



July Ichinoseki Multilingual Information



Ichinoseki International Association/
Ichinoseki ILC Promotion Division

Translated excerpts from the public Ichinoseki newsletter, 'I-style'.

July Notification Adult Medical Examination Schedule

◇ **Simultaneous consultation** (reception hours: 6:45 am to 9:00 am)

Cardiovascular examination (basic medical examination, specific examination, examination of latter stage elderly)

Gastric cancer screening, colorectal cancer screening, lung cancer screening, tuberculosis screening, hepatitis virus screening

Date	Area	Venue
1 st (Mon)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター
2 nd (Tue)	Senmaya	Senmaya Rural Environment Improvement Center 千厩農村環境改善センター
3 rd (Wed)		
4 th (Thu)		
5 th (Fri)		
6 th (Sat)		
7 th (Sun)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター
8 th (Mon)		Ichinoseki Cultural Tradition Hall (Maikawa) 一関文化伝承館(舞川)
9 th (Tue)		

Please cooperate with prevention methods of infectious diseases

- ① Postpone consultation if you or a member of your family is in poor physical condition.
- ② Wait outside the venue when examination admissions are limited
- ③ Wear a mask

【Inquiries】

Health Promotion Division 0191-21-2160
or the Northern/Eastern Health Promotion Offices

◇Cervical cancer screening

(reception hours : 9:45am ~ 10:30am / 1:15pm ~ 2:00pm)

Date	Area	Venue
24 th (Wed)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター
25 th (Thu)		
26 th (Fri)		

◇Breast cancer screening

(reception hours : 9:30am ~ 10:30am / 1:30pm ~ 2:30pm)

Date	Area	Venue
10 th (Wed)	Fujisawa	Nikoniko Dome ニコニコドーム
11 th (Thu)		
18 th (Thu)	Senmaya	Okutama Civic Center 奥玉市民センター
19 th (Fri)		Senmaya Rural Environment Improvement Center 千厩農村環境改善センター
20 th (Sat)		
26 th (Fri)	Fujisawa	Fujisawa Civic Center Kinomi Bunkan 藤沢市民センター黄海分館
31 st (Wed)	Murone	Kyoku Roku Fureai Center 曲ろくふれあいセンター

- Ichinoseki City Hall 0191-21-2111
- Daito Branch 0191-72-2111
- Higashiyama branch 0191-47-2111
- Kawasaki Branch 0191-43-2111

- Hanaizumi Branch 0191-82-2211
- Senmaya Branch 0191-53-2111
- Murone branch 0191-64-2111
- Fujisawa Branch 0191-63-2111

Notice of payment in July

There are repeated incidents of tax refund scammers posing as city employees.

The city will never ask you to visit an ATM or ask for your PIN number.

- ① City prefectural tax (general collection) 1st term
- ② Fixed asset tax 2nd term
- ③ Medical insurance premiums for the latter-stage elderly (general collection) 1st term
- ④ Nursing care insurance premium (general collection) 1st period

Payment deadline: Wednesday, July 31st

【Inquiry】

Ichinoseki City Hall Tax Payment Division
0191-21-8261
Or Ichinoseki City Tax Savings Association

There are many ways to apply for the Individual Number Card

~You can apply for Individual Number Cards through the post~

You can apply for a My Number Card at a post office counter only if you are newly acquiring one.

●Period: Weekdays 9:00am~5:00pm (*Except for holidays)

●Post offices you can apply at: Ichinoseki, Ichinoseki Chuou-cho, Hanaizumi, Ohara, Surisawa, Okita, Senmaya, Konashi, Higashiyama, Murone, Usuginu, Fujisawa, Kinomi

●Other: Photographs will be taken at the post office.

*Cards can be picked up at the main or branch office of the city hall in your area of residence.

【Inquiries】Ichinoseki City Hall Civic Division
0191-21-8310

Gather information and prepare for disasters!

- 'Evacuation' means '避 avoiding' '難 difficulty'. People who are in a safe place do not need to go to an evacuation site
- If you receive evacuation information (alert level 3 'elderly evacuation' or alert level 4 'evacuation order'), evacuate from dangerous areas.
- Evacuation sites are not limited to elementary and junior high schools and community centers. Consider evacuating to a relative or friend's house.

Check areas where floods and landslides are likely to occur.



WEB Disaster Prevention Map

Evacuation sites and evacuation centers can be confirmed by checking the disaster prevention map and the Ichinoseki City website. The opening status of evacuation shelters can be confirmed on FM ASMO and the Ichinoseki City website.



