

February 2021

Oshu City Newsletter



Sunday/Holiday Doctors

- 1) Oshu Kanegasaki Nighttime and Holidays Clinic, 2) Esashi Sunday/holiday clinics, and 3) Sunday dentists have been pausing their services if new COVID-19 cases were confirmed in Oshu or Kanegasaki, but since infection control measures have been set in place, these clinics will still operate even if new cases are confirmed locally. However, closures are still possible depending on the COVID-19 situation.

Contact

- 1) Nighttime and Holidays Clinic (25-3935), Oshu Kanegasaki Administrative Association (24-5821)
- 2) Main City Hall Regional Healthcare Promotion Office (34-2908)
- 3) Oshu Dentistry Association Secretariat (24-0810)

Mizusawa			
Day		☎	Address
Open Sundays, holidays 8:30 am - 4:00 pm. Open nights every day 6:30 pm - 9:00 pm.	Oshu Kanegasaki Holidays Clinic	25-3935	21-1 Taga Mizusawa
Esashi (Mornings, check times in advance by phone)			
Day		☎	Address
Feb. 7 th	Sekiya Clinic	35-3511	5-20 Odori
11 th	Oinao OBGYN Clinic	34-3033	11 Iwayado Aza Kozakai
14 th	Kikuchi Internal Medicine Gastroenterology Children's Clinic	35-2622	2-1-1 Toyotacho
21 st	Takahashi Int. Med. Clinic	35-6668	1-30 Odori
23 rd	Tamazawa Rehab Orthop. Clinic	35-8801	71-1 Nihongi Iwayado
28 th	Hirata Surgery, Internal Med. Clinic	31-1331	401-6 Kannondou-oki, Odaki
Dentists (9:00 – 12:00)			
Day		☎	Address
Feb. 7 th	Takano Dental Clinic	23-2488	37-7 Mizusawa Yachimyoen
14 th	Natsuta Dental Clinic	46-4710	164-1 Isawa Natsuta Aza Unada
21 st	Takasaki Dental	47-4182	188-1 Maesawa Aza Takezawa
28 th	Yoshida Dental Clinic	35-1182	4-13 Esashi Nishiodori
Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)			
Feb. 7 th	Makoto Spiral Osteopathic Clinic	35-0894	7-26 Esashi Minami Odori
14 th	Tashiro Osteopathic Clinic	23-5188	3-6-30 Mizusawa Tainichi Dori
21 st	Oikawa Osteopathic Clinic	23-7187	1-5 Mizusawa Otemachi
28 th	Takahashi Osteopathic Clinic	23-8158	139 Mizusawa Shinjo Kitashiokara
★Children's Emergency Helpline (☎ 019-605-9000) Open daily 7 PM-11 PM			

Entry Tickets Required at Tax Return Venues

For details, please check the national tax agency website. Thank you for your understanding.

When February 9th (Tues) to March 15th (weekdays only)

Hours 9:00AM – 5:00PM

Location/inquiries Mizusawa Tax Office (☎ 24-5111)

Taxes

National Health Insurance (Payment #8) is due March 1st (Mon.)

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

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

Produced by Oshu City ILC Prom. Division, Oshu City Community Development Division, Oshu City International Relations Association

Pension Consultation ☎ 0191-23-4246

Appointments required 1 day in advance

Place	Time & Date
Esashi Gen. Branch Office, Room 212	4 th 10:00AM – (Thurs) 3:00PM

Free Law Consultation ☎ 34-2915

Appointments required

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

Administrative Consultation**☎ 34-2915**

Place	Time & Date	
Main City Hall, Gen. Consultation Room	12 th (Fri)	1:00PM –
	26 th (Fri)	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	16 th (Tues)	1:30PM-3:00PM
Koromogawa Health & Welfare Center	18 th (Thurs)	1:30PM-3:30PM

