



# HAMURA NEWS

July 1<sup>st</sup>, 2024

**HAMURIN** Hamura City Mascot

Edited by: Hisho Kouhou Ka (Secretary & Public Information Section)

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## COMMUNITY

こどもにおすすめの夏の講座 2024

### <Recommend Summer Courses for children!>



7/26(金) 水辺観察会 羽村の水生生物を学ぼう

#### ■ July 26th (Fri) ENVIRONMENTAL WORKSHOP

##### ~Knowing Water Creatures and Environment in Hamura.

An environmental counselor will guide the tour introducing creatures that live nearby water, studying about the water quality of the Tama River.

Date & Time: July 26th (Fri) 8:30AM, (about 2 hours and 30 minutes).

※ It will be cancelled if it rains or heatstroke alert is issued on event day morning.

Meet & Dismiss: Ikoinosato Entrance

Eligibility: Hamura Elementary and Junior High school students (the 3rd grader or younger must be accompanied by a guardian)

※ The 4th grade or older can also join with a guardian.

Capacity: about 15 (in order of application)

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

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

\*\*\* It is dangerous to wear beach sandal, shoes without heels due to easy to slip.

Instructor: Mr. Kousuke Satta (Forest Instructor)

Application & Inquiries: July 1st (Mon) ~ 18th (Thu), please call or in person to Kankyou Seisaku Ka

☎Ext. 226 with [address, name, age, telephone number and guardians numbers if need accompanies].

7/31(水) 夏休み司書体験

#### ■ July 31st (Wed) 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 31st (Wed) 9AM~12:30PM

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

Capacity: 8 (in order of application, preference will be given to first-time participating 6th graders.)

Application & Inquiries: Starting from July 14th(Sun) ~ 20th(Sat) 10AM~5PM, please call or in person to Primo Library (main library) ☎042-554-2280 (close Monday exclude Holiday's).

8/7(水). 8(木) 図書館YA (ヤングアダルト) ボランティア募集

#### ■ August 7th(Wed). 8th(Thu) LIBRARY YA (Young Adult) Volunteer Recruitment

Do you want to help library work during summer vocation?

You may experience in making recommend books exhibition and poster for this chance.

Date and Time: August 7th (Wed). 8th (Thu) 10AM~3PM.

Eligibility: Hamura City Resident's Junior High School and High School students

Capacity: 8 (in order of application)

Application & Inquires: Starting from July 18th(Thu) ~ 31st(Wed) 10AM ~ 8PM via application form, please call or come to Primo Library Hamura ☎042-554-2280 (close Mondays exclude Holiday's).

夏休み！ いろいろチャレンジしてみよう

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



8/11(日) 体験学習会 「まゆから糸をひこう！」～好評につき、定員数を増やしました！～

■ **August 11th (Sun) EXPERIENCED SESSION 「Let's Pull Thread from Cocoons!」**  
~ Due to popular demand, the number of participants has been increased!

Using three types of old aged tools, participants will pull silk from the cocoon of a real silkworm and make cotton. You can take home the threads you pulled and the floss-silk you made.

Two sessions will be held, one in the morning and one in the afternoon.

Date & Time: August 11th (Sun), morning session: 10AM ~ 11:30AM / afternoon session: 1:30PM ~ 3PM.

Location: Kyoudo Hakubutsukan, Orientation Hall.

※ Children under the 2<sup>nd</sup> grade elementary school age must be accompanied by guardian.

Capacity: Each 20 (in order of application)

Things to bring: Towel, apron or clothes you don't mind getting dirty

Application & Inquiries: July 2nd(Tue) (applicant outside of Hamura July 9th(Tue)) ~ August 10th(Sat) (9AM~5PM), please call or in person to Kyoudo Hakubutsukan ☎042-558-2561 (close Mondays exclude Holiday's).

9/2(月)締切 第39回青少年健全育成ポスターコンクール作品募集

■ **September 2nd(Mon) deadline**

**The 39th 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? Welcome to apply.

Eligibility: Hamura City Elementary and Junior High School students.

Themes: "A town where children can live happily", "Let's clean the town" and "Let's take care of the elderly people".

Applying Method: Till September 2nd (Mon), 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 phone number] and submit to schools or city hall 2F Kosodate Shien Ka, Jido Seishonen Kakari directly.

