

The city where everyone wants to live

広報 ひこね (英訳版)

Community
Newsletter,
Koho
HIKONE



Nos.1372-73

Date: April 1, 2017

Published by:

Multicultural Coexistence
Human Rights Policy Division
Hikone City Hall

Tel:

0749-30-6113

Translated by:

VOICE Trans. Group

Proofread by:

Walter Klinger

Multicultural Coexistence

Edited by:

Human Rights Policy Division

(Abridged Edition) <http://www.city.hikone.shiga.jp/english/index.html>

2017.4



English

Name of Division	Telephone Number
Hikone City Hall (Representation)	0749-22-1411 (Main Number)
Hikone City Hall (JINKEN SEISAKU KA) 彦根市役所 (人権政策課)	0749-30-6113 (Direct Number) 直通番号

You can ask English Interpreter Service at the reception in Hikone City Hall.

Please say “English Interpreter please” in Japanese, “*EIGO TUUYAKU ONEGAI SHIMASU*”.

●“KohoHikone” foreign language version 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 | * “GyomuSuper Market”(Toga-cho) |
| * Hikone City Hall 1F | * BeisiaHikone |
| * AEON TOWN Hikone | * Hikone City Hospital |

Various Services 様々なサービス

●Interpreters are available if you request this service at the reception desk.

Please say this Japanese sentence “*eigotuyakuonegaishimasu.*” 英語通訳お願いします。
 (It means “please get me an English interpreter”.) えいご つうやく おねがいます。
 We might change the interpreter’s availability.

HikoneCity Hall: Weekdays 8:30 a.m.to 0:00 p.m. 1:00 p.m. to 5:15 a.m.



Japanese Classes



Day	Hour	Location, Place	Organization Name to Contact	Cost
Wednesday すいようび	7:00 p.m.to 8:30 p.m.	Shimin kaikan 市民会館	Hikoneshi Kokusai Kyoukai 彦根市国際協会 Tel (0749)-22-5931 (Not available from Dec. to Feb.)	100yen / lesson 100 円 / 1 回
Saturday どようび	2:00 p.m. to 4:00 p.m.	Naka-chiku Kouminkan 中地区公民館	Hikone Kokusai Kouryu-kai VOICE ひこね国際交流会 VOICE なえむらさん(NAEMURA) Tel 090-7118-5250	100yen / lesson 100 円 / 1 回
Sunday にちようび	10:00 a.m. to 11:30 a.m.	Nishi-chiku Kouminkan 西地区公民館	Volunteer NihongoKyoushitsu SMILE ボランティア日本語教室スマイル よしおかさん (YOSHIOKA) Tel (0749)-24-7241	100yen / lesson 100 円 / 1 回
Monday~ Friday (Except for holidays) げつようび~きんようび	① 10:00 a.m. to 11:30 a.m. ② 1:30 p.m. to 3:00 p.m. ③ 3:30 p.m. to 5:00 p.m.	Innovation Office “NAYASHICHI” Shiro-machi 1-7-16	“Smile s Satellite”(Weekday Class) NAYASHICHI Tel (0749)-29-5077 or みずのさん(MIZUNO) Tel 070-5661-7345	100yen / lesson 100 円 / 1 回

【Hikone International Lounge News】

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

☆Emergency Clinics During Golden Week

●**Hikone Holiday Emergency Clinics**

Date & Time: April 29 (Sat), 30(Sun)

May 3 (Wed), 4 (Thu), 5 (Fri)

※Sundays, Holidays and the Year-end & New Year Holidays (12/29~1/3) also are open.

Opening Hours: 10 a.m. to 7 p.m. (Reception is closed at 6:30 p.m.)

Available Departments: Internal Medicine, Pediatrics

Address: HikoneHassaka-cho 1900-banchi 4 (Kusunoki Center 1F)

Tel: 0749-22-1119

●Emergency Medical Guide

Emergency Medical Information System for Hikone City &Inukami District

Tel: 0749-23-3799

●Emergency Dental Clinics

During the holiday week, dental clinics named in the table below are open.

