

The city where everyone wants to live

広報 ひこね (英訳版)

Community Newsletter, *Koho HIKONE*

(Abridged Edition)

<http://www.city.hikone.shiga.jp/english/index.html>

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Human Rights Policy Division

Hikone City Hall

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2014.6



Jonan Day Nursery

- When you call by cellular phone, you need to include the regional number (0749) before the local Hikone phone number given above.
- Interpreters are available if you request this service at the reception desk.
Please say “eigo tuyaku onegaishimasu.” We might change the interpreter’s available time.
City Hall: Weekdays 10:00 ~ 12:00 13:00 ~ 16:30
- Telephone Consultation Service for Foreign Residents
Wednesday: 10:00 ~ 12:30 13:30 ~ 16:00
- “Koho Hikone” foreign language versions by Hikone City is issued once every month.
This newsletter is available at
 - * Head Post Office
 - * Viva City 2F(near the children play ground)
 - * Yujin Yamazaki Hospital
 - * Shiga Bank (Oyabu Branch)
 - * Jinno Clinic
 - * “Gyomu Super Market” (Toga-cho)
 - * Friendmart (Jizou Shop)
 - * Beisia Hikone

【Hikone International Lounge News】

Computer use is free in the Hikone International Lounge. We are waiting for your use!!

☆Outline of “*Rinji-Fukushi-Kyufukin (Temporary Welfare Benefit)*” and

“*Kosodate-setai-Rinji-Tokurei-Kyufukin(Temporary Exceptional Benefit for Child-Care Families)*”

- Applications will be accepted from the middle of July -

※The application period and the reception method will be notified as soon as possible in the Hikone News.

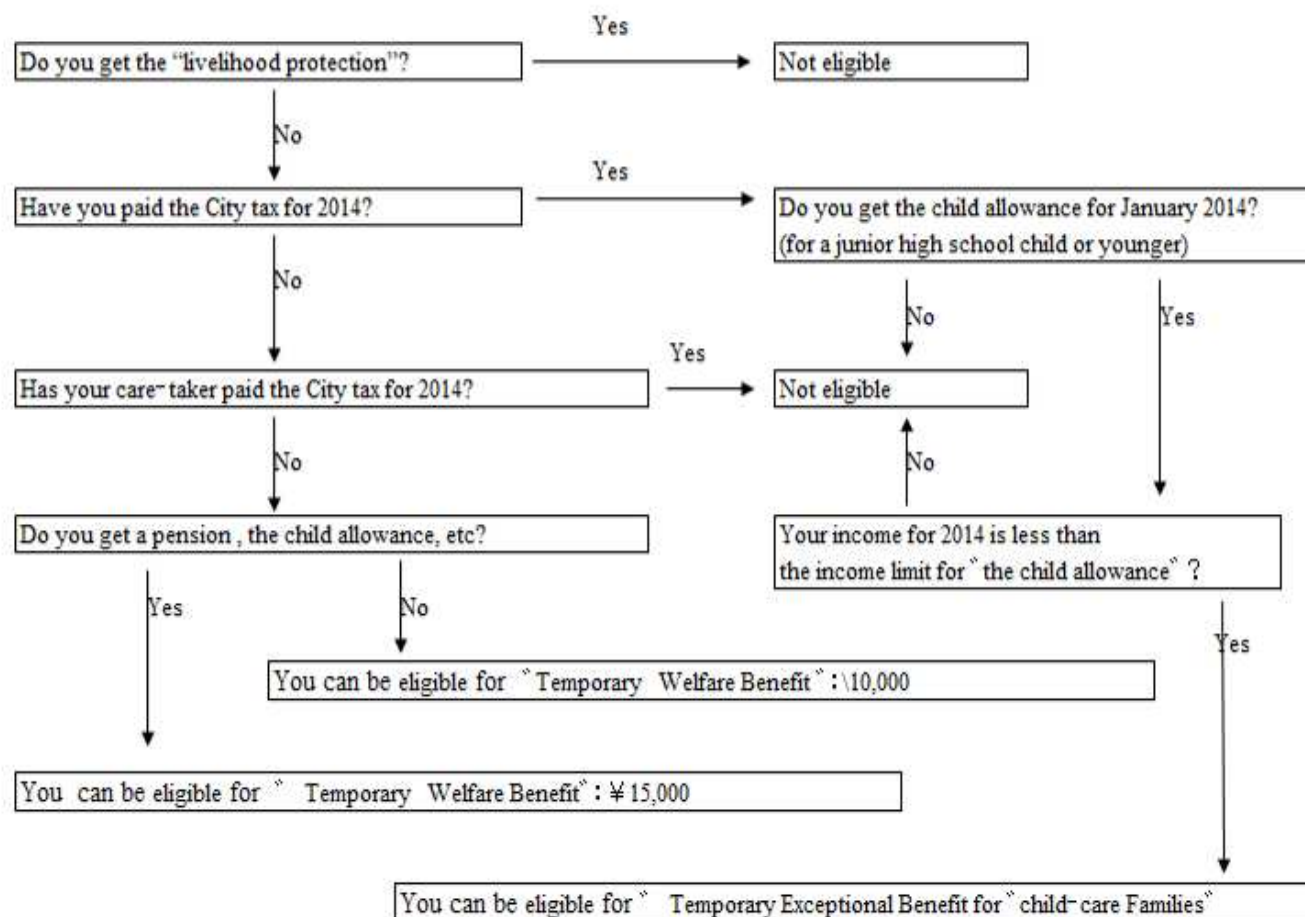
Letter and Hikone City Home - Page.

