total	Income above certain level	20%
3) If the taxable income of all insured persons in the same household is less than ¥280,000 or above. 1) applies but does not apply to 2)	General income	10%

\*\* 10% will be borne by households exempt from residence tax.

2 割負担対象者への高額療養費 (配慮処置)

- **High-cost medical expenses for those eligible 20% Copayment (Consideration Treatment)**

Term: October 1<sup>st</sup>, 2022 ~ September 30<sup>th</sup>, 2025 (3 years)

Details: The copayment increase upper limit of outpatient medical care will be up to ¥3,000 per month.

※ The amount paid in excess of the maximum will be high-cost medical expenses.

※ For those who have not registered accounts for high-cost medical care benefits, the inter-regional union will send an advance application form in middle September. When you receive the application form, fill the required information and submit it by mail with the enclosed self-addressed envelope by the deadline.

※ Documents must be sent by mail.

- The Ministry of Health, Labor and Welfare, the Union of Inter-regional Governments and municipalities will **NEVER** call or visit you to ask to register your bank account information, operate an ATM or entrust cash card or bank passbook.

- If you receive a suspicious call, please contact the **POLICE STATION** (#9100) or the consumer affairs center (188).

第20回はむらふるさと祭り

## THE 20<sup>th</sup> HAMURA FURUSATO MATSURI

**Sep 17<sup>th</sup> (Sat) 1PM~6:30PM at JR Ozaku Station East Exit around Multiple Purpose Square**

Performances by local Kindergarten and Elementary School students, and more!

Schedule: (The event will be held even raining day)

- 1PM~: Opening Ceremony
- 1:15PM~: Dance by kindergartens & day care center children
- 2PM~: Dance performed by Elementary School students
- 4PM~: Dance performed by dance school etc.
- 6PM~: Closing Ceremony

Host: Hamura Furusato Matsuri Executive Committee

Co-hosted by: Hamura City, Hamura Chamber of Commerce and Industry, Hamura Tourism Association etc.

◆ **Traffic Restriction:** Traffic around the event site will be restricted

[Time]: 10AM to 7PM [Location]: Ozaku Station East Entrance around the rotary

◆ **Community Bus "Hamu-run" route will be detoured temporarily**

Affected course: Ozaku course, and Hamura Chuuou course

Alternate stop: Hamuran buses will not stop Ozaku Station East Entrance.

Please use Temporary bus stop 小作駅東口臨時バス停 (Ozaku Eki Higashiguchi Rinji Basu Tei) at intersection of Kita Kousaten小作駅北交差点南側

Inquiries: Toshi Keikaku Ka, Toshi Keikaku Kakari ☎ Ext.288

お知らせ

しごとのための日本語

## INFORMATION

### <Japanese Language for Work>

#### Training Course for promoting stable employment of foreign residents



Course No.	Place	Course	Course Period, Times	Application Deadline	Placement Test
86	Akishima Ome	Level 2	2022/10/12 ~ 2022/12/1	Sep 16 <sup>th</sup> (Fri)	Oct 3 <sup>rd</sup> (Mon) 9:30AM~
			Mon ~ Fri		
82	Tachikawa	Level 3	2022/10/6 ~ 2022/11/29	Sep 16 <sup>th</sup> (Fri)	Sep 28 <sup>th</sup> (Wed) 9:30AM~
			Mon ~ Fri		
62	Toshima	Level 1	2022/9/28 ~ 2022/11/17	Sep 7 <sup>th</sup> (Wed)	Sep 15 <sup>th</sup> (Thu) 9:30AM ~
			Mon ~ Fri		
63	Toshima	Level 2	2022/9/28 ~ 2022/11/17	Sep 7 <sup>th</sup> (Wed)	Sep 15 <sup>th</sup> (Thu) 2PM~
			Mon ~ Fri		
52	Shinjuku	Level 3	2021/9/27 ~ 2021/11/18	Sep 7 <sup>th</sup> (Wed)	Sep 14 <sup>th</sup> (Wed) 10AM~
			Mon ~ Fri		
53	Shinjuku	Level 2	2021/9/27 ~ 2021/11/18	Sep 7 <sup>th</sup> (Wed)	Sep 16 <sup>th</sup> (Fri) 2PM~
			Mon ~ Fri		

