



KOKA May 2017



New City Hall Building will be open on May 8th!!

New City Hall will be open for public on May 8th, Monday. The new building had been under construction to strengthen its disaster prevention functions, while making sure that the quality of city services improves with this complete renovation.

The new building offers accessibility to residents with disability. The reception desks for city services are gathered on the first and second floor to achieve easy navigation and guide you to the most appropriate reception window.

Features of the new buildings are:

- ★ *Large nursing room accessible with your stroller. There are children's area with toys located on the first and second floor.*
- ★ *Reception windows on the first floor are separated by partitioning screens to maintain confidentiality.*
- ★ *General Information Center is set up on the first floor to better guide you to the right reception window.*
- ★ *For more details about our new building, please refer to Japanese Koka Newsletter.*

National Pension: Changes in required valid coverage periods - from 25 years to 10 years

Starting August, the required coverage period to become eligible for Japanese old age pension will be changed from 25 years to 10 years (total coverage period of contribution-paid periods as well as contribution-exempted periods). With this new change in law, Japan Pension Service will mail the Application for Pension (NENKIN SEIKYU SHO) to the eligible applicants. If you receive the application, please contact your nearest pension office and follow necessary steps to file application. For inquiry, please call "Nenkin Dial" at 0570-05-1165. (Service is available in Japanese only. Please have your Basic Pension Number ready.)

ねんきんを もらうために ひつような きかんですが 25ねんから 10ねんに みじかくなりました。ねんきんを もらえる ひとに、にほん ねんきん きこう (日本年金機構) から、ねんきんせいきゅうしょ (年金請求書) が きます。せいきゅうしょを もらったら、ねんきん じむしょに いて、てつづきを してください。わからないことが あれば、ねんきん だいあるに でんわ してください。でんわばんごうは 0570-05-1165 です。にほんごだけです。きそねんきんばんごう (基礎年金番号) を よういして でんわ してください。



Basic Health Checkup

きほんけんしん
基本検診

To better manage your health condition, annual health checkup is recommended for those who are not offered by their school or employer. Starting this fiscal year, health checkups are available at below clinics. For group health checkup locations, please see this year's Medical Checkup Calendar. (けんしん かれんだー)

- **Eligible:** Between 16 and 39 years old, with no opportunities to have health checkups through school or workplace.
- **Exams:** Body measurement (height, weight and waist), medical consultation, urinalysis, blood pressure, blood testing (for lipid, liver function, kidney function, anemia, and blood-sugar level).
- **Fee:** 1000 yen

Receiving checkup at hospital/clinic

Available: Between June and January 2018

Locations:

- ① Minakuchi Shinryoujo (水口診療所)
Please call 0748-62-3346 to make an appointment.
- ② Shigaraki Chuo Byouin (信楽中央病院) Walk-in basis. Open Monday thru Friday from 9am to 11:30am, excluding Sundays and holidays.

Receiving at group health checkup

Health checkups are held city wide between June and November. It's walk-in basis.

For more details, please refer to Medical Checkup Calendar. If you do not receive the calendar from your community, please pick it up at your nearby Chiiki Shimin Center (地域市民センター) or Hoken Center (保健センター)

Inquiry: Health Support Division, Health Promotion Section. (健康増進係)
☎0748-69-2168 FAX:0748-63-4085

May Taxes (5がつの ぜいきん)

- Light motor vehicle tax 軽自動車 (けいじどうしゃぜい)
- Fixed property tax 固定資産税 (こていしさんぜい)
- National Health Insurance Tax 国民健康保険税 (こくみんけんこうほけんぜい)
- Nursing Care Insurance 介護保険料 (かいごほけんりょう)
- Nursery school fee 保育料 (ほいくりょう) ● Kindergarten fee 幼稚園使用料 (ようちえんしゅうりょう)
- Sewerage fee 公共下水道使用料 (こうきょうげすいどうしゅうりょう)

Due date for tax payment:

May 31st (Wed)

English interpreter is available from 8:30 a.m. to 5:15 p.m.
at Regional Community Promotion Div. in City Hall
Phone: 0748-65-0604

Automated translation is available on our homepage:
<http://www.city.koka.lg.jp/>

Take Advantages of Koka City's Cancer Screening

About 30% of all deaths in Koka City are results of some forms of cancer: 1 out of 4 for male and 1 out of 6 for female. Further, some studies suggest that 1 in 2 develop cancer sometime in their lifetime. It is highly recommended that you take this opportunity to receive regular cancer screenings. Here are three advantages of cancer screening;

- 1: Low prices ► Koka City provides a subsidy for cancer screening fees, thus you can receive cancer screenings for only 10 to 20 % of the total medical cost.
- 2: Early detection ► Possibility of complete recovery from cancer increases greatly if cancer with no apparent symptoms in its early developmental stages are detected.
- 3: Peace of mind ► With regular cancer screenings and health checkups, you will gain a peace of mind.

Eligible: 40 years and up (20 years and up for cervical cancer screening)

If receiving at hospital/clinic: receive the screening at locations listed on the Health Checkup Calendar.

If receiving at group screening: Appointment is required.

You can make appointments from May 8th (mon) and May 19th (fri) between 9am to 6pm *excluding 13th (sat) & 14th (sun)

Phone number for making appointment: 0120-614-515

★Please note that above dates are the only dates open for making cancer screening appointment.



Protect your child: Please receive measles-rubella vaccine

こどものましんとふうしんのよぼうせつしゅをしましょう

Measles(はしか) and rubella virus are highly contagious, and children will suffer high fever and may develop severe complications such as encephalitis when infected. If your child(ren) is eligible for the second round of MR vaccine, please take this opportunity to get vaccinated.

