



FUKURA NEWS

Vol. 130 July 1 '18 Issue

お知り合いの外国の方にお渡しください

Registered Foreigners in Konan: 1,772 (as of end/May '18)

"Fukura-no-ie"

英語

by Konan Society for Internationalization

142-2 Furuwatari, Kochino-cho, Konan City

Tel: 0587-56-7390 fukura@feel.ocn.ne.jp

Volunteers Wanted!

SUMMER CLASS FOR INTERNATIONAL UNDERSTANDING (AN EVENT FOR FAMILIES)

Let's learn cultures and customs of the other countries with your children/parents.

You can enjoy the introduction of foreign countries with games, cooking and Kamishibai (picture-card show) of foreign local stories. This will be one of your wonderful experience in this summer vacation!

Date: Friday, July 27, from 1:00p.m.

Venue: Craft Room, Shimin Bunka Kaikan (Citizens' Cultural Hall)

Fee: Free Maximum number of attendants: 30



Call Fukura-no-ie (0587-56-7390) or Shogai-gakushu-ka of the city hall (0587-54-1111 ext. 486 in Japanese only) for prior application

BEWARE OF HEAT STROKE WITH "COOL STATIONS"!

Heat stroke is a physical disorder caused by a sudden rise in body heat due to high temperature. The risk of having heat stroke increases when hot days go on and on.

In Konan City some public facilities (air-conditioned) are open as "Cool Stations" for visitors to cool themselves down. Major cool stations are: City Hall, City Hall West Gate Office, Bosai (Disaster Prevention) Center, Branch Offices, Suitopia Konan, Rojin Fukushi (Welfare for the elderly) Center, Kotsu Jido Yuen (Traffic Playground), Fujigaoka Jido-kan (Child Center), Kochino Jido-kan, Hoteikita Gakkyo (Study Facilities), Hoteiminami Gakkyo, Miyata Gakkyo, Kusai Gakkyo, Kochinokita Gakkyo, Hoken (Health) Center, Konan Library, Konan Citizens' Cultural Hall, Kochinonishi Komin-kan (Public Hall), Kochinohigashi komin-kan, kochinokita komin-kan and KTX Arena.

Date and time of use: July 1 ~ September 30 opening hours of each facility

Inquiries: Kenko Zukuri Division (0587-54-1111 ext. 286 in Japanese only)

Bosai-anzen-ka (Disaster Prevention Div.) 54-1111 ext. 159 in Japanese only

REDUCTION OR EXEMPTION OF NATIONAL HEALTH INSURANCE TAX

Contact Hoken-nenkin-ka if ① you are a welfare recipient, ② the total amount of last year's income of your household unit (including the member of specific elderly people* (See the note below) is 4 million yen or lower AND the expecting income of 2018 may be two-third or lower than that of 2017, or ③ you lost your job unintentionally due to bankruptcy or firing. You could be qualified for the reduction or exemption of National Health Insurance tax. For queries, contact Hoken-nenkin-ka (National Health Insurance and Pension Division 54-1111 ext. 232 in Japanese only) or Fukura-no-ie (Consultation for foreigners) in your native language.

*Specific elderly people: Those who used to be a national health insurance member but now is a member of the latter-stage elderly medical insurance (*kouki koureisha iryo hoken*) AND who still belong to the same household unit even after that age.

HIGH-COST MEDICAL EXPENSE BENEFIT FOR THOSE WHO ARE 70 AND OVER

In August 2018 the maximum copayments for high medical expenses will be revised for the people at the age of 70 and over as shown below. The purpose of the revision is to avoid placing excessive burdens of medical insurance premiums on specific generations, maintaining the current health insurance system under which everyone can receive medical care without worrying about high copayments.

High-cost medical expense benefit is the system under which people can claim a refund from their insurance provider when their monthly medical payment is over a specific amount. The cap varies with individual or household income. (The applied income standard for those who are under 70-year-old is different from that for the people aged 70 and over.)