※You cannot get “*Rinji - Fukushi - Kyufukin*” and “*Kosodate - setai - Tokurei - Kyufukin*” at the same time.

Inquiries:: *Rinji-Kyufukin-Shikyushitsu (Temporary Benefit Office)*: Tel. 22-1411(ex. 376), Fax 22-1398.

Ministry of Health, Labour and Welfare: Tel. 0570-037-192 (week days 9:00~ 18:00)

CHART for TESTING ELIGIBILITY



[INCOME LIMIT for " Child Allowance "]

Dependent Families	Income Limit(million yen)	Income (million yen)
0	6.22	8.333
1	6.60	8.756
2	6.98	9.178
3	7.36	9.60
4	7.74	10.021
5	8.12	10.421



INFORMATION

☆ Certificate Issue Service At Convenience Store Will be Suspended

The service for certificate issue at convenience store will be stopped temporarily because of system maintenance at the following time.

Sunday, June 1 7pm~11pm

We'd like to ask for your understanding and cooperation for the inconvenience. Income certificate, taxation certificate and certificate for Child Allowance (*Jidou Teate*) will be issued for fiscal year of the 2014 (as income for the 2013 fiscal year)

Inquiries: Citizen' Affairs Division ☎ 30-6111

☆The Bill Information for KOKUMIN-KENKO-HOKEN(National Health Insurance) Will Be Sent

The Bill Information for the members of National Health Insurance will be sent. This notification will be sent 6 times a year for the every household. The premium goes towards the medical care of other members of the Insurance.

Your understanding is highly appreciated.

Also The Bill Information for National Health Insurance for the Elderly (over-75 Years)will be sent

Inquiries : National Health Insurance and Pension Division Tel 30-6112, Fax 21-2220

☆The Bill Information for "Kokumin-Kenko-Hoken (National Health Insurance)" and

"Kaigo-Hoken (Public Nursing-care Insurance)" for 2014 to Be Sent

The Bill Information and the Remittance Sheet for National Health Insurance (to the head of a household) and Public Nursing-care Insurance (to an applicant) will be sent on Friday, June 13.

The premium of either insurance (from April 2014 through March 2015) shall be paid 10 times(from June 2014 to March 2015),dividing the total amount into ten. (The premium will be taken from the allowance if an allowance is paid.)

The premium goes towards the medical care of other members of the insurance. Your understanding is highly appreciated.

Please make the time for payment.(A remittance sheet will not be sent to the people who pay the premium by way of an account transfer or a deposit from the allowance; please check the amount written in the bill information.)

*The Bill Information for National Insurance for the Elderly (over 75-year-old) will be sent in July.

Inquiries ; National Health Insurance & National Pension Div. Tel.30-6145, Fax. 21-2220

☆About the Renewal Procedure of Welfare Medical Support (Except for Babies & Infants)

Current welfare medical support tickets (*FUKUSHI IRYOHI JUKYUKEN*) for severely mentally or physically challenged residents, and patients who go to a psychiatric hospital for mental healing (except for babies and infants), are renewed on August 1 (Fri.). **Be sure to apply by June 30 (Mon.)**. If you fail to apply, you will not be able to receive the support. Application for babies and infants who have a welfare medical support ticket is not necessary this time.

In Hikone City, welfare medical support (*FUKUSHI IRYO JOSEI*) is given to babies and infants, severely mentally or physically challenged people, single parents and their children (under 18 year-old), women who live by themselves and were mothers of fatherless families (under 65 year-old). If you think you are applicable, please ask to the City National Health Insurance and Pension Division.

* Hikone city assigns a limit related to the amount of the previous year's income.

For more information, contact to the National Health Insurance and Pension Division. (Tel 30 – 6136, Fax 22-1398).



A Deduction System of Nursing Care Insurance is Available

For those who find it difficult to pay premiums for Nursing-care Insurance, there is a deduction system. Be sure to apply for it at *Kaigo fukkushi-ka*, the Senior's Welfare Division. If you are approved for the system, you will get a Certificate.