Eligible: Pre-school children living in Koka City and enrolled in Nencho class at Hoikuen and Yochien (enrolled in the last year before entering elementary school).

Vaccination period: Until March 31st of 2018 (last day varies by the designated medical institutions) Please refer to the Health Checkup Calendar for participating medical institutions and appointment procedure.

Fee: Free

★Your child should have been vaccinated between age 1 and 2 years old

Please bring: Questionnaire (もんしんひょう), Maternity Health Record Book (ぼしけんこうてちょう), Insurance card (or any other form of ID), City designated proxy consent (いんにんじょう) is required if child(ren) is not accompanied by a parent. Please contact Sukoyaka Shienka (すこやか しえんか) if you need the consent form.

Inquiry: Sukoyaka Shienka, Boshi Hoken Kakari at 0748-65-0736 (FAX at 0748-63-4591)

HEALTH CHECKUP FOR INFANTS AND TODDLERS: MAY

No appointment necessary: Please visit your nearest Hoken Center directly

For more details, please refer to Health Checkup Calendar.

ごがつにゆうよう じけんしん

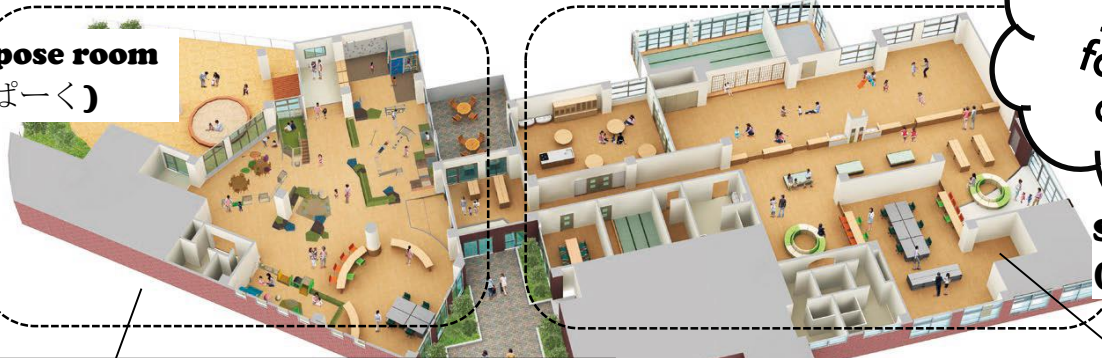
Inquiry: 健やか支援課 (すこやか しえんか) at 0748-65-0703

5月 乳 幼児健診

Health checkup	Eligible Child	Exam Date	Location	Reception Hours	What to Bring
4 months	January 2017	5/18 (Thr)	Kaede Kaikan	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), towel, diapers, change of clothes, formula if necessary.
		5/25 (Thr)	Minakuchi HC		
10 months	June 2016	5/11 (Thr)	Minakuchi HC	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), towel, diapers, change of clothes, formula if necessary.
		5/18 (Thr)	Kaede Kaikan		
1 year and 8 months	September 2015	5/10 (Wed)	Minakuchi HC	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), diapers
		5/29 (Mon)	Kaede Kaikan		
2 years and 6 months	October 2014	5/22 (Mon)	Minakuchi HC	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), survey for your child's hearing ability (ささやきこえけんしん)
		5/29 (Mon)	Kaede Kaikan		
3 years and 6 months	October 2013	5/15 (Mon)	Minakuchi HC	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), Additional questionnaire distributed at 2 years and 6 months checkup
		5/30 (Tue)	Kaede Kaikan		

Welcome to KoKoMori!

Multipurpose room
(てるてるぱーく)



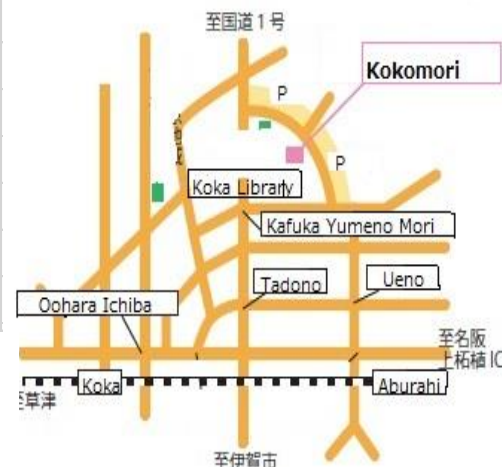
New parenting support facility is open

Shien Center
(しえんせんたー)

There are 3 areas of indoor playground for preschool children: indoor climbing walls, two-story wooden house, crawling areas for small infants and more. Comfortable nursing room and kids' bathroom is equipped with a shower booth.

Shien Center offers a play area for children, with books & toys. There is a room- "Onigiri Room" where you can bring own food or even cook in. When it's nice out, there is a terrace to enjoy your lunch.

Facility	Open	Hours	Open for
Kosodate Shien Center こそだてしえんせんたー	Tuesday thru Saturday (Closed on Sundays & Mondays)	9:00am to 4:30pm	Expectant mothers, Prekindergarten children and their parents/guardians
Multi purpose room たもくてきひろば てるてるぱーく	Wednesday thru Sunday (Closed on Mondays and Tuesdays)	9:00am to 4:30pm	Preschool children and their parents/guardians



Inquiry: 子育て世代包括支援センター
こそだ せだいほうかつしえんせんたー

Kosodate Sedai Hokatsu Shien Center at 0748-70-0074