

広報

# ごてんば

August 5, 2018  
No.1326

## *Gotemba Newsletter*

### Events:

1. Elderly Medical Insurance Fee Collection Begins
2. Establishment of Shelters
3. Emergency Medical Center Closing
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Did you know there are many metabolic syndrome citizens in Gotemba? Metabolic syndrome is related to disturbance of the eating habits, lack of exercise and lifestyle habit. Let's consider the effects of metabolic syndrome.

Inquiry: National Health Insurance and Pension division at (82)4121

★Copies of this Newsletter are available at the City Hall, the City Branch Offices, Library, Health Care Center and GIA.

★The Gotemba Newsletter can be viewed on the GIA Internet site:  
<http://city.gotemba.shizuoka.jp/cgi-bin/gia/infombbs/magbbs.cgi>

## **1. Elderly Medical Insurance Fee Collection Begins**

Subject: Citizens who are 75 years-old or more

The day you turn 75 years-old, you are required to begin using elderly medical insurance. No enrollment procedure is necessary.

Citizens, who are recognized for having a disability and are 65 to 74 years of age, need to submit an application to be enrolled. Once enrolled you may begin using elderly medical insurance.

### Premium

Premiums are determined by an income percentage to equalize the burden. Premiums are calculated by the sum of income from last year and the per capita rate.

The insurance premium for this year will be notified by the middle of August.

Persons who have lower income and dependents and rely on health insurance union will be taken into consideration when determining the insurance premiums. In the case of any insured person or householder who is unsure of their income, you may not be applicable.

Enrollments in the middle of a year will be calculated by monthly installments.

If you have deducted it from your pension, you will pay the difference of the amount you paid and finalized insurance fee starting from October.

### How to make payment

Special collection...Deduction from pension

Normal collection...Payment slip or direct debit

\*Special collection and normal collection can be adapted in some cases.

\*You can switch the method of direct debit from pension deduction if you submit an application.

(sometimes you will be declined due to your payment situation.)

A premium is assigned to medical expenses excluding the self-pay (10% to 30% worth) that you pay at the window (70% to 90%) of the medical institution.

This is to maintain a constant medical system so please pay this premium.

Inquiries: Kokuho Nenkin-ka at (82)4188.

## **2. Establishment of Shelters**

Shelters are for people who lost their house and have become refugees when their house has collapsed or at risk of collapse.

Also it can be the place to evacuate to if there is a possibility of a landslide disaster or flooding after heavy rains.

With the authority of the mayor of each ward, each community center serves as a primary shelter in case of expected situations. If those places are fully occupied, then the nearest school will be used as a designated shelter for the city. Please make sure of where you should evacuate to and how to get there safely in case of disaster.

For more information please contact Kiki Kanri-Ka at (82)4370.

## **3. Emergency Medical Center Closing**

The Emergency Medical Center will not be open between 6:00 pm on Thursday, August 9th and 8:00 am on Friday, August 10th. The covering medical staff for that period will be available at Fuji Hospital, phone (83)3333.

Inquiries: Emergency Medical Center at (83)1111.

#### **4. Kimono Dressing Session at Citizen's Art Festival**

We are recruiting participants for a kimono dressing experience.

Date: Saturday, September 22nd and Sunday, 23rd

Morning session: From 10:00 am to Noon

Afternoon session: From 1:00 pm to 3:00 pm

Place: Citizen Hall's Meeting room, on the 2nd floor (Japanese tatami room)

Fee: Free

Things to Bring: Necessary accessories for kimono or Yukata (Hadagi, Obi, Koshihimo etc.)

\*Rental Kimono is 500 yen for one trial.

Application due date: By Friday, August 31st (application can be made by this date)

Inquiry:

Get application at Social education division or Civic Center and fill out the form. Mail or Fax to 〒412-8601 Shakai Kyoiku-ka nai, Shimin Geijyutsusai Jikko linkai Jimukyoku (Citizen's Art Festival Committee Office) or in person.

Contact: Tel: (82)4319, Fax: (81)0370.

