

The city where everyone wants to live

広報 ひこね (英訳版)

Community Newsletter,

*Koho HIKONE*

(Abridged Edition)

<http://www.city.hikone.shiga.jp/english/index.html>

Nos.1329-1330

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2015.4



- When you call by cellular phone, you need to include the regional number (0749) before the local Hikone phone number given above.
- Interpreters are available if you request this service at the reception desk.  
Please say “eigo tuyaku onegaishimasu.” We might change the interpreter’s available time.  
City Hall: Weekdays 8:30 ~ 12:00 13:00 ~17:15
- Telephone Consultation Service for Foreign Residents  
Wednesday: 10:00 ~ 12:30 13:30 ~ 16:00
- “Koho Hikone” foreign language versions by Hikone City is issued once every month.  
This newsletter is available at
  - \* Head Post Office
  - \* Viva City 2F(near the children play ground)
  - \* Yujin Yamazaki Hospital
  - \* Shiga Bank (Oyabu Branch)
  - \* Jinno Clinic
  - \* “Gyomu Super Market” (Toga-cho)
  - \* Friendmart (Jizou Shop)
  - \* Beisia Hikone

【Hikone International Lounge News】

Computer use is free in the Hikone International Lounge. We are waiting for your use!!

# Hikone Castle *Sakura* Festival

**Wednesday, April 1 ~ Monday, April 20**

During the period, you can enjoy night viewing of illuminated cherry blossoms from sunset to 21:00. The period might be changed depending on the state of blooming. The traffic will be controlled from the end of March. Please visit our website, <http://www.hikoneshi.com> (Hikone Sightseeing Association)

## \* Notice for Traffic Regulation

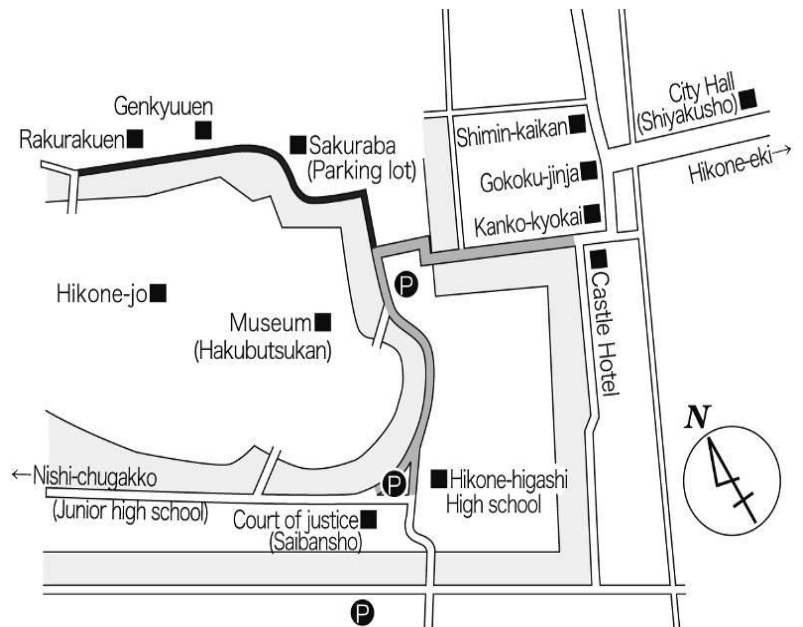
Please come to the castle by public transportation in order to avoid traffic congestion. Do not park on the streets. We will strictly enforce the traffic regulation in the castle area to prevent accidents.

## \*Traffic Regulation Area & Time

The north intersection of the stable ~ *Kuromon* gate Everyday 9:00 ~ 22:00 (closed to all vehicles)

Irohamatu pine tree avenue ~ Hikone Higashi High School

When the cherry blossoms are in full bloom 9:00 ~ 18:00 (closed to all vehicles)



## INFORMATION

### **☆Please Don't Drain Engine Oil out into the Public Sewerage**

There was a case where mineral oil such as engine oil drained into the public sewerage recently. These mineral oils are difficult to treatment at the sewerage plant and lead to malfunction. Besides, Volatilize oil such as gasoline and kerosene are the cause of the accidental explosion. Please be sure not to drain engine oil, gasoline and kerosene into the public sewerage.

