



ICHIGO

いちご



NO. 313

Seika's English Language Newsletter

The Monthly Prescription

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The Monthly Prescription is an easy to understand, monthly medical advice column written by various doctors from the Soraku Doctor's Association. This month's contributor is **Dr. Kishida** from Kishida Internal Medicine Clinic in Seika Town.

What is Long-term Care Insurance?

When people hear the word "long-term care insurance," many people think about the premiums that are deducted from their paychecks at age 40. In reality, the long-term care insurance system was established in 2000 as a mechanism to financially support care for the elderly as a society. This type of insurance is available to persons 65 years old or older that need nursing care, but it is also available to those who are between 40 and 64 years old and have certain diseases that also require a special level of care.



In addition to in-home care support and in-home services, services available through long-term care insurance include home-visit care and daily living assistance (help with cleaning, laundry, shopping, cooking, etc.), in-home nursing, bathing assistance, and at-home physical rehabilitation conducted by a elderly care employees or nurses.

There are also elderly day services (which provide support for meals and bathing, maintenance and improvement of physical and mental functions, and oral function training), daycare services (where physical and occupational therapists provide rehabilitation for independence in daily life), and dementia daycare. Short-stay facilities (stays at facilities that provide meals, bathing, and rehabilitation support to reduce the burden on caregivers and prepare for moving into facilities) are another service provided through this insurance. People that need another level of medical care can receive it at certain facilities, such as special nursing homes for the elderly (tokuyou), geriatric health care facilities for the elderly (rouken), and other long-term care medical care facilities. There are plenty of differences between these services. Definitely too long to attempt to list here!



Seika Town Mascot Kyōmachi Seika



"Let's strive to create a society where anyone of any age can live in comfort!"

Services related to welfare equipment (rental of nursing beds and wheelchairs) and home renovations are also subsidized by the long-term care insurance.

If you have a family doctor, consult with them about receiving care. If you do not have a



Coronavirus Vaccine Information

Seika Town is making preparations to distribute the vaccine according to the order of vaccination priority and vaccination schedule decided by the Government of Japan. Vaccines will be distributed by group vaccination. Towards the end of April, Seika Town sent vaccination vouchers and a medical questionnaire to eligible residents. If you would like to receive vaccination and are eligible, please make an appointment following the directions included in the packet. If you are of the eligible age group and have not received a vaccination voucher, please contact Seika Town Office.



Eligible Persons

Senior citizens 65 years or older that are registered residents of Seika Town (Persons born before 1957 April 1 who will become 65 years of age between 2021 April 1 and 2022 March 31)

Vaccine

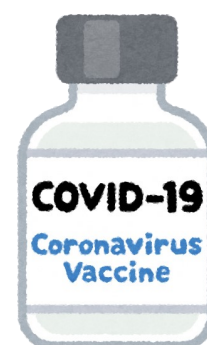
Vaccine produced by **Pfizer**

Group Vaccination Period

Group A: 1st dose - May 23 (Sun.) 2nd dose - June 13 (Sun.)

Group B: 1st dose - June 6 (Sun.) 2nd dose - June 27 (Sun.)

※Future group vaccinations will be scheduled based on vaccine supply. Please check the town magazine Hanasou, the Seika Town homepage, or Ichigo newsletter for updated information on group vaccination dates.



Appointment Reception Dates

Group A: May 7 (Fri.)

Group B: May 21 (Fri.)

Number of Doses

2 doses (2nd dose to be received 3 weeks after 1st)

Distribution Location

Gymnasiums of elementary schools within Seika Town (Kawanishi ES, Seihoku ES, Yamadasho ES, Higashihikari ES, Seikadai ES)

What to Bring to Appointment

- Vaccination voucher - Pre-filled medical questionnaire
- Form of personal identification (driver's license, resident card, etc.)

Make an Appointment

Appointments can be made online through the following web page
<https://jump.mrso.jp/263664>



Getting Vaccinated

Make an appointment to get vaccinated by following the directions in the packet mailed to you. You will not receive a notification that your appointment has been made, so be sure to write down the time, date, and location of your appointment in the space provided on the direction sheet, and attend the appointment on the scheduled day.

