



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

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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 for these, 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.

## September 21<sup>st</sup> is "World Alzheimer's Day"

Kōreisha Fukushi-ka ☎ 484-6343  
(Senior Citizens' Welfare Section)

**Let's deepen our understanding about dementia.**

### ◆ Bringing hope to people with dementia and their families ◆

In 1994, the International Alzheimer's Disease association (ADI) was established to raise awareness about Alzheimer's disease and bring help and hope to patients and families around the world. The World Health Organization (WHO) jointly designated September 21<sup>st</sup> as "World Alzheimer's Day" every year and conducts awareness-raising activities on dementia around this day. Since 2012, September has been designated as "World Alzheimer's Month" and various initiatives are underway, such as lighting up landmarks and government buildings around the country in orange, the symbolic color of dementia support.

### ◆ Awareness-raising activities in Sakura City ◆

- ① The Dutch Windmill in Sakura Furusato Hiroba Square will be lit up in orange. September 20 ~ 22, from 18:00 to 20:00 ❖No events will be held during the lighting up hours.
- ② Establishment of dementia awareness corners. Each facility in the city such as the City Hall, the library, the JR Sakura Station gallery among others, will put up posters and panels about Alzheimer's month and dementia and distribute various leaflets.

### ◆ Aiming for a city where people with dementia can live with peace of mind ◆

❖ **Dementia Supporter Training Course.** Workers in this field understand this condition and look after people with this impairment and their families with a warm heart.

The number of supporters in various areas around the city is 23,122 as of the end of March, 2023. In addition to training courses, lectures are held at neighborhood associations, schools, shopping districts, workplaces and volunteer gatherings.

❖ **Orange Cafes.** These are places where people with dementia, their families, local residents, dementia supporters, professionals, etc. can gather, talk, make friends and casually seek advice. Held at 5 locations in the city (The date, time and location are announced in *Kōhō Sakura Newsletter* on the 1<sup>st</sup> day of each month)

❖ **SOS Stickers** (Reflective stickers with registration numbers) are distributed for safety when going out, monitoring in the community and early detection of missing persons. \*Application required: Kōreisha Fukushi-ka (Senior Citizen's Welfare Section) ☎484-6138

❖ **Subsidy for location-based search service.** The initial cost of using the local information search service is subsidized. There are conditions for the subsidy so please inquire at the Kōreisha Fukushi-ka before making a contract.

### The Suicide Prevention Week is September 10 ~ 16 "Don't worry alone!"

The number of suicides in Japan in 2022 was 21,881, a gradual increase since 2019, before the coronavirus crisis. Around 30 precious lives are lost every year in Sakura City. Suicide is caused by a variety of factors, including health problems, family, economic and workplace problems and it is said that the individual is incapable of making decisions. (You can assess your current mental state on the QRC) ↑  
 For those citizens who want to consult about mental worries and anxieties, a consultation by a psychiatrist will be carried out on Sunday, September 13 (Wednesday) from 13:50 to 16:00 (30 minutes/person). Application required. Free of Charge. Place: Seibu Hoken Center. Inquires: Kenkō Suishin-ka (Health Promotion Section) ☎312-8228.  
 During this Suicide Prevention Week (September 10~16), the Dutch Windmill in Sakura Furusato Hiroba Square will be lit up in blue which it is said to have a calming effect.



### SUBSIDIES FOR INSTALLATION OF RESIDENTIAL DECARBONIZATION EQUIPMENT, ETC.

In order to promote measures against global warming as well as to make electric power more resilient, the installation of decarbonization equipment, etc. in residences will be subsidized.

The subsidy will cover part of the installation cost for those who install the equipment in their own residences. The subsidy will be provided to those who started and completed the installation of equipment eligible for the subsidy on or after April 1, 2023. The application deadline is on February 29, 2024 (Thursday).