Class Level details:

Level 1	4) This class is for people who are studying in Japanese for the first time, who can speak a little Japanese but cannot read or write Hiragana and Katakana very well
Level 2	5) This class is for people who can read and write Hiragana and Katakana and have studied a little Japanese before.
	6) It is also for people who can communicate somewhat in simple Japanese in daily life.
Level 3	7) This class is for people who can read and write Hiragana, Katakana and simple Kanji characters and can carry on conversations in Japanese fairly well in daily life. It is recommended for people who wish to improve their skills in speaking appropriately at work in accordance with the situation or the person being spoken to.

**Eligibility:** Permanent resident, Spouse or child of Japanese nationality, Spouse or child or Permanent resident and long term resident.

**How to Apply:** Step 1 ~ Apply from the Hello Work: one photo (3x4cm), Zairyu Card or passport  
Step 2 ~ Placement Test      Step 3 ~ Training Begins

**Contact information:**

Location	Name	Telephone / Email	Languages
Tachikawa/ Ome, Akishima	Ms. Yagi	☎080-4336-1340 tabunka21@softbank.ne.jp	Japanese, Spanish & English
Toshima	Ms. Lee	☎080-4816-0191 tabunka02@softbank.ne.jp	Japanese & Chinese
Shinjuku	Mr. Dennis	☎090-9964-2936 tabunka03@softbank.ne.jp	Japanese, English & Tagalog

**Inquiries:** "Hello Work Tokyo" Information ~ <https://jsite.mhlw.go.jp/tokyo-hellowrk/list.html>  
Shinjuku Foreigners' Employment Assistance and Guidance Center ☎03-3204-8609  
Address: 2-42-10, Kabuki-Cho, Shinjuku-Ku

## EDUCATION

令和5年4月に小学校に入学するお子さんの健康診断を行います

### < Medical Checkup 就学時健康診断 for April, 2023's First Grader Students >

Households with child(ren) entering an elementary school in April 2023 will receive a notification of Pre-entrance Child Medical Check-up (就学時健康診断) in middle of September. If you are a parent expecting the notification but it is not delivered to you, or if you plan to enter your child to a school other than the school designated to you per notification, contact Gakkou Kyouiku Ka, Gakumu Kakari

**Date & School:** Specified by the school districts;

Elementary School Name	Date
Hamura Higashi	Oct 31 <sup>th</sup> (Mon)
Hamura Nishi	Oct 28 <sup>th</sup> (Fri)
Fujimi	Nov 7 <sup>th</sup> (Mon)
Sakae	Oct 21 <sup>st</sup> (Fri)
Shourin	Nov 30 <sup>th</sup> (Wed)
Ozakudai	Oct 3 <sup>rd</sup> (Mon)
Musashino	Nov 11 <sup>th</sup> (Fri)

**Time:** Reception 1:15PM~1:30PM

**Inquiries:** Gakkou Kyouiku Ka, Gakumu Kakari ☎ Ext.358

補助

## SUBSIDY

### <Assistance for "Earthquake Resistance Diagnosis" and "Earthquake Retrofitting" expense for wooden houses> 木造住宅の「耐震診断」「耐震改修」経費を補助します

In order to prepare for earthquakes in Tokyo area that will not know when it will occur, city will subsidize some costs required for "Earthquake Resistance Diagnosis" and "Earthquake Resistance Retrofitting" of wooden houses in order to prevent disaster.

**Eligibility:** 1) Residents who own houses  
2) Those who have fully paid city taxes, etc.

### Subsidized Housing:

Among wooden houses in city, detached wooden houses less 2 stories build by the conventional construction method (frame construction method) before May 31, 1981.

