



Kōhō-ka (Public Relations Section), Sakura City Hall

☎(043) 484-1111 or (043) 484-6103; Fax:(043) 486-8720; E-mail: koho@city.sakura.lg.jp; URL: http://www.city.sakura.lg.jp

This is a free monthly English newsletter carrying excerpts from the Japanese newsletter *Kōhō Sakura* (こうほう佐倉) issued by Sakura City. For a free subscription by postal mail, please send your request via email or fax to the above email address/fax number. In general, inquiries can be answered in English on **Wednesdays**, in Spanish on **Thursdays** and in Chinese on **Fridays**, through *Kōhō-ka*, City Hall. Except these days, questions can be answered only in Japanese at City Hall and/or other city facilities. Therefore, when making inquiries, please be accompanied by someone who speaks Japanese as needed.

## Sakura City Mayor, Nishita – start of his second term!

= Towards realization of Sakura as a sustainable city =

### INAUGURAL GREETINGS



Sango Nishita

After the Sakura Mayoral elections in April 2023, I will once again preside over the municipal administration in Sakura City. Regarding the results of the election, I believe that my efforts over the past four years have been highly evaluated and that I have received support and expectations for the city development that I envision. To fulfill our promise to everyone during the second term, we also recognize that each person has their own thoughts and ideas about community development and that these are important factors in building a better place. We will continue to listen to these diverse opinions and focus on creating a well-balanced community.

## SAKURA FIREWORKS FESTIVAL 2023

### START OF TICKET SALES FOR RESERVED SEATS

◆Priority sales for citizens start!

Application period: June 1 (Thur) 10:00 AM ~ June 11 (Sun)

Application method: From the Ticket Pia website →

※Membership registration required (free registration). In the case of a large number of applicants, a lottery will be held. The lottery results will be sent by email on June 14 (Wednesday)

\*Ticketing fees and system usage fees will be charged separately.

\*Seats cannot be specified.

◆General sales will start from 10:00 AM on June 15 (Thur) until the day of the event (first-come, first served). Details will be announced as soon as they are decided.

**Inquiries:** Sakura shi Kankō Kyōkai (Sakura City Tourism Association) ☎486-6000  
Sakura-no-Miryoku Suishin-ka (City's Attractiveness Promotion Section) ☎484-6146



Seating name	Selling price (1 masu)	Number of persons	Priority sale Purchase limit: 1 person	General Sale Purchase limit: 1 person
"S" RESERVED SEATS ※ 'Masu' seating comes with chairs ※Parking lot for ① is located at Sakura Kusabue no Oka, about a 20-minute walk to the venue. *(Masu = one cell or space as per the Japanese measuring system)				
① Masu seating (Parking included)	25,000 Yen	Until 5 persons	2 masu	1 masu
② Masu seating (Parking <b>not</b> included)	20,000 Yen			2 masu
"KASHIMA" RESERVED SEATS ※ Family seating and pair seating come with tables. ※Parking lot for ③ & ④ is located at Sakura Kusabue no Oka, about a 20-minute walk to the venue.				
③ Family seating (Parking included)	25,000 Yen (1 seating)	Until 4 persons	2 seating	1 seating
④ Pair seating (Parking included)	15,000 Yen (1 seating)	2 persons		1 seating
⑤ Pair seating (parking <b>not</b> included)	12,000 Yen (1 seating)			5 seating
⑥ Chairs	2,000 Yen (1 seating)	1 person	10 chairs	10 chairs
⑦ Free seating (no chairs)	1,000 Yen	-	-	-
"SUNSET HILLS" RESERVED SEATS ※ Family seating comes with tables. Pair seating come with chairs. ※Parking lot for ⑧ & ⑨ is located at Sunset Hills Parking space.				
⑧ Group seating (parking included)	32,000 Yen (1 seating)	Until 4 persons	1 seating	1 seating
⑨ Pair seating (parking included)	20,000 Yen (1 seating)	2 persons	1 seating	1 seating

## SUPPORT FOR FOREIGN CITIZENS

▶ *Kōhō Sakura English, Spanish and Chinese versions*, published on the 1<sup>st</sup> of every month. The issues are distributed at the City Hall, branch offices, public halls, Keisei and JR stations in the city, etc. They are also available on the city's website →



▶ *Sakura International Exchange Foundation (SIEF)* ☎ 484-6326

- Free counseling for foreigners' daily life, in English, Spanish and Chinese. Mondays ~ Fridays (except for holidays), from 10:00 ~ 12:00 and 13:00 ~ 16:00. No registration required. ※For interviews, reservation is required one day in advance.
- Japanese language courses on Thursdays, Fridays, Saturdays and Sundays. At Chūo Kominkan (Central Public Hall) and other locations. For details, please visit the SIEF's website →



## IMBANUMA LAKE OBSERVATION BY SIGHTSEEING BOAT



**Date:** June 28 (Wed) ※Will be conducted 3 times. Every time, a 45-minute lecture will be imparted on land and the ride on boat will last 30 minutes.

