

● To everyone enrolled in the National Health Insurance, the Medical Care System for the Late-Stage Elderly, and Nursing Care Insurance

The important notices will be sent in July. The My Number insurance card is convenient for National Health Insurance and the Medical Care System for the late-stage elderly.

○ National Health Insurance (generally for those 74 and under) ・ For people aged 70-74 whose co-payment ratio will change from August 1, a qualification information notice or a qualification confirmation document will be sent. Those whose information changes by income adjustments etc. will be notified at times as needed.

・ The validity period for the Eligibility Certificate for Ceiling-Amount Application and the Eligibility Certificate for Ceiling-Amount and Reduction of Standard Copayment is until Friday, July 31. If you need these certificate(s) after Saturday, August 1, you will need to renew them.

◇ Inquiries: Insurance and Pension Division, National Health Insurance Desk

ID: Copayment ratio=1002003, Eligibility Certificate for Ceiling-Amount Application=1002011

○ Medical Care System for the Late-stage Elderly (generally for those 75 and older)

- A qualification confirmation letter or notification of qualification information will be sent to everyone.

・ Insurance premium decision notice will be sent in mid-July. These notices cannot be reissued.

◇ Inquiries: Health and Pension Division, Medical Care System for the Late-stage Elderly desk ☎042-338-6807



ID: Qualification Confirmation Letter=1012177, Insurance Premium Decision Notice=1002042

*Request: Since our reception counters and phone lines shall get busy in July, please use the inquiry form on the right from 7/10 (Fri) to 7/24 (Fri).

○ Nursing Care Insurance (generally for those 65 and older) ・ Insurance premium decision (payment) notice will be sent in mid-July. These notices cannot be reissued. In mid-July, Nursing care insurance copayment certificates will be sent. These are for those who have been certified as needing nursing care or support, as well as those eligible businesses.

◇ Inquiries: Nursing care insurance premium=Nursing care insurance division Nursing care desk ☎042-338-6901,

Insurance copayment certificate=Nursing care insurance division Nursing care grant desk ☎042-338-6907

ID: Insurance premium decision notice=1002971, Copayment certificate=1002967

● July is the payment month for Child Rearing Allowance

The child-rearing allowance for May to June of Reiwa 8 will be transferred to the designated account on 7/10 (Fri). (Please contact us if it has not been deposited by late July). While, you need to report things like confirmed pension details or moving out. Please also let us know if there are any other changes.

◇ Inquiries: Children and Youth Policy Division ☎042-338-6851 ID:1003455

● Summer vacation – Everyone please come! Exciting playtime – Check with us for what to bring, etc.

★ Science Show presented by a group of University of Tokyo ① Watch and touch! Mysterious light and liquid science - 8/5 (Wed), Nagayama Community Center, Bellbu Hall. ② Secret of the invisible force 'Air Pressure' - 8/18 (Tue), Sekido Community Center, Vita Hall.

* Both ① and ② are from 1:30 PM to 3:30 PM, For elementary school students, 50 people each (first-come, first-served). Applications start 7/7 (Tue) from 9 AM via official website internet procedure or by phone. ① Nagayama Community Center ☎042-337-6661, ② Sekido Community Center ☎042-374-9711. ID: ①1020191, ②1020192



● Special Summer Event: Beat the summer heat! Water Play! ~ at Tama Central Park 'Kirameki Square'

A super popular summer event for kids where they can get soaking wet and play freely in the square with water fountains. On weekends, there also come food trucks.

◇ Period: 7/18 (Sat) - 8/31 (Mon), 10:00 AM - 12:00 PM (until 4:00 PM on Sat., Sun., and holidays; closed on Tuesdays). Canceled in case of rain, bad weather, or special heatstroke alerts. Go directly to the venue.

◇ Organizer: TAMA Central Park JV ◇ Inquiries: Tama Central Park ☎042-400-0338 (9:00 AM - 5:00 PM) ID:1002517

● Invitation to the Yomiuri Giants farm league official game for free !

