

The city where everyone wants to live

広報 ひこね (英訳版)

Community Newsletter, Koho HIKONE



Nos.1376-77

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Multicultural Coexistence

Human Rights Policy Division

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Translated by:

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Proofread by:

Walter Klinger

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Edited by:

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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".

●“Koho Hikone” 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 | * “Gyomu Super Market” (Toga-cho) |
| * Hikone City Hall 1F | * Beisia Hikone |
| * 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 おねがいします。

We might change the interpreter’s availability.

Hikone City Hall: Weekdays 8:30 a.m.to 12:00 p.m. 1:00 p.m. to 5:15 p.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 Nihongo Kyoushitsu 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-machi1-7-16	“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】

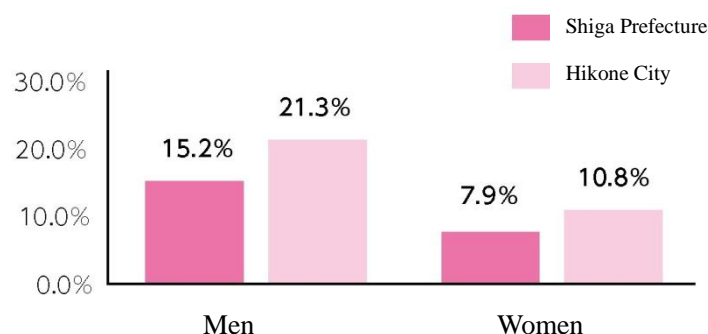
Computer use is free in the Hikone International Lounge. We are waiting for your use!!

INFORMATION

☆Do you have breakfast every day ?

What percentage of people who don't eat breakfast in Hikone city ?

Out of the Hikone citizens (over 12 years old) 21.3% of the men, 10.8% of the women don't have breakfast (shown in the figure). This rate is higher than the average of an entire Shiga prefecture. There is a high tendency that the men from 20 years old to 40 years old and the women in the 40 years old tend to be relatively high in a percentage of skipping breakfast. As for children, it was made clear that 13% of the 5th grade students in the elementary school, 16.2% of the second grade students in the junior high school don't have breakfast. (「Breakfast intakes circumstantial investigation for students in 2016 (Prefectural Education Board Health and Physical education department)」)



Source : Fiscal 2015 「Health of Shiga ・ Nutrition map survey」

☆Have You Heard of “30・10 Sanmaru Ichimaru Movement” ?

In April, the first month of the new fiscal year, there were a series of social parties like welcome & farewell parties, weren't there? Have you ever realized that dishes served at those parties were left untouched and ended up going to waste?

The prime purpose of “30・10 Movement” is to reduce the amount of leftovers, encouraging people to stay seated at least 30 minutes at the beginning of the party and 10 minutes at the end of the party to concentrate on eating the food available.

This movement originated in Matsumoto City, Nagano Prefecture in 2011, and it has been emphasized to raise awareness on the reduction of food waste.

Food waste means food that is being thrown away even though they are perfectly edible. The gross amount of food waste, according to statistics by Ministry of the Environment and Ministry of Agriculture, Forestry and Fisheries in 2015, reached 6,210,000 tons in Japan. This number includes unsold products, leftovers, expired food and etc. at retail and consumer levels.

Having even a bit of appreciation towards food at parties can be a good contribution to food reduction. In order not to waste perfectly edible meals, why not invite people around you to join “30・10 Movement” while enjoying yourself at a get-together party?

