

# FUKUROI NEWSLETTER

2022  
June

## <EVENT・イベント>



### Fukuroi Station Area Festival (*Fukuroi Eki Machi Festa*)

フクロイエキマチフェスタ



<b>Date &amp; Time</b>	Sunday 19 June, 10:00 am – 3:30 pm
<b>Location</b>	Fukuroi Station North Area, Tabata East Reservoir Park ( <i>Tabata Higashi Yu-suichi Koen</i> ) Fukuroi-shi, Takao 1217
<b>Details</b>	Explore the station area and enjoy kitchen cars, markets, stage events, workshops etc.! Please check the city website for more information.
<b>Target &amp; Limit</b>	All are welcome. ※ Some workshops: In order of application depending on their limited capacity
<b>Cost</b>	Free of charge ※Some workshops: A participation fee/ material costs required depending on their contents
<b>How to Apply</b>	No need to apply. Head directly to the venue on the day. ※Please note that on-street parking is not permitted.
<b>Contact Details</b>	City Planning Division, City Development & Planning Office ( <i>Toshi Keikaku-ka, Machizukuri Keikaku-shitsu</i> ) ☎ 0538-44-3122

## <HEALTH・健康>

### FY2022 Cancer Screening Examination

れいわ ねんと けんしん  
令和4年度がん検診



<b>Period</b>	May – December 2022
<b>Target &amp; Examination</b>	People aged 20+ (cervical cancer screening), 30+ (breast cancer screening), 40+ (gastric, colorectal, lung cancer and tuberculosis screening) and 50 + (prostate cancer screening) [Current ages up to 31 March, 2023]
<b>Other Info</b>	<ul style="list-style-type: none"> <li>➢ A specific medical examination (only at the city-designated medical institutions) can be conducted for those who have applied for a gastric cancer screening on the same day.</li> <li>➢ For the eligibility of sputum examination, please inquire about the requirements.</li> <li>➢ The examination form and the cancer screening information for which you have applied will be mailed to you at a later date.</li> <li>➢ The dates and methods of the examinations, as well as the amount of copayment, are subject to change. Please check again when you receive the examination form.</li> </ul>
<b>How to Apply</b>	Please submit your name, date of birth, phone number, and the examinations you wish to receive via phone or fax to the contact details below. Applications can be accepted at any time.
<b>Contact Details</b>	Health Promotion Division, Medical Examination Guidance Section ( <i>Kenko Zukuri-ka, Kenshin Shidou-kakari</i> ) ☎ 0538-42-7275 FAX: 0538-42-7276

Examination	Target	Venue	Period	Description of Examination	Copayment
Gastric Cancer Screening	People aged 40+	General Health Center ( <i>Heartful Plaza Fukuroi</i> ), Sawayaka Arena, etc (Medical examination vehicle)	May-Dec	X-ray (barium)	¥ 1,300
Colorectal Cancer Screening				Fecal occult blood reaction test (Stool test)	¥ 500
Chest Screening (Lung Cancer and Tuberculosis)	People aged 40+ & Required for People aged 65+	Sawayaka Arena, Community Centers, etc (Medical examination vehicle)	May-Dec	X-ray examination	Free
				Sputum examination (for eligible people only)	¥ 700
Prostate Cancer Screening	Men aged 50+	General Health Center ( <i>Heartful Plaza Fukuroi</i> ) or City-designated medical institutions	May-Dec	Blood test (PSA test)	¥ 1,100
Cervical Cancer Screening	Women aged 20+	Sawayaka Arena, Community Centers, etc (Medical examination vehicle)	May-Dec	Consultation, internal examination, cytological examination	¥1,300
		Chutoen General Medical Center	Jun-Oct		
		Obstetrics and Gynecology Clinics of this City	Jun-Dec		
Breast Cancer Screening	Women aged 30+	Sawayaka Arena, Community Centers, etc (Medical examination vehicle)	May-Dec	Consultation, mammography or breast echo (varies by age)	¥ 1,300
		Chutoen General Medical Center	Jun-Oct		



