

Let's receive medical check-ups!

Have you received medical check-ups? Please take the following medical check-ups for your health. Regarding subject persons and how to apply, please check the "健康パンフレット(written in Japanese, a leaflet about health and medical checkups)" or contact us.

Group Medical Check-up

◇General Medical check-up is for aged 20 and older

◇Specific Medical Check-up is for aged 40-74



●**Subject Person** Onojo residents aged 20 and older

*Specific Medical check-up is not available for those who are aged 20-39 or Aged 40-74 who are a member of Social Insurance such as Health Insurance or aged 75 and above.

●Details

◇General Medical Check-up ◇Specific Medical Check-up

◇Cancer Screening (stomach, lung, colon, uterine, mammary gland, prostate gland) ◇Osteoporosis Check-up

●Limited Number

140 people per check-up date (first-come-first-served basis)

*For further information such as fee, please check the "健康パンフレット (written in Japanese, a leaflet about health and medical checkups)" or call us.

●How to Apply

◇Fill in and send Application Form by post. Application Form is attached to "健康パンフレット(written in Japanese, a leaflet about health and medical checkups)" inserted in the April 1st issue of the city magazine "ONOJO".

◇HP of Onojo City

<Medical checkup for aged 75 and above>

The notice letter and the consultation ticket were sent to eligible persons at the end of April. The letter and the list are written in Japanese only.

◆How to take: Make an appointment at the designated medical institution.

For application or further information, please contact Local Culture and Industry Promotion Section
Tel: 092-580-1876 Fax: 092-573-7791
E-mail: sangyo@city.onojo.fukuoka.jp



Let's receive medical check-ups!

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●Date for Group Medical Checkup (Nov. 2019 - Feb. 2020)

Date	Venue	Deadline ☆
Wed. Nov. 6 th	Kita Community Center *Daycare	Mon, Oct. 7 th
Mon. Nov. 11 th	Minami Community Center	
Fri. Nov. 15 th	Sukoyaka Koryu Plaza *Daycare	
Sun. Nov. 24 th ★	Minami Community Center *Daycare *Only accepting the application of Osteoporosis Check-up	
Sat. Dec. 7 th	Sukoyaka Koryu Plaza *Daycare	Thu, Nov. 7 th
Tue. Dec. 10 th	Minami Community Center	
Mon. Dec. 16 th	Sukoyaka Koryu Plaza *Daycare	
Fri. Dec. 20 th	Minami Community Center *Daycare	Wed, Dec. 11 th
Fri, Jan. 17 th , 2020	Sukoyaka Koryu Plaza	
Wed, Jan. 22 nd , 2020	Minami Community Center *Daycare	
Sun, Jan. 26 th , 2020 ★	Sukoyaka Koryu Plaza *Daycare	Wed, Jan. 8 th , 2020
Fri, Feb. 7 th , 2020	Minami Community Center *Daycare	
Sun, Feb. 16 th , 2020	Sukoyaka Koryu Plaza *Daycare	

*If you want to use day care for preschoolers, you need to apply beforehand. Children under 3 years old are given priority.

*Check-ups are basically held for 2 hours in the morning, but Osteoporosis Check-up is held both in the morning and in the afternoon.

*You can take Osteoporosis Check-up on the dates with ★

☆Application must be received before each date.

*Please refer to "健康パンフレット"(written in Japanese, a leaflet about health and medical check-ups, inserted with the Apr.1st issue of the city magazine "Onojo") for the schedule after March or contact us.



Joe's NEWS

Selected information from the city magazine "ONOJO"

Oct. 1st, 2019 issue (No.2)

Let's receive medical check-ups!

● **Check-ups and Fees** *Age: as of March 31st in 2020

Medical Check-up		Examination Item (all the items include a medical interview)	Subject Person	Fee
Medical Check-up	General Medical Check-up	Body Measurement, Blood-Pressure Measurement, Blood test, Urinary test	Aged 20-39	4,200yen
	Specific Medical Check-up	Body Measurement, Blood-Pressure Measurement, Blood test, Urinary test	Aged 40-69 (National Health Insurance Member only)	1,000yen
			Aged 70-74 (National Health Insurance Member only)	500yen
		Electrocardiography *You can not take this examination only; you are required to take all examination items.	Aged 40-74 (National Health Insurance Member only)	1,500yen

*Those who received a free voucher for receiving Uterine and Mammary Gland cancer examination, Specific Medical Check-up or Colon cancer examination can take the check-up at a medical institution designated by the Onojo City.

