

# June 2022

## Oshu City Newsletter



### Sunday/Holiday Doctors

<b>Oshu Kanegasaki Holidays Clinic</b>		<b>Address:</b> 21-1 Taga Mizusawa		<b>TEL:</b> 25-3935
<b>Hours: 8:30AM – 4:00PM (at the address listed above.)</b>				
June 5 <sup>th</sup>	Dr. Shimizu (Shimizu Ladies' Clinic)			
12 <sup>th</sup>	Dr. Hirama (Hirama OBGYN)			
19 <sup>th</sup>	Dr. Tamura (Tamura-Kawakami Clinic)			
26 <sup>th</sup>	Dr. Chida (Chida Orthopedic Surgery Clinic)			
<b>Oshu Kanegasaki Nighttime Clinic</b>		<b>Address:</b> 21-1 Taga Mizusawa		<b>TEL:</b> 25-3935
<b>Hours: 6:30PM – 9:00PM, every day year-round</b>				
<b>Sunday Dentists (9:00AM – 12:00PM)</b>				
June 5 <sup>th</sup>	Chiba Dental Clinic	51-1300	420 Mizusawa Sakurayashiki	
12 <sup>th</sup>	Suzuki Dental Clinic	31-1811	2-5-19 Esashi Toyota-cho	
19 <sup>th</sup>	Arisumi Dental Clinic	42-3006	60-2 Kanegasaki-cho Nishine Machiura	
26 <sup>th</sup>	Hitaka Dental Clinic	22-5330	22-15 Mizusawa Kyuden	
<b>Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)</b>				
June 5 <sup>th</sup>	Ito Osteopathic Clinic	22-3851	1-1-8 Mizusawa Minami Ogane	
12 <sup>th</sup>	Makoto Spiral Osteopathic Clinic	35-0894	7-26 Esashi Minami Odori	
19 <sup>th</sup>	Tashiro Osteopathic Clinic	23-5188	3-6-30 Mizusawa Tainichi Dori	
26 <sup>th</sup>	Oikawa Osteopathic Clinic	23-7187	1-5 Mizusawa Otemachi	
<b>★Children's Emergency Helpline (☎ 019-605-9000) 7PM – 11PM, every day year-round</b>				

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

Prefectural/municipal tax slips for ordinary collection will be sent out on June 3<sup>rd</sup>. Payment #1 is due on June 30<sup>th</sup> (Thurs.)

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

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

### Basic First Aid Training

Come learn about AEDs, CPR, the Heimlich maneuver, and how to stop bleeding.

**Where & when?** Maesawa Substation on June 19<sup>th</sup> (Sun), 9:00AM – 12:00PM

**Participants:** Anyone middle school aged and up, limit of 5 people

**Cost:** Free!

**Application deadline:** June 17<sup>th</sup> (Fri)

**Applications, contact:** Oshu Kanegasaki Administrative Association Fire Dept., First Responder Division, Emergency Section (24-7211)

## 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 October/November 2022, and their partners (limit of 15 pairs.) Make an appointment by June 22<sup>nd</sup> (Wed.)

**When?** June 25<sup>th</sup> (Sat), 9:00AM – 12:00PM & 1:00PM – 4:00PM

**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 October/November 2021. Make an appointment by June 27<sup>th</sup> (Mon.)

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

**Where?** Esashi Health Office

**Contact:** Esashi Gen. Branch Office, Health and Welfare Group (34-2523)

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

For babies age 5 months to 1 year. Please make an appointment no later than one day in advance. ※ Individual vaccinations at your healthcare center are also possible.

**When?** June 29<sup>th</sup> (Wed), 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)

## June Consultation Rooms

### **Free Multiple Debts Consultation with a Lawyer**

**☎ 34-2915** Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	1 <sup>st</sup> (Wed) 10:00AM-
	21 <sup>st</sup> (Tues) 3:00PM

**Free Law Consultation** ☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	8 <sup>th</sup> (Wed) 10:00AM-
	28 <sup>th</sup> (Tues) 4:00PM

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

Place	Time & Date
Main City Hall, Gen. Consultation Room	10 <sup>th</sup> (Fri) 1:00PM-3:00PM
	24 <sup>th</sup> (Fri)
Esashi Gen. Branch Office, Citizen Living Group	8 <sup>th</sup> (Wed) 9:30AM-11:30AM
Maesawa Gen. Branch Office, Citizen Welfare Group	9 <sup>th</sup> (Thurs) 9:00AM-12:00PM
Isawa Gen. Branch Office, Citizen Living Group	28 <sup>th</sup> (Tues) 1:30PM-3:00PM

