

Nara City Information for Residents

July 2018 Issued by Nara City Hall (No.1172)

(All events, classes and lectures are conducted in Japanese.)

Translation by Nara SGG Club (Systematized Goodwill Guide Club)

For some local government section names, the Nara SGG Club uses those decided upon by our translation team. As the city's English website uses machine translation, some names and terms may differ between our translation and the website. We ask for your understanding.

Copies available on request at:

Nara City Hall Information Counter, Nara City Hall Shimin-Ka Counter,
Nara-shi Shimin Service Center (Nara Family 5F), Nara City Tourist Center,
Public Health Center (4F, Hagukumi Center), Chubu Kominkan, Seibu Kominkan,
Hokubu Kominkan, Chuo Library, Seibu Library, Kintetsu Nara Station,
Nara City Tourist Information Center (by JR Nara Station), Nara Chuo Post Office
and Nara-Nishi Post Office.

[Inquiries in English] Phone: 0742-22-5595 (9:00-17:00) E-mail: nsgghyk@gmail.com



Current Situation of Garbage Disposal in Nara City

As far as we live, we cannot go without creating garbage.

What happens after we threw them away?

What Is the Situation of Garbage in the City?

The Haikibutsu-Taisaku-Ka (Waste Management Section), the Shushu-Ka (Collection Section) and the Bika-Suishin-Ka (Keep-the-City-Beautiful Section) are located at the Kankyo-Seibi Center (Waste Management Center). So this center comprehensively deals with garbage disposal. Their work is indispensable for our daily life.

Q1. Is the volume of garbage increasing?

A1. No, it has been decreasing year after year.

Since March 1999, when the current measures of garbage separation were introduced, the total amount of garbage collected has declined after peaking in 1998, from 140,000 tons in 1998 to 91,000 tons in 2016.

This means that garbage separation has led to recycling of garbage. However, we can still decrease the amount even more by promoting separation of recyclable garbage.

Q2. What is the greatest amount of burnable garbage?

A2.. Paper garbage and food waste account for about 70 percent.

About 90 percent of waste is burnable. Also, much of it is recyclable paper and unconsumed food. According to the 2017 survey conducted by Nara City, paper waste account for 39 percent and uneaten food 36 percent of burnable waste. Please keep “making less waste” in mind.

Garbage Disposal at The Center

About 248 tons of garbage is brought to the center in a day, about 90,000 tons a year. By incinerating them from 850°C to 900°C, they are reduced to 1/20 in volume and 1/7 in weight. Toxic substances caused during incineration are processed by using filters and catalysts, and released safely. The collected burned ash is used for landfill. The total amount is about 24.5 tons a day, 8,940 tons a year.

What Problems Does The Center Have & What We Should Do from Now On?

Ageing of The Incinerators & Less Efficiency

Working for more than 30 years after construction, the four incinerators are aging rapidly recently. Additionally, one of them does not meet quake-resistance standards. The total amount of incineration was 480 tons in total at the beginning of their operation, but because of aging the amount has fallen to 300 tons, or 60 percent of the early days.

1.25 Billion Yen for Maintenance

An incinerator is composed of various parts. As it has a delicate structure, even when only one part is broken, the whole machine must be stopped and inspected. Periodically the incinerators are dismantled, checked, overhauled and repaired for better operation. Consequently, their maintenance costs 1.25 billion yen a year. Actually, more repairs are needed as they get older.

Less Garbage Enables Longer Use of The Incinerators

Today Nara City has a plan to construct a new center for disposal. However, it will take at least 10 years to be completed. So, we have to use the incinerators carefully. Separating garbage and reducing the amount will help make the incinerators' running time shorter, causing minimum damage to them. Through such efforts we will be able to use them longer. Please keep “Separation and Reduction” in mind when you put garbage out.

Kurokamiyama Nature School Play in & Learn from Nature!

Date & Time: (1) July 21(Sat.) – 22(Sun.) (2) August 26(Sun.) 10:00 – 15:00

Place: Kurokamiyama Camp Field (Narazaka-cho)

Contents: (1) Camp fire, hiking at night and so on.

(2) Bamboo craft & enjoy eating somen noodles flowing through a bamboo trough.

Capacity: (1) 60 elementary school students (over 3rd grade)

(2) 60 elementary school students

Fee: (1) 2,000 yen (2) 800 yen (insurance fee, food expenses, etc.)

Instructors: Boy Scout leaders, Instructor of Nara Mahoroba Nature Game's group, etc.

Deadline: (1) July 12 (Thurs.) (2) August 16 (Thurs.)

Application: Send a return postcard to the address below by each deadline, with (1) or (2) course, names, gender, age (school grade), address, phone number, and guardian's name. One postcard can be used for brothers and sisters. Excess application will be decided by lottery.

Kurokamiyama Nature School address: 139 Sahodai-Nishi-Machi 630-8106

Inquiries: Shogai Gakushu-Ka (Lifelong Learning Section) Tel. 0742-34-5471

Seishonen Yagai Katudo Center Tel. 0742-93-0029

Natural Experience Class in Northern Europe

Date & Time: July 22 (Sun.), 10:00 – 15:00 (Will be held rain or shine / will be canceled in case of stormy weather)

Contents: (1) Mori-no Murre Class (let's play at the river.)

