

July 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.)				
July 3 rd	Dr. Noro (Noro Surgery & Urology Clinic)			
10 th	Dr. Chida (Chida Internal Medicine Clinic)			
17 th	Dr. Nagano (Nagano Internal Clinic)			
18 th	Dr. Tomita (Tomita Neurosurgery & ENT Clinic)			
24 th	Dr. Hanayama (Hanayama General Clinic)			
31 st	Dr. Hirata (Hirata Surgery & Internal Clinic)			
Oshu Kanegasaki Nighttime Clinic		Address: 21-1 Taga Mizusawa		TEL: 25-3935
Hours: 6:30PM – 9:00PM, every day year-round				
Sunday Dentists (9:00AM – 12:00PM) (Will stay open no matter the COVID-19 situation)				
July 3 rd	Ohtani Dental Clinic	22-8148	324-3 Mizusawa Aza Takayashiki	
10 th	Chida Dental	41-3322	3-1-7 Maesawa Ekihigashi	
17 th	Otemachi Dental Clinic	51-8820	5-1 Mizusawa Otemachi	
24 th	Jun Dental Clinic	51-2118	202-1 Mizusawa Aza Sakurayashiki-nishi	
31 st	Hatakeyama Dental	35-8811	3-1-26 Esashi Toyota-cho	
Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)				
July 3 rd	Kuramoto Osteopathic Clinic	22-6788	42-15 Isawa Oyama Kawakita	
10 th	Takahashi Osteopathic Clinic	23-8158	139 Mizusawa Shinjo Kitashiokara	
17 th	Omachi Osteopathic Clinic	47-4110	75-2 Mizusawa Omachi	
24 th	Hoshi Osteopathic Clinic	25-3742	6-12 Mizusawa Fukuyoshicho	
31 st	Abe Osteopathic Clinic	35-1036	7-17 Esashi Muikamachi	
★Children's Emergency Helpline (☎ 019-605-9000) 7PM – 11PM, every day year-round				

Services may be suspended 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)

Basic First Aid Training

Come learn about AEDs, CPR, the Heimlich maneuver, and how to stop bleeding.

Where & when? Kanegasaki Substation on July 24th (Sun), 9:00AM – 12:00PM

Participants: Anyone middle school aged and up, limit of 5 people

Cost: Free!

Application deadline: July 22nd (Fri)

Applications, contact: Oshu Kanegasaki Administrative Association Fire Dept., First Responder Division, Emergency Section (24-7211)

Taxes

Property Tax (Payment 2) and National Health Insurance (Payment 1) are due Monday, August 1st.

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

☎ Tax Payment Division, Main City Hall (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 October/November 2022. Make an appointment by July 8th (Fri.)

When? July 11th (Mon), 1:10PM – 3:20PM (front desk open until 1:10.)

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 November/December 2021. Make an appointment by July 25th (Mon.)

When? July 28th (Thurs), 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 1 year. Please make an appointment no later than one day in advance. ※ Individual vaccinations at your healthcare center are also possible.

When? July 21st (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)

July Consultation Rooms

Free Multiple Debts Consultation with a Lawyer

☎ 34-2915 Appointments required

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

Free Law Consultation ☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	13 th (Wed) 10:00AM-
	26 th (Tues) 4:00PM

Human Rights Consultation ☎ 34-2915

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

Pension Consultation ☎ 0191-23-4246

Appointments required 1 day in advance

Place	Time & Date
Main City Hall	7 th (Thurs) 10:00AM-3:30PM

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

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

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

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

Administrative Consultation ☎ 34-2915

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

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

National Health Insurance Payment Slips to be Delivered

Households that are enrolled in National Health Insurance will be sent their payment slips in mid-July. Please check the details and make payments on time.

■ Payment deadlines

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
August 1 st (Mon)	August 31 st (Wed)	Sept. 30 th (Fri)	Oct. 31 st (Mon)	Nov. 30 th (Wed)	Jan. 4 th (Wed)	Jan. 31 st (Tues)	Feb. 28 th (Tues)

■ Where to pay

- At Main City Hall or at the tax payment window of a branch office
- At a bank/financial institution - At a convenience store - Via smartphone app

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

Funds for Households Impacted by COVID-19

Special Funds for Households That Are Exempt from Resident Taxes

Payments of 100,000 yen per household will be provided to support those who have been personally impacted by lifestyle difficulties.

Eligibility:

Type 1: Households that have been registered in Oshu from June 1st, 2022 onward, and whose members are all exempt from 2022 resident taxes

Type 2: Households whose financial situation has drastically changed from January 2022 due to COVID-19

※ Households who already received emergency funds from January 2022, due to being tax-exempt in 2021, are not eligible.

How to apply: Fill in the required fields on the application forms and submit. (Type 1 households will be mailed documents from the city.)

Deadlines:

Type 1: Refer to the documents sent from the city

Type 2: September 30th (Fri)

Contact: Main City Hall Welfare Dept., Local Welfare Section (34-2324)

Present Condition Forms are No Longer Required for Childrearing Allowance

As of 2022, per changes to the system, present condition forms will no longer be required, in general. Those who need to submit something will be notified, so please don't forget to complete any necessary procedures.

Submission deadline: June 30th (Thurs)

How to submit: Either 1) digital application via your My Number card, 2) by post, or 3) in person at your local branch office or at Main City Hall ※ Methods 1) or 2) are recommended, so as to prevent the spread of COVID-19.

Contact: Main City Hall Children & Families Dept., Family Welfare Section (34-1585)

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.

