

Gotemba Newsletter

Events:

1. The 15th Gotemba DONDON
2. Start Grant of Vaccination Expenses for Adult Rubella.
3. National Pension Starts From 20 Years Old
4. Health Consultation for Babies & Infants
5. Adult Health Consultation
6. Workshop for Pregnant Women
7. Health Checkups for Children in February



Member of Calligraphy club from
Gotemba High School
(Photo on December 8th)

Junior High English Speech Contest

Jr. High school students give an English speech about what they feel from ordinary life.

Date & Time: Sunday, February 3rd from 10:00 am to noon.

Place: At Tamaho City Hall Branch, Kumin Hall. Free admission

For more information please contact GIA (Gotemba International Association) at (82)4426.

★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. The 15th Gotemba DONDON

The 15th lifelong learning fair is about to be held. There are various displays and booths you can enjoy watching, listening and experiencing.

Big Hall events schedule:

- Family movie theater
Time: 10:00a.m. to 11:30a.m.
Movie: Kaiketsu Zorori (Secret of ZZ, 30th anniversary movie, released on Nov. 2017)
Limited to 800 people (No advance free entrance ticket provided) Free admission
- Stamp rally:
Time: 9:00a.m. to 1:30p.m.
Contents: Collect all the stamps in the small hall and exhibition hall.
**From all those who applied, 30 people will be chosen by tottery to receive a picture book from Tatsuya Miyazaki. Lottery starts at 11:00 a.m.
If you win a picture book, you can also participate in the autograph section with Mr. Miyanishi.
- Seminar from Mr. Tatsuya Miyanishi, a picture book writer.
Time: From 1:30 a.m. to 3:00 p.m.
Contents: Mr. Miyanishi will talk about his book, "Nyago no Yasashisa, Tirano no Omoiari"
Focusing on relationships between parent and children through his stories with good humor willed with tears and joy,
Limited to 800 people (No advance free entrance ticket provided)
Free admission baby sitter service provided. **(Reservations needed)**

Small Hall and Exhibition hall events schedule: (From 9:30 a.m. to 3:30 p.m.)

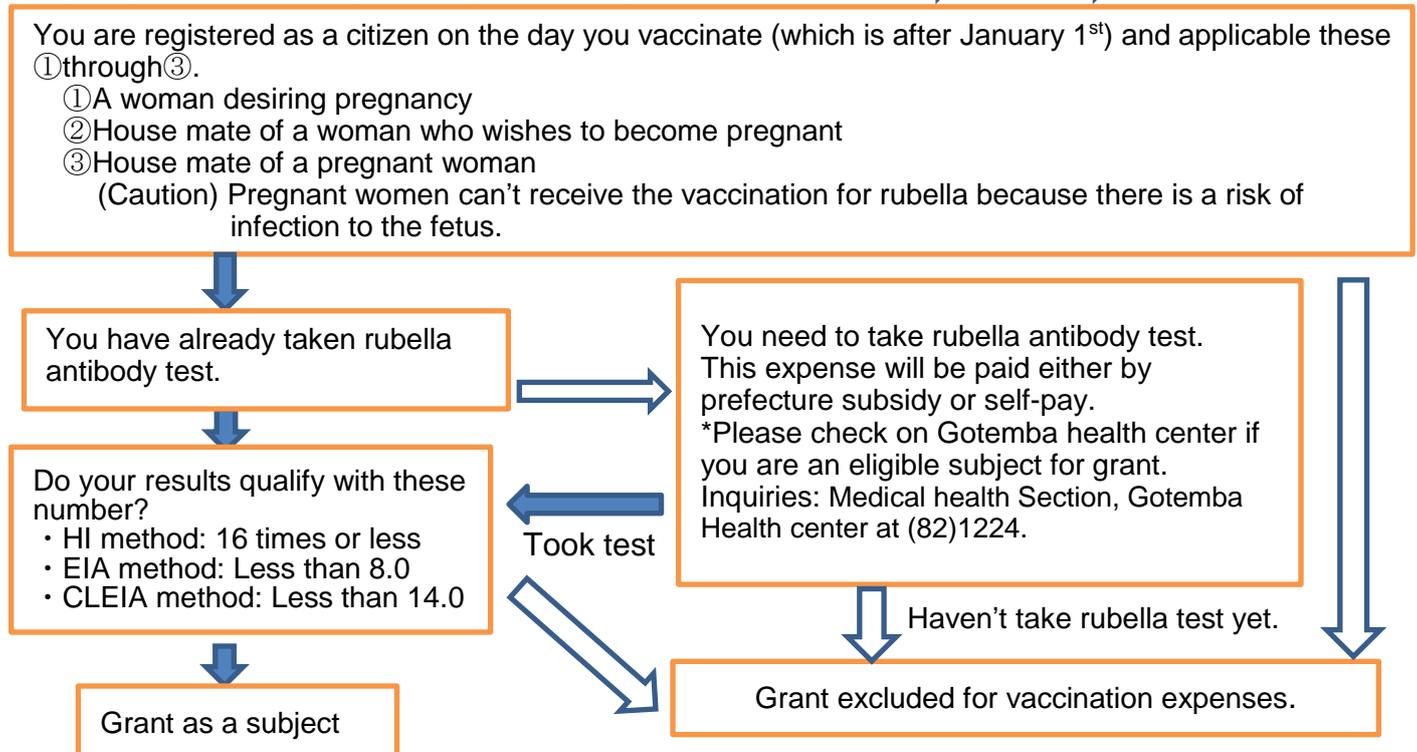
- Exhibition section
- Community activities report section
- Sell booth and experience booth.

