

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

THE SECOND STAGE OF MAYOR WARABI STARTED

Mayor Warabi has started his second term as he was re-elected in the mayoral election on April 24. Here he expresses to city citizens his hopes and goals for his second term as a mayor of Sakura:



MESSAGE FROM MAYOR KAZUO WARABI (EXCERPT)

Since April 2007, I have worked hard to deal with various challenges including enhancement of welfare services for elderly and infants, settlement of the longstanding Shizu-Reien's relocation and improvement of educational environment for the youth as well as promotion for local industries.

In this second term, I will improve and expand the measures and policies for the existing and rising challenges while sticking to the four fundamental policies unaltered from the first stage, through joint efforts by citizens and city government. Firmly

maintaining my first resolution, I continue to devote myself to municipal administration aiming at creation of a more cohesive, vibrant local community in Sakura City.

In closing, I wish to ask for your continued assistance, cooperation, and understanding in the city administration of Sakura.

Four Pillars of the Fundamental Policy

1. Enhancement of welfare reliable in an era of aging society with fewer children
2. Create comfortable living environment for every citizen
3. Nurture of the youth who are responsible for the next generation
4. Industrial vitalization

SAKURA FLOWER FESTA 2011 ~Best Time To View The Irises & Roses~

IRIS FESTIVAL— JUNE 11-12

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. Some 9,000 plants of 32 species of irises can be seen 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. Furthermore, water lilies can be seen on the water surface of the pond next to the irises field. Call *Koh'en-ryokuchi-ka* (the Parks & Greenery section), ☎ 484-6165 for further information.



ROSE FESTIVAL AT KUSABUE-NO-OKA — UNTIL JUNE 5

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 mid May to early June. Various events related to roses are to be held including:

- June 1 10:30~ Demonstration: Seasonal care for roses
- June 4 13:00~ Workshop: How to enjoy Kusabue-no-oka Rose Garden
- June 5 14:00~ Lecture: Scent of roses and a lot more!

The park is open from 9:00 to 17:00 daily (no admission after 16:00). Temporary closing is scheduled on June 20. 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. During the festival, group rate is applied by showing ticket stubs for Kawamura Memorial DIC Museum of Art (also at the Museum, ticket stubs for Kusabue-no-oka will do the same). Call Kusabue-no-oka, ☎485-7821 for further information.



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

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*.

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, 2011, and at the age of 40-74 as of March 31, 2012, ●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, called Koh'iki-rengoh hereafter), 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. As for checkup fee, please pay in cash at the venue.

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 of 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 of age 40 or above	¥1,000	Ultrasound only, Women of age 30 or above, ¥2,000	Reservation for the mass screening will be accepted from Sep. 30 . Please read the notes below about how to make a reservation. Those who took the mass screening in 2010 are requested to take the individual examination this year.
	Ultra sound: Women, age 30-39	¥1,000		
Osteoporosis (bone density check)*	Men/Women of age 20,25,30,35,40,45, 50,55,60,65,or70	¥500		Reservation for the bone density check will be accepted from Sept. 1 . Please read the notes below about how to make a reservation.
Hepatitis*	Men/Women, (1) age 40 (2) above age 40 who have never had a hepatitis screening.	¥500	Free (Only for Men/Women of age 40)	(1) eligible to apply for either mass screening or individual examination. (2) eligible to apply only for the mass screening. For mass screening, which is held only four times a year, reservation will be accepted from June 1 . Those who have received Checkup Slips with “* * *” marks, please call <i>Kenkoh-zoh'shin-ka</i> , ☎485-6711. Please read the notes below about how to make a reservation.
Dental check	Men/Women, age 30 or above		¥300	Check only. From June 1 till November 30. Cannot be treated on the same day.

Reservation is required for checks with * marks.

NOTES

- **Consult the dates and places for mass screenings in June 1st issue of *Koh'hoh Sakura*** (official newsletter printed in 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, 45, 50, 55, 60 & 70; those who took the Sakura's health checkup in 2010; 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.
- The following people are eligible to have the general health checkup for free;
 - ① Those who are aged 70 or above
 - ② Those who are insured by Koh'iki-rengoh
 - ③ Those who are on 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*, ☎485-6711 or either of the following health care centers of the City (Seibu Hoken Center, ☎463-4181 or Nambu Hoken Center, ☎483-2812) at least 2 weeks before your preferred date for checkup/screening. If you are under category ③, you will be eligible without application if you present the Certificate of Receiving the Public Assistance.
- 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 this paper indicates your age as of March 31, 2012. 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 4 2011--February 18, 2012; Individual examinations/checks & 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 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-third choices of the date and the choice between morning and afternoon.

