



HAMURA NEWS



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Edited by: Hisho Kouhou-ka (Public Information & Public Opinion 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

令和7年度国民健康保険国民健康保険

FY 2025 NATIONAL HEALTH INSURANCE

Inquiries: Shimin Ka, Hoken Kakari ☎Ext. 127

National Health Insurance (Kokumin Kenko Hoken) is available to those who are self-employed, farmers, have retired and quit their workplace health insurance, and not covered by workplace health insurance due to part-time work, etc.

▼ <The National Health Insurance Tax Rate> 国民健康保険税

The FY 2025 National Health Insurance Tax Rate is described as below list. The income ratio and Per capital basis are the same as last year. The tax base limit of medical expenses is revised from JPY650,000 to JPY660,000 and the Premiums for supporting the late elderly is revised from JPY240,000 to JPY260,000.

Hamura City NHI Premiums for FY2025

ITEM		FY 2025
Medical Expenses	Income Ratio	6.43 %
	Per Capital Basis	JPY27,300
	Limit of Tax Base	JPY660,000
Premiums for supporting the late elderly	Income Ratio	2.33 %
	Per Capital Basis	JPY11,200
	Limit of Tax Base	JPY260,000
Premiums for Nursing Care	Income Ratio	2.15 %
	Per Capital Basis	JPY13,100
	Limit of Tax Base	JPY170,000



国民健康保険加入・喪失手続きを

▼ <Please complete the National Health Insurance enrollment and loss procedures.>

○ Enrollment

加入

Those who resigned at the end of March and quit their workplace health insurance are required to enroll in the National Health Insurance program. A loss eligibility certificate for health insurance or resignation certificate is required for the procedure.

○ Loss of Health Insurance

喪失

Those who started working in April and enrolled in workplace health insurance are required to complete the procedures for loss of National Health Insurance. The health insurance card from the workplace is required for the procedure.

※ Identification documents are required for both enrollment and loss of insurance.

※ The procedures are acceptable by postmail or online.

※ For more information on procedures for enrollment and loss, please check the city's official website or contact the city office.

▼ <The Tax Payment Notice will be sent in July> 納税通知書の送付は7月

The Tax Payment Notice of National Health Insurance Tax for Fiscal 2025 year will be sent in Middle July.

▼ <Reduction from Payment of Premiums> 国保税の軽減

Reduction of Insurance Tax per capita levy

保険税均等割の軽減

Households whose total income is below a certain amount are eligible for a reduction of the national health insurance tax (per capita levy).

No application is required, but if the income of the previous year has not been declared, the reduction will not be applied. The criteria for the tax reduction due to the 2025 tax reform are as shown in the table below.

FY2025 Reduction from Payment of Premiums

	Applicable requirements
70% Reduction	Household's total income of the person insured is less than JPY430,000 + JPY100,000 x (the number of salaried workers, etc. ※ - 1).
50% Reduction	Household's total income of the person insured is less than JPY430,000 + the number of persons insured x JPY305,000 + JPY100,000 x (the number of salaried workers, etc. ※ - 1).
20% Reduction	Household's total income of the person insured is less than JPY430,000 + the number of persons insured x JPY560,000 + JPY100,000 x (the number of salaried workers, etc. ※ - 1).

- ※ The **bold** portion will be increased from the previous year to increase the number of persons eligible for the reduction.
- ※ The number of salaried workers, etc.: Those whose salary income is JPY550,000 or more, those who are under 65 years old and whose pension income (excluding salaried workers) exceeds JPY600,000. Those who are 65 years old or older and pension income (excluding salaried workers) exceeds JPY1,250,000.

National Health Insurance Tax Reduction and Exemption

国保税の減免

The following cases are eligible for a reduction or exemption of National Health Insurance tax upon application.

- When a disaster or other special circumstances make it extremely difficult to make a living
- When a dependent who is 65 years old or older enrolls in the National Health Insurance system due to his/her own enrollment in employee's health insurance being shifted to the late-stage medical care system for the elderly (in principle, from the age of 75)

Reduction of involuntary unemployment

非自発的失業者の軽減

Those who are unemployed due to termination of employment for company reasons, etc., are eligible for reduction of National Health Insurance tax.

Helping to save on medical expenses

医療費の節約にご協力を

It is important to make efforts to maintain and promote good health by, for example, undergoing specified medical checkups. Use of generic drugs can also help you save on medical expenses. Please cooperate with us. Thank you for your cooperation!



[令和7年度後期高齢者医療保険] ~ 75歳以上の方の医療保険~

FY 2025 LATE ELDERLY MEDICAL INSURANCE SYSTEM (Kouki Koureisha Iryou Hoken)
~ For those who Age 75 or over

Inquiries:

- About system ~ Kouiki Rengou Inquiry Center ☎0570-086-519 (IP hone, PSH ☎ 03-3222-4496)
Fax 0570-086-075.
- Individual Consolation and Personal information ~ Shimin Ka, Kourei Iryo. Nenkin Kakari ☎Ext. 140.

Premiums are used to pay for medical benefits. Premium rates are reviewed every two years and uniform throughout Tokyo.

Premiums are charged to each person insured. The amount of premiums is the sum of the "Per Capita Amount", which is paid equally by each insured person, and the "Income Tax Rate" which is based on the insured person's the previous year income.