(2) Straw-Bare Class (learn the life cycle of the river)

Capacity: (1) about 20 children from 1 year old to the senior class of the kindergarten with guardian (2) about 30 elementary school students

Fee: (1) 2,000 yen per a pair of a child and guardian (2) 3,000 yen (including insurance)

Deadline: July 14 (Sat.)

Nara City Ikimono-Shirabetai in Ohyagyu

Date & Time: July 29 (Sun.) 10:00 – 15:00

Contents: Nature observation of aquatic organism, insects, plants, etc.

*In case of rain, the contents will be changed.

Capacity: 50 children over kindergarten age (kindergarteners must be accompanied by a guardian.)

Deadline: July 22 (Sun.)

Application: Application from the website to Seishonen Yagai Katsudo Center by the deadline.



Bosai (Disaster Prevention) Center

404-1 Hachijo 5-chome 630-8145 Tel./Fax 0742-35-1106

Summer Vacation Weather Faire (entrance free)

Date & Time: August 4 (Sat.) 9:30 – 15:30

Contents: Exhibition of meteorological observation apparatus, experiment on creating clouds, picture-card show, and demonstration of survival kit for disaster

Summer Special Event

“Save lives! Let’s Learn Emergency Life-saving with Guardians and children!”

Date & Time: July 22 (Sun.) 10:00 – 12:30

Capacity: 30 elementary students and their guardians

Application: Phone the Center by July 21 (Sat.)

Summer Special Event “Let’s Make A Lantern”

Date & Time: August 5 (Sun.) 10:00 – 12:00

Capacity: 15 people

Fee: 300 yen

Instructor: Ms. Nanami Hosoda (Art Instructor)

Application: Phone (Tel. 0742-20-1917) or e-mail (nigiwainoie@gmail) with your address, name, phone number, and the number of participants by July 29 (Sun.) to Nigiwai-no-Ie. (5 Naka-Shinya-cho 630-8333). Excess applicants will be decided by lottery.

The 25th Anniversary of the Sister-City Program between Nara City and Canberra City

Nara City and Canberra City established a sister-city relationship on October 26, 1993 and it is their 25th anniversary this year. Various events will be held in October as part of Canberra Month.

Commemorative Concert

Time & Place: October 5 (Fri.) at Nara Centennial Hall

Content: Joint Concert by students from Nara City and Canberra City

Canberra-Nara Candle Festival

Time & Place: October 27 (Sat.) in Canberra City

Content: Nara Tokae Group will hold a public Tokae at Nara-Canberra Peace Park for civic exchange.

Science Circus Japan Tour:

Time & Place: October 27 (Sat.) – 28 (Sun.) at the auditorium of the City Hall

Content: Science Circus of Questacon (The National Science & Technology Centre) in Canberra City will come to Nara City. A science show and an exhibition showing scientific fun will be held.

Inquiries: Kanko-Senryaku-Ka Tel.: 0742-34-1965

Garbage Collection

Please Don’t Park near Garbage Collection Sites

Cars may get damaged or splashed by dirty water while loading garbage, and we may not be able to collect the garbage.

How to Put Out Garbage

Please bring garbage to the garbage collection site after draining it thoroughly, so that wet garbage doesn’t spatter dirty water in the summertime.

Garbage will be collected as usual on July 16 (Holiday).

Collection Days & Areas for Garbage in July

| Area | Burnable Garbage | Unburnable Garbage |
|-------|---------------------|--------------------|
| A · F | Mondays & Thursdays | Wednesdays |
| B · E | | (4, 18) |
| C · H | Tuesdays & Fridays | Wednesdays |
| D · G | | (11, 25) |

A-D: Collection by Nara City

E-H: Collection by City Seibi Kosha (Public Corp.)

*Please confirm the garbage collection dates on the Nara City Website and so on, as the collection dates are different in some areas.

Inquiries: Shushu-Ka (Collection Section) Tel. 0742-71-3012
City Seibi Kosha (Public Corp.) Tel. 0742-33-8782

Special Allowance for Severely Challenged or Elderly Foreigners / Ex-foreigners

Nara City will pay a special allowance (20,000 yen/month) as follows to extend social welfare services.

Special Allowance for Severely Challenged or Elderly Foreigners / Ex-foreigners

Those Eligible: Foreigners or ex-foreigners who, as of January 1, 1982 had registered their residence in Japan, had already been determined to be eligible as severely mentally and physically challenged*(1), and had already reached 20 years of age; however, those who fit into the following categories are excluded:

- 1) Those who are on public welfare, or receive *chugoku zanryu hojin tou shien kyufu-kin* (support benefits for Japanese nationals left behind in China),
- 2) Those who are in social institutions,
- 3) Those who have been receiving public benefits of 240,000 yen or more annually *(2),
- 4) Those who earned more than the limit for the disability basic pension (annual sum) in 2017.

Notes

- *(1) *Shintai shogaisha techo* (Physical Disability Certificate) holders (1 to 3 degrees) or *Ryoiku techo* (Mental Retardation Certificate) holders (degree A)
- *(2) For those who have been receiving public benefits of less than 240,000 yen annually, the amount of the benefits will be subtracted from the special allowance to be paid.