Chiba electronic application service is available until January 31, 2024 (Wednesday). Applications are accepted on a first-come, first-served basis. We will stop accepting applications as soon as the budget runs out. To apply, please bring the required documents to the Living Environment Section (Seikatsu Kankyō-ka) ☎ 484-6716 or through the Chiba electronic application service. For details such as application documents, target models and requirements, please visit the city's website



# Disaster Prevention – Special Edition

## ❖ AIMING TO IMPROVE DISASTER PREVENTION CAPABILITIES ❖

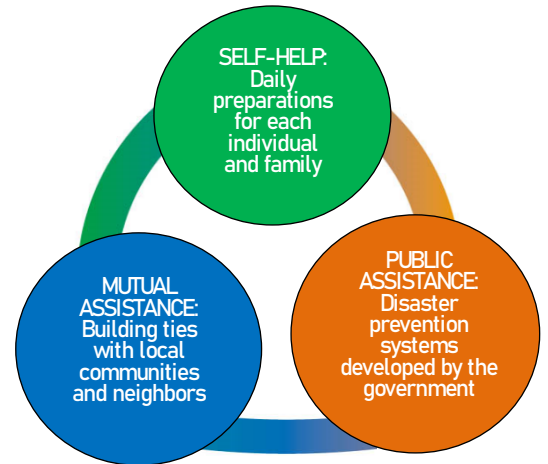
Kiki Kanri-ka ☎484-6131  
(Crisis Management Section)

**SELF-HELP:** Means to proof check your home, stock up on daily necessities and protect yourself for your own safety.

**MUTUAL ASSISTANCE:** Actively participate in and cooperate with the activities of voluntary disaster prevention organizations and fire brigades. Let's stretch the bonds with neighbors and the local community, cooperating and helping each-others.

**PUBLIC ASSISTANCE:** Let's keep aware of disaster prevention systems established by the government and rescue agencies that provide support in the event of disasters.

Coordination of Self-help, Mutual assistance and Public assistance is essential for disaster mitigation, which aims to reduce damage in the event of a disaster and quickly recover from damage.



### DISASTER PREVENTION MEASURES THAT CAN BE DONE AT HOME ON A DAILY BASIS

#### ITEMS TO TAKE WITH YOU WHEN EVACUATING:

● Example of emergency bag contents:

- Food that does not need to be cooked, at least a 3-day stock.
- Helmet
- Water
- Clothes, underwear.
- Toiletries
- Cotton gloves (gunte)
- Rain gear
- Flashlight
- Towels
- Portable radio
- Indoor shoes
- First-aid supplies
- Tooth brush & tooth paste
- Mobile battery (charger)
- ※ Bring your valuable items such as passbook, cash, health insurance card, etc. Daily necessities such as eyeglasses, dentures, regular medicines, medicine handbook, etc.

#### STOCKPILE IN PREPARATION FOR EVACUATION

● Example of items to stockpile at each household:

- Drinking water, 3 liters per person per day.
- Food supplies that don't require cooking like ready-made pouch meals (retoruto).
- Daily necessities (Tissues, toilet paper, plastic wrap, garbage bags, portable toilet, etc.)
- ※ Water and food: enough supplies for at least three days, preferably one week.
- ※ Plan a good supply rolling stock: Buying a little more of the daily necessities you use on a regular basis and food that lasts longer, and buy more as you use it, you can continue stockpiling without difficulty.

### SAFETY CONFIRMATION METHODS IN THE EVENT OF A DISASTER

● **Disaster Message Service:** This free service allows you to make calls smoothly to family and acquaintances when it's difficult to connect to the phone during a disaster.



◎ **Disaster Emergency Message Dial 171.** You can record and confirm a message using a land line telephone number in the affected area. Just dial 171 and follow the guidance.

#### ◆ Recording a message (Confirm safety):

- Dial 171
- **Press 1** (If you don't have a pin number) or **press 3** (If you have a pin number).
- If you pressed **3**, enter your 4 digits pin number.
- Number of the person living in the disaster area (Land line or mobile number).
- Enter a message.

#### ◆ Playing back (Message confirmation method):

- Dial 171
- **Press 2** (If you don't have a pin number) or **Press 4** (If you have a pin number).
- If you pressed **4**, enter your 4 digits pin number.
- Number of the person whose safety you want to confirm (Land line or mobile number).
- You will start listening to the recorded message.

◎ **Disaster Message Board on a Mobile Site:** Disaster message board (web171) <https://www.web171.jp/>

#### ◆ How to register:

- Access Web 171
- Register button
- Enter phone number
- Register name/safety/message.