- **Annual fixed levy JPY47,300 + Income levy (Income amount that is the basis of levy) ※1 x income levy 9.67% ※2 = The annual premium amount (The maximum is JPY800,000 and round down to JPY100) ※3**

※1 Income amount that is the basis of levy 賦課のもととなる所得金額

The amount obtained by deducting the basic deduction amount (JPY430,000) from the total amount of income (JPY24,000,000 or under) (in previous year such as the amount of forest income and stock / long term (short term) capital gains, etc.)

※2 Due to the measures for drastic change mitigation measures of the taxation system, the income tax rate for those whose income was JPY580,000 or less in the base year of the levy was 8.78% in FY 2024, but it will be 9.67% for all insured persons in FY 2025.

※3 For those whose maximum levy amount was JPY730,000 in FY2025, the max. levy amount will be JPY800,000 in FY2025 due to the termination of the dramatic change mitigation measures.

Reduction of Premium 保険料の軽減

For those with low incomes, premiums are reduced according to the "Total amount of gross income, etc." of all insured persons in the household and the head of the household, as well as the amount of income on which the levy is based.

For more details, please refer to the "Notice of Determination of Insurance Premium Amounts", enclosed with the notice of insurance premium amount, will be sent in Middle of July.

令和7年度の保険料額決定通知の送付は7月

<FY 2025 Notification of Determination of Insurance Premiums will be Sent in July>

The FY2025 Notification of the determination of the amount of Late Elderly medical insurance premiums will be sent in the middle of July. Please confirm.

※ A "Simplified Application for Late Elderly Health Care System" may be sent to those who have not yet declared their income for the FY 2025 (insured persons and heads of households).

温泉センター割引利用券配布

< Onsen Facility Admission Discount Tickets >

Discount tickets for Onsen Facilities are distributed to the members of National Health Insurance. If it applies to you, you can pick up your ticket at Shimin Ka in city hall 1st floor. Please be sure to bring your National Health Insurance Card to be given the ticket.

Valid Term: Till March 31st, 2026.

Discount tickets can be used at these facilities:

- | | |
|-----------------------------------|--|
| ● 数馬の湯 Kazuma-no Yu ☎042-598-6789 | ● もえぎの湯 Moegi-no Yu ☎0428-82-7770 |
| ● 瀬音の湯 Seoto-no Yu ☎042-595-2614 | ● つるつる温泉 Tsuru-Tsuru Onsen ☎042-597-1126 |

※ For more information on the facilities opening hours, please check their websites or contact the facilities directly.

Inquiries: Shimin Ka Hoken Kakari ☎Ext. 127

国民年金

PENSION

Inquiries: Ome Nenkin Jimusho ☎0428-30-3410

Shimin Ka, Kourei Iryou. Nenkin Kakari ☎Ext. 135

▶ FY2025 National Pension Premiums

For the fiscal year of 2025, the monthly premium amount of National Pension (国民年金保険料) will be decreased by JPY530. Starting with the April premium payment, a monthly premium will be JPY17,510. The Japan Pension Service (日本年金機構) will mail the packet of payment slips to the National Pension premium payers at Early of April. Please check the payment due dates for each month, and be sure to pay without delay.

Premiums can be paid at financial institutions, post offices and convenience stores, or by bank transfer. Special discount is applied to payments made by bank transfer.

※ Please inquire regarding credit card payments to Ome Nenkin Jimusho.



保険料の免除・納付猶予

▶ Exemption and Deferment of Premium Payment

The National Pension provides an exemption or deferment of premiums for those whose income is below a certain amount. In addition, those who are unemployed may be exempted from paying premiums as a special exception (students may use the Special Student Payment Exemption System). (Students should use the Special Student Payment Exemption System).

Period for which application can be made: 申請できる期間

- Past period: Up to 2 years and 1 month before the month of application.
※ The months for which premiums have already been paid are excluded.
- Future period: Up to the most recent June.

How to apply: Apply at the service counter of the city hall or pension office.

Required items: Pension notebook, basic pension number notification card.

※ If you have left a job, you will need to submit an employment release certificate from employer.

学生納付特例制度

▶ Special Provision For Students - Grace Period

As it is generally difficult for students to pay pension premiums, there is a system giving grace period allowing deferred payment of the premiums (*Income restriction applies).

Application Term: The applicant student is age 20 or over during the term.

- Past term: From applying month to previous 2 years and 1 month prior.
- Future term: By the end of application fiscal year.

Application Method:

- Those whose enrollment in the 2025 academic year has been confirmed based on the previous year's application: Japan Pension Service will send student a notice confirming your application for continuation of the Special Provision for Student Payment. If you wish to continue your application for the 2025 academic year, please fill out the enclosed postcard and return it to the Japan Pension Service.
- If you did not receive a confirmation notice of application for continuation or are applying for the first time: Please go to your local city hall or pension office.

Required Documents for application

Pension notebook, basic pension number notice, proof of student status such as a student ID card or certificate of enrollment, etc.

※ If you have resigned from your job, you may be required to submit an employment insurance release form or other documents. Please inquire in advance.

<Disaster ~ Gather information in case of emergency.>

Inquiries: Bousai Anzen Ka, Bouhan. Koutsou Anzen Kakari ☎Ext. 214

Be prepared for disasters by acquiring disaster prevention knowledge on a regular basis.
Actively participate in local evacuation drills and other disaster prevention activities.