## FY2022 Specific Medical Examination Starts in June

とくていけんしん はじ  
特定健診が始まります

<b>Details</b>	The specific medical examinations for people aged 40 - 75 who are insured by the Fukuroi City National Health Insurance starts in <b>June</b> in the <b>city-designated medical institutions</b> . Information (examination forms, etc.) were sent out by <b>31 May</b> .
<b>Target</b>	<b>People aged 40 - 75 insured by the National Health Insurance of Fukuroi City</b> (Those who became insured on/after <b>2 April</b> and wish to take this specific medical exam need to apply.)
<b>Examination</b>	<b>Consultation, physical examination, blood pressure measurement, blood and urine test</b> (Anemia test, electrocardiogram and eye test for those who need them)
<b>Cost</b>	¥1,500 <b>Free of charge: People aged 40, 45, 50, 55, 60, 65 and 70</b> [current ages up to <b>31 March 2023</b> ]
<b>Bring</b>	<b>Medical examination form, health insurance card, examination fee and free examination ticket</b> for those eligible
<b>Other Info</b>	For those exempt from municipal tax, a <b>free examination ticket</b> can be issued ( <b>Application required</b> ). Please submit your name, date of birth and phone number at least <b>10 days</b> before the exam date. For more information, please contact the details below.
<b>Contact Details</b>	<b>Health Promotion Division Medical Examination Guidance Section (Kenkou Zukuri-ka Kenshin Shidou-kakar)</b> 0538-42-7275

※General Examination: Specific Medical Examination & Cancer Screening on the same day. Please inquire at the contact details for further information.

	Period	Venue	Limit	How to Apply
Individual Medical Examination	Wednesday 1 June - Saturday 31 December ※varies by medical institutions	City- designated medical institutions	No	Be sure to make an appointment with the medical institution that requires your appointment.
※General Examination	June - December (15 days) Dates and times designated by the city	Sawayaka Arena or Asaba Health Center	160 People/day (In order of application)	Apply to the contact details in the information. If you do not have the information, please contact the details above.



## Partial Change of Child Allowance System

じどうてあてせいど いちぶへんこう  
児童手当制度が一部変更になります

<b>Details</b>	Due to the partial review of Law, the child allowance system will be changed from the <b>October</b> payment (June – September 2022). From 2022 onwards, the city will check the beneficiaries' current situation as of <b>1 June</b> in the Basic Resident Register. ◆ <b>Submission of a "Current Status Notification Form" (Genkyo Todoke) is no longer required</b> in principle. Until now, in order to receive the child allowance, the beneficiaries needed to submit a "Current Status Notification Form" every year. <b>If the child's upbringing situation is not changed, they will not need to submit this form</b> excluding some cases. ◆ <b>Households whose income is above the standard amount will not be eligible for special benefits.</b> According to the chart below, if the person's income is more than "A" and less than "B", <b>¥5,000 per child per month</b> will be paid, but if it's more than "B", special benefit and child allowance will <b>not</b> be paid.
<b>Contact Details</b>	<b>Citizen's Wellbeing Division, Family Welfare Section (Shiawase Suishin-ka, Katei Fukushi-kakar)</b> ☎ 0538-44-3184 <b>Citizen Service Division, Citizen Service Section (Shimin Sabisu-ka, Shimin Sabisu-kakar)</b> ☎ 0538-23-9211

Number of Dependents (Examples in parentheses)	A: Income Limit		B: Maximum Income Limit	
	Income Amount	Income Estimate	Income Amount	Income Estimate
0 (e.g., if the child was not born at the end of the previous year)	6.22 million yen	8.333 million yen	8.58 million yen	10.71 million yen
1 (e.g., if there is only one child)	6.60 million yen	8.756 million yen	8.96 million yen	11.24 million yen
2 (1 child + spouse with annual income of ¥1.03 million or less, etc.)	6.98 million yen	9.178 million yen	9.34 million yen	11.62 million yen
3 (2 children + spouse with annual income of ¥1.03 million or less, etc.)	7.36 million yen	9.60 million yen	9.72 million yen	12 million yen
4 (3 children + spouse with annual income of ¥1.03 million or less, etc.)	7.74 million yen	10.02 million yen	10.10 million yen	12.38 million yen

※Income Estimates: Based on salary income only. (The income level will be determined after deduction of salaries, basic expenses and other losses.)

## Confirm your Child Allowance Payments

じどうてあて ぶ こ かくにん  
児童手当の振り込みをご確認ください



<b>Payment Date</b>	Friday 10 June
<b>Details</b>	<b>June</b> is a child allowance payment month. Child allowance for the duration of <b>February – May 2022 (4 months)</b> will be paid on the date above. <b>Monthly child allowance amounts per child:</b> 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: <b>¥15,000</b> 2) First-born and second-born children between the age of 3 years and elementary school age and all junior high school age children: <b>¥10,000</b> 3) All other special beneficiaries: <b>¥5,000</b>
<b>Contact Details</b>	<b>Citizen's Wellbeing Division, Family Welfare Section (Shiawase Suishin-ka, Katei Fukushi-kakar)</b> ☎ 0538-44-3184

