



FUKURA NEWS

Vol. 142 July 1 '19 Issue

お知り合いの外国の方にお渡しください

Registered Foreigners in Konan: 1,944 (as of end/May '19)

“Fukura-no-ie”

英語

by Konan Society for Internationalization

142-2 Furuwatari, Kochino-cho, Konan City

Tel: 0587-56-7390

fukura@feel.ocn.ne.jp

Volunteers Wanted!

SUMMER CLASS FOR INTERNATIONAL UNDERSTANDING (AN EVENT FOR FAMILIES)

Let's learn cultures and customs of the other countries with your children/parents.

You can enjoy the introduction of foreign countries with games, cooking and Kamishibai (picture-card show) of foreign local stories. This will be one of your wonderful experience in this summer vacation!

Date: Friday, July 26, from 1:30p.m.

Venue: Craft Room, Shimin Bunka Kaikan (Citizens' Cultural Hall)

Fee: Free Maximum number of attendants: 30



Call Fukura-no-ie (0587-56-7390) or Shogai-gakushu-ka of the city hall (0587-54-1111 ext. 486 in Japanese only) for prior application

BEWARE OF HEAT STROKE WITH “COOL STATIONS”

Heat stroke is a physical disorder caused by a sudden rise in body heat due to high temperature. The risk of having heat stroke increases when hot days go on and on.

In Konan City some public facilities (air-conditioned) are open as “Cool Stations” for visitors to cool themselves down. Major cool stations are: City Hall, City Hall West Gate Office, Bosai (Disaster Prevention) Center, Branch Offices, Suitopia Konan, Rojin Fukushi (Welfare for the elderly) Center, Kotsu Jido Yuen (Traffic Playground), Fujigaoka Jido-kan (Child Center), Kochino Jido-kan, Hoteikita Gakkyo (Study Facilities), Hoteiminami Gakkyo, Miyata Gakkyo, Kusai Gakkyo, Kochinokita Gakkyo, Hoken (Health) Center, Konan Library, Konan Citizens' Cultural Hall, Kochinonishi Komin-kan (Public Hall), Kochinohigashi komin-kan, kochinokita komin-kan and KTX Arena.

Date and time of use: July 1 ~ September 30 opening hours of each facility

Inquiries: Kenko Zukuri Division 0587-54-1111 ext. 286 in Japanese only

Bosai-anzen-ka (Disaster Prevention Div.) 54-1111 ext. 156 in Japanese only

If you have any everyday-life questions or employment problems, feel free to contact Fukura-no-ie in your native language. Clients' information is kept confidential (Monday – Friday between 10:00 and 15:00 (Tel: 0587-56-7390))

REDUCTION OR EXEMPTION OF NATIONAL HEALTH INSURANCE TAX

Contact Hoken-nenkin-ka if ①you are a welfare recipient, ②the total amount of last year's income of your household unit (including the member of specific elderly people* (See the note below) is 4 million yen or lower AND the expecting income of 2019 may be two-third or lower than that of 2017, or ③you lost your job unintentionally due to bankruptcy or firing. You could be qualified for the reduction or exemption of National Health Insurance tax. For queries, contact Hoken-nenkin-ka (National Health Insurance and Pension Division 54-1111 ext. 232 in Japanese only) or Fukura-no-ie (Consultation for foreigners) in your native language.

*Specific elderly people: Those who used to be a national health insurance member but now is a member of the latter-stage elderly medical insurance (*kouki koureisha iryo hoken*) AND who still belong to the same household unit even after that age.



NEW INSURANCE CARDS EFFECTIVE FROM AUGUST 1

The current insurance cards for the elderly aged 75 and over are valid until July 31, 2019. New cards will be sent in the middle of July. Confirm the address and the name shown on the card to use it from August. As for the expired cards, return them to the Hoken-nenkin-ka or just cut them into pieces to throw away by yourself.

Inquiries: National Health Insurance and Pension Division (54-1111 ext. 244 in Japanese only)



HAVE A DENTAL CHECKUP!

Konan City will send a free dental checkup coupon to those who belong to specific age groups. Loosing teeth is mainly caused by cavity or periodontal disease. The rate of losing teeth due to periodontal disease increases at the age of 50 and over. Have a dental checkup not to lose your teeth!

☆Period of Validity of a free checkup coupon: July 1 to December 28

☆Age Groups: Konan citizens who have their 40th/45th/50th/55th/60th/65th/70th/75th birthday between April 1, 2019 and March 31, 2020

☆Steps: Show a free checkup coupon to a dentist in Konan. (Some dentists may not accept this coupon.) Just contact the dentist in advance as a prior appointment might be required. Be reminded that any additional treatment is NOT free even if tooth decay should be found.



Inquiries: Konan Health Center, 56-4111 (in Japanese only) or Fukura-no-ie in your native language

HAVE HEALTH COUNSELING! Venue & Inquiries: Konan City Health Center (56-4111) in Japanese only

Have a cancer screening and hepatitis virus for early detection and treatment.

※Target person: Konan citizen and check as below, target age varies according to examination.

※NOT available for those who had Breast Cancer screening after April 2018 at Hoken center or Konan Kosei Byoin Hospital. Available only once between April '19 ~ March '20

※NOT available for those who are pregnant / breast-feeding, have a pacemaker / a breast implant / a ventriculo-peritoneal (VP) shunt.

