

Gotemba Newsletter

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★The Gotemba Newsletter can be viewed on the GIA Internet site:

<https://www.gia-gotemba.com>

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

1. The 22nd Annual Shizuoka Marathon Relay Race

All for one, connect the sashes and run through

Date & Time: Saturday, December 4th, 10:00am start "Don't miss this historical moment!!"

On-the-spot live broadcast time:

SBS TV starts from 9:30 am to 12:50pm, SBS radio starts from 9:45am to 1:00pm.

Our team number is number 7 this year.

Gotemba team members for the 22nd annual Shizuoka marathon relay race have been selected. They are the best 21 members, and were selected based on results from previous athletic events.

This team has won 4 times in the past and will bring excitement while running powerfully and vigorously.

Due to Covid-19 infections, overall practice started 2 months later than usual. However, the team has been doing free training and work out practices on their own.

This marathon race will be held in Shizuoka city on Saturday, December 4th. The race course is 42.195km, divided into 12 legs, and starts in front of the prefectural office, finishing at the Kusanagi athletics stadium. Gotemba's team will compete with their combined strength.

Due to Covid-19 prevention measures, there will be no audiences, and not just at the starting and ending areas, but also any roadside audiences are prohibited this year.

Please send your cheers to the runners while following the race on T.V, radio or internet on race day.

Inquiry: Citizen sports division at (82)4135

2. Stomach Cancer Screening (Barium test)

A community screening car, Sawayaka, for stomach cancer has been scheduled. If you have already applied for it, you will receive a consultation slip by mail.

In order to avoid the three C's and to disinfect the facility and machines often, it will take time to get to your turn and you may not get examined on that day depending on the size of the crowd.

Please check your temperature at home before you go. If you have a fever or any symptoms, you can't be examined. And please make sure to wear a mask to the examination.

(Caution)

*Do not eat after 8:00 p.m. the day before the screening and don't drink alcohol.

(Drinking water is ok up to midnight.)

*No drink/ food or smoking on the screening day, and please empty your bowels.

* All details are described in the mailed envelop so please read them carefully before your examination.

✕No blood pressure measurement or health consultations will be conducted at this screening this year.

• Gastric cancer screening

The purpose of this examination is to find early stage gastric cancer by stomach x-ray after taking barium.

*Reception time: From 8:30am to 10:00am (all screening places are same)

*Subject: Age 30 and over

*Self-pay: 800 yen (Free of charge for 70 and older)

*Things to bring: Mailed consultation form

*How to dress-up: Plain T-shirts, elastic waist pants (avoid any pants with metal, plastic and etc.)

• Gastric endoscopy

If you are eligible, you may undergo a gastroscopy or barium test.

Examination period: Till Monday, February 28th, 2022

Examination venue: 14 designated medical institution in the city

Subject: Age 50 and over, and every 2 years aged person (ex. 50, 52, 54, 56 etc.)

Self-pay: 3,000yen every examiner

Reservation: Reservations can be made until Monday, January 31st, 2022 at 14 designated medical institution in the city.

Inquiry: Health promotion division at (70)7765

3. Reiwa 4 Coming of Age Ceremony

Date: Sunday, January 9th, 2022, from 11:30 am to 11:50 am (Door opens at 10:30 am)

Place: Civic center (main hall and small hall)

Eligibility: Those born from April 2nd, 2001 to April 1st, 2002.

* You will receive an announcement postcard by the end of the November to applicants.

Inquiry: Social education division at (82)0339.

4. Emergency Medical Center Closing Information

Closing dates: Thursday, December 9th from 6:00 pm to Friday, 10th, 8:00 am

The covering medical staff for that period: Available at Fuji Hospital, phone at (83)3333.

Inquiry: Emergency Medical Center at (83)1111.

5. ECOHOUSE INFORMATION / Inquiry: (88)3337

* FREE ITEMS: Hyakunin-issu, Shogi set, Go set, Electronic piano (keyboard)

* NEGOTIABLE ITEMS: Electric bicycle (26 inches), Try cycle (3 wheeled bicycle)

* DONATIONS NEEDED: Small size TV, Gas water heater, Telephone with fax, Bicycle, Boy's Jr. high school uniform (185-190cm)

* WANTED: (Negotiable) Lock sewing machine, Block brick (for gardening), Big pot (for plant), Pipe for fence

✕ Fax and Telephone answering machine service are not available. (Last updated on 11/5th)

6. Covid-19 Virus, Vaccination Status for Now and After

Inquiry: Health promotion division at (82)1111

- Implemented medical institutions for Covid-19 from now on.

Group vaccinations conducted by the city will be closed on Saturday, November 27th due to the high vaccination rate. From now on it will be only implemented individually at medical institutions. After Wednesday, December 1st medical institutions are scheduled to shrink considerably as shown below. If you desire to be vaccinated, please make a reservation as soon as possible.