Ichinoseki City Home Page

Multilingual Information Newsletters are available at the Ichinoseki International Association's office and the Ichinoseki City Library.

Or visit the Ichinoseki International Association [homepage/Instagram/Facebook/](#)
Ichinoseki City Hall [English Guide](#).

Livelihood support consultations

Those worried about their livelihoods/financial situation please consult with us.

- Date: July 4th, 11th, 18th, 25th (every Thursday)
- Time: 10:00am- 3:00 pm
- Location: Ichinoseki City General Welfare Center

《 Mobile consultation (Reservation required) 》

- Date/Time: July 12th (Friday) 10:00am~3:00pm
- Location: Hanaizumi General Welfare Center/Daito Health Center/Senmaya Rural Labor Welfare Center/Social Welfare Council Fujisawa Branch

【Inquiries】

Ichinoseki City Council of Social Welfare
0191-23-6020 Hanaizumi Branch 0191-82-4002
Daito Branch 0191-71-1177 Senmaya Branch
0191-53-2885 Fujisawa Branch 0191-63-5122

Consultations for women

- Date: July 8th (Monday), 25th (Thursday)
- Time: 10:00am-4:00pm
- Location: Ichinoseki City Women's Center
- Who: Women living in Ichinoseki City
- Application: Reservation required in advance by phone.

[Inquiries] Ichinoseki City Women's Center
TEL 0191-21-2145



Winter break food pantry

Distribution of food for single parent homes who are struggling in their daily lives.
You can also seek advice on day-to-day issues.

Date/Time	Location	Who is eligible
July 27 th (Sat) 10:00am ~ 2:00pm	Ichinoseki City General Welfare Center Senmaya Rural Labor Welfare Center	Single parents raising children on their own * A household with a child or children in the third year of high school or younger who are not working.

- How to apply: Please use the application form on the [Ichinoseki Council of Social Welfare](http://www.ichinoseki-csaw.jp/) website.
- Application date: July 8th (Sat) 5:00pm

【Inquiries】Ichinoseki City Council of Social Welfare 0191-23-6020









◆Beware of scams◆

Officials from regional associations and municipalities will never ask for your account number or mobile phone number over the phone, ask you to operate an ATM (automated teller machine), or visit your home to take your insurance card. Avoid responding right away to any suspicious phone call or visitor. Instead, get in touch with the Prefectural Medical Association for the Elderly, Ichinoseki City Hall's National Health Insurance and Pension Division, the nearest police station, or the Citizen Welfare Division of each branch office.



Further resources

Iwate Prefecture 	Find link to comprehensive English Guide that includes important information	
Iwate International Association 	Consultation for foreign residents about various issues such as foreign residency qualifications (visa) and troubles in everyday life. Japanese family and friends of foreigners are also welcome.	TEL: 019-654-8900 Hours: 9:00am~8:00pm
Ichinoseki City English Guide 	Find link to comprehensive English Guide that includes important information such as what to do in an emergency, where evacuation centers are, welfare incentives, how to dispose of garbage, and how to go about notification procedures at city hall	
Ichinoseki International Association 	Consultation services for foreign residents available. Staff can speak English and have tools to assist in other languages.	TEL: 0191-34-4711 Hours: 9:00am~6:00pm (Closed Thurs/holidays/ Dec.29~Jan.3)
Yorisoi Hotline 	Are you having a problem with your visa, nationality, family, work, everyday living, discrimination, domestic violence, confinement, or human trafficking? Consultation can be made by toll-free number, Facebook messenger, or through an online chat system	Specialized line for foreigners in Iwate, Miyagi, Fukushima: 0120-279-226
AMDIA Medical Information Center [特定非営利活動法人 AMDIA 国際医療情報センター] 	Telephone Consultation for medical matters Free consultation & interpreting service Connection fees will apply	TEL: 03-6233-9266 Hours: 10:00am~4:00pm (Monday~Friday)

Doctors on Duty (Nights/Holidays)

Scan the QR code below for doctors that are on duty at night (18:00-20:00) and on duty on Sundays/holidays.

To double check the available facilities, call the Ichinoseki City Hall on 0191-21-2111.

If it's a medical emergency, be sure to call 119.

Please bring your health insurance card and your medication record handbook (*okusuri techou*) when seeing a doctor

Ichinoseki City



After-Hours Children's Emergency Hotline

A telephone helpline to consult with a nurse about responses and emergency measures for children's illnesses.

- Hours: 7:00pm 8:00am
- Open year-round
- Phone number: 019-605-9000 Or dial #8000