☆The Head Office of Hikone City Hall Moves to The Temporary Office

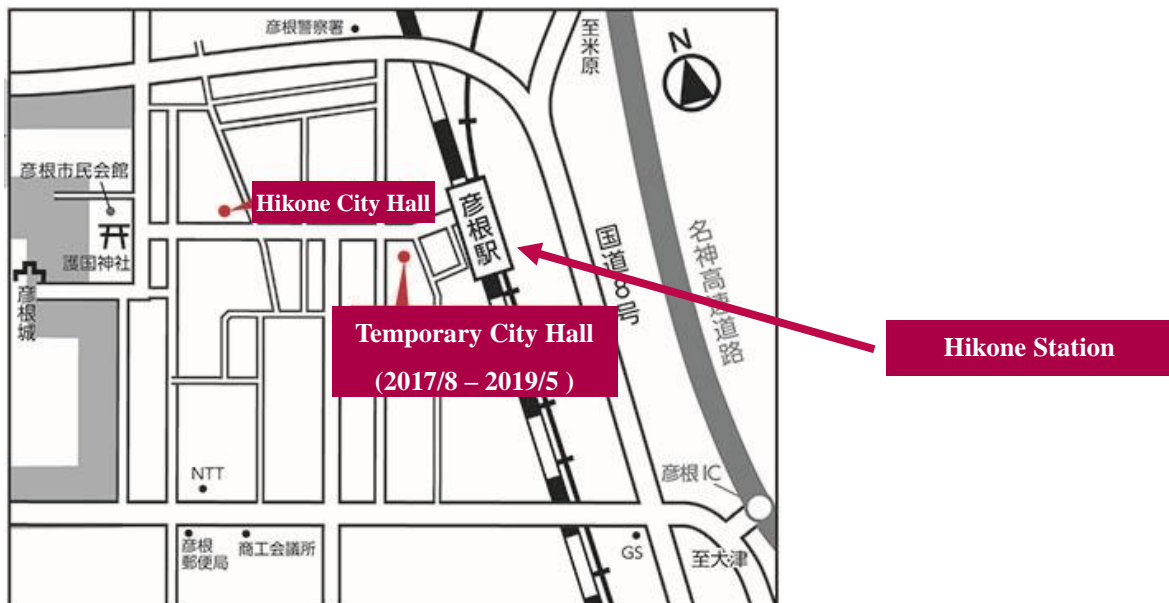
The head office of Hikone City Hall (Hikone City *Moto-machi*), which building will be constructed for earthquake- proof, will move to the temporary office, part of the third floor and the fourth floor of “AL PLAZA Hikone “ near the west exit of Hikone Station, from the middle of August.

We will inform the future schedule and the details on Koho Hikone and Hikone City Home Page.

It will cause the visitors inconvenience, but we will ask understanding and cooperation.

Inquiries: City *Kouyuuzaisan-kanrika Chousha-taishinka-suisinsitu*

TEL: 0749-30-6114 / FAX: 0749-30-6147



☆‘About the Notice of the medical bill’

Hikone City sends the notice of the medical bill to the insured person of National Health Insurance.

This notice shows the amount of medical fee which each family member pays in the same month.

When a generic medicine is prescribed by the dispensing pharmacy, you might receive a notice of balance.

Inquiries: City Health Insurance Section TEL: 0749-30-6112/ FAX: 0749-22-1398

☆Garbage Collection during the Holiday

The Sanitation Centre collects household waste on July 17th, Monday (Holiday) as normal.

Bringing any type of household waste directly into the center is not available that day.

*For more information, please read the “Garbage Collection Calendar”.

*Please take out garbage at the designated area in your local district.



Inquiries: Sanitation Center TEL: 0749-22-2734

☆Temporary Availability for Large-size Garbage at the Sanitation Centre

From 9:00 a.m. through 12:00 p.m. on June 24th (Sat) at the City Sanitation Centre, temporary acceptance for large-size garbage disposal (small domestic appliances included) takes place.

*To confirm your residency in Hikone, we will ask you to show the identification like a driver's license, resident card, etc.

*Any garbage other than large-size one is NOT accepted.

*Large-size garbage disposal is charged.

- No charge for disposing of small appliances that are under 1 meter in length, height, depth and width.

*Unbroken light bulbs, fluorescent tubes and so on are also acceptable.

*Note that certain types of recyclable items, such as televisions are NOT acceptable.

*No service outside operating hours.

Inquiries: Sanitation Center TEL: 0749-22-2734

☆Please Send In the Report on the Present Situation of Child Allowance (Jidou Teate)

Those who live in Hikone City and receive Child Allowance need to report the present situation to get further allowance for June 2017 and after. We will send an application form to those who are eligible at the beginning of June.

Please be sure to fill out the form and submit it by Friday, June 30.

- 1 If an eligible person is a public servant, please apply at the office.
- 2 We can accept the form after the deadline but please note the allowance might be given late.
- 3 Extra documents are needed for those who live apart from their children or moved to Hikone City on January 2, 2017 or after. Please check the application form sent by Hikone City for further information.

Application: National Health Insurance and Pension Division and branch offices

- Please use the envelope enclosed for an application by mail.

