

# Sanda City Newsletter English Edition


## さんだしやくしょからのお知らせ

# May 5月



さんだし きょうどう  
三田市まちづくり協働センター〒669-1528 さんだし まきまてちゆう  
三田市駅前町2-1 Sanda Public Community Center 2-1 Ekimaecho Sanda City 669-1528  
キッピーモール6階 Kippy Mall 6F tel:079-559-5023 / fax:079-563-8001 / E-mail: machizukuri\_u@city.sanda.lg.jp

### 定期予防接種 Scheduled vaccinations

	<p><b>高齢者肺炎球菌ワクチン</b> <u>Pneumococcal vaccination for the elderly</u></p>	<p><b>麻しん風しん(MR) 2期</b> <u>Second stage MR vaccine (Measles rubella)</u></p>
<p>対象 Eligibility</p> 	<p>三田市に住民登録があり、過去に肺炎球菌ワクチンを接種したことがなく、①又は②に該当する人</p> <p>① 2017年4月1日～2018年3月31日に65歳、70歳、75歳、80歳、85歳、90歳、95歳、100歳になる人</p> <p>② 60～64歳で、心臓・腎臓・呼吸器・ヒト免疫不全ウイルスによる免疫機能に障害があり、身体障害者手帳1級を有する又は1級相当の人</p> <p><u>Sanda City residents who have never previously received the vaccination: and who meet the conditions described below(① or ②.)</u></p> <p>① Residents who will be 65, 70, 75, 80, 85, 90, 95, or 100 years old between April 1, 2017 and March 31, 2018.</p> <p>② Residents between 60 to 64 years old who have heart or kidney trouble, respiratory disease or immune system disorders, and who have a Grade 1 disability certificate or its equivalent</p>	<p>三田市に住民登録のある2011年4月2日～2012年4月1日生まれの人</p> <p>Sanda City residents who were born between April 2, 2011 and April 1, 2012.</p>
実施期間 Period	2017年4月1日～2018年3月31日 April 1, 2017 to March 31, 2018	
接種費用(自己負担金) Vaccination cost (copayment)	¥4,000	無料 Free of charge
接種回数 Vaccination time	1回 Once	
実施場所 Place	市内の指定医療機関 Designated hospitals and clinics in Sanda	
持ち物 To bring	<p>予診票兼接種券、年齢と住所が確認できる健康保険証、運転免許証、介護保険被保険者証、医療給付者証のいずれか ②の場合は身体障害者手帳も必要</p> <p>Questionnaire (yoshinhyo), documents to confirm age and address (Health insurance card or driver's license, long-term care insurance certificate or medical care certificate), disability certificate (only necessary for applicants in category "②").</p>	予診票 Questionnaire (yoshinhyo)

【問合せ】健康増進課 (Kenkozoshi nka)

【Contact】 Health Promotion Division

☎079-559-5701 FAX 079-559-5705



**老人医療費助成制度の廃止と高齢期移行制度の新設**

**Discontinuation of "Medical expenses for the elderly subsidy program" and introduction of "Elderly Transitional Grant Program"**

老人医療費助成事業を6月末に廃止し、7月から高齢期移行助成事業を創設します。

The "Medical expenses for the elderly subsidy program" will be discontinued at the end of June 2017, and starting in July 2017, the "Elderly Transitional Grant Program" will be introduced.

■対象＝非課税世帯で一定要件を満たし、2017年7月1日以降に65歳になる人。要件を満たす人へ65歳到達月の前月に案内を郵送します。※2017年6月30日までに65歳になる人は、69歳まで旧制度の要件を継続します。

■Eligibility: Tax-exempt households, meeting certain requirements, who will become 65 years old after July 1, 2017. Those who meet the above conditions will receive an informational mailing one month before their 65th birthday. ※ Those who will become 65 years old on June 30, 2017 or before, will be treated as per the previous program until the age of 69.