. Hamura City official website [Disaster Prevention Information] 羽村市公式サイト「防災情報」

The city's disaster prevention measures are posted in normal times, and emergency information is posted on the top page in the event of a disaster.

Information available: Evacuation information, disaster prevention measures, etc.

. Hamura City Disaster Prevention Radio 羽村市 防災行政無線

Sirens and voice announcements are made. If you have difficulty hearing the broadcast, you can reconfirm the information by phone or on the official website.

Information available: Evacuation information, opening of evacuation centers, etc.

If you have difficulty hearing the broadcast

[Toll free] ☎0120-554-994 (Toll free)

[Households Receiver] For those who are elderly people (75 years old or older) or with hearing disabilities (level 2 hearing disability) living in a specific area can borrow a receiver free of charge.

. Official Hamura City LINE account 羽村市 LINE 公式アカウント

You can use the [Disaster Prevention] icon on the talk screen to search for the nearest evacuation shelter to your current location and check the current weather and river information, etc.

. E-mail delivery service メール配信サービス

Disaster information will be sent to your cell phone or PC via e-mail.

Information available: Evacuation information, opening of evacuation shelters, etc.

. Tokyo Disaster Prevention App. 東京都防災アプリ

The Tokyo Disaster Prevention App. is equipped with basic disaster prevention knowledge and useful contents in times of disaster.

Information available: Disaster information, evacuation information, etc.

. Yahoo! Disaster Prevention Alert App. Yahoo! 防災速報アプリ

Emergency information can be checked when a disaster occurs or is feared to occur.

Information available: Evacuation information, earthquake information, weather information, etc.

. NHK News & Disaster Prevention App. NHK ニュース・防災アプリ

Get the latest disaster information and information useful for disaster prevention.

Information available: Latest news, disaster information, evacuation information, etc.

. Japan Meteorological Agency Website 気象庁ホームページ

You can check weather information, future trends, etc.

Information available: Weather warnings, advisories, kikikuru (hazard distribution), etc.

. Tokyo Stockpile Navi 東京備蓄ナビ

You can check a list of necessary stockpiled items and quantities by answering a few simple questions.

. Map of AED locations in the city 市内のAED 設置場所マップ

In addition to public facilities, the city's AED locations are listed on the city's official website.

4月は若年層の性暴力被害予防月間

<April is the month for Preventing Sexual Violence among Young People>

The technique of sexual violence against teens and twenties is becoming more sophisticated.

There is a public consultation desk that provides support while staying close to your anxiety. If you think that you may be injured, please do not hesitate to consult.

** Sexual Violence Case

- . AV appearance coercion . JK business . Rape Drug
- . Intoxicating and forcing sexual activity . Sexual damage using SNS
- . Sexual harassment . Molester etc.



[Consulting Services]

Telephone consulting

- One-Stop support center for sexual crimes and victims of sexual violence (Cabinet Office)
☎ #8891
- Sex Crime damage consultation (Police) ☎ #8103

SNS consulting

- SNS consultation on sexual violence "Cure Time" (Cabinet Office)

Inquiries: Somu Ka, Somu Kakari ☎ Ext. 347

狂犬病予防注射をわすれずに！

<Please do not FORGET Rabies Shot for Your Dog >

～ **Group Rabies Shot will be held this year** 今年も定期集合注射を行います

Fees: JPY3,750 (JPY3,200 for shot, JPY550 for shot certificate tag).

- ◎ This year's 2025 Rabies Vaccination Form (狂犬病予防注射済票交付申請) (light violet colored paper) was mailed to registered dog owners in End of March. Please be sure to bring the form when coming to the vaccination.
- ◎ It is not available for new registration in venue, please finish registration procedure in advance and come.



● Schedules:

Rabies Shot Vaccine Schedule (held in rain or shine)			
Date	Location	Address	Hours
April 17th (Thu)	東会館 Azuma Kaikan	Hanehigashi 3-11-32	10AM ~ 10:45AM
	西部地域備蓄倉庫 Seibu Chiiki Bichiku Souko	Ozakudai 5-19-4	11:05AM ~ 11:55AM
April 18th (Fri)	三矢会館 Mitsuya Kaikan	Shinmeidai 4-4-9	10AM ~ 10:50AM
	羽村市役所 Hamura City Hall	Midorigaoka 5-2-1	11:10AM ~ Noon

Notes:

- If your dog is ill or pregnant, please consult with a veterinarian before receiving a rabies shot.
- Dogs under 3 months old and dogs who had bitten a person within past 2 weeks cannot take the shot.

[You can also get a vaccination certificate at veterinary clinics.]

The following veterinary hospitals, which have entered into a contract with the city, can directly issue the injection certificate.

- ◆ Veterinary hospitals where injection certificates can be issued 注射済票の交付が受けられる動物病院

Animal Hospital	Address	Phone Number
Seki Animal Hospital	1-5-19 Shinmeidai, Hamura	042-579-3816
Hamura Ozaku Animal Hospital	K2 BLD. 1F, 1-28-7 Ozakudai, Hamura	042-554-1100
Hamura Central Animal Hospital	1-5-22 Midorigaoka, Hamura	042-578-3138
Hachi Animal Hospital	1F 1-33-20, Shinmeidai, Hamura	042-578-8513

● **Vaccination ticket acceptable Animals Hospital:**

注射済票の交付が受けられる市内の動物病院

※ In addition to vaccination fee JPY550, an inoculation fee will be charged. Please contact each animal hospital to get details.

