

December 2020

Oshu City Newsletter



Sunday/Holiday Doctors

- 1) Oshu Kanegasaki Nighttime and Holidays Clinic, 2) Esashi Sunday/holiday clinics, and 3) Sunday dentists **will close if there are active COVID-19 infections in Oshu/Kanegasaki**. Clinics will re-open once 9 days have passed with no new cases. For information about closures and re-openings, see the city homepage or call one of the numbers below. If you need healthcare on a holiday or at night while holiday/nighttime services are paused, please contact a city or prefectural hospital.

Contact

- ① Nighttime and Holidays Clinic (25-3935), Oshu Kanegasaki Administrative Association (24-5821)
- ② Main City Hall Regional Healthcare Promotion Office (34-2908)
- ③ Oshu Dentistry Association Secretariat (24-0810)

Mizusawa			
Day		☎	Address
Open Sundays, holidays 8:30 am - 4:00 pm. Open nights every day 6:30 pm - 9:00 pm.	Oshu Kanegasaki Holidays Clinic	25-3935	21-1 Taga Mizusawa
Esashi (Mornings, check times in advance by phone)			
Day		☎	Address
Dec. 6 th	Kashiwagi Clinic	35-2433	5-7 Muikamachi
13 th	Ito Internal Med. Clinic	35-4006	3-12 Kawaramachi
20 th	Takahashi Int. Med. Clinic	35-6668	1-30 Odori
27 th	Kikuchi Internal Medicine Gastroenterology Children's Clinic	35-2622	2-1-1 Toyotacho
Dentists (9:00 – 12:00)			
Dec. 6 th	Chiba Dental Clinic	51-1300	420 Mizusawa Sakurayashiki
13 th	Arisumi Dental Clinic	42-3006	60-2 Kanegasaki-cho Nishine Machiura
20 th	Ohtani Dental Clinic	22-8148	324-3 Mizusawa Aza Takayashiki
27 th	Chida Dental	41-3322	3-1-7 Maesawa Ekihigashi
Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)			
Dec. 6 th	Tashiro Osteopathic Clinic	23-5188	3-6-30 Mizusawa Tainichi Dori
13 th	Oikawa Osteopathic Clinic	23-7187	1-5 Mizusawa Otemachi
20 th	Takahashi Osteopathic Clinic	23-8158	139 Mizusawa Shinjo Kitashiokara
27 th	Kuramoto Osteopathic Clinic	22-6788	42-15 Isawa Oyama Kawakita
★Children Emergency Helpline (☎ 019-605-9000) Open daily 7 PM-11 PM			

Assistance for Children Going to School

Oshu city can provide money for some of the costs of sending children to elementary or middle school for guardians who have trouble paying for these costs.

Intended for:

1. Public aid recipients
2. People who have lost their public aid
3. People who qualify for a tax exemption or reduction
4. People who have a reduced income due to unemployment, illness, divorce, etc.

※ People in categories 2-4 may not be eligible, depending on their income situation.

Assistance provided for: school supplies, school enrollment/entry fees, class trips, school lunches, etc.

How to apply: To get assistance for 2021, apply directly at the school using the materials provided there.

It is also possible to apply mid-year.

☎ Board of Education, School Affairs Administration Dept. Representative (Esashi Gen. Branch, Tel. 34-1632)

Administrative Consultation

☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	11 th (Fri) 1:00PM-3:00PM
	25 th (Fri)
Esashi Gen. Branch Office, Citizen Living Group	9 th (Wed) 9:30AM-11:30AM
Maesawa Gen. Branch Office, Citizen Welfare Group	10 th (Thurs) 9:00AM-12:00PM
Isawa Gen. Branch Office, Citizen Living Group	22 nd (Tues) 1:30PM-3:00PM
Koromogawa Health and Welfare Center	10 th (Thurs) 1:30PM-3:30PM