Inquiries: National Health Insurance and Pension Division TEL: 0749-30-6136 / FAX: 0749-22-1398

☆City Apartment Houses are Inviting Residents

Apartment houses for rent:

- | | |
|---------------------------------|----------------------------|
| ① Nakayabu apartment house | one apartment (for family) |
| ② Higashinonami apartment house | one apartment (for family) |
| ③ Blue Lake Hassaka | two apartment (for family) |

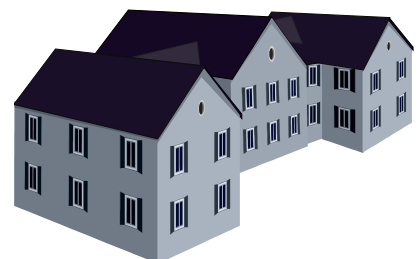
Application form will be available from June 5 (Mon)

Application period: June 12(Mon) ~21(Wed)

Acceptance date: the beginning of August

Move-in date: after the middle of August

Apply to the housing management division of the city hall by applicant or his or her family who live with.



Inquiries: Architectural Administration Division TEL: 0749-30-6123 / FAX: 0749-24-8517

☆Information from Health Insurance Section

‘About the determination of National Insurance premium / Nursing Care Insurance premium and the payment’

Hikone City will send the notice of the determination of National Insurance premium/Nursing Care Insurance premium and the payment in 2017 to the householder or the insured person on Thursday, June 15.

*Please ask to the Health Insurance Section about the Insurance premium rate.

*Hikone City will send the notice of Medical premium for over 75-year-old in the middle of July.

***Beware of Fraud!** You cannot get the tax return money through ATM.

When you get a phone call from a suspicious person, be sure to call to the Health Insurance Section.

☆Special Welfare Benefits (*Rinji Fukushi Kyufukin*)

Application: by Monday, July 31, 2017

Inquiries: Special Benefits Payment Office, 3F, City Hall TEL: 0120-1528-90 / FAX: 0749-22-1398



☆The Renewal Procedure of Welfare Medical Support (except for babies & infants)

----Be sure to apply by Friday, June 30----

Current Welfare Medical Support Tickets (*Fukushi Iryohi Jukyukin*) for severely mentally or physically challenged residents and patients who go to a psychiatric hospital for mental healing (except for babies and infants) are renewed on Tuesday, August 1. If you would like to continue receiving medical support, you need to follow the procedure for renewal. Application for babies and infants who have a welfare medical support ticket is not necessary this time.

The Schedule for the Renewal

- 1 We will mail you the necessary documents for renewal at the beginning of June.
 - 2 Please submit the renewal application by Friday, June 30.
 - 3 We will make an examination of your income and all details included.
 - 4 We will mail the Welfare Medical Support Tickets around Friday, June 21 to the people who are eligible from Tuesday, August 1.
- If you don't submit the renewal application, you will not be able to receive the support.
 - If your previous year's income exceeds the allowed limit at the result of examination, you will not be able to receive the support.

In Hikone City, Welfare Medical Support (*Fukushi Iryo Josei*) is given to babies and infants, to elementary school & junior high school children, to severely mentally or physically challenged people, to single parents & their children (under 18 years old), to women who have lived by themselves for more than one year and will continue the current life-style (under 65, and 65~74 years old), to the seniors (65~74 years old) with mental or physical challenge or with lower income. If you think you are applicable, please inquire to the City National Health Insurance and Pension Division..

- Hikone City assigns a limit to the amount of the previous year's income.

Inquiries: National Health and Pension Division TEL: 0749-30-6136 / FAX: 0749-22-1398

☆Pupil-care Club Opens in The Summer Vacation

Requirements: Schoolchildren whose guardians work outside the house and can not take care of their children during the daytime.

*When exceeding the capacity, your child may not be able to be admitted. We give priority to the lower grade students of the elementary school.

The period of the pupil- care club in the summer vacation:

Friday, July 21 ~ Saturday, August 26 (except Sundays, Holidays & Monday, August 14 to Tuesday, August 15)

Time: 8:00~18:30

Place: The pupil-care club of each of the elementary schools

Fees: ¥ 10,000 Attendance from Monday to Friday per pupil (except class expenses)

¥ 12,000 Attendance from Monday to Saturday per pupil (except class expenses)

Please ask for more information.

Distribution of Application form & Application Period: Thursday, June 1~ Thursday, June 15

*Please fill out application form available at the pupil-care club and apply to the pupil-care club with the working certificate.