*Opening Hours: 9:00 a.m. to 15:30 p.m.

Date	Name of Clinic	Address	Phone Number
May 3 (Wednesday)	Kimura Dental Clinic	HikoneGosanjo-cho 528-8	0749-28-2220
May 4 (Thursday)	Anzawa Dental Clinic	Hikone Hirata-cho 58-5	0749-23-3318
May 5 (Friday)	Koba Dental/Orthodontic Clinic	HikoneGosanjo-cho 494-2	0749-26-6050

☆Information of Waste Collection on Holidays

The city collects waste during the holidays of May 4th (Thu) and 5th (Fri) as normal; however, please be informed that there is NO waste collection of bottles and cans.

*No waste collection during the holiday of May 3rd. As for the collection of landfill waste, it is scheduled to delay for a week.

March 3 rd (Web)	March 5 th (Thu)	March 5 th (Fri)
No Collection. Landfill waste is delayed for a week.	Combustible waste and plastic containers are collected as usual.	Combustible waste and plastic containers are collected as usual.
No collection of bottles and cans		
Bringing waste in to the Sanitation Center is NOT accepted on any day from March 3 rd to 5 th .		

*Please make sure that holiday events, gatherings, etc will not disturb the service of garbage trucks, and avoid parking vehicles in front of any garbage collection sites.

*For more information, please check the “2017 Garbage Calendar”.



Inquiries: Hikone Sanitation Center

Tel 0749-22-2734 Fax 0749-24-7787

INFORMATION

☆Waste Reduction & Recycling

-Please take advantage of resource recovery boxes at storefronts.

In the city, there are some stores actively engaging in the resource recovery by setting boxes, etc.

Store Name	Newspaper	Magazine	Cardboard	Paper Pack	Food Tray			Aluminum Can	Steel Can	Plastic Bottle
					White	Color	Transparent			
Al Plaza Hikone				●	●	●				●
The Big Extra Hikone				●	●	●		●		●
Drug Yutaka Hikone	●	●	●	●						
Drug Yutaka Minami Hikone	●	●	●	●						
Valor Hikone				●	●	●				●
Valor Minami Hikone				●	●	●				●
Viva City	●	●		●	●	●	●	●	●	●
Pariya Sanpedex P-mart				●	●	●		●	●	●
Futabaya Hikone	●	●	●	●	●	●		●		●
Friend Mart Inae	●	●		●	●	●	●			●
Friend Mart Oyabu				●	●	●				●
Friend Mart Hikone Jizou	●	●		●	●	●	●			●
Beisia Hikone				●	●	●		●		●
Heiwa-do Hikone Ginza				●	●	●				●
Heiwa-do Hinatsu	●	●		●	●	●	●			●

*You can bring the resources listed above anytime, any day during business hours of each store.

*Some stores even exchange the resources you bring in for their store points.

*By just bringing the resources in, you can make a contribution to the waste reduction and recycling.

Inquiries: Citizens' affairs & Environment Department

Tel 0749-30-6116 Fax 0749-27-0395

☆Breast Cancer Consultation At Hikone Municipal Hospital

The outpatient of Breast Cancer starts on weekday morning from April 2017.

Both new patients and revisit patients can call for an appointment.

If you have the report of test result or a reference from your family doctor, please bring it with you.



Inquiries: Hikone Municipal Hospital Breast Surgery Outpatient Reception(Block 4)

Tel0749- 22-6050(Ext 2400) Fax 0749-26-0754

☆National Pension Premium for 2017 was Revised to ¥16,490 a Month

From April, 2017 to March, 2018, the National Pension Premium is to be ¥ 16,490 a month. (Until March this year it was ¥ 16,260 a month.) You can get a discount by advance payment in cash. The deadline is Monday, May 1.

