

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.

NOTICE REGARDING NEW INFLUENZA STRAIN



Outbreaks of novel influenza A (H1N1) have been reported in Japan and in many countries. Everyone should take everyday preventive actions to stop the spread of virus, including gargles and hand washing, together with your calm response and actions based on the accurate information.

If you have returned from new strain of influenza-infected areas, and have a fever or other symptoms, please make a phone call to the Fever Consultation Center (*Hatsunetsu-sohdan Center*) ☎223-4411 before visiting any medical facilities.

Symptoms: Fever, fatigue, lack of appetite, cough, runny nose, sore throat, nausea, vomiting, diarrhea, etc.

How do people get infected?: ●Direct contact with infected swine (direct infection) ●By touching something with flu viruses on it and then touching your mouth or nose (contact infection) ●Like regular seasonal influenza, from person to person through coughing or sneezing by droplets from the nose or throat of an infected person (droplet infection).


Preventive measures

1. Gargle and wash your hands frequently.
2. Cover your nose and mouth with a tissue or a handkerchief when you cough or sneeze.
3. Throw the tissue immediately in the trash after you use it.
4. Wear a non woven mask (available at drugstores, etc.) if you are feverish, coughing or sneezing.
5. Avoid travel to affected areas, and stay away from crowded places and busy shopping/amusement districts.



SHOHBU MATSURI (IRIS FESTIVAL)

Iris--- the City flower of Sakura

 Please come and enjoy beautiful irises covering the lower garden at Sakura *Johshi Koh'en* (Castle Park). There are some 9,000 irises in 32 varieties which are at their best from the beginning to the middle of June. The annual Iris Festival will be held this year on Saturday, June 13 and Sunday, June 14. Call ☎484-6200 for further information.

Also, hydrangeas will be in full bloom from the middle of June till the beginning of July.

You can also enjoy irises and hydrangeas in the Kawamura Memorial Museum of Art, ☎ 0120-498-130.

At Kusabue-no-oka, Rose Festival will be held on June 6 (Sat) and June 7 (Sun). Call ☎485-7821.



hydrangea

CHIBA PREFECTURAL CITIZENS' DAY ON JUNE 15—FREE ADMISSION AT SEVERAL FACILITIES

●Monday, June 15 will be observed with free visits to 3 cultural monuments in Sakura City, *Buke-yashiki* (old samurai houses), *Sakura Juntendoh Kinenkan* (memorial building) and *Kyuh-Hotta-tei* (former residence of feudal lord Hotta). Visiting old samurai houses will help you to understand the way of life and living conditions of the samurai. The Japanese styled housing and the beautiful garden of *Kyuh-Hotta-tei* are the National Important Cultural Property dating back to Meiji era. *Sakura Juntendoh Kinenkan*, established in 1843, was a Dutch medical school and clinic that in those days trained many of Japan's best and brightest doctors. *Buke-yashiki* and *Juntendoh Kinenkan* will be open for visits from 9:00 to 17:00 (admission until 16:30); and *Kyuh-Hotta-tei*, from 10:00 to 16:30 (admission until 16:00). Call *Bunka-ka* (the Culture Section), ☎484-6191 for more information.

●Children of junior high school and under will also get free admission to Kusabue-no-oka.

PUBLIC HEALTH SCREENING



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

ELIGIBILITY: You are eligible to have the general health checkup if you are ●the insured (incl. his/her dependant) of Sakura City National Health Insurance and at the age of 40-74 on April 1, 2009, ●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.

As for other checkups and tests, you are required to be registered on resident registration or foreign resident registration in Sakura city.

Be sure to bring your health insurance certificate and the Health Checkup Slip which was sent to you at the end of May. If you have not got it, call Kenkoh Kanri Center ☎485-6711 at least 2 weeks before the checkup day you prefer.

CHECKS/TESTS	GENDER/AGES	MASS EXAMS FEES	INDIVIDUAL EXAMS FEES	NOTES
General Health Checkup	Men/Women Refer to the description of 'eligibility'	¥1,000	¥2,300	If you belong to an employee's health insurance, you will be offered a workplace health checkup.
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 test is over. Wear clothes that are free from buttons & metal parts. More notes are indicated below.
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 exams, and your home doctor for individual exams..
Cervical cancer	Women, age 20 or above, and her age is an even number	¥1,000	¥2,000	Wear a loose skirt. Women with no sexual experience do not need to have the test as cervical cancer is extremely rare in them.
Breast Cancer	Mammography: Women, age 40 or above	¥1,000	Ultrasound only, ¥2,000 Women, age 30 or above	Application for mass exam. will be accepted from Oct. 1. Please read the notes below about how to apply for it. For those who took the mass exam. in 2008: Please take the individual exam. this year.
	Ultra sound: Women, age 30-39	¥1,000		
Osteoporosis (bone density check)	Men/Women, age20,25,30,35,40,45, 50,55,60,65,or70	¥500	/	Application for check will be accepted from Sept. 1. Please read the notes below about how to apply for it.
Screening for 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 exam. or individual exam. (2) eligible to apply only for mass exam. Application for 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 examinations 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.
- The qualifying age in the chart indicates your age on March 31, 2010. You are eligible to have the test even if you have not reached the qualified age on the day of the test.
- Mass examinations do not need applications, except for those of **hepatitis, breast cancer and osteoporosis**.
- **Individual examinations always need appointments with doctors.**
- **Notes for stomach cancer test:** If you are allergic to barium or have ever had disorders caused by

taking barium, consult your home doctor before taking the examination.

