

March 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.)					
March 6 th	Dr. Onodera (Gastroenterology Clinic)				
13 th	Dr. Omi (Omi Ladies' Clinic)				
20 th	Dr. Kajikawa (Kajikawa Clinic)				
21 st	Dr. Ohtoshi (Ohtoshi GI & Orthopedic Surgery)				
27 th	Dr. Kaneko (Aterui Orthopedic Surgery Clinic)				
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)					
March 6 th	Nakajima Dental Clinic	51-7797	25 Mizusawa Ko-ami		
13 th	Nakatacho Dental Clinic	23-3415	3-29 Mizusawa Nakata-cho		
20 th	Chiba Dental Clinic	42-2426	54-2 Kanegasaki-cho Nishine Kamimochida		
27 th	Ishikawa Dental Clinic	47-3477	12 Mizusawa Obatakekoji		
Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)					
March 6 th	Hoshi Osteopathic Clinic	25-3742	6-12 Mizusawa Fukuyoshicho		
13 th	Komura Osteopathic Clinic	24-4542	4-9 Mizusawa Sanbongi		
20 th	Abe Osteopathic Clinic	35-1036	7-17 Esashi Muikamachi		
27 th	Makoto Spiral Osteopathic Clinic	35-0894	7-26 Esashi Minami Odori		
★Children's Emergency Helpline (☎ 019-605-9000) 7PM – 11PM, every day year-round					

Oshu Kanegasaki Nighttime and Holidays Clinic may suspend their services as a part of COVID-19 prevention measures. For up-to-date information, 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: Oshu Kanegasaki Administrative Association (24-5821)

Basic First Aid Training

As COVID-19 has been spreading within Iwate, basic first aid training sessions have been canceled for the time being. Thank you for your understanding.

Contact: Oshu Kanegasaki Admin. Association Fire Dept., First Responder Division, Emergency Section (24-7211)

Pay City Taxes by Bank Transfer for Convenience and Peace of Mind

Prefectural/city taxes (standard deductions), fixed property taxes, light motor vehicle taxes, and national health insurance can be conveniently paid by bank transfer so that you can't forget. Please consider trying this service.

- **How to apply:** Bring your tax payment forms, your bankbook, and your banking *hanko* stamp to any of the following financial institutions: Iwate Furusato Nokyō, Iwate Esashi Nokyō, Bank of Iwate, Tohoku Bank, Kita-Nippon Bank, Tohoku Rokin Bank, Mizusawa Shinkin Bank, Japan Post Bank
- **Important points:**
 - Taxes will be deducted from the bank account on the day of the payment deadline.
 - Apply one month before the relevant tax's payment deadline date.
 - Late taxes may not be paid by bank transfer.
 - Certificates of payment for light motor vehicle taxes will be sent about 2 weeks after bank transfer payment.
 - Certificates of payment for all other taxes (paid by bank transfer) will be sent in January of the following year.

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

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. Maternal Health Section (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)

For pregnant people who are due in June/July 2022. Make an appointment by March 15th (Tues.)

When? March 18th (Fri), front desk open 1:00PM – 1:10PM

Where? Mizusawa Health Office

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

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

For parents of babies born in July/August 2021. Make an appointment by March 22nd (Tues.)

When? March 25th (Fri), front desk open 9:30AM – 9:45AM

Where? Mizusawa Health Office

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

★Group BCG (Tuberculosis) Vaccinations (by appointment)

For babies age 5 months to a year. Please make an appointment no later than one day in advance. ※ Individual vaccinations at your healthcare center are also possible.

When? March 10th (Thurs)

Check-in: 1:00PM – 1:15PM

Where? Mizusawa Community Center

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

General contact: Oshu Public Health Center (22-2831)

March Consultation Rooms

Administrative Consultation ☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	11 th (Fri) 1:00PM-
	25 th (Fri) 3:00PM
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

Human Rights Consultation ☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	3 rd (Thurs) 1:30PM
	17 th (Thurs) -
Esashi Gen. Branch Office, Citizen Living Group	15 th (Tues) 3:30PM

Free Multiple Debts Consultation with a Lawyer

☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	2 nd (Wed) 10:00AM-
	15 th (Tues) 3:00PM

Free Law Consultation ☎ 34-2915

Appointments required

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

Financial & Lifestyle Stability Consultation**☎ 34-2915** Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	16 th (Wed) 1:00PM
Esashi Gen. Branch Office, Citizen Living Group	2 nd (Wed) 4:00PM

Pension Consultation ☎ 0191-23-4246

Appointments required 1 day in advance

Place	Time & Date
Main City Hall	3 rd (Thurs) 10:00AM – 3:15PM

Consultations for Oshu Young Adults**☎ 34-1585**

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

Notices**My Number Card Applications to be Taken Remotely**

My Number card applications will be taken in shopping centers, to enable more people to get their cards. Please feel free to stop by.

