

FUKUROI NEWSLETTER

2021
February



<MULTICULTURAL SPECIAL TOPIC・多文化特集記事>

We are hoping for everyone's good health amidst the continuation of the COVID-19 pandemic in Japan and all over the world.

This month, we would like to introduce some **key vocabulary about COVID-19** that can be used to help talk about **symptoms at medical institutions**. Here is a **"Point-and-Speak Communication Tool"** to be used at medical institutions.

Common Symptoms

Fever
(Hatsunetsu)
発熱

Dry cough
(Karaseki)
空咳

Fatigue
(Kentaikan)
倦怠感

°C
() do
度

English
(Phonetic Spelling)
日本語



Other Symptoms

Pain
(Itami)
痛み

Sore throat
(Nodo no itami)
喉の痛み

Muscle or joint pain
(Kin-niku ya kansetsu no
Itami)
筋肉や関節の痛み

Headache
(Zutsuu)
頭痛

**Runny nose or nasal
congestion**
(Hanamizu ya hanazumari)
鼻水や鼻詰まり

Diarrhea
(Geri)
下痢

Conjunctivitis
(Ketsumakuen)
結膜炎

Nausea or vomiting
(Hakike, matawa outo)
吐き気または嘔吐

Loss of taste or smell
(Mikaku, matawa kyukaku no shoshitsu)
味覚または嗅覚の消失

Chills or dizziness
(Samuke ya memai)
寒気やめまい

Skin rash or change of color in fingers or toes
(Hifu no hosshin, matawa teashi no yubi no henshoku)
皮膚の発疹または手足の指の変色

Serious Symptoms

**Difficultly breathing, shortness of
breath**
(Kokyu ga kurushii, matawa ikigire)
呼吸が苦しい、または息切れ

Inability to speak or move
(Gengo shougai, matawa undo kinou no soshitsu)
言語障害または運動機能の喪失

Chest pain or pressure
(Mune no itami, matawa appakukan)
胸の痛みまたは圧迫感



Exam Simulation

**Which symptoms do you have and when did they
begin?**
(Dono youna shojou ga itsukara arimasuka?)
どのような症状がいつからありますか？

From yesterday/today
(Kinou/ kyo kara)
昨日/今日から

From one week ago
(Isshukan mae kara)
1週間前から

**Have you travelled outside the prefecture or been in
contact with an infected person?**
(Kengai ryoko ya kansensha tono sesshoku wa arimasuka?)
県外旅行や感染者との接触はありますか。

Yes
(Arimasu)
あります

days ago
() Nichi mae
日前

No
(Arimasen)
ありません

From 2/3/4/5/6 days ago

(Futsuka)	(Mikka)	(Yokka)	(Itsuka)	(Muika)	(Mae Kara)
2日	3日	4日	5日	6日	前から

<INFORMATION・お知らせ>



Single-Parent Households' Special Temporary Subsidy

Application Deadline: Friday 26 February 2021

ひとり親世帯臨時特別給付金の申請は2月26日まで

Details	<p>The deadline to apply for the "Single-Parent Households' Special Temporary Subsidy" that was announced in August 2020 for <u>single-parent households with less income due to COVID-19</u> is approaching. Please apply as quickly as possible.</p> <p>A second payment will also be provided to households that are still experiencing financial difficulties as of December 2020.</p> <p>If you apply for this payment at this time, you will receive 2 payments.</p> <p>Application deadline: Friday 26 February 2021</p>
Eligibility	<p>① Recipients of public pension payments, who have not applied for/received single-parent child allowance payments</p> <p>② People receiving less income due to COVID-19, who have not applied for or received single-parent child allowance payments (ex. people who earn more than the income cap and therefore do not qualify for single-parent child allowance payments etc).</p> <p>Also applies to people who have become single-parent households during the application period.</p> <p>If you received a child allowance payment in June 2020, or if ① applies to you and your household receiving less income due to COVID-19, you will receive another one-time payment of ¥50,000 per household.</p>
Payment Amount	<p>¥50,000 per household per payment.</p> <p>An additional ¥30,000 per child will be provided for each child after your first child per payment.</p>
Contact Details	<p>Shiawase-Welfare Promotion Division, Family Welfare Section (Shiawase Suishin-ka Katei Fukushi-kakari)</p> <p>☎ 0538-44-3184</p> <p>Citizen Service Division, Citizen Service Section (Shimin Sabisu-ka Shimin Sabisu-kakari)</p> <p>☎ 0538-23-9211</p>