- Please inquiry for other conditions.

### Subsidy Amount

- Seismic Diagnosis ~ 1/2 of costs ( 50,000 Yen limit)
- Seismic Retrofitting ~ 1/2 of costs (500,000 Yen limit)

Inquiries: Kenchiku Ka (Architecture), Kenchiku Kakari ☎ Ext.253

環境

## ENVIRONMENT

9月は燃やせるごみ分別強化月間

**<SEPTEMBER is a strengthening month for separation of burnable waste>**

**~ Challenge to Reduce Garbage! Let's start together from what we can do!** ごみ減量に挑戦!

○ Raw Garbage is the point of decreasing 減量のポイントは生ごみ

- Decreasing burnable garbage by squeezing out the water.
- Do not allow food waste to get wet
- Do not leave any food
- Using garbage disposal container ~ Let us compost the garbage and use it for fields and planters.

\*\* There is an environmentally friendly subsidy system for purchasing household garbage processing container. For details, please check official city website.

○ Set up 3 types of garbage collection bags 3種類のごみ袋を設置

Separation is made easier by keeping each of the following: "Paper Items" "Plastic Containers and Packaging" and "Burnable Trash" bags ready to dispose into.

○ Plastic Container and Packaging has a mark by which it can be distinguished. 容器包装プラスチック

Wash them if they are dirty. Dispose of these in a transparent bag on "Recyclable Trash B" collection days.

○ Used Clothes and fabrics 古着・古繊維

Used Clothes and fabrics include curtains and sheets, bits of cloth. Bind with a string and dispose of them on "Recyclable Trash A" Collection days. Wet fabric is not suitable for recycling. Don't dispose of when it is rainy.

Inquiries: Seikatsu Kankyou Ka, ☎Ext. 204

消火器の処分方法について! **<How to dispose of the Fire Extinguisher!>**

1) City will not collect it.

2) Collecting will be done at a specific services or a designated transaction place (\*\*).

\*\* For details, please see the website of the Fire Extinguisher Recycling Promotion Center ☎03-5829-6773

Inquiries: Seikatsu Kankyou Ka ☎Ext. 205

粗大ごみの受入れを一時休止します **< Oversize Trash Services will be stop temporarily>**

Due to facility repair, recycling center will stop service for accepting oversized trash. Your cooperation will be highly appreciated.

Term: Sep 19<sup>th</sup> (Mon, Holiday) ~ 23<sup>th</sup> (Fri, Holiday)

\*\* If you need to dispose of oversized trash during moving, please contact us in advance.

Inquiries: Recycling Center ☎042-578-1211

健康

## HEALTH

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: Oct 5<sup>th</sup> (Wed) 10AM ~ 12:30PM

Location: Hoken Center

Eligibility: Hamura Male Residents

Capacity: 12 (in order of application)

Fee: ¥300.- for cooking practice fee

Things to Bring: Writing utensils, apron, bandana, health book (if you have) and wear mask.

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

How to apply and Inquiries: Starts from Sep 2<sup>nd</sup> (Fri), please call Kenko Ka (in Hoken Center) ☎Ext.625.

成人歯科健康診査 < **Adult Dental Checkup** >

Date: Sep. 1<sup>st</sup> (Thu) ~ Oct. 31<sup>st</sup> (Mon)

Eligibility: Hamura residents of age 65 and older.

How to apply: Please make an appointment at a designated dental clinic listed on the Participating Dental Clinics List.

\*Those who are under dental treatment or who have checkups provided by an employer are not eligible.

\*Bring your Health Insurance Card \*Please check Hamura City website or call related medical facilities

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



令和4年度 羽村市こころの健康セミナー < **FY2022 Hamura City Mental Health Seminar** >

Thinking about mental resilience from the "autonomic nervous system of social interaction".

There is a lot of stress in life. It may be various things happening in society in these days, recovering from stress reactions "Emotional resilience" can be nurtured at any time.