Announcement: If you win a prize, the [school name, grade and name] will be announced on official website. Also, it will exhibited on Nov 9th (Sat) "Youth Healthy Development Day" at Primo Hall Yutorogi.

Awards: The best and good works will be exhibited at "Youth Healthy Development Day".

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.
- During exhibition period, the winner will be notified.

Application submit & Inquiries: Kosodate Shien Ka, Jido Seishonen Kakari ☎Ext. 263

敬老のつどい 9月16日(月・祝)

**<Special Gala for Respect-For-Senior-Citizen ~ September 16th (Monday, Holiday)>**

We honor the elderly who have contributed to society for many years and hold a "Special Gala for Respect-For-Senior-Citizen" to celebrate their longevity.

Location: Primo Hall Yutorogi Main Hall

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

**[Note]** Please apply in advance and the pick-up shuttle bus is not available.

Time Schedule: The gala is divided into 2 sessions.

1) 1st Session (Ceremony/ Performance song show): 11AM~12:40PM (Doors open: 10:30AM)

2) 2nd Session (Greetings/ Performance song show): 2PM~ 3:20PM (Doors open: 1:30PM)

Eligibility: Those who are 75, or are turning 75 in FY 2024 living in Hamura.

Capacity: About 720 for each session (if the applicants are too many, drawing will be held).

Fee: Free

Application: Please apply from city official website application form or postcard with necessary information and submit to service counter.

※ Please check the details via Hamura News July 15<sup>th</sup> version.

※ Applications cannot be made by phone.

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

Hamura Shi, Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari  
[Keiro no Tsudoi] application.

Deadline: **August 1st (Thu)** (effective the same day postmark).

※ The drawing results will be announced via "Information Postcard" with session and seat number.

※ Information postcards will be sent out after September 2nd(Mon).

Thing to bring: Please bring an information postcard on the day of the event.

Please Note:

- Please note that each person may apply only once. No duplicate applications will be accepted.
- You can specify your 1st and 2nd choice of performance times.
- No one other than the applicant may enter (except for chaperones for wheelchair users, etc.).
- Please use the community bus "Hamuran" to get to the venue since limit number of parking lots.
- No recording, videotaping, or photography is allowed.
- If you do not feel well on the event day, you may be not allowed to enter.

金婚式を迎えるご夫妻へ

### < 50th Wedding Anniversary Gift from Hamura City >

On an occasion of Respect-for-Senior-Citizen Day 2024, Hamura City will invite the couple celebrating their 50th Wedding Anniversary (Kinkon-shiki) to the [Keiro no Tsudoi ~ the 1st performance]. Please come to Kourei Fukushi Ka service counter till August 1st (Thu).

Eligibility: Those who married January 1st ~ December 31st 1974 (even under 75 years old are eligible).

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

## HEALTH INSURANCE

国民健康保険

### <NATIONAL HEALTH INSURANCE>

Inquiries: Shimin Ka, Hoken Kakari ☎Ext. 126

納税通知書を送付します < National Health Insurance Notification >

National Health Insurance (Kokumin Kenkou Hoken) Notification for FY2024 will be mailed to the applicable households in the middle of July. The enclosed information explains about premium amount and premium calculation system.

❖ Regarding the insurance tax calculation, please check city website to get details.

国民健康保険限度額適用認定証等の申請

<Application of Certificate for Patient-Borne Expense Ceiling Amount, etc. >

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

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



■ 国民健康保険限度額適用認定証とは

### <Certificate for Patient-Borne Expense Ceiling Amount>

By presenting a Certificate for Patient-Borne Expense Ceiling Amount 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 and need to apply in advance. You may receive certificates which take effect from the month of registration.

※It may not be issued if the premium payment is in arrears.

#### Eligibility:

- Those who are 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 JPY1.45 million to JPY6.9 million 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 post mail is acceptable for application. The form ~ please download from city official website.
- ※ If you register for the health insurance card with My Number Card, you may limit your co-pay expenses at medical institutions, etc. to the maximum amount without prior procedures. Please use My Number Card as possible as you can!

高齢受給者証の更新

### < Renewal Term of National Health Insurance Elderly Member Card >

The current National Health Insurance Elderly Member Card will be expired on July 31st (Wed). The new card will be mailed to the current card holders during the middle of July.

