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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.

Sakura Flower Festa 2013

ROSE GARDEN AT KUSABUE-NO-OKA

It has been seven 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 originating various areas in the Northern Hemisphere are in full bloom at this time of year. In the best season until mid-June, various events are waiting for you at Kusabue-no-oka.

- Workshop: Tole Painting (June 1 & 2)
Glass Painting (June 1 & 2)
Ways to enjoy Kusabue-no-oka Rose Garden (June 2)
- Lecture: Scent on the Rose Garden (June 1)
- Exhibition: Flower photos / Wild grasses / Art prints (at the Café Rose Terrace)
- Flower Stalls: Potted rose (seedlings and flower pots)
Rose goods / Gardening goods
- Food Stalls: Freshly-baked Pastries / Rose Madeleine / Herb Tea
- Concert : Sakura junior high school brass band concert (June 1)
Yunami, an singer from Sakura (June 2)
Ukulele (June 1) / Guitar (June 2)



<Café Rose Terrace>

The park is open from 9:00 to 17:00 daily (no admission after 16:00). 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.

CHIBA PREFECTURAL CITIZENS' DAY — SATURDAY, JUNE 15

Free admission to *Kusabue-no-Oka* is offered for children up to junior high school age

"Chiba Citizen's Day," established to celebrate people's love for Chiba prefecture and efforts in creating a rich and flourishing land, falls on Saturday this year. In celebration of the day, a number of facilities in Chiba 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 get free admission. Call *Kusabue-no-oka*, ☎485-7821 for more information.



IRIS FESTIVAL — SAT & SUN, JUNE 8 & 9 AT JOHSHI KOH'EN PARK

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 45,000 flowers of 46 species of irises can be seen in a natural setting. Also, hydrangeas will be in full bloom in *Johshi Koh'en* Park from the middle of June to the beginning of July. In addition, water lilies can be seen on the water surface of the pond next to the iris field. Call the sponsors, ☎ 484-6033 (on Tuesdays & Fridays only) for further information.

YUKATA WEARING CLASS

**FOR ELEMENTARY SCHOOL CHILDREN AND THEIR PARENTS
13:30 TO 14:30, SUNDAY, JULY 7, AT USUI ROH'YOH-NO-YAKATA**

Contact: *Usui Roh'yoh-no-Yakata*, ☎487-6210.

Yukata is a casual summer version of Kimono. Why wouldn't you learn how to put on Yukata and enjoy beautiful yet comfortable Japanese traditional wear together with your child? Application by visiting the Roh'Yoh-no-Yakata (Center for the elderly and infants) is required. Limited to 15 pairs of child and parent on a first-come, first-served basis. Application is accepted starting 9:00, Tuesday, June 18. Free of charge.

* Participants are requested to bring: *Yukata for your child*, 2 *Koshi-himo* (waist strings), 1 *Datejime Belt*, 1 *Han-haba-Obi* (half-width Kimono sash) or 1 *Heko-Obi* (ribbon-like Kimono sash), and 1 hand towel (about 30 centimeters square)



POPULATION OF SAKURA CITY

As of the end of April 2013, the Japanese population of Sakura was 175,652 (86,883 males and 88,769 females) in 72,505 households. Registered foreign residents accounted for 2,061. The combined population of Sakura City was 177,713.



**TO RECEIVE CHILD ALLOWANCE (“Jido Teate”),
Please submit the current status report (“Genkyo-Todoke”)/No later than June 30!**
Contact: *Jidoh-seishoh'nen-ka*, ☎484-6140

Under Japanese child allowance system, support for raising children is provided for parents /guardians until the children have completed their junior high school education. In early June, the City sends *Genkyo-Todoke* forms by postal mail to those who are currently receiving Child Allowance (*Jido Teate*). Please report your financial status, children’s ages, etc. to continue receiving child allowance, along with your pension plan participation status.

Amount of Allowance by Classification

Age of Child	Income of Household	
	Within Income Limitation	Exceed Limitation
Under 3-year-old	15,000 yen	5,000 yen
Over 3-year-old and prior to elementary school graduation	(for the first and second children) 10,000 yen	
	(for the third and subsequent children)* 15,000 yen	
Junior high school	10,000 yen	

* Children up to 18 years of age (until the first March 31 after the child's 18th birthday) are included in the count. Children over 19 years of age are not included in the number of children.

Allowance Payment Schedule

Child Allowance for four months is paid three times a year as shown below.

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

*Payment schedule can differ depending on conditions.

