

Notification of Year-End and New Year Business



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- The JKK holidays during the year-end and New Year period will be as follows.
➔ **December 29 (Thursday) through January 3 (Tuesday)**
- The management office holidays during the year-end and New Year period will be as follows.
➔ **December 29 (Thursday) through January 3 (Tuesday)**

* At management offices which operate half-days, the holidays will be December 28 (Wednesday) through January 5 (Thursday).

Contact in case of emergency

In the event of water leakage or other problem requiring emergency repairs during the year-end and New Year period, or in the event of an accident or fire, please contact the following.

JKK Tokyo Customer Center

☎0570-03-0032 (24 hours a day, 365 days a year)

Persons unable use Navi Dial (0570 service), and persons using a mobile phone free-call or discount service:

⇒ **☎03-6279-2963**

* Please be sure to also report accidents and fires to the police and fire department.

Prevent Frailty!

During the cold winter, do not forget to engage with society.

Frailty is a state of deterioration of the body and mind, where ties to society are weakened. Preventing frailty can extend the years that you remain healthy.

Tomoki Tanaka, Institute of Gerontology, University of Tokyo

Before we know it, it will be winter – a season when going out can be troublesome and when our activities may be limited.

In order to stay healthy and prevent frailty, it is important to go out and engage with other people. For this reason, it is said that one secret is creating a particular “place to be” in the community or society. For example, you can aim for “never retiring” by engaging in volunteer activities or other work. However it is important to continue searching for activities that you can enjoy according to the conditions of your own health and lifestyle. Participating in and engaging with society may open up the next opportunities, and create a reinforcing good cycle. Even for people who find active participation difficult for various reasons, it is important to take steps such as finding a place which they can visit every day and to prevent the severing of ties to society.

First, make it a goal to go out at least once a day. Any reason is fine. Whether for shopping or hobbies, try experiencing the changing seasons as you engage with society. It is also considered important to occasionally make contact not only with family members, but also with friends and acquaintances. Any means can be used, including letters, email, and telephone calls. Why not contact someone right now, or take a trip outside?



Preventing Heat Shock

Heat shock is something that occurs during the winter when a person suffers a large change in blood pressure in a place where there is a sudden change in temperature such as a bathroom, dressing room, or toilet. Heat shock puts a significant load on the person's heart, circulatory system, and other organs.

Particular caution is required among elderly persons and persons with high blood pressure, diabetes, or other ailments.



Primary countermeasures

Warm the bathroom or dressing room before getting in the bath.

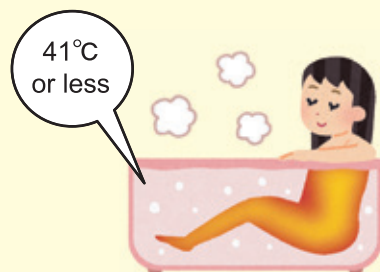
Use the shower for hot water or take the cover off the bath after filling it.

* Be careful of fire and ventilation whenever using a heating device, including in dressing rooms and toilets.



Keep the bath temperature to 41°C or less.

Try to stay in the bath for no more than 10 minutes.



Avoid taking baths immediately after eating or after drinking alcohol.

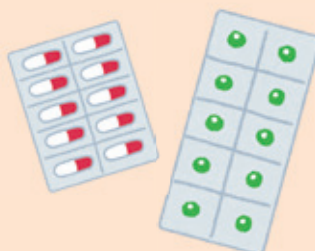
Be careful when taking baths late at night or early in the morning when air temperatures are low.



Drink water before and after a bath.



Avoid taking baths after taking sedatives, sleeping pills, or other medication.



Do not stand up in the bath tub suddenly.



Introduction of Local Community Activities

Higashikasai Daiichi Jutaku: **Smile Thursdays**

Activity days: Twice monthly,
second and fourth Thursdays
Time: 10:45 – 11:45



Here we will introduce **Smile Thursdays**, a local community activity that is conducted at the Higashikasai Daiichi Jutaku in Edogawa City.

