

廣報

ごてんば

August 5, 2024
No.1470

Gotemba Newsletter

Events:

1. What Preparations Should Each Citizen Make?
2. Please Take Advantage of Using the Community Comprehensive Support Center
3. Stomach Cancer Screening Has Been Scheduled
4. Elderly Medical Insurance Fee Collection Begins



★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. What Preparations Should Each Citizen Make?

① Prepare in the community

- Disaster prevention training

Our city regularly conducts model district drills in cooperation with related organizations such as voluntary disaster prevention associations, simulating an eruption of Mt. Fuji.

By working together as a community to conduct disaster drills, you can confirm evacuation procedures, the flow of information transmission, and necessary preparations.

It is also important to check the volcano disaster prevention map to see the arrival time and location of lava flow in each area.



City Districts map



Wide area map

② Prepare at home

- Rolling stock

When a major disaster occurs, logistics stop and food becomes difficult to obtain at supermarkets and convenience stores.

It will take for lifelines to be restored, it is important to stockpile food for at least three days, and ideally one week.

| Estimated one week supply for two adults | |
|--|---|
| Necessities | Water (for drinking and cooking) 2L x 6 x 4 cases Portable gas stove, Cylinder x 12 |
| Staple food | Rice 2kg x 2 bags, Cup noodles x 6, Packaged rice x 6, Dried noodles (somen 300g x 2 packs, pasta 600g x 2 packs) |
| Main dish | Canned food for Meats, vegetables, beans x18 Pre-cooked Beef Bowl or Curry x18, Pre-cooked pasta sauce x 6 |
| Side dishes and fruits | Sour plum, Pickles, Canned food which last long such as vegetables, fruits) Vegetables juice, Apples, Orange, Persimmon etc. |

The best evacuation action:

In principle, evacuate on foot.

When signs of an impending volcanic eruption, such as a volcanic earthquake appear, please follow the city's instructions, and evacuate to a safe place other than an evacuation shelter, such as your own home, a friend's house, or a lodging facility.

If an eruption were to occur, people in areas where evacuation is indicated based on lava flow patterns would begin evacuating to the nearest evacuation shelter, following instructions from the city.

Lava flows slowdown in areas with gentle slopes, so people have enough time to evacuate on foot.

In order to avoid traffic congestion, all residents, except those who require assistance in evacuation, should evacuate to a shelter far away.

2. Please Take Advantage of Using the Community Comprehensive Support Center

The community comprehensive support center is a general consultation service that provides support in various areas, including nursing care, welfare, health, and medical care, so that elderly people can continue to live in peace in the areas they are familiar with. There are five centers set up in the city, where professionals work together to support your daily life.

If you have any concerns or worries that you don't know where to get advice for, please contact your local comprehensive support center first, including those related to nursing care, welfare, health and medical care, etc. Depending on the content of your consultation, we will contact the appropriate organizations, provide you with the necessary information and services, and introduce you to related organizations in an effort to resolve your problem.

Inquiry: Longevity welfare division at (83)1463

The community comprehensive support center: Area in charge contact list

| Area in charge | Center name | Address | Phone |
|--|-----------------------|------------------|----------|
| Gotemba area (Gotemba, Fukasawa, Higashi-tanaka, Ayuzawa, Nimaibashi, Kayanoki, Nishi-tanaka, Hokubara, Hitosugi) | Gotemba Zyuji no Sono | Gotemba 184-1 | (84)5950 |
| Gotemba area (Higashiyama, Ninooka, Niihashi, Yuzawa, Hagiwara, Nagahara) | Sakura Dori | Hagiwara 1180-6 | (70)3331 |
| Tamaho, Takane area | Nanohana | Hagiwara 988-1 | (70)6804 |
| Harasato, Inno area | Asunaro | Suginazawa 131-1 | (89)7929 |
| Fujioka area | Fugaku | Koyama 1925-1193 | (87)6873 |

3. Stomach Cancer Screening has been Scheduled

A community screening car, Sawayaka, for stomach cancer has been scheduled from Tuesday, August 20th. If you have already applied for it, your consultation slip will be mailed by the middle of August.

Stomach Cancer Screening (Barium test) takes time, and it will take time to get to your turn.

Depending on the congestion situation of the venue, we may give directions for you to try another consultation date.

On the day of your visit, please refrain from visiting if you have symptoms such as a fever or a cold etc., or you are suspected of having an infectious disease.

Inquiry: Health promotion division at (70)7765

- Stomach Cancer Screening (Barium test)

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

For the scheduled date, please check the Japanese version.

*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.)

(Caution)

*Do not eat after 8:00 p.m. the day before the screening and do not 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.

- Gastric endoscopy is available at medical institutions in the city.

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

Examination period: Till Friday, February 28th, 2024

Examination venue: 14 designated medical institution in the city

Subject: Age 50 and every 2 years over, based on school age (ex. 50, 52, 54, 56 etc.)

Self-pay: 3,000yen every examiner (Free for age 70 and over, based on school age)

Reservation: Reservations can be made until Friday, January 31st, 2025 at 14 designated medical institution in the city.

4. Elderly Medical Insurance Fee Collection Begins

The insurance premium for this year will be sent by the middle of August. Please do not forget to pay. For details, please refer to the notification letter sent to you.

Subject:

① 75 years of age and older

*You will be covered by the elderly medical insurance from your 75th birthday. No registration process is required.

② Persons between 65 and 74 years of age, recognized by the Elderly Medical Insurance Association as having a designated level of disability are eligible.

*To join, you must apply and be certified by the prefecture's regional association of elderly medical insurance.

Note: Please contact us if you have difficulty paying insurance premiums. If you do not pay without consulting us, you may be issued a short-term insurance card with a short validity period, or your assets such as deposits may be seized.

Inquiry: National Insurance Pension Division, elderly medical staff at (82)4188

☆Translated by KH of GIA volunteers

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