

Public Relations Kyotango Magazine – September 2022



CityTopics

Climbing the Wall of Nationality and Culture:

For a Community Where We All Can Live Together in Harmony

Preparing for the 3rd Multiculturalization Promotion Plan

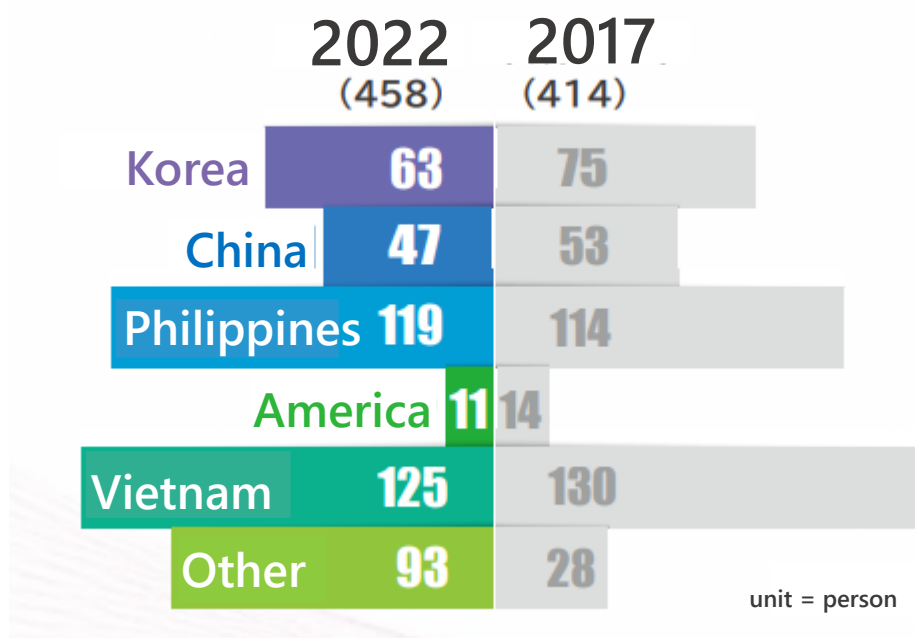
In 2014, Kyotango City formulated its Multiculturalization Promotion Plan, the first of its kind in Kyoto Prefecture. The plan aims to build a fulfilling and abundant society where people live together in harmony, while its members acknowledge and accept each other's different nationalities and cultures. In 2017, the plan was reformulated to be in effect for another five years, and this year, the City is working to formulate a new plan for its third reiteration.



Kyotango residents from many different countries participating in a SDGs Logo Design Workshop.

The Current Situation Surrounding International Residents in Kyotango

Kyotango City has approximately 610 international residents (1.18% of total population) who come from 29 different countries. Compared to the population in 2017, the international resident population in Kyotango has diversified. Most of the international residents are from Vietnam or the Phillipines, and in addition to the numbers shown in the graph below, there are also 160 U.S. military personnel who live in Kyotango City. Young adults in their 20s make up the largest group, and people in their 30s make up the second-largest. The ratio of younger people in the international population now surpasses the ratio of young people in the Japanese population. Furthermore, families and children who have international roots are on the rise.



All of the international residents who live in our city have diverse nationalities and cultural backgrounds and are also a part of our community. Instead of distancing yourself because of linguistic and cultural differences, why not take the first step to learn about each other?

City Topics

Let's Have Fun while Getting Better at English!

On July 23rd at Tango Kingdom "Syoku no Miyako", the Board of Education held English Day and English Camp, which aims have young students experience the fun and joy of communicating in English by interacting with native English speakers. Fifty elementary school kids from Grade 3 to Grade 6 participated in the day's program.



From the children, there were various reactions: some appeared a little shy, and others replied back in English with lots of enthusiasm. The children had plenty of opportunities to talk in English and enjoyed learning new English vocabulary through different games. Some even felt their English improve at the camp.



The Kyotango City Board of Education will continue to hold educational programs for the children of the city so they can heighten their awareness about the world and develop a globalized perspective.

September is Alzheimer's Awareness Month!

