**May 10th, 2022 Edition** 

Edited and Issued by Ota International Association

Scan this for more information! (Informa back issues, COVID-19, etc.)



#### 太田インフォルマ 2022年5月10日号(英語版)

- P1. ウクライナ人道危機救援金(日本赤十字社)・おおた街なかジャ ズフェスタ&OTA CITY MARKET
- P2. 特定健診を利用して健康寿命を延ばそう・国民健康保険&後期
- ナー・英語の外国人市民相談窓口ワンストップセンタ
- \*折り込みチラシ: ✔「くらしのガイド」のお知らせ・外国人市民 相談窓口ワンストップセンター開設時間✔新型コロナワクチン関 連情報「未接種の人 小児(5~11歳)・3回目接種(12歳 以上)」・検診の紹介「がん検診・その他の検診・今年度の集団検 診はここが違う!!」✔早く新型コロナワクチンの3回目の注射 をしたらプレゼントの抽選に応募できます・プレゼント抽選の応 募方法✔自動車税(種別割)は、私たちの生活を守ります。✔太 田警察署からのお知らせ「こんにちは、巡回連絡です!」・「あな たのまちの交番&駐在所 | ✔日本の国民年金制度

## **Ukraine Humanitarian Crisis Relief Funds now open!**

Donation boxes are out in city facilities.

Period: By May 31st (Tue.), 2022

Location: Ota City Hall (1F), South Government Building (1F), Nitta Government Office (1F), Community Centers, East and **West Service Centers** 

Note: It is available during the operation hours of each facility. Please come to the Social Assistance Division directly if you bring other relief money except for the boxes.

(Jananese red cross society)

Contact: Ota City Hall, South Government Building (1F), Social Assistance Division "Shakai Shien-Ka" ☎0276-47-1827

### May 15<sup>th</sup> (Sun.), 2022 10:30 – 15:00 at Ota Civic Hall\*

#In case of rain, the event will be cancelled.

# Ota Machinaka Jazz Festa and Ota City Market (Free of Charge)

The event will be held to celebrate the fifth anniversary of the hall. Enjoy jazz performances by local musicians from the city and the neighborhoods, and lots of special food and goods.

### **Japan - Taiwan Goodwill Exchanges**

Free Taiwan pineapples will be distributed to the first 1,000 visitors at the entrance.

**Time:** from 10:00

Contact: Ota Civic Hall (lizuka-Cho 200-1) 20276-57-8577





# Simple Japanese "やさしい日本語" Ota Informa

Available on our website, please check the QR code or the link. https://www.city.ota.gunma.jp/005gyosei/0020-007kikaku-kouryu/kokusaikouryu/2021-1216-1341-167.html For further information, please contact below.





· OTA CITY HALL, International Affairs Division "Kokusai-Ka" and · OTA INTERNATIONAL ASSOCIATION "Ota-Shi Kokusai Kouryu Kyoukai" Address: 

¬373-8718 Ota-Shi Hama-Cho 2-35 (Ota Shiyakusho)

**20276-47-1908 & 0276-48-1001 FAX: 0276-48-1012 email: otaia@mx.city.ota.gunma.jp** http://www.city.ota.gunma.jp/005gyosei/0020-007kikaku-kouryu/kokusaikouryu-eng/index.html

太田市国際課・太田市国際交流協会(英語版行政情報)

This information bulletin is available at: Aeon Mall Ota, Airys Hall Arena, Arts Museum and Library Ota, Comprehensive Social Education Center "Shakai Kyouiku Sougo Center", Cultopia "Karutopia", Cultural Learning Center, Hello Work Ota, Ota Pension Office "Ota Nenkin Jimusho," Ota Main Post Office "Ota Yubinkyoku," Ota Police Station "Ota Keisatsusho," every Community "Gyousei" Center, every Public Health "Hoken" Center, every Service Center, Ojima Government Building "Ojima Chousha," Ota International Center "Ota-shi Kokusai Kouryu Center," Ota City Hall (Information Desk, Consultation Counter for Foreign Residents "Gaikokujin Shimin Soudan Madoguchi" One Stop Center), and also available on the Ota International Association's website.

# Take Specific Medical Examinations

### to extend your healthy life expectancy!

<u>Eligibilities:</u> Members of National Health Insurance (aged 40 to 74 years) or Advanced Elderly Medical Service System

<u>Contents:</u> See the table below. <u>What to bring:</u> Health Insurance Card, Consultation tickets "Jushinken," barcode stickers, Questionnaire "Shitsumonhyo" **Note:** Tickets were sent out at the end of April.

Items	Contents			
Physical examinations	Inspection, palpation, percussion, auscultation, etc.			
Consultation	Interview on health and lifestyle habits (drinking and smoking)			
Physical Measurements	Height, weight, waist measurement, BMI			
Lipid Blood Test	Natural fat, cholesterol, etc.			
Liver Function Test	Test liver cell enzymes to check the condition of liver function.			
Blood Sugar Test	Test for sugar in the blood			
Uric Acid	Examine kidney			

**Note:** If deemed necessary by doctors, anemia tests, electrocardiograms and fundus examination are also performed.

#### **Individual Examination**

Please visit the conducting medical institution listed in the 'Information on Health Examination (*Kenshin no Oshirase*)' enclosed with your consultation tickets by December 20<sup>th</sup> (Tue.), 2022.