Free Bread and Soybean Paste

to Single Parents and People 65+ Living by Themselves

ひとり親家庭や一人暮らし高齢者の方に手づくりのみそとパンを無料配布



Day & Time	Sunday 28 February 10:00 am – Midday
Place	Mellow Plaza
Details	Mellow Plaza and the NPO Mellow Plaza Supporter Club will distribute hand-made soybean paste (miso 0.5 kg per bag) and bread (6 rolls per bag) for free.
Target	Single parents, and people (65+) who live by themselves
Limit	50 applicants (if there are many applicants, participants will be chosen randomly)
Apply	<p>Please submit your address, name, age and phone number via phone or fax to the contact details below.</p> <p>Application deadline: Saturday 20 February.</p>
Contact Details	<p>Mellow Plaza (Mero Puraza) (9:00 am - 10:00 pm. Closed Wednesdays)</p> <p>☎ 0538-30-4555</p> <p>FAX: 0538-23-8000</p>



Confirm Your Child Allowance Payments

児童手当の振り込みをご確認ください

Details	February is a child allowance payment month. Child allowance for the duration of October 2020 – January 2021 (4 months) will be paid on the day below.
Payment Date	Wednesday 10 February
Monthly Allowance Amounts Per Child	<p>① All children under the age of 3 years and third-born (or later) children between the age of 3 years and elementary school age: ¥15,000</p> <p>② First-born and second-born children between the age of 3 years and elementary school age and all junior high school age children: ¥10,000</p> <p>③ All other special beneficiaries: ¥5,000</p>
Contact Details	<p>Shiawase-Welfare Promotion Division, Family Welfare Section (Shiawase Suishin-ka, Katei Fukushi-kakari)</p> <p>☎ 0538-44-3184</p>



Hand Towel Dying Workshop

みちか しよくぶつ そ て
身近な植物で染める手ぬぐいワークショップ

Date	Saturday 3 April
Time	Session ①: 9:30 am – 12:30 pm. Session ②: 1:30 pm – 4:30 pm
Location	Tsukimi-no-Sato Workshop Center, Calligraphy / Monozukuri Workshop Room, Food Workshop Room
Details	Come and learn how to make natural dyes using common plants like onion skins and Japanese mugwort. You'll have the chance to dye 2 white Chita cotton hand towels (<i>tenugui</i>) using simple methods that can be replicated at home. You'll also learn some easy pattern making techniques, such as pressure resist dying, known as <i>itajime</i> . Your unique creations will be displayed in an exhibition from 5 - 8 May, and then returned to you. Instructor: Izumi Naho (representative for -samio-)
Target & Limit	20 people (in order of application). Children under elementary school age require a guardian present.
Cost	¥3,000 (includes materials) ◆ You must pay the whole cost if you cancel after Saturday 27 March.
How to Apply	Please submit your name, address and phone number in person or via phone. Application opens: Tuesday 16 February
Contact Details	Tsukimi-no-Sato Workshop Center (<i>Tsukimi no Sato Gakuyukan</i>) (Closed Thursdays) 4-3-7 Kami-Yamanashi, Fukuroi ☎ 0538-49-3400 ✉ info@tsukiminosato.com

Child Allowance Class: Parents and Children (Kindergarten Grade 2 – Elementary Grade 3)



mama+「年中～小3向け親子おこづかい教室」



Date & Time	Friday 26 March, 10:00 am – midday (reception opens at 9:45 am)
Location	Ochabatake Maternity Hospital (Toyoza 2158-3)
Details	Come and learn about using money wisely through fun games and activities suitable for children aged 4 and up. Instructor: Shibaya Sachiko (FPMamaFriends authorized instructor)
Target & Limit	Children (4 years – Elementary grade 3) and parents, 10 groups (in order of application)
How to Apply	Please submit an application form via our homepage with your address, names, child's age, e-mail address, phone number, if you require childcare (including the child's name and age), and if you would like to order a lunchbox or bring your own. Application period: Sunday 14 February – Tuesday 23 March
Cost	¥1,000 (one guardian + one child), ¥500 per additional child, Childcare: ¥200 per child, Lunchbox: ¥500
Contact Details	mama+ (Sasaki) ✉ mamaplus26@yahoo.co.jp



March Courses for Beginners at Mellow Plaza

メロープラザ「3月開講! メローカレッジ (入門編)」



Course Name	Period • Schedule	Time	Cost	Limit	Details
108 – Flower Boxes	► Tuesday 9 March	10:00 am ~11:00 am	¥2,500 (Includes materials)	12 Groups	► Make adorable fresh flower arrangements in boxes. Instructor: Itou Eri
109 – March Sweets Club	► Saturday 13 March	9:30 am ~12:30 pm	¥2,000 (Includes materials)	12 People	► Make delectable strawberry cream puffs. Instructor: Egawa Yukiko
110 – March: Fun Bread Making	► Saturday 13 March	1:30 pm ~4:30 pm	¥1,500 (Includes materials)	12 People	► Make almond-powder filled snack bread. Instructor: Iwakura Emiko
111 – “Milk is Amazing!” Let's make ice cream from milk	► Sunday 14 March	2:00 pm ~4:00 pm	¥1,000 (Includes materials)	12 Groups	► Quiz-style talk about milk, ice cream and strawberry parfait making. Instructor: Kawakami Eiko
Target	108: Children may attend with a parent. 109, 110: 18+ years (excluding high school students, please refrain from bringing children). 111: open to elementary grade 3 and up (elementary school aged children require a guardian present).				
How to Apply	Please submit your name, phone number and the course number via phone. Application opens: Saturday February 20				
Additional Information	► The course may be cancelled if there are not enough applicants. ► Payment for the course must be completed at the latest, the day of the course. ► Cancellation fees: ◆ within 7 days of the course: ingredient costs only. Same-day: entire course cost.				
Contact Details	Mellow Plaza (<i>Mero Puraza</i>) (9:00 am - 10:00 pm. Closed Wednesdays) ☎ 0538-30-4555 🌐 http://www.mellowplaza.com				

