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)

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Date	Area	Venue			
2 nd (Mon)	Murone	Murone Kyoku Roku Fureai Center 室根曲ろくふれあいセンター			
3 rd (Tue)	Senmaya	Senmaya Rural Environment Improvement Center 千厩農村環境改善センター			
4 th (Wed)	Fujisawa	Nikoniko Dome ニコニコドーム			
5 th (Thu) 6 th * (Fri) 8 th (Sun) 9 th (Mon)		Ichinoseki Community Health Center 一関保健センター * Reception hours on September 6 th 1:30pm to 3:00pm 5:30pm to 7:00pm			
10 th (Tue)		Ichinoseki Natural Recreation Village Management Center (Genbi) 一関自然休養村管理センター(厳美)			
11 th (Wed)	Ichinoseki	Hagisho Civic Center 萩荘市民センター			
12 th (Thu)		Sun Abilities Ichinoseki サン・アビリティーズー関			
17 th (Tue) 18 th (Wed) 19 th (Thu)		Ichinoseki Community Health Center ー関保健センター			
(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.
- 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 th (Thu)		Daito Community Health Center 大東保健センター
13 th * (Fri)	Daito	Daito Community Center 大東コミュニティセンター
14 th (Sat)		* Reception hours on September 13 th 1:30pm to 2:30pm/5:00pm to 7:00pm
26 th (Thu)		
27 th (Fri)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター
28 th (Sat)		

Cervical cancer screening

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

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

Colorectal cancer screening

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

Date	Area	Venue
14 th (Sat)	Ichinoseki	Ichinoseki Community Health Center ー関保健センター

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

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

Beware of Scams!



Payment deadline: Monday, September 30th

[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.

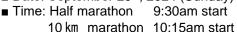
[Inquiries] JR East Inquiry Center 050-2016-1600



About the 43rd Ichinoseki International Half Marathon

The 43 rd 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 29th, 2024 (Sunday)





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

《 Mobile consultation (Reservation required) 》

- Date/Time:September 13th (Friday) 10:00am-
- 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.

Ichinoseki City





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

- 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.