#### **Group Examination**

Visit the venues on the medical examination date indicated in the 'Information on Health Examination (*Kenshin no Oshirase*)' (no reservation required).

<u>Please note.</u> Receiving both of a complete physical exam "Ningen Dock" (below) and this examination are not allowed.

# Complete Physical Exam "Mingen Dock" Subsidies

### for National Health Insurance and Advanced Elderly Medical Service System

Please be aware that if you take the exam without applying, you will not be subsidized.

Application Period: By September 30th (Fri.), 2022

Examination Period: From June 1st (Wed.), 2022 to Feburary 28th (Tue.), 2023

#### **Members of National Health Insurance**

**Eligibilities:** People aged 35 and over from households that have paid their insurance tax in full **Type of Exam:** One-day or Overnight Exams, or Exam with MRI, MRA, etc. to check for aneurysms and other problems "Nou Dock" Note: The eligibility for the subsidized exams with MRI, MRA, etc. have been extended to 74 years of age (as of 31 March 2023).

### **Members of Advanced Elderly Medical Service System**

**<u>Eligibilities:</u>** People who have paid their insurance premium in full

**Type of Exam:** One-day or Overnight Exams

**Subsidy Amount:** Within two-thirds of the cost of the medical exam

Maximum Amount: One-day – 20,000-yen, Overnight / Nou Dock – 30,000-yen

**Application:** The form is available at the QR code on the right, on the city website or at a community center. Please fill in the application form and send it by post / fax or to submit at the National Health Insurance Division counter.



Postal Address: 7373-8718 (No address required) Kokumin Kenkou Hoken-Ka,

Ningen Dock Tanto Fax: 0276-47-1876

#### Contact:

For National Health Insurance Members -

Ota City Hall (1F / Counter 16), National Health Insurance Division "Kokumin Kenkou Hoken-Ka" 20276-47-1825

For Advanced Elderly Medical Service System Members -

Ota City Hall (1F, Counter 12), Medical Welfare and Pension Division "Iryou Nenkin-Ka 20276-47-1926

# **Income Certificates for the 2022 Fiscal Year (Reiwa 4 Nendo) Available for Issue!**

Issuing Date: Individuals who have had their Municipal / Prefectural Inhabitant Taxes deducted from their monthly salary (Tokubetsu Choushuu): certificates available from May 13th (Friday), 2022 For other taxpavers: certificates available from June 10th (Friday), 2022 Certificates available at:

- ✓ Ota City Hall (2F / Counter 22), Municipal Inhabitant Tax Division "Shiminzei-Ka"
- ✓ Community "Gyousei" Center (excluding Ota Community "Gyousei" Center) ✓ East "Higashi" Service Center / West "Nishi" Service Center

Contact: Municipal Inhabitant Tax Division "Shiminzei-Ka" (2F / Counter 22) 20276-47-1931

# **Household Trash Collection Calendar FY 2022**

An updated, translated version of "Collection of Household Trash" and "How to Separate and Dispose of Household Trash Properly" are available. If you would like a copy, please contact the Cleaning and Disposal Service Division "Seiso Jigyo-Ka", the Residents' Affairs Division "Shimin-Ka", or the Consultation Counter for Foreign Residents "Gaikokujin Shimin Soudan Madoguchi" One Stop Center. \*The calendar will be also available on the city website. (Scan the QR code.)

Languages available: English, Portuguese, Spanish, Chinese and

Vietnamese

**Contact Information: Cleaning and Disposal Service Division** "Seiso Jigyo-Ka" 20276-31-8153





### 13/74U7474 PANTING MEDICAL TIMES FOR MUTH

Fix Property (1st period) and Light Motor Vehicle (all periods) Tax is due on

### May 31st, 2022 (Tuesday).

Please be sure to make payments by the deadline. For tax payment inquiries, contact the Tax Collection Division "Shuno-Ka" in Ota City Hall (2F/Counter 23) 2 0276-47-1820.

# FREE LEGAL ADVICE (Consultation in Japanese only)

Consultations may be cancelled to prevent the spread of COVID-19. \*Excludes holidays

Location	Date	Hours	Capacity	Information / Appointment	Note	
Telephone consultation only	Special Free Legal Advice	9:30~12:00	14	Ota City Hall, Residents' Consultation		
	May 11 <sup>th</sup> (Wed.)	May 11th (Wed.) 13:30~16:00 14 Division "Shimin Soudan-ka,"	Division "Shimin Soudan-ka,"	Service at all		
	May 18 <sup>th</sup> (Wed.), 25 <sup>th</sup> (Wed.)	9:30~12:00	14	(Limited to those who live or work within the city limits)	locations require an appointment beforehand; you can make an	
	May 19 <sup>th</sup> (Thu.)	13:30~16:00	7	and only infinitely		
Fukushi Kaikan (Ota-Shi lida- Cho 1549)	May 16 <sup>th</sup> (Mon.)	13:00~16:00	7	Ota City Social Welfare Conference  12 0276-46-6208  (Preferences will be given to those who reside or work within the city limits)	appointment up to 2 weeks in advance.	
Legal advice through the phone	Mon. ~ Fri. *	13:00~16:00		Gunma Bar Association  23 027-233-9333	Approximately 10 minutes per person	