Exemption from Fees *Please write "Exemption from Fee" on the application form.

- ◆ **General Medical Check-up:** ◇ a person of a household on welfare: free
◇ a person aged 20-39 of a household of city tax-exempt: 1,000yen
- ◆ **Cancer Screening, Osteoporosis Check-up:** Free for the following persons ◇ a person of a household of city tax-exempt ◇ a person of a household on welfare ◇ a person who is aged 65-69 and joins Older Senior Citizens' Medical System

*All persons need to pay for Specific Medical Check-up fee and Prostate Gland cancer screening fee.

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Let's receive medical check-ups!

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● **Check-ups and Fees** *Age: as of March 31st in 2020

Cancer Screening		Examination Item (all the items include a medical interview)	Subject Person	Fee
Cancer Screening	Stomach	Gastric region X-ray examination (barium meal)	Aged 30-69	1,000yen
			Aged 70 and older	Free
	Lung	Chest X-ray examination	Aged 20-39	1,000yen
			Aged 40-69	400yen
			Aged 70 and older	Free
	Colon	Fecal Occult Blood Test	Aged 40-69	700yen
			Aged 70 and older	Free
	Uterine	Uterine cervix Cytodiagnosis · Internal examination	Aged 20-69	800yen
			Aged 70 and older	Free
Mammary Gland (Every two years)	Mammography	Aged 40-69	1,200yen	
		Aged 70 and older	Free	
Prostate Gland	Blood Test (PSA examination)	Aged 50 and older	1,800yen	
Osteoporosis Check-up (Every two years)	Forearm X-ray examination	Aged 40-69	600yen	
		Aged 70 and older	Free	

*Please notify your situation when you apply for these check-ups.

Clean City Onojo Campaign in Autumn

Onojo City promotes Clean City Onojo Campaign. This campaign is held twice a year in spring and autumn in each self-governing community and citizens clean roads and pull up weeds at parks. Please join it and keep your community clean.

For application or further information, please contact Local Culture and Industry Promotion Section
 Tel: 092-580-1876 Fax: 092-573-7791
 E-mail: sangyo@city.onojo.fukuoka.jp





Joe's NEWS

Selected information from the city magazine "ONOJO"

Oct. 1st, 2019 issue (No.3)

Influenza Vaccination for Seniors

●**Subject Person** As of the date of receiving the vaccination
Persons who falls under any of the followings

◇Aged 65 and above ◇Persons who fit the following criteria:◆Aged 60-64
Being judged by a doctor that the person fulfills the diagnosis criteria for this
vaccination (Have a disability which extremely restricts actions on one's daily
life in any of the following functions; heart, kidney, respiratory, immunity by HIV)

●**Vaccination Period** Tue, Oct.1st, 2019 - Sat, Feb. 29th, 2020 (except the
closed days of medical institutions)

●**Vaccination time** once

●**Necessary Items** ◇Documentations by which your address, name, date of
birth can be confirmed such as Health Insurance Card ◇Health Handbook (If
you have.) ◇Document which proves a household of city tax-exempt (If
necessary) ◇Copy of Physical Disabilities Handbook (if necessary)

●**Co-payment Amount** 1,500yen

<NOTE>

*Advanced appointment necessary.

*Please consult with your family doctor beforehand whether you can receive the
vaccination in case that you are under medical treatment, you have
allergies(such as for eggs), or you have Physical Disabilities Handbook.

*For further details, please contact us.

[Notification of Co-payment-exempt]

Please never fail to apply for the exemption beforehand and receive the
notification before you receive the vaccination. There is no refund after you
ended up paying for the vaccination.

