

MINATO MONTHLY

Published by Minato City

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Children and their guardians relaxing in the Family Play Room of the Children and Families Support Center. When the Minato Children and Families General Support Center (5-7-11 Minami-aoyama) opens in April 2021, the Children and Families Support Center will be relocated inside the new center. The Family Play Room is still available after the relocation.

New Year's Greetings from the Mayor

As the Mayor of Minato City, I would like to wish everyone a happy and prosperous New Year.

Last year, the spread of the novel coronavirus severely affected the lives of Minato City residents and the local economy.

Minato City promoted initiatives to protect the lives of residents by improving PCR testing and cooperating with medical institutions, as well as initiatives to support industries in the city, such as special financing for small and medium-sized businesses. Aimed for the recovery of the local economy, premium voucher was issued.

The new lifestyle to prevent the spread of infection has spread and our values are changing immensely. Amidst this new lifestyle, we will exert all efforts to

support the lives of residents and the local economy.

Regarding the administrative service, residents will service high-quality service without coming to the City Hall through online promotion.

In April, the Basic Plan for the six-year period will start. By envisioning the future of Minato City, a plan leading the new era will be implemented, aimed to realize various goals.

Also, the Minato City Children and Families General Support Center, which will have a Child Consultation Center will open. The City will create an environment where children can grow up healthy through providing continuous support.

From July, the Tokyo 2020 Olympic and Paralympic Games will be held. The city will prepare a safe and secure environment to create momentum

and legacy.

We will dedicate all our power to realize communities, where all residents can live in safety and comfort.

We hope this year will be full of happiness and cheer for all of you.



Masaaki Takei
Masaaki Takei, Mayor of
Minato City

Minato Monthly is delivered with The Japan Times/International New York Times on the first of each month. It is also available at municipal facilities, post offices and subway stations (Akabanebashi, Akasaka, Akasaka-mitsuke, Aoyama-itchome, Azabu-juban, Daimon, Gaen-mae, Hiroo, Kamiyacho, Mita, Nogizaka, Omotesando, Roppongi, Shimbashi, Shiodome, Shirokanedai and Shirokane-Takanawa) in Minato City. The articles appearing in the **Minato Monthly** are also found on the Minato City Web: www.city.minato.tokyo.jp

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Minato Call
CITY INFORMATION SERVICE
03-5472-3710

Aiming for Minato City to be a comfortable city for everyone to live with love and pride in the community

Points about consideration and conversation

There are people with disabilities who do not receive consideration and help from others and people who experience difficulties in daily life due to the characteristics of their disabilities. Have you ever felt unsure about how to communicate and offer help to someone experiencing difficulties? This article introduces methods about consideration and communication.

For more details, please see the “Minato City Communication Handbook for People with Disabilities” that is scheduled to be distributed free of charge at the municipal facilities in Minato City in the end of February.

Basic points of consideration

The word “disability” includes wide range of condition and reaction. Speak slow, polite, and repetitive. These are same when communicating with children, senior citizens, foreign people, etc.

Person with visual impairment

Point 1

Depending on the degree of disability, a person with disability receives information through hearing and touch, such as voice and braille. Others receive information from vision, such as magnified letters and special devices.

Point 2

If you're unsure how to initiate conversation, try saying the following.
Stand in front of the person and say, “Would you like me to help you? My name is ____.”

Point 3

Use specific phrases such as, “There is a difference in elevation three steps ahead of you.” You can also use clock positions by telling the person where something is by comparing to the hour on a clock, such as saying, “The tea is at 4 o'clock.”



Person with hearing disability

Point 1

Each person is different, including person who cannot hear at all and who has little difficulty. Because it is difficult to know if someone has a hearing disability based on their appearance, some people misunderstand and think they are ignoring them when they do not respond.

Point 2

When you are unsure of how to communicate, try saying the following.
Make eye contact with the person and greet him or her by saying something like “Hello.” After, confirm which communication method to use.

Point 3

Speak slowly in a way showing your face and mouth.

Person with developmental disability

Point 1

Smile and care about the person with strong anxiety or sensitive to his/her surrounding environment, such as guiding the person to a private room.

Point 2

It is difficult to see if the person has a disability based on his/her appearance. Because he/she cannot follow instructions, other people might misunderstand and think he/she are selfish.

Point 3

If the person panics and starts speaking in a loud voice, tell the person in a gentle voice, “It’s OK” to calm him or her.
If the person panics in a dangerous place such as road or train platform, explain the reason why it is dangerous and guide the person to a safe place.



