

January 2022

Oshu City Newsletter




Sunday/Holiday Doctors

Oshu Kanegasaki Holidays Clinic		Address: 21-1 Taga Mizusawa		TEL: 25-3935	
Hours: 8:30AM – 4:00PM (at the address listed above.)					
Jan. 1 st	Dr. Ishikawa (Ishikawa Hospital)				
2 nd	Dr. Abe (Sakura Clinic)				
3 rd	Dr. Shimizu (Shimizu Ladies' Clinic)				
9 th	Dr. Murai (Murai Pediatrics Clinic)				
10 th	Dr. Ri (Mizusawa Plastic Surgery Clinic)				
16 th	Dr. Aoki (Aoki Ophthalmology Clinic)				
23 rd	Dr. Ito (Ito Family Clinic)				
30 th	Dr. Iwasaki (Sakurai Hospital)				
Oshu Kanegasaki Nighttime Clinic		Address: 21-1 Taga Mizusawa		TEL: 25-3935	
Hours: 6:30PM – 9:00PM, every day year-round					
Dentists (9:00AM – 12:00PM)					
Jan. 1 st	Hakozaki Dental Clinic	23-4070	10 Mizusawa Shinkoji		
1 st	Ohtani Dental Clinic	22-8148	324-3 Mizusawa Aza Takayashiki		
2 nd	Chiba Dental Clinic	51-1300	420 Mizusawa Sakurayashiki		
3 rd	Sakurakawa Dental Clinic	51-9030	211 Mizusawa Sakurakawa Higashi-takayama		
9 th	Sasaki Dental Clinic	24-5418	7 Mizusawa Yanagi-machi		
16 th	Tokiwa Dental Clinic	25-8148	2-1-4 Mizusawa Higashi Odori		
23 rd	Oguma Dental Clinic	35-4184	6-27 Esashi-minami Odori		
30 th	Chiba Dental Clinic	42-2426	54-2 Kanegasaki-cho Nishine Kamimochida		
Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)					
Jan. 2 nd	Abe Osteopathic Clinic	35-1036	7-17 Esashi Muikamachi		
9 th	Komura Osteopathic Clinic	24-4542	4-9 Mizusawa Sanbongi		
16 th	Ito Osteopathic Clinic	22-3851	1-1-8 Mizusawa-minami Ogane		
23 rd	Makoto Spiral Osteopathic Clinic	35-0894	7-26 Esashi-minami Odori		
30 th	Tashiro Osteopathic Clinic	23-5188	3-6-30 Mizusawa Tainichi Dori		
★Children's Emergency Helpline (☎ 019-605-9000) 7PM – 11PM, every day year-round					

Taxes

National Health Insurance (Payment #7) is due Jan. 31st (Mon.)

Payment slips for people who pay by bank transfer will be sent out in early January.

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

Oshu Kanegasaki Nighttime and Holidays Clinic and Sunday dental clinics may pause and re-open their services based on the current COVID-19 situation. 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 these clinics are closed, please contact a city or prefectural hospital.

Contact

- 1) Nighttime and Holidays Clinic (25-3935), Oshu Kanegasaki Administrative Association (24-5821)
- 2) Oshu Dentistry Association Secretariat (24-0810)

Health Classes & Checkups

★ Mother (Parent) and Child Health Handbook Distribution

Weekdays 8:30AM – 5:00PM. Bring your health insurance card, your personal *hanko* seal, and your bankbook.

Locations and contact (appointments required everywhere except Mizusawa):

- Mizusawa: Main City Hall Health Promotion Dept. (34-2904)
- Esashi: Esashi Gen. Branch Office Health and Welfare Group (34-2523)
- Maesawa: Maesawa Gen. Branch Office Citizen Welfare Group (34-0275)
- Isawa: Health Promotion Plaza Yuyukan (46-2977)
- Koromogawa: Koromogawa Gen. Branch Office Citizen Welfare Group (34-2370)

★ Parenting Classes (by appointment)

Make an appointment by Jan. 11th (Tues)

When? Jan. 14th (Fri), front desk open 1:00PM – 1:10PM

Where? Mizusawa Health Office

Participants: For pregnant people expecting in April/May 2022.