**Place:** Meeting place at Sakura Furusato Hiroba.

**Target people:** For those who live in municipalities around Imbanuma lake.

**Fee:** 100 Yen (Insurance included)

**Capacity:** 40 people each time. ※ A lottery will be carried out if the number of applicants exceeds the capacity.

Please apply by June 5 (Monday).

For more information, please visit the website or inquire at:

**Imbanuma Kankyō Kikin**  
(Imbanuma Environment Fund) ☎ 485-0397



## Tokutei Kenshin (Specific Health Checkups) & Cancer Screenings (Part 1)

Kenkō Suishin-ka (Health Promotion Section) ☎ 485-6711



Please note that the current scheduled screenings may be canceled depending on the status of the coronavirus infectious disease as well as the weather conditions.

- ◆ The following target people have started receiving Health checkup slips in late May:
  - Residents covered by National Health Insurance (NHI) who are aged 40 years old and over.
  - Residents aged 40, 45, 50, 55, 60, 65 or 70 years as of March 31, 2024.
  - Male and female residents aged 19, 25 or 30 years or females aged 20 or 35 years as of March 31, 2024.
  - Residents who took city's health checkups in FY 2022.
  - Residents eligible for the vouchers for cancer screening offered by the Japanese Government.

※For those who had the group screening for colon cancer in 2022 there will be enclosed a specific container in your checkup slip for this examination.

### 《《IMPORTANT》》

To obtain your medical examination, please make sure to bring the following items: ●your health checkup slip, ●medical interview sheet, ●health insurance card, ●checkup fees, ●decision notification (group only, not required for colon cancer inspection).

◆ At the time of the medical examination day, Sakura citizens are eligible targets.

◆ Those who are 70 years or older and those covered by Latter-Stage Elderly Health Care system in Sakura City can apply for all the tests for both, collective or individual and it's free of charge.

◆ For households exempt from municipal tax, welfare recipients who have applied for a fee waiver at least three weeks in advance to the Health Promotion Section, the examination fee will be free of charge.

**If the consultation ticket does not reach you at the beginning of June and you want to apply for this checkup, please contact the Health Promotion Section.**

- ◆ Reservations are required for group screenings. (Colon cancer screenings do not require reservation).
- ▶ Group screenings will be divided into the following two groups, both having different schedules. (Please refer to the *Kōhō Sakura*, June 1<sup>st</sup> issue for details on schedules and venues).
  - GROUP 1: Specific Medical examination (Tokutei Kenshin), Chest X-ray, Hepatitis, Colon Cancer screenings.
  - GROUP 2: Stomach cancer, colon cancer screenings.
- ※ As for the colon cancer screening, you can receive medical examinations on either both the 1<sup>st</sup> or 2<sup>nd</sup> group dates.
- ▶ In order to avoid congestion and to prevent the spread of the new coronavirus infection, please arrive at your appointed time.

### 《《 ABOUT THE NINGEN DOCK SUBSIDY >>》》

Target people are residents covered by National Health Insurance (NHI) who are aged at least 40 years old and those covered by Latter-Stage Elderly Health Care system, but please note that those who have undergone the specific medical examination cannot benefit from the Ningen Dock Subsidy. If you apply for both, the specific medical examination as well as the Ningen Dock Subsidy, you will be required to return the subsidy.

For inquiries, please call the Kenkō Hoken-ka (Health Insurance Section):

Benefit Management Section (National Health Insurance) ☎ 484-6604 / Medical Care for the Elderly ☎ 484-6136