Advanced payment for two years: ¥ 379,560 (¥14,400 discount)

Advance payment for a year: ¥ 194,370 (¥ 3,510 discount)

Advance payment for half a year: ¥98,140 (¥ 800 discount)

In Japan, all citizens aged 20 to 60, including foreign residents, should join the National Pension system and pay the premium. Also, in the following cases, you have to report to Hikone*Nenkin-jimusho*the City *Hoken Nenkin-ka* or its branches. 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.) 2nd number insured person is excluded.
2. When you quit working. If you have a dependent spouse, you have to report for the spouse, too.
3. When you are no longer a dependent family member of 2nd number insured person. For example, if you get a larger income or if you become divorced.

◆Payment of Additional pension insurance premiums

If you add 400yen and pay it, you can receive a lot of money than normal in a future

If you want to apply, please make a procedure at Hikone*Nenkin-jimusho* Nation Health Insurance office or Pension Division or branch offices

Important point

- ① A member of Farmers' Pension must pay an additional pension insurance premiums
- ② A member of National Pension Fund cannot pay an additional pension insurance premiums



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

- (1) 1st number insured person: a citizen aged 20 to 60 who lives in Japan such as a self-employed business owner, an agriculturist, a fisher, a student and so on.
- (2) 2nd number insured person: a member of the social security pension for office workers or civil servant and is younger than 65 years old.
- (3) 3rd number insured person: the spouse who is a dependent on the 2nd number insured person and is aged 20 to 60.

Inquiries: *Kokumin-nenkin-ka, HikoneNenkin-jimusho*

Tel 0749-23-1114 Fax 0749-23-9033

☆Application of *Rinji Fukushi Kyufukin* (Temporary Welfare Benefit for an anti-economic measure) will be accepted from Monday, April 3

Welfare benefit will be paid to the people who have a small income to provide for the influence of the increase of consumption tax rates.

- Target: A person who was eligible for Temporary Welfare Benefit ¥3,000 in 2016 FY

A person who was eligible for Temporary Welfare Benefit in 2016 FY, is a person who is not liable for residence tax in 2016 FY (except the dependent whose head of a family is liable for residence tax and the recipient of public assistance)

- An amount supplied: ¥15,000 per person
- Application Period: Monday, April 3 ~ Monday, July 31

Notification and application forms will be sent to the eligible in late March.

Inquiries: *Rinji Kyufukin Shikyushitu* (Temporary Welfare Benefit Office)

Tel 0120-1528-90 Fax 0749-22-1398

☆School Expense Subsidies System

School expense subsidies are provided for families: Guardians who have financial difficulties. The subsidies are to be used for a part of lunch and school supplies.

Target: Those who have a Resident's Certificate in Hikone City and their children are attending municipal elementary school or guardians listed below.

- ▶ Those who are exempt from taxation or qualified for reduced taxation.
- ▶ Those who are provided with "Allowance for Single Parents"(jidofuyoteate) not "Children's Allowance"(jidoteate)
- ▶ 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 lunch, School trip expenses, etc

How to apply: The application form is available at each elementary school, junior high school and 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, 2017, the Income Certificate (such as Tax Certificate of 2017 which shows the income of 2016) needs to be attached the application form.

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

* If You apply at school between the 16th and the end of the month, subsidies are provided from next month.

Inquiries: School Education Division, the Board of Education

Tel 0749-24-7973 Fax0749-23-9190

☆Certificate Issuance Service at Convenience Stores Temporarily Unavailable

Due to maintenance, the certificate issuance service at convenience stores will be temporarily unavailable as specified below.

Downtime: April 18th (Tue) to April 19th (Wed)

Inquiries: Citizens' Affairs Division

Tel 0749-30-6111 Fax 0749-22-1398

☆"My Number Card" to be issued on Sundays

—Citizen's Affairs Division—

Dates: Sunday, April 30, May 28, June 25 and July 30

Time: 8:30am ~ noon (Reception: 8:30am~ 11:30am)

Inquiries: Citizen's Affairs Division

Tel 0749-30-6111 Fax 0749-22-1398

☆Welfare Service for the Challenged People to be Advanced

- 1 Subsidy will be raised to realize more comfortable life, at home or in the society, for the challenged people/ children.
- 2 The number of the consultants for the challenged will be increased.
- 3 The household appliances will be supplied to the challenged more than before.
- 4 Subsidy for taxi fare tickets will be increased to double.
 - Application is required: to be accepted from Monday, April 3.
- 5 Bus fare will be subsidized for the activities of the challenged.
- 6 Subsidy will be paid for the training of the supporters for the challenged and also for the working place of he challenged.