Human Rights Consultation**☎ 34-2915**

Place	Time & Date	
Main City Hall, Gen. Consultation Room	4 th (Thurs)	1:30PM –
	18 th (Thurs)	3:30PM
Esashi Gen. Branch Office, Citizen Living Group	16 th (Tues)	1:30PM – 3:30PM
Maesawa Community Center	2 nd (Tues)	1:30PM – 3:30PM
Wakayanagi Community Center	4 th (Thurs)	1:30PM – 4:00PM
Koromogawa Health & Welfare Center	18 th (Thurs)	1:30PM – 3:30PM

Consumer Affairs Consultation**☎ 34-2915**

Appointments required 1 day in advance 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

※ 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.

Ichi-Sapo Oshu Room

Individual consultations about employment, and support for skill development.

Morning: Fun communication development seminar & and workplace training

Afternoon: Individual consultations (by appointment)

When February 3rd & 17th (both Wed), 10:00AM – 3:00PM

Where Maple basement

Participants Job seekers under age 50 and their family, etc.

Cost Free!

Application deadline The day before the desired class

Contact: Ichinoseki Youth Support Station (0191-48-4467)

Ichi-Sapo Job Hunting Prep: 4-Day Seminar

Support for job seekers, practice with self-evaluation and self-promotion, mock interviews, and more. Limit 6 participants, free of charge.

When

(All 12:00PM – 5:00PM)

Feb. 9 th (Tues)	Feb. 15 th (Mon)
Feb. 17 th (Wed)	Feb. 25 th (Thurs)

Where Nanohana Plaza (Ichinoseki)

Participants Job seekers under age 50 (registration with Ichi-Sapo required) ※ Please let us know if you cannot participate for the full 4 days.

Application deadline February 4th (Thurs)

Contact: Ichinoseki Youth Support Station (0191-48-4467)

Oshu Space and Astronomy Museum Events

● February Star-Gazing Events

① Let's Talk: All About Starry Sky Photography and Timelapses!

② Stargazing Event: Looking for Treasures in the Night Sky

When February 13th (Sat) 7:00PM – 8:30PM

Where Oshu Space and Astronomy Museum Seminar Room/Parking lot

Participants Limit of 30 people, applications required

Cost Free!

● Special Winter Exhibit: Snowflakes

An exhibit about snow around the world, including snowflake photography. Open to anyone.

When February 1st – 28th, 9:00AM – 4:30PM (closed Tuesdays)

Where Oshu Space and Astronomy Museum Seminar Room

Cost Free (but admission costs are separate.)

📞 Questions, applications: Oshu Space and Astronomy Museum, 24-2020

Oshu Mizusawa Kukuri-hina Festival

Elegant, traditional kukuri-hina dolls will be on display around Mizusawa.

When? February 27th (Sat) to March 3rd (Wed), 11:00AM – 4:00PM

Where? Maple 4th floor event hall, Samurai Residence Museum

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

Esashi Heritage Park Sledding Event

When? Tentatively until February 28th (Sun), 9:00AM – 4:00PM

Where? Esashi Fujiwara Heritage Park

※ Free entry with the password "I came for the sledding event!" End date subject to change depending on how much snow there is.

For info on the snow situation at the park (and whether sledding is possible or not), please check the Esashi Heritage Park website. We look forward to seeing you!

📞 Esashi Heritage Park (35-7791)

Sports Classes

Z Arena Classes

★ Pilates for Health

Bring a Pilates mat or a yoga mat (rentals available)

Easy Pilates

- Every Sunday from February 7th to March 28th (except February 21st), 9:30AM – 10:40AM

Basic Pilates

- Every Friday from January 29th to March 26th, 7:00PM – 8:10PM

Cost 500 yen per session

Participants 20 people per session, first come first serve

Contact General City Gym Z Arena (☎ 22-7000)

Notices

Now Taking Applications for the Iwate Prefecture Student Dormitory

The Iwate Prefecture Student Dormitory is a Tokyo dorm for students from Iwate who are going to college in the Tokyo area. It is now taking applications for residents for the 2020 fiscal year. See the website for resident qualifications and how to apply.