Date and Time: Oct 6<sup>th</sup> (Thu) 2PM~3:30PM (accepting: 1:45PM)

Location: Primo Hall Yutorogi 2F Lecture Room 1 Capacity: 50 (in application order)

Lecturer: Hashimoto Nozomi san (Clinical psychologist, certified psychologist, Lecturer at the department of Clinical psychology, Faculty of Health Sciences, Kyorin University)

How to apply and Inquiries: From Sep 6<sup>th</sup> (Tue) (Sep 13<sup>th</sup> (Tue) for out-of-town residents) ~ Oct 5<sup>th</sup> (Wed), please call Kenko Ka ☎Ext. 625

動物愛護

**ANIMALS PROTECTION**

9月20日(火) ~ 26日(月)は動物愛護週間 < **Animal Protection Week Sep 20<sup>th</sup> (Tue)~ 26<sup>th</sup> (Mon)** >

Please keep loving animals and taking responsibility to rear them. For animals, killing, abuse and abandonment are punishable by law.

- Sterility and Castration Surgery 不妊・去勢手術

~ If you do cannot breed pets properly, please perform infertility/castration surgery. It is also can help to prevent genital diseases.

- Identity Display 身元の表示

~ Animals get lost and cannot return to their owners. Dogs, Cats and other animals should be tagged for ease of detection. Dog owners are required to register once a lifetime and receive one rabies vaccination each year.

- Cats Breeding Indoor 猫の飼育は屋内で

In consideration of current traffic and housing, it is desirable to keep cat indoor in urban areas. The tips to breed cats indoor are devise furniture that allows you to move up and down, prepare nail polish for cats and good training for toilet only at designated places.

By the way, it might cause troubles with neighborhood if you are keeping cat outdoors.

- Follow the rules for dog walking 犬の散歩はルールを守って

Using lead when you walk with dog. It is the owner's responsibility to flush dog's pee immediately, and take dog droppings back to home.

- Evacuation from Disaster 災害に備えて

When disaster occurs, human life comes first. Unless the owner is safe, otherwise the animals cannot survive from disaster. If you need to evacuate, please take with animals as circumstances allowed. Also, prepare emergency supplies for animals (food and water for 5 days or more). Please train your pets in staying in cage during daily life.

Inquiries: Kankyo Hozen Ka ☎Ext.226

新型コロナワクチン接種4回目の接種対象者を拡大

< **THE 4<sup>TH</sup> COVID-19 VACCINATION EXPANDS THE NUMBER OF ELIGIBLE PEOPLE** >



### Eligible people for the 4<sup>th</sup> vaccination

- 1) People aged 60 or over
- 2) Those aged between 18 and 59 who are applies of the following
  - ① Those who have underlying diseases.
  - ② Those who have been judged by a doctor to be at high risk of aggravation.
  - ③ Those who are pregnant.
  - ④ Medical workers.
  - ⑤ Workers at the elderly, disabled, facilities etc.
  - ⑥ Workers who provide services to many elderly people other an ⑤.

Those aged between 18 and 59 are required to apply for issuance of a vaccination ticket

How to apply: Application method by either of the following methods

- 1) Apply from the internet ~ Please access the city official website, fill in the required information in "the 4<sup>th</sup> Vaccination Ticket Issuance Application Form" and submit.
  - 2) Apply by phone  
Please call Hamura City COVID-19 Call Center to apply.
- ※ If you are 60 years old or older with 3 doses of the COVID-19 vaccine, you will receive vaccination ticket with questionnaire one month before the vaccination period, even you do not apply.

### **[Vaccine for Omicron Strain]** オミクロン株対応ワクチン

Preparations are underway to start vaccinations in middle of October. Along with this, the vaccination period will be extended from end to September.