◇ **Subject Person** Households on tax-exempt or on welfare are
eligible.*Please confirm the eligibility beforehand.

◇**Necessary Items** Submit any of the followings to medical institution

◇Co-payment Maximum Amount Certificate for Long-Term Care Insurance
for the Elderly (介護保険負担限度額認定証) ◇Co-payment Maximum
Amount and Standard Co-payment Reduction Certificate for Older Senior
Citizens' Medical (後期高齢者医療限度額適用・標準負担額減額認定証) ◇
Co-Payment Exemption Notice for Influenza Vaccination (インフルエンザ予
防接種自己負担金免除通知書)

For details, please contact us.

Stomach Cancer Screening

Stomach Cancer Screening with a gastroscope is held at the medical
institutions designated by Onojo City from July 2019 to February 2020. The
consultation ticket is sent to eligible persons in June. The letter and the list of
medical institutions are written in Japanese only.

●**Subject Person** Onojo residents aged 50 and older who are even age.

*The age is as of Mar. 31st, 2020.

*For further information, please check the consultation ticket,
July 1st issue of the city magazine "Onojo" (written in Japanese) or
call us.



Measles and Rubella (MR) Vaccination

Have you already had your child receive Measles and Rubella (MR)
Vaccination? The subject persons can receive the vaccine until March 31st in
2020. Still, we recommend to have your child receive it as soon as possible
since children often get out of condition such as having a cold in winter. In the
case of receiving the vaccination beyond the subject age or the necessary
vaccination times, you are required to pay full amount. Please make sure to
confirm if your child has already received it after April in 2019 with your
maternal and child health handbook to avoid duplication of the vaccination.

*Regarding the medical institutions at which the vaccination is available,
please confirm on the HP of Onojo City (in Japanese) or contact us.

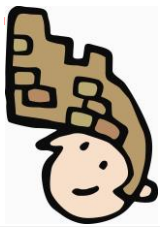
[Routine Vaccination]

Subject Age of Measles and Rubella (MR) Vaccination Covered in Law in
2019

Number of Vaccinations	Subject Age
1 st Stage :once	1 year old (before becoming 2 years old)
2 nd Stage :once	During 1 year just before the enrollment of elementary school : Born on April 2 nd , 2013 – April 1 st , 2014

For application or further information, please contact Local
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Joe's NEWS

Selected information from the city magazine "ONOJO"

Oct. 1st, 2019 issue (No.4)

Rubella Anti-body Test and Vaccination for Adult Males

Coupon of Rubella anti-body test and vaccination was sent to subject persons at the end of May. The main symptom of Rubella is fever and rash and it infects other people with coughing, sneezing and droplet of conversation. . Rubella is strongly infectious.

●Subject Person

- ◇Males who were born from Apr. 2nd, 1962 through Apr. 1st, 1979
 - Subject person who will receive coupon in FY2019
 - ⇒Males who were born from Apr. 2nd, 1972 through Apr. 1st, 1979
 - Subject person who will receive coupon in FY2020 and after.
 - ⇒Males who were born from Apr. 2nd, 1962 through Apr. 1st, 1972

●Procedure

- ①Coupon of Rubella anti-body test and vaccination was sent to subject persons at the end of May.
- ②With the coupon and documents to identify yourself, you take Rubella anti-body test at specific medical checkup held by the Onojo City, health checkup held by your company or designated medical institutions.
- ③In case that you are diagnosed with low antibody levels in Rubella anti-body test, you take Rubella vaccination at designated medical institutions.

●Co-payment Amount Free

*Information about designated medical institutions (written in Japanese) is sent with the coupon.

*For further information, please contact us.

Akachan (baby) Hiroba

Come join us and meet other mothers with their first child!



●Subject Person 3 months -12 months old child and mother

Subject Person	Date and time	Venue
Those who live in South Community Area	Tue, Nov. 5 th 10:30am-12:00pm	Minami Community Center, Interaction Room
Those who live in North / East Community Area	Tue, Nov. 12 th 10:30am-12:00pm	Reiwa Kodomo Joho Center(Reiwa Children Information Center), Oyako Salon Floor (Sukoyaka Koryu Plaza 1F)
Those who live in Central Community Area	Tue, Nov. 26 th 10:30am-12:00pm	

(Reception: from 10:00am -) *Please attend in the community area you live.

