

IGA



The city newsletter

Also available online at <http://www.mie-iifa.jp/>

この情報紙は『広報いが市』などから記事を選んで載せています。

Articles published in this newsletter are taken from the bimonthly "Kouho Iga shi" and other publications

Population of Iga City	97,228
Foreign nationals	4,228
4.35% of population	31th May 2013

Municipal Housing

しえい じゅうたく もうしこみ

Application Period:

July 16 (Tue) ~ 22 (Mon) 09:00 ~ 17:00

Except for Saturday and Sunday

If you post your application, it must arrive by July 22 (Mon).

Lottery:

The lottery will take place on **Monday 2nd of September from 9:30am**, at Iga Kinrousha Fukushi Kaikan (2F).

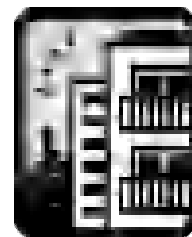
* If you are not present when the lottery begins, your name will be removed from the list. Please do not be late.

Available Housing: All under the jurisdiction of the Ueno

Location	Number Available
Araki Danchi	2 homes (1 for priority housing)
Shirogaoka Danchi	1 home
Kaminosho Danchi	2 homes (1 for single accommodation)
Kine Danchi	2 homes (1 for priority housing)

Applications, Enquiries:

Please send your completed application, or direct any enquiries to 518-1395 Iga-shi, Baba 1128, Iga-shi Kensetsu-Bu, **Kenchiku Juutaku Ka**
TEL 0595-43-2330 FAX 0595-43-2332



PREFECTURAL HOUSING APPLICATIONS NOW OPEN

けんえい じゅうたく もうしこみ

Application Period: July 1~31, 2013 Prefectural Housing [Iga Block] Hattori, Kine and Casa Ueno

Eligibility:

- 1 - You must live or work in Mie Prefecture.
- 2 - Be in difficulty with your living conditions.
- 3 - Have family members who will be living with you, or plan to do so
 - Fiancees can apply, provided they register their marriage within 3 months of moving in
 - Common-law couples can apply, provided they are not registered as married
- 4 - Have a salary within the standard range designated by the Municipal Residence Law.
- 5 - Must have no outstanding bills in rent, car parking etc if you already live in prefectural housing.
- 6 - Not be behind in any tax payments
- 7 - You must have two guarantors

Pool Opening

ぷーる が はじまります

Ueno Undo Koen Pool

【Opening Dates and Times】 July 20 (Sat) ~ August 25 (Sun) 10:00 ~ 16:00 **【Closed Days】** July 29 (Mon) · August 5 (Mon)

Ayama B&G Kaiyo Centre Pool 【Closed Days】 Every Tuesday

Oyamada B&G Kaiyo Centre Pool 【Closed Days】 Every Monday except July 15 and July 16

【Opening Dates and Times】 July 6 (Sat) ~ September 8 (Sun) 09:00 ~ 22:00

Opening times may change depending on the weather etc.

【Cost】 Per visit Regular : 300 yen Junior High & Below : 150 yen Infants : 50 yen

Elementary School students in Grade 3 or below must be accompanied by an adult.

【Enquiries】 Sports Promotion Division 0595-47-1284 FAX0595-47-1290



Financial Support for Rubella Vaccinations

ふうしん よぼう わくちんの いちぶ じょせい

【Support Period】 Until 2014 March 31 (Mon) If you received your vaccination during the month of June, please submit your receipt.

【Eligibility】 Those registered as living in Iga City, born before April 1, 1990, for whom the following apply

Women hoping to become pregnant Male partners of pregnant women Male partners of women hoping to become pregnant

Family members living with people in categories ~ above (Below 50 years of age on the day of your vaccination)

【Amount Available】 Up to 5000 yen

One time only You will receive a vaccination voucher in advance.

【Please Bring】 Your health insurance certificate (*kenko hoken sho*), some personal identification and the vaccination voucher issued by Iga City.

【Please Note】 There may be some side effects. Please consult with the doctor when taking the vaccination.

【Applications & Enquiries】 Health Promotion Division TEL 0595-22-9653 FAX0595-22-9666 Iga Machi Health & Welfare Centre, Aoyama Health Centre, Ayama, Shimagahara & Oyamada City Hall Branch Offices' Jumin Fukushi Divisions

<MONTHLY TAX PAYMENTS> Pay by July 31th

7がつ の のうぜい

Fixed Assets [Kotei Shisan Zei] Kokumin kenkou hoken Zei

Shuu Zei Ka TEL 0595-22-9612

Special Health Check-Ups, Check-Ups for the Elderly

とくてい けんこう しんさ・こうき こうれい けんこう しんさ を うけましよう

Details for special health check-ups during this fiscal year will be as follows.

