



JUNE NEWSLETTER

☆ Updated procedure for medical deduction for single parent families

- **When:** June 3rd (Mon) – 7th (Fri), 9:00- 17:00
- **Where:** City office 1st floor, child and family division
- **Who:** This is for single parent families, for example, mother-and-child family or father-and-child family and whose income is tax-free.
 - ※ For those who did not get the tax deduction for dependents last year and this year's Reiwa 1st year due to tax rule changes, your tax deductions will be reviewed. Also, beginning this July, unmarried widow deduction will be available.
- **What to bring:** Notification letter, health insurance card (for everyone), single-parent families, such as medical expenses subsidy recipient certificate (orange- colored), signature stamp.
 - ※ Other documents might be needed depending on each person.
 - ※ Please inquire us in June if you want to have medical fee aid.
- **Contact:** ☎ 055-934-4827 Children and Family Division

☆ “Flower Week” Campaign

- **What:** “Flower Week” Campaign will be held from June 22nd to 28th
- **When:** June 22nd (Sat) [No postponement for light rain]
- **Where:** Chuou Park (Central Park)
- **Details:**
 - ※ Distributing young plants
 - Time: 9:30 am to 12:00 pm
 - Distribution of young plants: 2 rootstock/person (First 400 arrivals)
 - Distribution of composts: 1 bag/ person (First 100 arrivals)
 - Various flower seeds: 1000 bags stock
 - The end of this activity is when all the stocks are distributed.
 - ※ Lecture on how to plant seeds and grow flowers
 - Time: 9:30 am to 10:30 am
 - Teachers: Members of Numazu Flower Group
 - No need for application.
 - ※ Lecture on how to make young plants of “Hamayu”, Numazu’s city flower
 - Lecture on how to make and grow the young plant of city’s flower, “Hamayu”.
 - Time: 9:30 am to 12:00 pm
 - No need for application.
 - ※ Lecture on how to grow blueberries -Lecture on how to grow blueberries in your house.
 - Time: 10:45 am to 11:45 am
 - Teacher: Akihiro Suzuki (Leader of Numazu Green Group)
 - Applicants: Numazu citizens
 - Capacity: 30 people (Chosen by lottery when there are more than 30 applicants)
 - Participation fee: 1000 yen
 - Application: Please write your name, address, and phone number (phone number that we can

contact you easily). Also write “Lecture of how to grow blueberries” on a reply-paid postcard and send it to us, or send via E-mail.

- Due Date of Application: June 7th (Fri)
- Only one person could be applied per postcard or E-mail
- **Contact:** ☎055-934-4795 Parks and Green Spaces Division City Hall
- **E-mail address:** ryokuti@city.numazu.lg.jp

☆ **Evening Payment Consultation of the Water Service Fee**

- **When:** June 4th (Tue) and June 18th (Tue), 17:15 - 20:00
- **Where:** Service department at first floor of Water Supply Department Government building
- **Contact:** ☎ 055-934-4853 Water Service Department

☆ **June 5th (Wed) is the payment dead line for the minicar tax**

- Do not forget to pay on the day. In addition, the night payment counter for the city tax is provided, so please use it.
- **When:** Night payment counter on June 7th (Friday) and 17th (Monday) 17:15 - 19:00
- **Where:** City hall 2nd floor, tax management division
- **Application and Contact:** ☎055-934-4732 Tax management division (tax promotion staff)

☆ **Have you finished paying last year’s National Health Insurance Fee?**

- Please complete the payment of last year’s National Health Insurance Fee as soon as possible. If it is unpaid, you might receive the following restrictions.
 - You will not be able to receive the examination fee assistance for the thorough medical checkup and the brain medical checkup.
 - The validated period of the insurance card will be shortened.
 - Coverage of all medical expenses can be suspended temporarily.
- **Contact:** ☎055-934-4725 National Health Insurance Division (Payment section)

☆ **Information from Health Center- *Information about 2019 Cancer medical check***

A cancer medical examination will be held based on government guidelines. The contents of the examination will be changed, for example, the accuracy will be improved for health promotion of citizens.

