

## ACCEPTING RESERVATION FOR MASS VACCINATION AGAINST COVID-19 RESUMED

Mass vaccination against the new coronavirus using Takeda/Moderna vaccine will be conducted at the Health Center starting October 16. If you would like to be vaccinated, please take this opportunity by making an appointment. *\*Those who have already received two doses of the vaccine or those who have received the Pfizer vaccine are not eligible to receive this vaccine.*

- **Vaccinations will be offered to residents 16 years of age and older, appointment is not necessary! (Has capacity limits)** Please come to the Health Center during the vaccination hours with your identification documents. ※Capacity varies by date
- **Priority vaccination will be given to residents over 12 years old who are preparing for the entrance exam! (Has capacity limits)** Appointments by phone are accepted at the COVID Vaccination Call Center for students who will be taking the exam.

☆ **For more details and latest information on the mass vaccination schedule for COVID vaccine, please visit the official website of Tama City.**



▽ For inquiries: COVID Vaccination Call Center (Available in Japanese only)

☎ 042-313-7003 (9:00 a.m. to 5:00 p.m. including Sat., Sun. and holidays)

## October is "Food Loss Reduction Month"

### REDUCE THE AMOUNT OF "FOOD LOSS" FROM OUR HOME THROUGH DAILY PRACTICE!

October 16th (Saturday) is World Food Day, a day set by the United Nations to consider the world's food problems.

**Have some consideration by practicing it in our daily lives**

- (1) **Be careful not to buy too much?** → Check your refrigerator and the ingredients in your kitchen, and buy only what you need.
- (2) **Get the items on display in the forefront.** → Understand the difference between "best before" and "consume-by" dates, and buy from the items displayed in the front.
- (3) **Use up, consume completely** → Use all ingredients without wasting them, and prepare only the amount you can eat. If you happen to have some leftovers, freeze or try other ways to store or remake them.
- (4) **Eat everything** → Eat as much as possible without leaving any food behind. When eating out, order only the amount of food you can eat.

### October 30<sup>th</sup> is "Food Loss Reduction Day"

In October 2019, the "Food Loss and Waste Reduction Promotion Act" was enacted and October 30<sup>th</sup> was designated as "Food Loss Reduction Day."

▽ Inquiries: Waste Management Section ☎042-338-6836 Fax 042-356-3919

## INFORMATION FROM TAMA FIRE DEPT. ~ LEARN HOW TO CALL 119! ~

If a fire breaks out, or a person is suddenly sick or injured in front of you, your prompt and correct 119 call will help protect that person's life and property. Learn the correct procedure so that you can call 119 calmly even when it is very urgent.

• **How the 119 call works** If you call 119 from a landline, public phone, or smartphone in the city, you will be connected to the Tokyo Fire Department's Disaster and Emergency Information Center (Tachikawa City), and the fire fighters or paramedics near the site will be ordered to go into action. If you are in an area with poor reception, please call from a landline or public phone to avoid interrupting the conversation during the call.

• **Proper reporting procedures** When calling 119, speak slowly and audibly, giving your address and the nature of the disaster.

• **If you are not sure whether you should call an ambulance or not** Even in the case of injury or illness, if you are not sure whether you should call an ambulance or not, please use the Emergency Consultation Center #7119. We thank you for your cooperation in the proper use of ambulances.

▽ Inquiries: Fire Prevention & Inspection In-charge, Prevention Section, Tama Fire Dept. ☎042-375-0119

## TAMA CITY 50<sup>TH</sup> ANNIVERSARY

## WALKING FOR GOOD HEALTH

"A walk through the 50-year history of the Tama New Town housing complex construction"

- Date/Time: Friday, Oct. 22 9:30am ~ 12:30nn
- Meeting place: *Greenade Hiroba* (4F, Greenade Nagayama, 1-4 Nagayama)
- Course: *Greenade Hiroba* ~ Suwa - Nagayama - Kaidori -



Toyogaoka – Ochiai – Tsurumaki's apartment blocks (Walking distance of about 6 km. Suitable for beginners) •Capacity: Limited to 20 participants (in order of application)

•Things to bring: transportation expenses, drinks, hat, rain gear (no umbrellas)

Notes: You need to apply. Wear comfortable shoes and clothes. Walking poles are not allowed. There is a rain date.

