

# May 2022

## Oshu City Newsletter



### Sunday/Holiday Doctors

<b>Oshu Kanegasaki Holidays Clinic</b>		<b>Address: 21-1 Taga Mizusawa</b>		<b>TEL: 25-3935</b>
<b>Hours: 8:30AM – 4:00PM (at the address listed above.)</b>				
May 1 <sup>st</sup>	Dr. Sasaki (Mizusawa Minami Dermatology)			
3 <sup>rd</sup>	Dr. Takahashi (Takahashi Internal/Digestive Clinic)			
4 <sup>th</sup>	Dr. Takahashi (Takahashi Orthopedics Sports Clinic)			
5 <sup>th</sup>	Dr. Takehana (Takehana Mammary Clinic)			
8 <sup>th</sup>	Dr. Arisumi (Arisumi Internal Medicine Clinic)			
15 <sup>th</sup>	Dr. Sato (Sato Internal Medicine Clinic)			
22 <sup>nd</sup>	Dr. Sato (Sato Orthopedic Surgery & Rheumatology Clinic)			
29 <sup>th</sup>	Dr. Sato (Sato Clinic)			
<b>Oshu Kanegasaki Nighttime Clinic</b>		<b>Address: 21-1 Taga Mizusawa</b>		<b>TEL: 25-3935</b>
<b>Hours: 6:30PM – 9:00PM, every day year-round</b>				
<b>Sunday Dentists (9:00AM – 12:00PM) (Will stay open no matter the COVID-19 situation)</b>				
May 1 <sup>st</sup>	Sasaki Dental Clinic	31-1313	9-14 Esashi-nishi Odori	
8 <sup>th</sup>	Sakurakawa Dental Clinic	51-9030	211 Mizusawa Sakurakawa Higashi-takayama	
15 <sup>th</sup>	Hakozaki Dental Clinic	23-4070	10 Mizusawa Shinkoji	
22 <sup>nd</sup>	Abe Dental Clinic	44-3918	25-1 Kanegasaki-cho Nishine Aramaki	
29 <sup>th</sup>	Abe Dental Clinic	22-8522	38-18 Isawa Oyama Amanuma	
<b>Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)</b>				
May 1 <sup>st</sup>	Kuramoto Osteopathic Clinic	22-6788	42-15 Isawa Oyama Kawakita	
8 <sup>th</sup>	Omachi Osteopathic Clinic	47-4110	75-2 Mizusawa Omachi	
15 <sup>th</sup>	Hoshi Osteopathic Clinic	25-3742	6-12 Mizusawa Fukuyoshicho	
22 <sup>nd</sup>	Abe Osteopathic Clinic	35-1036	7-17 Esashi Muikamachi	
29 <sup>th</sup>	Komura Osteopathic Clinic	24-4542	4-9 Mizusawa Sanbongi	
★Children's Emergency Helpline (☎ 019-605-9000) 7PM – 11PM, every day year-round				

Oshu Kanegasaki Nighttime and Holidays Clinic may suspend their services as a part of COVID-19 prevention measures. For up-to-date information, see the city homepage or call the number below. If you need healthcare on a holiday or at night while these clinics are closed, please contact a city or prefectural hospital.

**Contact:** Oshu Kanegasaki Administrative Association (24-5821)

### Taxes

Automobile tax (full payment) is due by Tuesday, May 31<sup>st</sup>.

**Please consider setting up automatic payments so you can't forget.**

☎ Tax Payment Division, Main City Hall (34-2227)

## Health Classes & Checkups

### ★Mother (Parent) and Child Health Handbook Distribution

Weekdays 8:30AM – 5:00PM. Bring your health insurance card, your personal *hanko* seal, and your bankbook.

#### **Locations and contact (appointments required everywhere except Mizusawa):**

- Mizusawa: Main City Hall Health Promotion Dept. Maternal Health Section (34-2904)
- Esashi: Esashi Gen. Branch Office Health and Welfare Group (34-2523)
- Maesawa: Maesawa Gen. Branch Office Citizen Welfare Group (34-0275)
- Isawa: Health Promotion Plaza Yuyukan (46-2977)
- Koromogawa: Koromogawa Gen. Branch Office Citizen Welfare Group (34-2370)

### ★ Parenting Classes (by appointment)※

For pregnant people who are due in August/September 2022. Make an appointment by May 13<sup>th</sup> (Fri.)

**When?** May 16<sup>th</sup> (Mon), 1:10PM – 3:20PM, front desk open until 1:10PM

**Where?** Mizusawa Health Office

**Contact:** Main City Hall Health Promotion Dept. (34-2904)

### ★ Baby Food *Mogu-mogu* Classes (by appointment)※

For parents of babies born in September/October 2021. Make an appointment by May 23<sup>rd</sup> (Mon)

**When?** May 26<sup>th</sup> (Thurs), front desk open 9:30AM – 9:45AM

**Where?** Mizusawa Health Office

**Contact:** Main City Hall Health Promotion Dept. (34-2904)

※ Parenting classes and baby food classes may be cancelled depending on the COVID-19 situation.

