

HELLO SAKURA

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This is a free monthly English newsletter for foreign residents carrying excerpts from the Japanese newsletter published twice a month by the city of Sakura. Unless otherwise indicated, inquiries over the telephone or at the facilities are handled only in Japanese. If you do not speak Japanese, please have someone who speaks Japanese with you when you make inquiries. Inquiries in English may be made generally on Wednesdays through Koh'hoh-ka (the Public Relations Section) at the Sakura City Hall.



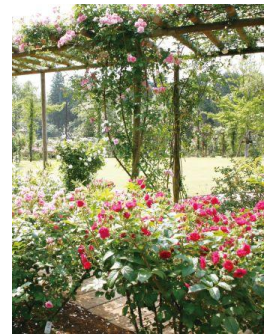
BEST TIME TO VIEW THE IRISES & ROSES



IRIS — THE CITY FLOWER OF SAKURA

Colorful irises covering the lower garden in Sakura *Johshi Koh'en* (Castle Park) are at their best from the beginning to the middle of June. There are some 9,000 plants of irises in a wide range of colors in a natural setting. Also, hydrangeas will be in full bloom in *Johshi Koh'en* from the middle of June to the beginning of July. Call *Koh'en-ryokuchi-ka* (the Parks & Greenery section), ☎ 484-6165 for further information.

Additionally, do not fail to visit the Rose Garden in *Kusabue-no-oka* Park where many of old roses & wild roses would be at their best from late May to early June. The Rose Garden is divided into sections specializing in different types of roses, such as 'History of Rose Garden', 'Fragrant Rose Garden', 'Species of Asia Garden', etc., so that visitors can easily learn about the history and characteristics of each variety. The park is open from 9:00 to 17:00 daily (no admission after 16:00). Admission to *Kusabue-no-oka*, including the Rose Garden, is ¥300 for junior high school & elementary school students, ¥150 for preschool children, and ¥400 for others. Call Kusabue-no-oka, ☎485-7821, or NPO Rose Culture Institute, ☎486-9356 for further information.



EVENTS HELD BY S.I.E.F.

The Sakura International Exchange Foundation (S.I.E.F.) will hold the following events for foreign and Japanese residents of Sakura (including those who study or work in Sakura) at the Millennium Center Sakura (1-minute walk from the north exit of Keisei Sakura Station).

Call S.I.E.F. for further information during its office hours, ☎/fax 484-6326: Monday-Friday, 9:00-17:00.

S.I.E.F. SPEECH CONTEST: The annual Speech Contest will be held on Sunday, September 26, 9:30-17:00. It is open to Japanese students of elementary & junior high schools and foreigners who work, study, or live in Sakura City.

The program consists of 3 parts: (1) free speeches in the Japanese language by foreigners, and (2) recitations or speeches in English by elementary school pupils, (3) recitation/speech contests in English by junior high school students. Participants are free to select any theme as the subject for the speech or the recitation. Awards or participation prizes will be presented to all the participants. Applications will be accepted on a first-come, first served basis, until the number of applicants reaches the fixed number. Application deadline is Wednesday, June 30, 16:00.

Further details may be obtained by reading the leaflet of the Speech Contest, available at elementary or junior high schools, community centers, and *Koh'hoh-ka* (the Public Relations Section at the City Hall), or by calling S.I.E.F.

ENGLISH FOR ALL: Whoever wants to speak English will enjoy the program 'English for all', full of games, performances, debates, and lots more on Sunday, June 27, 10:00-16:00. Participation is free of charge. Application form is available at S.I.E.F., community centers and the City Hall. Applicants above 4 years of age are accepted on a first-come, first-served basis by either of the following three application methods: 1) e-mail to sakurakikin1988@yahoo.co.jp 2) fax 043-484-6326, or 3) bring the application form to the S.I.E.F. office. Deadline for application is Friday, June 18. Call S.I.E.F. for further information.



PUBLIC HEALTH CHECKUPS & CANCER SCREENINGS/EXAMINATIONS

The city of Sakura offers various health checkups and screenings/examinations for cancer to help residents enjoy long and healthy life.



<ELIGIBILITY>

For general health checkup--- You are eligible to have the general health checkup if you are ●the insured (including his/her dependant) of Sakura City National Health Insurance as of April 1, 2010, and at the age of 40-74 as of March 31, 2011, ●the insured of *Chiba-ken Kohki-kohreisha Iryoh Koh'iki-rengoh* (the Chiba prefectural federation which manages the medical system for senior citizens aged 75 or older), or ●on welfare and 40 years of age or above.

For screenings/examinations for cancer, osteoporosis, hepatitis, and dental problems--- those who are registered on resident registration or foreign resident registration in Sakura City are eligible to receive them.

