

March 2024 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 3 rd | Dr. Chida (Chida Internal Medicine Clinic) | | | |
| 10 th | Dr. Nagano (Nagano Internal Medicine Clinic) | | | |
| 17 th | Dr. Noro (Noro Surgery & Urology Clinic) | | | |
| 20 th | Dr. Higuchi (Higuchi ENT Clinic) | | | |
| 24 th | Dr. Hirata (Hirata Surgery & Internal Clinic) | | | |
| 31 st | Dr. Hirama (Hirama OBGYN) | | | |
| 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 3 rd | Tokiwa Dental Clinic | 25-8148 | 2-1-4 Mizusawa Higashi Odori | |
| 10 th | Oguma Dental Clinic | 35-4184 | 6-27 Esashi-minami Odori | |
| 17 th | Chiba Dental Clinic | 42-2426 | 54-2 Kanegasaki-cho Nishine Kamimochida | |
| 24 th | Sasaki Dental Clinic | 24-5418 | 7 Mizusawa Yanagi-machi | |
| 31 st | Sakuraba Dental Clinic | 47-2033 | 117-1 Isawa Oyama Toge | |
| Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments) | | | | |
| March 3 rd | Oikawa Osteopathic Clinic | 23-7187 | 1-5 Mizusawa Otemachi | |
| 10 th | Takahashi Osteopathic Clinic | 23-8158 | 139 Mizusawa Shinjo Kitashiokara | |
| 17 th | Hoshi Osteopathic Clinic | 25-3742 | 6-12 Mizusawa Fukuyoshicho | |
| 24 th | Omachi Osteopathic Clinic | 47-4110 | 75-2 Mizusawa Omachi | |
| 31 st | Oikawa Osteopathic Clinic | 23-7187 | 1-5 Mizusawa Otemachi | |
| ★ Children's Emergency Helpline (☎ 019-605-9000) 7PM – 8AM the next day, 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.

Eligible financial institutions: Iwate Furusato Nokyo, Iwate Esashi Nokyo, Bank of Iwate, Tohoku Bank, Kita-Nippon Bank, Tohoku Rokin Bank, Mizusawa Shinkin Bank, Japan Post Bank

What to bring: Your tax payment forms, your bankbook, and your banking *hanko* stamp

How to apply: Apply at the window of any of the above listed financial institutions

Other 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)

Search ID: 5130

March Consultation Rooms

Administrative Consultation ☎ 34-2915

| Place | Time & Date |
|---|---|
| Main City Hall, Gen. Consultation Room | 8 th (Fri) — 1:00PM-3:00PM |
| | 22 nd (Fri) |
| Esashi Gen. Branch Office, Citizen Living Group | 13 th (Wed) 9:30AM-11:30AM |
| Maesawa Gen. Branch Office, Citizen Welfare Group | 14 th (Thurs) 9:00AM-12:00PM |
| Isawa Gen. Branch Office, Citizen Living Group | 26 th (Tues) 1:30PM-3:00PM |

Free Law Consultation ☎ 34-2915

Appointments required

| Place | Time & Date |
|--|---------------------------------|
| Main City Hall, Gen. Consultation Room | 13 th (Wed) 10:00AM- |
| | 26 th (Tues) 4:00PM |

Financial & Lifestyle Stability Consultation

☎ 34-2915 Appointments required

| Place | Time & Date |
|---|-------------------------------|
| Main City Hall, Gen. Consultation Room | 27 th (Wed) 1:00PM |
| | — |
| Esashi Gen. Branch Office, Citizen Living Group | 6 th (Wed) 4:00PM |

Human Rights Consultation ☎ 34-2915

| Place | Time & Date |
|---|--------------------------------|
| Main City Hall, Gen. Consultation Room | 7 th (Thurs) 1:30PM |
| | 21 st (Thurs) — |
| Esashi Gen. Branch Office, Citizen Living Group | 19 th (Tues) 3:30PM |

Free Multiple Debts Consultation with a Lawyer ☎ 34-2915

Appointments required

| Place | Time & Date |
|--|--------------------------------|
| Main City Hall, Gen. Consultation Room | 6 th (Wed) 10:00AM- |
| | 19 th (Tues) 3:00PM |

Pension Consultation ☎ 0191-23-4246

Appointments required

| Place | Time & Date |
|----------------|--------------------------|
| Main City Hall | 7 th 10:00AM- |
| | (Thurs) 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 |

Sports Classes

Nordic Walking Class

Wear clothes that are easy to move in, sports shoes, thin gloves, and a hat. Bring something to drink and a towel.

When? April 9th & 23rd, May 14th & 28th, and June 11th & 25th (all Tuesdays), 10:00AM-11:30AM

Where? Around Esashi Central Gym

Participants: Limit 15 people, first come first serve

Cost: 500 yen per class

Applications: Apply by April 3rd (Wed)

☎ Contact: Esashi Central Gym (31-2100)

Events

Oshu Space & Astronomy Museum Events

★Let's Make a Robot Car Run with Programming! Self-Driving Workshop

Bring something to write with and a lunch (for participants in either session.)

When? March 17th (Sun), 9:15AM – 11:45AM (beginner course), 1:00PM – 2:30PM (challenge course)

Participants: 8 people per session, applications required. For 4th graders and up.

Cost: Free! (Admission fee is separate)

★March Sunday School: Electric Music Boxes and the Systems of Sound and Electricity

When? March 24th (Sun), 2:30PM – 3:30PM

Participants: Limit 10 people, applications required. For elementary schoolers and up (children in lower grades must be accompanied by a parent)

Cost: 800 yen (for materials) (admission fee is separate)

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



Notices

The Venue for Esashi Sunday Recycling Will Change

Starting in April, the Sunday recycling location for the Esashi area will move to Esashi Gen. Branch Office, near the west bicycle parking lot. Be aware that the venue inside the Shinseikosan grounds will be in use until March 31st (Sun.)

When? The 1st and 3rd Sunday of the month, 9AM-11:30AM ※ Will be canceled if there's an event at the venue

Contact: Esashi Gen. Branch Office, Area Support Group (34-1622)

Search ID: 11841

Moving-Out Notifications can be Conveniently Completed Online

People who have a My Number card may complete moving-out procedures (moving from Oshu to somewhere else) online, via My Number Portal. Please see the city website for details.

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

Search ID: 469

Free COVID-19 Vaccines Are Available Until the End of March

Healthcare centers within Oshu will be administering free COVID-19 vaccines until Friday, March 29th. Do note that the last day to get a vaccine may vary depending on the facility. For the initial vaccine series, some amount of time must be left between the 1st and 2nd doses. If you wish to be vaccinated, please make an appointment as soon as possible.

Making an appointment: Apply via the Call Center (0120-40-10-63, weekdays 9AM-5PM) or via the website.

Contact: Main City Hall Health Promotion Dept., COVID-19 Vaccination Response Team (34-2061)

Search ID: 269

Making Appointments for Public Facilities is Now More Convenient

You can check if a space at a sports facility, community center, or similar is available, or apply for an appointment via the internet. Please consider trying this service.

When does it start? March 1st (Fri.)

Relevant facilities: Cultural centers: City Cultural Center, Isawa Cultural & Creative Center, etc. (7 facilities)

Sports centers: City Gen. Gym, Esashi Central Gym, etc. (18 facilities)

Workers' centers: Mizusawa Workers' Gym

Various community centers: 30 facilities

Other details: Prior registration is required to make an appointment.

Contact: Main City Hall, Administration Reform & Digital Strategy Dept. (34-2194)

Search ID: 11638