Inquiries: The Challenged People’s Welfare Division

Tel 0749-27-9981 Fax 0749-26-1767

☆Revised Amount of Special Disability Allowance and Disability Child Allowance

Regarding the special child welfare allowance, we provide the target persons with the allowance once every four months for the purpose of promoting 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 in the amount of special disability child allowance as follows.

	Until March	From April
Special Child Welfare Allowance	1 st class (severe disabilities) ¥51,500	1 st class ¥51,450
	2 nd class (medium disability) ¥34,300	2 nd class ¥34,270
Special Disability Allowance	¥26,830	¥26,810
Disability Child Allowance	¥14,600	¥14,580
Welfare Allowance	¥14,600	¥14,580

The income cap

***Special child welfare allowance**

If your family has income over a decided amount, you cannot receive this allowance.

***Special disability allowance, Disability child allowance**

If you or your family has income over settled amount, you cannot receive this allowance.

How to apply

Please apply for an allowance with medical certificate, booklet and necessary documents to the Challenged People Division.

Required documents are available at the Division. Your eligibility will undergo screening, and the result will be notified to each applicant; however, please note that not all the applicants are guaranteed for the eligibility for the benefits.

Inquiries: The Challenged People’s Welfare Division

Tel 0749-27-9981 Fax 0749-26-1767

☆How Medical Care System for Latter-stage Elderly People Works

Medical care system for latter-stage elderly people (a health insurance system for over 75s) is managed by Wide Area Medical Care Federation of each prefecture.

This system's members (insured Medical Care System subscriber):

- ① Those who are age of 75 and over. (become the member on the day of their 75th birthday)
- ② Those aged between 65 and 74 who have certain disabilities. (become the member on the day they receive recognition of their disability from the regional council)

Financial resources for medical costs of the members:

- Some 50 % --- Financial assistance by public funding of the national, the prefectural and the city or town government.
- Some 40 % --- Support money by contribution part of health insurance premium of age of 74 and under.
- Some 10 % --- The insurance premium of the Medical Care System members.

Now, medical costs are increasing year by year because of the increase of aging people, high cost medical care, etc.

The increase of medical costs strains this system's finances, and be related to raise the insurance premium.

There is a limit to financial resources. Please keep receiving medical examination properly.

- Abstain from seeing multiple doctors for the same illness more than necessary.
There is likelihood have a bad influence by receiving overlap the same medical tests or medicine.
- Consult about generic drug at a medical institution or a pharmacy.
Generic drug has equivalent effects with lower expense to new drug.

Inquiries: The City National Health Insurance and Pension Division

Tel 0749-30-6112 Fax 0749-22-1398

Shiga Wide Area Medical Care Federation for over 75s

Tel 077-522-3013

☆The Authorized Standard (Heart Functional Disorder) of the Identification Notebook for People with a Physical Disability will be changed

For details, please consult the designated doctor

Inquiries: The Challenged People's Welfare Division

Tel 0749-27-9981 Fax 0749-26-1767

☆Changes in Reduction Rates of Latter-stage Elderly Medical Care Premiums

Starting in April, the reduction rates of health care premiums are scheduled to change as specified in the table. Those who are subjected to the rate changes are residents with low incomes and dependents under the health insurance the day before joining the Latter-stage Elderly Medical Care System.

Reduction Rates of Premiums

Premiums Subjected to Change	As of Today	From April
Dependent of Health Insurance, etc	90%	70%
Low-income Residents	50%	20%

*Those who are subjected to the change will be informed in mid July.

