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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 can be answered generally on Mondays and Tuesdays through Koh'hoh-ka (the Public Relations Section) at the Sakura City Hall.

ENJOY THE ROSE GARDEN AT KUSABUE-NO-OKA

ROSE FESTIVAL — UNTIL JUNE 3

It has been six years since the Rose Garden at Kusabue-no-Oka Park opened based on a concept of "creating a Rose Museum." A wide variety of wild roses and old roses are in full bloom at this time. The best season continues until mid-June.

During the rose festival, various events are being held including:

- Workshops: Tole/glass/pottery painting and bookmark making with pressed flowers
- Sales: Potted roses and flowers, rose-related goods, and gardening supplies
- Food stalls: Fresh bread, Rose madeleine, herb tea, hamburger, etc.
- Exhibitions: Flower photos, wild plants, and at Rose Café, a print art exhibition
- June 2 (Sat) 10:00~ Brass band concert by firefighters from Sakura, Yachimata, and Shisui
10:30~/13:30~ Workshop: Ways to enjoy Kusabue-no-oka Rose Garden
13:30~ Lecture: Wild plants 14:00~ Lecture: Scent on the Rose Garden
- June 3 (Sun) 13:00~ Guitar concert by Yunami & Usasaki



The park is open from 9:00 to 17:00 daily (no admission after 16:00). **Temporary closing is scheduled on June 18.** Admission fee 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 for more information.

JUNE 15 (FRI) — CHIBA PREFECTURAL CITIZENS' DAY

Free admission to Kusabue-no-Oka for children up to junior high age!

"Chiba Citizen's Day," established to signify the people's love for their prefecture and efforts in creating a rich and flourishing land, falls on Friday, June 15. In celebration of the day, public schools in Chiba prefecture will be off and a number of facilities within the prefecture are offering free or discounted entrance to their attractions or services. At Kusabue-no-Oka, various events for the whole family will be held on this day, and children of junior high school and under will get free admission. Call Kusabue-no-oka, ☎485-7821 for more information.

APPLICATION FOR MUNICIPAL HOUSING

Five municipal houses shown below will be available. Applications for them will be accepted from **June 1 (Fri) through June 15 (Fri).**

	For General Households				For Elderly Households
House No.	Ohja Juh'taku 2-203	Ohja Juh'taku 2-303	Ohja Juh'taku 3-101	Ohja Juh'taku 3-212	Fujisawa Juh'taku F2-203
Year built	2005		2006		1990
Construction	Four-story RC		Three-story RC		Three-story RC
Layout	2DK		1DK	2DK	2DK
Rent*	¥18,900 to ¥50,200		¥15,000 to ¥39,700	¥19,100 to ¥50,600	¥15,000 to ¥39,900
Deposit	Equal to three month's rent				
Location	232-1, Ohja-machi Five-min' walk from Koh'kaidoh-mae bus stop				13-3, Fujisawa-machi Three-min' walk from Moto-machi bus stop

* Monthly rent is to be determined every year based on the tenants' income and the individual housing conditions.

Eligible citizens are those who fulfill all the following conditions:

- i) Living in Sakura for one year or more, and have paid city taxes without delinquency
- ii) Evidently in need of housing
- iii) Meet the income criteria (under ¥158,000/month, or under ¥214,000/month for households with certain conditions such as aged households, disabled households, etc.)
- iv) Have a cosigner who can prove regular monthly income at the same level as the applicant's
- v) Neither the applicant nor the cohabiter is a gangster

Application leaflets are available at *Kenchiku-shidoh-ka* at the City Hall, city branch offices, Yatomi police box, and Nishi-shizu/Sakura Citizens' Service Centers. Call *Kenchiku-shidoh-ka* (Construction Guidance Section), ☎484-6168 for further information.



PUBLIC HEALTH CHECKUPS & CANCER SCREENINGS/EXAMINATIONS

The city of Sakura offers various health checkups and cancer screenings to help the residents enjoy long and healthy life. **Eligible persons** are:

General health checkup—●The insured (including his/her dependant) of Sakura City National Health Insurance as of April 1, 2012, and at the age of 40-74 as of March 31, 2013 ●The insured of *Chiba-ken Kohki-kohreisha Iryoh Koh'iki-rengoh* (the Chiba prefectural federation which manages the medical insurance system for senior citizens aged 75 or above (*Kohki-kohreisha*)) ●Those who are on welfare and 40 years of age or above. Ages shown here are as of March 31, 2013. You are eligible even if you have not reached the qualified age on the day of the checks.

