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●AUGUST IS THE MONTH FOR PAYMENT OF CHILD ALLOWANCE (*Jido teate*)

The child allowance will be transferred to your designated bank account by Friday, August 14th. Please contact us if you have not received the payment by Monday, August 31st.

●**Don't forget to submit your Current Status Report (*Genjo Todoke*).** We mailed the Current Status Report form in June to Child Allowance recipients who are required to submit it. If you received the form, please complete and submit it. ◇How to submit: Submit the completed form by mail or in person by the deadline stated in the notice you received, to Children and Youth Policy Section (*Kodomo/Wakamono Seisaku-ka*), 4F Tama City Hall ☎206-8666

●**Don't forget to apply for Child Allowance.** If you are eligible to apply due to a birth or moving into the city, please submit your application by the deadline. Child allowance payments will begin from the month following the month in which your application is submitted. [Common information] △ID: 1003454 △Inquiries: Children and Youth Policy Section (*Kodomo/Wakamono Seisaku-ka*) ☎042-338-6851

●For people with physical or mental disabilities, and those with intractable diseases or chronic pediatric illnesses ARE YOU AWARE OF ALLOWANCE AND MEDICAL EXPENSE SUBSIDY PROGRAMS?

◇Inquiries: Persons with Disabilities Welfare Section (*Shogai Fukushi-ka*) ☎042 - 338 - 6903

※Local governments (cities and prefectures) and the national government offer a variety of allowance and medical expense subsidy programs. To receive these benefits, you must submit an application. For details about eligibility and how to apply, please contact us or visit the city's official website.

※Eligibility is subject to income limits for the applicant and their dependents. Some programs also have age requirements. ※Even if you were not eligible in the past because your income exceeded the limit, you may become eligible if your income or other circumstances change.

Scan here for
allowances,
transportation
subsidies, etc.▶



Scan here for
medical expense
subsidies.▶



●NO APPLICATIONS REQUIRED FOR HIGH-COST MEDICAL EXPENSE BENEFIT UNDER THE NATIONAL HEALTH INSURANCE AND MEDICAL CARE INSURANCE FOR THE ELDERLY PERSONS

If your out-of-pocket medical expenses in one month exceed the maximum limit, you can apply to receive the amount over the limit as a "high-cost medical expense benefit." If you are eligible: National Health Insurance enrollees will receive an application form from the City Hall Insurance and Pension Section about three months after the month of treatment; Medical Care Insurance for the Elderly Persons (Latter-stage) enrollees will receive an application form from the Tokyo Metropolitan Association of Medical Care for the Elderly Persons at least four months after the month of treatment. Please note that the monthly out-of-pocket limit will change for medical care received on or after August 2026.

ID: National health insurance = 1002002, Medical care insurance for the elderly persons = 1002060

◇Inquiries: Insurance and Pension Section [National health insurance = *Kokuho tanto* ☎042 - 338 - 6824, Medical care insurance for the elderly persons = *Kokikoreisha iryo tanto* ☎042 - 338 - 6807]

●VITA CONCERT CLASSICAL GUITAR MELODIES ~A GIFT OF ENSEMBLE MUSIC~

◇Date/Time: Friday, August 21st 2:00 p.m. (Hall opens 1:30) ◇Venue: *Sekido Kominkan* VITA Hall
◇Capacity: 200 persons (First-come, first-served basis) ◇Performers: Guitar Ensemble En, Tachikawa Girls' High School Guitar and Mandolin Club ◇Program: "Song of the Seashore" variations (Composer: Tamezo Narita), Masquerade Ball (Composer: Aram Khachaturian), etc. ◇Organized by: VITA Concert Project Committee ◇Note: Parents and children (including infants) may watch the concert from one of the designated family rooms (three rooms available on a first-come, first-served basis) ◇ID: 1012270 ◇Application: Come directly to the venue on the day of event.
◇Inquiries: *Sekido Kominkan* ☎042-374-9711

●TAMA CINEMA FORUM Special screening "A BALLOON'S LANDING"

◇Date/Time: Saturday, August 22nd ① 10:30 a.m. ② 12:30 p.m. ③ 3:30 p.m. ④ 6:30 p.m. (Hall opens 10 min. before the shows begin) ◇Venue: *Nagayama Kominkan* Bellebs Hall ◇Capacity: 188 persons per time slot (First-come, first-served basis) ◇Fee: Advance ticket = ¥1,500/slot, Same-day ticket = ¥1,600/slot ◇Guest speakers: ② Ms. Michiyo Nishimori (Freelance writer) ③ Mr. Haruhiko Tanabe (Board member & COO, March Inc.) ◇After the screening, supporting members who present their membership card will receive one complimentary ticket to a special screening event to be

held in or after 2027. ②③ The screening will be followed by a talk with the guest. ID:1015327
 ◇Apply or ask directly to Nagayama Kominkan ☎042-337- 6661 or thru Online procedures to TAMA Cinema Forum Project Committee <https://www.tamaeiga.org/> ・☎080-5450-7204