- New Card valid period: August 1st (Thu), 2024 ~ July 31st (Thu), 2025 one year
- ※ Those who will turn 75 years old by July 31, 2025 will receive the card until the day before they turn 75 years old.
- ※ Those who will turn 70 years old from now on will be sent card that can be used from the month following the birth month (the birth month for birthday is on the 1st) by the last day of the birth month (the last day of the previous month for birthday is on the 1st).

後期高齢者医療保険

### <LATE-ELDERLY MEDICAL INSURANCE>

Inquiries: Shimin Ka, Kourei Iryou. Nenkin Kakari ☎Ext. 138/  
Premium payment... Nouzei Ka, ☎Ext.169

被保険者証を更新します

### <Renew Insurance Card>

The current "light blue" insurance card expires on July 31st.

A new "blue and bamboo color" insurance card, valid for one year from August 1st, will be sent by registered mail (hand delivery) from the middle of July.

※ If you are not at home, you will receive a "notice of absence". Please receive it by the deadline.



医療費の負担割合

### <Percentage of Medical Expenses to be borne by the patient>

The portion (10-30%) of medical expenses to be paid at hospitals, etc. is determined based on previous year income with August 1st of each year as the base date. For the criteria of determination, please refer to the "Structure of the Late-Stage Senior Citizen's Health Care System" enclosed with your insurance card.

※ Those who have been determined as 30% and are considered to be ineligible due to the application of the standard income amount will receive a notice in late June.

#### ■ Certificate for Maximum Amount . Standard Copayment Reduction 限度額適用・標準負担額減額認定証

Medical expenses are limited to the maximum amount to be paid by the patient and the cost of meals during hospitalization is reduced.

Eligibility: For those who pay 10% of their own expenses and all members of the household are exempt from municipal tax.

#### ■ Certificate of Maximum Amount Coverage 限度額適用認定証

The maximum amount of medical expense per medical institution will be reduced to the copay amount by the patient.

Eligibility: Those who pay 30% of the medical expenses and all insured persons have a taxable income of less than JPY6.9 million.

Those who have not received the certificate before and wish to receive it this time need to apply for it. In addition, for some diseases such as chronic renal failure requiring dialysis, the payment of medical expenses at medical institutions may be reduced. Please inquire for details.

今年の12月2日から、マイナンバーカードと保険証が一体化

### <My number card and insurance card will be integrated from December 2nd, 2024>

From December 2nd, the My number card and Health insurance card will be integrated. After that, new paper insurance cards and certificates will no longer be issued.

The certificates issued before that date will be replaced by the new certificates. The certificates issued until then can be used till the expiration date (July 31st, 2025) as long as no changes in their contents. For details, please refer to the enclosed information document.

### 保険料決定通知書を送付します < Late-Elderly Medical Insurance Notification >

The Late-Elderly Medical Insurance Notification which will be mailed to the insured members in the middle of July enclosed with a premium amount notification based on 2023 income. Your packet will differ according to payment method.

#### 保険料の軽減 <Premium Reduction>

Premiums may be reduced based on income. (For the reduction, please declare income such as filing a tax return).

For details, please check the information documents in the decision notice.

#### 保険料の納め方 <Method to pay premiums>

In principle, premiums are deducted from the public pension. Those who are not eligible are required to pay the premiums by payment slip or direct debit. For details on the payment method, please refer to the information document in the notice of decision.

[年間保険料額の算出方法]

#### [Method of calculating annual premiums]

The insurance premium rate is reviewed every two years and is uniform in Tokyo.

### Premium rates for FY 2024 and 2025

Equal premium amount JPY47,300 per person insured	+	Income premium amount Income amount to be assessed x 9.67% (※1)
= Annual premium amount Rounded down to the nearest JPY100 (Maximum amount JPY800,000) (※2)		

※1 Income tax rate for FY2024 ~ Due to the drastic easing measures, 8.78% for those whose income is JPY580,000 or less, and 9.67% for income exceeds 580,000 yen.

The FY2025 income tax rate for all insured persons will be 9.67%.

※2 The annual premium levy limit has been revised to JPY800,000 (in some cases, the levy limit will be JPY730,000 only in FY2024).