Locations, dates, & times: Iwate Co-op Aterui, March 4th (Fri) and 5th (Sat)

AEON Maesawa, March 5th (Sat)

※ Both locations will be 10:00AM – 7:30PM. For details on how to apply, please see the city website.

Contact: Main City Hall Citizen Services, My Number Card Promotion Dept. (34-2223)

The Snow is Melting: Be Careful

As the snow starts to melt, please be careful of thaw-induced snowslides and frozen roads in the morning and evening. **Contact:** Iwate Pref. Police Dept. (019-653-0110)

■ **Watch out for snowslides from rooftops**

- When snow on rooftops starts to melt, it can become heavier and cause snowslides.
- Keep an eye out for snow falling from the roof when entering/exiting your house or other buildings.

■ **Take care on frozen roads**

- Even though the snow is starting to melt, consider roads to be frozen in the morning and evening.
- When driving, maintain a safe following distance and generally drive safely.
- Walk slowly and with small steps on frozen paths.

Taking Applications for City Housing

Application period: Until March 11th (Fri) ※ Get applications from the office listed below

Qualifications to apply: Having difficulties obtaining housing while being low-income, etc. ※ Please ask in advance.

Applications, contact: City Planning Dept. Housing Section (Esashi Gen. Branch Office, 34-1665)

Area	Name of housing	Location	No. of places available	Solo residents OK?	Building/room type	Rent (yen)	Notes
Mizusawa	Kawabata	Aza Kawabata	1	Yes	Mid-rise 3 stories, 3DK	10,900-14,500	1 st floor, city gas
	Hibari-gaoka	Aza Kawabata	2	No	Mid-rise 3/4 stories, 2DK	17,300-36,300	1 st floor, city gas, bathtub
	Ishida	Aza Sakurakawa	1	No	Mid-rise 4 stories, 3DK	19,200-37,700	1 st floor, propane gas
Esashi	Shimonawa-shirosawa	Iwayado Shimonawa-shirosawa	1	No	Wooden 1 floor house, 2LDK	21,100-41,500	Propane gas, boiler, unit bath
	Mimitori	3 Okotoishi	1	No	Wooden 1 floor house, 3DK	15,000-27,400	Propane gas, bathtub+boiler
	Otokoishi	2 Okotoishi	1	No	Wooden 1 floor house, 3DK	17,200-33,700	Propane gas, bathtub+boiler, no parking lot
Maesawa	Takezawa	Aza Takezawa	1	Yes	Wooden 1 floor house, 1DK	13,300-26,100	Propane gas, boiler, unit bath
Koromogawa	Ikeda	Kurindo	2	Yes	Low-rise 2 stories, 3K	12,900-25,400	Propane gas

※ All locations have Western-style flush toilets.

Events & 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.

Ichi-Sapo Oshu Room

Support services for people who are ready to work. Apply at least one day before the session you wish to take.

Morning: Communication seminar, workplace training, etc.

Afternoon: Individual consultations (by appointment)

When? February 16th and March 2nd (both Wed), 10:00AM – 3:00PM

Where? Citizens' Plaza Masse (Maple basement)

Participants: Job seekers age 15 to 49, their families, etc.

Cost: Free!

Applications, contact: Ichinoseki Youth Support Station (0191-48-4467)

Oshu Space & Astronomy Museum Events

★ **Space Day Memorial Events: Exhibition of Painting/Essay Contest Submissions**

When? March 2nd (Wed) – 21st (Mon/holiday), 9AM – 5PM (except for Tuesdays)

★ **March Stargazing Event**

① The Legends of Stars and Constellations: Orion and Gemini (read aloud)

② Stargazing Event: Where is Gemini? Let's Look for Winter Constellations

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

Participants: 30 people, applications required

Cost: Free!

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

Information on COVID-19

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

About 3rd Doses of COVID-19 Vaccines at Mass Venues

With the cooperation of city healthcare providers, mass vaccination venues will start to roll out 3rd doses of COVID-19 vaccines starting in February. Please see the city website for details.

