

August 2022

Oshu City Newsletter



Sunday/Holiday Doctors

Oshu Kanegasaki Holidays Clinic		Address: 21-1 Taga Mizusawa		TEL: 25-3935
Hours: 8:30AM – 4:00PM (at the address listed above.)				
Aug. 7 th	Dr. Higuchi (Higuchi ENT Clinic)			
11 th	Dr. Ri (Mizusawa Plastic Surgery Clinic)			
14 th	Dr. Hojo (Maesawa Eye Clinic)			
21 st	Dr. Honda (Honda Gastroenterology Internal & Surgery)			
28 th	Dr. Murai (Murai Pediatric Clinic)			
Oshu Kanegasaki Nighttime Clinic		Address: 21-1 Taga Mizusawa		TEL: 25-3935
Hours: 6:30PM – 9:00PM, every day year-round				
Sunday Dentists (9:00AM – 12:00PM) (Will stay open no matter the COVID-19 situation)				
Aug. 7 th	Forest Dental Clinic	34-3536	1-2-16 Mizusawa Hanazono-cho	
14 th	Takano Dental Clinic	23-2488	37-7 Mizusawa Yachimyoen	
21 st	Natsuta Dental Clinic	46-4710	164-1 Isawa Natsuta Aza Unada	
28 th	Maeda Dental Clinic	36-9100	1-13-1 Esashi Toyota-cho	
Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)				
Aug. 7 th	Komura Osteopathic Clinic	24-4542	4-9 Mizusawa Sanbongi	
14 th	Ito Osteopathic Clinic	22-3851	1-1-8 Mizusawa Minami Ogane	
21 st	Makoto Spiral Osteopathic Clinic	35-0894	7-26 Esashi Minami Odori	
28 th	Tashiro Osteopathic Clinic	23-5188	3-6-30 Mizusawa Tainichi Dori	
★Children's Emergency Helpline (☎ 019-605-9000) 7PM – 11PM, every day year-round				

Services may be suspended 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)

Basic First Aid Training

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

Where & when? Mizusawa Fire Station on August 21st (Sun), 9:00AM – 12:00PM

Participants: Anyone middle school aged and up, limit of 10 people

Cost: Free!

Application deadline: August 19th (Fri)

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

Taxes

Resident tax (Payment 2) and National Health Insurance (Payment 2) are due August 31st (Wed.)

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 December 2022 or January 2023, and their partners (limit of 15 pairs.) Make an appointment by August 24th (Wed.)

When? August 27th (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 December 2021 or January 2022. Make an appointment by August 19th (Fri.)

When? August 22nd (Mon), 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? August 25th (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)

August Consultation Rooms

Administrative Consultation ☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	12 th (Fri)
	26 th (Fri) 1:00PM-3:00PM
Esashi Gen. Branch Office, Citizen Living Group	10 th (Wed) 9:30AM-11:30AM
Maesawa Gen. Branch Office, Citizen Welfare Group	18 th (Thurs) 9:00AM-12:00PM
Isawa Gen. Branch Office, Citizen Living Group	23 rd (Tues) 1:30PM-3:00PM

Financial & Lifestyle Stability Consultation

☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	17 th (Wed) 1:00PM -
	3 rd (Wed) 4:00PM
Esashi Gen. Branch Office, Citizen Living Group	

Free Law Consultation ☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	10 th (Wed) 10:00AM-
	23 rd (Tues) 4:00PM

Human Rights Consultation ☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	4 th (Thurs) 18 th (Thurs) 1:30PM
Esashi Gen. Branch Office, Citizen Living Group	16 th (Tues) -3:30PM
Oyama Comm. Center	5 th (Fri)

Free Multiple Debts Consultation with a Lawyer

☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	3 rd (Wed) 10:00AM-3:00PM 30 th (Tues)

Consultations for Oshu Young Adults

☎ 34-1585

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

Pension Consultation ☎ 0191-23-4246

Appointments required 1 day in advance

Place	Time & Date
Esashi Gen. Branch Office	4 th (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

Notices

Notice of Change to the Reception Time of a City Health Check

Shimokabe Gastroenterology Clinic, which does health checks for the city, has changed its reception hours to the following.