区分 Category	対象要件 Eligibility	負担割合 Copay	自己負担限度額/月 Copay ceiling per month	
			外来 Outpatient	入院 Inpatient
II	65歳～69歳の市民税非課税世帯で、本人の年金収入を加えた所得が80万円以下かつ要介護2以上の人 Persons from 65 to 69 years old in a tax-exempt household, with an income, (including retirement income,) of ¥800,000 or less, and who are certified for nursing care level 2 or higher.	わり 2割 20%	¥12,000	¥35,400
I	区分IIの要件を満たし、かつ世帯全員の所得が0円の人 ※公的年金は所得控除額80万円を計算要介護要件は無 Persons who fulfill all requirements for Category II as well as having a total household income of ¥0. ※ For purposes of income deduction, a public pension will be calculated as ¥800,000. There is no additional nursing care level requirement		¥8,000	¥15,000

【問合せ】 国保医療課 (Kokuho iryoka) 【Contact】 National Health Insurance & Medical Welfare Division

☎079-559-5049 FAX 079-559-2636

**学生納付特例制度**

学生で国民年金保険料納付が難しい場合、申請して承認を受けると納付が猶予される制度です。

■対象＝大学(院)・短大・高等学校・高等専門学校・専修学校・修業年限が1年以上の各種学校などに在籍する学生

■所得基準額＝学生本人の前年所得118万円以下

■承認期間＝4月～翌年3月まで

■申請方法＝年金手帳、学生証か在学証明書、認印を持参

【問合せ】 市民課 (Shiminka)

☎079-559-5067 FAX 079-560-2101

**リサイクル品募集**

■日時＝5月6日～19日9:30～17:30 月曜祝日休館

■対象品 こども服80～130cm (サイズ別に分けて) マタニティ用品、ぬいぐるみを除くおもちゃ、絵本、ベビーカー、チャイルドシート、ベビーベッドなどを持参下さい。※衣類は洗濯済、下着は新品のみ。募集外サイズは不可

【問合せ】 多世代交流館子育て交流ひろば

(Tasedaikoryukan Kosodatekoryuhiroba)

☎079-562-8421 FAX 079-562-8422

**National pension premium payment grace period for students**

If you are student and unable to pay the national pension premium, you may be eligible for a grace period by filling out an application

■Eligible students: Students enrolled at a College/University, graduate school, junior college, high school, technical junior college, or specialized training college. Students of other schools with course length of one year or longer are also eligible.

■Eligible income: Previous year's income of ¥1.18 million or lower

■Grace period: April 2017 to March 2018

■What to bring for application: Pension book, student ID/school certification, and personal seal.

【Contact】 Citizen's Service Division

☎079-559-5067 FAX 079-560-2101



**Goods Wanted for Recycling**

■Date and Time : May 6, 2017 to May 19, 2017 from 9:30 to 17:30 (Closed Monday and holidays.)

■Applicable goods :

Children's clothing between 80cm and 130cm (separated by size), maternity goods, toys (no stuffed toys will be accepted), picture books, strollers, child seats, baby beds.

\*Please note that all clothing must be washed before being donated, and underwear will be accepted only if new. Clothing sizes other than those listed above will not be accepted.

【Contact】 A Center for Interaction Between Generations

Square for Childcare ☎079-562-8421 FAX 079-562-8422

**国民健康保険・後期高齢者医療制度 人間ドック受診費用助成**

市内市外の医療機関を問わず人間ドック受診費用の一部を助成します。

■対象者＝次の条件全てを満たす人

国民健康保険 ①4月1日～受診日まで三田市国民健康保険資格を有する人 ②2017年4月1日～2018年3月31日までに40歳以上になる人 ③国民健康保険税に滞納がない世帯に属する人 ④国民健康保険特定健診を受診していない人

後期高齢者医療制度 ①三田市に住民登録があり、受診日まで後期高齢者医療制度の資格を有する人 ②保険料に滞納がない人 ③後期高齢者基本健診及び国民健康保険特定健診を受診していない人 ④国民健康保険の人間ドック受診費用助成を受けていない人

