

● **Let's think about what to eat during a disaster!** Disaster Prevention and Safety Div. ☎042-338-6802

If you are prepared, you can still have hot meal even in the event of a disaster. In order to maintain both physical and mental health, 100 years have passed since the Great Kanto Earthquake, so let's think about what to eat in the event of a disaster.

[Contents of the refrigerator]

* Instead of eating emergency food right away when a disaster occurs, you can always keep a certain amount of food at home by storing a little more than usual in the refrigerator or freezer, and then buying new food as you eat them. You can stock up on it. Mineral water, canned food, retort food, meat and vegetables (pay attention to expiration dates), etc.

* Get a cassette stove. With a cassette stove, you can cook even if electricity or gas is not available, so you can enjoy hot meals. Eating a hot meal will give you energy.

Consume from what you have. By consuming perishable items first, such as fresh produce, you avoid wasting food. If the electricity goes out, you can store frozen food for a little longer by putting it in a cooler box.

[Preserved foods] Dried noodles and canned foods are easy to use on a daily basis and can be stored for long periods at room temperature. By preparing your favorite canned food, you can expect the meal to ease your depressed spirits during a disaster. Additionally, rice can be cooked in a hot water bath, making it a strong ally in times of disaster.

[Emergency food] Recently, there have been a variety of types of emergency food that can be stored for a long time. In addition to being available for purchase at home centers and internet sites, there are also supplies available through the Disaster Prevention and Safety Division.

● **New Corona Vaccine "Autumn Reiwa 5th Inoculation"**

From September 20th, we will be conducting "vaccination starting in the fall of 2020" using a new monovalent vaccine compatible with the Omicron strain (XBB.1.5). (The currently underway "Vaccinations starting in Autumn of Reiwa 4" and "Vaccinations starting in Spring of Reiwa 5" using bivalent vaccines compatible with Omicron strain (BA.4-5) will end on September 19th.)

▽Target: Those aged 6 months or older who have completed their first vaccination.

▽Vaccine used: Monovalent vaccine compatible with Omicron strain (XBB.1.5) (Pfizer or Moderna)

▽Vaccination period: More than 3 months have passed since the previous vaccination

▽Number of vaccinations: 1 time

▽Vaccination cost: Free

Reservations accepted starting September 5th. A vaccination ticket is required for reservations. Please note that some people receive vaccination tickets from the city and others do not. If you have not received a vaccination ticket from the city, please use an unused vaccination ticket to make a reservation. (For details, see the official website) *From now on, reservations are also required for those over 60 years old.

▽Reservation method

New coronavirus vaccination call center

☎042-313-7003, Fax: 042-313-7754 (only for people with hearing impairments)

Tama City Vaccine Reservation System URL <https://covid19.city.tama.lg.jp/>

*Vaccination with the new coronavirus vaccine is not mandatory.



● **Main government building in September [Open on Saturdays and Sundays] 9th (Sat) and 24th (Sun)**

Hours 8:30 am to noon, 1:00 pm to 5:00 pm

Main services Procedures for seal registration and change of address, issuance of copies of resident records, seal registration certificates, and family register certificates, tax consultation (Sundays only)

Remarks Some services cannot be handled. Please come to the office at least 30 minutes before each end time. Citizens Division ☎042-338-6823, Tax Payment Division ☎042-338-6852, Insurance and Pension Division ☎042-338-6840

● **General Gymnasium 3rd term independent business class (Oct.-Dec.)**

General Gymnasium ☎042-374-2313

Contents Infants: Cheer dance, physical education school, footsal,

Children: Cheer dance, physical education school, K-POP, footsal,

Adults: Yoga, Zumba, Pilates, chiropractic exercises, pelvic shaping, etc.

Remarks See General Gymnasium <https://tama-sports.com/> for details

Application From September 12th (Tue), bring the fee and go directly to the general gymnasium.

● Walking along the fault line of the Aoyagi cliff, following the cool shade of trees and spring

water Health Promotion Division ☎042-376-9139

Date and time September 22nd (Friday) 9:30 a.m. to 2:00 p.m. Meet in front of the JR Nishi-Kunitachi Station ticket gate

Participants Intermediate

Capacity 25 people (first-come, first-served basis)

Course Yagawa Ryokuchi ~ Along the Yagawa Bake ~ Kunitachi Local Culture Center ~ Old folk house/Shiroyama Park (lunch) ~ Taniho Tenmangu Shrine (5209 Yaho, Kunitachi City) ~ Ichikawa Ryokudo ~ Disband at JR Nishifu Station (walk approximately 7 km)

What to bring Drinks, hat, rain gear (umbrellas not allowed), lunch, rug

Application From September 7th (Thursday), please call the Health Promotion Division at ☎042-376-9139.

