

# Life Information News KOMAKI

8  
2018

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## Japanese Culture Class

Come try on a yukata and traditional festival dances.

\*Please bring your own yukata, obi, waist cord if you have one.

- Date/time** Aug 26 (Sun) Reception starts at 16:00 **Venue** Komaki Civic Hall
- Eligibility** Persons living, working or studying in Komaki or KIA members Eligible from Elementary School 1st graders.  
Please inquire to the office to bring babies.
- Number of participants** 50 (in order of application)
- Fee** 500 yen \*Including lunch and drink fee. Yukata is a free gift
- Application** Aug 1 (Wed) to Aug 15 (Wed)  
Please come to the Komaki International Association (KIA) with the fee.  
\*No refund for cancelation after the application.



### Inquiries

**Komaki International Association (KIA)** TEL.0568-76-0905 FAX.0568-71-8396 E-mail: [kia@ma.ccnw.ne.jp](mailto:kia@ma.ccnw.ne.jp)  
Komaki Civic Hall 4F, 2-107 Komaki, Komaki City \*9:00 to 17:00 Closed 12:00 to 13:00, Sundays, Mondays, and Holidays

## Halloween Costume Parade Call for participation!

We're going to have  
a great time together!

Come and participate in the Komaki Citizen's Festival, the largest local event; held October 20 and 21. Come on out and participate in the festival.

### Parade Oct 21 (Sun)

**We are calling for participants to join the Parade with Halloween Costumes on!**

- Qualifications:** Elementary students or younger may participate with their guardians. For those who are from junior high school students to 20 years old need permission from their guardians. Apply with two or more people per set.
- Capacity:** 50 sets \*If there are many applicants the positions will be assigned by lottery.

●**Applications:** **Application period** ▶ No later than Sep 14 (Fri) **How to Apply** ▶ Send the application form to the City Festival Executive Committee. The application forms are available on the City Festival special website (<http://komaki-shimin-matsuri.jp>), as well as the City Promotion Division, each Civic Center of Tobu, Ajioka and Kitasato, the City Center, Manabi Sozo Hall, and Park Arena Komaki. \*Application is available via mail, FAX, e-mail or you can hand it in.

### Inquiries

**Komaki City Festival Executive Committee Office (City Promotion Division)** ☎485-8650  
Address not necessary TEL.0568-76-1173 FAX.0568-75-8283 E-mail: [citypromotion@city.komaki.lg.jp](mailto:citypromotion@city.komaki.lg.jp)



## Next tax payment deadline: **Aug 31 (Fri)**

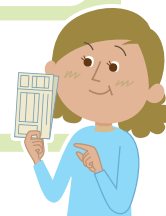
- Municipal and Prefectural taxes (2nd term)    ●National Health Insurance Tax (3rd term)
- Nursing Care Insurance Fees (2nd term)
- Late-Term Medical Insurance for the Elderly (1st term)

**Submit your payments promptly!**

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.

### If you are too busy during the day on weekdays to make your payment...

- ① The main building's second floor will be open to answer tax-payment related questions.  
Payments are accepted as well. **Hours▶ Aug 12 (Sun), Aug 26 (Sun) 8:30 to 17:15**
- ② Tax payments can be paid every day at the Komaki Station Branch Office.  
Please stop by at your convenience. 8:30 to 17:15 \* Closed during year-end/New Years.
- ③ You can pay for payment notices with bar codes at convenience stores.  
\*Only effective during the payment period.



**Inquiries Tax Collection Division TEL.0568-76-1117**

## Unable to pay National Pension Premiums? Please consult with us!

If you or your family has low income, you may apply to have your national health insurance premiums lowered. (This is called an application for exemption.) Persons under 50 years of age can apply with only their income at the Health Insurance and Pension Department.

☆Applicable for the period from 2 years and one month before the day of application.

Persons that have applied for exemptions or deferrals in the past that were approved must apply for renewal each year after July.



The laws of Japan specify that foreign nationals living in Japan (aged 20 to 59) must enroll in national pension and pay the premiums. **There are three kinds of national pension.**

<b>Basic Pension for the Elderly</b>	People that have paid national pension premiums for at least 10 years (or had approved exemptions) can apply to receive benefits from 65 years old.
<b>Basic Disability Pension</b>	During enrollment in national pension, persons determined to have a level 1 or 2 disability due to sickness or injury can receive benefits upon approval of their application.
<b>Basic Survivor Pension</b>	Survivors of persons that die during enrollment in national pension can receive benefits upon approval of their application.