Do you know the Help Card or the Help Mark?

Size
5.5 cm × 8.5 cm



“Help Card” is intended to make it easier for person with disability to receive consideration and help during disaster and when experiencing difficulty in daily life. The card is printed with detail about the support the person needs, emergency contact information, etc.
“Help Mark” is worn by people who need support and consideration. Please be kind to someone experiencing difficulty.



Minato City is a city where people of various ages live, from children to senior citizens. Among them, there are people who need support.

There are people with illnesses and injuries, senior citizens, pregnant women, single parents, people with disabilities, and people that you might not immediately realize need support based on their appearance.

Please think, “Is there anything I could do?” It might enable the person to live more comfortably. It will surely help each person be more valued, and be able to live safely with peace of mind.



When initiating conversation

- With a smile, say, “Is there anything I can help you with” in a slow, gentle tone.
- When you speak, look at the person you speak.

When listening

- Create an atmosphere where the person you speak can speak with peace of mind and listen until the end of what he or she is saying.
- If you have trouble replying, try using a communication board.

When speaking and explaining

- Speak slowly and use words that are easy to understand, and keep each sentence as short as possible.
- In addition to your words, use pictures and diagrams.
- Write down important information and give it to the person you speak.



Person with physical disability

- Point 1**
For wheelchair users, lean forward a little and speak to them at the same eye level.
- Point 2**
If there is a person experiencing difficulties in the following setting, help and initiate conversation.
- Ticket counter: “May I buy a ticket?”
 - When the person is trying to pick up something above or below them: “May I pick up something above or below you?”
 - Crosswalks and places with elevation differences: “May I push your wheelchair?”
- Point 3**
Some people have difficulty communicating due to aphasia, etc. There are also people who have disabilities inside the body.



Person with intellectual disability

- Point 1**
Some people cannot communicate well by being unable understanding conversation or expressing thoughts and feelings. There are also people who have trouble adapting to situations, panic, and raise their voices.
- Point 2**
Rather than asking “What’s wrong?”, ask specific questions about what they want such as, “Do you want to go to Tokyo Tower?”
- Point 3**
If the person asks the same question many times, answer politely and repetitively. Also, speak slowly and gently while using actual items, pictures, diagrams.



There are people who cannot wear masks

There are people who cannot wear masks because of disabilities, skin diseases, etc.

If you see someone who is not wearing a mask, consider that there may be a reason.

Understand the conditions of people with disabilities , and feel compassion toward one another.



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Inquiries

Disabled Persons’ Welfare Subsection, Tel: 03-3578-2386, Fax: 03-3578-2678

MINATO BULLETIN BOARD



Programs may change without notice.
All events listed on this page are conducted in Japanese. For more information, please see the Minato City Web.

Minato City Events

SCHEDULE FOR JANUARY

All events listed on this page are conducted in Japanese except MIA events. For more information, please see the Minato City Web. Programs may change without notice.

Date	Time	Program	Place/Capacity
Library Movies *Doors open 30 min. before the starting time.			
8	2 p.m.	Big Daddy–1999, U.S., 93 min.	Azabu/15
11	1 p.m.	The 39 Steps–1935, England, 86 min.	Minato/45
Library Events			
14	10:30 p.m.	Parent and child storytime	Takanawa/10
17	2:30 p.m.	Storytelling	Azabu/10
24	2 p.m.	Storytelling	Takanawa/10
Sale of Recycled Bikes			
Minato Recycling and Management Office Working Contact, 3-9-6 Moto-azabu			
10	10 a.m.	About 30 recycled bikes in good condition that are reclaimed and repaired are sold. The drawing starts at 10:30 a.m. Minato City residents have priority. Inquiries: Minato Call, Tel: 03-5472-3710	
Kissport Events and Announcement			
Minato Sports, Community, Culture, and Health Foundation Tel: 03-5770-6837 Fax: 03-5770-6884 Web: www.kissport.or.jp *Programs may change without notice.			
24	12:30 p.m.	Akasaka Jazz Festival Application: Call or visit Akasaka Civic Center or apply from the Kissport website.	Akasaka Civic Center, Tel: 03-5413-2711 Capacity: First 200 people Reservation required
Feb. 14	2 p.m.	Evacuation Drill Experience Concert Performer: La Gemma Application: Apply from the Kissport website or call Akasaka Civic Center.	