● **Dormitory Location** 2-5-5 Kanamecho, Toshima-ku Tokyo

● **Cost** 80,000 yen/month room and board (including daily breakfast and dinner), 500 yen/month for neighborhood association fees, and 100,000 yen for various dormitory entry fees.

● **Room size** 13.5 square meters, 1 room

● **Room amenities** Includes desk, bed, closet, sink area, air conditioning, etc.

● **Interview dates** ① February 15th (Mon) ② March 12th (Fri)

● **Application deadlines** ① Between January 20th – February 10th (both Wed) ② Between February 16th – March 9th (both Tues)

● **📞 (Inquiries)** Iwate Prefecture Student Support Organization (03-3972-4783)

Consider Applying for a Health Check

Around the end of January 2021, health check applications and condition checklist sheets will be sent out to people who are eligible by age. Please fill in the required fields and use the enclosed return envelope to submit the forms, either by post or at the relevant service counter. Applicants will receive the documents they need for their checkup around the end of May. The condition checklist sheets are included as a part of the application materials, so even if you don't want a city health check, please submit these materials.

Submission deadline February 18th (Thurs)

Inquiries Main City Hall Health Promotion Dept. Health Maintenance Contact (34-2903) or the health department of any branch office

Information on COVID-19

※ Information about COVID-19 is changing all the time. For the most up-to-date info, check the Oshu city homepage.

To All Citizens

Compared to before, when multiple clusters were increasing at a rapid rate, COVID-19 cases within the prefecture have gone down. However, cases have been confirmed for several days in a row, so our city cannot be said to be safe. Please follow these infection prevention guidelines, to protect yourself, your loved ones, this area, and society at large.

- ① Continue to wash your hands, wear a face mask, avoid the 3 C's, and take other basic measures to prevent infection.
- ② Avoid non-essential and non-urgent travel, including returning home, during the State of Emergency. Avoid all travel outside of the prefecture, especially to areas that are under the State of Emergency or places that are having an increase in COVID-19 cases.

We ask for your gratitude and compassion towards healthcare workers and their families, who make daily efforts to support Oshu residents' health and livelihoods. Also, please treat infected persons, their families, and their workplaces with calmness and compassion.

In Case of Symptoms, Reach Out

■ If you have the following symptoms, please contact ① or ② below.

- Difficulty breathing, extreme fatigue, high fever, or any other severe symptoms
- Older adults or people with underlying health conditions who have a fever, cough, or other comparatively light cold-like symptoms
- Anyone other than the above who has had a fever, cough, or other relatively light cold-like symptoms for 4 days or longer

① Call your regular doctor's office

If your regular doctor's office is a testing and treatment center※, you can get tested and treated there. If not, you will be referred to one.

※ Prefecture-designated healthcare centers for testing and treatment of patients with fever or similar symptoms (list of centers not public.)

② If you don't have a regular doctor, or aren't sure who to call, contact the Diagnosis and Consultation Center

You will be referred to a testing and treatment center.

✧ Diagnosis and Consultation Center (formerly Call Center for Returnees/People Who've Had Contact)

(☎ 019-651-3175, available 24/7)

[For pregnant people] Just in case, if you have symptoms reach out for help as soon as possible.

[For caretakers of children] Call either the Diagnosis and Consultation Center or the child's regular pediatrician.

■ General consultations for those who don't have symptoms

✧ General Consultation Hotline (☎ 019-629-6085, FAX 019-626-0837. Available every day 9:00AM-9:00PM)

■ Call Center for Foreign Residents

✧ Iwate Call Center for Foreign Residents/Support

Center (Iwate International Association, ☎ 019-654-8900, available every day 9:00AM-8:00PM, or ✉ iwate-support-center@iwate-ia.or.jp)