

Public Relations Kyotango Magazine – September 2023



September is Alzheimer's Awareness Month

Together, let's support people with dementia for a community that is happy and healthy!

Dementia can affect anyone at any time. By learning about and understanding dementia and watching over others in your local community, you can be a great support for people who have dementia.



Let's take this opportunity to learn about dementia since it affects us in places closer than we think.

The brain acts as the control center for all of our body's activities. If the brain is not working smoothly, then neither will the body's neurological or bodily functions.

Dementia is when the brain's memory and ability to make judgements deteriorate due to neurological or bodily illnesses and leads to difficulties in daily life

(continuing for six months or more). The leading cause of dementia is Alzheimer's disease, which is called a neurodegenerative disease as a result of brain cells dying away. Following Alzheimer's, conditions such as stroke, hemorrhaging, and atherosclerosis are also leading causes of dementia. These conditions block blood flow and deprive nutrients and oxygen from getting to the brain. As a result, a portion of brain cells do not function as well or become defunct, which then leads to a destroyed brain cell network. This kind of dementia is called vascular dementia.

When all members of the baby-boomer generation reach ages 75 and older in 2025 (Reiwa 7), there will be an estimated 7.3 million people (one in every five people) in Japan with dementia. There is also early on-set dementia that affects people younger than 65 years of age, so anybody can be affected.

Kyotango City is working towards educating people properly and promoting awareness about dementia. In March 2022, the City passed a local ordinance to promote a safe and healthy community for people with dementia.

Let's Check What a Neurodegenerative Disease is!

Alzheimer's disease, frontotemporal dementia (FTD), and Lewy body dementia (LBD) are considered neurodegenerative diseases.

When Interacting with People with Dementia...

Remember the **Three Don'ts**

1. **Don't Surprise Them**
2. **Don't Rush Them**
3. **Don't Hurt their Self-Esteem**

Seven More Specific Pointers on How to Act

1. Watch over them first.
2. Address them with patience.
3. Call out to them by yourself.
4. Don't approach them from behind.
5. Keep a gentle tone of voice.
6. Speak clearly and calmly.
7. Lend an ear and address their needs slowly and carefully.



Learn More About Dementia

By educating yourself with the right information and learning how to properly

support people with dementia and their families, then everyone can help support and protect people with dementia and give them the respect that they deserve.

To learn more about dementia...

Information from the Ministry of Health, Labor, and Welfare (JP):



Information about Dementia from Kyoto Prefecture (JP):



Information about Dementia Care (JP):



Events Calendar

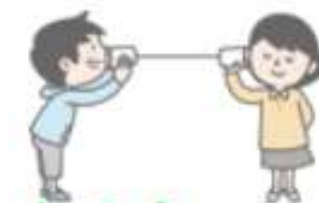
September 10th

Kumihama Library Room – Fun with Science

Let's Look at and Feel Sound!

Can you *see* sounds? Can you *feel* sounds?

Make a paper cup telephone and try seeing and feeling sound!



Time: 10:30~11:30AM

For kids 5~12 years old

Location: Kumihama Town Hall

Capacity: First 20 people (includes guardians)

**Prior registration required*

Contact: Kumihama Library Room TEL 0772-69-0344

September 17th

Mineyama Library - Family Crafts

Make a Spinning Clown!

Draw a clown and turn them into a spinning toy with some kite string!



Time: 10:30~11:30AM

For kids 4 to 8 years old and their guardians

Location: Mineyama Regional Community Center

Capacity: First 10 groups (up to 30 ppl)

**Prior registration is required*

Contact: Mineyama Library TEL 0772-62-5101

Population and Number of Households in Kyotango City

The number in 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: 51,301 (-51)

Male: 24,708 (-23)

Female: 26,593 (-28)

Number of Households: 22,950 (+11)

Change in Population by Main Criteria

Move-in: 63

Move-out: 66

Births: 18

Deaths: 65

Other reasons: -1

When You Don't Know What to Do, Call #7119

What is #7119?