Note Wear comfortable shoes and clothes. Walking poles cannot be used. Canceled due to extreme heat and rain.

ROTA OF ON-DUTY DOCTORS ON HOLIDAYS 9am-5pm TAMA CITY DOCTORS ASSO. <http://www.tama-med.or.jp/toban>

9/10 (Sun) Suzuki Internal Clinic, 5-4-10, Nagayama	☎042-371-2760
9/17 (Sun) Nakamura Internal Clinic, 5-10-7, Suwa	☎042-375-7757
9/18 (Mon) Children Clinic Shimizu, 1-24-1 Tsurumaki, Shintosh Center bldg. 3F	☎042- 373-0512
9/23 (Sat) Miyuki Clinic, 1-8-3, Renkoji	☎042-372-4853
9/24 (Sun) Yamazen Internal Clinic, 4-40-3, Ichinomiya, Seisekisakuragaoka Garden house 1F	☎042-372-5588
10/1 (Sun) Aragaki Internal surgical Clinic, 1-24-1 Tsurumaki, Shintosh Center bldg. 3F	☎042-373-0514
10/8 (Sun) Sasabe clinic, 4-9-2 Sekido, Comfort Seiseki 1 and 2F	☎042-375-7313
10/9 (Mon) Tama Seiseki Gastrointestinal endoscope Clinic, 1-1-5, Sekido, The Square 2F	☎042-400-6580
10/15(Sun) Saito Internal Respiratory Clinic, 4-2-6-202, Nagayama	☎042-373-2522

- Emergency cases only ●Be sure to bring your health insurance card and infant healthcare card (if applicable)
- Please visit during clinic hours ※Always call in advance ※This list is subject to change

NIGHT CLINIC FOR CHILDREN (Pediatrics)

(Health Center = Kenko Center)

Please visit this clinic first if your child has an emergency (19:00-21:45) ☎ 042-375-0909



INFORMATION ON MEDICAL INSTITUTIONS (24-HOURS)

Emergency Call Center (Tama Fire Dept.) ☎ 042-375-9999
 Fire Dept. Emergency Consultation Service #7119 (mobiles, PHS, push-button phones) ☎042-521-2323 (dial-up phones)
 Tokyo Met. Med. Health Info Service (Himawari) ☎03-5272-0303

EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(Health Center) ☎ 042-376-8009
 (9:00-15:30: Sundays and public holidays)
 * Note: Please call in advance.

MEDICAL INFORMATION IN FOREIGN LANGUAGES

(Tokyo Metropolitan Health and Medical Info Center)
 9:00-20:00 ☎03-5285-8181

☆**Counseling for Foreign Residents** Every 1st and 3rd Thursday of the month (13:30-16:30) TIC Rm. (7F VITA) * By appointment only
 ☆**Japanese Class Schedule** (Classes are free for TIC members) *Commissioned by Tama City

	Venue	Time	Dates	
			September	October
Monday classes	Parthenon Tama 4F, 3 & 4 Meeting rooms	9:45~11:45	4th・11th・25th	2 nd , 16 th , 23 rd , 30th
	Nagayama Kominkan 5F Bellebs Hall	9:30~11:30	4th・11th・25th	2 nd , 16 th , 23 rd , 30th
Thursday classes	TIC Room (7F VITA Commune)	10:00~12:00	7th・14th・21th	5 th , 12 th , 19th
		19:00~21:00	7th・14th・21th	5 th , 12 th , 19th
Saturday classes	TIC Room (7F VITA Commune)	14:00~16:00	2nd・9th・30th	7 th , 21th, 28th

△For reservations and inquiries regarding the above, please call the TIC Office Tel. 042-355-2118

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Prepared & edited by: **TAMA CITY INTERNATIONAL CENTER (TIC)**

TIC Secretariat: 7F, VITA Commune, 4-72 Sekido, Tama City 206-0011 ☎ 042-355-2118 Fax 042-355-2104

E-mail: tic@kdn.biglobe.ne.jp URL: <https://www.tic-tama.jp>

Office hours: Mon.-Fri. 10 a.m. - 5 p.m. Closed Sundays, every 1st & 3rd Monday of the mo., national holidays, year-end and new year holidays and extra holidays.

※If you have any comments or requests regarding Hand in Hand in Tama, please send them to the above address. This newsletter is available in four languages (Japanese, English, Chinese, Korean and easy Japanese); please contact the TIC Secretariat if you would like a copy. Editing: Yoko Sugai, Translation: Midori Okita