Contact: Main City Hall Health Promotion Dept. (34-2904)

★ Baby Food *Mogu-mogu* Classes (by appointment)

Make an appointment by Jan. 25th (Tues)

When? Jan. 28th (Fri), front desk open 9:30AM – 9:45AM

Where? Mizusawa Health Office

Participants: For parents of babies born May/June 2021.

Contact: Main City Hall Health Promotion Dept. (34-2904)

★ Hohoemi Discussions (pre-pregnancy consultations by appointment)

Appointments taken up to 1 day in advance.

When? Jan. 12th (Wed) 9:00AM – 12:00PM

Participants: For people concerned about pregnancy, infertility, or pregnancy loss.

Location, contact: Main City Hall Health Promotion Dept. (34-2904)

December Consultation Rooms

Administrative Consultation

☎ 34-2915

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

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

Human Rights Consultation

☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	6 th (Thurs) 1:30PM
	20 th (Thurs) -
Esashi Gen. Branch Office, Citizen Living Group	18 th (Tues) 3:30PM

Pension Consultation ☎ 0191-23-4246

Appointments required 1 day in advance

Place	Time & Date
Main City Hall	6 th 10:00AM-
	(Thurs) 3:15PM

Free Legal Consultation ☎ 34-2915

Appointments required

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

Financial & Lifestyle Stability Consultation

☎ 34-2915 Appointments required

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

Free Multiple Debts Consultation with a Lawyer

☎ 34-2915 Appointments required

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

Consultations for Oshu Young Adults

☎ 34-1585

Place	Time & Date
Main City Hall, Children & Families Dept.	Weekdays 9:00AM -
	except Wednesday 4:00PM

Events & Sports Classes

※ 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.

Donto-sai

This is a custom of burning New Year's decorations to usher in a safe and healthy year. No large groups, and please wear a mask. Bring your decorations by 10:30AM at the latest. No plastic bags, please. (Organizers-only Shinto ceremony will be held at 9:30AM, and there will be no mochi toss.)

When? Early Jan. 9th (Sun) to 10:30AM**Where?** Odori Park (Esashi)

☎ Oshu Chamber of Commerce, Esashi Branch (35-2514)

Balance Ball Exercise Classes**Schedule:**

Jan. 8 th	Jan. 15 th	Feb. 5 th
Feb. 19 th	March 19 th	

※ All Saturdays, 10:00AM – 11:30AM

Where? Esashi West Gym**Participants:** 15 people/session**Cost:** 500 yen/session**Application deadline:** Until 5PM on the day before the class you wish to take

☎ Esashi West Gym (35-5544)

Oshu Children's Performing Arts Recital

Come see traditional performing arts that local children have been practicing throughout the year.

When? Jan. 16th (Sun), opens at 12:30PM**Where?** City Cultural Center, Z Hall

Performing groups: Children's Historical Storytelling Group (Kirinkai), Oenashida Kagura Preservation Society, Deer Dance from Yanagawa Elementary School, taiko/video performance from Maesawa Middle School Cheer Club, koto and Japanese dance from the Children's Classroom for Oshu's Traditional Culture

Cost Free! ※ Designated seating tickets are required and will be distributed starting Dec. 22nd (Wed) at 9AM at the City Cultural Center

☎ City Arts and Culture Association (within Z Hall) 22-6622

Produced by Oshu City ILC Prom. Division & Oshu City International Relations Association

Information on COVID-19

※ Information about COVID-19 is changing all the time. For the most up-to-date info, check the Oshu city website.

About 3rd Doses (Boosters) of the COVID-19 Vaccine

Vaccine Ticket Mail-out Schedule

The nationally set timeframe for booster shots of the COVID-19 vaccine is eight months after the second shot. In Oshu, booster vaccine tickets will be sent out in order as vaccination periods come, based on this eight month standard.