For more information please contact Shakai kyoiku-ka at (82)0339.

2. Start Grant of Vaccination Expenses for Adult Rubella.

There is a possibility to have a baby with congenital rubella syndrome (causing impaired vision, hearing loss and heart diseases) when a pregnant woman is infected. We subsidize a portion of the vaccination expense to help protect your baby.

(Subjects) Please check if you are qualified subjects or not. Yes:  No: 



How to receive your subsidy:

- ①Take rubella vaccine or measles rubella vaccine. (With your own expenses at medical institution)
- ②Submit and complete grant of vaccination expenses application at health center. You will receive a subsidized amount in your account.

*Application can be downloaded from the city website. Also you can submit your form by mail

Type of Vaccinations and costs/ Grants are limited to one time from either one.

*Rubella vaccination is for 4,000yen * Measles rubella vaccination is for 5,000yen.

● **Maternal health checkup costs subsidy reimbursement starts:**

Japan is providing reimbursements for keeping good health and to reduce the economic burden for postpartum mothers. Maternal health checkup subsidies are covered by public expenditure, and reimbursements start from January 1st. Postpartum is a period after birth when mothers experience hormonal imbalance, body aches, lack of sleep, and etc. This checkup is important not only to ensure your mental condition but also your body condition. Let's consider having a postpartum checkup at the appropriate time.

Grant subject: Registered residents and postpartum mothers after January 1st.

Subsidy amount: 5,000 yen per application

Medical institution:

- (in City): Miyashita obstetrics and gynecology clinic, Kyoritsu obstetrics and gynecology clinic.
- (Outside of city): Medical institution or maternity hospital with the prefecture agreement.

Consultation period and time: 2 times. In principle 2nd and 4th week after delivery.

Content: Interview and physical examination (scale weight, blood pressure, urinalysis, mental counseling)

Maternal health checkup card:

To apply for this grant you need to have a checkup card. You will get this card at the same time as your Mother and baby notebook. If your due date is after January 1st, you should have already received it by mail. In case you do your checkup outside of city, reimbursement will proceed as a redemption payment.

Inquiries: For more details please call Kenko Suishin-ka at (82)1111.

3. National Pension Starts From 20 Years Old

This is an announcement for people who become 20 years-old this year.

All residents in Japan who are between 20 years old to 59 years old must join a national pension and are responsible for paying it. The national pension not only insures your retirement life, but it also supports you or your family if you become physically disabled by disease or injury or if you lose your main income source family member. This coverage needs to be completed and paid for during your enrollment. Please make sure you check your status.

◆ **How can I enroll the national pension?**

① You will receive some guide books.

During your 20-year-old birth month, you will receive some guide books such as national pension and a person insured qualification report by the Japanese pension system. Once you read through complete the application for national pension enrollment. In the case you already had a job before you turned 20 years old, then you don't need to do anything.