Inquiries: Kankyō Seisaku Ka ☎Ext.226

青梅・羽村ピースメッセンジャー参加者募集

< Ome. Hamura Peace Messagers Wanted >

The project included participating in the Hiroshima Peace Gathering, peace site visitation, and listening to the testimony of atomic bomb survivor.

Eligibility: Junior High School Students who are living in Hamura and Ome City

Capacity: 10 (if the applicants are too many, the selection will be held).

Fee: Free (Fees for transportation, lodging, food, facility admission fee and insurance fee to will be provided from Sponsor).

How to select: Document Review

Application: Till April 30th (Wed), please fill in application form, attach with picture and mail or in person to 〒205-8601 (need not address) Hamura City Somu Ka.

Inquiries: Somu Ka, Somu Kakari ☎Ext. 347.

※ Application form are distributed in City Hall 1F reception desk, 3F Somu Ka and Primo Library Hamura, or download through city hall official website for application form.

■ Activity Schedule:

Details	Date and Time	Locations
Training	June 27th(Fri) 6:30PM~8:30PM	Ome City Hall
	July 12th (Sat) 9:30AM~4:30PM	Community Center (Hamura)
	July 24th (Thu) 9:30AM~4:30PM	Primo Hall Yutorogi (Hamura)
Departure Ceremony	July 29th(Tue) 6:30PM~8PM	Ome City Hall
Hiroshima Visit	July 31st (Thu) ~ Aug 2nd (Sat)	Hiroshima City
Studying Sessions	Aug 7th (Thu) 9:30AM~4:30PM	Ome City Hall
	Aug 15th (Fri) 9:30AM~4:30PM	Primo Hall Yutorogi (Hamura)
Report	Aug 17th (Sun) 9:30AM~4PM	Primo Hall Yutorogi (Hamura)

お知らせ

INFORMATION



羽村市学童クラブで働きたい大学生・高校生募集

<Recruiting University and High School Students to Work at Hamura City School Children's Club>

City is recruiting for university and high school students who want to work at the Hamura City Children's Club. If you want to work with children in the future or spend time with children. Would you like to work at a children's club? Work during long vacations is also available.

[Assistant for children's club]

Working days:

○ Monday ~ Friday (exclude holidays): From school dismissal time ~ 7PM, within 5.5 hours.

○ Saturdays or during elementary school long vacations: 8AM ~ 7PM within 5.5 hours (19 hours per week).

Compensation (hourly wage): JAP1,220.-

※ Social insurance and unemployment insurance are not included.

Period of employment: From the date of appointed staff ~ March 31st (Tue), 2026

Eligibility: A few university students or high school students.

Place of work: One of the city's 10 school children's clubs

Application/Inquiries: Fill out the "Hamura City Fiscal Year Appointed Staff Registration Application Form" available 2nd floor of City Hall Kosodate Shien Ka or the 3F Personnel Section (Shokuin Ka) and submit it with a photo of yourself directly to [Kosodate Shien Ka, Children Club, Centers Division (Jidou Club. Jidou Kan Kakari)] ☎Ext.264.

※ The registration application form can be downloaded from the city's official website.



青少年育成活動における保険の加入

< Insurance for Youth Development Activities >

The city can purchase insurance for representatives and leaders of youth development organizations (volunteer activities) at the city's expense.

○ Eligible Groups, etc. 対象団体等

- Youth development and social education organizations (sports clubs, etc.) in the city for the purpose of youth development.
- The coverage for youth development group is limited to 10 members /per group and social education-related organizations is limited 5 members in the city.

○ Compensation 補償内容

- Compensation for liability

This indemnity provides relief in the event that a representative or leader of an organization (unpaid person) becomes legally liable for compensation as a result of an accident during activities.

Limit of coverage: JPY500 million per accident for both bodily injury and property damage.

- Personal Accident Compensation

Provides relief in the event that a representative or leader (unpaid person) of the organization is injured in an accident during the activities.

Limit of compensation: Death and permanent disability: JPY30 million,
Hospitalization per day: JPY4,500, Hospital visit per day: JPY3,000.

○ Application Document 申請書類

- Hamura City Youth Development Leaders Registration List
- Project Plan ~ Application documents can be downloaded from the official website of city.

○ Application: April 2nd (Wed) ~ 30th (Wed), please bring application documents directly to the city hall 2F Kodomo Seisaku Ka ☎Ext. 261.

○ Extension reception time: Only April 24th (Thu) is till 7PM.

Inquires: Kosodate Shien Ka, Jidou Seishounen Kakari



健康

HEALTH

■妊産婦メンタルヘルス相談

<Pregnant woman Mental Consultation (reservation required)>

If you feel mental distress or discomfort due to pregnancy or childbirth, why not consult a specialist doctor?

Date and Time: April 23rd (Wed) ① 1:30PM~ ② 2PM~ ③ 2:30PM~

Capacity: One person / per time (in the order of application)

Location: Hoken Center.

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

※ Please contact use if you live outside the city and are visiting Hamura hometown and need childcare at the time of your consultation.

Counselor: Mr. Hiroshi Mitsushio (Psychiatrist, Director of Chihiro Metal Clinique).

Application & Inquiries: Please call in advance to Children and Family Center (in Hoken Center) ☎Ext. 692.