Kinds of examination	Changes (e.g. About content)
Gastric Cancer Screening (Gastroendoscopy)	According to the new guideline of the government, people from age 50 will be now taking the examination. All of the people from age 50 to 55 must take the examination. For people above age 55, only the people with even number of age need to take the examination for this year. You can check whether or not you need to take the examination by checking the “Numazu medical examination ticket”, which will be sent to you by early June.
Cervical Cancer Screening	The accuracy of the examination will be improved.
Breast Cancer Screening	The previous ultrasound examination will be no longer used and new mammography examination, including visual and palpation examination, will be used.

The ultrasound examination that was previously used for the examination of the Breast Cancer is abolished according to the new government guidelines (because there was not much evidence about a decrease in the rate of deaths). For people in their thirties in this year, this change will be applied. Also, as to educate younger people about the ways to prevent Breast Cancer, we will make the importance of “Breast Awareness” known.

♥ **Specific medical checkup** ♥

Let’s take the cancer medical examination !

This year’s Numazu’s medical checkup will begin on June 10th (Monday).

Check-up period: June 10th (Monday) - October 31st (Thursday)

- The Numazu City medical checkup consultation ticket would be sent to the people concerned in early June. Please contact the insurance center, for those of you who did not get the consultation ticket but are willing to take the checkup. In the second half of the medical examination period, the medical facilities are very crowded, and you may not be able to receive your request at a medical institution of your choice. So, please take the checkup as soon as possible.
- Please visit the city's website or "Information for Numazu City medical checkup 2019" for further details.
- **For the woman who is within the target age, free coupon for the medical checkup on Cervical cancer and breast cancer would be sent.**

The earlier the cancer is detected, the chances for recovery are higher. For this, a medical checkup is required regularly. In our city, we send free coupon ticket to the people concerned at the beginning of June to have the right knowledge about cancer and the required examination. If the coupon ticket could not reach to your registered address because of transfer and others. Please contact the insurance center.

Medical checkup for Cervical cancer
(Neck only)

Age	Date of birth
21	1998/04/02- 1999/04/01

Medical checkup for breast cancer
(Mammography examination)

Age	Date of birth
41	1978/04/02- 1979/04/01


- **Contact:** ☎055-951-3480 Health promotion section (insurance center)

☆ **Let's follow the basic rules when throwing away garbage**

To reduce and to recycle the garbage, the garbage is collected by separating it in categories. The garbage must be separated into the 4 different categories and is thrown away on the designated date by 8:00 am and on the designated areas.


Burnable garbage day (Twice a week)

Kitchen waste, used tissues, garbage that needs to be sanitized.




Plastic packaging and containers day (Once a week)

Plastic, vinyl containers and packaging (Look for the "Plastic Mark").



Resource recovery day (Once a month)

Cans, bottles, metals, used paper, battery, and pet bottles.



Landfill waste day (Once a month)

Crockery, glass, futon, carpet, furniture, plastic products, leather products.



Don't mix dangerous materials with the plastic packaging and containers!

Containers and packaging of products that are made of plastic, vinyl, or styrofoam is collected on the "Plastic packaging and container collecting day".

Do not mix anything that will become dangerous in the process of recycling.

✗ **Anything flammable (Rechargeable batteries, lighters, dry batteries)**

Any products that include batteries inside such as electric toothbrushes can become cause of ignition, so please take out the batteries and throw it out in the correct separation category.

✗ **Anything that can cause injuries (razor, edged tools)**

Any small and sharp metals such as razors, must be put into a can that has a lid, and must be thrown away on the resource collecting day.

✕ **Any medical related garbage**

Syringe and drip infusion needles will not be collected. Please give them back to medical institutions.

Examples of dangerous products: Battery from electric devices such as a camera, electric smoking device that includes batteries inside

- **Contact:** ☎055-933-0711 Clean Center Management Division

☆ **Let's go to open school!**

Would you like to visit a school which you don't usually visit?



