

HAND in HAND in TAMA

Information for daily life
in Tama City

Aug. 2019 issue Vol. 310

One of the largest disaster prevention events in Tokyo

TOKYO MET. GOV'T. AND TAMA CITY'S JOINT DISASTER PREVENTION DRILL

Be prepared for disaster for your beloved family.

Take part in the first large-scale drill in twenty-eight years!

▽Date/Time: Sunday, Sept. 1, 2019 9:00 a.m.~1:00 p.m.

※The sound of siren will be heard at 8:45 a.m. through the administrative radio system for disaster prevention.

▽Place: Around Tama Center Station, Tama Central Park, Parthenon Tama Ohdori, etc.

※Coming by private car is not allowed.

※Tama Newtown-dori Avenue will be partially closed on the day of the drill (9:30 am to 10:10 am)

※We would like to apologize for the inconvenience it may have caused the neighboring residents on the day of the drill, but, we hope for the cooperation of everyone.

▼Inquiries: *Bosai Anzen-ka*
(Disaster Prevention and Safety Affairs Section)
☎042-338-6802

HANDS-ON TRAINING

Experience and feel the reality on the spot

Training includes firefighting drills, earthquake virtual experience and smoke maze using stand pipes and simulated fire extinguishers, handling of rescue equipment and materials, how to use AED and transporting people with injuries.

LEARN ABOUT ESCAPE AND RESCUE ACTIVITIES **Skills and aspirations**

In addition to the initial fire extinguishing, escape and rescue activities by the local residents, training in cooperation with the police, fire fighting teams, the self-defense force and others will also be held.

EVACUATION SHELTER MANAGEMENT TRAINING (Accommodation training)

Be prepared for disasters

▽Date/Time: Aug. 31 (Sat.) 3pm~Sept. 1 (sun.) around 8am

▽Venue: *Tama Chugakko* (Tama Jr. High School)

▽Application: Until Fri., Aug. 23 to *Bosai Anzen-ka*

※For details on how to apply, please refer to Tama City official website, or ask directly.

Held on the same day !

Urban planning supported together by all residents in the community!

Implementation of Disaster Volunteer Center and a Town-walk as a Disaster Prevention

※For details such as about walking course, please refer to the website <http://www.tamavc.jp/> or, inquire to Tama Volunteers and Citizens Activities Support Center (7F, VITA) ☎042-373-6611



AUGUST IS THE MONTH FOR PAYMENT OF CHILD SUPPORT ALLOWANCE

A child support allowance for the months of April to July shall be remitted to the account of recipients.

▽Date of remittance: Friday, August 9. *If you have not received it until late August, please inform the office.

●Do not forget to submit your current status report !

The form was already sent to recipients of the allowance. Please complete the form and make sure to submit it by Friday, August 30. The recipient him/herself must submit it directly to the counter.

※Not acceptable at Seiseki Sakuragaoka Stn. and Tama Center Stn. city office branches or by post.

▽Inquiries: Childcare Support Section ☎042-338-6851

TAMA CENTER SUMMER FESTIVAL 2019

The summer festival is a tradition of Tama Center. Please look forward to the events which will burn off some summer heat also this year.

▽Date/Time: Aug. 14 (Wed.) to Aug. 18 (Sun.) 11am~6pm (Until 7pm on the 17th and 8pm on the 18th)

*Time frame varies according to events.

▽Place: Parthenon *Ohdori* (Avenue)

▽Contents: Aug. 14~16=Paddle boat (Eligible: Elem. students & below ※Applies other participation requirements); Aug. 14=Goldfish scooping; Aug. 15=Ice slide (On the 16th if it rains); Aug. 17=Tama City



local teen idols' live show, festival music, *Tama Daiko* (drums), *Awa odori* (dance), *Tama owara* (dance), etc.; Aug. 18=*Tama Yosakoi* (dance), Summer Jazz Festival

※For details, please refer to the website of Tama Ctr. Summer Festival 2019 (<http://www.tamacentr-cm.com/summer/>)

▽Organized by: Tama Center Summer Festival 2019 Executive Committee

▽Inquiries: Office of the Exec. Comm. ☎ 090(8946)9909 (Weekdays 10am-5pm; During the festival 11am-6pm)

A NEW INITIATIVE BEGINS TO PREVENT PASSIVE SMOKING

~Towards the coexistence of smokers and non-smokers~

Passive smoking or second-hand smoke (SHS) refers to being exposed to the smoke of someone else's cigarette. Even if you don't smoke, your health will be adversely affected by breathing in other people's cigarette smoke. Tama City aims to realize a smart wellness city where everyone, from children to the elderly, can be healthy and happy. In order to prevent second-hand smoking and to ensure that everyone can live in peace and full of life, we will implement the Tama City Passive Smoking Prevention Ordinance from October 1st, and promote the designation of new non-smoking areas and the renovation of smoking spots.

<Initiatives to Prevent Passive Smoking>

*Smoking on the street is prohibited around Tama Center, Nagayama, Seiseki Sakuragaoka and Karakida stations since these areas were designated as priority areas for preventing passive smoking.

*Planning to renovate the smoking spot in front of the stations and install the smoke prevention walls.

*Subsidize the medical expenses of non-smoking outpatient to support smokers who wish to quit smoking.

*Provide education and enlightenment such as by distributing pamphlets and fliers to public facilities and elementary and junior high schools in Tama City.

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

ROTA OF DOCTORS ON HOLIDAYS 9:00am-5:00pm TAMA CITY DOCTORS ASSO. <http://www.tama-med.or.jp/toban>

8/11(Sun.) Yamazen Internal Med. Clinic 1F Seisekisakuragaoka Garden House, 4-40-3 Ichinomiya ☎042-337-2715

8/12(Substitute holiday) Tama Garden Clinic 3F, Lions Plaza Tama Center, 1-35 Ochiai ☎042-357-3671

8/18(Sun.) Abe Tama Ctr. Internal Med. 2F Tama Medical Bldg., 1-22-2 Tsurumaki ☎042-373-7755

8/25(Sun.) Suzuki Internal Med. & Gastroenterology 5-4-10 Nagayama ☎042-371-2760

9/1(Sun.) Kaitori-Uchida Clinic 1F Nohburu Kaitori, 1-52-1 Kaidori ☎042-389-3646

9/8(Sun.) Takeshima Internal Med. Clinic 3-11-3 Ochiai ☎042-338-5665

*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

Children are to first consult here for emergency illness

☎ 042-375-0909



MEDICAL INSTITUTIONS INFORMATION (24-HOURS)

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

Fire Department Emergency Consultation Center

Tel. #7119 (Mobile, PHS, push phone); ☎042-521-2323 (dial phone)

Tokyo Met. Med. Health Info Service (Himawari) ☎ 03-5272-0303

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 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 11:00-12:50) Cocolia Hall, 7F, Cocolia Tama Ctr. 9/2.9.30

*Nagayama Class (Monday 10:00-12:00) Rm. 302 *Higashi Nagayama Fukugo Shisetsu, etc.* 9/2.9.30

*Sakuragaoka Class (Thursday 10:00-12:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 9/5.12.19

" (Thursday 19:00-21:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 9/5.12.19

" (Saturday 14:00-16:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 9/7.14.28

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

No
classes
in August.

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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: Kumiko Murata