

Life Information News

KOMAKI

5 May
2010 issue



Koinobori (Carp-shaped streamer) in Shikinomori

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Foreign residents in Komaki / 8,518
Population of Komaki / 153,371

As of April 1, 2010

From April 1, 2010 Child Allowance program launched

Outline of Child Allowance

- Eligible recipients The father or mother (whoever is paying the bulk of childrearing expenses) of a child born on or after April 2, 1995 (children in the third year of junior high or below) as of April 1, 2010
- Allowance amount 13,000 yen a month per child for the 2010 fiscal year
- Payment schedule Currently planned for June, October, and February (payments for the months preceding the payment month will be provided as a lump sum)
- First payment Those who were receiving the previous child allowance need not apply again (payments will continue automatically). Others will receive their first payment the month after they submit their application. (There may be some exceptions to these rules based on revisions to the program.)
- Income limitation None

Application procedures

Households with children thought to be eligible will be sent information on application procedures, approval request form, revised amount approval request form, and a return envelope in mid-April.

- Open on Sunday **May 9 (Sun) 9:00-17:00**
- Venue Komaki City Hall South Bldg
1F, Child Welfare Division counter TEL 76-1129
- Deadline for applications to revised program **September 30 (Thu), 2010**



Note Not all families who receive application materials will be eligible to receive the allowance.

- ① If the mother or father (whoever is paying the bulk of childrearing expenses) does not have a resident registration in Komaki
→ The person paying the bulk of childrearing expenses should submit a living separate parent application in the location of their resident registration
- ② If the mother or father whoever is paying the bulk of childrearing expenses is a foreign citizen without Japan residency permission (has a short-term visa, entertainment visa, or expired visa)
→ Apply for the childrearing allowance once you have gone through the procedures to change the status/term of the visa

Questions

Child Welfare Division Child Welfare Section TEL 0568-76-1129 (direct dial)

Komaki City Hiring Temporary Workers (emergency employment creation project)

1 Purpose	To provide immediate support for needy workers (such as temporary workers) who lost their jobs in the sudden economic downturn	
2 Job information No. of positions open, and other information	<ul style="list-style-type: none"> ● Job information Daily workers ● No. of positions open Twenty or so ● Duties Patrol for illegal dumping, park cleanup, childcare assistance ● Hourly wage 840 yen 	
3 Qualifications	Applicants must have a valid alien registration card and reside within Komaki City. Applicants must also have residency status in Japan and lost their jobs in November 2008 or later due to poor business conditions. (Applicants must provide a valid employment Notice of Dismissal, Certificate of Unemployment, or the like.) Note that applicants who were not hired as temporary workers during the Komaki emergency employment support measures in February will be given priority.	
4 Work schedule	<ul style="list-style-type: none"> ● Working conditions ◎5 days/week (Saturdays, Sundays, and holidays off) ◎7 working hours or less between 9:00 and 17:00 ● Hiring period June 1, 2010 through July 31, 2010 *Employment insurance and social insurance will not be provided. 	
5 Interview, Interview location	<ul style="list-style-type: none"> ● Interview date Mid-May, 2010 ● Interview location Komaki City Hall 	*Applicants will be notified of their interview times when they are issued an exam admission ticket
6 Examination application procedures	<ul style="list-style-type: none"> ● Request for application-CV Komaki City Hall Department of Civil Industry, Commerce and Industry Division (South Government Office Bldg 2F) ● Reception period May 10 (Mon), 2010- May 14 (Fri), 2011 8:30-17:15 ● Submit applications to Komaki City Hall Department of Civil Industry, Commerce and Industry Division 1-1 Horinouchi, Komaki-shi, Aichi-ken 485-8650 ● Required documents ◎Application form and CV form designated by Komaki City (commercially-available CVs also accepted) ● Examination tickets ◎Proof of unemployment (Notice of Dismissal, Certificate of Unemployment, etc.) Examination tickets will be delivered once all the necessary documentation has been received. 	