Special Allowance for Elderly Foreigners / Ex-foreigners

Those Eligible: Foreigners or ex-foreigners who were born before April 1, 1926, and had registered their residence in Japan as of January 1, 1982; however, those who fit into the following categories are excluded:

- 1) Those who are on public welfare, or receive support benefits for Japanese nationals left behind in China (*chugoku zanryu hojin tou shien kyufu-kin*),
- 2) Those who are in social institutions,
- 3) Those who have been receiving public benefits of 240,000 yen or more annually [see*(2) above],
- 4) Those who earned more than the limit for senior welfare pensions (annual sum) in 2016.
- 5) Those who receive a special allowance for severely challenged foreigners / ex-foreigners.

Application:

Shogai-Fukushi-Ka (Welfare Section for the Disabled) (Tel.0742-34-4593) for special allowance for severely challenged foreigners / ex-foreigners.

Choju Fukushi-Ka (Welfare Section of the Aged) (Tel. 0742-34-5439) for special allowance for elderly foreigners/ ex-foreigners

Apply to the Section by July 31 (Tues.) with an application form (available at respective sections).

The application form should be accompanied by (1) A copy of the residence certificate

(2) Documents that certify the 2017 incomes of you, your spouse and the family member who is responsible for supporting you, and (3) your seal.

*Those who have already been receiving this allowance are required to reapply with the required documents including renewal application forms, which will be sent to you.

NOTICES ----- from the National Health Insurance and Pension Section

Renewal of Certificate of National Health Insurance, from August

(The form of the certificate will be renewed because the National Health Insurance system will change).

New certificates for all family members will be sent until the end of July by registered mail (except for those who are covered by insurance for those 75 years old and over).

Please check the content as soon as you receive it.

A certificate of short-term validity or the qualified card for National Health Insurance (not the certificate) might be issued for households which have been falling behind in paying expenses without a reasonable reason. When you use these cards at clinics or hospitals you will have to pay all the medical expenses.

Renewal of the Certificate of Your Highest-Limit Payment for Medical Treatment

The present certificates will expire at the end of July.

Notes (Please apply if you are eligible)

The highest-limit payment system for medical treatment might apply for those 70 years old and older from August, even though you have an income correspond to active working people (please check the brochure enclosed in the envelope about details).

The meal fee will be reduced for those who belong to households receiving residence tax exemption when they are hospitalized.

*The households below can't apply:

- 1, Households including family members who don't declare their residence tax though they have a Certificate of the National Health Insurance.
- 2, Households which have been falling behind in Insurance payments.

Application: Please visit or send application documents to Kokuho-Nenkin –Ka(National Health Insurance and Pension Section) in the City Hall, Shutcho-sho (Branch Offices) or Gyosei (Administration) Center with the Certificate of National Health Insurance.

A taxation certificate or a certificate of tax exemption is required if you moved into Nara City.

*Same-day issue is available only at Kokuho-Nenkin –Ka (National Health Insurance and Pension Section).

Inquiries: Kokuho-Nenkin –Ka (National Health Insurance and Pension Section)

Tel. 0742-34-4736

Renewal of Qualification Certificates for Medical Expenses Support for Single-parent Families

This qualification certificate will be renewed and a new certificate will be issued due to expiration at the end of July. Those eligible are requested to fill out and return the form which will be sent at the beginning of July. A new certificate will be sent later.

Please apply if you don't have one despite being eligible.

Those Eligible: Single-parent families or those in an equivalent situation living in Nara City, who support a child/children younger than 18 years old, until March 31, 2018 for those who reached 18 this year, and who are under a health insurance system, but not those households receiving welfare benefits.

Things Required When You Apply: Your seal, Health Insurance Card, proof of both your single-parent status (a copy of a person's family register, etc.), and the child's guardian's bank account statement.

Inquiries: Kodomo-Ikusei-Ka (Child Allowance Section) Tel. 0742-34-5042

Nara Craft Museum

Address: 1-1 Azemame-cho, Nara Tel.: 0742-27-0033

Craft Workshops for Children

(A) Openwork (Sukashi-raku-bori) Woodwork using Yoshino Cryptomeria (Yoshino Cedar)

Date: July 28 (Sat.) (1) 10:00 - 12:00, (2) 14:00 - 16:00

Instructor: Mr. Etsu Nakase

Capacity: 20 elementary school students.

(B) Akishino Teori "Cotton Fabric" and Nara Sarashi "Hemp Fabric"

Date: Aug. 4 (Sat.) (1) 10:00 - 11:00, (2) 11:00 - 12:00, (3) 13:30 - 14:30, (4) 14:30 - 15:30

Instructor: Cotton Fabric - Ms. Eiko Ono, Hemp Fabric - Mr. Takanori Okai

Contents: Weave a table runner, using a loom

Capacity: 5 elementary school students per class

Fee: 1,000 yen

Others: Students in the 1st, 2nd, and 3rd grades must be accompanied by their parent or guardian.

Application: A return postcard to Nara Craft Museum (address above shown) with the name of the classes (state either "Cotton Fabric" or "Hemp Fabric" if you want to attend a fabric class), address, your name, parent's name, school grade, age, phone number, and the day and the time selection you want must be received by the Craft Museum on or before July 8. One person can make only one application. If application exceeds the capacity, successful applicants will be selected subject to a lottery drawing.