For those who already have a Certificate, it will expire on Monday, June 30. Hikone City will send the re-application form at the beginning of June. If you wish to renew the system, you need to apply again.

Inquiries and Further information: *Kaigo Fukushi-ka*, Senior's Welfare Division
Tel. 23-9660 / Fax. 26-1768

☆Please Put out the Garbage in the Proper Way

- Flowers and Stems of Vegetables: Remove the dirt, put them in the specified burnable garbage bag and put it out.
- Squared lumber and Reed screens: Cut it less than 5cm in width and less than 60cm in length and put it in the specified burnable garbage bag and put it out.
 - ※If the bag is torn by garbage, please cut it less than 5cm in diameter and less than 60cm in length, bundle it up with a string and put it out.
 - ※Things which are over 5cm in diameter and 60cm in length will be large garbage.
- When large quantity of garbage appears, please carry it in to The City Sanitation Center directly or make them into small quantities and put them out several times.

Time: 9:00 ~ 12:15, 13:00 ~ 16:15 (only ordinary days)



Request on direct drop-off

- ▶ Please follow the instructions of the person in charge
- ▶ After separating garbage beforehand, please carry it in.
- ▶ You may be charged a fee by the weight of the garbage.
- ▶ Please carry in large quantities of landfill garbage to Nakayama Abandonment Site.
- ▶ When you go to Nakayama Abandonment Site, please use a small engine car (include a light truck) or a regular car. You need a permit. It is issued at The City Sanitation Center, Consumer Affairs and Environment Division, and Branch Offices. And you have to pay 40yen for every 5kg.

Inquiries: The City Sanitation Center Sanitation Center Tel. 22-2734 Fax. 24-7787

Information from the Sanitation Center

Direct Drop-Off of Oversized Trash to the Center

The Center will be carrying out a special collection of oversized household trash on June 28 (Sat) 9:00 ~ 12:00.

※Only oversized trash (including small electrical appliances) will be accepted at this time.

※Drop-off of oversized trash is charged. (*free of charge for a small electrical appliance of shorter than 1m.)

※Recyclable household appliances (TV, air conditioner, refrigerator, washing machine and clothes dryer) are not oversized garbage. Those are not acceptable at the Sanitation Center by law. Please ask the Center or electrical appliances store about collection details.

Personal computers are also recyclable. Please consult with the item's manufacturer about collection details.

※Dropping-off trash is allowed only during the designated time

*The Center accepts direct drop-off of your garbage Monday through Friday (except Holidays) 9:00 ~ 12:15, 13:00 ~ 16:15

Inquiries: The City Sanitation Center Tel 22-2734 Fax 24-7787



☆Please Send In The Report On The Present Situation Of Child Allowance (Jidou Teate)

Those who live in Hikone city and receive Child Allowance (Jidou Teate) need to report the present situation to get further allowance for June 2014 and after. We will send an application form to those who are eligible from the beginning through the middle of June. Please be sure to fill out the form and submit it by Monday, June 30. If an eligible person is a public servant, please apply at the office. We can accept the form after the deadline but please note the allowance might be given late. Extra documents are needed for those who live apart from their children or moved to Hikone city from January 2, 2014. Please check the application form sent by Hikone city for further information.

Caution: This application is different from that of Child Raising Generation Temporary Allowance (Kosodatesedai Rinji Tokurei Kyufukin)

Application: National Health Insurance and Pension Division and branch offices

※Please use the envelope enclosed for an application by mail.

Inquiries: National Health Insurance and Pension Division. ☎30-6136 Fax21-2220

RECRUITMENT

☆Stall for Rent ---- Hikone Eco (Ecological) Market Yumebatake ----

Date & Time: Sunday, June 15 10:00~14:00

※If it rains, the event will be called off.

Place: Hikone castle Otemae Park (Konki-cho)

Stall Fee: 500 yen for one.

Application deadline: Thursday, June 5

How to apply: Please send a double postcard to “The Living Environment Division”

(〒522-8501 4-2 Moto-machi Hikone)

The initial half of the double postcard-----①Your Address, ②Name, ③Phone number④Item for sale,
⑤The number of participants, ⑥Desired date of stall

The return of double postcard----- ①Your Zip code, Address, ②Name

Inquiries: The Living Environment Division ☎30-6116 Fax27-0395



☆Pupil-care Clubs Open in The Summer Vacation

Requirements: The first, second or third grade school pupils. Guardians work outside the house and can not take care of their children during the daytime.

Open Period: Tuesday, July 22 ~ Wednesday, August 27 (except Sundays, Wednesday, August 13 ~ Saturday, August 16)

Time: 8:30 ~ 18:30

Place: The pupil-care club of each of the elementary schools.

※The pupil-care club of Kawase elementary school will be at *Jinken fukushi kouryu kaikan* Hall.