Inquiries: Insurance Premiums Division TEL 0749-30-6145 FAX 0749-22-1398
Shiga Prefecture Latter-stage Elderly Medical Care Association TEL 077-522-3013

☆Greening of the Automobile Tax System

The period of this system will be extended one more year. Please confirm with the tax assessment notification sent around middle in May.

Inquiries: Tax Division
Tel 0749-30-6140 Fax 0749-22-1398



☆「Let's Live in Hikone City Together!—Renovation Project

Hikone City Will Subsidize a Part of the Housing Remodeling Works for the Residents if the Corporations or Private Construction Companies which they use Have Bases in Hikone.

Inquiries: Regional Economy Promotion Division
Tel 0749- 30-6119 Fax 0749-24-9676



☆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 the invitation postcard(fill out a questioning spaces) 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's 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.



Schedule

	Date	Time	Place
April	10 (Mon)	11:00 ~ 11:30	Shingai-cho Community Center
		13:00 ~13:30	InaeBranch
		14:15 ~14:45	Honjyo-cho Community Center
	12(Wed)	9:30 ~10:30	Naka-chiku Community Center
		11:15 ~ 11:45	HikoneSynthesis Athletic Ground Swimming Center
		13:30 ~14:00	Toriimoto Community Center
	14(Fri)	10:00 ~10:45	City Health & Welfare Center
		13:30 ~14:15	Green Pea Hikone
	17(Mon)	9:30 ~ 10:00	Hikone City Hall Bicycle Parking Lot (north side)
		11:00 ~ 11:30	Koto Health & Welfare Center (Hikone Health Center)
		13:30 ~14:00	Higashi-nonami Hall
	19 (Wed)	10:00 ~10:30	MinamiCommunity Center
		11:30 ~ 12:00	Hikone San Palace
		13:30 ~14:00	Martial Arts Training Hall (Kyou-machi)
	21 (Fri)	10:00 ~10:30	Inabe-cho Community Center
		11:00 ~ 11:30	Kameyama Branch
		13:30 ~14:00	Human Rights&Welfare Exchange Hall
	24 (Mon)	10:00 ~10:45	TakamiyaDistrict Culture Center
13:30 ~14:30		Asahinomori Community Center	
May	9 (Tue)	10:00 ~10:30	Green Pea Hikone
		11:00 ~ 11:30	KawaseBranch
		13:30 ~14:00	Hikone City Hall Bicycle Parking Lot (north side)
	11(Thu)	10:00 ~10:30	Hara-cho-nishi Meeting Place
		11:15 ~ 11:45	City Health & Welfare Center
		13:30 ~14:00	Inae Branch

Inquiries: Citizen's Affairs and Environment Division

Tel 0749-30-6116 Fax 0749-27-0395

RECRUITMENTS & EVENTS

☆Hikone Castle Sakura Festival : Saturday, April 1 - Thursday, 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

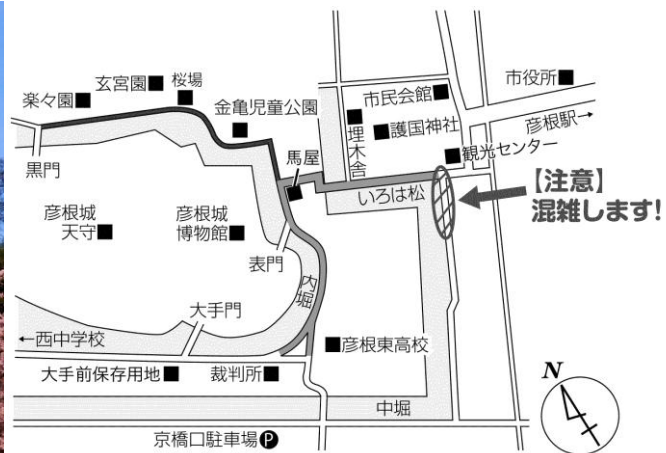
Please come to the castle by public transportation in order to avoid traffic congestion. Do not park on the streets. We will strictly enforce the traffic regulation in the castle area to prevent accidents.