The check-ups can detect metabolic syndrome, and those for whom this condition applies can get professional advice on lifestyle choices to maintain their health. These check-ups are open to anyone regardless of their medical background.

Those eligible will receive their voucher and health questionnaire at the end of June.

	Special Health Check-Ups	Check-Ups for the Elderly	
Eligibility	40~74 Enrolled in Iga National Health Insurance *Please ask your insurance provider if it is not the one above.	75 and above Enrolled in elderly health insurance (<i>kouki koureisha iryou seido</i>) and by August 31 2013 will become a policy holder (above 65 with a recognized disability)	
Details	Oral examination, measurement of height, weight, waist etc, blood pressure, urine test, blood test (fat, kidney function, liver function, metabolism, uric acid etc) *No waist measurements taken for the elderly.		
	In-depth testing (where deemed necessary by a doctor based on predetermined standards), eye examinations		
	Additional categories for Iga national health insurance: Standard peripheral blood screening (red cell count, white cell count, hematocrit count, hemoglobin count, platelets), cardiograph	Standard peripheral blood screening (red cell count, hemoglobin count, hematocrit count, white blood cell count), cardiograph	
Time Period	July ~ November		
Location	Designated clinic in Iga	Any clinic in Mie cooperating with the scheme	
You pay:	1,000 yen	Taxed households 500 yen	Tax-exempt households 200 yen
Please Bring	Voucher, health insurance certificate, health questionnaire		

【Enquiries】 Kenko suishin ka TEL 0595-22-9653 Insurance & Pensions Dept. (Hoken Nenkin Ka) TEL 0595-22-9659

Your National Health Insurance Tax

こくみん けんこう ほけんぜい に ついて

In Japan, everyone is enrolled in health insurance in one form or another. This applies to those with national health insurance, health insurance for the elderly, their workplace's insurance scheme and even those on income support. The premiums you pay for your insurance plan and funding from the government etc used to pay for medical fees incurred. This helps support your health when you pay for all your medical fees, postnatal childcare stipends, health check-ups and so on.

Even if the head of the household is not enrolled in national health insurance, the tax payment slip will still be addressed to the household head if another member of the household is enrolled in the national health insurance program.

Regular tax payments will be split into 9 installments starting from July, running through to March 2014.

Special tax payments (taken from your pension etc), will be split into three installments in October, December and February 2014.

Reduction in Tax payments required for the Involuntarily Unemployed

If you have left your job because your employer has gone bankrupt or you have been fired, then you are eligible to pay reduced tax fees. Please bring your certificate of proof of receipt of employment insurance and your personal seal in order to apply for this reduced rate of tax payment.

【Period of Eligibility】 The month of the day after becoming unemployed until the end of the fiscal year.

【Enquiries】 Hoken nenkin ka Tel 0595-22-9659

Do you know what nursing care insurance is?

かいご ほけん に ついて

~ Thinking about the future of you and your family ~ How does nursing care insurance work?

Everyone above the age of 40 has to pay an insurance fee, which is then later used to pay for nursing care services. In order to access these services, you must be deemed as in need of them. In order to be recognized as in need of these services, you can apply at City Hall's Kaigo Korei Fukushi Ka, or at any of the City Hall Branch offices.

The nursing care insurance system is in place so that everyone can continue living a healthy life in their local area for as long as possible, and so that even when such nursing care becomes necessary, you can still lead an independent and dignified life. The nursing care services are funded through a combination of insurances costs paid by those over the age of 40, as well as public funding from national, prefectural and municipal taxes. Those between the ages of 40 and 64 pay this nursing care insurance fee as part of their regular insurance fees, and those over the age of 65 can either have it subtracted directly from their pension, or can choose to pay directly at city hall. 【Enquiries】 Kaigo kourei fukushi ka TEL 0595-26-3939

Information of a dental checkup

は の けんこう しんたん

News from the Dentist

Dental health has an impact on overall health. Get dental check-ups regularly to ensure that you can enjoy using your own teeth for as long as possible.

[Period] July 1 ~ December 28 [Details] Oral examination, explanation of results

Adult Check Ups

Eligibility: Above the age of 20 (born before April 1 1994)

Please bring: Health Insurance card (*kenko hoken sho*)

Fee: 500 yen

* Free for those who fulfill ~ below.

Above the age of 71 (born before April 1 1943) Above the age of 65 with a defined disability and enrolled in health care insurance for the elderly (*kouki koureisha iryou hoken*) Receiving welfare support (*seikatsu hogo*).



Periodontal Check Ups

[Eligibility] People of the following ages:

40 Born after April 1, 1974 **50 Born after April 1, 1964** **60 Born after April 1, 1954** **70 Born after April 1, 1944**

[Please bring] Health insurance certificate and free check-ups slip sent to you by post.

