

Public Information Ichihara

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Translated by

Ichihara International Association

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Revision of National Health Insurance Fee

The followings were revised based on the revision of a Cabinet Order.

- (1) Limited cost of levy, which is the maximum amount of national health insurance fee per year, was raised to 960,000 yen.
- (2) The target of reducing system, which was decided by the total income of household and insured person, was expanded.

Details of revision this time and notification of insurance fee for the family will be sent in mid-July.

For more information, call National Health Insurance Division (Tel: 23-9804)

Day Camp (4 times in all)

Date and time for the first class: June 9 (Sun), 10:00 am – noon

Venue: Ichihara Youth Hall (Ichihara Seishounen Kaikan)

Eligibility: fourth to sixth grade of elementary school children and junior high school students

Number of participants: First 18 applicants

Fee: 1,200 yen

Contents: Cook rice with outdoor cooking utensils, enjoy handicrafts, etc.

How to apply: Apply at the window or by phone.

Where to apply: Ichihara Youth Hall (Tel 43-3651)

**For more information, call Ichihara Youth Hall (Tel: 43-3651), or
Lifelong Learning Division (Tel: 23-9850)**

Prohibited to Cultivate Coreopsis Lanceolate

It is prohibited to transfer or cultivate Coreopsis lanceolate without permission by law, since it has high fertility and invade other plants. Coreopsis lanceolate blooms yellow flowers looking like cosmos from May to July. When you find it in your garden, pull it up by the root and discard it by putting it in a garbage bag.

For more information, call Environmental Management Division (Tel: 23-9867)

Oral Cancer Check-up

Date: June 27 (Thu)

Time: 10:00 AM - 12:30 PM

Place: Ario Ichihara

Contents: Oral examination by touch and visual inspection

Fee: Free

How to apply: Apply by postcard with postcard with a reply card attached. Write “口腔がん検診希望(Wish to receive oral check-up)”, your name, birth date, address, and telephone number on a sending card. And write your address and name at the address field on a replying card. Application cards should be postmarked on or before May 31 (Fri). One hundred people selected by lot can take the check-up.

Where to apply: Ichihara City Dental Association (〒290-0050 5-1-48, Sarashina, Ichihara-shi)

For more information, call Hoken Center (Tel: 23-1187)

Qigong Class (Four times in all)

Date and time for the first time class: June 4 (Tue), 10:00 AM - 11:30 AM

Venue: Sanwa Health and Welfare Center (Sun-Heart)

Eligibility: Sixty years old and older people

Number of participants: First fifteen applicants

Fee: Free

How to apply: Apply at the window or by phone.

Where to apply: Sanwa Health and Welfare Center (Sun-Heart) (Tel: 37-7100)

For more information, call Sanwa Health and Welfare Center (Sun-Heart) (Tel: 37-7100), or Support for Senior Citizens Division (Tel: 23-9814)

Yoga Class (Eight times in all)

Date and time for the first time class: June 5 (Wed), 1:00 PM – 3:00 PM

Venue: Sanwa Health and Welfare Center (Sun-Heart)

Eligibility: Sixty years old and older people

Number of participants: First fifteen applicants

Fee: Free

How to apply: Apply at the window or by phone.

Where to apply: Sanwa Health and Welfare Center (Sun-Heart) (Tel: 37-7100)

For more information, call Sanwa Health and Welfare Center (Sun-Heart) (Tel: 37-7100), or Support for Senior Citizens Division (Tel: 23-9814)

Baby Massage Class (Two times in all)

Date and time for the first time class: June 13 (Thu), 10:00 AM – 11:30 AM

Venue: Sanwa Health and Welfare Center (Sun-Heart)

Eligibility: Three to nine months old children and their guardians

Number of participants: First ten applicants

Fee: 200 yen

How to apply: Apply at the window or by phone.

Where to apply: Sanwa Health and Welfare Center (Sun-Heart) (Tel: 37-7100)

For more information, call Sanwa Health and Welfare Center (Sun-Heart) (Tel: 37-7100), or Children's Welfare Division (Tel: 23-9802)

Make-up Class for Good Impression

Date and time: June 14 (Fri), 6:30 PM – 8:00 PM
Place: you hall
Eligibility: Female
Number of participants: First fifteen applicants
Fee: 1,000 yen
How to apply: Apply at the window or by phone.
Where to apply: you hall (Tel: 25-0125)

For more information, call you hall (Tel: 25-0125), or Commerce and Industry Promotion Division (Tel: 23-9836)

Performance Course (Eleven times in all)

Date and time for the first time class: June 23 (Sun), 10:00 AM – noon
Venue: Sun Plaza Ichihara, Kazusa Sarashina Koen Park, etc.
Contents: Improve communication skills and creativity through dance and others.
Eligibility: Fifth grade of elementary school children and older
Number of participants: Thirty people selected by lot
Fee: 1,500 yen (Free of charge for University students or younger)
How to apply: Write your name with furigana, telephone number, postal code, home address, birthday, gender, and school name, on the application sheet available at Lifelong Learning Center, branches, public hall, communication center, city website, etc., and apply by post, fax, or email by June 9 (Sun).
Where to apply: Lifelong Learning Center
(〒290-0081 1-1-25, Goi Chuo Nishi / Tel: 20-1180 / Fax: 25-2577 /
Email: syougaigakusyuu-center@city.ichihara.lg.jp)

For more information, call Lifelong Learning Center (Tel: 20-1180)

Neuvola Events

■Pre-mother Class

Date: Those expecting a baby in September or October 2019⇒ June 16 (Sun)
Those expecting a baby in October or November 2019⇒ July 21 (Sun)

Time: 9:00 am – 12:00 am

Venue: Hoken Center

Eligibility: Women who are pregnant for the first time

Number of participants: First thirty applicants for each

Fee: Free

How to apply: Apply by phone by 10 days before the class.

