

# July 2023

## Oshu City Newsletter



### Sunday/Holiday Doctors

<b>Oshu Kanegasaki Holidays Clinic</b>		<b>Address:</b> 21-1 Taga Mizusawa		<b>TEL:</b> 25-3935
<b>Hours: 8:30AM – 4:00PM (at the address listed above.) ※ Please call in advance.</b>				
July 2 <sup>nd</sup>	Dr. Sato (Sato Orthopedic Surgery & Rheumatology Clinic)			
9 <sup>th</sup>	Dr. Sato (Sato Clinic)			
16 <sup>th</sup>	Dr. Shimizu (Shimizu Ladies' Clinic)			
17 <sup>th</sup>	Dr. Takahashi (Takahashi Internal/Digestive Clinic)			
23 <sup>rd</sup>	Dr. Takahashi (Takahashi Orthopedics Sports Clinic)			
30 <sup>th</sup>	Dr. Suzuki (Suzuki Internal/Digestive Clinic)			
<b>Oshu Kanegasaki Nighttime Clinic</b>		<b>Address:</b> 21-1 Taga Mizusawa		<b>TEL:</b> 25-3935
<b>Hours: 6:30PM – 9:00PM, every day year-round ※ Please call in advance.</b>				
<b>Sunday Dentists (9:00AM – 12:00PM)</b>				
July 2 <sup>nd</sup>	Oguma Dental Clinic	35-4184	6-27 Esashi-minami Odori	
9 <sup>th</sup>	Chiba Dental Clinic	42-2426	54-2 Kanegasaki-cho Nishine Kamimochida	
16 <sup>th</sup>	Sasaki Dental Clinic	24-5418	7 Mizusawa Yanagi-machi	
23 <sup>rd</sup>	Sakuraba Dental Clinic	47-2033	117-1 Isawa Oyama Toge	
30 <sup>th</sup>	Matsumoto Dental Clinic	44-5578	88-1 Kanegasaki-cho Nishine Nishijizono	
<b>Seikotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)</b>				
July 2 <sup>nd</sup>	Omachi Osteopathic Clinic	47-4110	75-2 Mizusawa Omachi	
9 <sup>th</sup>	Hoshi Osteopathic Clinic	25-3742	6-12 Mizusawa Fukuyoshicho	
16 <sup>th</sup>	Abe Osteopathic Clinic	35-1036	7-17 Esashi Muikamachi	
23 <sup>rd</sup>	Komura Osteopathic Clinic	24-4542	4-9 Mizusawa Sanbongi	
30 <sup>th</sup>	Ito Osteopathic Clinic	22-3851	1-1-8 Mizusawa Minami Ogane	
★Children's Emergency Helpline (☎ 019-605-9000) 7PM – 8AM the next day, every day year-round				

### Taxes

Property Tax (Payment 2) and National Health Insurance (Payment 1) are due Monday, July 31<sup>st</sup>.

**Please consider setting up automatic payments so you can't forget.**

☎ Tax Payment Division, Main City Hall (34-2227)

### Pension Consultation ☎ 0191-23-4246

Appointments required

Place	Time & Date	
Main City Hall	6 <sup>th</sup>	10:00AM-
	(Thurs)	3:30PM

### Free Law Consultation ☎ 34-2915

Appointments required

Place	Time & Date	
Main City Hall, Gen. Consultation Room	12 <sup>th</sup> (Wed)	10:00AM
	25 <sup>th</sup> (Tues)	– 4:00PM

**Administrative Consultation ☎ 34-2915**

Place	Time & Date
Main City Hall, Gen. Consultation Room	14 <sup>th</sup> (Fri) 1:00PM-
	28 <sup>th</sup> (Fri) 3:00PM
Esashi Gen. Branch Office, Citizen Living Group	12 <sup>th</sup> (Wed) 9:30AM-11:30AM
Maesawa Gen. Branch Office, Citizen Welfare Group	13 <sup>th</sup> (Thurs) 9:00AM-12:00PM
Isawa Gen. Branch Office, Citizen Living Group	25 <sup>th</sup> (Tues) 1:30PM-3:00PM
Koromogawa Health & Welfare Center	13 <sup>th</sup> (Thurs) 1:30PM-3:30PM

**Free Multiple Debts Consultation with a Lawyer ☎ 34-2915** Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	5 <sup>th</sup> (Wed) 10:00AM
	18 <sup>th</sup> (Tues) – 3:00PM

**Human Rights Consultation ☎ 34-2915**

Place	Time & Date
Main City Hall, Gen. Consultation Room	6 <sup>th</sup> (Thurs)
	20 <sup>th</sup> (Thurs)
Esashi Gen. Branch Office, Citizen Living Group	18 <sup>th</sup> (Tues) 1:30PM-3:30PM
Koromogawa Health & Welfare Center	13 <sup>th</sup> (Thurs)