【Enquiries】 Kenko suishin ka TEL 0595-22-9653

Infant Health Checkups & Development Tests (あかちゃんのけんしん) Kenkou Suishin Ka TEL 0595-22-9653

In Iga, checkup examinations are available at 18 months (children up until 21 months can take it) and 3 years (for children up to 3 years and 9 months of age). Notifications will be sent out to homes with children eligible for the checkups. These notifications will be in Japanese, so please bring your letter along with you to City Hall if you need help understanding its content.

18 month Checkup (free)

This is a very important period in your child's development of basic functions such as speech, walking and so on, so the 18 month checkup is a general examination. Your child will be observed day by day to assess his or her emotional and physical development. Make use of this free checkup to make sure your child has a healthy upbringing.

【Examinations】 Measuring weight, height, medical checkup, hearing test, reflexes, advice on dental health and nutrition.

【Bring】 Mother-Child passbook (*Boshi techo*), forms

【Date】 2th July (Tues) from 13:00 to 14:30

30th July (Tues) from 13:00 to 14:30 (Place: Iga Ishi Kaikan – in front of the police station)

* Also available at City Hall sub-branches. Contact them directly for further information.

3 years Checkup (free)

This is the time when a child is becoming aware of his or herself and beginning the important process of independence from their mother. A more detailed evaluation will be carried out, including checks of physical and psychological development, as well as teeth, hearing and vision. Aside from observing your child's development, the 3 year exam is also a chance for families with children to talk with and socialize with one another.

【Examinations】 Urine exam, measuring weight and height, medical checkup, dental checkup, reflex development test, advice on dental health and nutrition.

【Bring】 Mother-Child passbook (*Boshi techo*), forms, completed questionnaire on hearing and vision, urine sample

【Date】 11th July (Thurs) from 13:00 to 14:30 (Place: Iga Ishi Kaikan – in front of police station)

* Also available at City Hall sub-branches. Contact them directly for further information.

Emergencies & Medical Assistance (きゅうきゅう・いりょう) Chiiki Iryou Taisaku Ka TEL.0595-22-9705

If possible, see your regular doctor during normal clinic opening hours.

Choose a regular clinic to go to when you need to see a doctor.

What should you do if you fall sick suddenly, or are sick on a day when the clinic you go to is closed?

- Contact a health clinic (*shinryou sho*) or emergency clinic (*oukyuu shinryou jo*).

Iga shi Emergency Clinic TEL 0595-22-9990

【Place】 Iga shi Ueno Kuwamachi 1615 (Behind Okanami Hospital)

【Specializations】 General and pediatrics * Injuries and minor illnesses (first aid)

Monday to Saturday	2 0 : 0 0 ~ 2 3 : 0 0
Sundays, public holidays, year end holidays	9 : 0 0 ~ 1 2 : 0 0 1 4 : 0 0 ~ 1 7 : 0 0 2 0 : 0 0 ~ 2 3 : 0 0

- The Mie Medical Information Centre (Mie ken Kyuukyuu Iryou Jouhou Center) can give you information about which hospitals are available in your area. Contact the centre on **TEL 0595-24-1199**

* After that, call the clinic/hospital to confirm opening hours and so on.

* When you go there, be sure to take your health insurance card/certificate.

* If you no longer need assistance, call the clinic or hospital to cancel your appointment.

- The hospitals on duty are for patients with serious injuries or illnesses who need specialist medical care or who need to be admitted to hospital.

* Only by referral from a medical facility, emergency consultant or taken by ambulance Shimin Byouin

* Not necessary to arrive by ambulance, but you must call ahead to say that you are on your way Okanami and Nabari

Hospitals

July						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 Okanami	2 Nabari	3 Okanami Nabari	4 Nabari	5 Shimin	6 Nabari
7 Nabari	8 Okanami	9 Shimin	10 Okanami Nabari	11 Nabari	12 Shimin	13 Shimin
14 Okanami	15 Okanami	16 Nabari	17 Okanami Nabari	18 Nabari	19 Shimin	20 Nabari
21 Nabari	22 Okanami	23 Shimin	24 Okanami Nabari	25 Nabari	26 Shimin	27 Shimin
28 Okanami	29 Okanami	30 Nabari	31 Okanami Nabari			

Hours:

Shimin & Nabari

Weekdays:

From 17:00 to 08:45 the following day

Saturdays, Sundays & Public holidays

From 08:45 to 08:45 the following day

Hospital Okanami

Mondays 17:00 to 09:00 the following day

Wednesdays 17:00 to 08:45 the following day

Sundays 09:00 to 08:45 the following day

* If Mondays or Wednesdays are public holidays, then from 09:00 to 08:45

Ueno Sougou Shimin Byouin Tel 0595-24-1111

Okanami Sougou Byouin Tel 0595-21-3135

Nabari Shiritsu Byouin Tel 0595-61-1100

MIE CHILD HEALTH HOTLINE (みえ こども いりょう だいやる)

Advice hotline for problems related to child insurance and health, such as illness, worries about child-rearing, vaccinations and so on. You will be able to speak to a pediatric doctor free of charge. Please feel free to make use of this service.