*Application form and CV (standard forms) are also available for download on the Komaki City website.
*Applications will be accepted as needed until the maximum number of workers are hired

Inquiries

Komaki City Hall Department of Civil Industry, Commerce and Industry Division
(South Government Office Bldg 2F)
1-1 Horinouchi, Komaki-shi, Aichi-ken 485-8650
TEL 0568-72-2101(ext)134/309, 0568-76-1134 (direct number)
FAX 0568-72-2340 <http://www.city.komaki.aichi.jp/>

55th
Anniversary of
Municipalization

2010 Health and Welfare Festival in Komaki

—Supporting health throughout the local community—



May 9, 2010(Sun) 9:30-16:00

*All booths open at 10:00 and close at various times.

Komaki Shiminkaikan/Komaki Kominkan



Health Festival



- Health consultations with doctors and nurses
- Body measurements (height, weight, blood pressure, etc.)
- Dental booth
- And more!

Nursing Care Exhibition



- Course to train caregivers for those with dementia (10:00-11:30 / 13:30-15:00)
- Nursing care insurance service booth
- And more!

Welfare Exhibition



- Presentation on activities and hands-on experiences provided by volunteer groups
- Bazaar sponsored by welfare facilities
- And more!

*Programs are subject to change without notice.

- Hosted by / Komaki City, Komaki Council of Social Welfare, the Komaki Health Festival Planning Committee, the Welfare Management Committee, Komaki Association of Nursing Care Insurance Service Professionals
- Sponsored by / Komaki Medical Association, Komaki Dental Association, Komaki Pharmaceutical Association, Aichi Kasugai Health Center, Aichi Dental Hygienists' Association

Inquiries Komaki Health Center TEL 0568-75-6471 Komaki City Council of Social Welfare TEL 0568-77-0123

Fun Fish Catching

Come capture fish in an artificial pond on Children's Day.
Get messy and have fun, and take the fish you catch home as pets!

- Date / May 5, 2010 (Wed/holiday) 10:00-11:30
- Venue / Waku-waku Experience Park, Fish Catching Pond (near the Noguchi Oyama intersection)
- Open to / Elementary schoolchildren and younger living in Komaki (preschoolers must be accompanied by a parent or guardian)
- Reservation / Not required. Come directly to the venue
- In case of rain / Light rain: Event will be held as planned. Heavy rain: Event will be cancelled and not rescheduled
- What to bring / Shoes for entering the lake (bare feet prohibited), fish net, container to take fish home in, KOMAPO card (for those that have one)
- Maximum number of participants / No limit
- Fee / Free of charge



Inquiries Continued learning Section TEL 0568-76-1179

Use of Komakki, the Komaki City mascot

Komakki made his entrance during the Komaki 50 Year Commemorative Project. The Komaki mascot joins us again this year. We hope that Komaki residents will make use of Komakki to promote the city as well.

As I looked out on the city from Mt. Komaki, I realized that Komaki needs me to promote it! I'm going to do my best for our great city, and I hope you all will help!

Komakki, the mascot of Komaki City



To use Komakki images

Submit an application stating the purpose, method, and other information on how you wish to use the character to the Secretarial Section by post, email, or fax.

To rent the Komakkie costume

Submit an application to the Secretarial Section at least seven days before the day you would like to rent the costume by post, email, or fax. The renter will pay to repair any stains and damages to the costume. The costume will be available starting April 20.

- *The Komakki images and costume may not be used in any activity designed for profit or in any way that is illegal or offensive.
- *The Komakki images and costume are available free of charge.

Applications are available from the Secretarial Section or the Komaki City website.

Inquiries Secretarial Section TEL 0568-76-1101

Next tax payment deadline: May 31, 2010 (Mon)

Light Vehicle Tax (first term)

Submit your payments promptly! Smooth functioning of the system requires that everyone make timely payments.
Avoid missed payments by setting up direct debit payments from your bank account.
If you have already set up direct debit payments for your taxes, be sure that your account has sufficient funds available by the day before payment is due.

