

## WISHING YOU ALL A HAPPY NEW YEAR

We are praying for the good health of each and every one of us and for the world to be a peaceful year 2021!

Last year was a year in which the whole world has spent most of the time fighting the new coronavirus, COVID-19. We would like to thank all the healthcare professionals who have been at the forefront of fighting unknown viruses to save the lives of the people. By the way, this year will be the 50th anniversary of the city system implementation for Tama City. In this commemorative year, despite of the corona disaster, citizens power will help create Tama City with full of pride in response to the wishes of the children who will be responsible in the future. We are looking forward to working with you this year. (A greeting from the Tama City Mayor Abe)

## DO NOT GET INFECTED, DO NOT TRANSMIT

### ◆To prevent the spread of coronavirus, COVID-19

At the beginning of the year, you might be meeting people which you have not seen for a while, and have more opportunities to attend social gatherings such as New Year's parties and get-together with foods and drinks being served, so you have to be more careful and take preventive measures so as "not to be infected and not to infect others" with coronavirus. The medical system in Tokyo is now on the verge of being overwhelmed. Preventive measures for each and every one of us are important to stop the spread of coronavirus. We are asking for your continued cooperation.

### ◆Come up with ideas to enjoy dining out while reducing the risk of infection

- When drinking/eating out, (1) dine out in a small group for a short time, (2) go with people you usually with as much as possible, and (3) avoid drinking too much and bar-hopping.
- Do not share chopsticks and cups, use one for each person.
- Sit diagonally opposite apart (avoid sitting directly across from each other and sideways as much as possible).
- Go to shops that take preventive measures such as ventilating indoors properly to prevent the spread of coronavirus, and you should wear a mask when talking.
- People who are not feeling well should not attend

### ◆Basic infection prevention measures are also important

- Observe cough etiquette.
- Don't forget to wash your hands thoroughly and gargle.
- If you are not feeling well, please refrain from going out.
- Avoid the "Three Cs" =crowded places, close-contact settings, closed spaces.
- Maintain a distance from people near you.
- Ventilate indoors.
- Humidity should be 40% or more

### Total number of Tama City residents infected with COVID-19

(As of Dec. 15, 2020)

189 patients(183 have been discharged from the hospital)

### Number of newly infected persons

(December 8 ~ 19, 2020)

Tama City 5 persons

Tokyo Met. 3, 987 persons

## CONGRATULATIONS TO ALL NEW ADULTS! National pension insurance begins at the age of 20

Those who turned 20 years old who are living in Japan (excluding members of Employees' Pension Insurance) will be notified by the Japan Pension Service within approximately two weeks that you have enrolled in the national pension scheme (first type insured person). In addition, a pension book will be sent separately, so please keep it in a safe place. If you are a spouse of an Employees' Pension Insurance holder (second type insured person), please contact the place of his/her employment and follow the procedures for the third type insured person of the national pension.

\* There is a system to exempt or defer the payment of insurance premiums for students, those with low income, and those whose income has decreased due to the effects of the new coronavirus, COVID-19.

▽For inquiries: Insurance and Pension Section, City Hall ☎042(338)6844, Fuchu Pension Office ☎042(361)1011

## NEW LIBRARY SERVICE "TAMA CITY DIGITAL LIBRARY" BEGINS ON JAN. 25

### ◆Tama City Digital Library

It is a service on the Internet that allows you to borrow and browse e-books such as novels and picture books, and audio books by accessing them from the library website using your computer, tablet, or smartphone. Some e-books have functions for enlarging letters/characters, inverting black and white, and text-reading aloud.

\* You can access it by clicking the "Tama City Digital Library" banner on the library website. You can use the materials without visiting the library in person.

■Date and time service starts: Monday, January 25, 2021 (R3) 9:00 am

■Who can avail: Those who have a library user card, residing, working, or attending school in Tama City and have their password registered. \* If you have not done yet, please visit the library counter to register. Your identity verification documents are required for registration.

## WINTER BIRD WATCHING

How about giving it a try to do bird watching while taking a walk along the Tamagawa (river) in winter?

▽Date/Time: Sun., Feb. 7 9:30am ~ 12:00nn (Will be cancelled if it rains) ▽Meeting place: In front of the police box West exit of Seisekisakuragaoka Station ▽Eligible: Those residing, working or studying in Tama City (Elem. 3rd graders and below must be accompanied by their guardian) ▽Capacity: 30 persons (Lottery held if the number of applicants exceeds the limit) ▽Bring drinks and winter gear to keep you warm (bring binoculars if you have) \* Wear comfortable walking shoes ▽Organizer: "Tama-shi Mizube no Gakko" Management Council※Refer to the official website for details ▽Application & inquiries: Must arrive by Jan, 5 (Tue.)~26 (Tue.). Send a postcard or by fax with complete name, address, age (grade), gender, tel. no. of all applicants, to Environmental Policy Div. 〒206-8666 ☎042(338)6831, Fax 042(338)6857. Or you can also apply online through the official website. ※In case by facsimile, it is necessary to inform the office by phone ※The result of the lottery will be informed to all applicants by postcard. ※This project receives a river fund subsidy from the The River Foundation.