●Fee Free *No registration in advance necessary *Limited Parking

Super Twins - Let's have fun together! -

●Subject person

Twins or Triplets and their Guardians, the person who will give birth to supertwins. (Residents of Onojo and Cities around Onojo)

●Dates

- ◆Tue, Oct. 8th [Let's make crafts and play!]
- ◆Tue, Nov. 12th [Let's play together!]
- ◆Tue, Dec. 10th [Christmas Party]

●Time 10:30am - 12:00pm

●Fee 500yen / family

●Place Family Koryu Center [2-5-1 Tsutsujigaoka]

Open Playground & Picture Book Library

Why don't you read picture books with your child and play with other children in a playground?

●Subject Person Preschoolers and their guardians



●Date and Venue

	Entei Kaiho (Open Playground)	Picture Book Library
Ono Minami Nursery School	1 st and 3 rd Saturdays	2 nd and 4 th Mondays
Tsutsui Nursery School	2 nd and 4 th Saturdays	2 nd and 4 th Wednesdays

●Time 10:00am - 12:00pm

*Date might be changed due to the schedule of nursery school.

Please contact us beforehand when you will join.

*As to Tsutsui Nursery School, city parking space is in front of Daimonji Park.

*As to Ono Minami Nursery School, there is no parking space.

*In case of rain, Entei Kaiho will be cancelled.

For application or further information, please contact Local Culture and Industry Promotion Section
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 E-mail: sangyo@city.onojo.fukuoka.jp





Joe's NEWS

Selected information from the city magazine "ONOJO"

Oct. 1st, 2019 issue (No.5)

Medical financial Aids for Infants and Children, Persons with Severe Disabilities and Single-Parent Families

If you fall under the followings and do not have Medical Service Card yet, please contact us.

System	Subject Person (*Except for recipients of public assistance)
Medical Financial Aid for Infants and Children	<ul style="list-style-type: none"> ◇ Junior High school students and under * Junior High School grade 1st - 3rd students receive financial aid for Hospital Visit from October 1st. * Except for recipients who are 3 years old - Elementary School grade 6th students and receive Medical Financial Aid for Persons with Severe Disabilities and recipients who are Elementary School grade 1st students - Junior High School grade 3rd students and receive Medical Financial Aid for Single-Parent Families.
Medical Financial Aid for Persons with Severe Disabilities*	<ul style="list-style-type: none"> ◇ Persons with Physical Disabilities Handbook Level1 and Level2 ◇ Persons with Handbook for persons with intellectual disabilities Grade A ◇ Persons with Welfare Handbook for persons with mental disabilities Level1 ◇ Persons with Physical Disabilities Handbook Level 3 and Handbook for persons with intellectual disabilities Grade B1 ◇ Persons who have benefit of Basic Disability Pension (Level1) due to intellectual disabilities ◇ Persons who have benefit of Special Child-rearing Allowance (Level1) due to intellectual disabilities * Income restrictions apply (Compliant with Special Disability Allowance (特別障害者手当) / As to 3 years old - Elementary School grade 6th students, compliant with Children Allowance (児童手当)) * 3 years old and above (As to under 3 years old, Medical Financial Aid for Infants and Children has priority.)

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Medical financial Aids for Infants and Children, Persons with Severe Disabilities and Single-Parent Families

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If you fall under the followings and do not have Medical Service card yet, please contact us.

System	Subject Person (*Except for recipients of public assistance)
Medical Financial Aid for Persons with Severe Disabilities*	<ul style="list-style-type: none"> * Entry to Older Senior Citizens' Medical System is necessary as to age 65 and over. * Please contact us as to Persons who have benefit of Basic Disability Pension (Level1) due to intellectual disabilities and Persons who have benefit of Special Child-rearing Allowance (Level1) due to intellectual disabilities
Medical Financial aid for single- parent families*	<ul style="list-style-type: none"> ◇ Single-Parent Families ◇ Children with no Parent * Children means students enrolled in Elementary School - 18 years old (till the end of the fiscal year) in this case. * Income restrictions apply (Compliant with Child-rearing Allowance (児童扶養手当)) * It is considered to be single-parent families when spouse could not work for a long time because of disabilities.