About Smile Thursdays

Smile Thursdays are an activity that was started in July of this year with assistance from JKK Smile Assistants. It utilizes the Community Salon (meeting room) and is a regular opportunity for building residents and community members to get together.

With cooperation from a social welfare council (Nagominoie Kuwagawa), an instructor in frailty prevention exercises who is active in Edogawa City comes twice a month (second and fourth Thursdays) to conduct stretching and mental training exercises.



At the reception desk, a participation stamp is added to the participants' health training calendar.

Description of activity

The activity includes exercises using chairs to develop the torso, moving the eyes according to movement of the fingertip, and training that requires some mental effort such as counting while moving the left and right fingers in different patterns. With breaks for rest and drinking fluids, everyone can engage at their own pace. The smiling expressions of the participants resulting from feelings of achievement were particularly impressive.



*This article is based on information collected on September 15, 2022.

JKK is working to increase opportunities for residents and community members to get together.



[Official] JKK Tokyo (Tokyo Metropolitan Housing Supply Corporation)

@JKKTOKYO_info

Providing the latest housing management information, and information about campaigns and events.



Make Use of the Community Salon

The community salon (meeting room) in your building is a shared facility that is available for use by residents and others.

In addition to use for club hobby activities and local council meetings, it can also be used as a rest and recreation space for families with children or households with elderly residents, remote working, and other purposes. Please feel free to use it.

Making a reservation

An application can be submitted to the management office starting from one month before the date of use. (When the salon will be used only by minors, the reservation must be made by a parent or guardian.)



JKK Smile Assistants will help with creating opportunities for community activities.

JKK Smile Assistants are working to create opportunities for launching resident community activities, such as planning events for resident participation in cooperation with local governments or other organizations, and encouraging communication based on shared interests or special skills.



Persons who want to do something different at their usual gatherings should please make use of the exercise and craft videos created by the JKK Smile Assistants. The videos are available on YouTube!



<https://www.to-kousya.or.jp/nyukyosha/kousya/smile-assistant.html>

Precautions About Elevators During an Earthquake

Do not use elevators during an earthquake.

An elevator is equipped with earthquake sensors, and when it detects an earthquake it will stop at the nearest floor, open the doors and turn off the lights to encourage people to get out. The doors will then automatically close after a certain length of time (15 – 20 seconds), but they can be opened again by pressing the [Open] button.

Depending on the size of the earthquake, the elevators may resume service after being inoperative for a time. However do not attempt to evacuate using an elevator when there is the possibility of an earthquake or aftershocks.



What to do if you are trapped in an elevator during an earthquake...

Press and hold the emergency call button in the elevator **for around 5 seconds or longer** to connect to and speak with the elevator maintenance company, management office, or intercom located in the first floor elevator hall.

Never attempt to pry open the doors. There is the risk of falling into the elevator shaft.



If an earthquake occurs when a supervisor is not on-site, please check whether there is anyone trapped in the elevator.

1. Use the intercom to check whether there is anyone trapped in the elevator.

When there is an intercom at the 1st floor landing, use it to call the elevator and check whether anyone is trapped inside.

2. Check whether anyone is trapped inside from the floor where the elevator stopped.

(1) Check the floor where the elevator is stopped from the indicator lamps and use the security window to look in and see if anyone is inside.

If you find that someone is trapped inside the elevator at the floor where the elevator stopped, tell the person to try pressing the [Open] button to open the doors. If the doors do not open, contact the elevator maintenance company.

(2) If the floor indicator is not functioning, it is not possible to determine which floor the elevator is at. Go to each floor and call out towards the elevator.

If there is a user trapped inside, contact the elevator maintenance company.



Elevator return to service after an earthquake

When an earthquake of seismic intensity 4 or higher occurred, the elevator maintenance company will attempt to first return one elevator to service in each building to ensure the minimum necessary path of vertical movement. (This reduces the time required by around 30% compared to restoring service in all elevators.) At this time, the top priority is rescuing persons who are trapped and returning an elevator to service in buildings used by sick and other infirm persons, buildings of a highly public nature, and high-rise apartment buildings around 60 m (20 stories) or taller.