Pension Consultation ☎ 0191-23-4246

Appointments required 1 day in advance

Place	Time & Date
Esashi Gen. Branch Office, Room 212	3 rd (Thurs) 10:00AM-3:00PM

Free Law Consultation ☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	9 th (Wed) 10:00AM-4:00PM
	22 nd (Tues)

Human Rights Consultation

☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	3 rd (Thurs) 1:30PM-3:30PM
	17 th (Thurs)
Esashi Gen. Branch Office, Citizen Living Group	8 th (Tues) 1:30PM-3:30PM
Shirayama Community Center	3 rd (Thurs) 1:30PM-3:30PM
Oyama Community Center	4 th (Fri) 1:30PM-4:00PM
Koromogawa Health and Welfare Center	10 th (Thurs) 1:30PM-3:30PM

Consumer Affairs Consultation ☎ 34-2915

Appointments required 1 day in advance 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

Taxes

Resident tax (payment #4) and National Health Insurance (payment #6) are due January 4th, 2021 (Mon)

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

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

Events

※ The events promoted on this page may be changed, postponed, or canceled to prevent the spread of COVID-19. For the most current information on events, check the Oshu city website.

Come! See! Do! Family Bus Tour

Get to know culture, history, sports, and the places that make those things happen, and experience parts of buildings that aren't usually open to the public.

Z Hall (and surrounding): New discovery! Let's make colorful swallowtail butterflies

Gym Z Arena: Sports circuit

City Center for Archaeology Research: Facility tour


When January 7th (Thurs) 9:00AM – 3:30PM

Where Z Hall (start/end point), City Center for Archaeology Research, Gym Z Arena

Participants: Elementary schoolers and their guardians, limit 20 people total. First come first serve

Admission: 700 yen per person (for food, insurance, and materials.) Taking applications from December 10th (Thurs.)

How to apply: Call in advance, then fax the application or submit it in person.

 Oshu City Culture Hall (Z Hall) TEL: 22-6622, FAX: 22-6614

Oshu Space and Astronomy Museum Events

● December Stargazing Event & Christmas Book Storytime

① Christmas Book Storytime

② Stargazing Event: I Want to See Geminids!

When December 12th (Sat) 7:00PM – 8:30PM

Where Oshu Space and Astronomy Museum Seminar Room/Parking lot

Participants Limit of 30 people, applications required

Cost Free!


● Japan Science Museum Association Rotating Exhibit: The Hayabusa2 Operation Room

A manga introduction to the operations of the asteroid probe Hayabusa2, as it's returned to Earth after completing its mission. Images of the asteroid called Ryugu, taken by Hayabusa2, will also be shown.

When December 18th (Fri) to January 10th (Sun) 9:00AM – 5:00PM (museum closed Tuesdays.)

Where Oshu Space and Astronomy Museum Seminar Room

Cost Free! (Entrance fees are separate. Adults are 200 yen, elementary schoolers to high schoolers are 100 yen.)


 **Questions, applications:** Oshu Space and Astronomy Museum, 24-2020

Planned Exhibit: Space x ILC

Mizusawa NAOJ and the Greater Southern Iwate Promotion Bureau have collaborated to put together an exhibition with posters and books about space and the ILC.

When December 16th (Wed) – 22nd (Tues)

Where Mizusawa Library

 **Contact** Greater Southern Iwate Promotion Bureau, Management and Planning Dept. (22-2812)


Sports Class

Z Arena Exercise Sessions for Health

Bring clothes that are easy to move in, indoor shoes, something to drink, and a yoga mat or bath towel. Limit 30 people, first come first serve.

When December 2nd, 9th, and 23rd (all Wednesdays), 1:00PM – 1:45PM

Cost 300 yen (ticket books available)

 **Location, questions, applications:** General City Gym Z Arena, 22-7000

Notice

National Route 397 / Isawa Dam Regional Roads Closed for the Winter

National Route 397 (Isawa Wakayanagi-shitomae→the Akita border) and various roads around Isawa Dam will be closed for the winter. Additionally, Umadome Field, the Oshu Lake Observation Area, Ishibuchi Field, and Orose Field will be closed for winter.

