Newsletter No.224

Abiko

June 1, 2013

Excerpts of the Newsletter issued by Abiko City

Payment of the National Health Insurance Tax

Payment notice will be dispatched to the householder on June 14. Be sure to pay national insurance fees by the due date as stated in the payment notice.

When you get enrolled in or get out of the system, be sure to notify National Health Insurance and National Pension Section or your local administrative service center.

For more information, contact National Health Insurance and National Pension Section at ext.354 or 390.

Municipal Taxes: Pay by July 1st

Municipal tax payment notice will be dispatched on June 10. Time limit for payment is July 1st. Municipal taxes can be paid at convenience stores without any service charge.

For more information, contact Abiko city office Taxation Section at ext. 334 or 335 for municipal taxes, or Kashiwa Tax Office at 04-7146-2321 for income tax

Subsidies for Adults' Rubella Vaccination

Mainly in the Tokyo metropolitan area, the number of adults suffering from rubella is rapidly increasing. If a pregnant woman becomes infected with rubella, her baby is at risk for congenital rubella syndrome. Abiko city subsidizes part of the rubella or MR vaccination fees. Eligible: Husbands of pregnant women, women desiring pregnancy and their husbands registering their residency in Abiko city

Period covered: from April 1, 2013 to December 31, 2013

For more information, contact Public Health Care Center at 7185-1126

Cancer Screenings

1) Mouth cancer screening

Mouth cancer is a furtive disease. Screening leads to its early detection and early treatment. Do not miss this opportunity!

Date: July 28 (Sun) 9:00a.m. - 12:30a.m.

Place: Public Health Care Center Fee: 500 yen

For more information, contact Goto Dental Clinic at 7189-4310

2) Stomach cancer screening: application needed by June 6
Date: July 1 (Mon), 2 (Tue), 3 (Wed), 5 (Fri), 8 (Mon), 9 (Tue), 12 (Fri)
Place: Public Health Care Center Fee: 900 yen
Target: People born before March 31, 1974, registering their residency in Abiko city
For more information, contact Public Health Care Center at 7185-1126

Prevention of Heat Stroke

We are not used to the heat yet in June, so be careful about heat stroke.

To prevent heat strokes:

-Drink water and have a break frequently
-Adjust room temperature and humidity
-Avoid rise in body temperature by using a hat or sunshade, dressing in cooler clothes
-Eat a well-balanced diet and build up stamina

Treatment:

-When feeling dizzy and lightheaded, move to a cooler area, cool down your body and dissipate heat. Drink water.
-When having a headache, nausea, or a conclusive seizure, move to a cooler area and call an ambulance (119). For more information, contact Health Support Section at 7185-1126

Be Careful about Urban Ozone (Photochemical smog)

Urban ozone occurs in the setting of clear weather, high temperature, and moderate wind. It might cause irritated eyes, sore throat, and headache. If having only mild symptoms, wash out patient's eyes, gargle and keep quiet in bed. In some severe cases, see a doctor promptly. For more information, contact Teganuma Section at ext.567

Abiko KAPPA Festival on August 24 (Sat): Participants Wanted !!

-Performers of "Kappa Ondo Procession" (Kappa Ondo is a kind of Japanese "bon dance")
-Kappa disguised costume contestants
-Executive committee members, Volunteer staffs for KAPPA Festival
For more information, contact Kappa Festival executive committee at 080-6652-9229

Let's Join "Rice Paddy Art", a Rice Planting Event

Date: June 15 (Sat) 9:00- (morning part), 1:00- (afternoon part)
Place: Teganuma Aquatic Park (Teganuma shinsui hiroba)
Participants: Elementary and junior high school students living in Abiko city (the third-grade elementary school students or younger must be accompanied by parents), first 160 applicants Application deadline: June 14 (Fri)
For more information, contact Abiko Junior Chamber at 043-330-3021
Email: tanboart_abikojc@yahoo.co.jp URL : http://www.abiko-city.jp/jc/tanbo-art/

Welcome to International Fiesta ! (Free)

Date/Place : Saturday, June 15 12 :30pm-4 :15pm at Abista / Grand Hall

Part 1 : Lecture « UNESCO's World Heritage » by Mr. Nob**oru Noguchi**

Part 2 :Entertainments such as Bamboo dance, Chinese poem reciting, erhu playing

Others : Photo displays on international exchange activities

Unused/mis-written post cards are accepted. Please bring some, if you have.

Sponsored by : Abiko Gakko Commission, and

Abiko International Rerations Association (AIRA)

Inquiry : contact the Event's Committee at 7185-1602

Advisory Service-June 2013

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Jun. 6 (Thu), 13(The), 18(Tue), 20 (Thu) and 25(Tue) 9:30 - 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Jun. 21 (Fri) 10:00 - 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Child-Care	Jun. 5 and 26 (Wed) 10:10 - 11:00 First 10 applicants Jun. 10 (Mon)	Child-rearing Support Center "Niko-Niko Hiroba" (Jun5 & 26) Public H.C.Center	Health Support Sec. 7185-1126
Child matters in general	Week days except Sat/Sun/public holidays 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except Sat/Sun/public holidays 8:30 - 17:00	Welfare Consulting Sec.	Welfare Consulting Sec. Ext. 394

Public Health Care Center Programs Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Jun. 8, 22, and 29 (Sat)	Expecting women of 20 weeks or over, and their family

Health Checkup for 18-month-old infants	Jun. 27 (Thu)	Infants born from Nov.1 to Nov. 20, 2011
Dental Checkup for 2 year and 8 month-old children	Jun. 25 (Tue)	Children born in Oct. 2010
Health Checkup for 3-year-old children	Jun. 6, 20 (Thu)	Children born from Nov. 1 to Dec. 10, 2009
Health Checkup for 5-year-old children	Jun. 25 (Tue)	Children born in Jun. 2008
Baby Food Class for 4 to 6 month-old babies	Jun. 21 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Jun. 12(Wed)	Children born in Sep. 2012 First 20 applicants. Reservation required by phone.

--------Health Care------

1. **NIGHT -TELEPHONE CONSULTATION ON CHILD'S SUDDEN ILLNESS**

   CALL #8000 or 043-242-9939

   Hours: 7:00p.m. – 10:00p.m. every night

   Nurses or doctors will advise you of what care should be taken for your child.

2. **HOLIDAY- DAYTIME CLINIC (SUNDAYS /HOLIDAYS)**

   Place: Abiko Public Health Center (phone: 7187-7020)

   Items and hours

   (1) Internal medicine, Pediatrics 9:00 – 11:30, 13:00 – 16:30

   (2) Dental Clinic 9:00 – 11:30

   Remarks: Please bring your Health Insurance Card and pay fees in cash.

3. **NIGHT & HOLIDAY-INTRODUCTION OF HOSPITALS (SUNDAYS /HOLIDAYS) CALL 7184-0119 (FIRE STATION) or 119 (FOR AMBULANCE)**

   They will advise you of an appropriate hospital or pediatrician. Before you go the hospital advised, please call and tell them patient's symptoms.

   Please do not hesitate to call **119** in case of serious injury or acute illness.

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