Cancer screenings, osteoporosis, hepatitis, and dental problems— ●Those who are registered as a resident in Sakura City (including registered foreign residents).

Please be sure to bring your health insurance certificate, the Health Checkup Slip (*Kenshin-Jushin-Ken*) and checkup fee*. If you have not yet received the slip or joined the Sakura City National Health Insurance on April 2, 2012 or after, call *Kenkoh Kanri Center*, ☎485-6711 at least two weeks prior to your preferred date for checkup/screening.

*: Cash payment of checkup fee will be required at the venue.

CHECKS/SCREENINGS	GENDER/AGES (as of Mar 31, 2013)		TYPE	FEE	RESER-VATION	NOTES
General Health Checkup	Men/Women---Refer to the above description		Mass	¥1,000	No need	No food or liquid (other than water) is allowed after 10 hours prior to the checkup. *Precautions for stomach cancer screening have priority over this if you are taking it.
			Individual	¥2,000	Required	
Lung cancer (chest X-ray)	Men/Women, age 40 or above		Mass	¥300	No need	Wear print-free, buttonless, metal parts-free T-shirt.
			Individual	¥1,300	Required	
Stomach cancer	Men/Women, age 40 or above		Mass	¥900	No need	No food, drink, or smoking is allowed after 21:00 of the day before the screening. If you are allergic to barium or have ever had disorders caused by taking barium, consult your home doctor before taking the screening.
			Individual	¥3,000	Required	
Colon cancer	Men/Women, age 40 or above		Mass	¥400	No need	You are required to obtain in advance a stool test kit for occult blood. ○For mass screening: Obtain at any of the Health Centers (distribution by postal mail is also available) ○For Individual check: Obtain at the medical institution where you are undergoing the screening
			Individual	¥1,000	Required	
Breast cancer*	Mammog-raphy	Women of age 40 or above*	Mass	¥1,000	Required (on/after Oct 1)	Reservation required also for the mass screening, which is accepted from Oct. 1 on a first come, first served basis. * Those who took the mass screening last year can take only the individual examination this year.
	Ultra-sound	Women of age 30-39** Women of age 30 or above				
Uterine cancer	Women of age 20 or above, and her age is an even number		Mass	¥1,000	No need	Those who are currently pregnant or under uterine cancer treatment are not eligible.
			Individual	¥2,000	Required	
Osteoporosis (bone density check)	Men/Women of age 20,25,30,35,40,45, 50,55,60,65,or70		Mass	¥500	Required (on/after Aug 31)	Reservation required and accepted from Aug. 31 on a first come, first served basis.
Hepatitis	Men/Women of (1)age 40 (2)age 41 and above (who have never had a hepatitis screening) (Free for those who are 40,45, 50,55,60 years of age)		Mass	¥500	Required (on/after Jun 1)	Reservation required and accepted from Jun. 1 on a first come, first served basis. Those who are 40 of age are eligible for both mass & individual screening.
			Individual (only for persons of age 40)	Free	Required	
Dental check for adults	Men/Women of age 30 or above		Individual	¥300	Required	Check only. Necessary treatment should be taken at a later date, with medical insurance coverage.

*: Limited to women who did not undergo a mass screening last year.

** : Limited to women who did not undergo a mass screening using ultrasound last year.

Notes on Date and Place Please refer to the June 1st issue of *Koh'hoh Sakura* (official newsletter of the City printed in Japanese language) for dates and places of mass screenings. The names of doctors and dentists for individual examinations are also listed there. On your Health Checkup Slip, venue and date for a mass screening that we recommend are shown. Please choose it if possible, to ease congestion. If you are going to receive a checkup at an elementary school, gymnasium or the like, please be prepared to fight against the heat or cold.