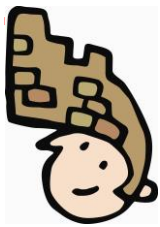
*There will be possibility to be a subject person depending on current situation. For further information, please contact us.

● **Details** your co-payment amount covered by your health insurance will be aided.

*Except for the medical expenses for infants aged 0-2, you may be required to partially pay.

For application or further information, please contact Local Culture and Industry Promotion Section
 Tel: 092-580-1876 Fax: 092-573-7791
 E-mail: sangyo@city.onojo.fukuoka.jp





Joe's NEWS

Selected information from the city magazine "ONOJO"


Oct. 1st, 2019 issue (No.6)

Onojo Cocoro-no-furusato-kan City Museum Information - Japanese History Experience held in October -

Cocoful Workshop

- ◇ Let's make a Halloween mask!
- ◇ Let's try traditional Japanese play!



Time	Contents
Sat, Oct. 5 th / Sun, Oct. 6 th Sat, Oct. 12 th / Sun, Oct. 13 th Sat, Oct. 19 th / Sun, Oct. 20 th	Let's make a Halloween mask! 
Sat, Oct. 26 th / Sun, Oct. 27 th	Let's try "Origami" (paper folding) and other traditional Japanese play such as "Koma" (spinning top), "Kendama" (cup-and-ball), etc!

● **Subject person** from 3 years old
*3rd graders of elementary school and younger must be accompanied by their guardians.

● **Time** 10:00am - 4:00pm (Reception is closed at 3:30pm.)

● **Venue** Kids History Experience Room
(1st Floor, Onojo Cocoro-no-furusato-kan City Museum)

● **Fee** Free *It will end when materials run out.

Cocoful Experience Workshop

Let's make "Haniwa" (a clay figure) strap!

● **Subject person** Whoever wants to join.
*3rd graders of elementary school and younger must be accompanied by their guardians.

● **Date** Sat, Oct. 26th / Sun, Oct. 27th ● **Time** 1:00pm - 3:00pm

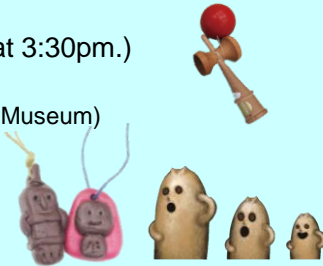
● **Venue** Lecture Room (M2nd floor, Onojo Cocoro-no-furusato-kan City Museum)

● **Limit** 20 people / each day
*If applications exceed capacity, a drawing will be held.

● **Fee** 300yen

● **Application Period** Tue, Oct. 1st - Thu, Oct. 10th

● **How to apply** Send e-mail or fax to us with the name of event "October's Cocoful Experience Workshop", your name, age, postal code and address, telephone number, the number of participants (up to 3 participants), preferred date written. *For application or further information, please contact us.



Mizuki Walk

Mizuki is a special historical site which was constructed as a fortification over 1,350 years ago. It is designated as a special historic site. It is also precious green space in Onojo urban area.

Why don't you walk around Mizuki Castle Ruins and feel ancient history?

● **Date and time** Sat, Oct. 26th 12:30pm - 5:00pm
(Meeting time 12:10pm)

*When the chance of rain exceeds 60% or more on NHK news at 7:00am of the day, the event will be cancelled. If you are not sure, please call Onojo City Call Center (Tel: 092-501-2211).

● **Meeting point** Mizuki Yume Park (5-chome Shimoori)

● **Course** Mizuki Yume Park ⇒ Furusato Mizuki Castle Ruins Park / Earth Works Cross Section Park ⇒ Mizuki Yume Park

● **Limit** 20 people (First-come first-served basis)

● **Fee** Free ● **Necessary Items** Drinks

*Please wear clothes and walking shoes appropriately for walking.