\*Lump sum withdrawal ... Foreign nationals that have paid 6 months or more worth of national pension premiums may apply for a lump sum withdrawal within two years of leaving Japan. Please come to city hall before leaving Japan. You will be provided with an application form.

**Inquiries Health Insurance & Pension Division TEL.0568-76-1124**

# Medical Checkup Information

## Information about examinations for adults



	Type	Date	Time	Venue	Eligibility/Fees/Application/etc.
Group screening	Screening test for stomach cancer (Abdominal X-ray)	Sep 27 (Thu)	9:00 to 11:10	Health Center	<ul style="list-style-type: none"> <li>Eligibility: Registered Komaki residents over 30 years old</li> <li>Capacity: 40</li> <li>Fees: 1,000 yen, 500 yen if 70 or older</li> <li>Application: Health Center</li> </ul>
	Screening test for colorectal cancer (Testing of the stool for occult blood)	*The samples will be collected at the health center. The schedule for the collection date will be notified with the sample container distribution.			<ul style="list-style-type: none"> <li>Eligibility: Registered Komaki residents over 30 years old</li> <li>Fee: 500 yen</li> <li>Application: Health Center</li> </ul>
	Cervical cancer screening (cervix only)	Sep 2 (Sun)	9:00 to 14:30	Health Center	<ul style="list-style-type: none"> <li>Eligibility: Registered Komaki residents over 20 years old who applies to the chart below</li> <li>Capacity: 200</li> <li>Fees: 1,000 yen, 500 yen if 70 or older</li> <li>Application: Health Center</li> </ul>
	Screening test for breast cancer (Mammography screening)	Aug 9 (Thu) Sep 2 (Sun)	9:00 to 14:30	Health Center	<ul style="list-style-type: none"> <li>Eligibility: Registered Komaki residents over 40 years old who applies to the chart below</li> <li>Capacity: 120</li> <li>Fees: 1,000 yen, 500 yen if 70 or older</li> <li>Application: Health Center</li> </ul>
	Breast cancer (Ultrasound)	Sep 2 (Sun)	9:30 to 14:30	Health Center	<ul style="list-style-type: none"> <li>Eligibility: Registered Komaki residents over 30 to 39 years old</li> <li>Capacity: 120</li> <li>Fees: 1,000 yen</li> <li>Application: Health Center</li> </ul>
	Osteoporosis screening (ultrasound)	Sep 16 (Sun) Oct 17 (Wed) *This is the last time for this fiscal year.	9:00 to 10:30	Health Center Tobu Community Center	<ul style="list-style-type: none"> <li>Eligibility: Registered Komaki residents over 30 years old</li> <li>Capacity: 75</li> <li>Fee: 700 yen</li> <li>Application: Health Center</li> </ul>
	Chest X-ray	Sep 12 (Wed)	9:00 to 11:00	Health Center	<ul style="list-style-type: none"> <li>Eligibility: Registered Komaki residents over 65 years old</li> <li>Capacity: Unlimited</li> <li>Fee: 0 yen</li> <li>Application: Not required</li> </ul> <p>If you are interested, come directly to the venue on the day.</p>
Individual examination	Individual cervical cancer screening (Gynecological, visual and cytological screening)	● Consultation period Until March 31 (Sun), 2019		Local Ob/Gyn Clinic	<ul style="list-style-type: none"> <li>Eligibility: Registered Komaki residents over 20 years old who applies to the chart below</li> <li>Fees: cervical cancer examination 1,000 yen, cervix/body cancer examination 2,000 yen (70 years old and over 500 yen) *Body cancer examination is only for people determined to require the examination by the physician</li> <li>Applications: Persons applies to ① ② ③ in the chart below: Ob/Gyn clinic in Komaki City Persons applies to ④ in the chart below: Please contact the Health Center in advance.</li> </ul>
	Individual screening test for breast cancer (Mammography screening)			Miwa Lady's Clinic	<ul style="list-style-type: none"> <li>Eligibility: Registered Komaki residents over 40 years old who applies to the chart below</li> <li>Fees: 1,500 yen, 500 yen if 70 or older</li> <li>Applications: Persons applies to ① ② ③ in the chart below: Miwa Lady's Clinic Persons applies to ④ in the chart below: Please contact the Health Center in advance.</li> </ul>
	Thorough medical checkup	● Consultation period Until February 14 (Thu), 2019		Designated Local Medical Institution	<ul style="list-style-type: none"> <li>Content: Physical measurement, blood pressure, urine examination, blood test, X-ray on stomach, large intestine, chest for cancer screening</li> <li>Eligibility: Registered Komaki residents over 40 years old who is enrolled in National Health Insurance or Late-Term Medical Insurance for the Elderly, and dependents of Japan Health Insurance Association</li> <li>Fees: 4,900 yen for insured person of National Health Insurance, subscriber of Late-Term Medical Insurance for the Elderly (1,900 yen if 70 or older), 6,780 yen for dependents of Japan Health Insurance Association (3,780 yen if 70 or older) *Health checkup ticket sent from each insurance is required when receiving Thorough medical checkup.</li> <li>Application: Designated local medical institution (Please contact the Health Center for more details)</li> </ul> 