Free checkups The following people are eligible to have the general health checkup for free:

- ① Those who are aged 70 or above as of March 31, 2013
- ② Those who are covered by the medical insurance for *Kohki-kohreisha*
- ③ Those who are on social welfare
- ④ Those who belong to households exempt from city taxes

*If you are under category ③ or ④, prior application is required. Please call *Kenkoh-zoh'shin-ka* or either of the health care centers of the City at least 2 weeks prior to your preferred date for checkup/screening. In case ③, checkups can be free without prior application if the Certificate of Receiving the Public Assistance is presented.

Application for mass screenings of 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*, at 485-6714.

* For breast cancer screening, please write your choice between mammography and ultra sound after checking the applicable age for each. Please note that the mammography screening dates differ between 40-49 age group and 50 or more age group.

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

The period of checks/screenings/examinations ●Mass screenings/checks: Jun. 2 (Sat), 2012 to Feb. 16 (Sat), 2013, ●Individual examinations/checks & Dental check: June 1 to November 30, 2012 (reservation required). Call *Kenkoh-zoh'shin-ka*, ☎485-6711 for further information.

INTRODUCTION OF INACTIVATED POLIO VACCINE

The Ministry of Health, Labour and Welfare announced that it is considering to change the polio vaccine used in mass vaccinations to an inactivated vaccine from this coming September. The oral polio vaccine currently used in routine mass vaccinations is a live attenuated vaccine which, in extremely rare cases, can cause polio. To those who are on the vaccination schedule list, we will send detailed information as soon as it becomes available. Call *Kenkoh Kanri Center*, ☎485-6711 for further information.

NEW CHILD ALLOWANCE SYSTEM (*JIDO-TEATE*)

Please submit the current status report ("*Genkyo-Todoke*") no later than June 30

From April 2012, the new Child Allowance system called *Jido-Teate* started to replace the former system *Kodomo-Teate*. Under the new system, support for raising children is provided for parents/guardians until the children have completed their junior high school education.

Introduction of income criteria

Starting June, income criteria are applied to determine the amount of monthly allowance.



Income of the household: Under income limitation	Amount/month
Under 3-year-old	15,000 yen
Over 3-year-old and prior to elementary school graduation (for the first and second children)	10,000 yen
Over 3-year-old and prior to elementary school graduation (for the third and subsequent children)*	15,000 yen
Junior high school students	10,000 yen
Income of the household: Above income limitation	5,000 yen
Children up to junior high school age	

Payment Schedule**

Month of payment	Month subject to payment
February	Oct, Nov, Dec, Jan
June	Feb, Mar, Apr, May
October	Jun, Jul, Aug, Sep

* Children up to 18 years of age (until the first March 31 after the child's 18th birthday) are included in the count.

** Payment schedule can differ depending on conditions.

How to receive Child Allowance

In early June, the City will send *Genkyo-Todoke* forms to those who are currently receiving Child Allowance. *Genkyo-Todoke* is for reporting your financial status, children's ages, etc. Please fill in the form and submit it along with the documents described below, to *Jidoh-seishoh'nen-ka* (Children & Youth Section) in the City hall by post or in person no later than June 30 (effective on the postmark date). If you fail to submit it in the period, you will not be able to receive the allowance for June and after. Please make sure to meet the deadline!

Documents to be submitted along with *Genkyo-Todoke*:

- (1) (If you are a subscriber of employee's or mutual pension insurance)
A copy of health insurance certificate
- (2) (If you were not registered resident of Sakura City as of January 1, 2012)
A certificate of the foreign national's annual income and amount of tax paid

If you became eligible by moving into the city or having a new child, make sure you apply to the City Hall as soon as possible. Please note: (i) The allowance period only starts from the following month of your application, and will not be paid retroactively (ii) City branch offices and other public facilities do not accept the application.