Note: You can attend the class with your family member (one person only).

■Maternity Cooking Class

Venue: Hoken Center

Date and deadline of application:

(1) June 18 (Tue) (Deadline: June 7 (Fri))

(2) July 4 (Thu) (Deadline: June 24 (Mon))

Time: 10:00 am – 1:30 pm for both days

Eligibility: Women who are 16 – 33 weeks of pregnancy

Number of participants: First ten applicants for each

Fee: 400 yen

How to apply: By phone.

■Baby Food Class (Latter stage of baby food)

Venue: Hoken Center

Eligibility: 10 months old babies and their guardians

Date: Babies who were born in August 2018⇒ June 21 (Fri)

(Apply by June 14 (Fri))

Babies who were born in September 2018⇒ July 9 (Tue)

(Apply by July 2 (Tue))

Time: 10:00 am – 11:30 am for both days

Number of participants: First 10 pairs of applicants for each

Fee: Free

How to apply: By phone

■Body Care and Fitness Class After Child Birth (Two times in all)

Date and time: June 18 (Tue) and June 25 (Tue), 9:30 AM – noon

Venue: Hoken Center

Contents: Balance ball exercise, communication skill work, self-care, etc.

Eligibility: Babies who were born in March 2019 and their mothers.

Number of participants: 14 pairs of applicants selected by lot.

Fee: 500 yen

How to apply: Apply by phone by May 30 (Thu)

Note: Babies' siblings cannot accompany. Those who have limitation of movement and are during pregnancy cannot attend. Those who are under medical treatment need doctor's permission.

Where to apply and for more information, call Childrearing Neuvola (Advice) Center (Tel: 23-1215)

Health Events

■ Health Consultation

Fee: Free

Number of participants: First 5 applicants

How to apply: Apply by phone by 3 days before the consultation dates.

Date, time and place:

Venue	Date	Time
Hoken Center	June 19 (Wed), July 19 (Fri)	9:15 am – 11:15 am
Anessa (Anesaki Health and Welfare Center)	June 11 (Tue), July 9 (Tue)	1:30 pm – 3:30 pm
Sun Heart	June 12 (Wed)	
Nanohana kan (Nambu Health and Welfare Center)	June 21 (Fri), July 26 (Fri)	

■ Food Consultation

Date: June 4 (Tue), June 14 (Fri), July 1 (Mon), or July 29 (Mon)

Venue: Hoken Center

Number of participants: First 8 applicants for each day.

Fee: Free

How to apply: Apply by phone by 7 days before consultation dates.

Note: Those who are taking medicine or under treatment are not eligible.

■ Vaccination against Pneumococcus for Elderly People (Optional)

Period: Till March 31, 2020

Venue: Affiliate medical institutions in the city

Eligibility: Those who have not had the pneumococcus vaccination yet and meet any of the followings:

- (1) Be the ages by every five years from sixty-five years old, or 101 years old and older
- (2) Have a certain difficulty

Fee: 4,000 yen (Free of charge for member of households receiving aid or those with exemptions from city residence tax)

How to apply: Bring documents or postcard you received by post in the middle of May to a medical institution.

The Fifth Period of Regular Vaccination of Rubella

Period: Till March 31, 2022

Venue: Designated medical institution (available on the website of Ministry of Health, Labor and Welfare)

Eligibility: Male born between April 2, 1962, and April 1, 1979

Necessary Documents: Free ticket and your ID (such as health insurance card)

*Free ticket will be posted in sequence in three years. Free tickets have been sent in the end of April to male born between April 2, 1972, to April 1, 1979.

Teeth and Oral Health Week – June 4 to 10

Keep oral health by having regular dental checkup and taking enough time to brush your teeth once a day.

Teeth and Oral Counseling

Date: May 17 (Fri), June 18 (Tue), and July 18 (Thu)

Time: 9:00 AM – 4:00 PM

Venue: Childrearing Neuvola (Advice) Center

Eligibility: Expectant and nursing mothers, and their infants

How to apply: Come to the venue on the day directly.

For more information, call Childrearing Neuvola (Advice) Center (Tel: 23-1215)

Medical Care for Emergency

Emergency Center (Tel: 21-5771)

Internal Medicine Pediatrics	【Mon-Sat】 8:30 P.M.-11:30 P.M. 【Sun, Hol, New Year's holiday, Golden Week holiday】 9:00 A.M.-5:00 P.M., 8:30P.M-11:30P.M
Dentist	【Saturday】 8:30 P.M.-11:30 P.M 【Sun, Hol, New Year's holiday】 9:00 A.M.-Noon

Emergency at night

Check the available clinics at 22-0101 (tel) (telephone guide).

Time: 11:30 P.M.-8:00 A.M.

Clinics open on the following dates (Sun, Hol)

Time: 9:00 A.M.-5:00 P.M.

Date	Clinics	Area	Kinds of clinic	Tel
May 19 (Sun)	Iijima Mother's Clinic	Anesaki	Gynecology	61-8827
	Shimura Ichouka Geka In	Neda	Internal and Surgery	22-5053
	Ooki Ganka Clinic	Goi	Ophthalmology	23-7733
May 26 (Sun)	Nintendo In	Ushiku	Internal	92-0015
	Fujiwara Seikei Geka In	Ushiku	Surgery	92-0046
	Ohkura Jibiinkouka In	Goi Chuo Higashi	Otolaryngology	21-4187

For more information, call Health and Welfare Division (Tel: 23-9813)