Vaccination is optional

Getting the coronavirus vaccine is not mandatory. Schedule an appointment for vaccination only after understanding the effects and potential risks of receiving the vaccine. If you have a primary illness or allergies, and are unsure if you should get vaccinated, consult with your doctor before making an appointment.

Check the Seika Town English homepage periodically for more vaccine and general coronavirus information: <https://www.town.seika.kyoto.jp/kakuka/kikaku/1/1/index.html>



Town News

Beware of Vaccine-related Fraud

In Japan, a number of people have recently been experiencing fraudulent interactions related to the coronavirus vaccine. Stay up to date on the latest vaccine information to keep yourself and others from falling victim. Below are some fraudulent interactions you may encounter.

Example 1

A person claiming to be an employee of a local public health center calls your mother's house and tells her that she can receive the vaccine if she deposits 100,000 yen into a specified account. The suspicious caller reassures your mother that she will get the money back.

Example 2

You get a phone call at home with an automated, robotic voice saying you can receive the coronavirus vaccine for free and asking if you rent or own your house.

Example 3

You receive an email saying you can get priority vaccination. The mail includes the Prime Minister's name and a URL.

You may also encounter any of the following interactions:

- An email with a subject line that makes it seem like an official correspondence about receiving money and asking for a response.
- An email posing as correspondence from the local government office asking to input your bank account information.
- A phone call from someone posing as a representative from a coronavirus task force asking for personal information.

What should you do in these situations?

If you receive suspicious phone calls or visits from a person claiming to be from the government or a company claiming to be doing business on behalf of the government do not respond to them. The same goes for any suspicious emails you receive from unknown addresses.

Should you receive a phone call from someone claiming to be from the government or a financial institution, hang up the phone, and dial from a number you researched yourself.



International Playgroup “Ichigo Ichie” Foreign Resident Support Chat

Do you live in Southern Kyoto or Northern Nara and have questions about life in Japan or raising children? International Playgroup Ichigo Ichie has set up a LINE OPENCHAT group to answer all your questions! Feel free to contact the group through LINE or email if you have any questions.

Scan the QR code on the right to join the LINE OPENCHAT group.

Feel free to check out Ichigo Ichie's activities on Facebook, Instagram, and their homepage as well!

Facebook: <https://www.facebook.com/sgnhiroba>

Instagram: https://www.instagram.com/ichigo_ichie_sgn/

Homepage: <http://www.sgnhiroba.blogspot.com>





Town News

Preventing the Unauthorized Acquisition of Resident Records and Other Documents

To prevent unauthorized requests and acquisitions of resident records (住民票), family registers (戸籍謄本) and other personal documents, the town hall has implemented to notify you in the event a proxy or other third party applies to acquire these documents. You must register to receive this service. Anyone with a current or former home address in Seika Town can register. To register, please bring the application form* and a form of personal identification (driver's license, residence card, etc.) to the General Services Counter on the 2nd floor of Seika Town Office.

※ Application form can be downloaded from the Seika Town homepage.

Applicable certificates and documents

- Copies of family registers, abridged family registers, resident records, and supplementary family registers

Notifications not sent in the following cases

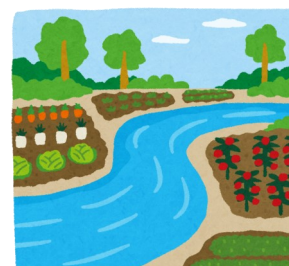
- Family registry request made by person included on the registrant's family registry, or a lineal ascendant/descendant
- Resident record request made by person from the same household as the registrant's
- Document requests made by public government offices
- Documents to be used in court proceedings or disputes that are requested by lawyers or judicial clerks



Rising Water Levels in Waterways

To supply water to the various crops around Seika, the Kawanishi water supply pump will be operating on 5/26, and 6/7 - 9/19. During this time, the water levels will rise in the waterways surrounding these crops. Please be careful around these areas.

On 5/26, the pump will operate 9:00 a.m. - 12:00 p.m., all day on 6/7 - 6/9, and 8:00 a.m. - 5:00 p.m. from 6/10 on.



The Town Events section will be excluded in this month's issue of Ichigo as a measure to prevent the spread of the coronavirus. Thank you for your understanding and cooperation.