※ For details, please inquiry to Shimin Ka, Kourei Iryou. Nenkin Kakari.



介護保険

### <LONG-TERM CARE INSURANCE (Kaigo Hoken)>

Inquiries:

Long-term Care Insurance and Insurance Fee ~Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext.149  
Nursing Care Required Service... Kourei Fukushi Kaigo Ka, Kaigo Nintei Kakari ☎Ext.146,  
Premium payment... Nouzei Ka, ☎Ext.179.

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 2024 Premium Notification and Statement 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.

#### ◆ 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

Your previous year's aggregate income is categorized into one of the 16 levels of premium coverage.

※ 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

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.

介護保険の認定を受けた方へ 新しい介護保険負担割合証の送付

### <New Long-Term Care Insurance Copayment Ratio Cards to be sent to those who are certified Long-Term Care Insurance>

The "Long-Term Care Insurance Copayment Ratio Certificate" with the ratio (10-30%) will be sent to those who have been certified as need support or Nursing care in mid-July. The current certificate will expire on July 31st (Wed). Please destroy the current card by yourself or bring it to the counter.

After August 1st (Thu), please present the new card.

事前に申請を 介護保険利用者負担額の軽減制度

### <Please apply in advance, System for User free of Long-Term Care Insurance deduction.>

Eligibility: Resident tax-exempt households that meet all of the following conditions~

- Annual income must be less than JPY1.5 million for a single person household, plus JPY500,000 for each additional member of the household.
- The amount of savings and other assets must be less than JPY3.5 million for a single household, plus JPY1 million for each additional member of the household.
- The applicant must have no assets other than those used for daily living.

○ The applicant must not be supported by relatives who have the ability to bear the burden.

○ The applicant must not be in arrears with long-term care insurance premiums.

Eligible Services: In-home care (preventive) services and facility care services, etc.

※ Only services provided by the service provider who has offered the reduction will be covered.

介護保険施設を利用する方は介護保険負担限度額認定の手続き

### < Those who use long-term care insurance facilities ~ Procedures for Long Term Care Ceiling Amount Certification >

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: Those who meet both (1) and (2) below

(1) All members of the household are exempt from Residential Taxation. If there is a spouse in a separate household who must also be exempt from Residential Taxation.

(2) The total amount of assets such as deposits and savings of the applicant and spouse (regardless of living together or separately) must be less than the following ① to ④

① Welfare recipients and the Elderly welfare pension recipients ~ Single person: JPY10.0 million or less, married couple: JPY 20.0 million or less

② The sum of taxable pension income + total income other than pension + non-taxable pension income is less than JPY800,000 ~ Single: less than JPY6.5 million, married couple: less than JPY16.5 million.

③ The sum of taxable pension income + total income other than pension + non-taxable pension income exceeds JPY800,000 but under JPY1.2 million ~ Single person: JPY5.5 million or less, married couple: JPY15.5 million or less.

④ The sum of taxable pension income + total income other than pension + non-taxable pension income exceeds JPY1.2 million ~ Single: JPY5.0 million yen or less, married couple: JPY15.0 million or less.

※ [Spouse] includes the case of common-law marriage.

※ Application is required to receive the Ceiling Amount Certification. Please check the city's official website or contact the city office for details on 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 Certification>

If you already have a "Certificate of Long-Term Care Insurance Ceiling Amount", a renewal procedure information will be sent in June. Please check the information.

お知らせ

イベント

第26回 活力市 ~あさがお・ほおずき市~

## INFORMATION EVENT



### < The 26th Summer Market for Asagao (Morning Glory) & Hozuki (Chinese Lantern Plant) >

Why not enjoy the summer breeze by placing a pot of large-flowered morning glories or bright red hozukis in your garden? In addition to the morning glory and hozukki, there will also be stalls selling Japanese traditional snacks, rice cakes, baked dumplings, shaved ice, and more.

Date & Time: July 6th(Sat) & 7th(Sun), 9:30AM ~ 4PM.

Location: Agricultural products market.

※ We expect that the parking lot will be crowded because many people will be using the direct sales area. Please use public transportation as much as possible.