Regarding breast cancer / cervical cancer screening

\* Breast cancer (Mammography screening) and cervical cancer screening are promoted to receive once in every two years according to Ministry of Health, Labour and Welfare's Guideline of Cancer Screening.

Eligibility	① Persons that have received a free coupon	② Born on Jan 7, 1989 and odd numbered years before
	③ Born on Jan 8, 1989 and even numbered years after	④ ①②③Persons don't apply and did not receive the screening on FY2017.

**Inquiries** Health Center TEL.0568-75-6471 FAX.0568-75-8545

# Medical Checkup Information



## ✿ Mother/child Health Examination Calendar

\*Make sure to bring your Maternal and Child Health Handbook

Type	Date	Venue	Reception Hours	Eligibility/Description/Application/etc.
<b>Health examinations for 4-month-old infants, dental examinations for mothers</b>	Aug 7 (Tue)	Health Center	13:05 to 13:35	Born Apr 1 to 8, 2018
	Aug 21 (Tue)			Born Apr 9 to 16, 2018
	Aug 28 (Tue)			Born Apr 17 to 23, 2018
	Sep 4 (Tue)			Born Apr 24 to 30, 2018
<b>Health examinations for 18-month-old infants</b>	Aug 3 (Fri)	Health Center	13:05 to 14:15	Born Feb 1 to 10, 2017
	Aug 17 (Fri)			Born Feb 11 to 20, 2017
	Aug 24 (Fri)			Born Feb 21 to 28, 2017
<b>Dental examinations for children aged 2 years, 3 months</b>	Aug 2 (Thu)	Health Center	9:00 to 10:10	Born May 1 to 15, 2016
	Aug 23 (Thu)			Born May 16 to 31, 2016
<b>Health examinations for 3-year-old children</b>	Aug 1 (Wed)	Health Center	13:05 to 14:15	Born Aug 1 to 10, 2015
	Aug 8 (Wed)			Born Aug 11 to 20, 2015
	Aug 22 (Wed)			Born Aug 21 to 31, 2015
<b>BCG Vaccination</b>	Aug 6 (Mon)	Health Center	13:45 to 14:30	From 5 months old to under 1 year old (Standardized vaccination period is from 5 months old to under 8 months old)
	Aug 20 (Mon)			
	Aug 30 (Thu)			

\*You will be sent a letter in advance if it applies to you. Please check the reception time details on the letter.

\*Please receive your checkup. If you are unable to attend for some reason, please contact the Health Center.

