

# MITAKA CITY NEWS

July 1, 2016 No. 200

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*Mitaka City News*, providing information on public services, lives and events of Mitaka City, is published on the 1st of every month.

## Have You Applied for the Benefits for the Elderly (Temporary Welfare Benefits for Pension Recipients)? Deadline: July 31 (Sun.; must be postmarked by this date)

To support individual consumption for the first half of 2016, Mitaka City is offering this temporary benefit for senior citizens who are exempt from resident tax and for whom wage increases are unlikely. Starting on April 20, application forms are being sent to the head of the household for residents who may be eligible for this benefit. If you receive an application form, please confirm the details and send your completed application by mail as soon as possible.

### ◆ Eligibility

Registered residents of Mitaka City as of January 1, 2015 (reference date) who meet requirements 1–4 as follows:

- 1) Will be sixty-five years of age or older as of March 31, 2017 (born on or before April 1, 1952)
- 2) Are not taxed resident tax (per capita rate) for FY2015
- 3) Are not dependents of a resident tax taxpayer (per capita rate) for FY2015
- 4) Do not receive public assistance or other similar benefits

### Notes:

1. Requirements 2–4 are the same as for the temporary welfare benefit of FY2015.
2. Those with a short-term stay visa or who die between the reference date and the benefit decision date are not eligible for this benefit.

### ◆ Benefit Amount

¥30,000 per eligible person (One-time only)

### ◆ Application

Please return the required documents using the enclosed return envelope. Please note that it will take about a month from the time you apply to when the benefit is provided.

### ◆ Precautions

Please consult the municipal office if you live in Mitaka City but have not transferred your resident record due to domestic violence or any other such reason.

### Inquiries:

- ◇ Mitaka City Benefits for the Elderly Call Center, **Tel:** 0422-44-3102 (Weekdays, 9:00 a.m. to 5:00 p.m. until August 31 [Wed.])
- ◇ Mitaka City Benefits for the Elderly Consultation Service Counter (Weekdays, 9:00 a.m. to 5:00 p.m.)
  - Until August 15 (Mon.): 4F Mitaka Municipal Office, Building 2
  - From August 16 (Tue.): Mitaka Municipal Office, Building 3

**Please beware of payment fraud and individual information fraud schemes that claim to be involved in providing these benefits.**

## Beware of Heatstroke!

**Inquiries:** Comprehensive Health Center  
**Tel:** 0422-46-3254

Heatstroke happens more often in environments where the temperature and humidity are high. It can happen outdoors where the sun is blazing, and it can also happen indoors. It is wise to refrain from going outside when it is hot, and you should also protect yourself from getting heatstroke indoors by using a fan or air conditioner.

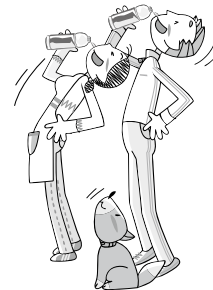
### ◆ Keys to Heatstroke Prevention

- Avoid working or doing sports in a hot place, either outdoors or indoors.
- Wear hats or use parasols when going outside, and wear clothes with high “breathability.”
- Drink plenty of liquids, such as sports drinks, even before you feel thirsty.

### ◇ Get More Information on Heatstroke

Heatstroke Prevention Communication Project website

**URL:** <http://www.hitosuzumi.jp/> (available in English and Chinese also)



## The City is Making a List to Facilitate Safe Evacuations in a Disaster

**Inquiries:** Community Welfare Section, Ext. 2662

Japan revised its Basic Act on Disaster Control Measures in April 2014, and local governments are obligated to create a list of persons requiring support for evacuation in an emergency. Mitaka City has been compiling a list based on this law. If the persons listed agree, the city will then provide the information to relevant institutions on a regular basis—such as the fire or police department—to facilitate their smooth and safe evacuation in a disaster. If you receive the notification (agreement to provide information) that will be mailed in July to those eligible, please complete the required information and return the form (those who gave a reply last year are exempt). We deeply appreciate everyone’s understanding and cooperation.

### ◆ Making the Disaster Evacuation Support List

Any resident who meets any of conditions ① through ⑤ below is automatically registered based on the resident information Mitaka City possesses. Those to whom conditions ⑥ and/or ⑦ apply and who wish to be on the list must apply with the Municipal Office.

### ◇ Eligibility Requirements Designated by the City

- ① Residents 75 years of age or older who live alone, or who live in a household where all the residents are 75 years of age or older.
- ② Residents requiring long-term care for care levels 1 or 2 who live alone, or if the other family members living in the same household are all 65 years of age or older.
- ③ Residents requiring long-term care for care levels 3 through 5.
- ④ Residents with a handbook for the physically disabled, mentally disabled (*Ai-no-techo*), or certification of the psychiatric disorder.
- ⑤ Residents 75 years of age or older who live with a person to whom condition ③ or ④ above applies, and when no other healthy family member living in the same household is 74 years of age or younger.
- ⑥ Residents with a specific serious illness who need help evacuating.
- ⑦ Residents 75 years of age or older who are alone during the day and believed to need support in the event of an evacuation.