[September 21st is Alzheimer's Awareness Day](#)

In Japan, there is an increasing trend amongst the elderly in the number of cases of Alzheimer's disease. By 2025, 1 in 5 elderly people are predicted to have Alzheimer's. For many people now, Alzheimer's is an intimate concern that affects the people closest to their hearts.



For many people with Alzheimer's or other neurodegenerative disorders, they are often distressed because of memory loss or their inability to recognize their

surroundings. Thus, as a result, their relationships with the people around them often suffer and deteriorate. However, with enough patience and understanding, people with Alzheimer's can live peacefully within our communities.

By properly educating yourself and knowing how to support people with Alzheimer's and their families first, you can help maintain a respectful way of life for everyone.

What You Should Know About Alzheimer's!

Around the world, there are many educational programs about Alzheimer's during the month of September. In Kyotango, we have a special exhibition on display. Please come by and take a look.

September 1st (Thurs.) ~ 30th (Fri.)

City Library (room) – Featured Corner on Alzheimer's Disease

September 13th (Tues.) ~ 29th (Thurs.)

Lobby of Kyotango City Hall in Mineyama
– Panel on Dementia and more!

Messages from people with dementia and voices from past projects will be on display.



Last year's display in City Hall

Learn about Dementia, Support your Community

Why not become a Supporter?

There is a training course where you can learn to be a Supporter for people living with dementia being offered in Kyotango. In past courses, people from local community groups, companies, and junior high schools have participated.

Some voices from past students include:

"Using what I learned, I want to be able to do the same for my own grandfather and grandmother."

"From here on, I will be careful to not to invalidate the feelings of those living with dementia."

Dementia Supporters in Japan

(As of the end of March 2022)

Nationwide – 13,805,583 supporters

In Kyotango, 14,115 people have taken the course.

By the Longevity and Welfare Section TEL 0772-69-0330

Feel free to inquire to your nearest Senior Care Office.

Put it into Action today!

How to Approach People with Dementia

Keep the 3 Don'ts in Mind!

- 1) **Don't** Startle
- 2) **Don't** Rush
- 3) **Don't** Hurt their Self-Esteem

More Specific Points:

- 1) Keep a watchful eye first
- 2) Be flexible
- 3) Reach out one-to-one
- 4) Approach them from the front
- 5) Keep a gentle tone of voice
- 6) Speaking calmly and clearly
- 7) Lean in to listen and take your time

Population and Number of Households in Kyotango

The number in the parentheses shows the change from the end of June to the end of July according to the Basic Resident Registry. Includes foreign residents.

Total Population: 52,279 (-69)

Male: 25,173 (-21)

Female: 27,106 (-48)

Number of Households: 22,974 (-8)

Change in Population by Main Reasons

Move In: 61

Births: 23

Move Out: 80

Deaths: 75

Other reasons: +2

City Personnel Changes

As of 7/19

Miyuki Tanabe – Transferred

Manager – Citizen’s Affair Section, Citizens Environment Department

As of 7/31

Maki Yoshimi – Retired

Nurse at Yasaka Municipal Hospital

As of 8/1

Kenichi Yanagiuchi – Transferred

Citizen’s Environment Department and Accounting Manager

Yumiko Okugaki – Promoted

Bureau Chief - Council Meeting Administrative Bureau

Takanori Nishikawa – Transferred

Section Chief Assistant – Tax Section, Citizens’ Environment Department

Team Lead – General Affairs and Payment Team

Team Lead – Citizens’ Tax Team

Hiroto Tanaka – Promoted

Team Lead – Property Tax Team, Tax Section, Citizens' Environment Department

Mako Takeda – Transferred

Junior Staff - Commerce and Industry Promotion Section, Commerce, Industry, and Tourism Department and Hometown Tax Promotion Office, Policy and Planning Section, Mayor's Office