<b>Baby food class</b> (Initial Gokkun (swallowing) class)	Aug 1 (Wed)	Health Center	10:00 to 11:00	<ul style="list-style-type: none"><li>● Eligibility: 27 guardians of children 4 months or older (babies can participate too)</li><li>● Fee: 0 yen</li><li>● Application: Health Center</li><li>● What to bring: Parent-child (maternal and child) health handbook, bath towel, baby sling etc.</li></ul>	Reservation required
<b>Baby food class</b> (Later kami-kami (biting) class)	Aug 24 (Fri)	Health Center	10:00 to 11:00	<ul style="list-style-type: none"><li>● Eligibility: 21 sets of parents and children 9 months old</li><li>● Fee: 0 yen</li><li>● Application: Health Center</li><li>● What to bring: Parent-child (maternal and child) health handbook, bath towels, hand towel etc.</li></ul>	Reservation required
<b>Class for new moms and dads</b>	Sep 9 (Sun)	Health Center	10:00 to 12:00	<ul style="list-style-type: none"><li>● Eligibility: 30 Komaki resident pregnant women and their husbands (woman can also participate alone)</li></ul>	Reservation required
	<ul style="list-style-type: none"><li>● Description: Information about life with a baby, the role of the father, nutrition during pregnancy, dental health, practice holding babies and pregnancy experience</li><li>● What to bring: Parent-child (maternal and child) health handbook, soup for measuring salinity concentration (about 30cc)</li><li>● Fee: 0 yen</li><li>● Application: Health Center</li></ul>				
<b>Nursing counseling</b>	Aug 7 (Tue)	Health Center	10:00 to 12:00	<ul style="list-style-type: none"><li>● Fee: 0 yen</li><li>● Application: Health Center</li></ul>	Reservation required
	Aug 22 (Wed)				
	Aug 27 (Mon)		13:00 to 16:00		
	Aug 28 (Tue)		10:00 to 12:00		
<b>Niko niko cavity prevention class</b>	Aug 3 (Fri)	Child-Raising Plaza	10:00 to 11:15	<ul style="list-style-type: none"><li>● Eligibility: Nursing children (especially about one-year-old)</li></ul>	No reservation required
	<ul style="list-style-type: none"><li>● Content: Consultation regarding worries/concerns about brushing teeth, teeth alignment or raising children,</li><li>● What to bring: Parent and child (maternal and child) health handbook, toothbrush</li><li>● Fees: free</li></ul>				
<b>Baby visit</b>	About 2 or 3 months after birth, a health contact and veteran health contact will come visit your home with a few gifts to congratulate you on the birth of your baby. (You will be contacted in advance to set a convenient time.)				
<b>Low-weight Infant Notice</b>	Please submit a Low-weight Infant Notice if your child's birth weight is under 2,500g. Send to: Health Center or Health Insurance & Pension Division				

**Inquiries** Health Center TEL.0568-75-6471 FAX.0568-75-8545

# Komaki Emergency Clinic

Oh, no... Illness and injuries on a holiday. Don't you have an experience like this on a holiday?

- Sudden fever of child.
- Child's injury at a park.
- Accidentally cutting yourself with a knife, and bleeding won't stop.
- Teeth hurting too bad to eat.

Emergency Clinics are prepared for such cases.  
It is located in the lot of Health Center.



