



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	96,187
Foreign nationals	4,227
4.39%	
31th March 2014	

Brain Dock, Short Version Dock <のうどっく・かんい にんげん どっく>

"Nou Dock" (brain check-up) and Basic "Ningen Dock" (thorough health check-up)

The nou dock and basic ningen dock are available to all those enrolled in the Iga City National Health Insurance program to help them monitor their health.

How to Apply: On a postcard, write that you would like to use the nigen dock or simplified ningen dock service along with your address, name, date of birth and telephone number. Please use one postcard per person. If there are more applicants than ningen docks available, members will be chosen by lottery.

Deadline: Friday 9th of May

If members of your household are behind with national health insurance payments, it will not be possible for anyone in that household to use the service.

You cannot use both the nou dock and basic ningen dock services.



	Brain Dock	Short Version Dock
Eligibility	Enrolled in national health insurance, born between 2 June 1939 and 1 June 1974	Enrolled in national health insurance, born between 2 June 1939 and 1 June 1984
Max. number	340	630
Will take place between	2 June and 31 March 2015	2 June and 28 November 2014
Details	Body measurements, blood pressure, blood test, electrocardiogram, MRI, MRA etc	Body measurements, chest examination, blood pressure, blood test, urine test, stool test, liver test, kidneys test, body fat, blood sugar, uric acid, electrocardiogram, chest, abdominal x-ray
Locations	Okanami Hospital's KenkoKanri Center, Ueno Hospital's Kenshin Center	Various locations in Iga
Cost	9,000yen	8,500yen

- MRIs, MRAs etc will check for any abnormalities in brain function and change in blood flow which can result in a stroke.
- Men taking the short version dock can also have a prostate examination. This will cost 500 yen extra.
〒518-8501 Iga shi Ueno Marunouchi 116, Iga shi Kenkofukushibu Hoken nenkin ka.
TEL 0595-22-9659 FAX 0595-26-0151

* If all the places available are not filled during the first round, they will be advertised for a second time.

Make use of the Training and Fitness Rooms <トレーニング・フィットネスきょうしつ>

[Eligibility] Senior High School age and above

Training Room ...09:00 - 22:00 (until 21:00 on Tuesdays and Saturdays)

Usage is up to 2 hours per person

To use the room after 17:00, you must register three days in advance (except for Tuesdays and Saturdays)

[Cost] Registration 200 yen a year (Valid April 1st through March 31st of following year).

For first time registrations, you must first take an induction course. This includes:

Fee: 300 yen (150 for high school students) Tuesdays and Saturdays (13:00 - 21:00) 400 yen

Fitness Room (Aerobics, Calisthenics) ...Every Tuesday & Saturday 13:00 - 21:00

[Cost] 400yen per person (Buy 11 tickets for 4000 yen. Now on sale at Yume Dome.)

Measuring your Body Strength ...Every 2nd and 4th Saturday

Guage 10 different types of your body strength and have the results explained to you by a personal trainer.

Please enquire for further details and times.

[Enquiries] Yume Dome Ueno 0595-22-0590 FAX 22-0592



<MONTHLY TAX PAYMENTS> Pay by June 2nd

6がつのうげい

Light Motor Vehicle Tax Full Installment [Kei Jidousha Zei]
Shuu Zei Ka TEL 22-9612

2014 – Car Tax Payment Deadline <じどうしゃぜいのうふ>

If you are a car owner, have you remembered to post your Car Tax Payment Notification Form? This year's car tax payment deadline is June 2nd 2014. You can pay your car tax either using ATMs located in banks or by paying at major convenience stores. Please retain your receipt of payment when you pay your car tax at the bank or convenience store as you will need this for your next vehicle inspection. Please keep it in a safe place. 77% of car owners paid their car tax on time for the Heisei 23 (2012) financial year. If you do not pay your car tax by the deadline you will incur a penalty fee for each day your payment is delayed. In addition, those who fail to pay their car tax despite our demands will be means tested and may face repossession of their assets equal to the amount of taxes unpaid. Every year there are thousands of cases where we have had to carry out repossessions to reclaim unpaid taxes. Car tax makes up 14% of the prefecture's tax income and is an important source of revenue; it is used to fund the maintenance of roads and rivers, to develop industry and to promote education, culture and sports. Paying tax is one of the duties we all have as members of society. Please pay your tax by June 2nd 2014.



Child Allowance & Special Child Allowance <じどうてあて・とくべつじどうふようてあて>

You must apply for this allowance in order to receive it. This system is designed for families where due to divorce etc, the mother or father has difficulty providing financially for their children (single parents families).

Child Allowance

Who can apply

Anyone who fulfills the following conditions, and who is caring for a child up until the 31st of March after the child's 18th birthday

Children with greater than mild physical or mental disabilities can receive the allowance until their 20th birthday.

Children of parents who after divorce have an uneven income

Either the child's mother or father has passed away

Children of severely disabled parents (Grade 1 of the National Pension scale)

Children who were born out of wedlock

Children whose parents are missing etc

Special Child Allowance

This system is to provide for the welfare of the physically and mentally disabled up until their 20th birthday.

Who can apply

Parents or carers of physically or mentally disabled children up to the age of 20.