● **Application for mass screening for breast cancer, hepatitis and osteoporosis**

<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 are required to fill out the application form. (2)by sending a fax:485-6714 or (3)sending a postcard to *Kenkoh-zoh'shin-ka* 〒285-0825, 2-27, Ebara-dai, Sakura-shi with the following information: the screening you want to undergo, your first-third choices of the date and the choices of morning or afternoon (for hepatitis, screening is held only in the morning), your address, name, date of birth, age, telephone number. For breast cancer examination, please write your choice between mammography and ultra sound. Call *Kenkoh-zoh'shin-ka*, ☎485-6711 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 27, 9:30-17:00. It is open to foreigners and Japanese students of elementary & junior high schools who work, study, or live in Sakura city.



The program consists of 3 parts: (1) free speeches in the Japanese language by foreign residents, and (2) recitations in English by elementary school pupils, (3) recitations and speech contest 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, e.g., 5,000yen gift certificate for every foreign participants. Applications will be accepted on a first-come, first served basis, until the number of applicants reaches the fixed number, or at the latest by no later than Tuesday, June 30, 16:00 by mailing or fax an application form to S.I.E.F.

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 21, 10:00-16:00. Applicants above 4 years of age are accepted on a first-come, first-served basis by sending a reply postal card (*oh'fuku-hagaki*) by no later than Monday, June 15 to S.I.E.F. Free of charge. Call S.I.E.F. for further information.

CITIZENS' TOUR TO THE NETHERLANDS — AUGUST 20(THU.) – 27(THU.)

As one of the commemorative events to celebrate the 400th anniversary of exchange between the Netherlands and Japan, the city of Sakura will hold the citizens' tour with the cooperation of Japan-Netherlands Society in Sakura. This will be a good opportunity to learn about the history, life and culture of the Netherlands, as well as to promote exchanges between Sakura and the Netherlands. Sakura's mayor will participate in the tour. The first 50 citizens will be accepted by calling JTB Tokyo, ☎03-6400-0151. Traveling expenses will be about 350,000yen (passenger facility charge, airport tax, and fuel surcharge are not included).

For information about the commemorative events for the 400th anniversary, call *Bunka-ka* (the Culture Section), ☎484-6191 or *Koh'hoh-ka* (the Public Relations Section), ☎484-6204.

FOR THE CURRENT RECIPIENTS OF JIDOH TEATE (CHILD ALLOWANCE)

Please remember to submit a status report (*Genkyoh-todoke*) to keep receiving the allowances through May next year. The deadline date for submission is Tuesday, June 30. If you fail, the payment may 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.

THE POPULATION OF SAKURA CITY: As of the end of April, 2009, the Japanese population of Sakura was 175,689 (86,686 male and 89,003 female) in 69,456 households. Registered foreign residents accounted for 1,932. The combined population of Sakura City was 177,621.

SAKURA CITY DISASTER PREVENTION MAP IN ENGLISH is available at *Koh'tsuh-Boh'sai-ka* (the Traffic Disaster Prevention Section). If you need it, call the section, ☎484-6131.

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 '09	TIMES	PLACES
Health consultation for children of 4 months born in January, 2009	16	9:30 – 10:30	Kenkoh Kanri Center
		13:30 – 14:30	
	5	9:30 – 10:30	Seibu Hoken Center
		13:30 – 14:30	
	10	13:30 – 14:30	Nambu Hoken Center
	<i>Mogu-mogu</i> (munching) Class for children of 8 months born in September, 2008	17	9:30 – 9:45
19		Seibu Hoken Center	
10		Nambu Hoken Center	
For 18-month-old children born in November, 2007	9	13:30 – 14:30	Kenkoh Kanri Center
	26		Seibu Hoken Center
For 3-year-old children born in December, 2005	11	13:30 – 14:30	Kenkoh Kanri Center
	18		Seibu Hoken Center
Dental check for children born in June or December, 2006 or in June, 2007	12	13:30 – 14:30	Kenkoh Kanri Center
	24		
	3	13:30 – 14:30	Seibu Hoken Center
	25		
	17	13:30 – 14:30	Nambu Hoken Center

HEALTH CONSULTATIONS

PLACES	DATES	TIMES
Kenkoh Kanri Center	Jun.23.	13:30-15:30
Nambu Hoken Center	Jun.16	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 12	9:00-15:00
2 nd	June 28	9:00-14:30

Free antenatal classes will be held at Seibu Hoken Center in June for expectant mothers to have the first babies between September and November 2009. 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.