[Karada Juku] Cholesterol and Neutral Fat prevention recipe ~ Prevention of Dyslipidemia ~

[Karada Juku] is a program to learn about exercise and diet to build a healthy body. Effective measures for each type of dyslipidemia will be introduced.

Date and Time: April 24th (Thu), 10AM ~ 12:30PM

Location: Hoken Center

Eligibility: Hamura residents

Capacity: 20 (in order of application)

Fee: JPY300 (cooking class fee)

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

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

Application & Inquiries: From April 3rd (Thu), please call or e-mail the Kenko Ka (Hoken Center)

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

※ When applying by e-mail, please write [①Name, ②Age, ③Telephone number daytime and ④Address] in the text of the e-mail.



はじめたいあなたへ ～大人ダイエット 60 日コース～

<When you want to start ~Adult Diet 60 Days Course>

Please try to start health diet from spring, welcome to these sessions.

■ Adult Diet 60 days course schedule

Number to session	Date	Details
1st session	May 20th (Tue)	You can do this! Diet menu (cooking practice)
2nd session	June 3rd (Tue)	Prepare your body and move comfortably (exercise practice)
3rd session	July 29th (Tue)	Diet class/Healthy menu (cooking practice)

Time: All sessions are from 10AM ~ 12:30PM

Location: Hoken Center

Eligibility: City residents who are 70 years old or younger as of May 20th (not subject to specific health guidance)

※ Those who cannot participate on all days need to consult with us.

Capacity: 12 (in order of application)

Fee: JPY300 (for the 1st and 3rd cooking classes)

※ You will be asked to weigh yourself at home. Please prepare a digital scale (in increments of 50~100 grams).

Application & Inquiries: From April 2nd (Wed), please apply via the 2D code on city official website or call Kenko Ka (in the Hoken Center) ☎Ext. 624.

胃がん・肺がん検診 (第1期)

< Screening for Stomach / Lung Cancer & Tuberculosis (the 1st term)>

Date & Time: June 11th (Wed) ~ 14th (Sat) 8AM ~ Noon

(Unable to choose day and the checkup time will be shown in Examination Ticket).

Location: Hoken Center

Eligibility: Hamura residents 40 years of age and older. (sputum examination must be age 50 or over).

[Sputum examination] is provided only for people with both following conditions

① Those who is over age 50

② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = 600 or more.

** Applying ONLY Sputum examination is not acceptable.

** Even you wish to take exam but if you are not eligible to take, the test container will be not sent to.

Capacity: 80 people each day (If there are too many applicants, the drawing will be held).

※ Applicants will receive notice of results and winners will get a coupon sent via mail in May.

Fee: ¥500 for each examination

※ Free for welfare supporting person who need to submit certificate.

Those who are not eligible to take examination:

[Stomach cancer screening] ①~⑦

[Lung Cancer Examination] ①~④

- ① Pregnant, possibly pregnant, or breast feeding.
- ② Those who are currently undergoing treatment or follow-up for a disease in the area to be examined.
- ③ Those who have an opportunity to receive a medical checkup at their workplace.
- ④ Those who need assistance during examinations.
- ⑤ Those who have an implantable cardioverter-defibrillator or pacemaker in the abdomen or the location of the implantable cardioverter-defibrillator or pacemaker is unknown location.
- ⑥ Those who with a history of intestinal obstruction and allergic to barium.
- ⑦ Those who have had laparotomy, orthopedic surgery, myocardial infarction or cerebral infarction etc. within the past year.

Application: April 1st (Tue) ~ 15th (Tue) postmark deadline, please fill in applying form or postmail to as below informations.

Submit to ~	Fill in necessary items ~
〒205-0003 To: "Gan Kenshin Tantou" Hamurashi Hoken Center 5-5-2 Midorigaoka, Hamura City	<ul style="list-style-type: none"> •Your desired screening date (first and second choices) •Screening/Exam you desire • Birthday and age •Your name, mailing address, and phone number (available daytime contact) • Sputum examination / you desire (number of cigarettes per day) x (total smoking years)

※ If the family members wish to take examintion, it is required to apply per person per postmail.

※ Please apply by postcard or envelope, there is no need to send a repply postcard.

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



フレイル予防体操教室

FLAIL PREVENTION EXERCISE CLASS

<For Healthy Aging in Mind and Body ~

Let's participate in the exercise class for preventing frailty.>

There are two types of exercise classes offered for preventing frailty: "Basic exercise class" and "Muscle training machine class". Please participate in the class you want to do or want to try!

Eligibility: Hamura Residents with age over 65.

Things to bring: Clothing for exercise, towel for wiping sweat, beverage and writing utensils (Muscle training machine class is required to have indoors shoes).

Application & Inquiries: Korei Fukushima Kaigo Ka, Kaigo Yobo. Chiiku Shien Kakari ☎Ext.456.

※ You may participate multiple classes repeatly.

