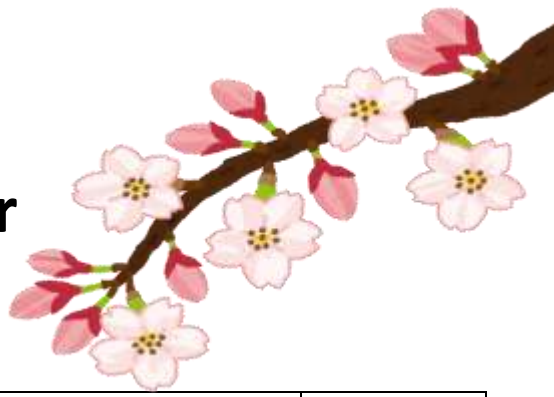


# April 2022

## 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.)</b>				
April 3 <sup>rd</sup>	Dr. Kamei (Kamei Ophthalmology)			
April 10 <sup>th</sup>	Dr. Kamei (Kamei Internal/Digestive Clinic)			
April 17 <sup>th</sup>	Dr. Konno (Konno Neurology Clinic)			
April 24 <sup>th</sup>	Dr. Kamei (Kamei Orthopedic Surgery Clinic)			
April 29 <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</b>				
<b>Sunday Dentists (9:00AM – 12:00PM) (Will stay open no matter the COVID-19 situation)</b>				
April 3 <sup>rd</sup>	Ono Dental Clinic	25-7890	65-1 Mizusawa Hitakanishi	
April 10 <sup>th</sup>	Iwabuchi Dental	41-9333	57-69 Kanegasaki-cho Nishine Kamihirasawa	
April 17 <sup>th</sup>	Takahashi Dental Clinic	56-3333	28-9 Maesawa Tairakoji	
April 24 <sup>th</sup>	Oishi Dental Clinic	41-3711	60-2 Maesawa Mikkamachi	
<b>Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)</b>				
April 3 <sup>rd</sup>	Ito Osteopathic Clinic	22-3851	1-1-8 Mizusawa Minami Ogane	
April 10 <sup>th</sup>	Tashiro Osteopathic Clinic	23-5188	3-6-30 Mizusawa Tainichi Dori	
April 17 <sup>th</sup>	Oikawa Osteopathic Clinic	23-7187	1-5 Mizusawa Otemachi	
April 24 <sup>th</sup>	Takahashi Osteopathic Clinic	23-8158	139 Mizusawa Shinjo Kitashiokara	
★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 the number 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)

### Taxes

Pay slips for property taxes will be sent out in early April. Property tax (payment #1) is due by May 2<sup>nd</sup> (Mon.)

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

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

### Mizuho Bank Will No Longer Handle City Taxes

Starting October 1<sup>st</sup> this year, you will not be able to pay Oshu city taxes by payment sheet at the counter at Mizuho Bank. For details on alternate ways to pay, please consult with the department who issued the payment sheet in question.

**Contact:** Main City Hall Accounting, Receipts & Expenditure Section (34-2347)

### 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)

## April Consultation Rooms

### Administrative Consultation ☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	8 <sup>th</sup> (Fri) — 1:00PM-3:00PM
	22 <sup>nd</sup> (Fri)
Esashi Gen. Branch Office, Citizen Living Group	13 <sup>th</sup> (Wed) 9:30AM-11:30AM
Maesawa Gen. Branch Office, Citizen Welfare Group	14 <sup>th</sup> (Thurs) 9:00AM-12:00PM
Isawa Gen. Branch Office, Citizen Living Group	26 <sup>th</sup> (Tues) 1:30PM-3:00PM
Koromogawa Health and Welfare Center	14 <sup>th</sup> (Thurs) 1:30PM-3:30PM

### Human Rights Consultation ☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	7 <sup>th</sup> (Thurs)
	21 <sup>st</sup> (Thurs) 1:30PM
Esashi Gen. Branch Office, Citizen Living Group	19 <sup>th</sup> (Tues) - 3:30PM
Maesawa Community Center	5 <sup>th</sup> (Tues)
Koromogawa Health and Welfare Center	14 <sup>th</sup> (Thurs)

### Pension Consultation ☎ 0191-23-4246

Appointments required 1 day in advance

Place	Time & Date
Esashi Gen. Branch Office	7 <sup>th</sup> (Thurs) 10:00AM-3:30PM

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

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

### Financial & Lifestyle Stability Consultation

☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	20 <sup>th</sup> (Wed) 1:00PM
Esashi Gen. Branch Office, Citizen Living Group	6 <sup>th</sup> (Wed) - 4:00PM

### Free Multiple Debts Consultation with a Lawyer

☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	6 <sup>th</sup> (Wed) 10:00AM-
	19 <sup>th</sup> (Tues) 3:00PM

### Free Law Consultation ☎ 34-2915

Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	13 <sup>th</sup> (Wed) 10:00AM-
	26 <sup>th</sup> (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

## 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 August/September 2022, and their partners (first come first serve, limit of 15 pairs.)