How to receive Child Allowance

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 required to submit along with *Genkyo-Todoke* are as follows:

- (1) (If you are a subscriber of employee’s or mutual pension insurance) A copy of health insurance certificate
- (2) (If you are not registered as a resident of Sakura City as of January 1, 2013)

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.

Job-search Support for the Youth (up to around 40 years of age)



- Counseling service at Millennium Center Sakura by Chiba Hokuso Area Youth Support Station 13:00 - 17:00, Tuesday, June 11 (<http://hokusou-saposute.jp.org/>)
- Job Application Seminar at Shizu Community Center (How to write a good resume/ CV) 13:30 - 16:00, Thursday, June 13 (Sangyoh-shinkoh-ka, ☎484-6145)
*Reservation Required. Limited up to 20 persons. Baby sitting available on a request prior to June 6.
- Counseling service at Young Plaza: 16:00 - 18:00, Friday, June 14 (☎484-6431)

PUBLIC HEALTH CHECKUPS & CANCER SCREENINGS

Contact: *Kenkoh-zoh'shin-ka*, ☎485-6711

The city of Sakura offers various health checkups and cancer screenings to help the residents enjoy long and healthy life. Please check your eligibility for the following checkups:

Eligibility for General Health Checkup (Tokutei Kenshin)

- ① The insured (including his/her dependant) of Sakura City National Health Insurance as of April 1, 2013, and at the age between 40 and 74
- ② 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*))
- ③ Those who are on welfare and 40 years of age or above. Ages shown here are as of March 31, 2014. You are eligible even if you have not reached the qualified age on the day of the checks.

Eligibility for Cancer, Osteoporosis, Hepatitis, and Dental Checkups

Those who are registered as a resident in Sakura City (including registered foreign residents).

Eligibility for Free Checkups

- ① Those who are aged 70 or above as of March 31, 2014
- 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 either of the health care centers of the City at least 2 weeks prior to your preferred date for checkup/screening. In case of ③, checkups can be free without prior application if the Certificate of Receiving the Public Assistance is presented.

**Childcare Service for Health Checks
~ Reservation Required ~**

Cervical cancer on Wed, July 31
Reservation can be made on & after June 3

Breast cancer on Fri, December 20
Reservation can be made on & after October 1

Childcare Service Hours: AM 9:00-10:00/10:00-11:00
PM 1:00-2:00/ 2:00- 3:00

For reservations or inquiries, please call
Kenkoh Kanri Center. ☎485-6711

PERIOD OF HEALTH PUBLIC HEALTH CHECKUPS

Mass screenings/checks: June 1, 2013 to February 21, 2014

Individual & Dental checks check: June 1, 2013 to December 10, 2013 (reservation required)



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, recommended venue and date for a mass screening are shown. To ease congestion, please choose it if possible. 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.

How to make reservations Reservation can be made by any of the following methods: (1) Visit *Kenkoh Kanri* Center, *Seibu Hoken* Center, or *Nambu Hoken* Center (Please fill out the application form there) (2) Send a postcard to *Kenkoh-zoh'shin-ka* 〒285-0825, 2-27, Ebara-dai, Sakura-shi, with the following information: ① name of the screening test you want to undergo, ② your address, ③ name, ④ date of birth, ⑤ age, ⑥ telephone number. or (3) Send 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.

Reservation for mass screenings of breast cancer, hepatitis and osteoporosis Applications prior to the start date of acceptance are invalid. However, please make a reservation more than a week prior to the date you prefer to undergo the screening test.

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 as of April 2, 2013, call *Kenkoh Kanri* Center, ☎485-6711 at least two weeks prior to your preferred date for the 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 (TokuteiKenshin)	Men/Women---Refer to the eligibility		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 both at once).
			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 need 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* for women	Mammo-graphy	age 40 or above*	Mass	¥1,000	Required	Reservation required also for the mass screening, which is accepted on/after 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	age 30-39**				
			age 30 or above	Individual	¥2,000	
Cervical cancer for women	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)	Men/Women of age 20,25,30,35,40,45,50,55,60,65,or70		Mass	¥500	Required	Reservation required and accepted on/after Sep. 2 on a first come, first served basis.
Hepatitis	Men/Women of (1) Age 40 (2) Age 41 and above (who have had no hepatitis screening before. Mass screening only) (Free for those who are 40,45, 50,55, & 60 years of age)		Mass	¥500	Required	Reservation required and accepted on/after Jun. 3 on a first come, first served basis. Those who are 40 of age are eligible for both mass & individual screening.
			Individual (persons of age 40 only)	Free	Required	
Dental check for adults	Men/Women of age 19 or above		Individual	¥300	Required	Check only. Necessary treatment should be taken at a later date, with medical insurance coverage.