Saori Nagase – Hired

Nurse – Kumihama Municipal Hospital

Hinano Tanaka – Hired

Nurse – Kumihama Municipal Hospital

Kyotango City Development Support Network

~Striving towards Seamless Collaboration and Support~

Series No. 3

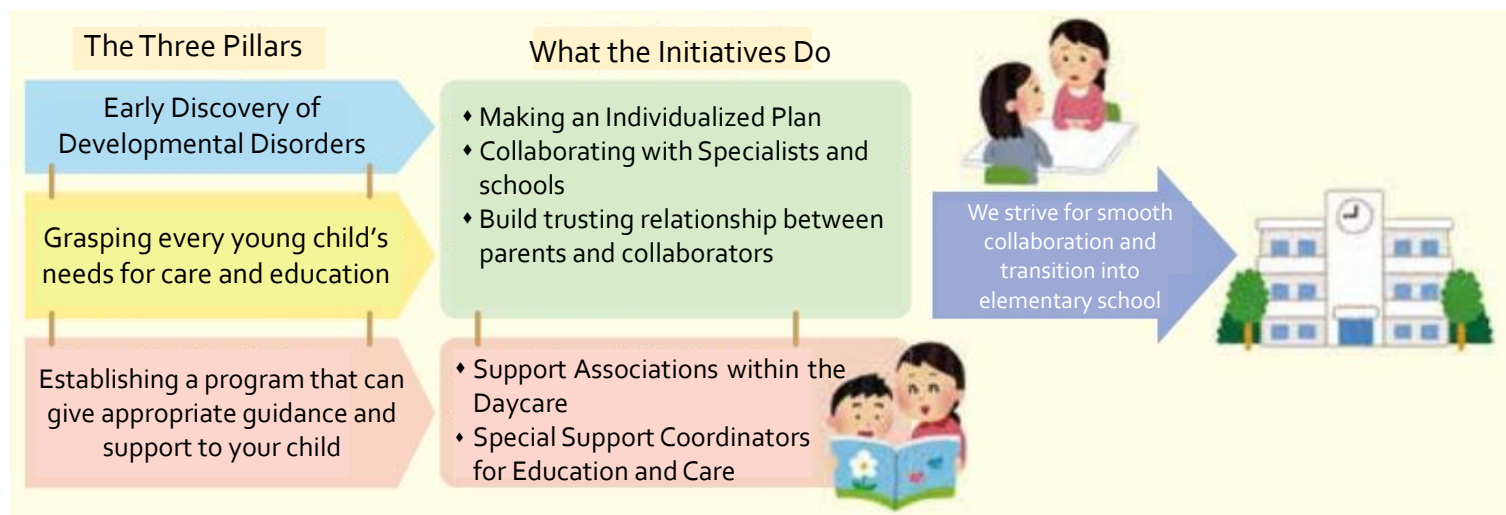
In Kyotango, we strive to create a system that allows our children to grow up healthy and support them even into the future. And so, we have established the Developmental Support Network Council as a place for families to consult with our collaborators.

In this series, we will introduce child development support initiatives in our nurseries and kindergartens.

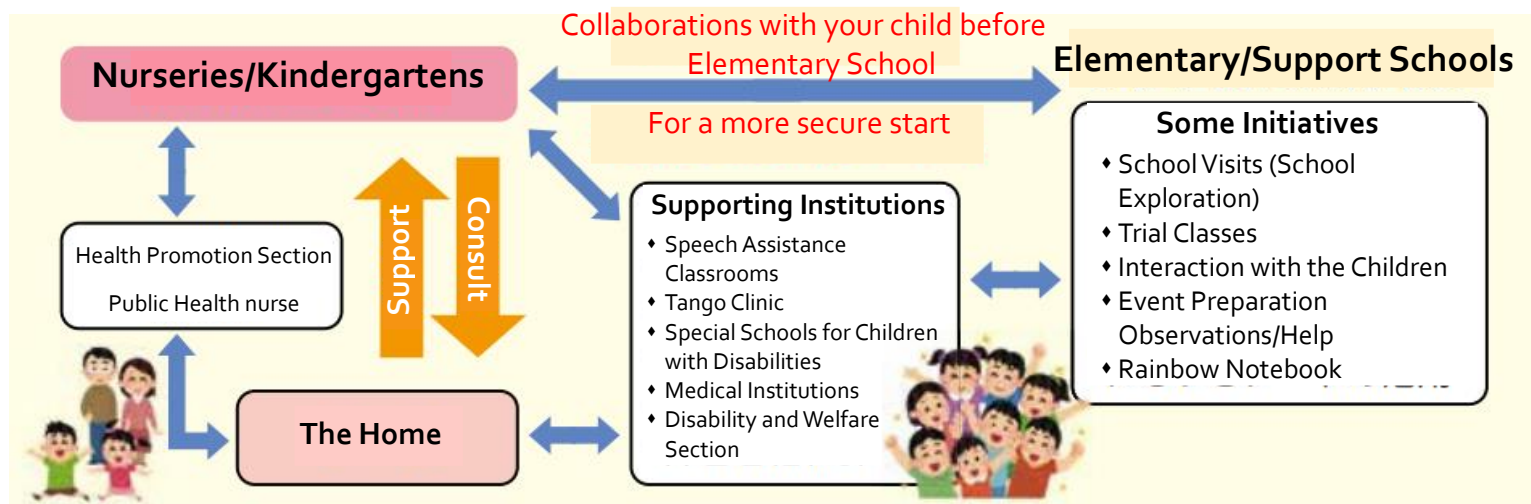
Guidance and Support According to your Child's Needs

