

# September Ichinoseki Multilingual Information



Ichinoseki International Association/

Ichinoseki ILC Promotion Division

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

## September Notification Adult Medical Examination Schedule

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

Date	Area	Venue
2 <sup>nd</sup> (Mon)	Murone	Murone Kyoku Roku Fureai Center 室根くろくふれあいセンター
3 <sup>rd</sup> (Tue)	Senmaya	Senmaya Rural Environment Improvement Center 千厩農村環境改善センター
4 <sup>th</sup> (Wed)	Fujisawa	Nikoniko Dome ニコニコドーム
5 <sup>th</sup> (Thu)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター * Reception hours on September 6 <sup>th</sup> 1:30pm to 3:00pm 5:30pm to 7:00pm
6 <sup>th</sup> * (Fri)		
8 <sup>th</sup> (Sun)		
9 <sup>th</sup> (Mon)		
10 <sup>th</sup> (Tue)		
11 <sup>th</sup> (Wed)		Ichinoseki Natural Recreation Village Management Center (Genbi) 一関自然休養村管理センター(厳美)
12 <sup>th</sup> (Thu)		Hagisho Civic Center 萩荘市民センター
17 <sup>th</sup> (Tue)		Sun Abilities Ichinoseki サン・アビリティーズ一関
18 <sup>th</sup> (Wed)		Ichinoseki Community Health Center 一関保健センター
19 <sup>th</sup> (Thu)		
20 <sup>th</sup> (Fri)		

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

### Breast cancer screening

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

Date	Area	Venue
12 <sup>th</sup> (Thu)	Daito	Daito Community Health Center 大東保健センター
13 <sup>th</sup> * (Fri)		Daito Community Center 大東コミュニティセンター * Reception hours on September 13 <sup>th</sup> 1:30pm to 2:30pm/5:00pm to 7:00pm
14 <sup>th</sup> (Sat)		
26 <sup>th</sup> (Thu)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター
27 <sup>th</sup> (Fri)		
28 <sup>th</sup> (Sat)		

### Cervical cancer screening

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

Date	Area	Venue
24 <sup>th</sup> (Tue)	Daito	Daito Community Health Center 大東保健センター
25 <sup>th</sup> (Wed)		Daito Community Center 大東コミュニティセンター
26 <sup>th</sup> (Thu)		

### Colorectal cancer screening

(reception hours: 9:30am~11:30am)

Date	Area	Venue
14 <sup>th</sup> (Sat)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター

In addition, tuberculosis medical examination is  
carried out.

For further details, check the Adult Medical  
Examination Schedule posted on Ichinoseki City's  
[Homepage](#).



## Notice of payment in September

- ① National Health Insurance Tax (general collection) 3<sup>rd</sup> term
- ② Medical insurance premiums for the latter-stage elderly (general collection) 3<sup>rd</sup> term
- ③ Long-term care insurance premium (general collection) 2<sup>nd</sup> term

**Beware of Scams!**



**Payment deadline: Monday, September 30<sup>th</sup>**

### 【Inquiry】

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

## JR Ofunato Line will be suspended

Some trains on the JR Ofunato Line are suspended due to daytime construction work on the line.

Date and time: September 18th (Wednesday) to September 20th (Friday) 8:00am~ 4:00pm

\*Please check the JR East website for details.

【Inquiries】JR East Inquiry Center 050-2016-1600



## About the 43<sup>rd</sup> Ichinoseki International Half Marathon

The 43<sup>rd</sup> Ichinoseki International Half Marathon will be held with the area around the Ichinoseki City Hirose Udome as the start and end points. Please be aware of traffic restrictions in the area.

- Date: September 29<sup>th</sup>, 2024 (Sunday)
- Time: Half marathon 9:30am start  
10 km marathon 10:15am start
- Place: 【START】 AEON Super Center North Exit  
【GOAL】 Hirose Udome Ichinoseki City Gymnasium Ishinose Bridge
- Traffic Restriction Times: 9:30am~12:15pm  
\* For details please check the [homepage](#)



## Livelihood support consultations

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

- Date: September 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> (every Thursday)
- Time: 10:00am- 3:00 pm
- Location: Ichinoseki City General Welfare Center 0191-23-6020

《 Mobile consultation (Reservation required) 》

- Date/Time: September 13<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

## 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



- Ichinoseki City Hall 0191-21-2111 ●Hanaizumi Branch 0191-82-2211 ●Daito Branch 0191-72-2111
- Senmaya Branch 0191-53-2111 ●Higashiyama branch 0191-47-2111 ●Murone branch 0191-64-2111
- Kawasaki Branch 0191-43-2111 ●Fujisawa Branch 0191-63-2111

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](#).