※Please contact reservation center as advance reservations may be required. (Konan Kosei Byoin Hospital reservation center (0587-51-3330 PM1:00 ~ PM4:00) The reservation acceptance will end as soon as the capacity is reached.

※Please bring your insurance card on the day of examination.

	For those who aged	Period	Price	Details
Hepatitis virus	Those who were born on or before March 31, 1980	July 1 ~ Oct. 31, 2019	Free	Hepatitis B and C test
Stomach cancer (Gastroscope examination)	Those who were born on or before Dec. 31, 1969 in odd years	July 1, 2019 ~ Feb. 29, 2020	3500 yen	Consulting and gastroscope
Stomach cancer	Those who were born on or before March 31, 1980	July 1 ~ Oct. 31, 2019	2900 yen	Consulting and X-ray photography
Lung cancer			1000 yen	Consulting, X-ray photography and sputum cytology
Colorectal cancer			750 yen	Consulting and fecal occult blood test
Prostate cancer			1000 yen	Consulting and PSA inspection
Cervical cancer	Those who were born on or before March 31, 2000		1550 yen	Consulting, inspection, pelvic examination and cytology
Breast cancer	Those who were born on or before March 31, 1980 (*1)	July 1, 2019 ~ Feb. 29, 2020	1500yen	Consulting, X-ray photography and Palpation / inspection Up to 780 people (*2)

*1) NOT available for those who had Breast Cancer screening after April 2018

*2) Prior appointment essential

VACCINATIONS AND PERIODICAL CHECKUPS FOR INFANTS

OMASS VACCINATION

Contact: Konan City Health Center (0587-56-4111)

Type	Your Child's Birthday	Vaccination Date	Time	
BCG Vaccination	January 1 ~ 16 '19	Thursday, July 4	13:45 ~	*Contact the Health Center in advance if you would like your child to have the vaccination on a day other than the designated date for him/her. Changes on short notice may be rejected.
	January 17 ~ 31 '19	Tuesday, July 23	14:30	

INDIVIDUAL VACCINATIONS

The Health center sends a vaccination card to each child at a proper time for each vaccination. Try to take the vaccination shot, with the card and your maternity passbook, as soon as possible after you receive it. Come to the health center with your maternity passbook if you haven't had a card due to your move-in to Konan City or you have lost the card.

<Vaccinations for Babies and Toddlers> DPT-IPV (Diphtheria, Pertussis & Tetanus + Inactivated Polio Vaccine), Polio, MR (Measles & Rubella), JE (Japanese Encephalitis), Hib, Infant Pneumococcus, Chicken Pox

<Vaccinations for School-age Children> DT (Diphtheria & Tetanus), JE (Japanese Encephalitis) *(special conditions apply)

☆Human Papilloma virus vaccination (against cervical cancer) is not strongly recommended at the moment. If you want your child to take it but don't have a vaccination card for it, come to the center with your maternity passbook to receive one.

* Contact the Health Center if your children have finished Polio vaccination but not completed DPT vaccinations.

* Vaccinations can be received at a designated clinic not only in Konan City but also in Inuyama City, Oguchi Town, or Fuso Town. (Prior appointments are strictly required.) * Vaccinations could be received in the other city in Aichi Prefecture although conditions apply. (e.g. the children's home doctor is not in Konan, or the babies and their mother have stayed in her home town for a delivery.

Come to the Health Center in advance to arrange the vaccinations out of Konan City.

* The children to take a vaccination should come with their parent / guardian who knows their daily health conditions well. A letter of proxy from their parent / guardian is required if the other person should come with them. Letter forms are available at the Health Center or downloadable in the city website. (http://www.city.konan.lg.jp/kenkouesei/hoken_center/tyusya/inindoui.pdf)

* Contact the Health Center if you want vaccination cards / information sheets for vaccinations translated in Portugues, English, Chinese, or Spanish.

PERIODICAL CHECK-UPS for infants up to 3-year-old

Bring your maternity passbook.

Note: Each check-up takes 90 to 120 minutes.



Type	Your Child's Birthday	Examination Date	Time	Details
The 4-month Check-up	March 1 ~ 15 '19	Thursday, July 11		Open for the babies under 6-month- old who haven't had this check-up
	March 16 ~ 31 '19	Thursday, July 25		
The 18-month Check-up	December 1 ~ 20 '17	Wednesday, July 10	13:00 ~13:45	Fluoride Application*, etc. (Open for the infants under 2-year-old who haven't had this check-up)
	December 21 ~ 31 '17	Wednesday, July 24		
The 3-year Check-up	July 1 ~ 15 '16	Monday, July 1		Urine Test, etc. (Open for the infants under 4-year-old who haven't had this check-up)
	July 16 ~ 31 '16	Monday, July 22		
The 2.5-year Dental Check-up	February ~ April '17	Friday, August 2	13:00 ~13:20	Brushing Instruction, Fluoride Application* <u>By Appointment only</u> (Appointments start on July 1.)

Fluoride Application is not mandatory. If you want your child to have one, brush their teeth in advance and bring a water bottle to drink fully before applying it, as drinking or eating is not allowed for 30 minutes after the application.