※If you are a student, you can apply for the Special Payment System for students. (The family of the household can apply in substitution)

Things you need to apply:

1. Student's ID (if using an ID copy, be sure to copy both front and back) or student registration certificate is necessary.
2. Hanko (Seal)
3. ID

If your income is too low to pay contributions or you have other reasons, you can apply for the contribution postponement system or an exemption from contribution payments.

Either way you can apply for these systems at the same time you enroll in the national pension so please ask for more details.

② You will be mailed a Pension Handbook---

Please note you will need it throughout your lifetime and make sure you always keep it in a safe place.

If you were or are an employee pension insurance systems holder or receiving either disability basic pension or survivors' basic pension now or in the past, you should already have a pension handbook so you will not receive a new one.

③ You will be mailed National pension contribution amount book ---

Things people ask often:

Q. How do you pay?

A. You can pay it in cash at banks and other financial institutions even including convenience stores and etc. Also you can switch to an automatic bank transmission or credit card payment systems.

Q. How much is monthly payment?

A. Monthly payment for the national pension is 16,340 yen (as of 2018).

Q. Is there any way you can get a discount rate?

A. Yes, there is! If you opt for advanced payments, you can pay them at a discount rate.

** Using the future payment contribution system you can pay for 6 months or a full year. This applies for both cash payments and for automatic bank transmission or credit card payments.

** Your payment for pension is a tax deduction as "social insurance contribution". This is tax deductible for Year-end tax adjustments or final income tax returns. In the case your parent pays for you, they will receive the tax deduction.

Inquiry: Kokuho Nenkin-ka at (82)4122 or Nihon Nenkin-kiko Numazu Pension Office at 055(921)2201.

4. Health Consultation for Babies & Infants *No reservations needed.

Inquiries: Kenko Suishin-ka at (82)1111

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

Date & Time: Monday, February 4th 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

5. Adult Health Consultation *Reservations needed.

Inquiries: Kenko Suishin-ka at (82)1111

Date: February 22nd from 9:30am to 10:30 am at the Health Care Center

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.)

Application and inquiry: Please apply at the counter or call in advance to Kenko Suishin-ka.

6. Workshop for Pregnant Women *Reservations needed

Inquiries: Kenko Suishin-ka at (82)1111

Date: Friday, February 15th from 9:15am to 1:00pm

Place: Health Care Center

Contents: Exercise and study about nutritious meals and intake balance (session and cooking).

*Limited to 20 people on a first-come, first-served basis.

*Applications can be made by February 7th (Thu) at the office or by phone to Kenko Suishin-ka.

7. Health Checkups for Children in February / 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	Time	What to bring
Seminar for babies (born in October, 2018)	Tue. February 5 th - born from the 1 st to the 15 th	1:00pm	Mother and child Health notebook
	Tue. February 19 th - born from the 16 th to the 31 st	-1:20pm	
6 months old (born in July, 2018)	Wed. February 6 th -born from the 1 st to the 15 th	1:15pm	Mother and child Health notebook, survey
	Wed. February 20 th - born from the 16 th to the 31 st	- 2:00pm	
18 months old (born in July, 2017)	Tue. February 12 th - born from the 1 st to the 15 th	1:15pm	Mother and child Health notebook, survey
	Tue. February 26 th - born from the 16 th to the 31 st	- 2:00pm	
2 years old (born in January, 2017) *Tooth brushing information	Fri. February 1 st birth date not applicable	9:30am - 10:30am	Mother and child health notebook, tooth brush, towel
3 years old (born in January, 2016)	Wed. February 13 th - born from the 1 st to the 15 th	1:15pm	Mother and child Health notebook, urine sample, survey
	Wed. February 27 th - born from the 16 th to the 31 st	- 2:00pm	
Vaccination shots (BCG) (born in 2018)	Mon. February 4 th - born from Aug. 16 th to the 31 st	1:30pm - 1:50pm	Mother and child Health notebook, vaccination form * Infants under 1 year will also be accepted if they have not yet been vaccinated.
	Thu. February 21 st - born from Sep. 1 st to the 15 th		

☆ Translated by KH of GIA volunteer

GIA Gotemba International Association

Tel: 0550(82)4426 Fax: 0550(81)6439 E-mail: gia@mail.wbs.ne.jp