共通事項 ①受診結果の提出に同意する人 ②4月1日～翌年3月末に1回のみ助成 ③検査項目が国民健康保険特定健診、後期高齢者医療基本健診の基本項目を満たすもの

■助成金額＝自己負担額の1/2(上限20,000円100円未満切捨 市外から助成を受けた場合は助成額を除いた自己負担額が対象)

■助成期間＝受診日が2017年4月1日～2018年3月31日

■申請期限＝受診後の申請は2018年9月末まで

■その他＝①三田市民病院・あおぞらクリニック・いまだ内科クリニック・平島病院で受診予約後に申請すると助成後額で精算できる助成券を交付 ②申請時問診票記入要 ③受診結果全ての提供が必要 ④受診時に医療保険適用となった時、特定健診・基本健診の基本項目費用が領収書に含まれていない時は助成不可

【問合せ】国保医療課 (Kokuhoiryoka) ☎079-559-5049 FAX 079-559-2636

**「国際交流DAYキャンプ」参加者募集**

バーベキューをしながら、いろいろな国の人と交流しましょう。

■日時＝6月11日(日)10時30分～15時

■場所＝三田市野外活動センター(小柿) 現地集合

■参加費＝大人1,200円 小学生600円 小学校入学前の子ども無料

■定員＝40名(先着順)

■受付＝5月2日から

【問合せ】三田市国際交流協会事務局 (Kokusaikoryu Kyokai Jimukyoku)

☎079-559-5164 FAX 079-559-5173



**Comprehensive Medical Exam subsidized by National Health Insurance and the Advanced Elderly Medical Service System**

Sanda city will subsidize part of the cost of medical examination at hospitals within as well as outside of Sanda City.

■Eligibility: You must fulfill all of the following criteria to be eligible

Requirements for National Health Insurance Subsidization ① Those who are eligible for Sanda City National Health Insurance from April 1, 2017 until the day of the exam. ② Those who are 40 years of age (or above) between April 1, 2017 and March 31, 2018. ③ Those who belong to households with no unpaid insurance premiums. ④ Those who have not previously undergone the National Health Insurance Special Health Exam.

Requirements for Advanced Elderly Medical Service System Subsidization Those who are registered as residents of Sanda City and who are also eligible for the Advanced Elderly Medical Service System until the examination date. ② Those who have no unpaid insurance premiums. ③ Those who have not undergone either the Advanced Elderly Medical Service System National Health Basic Examination or any other specific health exams of the National Health Insurance. ④ Those who have not previously received a grant for the National Health Insurance comprehensive medical exam.

Requirements for both ① Those who agree to submit their examination results. ② Between April 1, 2017 and March 31, 2018 only one exam will be subsidized. ③ The particulars of the exam fulfill the basic requirements of the National Health Insurance Specific Health Examination and the Advanced Elderly Medical Examination.

■Amount of Subsidy: Half of copay (with an upper limit of 20,000 yen, rounded to the nearest 100 yen.) In case of person receiving additional subsidies from a source other than Sanda City, the copay amount EXCLUDING the already subsidized amount is covered.

■Subsidy Period: Exams conducted between April 1, 2017 and March 31, 2018.

■Application Deadline : Please apply by the end of September 2018 Please Note ① After you make an appointment at the one of following hospitals you will receive a subsidy ticket which allows you to be billed the after-subsidy rate. The hospitals are: Sanda City Hospital, Aozora Clinic, Imada Internal Medicine Clinic and Hirashima Hospital. ② Upon application you must fill out the questionnaire ③ You must submit all the examination results

④ No subsidy will be granted 1) when any medical insurance is applied at the time of checkup, 2) when the basic item cost of specific health examination and basic examination are not included in the receipt.

【Contact】National Health Insurance & Medical Welfare Division ☎079-559-5049 FAX 079-559-2636

**Recruiting Participants for "International DAY Camping"**

Let's enjoy BBQ while interacting with people from various countries.