### ★Group BCG (Tuberculosis) Vaccinations (by appointment)

For babies age 5 months to a year. Please make an appointment no later than one day in advance. ※ Individual vaccinations at your healthcare center are also possible.

**When?** May 19<sup>th</sup> (Thurs), front desk open 1:00PM – 1:15PM

**Where?** Mizusawa Health Office

**Contact:** Main City Hall Health Promotion Dept. (34-2904)

**General contact:** Oshu Public Health Center (22-2831)

## May Consultation Rooms

### **Administrative Consultation ☎ 34-2915**

Place	Time & Date
Main City Hall, Gen. Consultation Room	13 <sup>th</sup> (Fri) 1:00PM-3:00PM
	27 <sup>th</sup> (Fri)
Esashi Gen. Branch Office, Citizen Living Group	11 <sup>th</sup> (Wed) 9:30AM-11:30AM
Maesawa Gen. Branch Office, Citizen Welfare Group	12 <sup>th</sup> (Thurs) 9:00AM-12:00PM
Isawa Gen. Branch Office, Citizen Living Group	24 <sup>th</sup> (Tues) 1:30PM-3:00PM

### **Human Rights Consultation ☎ 34-2915**

Place	Time & Date
Main City Hall, Gen. Consultation Room	6 <sup>th</sup> (Fri) 1:30PM
	19 <sup>th</sup> (Thurs) -
Esashi Gen. Branch Office, Citizen Living Group	17 <sup>th</sup> (Tues) 3:30PM

### **Free Law Consultation ☎ 34-2915**

Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	24 <sup>th</sup> (Tues) 10:00AM-4:00PM

### **Pension Consultation ☎ 0191-23-4246**

Appointments required 1 day in advance

Place	Time & Date
Main City Hall	12 <sup>th</sup> (Thurs) 10:00AM-3:30PM

Produced by Oshu City ILC Prom. Division & Oshu City International Relations Association

**Consumer Affairs Consultation ☎ 34-2915**

Appointments required for Esashi, Maesawa, Isawa, and Koromogawa

Place	Time & Date
Main City Hall, Gen. Consultation Room	Mon-Fri, 9:00AM to 5:00PM (last apt. at 4)
Esashi Gen. Branch Office, Citizen Living Group	Every Monday, 10:00AM to 3:00PM
Maesawa Gen. Branch Office, Citizen Welfare Group	Every Tuesday, 10:00AM to 3:00PM
Isawa Gen. Branch Office, Citizen Living Group	Every Thursday, 10:00AM to 3:00PM
Koromogawa Health & Welfare Center	Every Friday, 10:00AM to 3:00PM

**Free Multiple Debts Consultation with a Lawyer****☎ 34-2915** Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	11 <sup>th</sup> (Wed) 10:00AM- 17 <sup>th</sup> (Tues) 3:00PM

**Financial & Lifestyle Stability Consultation****☎ 34-2915** Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	18 <sup>th</sup> (Wed) 1:00PM -
Esashi Gen. Branch Office, Citizen Living Group	6 <sup>th</sup> (Fri) 4:00PM

**Consultations for Oshu Young Adults ☎ 34-1585**

Place	Time & Date
Main City Hall, Children & Families Dept.	Weekdays 9:00AM- except Wednesdays 4:00PM

**Events & Classes**

※ The events promoted on this page may be changed, postponed, or canceled to prevent the spread of COVID-19. For the most current information on events, check the Oshu city website.

**Ichi-Sapo Oshu Room**

Support services for people who are ready to work.

Apply at least one day in advance.

Morning: Communication seminar, workplace training, etc.

Afternoon: Individual consultations (by appointment)

**When?** May 18<sup>th</sup> (Wed), 10:00AM – 3:00PM**Where?** Citizens' Plaza Masse (Maple basement)**Participants?** Job seekers age 15 to 49, their families, etc.**Cost?** Free!**Applications, contact:** Ichinoseki Youth Support Station (0191-48-4467)**Spring Events at Esashi-Fujiwara Heritage Park**

- The Decades in Posters (Esashi Jinku Matsuri Exhibit): April 29<sup>th</sup> (Fri/holiday) – May 15<sup>th</sup> (Sun)

- Special Costume Try-On for Kids

**When?** May 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> (all Sundays/holidays) at 10:00AM, 1:00PM, or 2:30PM**Cost?** 6,000 yen

※ Reservations required

- Let's Go! Anpanman Show

**When?** May 5<sup>th</sup> (Thurs/holiday), at 11:30AM and 2:30PM. (Entrance fees charged separately.)**☎** Esashi-Fujiwara Heritage Park (35-7791)

※ Subject to change or cancellation depending on the circumstances.

## Oshu Space & Astronomy Museum Events

### ★ Special Children's Day Event: Playing with Bubbles!

Come play with bubbles that (almost) won't pop, jumbo bubbles, mystery bubbles, and more.

**When?** May 5<sup>th</sup> (Thurs/holiday), 11AM - noon

**Where?** Oshu Space and Astronomy Museum

**Cost** Free!

### ★ May Stargazing Event

1) Let's Learn About Telescopes! Plus, How Many Planets Can You See?