**Financial & Lifestyle Stability Consultation**

☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	19 <sup>th</sup> (Wed) 1:00PM –
Esashi Gen. Branch Office, Citizen Living Group	5 <sup>th</sup> (Wed) 4:00PM

**Consumer Affairs Consultation ☎ 34-2915**

Appointments required for Esashi, Maesawa, Isawa, and Koromogawa

Place	Time & Date
Main City Hall, Gen. Consultation Room	Mon-Fri, 9:00AM to 5:00PM (last apt. at 4)
Esashi Gen. Branch Office, Citizen Living Group	Every Monday, 10:00AM to 3:00PM
Maesawa Gen. Branch Office, Citizen Welfare Group	Every Tuesday, 10:00AM to 3:00PM
Isawa Gen. Branch Office, Citizen Living Group	Every Thursday, 10:00AM to 3:00PM
Koromogawa Health & Welfare Center	Every Friday, 10:00AM to 3:00PM

**Notices****Inflection Point for High Prices: Support Funds Available**

Due to the high prices of electricity, gas, food, etc. 30,000 yen of financial assistance per household is being provided to support livelihoods. Please see the city website for details.

**Deadline:** September 30<sup>th</sup> (Sat)

**Who is eligible?** Households that were registered in Oshu as of June 1<sup>st</sup>, and whose members are all resident tax exempt for FY 2023

**Who should apply?** Those who are eligible and didn't get a Notice of Funds from the city

**☎ Location, contact:** Main City Hall Welfare Dept. (34-2324)

## Starting August, No Fees for Children's Medical Care until Age 18

Oshu has expanded subsidies for children's medical care fees to cover high schoolers until the end of March after they turn 18; this change will start on August 1<sup>st</sup>. Currently, people who hold a medical expenses recipient card do not have to do anything to apply.

### Details

Who	Until July	From August onwards
Infants/toddlers	Free of charge	Free of charge
Elementary/middle school	Some out-of-pocket expenses (outpatient: 1/2 inpatient: 5,000 yen)	
Middle school		
High school age		
※ Excluding things not covered by health insurance, meal fees while hospitalized, etc.		

### Usage details

#### When getting healthcare within Iwate

Present your medical fees recipient certificate at the healthcare center, and payment for treatment covered by insurance is not necessary (benefits-in-kind method.)

#### When getting healthcare outside of Iwate

Pay up front at the healthcare center. Then, attach the receipt to the funds application form, and apply for reimbursement at the Health Promotion Dept. After a few days, the fees will be transferred back to you (refund method.)

☎ Main City Hall, Health Promotion Dept. (34-2902), or the health funds group of your local branch office

## Extra Days/Hours for My Number Card Applications

Please see the city website for details.

**Extended hours:** 5:15PM – 8:00PM on July 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> & August 10<sup>th</sup> and 24<sup>th</sup> (all Thursdays)

**Weekends (by appointment):** July 29<sup>th</sup> & 30<sup>th</sup> (Sat/Sun), August 26<sup>th</sup> & 27<sup>th</sup> (Sat/Sun) from 9AM – noon and 1PM – 3PM

**Details for both:** You'll need your driver's license or some form of personal ID for the procedures. For minors under age 15, the minor themselves and a legal proxy (a parent) need to come to city hall.

☎ **Location, contact:** Main City Hall Citizen Services (34-2223)

## Events

### Balance Ball Exercise

**When?** July 29<sup>th</sup>, August 19<sup>th</sup>, September 2<sup>nd</sup>  
(all Saturdays, 10AM – noon)

**Where?** Esashi West Gym

**Participants:** 12 people per session

**Cost:** 1,000 yen per session

**How to apply:** Apply by phone, fax, or directly in person by 5PM on the day before the class you wish to take

☎ Esashi West Gym (TEL: 35-5544, FAX: 35-5567)

### Oshu Space & Astronomy Museum Events

★ July Stargazing Event

① Tanabata Starry Sky Concert

② Stargazing: Finding the Constellations, Libra Edition

**When?** July 8<sup>th</sup> (Sat), 6:30PM – 8:30PM

**Cost:** Free!

★ Sunday School, Summer Laboratory: Let's Make Ice Cream with the Power of Magic!

Do an experiment that shows how ice cream is made through a chemical reaction using ice.

**When?** July 23<sup>rd</sup> (Sun), 2:30PM – 3:30PM

**Participants:** Elementary schoolers and up (children in lower grades must be accompanied by a parent.) Limit 20 people, applications required

**Cost:** 100 yen for materials (but admission is charged separately)

☎ **Location, questions, applications:** Oshu Space and Astronomy Museum (24-2020)