Appointments: Call Oshu City COVID-19 Vaccine Call Center (0120-40-10-63, weekdays 9:00AM – 6:00PM)

Mail-out Period Outline

If you got your 2 nd shot:	The 3 rd ticket mail-out period is:	No. of eligible people
On/before April 30 th	Finished by Nov. 19 th	1,000
May 1 st – May 31 st	Starting in late December	1,800
In June or later	Proceeding in order	-

※ Subject to change depending on the national infection situation.

Special Emergency Funds for Childrearing Households

Financial aid is being distributed to childrearing households who have been impacted by COVID-19, in order to support their livelihoods. Currently, those who are receiving childrearing allowance from the city are eligible for aid, and do not need to specifically apply.

Eligible children: Those born from April 2nd, 2003 – April 1st, 2022

Amount: 100,000 yen per eligible child

How to apply: Eligible people will be notified separately. Please submit the application form and other required documents to Main City Hall or the section that handles childrearing allowance at the branch office near where you live. Funds will be delivered about one month after the application is received.

※ Please see the city website for details about what documents are necessary and how to apply.

Submission deadline: April 15th, 2022 (Fri)

Submissions, contact: Main City Hall Children & Families Dept. Family Welfare Section (34-1585) or the child allowance section of a branch office

Special New Year's Notices

Around the New Year, garbage collection and community buses will partially suspend their services. We apologize for any inconvenience, and appreciate your understanding.

New Year's Garbage/Recycling Schedule

☎ Main City Hall Living Environment Dept. Sanitation Section (34-2341)

<p>Garbage Mizusawa:</p> <ul style="list-style-type: none"> - No garbage collection from Dec. 31st (Fri) to Jan. 3rd (Mon.) ※ Normal collection resumes Jan. 4th <p>Esashi, Maesawa, Isawa, Koromogawa:</p> <ul style="list-style-type: none"> - See collection calendar 	<p>Night soil (sewage) Mizusawa, Esashi (serviced by Esashi Sanitation Inc.), Isawa:</p> <ul style="list-style-type: none"> - No sewage collection from Dec. 30th (Thurs) to Jan. 3rd (Mon) <p>Esashi (serviced by Environmental Protection Inc.), Koromogawa</p> <ul style="list-style-type: none"> - No sewage collection from Dec. 30th (Thurs) to Jan. 2nd (Sun) <p>Maesawa:</p> <ul style="list-style-type: none"> - No sewage collection from Dec. 30th (Thurs) to Jan. 4th (Tues.) ※ Night soil collection can get congested around New Year's holidays; please make appointments with some leeway in mind.
<p>Recycling Mizusawa:</p> <ul style="list-style-type: none"> - No Sunday recycling on Jan. 2nd - No weekday recycling on Jan. 3rd ※ Normal recycling resumes Jan. 4th <p>Esashi, Maesawa, Isawa, Koromogawa:</p> <ul style="list-style-type: none"> - See collection calendar 	<p>Notice from Tanko Regional Sanitation Center Direct Collection:</p> <p>Garbage will be collected until Dec. 28th and will resume on Jan. 4th. Some limited collections will also be taken on Dec. 30th.</p> <p>Hours 8:45AM – 4:45PM Phone 24-5821 Is there a fee? Yes</p>

New Year's Holiday Bus Schedule

	Mizusawa Community Bus, "Z Bus" Iwate-ken Kotsu, Tanko Branch, 35-2185	City Bus (Esashi) Iwate-ken Kotsu, Tanko Branch, 35-2185	Maesawa Bus, "Heart Bus" City Social Services Division, Maesawa Branch, 56-2148	Koromogawa Community Bus Koromogawa Taxi, 52-3011
Tuesday, Dec. 28	Regular schedule	Regular schedule	Regular schedule	Regular schedule
Wednesday, Dec. 29				
Thursday, Dec. 30	No bus service	Sunday/holiday schedule	No bus service	No bus service
Friday, Dec. 31		No bus service		
Saturday, Jan. 1 (holiday)				
Sunday, Jan. 2				
Monday, Jan. 3	Regular schedule	Regular schedule	Regular schedule	Regular schedule
Tuesday, Jan. 4				
Wednesday, Jan. 5				

※ Sunday/holiday schedule: schedule for Sundays and holidays on any day of the week

※ Regular schedule: schedule based on days of the week

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