

Life Information News KOMAKI

9

2023

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2nd Term Japanese Language Classes

* Choose a class based on your level.

Class	Beginner						Lower Intermediate Persons seeking N4	Intermediate Persons seeking N3	Advanced Persons seeking N2, N1
	A	B	C	D	E	F	G	H	I
Day	Sunday								
Time	13:00 to 15:00	13:00 to 15:00	15:00 to 17:00	15:00 to 17:00	10:30 to 12:30	8:30 to 10:30	8:30 to 10:30	10:30 to 12:30	17:00 to 19:00
Teacher	Asakura and others	Matsuoka and others	Asakura and others	Matsuoka and others	Matsuoka	Matsuoka	Asakura	Asakura	Asakura

Total **Sunday** Total 12 times from Sep 3 to Dec 3

①9/3 ②9/10 ③9/17 ④9/24 ⑤10/1 ⑥10/8 ⑦10/15
⑧10/15 ⑨10/29 ⑩11/5 ⑪11/19 ⑫11/26 ⑬12/3

Venue **Chess Room and Rose Room,
4F Komaki Civic Hall**

Eligibility **Foreigners**

Fees Lesson Fees: 1,000 yen (A to I class)
(KIA annual membership fee of 2,000 yen also required for non-members)
Textbook fees: A class; 1,500 yen,
B to F Class; 1,000 yen, G to I class; 2,000 yen

Application Please come to KIA with the fee.



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)

Mother/child Health Examination Calendar

Type	Date	Venue	Reception Hours	Eligibility/Description/Application/etc.
Health examinations for 4-month-old infants, dental examinations for mothers	Sep 5 (Tue)	Health Center	13:05 to 13:55	Born Apr 25 to 30, 2023
	Sep 12 (Tue)			Born May 1 to 8, 2023
	Sep 19 (Tue)			Born May 9 to 16, 2023
	Sep 26 (Tue)			Born May 17 to 24, 2023
Health examinations for 18-month-old infants	Sep 8 (Fri)	Health Center	13:05 to 14:15	Born Mar 1 to 10, 2022
	Sep 15 (Fri)			Born Mar 11 to 20, 2022
	Sep 22 (Fri)			Born Mar 21 to 31, 2022
Dental examinations for children aged 2 years, 3 months	Sep 7 (Thu)	Health Center	9:00 to 10:10	Born Jun 1 to 15, 2021
	Sep 21 (Thu)			Born Jun 16 to 30, 2021
Health examinations for 3-year-old children	Sep 6 (Wed)	Health Center	13:05 to 14:15	Born Sep 1 to 10, 2020
	Sep 13 (Wed)			Born Sep 11 to 20, 2020
	Sep 20 (Wed)			Born Sep 21 to 30, 2020



*Those eligible were sent an examination card in advance. Please check the details on the card.

*Make sure to wear mask and bring your Maternal and Child Health Handbook and bath towel.