Inquiries: The Board of Education, Life-long Learning Division TEL: 0749-24-7974 / FAX: 0749-23-9190

☆Lake Biwa Shore Environment Clean-up Campaign

July 1 is the Lake Biwa's Day. Please cooperate to the clean-up activities.

This campaign will carry out on June 24 (Sat) in coordination with a Yomiuri TV program "The 40th 24 hours TV --Lake Biwa Project 2017--"

Date & Time: Sat. June 24 9:30 a.m. ~ 11:00 a.m. (Acceptance 9:00 a.m. ~)

※This activity will be called off in case of rain. (The decision about whether to do or not is at 7:00 a.m. on the day.)

Opening Ceremony Place: Open space in front of the interaction center at Shiga Prefectural University (Hassaka-cho)

Clean-up Places: ① Ishidera area shore ② Mitsuya area shore ③ Hassaka area shore

④ Hassaka north area shore ⑤ Oyabu area shore ⑥ Matsubara area shore

※For further information, please visit Hikone City website.

What to bring: Towel, something to drink.

The Others: •Parking area---Shiga Prefectural University North Parking

•Shuttle bus (free of charge) is available from JR Minami-hikone station on the day.

Inquiries: The City Consumer Affairs & Environment Division TEL: 0749-30-6116 / FAX: 0749-27-0395



RECRUITMENTS & EVENTS



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

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

Date & Time: Sunday, June 18 8:00 ~ 12:00

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

Inquiries: “HIKONE DE ASAICHI” Executive Committee

TEL: 0749-24-4461 **hikonedeasaichi55@gmail.com**

☆~ Kaekko ~ Reuse of Baby & Kids Goods

Let's exchange the baby and kids goods which you do not use.

The counseling for child-rearing and Yoga exercise with guardians and children will be held, too.

Date & Time: Saturday June 10 9:00 ~ 11:00

Place: City Children's Center (Hikone City Hirata-cho)

Inquiries: TEL: 0749-28-3645 / FAX: 0749-28-3646



☆Information from Children Center

● Children's class

Let's see the wonderful micro world through microscopes!

Date: June 17 (Sat) 13:30~15:00

Target age: elementary school students, junior high school students

Capacity: 15 persons

Bringings: something that you want to see through a microscope

Application date: June 3 (Sat) ~14 (Wed)



● Child-rearing class

Please check your baby's teeth.

Dental hygienists explain how to prevent from teeth decay and check your children's teeth.

Date: June 21 (Wed) 10:00~11:30

Target age: children who were born April 2.2014~January 31.2017 and their guardians

Capacity: 25 pairs

Cost: 200yen

Bringings: teeth brush, cup, cotton handkerchief

Application date: June 3 (Sat) ~15(Thu)

● **Let's study astronomy**

Let's study astronomy and observe stars.

Date: June 18 (Sun) 14:00~15:00

Target age: elementary school student 1st grade ~3rd grade (children must be accompanied by their parents)

Capacity: 10 pairs

Cost: 200yen

Application date: June 3 (Sat) ~14(Wed)

● **Observe the Saturn!**

Let's study the Saturn.

Let's observe the summer stars through big telescope.

Date: June 23(Fri) 19:30~21:00

Target: those who are interested in an astronomical observation

Capacity: 30 persons

Cost: 300 yen

Application date: June 10 (Sat) ~18(Sun)

Canceled in case of rain



Consultation

	Date & Time	Place	Contents
Human-Rights Counseling	June 1 (Thu) 13:00 ~ 15:00	With Welfare Center	Counseling about bullying and all acts of discrimination Tel 0749-22-0242
	June 14 (Wed) 13:00 ~ 15:00	Consultation Room (City Hall 1 F)	
Child-care Advice	June 8 (Thu) 10:30 ~12:00	Children's Center	A control dietician advises on infant raising Tel 0749-28-3645 Fax 0749-28-3646
Child-care Consultation by a Clinical Development Psychologist (Machiko-san)	June 26 (Mon) 9:00~12:00		A clinical development psychologist advises you about the child care from 3 years old to a primary schoolchild *Please reserve by June 22 *The first 3 people (1hour a person) Tel 0749-28-3645 Fax 0749-28-3646
Alcohol Consultation	June 9 (Fri) 14:00 ~16:30 (by reservation)	Public Health Center (Wada-cho)	Issue of alcoholism Tel 0749-21-0283 Fax 0749-26-7540
Consultation for Troubled Minds	June 15 (Thu) 13:30 ~ 15:30 (by reservation)		Medical instruction. Introduction of a medical institution and facilities Tel 0749-21-0283 Fax 0749-26-7540
Consultation for Depression	June 16 (Fri) 14:00 ~ 15:30 (by reservation)		Supporting a patient with depression and its family from the side of medical care health and the welfare Tel 0749-21-0283 Fax 0749-26-7540
Law Consultation	June 23 (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 people from 8:30 on June 14) *Only those who live or work in Hikone Tel 0749-30-6117 Fax 0749-22-1398