Inquiries: Water and sewage service division

Tel.22-5458 Fax. 22-5433



### **☆Notification System Re. Residence Record**

Please register yourself for this system; you will be notified by us that a copy of your Residence Record is delivered to a proxy or a third person when it happens.

The valid period is to be eternal from April 1, 2015 (used to be three years from the date of application). Those who have already registered do not need to apply.

In case your address, name and the content of registration is changed or you want to stop registration please visit the Citizen's Affairs Division Tel. 30-6111 Fax 22-1398

**☆National Pension Premium for 2015 was Revised to ¥ 15,590 a Month**

From April, 2015 to March, 2016, the National Pension Premium is to be ¥ 15,590 a month. (Until March this year it was ¥ 15,250 a month.) You can get a discount by advance payment in cash. The deadline is April 30 (Thur.).

Advance payment for a year: ¥ 183,760 (¥ 3,320 discount)

Advance payment for half a year: ¥92,780 (¥ 760 discount)

In Japan, all citizens aged 20 to 59, including foreign residents, should join the National Pension system and pay the premium. Also, in the following cases, you have to report to the City *Hoken Nenkin-ka*, its branches or Hikone *Nenkin-jimusho*. Be careful if you fail to report, you may receive a lower amount of pension or sometimes you may not have your pension.

1. When you become 20 years old. (Procedure is accepted from the day before your birthday.) Those who are the members of the social security pension (for company employees) or the mutual-aid society pension (for public workers) and their spouses are excluded.
2. When you quit working. If you have a dependant spouse, you have to report for the spouse, too.
3. When you are no longer a dependant family member of 2<sup>nd</sup> number insured person. For example, if you get a larger income or if you become divorced.

\* There are three kinds of insured persons in the National Pension system.

- (1) 1<sup>st</sup> number insured person: a citizen aged 20 to 59 who lives in japan such as a self-employed business owner, an agriculturist, a fisher, a student and so on.
- (2) 2<sup>nd</sup> number insured person: a member of the social security pension or the mutual-aid society pension and is younger than 65 years old.
- (3) 3<sup>rd</sup> number insured person: the spouse who is a dependent on the 2<sup>nd</sup> number insured person and is aged 20 to 59.

Inquiries: *Kokumin-nenkin-ka*, Hikone *Nenkin-jimusho* (Tel 23-1114, Fax 23-9038)

**☆Registration and Prevention Injections Against Rabies for Your Dog**

It is the owner's responsibility to register your dog and to get your dog injected. Be sure to get your dog injected once every year.

**• Dogs that need this injection:**

Any dog that is 91-days-old and over

• **Charge:** Registered dog ¥3,400

Unregistered dog ¥6,400

※Disabled persons' aid dogs are exempt from the charge.

※Please bring exact change.

**“Important Notes before you bring your dog” ...**

- 1) Bring an invitation postcard and your dog registration card with you)
- 2) If you have an unregistered dog, bring a memo with the owner's name, address, phone number, the dog's name, kind, date of birth, and sex.
- 3) The dog must be accompanied by a person who is able to control it.
- 4) Please bathe the dog before coming to the Center.
- 5) If your dog can not get this injection at the designated place unfortunately, be sure to get it from a family veterinarian
- 6) Please clean up if your dog has a bowel movement.
- 7) Be sure to attach a leash to your dog's collar, unless it is a guide dog.

★Be sure to put a dog tag which proves a previous injection, on the collar

★When the owner changes their address or your dog has passed away, please notify it Consumer Affairs and Environment Division. You can download a notification form from Japanese Hikone Website.