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

HEALTH CHECKS FOR CHILDREN

Contacts: 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 '12	TIME	PLACE
Health consultation for children of 4 months born in January, 2012	22 (Fri)	9:30 – 10:30	Kenkoh Kanri Center
		13:30 – 14:30	
	27 (Wed)	9:30 – 10:30	Seibu Hoken Center
		13:30 – 14:30	
	15 (Fri)	13:30 – 14:30	Nambu Hoken Center
<i>Mogu-mogu</i> (munching) Class for children of 8 months born in September, 2011	8 (Fri)	9:30 – 9:45	Kenkoh Kanri Center
	19 (Tue)		Seibu Hoken Center
	15 (Fri)		Nambu Hoken Center
For 18-month-old children born in December, 2010	5 (Tue)	13:15 – 14:15	Kenkoh Kanri Center
	13 (Wed)		Seibu Hoken Center
For 3-year-old children born in December, 2008	6 (Wed)	13:15 – 14:15	Kenkoh Kanri Center
	14 (Thu)		Seibu Hoken Center
Dental check for children born in June or December, 2009, or in June, 2010 *On the days with * mark, consultation on Speech Development is also available.	4* (Mon)	13:30 – 14:30	Kenkoh Kanri Center
	20 (Wed)		
	12* (Tue)		Seibu Hoken Center
	18 (Mon)		
21* (Thu)	Nambu Hoken Center		

HEALTH CONSULTATIONS

- **Child development consultation for preschoolers (*Suku-suku Hattatsu Sohdan*)** is available on **Thursday, June 7**, 9:00-12:00 at Kenkoh Kanri Center. If you feel distressed about your child's developmental & behavioral disorders such as attention deficit disorder, do not suffer alone. Application required.
- **Consultation with public health nurse for all ages** is available on **Friday, June 1**, 13:30-15:30, at Kenkoh Kanri Center, and on **Tuesday, June 12**, 9:30-11:30, at Nambu Hoken Center. Consultation on the health check results and ways to live a healthier life, nutritional guidance, and health check including blood-pressure measurement can be provided. Application required.
- **Telephone counseling with public health nurse or nutritionist** is available at each center, 8:30-17:15, Monday through Friday. **Dental hygienist** and **speech therapist** are also available at Kenkoh Kanri Center.

FREE ANTENATAL CLASSES

For expectant mothers and fathers to have a baby between **July and December 2012**, free antenatal classes, "**Mom's Class**" and "**Mom's and Pop's Class**," will be held as shown to the right.

CLASS	TIMES	DATES	PLACE
Mom's*	9:00-14:20	Jun. 07 (Thu)	Seibu Hoken Center
Mom's and Pop's*	9:00-12:15	Jun. 17 (Sun)	
		Jul. 22 (Sun)	

*: The multiple sessions for each class cover the same contents.

- **Mom's class** provides instruction on how to lead a healthy life during pregnancy, including nutrition and oral hygiene education.
- **Mom's and Pop's Class** provides instruction on life with a newborn baby, baby bath practice, experience of pregnancy simulation, etc. In both classes, parents in their first pregnancy have priority. Application required for both classes. Please call the respective center to make a reservation.

HOLIDAY & NIGHTTIME EMERGENCY MEDICAL SERVICES

Always be sure to bring your health insurance certificate !

HOLIDAY & NIGHTTIME CLINIC FOR CHILDREN'S DISEASES IN ACUTE & EARLY STAGE (Pediatrics)

For children under 16 years old or younger. Open year-round for treatment at Kenkoh Kanri Center from Monday through Saturday, 19:00-6:00 (next morning). On Sundays, public holidays, and year-end/New year holidays (12/29-1/3) 9:00- 16:45 & 19:00-6:00 (next morning). Call ☎485-3355 for further information.

DAYTIME TREATMENT ON SUNDAYS, PUBLIC HOLIDAYS, & YEAR-END/NEW YEAR HOLIDAYS

Consultation with doctors will be available at the doctor's office who is on duty in a rotation system. Call ☎484-2516 to learn the doctor on duty.

● **Surgeon:** 9:00-16:30, 19:00-21:45 ● **Physician, dentist:** 9:00-16:30 ● **ENT doctor:** 19:00-21:45

NIGHTTIME TREATMENT ON SUNDAYS, PUBLIC HOLIDAYS, & YEAR-END/NEW YEAR HOLIDAYS

Internal medicine & dental treatment are available at Kenkoh Kanri Center, between 19:00 and 22:00 21:45. Call ☎485-6711 for further information.

POPULATION OF SAKURA CITY

As of the end of April 2012, the Japanese population of Sakura was 176,053 (87,047 male and 89,006 female) in 71,824 households. Registered foreign residents accounted for 2,122. The combined population of Sakura City was 178,175.