

# Ginowan City Newsletter

Ginowan City Hall 1-1-1 Nodake, Ginowan, Okinawa

TEL:098-893-4411



## ◆ Ginowan City Museum 20th Anniversary Commemorative Exhibition II ◆

◆ "Ever-changing Townscape - the Development of West Futenma"  
 "Kawariyuku machinami ~Nishifutenma no Utsurikawari~" ◆

Period Until December 22 (Sun)  
 \*closed every Tuesday and on 11/23  
 Hours 9:00-17:00 (16:30 last admission)  
 Location Ginowan City Museum Special  
 Exhibition Room  
 Admission Free  
 Contact Ginowan City Museum ☎098-870-9317

What was it like inside the West Futenma area, which used to be a part of Camp Zukeran (Camp Foster) before it was returned to Japan?

The Ginowan City Museum will be exhibiting historical records such as photos and interviews collected from an excavation study as an introduction to West Futenma's past and developments. Visitors can also use VR (Virtual Reality) to journey into the depths of the West Futenma caves!

\*VR is available on weekends only, though service may also be suspended due to other events.

## ♥ Screening for Breast Cancer from Age 40 and Cervical Cancer from Age 20

One in eleven women are affected by breast cancer. Cervical cancer becomes increasingly common from late twenties onward. Together, they make up the top two causes of death for women in their forties. Early stage cancer may be cured with early treatment with a success rate of over 90%.

Step 1: Make an appointment with a medical facility

Step 2: Screening

Step 3: Results

Type of screening	Breast Cancer	Cervical Cancer
Cost	~6,000yen	~7,000yen
Subsidies*	~4,000yen	~5,000yen
Total	1,860yen	1,750yen

\*Those eligible will have received a consultation postcard (受診票, or *kyushin-hyo*).

Health Counselling Centre (*Hoken sōdan sentā*) ☎ 098-898-5583

## "Yasashii Nihongo"— "Easy Japanese" Workshop

Ginowan City organizes various events and activities to raise awareness about cultural differences and diversity. On September 25, we held a visiting lecture for employees at Associe, a company in the city.

※"Yasashii Nihongo" means to use simple vocabulary and sentence structures in order to make Japanese easier for foreigners, children, and the elderly to understand.

E.g. 高台に避難して → 高いところに逃げて

After giving a lecture on the origins of Yasashii Nihongo, participants were put into groups where they practised changing a frequently-used document into

Easy Japanese.

According to a survey collected after the event, many participants expressed that they never realized that the way they spoke was too difficult for foreigners to understand and that they gained a new perspective through this workshop.

The city continues to plan for future visiting/on-site lectures.

## Walking Day ☀ — Let's Burn Those Calories Together! —

"I want to go on a diet, but I can't do it alone!"

"I want to tone up my body!"

Then how about joining us for an exciting walk with our Health Promotion Counsellors? Participation is open to all residents!

Time: Every second and fourth Monday of the month from 9:00am  
 Meeting area: Ikoi no Shimin Park (Ikoi Citizen Park) (1 Chome-16-13 Ginowan, Okinawa 901-2211) At the gazebo on the left side of administrative office  
 Schedule: Stretching + exercise + one hour of walking (~4km)  
 \*No registration needed  
 \*Please bring a hat and something to drink  
 \*Will be cancelled in the event of stormy weather

These excerpts from the Japanese city newsletter are published by Ginowan City Hall's Civic Cooperation Promotion Division (Shimin Kyōdō Suishin-ka) in the hopes of providing support for residents who may have trouble reading or understanding Japanese. This English version is not an official translation of the original Japanese version. Ginowan City Hall and its translator will individually or jointly accept no responsibility or liability for damage or loss caused by any error, inaccuracy, misunderstanding, or changes in regards to this translation.

Administrative services are provided in Japanese only, unless otherwise stated.

English interpreter can be reached at: ☎098-893-4411 (ext.577) or [tuuyaku@city.ginowan.okinawa.jp](mailto:tuuyaku@city.ginowan.okinawa.jp)

# Protect Yourself This Flu Season!

Fever and joint and muscle pains are common symptoms, but influenza may also cause serious complications in certain individuals.

## ✓ Wash your hands and gargle

Remove the germs on your hands and in the mouth by washing your hands and gargling regularly, especially after going outside.

## ✓ Cover your mouth when sneezing or coughing

Influenza virus are transmittable through air. Avoid coughing or sneezing at others, and when you do, cover your nose and mouth with your hand and wash them later. If need be, wear a surgical mask.

## ✓ Get enough sleep and eat nutritiously to build resistance

## ✓ Keep the air moist

Mucous membranes become weak when the air is dry. Use humidifiers to keep the environment at 50-60% humidity.