**Human Rights Consultation ☎ 34-2915**

Place	Time & Date	
Main City Hall, Gen. Consultation Room	2 <sup>nd</sup> (Thurs)	1:30PM
	16 <sup>th</sup> (Thurs)	
Esashi Gen. Branch Office, Citizen Living Group	1 <sup>st</sup> (Wed)	-
Maesawa Comm. Center	2 <sup>nd</sup> (Thurs)	3:30PM
Isawa Atago Comm. Center	3 <sup>rd</sup> (Fri)	

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

Place	Time & Date	
Main City Hall, Gen. Consultation Room	15 <sup>th</sup> (Wed)	1:00PM
Esashi Gen. Branch Office, Citizen Living Group	1 <sup>st</sup> (Wed)	4:00PM

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

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

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

Appointments required 1 day in advance

Place	Time & Date	
Esashi Gen. Branch Office	2 <sup>nd</sup> (Thurs)	10:00AM-3:30PM

**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

**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.

**72<sup>nd</sup> Annual Merchants' Festival**

Merchants from Oshu and elsewhere will set up shop on Ekidori Street, to sell and promote the goods they are most proud of, as they've done in past years. Please feel free to stop by!

**When?** June 12<sup>th</sup> (Sun), 11:00AM – 4:00PM**Where?** Mizusawa Ekidori Street (traffic restrictions from 9AM-5PM)**Contact:** Oshu Chamber of Commerce (24-3141)**June Star-Gazing Events**

- ① Mysteries of the Moon
- ② Stargazing Event: Crab in the Moon, Rabbit in the Moon, Lion in the Moon...?

**When?** June 11<sup>th</sup> (Sat) 7:00PM – 8:30PM**Where?** Oshu Space and Astronomy Museum (seminar room and parking lot)**Participants** Limit of 30 people, applications required**Cost** Free!**☎ Questions, applications:** Oshu Space and Astronomy Museum, 24-2020

## Ichi-Sapo Job Searching Prep: 4-Day Seminar

Help with job applications and self-appraisal, how to sell yourself, mock interviews, and more. Apply by 5PM on June 14<sup>th</sup> (Tues.)

**When?** June 15<sup>th</sup> (Wed), 17<sup>th</sup> (Fri), 22<sup>nd</sup> (Wed), and 24<sup>th</sup> (Fri) from 12:30PM – 5:00PM

**Where?** Citizens' Plaza Masse (Maple basement)

**Participants?** Job seekers age 49 and younger, limit 5 people ※ (Registration with Ichi-Sapo required. Please inquire if you are a job seeker age 50+ or cannot attend all 4 days.)

**Cost:** Free!

**☎** Ichinoseki Youth Support Station (0191-48-4467)

## Weekend Canoe Classes

**Schedule:**

June 11 <sup>th</sup> (Sat), 12 <sup>th</sup> (Sun), & 18 <sup>th</sup> (Sat)
July 2 <sup>nd</sup> (Sat) & 23 <sup>rd</sup> (Sat)
August 13 <sup>th</sup> (Sat) & 27 <sup>th</sup> (Sat)
September 10 <sup>th</sup> (Sat), 24 <sup>th</sup> (Sat), & 25 <sup>th</sup> (Sun)

All from 10:00AM – 11:30AM

※ Check-in starts at 9:45AM. Cancellations are possible depending on the weather.

**Where?** Isawa Wakayanagi, Umadome Pond in Umadome Field (meeting spot: Oshu Lake Exchange Hall)

**Participants?** 3<sup>rd</sup> graders and up

**Cost** 500 yen/class

**What to bring** Swimsuit or clothes that are OK to get wet, change of clothes, water shoes or sandals, sneakers, towels, glasses strap (if you need one), layers to keep warm

**How to apply** Email or call at least 2 days before your desired class

**Applications, inquiries** Kota Fujino (☎ 090-7018-0288, ✉ [riku.kota1150@gmail.com](mailto:riku.kota1150@gmail.com) or the Lifelong Learning & Sports Dept. (Esashi Gen. Branch Office, 34-2498)

## 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.

## 4<sup>th</sup> Doses of COVID-19 Vaccines Are Starting

On June 1<sup>st</sup>, 4<sup>th</sup> doses of COVID-19 vaccines will be rolled out. People age 60 and up, and those age 18-59 with chronic health conditions, are eligible. You can get your 4<sup>th</sup> dose 5 months after the 3<sup>rd</sup> dose; these vaccines are free of charge.

If you received your 3<sup>rd</sup> dose while living outside of Oshu, and moved in afterwards, you will have to submit an application separately. Please bring the receipt from your 3<sup>rd</sup> vaccination to city hall and complete the relevant procedures there.