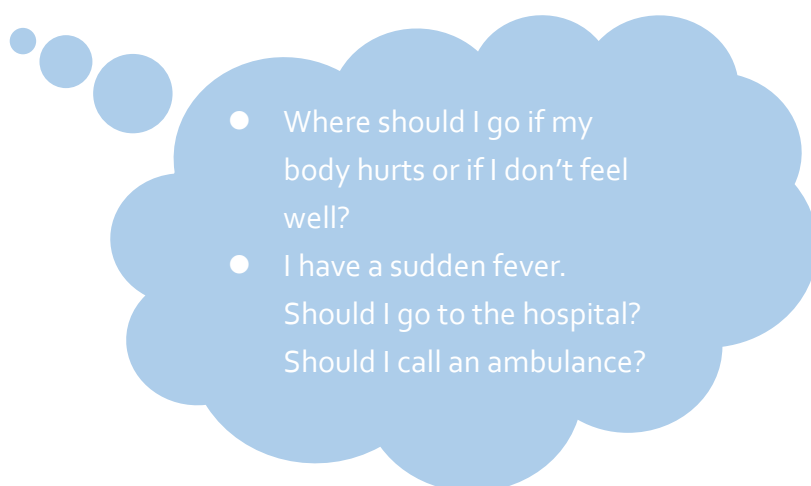
#7119 is a 24-hour, 365-day a year emergency hotline that started in 2020. When you call #7119 if someone gets injured or feels suddenly unwell, a nurse will tell

you over the phone how necessary it is to bring the patient in for a diagnosis, how to deal with the situation, and guide you to the right medical facility.

- Please call #7119 from your cellphone or landline.
- If you are calling from a dial-up line or IP phone address, please call 0570-00-7119. Consultations are free.
- Data or call fees will apply.

Last year, the City broke a new record of 2,865 emergency calls made to 119. Around half of those calls were light injuries that did not require immediate hospitalization. To keep ambulances and other resources readily available, please use #7119 when appropriate.

When to Call #7119



Call 7119 to the Emergency Safety Center

Referral from the Nurse

If an emergency > referral to 119

If not an emergency > guidance to an appropriate medical facility

If the person has stopped breathing, has no pulse, or is bleeding heavily and you feel that it is an emergency that needs immediate medical attention, then please do not hesitate and call 119.

By the **Fire & Emergency Department Headquarters** TEL 0772-62-0119

Abandoned Household Goods from Home Demolition

Projects Need to be Disposed of Properly.

Unneeded furniture or electrical appliances from renovation or demolition projects are called *zanchibutsu* or “leftover items.” The owner of these goods must deal with them according to the law before work begins.

In addition to consulting with the **Life Environment Section** (TEL 0772-69-0240), please deal with the leftover items as designated by city regulations at the appropriate site. Demolition and hauling services that do not have proper permits are forbidden by law to collect or transport leftover items. For more information, please look at the city’s website.

- ◆ Dispose of recyclable electric appliances (AC units, TVs, refrigerators, laundry machines, etc.) according to the Electric Appliance Recycling Law.
- ◆ For small household appliances:
 - 1) Drop off at a collection box (located at each Town Hall, District Community Center, or Final Disposal Site)
 - 2) Request an at-home pick up **Fees apply*

City Website (Japanese):



By the **Life Environment Section** TEL 0772-69-0240

Tankai Bus Route Changes and New Bus Stops

There will be two new bus stops in operation beginning October 1st:

1. Fresh BAZAAR Aminoten mae



2. LAWSON Kyotango Yasakaten mae



The Kaigan Line and Taiza Loop Line that run through Amino will stop at the Fresh Bazaar in Shimooka. The Taiza Loop Line and Tango-Mineyama Line that run through Yasaka will stop in front of the Lawson convenience store. These changes hope to make shopping trips easier for everyone in Kyotango. For more details, please check the updated Public Transit Guidebook that will be sent to all households at the end of September.

By the **Policy and Planning Section** TEL 0772-69-0120

Amino Final Disposal Site Will No Longer Accept Non-Burnable Trash

Beginning September 1st until the foreseeable future, the **Amino Final Disposal Site will not accept non-burnable trash** due to construction projects to expand the road around the area. Please bring your non-burnable trash to other disposal sites until construction is done.

Amino Final Disposal Site will still be accepting ocean trash that has been collected along the coast. If you are dropping off trash to the disposal site, please contact the Life Environment Section beforehand.

Operating Hours at a Glance – Starting Sept. 1st

Disposal Site	Hours of Operation 9:00AM ~ 4:30PM (Closed on Holidays and from 12/31~1/3)						
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Mineyama Final Disposal Site		○		○			4 th Sunday

Omiya Final Disposal Site	○		○		○		1 st & 3 rd Sunday
Kumihama Final Disposal Site	○			○		○	2 nd & 5 th Sunday
Amino Final Disposal Site	Accepting Ocean Trash *Requires prior notice						

*Omiya’s schedule has changed to accept every 3rd Sunday of the month.