**When?** April 23<sup>rd</sup> (Sat), 9AM – 12PM and 1PM – 4PM. Make an appointment by April 20<sup>th</sup> (Wed.)

**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 August/September 2021. Make an appointment by April 25<sup>th</sup> (Mon.)

**When?** April 28<sup>th</sup> (Thurs), front desk open 9:30AM – 9:45AM

**Where?** Esashi Health Office

**Contact:** Esashi Gen. Branch Office, Health and Welfare Group (34-2523)

※ Parenting classes and baby food classes may be cancelled depending on the COVID-19 situation.

### ★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?** April 21<sup>st</sup> (Thurs), front desk open 1:00PM – 1:15PM

**Where?** Mizusawa Health Office

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

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

## 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.

### Esashi Cherry Blossom Festival

*Bonbori* lanterns, lights, and more.

**When?** April 8<sup>th</sup> (Fri) to May 5<sup>th</sup> (Thurs/holiday)

**Where?** Former Iwayado Kyoritsu Hospital (Meiji Memorial Building), Tateyama Site Park, Minamoto no Yoshitsune Memorial, and more

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

### Posters of Recovery at Esashi-Fujiwara Heritage Park

For only the regular entrance fee, come and see a poster exhibit depicting Iwate's beauty and its form in recovery after the Great East Japan Earthquake.

**When?** 9:00AM – 4:00PM, until April 10<sup>th</sup> (Sun)

**Where?** Tenkukan Hall in Esashi-Fujiwara Heritage Park

**☎** Esashi-Fujiwara Historical Heritage Park (35-7791)

### Oshu Space and Astronomy Museum Events

#### ■ April Stargazing Event:

- ① Playing at Night: Secrets of Photographing Celestial Bodies
- ② Stargazing: Look! It's the First Quarter Moon!

**When?** April 9<sup>th</sup> (Sat) 7:00PM – 8:30PM

**Participants** Limit 30 people, applications required

**Cost** Free!

**☎ Locations, applications, and contact for both:** Oshu Space and Astronomy Museum (24-2020)

#### ■ Science Café, Page 62:

Supernova Explosions: The Largest Explosions in Space (online lecture)

**When?** April 17<sup>th</sup> (Sun) 3:00PM – 4:00PM

**Instructor** Hitoshi Yamaoka (chief of NAOJ Mizusawa's Information Center)

**Participants** Limit 20 people, applications required, first come first serve

**Cost** 300 yen for tea and snacks

## Conditioning Classes from Citizen Sports Oshu

Bring a yoga mat, a towel, and something to drink. Limit 15 people, first come first serve.

**When?** 1PM – 2PM on April 20<sup>th</sup> and May 11<sup>th</sup> – March 22<sup>nd</sup>, 2023 (the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of every month)

**Where?** Tokiwa Community Center

**Instructor:** Kanako Kikuchi from Pilates Life Kanade Studio

**Cost:** 800 yen (500 yen for those age 70 and up)

**How to apply:** Via the website (<http://citizenoshu.com/>) or by contacting directly

**Applications, contact** ☎ Citizen Sports Oshu (22-2564)

## Esashi Clean Park Will Stay Open Through 2023

Esashi Clean Park was due to close at the end of 2021, but it will remain operational through 2023. This sports center features a heated pool and other aquatic facilities; please feel free to stop by.

■ **New hours:** 11:00AM – 7:00PM. Closed Mondays (or Tuesdays if Monday is a holiday) and Dec. 31<sup>st</sup>/Jan. 1<sup>st</sup>

■ **Notes:** New payment structure as of April 1<sup>st</sup>

### Heated pool entrance fees

	1-day ticket	Book of 10 tickets	※ Ticket books bought with the previous pay structure may be used until May 31 <sup>st</sup>
General (high school and up)	700 yen	6,500 yen	
Senior (age 65+)	500 yen	4,500 yen	
Elementary/middle school	400 yen	3,500 yen	

### Facility usage fees

	Indoor (1 hour)	Outdoor (1 hour)	Notes
Gateball court	750 yen	500 yen	Heating fee is 500 yen/hour (indoor only)
Tennis court	1,500 yen	1,000 yen	Includes pool fees

### Japanese-style room usage fees

	Under 3 hours	3 hours+	Notes
Meeting/party room	3,000 yen	4,000 yen	Reservations required

☎ **Contact:** Esashi Clean Park (35-0055)

## Notices

### Tax Day for Light Motor Vehicles is April 1<sup>st</sup>

Owners of motorcycles and light vehicles must pay taxes on them by April 1<sup>st</sup>. Procedures are required within 15 days of a new registration, change of owner, or change of address; 30 days for getting rid of a vehicle. Failure to do so will result in late fees. ※ Procedures are also required in the event of a vehicle owner's death.