## ~Let's Do Sports 2021~ STRETCHES AND CORE WORKOUT CLASS

The instructor will teach you stretches and prevention workouts effective for stiff shoulders, lower back pain relief, and recovering from fatigue that are incorporated in our daily life.

▽Date/Time: Thursday, Jan. 21 10:30am~12nn (Registration starts from 10:15am) ※Will be cancelled if it rains ▽Eligible: Those aged 20 & above ▽Fee: 500 yen (To be collected upon registration on the day) ▽Capacity: Limited to 20 persons (Lottery will be held if the number of applicants exceeds the limit) ▽Things to bring: Towel, drinks ※Wear comfortable fitness clothes. No spike shoes ▽Application: Until Monday, Jan. 18 ▽Online application: <https://ws.for.mzu.net/fgen/S90950911/> ▽Inquiries & venue: Minami Toyogaoka Field ☎042(400)5487 (12nn ~6pm \*Closed on Thu. & Fri.)

### ROTA OF DOCTORS ON HOLIDAYS

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

1/10 (Sun.) Aragaki Internal Medicine & Surgery Clinic	3F, Shintoshin Center Bldg., 1-24-1 Tsurumaki	☎042-373-0514
1/11(Holiday) Nakamura Internal Medicine Clinic	5-10-7 Suwa	☎042-375-7757
1/17(Sun.) Saito Internal & Respiratory Medicine Clinic	Rm. 202, 4-2-6 Nagayama	☎042-373-2522
1/24(Sun.) Tama Nagayama Takada Clinic	3F, Medical Mall Nagayama, 3-6 Kaidori	☎042-400-5145
1/31(Sun.) Watanabe Clinic	5-8-1 Toyogaoka	☎042-371-3321
2/7 (Sun.) Shii no Ki Internal Medicine Clinic	Dai-5 Shii no Ki Bldg., 6-15-4 Ochiai	☎042-337-5711
2/11(Holiday) Tsurumaki Yagi Clinic	5-4-1 Tsurumaki	☎042-319-3449
2/14(Sun.) Yahano Internal Medicine & Gastroenterology Clinic	6F Sakuragaoka Tomizawa Bldg., 1-11-9 Sekido	☎042-356-3761

\* Limited to emergency cases only. \* Please phone the clinic before visiting and make sure to visit during clinic hours. \* Bring along your health insurance card and the infant healthcare card (if applicable) to the clinic. \* There might be changes of clinics on the list.

### NIGHT CLINIC FOR CHILDREN (Pediatrics)

(Health Center = Kenko Senta) 19:00-21:45 ☎ 042-375-0909

Children are to first consult here for emergency illness

### EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(Health Center) Dental care 9:00-15:30 ☎ 042-376-8009

(Sun., public holidays, year-end and New Year holidays)

\* Appointment is necessary. Be sure to call first in advance.

### MEDICAL INSTITUTIONS INFORMATION (24-HOURS)

Emergency Tel. Center (Tama Fire Dept.) ☎042-375-9999

Fire Dept. Emergency Consultation Center Tel. #7119

(Mobile,PHS,pushphone); ☎042-521-2323 (dial phone)

TokyoMed.HealthInfoService(Himawari)☎ 03-5272-0303

### MEDICAL INFORMATION IN FOREIGN LANGUAGES

(Tokyo Metropolitan Health and Medical Info Center)

9:00-20:00 ☎03-5285-8181

### COUNSELING FOR FOREIGNERS \*By appointment basis only!

Every 1st & 3rd Thursdays 13:30-16:30 TIC Room, 7F, VITA Commune (OPA)

### SCHEDULE OF JAPANESE CLASSES (TIC members can attend the classes for free)

*Tama Center Class (Monday 10:00-12:00)	CareerMam Hall, 5F, Cocolia Tama Center	1/18.25	2/1.8.15
*Nagayama Class (Monday 10:00-12:00)	Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc.	1/18.25	2/1.8.15
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA)	1/7.14.21	2/4.18.25
" (Thursday 19:00-21:00)	TIC Rm., 7F, VITA Commune (OPA)	1/7.14.21	2/4.18.25
" (Saturday 14:00-16:00)	TIC Rm., 7F, VITA Commune (OPA)	1/9.16.23	2/6.13.27

▲ For above inquiries and reservations, please call TIC Secretariat ☎042-355-2118

*Projects entrusted by Tama City*

Ask TIC Office for details.

Published by Culture & Lifelong Learning Promotion Section, Living & Culture Dept., Tama City Hall ☎042-338-6882 every 10th of the mo.

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](mailto:tic@kdn.biglobe.ne.jp) (HP) URL: <https://www.tic-tama.jp>



Open from Monday to Saturday 10:00-17:00 (Closed on Sun., 1st & 3rd Mon., New Year holidays and other special holidays)

※If you have any opinions concerning HAND in HAND in TAMA, or if you want a copy of this newsletter which is available in four languages (Japanese, English, Chinese and Hangul), please contact the above. Editing: Tsutomu Mogami