

# HIGASHIHIROSHIMA



Newsletter



Living info

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## New Year Party

新年交流会

A New Year Party, at which non-Japanese residents can enjoy the New Year together with Japanese volunteers, will be held in Azalea Hall, Sunquare, from 13:30 to 16:00 on Sunday January 12th. Entrance is free.

Attractions will include mochitsuki (rice-pounding), tea ceremony, flower arranging, and calligraphy.



Contact: Communication Corner (コミュニケーションコーナー),  
tel.: 082-423-1922.

## Fire Department New Year event

東広島市消防出初式

The Fire Department will hold a New Year event ('Dezomeshiki') on Sunday January 12th, from 9:30, at the Higashihiroshima Sports Ground. The event will last for about two hours. In the case of rain, the event will be held in the gymnasium. The event will feature a ceremony, parades, performances of rescue training, etc.

Contact: Fire General Affairs Division (Shobo-somu-ka, 消防総務課), tel.: 082-422-6062.



## Swimming lessons for beginners

リフレッシュ初心者  
水泳教室

Swimming lessons for beginners will be held on January 19th, January 26th, February 2nd, February 9th and February 16th (all Sundays), from 10:30 to 12:00. The course will be held at the Kurose Indoor Pool. There are spaces for 15 people. If there are more than 15 applicants, participants will be decided by lottery.

To apply, please call, or send a postcard, fax or email, with the participant's name, sex, date of birth, age, address and telephone number. The deadline for applications is Monday January 13th. Participants will be notified by post of what items to bring, etc.

Contact: Kurose Indoor Pool (Kurose Okunai Pool, 黒瀬屋内プール), tel.: 0823-82-7075  
Address: 10018-4 Narahara, Kurose-cho, 739-2613.  
Email: center02@diary.ocn.ne.jp

## Parent-and-child swimming lessons

親子水泳教室参加者募集

Swimming lessons, aimed at children in the first to third grades of elementary school, will be held on February 2nd, February 9th, February 16th, March 1st and March 8th (all Sundays), from 10:30 to 12:00. The course will be held at the Akitsu B&G Ocean Center Indoor Pool. There are spaces for 15 groups (30 people). Applications will be accepted in the order they are received.

To apply, please send a fax or email, with the name, sex, date of birth, age, address and telephone number of the participant. Please also include the child's school grade, and the name of the parent or guardian. The deadline for applications is Tuesday January 21st. If there are still places available, applications will be accepted after this date.

Contact: Akitsu B&G Ocean Center (Akitsu B&G Kaiyo Center, 安芸津B&G海洋センター), tel.: 0846-45-3932.  
Email: aki2@hhface.org

## Applications for entrance into municipal housing

- 市営住宅など入居者

It is anticipated that there will be vacancies in the following municipal apartments:

Town	Apartment	Anticipated vacancies	Town	Apartment	Anticipated vacancies
Saijo	Misonou	1	Kurose	Sugeta Dai-ichi	2
	Shin-Misonou	2		Sugeta Dai-ni	2
	Terayama	1	Kochi	Noko	1
Hachihonmatsu	Isomatsu	1		Hirohata	2
	Shin-Mukaihara	2		Yamane	1
Takaya	Nishi-Takaya	2	Akitsu	Oki-no-Tono	2
Kurose	Iwatani Dai-ni	1		Yakushimaru Danchi	3
	Shin-Iketani	2		Wakamiya	2
	Kawasumi	1			

Those fulfilling the following criteria are eligible to apply:

1. People who have an address in Higashihiroshima City, or whose place of work is in Higashihiroshima City.
2. People who are currently living with a relative, or intending to live with a relative (there are separate criteria for single people).
3. People whose income falls below a certain level (please enquire for details).
4. People who are not in arrears with municipal taxes.
5. People who are having trouble with housing at the current time.
6. People who are not members of criminal gangs.

Please note that it is not possible to keep pets in municipal apartments.

There is also 1 apartment available in 'Grubee Mansion' in Saijo, especially for a family raising children. In addition to the general criteria above, to apply for one of these apartments, the applicants must be a household where the husband and wife are aged under 40, or where the oldest child was born on or after April 2nd, 2018. This apartment must be vacated by March 20th, 2024.

Applications will be accepted between Monday January 27th and Friday January 31st. Application forms will be available from the Housing Division (Jutaku-ka, 住宅課), or from branch offices and sub-branch offices, from one week before the application period. However, the branch offices and sub-branch offices cannot accept applications. Details of the amount of applications up until the previous day will be made public at the Housing Division and at each of the branch offices.

Contact: Housing Division (Jutaku-ka, 住宅課), tel.: 082-420-0946.