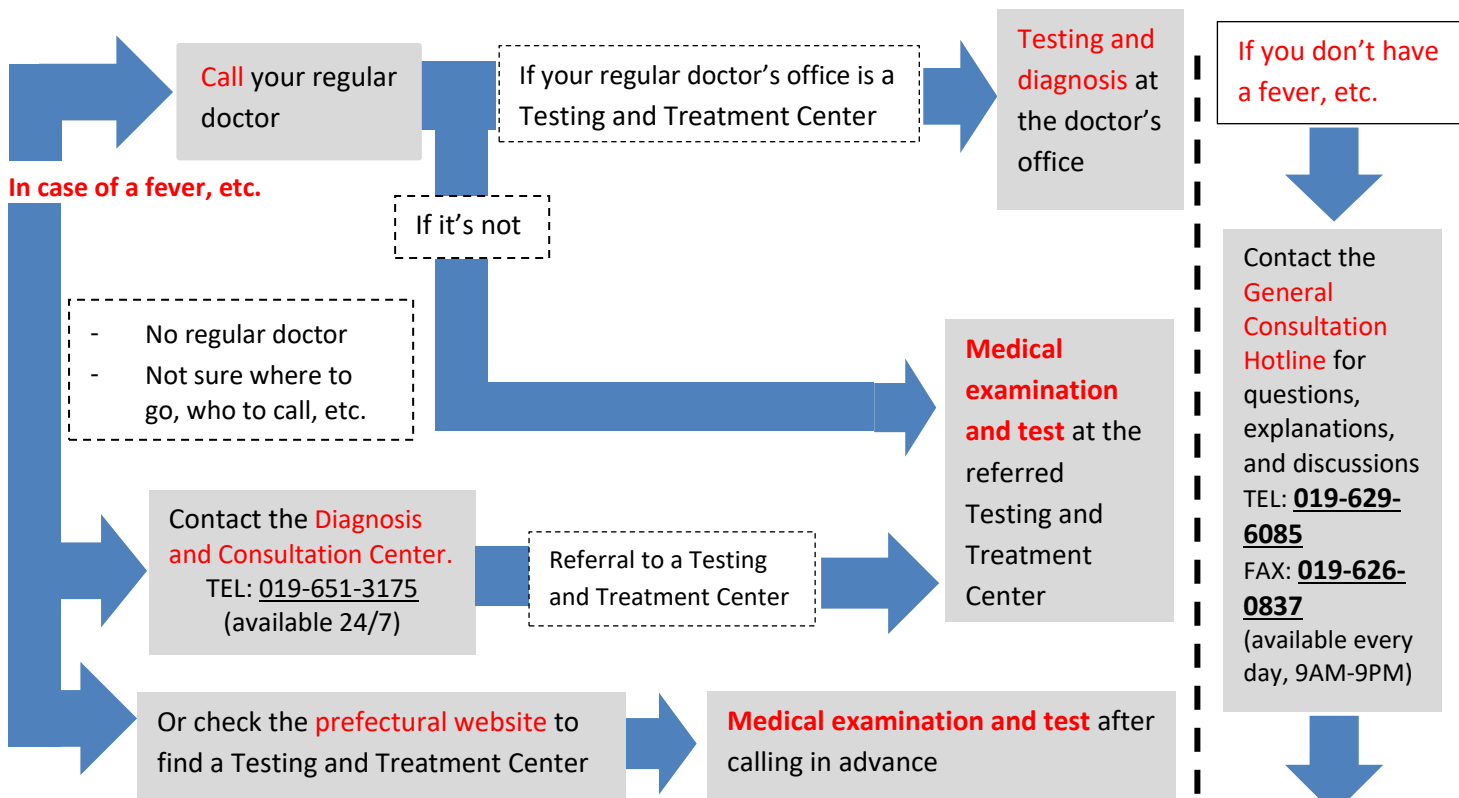
Contact: Oshu City Covid-19 Vaccine Call Center (0120-40-10-63, available weekdays 9:00AM – 6:00PM)

Appointment website:



Consultations and Diagnosis for Fevers, Etc.

- If you have a fever or similar symptoms, **call your regular doctor first.**
- If you're not sure who to call, **contact the Diagnosis and Consultation Center (or check the prefectural website to find a Testing and Treatment Center.)**



※ Please take thorough precautions to prevent infections and maintain your health; reach out right away if you start to feel unwell.