

## ● A "Everyone's Plaza" (Inclusive Plaza\*) has opened at Otani-do Park!!

(\*Inclusive Plaza... A plaza where everyone, regardless of disability, age, gender, or nationality, can play together in the same place and be themselves.)

Based on feedback from children and the community, such as "We want fun play equipment that can bounce and swing" and "We want to have fun together with children with disabilities and younger children," a new inclusive plaza, "Everyone's Plaza," has been created.

Otani-do Park has created a new plaza while utilizing the existing athletic equipment and lawn area, making it a space where everyone can play at their own pace. Please come and play!



**TIME** Sunday, April 19th, 10:00 AM – 12:00 PM

**CONTENTS** Experience corners related to inclusivity, such as visual impairment simulations, and foo trucks.

**NOTES** Cancelled in case of rain. See the official website for details. **ID** 1019693

## ● Supporting consumers and countermeasures against rising prices

◇Go cashless in Tama! (For details, see the May 20th issue of Tama Public Relations)

Implementation Period: June 1st (Mon) - June 14th (Sun)

Eligible Participants: Those who make payments at stores within the city using auPAY on their smartphones. Limit: Up to 20% of the purchase amount, with a limit. **ID**: 1019714 **Inquiry**: Economic and Tourism Division ☎042-338-6909

◇Tama City Workers' and Citizens' Mutual Aid Association Membership Fees and Entrance Fees Will Be Waived .

Membership fees and entrance fees for the Tama City Workers' and Citizens' Mutual Aid Association will be waived for the 2026 fiscal year only.

Implementation Period: April 1st (Wed) - March 31st (Wed), 2027 \*Ends when budget is reached

Eligible Persons: Employees and business owners of businesses within the city (100 employees or less), employees or business owners of businesses outside the city residing in the city (excluding members of other city mutual aid associations) **ID**: 1002493

## ● We will send you the application form for school assistance for the 2026 academic year.

Parents of children registered as residents of Tama City who wish to receive educational assistance for their children attending public elementary or junior high schools, compulsory education schools, or the lower secondary division of secondary schools in other wards, cities, towns, or villages should contact us by Wednesday, April 15th, to receive an application form. **Note**: If your child is attending a municipal elementary or junior high school, the application form will be distributed by the school in early April. **ID**1003693 **Inquiries**: School Support Division ☎042-338-6875

## ● National Pension Insurance Premium Revision and Enrollment Procedures

The National Pension Insurance premium for fiscal year 2026 has been revised to 17,920 yen per month. Those who are affected must complete the necessary procedures.

**Eligibility**: Residents of Japan aged 20 to under 60 who meet one of the following conditions: ① Loss of Employees' Pension Insurance coverage ② Dependent of a spouse enrolled in Employees' Pension Insurance, whose spouse has retired, reached age 65, or is no longer a dependent

**Required Documents**: Documents showing the date of retirement (such as a certificate of loss of eligibility for Employees' Pension Insurance or social insurance), documents showing your basic pension number or individual number, and identification documents

**Notes**: Enrollment in Employees' Pension Insurance is handled by your employer, and procedures for becoming a dependent of your spouse are handled by your spouse's employer. An exemption system is available for those who have difficulty paying National Pension Insurance premiums. For special exemptions due to unemployment, etc., you must bring the employment insurance separation certificate issued by your former employer.

**ID** For enrollment procedures, see 1001959; for National Pension insurance premiums, see 1001961.

**Inquiries**: City Hall Insurance and Pension Division ☎042-338-6844, Fuchu Pension Office ☎042-361-1011

## ● The Tama Public Relations newsletter is also available in electronic format! ~Easy online registration for those who do not wish to receive a printed copy~

Tama Public Relations is currently distributed to all households, but those who use ebooks and do not wish to receive the newsletter can apply to stop receiving it through the online procedure on the official website.

**ID**: 1005204 **Inquiries**: Secretary and Public Relations Division ☎042-338-6812 For suspension ▶



**●Vita Concert: The Sounds of Clarinet and Ocarina Accompanied by Piano**

~A time for rhythm and healing music~

**Time** Friday, April 24th, 2:00 PM (Doors open at 1:30 PM)

**Location** Sekido Community Center Vita Hall **Capacity** 200 people (First-come, first-served basis)

**Performers** Emiko Kotanagi (Clarinet & Ocarina), Akiko Kato (Piano) **Program** Memories of You, Moon River, Ave Maria, etc. **Notes** Infants and toddlers can attend using the parent-child rooms (3 rooms available, first-come, first-served basis)

**ID** 1012270 **Application** Apply directly at the venue on the day of the event **Organizer** Vita Concert Executive Committee **Inquiries** Please contact Sekido Community Center ☎ 042-374-9711.