Inquiries: Consumer Affairs and Environment Division  
Tel. 30-6116 Fax. 27-0395

**Schedule**

Date	Time	Place	
April	13 (Mon)	11:00 ~ 11:30	<i>Shingai-cho</i> Community Center
		13:00 ~ 13:30	<i>Inae</i> Brnch
		14:15 ~ 14:45	<i>Honryo-cho</i> Community Center
	15 (Wed)	9:30 ~ 10:45	<i>Naka-chiku</i> Community Center
		11:15 ~ 11:45	Visually Impaired Center
		13:30 ~ 14:00	<i>Toriimoto</i> Community Center
	17 (Fri)	10:00 ~ 11:00	City Welfare Center (Hirata-cho)
		13:30 ~ 14:15	Green Pea <i>Hikone</i>
	20 (Mon)	9:30 ~ 10:15	<i>Hikone</i> City Hall Bicycle Parking Lot (north side)
		11:00 ~ 11:30	<i>Koto</i> Health & Welfare Office (Wada-cho) ( <i>Hikone</i> Health Center)
		13:30 ~ 14:15	<i>Higashi-nonami</i> Hall
	22 (Wed)	10:00 ~ 11:00	<i>Minami</i> Community Center
		11:30 ~ 12:00	<i>Hikone San Palace</i>
		13:30 ~ 14:00	Martial Arts Training Hall
	24 (Fri)	10:00 ~ 10:30	<i>Inabe-cho</i> Community Center
		11:00 ~ 11:30	<i>Kameyama</i> Branch
		13:30 ~ 14:00	Human rights & Welfare Exchange Hall
	27 (Mon)	10:00 ~ 11:00	<i>Takamiya</i> District Culture Center
13:30 ~ 14:30		<i>Asahinomori</i> Community Center	
May	12 (Tue)	10:00 ~ 10:30	Green Pea <i>Hikone</i>
		11:00 ~ 11:30	<i>Kawase</i> Branch
		13:30 ~ 14:00	<i>Hikone</i> City Hall Bicycle Parking Lot (north side)
	14 (Thu)	10:00 ~ 10:30	<i>Hara-cho-nishi</i> Meeting Place
		11:15 ~ 11:45	City Welfare Center (Hirata-cho)
		13:30 ~ 14:00	<i>Inae</i> Brnch



## ☆Information from Sanitation Center



★The garbage Collection on May 5 & 6 (Holidays) is as follows.

	May 5 (Tue)			May 6 (Wed)		
Garbage collection	Burnable Garbage	Plastic Waste	Bottles	Plastic Waste	Ceramics & Other items	Cans & Metal
	Area of Tuesday			Area of Wednesday		
Direct Drop-off garbage to the Center	×			×		

※For more information, please refer to “the Garbage Collection Calendar for the fiscal year 2015”

※Please don't park cars or etc. in front of community's collection places.

Inquiries: The City Sanitation Center Tel. 22-2734 Fax 24-7787

## ☆Continuous Holidays (Golden Week) Emergency Clinic

### 《Emergency Medical Guide》

Emergency Medical Information system of Hikone City & Inukami county area Tel: 23-3799

### 《Emergency Clinic for Sundays & Holidays》

at **Kusunoki Center 1F (Next to Hikone Municipal Hospital)**

(Hassaka-cho 1900-4) Tel: 22-1119

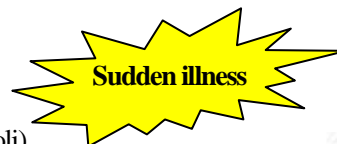
Date & Time: April 29 (Wed. Holi)

May 3 (Sun. Holi), 4 (Mon. Holi), 5 (Tue. Holi) and 6 (Wed. Holi)

10:00 ~ 19:00 (application till 18:30)

Treatment Subjects: Internal medicine & Pediatrics

※Don't forget to bring the patient's Health Insurance Card.



### 《Emergency Dental Clinic》

Hours: 9:00 ~ 15:30

May 3 (Sun. Holi.) Shimano Osamu Dental Clinic (Nakayabu 1-chome 1-10) Tel: 26-1825

May 4 (Mon. Holi.) Yoshida Dental Clinic (Serikawa-cho 1463-11) Tel. 24-2700

May 5 (Tue. Holi.) Imamura Dental Clinic (Takamiya-cyo 2000) Tel. 22-0724

## City Organization is to be Changed Partly

### Medical Welfare Promotion Division is to be set up.

In addition to the service with home medical care and measures for senile dementia, which Health Promotion Division has been carried out until recently, City will provide elderly people more service to fulfill support for their lives and set up a new division, Medical Welfare Promotion Division to promote it.

### Support for child rearing, children & young people will be improved.

Support service system for child-rearing and encouragement of the next generation will be reorganized into following divisions.