● Flail Prevention Class to up body strength

Basic Exercise Class					
Details	Location	Date	Time	Capacity	Application
Stretching Exercises, Slow muscle training, Oral function improvement exercise etc.. Flail Prevention all details.	Community Center Senior Meeting Room	The 3rd Tuesday/ Monthly	9:30AM~11:30AM	Each time 30	No require (First come first serve on the event day)
	Ikoi No Sato 2F Meeting Room	The 1st Thursday / Monthly			
	S&D Sports Arena Hamura 3rd Hall	(Twice a year) June 25th (Wed) Dec 25th (Thu)			

Muscle Training Machine Class					
Details	Location	Date	Time	Capacity	Application
Using training muscle to strengthen arm, back and food muscle. ※ The trainer will help the beginner.	Community Center Fuctional Recovery Training Room	The 2nd Wednesday/ Monthly	1) 9:30AM~10:30AM 2)10:30AM~11:30AM	Each time 10	The 1st date for each month 8:30AM ~, please call, email and in person to service counter. (first come-first serve). ※ If date 1st is Sat, Sun or holiday, please process in next day.
	Ikoi No Sato 2F Meeting Room	The 4th Tuesday/ Monthly	1)1:30PM~2:30PM 2)2:30PM~3:30PM		

補助・助成

SUBSIDY

高齢者肺炎球菌ワクチン予防接種～助成額変更～

<Pneumococcal Vaccine Immunization for the Elderly - Subsidy Amount Changed>

※ The subsidy amount has been changed due to the abolition of the subsidy program by the Tokyo Metropolitan Government.



Subsidized amount for vaccination in FY2025: JPY4,000

※ Please pay the amount of the subsidy minus the cost of the vaccination at the counter of the medical institution (limited to once during the period).

Eligibility :

Those who have a certificate of residence in the city, have never received a pneumococcal vaccination (including self-paid vaccination) in the past, and wish to be vaccinated on the day of vaccination if they fall under either of the following ① or ②

- ① Those who are 65 years of age.
- ② Those who are between 60 and 65 years old on the day of vaccination, have impaired heart, kidney, or respiratory or immune functions caused by the human immunodeficiency virus, and hold a Level 1 Physical Disability Certificate (present the certificate to the medical institution).

How to use

Eligibility ①: A “Subsidy postcard” will be mailed around the end of the month prior to the birth month.

Eligibility ②: Those who wish to take vaccination should apply in advance to the Kenko Ka for the issuance of a subsidy postcard.

※ Postcards for those born between April 2nd, 1959 and April 1st, 1960 was sent in 2024.

※ If you are inoculated on or after April 1st, the subsidy amount on the postcard will be JPY4,000.

※ If you have lost your subsidy postcard, you will need to have it reissued at the Hoken Center.

Vaccination period

Eligibility ①: From the day before their 65th birthday to the day before their 66th birthday

Eligibility ②: From April 1st to March 31st, 2026.

※ If you receive the vaccination at a medical institution other than the designated medical institution or after the vaccination period, you will have to pay the full amount. Also, even if you receive a subsidy postcard, you are not eligible if you have been vaccinated in the past.

Location: Cooperating medical institutions in the city (please make an appointment in person)

※ For more information on cooperating medical institutions, please check the subsidy postcard or the city's official website, or contact the city office.

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



<Partial subsidy for Shingles Vaccination expenses>

Vaccination period: April 1st (Tue) ~ March 31st (Tue), 2026.

Eligibility:

Those who have a certificate of residence in the city, have never been vaccinated against shingles (including self-paid vaccination) in the past, and fall under any of the categories ① to ③ in the table below and wish to be vaccinated

※ In FY2025, the vaccination will be divided into routine and voluntary vaccinations according to age.

■ Eligibility and Types 接種対象と種類

① Those who will reach the following ages during the current fiscal year: 65, 70, 75, 80, 85, 90, 95, 100 years old, and all over 100 years old.	Routine Vaccinations
② Those who are 60~64 years old with impaired immune function caused by human immunodeficiency virus.	
③ Those who are 50 ~ 64 years old	Voluntary vaccinations

※ Postcards for subsidy will be sent to those who fall under ① by the end of April.

Those who fall under ② and wish to be vaccinated should apply in advance to the Hoken Ka for the issuance of a subsidy postcard.

Location: Cooperating medical institutions in the city (please make an appointment in person)

※ Please check the city's official website or contact the city for more information about cooperating medical institutions.

Amount of subsidy: For each type of vaccine, the following amounts will be subsidized per dose

○ Live vaccine: JPY4,000

○ Inactivated vaccine: JPY10,000 yen (subsidy for up to two doses)

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

※ Vaccination costs and the types of vaccines handled differ depending on the medical institution.

※ Those who fall under the categories of ① and ② are exempted from the vaccination fee, as are welfare recipients and recipients of support benefits for Japanese nationals who remain in China. Please be sure to submit the certificate of entitlement to the medical institution when you receive the vaccination.

※ If you receive the vaccination at a medical institution other than a cooperating medical institution or after the vaccination period, you will be responsible for the full amount. Even if you receive a subsidy postcard, you are not eligible if you have been vaccinated in the past.

Things to bring: Vaccination fee, medicine book (if you have one), subsidy postcard (only for those who are eligible ① or ②)

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

<Partial Subsidy for Purchase of Security Equipment, etc. for Houses>

Starting on April 1st, those who have installed security equipment, etc. in their houses will be partially subsidized.

Eligibility: For persons who meet all of the following criteria (1) to (5)

(1) Those who have an address in the city

(2) Those who are not in arrears of municipal tax, etc.

(3) Those who do not fall under Article 2, Paragraph 2 of the Hamura City Gang Exclusion Ordinance.

(4) Those who installed security equipment, etc. in their houses between April 1st, 2025 and March 31st, 2026.

(5) The purpose of the program is not to sell or buy a house, etc.

