

# August Ichinoseki Multilingual Information



Ichinoseki International Association/

Ichinoseki ILC Promotion Division

Translated excerpts from the public Ichinoseki newsletter, '1-style'.

## August Notification Adult Medical Examination Schedule

**Cardiovascular examination, lung cancer screening, tuberculosis screening, hepatitis virus screening** (reception hours: 9:30 am to 11:00 am/1:30pm to 2:30pm)

Date	Area	Venue
26 (Mon)	Higashiyama	Higashiyama Regional Exchange Center 東山地域交流センター
27 (Tue)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター
28 (Wed)		
29 (Thu)	Daito	Daito Community Center 大東コミュニティセンター
30 (Fri)	Kawasaki	Kawasaki Civic Center 川崎市民センター

**Gastric cancer screening, colorectal cancer screening,** (reception hours: 6:30am~8:30am)

Date	Area	Venue
19 (Mon)	Senmaya	Senmaya Rural Environment Improvement Center (Kamikomaba) 千厩農村環境改善センター
20 (Tue)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター
21 (Wed)	Daito	Daito Community Center 大東コミュニティセンター
22 (Thu)	Higashiyama	Higashiyama Regional Exchange Center 東山地域交流センター
23 (Fri)	Kawasaki	Kawasaki Civic Center 川崎市民センター
23 (Fri)	Fujisawa	Nikoniko Dome ニコニコドーム
24 (Sat)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター
25 (Sun)		
26 (Mon)		
26 (Mon)	Murone	Murone Kyoku Roku Fureai Center 室根曲ろくふれあいセンター

### Cervical cancer screening

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

Date	Area	Venue
23 (Fri)	Higashiyama	Higashiyama Regional Exchange Center 東山地域交流センター
24 (Sat)		

### Breast cancer screening

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

Date	Area	Venue
1 (Thu)	Murone	AM: Murone Kyoku Roku Fureai Center 室根曲ろくふれあいセンター
1 (Thu)	Kawasaki	PM: Kawasaki Civic Center 川崎市民センター
2 (Fri)		Kawasaki Civic Center 川崎市民センター

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

### Disaster prevention administrative information on Ichinoseki Mail

Distributes disaster information and broadcast contents of the outdoor public relations MAST, etc. The information can be accessed by using the following methods.



- To receive information through the app, please download from the QR code below



Android



iOS

- To receive information via email, please send an empty message to the following address

Email : [ichinoseki\\_shobo@x.bmd.jp](mailto:ichinoseki_shobo@x.bmd.jp)

【Inquiries】 Fire Department Fire Department  
0191-25-5912

### Notice of payment in September

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.

- ①2nd term of City prefectural tax (general collection)
- ②2nd term of National health insurance tax (general collection)
- ③2nd term of medical insurance premiums for the elderly (general collection)

**Payment deadline: Monday, September 2<sup>nd</sup>**

**Beware of Scams!**



【Inquiries】

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

### Ichinoseki Citizen Festival

Citizens' groups active in the city will introduce their activities and hold exhibitions.

**Date and time: August 25, 2024  
10:00 a.m. to 3:00 p.m.**

Place: Senmaya Ice Arena / Senmaya Rural Extension Center

【Inquiries】

Ichinoseki Citizen Activity Center  
0191-26-6400

[Ichinoseki Citizen Activity Center](#)



### Multicultural Disaster Preparedness Seminar

What should you do in the event of an earthquake, fire, or typhoon?

Join the seminar to learn how you can prepare to save your own life!

Date & Time: August 18, 2024 (Sun) 10:00AM to 12:00PM

Venue: Nanohana Plaza 3F

Who can attend: Foreign residents who either live or work in Ichinoseki and citizens who have an interest in supporting foreign residents during times of crisis.

Attendance fee: Free

Details of the seminar:

- ①Learn what to do when a disaster happens
- ②Confirm the location of your local evacuation center.
- ③Consider what to pack and what you can do at home in preparation for an evacuation.

Deadline to register: August 8, 2024 (Thu)

How to register: Please register from here



( <https://x.gd/xGf4S> )

◆ You are welcome to attend even if you aren't fluent in Japanese

【Inquiries】

Ichinoseki International Association  
TEL 0191-34-4711



- 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

## Livelihood support consultations

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

- Date: August 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> (every Thursday)
- Time: 10:00am- 3:00 pm
- Location: Ichinoseki City General Welfare Center

《 Mobile consultation (Reservation required) 》

- Date/Time: August 9<sup>th</sup> (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

## Kitakami River Basin Boat race participants

A rowing race with 10 people per team competing for the best time.

- Date and time: Sunday, September 8, 2024, 9:00am to 4:00pm
- Location Kitakami River near Kitakami Ohashi Bridge
- Cost: 1 team, 10,000 yen
- Eligible participants: Elementary school students 5th grade and above
- Capacity: First 60 teams
- Application: mail, fax or bring in the application form by August 20th (Tuesday)
- \*Telephone applications are not accepted

【Inquiries】Tournament office  
(Kawasaki Disaster Prevention Center)  
TEL 0191-36-5666 FAX 0191-36-5667



## Use emergency services appropriately

Is that 119 call, really an emergency?  
Current Situation with Emergency Calls and Request for Cooperation

The City Fire Department has 10 ambulances on duty and on standby 24 hours a day. When a 119 call is received and an ambulance is requested, the ambulance closest to the scene is dispatched. However, if ambulances are used in cases where their use is not necessary, or if people with minor illness or injury use ambulances, arrival at the scene of a serious incident such as a serious injury or myocardial infarction or other time-sensitive situations may be delayed. The number of ambulances dispatched in the past year was the second highest on record, and about 30% of these cases were diagnosed as minor illnesses that did not require hospitalization. If your symptoms are mild and you can go to the hospital by yourself, please use a private car or cab to go see a doctor.

Please cooperate so that ambulances can be dispatched to the people who truly need them.

## Useful tools for hospital visits



### Medical Information Net (Navii)

A system that allows you to search the Internet for hospitals and pharmacies that are open for consultation.

Navii



### Q-Support

Smartphone application that displays the necessary response according to the level of urgency as you select the relevant symptoms

Q-Support









### Firefighting Telephone Service

TEL 0191-25-3199

Confirm the doctor's offices on duty in Ichinoseki by calling

## Further resources

<a href="#">IwatePrefecture</a> 	Find link to comprehensive English Guide that includes important information	
<a href="#">Iwate International Association</a> 	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
<a href="#">Ichinoseki City English Guide</a> 	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	
<a href="#">Ichinoseki International Association</a> 	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 Sunday/holidays/ Dec.29~Jan.3)
<a href="#">Yorisoi Hotline</a> 	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
<a href="#">AMDA Medical Information Cente</a> [特定非営利活動法人 AMDA 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 doctors

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



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](#).