■Date and Time: Jun 11 (Sun) 10:30~15:00

■Place: Sanda Outdoor Activity Center (Kogaki) Gather on site

■Admission: 1,200 yen for adult 600 yen for elementary school Free for pre-school ages

■Capacity: 40 persons (first-come-first-served basis)

■Application: Starting from May 2

【Information】Sanda International Association

☎079-559-5164 Fax:079-559-5173



## お口の健康チェックを受けましょう!

■健診内容=問診・お口の健康(むし歯や歯ぐき、顎の状態など) および口腔がんのチェック

■対象者=20歳・25歳・30歳・35歳・40歳・45歳・50歳・55歳・60歳・65歳・70歳・75歳・80歳の節目年齢をむかえる市民及び妊婦

■健診料金=500円(75・80歳は無料)

■健診場所=市内の歯医者(一部受けられない病院があります。詳細は、お問い合わせください)

【問合せ】健康増進課(Kenkozoshi nka)

☎079-559-8400



## 女性のための就業・チャレンジ相談

働きたい人! 起業したい人! 地域活動をしたい人! 在宅ワークをしたい人!

でも何から始めたらいいかわからない、本当に自分のできるのか?…などの悩み。

そんなあなたに、専門の女性キャリアカウンセラーがアドバイスや情報を提供します。

■相談日=5月8日、6月12日、7月10日、8月14日

※すべて月曜日

■時間=①10:00~ ②11:00~ ③12:00~ (一人50分・予約が必要です。)

■場所=まちづくり協働センター(相談は個室です。)

■相談料=無料

【問合せ】まちづくり協働センター  
人権・男女共同参画プラザ

(Jinken Danjo Kyodosankaku Plaza)

☎079-559-5163



## 外国人住民のための「よろず相談窓口」

日常生活でわからないことや困っていることなどの相談に、お気軽にご利用ください。

相談は無料です。相談内容の秘密は守ります。

■日時=毎月第2水曜日と第4土曜日

10時30分~12時30分

★5月は、10日(水)、27日(土)です。

■場所=まちづくり協働センター(電話相談も可能。)

■対応言語=日本語、中国語、英語

(その他の言語は、事前に相談してください。)

【問合せ】国際交流プラザ(Kokusaikoryu Plaza)

10時~17時 ☎079-559-5164

Email kippy-kokusaip@bz04.plala.or.jp

## Receive dental check-up!

■Dental check-up content: Medical consultation regarding dental health (tooth decay, check on the gum and jaws), check for oral cancer

■Eligibility: Citizen of five-year milestone ages (20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75 or 80 years old) and expecting mothers

■Fee: 500 yen (free for 75 or 80 year old citizens)

■Place: Dental clinics in Sanda city (some clinics do not provide this service. Please contact the clinic for details.)

【Inquire】Health Promotion Division

☎079-559-8400

## Work consultation for women: Start working!

Seeking a job? Want to start your own business? Want to participate into community activities? Want to work at home?

Don't know where to start? Wondering what you can do really?

A professional woman career counselor will give you expert advice and information.

■ Consultation date: May 8, June 12, July 10, August 14

\* All meetings are held on Monday

■Time ①10:00- ②11:00- ③12:00- (50 minutes consultation. Reservation required)

■Place: Sanda Public Communication Center (consultation will be held in private room)

■Consultation fee: Free

【Contact】Sanda Public Community Center, Human Rights, Gender Equality Plaza

☎079-559-5163

## “Yorozu Soudan” Consultation on various matters for foreign residents.

You can seek advice about things that concern you in your daily life in Japan, or other things that may be bothering you. Please feel free to come.

The consultation is free of charge and whatever you discuss will be kept secret.

■Date and Time: The 2<sup>nd</sup> Wednesday and the 4<sup>th</sup> Saturday of every month 10:30-12:30 ★May 10(Wed), 27(Sat)

■Place: Sanda Public Community Center (Telephone consultation is available.)

■ Available languages: Japanese, Chinese, English

(If you speak another language, please let us know in advance.)

【Information】International Plaza

10:00-17:00 ☎079-559-5164

E-mail kippy-kokusaip@bz04.plala.or.jp