#### ◆ How to confirm the message:

- Access Web 171
- Confirmation button
- Enter phone number
- Confirmation of message content.



### HOME EVACUATION PLAN "MY TIMELINE"



The "My Timeline" creation sheet can be downloaded from the city website: <https://www.city.sakura.lg.jp/soshiki/kikikanrika/112/bosaieihatsu/4408.html>



## ALERT LEVELS AND EVACUATION TIMING

Evacuation information is conveyed in 5 warning levels. If alert level 4 is issued, evacuate immediately.

**Alert level 5**  
Ensuring Emergency Safety

**Life threatening, secure immediately**


▶ A disaster has already occurred. Let's take the best action to protect your life.



**Alert level 4**  
Evacuation Order

**Everyone should evacuate.**


▶ Evacuate quickly from dangerous places. If it is difficult to move, evacuate to a safer place in your home.



**Alert level 3**  
Elderly's Evacuation

**Evacuate the elderly from dangerous places.**

▶ People who need more time to evacuate (elderly people, those with disabilities, infants, etc.) and their supporters should evacuate.



**Alert level 2**  
(Advisory)

**Confirm evacuation actions.**

**Alert level 1**  
Early warning information

**Increase preparedness for disasters**

※If you decide that it is dangerous to move outdoors, instead of moving to a designated evacuation center immediately evacuate vertically to the second floor or higher of your home or a nearby sturdy building. Consider waiting for rescue.

## TO AVOID BECOMING STRANDED COMMUTERS

In the event of a large-scale earthquake, many people may try to return home as quickly as possible from their workplaces or outings. If public transportation stops and many people start returning home all at once, there is a risk of injury due to fires or falling objects from buildings, which is dangerous and hinders rescue and emergency operations.

### DO NOT START MOVING UNNECESSARILY

- ▶ Secure yourself and stay in a safe place, such as your workplace or a gathering place.
- ▶ Check the safety of your family members and the safety of your home.
- ▶ Obtain traffic information, damage information, etc.

### THINGS TO PREPARE ON A DAILY BASIS

- ▶ Carry a portable radio or a map.
- ▶ Prepare sneakers, flashlights, drinking water, food, etc.
- ▶ Discuss and decide with your family how to confirm each-others safety, where to meet, how to get home, etc.

### SUPPORT STATIONS FOR RETURNING HOME

In the event of a disaster, nine prefectures and cities, including Chiba Prefecture, have concluded agreements with convenience stores, restaurants, gas stations, etc. to assist those returning home on foot. These stores will provide tap water, toilets, etc. to the possible extent. The sticker on the right is posted at target stores.



## MEANS TO GET DISASTER INFORMATION

Disaster prevention wireless speakers are installed in schools and parks in the city. In addition to disaster prevention information such as evacuation information at the time of a disaster, administrative information from the city (missing persons, bank transfer frauds, etc.) is broadcast during normal times.

- **Toll-free telephone service: 0120-711-508.** You can check the contents of disaster prevention 24 hours a day.
- **L-Alert** via TV/ Internet.
- **Emergency rapid mail (Area mail).** Urgent disaster and evacuation information is delivered to cell phones and smartphones within the distribution area and those that are compatible with NTT DoCoMo, KDDI and Softbank's emergency rapid mail (area mail). For details, please contact your cell phone company.

▪ **E-mail delivery service:**  
Please register (free of charge) by sending a blank message to: [sakura@emp.ikkr.jp](mailto:sakura@emp.ikkr.jp)



▪ **Routes to all the evacuation Centers:**  
<https://www.hinanjyo.jp>



▪ **City's official website:**  
<https://www.city.sakura.lg.jp/>



▪ **Yahoo! Disaster Prevention Bulletin** <https://emg.yahoo.co.jp/>



▪ **TEPCO flashreport:**  
<https://teideninfo.tepco.co.jp/>



▪ **City's Twitter account:**  
[@bousai\\_sakura](https://twitter.com/bousai_sakura)



▪ **Japan Meteorological Agency website:**  
<https://www.jma.go.jp/jma/index.html>

# HEALTH CHECKUPS FOR CHILDREN – SEPTEMBER 2023



**Kenkō Kanri Center**  
☎485-6712

**Seibu Hoken Center**  
☎463-4181

**Nambu Hoken Center**  
☎483-2812

As of September, the monthly health calendar will stop being published in Hello Sakura newsletter. Infant consultations and health checkups are available for children aged 4 months, 8 months, 18 months and three years old as well as children's dental checkups, speech development and child development consultation for pre-schoolers. For mothers and fathers who have a baby for the first time, a maternity class is available. Those who are eligible will receive a notification letter. For inquiries or details, please refer to the city's website or contact us. ※Adults who require a consultation with a public health nurse is provided too (Application required).