<INFORMATION・お知らせ>



**Gender Equality Week: Thursday 23- Wednesday 29 June**

6月23日～29日は、「男女共同参画週間」です

<b>Details</b>	Under the catchphrase for 2022 "Toward the new ( <i>atarashii</i> ) society where you can be yourself ( <i>anata-rashii</i> )", the city promotes initiatives to realize a gender-equal society in which men and women can participate together in all fields and can fully demonstrate their individuality and abilities. In order to realize a gender-equal society, let's think about what we can do at work, school and home, such as men's participation in childcare, women's career development in society and the eradication of domestic violence.
<b>Contact Details</b>	<b>Collaborative Community Development Division, Foreign Nationals' Social &amp; Intercultural Relations Promotion Office</b> (Kyodo Machizukuri-ka, Gaikokujin Katuyaku ・ Kyosei Shakai Suishin-shitsu) ☎ 0538-44-3138



**Free Rental of Electric-Assisted Bicycles (E-Bikes) for People 60+**

60歳以上の方に電動アシスト付き自転車の無料貸し出しを行います



<b>Rental Period</b>	Within 1 month
<b>Rental E-Bike Type &amp; Size</b>	◆ 2-wheel Type: 20-inch/26-inch ◆ 3-wheel Type: 16-inch
<b>Target &amp; Limit</b>	Residents of the city aged 60+ ◆ E-bike rental: Up to 3 times per person per fiscal year
<b>Cost</b>	Free of charge
<b>How to Apply</b>	Please bring your ID (driver's license or health insurance card) and submit your application form to the contact details below. Application forms available at the following service window will be accepted at any time.
<b>Contact Details</b>	Fukuroi Station East Bicycle Parking Area, Manager's Office (Fukuroi Eki Higashi Churinjo-nai Kanrinin-shitsu) (Open 9:00am - 8:00 pm) ☎ 0538-43-3470

<MULTICULTURAL NOTES・多文化コラム>



**Let's Learn Daily Japanese Part ③ " Directional Expressions"**

毎日の日本語③ 方向を覚えましょう

Let's check out various directional expressions as they are often used in Japan. If you know any of these words/phrases, you will find your right path!

Japanese	Hiragana	How to Read	English
方向	ほうこう	Houkou	Direction
左 ←	ひだり	Hidari	Left
右 →	みぎ	Migi	Right
左右	さゆう	Sayu-u	Left & Right
直進	ちよくしん	Chokushin	Straight
真っすぐ進む	まっすぐすすむ	Massugu susumu	Go straight
右にまがる	みぎにまがる	Migi ni magaru	Turn right
※ 右折	うせつ	Usetsu	
左にまがる	ひだりにまがる	Hidari ni magaru	Turn left
※ 左折	させつ	Sasetsu	



◆ People who easily get lost on the road or in the wrong direction are called "directionally challenged" (*Houkou-onchi*), which is one of the common words.

上	うえ	Ue	Up	上 ↑ 下 ↓
下	した	Shita	Down	
上と下	うえ と した	Ue to shita	Up & Down	
※ 上下	じょうげ	Jyouge		
前	まえ	Mae	Front	Illustration of three cars from different perspectives.
後ろ	うしろ	Ushiro	Back	
横	よこ	Yoko	Side	
東	ひがし	Higashi	East	Illustration of a compass rose.
西	にし	Nishi	West	
南	みなみ	Minami	South	
北	きた	Kita	North	

※:Japanese words that can be found on information signs at intersections, etc.[Common expressions often used with other words]

◆ Please also check the "**Connect and Enhance Your Life in Japanese**" (*Tsunagaru hirogaru nihongo de no kurashi*) on the **Agency for Cultural Affairs'** website, where you will find a lot of information on learning directions through this QR code!





**After Hours and Holiday Emergency Care Roster**

**15 June – 15 July 2022**

やかん きゅうじつきゅうき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4年6月15日～7月15日

※When seeking emergency care, please call and inform the doctor of your symptoms before visiting the clinics/hospitals.

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

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 Foreign Nationals' Social & Intercultural Relations Promotion Office

袋井市役所 協働まちづくり課 外国人活躍・共生社会推進室 TEL 0538-44-3138

Orientation Video for Foreign Residents – Living in Fukuroi

Foreign Resident Consultation Desk



Please check out this video made by the city with helpful information about living in Fukuroi on YouTube.



We provide consultations for Japanese language study, education and work etc. Available in English.

TEL (0538) 43 - 8070

Location: Fukuroi International Exchange Center (Araya 1-1-15)