Fees : ¥10,000 Attendance from Monday to Friday per pupil (except class expenses)

¥12,000 Attendance from Monday to Saturday per pupil (except class expenses)

Others: Clubs which have already exceeded their capacity are no longer accepting new members.

Contact us for availability.

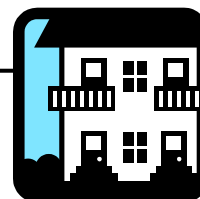
Application Period: Wednesday, June 4 ~ Wednesday, June 18

Application: Fill out the application form available at the pupil-care club and apply to the pupil-care club with the working certificate.

Inquiries: The Board of Education, Life-long Learning Division ☎24-7974 Fax 23-9190



☆City Apartment Houses Are Inviting Residents



Apartment houses for rent: **For the family**

- ◇ Nakayabu apartment house one apartment
- ◇ Blue Lake Hasaka apartment house one apartment
- ◇ Hida apartment house one apartment (It is possible for a single occupant.)

For the single-parent family

- ◇ Wadanishi apartment house one apartment

Application forms will be available from Monday, June 9.

Application period: Monday, June 16 ~ Wednesday, June 25

Acceptance date: The end of July

Move-in date: After the beginning of August

Inquiries: Housing Management Division Tel. 30-6123 Fax 22-1398

* The application must be made to the Housing Management Division at City Hall by the applicant or the applicant's family who live with the applicant (or who will live with).

EVENT



☆Shiga University Market

——The spring harvest festival of farm products that recognise the environment——

Selling fresh and quality vegetables, fruits, and processed foods that the farmers produce with care.

Date & Time: Friday, June 6 12:00~14:00 ※(Light)Rain or shine

Place: The plaza in front of the Shiga University Cooperative.

Inquiries: The Research Center for Society ,Faculty of Economics, Shiga University ☎ 27-1141



☆“Kasumikai”Anniversary of the Foundation Festival

Stage performance, Refreshment booth and Bazaar will be open for socialising with local residents and getting to know their activities.

Date & Time: Saturday, June 7 10:30~14:00

Place: Kasumikai kaize dormitory (Kaize cho)

Inquiries: “Kasumikai”Anniversary of the Foundation executive committee ☎43-6111 Fax43-4111

☆Hikone Eco (Ecological) Market “Yumebatake”

Please make a lucky find from reused and recycled goods.

※If it rains, the event will be called off.

Date & Time: Sunday, June15 10:00~14:00

Place: Otemae Park (Konki cho)

Inquiries: The Living Environment Division Tel.30-6116 Fax27-0395

☆“HIKONE DE ASAICHI” (The Fresh Morning Market in Hikone)

Selling local fresh vegetables, bean curd, soy sauce, and local lake sea foods under the concept "Safety food" "Local production for local consumption" "Handmade".

Date & Time: Sunday, June 15 8:00~12:00

Place: Gokoku- Jinjya (shrine) (Osue-cho)

Inquiries: “HIKONE DE ASAICHI” Executive Committee ☎24-4461 ✉ hikonedesaichi55@gmail.com

☆**“WITH Oyako Hiroba” Let’s play with your kids together!**

We will open “The Indoor playland” with some playground equipment, slide, jungle gym, and swing.

Date & Time: Saturday, June 14 10:00~11:30

Place: Kyodo-Sankaku Center (Gender Equality Center of Hikone, “WITH”)

Eligible people: Infants and their guardians

Inquiries: Kyodo-Sankaku Center “WITH”

Tel.& Fax 24-3529



Events at Hikone Castle Museum Tel. 22-6100 / Fax. 22-6520

URL <http://longlife.city.hikone.shiga.jp/museum/>



Hours : 8:30 ~ 17:00 (Enter by 16:30)

*Some rooms will be closed from Tuesday, June 17 to Thursday, June 19 for the changing of exhibits.

Admission: ¥500 for adults, ¥250 for elementary and Jr. high school students

*Group discount tickets and connection tickets with Hikone Castle and Genkyu-en are available.

*Elementary and Jr. high school students, people over 65 years old and challenged people living in Hikone City are free.

◆**Themed Exhibition**

~ Tuesday, June 17

***Dance of Elegance*——Bugaku Costume collection of the Ii family——**

Bugaku is a form of traditional court dance with the accompaniment of Gagaku, the traditional court music. Each Bugaku costume and mask is decided to be used for certain Gagaku music.

This exhibition displays various kinds of bugaku costumes selected from the Hikone Castle Museum collection.

★**Planned Exhibition**

Longing for Koto Ware, Porcelain

-----**Old Koto Ware and Modern Koto Ware** ----- Friday, Jun 20 ~ Tuesday, July 22

Koto ware is a type of ceramic which used to be produced in the castle town of Hikone in the later Edo period. The Koto kiln was prosperous as Hikone fief's official kiln under the patronage of three successive lords of the Ii family, Ii Naosuke, Ii Naosuke and Ii Naonori.