Inquiries: Hamura City Commerce Cooperative Association ☎042-555-5421 /



暑い夏がやってきた！親水公園オープン！

**<Hot summer is here! Water Park is open!>**

Let's play a lot and blow off the summer heat.

Open Term: Every day during July 19th(Fri) ~ Sep 1st(Sun).

Open hours: 9AM ~ 3PM

※ Park may be closed due to Heatstroke alarm is announced.

Inquiries: Civil Engineering Section, Park Management Division ☎Ext.283



令和6年度 ペアレント・トレーニング講座「羽っぴー教室」参加者募集

**<FY 2024 Parent Training Course "Happi Classroom" - Recuitment of Participants>**

If you feel that your parent-child relationship is becoming strained due to such problems [constantly warning children], [frustrated when children talk back], parent training may be a good option for you. By helping parents learn how to effectively relate to their children with developmental concerns, this course aims to help both parents regain confidence in themselves and children and increase the amount of peaceful time between parents and children. The course will include lectures and homework as well as role-plays and group work, allowing participants to interact and learn from each other. Please join us.

**[Schedules]**

	Date	Topics
1st	Aug 29th (Thu)	Let's take a closer look at the child's "behavior".
2nd	Sep 19th (Thu)	Make praise as a habit!
3rd	Oct 10th (Thu)	Waiting to praise ~ how to get rid of attention well.
4th	Nov 7th (Thu)	Be a good communicator & special time
5th	Nov 28th (Thu)	Become a better organizer & summary of the course
Follow-up	Feb 13th (Thu), 2025	Review of the course <<Extra: Roundtable Discussion with Tokyo Parent Mentors>>

※ Hours: all days 10AM ~ Noon

Location: Primo Hall Yutorogi Lecture Room 2.

Eligibility:

- Parents with children in nursery school middle school, senior class, or 1st grade of elementary school who are concerned about their children's development and feel difficulty in raising them.
  - ※ Participation is for parents only, children are not allowed. No medical consultation or diagnosis of developmental problems is required.
- Those who are able to attend all sessions.
- Those who are willing to participate in an interview (about 30 minutes, schedule to be adjusted upon consultation) and fill out a questionnaire prior to the start of the course.

Capacity: 8

Childcare: Free of charge, 3 children (from 1 year old ~ preschooler)

Application: Please apply from July 3rd (Wed) ~ July 31st (Wed) (deadline upon reaching maximum enrollment) via using the 2D code of Hamura News ver. July 1st.

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





### < The 2nd Term for Free Screening for Stomach/Lung / Breast Cancer >

Stomach, lung, and breast cancer screenings are available on the same day September 14th(Sat).

#### [Stomach / Lung cancer screening]

Date and Time: Sep 11th(Wed) ~ 14th(Sat) 8AM ~ Noon

Eligibility: Hamura residents age 40 years or older (Sputum examination must be over age 50)

Fee: Each screening JPY500

Examination Details: Stomach cancer screening (digital X-ray of stomach, barium test),  
Lung cancer screening (digital X-ray of chest, sputum examination)

#### <Sputum examination is provided only for people with the following conditions :>

- ① Age is over 50 till as to examination date
- ② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = 600 or more.

#### [Breast Cancer screening]

Date and Time: Sep 14th (Sat) 8AM~4PM

\*\* Unable to designate time, the screening time will be shown in ticket.

Location: Hoken Center

Eligibility: Women age 40 years old or older and registered as a resident in Hamura as of the examination date and have not been examined in the previous year.

Fee: JPY 1,600

Examination Detail: Mammography

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

Screening for Stomach: ①~⑧ / Lung Cancer: ①~⑤ and Breast Cancer: ①~⑥

- ① Those who have already undergone the same screening in the current year.
- ② Pregnant, possibly pregnant, or breast-feeding.
- ③ Those who are currently undergoing treatment or follow-up for a disease in the examined area.
- ④ Those who have the same cancer screening opportunity provided by the employer.
- ⑤ Those who need assistance during inspections.
- ⑥ Those who have a pacemaker or other artificial device inserted (breast cancer screening is not allowed; stomach cancer screening is not allowed on the abdomen).
- ⑦ Those who with a history of intestinal obstruction or allergy to barium products.
- ⑧ Those who have undergone abdominal surgery, orthopedic surgery, myocardial infarction, cerebral infarction, or other diseases within the past year.