●MINAMI TOYOGAOKA FIELD WILL CLOSE (Former Minami Toyogaoka Elem. School site)

The Minami Toyogaoka Field has been operated by a private company under a paid land lease. As the lease has expired, the facility will close on Thursday, August 6th. Please visit the website for information on future plans for the site. ◇ID:1020087 ◇Inquiries: Sports Promotion Section ☎042-338-6954

●MEKAI SUMMIT 2026 ①REPORT SESSION ②HANDS-ON WORKSHOPS

(3TYPES: COASTER MAKING, FLAT BASKET MAKING, AND SMALL PLATE MAKING WITH STANDARD RIM)

◇Date/Time: Sun., Sept. 13th ① 10~11:30 am ② 12:00~4:00 pm ◇Venue: Green Live Center Live Hall/Multi-purpose Room ◇Target: ② Elem. grade 4 & above ◇Capacity:①24 persons ②About 15 persons each (First-come, first-served basis) ◇Fee:②¥300 each ◇Contents: ① Introduction of Mekai technology and activity reports from various organizations. ◇Participating organizations/groups: Tama Mekai no Kai, Hachioji Yugi Mekai no Kai, Onoji Mekai Shino Takezaiku Dento Gijutsuhozon Kai, Sakuragaoka Koen Zokibayashi Volunteers ◇Organized by: Mekai Summit 2026 Proj. Comm. ID:1020405 ◇Application: Come directly to the venue on the day of event ◇Inquiries: Green Live Center ☎042-375-8716

ROTA OF ON-DUTY DOCTORS ON HOLIDAYS 9:00-17:00 TAMA CITY DOCTORS ASSOC.: <http://www.tama-med.or.jp/toban/>

8/11 (Sun.) Maehara Pediatrics ☎042-374-5028
 5F VITA Mall Seiseki, 4-72 Sekido
 8/16 (Sun.) Tamura Clinic ☎042-356-0677
 5F Tama Center Peperi Bldg., 1-32-1 Ochiai
 8/23(Sun.) Karakida Eki-mae Clinic ☎042-376-3800
 Rm. 104 Plaza Karakida, 1-1-7 Karakida
 8/30 (Sun.) Yamazen Medical Clinic ☎042-372-5588
 1F Seiseki Sakuragaoka Garden House,
 4-40-3 Ichinomiya

9/6(Sun.) Shii no Ki Medical Clinic
 6-15-4 Ochiai ☎042-337-5711
 9/13(Sun.) Suzuki Internal Med. & Gastroenterology
 5-4-10 Nagayama ☎042-371-2760
 ●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 (Health Center)=Pediatrics
 (19:00-21:45) ☎042-375-0909

EMERGENCY DENTAL TREATMENT ON HOLIDAYS
 (Health Center) (9:00-15:30 Sundays & public holidays)
 ☎042-376-8009 Note: You need to call in advance.



INFORMATION ON MEDICAL INSTITUTIONS (24/7)
 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

MEDICAL INFORMATION IN FOREIGN LANGAUGES
 (Tokyo Metropolitan Health and Medical Info Center)
 9:00-20:00 ☎03-5285-8181

Counseling for Foreign Residents Every 1st & 3rd Thursday of the month (13:30-16:30) TIC Rm. By appointment only

Japanese Class Schedule

(Classes are free for TIC members)



Commissioned by Tama City

Classes	Venue	Time	Dates	
			August	September
Monday classes	Parthenon Tama 4F, 3 & 4 Meeting rooms	9:45-11:45	--	14 th , 28 th
	Nagayama Kominkan 5F, Bellebs Hall	9:30-11:30	Summer vacation	7 th , 14 th , 28 th
Thursday classes	TIC Room (7F VITA Commune)	10:00-12:00		10 th , 17 th , 24 th
		19:00-21:00	--	10 th , 17 th , 24 th
Saturday classes	TIC Room (7F VITA Commune)	14:00-16:00	--	5 th , 12 th , 26 th

△For above inquiries and appointments, please contact TIC Office. Tel. 042-355-2118

Chatting Salon in Japanese Sat., Aug. 22nd 13:30~15:00 TIC Room *No reservations needed. Feel free to join. It's FREE

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Prepared & edited by TAMA CITY INTERNATIONAL CENTER (TIC)



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Office hours: Mon.-Sat. 10 a.m. – 5 p.m. Closed Sundays, every 1st & 3rd Monday of the month, 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 office if you would like a copy. Editing: Tsutomu Mogami Translations: Fe Murakami