■ **Where to Go Depending on Vehicle Type**

Vehicle Type	Where to Go
Motorized bicycles (motorcycles etc. with engines 125 cc or lower)	Main City Hall Tax Division
Special small motor vehicles (including agricultural vehicles with a seat)	Other branch offices' tax divisions
Light vehicles with 3, 4, or more wheels	Pref. Light Automobile Assoc. (050-3816-1833) Pref. Private Automobile Assoc. Mizusawa Branch (24-3168)
Two-wheeled vehicles between 126-250 cc Small two wheeled vehicles over 250 cc	Tohoku Transport Bureau, Iwate Office (050-5540-2010) Pref. Private Automobile Assoc. Mizusawa Branch (24-3168)

■ **Taxes Depending on Vehicle Type (2-wheelers, motorbikes, etc.)**

Vehicle Type		Yearly Tax	Vehicle Type		Yearly Tax
Motorized bicycles	50 cc or lower	2,000 yen	Two-wheelers between 126-250 cc		3,600 yen
	51-90 cc		Small two-wheel motor vehicles 251 cc and up		6,000 yen
	91-125 cc	2,400 yen	Snow machines		3,600 yen
	Very small cars	3,700 yen	Special small motor vehicles	Agricultural vehicles	2,000 yen
			Other	5,900 yen	

☎ Main Office Tax Division, Citizen Taxes (34-2173)

## More Taxi Companies Will Take Subsidized Taxi Tickets for Pregnancy

Discount tickets to take taxis are provided to all Oshu pregnant people and parents of newborns to enable them to give birth and raise their children with peace of mind. Starting April 1<sup>st</sup>, the number of participating taxi companies will increase.

■ **Participating Companies** (new from April 1<sup>st</sup>): Tanko/Kitakami/Ichinoseki/Morioka regional taxi companies

■ **Types of Tickets:**

- ① Tickets to Support Going Out: Usable when going out for shopping, doctor's appointments, etc.
- ② Tickets to Support Labor & Delivery: Usable when going to a medical facility for labor/delivery healthcare, etc.

■ **Procedures:** Tickets are distributed when obtaining the Mother (Parent)-Child Health Handbook

☎ Main City Hall Health Promotion Dept. Parent-Child Future Section (34-2171)

## Health & COVID-19

### If You're Anxious or Have Worries, Talk to Someone

In March and April, it's easy to get weighed down by stress or anxiety from major life changes such as graduation, job hunting, moving, and similar. Stress can have a major impact on mental health, which in turn can be seen in one's physical health.

■ **Have You Felt Any of These Symptoms?**

Mental	Physical	Behavioral
- Everything seems tiresome - Low mood - Feeling "down" or irritable - Decreased interest in hobbies or passions - Nervousness, impatience	- Difficulty sleeping - Loss of appetite - Headaches, shoulder stiffness - Dizziness, ringing in ears - Heart palpitations	- Drinking more than usual - Smoking more than usual - Becoming unable to go to school or work - Gloomy facial expression - Speaking less than usual

Once the mind/body becomes exhausted, recovery can be difficult. Before getting to that point, try to release some stress and be sure to get enough rest and proper sleep – find ways to relax that work for you.

In addition, you can ease someone else's worries just by listening to what they have to say. Listening to someone, connecting them to resources, etc. is known as being a "gatekeeper" in Japan.

Due to COVID-19, more people are experiencing stress and anxiety than ever. In such times, it can be very heartening to have someone close by who will lend an ear. Don't hesitate to reach out to a place you can rely on or a person you can trust.

☎ **Contact:** Main City Hall Health Promotion Dept. Health Maintenance Section (34-2903) or the health department of any branch office

### 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 COVID-19 Vaccinations for Children

Vaccines will be rolled out to children age 5 to 11 starting on Monday, March 28<sup>th</sup>. Vaccine tickets are required to make an appointment, and will be mailed out starting March 22<sup>nd</sup> (Tues.) Please see the instructions enclosed with the ticket for details on how to make an appointment.

In addition to the healthcare centers listed in the instructions, Idzutsu Hospital will also be administering vaccines starting in April. Each healthcare center has different target age groups, but if you wish to have siblings vaccinated at the same facility, even if they're outside the listed age range, please contact the Call Center.

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

### The Esashi Location for Mass 3<sup>rd</sup> Dose Vaccinations Has Changed

Starting in April, Esashi's venue for mass city-administered vaccines will be Esashi Gym and Cultural Center, Sasara Hall. Please park at Esashi Gen. Branch Office if you go to this venue by car.

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