Therefore please understand that in buildings less than 60 m tall (19 stories or less) or where there are multiple elevators, time will be required before all elevators can be returned to service.

When an earthquake of seismic intensity 4 or higher occurred, the elevator maintenance company will come and restore the elevators to service in sequence even without being called.



Repairs for Long-term Residents

(Handling of repairs to tatami mats, sliding doors, paint, and wallpaper)

The cost sharing categories were changed on September 2, 2019. Repairs to tatami mats, sliding doors, paint, and wallpaper (hereafter referred to as the “4 Repair Items”) will be provided starting with residents who have been living continually in the apartment for the longest time.

* For details of the cost sharing categories which were changed on September 2, 2019, please see “List of Cost Sharing Categories for Repairs and Other Expenses” on the homepage.



Current subject residents

Residents who have resided continually in the same apartment for more than 40 years as of September 30, 2022

(Residents living in apartments where the contract was concluded by September 30, 1982)

The *Notification of Request for Repairs* form will be sent to subject residents starting from late January 2023. Please be patient.

* Notification will not be sent again to persons who received notification in the last fiscal year, however they still may request repairs.

* Persons living in buildings where notification about relocation due to renovations has been started and buildings where such notification will start in the near future (Akatsutsumi Jutaku, some buildings in Soshigaya Jutaku, and some buildings in Okura Jutaku) are not able to submit requests at this time. However emergency repairs will be provided. Please contact JKK.

Requesting repairs

For the request procedure and repair details, please see the *Notification of Request for Repairs* form that will be sent to eligible residents.

- If you have been in continuous residence for more than 40 years and would like to request repairs of the 4 Repair Items, please be aware that repairs cannot be provided at JKK expense when any of the following circumstances applies.

Item	Items that cannot be repaired at JKK expense (The resident is required to pay for the repairs.)
① Replacement of tatami mats	<ul style="list-style-type: none"> ■ Wear or discoloration of tatami surfaces or edges ■ Corrosion caused by spilt water ■ Burn holes caused by cigarettes or other reason ■ Indentations caused by heavy objects such as pianos ■ Occurrence of mites
② Replacement of paper or other sliding doors (frames and edges)	<ul style="list-style-type: none"> ■ Warpage or damage that does not interfere with opening and closing ■ Dirt or damage to the sliding door paper ■ Discoloration of sliding door paper caused by sunlight or other reason
③ Partial repainting of walls, ceilings, or furniture	<ul style="list-style-type: none"> ■ Peeling (of walls or ceiling) which does not affect the base material in a room or kitchen other than the bathroom ■ Fouling caused by mold
④ Partial replacement of vinyl wallpaper on walls or ceilings	<ul style="list-style-type: none"> ■ Partial peeling that does not affect the base material ■ Discoloration caused by sunlight or other reason ■ Fouling caused by mold

* For reasons of paper space, please check the details in the *Notification of Request for Repairs* form that will be sent to eligible residents.

* When repairs and other work requires moving furniture, the expenses for this movement work shall be borne by the resident.

Protect Children from Accidents!

With the arrival of the winter holidays, there will be more opportunities for children to play on housing grounds and in parks. Make sure that children use the play equipment in parks correctly and safely while playing to avoid injury. Be careful so that children do not play in areas on housing grounds that are difficult to see, in parking area, in elevators, or in similar places.

In recent years, there have been accidents in which children use nearby items in balconies, hallways, stairway landings, and other places as a step and then fall off. Playing in such places is very dangerous. Do not place items which children can use as a step in places where there is the danger of falling.

The small acts of everyone calling out to and giving thought to children can be a powerful force that protects them from accidents. Let's all strive so that children can play safely.