### ◆ Sharing Information with Relevant Institutions

If you agree, the information about you is provided to relevant institutions (as listed below) on a regular basis. Even if you do not agree to provide personal information, the information may be provided to relevant institutions to preserve your life when a disaster strikes.

### ◇ Relevant Institutions (Involved in Handling Evacuations)

- (1) Mitaka Fire Department, (2) Mitaka Police Department, (3) commissioned (child) welfare volunteers, (4) Mitaka City Council of Social Welfare, (5) Mitaka City Fire Brigade, (6) local disaster prevention organizations, (7) town, residents and condominium associations

**Note:** Before providing information for the list, we will sign an agreement with the relevant institutions to protect personal information and to ensure that the information is properly managed. In addition, the information provided may vary depending on the institution.

### ◆ The Agreement to Provide Information Will Be Mailed to Eligible Residents

A notification (agreement to provide information) to confirm whether you wish to provide information to relevant institutions will be gradually mailed out by area (see chart below) to those residents eligible to be listed. If you receive this notification, please state whether you approve, fill in the required information\*, and return the form to the Municipal Office by the deadline.

\*Required information to be included in the list  
Full name, sex, date of birth, telephone number, address, condition of eligibility, special remarks, emergency contact information (full name, relationship, address, telephone number), and community support person (full name, address and telephone number).

Mailing Period	Area	Return Deadline
Around the first week of July	Nakahara, Kitano, Nozaki, Osawa	August 5 (Fri.)
Around the second week of July	Shimorenjaku	August 12 (Fri.)
Around the third week of July	Kamirenjaku, Iguchi, Jindaiji	August 19 (Fri.)
Around the fourth week of July	Mure, Inokashira, Shinkawa	August 26 (Fri.)

## The 39th Mitaka Commerce and Industry Festival

**Inquiries:** Mitaka Commerce and Industry Association, Tel: 0422-49-3111

This event draws a large crowd every year. The festival is full of fun programs, such as "Takumi-no-Waza" exhibit to introduce traditional skills in the city, stage performances, and refreshment booths. In addition, residents can vote for "TAKA-1" (Mitaka Select ONE), which introduces attractive products of Mitaka and gems that even Mitaka residents may not be familiar with. Don't miss this opportunity to enjoy the event with family and friends.

**Date and time:** July 16 (Sat.) and 17 (Sun.), from 11:00 a.m.  
**Location:** Mitaka Civic Center inner garden and other locations  
**Application:** Simply come to the site during the event period.  
**Note:** Please refrain from coming to the event by car.

## FY2016 Special Health Checkups and Health Checkups for the Latter-Term Elderly

**Inquiries:** Public Health Promotion Section, Tel: 0422-46-3271

These checkups are free of charge, and are meant to prevent and detect lifestyle-related diseases. The city mails out a health checkup slip to each eligible resident according to the checkup period.

**Note:** Starting from the current fiscal year, the checkup period has been extended to five months. The fecal occult-blood testing (one-time method) conducted until now has been eliminated, although the colon cancer test (two-time method of fecal occult-blood testing) is available for those who wish to undergo the checkup (personally borne expense: ¥500).

**Checkup period:** Those born between April and July: May 1 through September 30 (checkup slips have been mailed in late April); those born between August and November: July 1 through November 30 (checkup slips have been mailed in late June); those born between December and March: October 1 through February 28, 2017 (checkup slips will be mailed in late September).

**Eligibility:** Special Health Checkup: Residents enrolled in National Health Insurance in Mitaka City by April 1, who will be between 40 and 75 years of age by March 31, 2017  
 Health Checkup for the Latter-Term Elderly: Residents enrolled in the Latter-Term Elderly Medical Insurance plan by April 1.

**Application:** Apply to a cooperating medical institution in Mitaka City (see the list of medical institutions enclosed with the checkup slip).

**Note:** If there is a change in your insurance membership or if you move out of Mitaka City before the checkup date, you will no longer be eligible for this exam. Those enrolled in the health insurance plan at their place of employment, and dependents of such, should inquire with the health insurance union they belong to.

## New Exhibit at the Osamu Dazai Literature Salon The Complete Works of Osamu Dazai

**Inquiries:** Osamu Dazai Literature Salon, Tel: 0422-26-9150

It may be said that the *Collected Works of Osamu Dazai*, published by Yakumo Shoten between 1948 and 1949, was the masterpiece of Dazai's later years. It was rare in those days for a person to have a collection of works published while alive. Dazai was involved with the editing, and this is the only complete anthology compiled during his life. Since it was incomplete because Dazai died suddenly immediately after the books were distributed, it is also called "the lost anthology." The exhibit showcases all the volumes in this valuable set of collected works. The bindings bear the Dazai family crest imprinted, which is something Dazai was very particular about having displayed.