## Tokutei Kenshin (specific health checkups) & Cancer Screenings (Part 2)

KIND OF SCREENING	ELIGIBLE PEOPLE (as of March 31, 2024)	TYPE	FEE	RESER- -VATION	SCREENING SCOPE, ETC.	
Tokutei Kenshin (Specific Health Checkups)	<b>❶</b> People aged 40+ who are insured by National Health Insurance (NHI). <b>❷</b> Those covered by Latter-Stage Elderly Health Care System. <b>❸</b> Those aged 40+ who are receiving public assistance. ※Not eligible if you joined the NHI on the day of the checkup.	Collective	¥1,000	Required	Height, weight, abdominal measurement (only for people aged 40-74), blood pressure, medical interview & examination, urinalysis (sugar & protein), blood tests (liver function, lipid metabolism, sugar metabolism & kidney function). ※Electrocardiography, ophthalmic check and anemia test will be added as needed.	
		Individual	¥2,000	Required		
Chest X-ray (Lung Cancer)	Men/Women aged 40 and over	Collective	¥ 300	Required	Medical interview and chest X-ray.	
		Individual	¥1,300	Required		
Stomach cancer	Men/Women aged 40 and over	Collective	¥ 900	Required	Medical interview and stomach X-ray (barium contrast) * Endoscopy test is allowed in an individual screening if barium can't be used due to allergy, etc.	
		Individual	¥3,000	Required		
Colon cancer	Men/Women aged 40 and over	Collective	¥ 400	<b>Not needed</b>	Stool test. A container for the test must be obtained in advance. ■Collective checkups: If you don't have a container, it can be delivered by post mail or you can obtain it at any health center. ■Individual checkups: A container for the test must be obtained in advance at the medical institution where you are undergoing the screening.	
		Individual	¥1,000	Required		
Hepatitis	Men/Women aged 40 and over: ▶Who have not had a hepatitis screening before. ▶Those who have never received treatment for hepatitis B or C and those who are not undergoing treatment or follow-up. (*)Free for people aged 40, 45, 50, 55, 60 or 65	Collective	¥ 500 (*)	Required	Medical interview and blood tests for Hepatitis B virus antigen and Hepatitis C antibody.	
		Individual	¥1,000 (*)	Required		
Breast cancer	Mammo- graphy	Collective	¥1,000	Required	Mammography and ultrasound examinations cannot be taken simultaneously in the same fiscal year.	Medical interview and breast X-ray.
		Individual	¥2,000	Required		
	Ultra - sound	Collective	¥1,000	Required		Medical interview and ultrasound examination.
		Individual	¥2,000	Required		
Cervical cancer	Those aged 20 and over who did not take this screening conducted by the city in the previous fiscal year	Collective	¥1,000	Required	Medical interview and cervical cytology	
		Individual	¥2,000	Required		
Osteoporosis (bone density)	Women aged 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, or 70	Collective	¥ 500	Required	Medical interview and arm bone X-ray. (Health advice is provided by a nutritionist).	
Dental checkup for adults	Men/Women aged 19 and over	Individual	¥ 300	Required	Medical interview and checkup for dental cavities and gum disease. Treatment is not possible on the day of the checkup. However, if treatment or tartar removal is performed, it will be treated as insurance medical treatment at a later date.	
Prostate Cancer	Men over 50 and those aged every 5 years	Individual	¥1,000	Required	Interview and blood test. Measurement of prostate specific antigen (PSA).	

◆Reservations can be done in any of the following ways: ※Applications on the phone are not accepted.






- ❶ On the Internet: Please provide the necessary information by accessing the city's website →
- ❷ At the Health Promotion Section or any of the city's health centers and fill out the application form.
- ❸ By sending a letter or postcard to *Kenkō Suishin-ka* (Kenkō Kanri Center) ☎285-0825, Ebaradai 2-27.
- ❹ By FAX: 485-6714 ※ (Please refer to the *Kōhō Sakura*, June 1<sup>st</sup> issue for details on the required information to send a letter, postcard or fax).



◆Childcare services for preschoolers (must be aged at least 6 months old) are available for cervical cancer and breast cancer screenings listed below. Please call Kenkō Suishin-ka for a reservation, ☎485-6711.

- Cervical cancer: December 20, 2023 (Wed).
- Breast cancer (ultrasound screening) for women in their 30's: December 22, 2023 (Fri) and January 24, 2024 (Wed). Please make a childcare service reservation after you are notified of your assigned screening date.