School name	Open day	Time	Phone number
Daiichi Elementary	6/25 (Tuesday)	10:20 – 14:20	055-962-0351
Daini Elementary	6/27 (Thursday)	10:30 – 14:10	962-0352
Daisan Elementary	7/3 (Wednesday)	10:25 – 14:30	931-0353
Daiyon Elementary	6/28 (Friday)	10:30 – 15:25	931-0354
Daigo Elementary	6/25 (Tuesday)	10:30 – 14:30	921-0355
Kaihoku Elementary	6/18 (Tuesday)	10:30 – 13:20	921-4041
Senbon Elementary	6/21 (Friday)	8:25 – 14:25	962-0356
Katahama Elementary	6/26 (Wednesday)	10:30 – 14:30	962-0357
Kanaoka Elementary	7/4 (Thursday)	10:30 – 14:30	921-1371
Ooka Elementary	6/25 (Tuesday)	10:30 – 14:35	921-1885
Shizuura Elementary integrated Elementary and Junior High school	6/13 (Thursday)	13:25 – 16:00	931-3017
Ashitaka Elementary	6/21 (Friday)	10:25 – 12:05	966-4244
Oohira Elementary	6/21 (Friday)	10:25 – 14:25	931-5020
Uchiura Elementary	6/27 (Thursday)	9:00 – 12:00	943-2134
Nishiura Elementary	6/27 (Thursday)	10:20 – 14:00	942-2004
Hara Elementary	6/25 (Tuesday)	10:35 – 14:35	966-0034
Ukishima Elementary	6/13 (Thursday)	10:25 – 14:30	966-2004
Kanuki Elementary	6/28 (Friday)	10:25 – 14:20	931-1234
Kadoike Elementary	6/18 (Tuesday)	10:20 – 14:25	922-1481
Imazawa Elementary	6/14 (Friday)	9:15 – 14:20	966-5522
Sawada Elementary	6/17 (Monday)	9:20 – 14:05	924-0161
Harahigashi Elementary	6/13 (Thursday)	10:30 – 14:15	967-1213
Ohoka Minami Elementary	6/14 (Friday)	9:15 – 14:15	962-0355
Heda Elementary	6/13 (Thursday)	8:30 – 15:00	0558-94-3028
Daiichi Junior High	6/28 (Friday)	8:35 – 16:30	055-962-1551
Daini Junior High	6/5 (Wednesday)	13:55 – 16:30	962-1552
Daisan Junior High	6/6 (Thursday)	8:20 – 16:00	931-1553
Daiyon Junior High	6/28 (Friday)	8:30 – 15:15	931-1554
Daigo Junior High	6/7 (Friday)	8:30 – 15:30	921-1555
Katahama Junior High	6/24 (Monday)	8:35 – 14:20	962-1556
Kanaoka Junior High	6/10 (Monday)	8:35 – 14:50	921-1558
Ohoka Junior High	6/12 (Wednesday)	8:30 – 14:15	921-1557
Ashitaka Junior High	6/7 (Friday)	9:00 – 15:00	966-4229
Ohhira Junior High	6/7 (Friday)	9:00 – 16:00	931-5021
Nagaisaki Junior High	6/7 (Friday)	8:30 – 12:00	941-3111
Hara Junior High	6/7 (Friday)	8:30 – 15:15	966-0138
Ukishima Junior High	7/2 (Tuesday)	8:00 – 16:00	966-2040
Kadoike Junior High	6/12 (Wednesday)	8:30 – 15:10	923-3900
Imazawa Junior High	6/14 (Friday)	8:30 – 14:10	966-9981
Heda Junior High	6/13 (Thursday)	8:30 – 15:35	0558-94-3055

※ Please go to the school directly on the designated day.

- ※ Please do not come to the school by car.
- ※ **Application & Contact:** ☎055-934-4809 School Education Division

☆ **Don't forget to submit the requirements for the child allowance requirements which is due on June 13th (Thursday).**

- There is a need to submit the requirements for the Child allowance from Heisei 31 (2019 February) to Reiwa 1 (2019, May). If they start providing after March, they need to pay from the date you started until May).
- We will send you the forms by mid-June so please fill out the necessary items and submit it. It is possible to use the *My number* and submit by the electronical form.
- If there are no submission, we cannot provide the allowance after June. (Payment will be October.
- **Contact:** ☎ 055- 934- 4827 Children home division

☆ **Take the inspection as soon as possible- News about rubella antibody test, vaccination for adults**

Men who were born before April 1st, 1979 and had no chance for routine vaccination and had a low antibody retention rate, so we decided to conduct a routine vaccination on people in the following table as an exceptional measure. We will supply an antibody test and vaccination consultation free coupon ticket sequentially to all target people. As a result of examination, we strongly suggest that people with low antibody titer should receive vaccination.

