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Three basics for a "new lifestyle"

① Maintain physical distance. ② Wear a mask.

③ Wash your hands and avoid the "Three C's" (Closed spaces, Crowded places, Close-contact settings).

Follow these basic rules and take steps to prevent heat stroke even more than in normal years.



Key points in preventive actions for a "new lifestyle"!



●Wear a mask.

Wearing a mask is effective in preventing the spread of airborne droplets. However wearing a mask during hot summer weather may also increase the risk of heat stroke. When you are outdoors and can maintain a sufficient distance (2 m or more) from other people, remove your mask.

Also avoid heavy work and exercise while wearing a mask.

●Avoid the heat.

Use air conditioners and fans effectively in order to control the indoor temperature. However even when using air conditioning, make sure to use ventilation fans and windows to ensure the necessary ventilation for preventing infection.

●Daily health management

Check your body temperature and health daily. Knowing your normal body temperature will help you detect changes in your body condition.

When you do not feel well, rest at home and avoid exerting yourself.

●Fluid replenishment

Drink water before you become thirsty.

When you sweat large amounts during exercise or work, do not forget to intake some salt also.

In the following cases, do not hesitate to call an ambulance!

- You feel that you may be losing consciousness.
- You are unable to ingest fluids on your own.

* Elderly persons, children, and persons with disabilities are especially susceptible to heat stroke. Please use extra caution!
Nearby persons should also actively offer help.



Prevent Frailty!

What is the secret to preventing frailty?

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

It is said that one in 10 elderly persons living in your area is classified as “frail” , and three to four persons are in the preliminary group. Frailty is a state of mental and physical deterioration that may require nursing care. However it may be possible to prevent frailty through individual effort. Previous articles have explained the importance of nutrition (meals and oral health), physical activity and exercise, and social participation. So what are the particularly important points for preventing frailty?

In this article, we will look at the results from a study that tracked the progress of 1,136 frail elderly persons over five years in order to find the answer. In this study, one out of every two frail elderly persons deteriorated to the point of requiring nursing care during the five years, however one to two of them were able to recover. Although also affected by age and illness, it was discovered that persons who were engaged with society or in agricultural work, and who engaged in some kind of intellectual activity each day, were more likely to improve. Possibilities include reading books or newspapers, playing games (such as go, shogi, or mahjong), and viewing art. What is important is increasing the opportunities to use your mind during your everyday life, such as housework and shopping. So called “while activities” which involve engaging in intellectual activity and physical movement at the same time are thought to be effective. Examples include “thinking about the meal menu while walking” and “stepping with your feet while watching television”. Small improvements in your everyday living may help to prevent or reverse frailty. Please consider starting them today.



Recommendation from a nutritionist

Preventing Frailty Through Meals

Here we will introduce an **amazake soy milk drink** that is recommended for times when you lose your appetite due to the summer heat and humidity.

People think of amazake as a wintertime drink, however a record from the late Edo period states, “when summer arrives, amazake sellers appear around the city”. Amazake was consumed as a nutritional drink even in times long ago when people’s diets were limited.

Amazake made from saké lees contains a very small amount of alcohol, however non-alcohol amazake made from rice malt is also available. Persons who are particularly sensitive to even small amounts of alcohol should be sure to check the product information. Saké lees and rice malt are fermented foods, and fermented foods which contain ample amounts of lactic acid bacteria are recommended for persons who are concerned about their intestinal health.

<Ingredients>

Soy milk (unprocessed) 100ml
Amazake (commercially available product)
 60ml
Ice or mint leaves (if desired) Suitable amount

* If you do not like soy milk, you can also make a delicious drink using regular milk.

- **Calories: 90 kcal**
- **Fat: 2.2 g**
- **Salt equivalent: 0.1 g**
- **Protein: 4.4 g**
- **Carbohydrates: 13.3 g**
- **Dietary fibers: 0.4 g**

* Nutritional values vary depending on the soy milk and amazake products.

★ Recommended daily allowance of protein

Age 65 – 74: Men 60 g, women 50 g

<Reference> Ministry of Health, Labour and Welfare: *Dietary Reference Intakes for Japanese (2020 version)*
 Ministry of Education, Culture, Sports, Science, and Technology: *Standard Tables of Food Composition in Japan 2020 (8th Ed.)*

<How to make>

- ① **Put ice in the glass and pour in the soy milk. If you do not like cold beverages, you can leave out the ice.**
- ② **Pour in the amazake and stir with a muddler.**
- ③ **Garnish with mint leaves if desired, and your drink is ready!**

* Consuming this drink will not cure an illness or improve your health conditions.

* If your doctor has given you instructions for restricting your diet, limiting fluid consumption, or limiting salt consumption, follow those instructions when consuming.



Although in general, you should get protein, vitamins, minerals, and other essential nutrients from meals, some people may suffer loss of appetite during the hot summertime and have difficulty in consuming the nutrition they want. Because this amazake soy milk drink is made using soybean products, it can be a between-meal supplemental source of the protein necessary for maintaining muscle.

[Official channel] Videos explaining how to make this amazake soy milk drink and exercises you can do at home are available on the JKK Tokyo YouTube channel.



Be Prepared for a Typhoon!

If you have placed personal items on the balcony, they may be knocked over by strong winds and damage the window glass. Bring such items inside before a typhoon approaches.

If the drain on the balcony becomes clogged, water will not drain out of it. Remove any debris from the drain regularly.

So that rain does not enter from the window sash, use cloths, plastic, or other means to keep water out.

<https://www.to-kousya.or.jp/nyukyosha/saigai/taifu.html>
Information about preparing for disasters is available on the JKK Tokyo homepage.



Eliminating **Mosquitoes** for a Comfortable Summer!



