

HAND in HAND in TAMA

Information for daily life
in Tama City
July 2024 issue Vol.369

● For those who are enrolled in National health insurance or Latter-stage elderly healthcare system

- The current insurance card can be used until the expiration date •

From December 2, Reiwa 6, My Number Card and health insurance card will be integrated, and new issuance of the current health insurance card will end. However, the current health insurance card can be continuously used until its expiration date stated on it (September 30, Reiwa 7 for the National Health Insurance, July 31, Reiwa 7 for the Latter-stage elderly healthcare system). We will inform you of the details after December 2, Reiwa 6, as soon as they come decided. Inquiries: Insurance and Pension Division (The reception might be very crowded from July to August.)

● For those who have difficulty in paying National Pension Insurance Premium

The primary insured person having financial difficulties in paying the insurance premium can apply for exemption or deferral of payment of the insurance premium. The person, already having received an exemption and wish to continue it after July, needs to complete the exemption procedures again, except for those who are entitled to the continuation.

Inquiries: City Hall Insurance and Pension Division ☎042-338-6844, Fuchu Pension Office ☎042-361-1011

● July is the payment month for Child Rearing Allowance

The child rearing allowance for May to June of Reiwa 6 will be transferred to the designated account. While, in such cases as the pension payment having decided or, the move out of Tama city, its notification should be submitted. If you have any other changes, please be sure to contact us.

Transfer date: July 11 (Thursday) * If the transfer has not been received by late July, please contact us.

ID: 1003455 Inquiries: Children and Youth Policy Division ☎042-338-6851 FAX 042-372-7988

● For those who have difficulties in daily lives - Food and other items are distributed free of charge -

◆ Eligibility: City residents who fall under (1) or (2) and have difficulties in daily lives. (1) A household with child(ren) of college age or younger, (2) A household of a person by around 30 years old with difficulty in social connections or a household living with a such person.

◆ Remarks: Registration is required for those who wish. For details, please refer to the July issue of Fukushidayori (or Welfare bulletin) July issue, or contact the Council of Social Welfare in Tama city.

◆ URL: <https://tama-shakyo.jp/> ◆ Contact: Tama Volunteer and Citizen Activities Support Center ☎042-373-6611

● Yomiuri Giants Tama City Festa! - Free invitation to an Eastern League official game for Tama citizen -

Many events where you can experience professional baseball up close and enjoyable to children to adults will be held.

◆ Date: Saturday, August 24, 5 p.m. (doors open at 2 p.m.), vs Saitama Seibu Lions (An Eastern League official game)

◆ Location: Yomiuri Giants Stadium (Tama Ward, Kawasaki City, Free shuttle bus to the stadium from Keio Yomiuri Land Station and amusement park "Yomiuri Land") ◆ Capacity: 800 people who live, work, and study in Tama City (on a first-come, first-served basis), free of charge for those admitted ◆ Remarks: Batting practice observation tour, stadium announcement experience, photo shoot with Giants young players can be applied at the stadium on the day (by drawing lottery) ◆ Application: July 8 (Monday) from noon, please go to the ticket application site via the following Internet procedure. ID:1012115

(<https://w1.orange.onlineticket.jp/sf/giants-ticket/web/yg-tama>)

◆ Inquiries: Yomiuri Giants E-mail giants_info@giants.co.jp

● Watch the public workout practice of Tokyo Verdy Sponsor: Tama City and Tokyo Verdy

◆ At the Athletics Stadium, (1) July 24 (Wed), 26 (Fri), 30 (Tue), 31 (Wed), (2) July 26 (Fri) ◆ Who can: (1) Everyone, (2) Living, working, or studying in Tama city. (2) has an autograph session only for Tama citizen

◆ What to bring: Driver's license, student ID, employee ID, etc. that can verify residing, working, or studying in Tama city ◆ Remarks: Details will be posted on the official website as soon as finalized. Above contents are subject to change. In the event of a change, the notification will be posted on the city's official X (formerly Twitter) or LINE ◆ Inquiries: Sports Promotion Division ID:1015100

● Multicultural Coexistence Lecture -Let's create a city both foreign and Japanese residents can live comfortably-

◆ Date and time: July 21 (Sun) 2 p.m. to 4 p.m. (Doors open at 1:30) ◆ Venue: Sekido Community Center Conference Room ◆ Contents: Lectures, panel discussions. The lecturer is Mr. Keizo Yamawaki (Professor, Faculty of International Japan, Meiji University). Panelists shall include the mayor, foreign residents, etc.