	Medical institution name	Reservation		Reservation method			Remark
		Only Family patients	Others	Out-patient	Internet	Phone	
Internal medicine, pediatrics	*Family Clinic *Tauchi Pediatric		○		○		
	Fuji Toranomom Orthopedic Hospital		○	○		○	Vaccination RSV counter @ (89)7872 Date: Fri.&Sat.(4-6pm) available for Jr. high school students and above
	Fuji Hospital	○		○			
	Yasuda Pediatric		○		○		
Obstetrics & Gynecology	Kyoritsu Obstetrics and Gynecology	○ Thu.(pm)	○ Sat.	○ Thu.(pm)		○ Sat.	*RSV for Thu(pm): @counter *RSV for Sat: Only telephone @ (82)2035, any pregnant woman is available

- Information for the booster vaccination (the 3rd vaccination)

After 2nd vaccination groups (community center etc.) or individual vaccinations with family doctors or others, booster shots can be received approximately 8 months later. A vaccination voucher will be sent to eligible individuals in sequence.

(Estimated vaccination time)

Health care workers: January, 2022

Elderly people over the age of 75: February

Elderly people over the age of 65: March

People under the age of 64: After April

Note:

For individuals who are age 70 and over without transportation to the vaccination venue for the 3rd vaccination, the city is planning to provide a free taxi subsidy business up to 5,000 yen for round-trip use.

7. City Library News / Inquiry: (82)0391

○Hours of Operation: 9:00 am - 9:00 pm

○Closed: From 11/29th (Mon.) to 12/6th (Mon.), 13th (Mon.), 20th (Mon.), 27th (Mon.)

***Home reading day: 15th (3rd Wednesday of every month)**

○Book Start: 1st and 15th (Wed.)

* First-time reading for mothers with 6 month-old infants who are here for 6 month check-up at Health Care Center

○OHANASHI HIROBA:) Every Sat except 4th from 2:30pm (Picture-book reading by volunteers)

○OYAKO OHANASHI-NO-KAI: 8th (Wed), 22nd (Wed) from 10:30am (Picture-book reading by librarians)

8. December's Calendar of Events

DATE	EVENTS/TIME	LOCATION	DATE	EVENTS/TIME	LOCATION
1 (WED)	Legal Counseling (1:00pm)	City Hall	16 (THU)	Vaccination Shots(BCG)(1:30pm)	Health Care Center
	Health Checkup for Babies 6 months old (1:15pm)	Health Care Center	17 (FRI)	Health Checkup for Infants 2 years and 6 months old(1:10pm)	Health Care Center
	Book Start	Health Care Center	18 (SAT)	OHANASHI HIROBA (2:30pm)	Library
	Library special closure till 5 th		19 (SUN)		
2 (THU)			20 (MON)		
3 (FRI)	Workshop for Pregnant Women (9:30am)	Health Care Center	21 (TUE)	Health Checkup for Infants 18 months old (1:15pm)	Health Care Center
	Vaccination Shots (BCG)(1:30pm)		22 (WED)	Medical Checkup for Toddlers 3 years old (1:00pm)	Health Care Center
4 (SAT)				OYAKO OHANASHI NO KAI (10:30am)	Library
5 (SUN)			23 (THU)	Adult Health Consultation (9:30am)	Health Care Center
6 (MON)				Mental Health Consultation (10:00am)	City Hall
7 (TUE)	Mother support consultation (9:30 am)	Health Care Center	24 (FRI)		
	Seminar for Babies (12:50pm)		25 (SAT)	OHANASHI HIROBA (2:30pm)	Library
8 (WED)	OYAKO OHANASHI NO KAI (10:30am)	Library	26 (SUN)		
	Medical Checkup for Toddlers 3 years old (1:00pm)	Health Care Center	27 (MON)		
9 (THU)	Mental Health Consultation (10:00am)	City Hall	28 (TUE)	City hall closing for the End of Year	
	Emergency Medical Center Closure Date (Fuji Hospital@83-3333, from 6pm-)		29 (WED)	Library closed for year-end till 1/3 rd	
10 (FRI)	Health Consultation for Toddlers 2 years old (1:15pm)	Health Care Center	30 (THU)		
	Emergency Medical Center Closure Date (Fuji Hospital@83-3333, till 8am)		31 (FRI)		
11 (SAT)	OHANASHI HIROBA (2:30pm)	Library	<p>Tax payments for December are due on the Dec. 27th (MON.)</p> <p>You can use convenient fund transfer system to pay before due date.</p> <ul style="list-style-type: none"> ● 3rd Property and Urban Planning tax ● 6th National Health Insurance tax (Kokumin Kenko Hoken) 		
12 (SUN)					
13 (MON)	Health Consultation for Babies and Children (9:30am)	Health Care Center			
14 (TUE)	Health Checkup for Infants 18 months old (1:15pm)	Health Care Center			
15 (WED)	Legal Counseling (10:00am)	City Hall			
	Health Checkup for Babies 6 months old (1:15pm)	Health Care Center			
	Book Start	Health Care Center			

☆Translated by KH of GIA Volunteers

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