Matters of concerning preschools → Early Childhood Division

Matters of concerning a single parent home and consultation about domestic child → Children's Welfare Division

Matters of concerning local child-rearing support or sound raising of child and youth → Child & Youth Affairs Division

### Organization of Hikone Municipal Hospital

To receive the specialized medical care appropriately, the departments at Hikone Municipal Hospital are ramified as follows;

The internal Department → Gastrointestinal Medicine  
Haematological Medicine  
Diabetes and Sacchar Metabolic Disorder Medicine  
Internal Medicine

The Surgical Department → Brest Surgery  
Gastrointestinal Surgery  
Surgery



Inquiries: General Affairs Division at Hikone Municipal Hospital

Tel. 0749-22-6050 / Fax. 0749-26-0754 (Extension 3522)

**☆About the Latter-stage Elderly (over 75-year-old) Medical Care Premium**

A reduction range of latter-stage elderly (over 75-year-old) medical care premium is expanded from April. Target person will be received the notification of the amount of medical care premium in the middle of July.

Inquiries: City Insurance Premium Division Tel. 0749-30-6145 / Fax 0749-21-2220  
 Shiga Prefecture Latter-stage Elderly (over 75-year-old) Medical Care Association  
 Tel. 077-522-3013



**☆Hikone City will Subsidize a Part of the Housing Remodeling Works for the Residents only if the Corporations or Private Construction Companies Which They Use Have Bases in Hikone.**

The amount of subsidy: 10% of the target construction fee, the upper limit is ¥100,000  
 (Disregarding fractions of less than ¥1,000)

The first acceptance period: Wednesday, April 1~ Friday, May 15  
 ※8:30am~5:15pm weekly only

Inquiries: Commerce and Industry Division Tel.30-6119 Fax.24-9676



**☆Special Disability Allowance and Disability Child Allowance**

Regarding the special child welfare allowance, we provide the target person with the allowance once every four months for the purpose of promoting a children’s welfare.

Regarding the special disability allowance and the disability child allowance, we provide the targeted person with the allowance once every three months for the purpose of reducing your payment.

There will be changes to the amount of special disability child allowance as follows.

	~March.2015	April.2015~
Special child welfare allowance	1 <sup>st</sup> class ¥49,900 / month 2 <sup>nd</sup> class ¥33,230 / month	1 <sup>st</sup> class ¥51,100 / month 2 <sup>nd</sup> class ¥34,030 / month
Disability child allowance	¥14,140 / month	¥14,480 / month
Special disability child allowance	¥26,000 / month	¥26,620 / month

Inquiry: The Challenged People Division Tel: 27-9981 Fax: 26-1767

**☆Subsidy for Taxi Fare and Car Fare for the Challenged People**

The subsidy ticket will be issued to the challenged people to encourage them to actively participate in the society. Application is required.

Application & Inquiries: The Challenged People’s Welfare Division: Tel. 27-9981 Fax 26-1767



**☆Modification of Welfare Service for the Challenged People from April 2015**

- 1 Partial modification of “the General Support Law for the Challenged People” and “Children’s Welfare Law”
- 2 Improvement of the Support and Consultation System
- 3 Improvement of the Support for the Challenged people at the higher level in order to improve their local life
- 4 To the challenged children/ people with seeing impairment the subsidy will be partially paid when they buy a blood pressure tester, in case it is inevitable for their life, or a radio for themselves.
- 5 Improvement to support the workers for the welfare service( limited to the fiscal year of 2015)

Inquiries: The challenged People’s Welfare Division: Tel. 27-9981 Fax 26-1767



## ☆School Expense Subsidies System

School expense subsidies are provided for families: Guardians who have a Resident's Certificate in Hikone City and have financial difficulties, and their children are attending municipal elementary school or junior high school in Hikone City. The subsidies are to be used for a part of lunch and school supplies. The guardians listed below can get the school expense subsidies.

- ▼Those who are exempt from taxation or qualified for reduced taxation.
- ▼ Those who are provided with "Allowance for Single Parents"(jidou fuyou teate) not "Children's Allowance"(jidou teate)
- ▼If the guardian "Social Welfare/Livelihood Protection" is stopped or has expired
- ▼Others: Those that the Board of Education admits are eligible for it.

Content: school subsidies, School lunches, school trips, etc

How to apply: The application form is available at each school and junior high school and at the Board of Education (Civic Center 2F) Please fill in the forms and apply for the subsidy at each school.

※For families who did not live in Hikone City as of January 1, 2015, the Income Certificate(such as Tax Certificate of 2015 which shows the income of 2014) needs to be attached to the application form.