◎The City Hall Income Tax Office will be open on the following Sundays to answer tax-related questions and accept payments.

●Dates May 9 (Sun) May 23 (Sun) 8:30–17:15

◎Tax payments will be accepted at the Komaki Station branch office everyday from Monday to Sunday.

Please stop by at your convenience.

●Business hours from 8:30–17:15. ●The Komaki Station branch office is closed during the New Year holidays

Inquiries Tax Office TEL 0568-72-2101 (operator) Ext 276-279
TEL 0568-76-1117 / 0568-76-1118 (direct dial)

From May 27, 2010 (planned)

Weather warnings and advisories announced in each City Hall!

Before **Eastern Owari area** → After **Komaki City**

To see if warnings are being announced in your municipality

- | | |
|---|---|
| ● TV
Data transmission on terrestrial and digital TV | ● Mobile website
Ministry of Land, Infrastructure, Transport and Tourism's Central Disaster Prevention Information Center Mobile website
http://www.mlit.go.jp/saigai/bosaijoho/i-index.html |
| ● Website
Nagoya District Meteorologic Observatory
http://www.jma-net.go.jp/nagoya/ | ● Others
Services available from weather forecasting companies, such as email notices or websites |

Note: Typical services to be provided were uploaded on the website as of February 1, 2010

May Dish

Kashiwa mochi (oak-leaf pounded rice cakes)

The kashiwa is a type of oak leaf that does not fall to the ground when the new leaves come out, making it a symbol of fertility and children. Families eat kashiwamochi on Children's Day to wish that their children will grow up strong and healthy.

Ingredients (serves eight)

- joshinko rice flour.....200g
- Starch 2 tbsp
- Sugar 2 tbsp
- Water280 cc
- Oak leaf 8
- Bean paste160g

Directions

- ① Divide the red bean paste into eight portions and roll into balls
- ② Put the joshinko rice flour, starch, sugar, and water in a microwave-safe bowl and stir.
Cover with plastic wrap and heat for about four and a half minutes (for 500w microwave ovens)
- ③ Once the mixture is heated, place the dough on a wet towel and knead well
- ④ Return the dough to the microwave-safe bowl, cover with plastic wrap and heat for about three and a half minutes (for 500w microwave ovens)
- ⑤ Once the dough is heated, poke it with a wooden pestle, then knead by hand until smooth.
- ⑥ Split the dough into eight parts, insert the red bean paste, and wrap each in a kashiwa leaf once they are cool.



Recipe provided by: School Lunch Nutrition Group

Adult Health Support 2010

Komaki City Health Center (Apr 2010-Mar 2011)

Group Cancer/Osteoporosis Screening

Examinations	For	2010										2011		
		May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar		
Screening test for stomach cancer Abdominal X-ray 930 yen	Registered Komaki residents aged 40 and over		25	2		6	▲20	2	1	21	1	1	20	
Screening test for colorectal cancer Testing of the stool for occult blood 520 yen	Registered Komaki residents aged 40 and over	Screening tests for stomach cancer will also be conducted.												
Screening for uterine cancer Uterine cervix only 750 yen	Registered Komaki residents aged 20 and over born in an even year (Examinations will also be given to those born in an odd year who did not receive an examination in 2009.)		21	18	16					16	▲27		25	
Screening test for breast cancer Mammography screening 1,200 yen	Registered Komaki residents aged 40 and over born in an even year and those born in 1970 who turned 40 years old (Examinations will also be given to those born in an odd year who did not receive an examination in 2009.)	●9	17 30	5 18 26	7 12 23	9 26	4 24	7 ▲26	6 20	▲19 31	7 21	▲8 17		
Osteoporosis 830 yen	Registered Komaki residents aged 30 and over	●9		■3	★18				●13		▲13			
Screening test for lung cancer Sputum examination 470 yen	Registered Komaki residents who are either 50 years or older with a smoking index of 600 or above or are 40 years or older and have coughed up bloody phlegm in the last six months	↔ Checkup period Aug 3, 2010 - Feb 25, 2011 ↔												
Chest X-ray screening test Free of charge	Registered Komaki residents aged 65 and over Examinations for residents aged 15 years and over will be given on May 9 only.	●9		■3					●13				20	

*Screening tests for stomach cancer, colorectal cancer, and osteoporosis will each be held once in a period of May through March of the following year.

