

March 2021

Oshu City Newsletter



Sunday/Holiday Doctors

① Oshu Kanegasaki Nighttime and Holidays Clinic, ② Esashi Sunday/holiday clinics, and ③ Sunday dentists will remain operational 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
March 7 th	Taniguchi ENT Clinic	35-2927	5-22 Odori
14 th	Ito Internal Med. Clinic	35-4006	3-12 Kawaramachi
20 th	Ito Family Clinic	35-0035	11-14 Nishi Odori
21 st	Oikawa Orthopedic Surgery Clinic	35-2917	1-1-32 Youkamachi
28 th	Oinao OBGYN Clinic	34-3033	11 Iwayado Aza Kozakai
✂ Esashi Sunday/holiday clinics will be ceasing operations in April.			
Dentists (9:00 – 12:00)			
March 7 th	Maeda Dental Clinic	36-9100	1-13-1 Esashi Toyota-cho
14 th	Murakami Dental Clinic	23-5770	7 Mizusawa Aza Sanbongi
21 st	Hibarigaoka Dental Clinic	25-6114	178-1 Mizusawa Kawabata
28 th	Morioka Dental Clinic	23-6480	1-2-11 Mizusawa Hanazonocho
Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)			
March 7 th	Kuramoto Osteopathic Clinic	22-6788	42-15 Isawa Oyama Kawakita
14 th	Omachi Osteopathic Clinic	47-4110	75-2 Mizusawa Omachi
21 st	Hoshi Osteopathic Clinic	25-3742	6-12 Mizusawa Fukuyoshicho
28 th	Abe Osteopathic Clinic	35-1036	7-17 Esashi Muikamachi
★Children's Emergency Helpline (☎ 019-605-9000) Open daily 7 PM-11 PM			

COVID-19 Vaccination Info

Oshu residents who are eligible for the vaccine will receive vaccination tickets in order based on the national guidance on priority. When we have details on locations for vaccination, procedural details, etc. they will be published in city newsletters and on the city website.

Contact: COVID-19 Vaccination Response Team (34-2061 or 34-2062)

March Consultation Rooms

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 9:30AM- (Wed) 11:30AM
Maesawa Gen. Branch Office, Citizen Welfare Group	11 th 9:00AM- (Thurs) 12:00PM
Isawa Gen. Branch Office, Citizen Living Group	23 rd 1:30PM- (Tues) 3:00PM

Human Rights Consultation ☎ 34-2915

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

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

Pension Consultation ☎ 0191-23-4246

Appointments required 1 day in advance

Place	Time & Date
Main City Hall	4 th (Thurs) 10:00AM – 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.

Oshu Space & Astronomy Museum Events

- **Screening: Further than the Stars (program about the earthquake, produced by the Sendai Astronomical Observatory)**

- **Exhibit: 10 Years After the Earthquake – Living and Progressing with the Stars**

In light of the 10th anniversary of the Great East Japan earthquake, a video screening and exhibition will be held to prevent memories of the event from fading away, and to show what was learned from the disaster.

Where? Oshu Space & Astronomy Museum Seminar Room

When?

- Screening: March 6th (Sat) at 11:00AM and 2:00PM; March 11th (Thurs) at 2:30PM
- Exhibit: Open March 6th (Sat) to March 21st (Sun) from 9:00AM – 5:00PM (closed Tuesdays)

Cost

- Screening: Free (20 people at a time, applications required)
- Exhibit: Same as admission (200 yen for adults, 100 yen for children, babies are free)

Contact for all: Oshu Space & Astronomy Museum (24-2020)

- **March Stargazing Event**

① Reflections on the Disaster: A Recitation

② Stargazing: Let's Look at All Kinds of Star Clusters

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

Where? Oshu Space & Astronomy Museum

Participants Limit 30 people, applications required

Cost Free!

54th Isawa Folk Entertainment Festival

See traditional performances from 7 different performing arts groups of Isawa, including kagura dance, *kenbai* sword dance, *shi-shi odori* (deer dance) and even more.

Groups: Oenashida Kagura Preservation Assoc., Hohnokizawa Nenbutsu Kenbai Preservation Assoc., Minamishitahaba Nenbutsu Kenbai Preservation Assoc., Ichinono Nenbutsu Kenbai Preservation Assoc., Gyozanryu Todori Shi-shi Odori Preservation Assoc., Niisato Nenbutsu Kenbai Preservation Assoc., and Maeyachi Kagura Preservation Assoc.

When? March 7th (Sun) from 1PM (doors open at 12:30PM.)

Where? Isawa Cultural Creative Center

Cost Free!

Contact: Isawa Gen. Branch Office Regional Support Group (34-0311)

Notices for People Who Want to Work

Ichi-Sapo Oshu Room

Individual consultations about employment, and support for skill development.

Morning: Seminar & workplace training

Afternoon: Individual consultations (by appointment)

When March 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 1 Day Seminar

Learn about job hunting pointers, self-promotion tips, and more. Bring something to write with.

When March 11th (Thurs), 1:00PM – 4:00PM

Where Nanohana Plaza (Ichinoseki)

Participants Job seekers under age 50 (registration with Ichi-Sapo required). Limit 6 people

Application deadline March 10th (Wed)

Cost Free!

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

Sports Classes

Japanese Blowgun Class for Wellness

Hit the target while practicing deep breathing. No large movements are involved, so anyone can easily participate.

When March 4th, 11th, 18th, and 25th (all Thursdays)
from 10:00AM to 11:30AM

Conditioning Class

Tone up muscles that are overused or underused. Relaxation has tremendous effects, and can create a feeling of mindfulness.

When March 28th (Sun) from 10:00AM – 11:00AM

★ **Cost for both:**


Members: 200 yen for elementary schoolers, 300 yen for middle schoolers, 500 yen for high schoolers and up
General: 400 yen for elementary schoolers, 600 yen for middle schoolers, 1,000 yen for high schoolers and up

★ **Contact & location for both:** Maesawa Iki Iki Sports Club (56-7290)

Notices

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.

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

Information on COVID-19

Consultations and Treatment for COVID-19

■ **If you have a fever or other symptoms**

- ① If you have a regular doctor, call them.
- ② If you don't have a regular doctor, call or fax the Diagnosis and Consultation Center (available 24/7)
TEL: 019-651-3175
FAX: 019-626-0837
- ③ Whether you contact your regular doctor or the Diagnosis and Consultation Center, follow their referral/guidance to a testing and treatment center.

■ **If you don't have symptoms (general consultations)**

Call or fax the Prefectural Consultation Window (available every day, 9:00AM-9:00PM)
TEL: 019-629-6085
FAX: 019-626-0837

■ **Call Center for Foreign Residents**

- ◇ Iwate Call Center for Foreign Residents/Support Center (available every day, 9:00AM-8:00PM)
TEL: 019-654-8900
E-mail: iwate-support-center@iwate-ia.or.jp