【Appropriate for】 Children less than 18 years of age or their family members

【Telephone & Times】 **8 0 0 0 (059-232-9955)** Every day from 19:00 to 23:30

Advice & Counseling for Foreigners (がいこくじんのためのそうだん)

At City Hall, you can get advice relating to work problems, schools, health, insurance, retirement & pensions, child-rearing, housing, taxes, visas, or any other problems related to your day to day life. This service is free. If you have any problems or difficulties, don't leave them until later. Come to city hall for reliable, professional advice.

Day & time : Monday to Friday (except public holidays) from 9:00 to 17:00

Where : Ground floor of City Hall, in the **Shimin Seikatsu Ka** division TEL 0595-22-9702

There is another free service with an official agent for foreign residents, who can offer expert advice and help regarding public administration issues related to visas, marriages between foreigners, naturalising as a Japanese citizen and so on. In order to use this service you must make an appointment in advance. To do this, contact the Shimin Seikatsu Ka.

Time & date: 1st Thursday of every month (if this falls on a public holiday, the 2nd Thursday) from 1pm to 4pm.

Place : Ground floor of City Hall, in the **Shimin Seikatsu Ka** division TEL 0595-22-9702

Information for Foreigners (がいこくじんのためのじょうほう)

You can also find lots of useful and relevant information at the websites below:

伊賀市役所[Iga City] <http://www.city.iga.lg.jp/>

三重県[PortalMIE] <http://mie.portalmie.com/>

防災みえ[bousai MIE] <http://www.bosaimie.jp/> **For information about what to do during a disaster, look here!**

三重県国際交流財団[MIEF] <http://www.mief.or.jp/>

Japanese Language Classes & Learning Support Classes (にほんごきょうしつ & がくしゅうしえんきょうしつ)

Classes to help learn Japanese, and classes for children to help reinforce material learned in school

If you intend to stay in Japan for a long period of time it is very important and useful to speak Japanese. It is also very important if you have children who are going to Japanese schools. You can find support here. Let's study together!

Name	Iga Nihongo no Kai	Sasayuri Learning Support Classes
Times	Wednesday, 19:45 ~ 21:00 Saturday, 19:00 ~ 20:30	Saturday, 14:00 ~ 16:00
Place	Ueno Fureai Plaza 3rd floor	Ueno Fureai Plaza 3rd floor
Cost	200 yen each class	200 yen each class
Contact	TEL 0595-23-0912	TEL 0595-22-9629

Hot Topics (そうだんいんだより)

This summer, it is expected that there will be severe electricity shortages all across the country, and that there will be a particular shortfall in supply in Western Japan. As a result, the government has asked all of the main electricity providers for their cooperation in cutting back on electricity use. We would ask for your cooperation during this time.

Please note! Raising the AC temperature too high can result in heatstroke. Whilst it is important to save electricity, please do not put your own well being in jeopardy by doing so.

【Enquiries】 Kankyou Seisaku Ka TEL.0595-20-9105

Summer Safety Driving Campaign (なつのこうつうあんぜんうんどう)

Will take place between July 11~20

【Focus on】

Stamping out drink driving

Preventing accidents involving the young or elderly

Promotion of safe cycling

Checking for proper use of seat belts and child seats.

【Enquiries】

Shimin Seikatsu Ka TEL 0595-22-9638 FAX 0595- 22-9641



Extended opening hours for Ueno Library (うえのとしょかんじかんえんちょう)

During the summer months when use of the library increases, we will be extending the library's opening time by one hour, in order to let as many people as possible enjoy having access to books and reading. There will also be a presentation corner for young children, so please check it out.

【Extended opening hours】

Between July 20 (Sat) ~ August 31 (Sat)

【Opening Times】 09:00 ~ 18:00

【Closed】 Mondays, July 31 (Thu) (re-shelving days)

【Enquiries】 Ueno Library TEL 0595-21-6868 FAX 0595-21-8999



The bon holiday is also opening the city office (しゃくしょはおぼんやすみもあいています)

O-Bon is a festival that takes place during summer in Japan to honor ancestors. During this time, many people visit their relatives graves according to Buddhist customs. A lot of people have vacation over this period, but these are not actually public holidays. Government bodies and institutions such as city hall, the immigration authorities, banks, financial institutions and so on operate under normal business hours. Many people travel to their home towns or elsewhere, so trains and other modes of transport are often packed. If you are planning on going somewhere, make sure to give yourself plenty of time to get there!

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<http://www.city.iga.lg.jp>