*Note: Screening tests for uterine cancer and breast cancer (chest X-rays) can now be done once every two years. (According to the Health, Labour and Welfare Ministry's Vital Cancer Prevention Education and Cancer Screening Test Guidelines.)

*Venue for group screening tests for cancer and osteoporosis: Test dates without a mark will be conducted at the Health Center.

Those marked ▲ will be conducted at the Tobu Civic Center. ● will be conducted at Komaki Kominkan. ★ will be conducted at Lapio.

■ will be conducted at the Kitazato Civic Center. Test dates without a mark will be conducted at the Health Center.

*The venue for May 9 is Komaki Kominkan and Komaki Shiminkaikan.

To apply for group cancer screening

*Information on available screening tests will be provided in each monthly newsletter.
Apply at the Health Center (Monday through Friday, 8:30-17:15)

Fee exemption system

The following persons may undergo cancer screening tests (excludes osteoporosis screening) free of charge. Please submit designated document at the time of screening.) ①Persons aged 70 or older, ②Persons 65 and older who are bedridden, ③Persons in the household on Social Assistance, ④Persons in households exempt from municipal tax. Fees will be collected and returned later.

Cancer screening tests (individual)

Examinations	For	Admissions	Venue	Dates/How to apply
Chest X-ray screening test 1,300 yen	Registered Komaki residents aged 40 and over	Admission times vary by medical facility	Designated medical facility in the city	Details will be provided in the newsletter. *Please get a combined screening for stomach and colon cancer
Screening test for both stomach cancer and colorectal cancer Abdominal X-ray Testing of the stool for occult blood 4,800 yen				
Screening tests for prostate cancer PSA tests 1,500 yen	Registered Komaki residents aged 50 and over			
Hepatitis virus Free of charge	Registered Komaki residents born between April, 1970 and March 1971			
Screening for uterus cancer Uterine cervix 1,250 yen Uterine cervix /body of uterus 2,350 yen	Registered Komaki residents aged 20 and over born in an even year (Examinations will also be given to those born in 1989 who did not receive an examination in 2009 and those born in an odd year who did not receive an examination in 2009.)			Appointments will be accepted on an ongoing basis between June 1 and March 31. Please apply at the Health Center.

Health examinations

Examinations	Dates	Admissions	Venue	Qualifications
Young adult checkup (eligible persons notified individually)	Jul 6, Jul 7, Jul 8, Jul 9	Details will be provided in the newsletter.	Kominkan	Eligible persons / Registered 35-year-old Komaki residents (born April 1, 1975-April 1, 1976) (Those who do not have the opportunity to get a health checkup at their place of business) Fee / Free of charge Detail / Blood work, blood pressure reading, urinalysis, height and weight measurements, etc. *Details will be provided in the newsletter.
	Jul 2, Jul 5, Jul 13		Kinro Center	
Adult dental checkup	Apr 15, May 20, Jun 10, Jul 15 Aug 19, Sep 9, Oct 14, Nov 18 Dec 9, Jan 13, Feb 10, Mar 10	Varies by dates. Contact Health Center for details.	Health Center	For / Registered Komaki residents aged 20 years and over or registered Komaki resident women who are pregnant Fee / Free of charge Detail / Dental exam, TMJ checkup, correct brushing instructions, etc.
Periodontal disease preventative checkup	35 year old residents (born April 1, 1975-April 1, 1976). Registered 35-year-old Komaki residents will be informed individually. Details will be provided in the newsletter.			
Women's cancer screening Distribution of vouchers	Voucher for a free city checkup and medical examination handbook will be sent to those that meet the age requirement. Details will be provided in the newsletter.			