Eligible security equipment, etc.: Security cameras, intercoms with cameras, security films, motion sensors, locks with high security performance, auxiliary locks, etc.

※ For security cameras, the installation location and the range of shooting must be within the premises, and privacy protection of neighboring residents must be taken into consideration.

Amount of subsidy: Three-fourths of the actual cost of purchasing security equipment, etc. (maximum JPY30,000, amounts less than JPY1,000 are rounded down)

※ Subsidies will be granted only once per residence.

※ Acceptance of applications will be closed when the budgeted amount is reached.

How to apply: By March 31st (Tue), 2026, please submit the application form, invoice, and required documents to the Bousai Anzen Ka.

[Required Documents]

☐ Original receipts, etc. showing the details of the security equipment, date of installation or purchase, amount received, date of receipt, and name and address of the stores, etc.

☐ A copy of the applicant's official identification (driver's license, etc.)

☐ A copy of a bank book or other document that confirms the money transfer account.

※ Please bring your seal (inkan) with you when you apply.

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



情報アラカルト

子育て

1歳児教室「1歳ちゃん♪ 集まれ〜!」

MISCELLANEOUS INFORMATION CHILDREN

< The 1 Year-Old and Parent Get-Together Group >

Date: April 22nd (Tue), from 9:30AM ~ 11:30AM

Location: Hoken Center

Eligibility: Hamura City Residents who have a child at age 1 year old can attend with their child.

Capacity: 15 groups (in the order of application)

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

Application & Inquiries: Starting from April 1st (Mon) 9AM~, please call or come directly to Children and Family Center (in Hoken Center) ☎ Ext. 696.

春の全国交通安全運動

< FY2025 Spring Traffic Safety Campaign >

● Spring Traffic Safety Campaign Slogan

“Aiming for the world’s best traffic safety city ~ Tokyo~”

April 10th (Thu) is the day to aim for zero traffic deaths

Term: April 6th (Sun) ~ 15th (Tue)

Campaign 4 priority topics:

- ① Ensure a safe traffic environment for children and safe crossing road methods.
- ② Ensure that pedestrians have priority and using belt and child seat surely for driving.
- ③ Wear helmets and observe traffic rules when using bicycles, electric kickboards, etc.
- ④ Prevention of traffic accidents involving two-wheeled vehicles.

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



チャイム放送時刻の変更

<Change of Chime Broadcast Time>

Starting on April 1st (Tue), the broadcast time of the chime on the Disaster Prevention and Administration Radio will be changed.

The main purpose of the daily chime broadcast is to test the operation of the Disaster Prevention and Administration Radio, but it is also used as an indication of the time for children to return home.

Broadcast time: From April to September ~ 5:30PM.

※ The chime may not be broadcasted due to overlap with emergency broadcasts.

Inquiries: Bousai Anzen Ka, Bouhan. Koutsuu Anzen Kakari ☎Ext.214

東京都シルバーパス新規購入（4～9月に購入する方へ）

<Tokyo Metropolitan Government Silver Pass new purchase (for those who purchase April ~ September)>

■What is the Tokyo Metropolitan Silver Pass? 東京都シルバーパスとは

The Tokyo Silver Pass allows to use the Tokyo Metropolitan Transportation System (buses, subways, etc.) and privately operated buses in Tokyo.

Valid Term: From the date of issue ~ September 30th (Tue).

Application: Residents 70 years of age or older (excluding bedridden persons) who have a certificate of residence in Tokyo. The card can be purchased from the first day of the month of your 70th birthday (or the first day of the previous month for those whose birthday is on the 1st of the month). Please prepare the necessary documents and purchase a Silver Pass at the nearest bus office, subway commuter pass sales office, or other Silver Pass-issuing counter.

Inquiries: Tokyo Bus Association Silver Pass Special Phone Number ☎ 03-5308-6950 (9AM~5PM, exclude Saturdays, Sundays and national holidays) (9AM ~ 5PM except Saturdays, Sundays and national holidays) / Tokyo Metropolitan Government Welfare Bureau, Home Assistance Division, Promotion Section ☎ 03-5320-4275

※ Inquiry to municipalities is not available.



PRIMO HALL YUTOROGI ☎042-570-0707

第10回 HAMURA メリーリボン演劇祭 出演団体&運営スタッフボランティア募集

< The 10th Hamura Merry Ribbon Theatrical Performance

~ Theatrical groups and Management staff volunteer Wanted >

City is recruiting theatrical groups who can perform in the 10th Hamura Merry Ribbon Theatrical Performance event in this year. Welcome to participate!

Date: July 19th (Sat) and 20th (Sun) Location: Primo Hall Yutorogi Small Hall

Eligibility: Performers ~ Theater clubs of schools or theater groups active in the Tama area.

Management staff ~ Anyone interested in event management, such as backstage help and venue reception

Capacity: About 10 groups (If there are too many applicants, the drawing will be held).

Application: Please apply April 1st (Tue) ~ 24th (Thu), please apply via application form.

伝統文化いけばなこども教室

< Traditional Japanese Ikebana (Flower Arrangement) Class for Children >

These lessons of traditional Japanese Ikebana (flower arrangement) give children the opportunity to learn techniques, and also to experience Japanese Culture which values appreciation for nature.

Date	Time
May 24th, Jun 14th, July 12th, Aug 16th, Sep 27th, Dec 20th & 27th and Jan 10th, 2026 (8 sessions, all Saturdays)	Each session 10AM ~ Noon.