**Date and time:** Until October 2 (Sun.), 10:00 a.m. to 5:30 p.m.

**Closed:** Mondays (if Monday is a national holiday, then the salon will be open on Monday and closed on Tuesday and Wednesday)

**Location:** Osamu Dazai Literature Salon (Gran Jardin Mitaka 1F, 3-16-14 Shimorenjaku)



*Collected Works of Osamu Dazai*, Yakumo Shoten, 1948-49; owned by Mitaka City

## Mitaka City News Celebrates 200th Issue!

**Inquiries:** Secretariat and Public Relations Section, Ext. 2134

*Mitaka City News* was first published in September 1996. Nearly twenty years later, we are proud to celebrate the publication of our 200th issue. Now distributed on the first of every month, *Mitaka City News* contains information from the Mitaka Municipal Office that supports the comfortable and satisfying everyday lives of the city's foreign residents. You can obtain copies at the MISHOP office, several railway stations—Mitaka and Musashi-Sakai on the JR Line, and Mitakadai and Inokashira-Koen on the Keio Inokashira Line—as well as at Mitaka City public facilities. You can also have the publication mailed to you. Please contact the Secretariat and Public Relations Section if you would like to receive *Mitaka City News* by mail.

## National Health Insurance Premium Notices to Be Mailed Out

**Inquiries:** National Health Insurance Section, Ext. 2382

Notices of National Health Insurance Premiums for the current fiscal year will be mailed on July 13 (Wed.) to residents enrolled in the Mitaka City National Health Insurance program. Please check the information and pay your premiums by the deadline.

### Notes:

- As announced in the June issue of *Mitaka City News*, National Health Insurance premiums, such as the per capita amount, has been revised as of the current fiscal year. For more information, please read the enclosed "NHI Handbook" (in Japanese) or the June issue of *Mitaka City News*.
- National Health Insurance premiums paid during 2016 can be reported as a social insurance deduction.

## Events of Mitaka City Sports and Culture Foundation

**Mitaka City Art Center, ☎ 0422-47-5122**

**Hours:** 10:00 a.m. to 7:00 p.m.

**Closed:** July 4, 11, 19, 20 and 25

**HP** <http://mitaka-art.jp/ticket> (Japanese only)

A nursery service is available. (Please apply two weeks prior to each performance.)

## Mitaka City Arts Center Concert Hall "Kaze"

### Tokyo Mitaka Philharmonia

### The 73rd Subscription Concert All Brahms Program

July 30 (Sat.) from 3:00 p.m.

Tickets now on sale. All seats reserved.

Members: ¥5,400

Non-members: ¥6,000

U-23 (23 years of age or younger): ¥3,000

Elementary to high school students in the city: ¥2,000\*

\*Only if accompanied by a person who purchased member or non-member tickets. Please reserve over the phone.

### Performed by:

Tokyo Mitaka Philharmonia (orchestra)

Ryusuke Numajiri (music director and conductor)

Miki Kobayashi (violin solo)

Bernhard Naoki Hedenborg (cello solo)

### Program:

Brahms: *Tragic Overture*, Op. 81; Double

Concerto in A Minor for Violin and Cello, Op. 102;

Symphony No. 2 in D Major, Op. 73



The Mitaka City Arts Center's resident orchestra (previously the Tokyo Mozart Players) has a new name, the Tokyo Mitaka Philharmonia. During the upcoming concert, we will be welcoming two guests and present works of Brahms. We hope you will enjoy the performance.

Ryusuke Numajiri © Koichi Miura,  
 Miki Kobayashi © Shigeto Imura,  
 Bernhard Naoki Hedenborg

### ◇ Open Rehearsal

July 29 (Fri.), 2:00 to 3:00 p.m.

An open rehearsal of part of the program will be held on the day before the actual performance.

**Capacity:** 60 persons

**Admission:** ¥500 (free of charge for those who have a ticket to this concert)

**Application:** Mitaka City Arts Center, Tel: 0422-47-5122

### Population and Number of Households As of June 1, 2016

Numbers in brackets are changes from previous month.

**Number of Registered Residents 184,789 persons (+114)**

**Number of Households 91,933 households (+47)**



## Information

Information about Mitaka International Society for HOspitality



### MISHOP Office

**Days:** Monday through Saturday (Closed on Sundays and national holidays)

**Hours:** 9:30 a.m. to 5:00 p.m.

**Location:** Mitaka City Chuo-Dori Town Plaza 4F, 3-30-12, Shimorenjaku 181-0013

**Tel:** 0422-43-7812 **Fax:** 0422-43-9966

**E-mail:** [mishop@mishop.jp](mailto:mishop@mishop.jp)

**URL:** <http://www.mishop.jp/>

**Established:** November 23, 1989