Adult Health Support 2010

Immunization

Type	Venue	Dates	For
Influenza 1,000 yen	Implementing medical institution within the City	Between October 15, 2010 and December 31, 2010 (Dates will be provided in the newsletter.)	<ul style="list-style-type: none"> Registered Komaki residents aged 65 years and over or those between 60 and 64 who meet the standards of the Health, Labour and Welfare Ministry due to problems with heart, kidney, or respiratory function or problems with immune function due to the HIV virus
Pneumococcal vaccine Amount of aid provided 5,000 yen	Implementing medical institution	Any time	<ul style="list-style-type: none"> Registered Komaki residents aged 75 years and over Or those between 60 and 75 who have been determined by a physician to have chronic respiratory or heart disease, diabetes, poor kidney functioning, splenectomy, or liver problems.

Health classes/consultation

*Details of classes will be provided in the newsletter.

Consultations	Venues	Dates	Name of project	Content/Ages
Health consultation	Komaki Health Center	Every Monday 9:00-11:45	Rejuvenation Workshop	Open to those aged 40 to 64 with knee or lower back pain and/or weakened legs. Come make use of our training gym to loosen up your body movement!
	Ajioka Civic Center	Every 3rd Tuesday 9:30-11:15		
	Tobu Civic Center	Every 3rd Wednesday 9:30-11:15		
Consultation with a doctor	Komaki Health Center	Every Monday 9:00-11:45 13:00-14:45 Every Wednesday 9:00-11:45	Knee and Lower Back Workshop for Flexibility and Relaxation Workshop for Preventing Falls and Stumbles Sharp Mind Workshop Mouth Health and Freshness Workshop	Come learn about falls, dementia, knee/lower back pain, and oral health and how to prevent problems. Sign up your local group or club, and classes will be held at your local community center.
Dental Health consultation (appointment required)	Komaki Health Center	Every Monday	Invigorating Exercises	Open to those 40 and older who are thinking of beginning an exercise program. Start developing healthy exercise habits, including the flexibility and strength needed in daily life and proper walking.
Lifestyle related disease preventative consultation (appointment required)	Komaki Health Center	Every Monday		

Medical checkup information

Mother/child Health Examination Calendar

Inquiries Health Center TEL.75-6471

*Note: Make sure to bring your Maternal and Child Health Handbook

Checkups available	Schedule	Time	Checkups for
Health examinations and BCG vaccinations for 4-month-old infants, dental examinations for mothers	May 11(Tue)	Admissions 13:05-13:55	Children born in December 2009
	May 18(Tue), 25(Tue)		Children born in January 2010
Health examinations for 18-month-old infants	May 14(Fri), 21(Fri), 28(Fri)	Admissions 13:05-14:15	Children born in November 2008
Dental examinations for children aged 2 years 3 months	May 13(Thu), 27(Thu)	Admissions 9:00-10:10	Children born in February 2008
Health examinations for 3-year-old children	May 12(Wed), 19(Wed), 26(Wed)	Admissions 13:05-14:15	Children born in May 2007

*Health examination admission times differ depending on date of birth. Please refer to the health examination schedule that will be sent in the mail.

Immunization Schedule

Type	Schedule	Venue	Time	Checkups for
Polio	May 13 (Thu)	Ajioka Civic Center	Admissions 14:00-15:00	Children 3 months old to 7 1/2 years old
	May 21 (Fri)	Tobu Civic Center		
	May 19 (Wed)	Kitazato Civic Center		
	May 20 (Thu)	Kominkan (Shiminkaikan)		

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Komaki City Hall Department of Civil Industry Life Division
1-1 Horinouchi, Komaki-shi, Aichi-ken 485-8650
TEL: 0568-76-1173 FAX: 0568-72-2340
<http://www.city.komaki.aichi.jp/contents/90000011.htm>

*Please see the relevant service counter for more details regarding any of the items contained herein.