A Wish for Every Single Child's Healthy Development

At our kindergartens and nurseries, we have set up a system that addresses every child's different needs in education and care.



The Importance of Connection & Everyone Rooting for your Child as a Team



At our nurseries and kindergartens, we acknowledge that spontaneous play is important for learning, and is an important part of a child’s development. We offer different kinds of experiences for young children based on the special characteristics during this period of their development.

We aim to help form the basis of every child’s power to live and build the foundation of every child’s character that will continue to develop throughout their lives.

Tactile Play
Playing in sand, mud, and water

Pretend Play
At the Store, Doctor



Expressive Play
Song, rhythm, and hand games

Outdoor Activities
Walking, engaging with the community

Group Play
Tag, social games

Gardening
Vegetable Growing

Active Play
Playground sets, toys, balls, etc.

Let’s support our children’s futures together!

By the **Parenting and Child Support Section**

TEL 0772-69-0340

Kyotango City International Exchange News

Learning about Panama Through Food Culture

While trying some Panamanian cuisine, the local residents listened eagerly about the food, clothing, nature, and economy of Panama.

On July 25th, Lelia Maria Vasquez Lombardo de Juerges, a Kyotango resident originally from Panama, gave a lecture about her home country at the Machi Machi Information Center. On the day, the Consul-General from the Embassy of Panama in Kobe, Victor J. Almengor, attended the lecture



Guests listening closely to the lecture.



The Consul-General (left), the speaker Lelia (right), and her partner, Michael, who is wearing a *guayabera*, the traditional Panamanian shirt (center).

and answered some questions that the listeners had. The Consul-General expressed his joy that there was a place for Japanese people to exchange with Panamanian culture.

You can see the lecture on the Kyotango City International Association's Youtube Channel, Facebook, and Instagram. A special program on the lecture will be also broadcasted on Kyotango City's local cable channel.

Emergency Plaza 119

If someone in front of you suddenly collapsed, what would you do?

#89 How to Perform CPR (Cardio-Pulmonary Resuscitation) ~Saving an Irreplaceable Life~



If someone collapses in front of you and is not breathing and/or unconscious, it is important to administer Basic Life Support (BLS). Your courage and timely action can save a person's life. Let's learn the correct procedure just in case such an emergency happens.

How to Perform CPR

*To prevent the spread of disease, we have omitted the procedure for artificial respiration. After emergency medics arrive, please wash your face with soap and water and sanitize your hands with alcohol.



1) Check for Response

- ① Call out to the fallen person and gently tap their shoulder to check for a response.
- ② If the person is unresponsive, or if you are unsure, **call 119 and secure an AED** as they may have undergone cardiac arrest.



2) Check for Signs of Breathing

- ① Place your hand on the fallen person's chest or stomach area for 10 seconds to check for breathing movements.
- ② If they are not breathing normally, or if you are unsure that they are breathing, judge it as cardiac arrest and proceed to perform chest compressions without hesitation.



3) Chest Compressions

- ① With palms facing downwards and hands interlocked, apply firm, continuous pressure on the lower part of the person's sternum (middle of the chest) in quick pulses.
- ② Apply enough pressure so you compress around 5cm deep, and maintain a speed of 100-120 pulses per minute.
- ③ Between each compression, relieve pressure so that chest comes up to its original position.