## DO YOU KNOW ABOUT VARIOUS WELFARE BENEFITS FOR PEOPLE WITH DISABILITIES?

Shōgai Fukushi-ka (Welfare Section for People with Disabilities) ☎484-4164, FAX 484-1742



There is a system that provides the following allowances to persons with disabilities (children) and their guardians who have severe disabilities and require constant care in their daily lives. Please contact us for more information about the certification criteria. If you are already receiving special child rearing allowance, welfare allowance for handicapped child or special disability allowance (including those whose payment is suspended) *will need to submit an Income Situation Report by September 11 (Monday)*. Without this notification, you will not be able to receive the allowance after August, so please be sure to submit it.

Welfare allowance for bedridden, physically disabled persons	Special disability allowance	Disabled child welfare allowance	Special child rearing allowance	Sakura City mentally and physically disabled child welfare pension
20 years and older		Under 20 years old		
Cannot be received at the same time		Can be received at the same time		
<ul style="list-style-type: none"> <li>Persons aged 20 to 65 years old who have a certificate of the physically disabled, require constant nursing care for daily living activities and have been bedridden at home for 6 months or longer (requires proof from a local welfare officer)</li> <li>Treatment &amp; Education Booklet ㉠, ㉡, A1, A2.</li> </ul>	<ul style="list-style-type: none"> <li>Individuals with multiple disabilities of different degrees of severity (overlapping physical and internal disabilities, etc.) who always need special nursing care at home.</li> <li>Physical Disability Handbook, 1 part of 1-2 grade, Treatment &amp; Education Booklet ㉠</li> <li>Persons with a mental disability equal to the above.</li> </ul>	<ul style="list-style-type: none"> <li>Physical disability Handbook, 1 part of 1~2 Grade</li> <li>Treatment &amp; Education Booklet ㉠</li> <li>Persons with a mental disability equal to the above.</li> </ul>	<ul style="list-style-type: none"> <li>Physical disability Handbook 1 part of 1<sup>st</sup> to 4<sup>th</sup> Grade.</li> <li>Treatment &amp; Education Booklet ㉠ ~ B1 in general.</li> <li>Persons with a mental disability equal to the above.</li> </ul>	<p><u>Severe:</u></p> <ul style="list-style-type: none"> <li>Physical disability 1~2 Grade</li> <li>Treatment &amp; Education Booklet ㉠, A1, A2.</li> </ul> <p><u>Intermediate:</u></p> <ul style="list-style-type: none"> <li>Physical disability Handbook 3~4 Grade</li> <li>Treatment &amp; Education Booklet B1</li> </ul> <p><u>At an Institution:</u> Those severe and intermediate who are in a facility.</p>
<b>MONTHLY ALLOWANCE (YEN)</b>				
8,650	27,980	15,220	1 <sup>st</sup> grade 53,700 - Severe 2 <sup>nd</sup> grade 35,760 - Intermediate	8,000 - Severe 6,000 -Intermediate 1,000 In a facility
<b>THE FOLLOWING CASES ARE NOT ELIGIBLE</b>				
<ul style="list-style-type: none"> <li>Those who are in a facility.</li> <li>Those hospitalized for more than 3 months.</li> <li>Those who are certified as requiring long-term care.</li> <li>Those who use disposable diaper purchase subsidies.</li> </ul>	<ul style="list-style-type: none"> <li>Those who are in a facility.</li> <li>Those hospitalized for more than 3 months.</li> </ul>	<ul style="list-style-type: none"> <li>Those who are in a facility</li> </ul>		/
<b>INCOME LIMIT</b>				
Suspension of payment if the income of the person, spouse and dependents exceed the limit.				No income limit.