



KAKEHASHI

~FOR ALL THE FOREIGN RESIDENTS LIVING IN HIGASHIURA TOWN~

OCTOBER, 2024
78TH ISSUE
【ENGLISH】

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LET'S TALK WITH OUR LOVE ONES REGARDING THE MEDICAL TREATMENT AND MEDICAL CARE YOU WANT!

Anyone, anywhere can get a life-threatening illness or injury at any time. It is said that when life is in danger, about 70 percent of people are unable to decide on their own medical treatment, medical care or tell others what they want.

In case of an emergency, think in advance about the medical treatment or medical care you want and discuss it repeatedly with your family, medical care team and other people you trust.

This initiative is called ACP (Advance Care Planning).

Think about your future life and the things you want to cherish and talk about it with people you trust.

LET'S TRY! 「CREATING MY FUTURE NOTEBOOK」

Higashiura town distributes [My Future Notebook] Watashi No Korekara No Noto to help you organize your thoughts and start discussions with people you trust.

Available in Portuguese and English.

●What is the contents of 「Watashi No Korekara Noto」 ?

- ① About myself 「ME」...name、date of birth、emergency contact numbers、primary doctor and so on can write here.
- ② ME 「In case of Emergency」...request in medical and care giving that you can write here.
- ③ ME 「Until now and from now on」...important things、things that you wish to do from now on and so on that you can write here.

●When do you write 「Watashi No Korekara No-to」?

It doesn't matter when and what age. You can rewrite it as many times as you like. Thinking about it while you're still healthy will help not to panic [if] something happens and maybe you can make a choice without regrets.



EVENT INFORMATION

46TH HIGASHIURA TOWN INDUSTRIAL FAIR

This is the Higashiura town autumn festival. You can enjoy by buying special products, bazaar, stage performance etc.

■ **WHEN:** November 9 (Sat) from 9:00 am.
(Will be implemented for only one day this year.)

■ **WHERE:** 【Main Area】

Kinrou Fukushi Kaikan, Bunka Center,
Central Library parking area etc.

【SATELLITE AREA】

AEON Mall Higashiura 1st floor Central
Court

■ **CONTENTS:**

Stage Performance, Commerce and
Industry Exhibition, Agricultural Exhibition,
Living etc.

【INQUIRY: Sangyo Matsuri Suishin Kyogikai
Jimukyoku TEL0562-83-6118】

50TH MARATHON COMPETITION



■ **WHEN:** December 15 (Sun)

Opening Ceremony: 8:30 am~

Start of Competition: 9:10 am~
(Rain or shine)

■ **WHERE:** Aichi Kenko no Mori Park Center
Entrance

■ **ITEMS:** ①Marathon Group (2km, 3km, 10km)
②Jogging Group (2km)

■ **FEE:** ①Marathon ¥2,500

②Jogging ¥700

※Below Junior High School students is free.

■ **APPLICATION:** Between September 4
(Wed) until October 3 (Thu). Please bring the
application form together with the fee and
submit below. Application form can avail at any
public institutions inside the town.

For more details, please visit the town
homepage.



【Inquiry: Higashiura Marathon
Jikkou Iinkai
(Inside the Medias Taiikukan
Higashiura) TEL0562-83-8333】

Let's receive an earthquake and typhoon information by Apps.

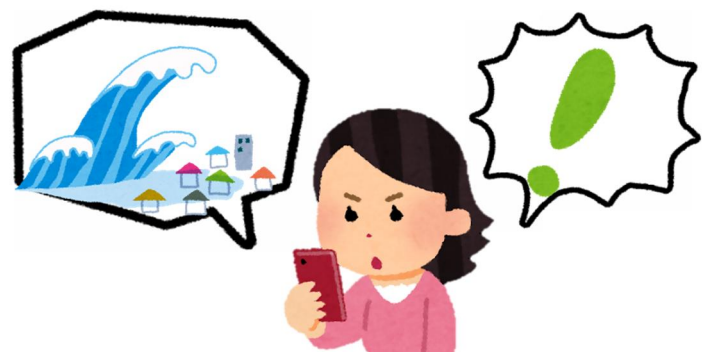
This is a free Apps where we can get information about disaster (earthquake/typhoon). A safety tips for foreign nationals using the Smartphone Apps. It will inform you about emergency earthquake alert, tsunami warning etc. as well as the confirmation of evacuation information, hospitals that are accepting foreign nationals etc.