By the **Life Environment Section** TEL 0772-69-0240

A New Production Plant for High Purity Biodiesel in Kyotango

On July 12th, there was a ceremony in Joganji (Tango) celebrating the completion of the new biodiesel fuel plant operated by Ohnishi Eisei Co., Ltd. The plant will take used deep-frying oil and process it into high-purity biodiesel fuel that can be used to power buses, trucks, and heavy-duty machinery used in construction, among others. With a way to effectively use leftover deep-frying oil, we hope that the plant will help reduce garbage and carbon dioxide output.

We are collecting your used deep-frying oil!

As a part of the Local Energy Project, an initiative that turns cooking oil into biodiesel, the City has set up collection sites for your used cooking oil at your local town hall or other district buildings, Kyotango-Omiya Station, Yuhigaura-Kitsu Onsen Station, and Shotenkyo Station. When dropping off your oil at a collection site, please put the oil in a container with a secure cap, such as a PET bottle.

Over 75? Get a Dental Health Checkup

Dental health in old age is still linked to many health conditions, such as Alzheimer’s, stroke, and sarcopenia. If you or your loved one is between the ages of 76 to 79* by the end of this year, please consider getting a dental health checkup!

**Excludes people who have been hospitalized for more than six months, people in assisted-living facilities, or those who are Care*



Level 2 or above.

How to Reserve Your Health Check

A Diagnosis Voucher was sent to eligible individuals. You can get a health check until the end of January 2024. Please make an appointment to the facility written on your voucher and get your checkup.

More details here:



September 10th ~ 16th is Suicide Prevention Week.

Let's work towards building a community in Kyotango that values life and leaves no one feeling like they are left behind.

Feeling connected with other people is an important link to valuing life.

As people are unable to meet with others and have less opportunities to connect with society, their feelings of loneliness only deepen. Moreover, there are people who feel lonely but do not reach out for help, and thus drive themselves further into a corner.

Do you notice any changes in the people that you love? If you feel like they are different from usual, call out to them and listen to what is on their mind. If you feel it is necessary, please refer them to professional help at one of the consultation services below.



Know that every one of us can be a Gatekeeper.

Gatekeepers take notice, reach out, listen, and connect people who are struggling with their personal burdens to proper help services. You don't have to do much at all. The first thing you can do as a Gatekeeper is to let the other person know that you are worried about them.

Become a Gatekeeper and offer a helping hand to people struggling in silence.

Are you struggling with daily life?

Contact the **Kyotango City International Association** to find help by emailing kokusai_koryu@kyotango.net.

For mental health services in foreign languages, please contact:

Kyoto Prefectural International Center

Multilingual Consultations on Daily Living

TEL 075-343-9666

Inquiry Center for Foreign Citizens in Kyoto City (Kokoka)

Counselling Days held 4 times a year

TEL: 075-752-3511

<https://www.kcif.or.jp/web/en/support/counselling/>

Tokyo English Life Line (TELL)

TEL 03-5774-0992

Japan Help Line (Multilingual services available)

TEL 0570-000-911

Healing Café – Tsusentei

We will be beside you.

In life, there are times when you may have long-term troubles. When times are tough, you don't have to suffer alone. There are people who will listen and stay beside you at Tsusentei. Feel free to come by and talk with us.

**Consultations will be held in Japanese.*



Healing Café Tsusentei in Kumihama

Consultation Days: Every 2nd Thursday of the month from 10AM ~ 4PM

Place: 1259 Koyama, Kumihama-cho

TEL: 0772-83-0139

Healing Café Tsusentei in Mineyama (Machi Machi Information Center)

Consultation Days: 1st Wednesday of the month (subject to change) from 10AM ~ 2PM

Place: 843 Sugitani, Mineyama-cho

TEL: 0772-69-0350 (Health Promotion Section)

Kyotango Art Festival

September 23rd, 2023 ~ February 25th, 2024

Starting this autumn, Kyotango will become a new stage for art!

Artists living in Kyotango will hold a series of workshops that use the city's cultural resources as motifs. Please visit the City's website for more information and to sign up for the workshops. We hope to see you there!

Workshops

Workshop 1 - Tango Regional Archives x Pottery by Yu Kanai



Bukubuku fukusuke (2021)



Sign up for workshops



Workshop 2 – Surrealism x Fresco Painting



"Kanata kara no Tegami" *Letters from the Other Side* (2022)

Tango-born surrealist artist: Gentaro Komaki

Fresco artist: Satoshi Kawata

Workshop 3 – Theater x Dance by Hiromi Miyakita



By the **Lifelong Learning Section** 0772-69-0630