CHECKS/SCREENINGS	GENDER/AGES	MASS SCREENING FEES	INDIVIDUAL EXAMINATION FEES	NOTES
General Health Checkup	Men/Women---Refer to the description of 'eligibility'	¥1,000	¥2,000	If you belong to an employee's health insurance, you will be offered a workplace health checkup.
lung cancer (chest X-ray)	Men/Women, age 40 or above	¥300	¥1,300	Wear print-free, buttonless, metal parts-free T-shirt.
Stomach cancer	Men/Women, age 40 or above	Barium swallow only, ¥900	Barium swallow or endoscope, ¥3,000	No food, drink, or smoking after 21:00 of the previous day until the screening/examination is over. If you are allergic to barium or have ever had disorders caused by taking barium, consult your home doctor before taking the screening/examination.
Colon cancer	Men/Women, age 40 or above	¥400	¥1,000	You are required to obtain a stool test kit for occult blood in advance. To obtain the kit, call Kenkoh Kanri Center/Seibu Hoken Center/Nambu Hoken Center for mass screening, or your home doctor for individual examination.
Cervical cancer	Women, age 20 or above, and her age is an even number	¥1,000	¥2,000	Women with no sexual experience do not need to have the screening/examination as cervical cancer is extremely rare in them.
Breast Cancer	Mammography: Women, age 40 or above	¥1,000	Ultrasound only, Women, age 30 or above, ¥2,000	Application for the mass screening will be accepted from Oct. 1 . Please read the notes below about how to apply for it. Those who took the mass screening in 2009 are requested to take the individual examination this year.
	Ultra sound: Women, age 30-39	¥1,000		
Osteoporosis (bone density check)	Men/Women, age 20,25,30,35,40,45, 50,55,60,65,or70	¥500		Application for the bone density check will be accepted from Sept. 1 . Please read the notes below about how to apply for it.
Hepatitis	Men/Women, (1) age 40 (2) above age 40 who have never had a hepatitis screening.	¥500	¥1,200	(1) eligible to apply for either mass screening or individual examination. (2) eligible to apply only for the mass screening. Application for the mass screening will be accepted from June 1 . Please read the notes below about how to apply for it.
Dental check	Men/Women, age 30 or above		¥300	Check only. From June 1 till November 30. Cannot be treated on the same day.

NOTES

- **Consult the dates and places for mass screenings in June 1st issue of *Koh'hoh Sakura*** (official newsletter printed in the Japanese language). The names of doctors and dentists for individual examinations are also listed there.
- **Be sure to bring your health insurance certificate, and 'the Health Checkup Slip (*kenshin-jushin-ken*)'** which was sent in late May to the following residents: those who are at the age of 20 (women only), 30, 40, 50, 60, & 70; those who took the Sakura's health checkup in 2009; and those who are eligible to receive the general health checkup. If you have not yet received it, call *Kenkoh Kanri Center*, ☎485-6711 at least 2 weeks before your preferred date for

checkup/screening.

- Venues and dates for mass screenings are shown in the upper right of 'the Health Checkup Slip'. You are recommended to receive the screening at the designated venue and date, if it is possible. If you are going to receive it at an elementary school, City Gymnasium, or *Kenkoh Kanri Center*, please bring your own indoor shoes.
- The qualifying age in the chart indicates your age on March 31, 2011. You are eligible to have the checks, etc. even if you have not reached the qualified age on the day of the checks.
- **The period of checks/screenings/examinations:** Mass screenings/checks--June 5, 2010-- March 3, 2011; Individual examinations/checks--June 1--November 30; Dental check--June 1--November 30.
- **Individual examinations require appointments with doctors.**
- **Mass screenings do not require applications, except for screenings of hepatitis, breast cancer and osteoporosis.**
- **Application for mass screenings for breast cancer, hepatitis and osteoporosis:**

Applications prior to the start date of acceptance are invalid. Please apply more than a week prior to the date you prefer to undergo the screening test.

<How to apply> The application is accepted by any of the following methods: (1) by visiting *Kenkoh Kanri Center*, *Seibu Hoken Center*, or *Nambu Hoken Center*, where you will be required to fill out the application form. (2) by sending a postcard to *Kenkoh-zoh'shin-ka* 〒285-0825, 2-27, Ebara-dai, Sakura-shi, with the following information: name of the screening test you want to undergo, your address, name, date of birth, age, telephone number. or (3) by sending a fax to *Kenkoh-zoh'shin-ka* :485-6714.

* For breast cancer screening, please write your choice between mammography and ultra sound.

* For hepatitis, screening is held only twice a year and only in the morning.

* For breast cancer and osteoporosis screenings, please inform us of your first-third choices of the date and the choice between morning and afternoon.

Call *Kenkoh-zoh'shin-ka*, ☎485-6711 for further information.

FOR THE CURRENT RECIPIENTS OF JIDOH TEATE (CHILD ALLOWANCE)

If you received the Child Allowance as of March 31, 2010 and are also the current recipient, the city sent a status report (*Genkyoh-todoke*) in early June. Please remember to submit the status report to keep receiving the allowances through May next year. The deadline date for submission is Wednesday, June 30. If you fail, the payment will be suspended. Your status reports should be directed to *Jidoh-seishoh'nen-ka* (the Children and Youth Section), Monday-Friday, 8:30-17:00, either by visiting or mailing.