It closed down in the time of the Meiji period with end of the feudal age.

In the present day, new Koto Ware has been revived.

This exhibition shows old Koto ware and revived Koto ware.

Related Gallery Talk

Date & Time: Sat. June 21 14:00 ~ 15:00

Speaker: A curator of Hikone Castle Museum

Reservation is not necessary. Gather at the first exhibition room of the museum.

Attendance is free for the gallery talk, but admission to the museum is required.



★**Standing Exhibition**

----**Meet Authentic Antiques** ---- Fri. June 20 ~ Tue. August 26

Exhibited here are art treasures and archives of the Ii Clan, the lord of Hikone Fief in the Edo period.

Wakisashi Sword owned by Ii Naosuke

Inscribed "Nagasone Kotetsu"

Closed: Mondays

Ticket Reservations & Inquiries: The Ticket Center Tel. 27-5200 9:00 ~ 19:00

※Nursery service and special bus service are different for each event. Please ask at the ticket center.

※Tickets are available online at: <http://bunpla.jp/> You can choose to pay by credit card or cash, and you can pick up the tickets at Seven-Eleven.

Notice – How to purchase tickets for all events

* Reservations by phone or online only are available on the first sale day for each event.

* Tickets are sold or handed over at the window from the next day.(except closed days)

※New plaza support members are invited. Inquiries: The Plaza Tel. 26-8601

Syochiku Grand Kabuki at Grand hall

“An Announcement of Succession to 4th Ichikawa Ennosuke & 9th Ichikawa Chuusha”

Date & Time: Wed. June 18 ①13:00 ~ (Open 12:30) ②17:30 ~ (Open 17:00)

Tickets: 1st seat -- ¥7,000 2nd seat -- ¥5,000 3rd seat -- ¥3,000

* Reserved seats only

A Burst of Laughter Super Live 2014 by Ayanokoji Kimimaro at Grand hall

Date & Time: Thurs. June 19 14:00 ~ (Open 13:00)

Tickets: S seat -- ¥5,500 A seat -- ¥5,000

* Reserved seats only ※This live is for 18 years old and over. No entrance on under 18 years old.

Story Telling of Picture Books by Kobayashi Kensaku at Messe hall

Date & Time: Sun. June 29 15:00 ~ (Open 14:30)

Tickets: ¥2,000 Child (3 years old ~ 6th grade) -- ¥1,000

Family Musical “Twin Lottie” by Shiki (a theatrical company) at Grand hall

Date & Time: Sun. August 10 15:00 ~

Tickets: S seat --- ¥4,500 Child (3 years old ~ 6th grade) -- ¥3,000

The Plaza support member -- ¥4,000 Child (3 years old ~ 6th grade) -- ¥2,700

A seat -- ¥3,500 Child (3 years old ~ 6th grade) -- ¥2,000

The Plaza support member -- ¥3,000 Child (3 years old ~ 6th grade) -- ¥1,800

※No entrance on under 3 years old * Reserved seats only



Hakase Taro Best Acoustic Tour “Etupirka” at Grand hall

Date & Time: Fri. September 12 19:00 ~

Tickets: ¥7,560 ※Tickets go on sale from Sat. June 21.

(The tickets are available for up to 4 seats/person. No seat designation on the first sale day.)

The Plaza support member -- ¥7,400 ※Tickets go on sale from Sat. June 14.

(The tickets are available for up to 4 seats/person.)

※No entrance preschool child or under.

* Reserved seats only

Ozone Makoto Concert featuring No Name Horses at Grand hall

Date & Time: Sun. September 14 16:00 ~ (*Starting time schedule was changed)

Tickets: ¥6,000 The Plaza support member -- ¥5,400

※No entrance preschool child or under.