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 (neet or 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, child abuse, domestic violence etc Tel 0749-23-7838 Fax 0749-26-1768
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 ※Health Promotion Division advises for a child who is 3years old or younger Tel 0749-24-0816
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 0749-30-6144
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 advises you *The anonymity is possible *You can consult on the municipal government website Tel 0749-24-7977
Consultation Telephone for Trouble of Child and Its Parents	Every Mon & Wed (except holidays) 14:00 ~ 17:00	Institute for Education	Consultation is by telephone only Tel 0749-23-7867
Traffic Accident Consultation	Every Tue & Thu ①9:00 ~ 12:00 ②13:00 ~ 16:00	Koto Joint Government Building 2F	Consultation by telephone is also available from Monday to Friday except holiday Tel 0749-27-2230
Consultation for Troubles	Every Wed & Fri (except holidays and 2 nd Wednesday of the month) 13:00 ~ 16:00	Welfare Center	Consultation for various troubles that happen in your life *Exclusive telephone for consultation: 0749-22-0294

**Information from The Health Promotion Division
at Kusunoki Center (Hassaka-cho) TEL: 0749-24-0816 / FAX 0749-24-5870**

Children's Health

☆Individual consultant for infants (NYUYOJI KOBETSU SODAN)

Please bring your Maternal and Child Health Handbook,

Date & Time : Thursday, June 8 & 22 9:30~11:00

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

*Consultation by a nutritionist is available on Thursday, June 22

☆Weaning Period Consultation

* Let's give food twice a day.

Date & Time: Friday, June 2 10:00~11:30 (Acceptance 9:45~10:00)

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

June

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

4-Month-Old Babies	13(Tue)	Born between Feb 1 and 15, 2017
	20 (Tue)	Born between Feb 16 and 28, 2017
10-Month-Old Babies	14(Wed)	Born between Aug 1 and 15, 2016
	21(Wed)	Born between Aug 16 and 31, 2016

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

18-Month-Old Babies	9(Fri)	Born between Nov 1 and 15, 2015
	23 (Fri)	Born between Nov 16 and 30, 2015
2-Year & 6-Month-Old Children	8(Thu)	Born between Nov 1 and 15, 2014
	15 (Thu)	Born between Nov 16 and 30, 2014
3-Year & 6-Month-Old Children	12 (Mon)	Born between Nov 1 and 15, 2013
	19(Mon)	Born between Nov 16 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 for18- 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, June 6 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

Inquiries: Children's Center (Kodomo Center) TEL: 0749-28-3645 / FAX: 0749-28-3646



☆Piyo Piyo Salon

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

Date & Time: Wednesday, June 28 10:00～11:30 (Reception : 9:45～10:00)

Place: Kusunoki Center 1F

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

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

☆Class for New Parents

Contents: Guidance & experience about baby care (how to bathe, change a diaper, and hold your new baby)

Date & Time: Sunday, June 25 9:30~12:00 (Acceptance 9:15~9:30)

Place : Kusunoki Center 1F

Eligibility : Pregnant Women, over 24 weeks pregnant and their partners having a resident registration in Hikone City

Capacity: 18 couples- Mothers who expect their first child delivery sooner have a priority

Things to bring : Your Maternal or Paternal and Child Health Handbook

Application: Thursday, June 1st~Wednesday, June 14

※There is no nursery

Call the Health Promotion Division TEL: 0749-24-0816 / FAX: 0749-24-5870

Adults' Health

☆Subsidy for Rubella Vaccine

To those who took the MMR antibody test for Rubella in Shiga Prefecture, a subsidy for the vaccination or MR vaccination against measles is granted.