Nara Traditional Crafts Exhibition (Craft Goods Display and Sales)

Date: July 1 (Sun.) - Aug. 5 (Sun.) 10:00 - 18:00 (Last Entrance: 17:30)

Closed: Monday (If Monday is a National Holiday, closed the following day), and the day following day
National Holidays

Mottainai Pottery Market

Ceramic tableware which is not used at home will be collected and can be taken for free.

Items that can't be collected: Tableware from other cities or which was used for business; ashtrays and flower vases which are not tableware; tableware with food, etc. stuck on it; unglazed pottery or earthen pots; tableware made of glass, plastic, metal or wood; tableware with rubber bottoms and handles (unless removed)

* Items will be checked before collection; please take home unaccepted items and packages.

Period and place of collection in July:

1. July 4 (Wed.) at Co-op Oshikuma (Oshikuma-cho)
2. July 11 (Wed.) at Co-op Shichijo (Shichijjo-Nishimachi)
3. July 18 (Wed.) at Hagukumi Center (Sanjo-Hommachi)

Time: 10:00 - 13:00 Collection will be done until 12:30. Please bring bags for taking items home.

Inquiries: Kankyo-Seisaku-Ka (Environmental Management Division)

Tel. 0742-34-4591

Tsuge Kogen (Highland) Marathon

Date & Time: November 18 (Sun.) Reception from 8:30

Place: Tsuge Koryu (Communication) Center (Tsuge-Shiraishi-cho)

Events: Adults: Half, 10 km, 3 km / High School Students: 10 km, 3 km / Junior High School

Students: 3 km / Elementary School Students and Families (one preschool child and one guardian): 3 km

Fee: Adults: 5,000 yen (Half), 4,000 yen (10 km), 3,500 yen (3 km) / High School Students: 3,000 yen / Elementary and Junior High School Students: 1,000 yen (2,000 yen for out of Nara City citizen) / Family pair – 3,000 yen

Application: Please register and apply on the website RUNTES from July 20 (Fri.) to September 30 (Sun.). The website will be available from July 15 (Sun.). For further details, please see the website.

Others: A lottery and the awarding of various prizes will be held.

Inquiries: Tsuge Kogen Marathon Executive Committee (in Tsuge Administration Center)
Tel. 0743-82-0201 / Fax. 0743-82-1950

Seeking Volunteer Staff for Nara Marathon 2018

Date & Time: December 8 (Sat.) 8:30 – 20:30 December 9 (Sun.) 6:30 – 16:00

Place: Nara Denryoku Konoike Park (Horen-Sahoyama 4-chome) and its surrounding area, within Nara and Tenri cities

Contents: Route arrangement, water supply, activities at the main stadium and along the course, etc.

Capacity: 4,000 people

Application Period: July 2 (Mon.) - August 24 (Tues.)

Application: Fill in the application form which can be printed out from the event homepage and send it to Nara Marathon Volunteer Center (757 Horen-cho 630-8113 Ken Nara-Sogo Chosha). You can also apply from the Website (<http://www.nara-marathon.jp/>).

Inquiries: Nara Marathon Volunteer Center

Tel. 0742-21-7880 (10:00-16:00 on weekdays) E-mail: volunteer@nara-marathon.jp

Midsummer Martial Arts Exercise and Zazen Meditation

Date & Time: July 14 (Sat.), 15 (Sun.) 6:00 - 7:00 (Reception from 5:30)

Place and Contents: Naraden Budo-jo: Kendo Class, Naraden Daini Budo-jo: Judo and Zazen Class, Naraden Daini Arena: Naginata (Long-handed sword) Class, Naraden Budo-jo Nakado-jo: Yari (Spear) Class, Naraden Kyudo-jo: Kyudo (Japanese archery) Class

Those Eligible: Elementary school students and older with experience, who live, work, go to school, or attend martial arts classes in Nara City.

Application: You can apply on that day at each place.

Inquiries: Naraden Daini Budo-jo Tel. 0742-27-6163

NaFu! International Exchange Summer Camp 2018

Seeking Participants

Date : July 15 (Sun.)-16 (Holiday)

Place : Kokuritsu-Soni-Seishonen-Shizen-no-Ie (National Soni Youth Learning Center)
Meeting at Kintetsu Nara Staion

Capacity : 30 people

Fee : Necessary

Deadline : July 8 (Sun.)

Inquiries : Nohara-san Tel. 090-6062-1718 E-mail : nafu@nafu.jp

Japan-Australia Bilingual Shiika-Rodoku-Kai (Giving a Reading of Japanese Poems)

Date & Time : July 23 (Mon.) 16:15-18:00

Place : Nara-Joshidaigaku-Kinenkan (Nara Women's University Memorial Hall)
Kita-Uoya-Higashi-machi

Inquiries : Shiga-Daigaku-Keizai-Keiei-Kenkyujo (Shiga University Institute of Business Management) Tel. 0749-27-1047

HEALTH COLUMN

“Hagukumi“ Center (13-1 Sanjo-Honmachi)
 (The nickname for the public Health center / General Education Center
 Kenko-Zoshin-Ka (health Care Section) Tel. 0742-34-5129 / Fax 0742-34-3145
 Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397
Tsukigase Administrative Center (Tsukigase Oyama) Tel. 0743-92-0480
 Tsuge health Center (Tsuge Shiraishi-ch) Tel. 0743-82-0341
Nara City hospital (Higashi-Kidera-cho 1-chome) Tel. 0742-24-1251

The Central Health Center is on the 2nd Floor, Hagukumi Center Building.