* Reserved seats only





Consultation

	Date & Time	Place	Contents
Human-Rights Counseling	June 2 (Mon) 13 : 00~15:00	Counseling room (City Hall 1 F)	Counseling regarding bullying and all acts of discrimination Tel.22-0242
		With	
	June 18 (Wed) 13:00 ~ 15:00	Counseling room (City Hall 1 F)	
Consultation for Depression	June 20 (Fri) 14:00 ~ 15:30 (by reservation)	Public Health Center	A psychiatrist and nurse help the person in question and their family Tel.22-1770 Fax26-7540
Law Consultation	June 27 (Fri) 13:00 ~ 16:00 (reservation by telephone)	Community Relations Division (City Hall 1 F)	*5400 yen per 30 minute session (Please pay on the consultation day) *The first 6 people from 8:30 on June 18) *Only those who live or work in Hikone Tel.30-6117 Fax22-1398
Insurance Premium Payment Consultation	June 28 (Sat) 8:30 ~ 12:00	Insurance Premiums Division (City Hall 1 F)	Payment of Nation health insurance, public nursing-care insurance & medical care for the elderly (at window) ※If you need an English interpreter, please ask beforehand Tel.30-6137
Tax Payment Consultation	June29 (Sun) 10:00 ~ 16:00	Tax Collection Division (City Hall 2F)	Consultation about the payment of the city duty (at window) ※If you need an English interpreter, please ask beforehand Tel.30-6109
Child・Family Consultation	Every Mon. ~ Fri. (except holidays) 8:30 ~ 17:15	Consultation Room for Children	Child care issues, child abuse, domestic violence etc Tel.23-7838 Fax26-1768
Consumer Life Consultation	Every Mon. ~ Fri. (except holidays) ①9:00 ~ 12:00 ②13:00 ~ 16:15	City life Environment Division (City Hall 1 F)	Damage from unscrupulous businesses, cooling-off period Tel.30-6144
Traffic Accident Consultation	Every Tue & Thur ①9:00 ~ 12:00 ②13:00 ~ 16:00	Koto Joint Government Building 2F	Consultation by telephone is also available Tel.27-2230
Multiple Language Telephone Consultation	Every Wednesday (except holidays) ①10:00 ~ 12:30 ②13:30 ~ 16:00		Japanese customs and rules, procedures at public offices, troubles in daily life Tel.27-2400

Rakuraku Kinen (quit smoking easily) Consultation

A smoking habit is nicotine dependence. If you try to quit smoking, we support your challenge.

Date & Time: Wed. June 11 ①9:00 ~ ②10:00 ~ ③11:00 ~

Place: *Kusunoki Center* 2F (Next to Hikone Municipal Hospital)

Capacity: 1 person/each time slot (Reserved)

- Contents: •Check for your lung's contamination (Measure the carbon monoxide density in your exhalation)
 •Check for your addiction to cigarettes (Measure nicotine density in your urine)
 •Consultation on how to quit smoking.

Inquiries: The Health Promotion Division Tel. 24-0816 Fax. 24-5870

Eating Habit Consultation

★ Advice about your eating habits & weight control

Date & Time: Mon. June 9 ①9:00 ~ ②10:20 ~

Capacity: 1 person each time slot (Reserved)

Place: *Kusunoki Center* 2F (Next to Hikone Municipal Hospital)

※Any consultations concerning your meals are also available. Please apply by calling.



Hikone City Residents' Health Checkup

Please have a health checkup once a year as a first step to know your condition.

Target: Hikone residents ※People aged 75 on the checkup day should receive the checkup at a medical institution.

Health checkup (medical interview, body measurement, abdominal circumference measurement, blood pressure measurement, urine test, blood test and internal medical checkup):

- ①Those who were born between April 1, 1975 and April 1, 1996.
- ②Welfare recipients who were born between April 2, 1939 and March 31, 1975.

Chest X-ray:

- For tuberculosis checkup, those who were born before March 31, 1950.
- For checkup of lung cancer, those who were born between April 1, 1950 and March 31, 1975.



Hepatitis virus checkup (on the basis of age at March 31, 2015):

- ①Those who are 40•45•50•55 or 60 years old and have never had a previous Hikone City hepatitis virus checkup. (A notification was delivered individually at the end of May)
- ②Those who are over 41 years old (except ①) and have never had a previous Hikone City hepatitis virus checkup. Be sure to call the City Health Promotion Division, or send a fax at least one week before.

Date	Place	Reception Time
June 13 (Fri)	Welfare Center	9:30 ~ 11:00
June 17 (Tue)	Welfare Center	
June 18 (Wed)	Hikone San Palace	
June 20 (Fri)	Hikone San Palace	
June 25 (Wed)	Toriimoto District Community Center	
June 26 (Thurs)	Civic Gymnasium	
June 27 (Fri)	Welfare Center	
June 28 (Sat)	<i>Kusunoki Center</i>	
June 30 (Mon)	The Human rights•Welfare Exchange Center	
July 2 (Wed)	Inae District Community Center	
July 5 (Sat)	<i>Kusunoki Center</i>	

Package Health Checkup

Package Checkup day is able to have a Health Checkup (or * Particular Health Checkup), tuberculosis checkup and cancer checkup (stomach, large intestinal, uterine, breast and lung cancers) in one day.

※A reservation is needed for the cancer checkup.

* Particular Health Checkup is for those who were born between April 2, 1939 and March 31, 1975 of National Health Insurance Members.

Date	Place	Reception Time	Target
June 28 (Sat)	Kusunoki Center	9:00 ~ 11:00	Women
July 5 (Sat)			Men & Women
August 30 (Sat)			Women *

* osteoporosis checkup is also on the day.

Inquiries (checkup fee, qualification, preparation, notice, etc.): The Health Promotion Division Tel. 24-0816 Fax 24-5870

☆Breast cancer checkup and urine cancer checkup

You can check for breast cancer and urine cancer for 500yen.