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

\*\* Telephone relay service (telephone calls through an operator who interprets in sign language, etc.) are not available, please call Kenko Ka ☎ Ext.627~630

相談

## CONSOLATION

### <THE 31<sup>st</sup> TOKYO SUICIDE PREVENTION CAMPAIGN> 第31回 自殺防止！東京キャンペーン



In Tokyo Metropolitan, every year's March and September are Suicide Prevention Reinforcement Months.

\*\* All services are free. \*\* The communication fee will be costed except Free Dial.

\*\* Navi Dial #0570 is not eligible for free talking or all you can call plan.

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

### ◇ Consolation counters during Campaign Term

Service Counter/ Facility	Telephone No.	Special Consolation Term	Regular Consolation
Toll Free Special Counseling	☎0120-58-9090 / 03-5286-9090	Till Aug 29 <sup>th</sup> (Mon) 8PM ~ Aug 30 <sup>th</sup> (Tue) 5PM~ Aug 31 <sup>st</sup> (Wed) 8PM~ ** All are till next day 2:30AM	☎03-5286-9090 Every day 8PM~2:30AM (next day) ** Monday 10:30PM~, Tuesday 5PM~
NPO Bifrenders Tokyo Suicide Prevention Center			
Yamabiko Support for Life "Inochino Yamabiko Phone "Line"	☎03-3842-5311	September's Tuesday, Wednesday, Friday, Saturday, Sunday and Holidays Noo~8PM	☎03-3842-5311 Tuesday, Wednesday, Friday and Saturday Noon~8PM
Suicide Prevention Hotline "Inochi-no Denwa"	☎0120-783-556	Sep 10 <sup>th</sup> (Sat) 8AM~11 <sup>th</sup> (Sun) 8AM /Sep 1 <sup>st</sup> (Thu)~30 <sup>th</sup> (Fri) 4PM~9PM	☎03-3264-4343 everyday 24 hours (Tokyo Inochi-no Denwa)
Tokyo Suicide Prevention Campaign "Kokoro to Inochi no Hotline" [NPO Mental Care Association]	☎0570-087478	Sep 10 <sup>th</sup> (Sat) ~ 14 <sup>th</sup> (Wed) every day 24 hours	☎0570-087478 Everyday Noon ~ Next day 5:30AM

◇ **LINE Counseling** LINE 相談

- Every day, 3PM~11PM (Reception till 10:30PM)
- Account Name: Sodan Hotto LINE@Tokyo

◇ **Telephone Counseling for Suicide-Bereaved Family** 自死遺族のための電話相談

Service Counter [Facilities]	Telephone Number	Special Consolation Term	Regular Consolation
<b>Grief Care and Support</b>	☎03-3796-5453	Sep 6 <sup>th</sup> (Tue) ~ 9 <sup>th</sup> (Fri) Noon~4PM	☎03-3796-5453 Tue, Thu and Sat Noon~4PM
<b>Suicide-Bereaved Family Support Center</b>	☎03-3261-4350	Sep 12 <sup>th</sup> (Mon) ~ 14 <sup>th</sup> (Wed) 10AM~8PM	☎03-3261-4350 Thu 10AM~8PM/ Sun 10AM~6PM

- Telephone Counseling for Problems with Multiple Consumer Loans #110 多重債務110 番  
☎03-3235-1155 (Tokyo Consumer Affairs Center)  
Term: During September

● **Kokoro and Life Lecture (schedule ONLINE)** こころといのちの講演会 (オンライン開催予定)

“Metal Care for students via online, let’s think with metal experts about Human life.”

In Tokyo, what are the concerns of young people and how to deal with them? A lecture will be held for the purpose of young people thinking about themselves.

Date and Time: Sep 29<sup>th</sup> (Thu) 2PM~4:30PM

Eligibility: Tokyo Metropolitan residents, students, guardians and helper occupation.