Holders of between Grades 1 to 3 Physical Disability certificates (*shintai shogaisha techo*)

Children with medical certificates graded as having severe or medium grade mental disability, or with a mental disability to the same degree

Special Welfare Benefits and Child-rearing Households Extraordinary Special Benefits

<りんじ ふくし きゅうふきん こそだて せたい りんじ とくれい きゅうふきん>

Special Welfare Benefits

[Eligibility] Those who fulfill all 4 of the following conditions

- (1) A resident of Iga as of 1 January 2014 (including non-Japanese nationals)
- (2) Exempt from municipal tax (*shichosonzei*) per-capita for fiscal year 2014.
- (3) Not in the care of or spouse of someone who is required to pay municipal tax per-capita for fiscal year 2014.
- (4) Not a guardian under the welfare system

Child-rearing Special Welfare Benefits

[Eligibility] Recipient of Child Allowance (including extraordinary benefits) for January 2014, and the income for the year 2013 is within the stipulated limit required for receipt of child allowance.

[Amount Available] 10,000 yen per eligible individual. However, if eligible for two payments, you can only take one.

[Application Period] 1 July 2014 - 30 September

For further details, see the May 15 edition of *Koho Iga* or the June English language edition of this newsletter.

Do you want to set up a booth at the Festa this summer? <しゅってん ぼしゅう>

Would you like to have a stall at the Summer Nigiwai Festa?

The Iga International Friendship Association can assist you if you would like to set up your own stall at the Nigiwai Festa. The Association can do the necessary application paperwork on your behalf.

Number of stalls we can assist: 6 Deadline: 14:00, Friday 30 May

Fee: 3,500 yen (cost of renting a stall and application fee) Please prepare electricity, gas and tents etc by yourself.

You can also pay to rent these from the Association.

Summer Nigiwai Festa 2014

Date: Sunday 24th August 2014 Venue: Ginza Doori, in central Iga

Enquiries & Applications: Iga International Friendship Association

TEL 0595-22-9629 (Japanese)



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】 27th May (Tues) from 12:50 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 (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】 22th May (Thurs) from 12:50 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) Iryou Fukushi Seisaku 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 Kayamachi 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	9 : 0 0 ~ 1 2 : 0 0
holidays, year end	1 4 : 0 0 ~ 1 7 : 0 0
holidays	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

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

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

【Place】 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 13:00 to 16:00

【Place】 Ground floor of City Hall, in the **Shimin Seikatsu Ka division** Tel. 0595-22-9702

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	JICE (for free)	Sasayuri Learning Support Classes
Times	Wednesday 19:45~21:00 Saturday 19:00~20:30	Level 1 _Start from 3 June , Mon-Fri AM9:30~12:30 Placement Test 27 May	Saturday 14:00~16:00
Place	Ueno Fureai Plaza 3rd Floor	Level 2 _Start from 2 June ,Mon,Tue,Thu,Fri PM7:00~9:00 Placement Test 26 May	Ueno Fureai Plaza 3rd Floor
Cost	200 yen each class	[Place] Iga shi Yumegaoka1-1-4 Yume police center [contact] Hello Work Iga Tel.0595-21-3221	200 yen each class Tel. 0595-22-9629
Contact	Tel. 0595-23-0912		

* Iga Nihongo no Kai Barbecue

On Sunday 8th of June there will be a barbecue for the friends and family of students from Nihongo no Kai. If you would like to come, please register in advance. Cost: 1000 yen per adult, 500 yen per child.

Hot Topics <そうだんいん だより>

【Iga Food Market】

いが フードマーケット

Come along to this food market, which will stock local specialties such as Iga Beef, Iga Rice, Iga Sake, Japanese *Wagashi* etc.

The recently rebuilt Ueno-shi Station area which has become the new gateway to the city will be the flagship area for promoting Iga, lined with many shops specialising in local foods.

We are also accepting applications from those who would like to have their own booth during the market, to promote business.

【Time】 Every second Sunday 10:00 - 15:00

【Location】 Open area in front of Ueno-shi Station

【Booths】 Approx. 50

【Enquiries】 Machizukuri Iga Ueno Ltd. 050-5204-2828

<http://dacolabo.org/market/>

【Sakura Recycling Centre Business Hours on Weekends】

さくらリサイクルセンター きゅうじつのかいじょうのおしらせ

June 1st, August 3rd,
October 5th, December 7th,
February 1st
(1st Sunday of evenly numbered months)

For residents of the Iga Northern Regions, you can take your garbage to the collection point directly.

Garbage accepted on these days will be limited to regular household garbage and garbage from residents associations, business premises, organisations etc that are carrying out local, environmentally-friendly activities (*kankyo bika katsudou*).

【Enquiries】 Sakura Recycle center 0595-20-9272

【Greater Eligibility for Welfare and Medical Fees Grant】

ふくし いりょう かくだい

Grants for the medical costs of junior high school students who require hospitalization will be available from September of this year.

【Eligibility】 Junior High School students who are resident in Iga and enrolled in a medical insurance programme.

If the guardians income is within the stipulated limit

【Details】 Support for the amount paid by the individual for medical expenses during hospitalization (except for high-cost medical care, etc).

Since certificates of eligibility are not issued for junior high school students there is no need to apply in advance. Please apply after admission to the hospital.

Please note that you cannot receive this grant if over two years have passed since the medical consultation.

【Enquiries】 Hoken Nenkin Ka 22-9660 FAX 26-0151