《Breast Cancer checkup》

☆**eligibility** : women aged 40 and over as of March 31 2015 who live in Hikone city

☆**Date:** until February 27 (Fri) 2015

* See and touch, 2way-mammography check for 40~49year-olds.

* See and touch, 1way-mammography check for 50year-olds and over

☆Be sure to apply beforehand to the city health care division in the health and welfare center, civil division in city hall or city branches with checkup fee(**500yen**). We will provide you tickets.

Please go to a medical institution with the coupon after reservation.



Hospital	Telephone	Reservation
Hikone Municipal Hospital Checkup Center (hassaka-cho)	22-6058	need
Toyosato Hospital (inukami-gun)	35-3001	need
KKC wellness Hikone physical checkup Clinic	050-3541-2265	Need

※Please ask for details. Tel 24-0816 Fax 24-5870

《Uterine Cancer checkup》

☆**eligibility:** women aged 20 over as of March 31 2015 who live in Hikone

☆**date:** until March 31(Tue) 2015

☆ **Fee:** ¥500

☆please go to the following clinic directly with the check-up fee(500yen).

Some clinics might require a reservation .Please inquire at the clinic for more information.



Hospital	Reservation	Hospital	Reservation
Adachi OB/GYN Clinic (sawa-cho) Tel 22-2155	No need	HayashiOB/GYN (take-ga-hana-cho) Tel 26-0528	No need
Jinno OB/GYN clinic (chuo-cho) Tel 22-6216	No need	Yamashita Clinic (nagasone-cho) Tel 24-5290	Need
Jinno OB/GYN clinic Alice (hassaka-cho) Tel 29-9025	No need	Hikone Chuo Hospital (nishiima-cho) Tel 23-1211	Need
Jinno OB/GYN clinic Sophia (kawasebaba-cho) Tel 25-5566	No need	Hikone Municipal Hospital (hassaka-cho) Tel 22-6050	No need
KKC wellness Hikone physical checkup Clinic(hurusawa-cyo) Tel 050-3541-2265	Need		

The check-up is available not only at above-mentioned clinics but at any OB/GYN clinics in Shiga prefecture.

※Please ask for details. Tel 24-0816 Fax 24-5870 The Health Promotion Division

☆The medical checkup fee for the following people will be free.

- ① Those who are aged 70 years or older on the completed years on the checkup day.
- ② Those who are eligible for medical service of the elderly (65~69years old).
- ③ Those from the household with livelihood protection
- ④ Those from the household with exemption from the inhabitant tax.

A certificate of exemption from personal payment is required.

Please bring your HANKO and apply for it at the Health Promotion Division by the day before your checkup. You can get an application from the Hikone-city web site.



※This breast cancer check-up and uterine cancer check-up are not suitable for those who are pregnant or may be pregnant.

※This breast cancer check-up is not suitable for those who are nursing, or have had a pacemaker inserted or have had breast enlargement surgery.

※This uterine cancer check-up is inadequate for those who are during their menstrual period or have had the uterus removed.

※Those who have subjective symptoms or go to hospital regularly, please ask the clinic directly.

※Once every two years for breast and uterine cancer checkup.

Those who have checked for breast and uterine cancer from April 1 2013 to March 31 2014 cannot have a checkup.

Those who have a Hikone-issued free coupon this fiscal year are eligible for it even if they had a checkup last year.

☆cancer checkups and osteoporosis

From this year, you can take cancer checkups for 500yen.

●Checkup fee: 500yen for each checkup (lung cancer checkup only 200yen)

●telephone for reservation of cancer checkups: **0749-24-3719**

You can apply fax by (0749-24-5870) and at the counter of Health Promotion Division.

Eligibility (on March 31, 2015)

- stomach, large intestine, lung checkups 40years and over
- breast cancer checkup (once every 2 years) women aged 40 years and over
- uterine cancer checkup women aged 20 years and over
- osteoporosis checkup(once every 5 years) women aged 30,35,40,45,50,55,60,65,70

*reservation registration period: from one week before the medical checkup day.

* Men's and women's times are set up independently, to shorten waiting time.

If you would like to come the same medical checkup day with your partner, please chose from among Jun 25(wed) or 26(thu) or July 2(wed) or 5 (sat). Please consult with the health promotion division as well.

* Regarding large intestine cancer checkup, you can reserve the both men's date and women's date whether for male or female. It is possible for your family member to bring your container of stool test.

《Checkups for Men》

○,◎: cancer checkups and special checkup.

