

March 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.				
March 5 th	Dr. Honda (Honda Gastroenterology Internal & Surgery)			
12 th	Dr. Shimizu (Shimizu Ladies' Clinic)			
19 th	Dr. Abe (Sakura Clinic)			
21 st	Dr. Ri (Mizusawa Plastic Surgery Clinic)			
26 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 ※ Please call in advance.				
Sunday Dentists (9:00AM – 12:00PM)				
March 5 th	Chiba Dental Clinic	51-1300	420 Mizusawa Sakurayashiki	
12 th	Suzuki Dental Clinic	31-1811	2-5-19 Esashi Toyota-cho	
19 th	Arisumi Dental Clinic	42-3006	60-2 Kanegasaki-cho Nishine Machiura	
26 th	Hitaka Dental Clinic	22-5330	22-15 Mizusawa Kyuden	
Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)				
March 5 th	Makoto Spiral Osteopathic Clinic	35-0894	7-26 Esashi-minami Odori	
12 th	Ito Osteopathic Clinic	22-3851	1-1-8 Mizusawa-minami Ogane	
19 th	Komura Osteopathic Clinic	24-4542	4-9 Mizusawa Sanbongi	
26 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				

Pay City Taxes by Bank Transfer for Convenience and Peace of Mind

Prefectural/city taxes (standard deductions), fixed property taxes, light motor vehicle taxes, and national health insurance can be conveniently paid by bank transfer so that you can't forget. Please consider trying this service.

- **How to apply:** Bring your tax payment forms, your bankbook, and your banking *hanko* stamp to any of the following financial institutions: Iwate Furusato Nokyō, Iwate Esashi Nokyō, Bank of Iwate, Tohoku Bank, Kita-Nippon Bank, Tohoku Rokin Bank, Mizusawa Shinkin Bank, Japan Post Bank
- **Important points:**
 - Taxes will be deducted from the bank account on the day of the payment deadline.
 - Apply one month before the relevant tax's payment deadline date.
 - Late taxes may not be paid by bank transfer.

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

March Consultation Rooms

Administrative Consultation ☎ 34-2915

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

Human Rights Consultation ☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	2 nd (Thurs) 1:30PM
	16 th (Thurs) —
Esashi Gen. Branch Office, Citizen Living Group	22 nd (Wed) 3:30PM

Free Law Consultation ☎ 34-2915

Appointments required

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

Free Multiple Debts Consultation with a Lawyer

☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	1 st (Wed) 10:00AM-
	14 th (Tues) 3:00PM

Financial & Lifestyle Stability Consultation

☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	15 th (Wed) 1:00PM -
	Esashi Gen. Branch Office, Citizen Living Group

Consultations for Oshu Young Adults

☎ 34-1585

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

Pension Consultation ☎ 0191-23-4246

Appointments required

Place	Time & Date
Main City Hall	2 nd (Thurs) 10:00AM-3:30PM

Events

Oshu Space & Astronomy Museum Events

★ March Stargazing Event

① Screening of Further than the Stars: a program about the earthquake disaster, produced by the Sendai Astronomical Observatory

② Stargazing Event: Let's Look at the Night Sky

When? March 11th (Sat) 7:00 PM – 8:30 PM

Participants: 30 people, applications required

Cost: Free!

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

Ichi-Sapo Oshu Room

Job-related individual consultations and skill development services are provided to people who are ready to work. Apply at least one day in advance.

When? March 1st & 15th (both Wed), 10:00AM – 3:00PM

Where? Citizens' Plaza Masse (Maple basement)

Participants: Job seekers age 15 to 49, students, their families, etc.

Cost: Free!

Applications, contact: Ichinoseki Youth Support Station (0191-48-4467)

Special Performance of *Furyu* Dances

Furyu dances have been added to UNESCO's Intangible Cultural Heritage list, so 4 official groups will hold a special performance.

When? March 12th (Sun), starting at 1PM

Where? Isawa Cultural Creative Center

Participating groups: Preservation Associations of: Honokizawa Nenbutsu Kenbai, Kawanishi Dainenbutsu Kenbai, Iwasaki Oni Kenbai, and Nameshida Oni Kenbai

Contact: City Board of Education Executive Office, Historical Heritage Dept. (Esashi Gen. Branch Office, 34-1315)

22nd Annual Oshu Mizusawa Kukuri-hina Festival

When? March 1st (Wed) to March 5th (Sun), 10AM – 4PM

Where? Maple 4th Floor Industry & Culture Hall, Samurai Residence Museum, Mizusawa Tourism Products Center 2nd Floor Exhibition Hall

Contact: Oshu Mizusawa Kukuri-hina Festival Executive Committee (inside Oshu Sightseeing and Products Association, 22-7800)

Archaeological Excavation Site Briefing Session

Presentation of findings from Nakabayashishita Site (Mizusawa), Choujagahara Temple Ruins (Koromogawa), Shirotoritate Site (Maesawa), and Kamidate Site (Mizusawa.)