Reception time: 8:30AM-11:00AM & 1:30PM-5:00PM (3:00PM on Tues/Thurs, no afternoon appointments on Saturdays.)

☎ Contact: Main City Hall Health Promotion Dept. Health Maintenance Section (34-2903)

Screenings for Stomach Cancer are Available

When it comes to stomach cancer, in many cases an early discovery can mean that recovery is possible, so be sure to get screened regularly.

Who is eligible: People age 40 and up

Other notes: Screening stickers and forms have been sent out to people who are registered. If you are not registered or would like to newly receive a screening, please reach out to the office below.

☎ Contact: Main City Hall Health Promotion Dept. Health Maintenance Section (34-2903) or the health department of your local branch office

Notice about J-Alert Drill

As part of preparation for a disaster or an armed attack, a practice alert will go out on Oshu FM and to registered emails.

Date & time: August 10th (Wed) at 11AM

☎ Contact: Main City Hall Crisis Management Division, Disaster Prevention Section (34-2236)

Bicycles Available for Rent

Machinaka Community Center is now offering bike rentals.

Timeframe: 9:00AM-5:00PM

Cost: 300 yen for under 4 hours, 500 yen for 4 hours+ (1,000 yen will be taken as insurance and returned when the bike is too.)

☎ Contact: Machinaka Community Center (25-3001)

Please Cooperate with Energy Saving Measures

Currently, the electric power supply is expected to remain tight; thus the government is calling for energy conservation until September 30th. Oshu residents are asked to save their energy to a reasonable extent.

Contact: Main City Hall Living Environment Dept. Environmental Section (34-2340)

Schools Are Open to the Community Before Closure

Fujisato and Ide Elementary Schools will close at the end of this school year, so they will be open to graduates and the general local public.

When? August 13th (Sat), 9AM-4PM

Where? School building and grounds

Contact: Fujisato Elementary School (39-3123), Ide Elementary School (39-2123)

Watch out for Summertime Water and Mountain Accidents

Incidents and accidents in the water or in mountains increase in the summer, so please keep the following tips in mind for a safe and fun season.

- Keep your plans reasonable, and decide to cancel if the weather or one's physical condition is not suitable.
- Be sure to wear a life jacket for recreation around the ocean or rivers.
- Always watch your children.

Contact: Yakeishi Mountain Range Climbing Accident Prevention Committee Secretariat (within Oshu Police Dept. 25-0110)

About Satellite Application Sites for My Number Cards

Apply to get your My Number card while out on errands.

Locations & dates: Maiya (8/4 & 8/5), Universe (8/17 & 8/18), AEON Maesawa (8/25 & 8/26), and AEON Style Esashi (8/27 & 8/28)

Time: 10:00AM-3:00PM

Procedures: ① Come to the venue with some form of official ID (those under 15 will need a parent) ② ID photos will be taken for free

Contact: Main City Hall Citizen Services, My Number Card Office (34-2223)

Events

※ 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.

9th Otomegawa Lantern Festival

When? August 20th (Sat), 6:00PM-8:00PM (will continue in light rain)

Where? Otomegawa Park Special Venue (next to Otomegawa Ancestors' Memorial Museum)

Deadline to apply for a lantern: August 16th (Tues)

Questions, contact: Oshu Otomegawa Lantern Festival Committee Secretariat (within Minko Minka, 34-3422)

Summer Events at Esashi Fujiwara no Sato

■ Experience What Established Oshu Fujiwara: Panning for Gold

When? Until August 14th (Sun) from 11AM (10AM on weekends and holidays) to 3PM. 10 minutes per session

Cost: 500 yen

■ Insect World: Summer Bugs Super!

- 1) Planned Exhibit: Wow! Flying Bugs!
- 2) Live Exhibit & Shop: Stag & Rhino Beetle Market (August 13th-14th, 10AM-4PM)
- 3) Fieldwork: Collecting & Watching Bugs

※ Bug nets and catcher boxes are available for rent (100 yen.)

When? Until August 21st (Sun)

■ Become a Mononoke Hunter with the AR Yokai Finding App

Catch 21 *yokai* and get a prize.

When? Until August 21st (Sun)

Cost: Free!