The revised points about the maximum copayments (monthly basis) for the people aged 70 and older

taxable income (yen)	~ July, 2018		August, 2018 ~	
	Outpatient visit (individual basis)	Outpatient visit and hospitalization (household basis)	Outpatient visit (individual basis)	Outpatient visit and hospitalization (household basis)
1.45 million and over	57,600 yen	A:80,100 yen + (medical expense - 267,000 yen) x 1% (B:44,400 yen※2)	taxable income 6.90 million yen and over	A:252,600 yen + (medical expense - 842,000 yen) x1% (B:140,100 yen ※2)
			taxable income 3.80 million yen and over	A:167,400 yen + (medical expense - 558,000 yen) x 1% (B:93,000 yen ※2)
			Less than 6.90 million yen	
Less than 1.45 million (※1)	14,000 yen (yearly cap: 144,000 yen)	A:57,600 yen (B: 44,400 yen ※2)	taxable income 1.45 million yen and over	A:80,100 yen + (medical expense -267,000 yen) x 1% (B:44,400 yen ※2)
			Less than 3.80 million yen	
			18,000 yen (yearly cap: 144,000 yen)	A:57,600 yen (B: 44,400 yen ※2)

※1: This category also includes the cases ①the total amount of income of all the household members is under 5.2 million yen (under 3.83 million yen for single-member household) and ②the total amount of income after the basic deduction is under 2.1 million yen.

※2: The cap B is applied from the next month when a person's monthly medical payment is over the amount A for 3 times in the past 12 months.

Inquiries: National Health Insurance and Pension Division (0587-54-1111 ext. 233,244 in Japanese only)

If you have any everyday-life questions or employment problems, feel free to contact Fukura-no-ie in your native language. Clients' information is kept confidential (Monday – Friday between 10:00 and 15:00 (Tel: 0587-56-7390))

NEW INSURANCE CARDS EFFECTIVE FROM AUGUST 1

The current insurance cards for the elderly aged 75 and over are valid until July 31, 2018. New cards will be sent in the middle of July. Confirm the address and the name shown on the card to use it from August. As for the expired cards, return them to the Hoken-nenkin-ka or just cut them into pieces to throw away by yourself.

Inquiries: National Health Insurance and Pension Division (54-1111 ext. 244 in Japanese only)



HAVE A DENTAL CHECKUP!

Konan City will send a free dental checkup coupon to those who belong to specific age groups. Loosing teeth is mainly caused by cavity or periodontal disease. The rate of losing teeth due to periodontal disease increases at the age of 50 and over. Have a dental checkup not to lose your teeth!

☆Period of Validity of a free checkup coupon: July 2 to October 31

☆Age Groups: Konan citizens who have their 40th/45th/50th/55th/60th/65th/70th/75th birthday between April 1, 2018 and March 31, 2019



☆Steps: Show a free checkup coupon to a dentist in Konan. (Some dentists may not accept this coupon.) Just contact the dentist in advance as a prior appointment might be required. Be reminded that any additional treatment is NOT free even if tooth decay should be found.

Inquiries: Konan Health Center, 56-4111 (in Japanese only) or Fukura-no-ie in your native language

HAVE HEALTH COUNSELING!

Venue & Inquiries: Konan City Health Center (56-4111) in Japanese only

	DATE	Appointment	Eligibility	Consulting Details	
Counseling by a Public Health Nurse	Every Tuesday 9:30 – 11:30 (*At Kosodate Shien Center, Kiga: July 10 10:00 – 11:30)	Not required	Any Konan Citizens (*open for those who are raising a child only as for the counseling at Kosodate Shien Center.)	General health counseling (e.g. blood pressure measurement), about lifestyle diseases prevention, *Exercises & Foot-care Class (only at Kosodate Shien Center), etc.	
Counseling by a Physician	July 3, 17, August 7 13:25 ~	Any time	Any Konan Citizens	Consulting (e.g. to stop smoking) maximum 2 persons each time	
Nutrition Consulting	Any time as required by appointment only		Any Konan Citizens	Advice based on your lifestyle *No advice about therapeutic diet	
Dental Consulting				Any troubles about teeth and mouth (e.g. periodontal disease, brushing instruction, artificial tooth care)	
Home Visit by a Public Health Nurse				Any Konan Citizens who are 40 or over	Advice on your diseases and health promoting
Home Visit by a Dental Hygienist				40 or over who require nursing care	Any troubles about teeth and oral environment
Home Visit by a Registered Dietitian				Food and nutrition advice *No advice about therapeutic diet	