Medical Checkups for Babies and Children

Things to Bring : The questionnaire which will be sent to you by the middle of July and your *Mother’s and Child’s Health Handbook*. People who moved to Nara City after July 1 and have not received the questionnaire by the checkup day can come to the place directly on the day. For 4-month and 10-month-old babies’ checkups, please contact Kenko-Zoshin-Ka (Health Care Section).

Inquiries: Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

| Name | Date | Place |
|---|---|---|
| Checkup for 4-month-old babies (Born in April 2018) | Within one month after 4-month birthday | Designated Medical Facilities |
| Checkup for 10-month-old babies (Born in Oct. 2017) | Within one month after 10-month birthday | Designated Medical Facilities |
| Checkup for 19-month-old children (Born in Dec. 2016) | Aug. 2, 9, 23, 30 (Thurs.), Reception: 13:15-14:15 Waiting numbers will be distributed at 12:45 | Chuo Hoken Center (Central Health Center) |
| Checkup for 3 & half years-old children (Born in Jan. 2015) | Aug. 7, 21, 28 and Sep. 4 (Tues.) Reception: 13:15-14:15 Waiting numbers will be distributed at 12:45 | Chuo Hoken Center (Central Health Center) |

Various Classes for Babies and Infants

Paku-Paku Class for Five-month-old Babies (Baby Food Class)

Those Eligible: First babies born in March 2018 and their guardians

Date & Times: August 15 (Wed.), 29 (Wed.) 10:00-11:30

Contents: Lecture about baby food by a dietitian and about child rearing by a health nurse

Things to Bring: *Mother’s and Child’s Health Handbook* and the baby food leaflet enclosed with health checkup questionnaire for 4-month-old babies.

Capacity: 40 families per day

Ha-Pika Class for 1-year-old Babies (Tooth Decay Prevention Class for Babies)

Those Eligible: First babies born in August 2017 and their guardians

Date & Times: August 14 (Tues.), 28 (Tues.) 10:00-11:00

Contents: How to care for babies’ new teeth and brushing practice

Things to Bring: *Mother’s and Child’s Health Handbook* and a piece of gauze for wiping the baby’s mouth.

Capacity: 30 families for each day

Place: Hagukumi Center (Central Health Center)

Application: Please call or fax with the class name, address, child’s name, the date of birth, guardian’s name, phone number and the date you want to come, to Kenko-Zoshin-Ka (Health Care Section). Tel. 0742-34-5129

Fax. 0742-34-3145 Excess applications will be accepted for another day.

Fluoride Coating for Tooth Decay Prevention

Those Eligible: Those born in Aug. 2016 (You can apply until age 2 years and 4 months)

Date & Times: August 17 (Fri.), 9:30-11:30

Place: Hagukumi Center (Central Health Center)

Place: Central Health Center (Hagukumi Center)

Contents: Dental checkup, fluoride application, brushing guidance

Things to Bring: *Mother's and Child's Health Handbook* and a toothbrush, towels

Application: Please call or fax with the class name, child's name, the date of birth, phone number to Kenko-Zoshin-Ka (Health Care Section) by July 31.

You can apply from the Nara City. Tel. 0742-34-5129

Japanese Encephalitis Vaccinations for Those Born in July 2015

Receive all three times (the first, the second and the booster) of the first term vaccination. Confirm it on the Preliminary Examination Leaflet.

The Period of Vaccination: Between age 3 and one day before the 7 and half years old birthday

Vaccination Schedule:

Initial Vaccination: 2 times with an interval of 1 to 4weeks.

Booster Vaccination: once, with an interval of 1 year after the completion of the initial vaccinations.

Applications: Make an appointment at registered clinic (see the city website) and bring the Preliminary Examination Leaflet, *Mother's and Child's Health Handbook* and your child's ID document, such as a Health Insurance Card, etc.

*Those who are not registered residents of Nara City on the day of vaccination are not eligible.

*Fill in the Preliminary Examination Leaflet with indelible black ballpoint pen.

Inquiries: Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397

Study Salon for New Mothers over 40 Years of Age

Stretch Exercise with Babies Guided by Health Exercise Leader

Date & Time: August 24 (Fri.) 10:00 – 11:30

Place: Hagukumi Center

Contents: Lecture by Public Health Nurses and Midwives

Friendly exchange among mothers and individual consultation

Those Eligible: Women 40 years old and up, in their first pregnancies (Babies under 12 months, Pregnant women under 32 weeks)

What to Bring: *Mother's and Child's Health Handbook*

Application: Please contact Kenko-Zoshin-Ka (Health Care Section) by phone or fax with the class name, your name, date of birth, phone number and expected delivery date by August 17 (Fri.) Tel. 0742-34-5129 Fax. 0742-34-3145

Maternal and Infant Healthcare Consultation

No application necessary. Just bring your *Mother's and Child's Health Handbook*.