## ✓ Avoid crowds and wear surgical masks

Influenza is highly contagious for the elderly, chronically ill, and those who are fatigued and sleep-deprived. Avoid crowds or shorten the amount of time spent outdoors.

## ✓ Get vaccinated

Vaccinations lower your chances of catching influenza and can prevent symptoms from becoming severe. Get vaccinated yearly as viruses change and vaccines are effective for only five months.

# Flu Shots Available for Those Aged 65 and Above

Vaccines for those aged 65 and above are partly subsidized. A postcard has been sent to those eligible.

- Eligibility: persons who are 65 years old as of the day of vaccination and who have a Certificate of Residence (*Jyūmin-hyō*) from the Ginowan City Hall
- Period: until February 29, 2020
- Place: designated medical facilities  
\*please call to book beforehand
- Cost: 1000 yen (free for those receiving Public Assistance, or *seikatsu hogo*)

Those ages between 60 and 65 who have severe heart disease may be eligible for subsidies. Please consult with your family doctor.

Health Counselling Centre (*Hoken sōdan sentā*)

☎ 098-893-4402



## Are you experiencing difficulty making tax payments?

Please consult with us at the Tax Payment Division (*Nōzei-ka*) if you have difficulty paying taxes due to unemployment, illnesses, or other unavoidable circumstances.

For inquiries, please contact the Tax Payment Division (*Nōzei-ka*) at ext. 246-257.

Administrative services are provided in Japanese only, unless otherwise stated.

We offer interpretation services at the Ginowan City Hall (free of charge)  
Available hours:  
Monday to Friday  
9:00-17:00  
(12:00-13:00 lunch break)

Please ask for the interpreter (*tsūyaku*) at the information desk.

Contact: Civic Cooperation Promotion Division (Shimin Kyodo Suishin-ka)  
☎ 098-893-4411 (Ext. 577)  
tuuyaku@city.ginowan.okinawa.jp

## December Health Calendar and Counselling Services

Mother and Child-Related Health Checkups and Classes (at the Health Counselling Center)		Reception Hours
Infants General Checkup	14th (Sat)	9:00~11:00 13:00~14:45
18 Month-Old Checkup	5th (Thu), 19th (Thu)	13:15~14:00
2 Year-Old Dental Examination	12th (Thu)	13:15~14:45
3 Year-Old Checkup	4th (Wed), 18th (Wed)	13:15~14:00
Child-Mother Health Checkup Consultation	3rd (Tue), 17th (Tue)	9:30~10:30
Manman Class (baby food class)	17th (Fri)	From 13:30
"Nobikko" Parent and Child Class	11th (Wed)	Please contact us for details
Health Consultation		Reception Hours
Health Counselling Center ☎898-5583	Every Monday, Tuesday and Friday (holidays excluded)	13:00~15:00
	Every Tuesday and Wednesday (holidays excluded)	9:00~11:00

Family, Childcare, Women's Counseling		
Women's Counseling (welfare, domestic violence, etc.)	Mon~Fri 10:15~17:00	Jido Katei-ka (Child Family Division)
Women's General Consultation Jinzai Ikusei Koryu Center Mebuki	Mon~Fri 10:00~17:00	☎896-1215
Family and Child Counseling Room	Mon~Fri 10:15~17:00	Jido Katei-ka (Child Family Division)
Okinawa Child Abuse Hotline	Mon~Fri 17:30~8:30A.M., all day on weekends and holidays	☎886-2900
Welfare Counseling		
Counseling for daily life concerns	Mon~Fri 9:00~17:00	Seikatsu Fukushi (Life Welfare Division)
Eureai Counseling Room Council of Social Welfare	Mon~Fri 9:00~16:00	☎896-2020
Legal Advice (upon request, please contact us beforehand)		
Free Legal Advice	Wed: 13:30~16:30 Fri: 13:30~15:30	Shimin Seikatsu-ka (Civil Life Division)
Citizen's Consultation		
Citizen's Consultation	Mon~Fri 10:00~16:00 (Break: 12:00~13:00)	Shimin Seikatsu-ka (Civil Life Division)
Human Rights Concerns Counseling Office	3rd Thursday 13:30~16:30	
Free Real Estate Consultation (reservation required)	4th Tuesday 13:30~15:30	
Consumer Consultation	Mon~Fri 10:00~16:00 (Break: 12:00~13:00)	
Administrative Consultation Okinawa Administrative Evaluation Office	4th Thursday 14:00~16:00	☎0570-090-110 or Shimin Seikatsu-ka (Civil Life Division)
Education Counseling		
Youth Support Center	Mon~Fri 9:30~16:00	☎892-4732
Guidance Classroom "Wakaba Classroom"	Mon~Fri 9:00~17:00	☎893-8859
Employment Counseling (Furusato Hello Work)		
Regional Employment Counseling	Mon~Fri 9:30~17:00	☎893-5588