A Request from the Dispatch Office

In an Emergency, Just Dial **119**

When a call reaches 119, the high-functioning Emergency Command System will determine the dispatch location that will be the fastest time to respond and issue a move-out order to the Emergency Fire Department in its jurisdiction.

Even if you call the closest Emergency Fire Department, it will take time to determine where to dispatch from. So, in order to get an emergency team to you as soon as possible, please dial 119.



Stay on the Line While Making a Call



Even after an ambulance is dispatched, we want to hear detailed information about your situation. So please, stay on the line and listen to the officer's instructions.

We are Looking for Students for our Emergency First-Aid Courses (Japanese)!

Normal First-Aid Class (3 hours)

CPR Method for Adults using an AED, How to Stop Bleeding, and Removing Foreign

Objects in the Body (Heimlich Maneuver, etc.).

Online-Hybrid Emergency Course – Basic First-Aid Course with an E-learning Portion

Take the online course on your computer or smartphone and receive a certificate showing you have completed the online portion. Then, take a two-hour practical course and you will complete the Basic First-Aid Course.

Advanced First-Aid Course (8 hours)

In addition to the content covered in the Basic First Aid Course, you will also learn how to perform CPR on infants and small children, patient management, wound treatment, and patient transportation methods.

After completing each course, you will receive a Certificate of Completion.

To view the Course Schedules, please take a look at our website.



By the Emergency Team at Mineyama Fire Department TEL 0772-62-0119

The City Asks You to Recycle Your Small Electrical Appliances!

Since 2013, the Small Electrical Household Appliance Law has been in effect to promote the reuse of useful metals such as aluminum and copper. Since 2015, the City has set up free collection boxes for used appliances. In this article, we will introduce our new at-home collection initiative and how to recycle small electrical household appliances. More details here (Japanese) :



At-Home Collection via Delivery Services: The program is beginning this year!

The City has established a collaboration with ReNet Japan Recycle, Co. Ltd. and is accepting unwanted computers, laptops, and small electrical appliances.

From Application to Collection:



Bring it to the Collection Box!

There is a collection box set up at every Town Hall, Community Center, and Final Disposal Site. There is a limit on the appliance's size, so please bring larger appliances to the Final Disposal Site.

By the Life Environment Section TEL 0772-69-0240

A Community where Everyone Can Live at Ease

Let's Protect Life and Leave No One Behind

September 10th ~ 16th is Suicide Prevention Week.

There are more and more people who are suffering in loneliness due to the lack of connection resulting from the coronavirus pandemic. Even if they feel alone or are alone, they can't ask for help and back themselves up more and more into a corner.

Have you noticed changes in anyone close to you?

If you notice something different, reach out to them and listen to their troubles. If you feel it is necessary, refer them to a consultation service. Helping people feel connected is a crucial part of protecting the lives of the people important to us.

Every one of us can be a Gatekeeper

A Gatekeeper is someone who notices, listens, and connects people who are struggling to somewhere they can get help while staying close by their side. Even without doing anything, just by simply telling someone you worry about them is the first thing you can do as a Gatekeeper.



Available Consultation Services:

Health Promotion Section

TEL 0772-69-0350

Mon~Fri, 8:30AM~5:15PM

kenkosuishin@city.kyotango.lg.jp

Prefectural Tango Clinic

TEL 0772-62-4302

Mon~Fri, 8:30AM~5:15PM

When you can't say it aloud, use text instead with these Chat-based Services:

IkizuRabbit - LiFELiNK (NPO)

Mon, Wed, Fri, Sat

11AM~4PM

Mon, Tues, Thurs, Fri, Sun

5PM~10PM

Chat with us on LINE



Kokoro no Hotto Chat - Tokyo Mental Health Square (NPO)

Everyday

12PM~3PM

5PM~8PM

9PM~11PM

Last Saturday and Sunday of the month: 12AM~5:50AM

Every Monday: 4AM~4PM



Check our Website:

The Novel Coronavirus is Spreading Once Again!

Let's Review Basic Coronavirus Prevention Measures!