Where? Z Hall Cultural Center

When? March 18th (Sat), 1PM – 3:30PM

Participants: Limit 100 people

How to apply: Applications are taken starting February 20th (Mon) at the address below.

Contact: Oshu City Archeological Research Center (22-4400)

Gender Equality *Senryu* Poetry Contest

Winners will be awarded a certificate of merit.

Who can participate? Anyone who lives, works, or goes to school in Oshu

How to apply: On the application form, fill out your: poem(s) (you can submit up to 3), name, address, and contact information. Submit by fax, email, or directly in person to the office listed below. Deadline: March 31st (Fri)

Contact: Main City Hall Local Development Promotion Office (Esashi Gen. Branch Office) (TEL: 34-1618, FAX: 35-7466, Email: chiikidukuri@city.oshu.iwate.jp)

Sports Classes

Mölkky Experience at Esashi Central Gym

When?	March 4 th (Sat), 10:00AM – 11:30AM
Where?	Esashi Central Gym
Participants?	Limit 20 people, elementary school age and up
Cost?	500 yen (includes insurance)
How to apply?	Apply no later than the day before at 5PM, in person or by phone.
Contact?	Esashi Central Gym (31-2100)

Notices

Moving-Out Form Procedures can be Completed Online

Holders of a My Number card can complete moving-out procedures online through Mynportal, when moving outside of Oshu. Separate moving-in procedures are required at your new municipal office. Please see the city website for details.

Who can apply? Single mover, moving out with fellow household member, other household member moving out

Contact: Main City Hall Citizen Services (34-2912)



About Spray Cans: Use Them All Up and Puncture Before Disposal

When you dispose of spray cans, please take the following actions before disposal.

1. Fully use up the contents of the can.
2. Outdoors, and in a place away from heat and and with good airflow, release the can's gas.
3. Pierce holes in the can.
4. Dispose of as non-burnable garbage.

If spray cans are not disposed of properly, fires may break out in garbage trucks. In order to not cause a major accident, never dispose of spray cans if anything is inside. Also, avoid getting released gas, liquid medicine, etc. on your face or body.

Contact: Main City Hall Living Environment Dept. (34-2341)



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.

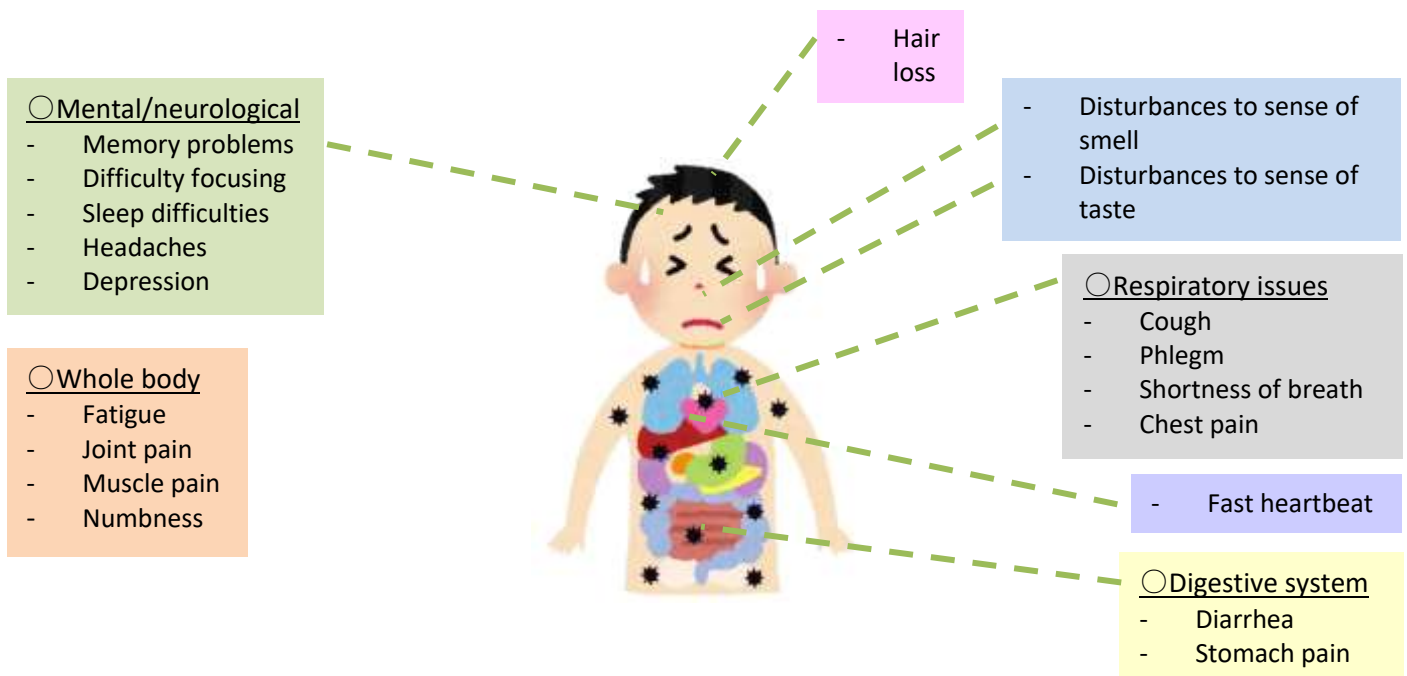
Consultations for Long COVID

COVID-19 is an illness that anyone can get, but at the time of their infection, people's symptoms will vary. Regardless of presence or absence of symptoms, or age, at the time of infection, various symptoms have been observed as long-term health problems after recovery. After you've recovered, make sure to check your health condition every day for 4 weeks.