※You can apply in the middle of the fiscal year, subsidies are provided monthly after The application is accepted.

※If you can apply at school between the 16<sup>th</sup> and the end of the month subsidies are provided from next month.

Inquiries: School Education Division, the Board of Education  
Tel.24-7973 Fax23-9190



## Wai Wai Hiroba" Let's go to the Community Center.

Will you join "Wai Wai Hiroba" and play together with other children , parents and grand parents?  
Exchanging experiences about child care and making friends.

- Date & Place \*The schedule will change because of national holiday.

Place	Date
South Senior Citizen's Welfare Center (Tahara-cho)	Every 4 <sup>th</sup> Friday ( The 2 <sup>nd</sup> Friday on December 2015 ) from April 2015 to March 2016.
Nishi-chiku community center (Honmachi 1cho-me)	Every 3 <sup>rd</sup> Thursday
Asahinomori-chiku community center (Shoboji-cho)	Every 3 <sup>rd</sup> Thursday (The 4 <sup>th</sup> Thursday on June, August 2015, January and February 2016)
Kawase-chiku community center (morido-cho )	Every 2 <sup>nd</sup> Tuesday ( The 1 <sup>st</sup> Tuesday on August 2015)
Naka-chiku community center (ooyabu-cho)	Every 2 <sup>nd</sup> Wednesday ( The 4 <sup>th</sup> Wednesday on August 2015)
Toriimoto-chiku community center (Toriimoto-cho)	Every 1 <sup>st</sup> Tuesday (The 2 <sup>nd</sup> Tuesday on May and November 2014)
Takamiya area culture center (Takamiya-cho)	Every 3 <sup>rd</sup> Thursday from April 2015 to March 2016

- Time : 10:00 ~11:30
- Fee : Free
- Reservation is not necessary.
- Inquiries : Child & Youth Affairs Division Tel:49-2251 Fax: 26-1768
- ※ There are no interpreter.



## EVENT

### **“World Autism Awareness campaign”**

**Development Disorder Enlightenment Week April 2 ~ 8**



April 2<sup>nd</sup> is “World Autism Awareness Day” as designated by the United Nations in 2007.

To promote this campaign, many major buildings and places throughout Japan is illuminated in blue light every year. The main building of Hikone Castle is also illuminated in blue light from 18:30 to 21:00 at April 2<sup>nd</sup> for the first time in Shiga Prefecture.

Inquiries: World Autism Awareness Day in 2015, Hikone Castle Blue light-up Executive  
Tel. 090-4036-4510

### ☆**“HIKONE DE ASAICHI” (The Fresh Morning Market in Hikone)**

Selling local fresh vegetable, bean curd, soy sauce, and local lake sea foods under the concept "Safety food" "Local production for local consumption" "Handmade".

Date & Time: Sunday, April 19 8:00~12:00

Place: Gokoku-*Jinja* (shrine) (Osue-cho)

Inquiries: “HIKONE DE ASAICHI” Executive Committee

Tel 24-4461

E-mail: [hikonedeasaichi55@gmail.com](mailto:hikonedeasaichi55@gmail.com)

### **Stall for Rent ---- Hikone Eco (Ecological) Market *Yumebatake* ----**

Date & Time: Monday, May 4 10:00 ~ 15:00

※In case of rain, It will be canceled

Place: *Kojinyama-koen*

Stall Fee: 500 yen for one.

Application deadline: Thursday, April 23

How to apply: Please send a double postcard to “The Living Environment Division”

(〒522-8501 4-2 Moto-machi Hikone)



The initial half of the double postcard----- ①Your Address, ②Name, ③Phone number④Item for sale,  
⑤The number of participants,  
⑥The license number of the vehicle to use for unloading,  
⑦Desired date of stall

The return of double postcard----- ①Your Zip code, Address, ②Name

Inquiries: The Living Environment Division Tel. 30-6116 Fax. 27-0395

**Closed: Mondays**

**Ticket Reservations & Inquiries: The Ticket Center** Tel. 27-5200 9:00 ~ 19:00

※Nursery service and special bus service are different for each event. Please ask at the ticket center.

※Tickets are available online at: <http://bunpla.jp/> You can pick up the tickets at the Plaza or Family-Mart.