Information on COVID-19 (Coronavirus)

CLAIR <http://www.clair.or.jp/tabunka/portal/info/contents/114517.php>

Japan Ministry of Justice http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00055.html

Coronavirus Consultation Center Contact Information

Contact	Kyoto Prefecture		
Tel	075-414-4726	Hours	24 hours
Lang.	Japanese, English, Chinese, Korean, Portuguese, Spanish		





Town News

Healthy Diet, Healthy You Projects

What is a “Healthy Diet, Healthy You Participating Store?”

Restaurants participating in the Healthy Diet, Healthy You project serve dishes that use plenty of vegetables and are low in sodium, provide caloric values and food allergy information for their entrees, and actively participate in improving the health of people living in Kyoto Prefecture.

Participating restaurants have this purple sign posted somewhere in their establishment.



Hanasendo Seika

This establishment serves dishes full of delicious vegetables.

Address: Seikadai 1-25-2

Hours: 9:30 a.m. ~ 6:30 p.m.

Closed days: Tuesdays (open on holidays)

Tel: 0774-93-4377



International Cooking at Home!

Stuck at home with nothing to do? Get into cooking with the International Cooking at Home series! Started in February, Seika's Coordinator for International Relations has been posting recipes of popular foods not typically found in Japan in English and Japanese. Visit the URL below or scan the QR code to view the homepage and get to cooking!

May's dish is **mochiko chicken!** (to be posted on 5/14)

URL: <https://www.town.seika.kyoto.jp/kakuka/kikaku/1/1/5/intcooking/index.html>



Seika Town Sightseeing Information Portal

Did you know that Seika Town has a website that compiles information for all the of the fun and interesting sightseeing spots in Seika? If you're looking for information on how to spend a day in Seika, look no further than Seika Town's Sightseeing Information Portal site!

This site contains information about the various hot spots, restaurants, and events in Seika Town. Whether you're a resident of Seika or another nearby or faraway town, there's something new to discover for everyone! Check it out by visiting the URL below...

URL: <https://www.town.seika.kyoto.jp//kanko/index.html>





Preventing the Spread of COVID-19

If you go out, avoid the three 「密」!

① 密閉空間 (みつぺいくわん): Avoid small enclosed spaces with bad



② 密集場所 (みつしゅうばしょ): Avoid places with lots of people in one area.



③ 密接場面 (みつせつばめん): Avoid close quarter situations.



Preventing the cluster-spreading of the virus is important in stopping the spread of COVID-19

Avoid events and gatherings where any of the three 「密」 could occur!

Seika Town Facility Schedules

Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
5/9 (Sun.)	Pediatrics	6/6 (Sun.)	Internal Medicine
5/16 (Sun.)	Internal Medicine ・ Pediatrics	6/13 (Sun.)	Internal Medicine
5/23 (Sun.)	Internal Medicine ・ Pediatrics	6/20 (Sun.)	Internal Medicine ・ Pediatrics
5/30 (Sun.)	Internal Medicine	6/27 (Sun.)	Internal Medicine ・ Pediatrics

Mukunoki Center

Date	Time	Details
5/19 (Thur.)	3:00 ~ 5:00 p.m.	Table Tennis Day
5/23 (Sun.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
5/26 (Thur.)	—	Closed
6/2 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
6/9 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day

※Please call before visiting

Sōraku Emergency Medical Clinic (TEL: 0774-73-9988)

Health Center

Date	Time	Details
5/14 (Fri.)	12:30 p.m. ~	18-mon. old Health Check (born Oct. 2019)
5/18 (Tues.)	12:45 p.m. ~	9-10-mon. old Health Check (born July 2020)
5/20 (Thur.)	12:45 p.m. ~	3-4-mon. old Health Check (born Jan. 2021)



Asunaro Cooking

Looking for new recipes to incorporate into your cooking repertoire? Learn recipes from the Seika Town Diet Improvement Association "Asunaro-kai!"

Learn how to make cheesecake with this recipe:

* Ingredients (1 whole cake)

Kouji amazake	80ml	Sugar	15g
Soy milk	80ml	Powdered agar	1.6g
Water	80ml		

* Instructions

1. Combine amazake and soy milk in a pot and heat to 80° Celcius
2. In a separate pot, mix powdered agar and water together until agar is dissolved, then heat.
3. When the agar mixture starts to boil, add sugar, and heat on low-heat for 1-2 minutes.
4. Add amazake and soy milk mixture to pot with agar mixture.
5. Allow combined mixture to cool before moving to a separate container. Harden in the refrigerator.
6. Top with your favorite fruits before eating.