VACCINATIONS AND PERIODICAL CHECKUPS FOR INFANTS

OMASS VACCINATION

Contact: Konan City Health Center (0587-56-4111)

Type	Your Child's Birthday	Vaccination Date	Time	
BCG Vaccination	January 1 ~ 14 '18	Monday, July 9	13:45 ~	*Contact the Health Center in advance if you would like your child to have the vaccination on a day other than the designated date for him/her. Changes on short notice may be rejected.
	January 15 ~ 31 '18	Friday, July 27	14:30	

INDIVIDUAL VACCINATIONS

The Health center sends a vaccination card to each child at a proper time for each vaccination. Try to take the vaccination shot, with the card and your maternity passbook, as soon as possible after you receive it. Come to the health center with your maternity passbook if you haven't had a card due to your move-in to Konan City or you have lost the card.

<Vaccinations for Babies and Toddlers> DPT-IPV (Diphtheria, Pertussis & Tetanus + Inactivated Polio Vaccine), Polio, MR (Measles & Rubella), JE (Japanese Encephalitis), Hib, Infant Pneumococcus, Chicken Pox

<Vaccinations for School-age Children> DT (Diphtheria & Tetanus), JE (Japanese Encephalitis) *(special conditions apply)

☆Human Papilloma virus vaccination (against cervical cancer) is not strongly recommended at the moment. If you want your child to take it but don't have a vaccination card for it, come to the center with your maternity passbook to receive one.

* Contact the Health Center if your children have finished Polio vaccination but not completed DPT vaccinations.

* Vaccinations can be received at a designated clinic not only in Konan City but also in Inuyama City, Oguchi Town, or Fuso Town. (Prior appointments are strictly required.) * Vaccinations could be received in the other city in Aichi Prefecture although conditions apply. (e.g. the children's home doctor is not in Konan, or the babies and their mother have stayed in her home town for a delivery.

Come to the Health Center in advance to arrange the vaccinations out of Konan City.

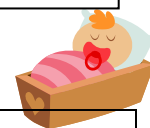
* The children to take a vaccination should come with their parent / guardian who knows their daily health conditions well. A letter of proxy from their parent / guardian is required if the other person should come with them. Letter forms are available at the Health Center or downloadable in the city website. (http://www.city.konan.lg.jp/kenkouesei/hoken_center/tyusya/inindoui.pdf)

* Contact the Health Center if you want vaccination cards / information sheets for vaccinations translated in Portugues, English, Chinese, or Spanish.

OPERIODICAL CHECK-UPS for infants up to 3-year-old

Bring your maternity passbook.

Note: Each check-up takes 90 to 120 minutes.



Type	Your Child's Birthday	Examination Date	Time	Details
The 4-month Check-up	March 1 ~ 13 '18	Thursday, July 12	13:00 ~13:45	Open for the babies under 6-month- old who haven't had this check-up
	March 14 ~ 22 '18	Thursday, July 19		
	March 23 ~ 31 '18	Thursday, July 26		
The 18-month Check-up	December 1 ~ 18 '16	Wednesday, July 11	13:00 ~13:45	Fluoride Application*, etc. (Open for the infants under 2-year-old who haven't had this check-up)
	December 19 ~ 31 '16	Wednesday, July 25		
The 3-year Check-up	July 1 ~ 15 '15	Monday, July 2	13:00 ~13:20	Urine Test, etc. (Open for the infants under 4-year-old who haven't had this check-up)
	July 16 ~ 31 '15	Monday, July 23		
The 2.5-year Dental Check-up	February ~ April '16	Friday, August 3	13:00 ~13:20	Brushing Instruction, Fluoride Application* <u>By Appointment only</u> (Appointments start on July 2.)

Fluoride Application is not mandatory. If you want your child to have one, brush their teeth in advance and bring a water bottle to drink fully before applying it, as drinking or eating is not allowed for 30 minutes after the application.