*Traffic Regulation Area & Time

The north intersection of the stable ~ Kuromon gate Everyday 9:00 ~ 22:00 (the pedestrians-only street)

Irohamatu pine tree avenue ~ Hikone Higashi High School

When the cherry blossoms are in full bloom 9:00 ~ 18:00 (the pedestrians-only street)



Inquiries: Hikone Sightseeing Association

Tel 0749-23-0001 Fax 0749-26-1919

Tourism Planning Division

Tel 0749-30-6120 Fax 0749-24-9676

☆Would You Like To Become a Multicultural Coexistence Supporter

Hikone City works to create a community anyone can live safely, comfortably, no matter what nationality they are. Supporters help foreign residents living in this city to lead their life more easily. Not being questioned about your language ability.

Example of activities: help foreign students with their homework in 「Children Multicultural Club」 .

Inquiries: Human Rights Policy Division

Tel 0749-30-6113 Fax0749-24-8577

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

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

Date & Time: Sunday, April 16 8:00~12:00

Place: GOKOKU- JINJYA (shrine) (Osue- cho)



Inquiries: “HIKONE DE ASAICHI” Executive Committee

Tel 0749- 24-4461 hikonedesaichi55@gmail.com

☆Application Begins ; Subsidies for Training Certified Care Workers

In order to promote nursing care services and secure the number of care workers working at nursing homes, etc in Hikone, subsidies are provided for applicants who want to become a certified care worker to cover the partial cost of their training classes.

- Conditions: ①Those who expect to complete the training sessions within the issuance year and wish to take the national examination within two years.
- ②Those who are working at nursing homes, etc., in Hikone.
- ③Those who are NOT receiving any financial supports from the country, prefecture and other organizations
- ④Those who have NO non-payment on the residential tax and the National Health Insurance when applying for the subsidies.

- Amount of Subsidies: ① Residents in Hikone; three quarters of the cost (150,000 at maximum)
- ② Residents outside of Hikone; half of the cost (100,000 at maximum)

How to Apply: Fill in necessary items of the application and stamp your name seal (Inkan).

Then submit the application together with required documents to the Nursing Care Public Welfare Division.

*As for the required documents, please contact the Nursing Care Welfare Division or go to the website of Hikone City.

Inquires: Nursing Care Public Welfare Division

TEL 0749-23-9660 FAX 0749-26-1768



Consultation

	Date & Time	Place	Contents
Human-Rights Counseling	April 5 & 19 (Wed) 13:00 ~ 15:00	ConsultationRoom (City Hall 1 F)	Counseling about bullying and all acts of discrimination Tel0749-22-0242
Child-care Advice	April 13 (Thu) 10:30 ~12:00	Children's Center	Nurse advises on infant raising Tel 0749-28-3645 Fax 0749-28-3646
Child-care Consultation	April 13(Thu) 10:00 ~12:00	<i>Fureai no Sato</i> (Hassaka-cho) (by reservation)	Consultation about the development and the child care of the child *The deadline is January 12 (The first 2 person, around 1hour per one person) *That place is closed until January 5 Tel 0749-25-4452 Fax 0749-47-5088
Law Consultation	April 28(Fri) 13:00 ~ 16:00 (by reservation)	Community Relations Division (City Hall 1F)	*Consultation fee: 5400 yen per 30 minute session (Please pay on the consultation day) *The first 6 person from 8:30 on April 19) *Only those who live or work in Hikone Tel0749-30-6117Fax0749-22-1398
Synthetic Consultation for Child & the Young	Every Mon. ~ Fri. (except holidays) ①9:00 ~ 12:00 ②13:00 ~ 17:00	Child & the Young Consultation Center	Consultation for person who has troubles in social life (neetor unsociable person etc). Tel 0749-47-3001 Fax 0749-26-1768
Child・Family Consultation	Every Mon. ~ Fri. (except holidays) 8:30 ~ 17:15	Consultation Room for Children	Child care issues, childabuse, domestic violence etc Tel0749-23-7838 Fax0749-26-1768
Developmental Disorder Consultation	Every Mon. ~ Fri. (except holidays) ①9:00 ~ 12:00 ②13:00 ~ 16:00 (by reservation)	Welfare Center for the Disabled (Hirata-cho)	4 years old or older person who has a developmental disorder or feels uneasy about it. Only person living in Hikone Tel 0749-26-8282
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 Tel0749-30-6144
Consultation for Bullying/Hot Line	Every Mon. ~ Fri. (except holidays) 9:00 ~ 17:00	School Support Room (Board of Education)	The experienced person in the education guides you *The anonymity is possible *You can consult on the municipal government website Tel 0749-24-7977
Traffic Accident Consultation	Every Tue & Thu ①9:00 ~ 12:00 ②13:00 ~ 16:00	Koto Joint Government Building 2F	Consultation by telephone is also availablefrom Monday to Friday except holiday Tel0749-27-2230
Consultation for Troubles	Every Wed & Fri (except holidays) 13:00 ~ 16:00	Welfare Center	Consultation for various troubles that happen in your life Tel 0749-22-2821 Fax 0749-22-2841 *Exclusive telephone for consultation: 0749-22-0294