•Sponsored by: Ochiai-Tsurumaki-Minamino-Karakida-Nakasawa-Sannoshita District

▽Inquiries & application: Health Promotion Section (Health Center) ☎042-376-9111

## BE SURE TO TAKE A BREAST CANCER SCREENING FROM AGE 40

**Are you thinking that you're fine? The peak age of the breast cancer incidence is in the 40s to 60s.**

Early detection is of utmost importance, as more than 95% of patient can be cured if the cancer can be detected while it is still small.

•**Make your reservation now!** Notifications for breast cancer screening are sent to women who are aged 40 years or older and who will reach an even age within this fiscal year.

▽**Period covered:** Until March 31, 2022 ▽**Eligible:** Those who are 40 years old or older and will be of even-numbered age this year. ▽**Fee:** 1,500 yen ▽**Things to bring:** The medical checkup information envelope sent at the end of April (the envelope itself is your medical checkup ticket) and health insurance card.

<Notes> If you have lost your envelope, or if your age is odd-number who did not receive a medical exam in the previous year and would like to be examined this year, please inquire.

▽**Inquiries:** Health Promotion Section ☎042-376-9111

### •Medical institutions that conduct breast cancer screening

- Hijirigaoka Hospital 2-69-6 Renkoji ☎0120-015-811
- Tamura Clinic 4 & 5F Tama Center Peperi Bldg., 1-32-1 Ochiai ☎0120-609-400
- Tama Center Ladies Clinic 3F Tama Medical Building, 1-22-2 Tsurumaki ☎042-375-5122
- Tama Kaijo Bldg. Clinic 1F Tama Tokio Kaijo Nichido Main Bldg., 2-1-1 Tsurumaki ☎042-356-2222

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

10/17(Sun.) Fusegawa Clinic	1329 Ochikawa	☎042-373-5858
10/24(Sun.) Abe Tama Center Internal Medicine	2F Tama Medical Bldg., 1-22-2 Tsurumaki	☎042-373-7755
10/31(Sun.) Yahano Internal Med. & Gastroenterology	6F Sakuragaoka Tomizawa Bldg., 1-11-9 Sekido	☎042-356-3761
11/3(Wed./Hol.) Aragaki Internal Med. & Surgery Clinic	3F Shintoshii Ctr. Bldg., 1-24-1 Tsurumaki	☎042-373-0514
11/7(Sun.) Tsurumaki Yagi Clinic	5-4-1 Tsurumaki	☎042-319-3449
11/14(Sun.) Nagayama Internal Medicine Clinic	2F KTA Bldg., 1426 Kotta	☎042-338-2355

\*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). \*Clinics are subject change.

### NIGHT CLINIC FOR CHILDREN (Pediatrics)

(Health Center = Kenko Senta) 19:00-21:45  
Children are to first consult here for emergency illness ☎042-375-0909

### MEDICAL INSTITUTIONS INFORMATION (24-HOURS)

Emergency Tel. Ctr.(Tama Fire Dept.) ☎042-375-9999  
Fire Dept. Emergency Consultation Center Tel. #7119  
(Mobile, PHS, push phone); ☎042-521-2323 (dial phone)  
Tokyo Med. Health Info Service (Himawari) ☎03-5272-0303

### EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(Health Ctr.) Dental care 9:00-15:30 ☎042-376-8009  
(Sun., public holidays, year-end and New Year holidays)  
\* Appointment is necessary.

### 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 Bldg.) ※Projects entrusted by Tama City

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

- Tama Center Class (Monday 10-12, etc.) CareerMam Hall, 5F, Cocolia Tama Ctr. (\*1:30-3:30pm) 10/4.25\* 11/1.8.15.29
- Nagayama Class (Monday 10:00-12:00) Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc. 10/4.11.18.25 11/1.8.15.29
- Sakuragaoka Class (Thursday 10:00-12:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 10/7.14.21 11/4.11.18
- " (Thursday 18:30-20:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 10/7.14.21 11/4.11.18
- " (Saturday 14:00-16:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 10/2.16.23 11/6.13.27

▲ For above inquiries and reservations, please call TIC Secretariat ☎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>

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.