Lecturer: Mr. Katsuhiko Ataka (Professor, Health Care Center, Tokyo Institute of Technology),  
Mr. Hirokazu Tachikawa (Professor of Disaster and Community Psychiatry, Faculty of Medicine,  
University of Tsukuba), Ms. Asumi Takahashi (Assistant Professor, Faculty of Literature,  
Hokusei Gakuen University)

\*\*\* For details, please check Tokyo Metropolitan Health and Welfare Bureau official website.

スイミングセンター

**SWIMMING CENTER**

<**Water Walking Class**> 水中ウォーキング講習会

Date and Time: September 24<sup>th</sup> (Sat) 10AM~10:50AM

Eligibility: Age 16 or over Capacity: 30 (in order of application)

Fee: Hamura residents or worker ¥410, outside of Hamura City ¥610 (included admission and insurance fee)

Things to bring: Swimsuit, Swimming Cap and Towel.

How to Apply: At the same day 9:30AM~9:50AM, please come to swimming center reception desk directly.

Inquiries: Swimming Center ☎042-579-3210



**PRIMO LIBRARY ☎042-554-2280**

■ <**The Reading Notebook will be commendation**> 読書手帳の表彰を行います

Those who are using the “Reading Notebook” and “Yomucho” of Hamura City Library and reading a lot of books according to the reading week will be commended.

If you have reached the standard number of books, please come to main library’s counter. Staff will contact you at the award ceremony at a later date.

Application period: September 1<sup>st</sup> (Thu) ~ 30<sup>th</sup> (Fri).

Standard number of books: 500 books for Elementary School students or younger,  
500 books for Junior High and High School students,  
1,000 books for General.

Eligibility books: Material borrowed from Hamura City Library, school library or books at home (excluding magazines, manga and audiovisual materials) with stickers attached to “Reading Notebook” and “Yomucho”

Award Day and Time: November 3<sup>rd</sup> (Thu, holiday) 10AM~ (about 30 minutes)

■ 休館日のお知らせ **Close Day** Sep 15<sup>th</sup> (Thu)

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.

Date and Time: Monday ~ Friday 9AM~4PM

Midwife ~ September 15<sup>th</sup> (Thu) ① 9:30AM~ ② 10:30AM~ ③ 11:30AM~ (30 minutes)

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

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

### < The 1 Year-Old and Parent Get-Together Group > 1歳児教室「1歳ちゃん♪ 生まれ〜!」

It will offer tips on how to stop breast feeding or about safety, and the child can play with other children.

Date: September 27<sup>th</sup> (Tue), from 9:30AM ~ 11PM Location: Hoken Center

Eligibility: Hamura City Residents who have a child at age 1 year old as **September** can attend with their child. Priority for applicants of the 1<sup>st</sup> child.

Capacity: 8 (in order of application)

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

Application and Inquiries: Starting from September 6<sup>th</sup> (Tue) 9AM~, please call or come directly to Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari ☎Ext. 695

### < "Chokotto Hiroba" Consultation Services- Require Reservation > [ちよこっと広場] を利用してください

The Child Rearing Consultation Service offered by Clinical Psychologists assigned from Hamura City Child And Family Support Center (Kodomo Katei Shien Center), "Chokotto Hiroba" are offered to city citizens.

Please feel free to visit to talk about your child's psychological development, parent's mental stress and etc. In addition to the general consultation, they provide more detailed consultation about the various matters related to the growth by addressing the specific needs of your child.

こころの相談 (臨床心理士)

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

Date and Time	Capacity	Location
Sep 20 <sup>th</sup> (Tue)①10AM ②11AM	1 (in order of application)	Central Children Center

ことばの相談 (言語聴覚士)

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

Date	Capacity	Location
Sep 9 <sup>th</sup> (Fri). 26 <sup>th</sup> (Mon) ① 9:30AM ② 10:45AM ③ 1:15PM ④2:30PM	One for each time (in order of application)	Hoken Center