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

Baby food class (Initial Gokkun (swallowing) class)	Sep 6 (Wed)	Health Center	10:00 to 11:00	●Eligibility: Guardians of children 4 months or older. Babies can participate too. ●What to bring: Maternal and Child Health Handbook, bath towel, tea and writing utensils. ●Fee: 0 yen ●Application: Health Center	Reservation required
Baby food class (Later kami-kami (biting) class)	Sep 22 (Fri)	Health Center	10:00 to 11:00	●Eligibility: Guardians of children 9 months or older. Babies can participate too. ●What to bring: Maternal and Child Health Handbook, bath towel, tea and writing utensils. ●Fee: 0 yen ●Application: Health Center	Reservation required
Niko niko cavity prevention class	Sep 1 (Fri)	Ajioka Jidokan Tel.0568-75-4999	10:00 to 11:15	●Eligibility: Nursing children (especially about one-year-old) ●Content: Consultation regarding worries about brushing teeth or teeth alignment ●What to bring: Maternal and Child Health Handbook, toothbrush and bath towel ●Fee: 0 yen ●Applications: Ajioka Jidokan	Reservation required
Baby visit	About 1 to 3 months after birth, a health contact or a 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.)				
Grant Maternal and Child Health Handbook	Mon through Fri (Excluding National Holidays and Year End/New Year Holidays)	Kosodate Sedai Houkatsu Shien Center (Lapio 3rd floor)	9:30 to 17:30	●Content: A Public Health Nurse or a Midwife will hand out the Maternal and Child Health Handbook. Please consult your anxiety and worry about pregnancy with us. ●What to bring: Pregnancy notification or medical certificate, Zairyu Card, My Number Card and a copy of the pregnant woman's bank book to receive financial help.	
Nursing counseling	Sep 4 (Mon)	Kosodate Sedai Houkatsu Shien Center (Lapio 3rd floor)	13:00 to 16:00	●Fee: 0 yen ●Application: Kosodate Sedai Houkatsu Shien Center (Lapio 3F) Tel.0568-71-8611	Reservation required
	Sep 5 (Tue)		10:00 to 12:00		
	Sep 12 (Tue)		10:00 to 12:00		
	Sep 19 (Tue)		13:00 to 16:00		
	Sep 26 (Tue)		10:00 to 12:00		
Parenting, pregnancy, and giving birth health counseling	Sep 1 (Fri)	Ajioka Jidokan Tel.0568-75-4999	10:00 to 11:15	●Content: Consultation regarding worries/concerns for raising children, body measurements, blood pressure measurement, urine inspection (optional) ●Applications: Each Jidokan	Reservation required
	Sep 7 (Thu)	Kitasato Jidokan Tel.0568-71-1183	10:00 to 11:15		
	Sep 11 (Mon)	Oshiro Jidokan Tel.0568-78-0046	10:00 to 11:15		
	Sep 25 (Mon)	Komaki Jidokan Tel.0568-77-0906	10:00 to 11:15		
Low-weight Infant Notice	Please submit the Low-weight Infant Notice if your child's birth weight is under 2,500g. ●Submit: Kosodate Sedai Houkatsu Shien Center(Lapio 3F) or at the City Hall (Hoken Iryouka Division 1st F)				
1st Birthday Celebration	You will be send a questionnaire about 10 months after birth. Submit your questionnaire by the due date to receive a gift. ●Locations: Kosodate Sedai Houkatsu Shien Center (Lapio 3F) or Jidokan in Komaki city.				

For more information,
please contact at right.

Inquiries

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

Kosodate Sedai Houkatsu Shien Center (Lapio 3rd floor) TEL.0568-71-8611 FAX.0568-71-8612

Information about examinations for adults

▼Cancer screening, etc.

* Apply for group examinations: to apply for examinations not given herein, use the QR Code below, the Komaki City Website or call the Health Center.
 * 500 yen for group screening for persons 70 and older. Items without a fee indicated are zero yen.
 * For lung cancer examination apply at the Health Center.
 * Items with a star (☆) in the period can be applied for from Sep 5 (Tue).