■ Hundred Deer Dance

When? August 16th (Tues) at 1:00PM (will be canceled if it rains)

Location & contact: Esashi-Fujiwara Heritage Park (35-7791)

Wind Chimes for August

Nambu wind chimes accompany events held in August; don't miss out on their clear, cooling sound.

Esashi Fujiawara no Sato Wind Chime Tunnel: August 1st (Mon)-21st (Sun), 9AM-5PM

Kuroishi-ji Temple Také-atari: August 13th (Sat)-15th (Mon), 7PM-9PM

Shoboji- Temple Blue Sky Sermon: August 28th (Sun) 10AM-3PM

Isawa Dam Fest: Summer 2022 Ed.

Dam climbing, food trucks, things for sale and more.

When? August 2nd (Tues), 9AM-4PM

Where? Around Isawa Dam

Contact: Main City Hall Policy Planning Dept. Planning Section (34-2125)

Obon Closure Schedule

○=normal hours

Type	Facility name	August 11 th (Thurs/ holiday)	August 12 th (Fri)	August 13 th (Sat)	August 14 th (Sun)	August 15 th (Mon)	August 16 th (Tues)	Contact info
Hospitals	Mizusawa Gen. Hospital	Closed	○	Closed	Closed	Closed	Normal hours	25-3833
	Magokoro Hospital		○					46-2121
	Maesawa Clinic		Closed					41-3200
	Koromogawa Clinic		Closed					52-3500
	Koromogawa Dental Clinic		○					52-3062
※ Emergencies will be managed by Mizusawa General Hospital and Magokoro Hospital.								
Buses	City Bus	Sunday/ holiday schedule	○	Sunday/ holiday schedule		○		Iwateken Kotsu Co., Ltd. Tanko Office (35-2185)
	Z Bus	Hada and Kuroishi lines only		Hada and Kuroishi lines only				
	Maesawa Bus	No service		No service	○			Social Welfare Council Maesawa Branch (56-2148, ext. 3968)
	Koromogawa Bus	No service		No service				
Garbage	All regions	×	Collection as usual				Main City Hall Living	
Recycling	Mizusawa	Collection as usual						

	All others	Check calendars for Esashi, Maesawa, Isawa, and Koromogawa						Environment Dept. Sanitation Section (34-2341)
Night soil	Mizusawa (Mizusawa Environmental Public Co.)	×	○	×	×	○	○	
	Esashi (Esashi Sanitation Co.)	×	○	×	×	○	○	
	Esashi (Environmental Preservation)	×	○	×	×	×	×	
	Maesawa (Marutaka Cleaning Co.)	×	○	×	×	×	○	
	Isawa (SKK Okado)	×	○	×	×	×	×	
	Koromogawa (Koromogawa Environmental)	×	○	○ (morning only)	×	×	×	
City hall	Closed	○	Closed	Closed	○	○	24-2111	

- City preschools and elementary/junior high schools will be closed August 13th-15th (3 days) plus one additional day decided by each facility, for a total of 4 days off.

Contact: Board of Education Secretariat, School Education Dept. (Esashi Gen. Branch, 34-1630)

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.

Summertime: Consider the Circumstances and Wear or Remove Your Mask

When wearing a mask, your body may have difficulties regulating your temperature, since it can be hard to lose heat through your skin, and dehydration can occur before you realize it. During the high heat and humidity of summer, work to prevent heatstroke and remove your mask when the situation permits.

■ When it's OK to take off your mask

① Outdoors

- When you won't be talking much or at all
- When there are conversations but you can keep a distance of about 2 meters or more (Examples: walking or biking to work or school, going on walks/runs/other exercise when you can keep your distance, games like tag that don't involve close contact)

② Indoors

- When you won't be talking much or at all and can keep a distance of about 2 meters or more
- When there are conversations but you can keep a distance of about 2 meters or more, and there are precautionary measures in place such as sufficient ventilation, etc.

■ When to keep your mask on

① Outdoors

- When you're within 2 meters of others and there are conversations

② Indoors

- When you can keep a distance of about 2 meters or more but there are conversations, **unless** there are precautionary measures in place such as sufficient ventilation, etc.
- When you can't maintain social distance (Example: on public transport, etc.)