Road Closure Locations and Estimated Timeframes

National Route 397:

- Shitomae→Hirananasawa: November 16th – mid-April 2021 (est.)
- Hirananasawa→the Akita border: until mid-May 2021 (est.)

City / Forest roads:

- City Road Yagosawa-minami-mae, Kawayama Line (Kurikoma-yakiishi Hotto Line)
- City Road Oiwake-higashi-mae, Kawayama Line
- City Road Yokodake-mae, Yamaichinono Line
- City Road Umadome Line
- City Road Umadome Mukaeichinono Line
- Forest Road Umadome Line
- Forest Road Shitomae Line

All closed noon November 16th – late April 2021 (est.)

※ Closure timeframes subject to change depending on the amount of snow. Check the Oshu city homepage in April 2021 for information about when the closures will end.

 22-2881, Southern Prefecture Revitalization Dept., River Road Division (National Road 397)

 34-2494, Main Branch Maintenance Dept., Administration Division (City / Forest Roads)

Information about COVID-19

To All Citizens

There have been situations in Iwate where the source of infection was difficult to determine, and cluster infections from workplaces or eating/drinking establishments have been confirmed. In the near future, the New Year's holidays present many opportunities for people to gather in large groups. We remind people to protect themselves, their loved ones, their region, and their society by following the guidance below.

① **Basic infection prevention**

Continue to keep a safe physical distance away from other people, wear a face mask, wash your hands, avoid the 3 C's (crowds, close conversations, closed-in spaces), and otherwise practice a new lifestyle.

② **Additional ways to prevent infections**

Always wear a mask: aside from eating or when a safe distance away from others is possible to maintain, make wearing a mask the norm. Reduce risks when gathering together: if you have a banquet or a gathering, keep the numbers low and hold it in a space where people can stay apart. Ventilate the area and do other basics. Healthcare workers are working on the frontlines every day for citizens' health and livelihoods: please treat them and their families with gratitude and empathy. Maintain an attitude of kindness towards people who have been infected, their families, and their workplaces as well.

Even Now, Go to the Doctor When Necessary

There can be a tendency to avoid doctor appointments due to COVID-19 worries, but treatment of chronic conditions, vaccinations, checkups, and so on are essential for preventative healthcare. Please keep going to the doctor as needed.

In Case of Symptoms, Reach Out

■ **If you have the following symptoms, please contact ① or ② below.**

- Difficulty breathing, extreme fatigue, high fever, or any other severe symptoms
- Older adults or people with underlying health conditions who have a fever, cough, or other comparatively light cold-like symptoms
- Anyone other than the above who has had a fever, cough, or other relatively light cold-like symptoms for 4 days or longer

① **Call your regular doctor's office**

If your regular doctor's office is a testing and treatment center[※], you can get tested and treated there. If not, you will be referred to one.

※ Prefecture-designated healthcare centers for testing and treatment of patients with fever or similar symptoms (list of centers not public.)

② **If you don't have a regular doctor, or aren't sure who to call, contact the Diagnosis and Consultation Center**

You will be referred to a testing and treatment center.

◇ Diagnosis and Consultation Center (formerly Call Center for Returnees/People Who've Had Contact)

(☎ 019-651-3175, available 24/7)

[For pregnant people] Just in case, if you have symptoms reach out for help as soon as possible.

[For caretakers of children] Call either the Diagnosis and Consultation Center or the child's regular pediatrician.

■ General consultations for those who don't have symptoms

◇ General Consultation Hotline (☎ 019-629-6085, FAX 019-626-0837. Available every day 9:00AM-9:00PM)

■ Call Center for Foreign Residents

◇ Iwate Call Center for Foreign Residents/Support Center (Iwate International Association, ☎ 019-654-8900, available every day 9:00AM-8:00PM, or ✉ iwate-support-center@iwate-ia.or.jp)