Safety tips is supporting different languages such as Japanese, English, Chinese (Hantaiji), Chinese (Kantaiji), Korean, Spanish, Portuguese, Vietnamese, Thailand, Indonesian, Pilipino, Nepal, Khmer (Cambodia), Burmese and Mongolian Languages.


↓ Download from here ↓

Android

iPhone



NIHONGO HIROBA (JAPANESE LANGUAGE CLAS)

In Higashiura town, we have 3 Japanese Language Classes [Nihongo Hiroba, Kodomo Nihongo Hiroba and Nichiyoubi Nihongo Hiroba]. It is free of charge. Would you like to study Japanese language together with the volunteers? 

▼ SCHEDULE FROM THE MONTH OF 2024, OCTOBER~ DECEMBER.

OCTOBER							NOVEMBER							DECEMBER						
MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6					1	2	3							1
		◆			▲							●▲								
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
		◆			●▲				◆							◆			▲	
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
		◆			▲	★			◆				★			◆			●▲	★
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
		◆			●▲	★			◆			▲	★			◆			●▲	★
28	29	30					25	26	27	28	29	30		23	24	25	26	27	28	29
		◆							◆			●▲				◆	△			
														30	31					

●...Nihongo Hiroba ◆▲△...Kodomo Nihongo Hiroba
★...Nichiyoubi Nihongo Hiroba

	●NIHONGO HIROBA	◆▲△KODOMO NIHONGO HIROBA	★NICHIOUBI NIHONGO HIROBA
QUALIFIED	ADULT・CHILD	CHILD	ADULT・CHILD
TIME	14:30~16:00	Mark ◆ 16:30~19:00 Mark ▲ 13:00~15:00 Mark △ 9:00~12:00	9:30~12:30 (Core Time: 10:00~12:00)
PLACE	Ken Ei Higashiura Juutaku Shuukaijyou Hall (Higashiura Cho Ooaza Ishihama Aza Sanbonmatsu 1-1)		Bunka Center 2 nd floor (Higashiura Cho, Ooaza Ishihama Aza Girou 10)
APPLICATION	Application is not necessary. Person who wish to join the class can come directly at KenEi Jutaku Shuukaijyo during class hours.	Please send a mail to 「TABUNKA KYOUSEI HIGASHIURA」 Mail Address : 【tabunka_higashiura@yahoo.co.jp】 Please write the title 「Kodomo Nihongo Hiroba」 or 「Nichiyoubi Nihongo Hiroba」. On the letter body, please write your name and contact mail address. (For person who will apply for “Kodomo Nihongo Hiroba”, please indicate the year class of the child.) It is possible to send mail in Japanese language or any other languages.	Application is not necessary. Person who wish to join the class can come directly at Bunka Center on the opening class days.

EMERGENCY CLINIC SCHEDULES

Date	Clinic	Region	Telephone	Remarks
2024.10.6	Yamamoto Clinic やまもとクリニック	Ishihama	0562-82-0600	*The acceptance hour of the emergency clinic on the day is from 9:00 am until noon.
13	Mitani Seikei Geka みたに整形外科	Ikuji	0562-82-0114	
14	Abe Naika Clinic あべ内科クリニック	Morioka	0562-84-1155	
20	Jibiinkouka Miyako Clinic 耳鼻咽喉科みやこクリニック	Ishihama	0562-82-3859	
27	Hidaka Kodomo Clinic ひだかこどもクリニック	Ogawa	0562-82-0700	
2024.11.3	Higashiura Iin 東浦医院	Fujie	0562-83-2270	*There are changes in some circumstances.
4	Ogawa Jibiinkouka Clinic おがわ耳鼻咽喉科クリニック	Ogawa	0562-82-5200	
10	Fujisawa Iin 藤沢医院	Ishihama	0562-83-8111	* Other emergency hours, please make an inquiry at (Emergency Medical Information Center) (0562)-33-1133
17	Tatsumigaoka Clinic 俣ヶ丘クリニック	Shinden	0562-35-1111	
23	Maeda Clinic 前田クリニック	Fujie	0562-84-6618	
24	Satou Naika Clinic さとう内科クリニック	Ogawa	0562-83-5166	
2024.12.1	Kobayashi Clinic 小林クリニック	Fujie	0562-84-5858	
8	Matsuoka Seikei Geka まつおか整形外科	Ogawa	0562-82-1222	
15	Odai Clinic 於大クリニック	Ogawa	0562-82-1911	
22	Yuri Clinic ゆりクリニック	Morioka	0562-82-3337	
29	Kobayashi Clinic 小林クリニック	Fujie	0562-84-5858	
30	Hidaka Kodomo Clinic ひだかこどもクリニック	Ogawa	0562-82-0700	
31	Hidaka Kodomo Clinic ひだかこどもクリニック	Ogawa	0562-82-0700	