	Type	Date	Venue	Eligibility/Fees/Application/etc.
Group screening	Screening test for stomach cancer (Abdominal X-ray)	Oct 20 (Fri) AM ☆ Nov 28 (Tue) AM	Health Center	● Eligibility: Registered Komaki residents over 30 years old ● Fee: 1,000 yen
	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.		● Eligibility: Registered Komaki residents over 30 years old ● Fee: 500 yen
	Cervical cancer screening (Cervix only)	Oct 24 (Tue) AM ☆ Nov 17 (Fri) PM	Health Center Tobu Community Center	● Eligibility: Registered Komaki residents over 20 years those old who applies to the chart below ● Fee: 1,000 yen
	Breast cancer screening (Mammography)	Oct 12 (Thu) ☆ Nov 17 (Fri) PM	Health Center Tobu Community Center	● Eligibility: Registered Komaki residents over 40 years old who applies to the chart below ● Fee: 1,000 yen
	Breast cancer screening (Ultrasound)	Oct 17 (Tue) AM	Health Center	● Eligibility: Registered Komaki residents over 30 to 39 years old ● Fee: 1,000 yen
	Osteoporosis screening	☆ Nov 14 (Tue) PM	Tobu Community Center	● Eligibility: Registered Komaki residents over 30 years old ● Fee: 500 yen
	Chest X-ray screening (Includes tuberculosis examination.)	Oct 23 (Mon) AM	Health Center	● Eligibility: Registered Komaki residents over 65 years old
	Lung cancer screening (Sputum test)	● Examination period: From Jul 3 (Mon), 2023 through Feb 28 (Wed), 2024. *Examination to take sputum. Store three days of phlegm in a container and submit by postal mail. You will be informed of the collection date when you apply.		
Individual examination	Individual cervical cancer screening (Gynecological, visual and cytological screening)	● Examination period Jun 1 (Thu), 2023 through Mar 31 (Sun), 2024	Ob/Gyn clinics in Komaki City	● Eligibility: Registered Komaki residents over 20 years those old who applies to the chart below ● Fee: Cervical cancer screening: 1,000 yen / Pelvic screening: 2,000 yen *Pelvic screening is only for people determined to require the examination by the physician ● Applications: Persons applies to ① ② ③ in the eligibility chart below: Ob/Gyn clinics in Komaki City, Persons applies to ④ in the chart below: Please contact the Health Center in advance.
	Individual breast cancer screening (Mammography)		Komaki Daiichi Hospital/ Miwa Lady's Clinic	● Eligibility: Registered Komaki residents over 40 years old who applies to the chart below ● Fee: 1,500 yen ● Applications: Persons applies to ① ② ③ in the eligibility chart below: Komaki Daiichi Hospital (TEL. 0568-71-4390), Miwa Lady's Clinic (TEL. 0568-76-2603), Persons applies to ④ in the chart below: Please contact the Health Center in advance.
	Cancer screening (Gastric cancer, colorectal cancer, prostate cancer, hepatitis screening)	● Examination period Jun 1 (Thu), 2023 through Feb 14 (Wed), 2024	Designated local medical institutions in Komaki City	● Call the designated local medical facility to make a reservation. Please use the QR code below for more information.

Eligibility	① Persons that have received a free coupon	② Born on Jan 7, 1989 and even numbered years before
	③ Born on Jan 8, 1989 and odd numbered years after	④ Persons don't apply to ①, ② or ③ and did not receive the screening on FY2022

Regarding breast cancer (Mammography screening) / cervical cancer screening

Screening performed once every two years according to the Ministry of Health, Labour and Welfare's guidelines. Thank you for your understanding and cooperation.



◀ [Group screening]
Application for for cancer screening



◀ Cancer screening details



◀ [Individual screening]
List of medical institutions for cancer screening

▼Komaki City medical checkup

Komaki City medical checkup	● Examination period Jun 1 (Thu), 2023 through Feb 14 (Wed), 2024	Designated local medical institutions in Komaki City	● Content: Physical measurement, blood pressure, urine examination, blood test, X-ray on stomach, large intestine, chest for cancer screening ● 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 ● Fees: 4,800 yen for insured person of National Health Insurance and Late-Term Medical Insurance for the Elderly (1,800 yen if 70 or older), 6,150 yen for dependents of Japan Health Insurance Association (3,150 yen if 70 or older) *Medical checkup ticket sent from each insurance is required when receiving thorough medical checkup. ● Application: Designated local medical institutions in Komaki City
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Inquiries Health Center TEL.0568-75-6471 FAX.0568-75-8545

2023 Residence and Land Statistical Survey

The national (Statistics Bureau, MIC), prefectural and municipal governments will implement the 2023 Residences and Land Statistical Survey.

This is an important survey that asks about the house, the land, and the people who live there on October 1.

The survey asks approximately 3.4 million families nationwide.