City Pools are Open!

Hours/days of operation may vary, so please check in advance. Be sure to keep your distance from other visitors to the pool, and do not go to city pools if you're feeling unwell.

	Ogane Park Public Pool	Maesawa B&G Marine Center Pool	Isawa Pool
Dates/ hours of operation:	July 9 th (Sat) – August 28 th (Sun) 9:30AM – 12:00PM 1:00PM – 5:00PM	July 2 nd (Sat) – September 11 th (Sun) 9:30AM – 12:00PM 1:00PM – 5:00PM	July 9 th (Sat) – August 28 th (Sun) 1:00PM – 6:30PM
Closed on:	Mondays & July 19 th (Tues) (Open July 18 th , Mon/holiday)	Mondays & July 19 th (Tues) (Open July 18 th , Mon/holiday) August 13 th (Sat) -15 th (Mon)	July 11 th (Mon) August 13 th (Sat) -15 th (Mon) August 22 nd (Mon)
Contact info:	Ogane Pool (25-2030) (contact Mizusawa Martial Arts Dojo (25-3974) before the opening date)	Maesawa Iki-Iki Sports Land (56-7290)	Isawa Gen. Gym (46-3427)

Iki-Spo Swimming Lessons

Beginner Swimming Classes

Who? 1st – 3rd graders who can't swim

Dates/times: Morning sessions (10:30AM – 11:30AM) (5 sessions in total)

July 27 th (Wed)	July 29 th (Fri)	July 30 th (Sat)	August 1 st (Mon)	August 2 nd (Tues)
-----------------------------	-----------------------------	-----------------------------	------------------------------	-------------------------------

Evening sessions (6:00PM – 7:00PM) (5 sessions in total)

July 27 th (Wed)	July 28 th (Thurs)	July 29 th (Fri)	August 1 st (Mon)	August 2 nd (Tues)
-----------------------------	-------------------------------	-----------------------------	------------------------------	-------------------------------

Cost: 2,500 yen for 5 sessions

Application timeframe: July 5th (Tues) – 12th (Tues)

Summer Vacation Swimming Classes

Who? 4th – 6th graders who aren't afraid of water and can swim a little

Dates/times: 10:30AM – 11:30AM, 5 sessions in total

August 8 th (Mon)	August 9 th (Tues)	August 10 th (Wed)	August 11 th (Thurs)	August 12 th (Fri)
------------------------------	-------------------------------	-------------------------------	---------------------------------	-------------------------------

Cost: 3,500 yen for 5 sessions

Application timeframe: July 12th (Tues) – 19th (Tues)

Both

Where? Maesawa B&G Marine Center Pool

How to apply: Fill in and submit the application form at the Contact address below

Contact: Maesawa Iki-Iki Sports Land (56-7290)

Information on COVID-19

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

About 4th Dose Boosters

How to make an appointment

※ People age 60+

As of late May, vaccine tickets are being delivered to those who are eligible in June onwards. Going forward, tickets will be sent out around the end of every month to people for whom 5 months have passed since their 3rd dose. (Tickets will be sent during the birthday month of people turning 60.)

※ People age 18-59 with chronic underlying conditions

First, apply for a vaccine ticket via the Call Center or with Mynportal (deadline: Sunday, July 31st.) Then, once you have your ticket, schedule an appointment via the Call Center or online.



Vaccine apt. site

Do note that methods of making an appointment will vary by healthcare center/venue. Do not contact healthcare centers directly by phone.

List of venues

	Healthcare center/venue	How to make an appointment/notes
Mizusawa	Ishikawa Hospital	Call center, website, during medical exam (for regular patients)
	Idzutsu Hospital	Call center, website, during medical exam (for regular patients)
	Oshu Hospital	During medical exam (regular patients only)
	Kajikawa Clinic	Call center, website
	Isawa Hospital	Call center, website
	Konno Neurology Clinic	Call center, website, during medical exam (for regular patients)

	Sakurai Clinic	During medical exam (regular patients only)
	Sato Clinic	Call center, website
	Mizusawa Gen. Hospital	Call center, website
	Nagano Internal Medicine Clinic	Call center, website
	Honda Gastroenterology Internal & Surgery	Call center, website
	Minami ENT Clinic	Call center, website
	Miyama Hospital	Call center, website
Esashi	Ito Family Clinic	See clinic website for details
	Kikuchi Internal Medicine, Gastroenterology Children's Clinic	Call center, website, during medical exam (for regular patients)
	Esashi Hospital	Call center, website
	Oinao OBGYN Clinic	Call center, website, during medical exam (for regular patients)
	Sekiya Clinic	Call center, website
	Takahashi Internal Medicine Clinic	Call center, website, during medical exam (for regular patients)
	Tamazawa Rehab Orthop. Clinic	Call center, website
	Hirata Surgery, Internal Med. Clinic	Call center, website
Maesawa	Sato Orthopedic Surgery & Rheumatology Clinic	Call center, website, during medical exam (for regular patients)
	Shimokobe Gastroenterology Clinic	Call center, website
	Takahashi Gastroenterology & Internal Clinic	Call center, website
	Chida Internal Medicine Clinic	Call center, website, during medical exam (for regular patients)
	Maesawa Clinic	Call center, website
	Miki Hospital	Call center, website
Isawa	Magokoro Hospital	Call center, website (venue is Yuyukan)
Koromogawa	Koromogawa Clinic	Call center, website (venue is Koromogawa Health & Welfare Center)

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

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