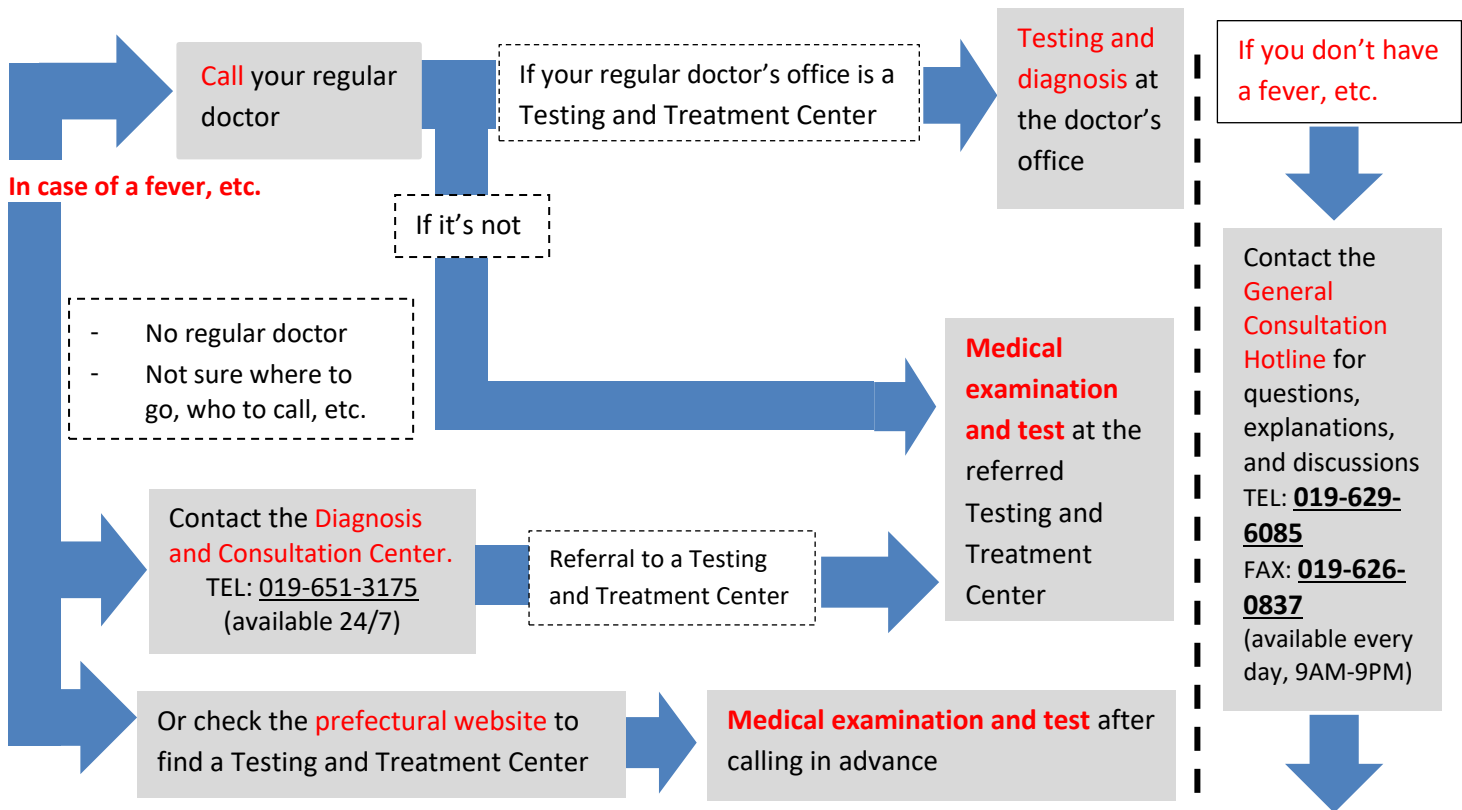
**Contact:** Oshu City Covid-19 Vaccine Call Center (0120-40-10-63, available weekdays 9:00AM – 6:00PM)



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

## Consultations and Diagnosis for Fevers, Etc.

- If you have a fever or similar symptoms, **call your regular doctor first.**
- If you're not sure who to call, **contact the Diagnosis and Consultation Center (or check the prefectural website to find a Testing and Treatment Center.)**



If you don't have a fever, etc.

Contact the **General Consultation Hotline** for questions, explanations, and discussions  
TEL: **019-629-6085**  
FAX: **019-626-0837**  
(available every day, 9AM-9PM)

Get referrals, advice, explanations, etc. from the person in charge

※ Please take thorough precautions to prevent infections and maintain your health; reach out right away if you start to feel unwell.

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