Notice – How to purchase tickets for all events. (Ticket prices are all including tax)

\* Reservations by phone or online only are available on the first sale day for each event.

\* Tickets are sold or handed over at the window from the next day.(except closed days)

\* Students, challenged people, people of age of 65 and over or sixtieth birthday pass will be asked to present the certificate.

※New plaza friendship members are invited.

※Recruiting for Supporters (steering volunteers)

Inquiries: The Plaza Tel. 26-8601

**Echo Memorial Chamber Orchestra Concert “Bouquet of Excellent Music 2015” in the Echo Hall**

Date & Time: Sat. April 4 14:00 ~

Tickets: ¥3,000 College student or under -- ¥1,500

The Plaza friendship member, challenged person or age of 65 and over -- ¥2,700

※Each of the ticket fees will be ¥500 more on the day.

※No entrance for preschool children or younger.



**A Lecture on Opera with In-Depth Information in Hikone Vol. 8 “Merry · Widow” in the Echo Hall**

An out of school lecture by Osaka Music College

Date & Time: Sun. April 12 14:00 ~

Tickets: ¥2,000 (¥2,500 on the day)

The Plaza friendship member -- ¥1,800 (¥2,300 on the day)

**Takagi Michie Soprano Recital in the Echo Hall**

Date & Time: Sun. April 26 14:00 ~

Tickets: ¥3,000 Pair Tickets: ¥5,000



**A Piacere! – The 6<sup>th</sup> Performance by The Plaza Echo Hall Piano Members in the Echo hall**

Date & Time: Wed. Holi. May 6 14:00 ~

Tickets: ¥500 \* Free for students.

※Tickets are available at the Plaza only.

※All ages OK



**Musical by Hoshi Group of Takarazuka Musical Drama Company in the Grand Hall**

Date & Time: Tue. June 30 ①14:00 ~ ②18:00 ~

Tickets: S seat (1<sup>st</sup> & 2<sup>nd</sup> floor) -- ¥7,300 A seat (2<sup>nd</sup> floor) -- ¥5,500

The Plaza friendship member, High school, vocational school or college student, challenged person or age of 65 and over -- S seat (1<sup>st</sup> & 2<sup>nd</sup> floor) -- ¥6,570 A seat (2<sup>nd</sup> floor) -- ¥4,950

\* Reserved seats only.

※No entrance for preschool children or younger.

**Syochiku Grand Kabuki Pre-seminar before Performance (Sat. July 18) in the Messe Hall**

Date & Time: Sun. May 31 14:00 ~

Tickets: ¥500 The Plaza friendship member -- ¥300

\*The ticket will be ¥100 when you buy the Syochiku Grand Kabuki (7/18) ticket by 5/30 (Sat) and present the ticket.

※No entrance for preschool children or younger.

**Syochiku Grand Kabuki by Nakamura Hashinosuke and some other people in the Grand Hall**

Date & Time: Sat. July 18 ①12:30 ~ ②16:30 ~

Tickets: 1<sup>st</sup> seat -- ¥7,000 2<sup>nd</sup> seat -- ¥5,000 3<sup>rd</sup> seat -- ¥3,000 ※Tickets go on sale from Sat. April 18.

Student (under college student), challenged person or age of 65 and over --

1<sup>st</sup> seat -- ¥6,700 2<sup>nd</sup> seat -- ¥4,700 3<sup>rd</sup> seat -- ¥2,700

The Plaza friendship member -- 1<sup>st</sup> seat -- ¥6,500 2<sup>nd</sup> seat -- ¥4,500 3<sup>rd</sup> seat -- ¥2,500

※Tickets go on sale from Sat. April 11.

\* Reserved seats only

※No entrance for preschool children or younger.