☆Breast Cancer Checkup and Urine Cancer Checkup

《Breast Cancer checkup》

- **Eligibility:** women aged 40 and over as of March 31 2018 who live in Hikone city
- **The date of application for consultation ticket:** until February 21 (Wed) 2018

The date of appointment for doctor: until February 28 (Wed) 2018

- * Interview and 2way-mammography check for 40~49year-olds.
- * Interview and 1way-mammography check for 50year-olds and over

The check of see and touch do not carry out

How to take a medical examination

1. please call 0749-24-3719(reservation desk for cancer checkup)
2. when you take a ticket, please appointment a medical institution.
3. Please go to a medical institution with the ticket and checkup fee(500yen)



Hospital	Telephone	Reservation
Hikone Municipal Hospital Checkup Center (hassaka-cho)	0749-22-6058	need
Toyosato Hospital (inukami-gun)	0749-35-3001	need
KKC wellness Hikone physical checkup Clinic	050-3541-2265	need

※It takes around a week that the medical examination letter will arrive at your place.

《Uterine Cancer checkup》

- **Eligibility:** women aged 20 over as of March 31 2018 who live in Hikone
- **Date:** until March 31(Sat) 2018
- **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 0749-22-2155	No need	HayashiOB/GYN (take-ga-hana-cho) Tel 0749-26-0528	No need
Jinno OB/GYN clinic (chuo-cho) Tel 0749-22-6216	No need	Yamashita Clinic (nagasone-cho) Tel 0749-24-5290	Need
Jinno OB/GYN clinic Alice (hassaka-cho) Tel 0749- 29-9025	No need	Hikone Chuo Hospital (nishiima-cho)Tel0749-23-1211	Need
Jinno OB/GYN clinic Sophia (kawasebaba-cho) Tel 0749- 25-5566	No need	Hikone Municipal Hospital (hassaka-cho) Tel0749- 22-6058	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 0749-24-0816 Fax0749- 24-5870 The Health Promotion Division

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

- 1 Those from the household with exemption from the inhabitant tax.
- 2 Those from the household with livelihood protection
- 3 Those who are eligible for medical service of the elderly (65~69years old).
- 3 Those who are 70 years old or older on the completed years on the checkup day.

※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 2016 to March 31 2017 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.

☆Weaning Period Consultation

* Let's give food twice a day.

Date & Time: Friday, Apr 7 10:00~11:30 (Acceptance 9:45~10:00)

Place: *Kusunoki*Center2F(Next to Hikone Municipal Hospital)

Eligibility: 7~8 months old infant & their guardians

Things to bring: your Maternal and Child Health Handbook

☆Rakuraku Kin-en (Quit Smoking Easily) Consultation

A smoking habit is nicotine dependence. If you try to quit smoking, we support your challenge.