If you suspect long COVID, or are concerned about your physical condition, please consult the clinic that diagnosed you with COVID-19, or Oshu Public Health Center (TEL: 22-2831.)

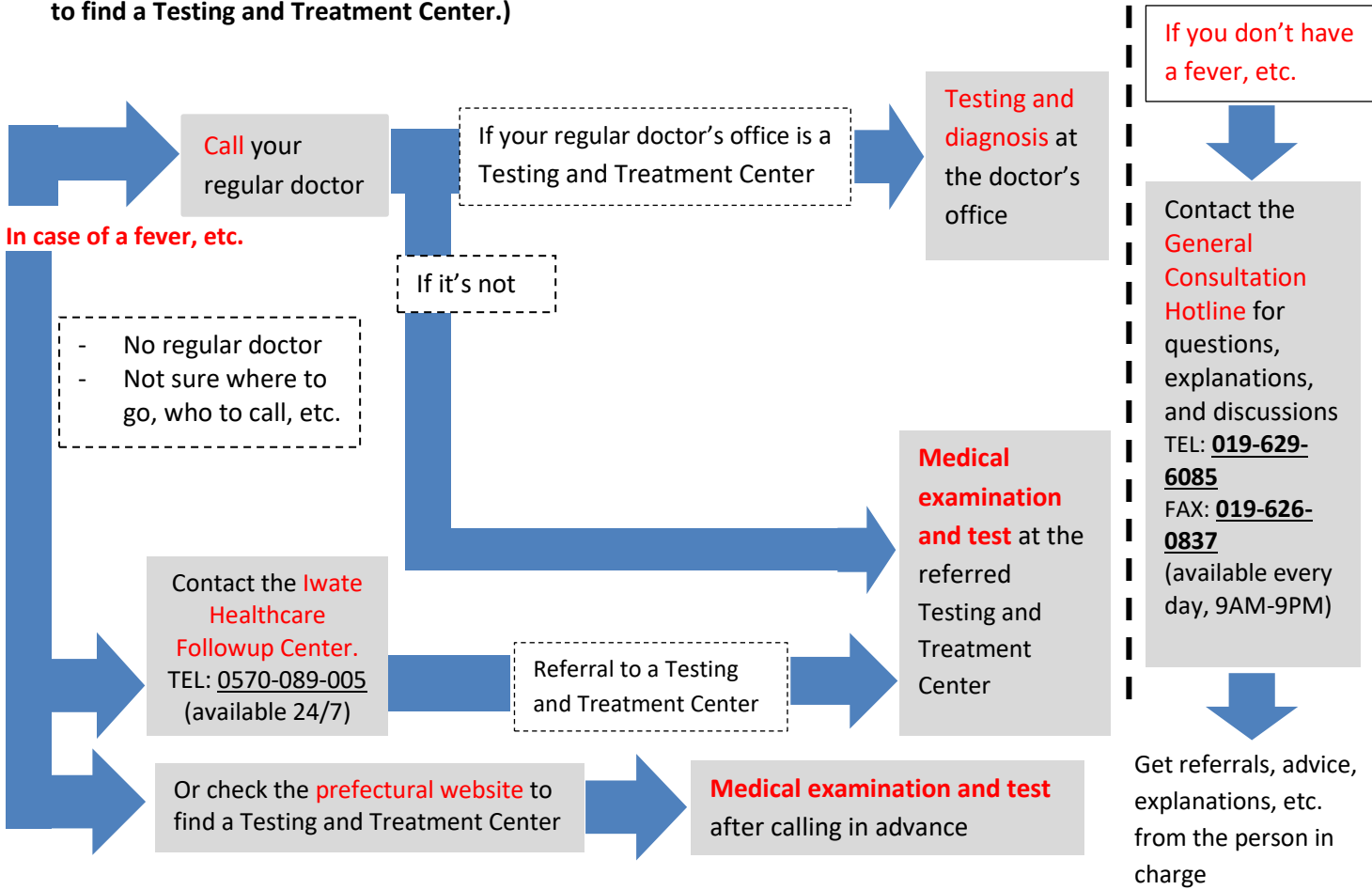
■ About Long COVID Symptoms

Long COVID symptoms may continue from the first onset of symptoms, or appear at some point later. The main symptoms are illustrated in the image below.



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.

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