

January 2023 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.) ※ Please call in advance. | | | | |
| Jan. 1 st | Dr. Tamura (Tamura-Kawakami Clinic) | | | |
| 2 nd | Dr. Chida (Chida Orthopedic Surgery Clinic) | | | |
| 3 rd | Dr. Chida (Chida Internal Medicine Clinic) | | | |
| 8 th | Dr. Takahashi (Takahashi Internal/Digestive Clinic) | | | |
| 9 th | Dr. Takahashi (Takahashi Orthopedics Sports Clinic) | | | |
| 15 th | Dr. Takehana (Takehana Mammary Clinic) | | | |
| 22 nd | Dr. Hirata (Hirata Surgery & Internal Clinic) | | | |
| 29 th | Dr. Tomita (Tomita Neurosurgery & ENT Clinic) | | | |
| Oshu Kanegasaki Nighttime Clinic | | Address: 21-1 Taga Mizusawa | | TEL: 25-3935 |
| Hours: 6:30PM – 9:00PM, every day year-round ※ Please call in advance. | | | | |
| Sunday Dentists (9:00AM – 12:00PM) | | | | |
| Jan. 1 st | Yui Dental Clinic | 25-7422 | 2-21 Mizusawa Fukuromachi | |
| | Ayano Dental Clinic | 35-2820 | 5-26 Esashi Odori | |
| 2 nd | Ishikawa Dental Clinic | 47-3477 | 12 Mizusawa Obatakekoji | |
| 3 rd | Hibarigaoka Dental Clinic | 25-6114 | 178-1 Mizusawa Kawabata | |
| 8 th | Iwabuchi Dental | 41-9333 | 57-69 Kanegasaki-cho Nishine Kamihirasawa | |
| 15 th | Oishi Dental Clinic | 41-3711 | 60-2 Maesawa Mikkamachi | |
| 22 nd | Takahashi Dental Clinic | 56-3333 | 28-9 Maesawa Tairakoji | |
| 29 th | Sasaki Dental Clinic | 31-1313 | 9-14 Esashi-nishi Odori | |
| Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments) | | | | |
| Jan. 1 st | Ito Osteopathic Clinic | 22-3851 | 1-1-8 Mizusawa Minami Ogane | |
| 8 th | Makoto Spiral Osteopathic Clinic | 35-0894 | 7-26 Esashi Minami Odori | |
| 15 th | Tashiro Osteopathic Clinic | 23-5188 | 3-6-30 Mizusawa Tainichi Dori | |
| 22 nd | Oikawa Osteopathic Clinic | 23-7187 | 1-5 Mizusawa Otemachi | |
| 29 th | Takahashi Osteopathic Clinic | 23-8158 | 139 Mizusawa Shinjo Kitashiokara | |
| ★ Children's Emergency Helpline (☎ 019-605-9000) 7PM – 11PM, every day year-round | | | | |

Taxes

National Health Insurance (payment #7) is due Jan. 31st (Tues.)

Payment slips for people who pay by bank transfer will be sent out in early January.

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

January Consultation Rooms

Administrative Consultation ☎ 34-2915

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

Free Law Consultation ☎ 34-2915

Appointments required

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

Pension Consultation ☎ 0191-23-4246 Appointments required

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

Free Multiple Debts Consultation with a Lawyer

☎ 34-2915 Appointments required

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

Financial & Lifestyle Stability Consultation

☎ 34-2915 Appointments required

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

Human Rights Consultation ☎ 34-2915

| Place | Time & Date |
|---|--------------------------------|
| Main City Hall, Gen. Consultation Room | 5 th (Thurs) 1:30PM |
| | 19 th (Thurs) - |
| Esashi Gen. Branch Office, Citizen Living Group | 17 th (Tues) 3:30PM |

Consultations for Oshu Young Adults

☎ 34-1585

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

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

Donto-sai

The fire ceremony will be held at 9:30AM by the organizers only, and there will be no mochi toss.

When? Early Jan. 8th (Sun) to 10:30AM

Where? Odori Park (Esashi)

☎ Oshu Chamber of Commerce, Esashi Branch (35-2514)

Kunimidaira Ski Area is Open!

Kunimidaira Ski Area will soon be opening for the winter sports season.

Opening date: December 24th (Sat)

Contact: Kunimidaira Ski Area (52-6611), Main City Hall Commerce & Sightseeing Dept. (34-1759)

Oshu Space and Astronomy Museum Events

★ January Stargazing Event

① Storytime: I Want to Know about Celestial Events in 2023!

② Stargazing Event: Let's Find the Winter Triangle!