# FREE CONSULTATION ON TRAFFIC ACCIDENTS (Consultation in Japanese only)

Gunma Prefectural Government Office (20F) (Address: Maebashi-Shi Ote-Machi 1-1-1)	Mon. ~ Fri. *	9:00~15:30	1	Gunma Prefectural Government Office, Traffic Accident Consultation Center "Koutsuu Jiko Soudanjo,"  22 027-243-2511	No prior appointment is necessary; please come by 15:00
--	---------------	------------	---	---	---



### **Doctors on Duty on Sundays and Holidays (Emergency)**

If you have a fever or respiratory symptoms, please call from car, etc. before visiting clinics. (I.M. $\rightarrow$  Internal Medicine)

15 May (Sun.)	I.M. / Pediatrics	Igarashi lin (Obara-Cho)	<b>0277</b> -78-2405
	Urology / I.M.	Ota Hinyoukika · Naika Clinic (Higashiyajima-Cho)	0276-38-8833
	Orthopedics	Koiso Seikeigeka Clinic (Ryumai- Cho)	0276-60-5518
22 May (Sun.)	I.M./ Pediatrics	Takizawa lin (Nitta Akabori-Cho)	0276-55-1010
	I.M./ Surgery	Toumou Keiai Byouin (Kamikobayashi-Cho)	0276-26-1793
	Breast Surgery	Ota Breast Clinic (Nishihon-Cho)	0276-50-1748
29 May (Sun.)	I.M./ Pediatrics	Ehara Naika Clinic (Shimokobayashi-Cho)	0276-60-3130
	Surgery / I.M.	Kobayashi Ichouka lin (Arai-Cho)	0276-45-9080
	Orthopedics / Plastic Surgery	Kenmochi Seikeigeka (Higashihon-Cho)	0276-25-2537
5 June (Sun.)	I.M.	Sawano Clinic (Ushizawa-Cho)	0276-60-5050
	I.M. / Pediatrics	Ota Higashi Kodomo & Otona Shinryoujo (Ryumai-Cho)	0276-48-5611
	Orthopedics	Ogino Seikeigeka Clinic (Minamiyajima-Cho)	0276-38-0867
12 June (Sun.)	I.M.	Kuroiwa Naika Kokyukika Clinic (Kamitajima-Cho)	0276-32-9618
	I.M. / Pediatrics	Hirahara Naika · Shoukakika (Komaigi-Cho)	0276-45-3891
	Ophthalmology	Okawa Ganka (Shimokobayashi-Cho)	0276-48-7700

Note: The doctors above are only on duty for seeing emergency patients. Other patients are asked to seek treatment on weekdays.

#### **Designated Emergency Hospitals providing Medical Services (only to emergency patients)**

(Please call the **Hospital Guidance Telephone Service** (20276-45-7799) to confirm available medical services.)

 Ota Kinen Byouin ☎0276-55-2200
 IMS Ota Chuo Sogo Byouin ☎0276-37-2378

 Motojima Sogo Byouin ☎0276-22-7131
 Shiroyama Byouin ☎0276-46-0311

 Horie Byouin ☎0276-38-1215
 Kouaikai Dai Ichi Byouin ☎0277-78-1555

#### **Weeknight Emergency Infirmary (I.M. or Pediatrics)**

Location: Ota-Shi Health "Hoken" Center 1F Address: lida-Cho 818 ☎0276-60-3099

Reception Hours: Mon. to Sat. -18:45~21:45\* (Excluding public holidays) \*The reception hours may change.

Note: Treatments for mild illnesses are available. Please call before visit to check which specialist is on duty. **Dental Services on Sundays, Holidays, and Year-End/New Year Holidays** (10:00~13:00)

Ota Nitta Shika Ishi Kaikan (Note: southwest of Ota City Hall; 2-3 min away walking distance.) 20276-45-7320

# **Hello Work OTA** in Ota City Hall

**Governmental Consultation Branch Office for Foreign Residents** 

**Every Tuesday - 13:00 to 16:00** 





(Excludes holidays, year-end and new year holidays)

Location: Consultation Counter for foreign residents (Ota City Hall 1F) Contact: Hello Work OTA 20276-46-8609

Please wear a face mask for consultations! If you have symptoms of fever (37.5°C or above), cough, runny nose, sore throat, headache, etc., please DO NOT come to the consultation counter and call us instead.



# **Assistance in English**



# Mondays: 9:00 - 11:30 Thursdays: 13:00 - 16:00



Location: Ota City Hall (1F), Consultation Counter for Foreign Residents "Gaikokujin Shimin Soudan Madoguchi One Stop Center" Contact: Ota City Hall 20276-47-1111 (general) & 276-47-1908 The Public Assistance and Child-rearing Allowance consultations can take time, so please come by early. Closed on public holidays including Year-End and New Year holidays.