●: only cancer checkups



date	time	place	stomach	Large intestine	lung	special
June 12 thu.	Morning	Kusunoki Center	●	●	●	
17 Tue.		Welfare Center	○	○	○	○
25 Wed.		Toriiomoto District Center	◎	◎	◎	◎
26 Thu.		Civic sport Center	◎	◎	◎	◎
27 Fri.		Welfare Center	○	○	○	○
July 2 Wed.		Inae District Center	◎	◎	◎	◎
5 Sat.		Kusunoki Center	○	○	○	○
9 Wed.		Kusunoki Center	●	●	●	

Reception time: ●A9:00~ B9:40~ C10:20~ D11:00~

○A9:00~ B10:00~

◎A9:00~



《Checkups for Women》

◆,○:three cancer checkups and more

◎:Cancer checkups and special checkup

◇ :one or two checkups

Date	Time	Place	Stomach	Large intestine	lungs	Breast	Uterine	Osteoporosis	Special
June 3 Tue.	Morning	Welfare Center	◆	◆	◆	◆	◆		
	Afternoon			◇		◇	◇	◇	
24 Tue.	Morning	Welfare Center	◆	◆	◆	◆	◆		
	Afternoon			◇		◇	◇	◇	
25 Wed.	Morning	Toriiimoto District Center	◎	◎	◎				◎
26 Thu.	Morning	Civic sport Center	◎	◎	◎				◎
28 Sat.	Morning	Kusunoki Center	○	○	○	○	○		○
July 1 Tue.	Morning	Welfare Center	◆	◆	◆	◆	◆		
	Afternoon			◇		◇	◇	◇	
2 Wed.	Morning	Inae District Center	◎	◎	◎				◎
5 Sat.	Morning	Kusunoki Center	○	○	○	○	○		○
29 Tue.	Morning	Welfare Center	◆	◆	◆	◆	◆		
	Afternoon			◇		◇	◇	◇	
August 21 thu.	Morning	Welfare Center	◆	◆	◆	◆	◆		
30 Sat.	Morning	Kusunoki Center	◆	◆	◆	◆	◆	◆	◆

Reception time ◆9:00~

◇13:00~

○A 9:00~ B 10:00~

◎B 10:00~



*When you have a special checkup, please bring a special checkup ticket .We send the tickets to the people aged 40~74, who are national insurance members around the end of May.

☆Baby Salon

Date & Time : Tuesday, June 3 9:45~11:30 (acceptance 9:30~9:45)

Place: Children's center multi-purpose room

Eligibility: 2~6-month old infants & their guardians

Things to bring: your Maternal and Child Health Handbook, a bath towel

Contents: Exchanging experiences about child-raising and making friends



☆NYUYO.II KOBETSU SODAN(Individual consultant for infants)

Please bring your Maternal and Child Health Handbook,

●Date & Time : Thursday, June 12& 26 9:30～11:00

Place: *Kusunoki* Center 1F (Next to Hikone Minicipal Hospital)

*Consultation by a nutritionist is available on Thursday, June 26.

●Date & Time: Wednesday, June 25 9:30～11:00

Place: South Senior Citizen's welfare Center

Weaning Period Consultation

* Let's give food twice a day.

Date & Time: Friday, June 6 9:45～11:30 (Acceptance 9:30～9:45)

Place: *Kusunoki* Center 2F (Next to Hikone Minicipal Hospital)

Eligibility: 7～8 months old infants & their guardians

Things to bring: your Maternal and Child Health Handbook



☆Health Check-ups for Infants

June

Kusunoki Center 1F(Next to Hikone Minicipal Hospital) / 13:00～14:00

4-Month-Old Babies	17(Tue)	Born between Feb1 and 15, 2014
	24(Tue)	Born between Feb16 and 28, 2014
10-Month-Old Babies	11(Wed)	Born between Aug 1 and 15, 2013
	18 (Wed)	Born between Aug 16 and 31, 2013

Kusunoki Center 1F(Next to Hikone Minicipal Hospital) / 13:00～14:00

18-Month-Old Babies	13 (Fri)	Born between Nov 1 and 15, 2012
	20(Fri)	Born between Nov 16 and 30, 2012
2-Year & 6-Month-Old Children	12(Thu)	Born between Nov1 and 15, 2011
	19 (Thu)	Born between Nov16 and 30, 2011
3-Year & 6-Month-Old Children	9(Mon)	Born between Nov1 and 15, 2010
	16(Mon)	Born between Nov16 and 30, 2010

*As individual notification of Health Check-ups is for 4 month-old babies only, please check the Suku-Suku book for what contents and items to bring.

*For Health Check-ups for 18- month-old-babies, a toothbrush is necessary and for 2- year & 6-month-old-children, a toothbrush and cup are necessary. There will be a class on the correct way of brushing your child's teeth.

*For Health Check-ups for 3-years& 6 –month-old children, there is an urinalysis. Please bring a first morning urine sample in a clean bottle.

* If you are unable to come on the date specified or if you have any questions about the Health check for infants, contact The Health Promotion Division Tel:24-0816、 Fax:24-5870