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

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



## SPORTS CENTER ☎042-555-0033

四季のウォーク「I」 多摩川沿いをポールウォーキングして足腰を鍛えましょう

### <Seasonal Walking Event "I" ~ Strengthen your legs with pole walking along the Tama River>

Date & Time: September 24<sup>th</sup> (Sat) 9AM ~ Noon (The event will be held in light rain)

Meeting Time and Place: 9AM ~ 9:30AM in front of Sports Center Entrance Square

\*Please come directly to meeting place (Start/goal ~ Sports Center)

Courses: Please choose either one course as below ~

Course	Content	Distance	Time
No. 1	Hamura City Kyoudo Hakubutsukan	6 KM (short)	120 minutes
No. 2	Fussa Kanizaka Course	8 KM (long)	150 minutes

Eligibility: Hamura Residents and workers who can walk whole course by oneself.

Capacity: 40 (in order of application)

Things to bring: Easy to walk shoes, clothes, beverages, health management check sheet (please check from

one week ago) and walking pole (if you have one).

Co-hosted by: Hamura City Board of Education (Kyouiku Inkai), Hamura Sports Promotion Committee

How to Apply: Within September 4<sup>th</sup> (Sun) ~16<sup>th</sup> (Fri), please call, fax, email or come to Sports Center

Fax: 042-554-9974 Email: s705005@city.hamura.tokyo.jp

- Event Day Contact: 070-1355-3003 (Sports Promotion Section 9AM ~ Noon)
- Please register Hamura City Mail Services, if it is cancelled, you may confirm from mail services.
- Pole is available to rent.
- "Health Management Check Sheet" is available to download from city official website or distributed in Sports Center.

Inquiries: Sports Center ☎042-555-0033

バイリンガル落語家ダイアン吉日落語講演会

**< Bilingual Rakugoka Diane Kichijitsu Rakugo Lecture >**

This is a rakugo lecture on multicultural coexistence, including the experiences of bilingual rakugo performer Diana Kichijitsu.

Date and Time: Oct 15<sup>th</sup> (Sat) 2PM~4PM (door opens: 1:30PM)

Location: Fussa City Civic Center Small Hall Eligibility: Hamura, Fussa residents, workers or students.

Capacity: 100 (in application order)

Details: [Part 1] What is multicultural coexistence?

[Part 2] Diana Kichijitsu's English rakugo and lecture

Sponsored: Fussa-Hamura Multicultural Coexistence Business Council

How to apply and Inquires: From Sep 1<sup>st</sup> (Thu) 8:30PM~5PM, please call to Fussa City Collaboration Promotion Section (exclude Saturday, Sunday and Holidays) ☎042-551-1590



9月休日診療

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

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
4 <sup>th</sup> (Sun)	Ozaku Ekimae Clinic	☎042-578-0161	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Okikura Shika	☎042-555-4331
11 <sup>th</sup> (Sun)	Ozaki Clinic	☎042-554-0188	Hikari Clinic (Fussa-shi)	☎042-530-0221	Masuda Shika Iin	☎042-551-8686
18 <sup>th</sup> (Sun)	Izumi Clinic	☎042-555-8018	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Katou Shika Clinic	☎042-554-8887
19 <sup>th</sup> (Mon, Holiday)	Yamaguchi Naika Clinic	☎042-570-7661	Nanohana Clinic (Mizuho-machi)	☎042-557-7995	Kusaka Shika	☎042-555-7793
23 <sup>rd</sup> (Mon, Holiday)	Baba Kodomo Clinic	☎042-555-3788	Maruno Iin (Mizuho-machi)	☎042-556-5280	Takada Shika Iin	☎042-555-5903
25 <sup>th</sup> (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Hanenaka Shika Clinic	☎042-554-2202

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

行政・人権相談日

**PUBLIC CONSULTATIONS**

**Schedule of September**

Category	Date	Time	Contact
Public Administration and Human Rights	15 <sup>th</sup> (Thu)	1:30pm ~ 4:30pm	Shimin Soudan-shitsu city hall ext.541

\*Ⓐ=appointment required.

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