# Consultation



	Date & Time	Place	Contents
Human-Rights Counseling	April 1 & 15 (Wed) 13:00 ~ 15:00	Counseling room (City Hall 1 F)	Counseling about bullying and all acts of discrimination Tel. 22-0242
Tax Payment Consultation	April 19 (Sun) 10:00 ~ 16:00	Tax Collection Division (City Hall 2F)	Consultation about the payment of the city duty ※If you need an English interpreter, please ask in advance Tel.30-6109
Law Consultation	April 24 (Fri) 13:00 ~ 16:00 (by reservation )	Community Relations Division	*5400 yen per 30 minute session (Please pay on the consultation day) *The first 6 people from 8:30 on April 15) *Only those who live or work in Hikone Tel. 30-6117 Fax. 22-1398
Child・Family Consultation	Every Mon. ~ Fri. (except holidays) 8:30 ~ 17:15	Consultation Room for Children	Child care issues, child abuse, domestic violence etc Tel. 23-7838 Fax. 26-1768
Traffic Accident Consultation	Every Tue & Thur ①9:00 ~ 12:00 ②13:00 ~ 16:00	Koto Joint Government Building 2F	Consultation by telephone is also available Tel. 27-2230
Consumer Life Consultation	Every Mon. ~ Fri. (except holidays ) ①9:00 ~ 12:00 ②13:00 ~ 16:15	City life Environment Division (City Hall 1 F)	Consultation about the trouble of consumer life, contracts, etc Tel. 30-6144
Multiple Language Telephone Consultation	Every Wednesday (except holidays) ①10:00 ~ 12:30 ②13:30 ~ 16:00		Japanese customs and rules, procedures at public offices, troubles in daily life Tel. 27-2400



**☆Breast Cancer Checkup and Urine Cancer Checkup**

◀Breast Cancer checkup▶

Please apply beforehand by telephone (24-3719) or Internet.

\*we cannot accept application at City Hall and Branches.

☆**eligibility:** women aged 40 and over as of March 31 2016 who live in Hikone city

☆**Date:** until February 26 (Fri) 2016

\* See and touch, 2way-mammography check for 40~49year-olds.

\* See and touch, 1way-mammography check for 50year-olds and over

\*when you have breast cancer checkup

1. Please apply beforehand by telephone (23-3719) or internet.

2. We will send you tickets.

3. Please go to a medical institution with the ticket and checkup fee (500yen) after reservation.



Hospital	Telephone	Reservation
Hikone Municipal Hospital Checkup Center (hassaka-cho)	22-6058	need
Toyosato Hospital (inukami-gun)	35-3001	need
KKC wellness Hikone physical checkup Clinic(hurusawa-cho)	050-3541-2265	need

※Please ask for details. Tel 24-0816 Fax 24-5870

◀Uterine Cancer checkup▶

☆**eligibility:** women aged 20 over as of March 31 2016 who live in Hikone

☆**date:** until March 31(Thu) 2016

☆**Fee:** ¥500

☆please go to the following clinic directly with the check-up fee (500yen).

Some clinics might require a reservation .Please inquire at the clinic for more information.

Hospital	Reservation	Hospital	Reservation
Adachi OB/GYN Clinic ( sawa-cho ) Tel. 22-2155	No need	HayashiOB/GYN (take-ga-hana-cho) Tel. 26-0528	No need
Jinno OB/GYN clinic (chuo-cho) Tel. 22-6216	No need	Yamashita Clinic (nagasone-cho) Tel. 24-5290	Need
Jinno OB/GYN clinic Alice ( hassaka-cho ) Tel. 29-9025	No need	Hikone Chuo Hospital (nishiima-cho) Tel. 23-1211	Need
Jinno OB/GYN clinic Sophia (kawasebaba-cho) Tel. 25-5566	No need	Hikone Municipal Hospital (hassaka-cho) Tel. 22-6050	No need
KKC wellness Hikone physical checkup Clinic(hurusawa-cyo) Tel. 050-3541-2265	Need		

The check-up is available not only at the above-mentioned clinics but at any OB/GYN clinics in Shiga prefecture.

※Please ask for details. Tel 24-0816 Fax 24-5870 The Health Promotion Division

※This breast cancer check-up and uterine cancer check-up are not suitable for those who are pregnant or may be pregnant.

※This breast cancer check-up is not suitable for those who are nursing, or have had a pacemaker inserted or have had breast enlargement surgery.

※This uterine cancer check-up is inadequate for those who are during their menstrual period or have had the uterus removed.

※ Those who have subjective symptoms or go to hospital regularly, please ask the clinic directly.

※Once every two years for breast and uterine cancer checkup.

Those who have checked for breast and uterine cancer from April 1 2014 to March 31 2015 cannot have a checkup.

Those who have a Hikone-issued free coupon this fiscal year are eligible for it even if they had a checkup last year.

**The medical checkup fee for the following people will be free.**

①Those who are 70 years old or older on the completed years on the checkup day.