- **Eligibilities (All conditions must be met.)**

- ①Persons who received the MMR antibody test carried out by Shiga Prefecture.

- ②Having being recommended to receive a shot against rubella and did so after the MMR antibody test.

- (After taking the MMR antibody test conducted by Shiga Prefecture from May 1st, 2017 till March 31st, 2018, you are supposed to finish the necessary shot by March 31st.)

- **Amount & Number of Subsidy You will Receive**

- *Half the cost of vaccination is covered (up to 5,000 yen). For those who live on the Livelihood Protection Law benefits, the maximum account of subsidy is up to 10,000 yen.

- *One time per person

- **Documents to Submit**

- *Application form for the subsidy (Available on the website of Hikone City)

- *A copy of the MMR antibody test result.

- *A copy of a medical bill issued by a medical institution

- (A name of a vaccination taker, vaccination type, date and cost must be included.)

- *A copy of document that shows a bank account number of an applicant's.

- **Application Period**

- By April 5th (Thu), 2018

- (In case an applicant wants to apply for the subsidy by mail, the prerequisite documents must arrive by April 5th)

● **Place to Submit**

Hikone Hassaka-cho 1900-4, Health Promotion Division, Kusunoki Center

If you wish to take the MMR antibody test, please inquire more information from Shiga Prefectural Government at 077-528-3632. For inquiries on the subsidy, please contact Health Promotion Division at 0749-24-0816. (Japanese only)

☆Eating Habit Consultation

※Advice about your eating habits by a dietitian manager with your health checkup result.

Date & Time : July 24 (Mon) ① 9 : 00 ② 10 : 30

Capacity : 1 person each time slot (Reserved)

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

※Any consultations concerning your meals are also available at any time.

Inquiry: Health Promotion Division TEL: 0749-24-0816 / FAX: 0749-24-5870

☆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, June 14 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



Inquiry: Health Promotion Division TEL: 0749-24-0816 / FAX: 0749-24-5870

☆Hikone city Residents' checkups

Arteriosclerosis can be caused by high blood pressure, high blood sugar, and high blood cholesterol.

Arteriosclerosis can increase your risk of developing serious diseases; (heart attack, stroke, kidney failure)

These diseases have no symptoms.

Please take the medical checkup once a year.

Eligibility Hikone residents and meet the following requirements ①or②

◆**Health checkup** (Medical examination by interview, Body measurement, Abdominal circumference measurement, Blood pressure measurement, Urine test, Blood test, Medical checkup)

- ① Those who were born between April 1 1978 and April 1 1999.
- ② Public assistance recipients who were born before April 1 in 1978.

◆Hepatitis virus checkup

- ① Those who were 40, 45, 50, 55, 60-year-old and have never had the previous Hikone city's hepatitis virus checkup.
A notification will be delivered individually at the end of May.
- ② Those who were over 41 years old and have never had the previous Hikone city's hepatitis virus checkup.
- *Please call to the health promotion division, or send a fax within one week before the checkups.

date	place	time
June 8 (Thu)	Residents sports center	9:30~11:00
June 9 (Fri)	Residents sports center	9:00~11:00
June 13 (Tue)	Asahinomori district center	9:30~11:00
June 16 (Fri)	Kusunoki center	9:30~11:00
	Kusunoki center	13:00~14:30
June 17 (Sat)	Kusunoki center	9:00~11:00
June 22 (Thu)	Higashinonami center	9:30~11:00
June 27 (Tue)	Human right and welfare center	

Inquiry: Health Promotion Division TEL: 0749-24-0816 / FAX: 0749-24-5870

☆Cancer Checkups Osteoporosis checkup

Eligibility:

- ◆Stomach, large intestine and lungs cancer checkup women aged 40 over as of March 31 2018
- ◆Breast cancer checkup women aged 40 over as of March 31 2018
- ◆Uterine cancer checkup women aged 20 over as of March 31 2018
- ◆Osteoporosis checkup woman aged 40, 45, 50, 55, 60, 65, 70-year-old

Fee:

- ◆Stomach, large intestine, lungs, breast cancer checkup 500yen
- ◆Chest X-ray examination 200yen
- ◆Osteoporosis checkup 600yen

Application period

May 16 (Mon) ~one week before the checkups (reservation required, reservation first)

Inquiry: Health Promotion Division TEL: 0749-24-0816 / FAX: 0749-24-5870



☆Health checkup starts

Please take the medical checkups once a year.