<EVENT・イベント>



Flea Market 'Tokaido Domanaka Ichi'

とうかいどう いち
「東海道どまんなか市」フリーマーケット



Date & Time	Sunday 7 March, 9:00 am – 1:00 pm
Location	Fukuroi City Hall, West Parking Lot
Details	Flea market and sale of fresh produce. ♦ To register a stall, please submit your name, phone number and a description of goods to be sold via SMS.
Contact Details	Tokaido Domanaka Ichi Committee (Tokaido Domanaka Ichi Jikko Inkai) ☎ 090-2263-5522 (Representative: Suzuki Kunihiko)

<HEALTH・健康>



After Hours and Holiday Emergency Care Roster

15 February - 15 March 2021

やかん きゅうじつきゅうきゅうしゅうとうばんいひょう れいわ ねん がつ にち がつ にち
夜間・休日救急当番医表 令和3年2月15日～3月15日

Date	Clinic Name	Address	Medical Practice	TEL (0538)
2/15 MON	Mizoguchi Family Clinic	Asaoka 45-1	Internal medicine, paediatrics	23-8300
16 TUE	Uesugi Naika Clinic	Kakenoue 19-2	Internal medicine, cardiology	41-3000
17 WED	Hiro Clinic	Kamiyamanashi 2070	Internal medicine	48-5200
18 THU	Miki Shonika lin	Izumi-cho 1-7-5	Paediatrics	43-3797
19 FRI	Shimura Naika lin	Kuno1973-3	Internal medicine, pulmonology, paediatrics	44-1159
20 SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center			
21 SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
22 MON	Kawano Naika/Shokaki Naika lin	Hojo 3-7-9	Internal medicine, gastroenterology	42-2277
23 TUE	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
24 WED	Shiraki Naika Junkanki Clinic	Takao 259-2	Internal medicine, cardiology	43-9555
25 THU	Tokunaga lin	Nishidori 149-1	Internal medicine, paediatrics, dermatology, rehabilitation	23-2017
26 FRI	Yamana Shinryojo	Haruka 588-1	Internal medicine, rheumatology, cardiology, gastroenterology	49-1331
27 SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center			
28 SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
3/1 MON	Kidokoro lin	Hirooka 1463-2	Internal medicine, gastroenterology	44-2323
2 TUE	Genma Naika/Kokyuki Naika Clinic	Toyosawa 1289-41	Internal medicine, pulmonology, allergology, infectious diseases	41-0055
3 WED	Hiro Clinic	Kamiyamanashi 2070	Internal medicine	48-5200
4 THU	Tanaka Jyunkanki Naika Clinic	Takao 1766-1	Internal medicine, angiology	41-0810
5 FRI	Ishizuka Shonika/Naika Clinic	Kamiyamanashi 3-14-2	Paediatrics, internal medicine	49-2099
6 SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center			
7 SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
8 MON	Mizoguchi Family Clinic	Asaoka 45-1	Internal medicine, paediatrics	23-8300
9 TUE	Aoba Kodomo Clinic	Takao 1780	Paediatrics, allergology	41-0852
10 WED	Shiraki Naika Junkanki Clinic	Takao 259-2	Internal medicine, cardiology	43-9555
11 THU	Uesugi Naika Clinic	Kakenoue 19-2	Internal medicine, cardiology	41-3000
12 FRI	Miki Shonika lin	Izumi-cho 1-7-5	Paediatrics	43-3797
13 SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center			
14 SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
15 MON	Shimura Naika lin	Kuno1973-3	Internal medicine, pulmonology, paediatrics	44-1159



Holiday Emergency Dental Care Roster February – March (9:00 am – midday)

きゅうじつきゅうきゅうしゅう し か しんりょうとうばんいひょう れいわ ねん がつ がつ
休日救急歯科診療当番医表 令和3年2月～3月

Date	Clinic Name	Address	TEL (0538)
2/21 SUN	Iwata Byoin Shika Koku Geka	Iwata-shi Okubo 512-3	38-5000
28 SUN	Dental services are not available on the last Sunday of every month		
3/7 SUN	Ogura Shika lin	Iwata-shi Ikeda 1043-3	34-5552

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