Date & Time: 9/5 Sat. Game starts at 5:00 PM (Gates open at 2:00 PM)

Opponent: Chunichi Dragons (Farm League Official Game) Location: Giants Town Stadium (Inagi City)

Who can participate: Residents, workers, or students in Tama city Capacity: 800 people (first-come, first-served)

How to apply: From Tuesday, July 7 at noon, online application

Sponsored by: Yomiuri Shimbun, Nippon TV Network Corporation, Yomiuri Giants Co., Ltd.

Co-sponsor: Yomiuri Land Co., Ltd. Tama city

● **Book Recommendation: 'Tanabata - Anime (Japanese/English) The Story of Orihime and Hikoboshi A Chinese Folktale -'**

Series: Moving Trick Picture Book Library Publisher: Ask

In Japan, there are many holidays connected to the four seasons. One of these is Tanabata on July 7th. Tanabata is said to have originated from a romantic legend brought over from China, and this moving trick picture book lets you enjoy that legend in English as well.

The moving trick picture book has illustrations that move and includes audio and subtitles to help you understand. It's an easy-to-read E-book for anyone. Since this is a part of a series, you can check and enjoy the other titles too!



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

7/12 (Sun) Sasabe Clinic ☎042-375-7313
Sekido 4-9-2 Comfort Seiseki 1・2F
7/19(Sun) Seiseki Satoh Clinic ☎042-337-2715
Sekido 1-7-5 Keio Seiseki SC C 1F
7/20(Holiday) Tsurumaki Yagi Clinic ☎042-319-3449
Tsurumaki 5-4-1
7/26(Sun) Takeshima Clinic of internal medicine
☎042-338-5665 Ochiai-11-3
8/2 (Sun) Watanabe Clinic ☎042-371-3321
Toyogaoka 5-8-1

8/9(Sun) Nagayama Clinic of internal medicine
☎042-338-2355 Kotta1426 KTA bldg. 2F
8/11(Holiday) Maehara Pediatric Clinic ☎042-374-5028
Sekido4-72 Vita Mall Seiseki 5F

- Emergency cases only.
- Be sure to bring your health insurance card and infant healthcare card.
- Please visit during clinic hours without fail.
- ※Always please make a phone call in advance.
- ※This ROTA list is subject to change

Night clinic (in Health Center) for Children=Pediatric:

(19:00~21:45) ☎042-375-0909

Emergency Dental Treatment on holidays (in Health

Center) (Sun・Holiday 9:00~15:30) ☎042-376-8009

Note Be sure to call in advance



Information on Medical Institutions (24 hours service)

Fire Dept. Emergency Consultation Service ☎ #7119 (mobile phones, 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 ☎03-5285-81

★Daily life Counselling for Foreign Residents Every 1st & 3rd Thursday of the month (13:30-16:30) TIC Room (VITA 7F) * Beware that August shall be closed due to summer recess

Commissioned by Tama city

★Japanese class schedule (Fee: Free for TIC member) * Class Closed in August

Class	Venue	Time	Dates	
			July	September
Monday classes	Parthenon Tama 3 & 4 Meeting Rooms	9:45~11:45	6th・13th	7th・14th・28th
	Nagayama Kominkan 5F, Bellevue Hall	9:30~11:30	6th・13th	7th・14th・28th
Thursday classes	TIC Room (VITA Commune 7F)	10:00~12:00	2nd・9th・16th	10th・17th・24th
		19:00~21:00	2nd・9th・16th	10th・17th・24th
Saturday classes	TIC Room (VITA Commune 7F)	14:00~16:00	4th・11th・25th	5th・12th・26th

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

Chatting Salon in Japanese July 18th (Sat) 13:30-15:00, TIC Activity Room, Reservation not required, Free participation, No Fee

★Beginner's Class is Starting!★ (Weekday evening intensive course, ¥0)※Total 10 sessions, time frame set
This class is for people who are studying Japanese for the first time. Date & Time: Weekdays from July 21(Tue)
Let's have a fun in studying together! to August 3 (Mon), 6:30 PM - 8:30 PM
Location: Nagayama Community Center (Admittance: around 10-15 people/class)

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Office hours: Mon.-Sat. 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 articles in 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 would like to have the extra copy(s).
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