CHILD RAISING INFORMATION

◎ Nutritional Consultation ◆ Brushing (Please bring toothbrush.) ☆ Dental check up and Fluoride application. ★ Breast milk consultation from midwife.

	EXAMINATION	OCTOBER	NOVEMBER	DECEMBER	RECEPTION TIME	
Kenshin (Examination) for babies	4 Months	18th (FRI)	29th (FRI)	20th (FRI)	1:00 ~ 2:00 pm	
	◎★	Born in June, 2024	Born in July, 2024	Born in August, 2024		
	※Mother's dental health check up will do together with child's 4month's medical check-up.					
	7 Months	30th (WED)	27th (WED)	25th (WED)	Place	
	◎	Born in March, 2024	Born in April, 2024	Born in May, 2024	Health Center	
	Happi Soudan (1 yr.old child measurement) Consultation	8th (TUE)	12th (TUE)	10th (TUE)		
	◎◆	Born in September, 2023	Born in October, 2023	Born in November, 2023	Things to Bring	
	1 year and 6 months	11th (FRI)	15th (FRI)	13th (FRI)	Mother and Child Healthbook "Boshitecho" For mark - ◆ Bring the following: toothbrush, cup and towel.	
	☆◆◎	Born in April, 2023	Born in May, 2023	Born in June, 2023		
	2 years and 2months Health and Dental check up	23rd (WED)	20th (WED)	18th (WED)		
	☆◆	Born in August, 2022	Born in September, 2022	Born in October, 2022		
	3 years old	9th (WED)	13th (WED)	4th (WED)		
☆◆◎	Born in October, 2021	Born in November, 2021	Born in December, 2021			
Yobou Sesshu (Vaccination Only)	Rota Vaccine	After birth from 6 weeks until 32 weeks after birth. (The numbers and qualified age differs depends on the type of vaccine.)			Implementation at all Medical Institutions inside the town.	
	Hib Vaccine	After birth from 2 months until 5 years old below.				
	Pediatric Pneumococcal Vaccine	(The numbers and intervals of vaccine differs upon the starting age in month.)				
	Hepapitis B	After birth until 1 year old.			*Medical Institutions differs according to the type of vaccine. (FREE OF CHARGE)	
	4 mixture vaccine (Diphtheria, Pertussis, Tetanus, Inactivated Polio)	After birth above 2 months until 7 years and 6 months below.				
	5 mixture vaccine (Diphtheria, Pertussis, Tetanus, Inactivated Polio, HIB)					
	BCG	Below 1 year old after birth.				
	Measles/Rubella (1st term)	After birth from 1 year old until 2 years old.				
	Measles/Rubella (2nd term)	Daycare senior child is qualified. (Individual notice)				
	Japanese Encephalitis 1	Vaccine guidelines will be given during the 3 years old check up.				
	Japanese Encephalitis 2	Elementary of 4th grade are qualified. (Individual notice)				
	Diphtheria, Tetanus (2nd term)	Elementary of 6th grade are qualified. (Individual notice)				
Chicken Fox (Varicella)	After birth from 1 year old until 3 years old.					

Attention: Higashiura Health Center is asking all the children to take 6 examinations by 3 years old. Please come and take an examination if your child has not taken an examination.

[Request upon consultation] Wearing a mask is an individual decision but we are asking for your cooperation to wear a mask during the infant health check-up.

* Please refrain from coming if the child or the family has fever or in case of not feeling well. Please contact the Hoken Center if your are not feeling well or inconvenient to come for the health check-up.

※ The infant check-up will be cancelled in case of storm warning announced as of 11:00 in the morning.

※ In some cases, schedules might differ because of long time schedule.Please check the information magazine or website .

※ Please inquire at Higashiura Health Center for more information (0562) 83-9677