	Birth Year
Target person for this year	Men that born between April 2nd, 1972 to April 1st, 1979
Target person for next year	Men that born between April 2nd, 1962 to April 1st, 1972

- ※ Concerned people (ones applicable for next year) who want to take the inspection as soon as possible, please contact us.
- ※ It is able to take the inspection in every hospital around Japan.
- ※ Antibody tests can be taken at a specific checkup. Also, please bring the free coupon so that you can receive the test individually at the medical institution.

Let's prevent the spread of rubella infection!

Rubella is a highly contagious infection that causes fever and rash as the main symptoms and spreads to others due to the splash of saliva from the patient. When a pregnant woman in the early pregnancy becomes infected with rubella, the born child may be impaired. The number of patients has increased nationwide, mainly in men in their 30s and 50s, since 2018. It is very important that the whole society will be interested in rubella in order not to spread the infection.

- **Contact:** ☎055-951-3480 Health promotion section (health center)

☆ **2019 NICE Japanese Speech Contest**

Do you want to join presenting your feelings in Japanese?

- **When:** October 12th (Sat) 14:00 - 16:30
- **Where:** Numazu City Library audio-visual hall
- **Theme:** Any topic (more than 4 minutes but less than 5 minutes, speech made by yourself, and not being published)
- **Who:** People who are living, working or studying in Eastern Shizuoka
- **Number limit:** 15 people (If more applies, selections will be taken.)
- **How to apply:** Visit, mail or fax to the city hall 2nd floor local self-governance place until August 23rd (Fri)
- **Apply/ Contact:** ☎055-934-4717 FAX 055-931-2606 NICE office (in local self-governance)

☆ **Evening and Holiday Consultation window for National Health Insurance fee payment are open**

- **When:** Night consultation- June 7th (Fri); 17th (Mon); and July 1st (Mon) (17:15- 19:00)
Holiday consultation- June 16th (Sun) (9:00 -12:00)

- **Where:** Municipal office 1st floor, National Health Insurance office
- **Apply/ Contact:** ☎055-934-4727 National Health Insurance office (Storage division)

★Have you done income declaration those who applying for national health insurance?

- People who did not earn any income in 2018 or people who don't need to notify income legally (people who receive survivor's pension, disability pension and other tax-exempt pension) may get discount for the insurance price by the notification. People who think that you are the one who can get discount, please consult by June 14th(Fri). Also, people who already declared the income tax and city prefectural tax, or people who are receiving citizen pension or welfare pension, or people whose workplace submit the payroll report don't need to declare the income.
- **Application and contact:** ☎055-934-4726 National Health Insurance division

★Subsidy Application for National Health Insurance Brain-Doctor visit

- **When:** July 1, 2019 (Mon) – March 31, 2020 (Tue)
- **Who:** For people aged 40 or above by April 1, 2019, and people who continuously subscribing for national health insurance from before 4/1/2018 and finished paying all the tax until Heisei 30th
- **Number of people:** 400 people (First-come-first-served basis)
- **Subsidy:** 40000 yen (The amount to be paid by the patient depends on each medical institution.)
- **Method:** Bring the national health insurance card to the national health insurance division in the 1st floor of the city hall. Also, you may apply through your phone (Procedure of application should be done by the patient or his/her family.)
- **Time of Application:** June 11, 2019 (Tue) – February 28, 2020 (Fri)
- **Application and contact:** National health insurance division (Beneficiary) Tel:055-934-4725

★Pick-up Window for “My Number Card” (Individual Card)

Pick-up window is opened for those who cannot receive their “My Number Card” while the City Hall is open. (Reservation is required before visiting. It takes about 20 minutes per person to receive the “My Number Card”.)

- **When:** July 6 (Sat), August 4 (Sun); 9:00 - 13:00 on both days
- **Where:** Resident Registration Division (City Hall 1F)
- **Applicants:** Those who requested for “My Number Card” and have received the notification letter (postcard)
- **Capacity:** 30 people per day
- **How to apply:** By phone
- **Applications & Inquiries:** ☎ 055-934-4721 Resident Registration Division

★ Meiji Historical Museum Will Be Closed from June 10(Mon) to June 17(Mon)

Museum will be closed due to pest extermination.

- **Contact:** ☎055-923-3335 Meiji Historical Museum

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