②Those who are eligible for medical service of the elderly (65~69years old).

③Those from the household with livelihood protection

④Those from the household with exemption from the inhabitant tax.

A certificate of exemption from personal payment is required.

Please bring your HANKO and apply for it at the Health Promotion Division by the day before your checkup. You can get an application from the Hikone-city web site.

**☆Rakuraku Kin-en (quit smoking easily)**

**Consultation**

Date & Time: Wed. 8. April

①9:00~ ②10:00~ ③11:00~

Place: Kusunoki Center 2F

Capacity: 1 person / each time slot (reserved)

Contents: Cigarette tests

Check for your lungs' contamination  
(Measure the carbon monoxide density in your exhalation.)

Check for your addiction to cigarettes  
(Measure the nicotine density in your urine)

Consultation on how to quit smoking

Inquiry: Health Promotion Division [Tel. 24-0816](tel:24-0816) Fax .24-5870



**☆Eating Habit Consultation**

Eating-habits advice for a new life

Do you have any questions about making meals and getting a balanced diet?

Date & Time: Mon. 6. April ①9:00~ ②10:30~

Capacity: 1 person each time slot (reserved)

Place: Kusunoki Center 2F

※any consultations concerning your meals are also available.

Inquiry: Health Promotion Division [Tel. 24-0816](tel:24-0816)

Fax. 24-5870



**☆Baby Salon**

Date & Time : Tuesday, Apr 7 9:45~11:30 (acceptance 9:30~9:45)

Place: Children's center multi-purpose room

Eligibility: 2~6-month old infants & their guardians

Things to bring: your Maternal and Child Health Handbook, a bath towel

Contents: Exchanging experiences about child-raising and making friends

**☆NYUYOJI KOBETSU SODAN(Individual consultant for infants)**

Please bring your Maternal and Child Health Handbook,

●Date & Time : Thursday, Apr 9 & 23 9:30~11:00

Place: *Kusunoki Center 1F ( Next to Hikone Municipal Hospital )*

\*Consultation by a nutritionist is available on Thursday, Apr 23.

※We unified the place "NYUYOJI KOBETSU SODAN" from April 2015.

If you want to know your baby's weight , Please use the scale for infant at Kusunoki Center or Children's Center.



**☆Weaning Period Consultation**

\* Let's give food twice a day.

Date & Time: Friday, Apr 3 9:45~11:30 (Acceptance 9:30~9:45)

Place: *Kusunoki Center 2F ( Next to Hikone Municipal Hospital )*

Eligibility: 7~8 months old infant & their guardians

Things to bring: your Maternal and Child Health Handbook



**☆Health Check-ups for Infants**

**April**

*Kusunoki Center 1F(Next to Hikone Municipal Hospital )/ 13:00~14:00*

4-Month-Old Babies	21(Tue)	Born between Dec 1 and 15, 2014
	28(Tue)	Born between Dec16 and 31, 2014
10-Month-Old Babies	15 (Wed)	Born between June 1 and 15, 2014
	22(Wed)	Born between June16 and 30, 2014

*Kusunoki Center 1F( Next to Hikone Municipal Hospital ) / 13:00~14:00*

18-Month-Old Babies	10 (Fri)	Born between Sep 1 and 15, 2013
	17 (Fri)	Born between Sep 16 and 30, 2013
2-Year & 6-Month-Old Children	9(Thu)	Born between Sep1 and 15, 2012
	16 (Thu)	Born between Sep16 and 30, 2012
3-Year & 6-Month-Old Children	13(Mon)	Born between Sep 1 and 15, 2011
	20(Mon)	Born between Sep16 and 30, 2011

\*As individual notification of Health Check-ups is for 4 month-old babies only, please check the Suku-Suku book for what contents and items to bring.

\*For Health Check-ups for 18- month-old-babies, a toothbrush is necessary and for 2- year & 6-month-old-children, a toothbrush and cup are necessary. There will be a class on the correct way of brushing your child's teeth.

\*For Health Check-ups for 3-years & 6 -month-old children, there is an urinalysis. Please bring a first morning urine sample in a clean bottle.

\* If you are unable to come on the date specified or if you have any questions about the Health check for infants, contact The Health Promotion Division Tel. 24-0816、 Fax. 24-5870