Consultation by Public Health Nurse

| Month | Date | Place |
|-------|-------------|-------------------------|
| July | 20 (Fri.) | Heijo Higashi Kominkan* |
| | 23 (Mon.) | Tatsuichi Fureai Kaikan |
| | 25 (Wed.) | Keisei Kominkan |
| | 26 (Thurs.) | Tawara Kominkan** |
| | 31 (Tues.) | Miata Kominkan |

Time: 9:30-11:30 (*13:30-15:30, **10:30-12:00)

Consultation over the phone or at the office is held on weekdays 8:30-17:15

Consultation by Midwives

Place: Seibu Kaikan 2F Consultation Room

Date & Time: Weekdays 10:00-14:00 (Reception until 13:30)

Place: Kenko-Zoshin-Ka (Health Care Section) (Consultation over the phone acceptable)

Date & Time: Weekdays 9:00-15:00

Inquiries: Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

Class for Pregnant Women & Dental Checkup

Mother's & Father's Class

| A | B | Contents (Eligibility) |
|------------------|---------------------|---|
| August 15 (Wed.) | September 12 (Wed.) | Lecture and talk with experienced mothers (Women in their first pregnancy*) |
| August 18 (Sat.) | September 15 (Sat.) | Bathing practice and exchange among participants (Women in their first pregnancy* and their husbands) |

*Eligibility: Those who are in the 22nd to 31st week of pregnancy and can attend both lectures.

Time: 9:30 – 12:00

Place: Central Health Center

Capacity: 24 expectant parents for each day

Application: Please contact Kenko-Zoshin-Ka (Health Care Section) by phone, internet (from the website) or fax with the class name, schedule A or B, your name, address, age, phone number, expected delivery date, and whether your husband will attend or not by August 8 (Wed.) for schedule A and September 5 (Wed.) for schedule B.

Maternity Happy Check (Dental Checkup for Pregnant Women)

Those Eligible: Pregnant women in stable condition, in their approx. 16th to 31st week of pregnancy

Date & Time: (1) August 23 (Thurs.), (2) September 27 (Thurs.) 9:30 – 11:30

Place: Central Health Center

Contents: Dental checkup, effective tooth brushing, fluoride coating (only for those who want to have the coating)

What to Bring: *Mother's and Child's Health Handbook*, towels

Capacity: 30 women

Application: Please contact Kenko-Zoshin-Ka (Health Care Section) by phone or fax with the class name, date you want to attend, your name, date of birth, phone number, and expected delivery date by August 16 (Thurs.) for (1), or September 20 (Thurs.) for (2). Tel. 0742-34-5129

Individual Notification in July

(Notices were sent during the last 10 days of June)

Preliminary Examination Leaflet (Those born in May 2018)

You can get the vaccination if you bring the leaflet, *Mother's and Child's Health Handbook* and your health insurance card on the day of vaccination. Those who have moved to Nara City recently and don't have a Preliminary Examination Leaflet should contact Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397

Japanese Encephalitis Second Term (Those born in May 2009)

Information post cards were sent, and you can get the vaccination if you bring your *Mother's and Child's Health Handbook* and your health insurance card.

Inquiries: Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397

Cancer Examinations in August

*Applications will be accepted from July 2 (Mon.) to July 20 (Fri.) by phone or fax to Kenko-Zoshin-Ka (Health Care Section). Online application will be accepted until July 10 (Tues.)

*Applications for examinations at Tsuge Hoken Center will be accepted by phone to the Center only.

*Free of charge for those who are on social welfare or belong to households receiving residence tax exemption. Please notify us of such when you apply.

*Stomach Cancer Examination: Stomach X-Ray drinking barium on that day

*Lung Cancer Examination: Chest X-Ray

A Set of Stomach and Lung Cancer Examinations

| Date | Place | Reception time | Capacity |
|-------------|------------------------------------|----------------|----------|
| 6 (Mon.) | Tsuge Hoken Center | 8:30-10:00 | 30 |
| 7 (Tues.) | Tsuge Hoken Center | 8:30-10:00 | 30 |
| 8 (Wed.) | Tsuge Hoken Center | 8:30-10:00 | 30 |
| 9 (Thurs.) | Nanbu Kominkan | 9:15-10:15 | 27 |
| 10 (Fri.) | Hagukumi Center | 8:45-9:45 | 33 |
| 15 (Wed.) | Tomio-minami Kominkan | 9:15-10:15 | 27 |
| 16 (Thurs.) | Hagukumi Center | 8:45-9:45 | 33 |
| 20 (Mon.) | Hagukumi Center | 8:45-9:45 | 33 |
| 24 (Fri.) | Nara City Hall (Conference Room 3) | 9:00-10:00 | 30 |
| 27 (Mon.) | Hokubu Shutcho-sho | 9:15-10:15 | 27 |
| 28 (Tues.) | Tomigaoka Kominkan | 9:30-10:30 | 26 |
| 30 (Thurs.) | Hagukumi Center | 8:45-9:45 | 33 |

Lung Cancer Examination

| Date | Place | Reception time | Capacity |
|------------|-----------------|----------------|----------|
| 9 (Thurs.) | Hagukumi Center | 14:00-15:00 | 60 |

Fee: 1,500 yen (stomach cancer examination only: 1,000 yen, lung cancer examination only: 500 yen) 600 yen as an additional fee for sputum test based on a general check-up for lung cancer. (Postage might need to be paid.)