Population of Minato City

AS OF DECEMBER 1, 2020

Total: **259,540**

Japanese Residents: 240,618

Male: 112,479 / Female: 128,139

Registered Foreign Residents: 18,922

Male: 9,868 / Female: 9,054



Minato Public Health Center

SCHEDULE FOR JANUARY

Eligibility: Registered residents or registered foreign residents of Minato City

Minato Public Health Center: 1-4-10 Mita, Tel: 03-6400-0083

	Eligibility	Date	Time	Place
Stomach, colon cancer	Residents aged 35 or older Capacity: 20 people	Weekdays in February	8:30 to 9:30 a.m.	(B)

Appointment for HIV test, Tel: 03-6400-0081

Eligibility	Examination date	Exam. results available	Place
HIV/STD test* Open to all	2/4, 2/18	9:30 to 10:30 a.m.	(A)

*The result is two weeks later from the check-up day at the Minato Public Health Center

Other examinations, Tel: 03-6400-0084

	Eligibility	Date	Time	Place
Checkup and consultation for babies/infants	An eligible resident must receive the notification - 4-month-old: Born in October, 2020 - 18-month-old: Born in July, 2019 - 3 years old: Born in January, 2018		A notification will be sent to eligible.	(A)
Birthday dental checkup	Babies aged one, two, four and five years old	2/17	Reservation required	(A)

(A) Minato Public Health Center

(B) Genki Plaza Medical Center For Health Care, Jimbocho Mitsui Building, 1-105 Kanda-Jimbocho, Chiyoda City

Note: You need to apply and make an appointment in advance.

Inquiries and appointment: Minato Public Health Center, Tel: 03-6400-0084

For inquiries in English, contact Minato Call, Tel: 03-5472-3710

Himawari Medical Facilities Consultation Service

If you are looking for a doctor or pharmacy, you can call the Himawari
Himawari informs medical institutions and Japanese healthcare system.
Tel: 03-5285-8181, 9 a.m.-8 p.m.

Process of consultation and consultation services during the influenza and COVID-19 epidemic

We will introduce the process of consultation and consultation services for people who are worried if you are influenza or COVID-19

Process of Consultation

1. People who has symptoms such as fevers, coughing, fatigue, consult a home doctor or a medical institution. You can search the medical institutions in your area through the Tokyo Medical Facilities Consultation Services “Himawari” website.
<https://www.himawari.metro.tokyo.jp/>
2. People who has symptoms and are unsure which medical institution to consult with, call Tokyo Fever Consultation Center and they will let you know medical institution which provides treatments.
Hours: Available 24 hours a day,
Tel: 03-5320-4592
3. People who are close contacted person and doesn't have any symptoms or people who wants to know general questions please contact or find out the information below.
 - Minato Public Health Center Telephone Consultation

For people who lives, works, or study in Minato City

Hours: Weekdays 8:30 a.m. to 5:15 p.m.;

January 3, 10 a.m. to 4 p.m. (closed January 1 and 2), Tel: 03-3455-4461, Fax: 03-3455-4460

- [Minato City Website] Latest information about COVID-19 in Easy Japanese
<https://www.city.minato.tokyo.jp/hokenyobou/yasanichi.html>

Tokyo Metropolitan Telephone Consultation Service/ Novel Coronavirus Call Center

Available in Japanese, English, Chinese and Korean

Hours: Monday to Sunday, 9 a.m. – 10 p.m.,

Tel: 0570-550571, Fax: 03-5388-1396

Inquiries

- Public Health and Disease Prevention Subsection for general questions, Tel: 03-6400-0081, Fax: 03-3455-4460

CHANNEL 11

Minato Public TV Program Guide

J:COM MINATO-SHINJUKU JANUARY schedule

Program	Time	Program
Minato-ku Koho Topics, Topics in Minato City 20 min. program	10 a.m., 1 p.m., 3 p.m., 5 p.m., 9 p.m.	<Public Announcements> Delivers important announcements, new information, or events in Minato City. 1-10: New Year's Greetings from the Mayor 11-20: Online Minato Citizens' Festival 21-31: Nationwide Collaboration Marché in Shibaura

Note: Programs may change without notice. You can also see the programs broadcasted by this channel on the Minato City Web or Youtube. The Koho Topics are also broadcasted in the Chii-bus and the Odaiba Rainbow bus. Video/DVD lending is available at the Office of the Mayor, Regional City Offices, and each public library. Videos/DVDs for the past year can be rented.

Inquiries: J:COM Minato-Shinjuku, Tel: 0120-999-000 URL: <https://www.jcom.co.jp/english/>