*: Limited to those who did not have a mass screening last year. **: Limited to those who did not have a mass screening by ultrasound last year.


HEALTH INFORMATION

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.



HEALTH CHECKS FOR CHILDREN			
AGE OF CHILDREN	JUN '13	TIME	PLACE
Health consultation for children of 4 months, born in January 2013 	Fri. 07	9:30-10:30 / 13:30-14:30	Kenkoh Kanri Center
	Tue. 25	9:30-10:30 / 13:30-14:30	Seibu Hoken Center
	Fri. 21	13:30-14:30	Nambu Hoken Center
<i>Mogu-mogu</i> (munching) Class for children of 8 months, born in September 2012	Wed. 05	9:30-9:45	Kenkoh Kanri Center
	Fri. 14		Seibu Hoken Center
	Fri. 21		Nambu Hoken Center
For 18-month-old children born in December 2011	Tue. 11	13:15-14:15	Kenkoh Kanri Center
	Wed. 19		Seibu Hoken Center
For 3-year-old children born in December 2009	Wed. 12	13:15-14:15	Kenkoh Kanri Center
	Thu. 20		Seibu Hoken Center
Dental check for children born in June 2011 or in June or Decembr 2010  * On the days with * mark, Consultation on Speech Development is also available.	Thu. 06*	13:30-14:30	Kenkoh Kanri Center
	Tue. 18		Seibu Hoken Center
	Thu. 13*		
	Mon. 24		
	Thu. 27*		

CONSULTING SERVICES

 **FREE ANTENATAL CLASSES**
 -Application required-
 For expectant mothers and fathers to have a baby in **October and November 2013**, free antenatal classes, "Mom's Class" and "Mom's & Dad's Class," will be held as shown below.

CLASS	TIME	DATE	PLACE
Mom's*	9:15-14:20	Mon. Jun. 10	Kenkoh Kanri Center
Mom's & Dad's*	9:15-12:15	Sun. Jun.16	Seibu Hoken Center

- **Mom's class** gives instructions on how to lead a healthy life during pregnancy, including nutrition and oral hygiene education.
- **Mom's and Dad's Class** gives Instructions on life with a newborn baby, baby bath practice, experience of pregnancy simulation to fathers, etc. Parents in their first pregnancy have priority. Application required. Please call the respective center to make a reservation.

SUKU-SUKU HATTATSU SOHDAN 
 -Application required-
 Child development consultation for preschoolers (*Suku-suku Hattatsu Sohdan*) is available:
9:00 - 12:00, Thu. Jun 06
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.

THE RUBELLA EPIDEMIC IS SPREADING IN THE KANTO REGION 
 If a pregnant woman have rubella in the early stage of pregnancy, the virus might cause severe damage to the baby. Sakura City provides a subsidy to cover a part of the vaccination cost for expectant mothers and fathers.
 For details, please call Kenkoh Kanri Center ☎485-6711

♥ **FREE MENTAL HEALTH CONSULTATION** ♥


13:50 - 16:00, Wed. June 26, at Kenkoh Kanri Center, ☎485-6712 (by clinical psychiatrist)
13:50 - 16:00, Wed. July 03, at Seibu Hoken Center, ☎463-4181 (by psychiatrist)


For those who are suffering from mental problems such as anxiety, relationship stress, etc.
 40 minutes service per person by advance reservation only.
 A medical interview is conducted over the phone when making reservation.
 Please note that the service is limited to consultation and no counseling, treatment, nor medication can be provided.

HOLIDAY & NIGHTTIME EMERGENCY MEDICAL SERVICES

Always be sure to bring your health insurance certificate!

Nighttime on Sunday & Holiday (19:00 - 21:45, Physician & Dentist) ☎485-6711 at Kenkoh Kanri Center

 **365 days a year Pediatric Emergency for children under 16**
☎485-3355 at Kenkoh Kanri Center
Monday through Saturday: 19:00 - 6:00 (next morning)
Sundays & public holidays: 9:00 - 16:45 & 19:00 - 6:00

To Find On-Duty Doctor — Call ☎484-2516 
Daytime on Sunday & Holiday
 (9:00 - 22:00, announced by automated voice)
 ● Surgeon, Physician, and Dentist on the day's duty
 ● Physician and ENT on the night's duty
 * Medical care is provided at each doctor's office