Coronavirus is rapidly spreading across Japan once more as more and more cases are being reported on a daily basis. For us to protect the people closest to us, it is important for everyone to do their best to not spread the virus. To prevent spreading the virus and avoid putting pressure on the medical system, we ask that you stay diligent in maintaining coronavirus prevention measures such as proper mask-wearing, frequent and thorough ventilation, and thorough hand-sanitization. Also, we ask that you keep getting vaccinated whenever possible to prevent the development of serious symptoms.

Prevent the Spread!

- ◆ Please change the air frequently for proper ventilation.
- ◆ Please wear your mask when conversing, even during mealtime.
- ◆ Please refrain yourself and your family members from going outside whenever you feel unwell.

Prevent the Spread to the Vulnerable

- Whenever in a situation where there is a high risk of transmission or refraining from going elsewhere, the elderly, people with pre-existing conditions, and people who have daily contact with such vulnerable people should be especially careful.
- If you will be meeting with an elderly person or a person with pre-existing conditions, please get tested for coronavirus before meeting with them.
- At medical or senior care facilities, please follow their coronavirus prevention measures, which may include virtual meetings.

For those who want to take a PCR test before meeting with an elderly person or person with pre-existing conditions:

Kyoto Prefectural Novel Coronavirus Test Environmental Maintenance Call Center
TEL 075-254-8133 Mon~Sat 9:30AM~5:30PM (Closed on holidays)

For those who think may have caught coronavirus and have a sore throat or a fever:

Call your primary care medical facility

During afterhours, call the Kyoto Novel Coronavirus Medical Consultation Center
TEL 075-254-5487 Open 24 hours, 365 days a year

Q&A Regarding the Novel Coronavirus (MHLW's Website)



To Prevent the Spread of the Novel Coronavirus (MHLW's Website)



For More Questions about the Novel Coronavirus:

Process to get the Vaccine/Make Appointments, etc.

Novel Coronavirus Vaccination Call Center TEL 0772-66-3226 Mon~Fri 9:00AM~5:00PM
(Excludes Holidays)

General Inquiries about the Novel Coronavirus

Novel Coronavirus Countermeasures Office TEL 0772-69-0135 Mon~Fri
8:30AM ~ 5:15PM (Excludes Holidays)



No Better Time to Get your MyNumber Card!

With your MyNumber Card, not only can you use it as an ID Card, but you can also use it to apply for e-Tax or e-certificates online. If you don't have one, take the opportunity and apply for

one today!

Get up to ¥20,000 worth of Mynapoints!

Ways to Apply for a MyNumber Card

1 Apply at City Hall through a Service Window

At the service window, a city employee will help you through the process.

What you'll need: Personal Identification Document, Notice Card (you can still apply if you don't have one)



2 Apply Online easily through your Smartphone!

Just scan the QR Code using your smartphone.

What you'll need: a smartphone, QR Code for the application, a profile picture



3 Apply by Mail

Fill out the form at home and toss the application in the post!

What you'll need: Printed headshot picture, application form, specified return envelope for your MyNumber Card Application



If you have more questions regarding the MyNumber Card, feel free to call:
Citizen's Affairs Section TEL 0772-69-0210

For the newest information, scan here >



To All Recent or Upcoming Grads!

Get the Ultimate Support by Moving to Kyotango!

If you move/work in Kyotango City, we will help pay off your student loans!

For Who?:

- Students who have completed their degree/coursework at a university, graduate school, two-year college, vocational school (*senmon gakkou*, limited to 4-5 year programs), or training School (*senshuu gakkou*, completed either Specialized or General Course)
- Under 30 years of age
- Hired as full-time employees at a company in Kyotango City and will subsequently move to Kyotango City

Receive up to ¥3.6 million in subsidies over ten years after moving to Kyotango!

The City can subsidize up to ¥30,000/month towards your student loans (¥360,000/year) that you paid back within the applicable period (※).

※Applicable period: One year from October 1st of the fiscal year prior to receiving the subsidy.

For more information, inquire to:

General Education Affairs Section TEL 0772-69-0610

For details about this program, please visit our website (Japanese):



Conditions: *Must apply beforehand and receive authorization.
*Must live in Kyotango City for ten years or more. *Excludes those employed as national and regional civil servants.