## Subject of medical treatment

Internal medicine/pediatrics/surgery/dentistry

## Open

**Sunday, holiday, year end/new years (Dec 31 to Jan 3)**

## Reception Hours

Internal medicine/pediatrics/surgery ..... **8:30 to 11:30, 13:00 to 16:30**

Dentistry ..... **8:30 to 11:30**

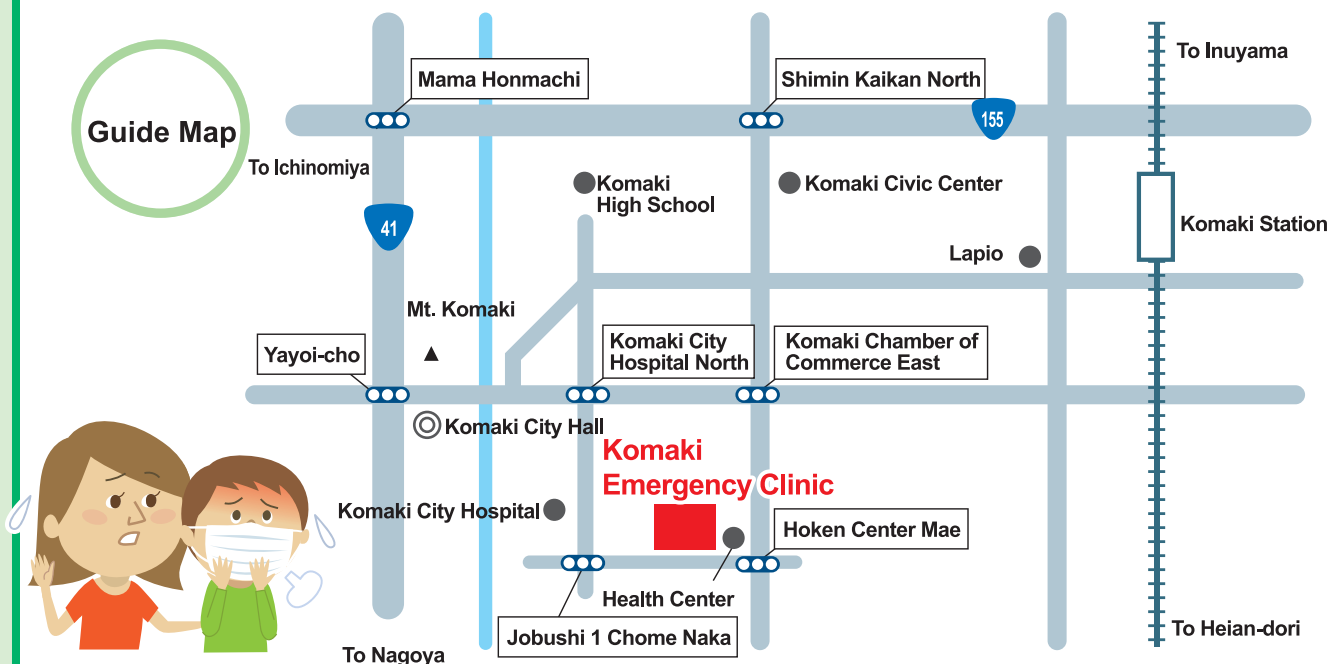
## Consultation Hours

Internal medicine/pediatrics/surgery ..... **9:00 to 12:00, 13:00 to 17:00**

Dentistry ..... **9:00 to 12:00**

This clinic is not a worker's compensation insurance designated health facility. Please use a designated facility for work related injury covered by worker's compensation insurance.

## Guide Map



## Inquiries

**Emergency Clinic TEL.0568-75-2070 ☎485-0044 1-318 Joubushi, Komaki city**

## Notice regarding counseling for Foreigners

**Civic Safety Division, South Government Office Bldg 2F, City Hall**

**9:00 to 17:00** (Closed 12:00 to 13:00)

In addition, the Health Insurance and Pension Division and Childcare Division have staff available to help in Portuguese (9:00 to 17:00), the Welfare Administration Division in Portuguese (9:00 to 16:30).

**Inquiries Civic Safety Division TEL.0568-76-1675 (Direct Consultation)**

**Portuguese  
Spanish/English**

**Mon through Fri**



## Recruiting Spanish Lessons' (Beginner) Students

**HOLA!! Let's talk in Spanish!**

**Date/time** **Saturdays from Sep 8 to Dec 1 16:45 to 18:45**

(no lessons on Oct 20, Nov 3 and 17) Total (10 times) (Extra date: Dec 8)

**Venue** **Komaki Civic Hall 4F Rose Room**

**Eligibility** Persons living, working or studying in Komaki or KIA members, ages 18 and up.

\*Persons who studied Spanish about three months.

**Number of participants** 16 people (in order of application)

**Fees** Fees Members 3,000 yen, General 6,000 yen (Includes text fees)

**Application** Bring the fee to Komaki International Association (KIA) from **Aug 1 (Wed) to Aug 18 (Sat)**.



Teacher ▶ Ms. Pilar Iwanaga



## Recruiting Korean Lessons' (Beginner) students

**Come study Korean with us if you want to get better in Korean.**

**Date/time** **Wednesdays from Sep 5 to Nov 7 13:00 to 15:00** \*Total 10 times

**Venue** **Komaki Civic Hall 4F Rose Room**

**Eligibility** Persons living, working or studying in Komaki or KIA members, ages 18 and up.

\*Persons that have studied Korean for about three months

**Number of participants** 16 (in order of application) \*Class will be cancelled if less than 6 people apply

**Fees** Members Fee 3,000 yen, General 6,000 yen (Includes text fees)

**Application** Bring the fee to Komaki International Association (KIA) from **Aug 1 (Wed) to Aug 25 (Sat)**.



Teacher ▶ Ms. Cui Shujing

**Inquiries**

**Komaki International Association (KIA) TEL.0568-76-0905 FAX.0568-71-8396 E-mail: kia@ma.ccnw.ne.jp**  
Komaki Civic Hall 4F, 2-107 Komaki, Komaki City 9:00 to 17:00 (Closed 12:00 to 13:00, Sundays, Mondays, and Holidays)

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and  
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<http://www.city.komaki.aichi.jp/admin/lifeinfo/10821.html>

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