The results of the survey are used by the national government and other agencies to plan and work on our lives and homes.

Survey staff will visit houses (households) to hand out the form from late September.

Once you receive the survey forms, you can respond online, send a paper survey form to City Hall, or give it to the survey staff.

This survey can be easily completed online. You can also answer the questions on your smartphone or tablet device. If you do not understand Japanese, please ask for the "Questionnaire Translation Table" to the survey staff.

Inquiries General Affairs Division TEL.0568-76-1102

Submit
your payments
promptly!

Next tax payment deadline: Oct 2 (Mon)

- National Health Insurance Tax (4th term) ● Nursing Care Insurance Fees (3rd Term)
- Late-Term Medical Insurance for the Elderly (2nd Term)

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. You can pay taxes using smartphone apps including PayB, PayPay or LINEPay.

※ Persons using direct deposit to account cannot use payment by app.
Instructions are available on the website of the app.



When you are unable to pay by the predetermined date due to decreased wages or other reason, consult with the taxation division.

If the deadline passes, you will need to pay arrears (penalty for late payment).

If you are too busy during the day on weekdays (Monday through Friday) to make your payment...

A tax payment service counter will be open every Sunday. (Except year end/New Years)

① The main building's second floor will be open to answer tax-payment related questions. Payments are accepted as well.

Hours ▶ Sep 10 (Sun), Sep 24 (Sun) 8:30 to 17:15

② The main building's first floor will be open to pay taxes.

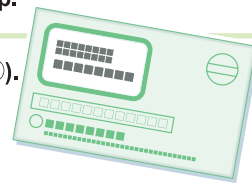
Hours ▶ Sep 3 (Sun), 10 (Sun), 17 (Sun), 24 (Sun) 8:30 to 17:15

③ You can pay for payment notices with bar codes at convenience stores.

*Only effective during the period written on the payment slip.

* Certificates.....Tax payment certificates are available at the Tax Collection Division (2F ⑥).
Income tax certificates are available at the Municipal Tax Division (2F ④).

Inquiries Tax Collection Division TEL.0568-76-1117/0568-76-1118



Are you okay? Your heart and the heart of those important to you

Do you experience mental stress including symptoms such as poor sleep or depression?
In particular, after an extended break, do you find normal activity difficult and that you cannot perform your best?

Maybe your experience can be made easier by sharing your feelings or talking with someone.

Don't keep it to yourself. Share your feelings with family, friends or someone you can talk with.



Check your mental health for stress using the Mental Check System: Heart Thermometer

Answer some simple questions to find out if you have stress.

🔍 こまきし こころのたいおんけい

How to Check

Search by computer or smartphone.



If you have mental stress, please contact us

Health Counseling Health Center TEL.0568-75-6471



COVID-19 Vaccination

All persons 5 years old and older who have been vaccinated for the first or second time can receive one dose of the vaccine for 0 yen starting in September 2023. In addition, children from 6 months to 4 years of age can receive 3 vaccinations for 0 yen. Persons 12 years of age and older will receive vaccination tickets in order of age.

Persons in the following categories ① to ③ will receive vaccination tickets regardless of age.

- ① Those who have applied to receive a vaccination ticket as a person with an underlying disease (such as diabetes) for vaccinations that began in the spring of 2023 (vaccination from May 8 to August 31).
- ② Persons who are 12 years of age or older and have a Mental Disability Health or Intellectual Welfare Handbook, or those who receive support for independent living (outpatient mental health care).
- ③ Children 5 to 11 years old who have received an Omicron strain-compatible vaccine

Completing procedures may be required if you receive a ticket after your vaccination or when moving to Komaki.

For details call the vaccination inquiry line.

You can make a reservation after receiving your vaccination ticket.