Request Concerning Setting-Out of Oversize Trash

There have been cases when residents set out oversize garbage at the garbage collection station on the residence grounds. You must apply in advance to the municipality where you live in order to set out oversize garbage. Oversize garbage which is set out without an application will not be collected and will inconvenience other residents.

Be sure to follow the rules of your municipality and apply before disposing of oversize garbage.



Be aware!

Air conditioners, televisions (CRT, LCD, plasma), refrigerators and freezers, washing machines, and clothes dryers are appliances that must be recycled under the Home Appliance Recycling Act. They cannot be set out as oversize trash.

Start of the “Tokyo Partnership Oath System”

For purposes including improving understanding of diverse sexuality and reducing problems in everyday living faced by LGBT and other people living as partners, the Tokyo Metropolitan Government began the Tokyo Partnership Oath System in November 2022.



About the Tokyo Partnership Oath System

This system provides proof (by providing a certificate of receipt) that the Metropolitan Government received an oath/notification from two persons in a partnership relationship. While 16 municipalities (*) in Tokyo have already introduced similar systems, the Tokyo Metropolitan Government is the first local government in Japan to allow this process from notification to certificate delivery to be carried out entirely online. It is working so that this certificate can be utilized in a variety of areas where such partners face difficulties in everyday living.

(*: As of October 2022)

Subject persons

Two persons who satisfy all of the following requirements

- The two persons have declared an oath that they are in a partnership relationship.
- The two persons are legal adults and do not have another spouse (including common law marriages) or another partner, and are not relatives.
- One of the two persons lives in Tokyo (including persons who are planning to move there within 3 months), or works or studies there.

Partnership relationships

This describes the relationship between two persons, one or both of whom is/are a sexual minority (LGBT or other), and who respect each other's rights as a life partner and continually cooperate in everyday living.

◎ **Inquiries regarding the Tokyo Partnership Oath System should be directed to the Planning Section, General Affairs Bureau, Human Rights Division of the Tokyo Metropolitan Government.**

☎ **03-5388-2337**

See here for details (Human Rights Division HP) ▶



The partnership certificate can be used in procedures for JKK housing.

At JKK housing, the Tokyo Partnership Oath System certificate or other partnership system certificate issued by a different local government can be used for cohabitation and name change procedures.

• Cohabitation

When a person who is in a partnership relationship with the renter, or who is a blood relative of the renter up to the third degree, lives together with the renter

• Name change

When the renter name is changed to a person who is in a partnership relationship with the renter, or who is a blood relative of the renter up to the third degree

◎ **Inquiries regarding JKK housing cohabitation and name change procedures**

JKK Tokyo Customer Center ☎ 0570-03-0031

***Persons unable use Navi Dial (0570 service), and persons using a mobile phone free-call ordiscount service: ☎ 03-6279-2963**

Notice from the Tokyo Metropolitan Government

Something that Concerns Everyone

December 10 is Human Rights Day and the period from December 4 to December 10 is Human Rights Week.

December 4 to December 10 is Human Rights Week. The understanding that respect for human rights is a foundation of peace is shared worldwide, and it is said that “there is no peace without human rights.”

“Human rights” are described as “the right of all person to life, liberty, and the pursuit of happiness” or “the right of a person to live as a human being granted to every person who is born.” However even now there are problems resulting from neglect of other persons’ human rights, including discriminating statements, bullying and abuse, and stalking.

It is important that we construct a society where everyone shows consideration for one another and respects human rights so that everyone can live happily.

Information about the Tokyo Metropolitan Human Rights Plaza

The Tokyo Metropolitan Human Rights Plaza is a facility for educating people about human rights that was established by the Tokyo Metropolitan Government. It includes an exhibit of the Paralympic Mural, which is a legacy of the Tokyo 2020 Olympic and Paralympic Games, a zone where people can experience various barriers experienced by the elderly, disabled persons, pregnant women, and others, a library, and other features that allow people to experience, communicate, become aware of, understand, and create and discover human rights. Please visit it and learn about human rights.