## Withholding Slips for 2019 Public Pensions

- 「令和元年分公的年金等の源泉徴収票」の送付

A 'withholding slip for 2019 public pensions', showing pension amounts paid during 2019, and income tax deducted at source, etc., will be sent out by post around the middle of January, from the Japan Pension Service. This document is necessary when making a declaration of income tax, etc., so please keep it safe.

The document will be sent to elderly people who received an employees' pension or a national pension during 2019, and to those who received pension payments because of retirement, etc.

Contact: Kure Pension Office (Kure Nenkin Jimusho, 呉年金事務所), tel.: 0823-22-1691.

### Notice of Medical Expenses (usable when claiming deductions for medical expenses)

- ・医療費控除に使用できる医療費のお知らせ

It is possible to obtain a 'Notice of Medical Expenses', which shows details of medical expenses paid during 2019. This can be used when making a claim for deductions from income tax, etc., for medical expenses paid. If you require one of these documents, please request one, by phone or in person.

The documents are only available for those enrolled in the National Health Insurance scheme. When applying, please take identification (a driving license, Residence Card, etc.) with you.

Documents showing expenses paid between January and November 2019 can be issued from Friday January 17th.

Documents showing expenses paid between January and December 2019 can be issued from Monday February 17th.

If you are enrolled in the Latter Stage Elderly Health Insurance scheme, you will receive this document by post. There is no need to apply.

Contact: For National Health Insurance: National Health Insurance and Pension Division (Kokuho nenkin ka, 国保年金課), tel.: 082-420-0933.

Latter Stage Elderly Health Insurance: Hiroshima Prefecture Area Latter Stage Elderly Health Union (Hiroshima-ken Koki-koreisha Iryo Koiki Rengo, 広島県後期高齢者医療広域連合), tel.: 082-502-3010.

### Social Insurance Premiums: notice of amounts paid

- ・社会保険料納付証明書

Paperwork detailing the amount of Social Insurance (National Health Insurance (kokumin-kenko-hokenzei, 国民健康保険税), Public Nursing Care Insurance (kaigo-hokenryo, 介護保険料), Latter Stage Elderly Health Insurance (koki-koreisha-iryō-hokenryo, 後期高齢者医療保険料)) paid during 2019 will be sent to those who request it. If you need this paperwork, please contact the Tax Collection Division.

Statements of amounts paid (for use when submitting final tax returns) will be sent out at the end of January.

Contact: Tax Collection Division (Shuno-ka, 収納課), tel.: 082-420-0912.

### January 31st is the deadline for taking a specific health check!

- ・特定健診の受診期間は1月31日までです!

Specific health checks are health checks aimed at those who have developed metabolic syndrome (one of the causes of lifestyle-related diseases), and at those who are at risk of developing metabolic syndrome. If you have not yet taken this health check this year, please do so, and use it as an opportunity to revise your lifestyle.

The health checks are available to those aged between 40 and 74 who are enrolled in the National Health Insurance scheme.

To take the health check, please make a reservation directly with a medical facility. You will need to take your health insurance certificate and the health check coupon (sent to you in May 2019) when you take the health check. If you have lost this coupon, it can be re-issued.

Contact: National Health Insurance and Pension Division (Kokuho nenkin ka, 国保年金課), tel.: 082-420-0933.

### Coming-of-Age celebration

- ・成人を祝う会



Higashihiroshima City will hold a ceremony to celebrate the coming-of-age of those born between April 2nd, 1999 and April 1st, 2000. The ceremony will be held in the gymnasium of the Higashihiroshima Sports Ground (Aquapark), on Monday 13th January, from 11:00 to 11:40. The doors will open at 10:15, and attendees need to be in their seats by 10:45.

Invitations will be sent out at the end of December to those in the age range above with registered addresses in the city. If you are in the above age range and you do not receive an invitation, please contact the Lifelong Learning Division. Even those (born between the dates above) whose address is not registered as Higashihiroshima City are welcome to take part. Please register online (from the City website) by Thursday December 19th.

If you forget your invitation on the day, you will need to show proof of identity.

Contact: Lifelong Learning Division (Shogai-gakushu-ka, 生涯学習課), tel.: 082-420-0979.

**Deadline for payment of taxes: Friday January 31st**

- 1月の納税・納期限は
- 1月31日(金)

Please pay Municipal and Prefectural Tax (the fourth installment) and the National Health Insurance Premium (the seventh installment) by Friday January 31st.

A notice of non-payment (Tokusokujo, 督促状) will be sent to residents who have not paid their tax by the deadline. If you receive a Tokusokujo, please pay the tax immediately, using the payment slip enclosed.

