



Kakamigahara English News



January Spotlight

- Pensions
- Children of Single Parents
- Dental Care Class

Kankoukouryuka/KIA Contact Info:

504-0912 Kakamigahara City, Naka Sakura Machi 2-186
Sangyo Bunka Center 6F

Monday~Friday 8:30 ~ 17:00

Phone 058-383-1417 090-3557-3160

E-mail exchange@city.kakamigahara.gifu.jp

Website www.kia1986.org

Facebook [@kiakakamigahara](https://www.facebook.com/@kiakakamigahara)

English translation services 8:30-16:30 M-F

(Closed national holidays)



* If you'd like to receive this newsletter monthly, please call us

Evening / Holiday Hours よる ひ がっ 夜・やすみの日のそうだん (10~3月)

Municipal Tax Office							
Holiday (9:00 ~ 12:00)	10/10	11/16	12/15	1/18	2/16	3/15	
Evening (17:15 ~ 20:00)	10/21	10/22	11/14	11/15	12/16	12/17	
	1/16	1/17	2/17	2/18	3/13	3/14	
Location	Tax Division (City Hall 2F)						
TEL	058-383-4773						

National Health Insurance							
Holiday (9:00 ~ 12:00)	10/20	11/16	12/15	1/18	2/16	3/15	
Evening (17:15 ~ 19:00)	10/10	10/24	11/14	11/28	12/12	12/26	
	1/9	1/23	2/13	2/27	3/13	3/27	
Location	Medical Insurance Division (City Hall 1F)						
TEL	058-383-1112						

- Please enter from the northeast entrance of the city office.



Child Health Checks for February/ 2月の子どものけんこうしんさ

Place: Sogo Fukushi Kaikan (Those living in Naka, Kawashima, Sohara, and Inaba)
Higashi Hoken Soudan Center (Those living in Unuma)

Hours: 13:00~ (Depends on the person; please confirm.)

Sign Up: (same day)

8:30 ~ 12:50 Online reservation

8:30 ~ 12:50 At the Sogo Fukushi Kaikan or Higashi Hoken Soudan Center (in person)

8:30 ~ 12:50 Telephone reservation

Bring: "WAKABA" file (Until 1 year, 6 months), Maternity book, Questionnaire and bath towel.



<https://park.paa.jp/park2/clinics/333>

Please call if you cannot make the designated date. Checks take about 2 hours.

4 Months		
Date	Place	Birthdate
2 / 3 (Mon)	Sogo Fukushi Kaikan	2024 / 9 / 1 ~ 15
2 / 4 (Tue)		2024 / 9 / 16 ~ 30
2 / 5 (Wed)	Higashi Hoken Soudan Center	2024 / 9 / 1 ~ 30

11 Months		
Date	Place	Birthdate
2 / 25 (Tue)	Sogo Fukushi Kaikan	2024 / 3 / 1 ~ 31
2 / 26 (Wed)	Higashi Hoken Soudan Center	

1 Year, 6 Months		
Date	Place	Birthdate
2 / 10 (Mon)	Sogo Fukushi Kaikan	2023 / 7 / 1 ~ 15
2 / 12 (Wed)		2023 / 7 / 16 ~ 31
2 / 14 (Fri)	Higashi Hoken Soudan Center	2023 / 7 / 1 ~ 31

***As there is a dental check, be sure to brush your child's teeth before coming.**

3 Years		
Date	Place	Birthdate
2 / 17 (Mon)	Sogo Fukushi Kaikan	2021 / 12 / 1 ~ 17
2 / 18 (Tue)		2021 / 12 / 18 ~ 31
2 / 19 (Wed)	Higashi Hoken Soudan Center	2021 / 12 / 1 ~ 31

***Please bring the urine sample and eye/ear questionnaire to the exam.**



Beware the Norovirus! / ノロウイルスにきをつけて

The Norovirus infects the body through the mouth. To help avoid infection from the norovirus, please follow the advice below. As it is highly communicable, Let's try to prevent transmission. /

- Be aware of the health condition of people who prepare food.
- Be sure to wash your hands well with soap before eating, cooking, and after using the toilet.
- Wash pots, dishes, and eating utensils thoroughly.
- Be sure to clean areas where someone has vomited well.

けんこうかんりか
Health Management Division / 健康管理課 058-383-7570



ねんきん About Pensions / 年金のおしらせ

公的年金などの源泉徴収票(Koteki Nenkin Nadono Gensenchou Shuhyo) *Tax Withholding Slip for Public Pension, etc.*

You can check the total amount of pension you received in a year. People who have income other than pensions may need to file a tax return. In that case, use this paper. For more information, ask the pension office. You will receive it in January.