# HEALTH INFORMATION – JUNE 2023

Kenkō Kanri Center ☎485-6712	Seibu Hoken Center ☎463-4181	Nambu Hoken Center ☎483-2812	Holiday & Night-time Emergency Medical Services 
HEALTH CHECKUPS			
<b>4-month checkup</b> for children born in January 2023 ※An appointed time will be indicated 	DATE	PLACE	RECEPTION
	07 (Wed)	Kenkō KC	13:15 – 14:30
	16 (Fri)	Seibu HC	9:30 – 10:45 & 13:15 – 14:30
	09 (Fri)	Nambu HC	13:30 – 14:45
<b>8-month checkup</b> for children born in September 2022 (“ <i>Mogu-Mogu Class</i> ”) (Application required)	21 (Wed)	Kenkō KC	13:15 – 15:00
	15 (Thur)	Seibu HC	9:15 – 11:30
	09 (Fri)	Nambu HC	9:15 – 11:00
<b>18-month checkup</b> for children born in December 2021 ※An appointed time will be indicated	13 (Tue)	Kenkō KC	13:20 – 14:20
	19 (Mon)	Seibu HC	
<b>3-year checkup</b> for children born in December 2019 ※An appointed time will be indicated	14 (Wed)	Kenkō KC	13:20 – 14:20
	20 (Tue)	Seibu HC	
<b>Dental Checkup</b> for children born in June or December 2020 or in June 2021 ※On the days with a (*) mark, consultation on <b>Speech Development</b> is also available. ※An appointed time will be indicated.	06*(Tue)	Kenkō KC	 13:20 – 14:20
	22 (Thur)	Kenkō KC	
	05*(Mon)	Seibu HC	
	26 (Mon)	Seibu HC	
	12*(Mon)	Nambu HC	
<b>Child Development Consultation</b> for pre-schoolers (“ <i>Suku-Suku Hattatsu Sohdan</i> ”) (Application required)	15 (Thur)	Kenkō KC	9:00 – 12:00
<b>Maternity class for mothers &amp; fathers</b> 	This class is for moms and dads who have a baby for the first time. Please check the city's website for the schedule →		
<b>Health Consultation for Adults</b>			
<b>Consultation with a public health nurse</b> (Application required)	23 (Fri)	Kenkō KC	9:30 – 11:30

**Emergency Pediatric Internal Medicine** for children aged 15 or younger at Kenkō KC ☎485-3355  
 Working days & Sat. 19:00 ~ 22:45  
 On Sundays, holidays and year-end (December 29 ~ January 3) 9:00 ~ 16:45 & 19:00~22:45

**To Find an On-Duty Doctor (\*)**  
 8:30~22:00 (Sundays & Holidays)  
 ☎484-2516  
 Recorded audio guidance on contacting:  
 (daytime) • a surgeon • a dentist  
 • a doctor of internal medicine  
 (night-time) • a surgeon (\*)Treatment is provided at each doctor's office

**Child Abuse Consultation/Reporting**  
 Child & Family Support Section, City Hall  
 (Daytime): ☎484-6263  
 Chiba Pref. Hotline (24 Hours): ☎252-1152  
 Sakura Police Station: ☎484-0110


**Night-time Consultation**  
**On children's acute illnesses:**  
 ☎ #8000 or 242-9939  
 19:00 – 6:00 AM, 365 days  
**On acute illnesses (for anyone):**  
 ☎ #7009 or 03-6735-8305  
 18:00 – 6:00 AM on weekdays and Saturdays.  
 9:00 AM – 6:00 AM on Sundays & Holidays

### ADULT DENTAL CHECKUP FROM 19 YEARS OLD

If your mouth is healthy, you can eat, talk and live a fulfilling life. The most common causes of tooth loss are tooth decay and gum disease. Take care of your teeth and oral health by having regular checkups and preventive treatment at your regular clinic at least once a year. Dental examination for new adults (19 years old) will be conducted too.

**Those who fall under any of the following items should be especially careful:**

- Cold and hot foods give my teeth a piercing sensation.
- I have a sticky mouth when I wake up in the morning.
- I have bleeding or swollen gums.
- I'm worried about bad breath.
- Gaps have formed between teeth.
- I have loose teeth.



**Check if there is any decline in your mouth condition:**

- I have lost some teeth and my jaw is weak.
- I can eat only soft foods.
- I choke over / spill the food while eating.
- I have no appetite / I can eat only a little.
- My tongue is in poor condition, I cannot roll it.
- My mouth is dry and I'm concerned about bad breath.

### LET'S HAVE MEDICAL CHECKUPS FOR PREVENTION AND EARLY DETECTION OF LIFESTYLE-RELATED DISEASES

Diseases such as hypertension, type 2 diabetes and lipid abnormalities often cause no subjective symptoms and the disease may progress without being noticed. If left untreated, these diseases can cause arteriosclerosis which is the aging of blood vessels and lead to serious life-threatening diseases such as stroke and heart attack. To prevent and detect diseases at an early stage, please get medical examinations. After the checkups, we will support your health promotion through various classes and individual consultations. These are free of charge but reservations are required.

Health consultations and classes include:

- ▶ Individual consultations. Please check page 4 of the June 1st health special edition issued by the City (In Japanese).
- ▶ Food classroom to know and prevent metabolic syndrome.
- ▶ Sakura City Health Up exercise class (exercise habit building class).
- ▶ Sakura City Original Gymnastics trial session.
- ▶ Study session for diabetes prevention.
- ▶ Specific health guidance: Those who are eligible for the health advice meeting will be notified individually.



Inquiries for both, Mouth Health and Health Promotion through classes and individual consultations above, please call the section in charge.

**Kenkō Suishin-ka (Health Promotion Section) ☎ (312) 8228**