Date & Time: Wednesday, Apr 12 9:00~ 10:00~ 11:00~

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

Capacity: 1 person / each time slot (Reserved)

- Contents:
- Check for your lung's contamination (Measure the carbon monoxide density in your exhalation.)
 - Check for your addiction to cigarettes (Measure nicotine density in your urine)
 - Consultation on how to quit smoking



☆“PIYOPIYO SALON”

Let's talk freely about the enjoyment and the problems of childcare with a guest midwife.

Date & Time: Wednesday, April 26 10:00~11:30 (Reception: 9:45~10:00)

Place: KUSUNOKI Center 1F

Eligibility: 2~3 month old infants and their guardians who have resident registration in Hikone city.

What to bring: Maternal and Child Health Handbook, Bath towel (The baby rapper is also ok.)

☆Health Check-ups for Infants

April

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

4-Month-Old Babies	18(Tue)	Born between Dec1 and 15,2016
	25(Tue)	Born between Dec16 and 31,2016
10-Month-Old Babies	12(Wed)	Born between June1 and 15,2016
	19(Wed)	Born between June16 and 30, 2016

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

18-Month-Old Babies	14(Fri)	Born between Sep1 and 15,2015
	21(Fri)	Born between Sep16 and 30,2015
2-Year & 6-Month-Old Children	13(Thu)	Born between Sep1 and 15,2014
	20(Thu)	Born between Sep16 and 30,2014
3-Year & 6-Month-Old Children	10(Mon)	Born between Sep1 and 15,2013
	17(Mon)	Born between Sep16 and 30, 2013

*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: 0749-24-0816, Fax: 0749-24-5870

☆Baby Salon

Date & Time : Tuesday, April 4 10:00~11:30 (acceptance 9:45~10:00)

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 13&27 9:30~11:00

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

*Consultation by a nutritionist is available on Thursday, Apr27.



☆Natalia's Room (No.33)

What Will You Eat For Lunch?



At lunchtime on weekdays, I usually buy my lunch at a convenient store and have it heated up to eat in my office. Since I enjoy a fresh and hot lunch almost every day in the office, sometimes I get a question, “Do you make lunch yourself?” Back in Brazil, lunch is considered as the most valuable meal of the day, and as a result, it is pretty common to eat a hot meal at lunchtime. For this reason, I still cannot get used to making a lunch box early in the morning and have cold rice and dishes for lunch.

In Brazil, there is no convenience store, and only a few companies have their own cafeterias for the employees. So, a majority of Brazilians spend their lunchtime outside. You think that eating out for lunch frequently costs a lot of money, but some companies offer a benefit: “Meal Voucher” to the employees.

The “Meal Voucher” is literally like a ticket or card with a fixed amount of money written, and if you go to a restaurant where the Meal Voucher is accepted, you can order any meals within a range of the written money. Since the amount is fixed, you cannot have a fancy lunch; however, the voucher allows company workers to have meals at various restaurants, plus local restaurants can see an increase in the number of customers, so it is a win-win system, I think.

The Meal Voucher is not the benefit that companies must provide the workers under the law, so some of them do not have any employment benefit like that. If there is no cafeteria and lunch benefit, workers go out for lunch or call a lunch delivery. Of course, some people bring their own lunch to save money, but, unlike Japan, we do not have a lunch-box custom.

It is normal to have a hot lunch in Brazil, but in some other countries, people have a quick lunch like eating a sandwich and cold meal. After all, the thing we have in common, regardless of where we are, is the feeling that we want to have something tasty at lunchtime. So, what will you eat for lunch?

“Natalia’s Room” is a monthly column published in the Japanese version of Koho Hikone Newsletter since June 2014. Natalia is from Brazil and has been working as Coordinator of International Relations of Hikone since coming to Japan in 2014. This column features topics related to multicultural coexistence, such as difference of cultures and living in Japan as a foreigner.