Capacity: 80 people per day/ per examination (If applicants exceed capacity, drawing will be held).

※The applicants will be notified of result of drawing or receive screening coupon in middle August.

※ If you are receiving public assistance, please submit a certificate of receipt on the examination day.  
The examination will be free of charge.

※ If you have a coupon for free FY2024 breast cancer screening , please submit on examination date.

Application Period: July 1st (Mon) ~ 16th (Tue) (must be arrived), electric application or mail must be filled in necessary information.

– How to fill in an application postcard –

Front 〒205-0003 To: "Gan Kenshin Tantou" Hamurashi Hoken Center 5-5-2 Midorigaoka Hamura City	Back ・Your desired screening date (1st choice, 2nd choice or any) ・Screening/Exam you desire. ・Your name, date of birth, mailing address, and phone number ・Whether you wish to have sputum examination: Yes or No *If you request, please fill number to cigarette per day x years
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※ Please Note: Each individual must apply separately even if they are in the same household.

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

体組成測定会

### <Body Composition Measurement Session>

Let's analyze your body by measuring muscle mass, body fat percentage, basal metabolic rate, etc. with a body composition meter. Public health specialist and nurses will explain the results on the spot. Nutritional counseling by a registered dietitian is also available.

Date and Time: July 29th (Mon) 9:30AM ~ 11:30AM (about 15 minutes).

Location: Hoken Center

Capacity: 18 (in the application order)

※ Those with pacemakers or other medical devices are not allowed to take measurements.

※ Please bring your health handbook if you have one.

Application & Inquiries: July 1st (Mon) ~ 26th (Fri), please apply via call or email to Kenko Ka (Hoken Center) ☎Ext.626 / ✉s305000@city.hamura.tokyo.jp

※ When applying by e-mail, please have "Body Composition Measurement Session" in the subject and [name, telephone number, and birthday] in the text of the e-mail.

### <Karada Juku> カラダ塾 夏こそ「ちょい足し」で血糖対策～糖尿病予防～

#### Summer is the Time to "Add a Little Extra" to Prevent Blood Sugar ~ Prevent Diabetes ~

Karada Juku is a program to learn about exercise and diet for a healthy body. Let's spend the hot season in good health by "adding a little more" to foods that do not raise blood glucose levels and exercise that you can do.

Date and Time: July 30th (Tue), 10AM ~ 12:30PM

Location: Hoken Center

Eligibility: Hamura Residents

Capacity: 20 (in the application order)

Fee: JPY300 for cooking class

Things to bring: Writing utensils, apron, bandana, health notebook (if you have one) and Mask.

※ Please wear mask in cooking practice class.

Details: Health lecture, cooking practice and individual consultation (for those who wish)

Application & Inquiries: From July 2nd (Tue), please call or e-mail the Kenko Ka (Hoken Center)

☎Ext. 624 / ✉s305000@city.hamura.tokyo.jp

※ When applying by e-mail, please put "July Karada Juku participation request" in the subject and [Name, Age, Phone number daytime and address] in text.



带状疱疹予防接種費用の一部を助成します

### <Partial subsidy for Shingles Vaccination expenses>

Vaccination Period: July 1st(Mon) ~ March 31st(Mon), 2025

Eligible: Persons who meet the following ① and ② conditions

① Those who are 50 years old or older residing in Hamura on the day of the vaccination.

② Those who have not received any subsidy for shingles vaccination from Hamura City or other municipalities in the past (excluding a subsidy for the 1st dose of inactivated vaccine and trying to receive 2nd dose subsidy of the same vaccine).

Vaccination locations: Medical institutions in the city (direct appointment)

※ Please check the city's official website or inquire about medical institutions in the city.

Subsidized amount: Up to the following amount per vaccine type

○ Live vaccine: JPY4,000

○ Inactivated vaccine: JPY10,000 (subsidy for up to two inactivated vaccines)

※ Please pay the total amount of the vaccination cost minus the above subsidized amount to the medical institution.

※ The vaccination fees and the types of vaccines handled vary for medical institutions.

**<People have received vaccinations at their own expense are eligible for reimbursement of the subsidy>.**

Subsidy reimbursement term (application required): April 1st (Mon) ~ June 30th (Sun).