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

VACCINATIONS FOR CERVICAL CANCER, HIB, & PNEUMOCOCCAL DISEASE

The above vaccinations now can be taken at certain hospitals in Chiba prefecture outside Sakura City. In order to learn the hospitals you can get vaccinations, please refer to Sakura City's website or call *Kenkoh-zoh'shin-ka*, ☎485-6711 or either of the health care centers of the City (Seibu Hoken Center, ☎463-4181 or Nambu Hoken Center, ☎483-2812).

CHILD ALLOWANCE (KODOMO-TEATE)

Six months Extension of Child-rearing Allowance (*Kodomo-Teate*) Law was approved on March 31, 2011, at Japanese Diet. Consequently, *Kodomo-Teate* system same as last year is to be maintained through September 30, 2011. As a result, Current-status notification which has been required every June is not required this year. Allowance for June to September will be paid in October 2011. Call *Jidoh-seishoh'nen-ka*, ☎484-6140 for more information.



FREE CONSULTATION BY ADMINISTRATIVE SPECIALISTS

Free consultation on inheritance, will, residency status, and international legal affairs by administrative specialists is available on Saturday, June 4, from 13:30 to 16:00, at 3F counseling room, Millennium Center Sakura (a building connected to Keisei Sakura Station via a passage). Call *Jichi-Jinken-ka* (Community Affairs/Human Rights Section), ☎484-6128 for more information.

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 '11	TIMES	PLACES
Health consultation for children of 4 months born in January, 2011	1	9:30 – 10:30	Kenkoh Kanri Center
		13:30 – 14:30	
	14	9:30 – 10:30	Seibu Hoken Center
		13:30 – 14:30	
Mogu-mogu (munching) Class for children of 8 months born in September, 2010 born in September or October, 2010	21	9:30 – 9:45	Kenkoh Kanri Center
	10		Seibu Hoken Center
	29		Nambu Hoken Center
For 18-month-old children born in December, 2009	7	13:15 – 14:15	Kenkoh Kanri Center
	6		Seibu Hoken Center
For 3-year-old children born in December, 2007	17	13:15 – 14:15	Kenkoh Kanri Center
	16		Seibu Hoken Center
Dental check for children born in June or December, 2008 or in June, 2009	3	13:30 – 14:30	Kenkoh Kanri Center
	15		
	9	13:30 – 14:30	Seibu Hoken Center
	20		
	23		

HEALTH CONSULTATIONS

Child development consultation for preschoolers (*Suku-suku Hattatsu Sohdan*) is available on Thursday, June 2, 9:00-12:00 at Kenkoh Kanri Center. If you feel distressed about your child's developmental or behavioral disorders, such as attention deficit disorder, do not suffer alone. Application required.

Consultation with public health nurse for all ages is available on ●June 9, 13:30 – 15:30, at Kenkoh Kanri Center and on ●June 24, 9:30-11:30, at Nambu Hoken Center. Public health nurse will help you to develop a healthier lifestyle. Application required.

Telephone counseling with public health nurse or nutritionist is available at any of the centers, 8:30-17:00, Monday - Friday. If you need a consultation with dental hygienist or speech therapist, call Kenkoh Kanri Center.

FREE ANTENATAL CLASSES

Free antenatal classes will be held at Seibu Hoken Center in June for expectant mothers to have the first babies between September and November, 2011. The program will include instructions on how to raise a healthy child, preparation of nutritious baby food, a lecture by a dentist, etc. Participation by expectant fathers is also recommended especially for the 2nd lesson. There is a limit of 35 people in a class. To attend, application is needed by calling Seibu Hoken Center.

LESSONS	DATES	TIMES
1 st	June 2	9:00-15:00
2 nd	June 19	9:00-12:30

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 aged 15 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) 9:00-17:00 (reception is available until 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 (surgeon, physician, and dentist) 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.

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 (reception is available until 21:45). Consultation with surgeons and ENT doctors will be available at the doctor's office who is on duty in a rotation system. Call ☎485-6711 to learn the doctor on duty.

THE POPULATION OF SAKURA CITY

As of the end of April 2011, the Japanese population of Sakura was 176,119 (87,002 male and 89,117 female) in 71,108 households. Registered foreign residents accounted for 2,017. The combined population of Sakura City was 178,136.