When? January 14th (Sat) 7:00PM-8:30PM

Participants: Limit 30 people (applications required)

★ Exhibit of Space Day Painting/Essay Contest Submissions

When? Jan. 15th (Sun) – 30th (Mon), 9AM – 5PM

Cost for both: Free (but admission is charged separately)

Location, questions, applications for both: Oshu Space and Astronomy Museum (24-2020)

Esashi Heritage Park Sledding Event

When? From when there's enough snowfall to sled until February 28th (Tues). Open 10:00AM – 3:00PM. ※ See the website for info on whether sledding is possible or not.

Who? 3rd grade children and younger (must be accompanied by an adult)

Cost Free! (Please tell the front desk that you came for the sledding event)

Rental sleds: 300 yen for 40 mins (1 turn)

☎ Esashi Heritage Park (35-7791)

Notices

Special Wintertime Support Funds for Tax-Exempt Households

Due to the high prices of kerosene, electricity, gas, and similar heating methods for the winter, financial assistance is being provided. Please see the city website for details.

Who is eligible? Households that are registered in Oshu by at least December 1st, and whose members are all resident tax exempt for FY 2022

Amount: 8,000 yen per household

How to apply: If you got a Notification of Provision of Aid from the city, you don't need to apply. If you got an application form, you have until January 31st (Tues) to apply.

Contact: Main City Hall Welfare Dept. (34-2324)



Try to Save Energy and Reduce Electricity Use in Winter

This winter, the supply and demand of electricity is expected to be tight, so you are asked to reduce electricity use from December 1st to March 31st – though this doesn't have a numerical target. Oshu residents are asked to manage the heating in their rooms appropriately, and to save electricity as much as is easily possible.

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

Don't Forget to Apply for Childrearing Support Funds

For information about National Special Funds for Livelihood Support for Low-Income Childrearing Households (50,000 yen per child), or other types of support funds for childrearing households, please see the city website.

Contact: Main City Hall Children & Families Dept. (34-1586)



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

Special New Year's Notices

New Year's Garbage, Recycling, and Sewage Schedule

☎ Main City Hall Living Environment Dept. Sanitation Section (34-2341)



| | |
|--|--|
| <p>Garbage Garbage collection will pause for the New Year's holiday.</p> <p>Mizusawa:</p> <ul style="list-style-type: none"> - No garbage collection from Dec. 31st (Sat) to Jan. 3rd (Tues.) ※ Normal collection resumes Jan. 5th (Thurs) <p>Esashi, Maesawa, Isawa, Koromogawa:</p> <ul style="list-style-type: none"> - See collection calendar | <p>Night soil (sewage)</p> <p>※ Night soil collection can get busy around New Year's holidays, so please make appointments with some leeway in mind.</p> <p>Mizusawa, Esashi (serviced by Esashi Sanitation Inc. & Environmental Protection Inc.), Isawa, Koromogawa</p> <ul style="list-style-type: none"> - No sewage collection from Dec. 30th (Fri) to Jan. 3rd (Tues) <p>Maesawa:</p> <ul style="list-style-type: none"> - No sewage collection from Dec. 30th (Fri) to Jan. 4th (Wed) |
| <p>Recycling</p> <p>Mizusawa:</p> <ul style="list-style-type: none"> - No Sunday recycling on Jan. 1st (Sun/holiday) - No weekday recycling on Jan. 2nd (Mon/holiday) or 3rd (Tues) ※ Normal recycling resumes Jan. 4th (Wed) <p>Esashi, Maesawa, Isawa, Koromogawa:</p> <ul style="list-style-type: none"> - See collection calendar | <p>About Direct Collection at Tanko Regional Sanitation Center:</p> <p>Garbage will be collected until Dec. 30th and will resume on Jan. 4th.</p> <p>Hours: 8:45AM – 4:45PM</p> <p>Is there a fee? Yes</p> <p>TEL: 24-5821</p> |

New Year's Holiday Bus Schedule

Main City Hall Policy Planning Dept. Public Transportation Policy Office (34-2383)



| | Mizusawa Community Bus, "Z Bus" | City Bus (Esashi) | Maesawa Bus, "Heart Bus" | Koromogawa Community Bus |
|--------------------------|--|--|--|--------------------------|
| | Iwate-ken Kotsu, Tanko Branch, 35-2185 | Iwate-ken Kotsu, Tanko Branch, 35-2185 | City Social Services Division, Maesawa Branch, 56-2148 | Koromogawa Taxi, 52-3011 |
| Wednesday, Dec. 28 | Regular schedule | Regular schedule | Regular schedule | Regular schedule |
| Thursday, Dec. 29 | | | | |
| Friday, Dec. 30 | No bus service | Sunday/holiday schedule | No bus service | No bus service |
| Saturday, Dec. 31 | | | | |
| Sunday, Jan. 1 (holiday) | | | | |
| Monday, Jan. 2 | | | | |
| Tuesday, Jan. 3 | Regular schedule | Regular schedule | Regular schedule | Regular schedule |
| Wednesday, Jan. 4 | | | | |
| Thursday, Jan. 5 | | | | |

※ Regular schedule: Will run based on the schedule for the day of the week.
 ※ Sunday/holiday schedule: Will run on the schedule listed for Sundays and holidays, regardless of day of the week.