● **Application Acceptance** from Mon, Oct. 7th to Mon, Oct. 21st



Nobinobi Kyoshitsu (1 course comprises 3 times)

Enjoy playing with our day-care center staff.

● **Date** Fri, Nov. 8th, Fri, Nov. 15th, Fri, Nov. 22nd

● **Time** 10:00am - 12:00pm

● **Subject Person** 1 year old children and their guardians living in Onojo City

● **Fee** 1000yen for 3 times (material costs)

● **Limit** 15 groups

*If applications exceed capacity, a drawing will be held.

● **Application Period** Tue, Oct. 15th - Fri, Oct. 18th
(Reception Time: Weekday, 8:30pm - 5:00pm)

● **Venue** Reiwa Kodomo Joho Center (Child Information Center)
(3rd Floor, Sukoyaka Koryu Plaza)



For application or further information, please contact Local Culture and Industry Promotion Section
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Madoka Festival in 2019

Why don't you join Madoka Festival? In this festival, the various interesting and instructive events will be held. We will introduce some of events foreign residents can enjoy without understanding Japanese language. The dates and venues vary by each event. For further details, please refer to the leaflet inserted in the October 15th issue of City Magazine "Onojo" (in Japanese) or contact us.

●**Date** Sat, Nov. 2nd · Sun, Nov. 3rd

●Events

*Basically free of charge except the events of which charges are mentioned.

<Madokapia>

◆Elementary School Students Music Festival:

◇Nov. 2nd ◇Main Hall 【1st Floor】

◆Tea Ceremony:

A part of events of "Madoka Culture Festival"

◇Nov. 3rd

◇Main Hall Foyer 【1st floor】 ◇100yen, limited numbers

*The ceremony will end when all green tea has run out.

◆Kids Film and Reading Festival:

◇Nov. 2nd ◇Small Hall 【2nd floor】

Film shows, reading picture books and handcraft lessons for children

*Subject to change

◆The 6th International Speech Contest in English and Japanese:

◇Nov. 3rd ◇Small Hall 【2nd floor】

Exhibition and events for experiencing foreign culture will be held around the venue as well.

*There will be other events, exhibitions, sales inside the building.



Let's watch the moon's surface together!

●**Date and Time** Sat, Nov. 9th 7:00pm-8:50pm

●**Venue** Kita Community Center, "Star-dome-madoka"

●**Fee** Free

●**Details** ◇Observing the moon and the stars in autumn with a telescope

*Junior High School students and younger must be accompanied by their guardians. *In the case of rain or cloudiness, a story telling will be held in a room. *No registration in advance necessary.



Let's enjoy an autumn mountain!

●Activities

Climbing Mt.Ushikubi, Observing autumn plants with a guide

●**Date and Time** Wed, Oct. 23rd 9:00am - 4:00pm

*In the case of rain, Will be cancelled.

●Meeting point

Ushikubi Trust-no-mori Forest (near Fukuoka Central Cemetery)

●**Limit** 20 people (First-come first-served basis)

●**Fee** Free

●Necessary Items

Lunch, Drinks, Picnic blanket, Hat, Cotton work gloves, Towel, Plastic bags

*Please join wearing climbing boots or comfortable shoes and clothes

●How to Apply

Send e-mail or fax to us with the name of event "Autumn hill climbing", your address, name, age, male or female, telephone number written.

●Application Period

Tue, Oct. 15th - Mon, Oct. 21st

Reception Time 8:30am - 5:00pm



松本市おのじょう
緑のふろし袋協会

Information on Opening Hours

Oct. 2nd Madokapia will be CLOSED

Oct. 7th Onojo Cocoro-no-furusato-kan City Museum will be CLOSED

Oct. 12th Citizen Service Section will be open from 9:30am to 12:30pm

Joe'BOX



Don't feel alone.

Please email us at

sangyo@city.onojo.fukuoka.jp

if you have any problems living in Onojo City.

For application or further information, please contact Local Culture and Industry Promotion Section

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