③ Around high-risk populations

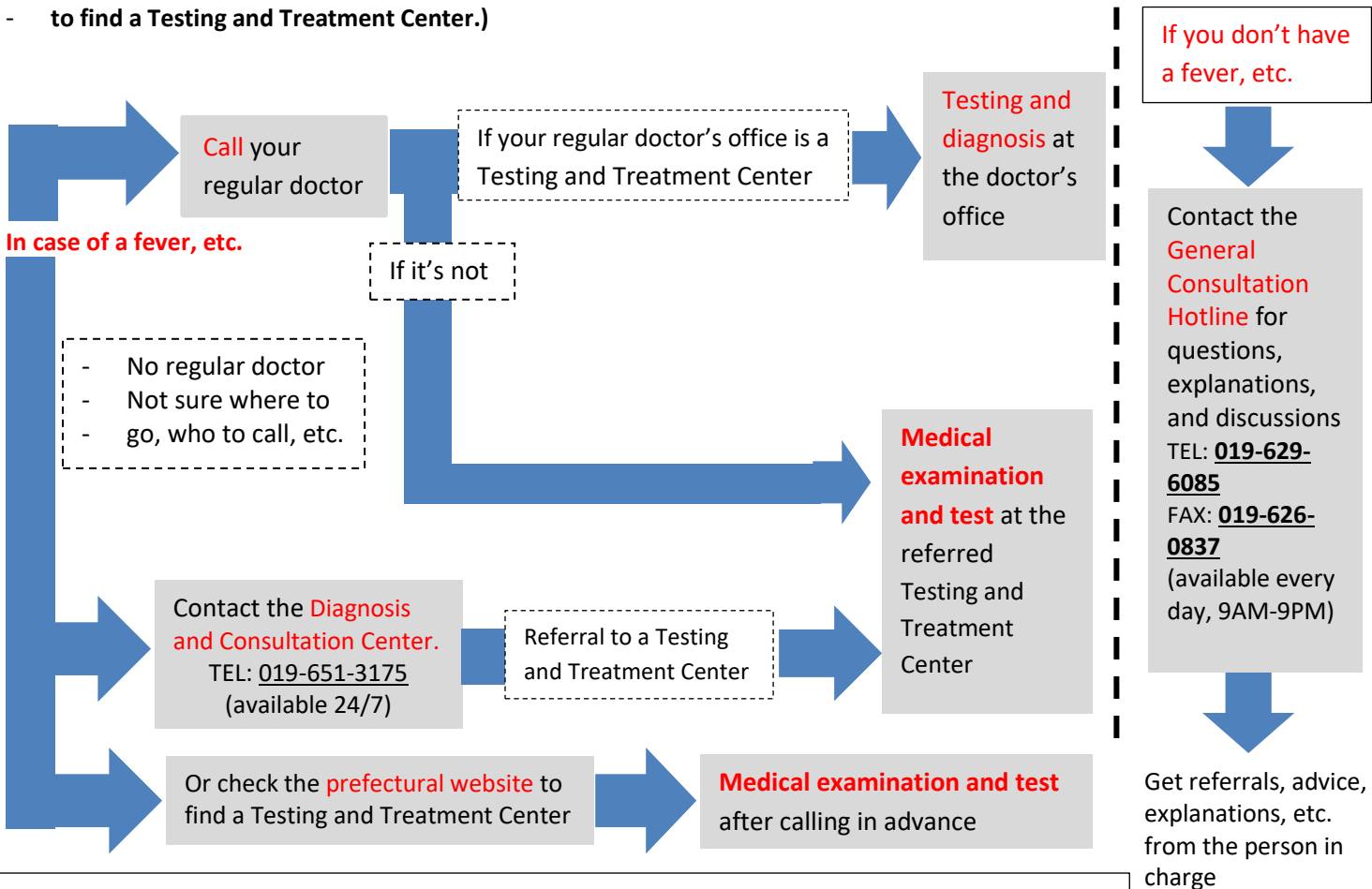
- When meeting older adults
- When going to the hospital

- ※ Prepare for situations when masks might be required, and bring a mask when you go out.
- ※ Masks are not recommended for children under age 2.
- ※ Children age 2 and up who haven't entered elementary school should not be compelled to wear masks.
- ※ Do not compel others to wear or take off their mask against their wishes.

Contact: Main City Hall Health Promotion Dept. Health Maintenance Section (34-2903)

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.)**



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