※ Vaccinations received outside of the above period will not be reimbursed.

※ The location of the medical institution where the inoculation was received is not required.

※ The details, please check city official website.

Application: Send the required documents by mail or in person to the Health Center.

Required Documents

① Application form

② Copy of preliminary medical examination form showing record of vaccination.

③ Original receipt

④ A document showing the account number and holder of the account to which the money is to be transferred (e.g., a copy of the bankbook)

⑤ Letter of attorney (only if the transferred account holder is different with applicant).

⑥ Certificate for subsidy application (if you can not submit ② or ③).

※ The application form ①, ⑥ are available at the Hoken Center or can be downloaded from city official website.

Application deadline: February 28th (Fri), 2025.

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 627.

年金

## PENSION

国民年金保険料の免除・納付猶予

**<Exemption and Deferment of National Pension Insurance Premiums>**

The National Pension Plan provides for the exemption or deferment of premium payments for those whose income is below a certain level. In addition, those who have lost their jobs may be exempted from paying the premiums as a special exception. Applications period from July 2024 ~ June 2025 will be accepted from Monday, July 1st (Mon).

Applications can be made retroactively up to two years and one month prior to the time of exemption application. For details, please inquiry.

**[Application Requirements (for over the counter)]**

Pension booklet and basic pension number notification.

※ Japan Pension Service will examine your application based on your previous year income. If your income is undeclared, please declare it in advance.

※ If you have left a job, you may need to submit an Employment Insurance Employee Release Form or other documents.

電子申請もできます

**[Applying can be processed by Electronic Application]**

Electronic application (My number card) is also available by using MyNumber Portal via smartphone or computer. For more information, please inquiry to the Pension Office.

Inquiries: Shimin Ka, Kourei Iryou. Nenkin Kakari ☎Ext.140 / Ome Pension Office ☎0428-30-3410.

料金改定

### <Fee Revisions>

The city will revise waste disposal fees (bulky waste disposal), fees for pumping human waste and sewage (septic tank sludge) disposal starting October 1st.

※ The revised fees will apply to collections on and after October 1st.

Inquiries: Seikatsu Kankyou Ka ☎Ext. 205

#### ▼ Bulky waste disposal fees (Home Collection)

Main bulky waste items	[Before revision](Till Sep)	[After revision] (from Oct)
Comforter (Futon)	JPY200	JPY300
Carpets	JPY500	JPY600
Bed (Single)	JPY700	JPY900
Bed (Double)	JPY1,300	JPY1,700
Shelves (height x width of 350 cm or more)	JPY1,900	JPY2,500

#### ▼ Recycling center disposal fee (brought directly to the recycling center)

[Before revision](Till Sep)	[After revision] (from Oct)
JPY20 per 1 kg (cash payment in 5 kg increments)	JPY30 per 1 kg (cash payment in 5 kg increments)

※ The fees for pumping human waste and sewage (septic tank sludge) disposal and other information, please check Hamura News ver. July 1st to get details.

水道メーターを無料で交換します。

### < Replacement of Water Usage Meters by Free >

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 36/11 or 37/○(○ 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 and Districts: Please check Hamura News ver. July 1st to get details.

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

### PRIMO LIBRARY HAMURA ☎042-554-2280

#### ☆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 term: July 17th(Wed) ~ August 31st(Sat)
- Location: Primo Library Hamura / Ozaku Branch children exhibition corner.

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

☆館内整理日 **The date of Organize (Close Date)** : July 16th (Tue)

☆夏休み課題図書の展示

### <Exhibition of Summer Vacation Task Books>

The issue books of "The 70th National Youth Reading Impressions Competition" will be exhibited. You may make a request to borrow.

Term: July 17th (Wed) ~ August 31st (Sat)

Location: Primo Library Hamura / Ozaku Branch children exhibition corner.

\*\* Up to 2 books can be lent out per person.

S & D スイミングプラザ羽村

**S&D SWIMMING PLAZA HAMURA ☎042-579-3210**

### <Short Term Swimming Class> 短期水泳教室案内

Term: August 1st (Thu) ~ 14th (Wed), only two days with one hour for each class.

Application: July 14th (Sun) ~ 28th (Sun), please in person to S&D Swimming Plaza Hamura directly.