Call *Jidoh-seishoh'nen-ka*, ☎484-6140 for further information.



LEARNING HOW TO RIDE A UNICYCLE

A class for learning how to ride a unicycle will be held at Kita-Shizu Jidoh Center on Saturday, July 10, 10:00-11:30, rain or shine. Free of charge. Students can bring their own unicycle. The first 15 elementary school pupils from Grades 1 to 6 will be accepted by visiting the Kita-Shizu Jidoh Center for registration, starting on Saturday, June 12. Call the Center, ☎487-6782 for further information.



CHIBA PREFECTURAL CITIZENS' DAY ON JUNE 15 (TUE.)

NO SCHOOL FOR SAKURA'S ELEMENTARY & JUNIOR HIGH SCHOOL STUDENTS

Various events for the whole family will be held at *Kusabue-no-oka* on this day, and children of junior high school and under will get free admission to *Kusabue-no-oka*.

FREE CONSULTATION ON ORTHOPEDIC PROBLEMS

If you are concerned about your child's orthopedic disorders such as hip dislocation, bow-legs, awkward walk, etc., please consult specialists at *Imba Hokenjo* (Health Care Center) on the third Wednesday of each month. The consultation starts from 15:00 on each day (The reception is between 14:30-15:00). Reservation is required by calling *Imba Kenkoh Fukushima Center* (Health Care & Welfare Center), ☎483-1134.

THE POPULATION OF SAKURA CITY

As of the end of April, 2010, the Japanese population of Sakura was 175,897 (86,849 male and 89,048 female) in 70,285 households. Registered foreign residents accounted for 2,034. The combined population of Sakura City was 177,931.

HEALTH CHECKS FOR CHILDREN

Kenkoh Kanri Center (Health Management Center) ☎485-6711; *Seibu Hoken Center* (Seibu Health & Welfare Center) ☎463-4181; *Nambu Hoken Center* (Nambu Health & Welfare Center) ☎483-2812

AGES OF CHILDREN	JUNE '10	TIMES	PLACES
Health consultation for children of 4 months born in January, 2010	18	9:30–10:30	Kenkoh Kanri Center
		13:30–14:30	
	8	9:30–10:30	Seibu Hoken Center
		13:30–14:30	
	16	13:30–14:30	Nambu Hoken Center
<i>Mogu-mogu</i> (munching) Class for children of 8 months born in September, 2009	17	9:30–9:45	Kenkoh Kanri Center
	15		Seibu Hoken Center
	16		Nambu Hoken Center
For 18-month-old children born in November, 2008	24	13:15–14:15	Kenkoh Kanri Center
	9		Seibu Hoken Center
For 3-year-old children born in December, 2006	25	13:15–14:15	Kenkoh Kanri Center
	10		Seibu Hoken Center
Dental check for children born in June or December, 2007 or in June, 2008	2	13:30–14:30	Kenkoh Kanri Center
	17		
	7	13:30–14:30	Seibu Hoken Center
	22		
	29	13:30–14:30	Nambu Hoken Center

HEALTH CONSULTATIONS

PLACES	DATES	TIMES
Kenkoh Kanri Center	Jun.22	13:30-15:30
Nambu Hoken Center	Jun.10	9:30-11:30

Consultation with public health nurse, dental hygienist, or nutritionist is available on these days. An appointment is required by calling the respective centers. Telephone counseling is available at any of the centers, 8:30–17:00, Monday - Friday.

FREE ANTENATAL CLASSES

LESSONS	DATES	TIMES
1 st	June 4	9:00-15:20
2 nd	June 27	9:00-13:00

Free antenatal classes will be held at Seibu Hoken Center in June for expectant mothers to have the first babies between September and November, 2010. The program will include instructions on how to raise a healthy child, preparation of nutritious baby food, a lecture by a dentist, etc. There is a limit of 35 people in a class. To attend, application is needed by calling Seibu Hoken Center.

EMERGENCY MEDICAL SERVICES

Always be sure to bring your health insurance certificate !

Daytime treatment on Sundays & public holidays : Consultation by a **physician, a surgeon or a dentist** will be available between 9:00 and 17:00 (reception is open until 16:30) at the doctor's office who is on duty in a rotation system. Call ☎484-2516 to learn the doctor on duty.

Nighttime treatment on Sundays & public holidays : **Internal medicine & dental treatment** are available at Kenkoh Kanri Center, between 19:00 and 22:00 (reception is open until 21:45). **Treatment by a surgeon or an ENT doctor** (otolaryngologist) will be done at the doctor's office who is on duty in a rotation system, between 19:00 and 22:00 (reception is open until 21:45). However, obstetrics & gynecology treatment will not be offered any more as there are few patients. Call ☎485-6711 to learn the doctor on duty.

Pediatrics : For children under 16 years of age. Open year-round for treatment at Kenkoh Kanri Center from Monday through Saturday, 19:00-6:00 (next morning). On Sundays & public holidays, 9:00-17:00 & 19:00-6:00 (next morning). Call ☎485-3355 for further information.