2) Stargazing: Peeking Through Lots of Different Telescopes

**When?** May 14<sup>th</sup> (Sat) 7:00PM – 8:30PM

**Where?** Oshu Space and Astronomy Museum Seminar Room and the parking lot

**Participants:** Limit 30 people, applications required

**Cost:** Free!

### ★ Information for Both

Free admission for children (elementary through high school students) on Children's Day (Thursday, May 5<sup>th</sup>.) The museum will be closed May 6<sup>th</sup> (Fri.)

**☎ Applications, contact:** Oshu Space and Astronomy Museum (24-2020)

## Notices

### Official City App to Help Support Childrearing

Oshu has launched an app called Pochitto Oshu to provide new kinds of support with childrearing. With it, you can get information about various city hall procedures as well as support options. Plus, you can record your child's height, weight, and other growth progress, write down memories on the calendar, and more. In addition to parenting information, the app contains a range of other helpful info for daily life, so please consider downloading it.

**Contact:** Main City Hall City Promotion Dept. PR Section (34-2126)



iOS (iPhone)



Android

### Water Meter Replacements

Oshu will replace water meters based on the schedule set by the manufacturer.

People for whom this applies will get a notification, and a contractor from the city will carry it out.

**Timeframe** May to December

**Cost** Free (box replacements etc. will cost money)

**Contact:** Main City Hall Waterworks Dept., Water Supply Section (Esashi Gen. Branch Office, 34-2527)

## Information on COVID-19

※ Information about COVID-19 is changing all the time. For the most up-to-date info, see the Oshu city website.

### Notice About 3<sup>rd</sup> Vaccine/Booster Dose Venues

Vaccine tickets are being sent out in order to those who are eligible for their 3<sup>rd</sup> shot. Please keep in mind that healthcare centers/venues will vary in how they take appointments. Do not call healthcare centers directly. Mass vaccinations will not continue after June; if you wish to be vaccinated, please make an appointment as soon as you have your vaccine ticket.

**Contact:** Oshu City Covid-19 Vaccine Call Center (0120-40-10-63, available weekdays 9:00AM – 6:00PM)



Or make an appointment via the website: [\[Link\]](#)

Produced by Oshu City ILC Prom. Division & Oshu City International Relations Association

**City Vaccine Venues as of April 20<sup>th</sup>, 2022**

	<b>Healthcare center/venue</b>	<b>Age range</b>	<b>How to make an appointment/notes</b>
Mizu-sawa	Ishikawa Hospital	12+	Call center, website, during medical exam (for regular patients)
	Idzutsu Hospital	12+	Call center, website, during medical exam (for regular patients)
	Oshu Hospital	18+	During medical exam (regular patients only)
	Kajikawa Clinic	15+	Call center, website
	Kamei Orthopedic Surgery Clinic	16+	During medical exam (regular patients only.) Will conclude May 28 <sup>th</sup> (Sat)
	Isawa Hospital	18+	Call center, website
	Konno Neurology Clinic	18+	Call center, website, during medical exam (for regular patients)
	Sakurai Clinic	13+	During medical exam (regular patients only)
	Sato Clinic	18+	Call center, website
	Takehana Mammary Clinic	15+	Only for those who got their 1 <sup>st</sup> /2 <sup>nd</sup> shots here
	Nagano Internal Medicine Clinic	12+	Call center, website
	Plaza Inn Mizusawa	18+	Call center, website (concluding in May)
	Honda Gastroenterology Internal & Surgery	12+	Call center, website
	Minami ENT Clinic	12+	Call center, website
	Miyama Clinic	18+	Call center, website, during medical exam (for regular patients)
Esashi	Ito Family Clinic	12+	See clinic website for details
	Kikuchi Internal Medicine, Gastroenterology Children's Clinic	15+	During medical exam (regular patients only)
	Esashi Hospital	18+	Call center, website
	Sasara Hall (Esashi Cultural Center/ Gym)	18+	Call center, website (concluding in April)
	Oinao OBGYN Clinic	15+	Call center, website, during medical exam (for regular patients)
	Sekiya Clinic	12+	Call center, website
	Takahashi Internal Medicine Clinic	12+	Call center, website, during medical exam (for regular patients)
	Tamazawa Rehab Orthop. Clinic	12+	Call center, website
	Hirata Surgery, Internal Med. Clinic	15+	Call center, website
Mae-sawa	Sato Orthopedic Surgery & Rheumatology Clinic	12+	Call center, website, during medical exam (for regular patients)
	Shimokobe Gastroenterology Clinic	12+	Call center, website
	Takahashi Gastroenterology & Internal Clinic	13+	Call center, website
	Chida Internal Medicine Clinic	12+	Call center, website
	Maesawa Clinic	18+	Call center, website
	Miki Hospital	18+	Call center, website
Isawa	Magokoro Hospital	18+	Call center, website (venue is Yuyukan)
Koromo-gawa	Koromogawa Clinic	18+	Call center, website