※ Office hours: 9AM~8:50PM (exclude Mondays)

プリモホールゆとりぎ

**PRIMO HALL YUTOROGI ☎042-570-0707**

第9回 HAMURA メリーリボン 演劇祭

### <The 9th Hamura Merry Ribbon Theatre Festival>

The 9th Hamura Merry Ribbon Theatre Festival will be also held this year, featuring unique performances by school drama clubs and groups active in the Nishitama area!

Date: July 13th(Sat) and 14th(Sun)

Location: Primo Hall Yutorogi Small Hall

Capacity: 252 (All seats unreserved)

Date	Groups
July 13th(Sat)	Hamura Daiichi Junior High School Drama Club, Recitation Theatre Group Hibiki, Ome Sogo High School Drama Club etc.
July 14th (Sun)	Theatre Company Gin no suzu 2, Fussa High School Drama Club, Itsukaichi High School Drama Club, Hamura High School Drama Club etc.

情報アラカルト

子育て

■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 23rd(Tue), from 9:30AM ~ 11:30AM

Location: Hoken Center

Eligibility: Residents who will become one year old up to July with guardian.

※ Admission are not allowed for Siblings of participating child.

Capacity: 15 groups (in the application order).

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

Application & Inquiries: Starting from July 1st (Mon) 9AM~, please call or come directly to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 696



特別児童扶養手当を支給しています。

### <Special Child-Rearing Allowance >

Special Child-Rearing Allowance (Tokubetsu Jidou Fuyou Teate) is provided to parents or guardians who are raising a child with physical/mental disability. The allowance is provided until the child turns age 20. Application and eligibility certification are required to receive the benefit of this allowance program.  
Eligibility: Hamura City Residents whose child or child in care of the resident has ① physical /② mental disability or illness that is certified grade 1~3, or ③ considered to be at a level equal to such.

**Allowance Amount:** Disability Level 1 JPY55,350 / Disability Level 2 JPY36,860

**Income Limitations:** The payment will not be made in any of the following cases.

- 1) When the income of the parents, caregivers or their support obligations exceeds the income standard.
- 2) When the child is not under the care of the parents or caregivers (e.g., in an institution).
- 3) When the child is receiving a public pension on the basis of disability.

※ The application procedures vary depending on category and payment restrictions, please inquiry for details.

Inquiries: Kosodate Sodan Ka, Teate. Josei Kakari, ☎Ext. 235

社会福祉協議会

### SHAKAI FUKUSHI KYOUGIKAI (Council of Social Welfare)

### <2024 Summer! Experience Volunteer Activities> 2024夏! 体験ボランティア

Term: July 22nd(Mon) ~ September 6th(Fri)

※ The details are vary depending on the activity site.

Details: Volunteer activities at facilities in the city or in the community.

Eligibility: Applicants must be the 4th grade elementary school students or older and live, work, or study in Tokyo metropolitan.

※ Age requirement depends on the program.

Fee: Free (¥350 volunteer insurance subscription fee is required for those who participate in volunteer activities at organizations and facilities.)

Briefing Session: July 20th (Sat) 1PM ~ 2PM

Location: Main conference room at Fukushima Center.

Application & Inquiries: July 1st(Mon) ~ 19th(Fri) 9AM~5PM (exclude Saturdays, Sundays and holidays) please call or come directly to the Social Welfare Council ☎042-554-0304.



7月の休日診療

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

Date	Hospital / Clinic				Dental Clinic	
July	9am~5pm		5pm~10pm		9am~5pm	
7th (Sun)	Futaba Clinic	☎042-570-1588	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Inagaki Shika	☎042-555-6018
14th(Sun)	Ozaki Clinic	☎042-554-0188	Hikari Clinic (Fussa-shi)	☎042-530-0221	Watanabe Shika Iin	☎042-570-1688
15th (Mon. Holiday)	Wakakusa Iin	☎042-579-0311	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Ikoma Shika Hamura Shinryoujo	☎042-555-3139
21st (Sun)	Hamura Sougo Shinryoujo	☎042-554-5420	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Inoue Shika Iin	☎042-554-7735
28th (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Usui Shika. Orthodontic Clinic	☎042-579-1199

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