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.

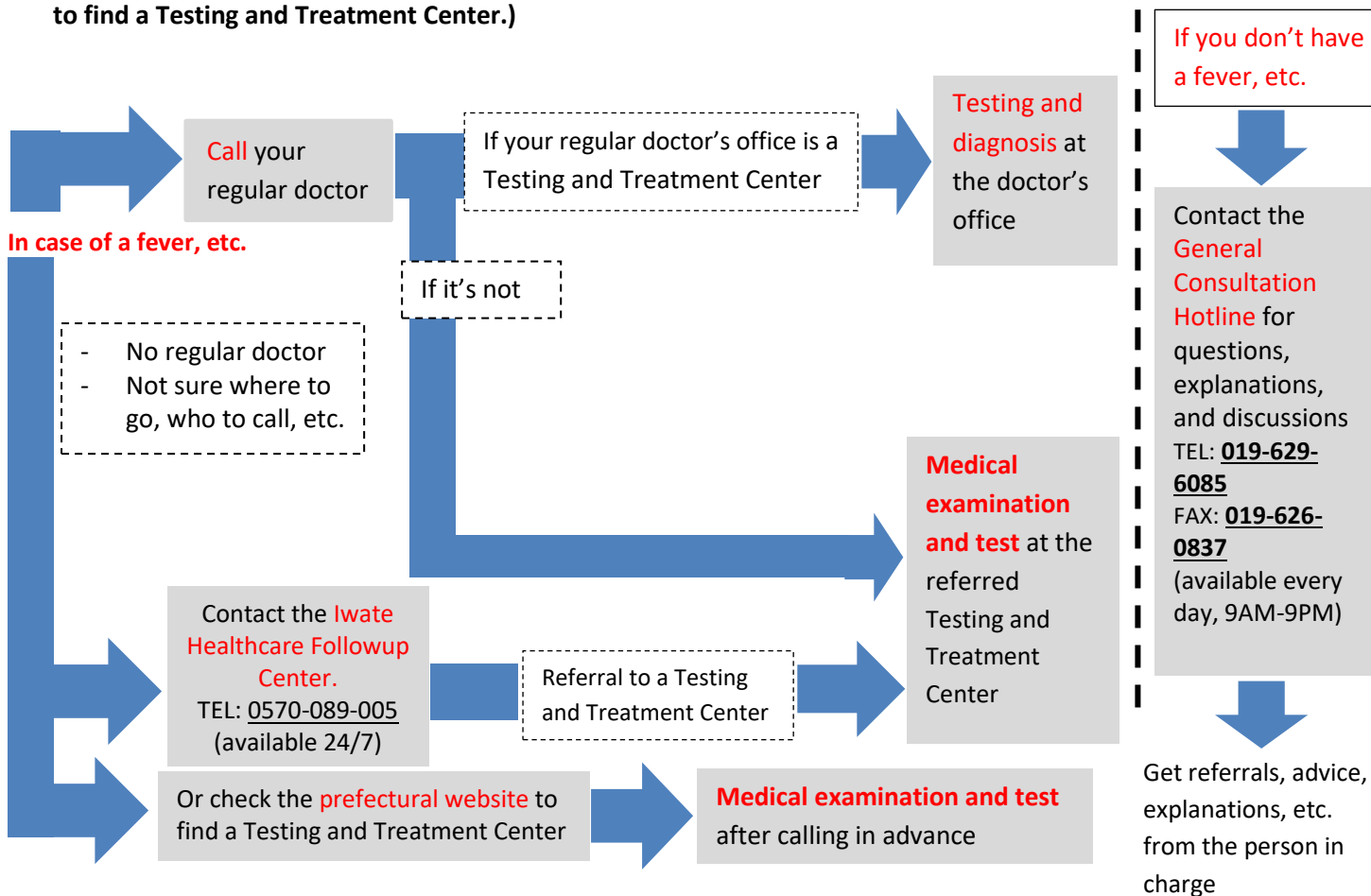
Get Ready this Winter: Vaccines & Tests

- ※ **Consider getting vaccinated before the infection spreads.**
 - COVID-19 vaccines: get vaccinated as soon as you can.
 - Flu vaccines: if you're eligible for the flu shot as a routine vaccine (through being 65+ or otherwise), and want to be vaccinated, please do so as soon as you can.
- ※ **Prepare for feeling unwell due to fever or other symptoms, and buy necessary items in advance.**
 - COVID-19 qualitative antigen test kits: use kits that are labeled as "for medical use" or "for general use," which are nationally approved.
 - Antipyretic analgesics (medications that reduce fever and pain): feel free to consult a pharmacy or your regular pharmacist.



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.**

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