**ROTA OF ON-DUTY DOCTORS ON HOLIDAYS** 9am-5pm TAMA CITY DOCTORS ASSO. <http://www.tama-med.or.jp/toban>

4/5 (Sun) Watanabe Clinic: Toyogaoka 5-8-1  
☎042-371-3321

4/12 (Sun) Arakaki Internal Medicine and Surgery Clinic  
3rd Floor, Shin-Toshi Center Building, 1-24-1 Tsurumaki  
☎ 042-373-0514

4/19 (Sun) Seiseki Sato Clinic: 1-7-5 Sekido,  
Keio Seiseki Sakuragaoka S·C Building C, 1F  
☎042-337-2715

4/29 (Wed)(Holiday) Matsuda Clinic, Kaidori 1-48-1  
☎042-373-3205

5/3 (Sun) Seiseki Yuzu Clinic, 1-20-2 Sekido  
Sakura Terrace Mall 3rd Floor ☎042-401-8100

5/3 (Sun)Tama Center Clinic Mirai, 1-38 Ochiai  
Maghreb Parking Building 1F ☎042-316-8570

5/4(Mon) (Holiday)  
1)Tamura Clinic, 1-32-1 Ochiai,  
Tama Center Peperi Building 4F ☎042-356-0677

2)Takei Pediatric Clinic, 2-69-3 Sekido,☎042-357-3030

5/5 (Tue)(Holi) Takahashi Internal Medicine and Neurology Clinic  
2-66-1 Sekido ☎042-400-1508

5/5 (Tue)(Holi) Shimizu Children's Clinic 1-24-1 Tsurumaki, Shin-  
Toshi Center Building, 3rd Floor ☎042-373-0512

5/6(Wed)(Holi) Tama Seiseki Gastroenterology Endoscopy  
Clinic, Sekido 1-1-5, The Square 2F  
☎042-400-6580

Nishida Children's Clinic, 1-2-14, Nagayama, Flora Nagayama  
☎042-376-1001

5/10 (Sun) Nakamura Internal Medicine Clinic, 5-10-7 Suwa  
☎042-375-7757

- Emergency cases only      ●Be sure to bring your health insurance card and infant healthcare card (if applicable)
- Please visit during clinic hours      ※Always call in advance      ※This list is subject to change

**NIGHT CLINIC FOR CHILDREN (Pediatrics)**

(Health Center = Kenko Center)

Please visit this clinic first if your child has an emergency  
(19:00-21:45) ☎ 042-375-0909



**Emergency Call Center (Tama Fire Dept.)**

☎ 042-375-9999

Fire Dept. Emergency Consultation Service #7119 (mo-  
biles, PHS, push-button phones) ☎042-521-2323 (dial-up  
phones)

Tokyo Met. Med. Health Info Service (Himawari)  
☎03-5272-0303

**EMERGENCY DENTAL TREATMENT ON HOLIDAYS**

(Health Center) ☎ 042-376-8009

(9:00-15:30: Sundays and public holidays)

\*Note: Please call in advance.

INFORMATION ON MEDICAL INSTITUTIONS  
(24-HOURS)

**MEDICAL INFORMATION IN FOREIGN LANGUAGES**

(Tokyo Metropolitan Health and Medical Info Center)

9:00-20:00 ☎03-5285-8181

☆**Counseling for Foreign Residents** Every 1st and 3rd Thursday of the month (13:30-16:30) TIC Rm. (7F VITA) \*By appointment only

☆**Japanese Class Schedule** (Classes are free for TIC members) \*Commissioned by Tama City

	Venue	Time	Dates	
			Dec	Jan
Monday classes	Parthenon Tama 3 and 4F Meeting room Nagayama Community Center, 5th floor, Bell Hall	9:45~11:45	6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>	11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>
	Nagayama Kominkan 5F Bellebs Hall	9:30~11:30	6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>	11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>
Thursday classes	TIC Room (7F VITA Commune)	10:00~12:00	9 <sup>th</sup> , 16 <sup>th</sup> , 23rd	7 <sup>th</sup> , 14 <sup>th</sup> , 21st
		19:00~21:00	9 <sup>th</sup> , 16 <sup>th</sup> , 23rd	7 <sup>th</sup> , 14 <sup>th</sup> , 21st
Saturday classes	TIC Room (7F VITA Commune)	14:00~16:00	11 <sup>th</sup> , 18 <sup>th</sup> , 25th	9 <sup>th</sup> 16 <sup>th</sup> , 23rd

\*If you are unable to attend the class in person for special reasons, we can discuss online participation. Please contact the TIC office.

☆**Japanese Chat Salon** Saturday, January 18<sup>th</sup>. 10:30-12:00 TIC Activity Room, no reservation required, open participation, free

△For reservations and inquiries, please contact ☎ 042-355-2118. TIC Secretariat

**Prepared & edited by: TAMA CITY INTERNATIONAL CENTER (TIC)**

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Office hours: Mon.-Fri. 10 a.m. - 5 p.m. Closed Sundays, every 1st & 3rd Monday of the mo., national holidays, year-end and new year holidays and extra holidays.

※If you have any comments or requests regarding Hand in Hand in Tama, please send them to the above address. This newsletter is available in Four languages

(Japanese, English, Chinese and Korean, and easy Japanese); please contact the TIC Secretariat if you would like a copy. Editing: Naoko Nishio, Translation: Midori Okita