#### **5. GIA YOU -I-SALON Brazilian Barbecue**

Date: Sunday, August 26th from 10:50 am to 2:00 pm at the Otome Shinrin Parks' 1st Camping Area.

Subjects: Limited to 70 people (First-come-first-served basis)

Fee: There is participation fee.

Applications with fee can be submitted from Monday, August 6th to Friday, 10th in person to the GIA office.

Phone: (82)4426

#### **6. Health Consultation for Babies & Infants / \*No reservations needed**

Information sessions are available for body measurements, childcare and nutrition, dentistry consultation for babies and more. (No reservations required)

Date & Time: Monday, September 3rd from 9:15am to 10:15am at the Health Care Center

\*Because it will be crowded, mothers with children under one should arrive early.

For more information, please contact Kenko Suishin-ka ( 82 )-1111

#### **7. Adult Health Consultation / \*Reservations needed**

Date: Thursday, September 20th, from 1:30pm to 2:30pm

Contents: Information sessions for questions relating to health, nutrition and bone densitometry to prevent lifestyle-related diseases, build-check and reading and understanding personal medical charts/ blood pressure and reports. If you want, we check the salt measurement of the miso soup. (Please bring your small amount of miso soup.)

Inquiries: Please call the Kenko Suishin-ka in advance or come to front desk.( 82 )-1111

#### **8. Workshop for Pregnant Women / \*Reservations needed**

Date & Time: Friday, September 21st from 1:10pm to 3:30pm

Place: Health Care Center

Contents: Study of procedure/ practice breathing methods, study of parenting (Guidance & practice)

Capacity: 20 people (First-come-first-served basis)

How to apply: Please apply by Thursday September 20th at front desk or by call to Kenko Suishin-ka at (82)1111.

## 9. Health Checkups for Children in September / Inquiries: Kenko Suishin-ka at (82)1111

All checkups and consultations are held at the Health Care Center.

For more information, please call Kenko Suishin-ka by noon on the morning of the checkup or Consultation.

Check-up / Consultation Info	Day of session - Eligible ages	Times	What to bring
Seminar for babies (born in May, 2018)	Tue. September 4 <sup>th</sup> - born from the 1 <sup>st</sup> to the 15 <sup>th</sup>	1:00pm - 1:20pm	Mother and child health notebook
	Tue. September 18 <sup>th</sup> - born from the 16 <sup>th</sup> to the 31 <sup>th</sup>		
6 months old (born in February, 2018)	Wed. September 5 <sup>th</sup> - born from the 1 <sup>st</sup> to the 15 <sup>th</sup>	1:15pm - 2:00pm	Mother and child health notebook, survey
	Wed. September 19 <sup>th</sup> - born from the 16 <sup>th</sup> to the 28 <sup>th</sup>		
18 months old (born in February, 2017)	Tue. September 11 <sup>th</sup> - born from the 1 <sup>st</sup> to the 15 <sup>th</sup>	1:15pm - 2:00pm	Mother and child health notebook, survey
	Tue. September 25 <sup>th</sup> - born from the 16 <sup>th</sup> to the 29 <sup>th</sup>		
2 years old (born in August, 2016) * Tooth brushing information	Fri. September 14 <sup>th</sup> - birth date not applicable	9:30am - 10:30am	Mother and child health notebook, tooth brush, towel
3 years old (born in August, 2015)	Wed. September 12 <sup>th</sup> - born from the 1 <sup>st</sup> to the 15 <sup>th</sup>	1:15pm - 2:00pm	Mother and child health notebook, urine sample, health checkup sheet
	Wed. September 26 <sup>th</sup> - born from the 16 <sup>th</sup> to the 31 <sup>st</sup>		
Vaccination shots (BCG)	Mon. September 10 <sup>th</sup> - born from March 16 <sup>th</sup> to the 31 <sup>st</sup>	1:30pm - 1:50pm	Mother and child health notebook, Vaccination sheet *Infants under 1 year will also be accepted if they have not yet been Vaccinated.
	Thu. September 27 <sup>th</sup> - born from April 1 <sup>st</sup> to the 15 <sup>th</sup>		

☆Translated by KH of GIA volunteers

**GIA Gotemba International Association**

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