Those Eligible: 40 years old and over, except those who are pregnant; had stomach, lung or bowel surgery in the past or those organs are currently being treated; have barium sensitivity or have accidentally swallowed it (for those, lung cancer examination is possible); or had the stomach cancer examination with an endoscope in FY 2017 (for those, lung cancer examination is possible).

Others: For those who are breast feeding, please notify us of such when you apply. The examination interval is once a year. You might not be able to have an examination depending on your physical condition or the results of the general check-up on the day.

Inquiries: Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

Hello! Visiting Babies (Free of Charge)

We are visiting all homes to see babies less than 4 months old.

- 1) If You Have Worries about Baby-Rearing or You Need Consultation on Breast Feeding-
- 2) If Your Baby's Birth Weight was 2,500g or Under-

Please notify us in these cases because special care will be needed, such as in living conditions and prevention of diseases.

Application: Please phone or send the green “newborn baby” postcard attached in the “Mother’s and Child’s Health Handbook” to Kenko Zoshin-Ka, after filling in the information on the back side of the card. A midwife or public health nurse will visit your home.

Inquiries: Kenko Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

If You Don’t Have Any Particular Worries about Baby-rearing-

A city-entrusted counselor will call and visit your home when your baby is 2 or 3 months old.

Inquiries: Kosodate-Sodan-Ka (Child Consultation Section) Tel. 0742-34-4804

*This is done under the Child Welfare Act. You may get a phone call about the counselor’s visit from a different phone number from the above.

Cancer Examination / Total Support Program for Health

1) Cervical Cancer Examination 2) Breast Cancer Examination

Individual notices with coupons for free examinations will be sent in late June.

Please refer to other pages for regular cancer examinations.

Date of Examinations: Between July, 2018 and the end of February 2019.

Place: Registered clinics

Contents: 1) Cervical cytology, 2) Mammography inspection

Those Eligible: 1) Those born between April 2, 1997 and April 1, 1998 (20 year old women).
2) Those born between April 2, 1977 and April 1, 1978 (40 year old women).

Inquiries: Kenko-Zoshin-Ka (Health Promotion Section) Tel. 0742-34-5129

Fax. 0742-34-3145

HEALTH CHECKUPS for FISCAL 2018

Nara City already sent you a Health Checkups Passport, a set of consultation cards for physical exams and health checkups in late June. It clearly shows what kind of physical exams and health checkups you can take this year. Please see the enclosed list of medical institutions which can provide them and try to take them. Please go to the Japanese version of the Nara City Information for Nara Residents to see a sample. *Please note that only the red dotted portion of a Health Checkups Passport is sent to those who are not eligible for Specific Medical Checkups.

Specific Medical Checkups (the right (green) side of the passport)

For Those Covered by Medical Insurance for the Elderly aged 75 or over

Fukushi-Iryo-Ka (Welfare and Medical Affairs Section) Tel. 0742-34-4754

| Items, <Period>, & Those Eligible | Contents <Fee: 500 yen> | Things to Bring | Application | Place |
|--|--|---|--|---|
| (1)Physical Exam <July to end of Jan. 2019> | Inquiry, physical measurements, blood/urine exams, blood pressure check, anemia, ECG, eye fundus (only for those eligible) | Checkup Passport, Questionnaire, Health Insurance Certificate | Notices will be sent to those eligible in late June *1 | Medical institutes or clinics registered in Nara Prefecture (MNP) |
| *1 : This year, those who subscribed on April 1 or after, will receive the card for physical checkups in July and after. | | | | |

For Those Covered by National Health Insurance (=NHI) (40 years or over)

Kokuho-Nenkin-Ka (National Health Insurance and National Pension Section) Tel. 0742-34-4736

| Items, <Period> & Those Eligible | Contents <Fee> | Things to Bring | Application | Place |
|--|---|--|--|--|
| (2) Special Physical Exam <July to end of Jan. 2019> Those covered by Nara City NHI (40 - 74 years old), as of April 1, 2018. For those who subscribe after April 2 and want to receive this exam, please contact the section in charge. *2 | Inquiry, physical measurement, blood/urine exams, blood pressure check, anemia, ECG <500 yen*>, Eye fundus (for those who are eligible) <120 yen*>. * These two are free for those who are city-tax exempt. | Consultation Card. Questionnaire, Health Insurance Certificate | Notices will be sent to those eligible in late June. | MNP |
| (3) Head MRI Exams <July to end of March, 2019> Those covered by NHI and accept this year's exam (2), and those who have no unpaid premiums. Capacity: up to 900 persons. First come, first served. | Head MRI Exam. <8,100 yen> | Health Insurance Certificate, Results of the specific physical exam, Certificate for reception | Contact the Kokuho-Nenkin-Ka (July to the end of January 2019) | Nara City General Medical Examination Center (Kashiwagi-cho) |
| *2 Those who will become 75 years old by the end of August will receive the card only for physical checkups in late July or later. | | | | |

- For those covered by insurance other than the above-mentioned two, please ask that insurance company.
- Those who have not joined health insurance (such as welfare recipients) will get the card free of charge. For those who became welfare recipients on May 7 or later, please contact the Kenko-Zoshin-Ka (Health Promotion Section) Tel. 0742-34-5129
- For those who are in institutions, Nara City will send notifications only to those who applied. Please contact Fukushi-Iryo-Ka or Kokuho-Nenkin-Ka by phone.