しゃかいほけんりょう こくみんねんきんほけんりょう こうじょしょうめいしょ
社会保険料(国民年金保険料)控除証明書 (Syakai Hokenryou, Kokumin Nenkin Hokenryou Koujyo
Shomeishyo) *Social insurance premium (national pension insurance premium) deduction certificate*

People who pay the National Pension System use this certificate when filing tax returns. This certificate is sent twice a year.

October 2024 → Premiums paid January 1 – September 30, 2024

February 2025 → Premiums paid October, 1 – December 31, 2024

ぎふみなみねんきんじむしょ
Gifu Minami Tax Office / 岐阜南年金事務所 058-273-6161



おやかぞく Single Parent Households / ひとり親家族のこども

Single parent households whose children are entering elementary or middle school from April 2025 will receive some financial aid.

Amount: ¥10,000 per child

Who can get it? Single Parent Households living in Kakamigahara City as of March 1, 2025.

If you qualify, we will send you a letter. Apply at the Child and Family Support Division (City Hall 1F) between Jan 6~Feb 14.

こ かにいしえんか
Child and Family Support Division / 子ども家庭支援課 058-383-7217

If you Get Sick on Holidays / Evenings / 夜・やすみの日にびょうきになったら

Please be sure to take your health insurance card, welfare medical expenses recipient certification, health record book, etc., with you!

If you become ill on holidays:	January 2 (Thu), 5 (Sun), 12 (Sun), 13 (Mon), 19 (Sun), 26 (Sun) 9:00 ~ 11:30, 13:00 ~ 15:30 Sogo Fukushi Kaikan (Naka Sakura Machi 2), 058-383-9151 *Please make an appointment by phone.
If you have a dental issue on holidays: * 9:00 ~ 15:00	Jan 1 (Wed): Himawari Orthodontics and pediatric dentistry Naka Sumiyoshi Cho 2 058-382-9955
	Jan 2 (Thu): Mutou Dental Clinic Unuma Yamazaki Cho 3 058-370-0877
	Jan 3 (Fri): Yokoyama Dental Clinic Sohara Mochida Cho 3 058-389-0890
	Jan 5 (Sun): Akasaka Dentistry Mii Cho 1 058-382-8777
	Jan 12 (Sun): Kuon Dental Clinic Naka Nobata Cho 1 058-380-3515
	Jan 13 (Mon): Adachi Dental Clinic Kakami Ogase 9 058-385-1655
	Jan 19 (Sun): Izumi Dental Clinic Sohara Sawagami Cho 1 058-371-9500
	Jan 26 (Sun): Imao Dental Clinic Kakami Ogase Cho 5 058-379-6555
If your child becomes ill late at night:	Gifu Shimin Byouin (Gifu City Kashima Cho 7-1) 058-251-1101 / Mon~Sat(Closed Holidays) / 19:30 ~ 23:00 (Reception until 22:30) / * Up to the age of 15.
	Gifu Shimin Byouin (Gifu City Kashima Cho 7-1) 058-253-7277 / Sundays/National Holidays/ New Year's, 9:00 ~ 13:00/14:00 ~ 18:00/19:00 ~ 23:00. (Reception until 30 minutes before closing time)
	Ken Sogo Iryou Center (Gifu City No-issiki 4-6-1) 058-246-1111 / * Up to the age of 15.
Telephone Consultations:	Kyu Kyu Anshin Center Gifu #7119 (free call) if you cannot get through, then (058-265-0009) They will tell you by phone which hospital you should go to.

Dental Care Workshop for 2 Year Old Children / 2さいのこどもの歯のきょうしつ

- Learn how to brush your child's teeth
- Saliva test
- Ask about food and nutrients

Target: Children born January 2023

Please bring: The child's toothbrush, drinking cup, both a large towel and face towel, Maternal Record book, Dental Record book. Questionnaire (2-Saiji Shika Kyoushitsu Monshinhyo)

Use the Code to register (2 days before the course)

■ Naka · Inaba · Kawashima · Sohara Residents:

Date/ Time Jan 16, 9:15 ~ 11:30
Place Sogo Fukushi Kaikan (Naka Sakura Machi 2)

■ Unuma Residents:

Date/ Time Jan 23, 9:15 ~ 11:30
Place Higashi Hoken Soudan Center (Unuma Haba Cho 2)



けんこうかんりか
Health Management Division / 健康管理課 058-383-1116