* Nutrition information (whole cake)

Calories	81 kcal	Protein	2.1g
Calcium	8mg	Dietary Fiber	0.9g
Fat	0.8g	Sodium	0.1g



QUICK LIST

Welcome to the Quick List, a short list of vocabulary words in both English and Japanese.

This month's theme: Countries in kanji

Please send us feedback! Is this list a good level? If you have topic suggestions please let us know.



- | | | |
|-----|--------|------------------------------------|
| 1. | かんこく | 韓国 - Korea |
| 2. | ちゅうごく | 中国 - China |
| 3. | えいこく | 英国 - United Kingdom |
| 4. | い たり あ | 伊太利亚 - Italy |
| 5. | どいつ | 独逸 - Germany |
| 6. | ふらんす | 仏蘭西 - France |
| 7. | ろ し あ | 露西亜 - Russia |
| 8. | べいこく | 米国 - America |
| 9. | ぶらじる | 伯刺西爾 - Brazil |
| 10. | ごうしゅう | 豪州 - Australia |
| 11. | にちべい | 日米 - Japan-U.S. (e.g. relations) |
| 12. | に ち ろ | 日露 - Japan-Russia (e.g. relations) |
| 13. | につかん | 日韓 - Japan-Korea (e.g. relations) |
| 14. | につちゅう | 日中 - Japan-China (e.g. relations) |

単語

Sensational in Seika!

Getting to the “Root” of the Raku-imo Potato



The *raku-imo* potato is a special type of root vegetable that is grown in Seika Town. Of the *yamaimo* variety of potatoes, the slightly sweet *raku-imo* contains less water than a typical *nagaimo* while maintaining a strong, starchy viscosity. *Raku-imo* seeds are normally planted in May or June and take nearly 6 months to grow to a harvestable size. During the half-year period, the plant's vines typically grow long and wide enough to provide shade, creating a natural “green curtain” that can provide relief from the harsh summer heat. The leaves of the *raku-imo* vines cut off approximately 80% of the heat from the sun's rays and help keep the area cool. Come to Seika Town Office if you would like to see *raku-imo* and the green curtain in

person!

Our Town, Seika

Established in 1955, Seika Town is located in Southwestern Kyoto and neighbors Kyotanabe City and Kizugawa City in Kyoto, and Ikoma City in Nara. As one of the major constituents of the Kansai Science City from Kyoto Prefecture, Seika

Seika Town Office

Planning and Coordination Division

Kyoto-fu, Sōraku-gun, Seika-cho

Minami-Inayazuma, Kitajiri 70

TEL: 0774-95-1900

FAX: 0774-95-3971

EMAIL: cir@town.seika.lg.jp

What to do if...

You have a question about something in Ichigo...

Call the Coordinator for International Relations at Seika Town Office if you have a question about any of the content featured in Ichigo. Also, if you know someone in Seika that would like to receive Ichigo in the mail please contact us!

You have a problem with life in Japan...

If you have any questions or problems concerning life in Japan not related to an article in Ichigo, please contact the Coordinator for International Relations at Seika Town Office.

TEL: 0774-95-1900 FAX: 0774-95-3971 EMAIL: cir@town.seika.lg.jp or kikaku@town.seika.lg.jp (Planning and Coordinating Division)

You have an issue with your visa or other questions...

The Kyōto City International Foundation (located at 2-1 Toriichō Awataguchi, Sakyō-ku, Kyōto-shi), offers advice and consultation on visa issues and general problems. **Visa consultations are available on the 1st and 3rd Saturdays of every month (appointment required) and are held in English, Chinese, Korean, and Spanish.** General counseling is available Tuesday to Sunday from 9:00 to 21:00.

TEL: 075-752-3511 Homepage: <http://www.kcif.or.jp/en>

Find us online!

Facebook



Town Website



Word of the Month



りっか
立夏

first day of summer

Rikka is the Japanese word for the first day of summer. This day usually falls on May 5th or the 6th. This summer is looking to be another one where mask wearing is required. Remember to drink lots of water and to take off your mask only when you're able to maintain social distance outdoors.

Check out the Kyōto CIR blog: <http://tabunkakyoito.wordpress.com/>