Inquiries related to vaccination

Komaki City COVID-19 vaccination phone consultation
(inside City Hall) TEL.0568-48-7311
Available 9:00 to 17:00 (not available Saturdays, Sundays, and Holidays)

Reservations for vaccination
(toll free number)

Komaki City reservation reception (inside City Hall)
TEL.0120-97-5727
Available 9:00 to 17:00 (not available Saturdays, Sundays, and Holidays)

Information about vaccination including reservation methods will be updated as needed on the City website.

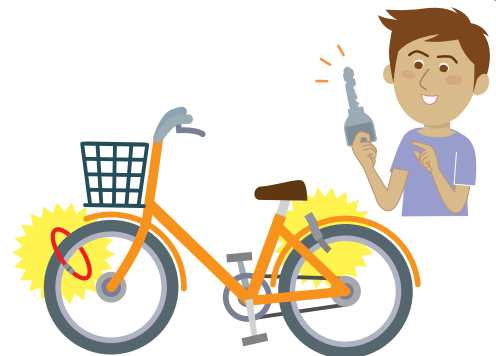


Preventing bicycle thefts

Many bicycles are being stolen in Komaki City. About 75% of victims failed to lock their bike. To avoid being a victim

- Always lock your bicycle when you leave it.
- Lock your bike, even for short stops.
- Double lock your bike.

Take these measures to protect yourself.



Inquiries Safe Living Section, Komaki Police Office TEL.0568-72-0110

Let's study Kanji

Let's learn kanji and Japanese.

Date Sundays in September and October

Venue Sep 3.....Women's Center Research Lab (Lapio 5F)
Sep 10, 17, 24.....Wactive Komaki Multipurpose Room 1 (Lapio 2F)
Oct 1, 15, 29.....Komaki Civic Hall 3F Room 3-1

Time ▶ 13:30 to 15:30 Lapio 2F, 5F ▶ 13:00 to 15:00, 15:00 to 16:20 Civic Hall

Eligibility Foreigners who want to learn Japanese! **Fee** 0 yen

Application No application necessary. Come to the study venue. You can even participate just one time.

Inquiries Kanji volunteer class (Oshima) TEL.090-9188-3761





International Friendship Festival

Dance, Music, lottery, tea party, kitchen car cooking, traditional Japanese games, international conversation booth etc.

Date/time Sep 17 (Sun) 12:00 to about 15:30

Venue Lecture hall, lobby, and in front of fountain at Komaki Civic Hall

Eligibility People who wants international friendship.

Entrance No fee required (Please purchase a ticket to eat at the kitchen car)

Food tickets Available at the KIA office from Sep 1 (Fri).
500 yen/ticket (Foods, drink, and a lottery ticket)



Picture of 2021 Festival



Introductory Chinese Lessons

Learn to talk more Chinese!

Date/time Oct 4 (Wed) to Dec 13 (Wed) 18:30 to 20:30 Total 10 times

Venue Komaki Civic Hall 4F Chess Room **Instructor** Ms. Li Hong
(Room subject to change.)

Eligibility KIA members 18 years old or older and persons living, working or studying in Komaki.

Capacity 16 (in order of application) *Will be cancelled if less than 6 people apply

Fees Members 5,000 yen (includes 2,000 yen KIA membership) General 6,000 yen

Application Bring the fee to Komaki International Association (KIA) from Sep 1 (Fri) to Sep 30 (Sat).



Introductory Portuguese Lessons

Let's learn Portuguese from a native speaker!

Date/time Oct 7 (Sat) to Dec 9 (Sat) 13:00 to 15:00 Total 10 times

Dec 16 (Sat) back up date

Venue Komaki Kominkan 4F Rose Room **Instructor** Mr. Carlos Tahara
(Room subject to change.)

Eligibility KIA members 18 years old or older and persons living, working or studying in Komaki.

Capacity 16 (in order of application) *Will be cancelled if less than 6 people apply

Fees Members 5,000 yen (includes 2,000 yen KIA membership) General 6,000 yen

Application Bring the fee to Komaki International Association (KIA) from Sep 1 (Fri) to Sep 30 (Sat).



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)

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

Komaki Life Information

Search



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