※ **Note:** it takes about ten days for the Tax Collection Division to confirm payment of tax, and therefore you may receive a Tokusokujo even after you have completed payment. In this case, please ignore the letter.

Contact: Tax Collection Division (Shuno-ka, 収納課), tel.: 082-420-0912.

**Consultation services for non-Japanese residents**

外国人相談窓口

Consultation services for non-Japanese residents are available at the Communication Corner, in Sunsquare Higashihiroshima. English-speaking staff are available daily, at the following times: Tuesdays, Wednesdays, Thursdays: 9:00 to 17:00, Saturdays: 9:00 to 13:00, Mondays, Fridays, Sundays: 13:00 to 17:00.

Communication Corner website (English): <http://hhface.org/corner/en.html>

You can also access the Communication Corner website by using the upper QR code on the right.



Communication Corner website (English)

**40-minute free legal consultations** are available on Saturday January 11th, at 13:00, 14:00, 15:00 and 16:00. The date for February is Saturday February 8th. English translation is available. **Please make an appointment at least one week in advance.**

Contact: Communication Corner (コミュニケーションコーナー), tel.: 082-423-1922.



Facebook page

**Communication Corner Facebook page:**

<https://www.facebook.com/Communication-Corner-544685425697277>

You can also access the Communication Corner Facebook page by using the lower QR code on the right.

**Night-time and holiday hospitals**

夜間休日当番医

Full information about night-time and holiday duty hospitals (Primary Emergency Medical Care Hospitals) within Higashihiroshima City is published in the Japanese-language version of the monthly city newsletter 'Higashihiroshima' (the page inside the back cover), and on the Higashihiroshima City website:

In Japanese: <http://www.city.higashihiroshima.lg.jp/kenko/iryo/3/11522.html>

In English: <http://www.city.higashihiroshima.lg.jp/kenko/iryo/3/11526.html>

The information is also available (in Japanese and automatically-translated English) on the 'Kyukyu Iryo Net Hiroshima' site (<http://www.qq.pref.hiroshima.jp>). You will be able to find information about which medical facility to go to, and what times the facilities are open. The information on the site may be subject to change at short notice, so please contact the medical facility to confirm the information.

**About emergency medical treatment**

In the case of an injury or a sudden fever or illness, where you cannot decide whether the symptoms are serious or not, first of all go to a 'Primary Emergency Medical Care Hospital'. If the symptoms are serious, and emergency surgery or hospitalization is required, the doctor will provide an introductory letter for a 'Secondary Emergency Medical Care Hospital'. If the symptoms are clearly serious, do not hesitate to go to a Secondary Emergency Medical Care Hospital, or call 119 to summon an ambulance.

For details of Secondary Emergency Medical Care hospitals, where patients with serious symptoms can be treated, contact Higashihiroshima City Fire Department (tel.: 082-422-0119).

**Higashihiroshima City Holiday Clinic** (Kyujitsu Shinryosho, 休日診療所) is a facility that can provide emergency treatment in the case of a sudden medical problem, for those who cannot get treatment anywhere else. Whenever possible, please visit a medical facility during opening hours on a weekday. Holiday clinic medical Departments: internal medicine, pediatrics and dentistry.

- Open: Sundays, holidays, year-end and New Year holidays (Dec. 30 - Jan. 3). Hours: 9:00 - 12:00, 13:00 - 16:00.

**If you have a medical problem at night or on weekends**, and you are unsure about whether or not you should go to a medical facility, please call the Hiroshima area emergency consultation center on #7119 (or if you are unable to use this number, 082-246-2000). The service is free, and is available 24 hours a day, 365 days a year. However, it is only available in Japanese. The staff will be able to give you advice on whether to rest at home and see how symptoms develop, or whether you should go to a medical facility. If necessary, they can give you information about which facility to go to, or they can connect you directly to the 119 emergency service.

In an emergency, do not hesitate to phone 119.

This newsletter contains selected information from the Monthly City Newsletter 'Koho Higashihiroshima'. This newsletter is available at the City Office and sub-branch offices, Hiroshima International Center, Communication Corner (Sunsquare Higashihiroshima, 1F), Hiroshima University, Kindai University, Hiroshima International University, Fuji Grand (Higashihiroshima store), Youme Town (Higashihiroshima and Kurose stores), Shoji (Route 375 bypass and Toyosaka stores), Gyomu-yo Shokuhin Super (Saijo store), Manso (Hachihonmatsu and Takaya stores), Bankok Store, Higashihiroshima Catholic Church (Takamigaoka), Motonaga Hospital, etc.

**As of the end of November, 2019:**

Population of Higashihiroshima City: 188,861  
Population of foreign residents: 8,031