***consultation period is longer than before.**

***the cost of checkup is free from FY2017.**

***the special medical checkups for the person aged 40~74**

Hikone city national health insurance carries out the special medical checkups to take a preventive measure against a life style-related disease.

Hikone city sends information letters and tickets at the end of May.

You can take health checkups from June 1st (wed) at medical institution.

Group examination starts in mid-June.

For details, please ask the health insurance and national pension division.

***the special medical checkups for the person aged 75 and over**

Those who aged 75 and over at the date of checkups can take health checkups from June 1st.

Hikone city sends tickets for the targets.

For details, please ask the health insurance and national pension division.



Inquiry: Hikone city the Health Insurance and National Pension Division

TEL: 0749-30-6112 / FAX: 0749-22-1398

☆ Breast cancer checkup and uterine 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

The check of see and touch do not carry out

40~49 years old women: consultation, 2 way mammography

Over 50 years old women: consultation, 1 way mammography

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)



《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

☆**How to take a medical examination:** please go to medical institution directly.

About breast cancer checkup and uterine cancer checkup, you can the checkups once two years.



On January 12th around 2:00 AM, I received the call I've been most dreading my whole life. When I picked up the phone, my cousin, who is living in Brazil, said to me in a teary voice something I could not forget. Her words are “I don't have good news. Your mother was passed away”. My mother wasn't sick. She had a heart attack and passed away suddenly.

Of course the first thing I thought is that I wanted to be by mom's side. But the trip from Japan to Brazil takes around 30 hours and I wasn't able to book a ticket at that point, so I didn't make it to my mom's funeral on the next day. Eventually, I was able to take a flight a few days later and arrived in Brazil one week after my mom had passed away. When I was at the airport before taking the flight to Brazil, I had a big cry. I wondered why I had to lose my mom this way. The last time I meet her was last year on July. Even after doing this 30 hours long journey, I knew there was no way I could be able to see my mother's face on this life again. That was a really long and sad flight, and even to this day I don't wish anyone was to make this kind of journey.

After that, I thought a lot about life and death. They say the natural order is for the parents to go before their children, but I don't have many acquaintances that lost their parents on their twenty or before that age. If I count the number of acquaintances who lost their parents in a suddenly way and not because of a disease, the number is even smaller. On top of that, fortunately most of my acquaintances that are living abroad for a long time still have their parents alive and doing well. But in my case, when my mother died, not more than two years and nine months had passed away since the day I came to Japan, a very short time span. Because of all that, I still think that this outcome is very absurd and out of the “natural order of the things”. When you live abroad for a long time, it's normal to worry about things like family sickness and who is going to take care of your parents when they are older, but I didn't even had the time to prepare myself for these steps. Having to confront the death of my mom right from the start is a very heart-wrenching experience that I don't really have words to explain.

As the time passes, I also have been noticing how much talking or hearing people talk about death is something really difficult for people. It doesn't matter if I am around Brazilian or Japanese people, every time I bring up this topic I can feel the people's discomfort around me and it made me very confused. Even though they say Brazilian and Japanese have totally different cultural values, I really feel now that when it comes to death, everyone around the world acts really similar.

Because of that, I've been wondering if I should write about my mom's death. But, how are we supposed to confront death if we avoid this topic? I don't think there are words to conform those who lost a loved one, but I do think now that recognizing people's feeling and accepting them is something we all can do.

After my mother died, I received from my coworkers a “koden-bukuro”. A “koden-bukuro” is an envelope where people put money offerings for those who have lost a loved one. This money is usually used to cover some expenses related to the funeral of the people who passed away. In Brazil, we don't have the custom of giving people “koden-bukuro” and up to that day, I never had the chance to see one of those envelopes. I knew beforehand that in Japan there has this custom of giving money offering to those who lost a loved one, but I could never imagine that my first experience with a “koden-bukuro” would be that way. Instead of being the one who is giving a “koden-bukuro” to somebody, I was the one who was receiving it. And the reason of that was because of the passing away of my mother, which was also my best friend that cheered for me for so long. I wonder if there was a meaning to this event, too. I think I'll probably never get a satisfactory answer, but I'll keep living while confronting my mother's death.

“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 feature topics related to multicultural coexistence, such as difference of cultures and living in Japan as a foreigner.

