



Excerpts from the Newsletter issued by Abiko City Phone 04-7185-1111

Mobile Supermarket to Operate from August 2nd

A mobile supermarket will travel to locations far from brick-and-mortar grocery stores. In cooperation with Kasumi Store, it will operate for 15 to 20 minutes per stop in different areas to help serve the elderly population.

Initial departure ceremony: 9:00 am, Monday, August 2nd

Place: in front of City Council building, Abiko City Hall

About Mobile supermarket, call Food Square Kasumi-Kotobuki branch at 7179-6511

Mobile Supermarket Service Schedule

Day and time	Location
Mondays, 10:25	Fusa-Araki area consultation room for elderly people
10:50	Sengen mae Jichikai meeting place
11:15	Fusa Heiwadai Jichikai Kaikan
11:35	Fusadai Jichikai meeting place
12:05	Araki-en
14:40	Ezochi Jichikai Kaikan
15:00	Araki Danchi Jichikai Seinenkan (youth hall)
15:25	Special elderly nursing home Kuon-en
Tuesdays, 10:10	Sakae Danchi
10:40	Toyo-ji Temple
11:10	Minna no Hiroba "Kaze" vinyl house
11:35	Special elderly nursing home Tsukushino-so
12:00	Kujike community center
14:30	Abisa Arakino
14:55	Furarie Shin Arakino
15:20	Harvest Garden
Wednesdays, 10:20	Suwa Shrine

10:40	Hibiri Danchi
11:05	Negoya Danchi
11:25	Mate Care Station Kohoku
11:50	Houganin Temple
14:15	Kohokudai Care Garden Wakaba
14:40	Tsukui Abiko Kohoku-dai
15:05	Special elderly nursing home Accueillir
15:35	Suzuki parking lot
Thursdays, 10:25	Group home Andante
10:55	Fusa Chuo meeting place
11:15	Goinkyō Nagaya Waraku Fusa
11:40	Jitsu Budou Kaikan (Martial arts hall)
12:05	Group home Minami Araki-no-ouchi
14:40	Ezochi Jichi Kaikan
15:00	Araki Danchi Jichikai Seinenkan (youth hall)
15:25	Special elderly nursing home Kuon-en
Fridays, 10:20	Silver Home Sunrise Hills
10:55	Day service So
11:25	Mutsuboshi life supporting Center
13:55	Elderly Welfare Center Tsutsuji-so
14:20	Tsubame nursery school
14:40	Special elderly nursing home Waraku-en
15:10	Furudo Kaikan

Individual Number Card Services On Weekends (By reservation only)

Call the Civic Section at Tel. 7185-4326 (9:00a.m. – 5:00p.m. on weekdays) for a reservation.

Dates and Hours	Reservation will be accepted from
August 14 (Sat) 9:00 – 15:00	9:00 a.m. on August 3 (Tue.)
August 29 (Sun) 9:00 – 15:00	9:00 a.m. on August 18(Wed.)
Sep. 11 (Sat) 9:00 – 15:00	9:00 a.m. on Sep2 (Thu.)
Sep. 26 (Sun) 9:00 – 15:00	9:00 a.m. on Sep.14 (Tue.)

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required), Issuance (reservation required) of Individual Number Cards; Renewal of electronic certificate (reservation required)

Requirements: Notification card, 2 types of ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Contact: Civic Section, Ext. 693

COVID-19 Vaccination Information

Vouchers for COVID-19 vaccination were sent to all citizens born before July 1st, 2009. People who received the voucher are possible to make a reservation for vaccination online at the reservation site. Check the number of vaccine allocation on the city HP.

Advisory Services- August, 2021

*** Reservation required**

Item	Date/Time	Location	Contact
Legal Advice	August 5, 12, 17, 19 and 24 9:30 ~ 15:30	Civic Consulting Room 2F, Abiko City Hall	Secretarial Section *Tel: 7185-1714 Call for an appointment after 8:30 on Aug.2
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext.394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Social Welfare Section Tel: 7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 – 17:00	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

Public Health Care Center Programs August, 2021

Tel: 04-7185-1126

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	August 14, 21, 28 (Sat) *Reservation required	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	August 3 and 10 (Tue)	Children born on March 2021

Consultation for raising babies	August 20 (Fri)	
Dental Checkup for 2-year and 8-month-old children	August 26 (Thu)	Children born on December, 2018
Health Checkup for 3-year-old children	August 5, 19 (Thu)	Children born between Dec.21 in 2017 and Feb.6 in 2018
Dental Checkup for 5-year-old children	August 26 (Thu)	Children born between April 2 in 2016 and April 1 in 2017
Baby Food Class for 4 to 6-month-old babies	August 27 (Fri) * Reservation required	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	August 4 (Wed) *Reservation required	First 20 applicants. Children born on Nov.2020

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 7184-0119. They will advise you of an appropriate holiday/night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 6:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: telephone consultation with a nurse

Call #7009 or 03-6735-8305 Hours: weekdays and Saturdays 18:00 ~ 23:00

Sundays, Holidays and year-end/New Year holidays: 9:00 ~ 23:00

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 7187-7020

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00-11:30, 13:00-16:30

Note: Holidays: Sundays, national holidays, year-end/New Year holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

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