※ The exhibition will be held on Nov 8th (Sat) . 9th (Sun) at Children Festival.

Location: Primo Hall Yutorogi Sousaku Shitsu 1 Eligibility: Elementary School Students

Capacity: 30 (if applicants number is over, the drawing will be held)

Fee: JPY600 (for flowers fee)

Application: Till April 30th (Wed), please send a postcard with ①address, ②name, ③school name, ④

grade, ⑤guardian's name and ⑥phone number.
[Mail to] : 〒205-0002 2-7-8 Sakae-Cho, Hamura City
Hamura Ikebana Sakura Kai Takeda Yasuko San

伝統文化日本舞踊こども教室

< Japanese Traditional Dance Class for Children >

Through the lessons of Japanese traditional dance (Nihon Buyou), children will also learn how to dress and take care of Yukata (casual cotton kimono) as well as formal etiquette. Students will learn how to dance to standard Nihon Buyou.

Date	Time
May 18th. 25th, Jun 15th. 22nd, July 6th. 20th, 27th, Aug 3rd. 17th. 31st, Sep 7th. 21st, Oct 5th. 19th, and Nov 2nd (all 15 sessions, all Sundays)	Each session 1:30PM ~ 3PM.

※ The presentation will be held on Nov 9th (Sun) at Children Festival.

Location: Primo Hall Yutorogi and Gonokami Kaikan.

Eligibility: Elementary School Students

Capacity: 20 (if applicants number is over, the drawing will be held).

Fee: JPY500 (included all 15 lessons)

Application : Till April 30th (Wed), Please mail a Oufuku Hagaki.

On [Reverse Side] indicate ① address, ②name, ③ name of school, ④ grade, ⑤ name of guardian, and ⑥ telephone number.

On [Front Side] Application address and Name.

[Mail to]: 〒205-0011 4-14-18-703 Gonokami, Hamura City
Hamura-shi Nihon Buyou Wakatake no Kai, Chie Fukuda San

図書館

PRIMO LIBRARY HAMURA ☎042-554-2280

館内整理日 (休館日) < Library Closure >

Library will be close Apr 15th (Tue) for organization.



利用者カードは更新が必要です

<Library User Card needs to be renewed>

The library user card needs to update registration data once every 3 years in the moth of birth. This notice will be notified from counter one month in advance.

※ If you have not used card for more than 5 years, your personal data will be deleted. If you wish to use the library, please re-register.

Items required for renewal: Driver's license, Health insurance card or other item that verifies your address.

- In addition to the above, those who work or study in the city must have a document that can verify the location of their place of employment.
- If you have your previous user card, please bring it with you.

COMMUNITY CENTER ☎042-554-8584

■照明・音響操作講習会

<Please Attend the Lighting and Audio Equipment Handling Course before Using Concert Hall>

There is a mandatory course for the user of the concert hall to take. You must learn how to use the lighting and audio equipment before the desired day of use. Classes are on the following **Fridays**:

April 11th	June 13th	August 8th	October 10th	December 12th	(2025) February 13th
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From 6:30PM ~ (approximately one and a half hours per session)

Capacity: 5 groups (up to 2 persons per group, in order of application)

Application: Please call or come directly to Community Center 1F Reception

Inquiries: Chiiki Shinkou Ka, Shimin Katsudou Center ☎Ext.632

ヒノトントン ZOO (羽村市動物公園)

<Hinotonton ZOO (Hamura City Zoo Park)>

April close days

April 7th (Mon), 14th (Mon), and 21st (Mon) ※ Open on 28th (Mon).

May close days

12th (Mon), 19th (Mon) and 26th (Mon) ※ Open on 5th (Mon).

Inquiries: Hinotonton ZOO ☎042-579- 4041



PUBLIC CONSULTATIONS Schedule of APRIL

Category	Date	Time	Contact
Public Administration and Human Rights	17th (Thu)	1:30pm ~ 4:30pm	Shimin Soudan-shitsu city hall ext.541 ◆Please do not call the Shimin Soudan-shitsu for consultation over the telephone.
Consultation for Families with Children (General Support for Child Rearing Families)	Monday ~ Friday	8:30am ~ 5pm	Soudan Kakari at city hall ☎042-555-1111, Ext. 692 or Kodomo Katei Shien Center (Family Support Center) ☎042-578-2882

*The General Consultation for Foreign Residents service has been discontinued.

4月の休日診療 **ARPIL**

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆.

Date	Hospital / Clinic				Dental Clinic	
April	9am~5pm		5pm~10pm		9am~5pm	
6th (Sun)	Hamura Skin, Plastic Surgery and Internal Medicine Clinics	☎042-578-8785	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Hamura Tulip Shika	☎042-578-8284
13th (Sun)	Wakakusa Iin	☎042-579-0311	Hikari Clinic (Fussa-shi)	☎042-530-0221	Kusaka Shika	☎042-555-7793
20th (Sun)	Hamura Sougo Shinryoujo	☎042-554-5420	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Takada Shika Iin	☎042-555-5903
27th (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Hanenaka Shika Clinic	☎042-554-2202
29th (Mon) Holiday	Sakae-chou Shinryoujo	☎042-555-8233	Mizuho Byouin (Mizuho-machi)	☎042-556-2311	Hamura Shika Iin	☎042-570-4618

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

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