HEALTH CHECKUPS for FISCAL 2018

Get to know the state of your body, look back lifestyle, and for early detection of diseases and prevention of severe cases, let's take the Health Checkup.

Cancer Exams, etc. (left side and center of the Health Checkup Passport)

Kenko-Zoshin-Ka (Health Promotion Section) in Hagukumi Center (Sanjo-Honmachi)

Tel. 0742-34-5129

| Items, <Period>, Those eligible *3 | Contents <Fee> | Things to Bring | Application | Place |
|---|--|--------------------------------|--|----------------------------|
| (4) Stomach Cancer Exam. <May to end of March 2019> Those 40 years old and over | Interview, stomach x-ray exam. (barium exam) <1,000 yen> | Jushin-hyo (Consultation form) | Kenko-Zoshin-Ka (Refer to the similar cancer checkup page of | Group exam (Exam cars will |

| | | | | |
|---|---|------------------------------------|--|--|
| (5) Lung Cancer Exam. <May to end of March 2019> Those 40 years old and over *4 | Interview, chest x-ray exam. <500 yen>, sputum test (only if necessary, extra 600 yen) | | every month's Nara City Information for residents.) Stomach & lung cancer exams can be together. | stop at 18 places in Nara City) |
| (6) Stomach Cancer Endoscopic Exam. <July to end of Feb. 2019> Those aged 50, 52, 54, 56, 58, and 60 | Interview, stomach endoscopic exam <4,000 yen> | Jushin-hyo (Medical Exam Passport) | Notices will be sent to those eligible (in late June). | MNC |
| (7) Bowel Cancer Exam. <July to end of Feb. 2019> Those 40 years old and over | Interview, fecal occult blood test <1,000 yen> | | | |
| (8) Uterine Cancer Exam. <July to end of Feb. 2019> Women 20 years old and over who are even-numbered ages. (Those with odd-numbered ages who did not have the exam last year, please apply.) | Interview, ocular inspection, cytodiagnosis <2,000 yen> *Those who are 20 years old as of April 1 st , 2018 can use free tickets. | | | MNP |
| (9) Breast Cancer Exam. <July to end of Feb. 2019> Women 40 years old and over who are even-numbered ages. (Women with odd-numbered ages who did not have the exam. last year, please apply.) | Interview, breast x-ray exam (mammography) *Those who are 40 years old as of April 1 st , 2018 can use free tickets. | | | MNC |
| (10) Osteoporosis Exam. <July to end of Feb. 2019> Women aged 40, 45, 50, 55, 60, 65, and 70. | Interview, bone mineral testing [DXA] <1,200 yen> | | | |
| (11) Periodontal Diseases Exam <July to end of Feb. 2019> Those aged 40, 50, 60, and 70. | Interview, periodontal tissue testing <1,000 yen> | | | MNC (dentists) |
| (12) Hepatitis Exam. <July to end of Feb. 2019> -Those 40 years old -Those 41 years old and over who have never had the hepatitis virus exam. | Hepatitis Virus C Exam (HCV antibody test), Hepatitis Virus B Exam (HBs antigen test). Selectable, <Free of charge> | | | Those aged 40: Bring Jushin-hyo (Medical Exam Passport). Those aged 41 |

| | | | |
|---|---|---|--|
| | Those not eligible but have concerns about hepatitis virus B/C can apply for B & C exams regardless of the period. Call Hoken Yobo-Ka (Tel. 0742-93-8397) | and over: Bring Hepatitis Virus Medical Exam. Sheet | (Health Promotion Section). |
| (13) Stomach Cancer Risk Exam. <July to end of Feb. 2019> Those aged 40, 45, and 50 | Interview, blood exam <fee: Depending on each institute. Nara City points given, up to 3,000 yen as exam fee.> | Stomach Cancer Risk Medical Exam. Sheet | Kenko-Zoshin-Ka (Health Promotion Section) |
| (14) Lung Cancer Low Dose CT Exam. <July to end of Feb. 2019> Those aged 50, and 60 | Interview, chest low dose CT scan <6,000 yen. 5,000 yen for those who had Stomach Endoscopic Exam in the same year> | Lung Cancer Low Dose CT Exam. Sheet | Kenko-Zoshin-Ka (Health Promotion Section) |

*3: Age as of March 31, 2019

*4: Those who are 65 years old or over may get exams for tuberculosis.

Please contact Hoken-Yobo-Ka. Tel. 0742-93-8397

Exemption for Various Cancer Exams:

Exams (4) to (11) are free for those who are city-tax exempt or are on welfare benefits.

Please submit the application form for exemptions for cancer exams, etc. 10 days beforehand.

(Submission online is possible.) Those who submit the application form will be sent the Medical Exam Passport with Fee Exemption.