◆ Capacity: 80 people (first-come, first-served basis) ◆ Cooperation: Tama city International Center, and Karakida Community Center Management Council ◆ Application & Inquiries: By July 19 (Friday), please use the Internet procedure on the official website or by phone. Culture and Lifelong Learning Promotion Division ☎042-338-6882 ID : 1015101

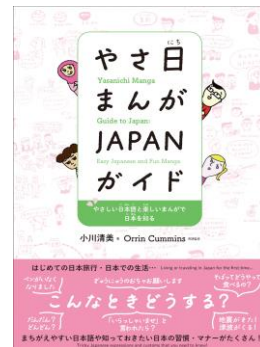


● Introduction of a Library Book "Yasa-Niti Manga Japan Guide"

◆ Author: Kiyomi Ogawa, Publisher: IBC Publishing Co. Ltd., Date of publication: July
 ◆ Introduction: A Manga serial on the site "MATCHA" for foreigners interested in Japan has been made into a book. It is divided into two parts, i.e., "Easily Mistakable Japanese", and "What are you going to do in times like this?" responding to the cultural aspects and the natural disasters. The explanation is given in easy Japanese and English. The accompanying furigana may lead even beginners of Japanese language to enjoy learning it.

*The library website will be available in multiple languages.

You can use Google Translation from July.



ROTA of on-duty doctors on holidays 9:00-17:00 Tama City Doctors Association <http://www.tama-med.or.jp/toban/>

7/14(Sun•Hol) Oike Internal Med. Clinic
 Tohtaru Bldg., 1-2-2 Higashiterakata ☎042-355-7001
 7/15(Substitute Holiday) Ezaki Pediatric Clinic
 3-20-2 Ochiai ☎042-376-5225
 7/21(Sun) Seiseki Satoh Clinic ☎042-337-2715
 1-7-5 Sekido Keio Seiseki Sakuragaoka S.C. C bldg. 1F
 7/28(Sun) Seiseki Yuzu Clinic ☎042-401-8100
 1-20-2 Sekido Sakura Terrace Mall 3F
 8/4(Sun) Watanabe Clinic ☎042-371-3321
 5-8-1 Toyogaoka
 8/11(Sun•Hol) Kodomo Clinic Shimizu ☎042-373-0512

1-24-1Tsurumaki, Shintoshin Center building 3F
 8/12(Substitute Holiday) Maehara Pediatric Clinic
 4-72 Sekido Seiseki sakuragaoka OPA 5F ☎042-374-5028

●Emergency cases only. ●Be sure to bring your health insurance card and infant healthcare card. (if applicable) ●Please visit during clinic hours without fail.
 ※Always please make a phonecall in advance.
 ※This ROTA list is subject to change.

NIGHT CLINIC FOR CHILDREN (Pediatrics)

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

EMERGENCY DENTAL TREATMENT ON HOLIDAY

(9:00-15:30 Sun. & public holidays)

☎042-376-8009

Note Be sure to call in advance.



Information on Medical Institutions (24 hours service)

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 phone)

Tokyo Metropolitan Medical Health info service "Himawari"
 ☎03-5272-0303

MEDICAL INFORMATION IN FOREIGN LANGUAGES

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

☆Counselling for Foreign Residents Every 1st & 3rd Thursday of the month (13:30-16:30) TIC Room (VITA 7th floor)

* By appointment only

☆Japanese Class Scheule (Fee : Free for members) * Closed in August



Commissioned by Tama city

Class	Venue	Time	Date	
			July	September
Monday classes	Parthenon Tama 4F, Meeting Rooms 3&4	9:45~11:45	1st•8th	2nd•9th•30th
	Nagayama Kominkan 5F, BELLEBS Hall	9:30~11:30	1st•8th	2nd•9th•30th
Thursday classes	TIC Room (7F VITA Commune)	10:00~12:00	4th•11th•18th	5th•12th•19th
		19:00~21:00	4th•11th•18th	5th•12th•19th
Saturday classes	TIC Room (7F VITA Commune)	14:00~16:00	6th•20th•27th	7th•14th•28th

*Those unable to attend the classroom for special reasons may be allowed to participate online. Please consult with the TIC office.

☆**New!! Chatting Salon in Japanese** This is a new program from July! Planned to be held once a month on Saturdays. O July 13 (Sat) 13:30-15:00, TIC Activity Room, No Reservation Required, Free Participation

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

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Office hours: Mon.-Fri. 10am - 5pm, Closed Sun. 1st and 3rd Mon. of the month, National, Year-end, New year, and extra Holidays

※ If you have any comments or requests regarding Hand in Hand in Tama, please send them to the above address. This news-letter is available in four languages (Japanese, English, Chinese, Korean and easy Japanese); Please contact TIC office when you like to have a copy.

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