



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

Advance Care Planning to make a choice you won't regret

“Advance Care Planning” is an attempt to think in advance about the terminal medical and nursing care you'd like, and talk about it repeatedly with your family and medical and nursing care teams, and share it. Have you ever thought about your medical care you would like to receive if you became unrecovered with a sudden illness or accident. Even if you think about it, you might rarely talk to your family or friends. The purpose of Advance Care Planning is not the end of your life, but the preparation to live your final moments in the best way as you want. It is a good chance to talk to your loved ones while you are still well.

Advance Care Planning: talking about and sharing how you'd like to spend your last stage of life such as terminal medical care and treatment and the place where you want to spend your final stage of life.

End-of-life Planning: making arrangements for after death: funeral and grave preparation, will and inheritance procedures

Three advantages of Advance Care Planning:

1. Your wishes will be reflected in the terminal medical care and treatment.
2. Trusted people will convey your wishes to your healthcare staff.
3. You don't have to let your beloved ones make a tough decision.

Three cycles

1. Think about terminal medical care and treatment you'd like to receive.

2. Share your wishes with your family or friends and discuss them with your doctor and care manager.

3. Write down what you discussed and agreed. That will serve as a message even if you become unable to express your wishes due to serious illness or accident.

Notice for Exemption of Social Insurance Premiums to be sent

Important notice you need for declaring final return or regional tax will be sent:

	National health insurance tax	Medical insurance premiums for the late-stage elderly	Nursing-care insurance premiums	National pension premiums
Document to be sent	1. Payment confirmation for tax return 2. Withholding tax slip (deduction from pension)			Social insurance premium deduction certificate
Sending date	1. late January, 2026 2. mid to late January, 2026			Late October to early November*
Inquiry	1. Ext. 912	1. Ext. 928	1. Ext.426	Japan Pension Service 0570-003-004
	2. Japan Pension Service 0570-05-1165, or mutual aid association			

*Early February for people who paid premium for the first time after October

Abiko International Exchange Festival



Date and Time: November 30 (Sun) 11:00 ~ 16:00

Venue: Civic Plaza

Stage show: Myanmar dance, Kappa Kids dance, Sanshin songs, Chinese flute performance, quiz by Japanese class students, Japanese language school student dance

Gallery exhibition: France, Germany, U. K., South Korea, China, Mongolia, Chile, etc.

Tea Ceremony: First 100 people fee: 400 yen

Kimono experience: First 30 foreign people (reservation required) fee: 500 yen*

Application and Inquiry: Tel. 04-7183-1231, AIRA *(tabi socks included)

Yatsu Harvest Festival

Date: November 22 (Sat) 10:00 ~ 13:00 * Cancelled in case of stormy weather

Venue: Work shed in Yatsu Museum *3-minute walk from Bando Bus stop “Chuo Gakuin High School”

Distribution: Pork and vegetable soup, baked sweet potatoes and rice balls

(starting 11:30, The distribution will end when the stock runs out.

Panel exhibition about guide to Yatsu Museum Volunteer Club

Experience of using traditional farming tools Inquiry: 04-7185-1484, Teganuma Section

Japanese Drums Festival

Date and Time: November 9 (Sun) 9:30 ~ 14:30 *Cancelled in case of stormy weather

Venue: Kohokudai Central Park, Japanese drums performance, sales of processed seafood

Inquiry: Executive committee, Sugiyama Tel.090-3069-3443

Individual Number Card Services on Weekends

Call the Civic Section at 7185-4326 (9:00 – 17:00 on weekdays except national holidays) for a reservation.

Dates and Hours	Reservation will be accepted
November 9 (Sun) 9:00 -12:00	Now accepting
November 29 (Sat) 9:00 -12:00	From 9:00 on November 12 (Wed)
December 13 (Sat) 9:00 - 12:00	From 9:00 on November 26 (Wed)

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

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

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

Advisory Services- November 2025

***Reservation required**

Item	Date/Time	Location	Contact
Legal Advice	Nov. 6,13,18,20 and 25 10:30 ~ 15:00	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 04-7185-1714 Call for an appointment
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: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 – 16:30	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 –Nov 2025 Tel:04-7185-1126*

Item	Date	Eligibility
Welcome Baby Classes	Nov 7, 14 and 21 (Fri) Reservation required*	Expecting women of 20 weeks or over, and their family

Consultation for 4-month-old children	Nov 4 and 11 (Tue)	Children born in June, 2025
Health Checkup for 18-month-old children	Nov 6 (Thu)	Children born between Apr 9 and May 1, 2024
Dental Checkup for 2-year and 8-month-old children	Nov 13 (Thu)	Children born in Mar, 2023
Health Checkup for 3-year-old children	Nov 6 (Thu)	Children born in Apr 10 and May 2, 2022
Dental Checkup for 5-year-old children	Nov 13 (Thu)	Children born between Oct 14 and Nov 16, 2021
Baby Food Class for 4 to 6-month-old babies	Nov 28 (Fri) Reservation required*	First 30 applicants (parents of 4-6 month olds)
Baby Food Class for 8 to 9-month-old babies	Nov 12 (Wed) Reservation required*	First 20 applicants. Children born in Feb.2025

— Urgent Health Care Consultations —

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

Call Fire Station at 04-7184-0119. 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 ~ 8:00 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 #7119 or 03-6810-1636 Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020

(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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Edited & translated by: Abiko International Relations Association (AIRA)

Tel: 04-7183-1231 Fax: 04-7183-2005

E-mail: info@e-aira.jp <https://www.e-aira.jp>