Location: 1F/2F Shiba 256 Square Building,
2-5-6 Shiba, Minato-ku, Tokyo
TEL: 03-6722-0123
HP: <https://www.tokyo-hrp.jp/>
Open hours: 9:30 – 17:30
Closed: Sundays, year-end and
New Year holidays

* When visiting, please cooperate with measures to prevent COVID-19 infections.

December 10 – 16 is North Korea Human Rights Abuses Awareness Week. There are many abductees and designated missing persons with connections to Tokyo.

In addition to abductees recognized by the government, there are many persons such as designated missing persons for whom the possibility of abduction cannot be excluded. These include many persons who live in Tokyo or disappeared from Tokyo, and there are at least 50 persons whose whereabouts are currently unknown.

We hope that every person will lend their voices to and support a resolution of the abduction problem so that all abductees can return to their home countries as soon as possible.

- “Abductee Rescue Movement” online photo exhibition
December 5 (Monday) – 28 (Wednesday)
- Tokyo Metropolitan Government offices blue ribbon illumination & blue ribbon flags
December 10 (Saturday) – 28 (Wednesday)

The Tokyo Metropolitan Government No. 1 Building will be illuminated in blue, and blue ribbon flags will be placed along Chuo-dori Street in front of the offices. Human Rights Policy Promotion Section, Human Rights Division, Bureau of General Affairs, Tokyo Metropolitan Government: 03-5388-2588 (direct line)

Human Rights Division homepage



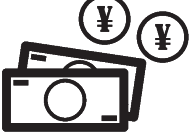
Jinken no Tobira Search

Human Rights Division Twitter



Use convenient bank transfers for payment of rent and other expenses.

Bank transfers can now also be registered for **Shinsei Bank** and **AEON Bank**. Residents who have not yet registered for bank transfers should please take this opportunity to consider using bank transfers. Bank transfers will start around 2 months after submitting the bank transfer request form to the financial institution.

Bank transfer procedure	① Complete the form. 	② Submit it to the bank. 	③ Notification arrives. <small>*Beginning of the month when transfers start</small> 	④ Bank transfers start. <small>*Withdrawal for each month occurs on the 7th of that month.</small> 
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* The bank transfer request form is available at the management office and area offices. If you wish to have one mailed to you, please contact the Customer Center.

For the financial institutions where this service is available and the required procedures, please call or check the homepage



Contact JKK Tokyo Customer Center telephone number ① below.

HP address <https://www.to-kousya.or.jp/>



← Scan the QR code to view a page related to bank transfers.

JKK Tokyo Customer Center Telephone Numbers

★ Persons wishing to contact an area office should also use this telephone number.

Reception hours 9:00 AM – 6:00 PM (Closed on Saturdays, Sundays, national holidays and during the year-end and New Year holidays)

<p>① Consultations regarding procedures, payment of rent, or living conditions</p> <ul style="list-style-type: none"> ● Navi Dial  0570-03-0031 <small>ナビダイヤル®</small> ● For persons unable use Navi Dial (0570 service), and persons using a mobile phone free-call or discount service:  03-6279-2962  	<p>② Requests or inquiries regarding repairs Emergency calls regarding water leakage and other emergency repairs, accidents, fires, or the safety of residents may be made 24 hours a day, 365 days a year.</p> <ul style="list-style-type: none"> ● Navi Dial  0570-03-0032 <small>ナビダイヤル®</small> ● For persons unable use Navi Dial (0570 service), and persons using a mobile phone free-call or discount service:  03-6279-2963 
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Navi Dial → Calls to Navi Dial (0570 service) from a landline phone will be charged the local call rate (excluding public phones and PHS). When calling Navi Dial (0570 service) from a mobile phone, the free-call or discount services offered by the telecommunications company do not apply.

* **If the matter is not urgent, please avoid calling between 9:00 am and 10:00 am on Mondays or the day following a holiday**, as phone lines are always very busy at these times.



▶ See here for frequently asked questions concerning procedures and other matters.