The arrival of summer signals the start of mosquito season. There are concerns about mosquito-borne diseases occurring in the areas where we live.

It is important to take steps to prevent the occurrence of mosquitoes on an everyday basis.

Eliminate stagnant water.

Clean drains and similar locations carefully to prevent the occurrence of mosquito larvae.



Reduce the amount of exposed skin.

When outside, wear long-sleeved shirts and long pants to reduce the amount of exposed skin.



Use mosquito repellent.

Insect repellent and similar products are chemicals which you apply to your skin and other places in order to prevent mosquitoes from sucking your blood. Be sure to observe all precautions when using them.



Using Shared Hallways, Stairways, and Balconies

1 Do not place objects in shared hallways or stairways.

Shared hallways and stairways are important evacuation routes. If baggage, bicycles, or other objects are placed in them, they will not only make everyday passage difficult, but may also interfere with evacuation in the event of a fire or other emergency.

2 Do not place any objects that will interfere with opening and closing the fire doors.

If an object is placed in front of a fire door, the fire door may fail to function, allowing a fire to spread. Never place items in front of the fire doors. If there is an object in front of a fire door, remove it.

3 Do not place objects close to the balcony separator panels or similar places.

The balcony separator panels and evacuation hatches to lower floors are installed as evacuation exits in case of a fire or other disaster. Do not place objects close to these places, as they may interfere with evacuation.

4 When drying futons, laundry, or other items on the balcony, be careful that they do not fall.

When drying futons, laundry, or other items on the inside of the balcony, fasten them securely so that they are not blown away by the wind.

Also do not place items on or lean them against the balcony rails. There is the risk of these items falling.

5 Do not pour water onto the balcony.

The balcony floor is not fully waterproof. If water is poured onto the floor, the water may leak down to the lower floors.

Also if the drain becomes blocked by mud or debris, rainwater may accumulate. Please clean the drain regularly.

6 Do not smoke on the balcony.

When a person smokes on a balcony, or in a shared hallway or stairway, the smell will spread. This can inconvenience people in the surrounding area and cause passive smoking.

In addition, failure to fully extinguish cigarettes is extremely dangerous and may cause laundry, futons, or other items to catch fire.



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.)



Wi-Fi systems and remote working booths are installed in some buildings.



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>

Notice of Water Heating Equipment Replacement Work

● Apartments with water heating equipment that was installed by JKK

- Buildings that were constructed in or after 1983 were equipped with water heating equipment (water heater, bath boiler) from the start of building management. Work to replace the equipment will be performed by JKK as part of planned repairs at the time when replacement is necessary.
- Buildings constructed before 1983 did not include water heating equipment at the time when management was started. Instead, water heating equipment is installed by JKK as part of repair work when the apartment is vacant. Therefore the time when the equipment was installed varies depending on the apartment even within the same building. As a result, separate notification will be provided to the individual residents when replacement work is performed.

* This does not apply when the bathtub and bath boiler were installed by the resident.



● Apartments where the bathtub and bath boiler were installed by the resident

Residents who would like the bathtub or water heating equipment to be replaced by JKK should submit an application as shown below.

* The cost of removing the existing bathtub and bath boiler will be borne by the resident.

Application for “Bathtub and Water Heating Equipment Installation Work”

| | |
|------------------------------|--|
| Subject residences | Residences where the bathtub and bath boiler were installed by the resident |
| Rent | Rent will be increased by 4% of the rent that the resident is currently paying. However the increase is 3% in the case of a single-location (bathroom) water heater. |
| Hot water supply type | Except for some buildings, hot water is supplied from two locations (bathroom and kitchen). * Single-location (bathroom) water heaters are installed in Minamisuna Jutaku, buildings selected for renovation, and renovation project buildings. |

Work will be performed in sequence for those residents who are waiting for work to be performed. Please wait for a while.

Contact for more information

- Contact for information about hot water supply type and similar matters
⇒ JKK Tokyo Customer Center telephone number ② on page 12
- Contact for information about application form contents and similar matters
⇒ JKK Tokyo Customer Center telephone number ① on page 12

* Applications are available at and submitted to the management office for your building.



Precautions When Using Elevators

<Residents of buildings that include elevators>

Please observe the following precautions when using the elevators.

(Failure to observe these precautions may result in accidents or malfunctions caused by hands and fingers getting caught in closing doors.)

- ◆ **Do not touch or lean against the door.**
Also do not bang anything against the doors, or get anything caught between the doors.
* A serious accident may occur if a long rope-like item (such as a jump rope, scarf, or purse with shoulder strap) gets caught in the doors and the elevator starts moving. Please exercise particular caution.
- ◆ **Exit the elevator only after the doors have fully opened.** If you bump into the doors while they are moving, you may be come caught or the doors may malfunction.
* Take particular care when using baby strollers, trolleys, or similar items.
- ◆ **Children must be accompanied by a parent or guardian when they use the elevators.**
- ◆ **Do not jump up and down or otherwise act wildly while in the elevator.**
- ◆ **Press the buttons carefully.**
- ◆ **Be careful not to drop trash, small items or other objects into the door operating grooves.**



Connecting to the Internet



The internet services which are available vary depending on the apartment where you live.

Persons who would like to request new internet service or who want to change to a faster internet service (optical fiber) should directly contact one of the providers listed below or the preferred telecommunications provider.

The steps leading up to the start of internet service and frequently asked questions (FAQs) are listed on the JKK homepage.

▼ Go here for FAQs



| Connection type | Telecommunications provider to contact (as of August 2022) |
|----------------------------|---|
| CATV cable | Cable internet company serving your region (*1) |
| Internet (VDSL, LAN cable) | NTT East ☎0120-116-116 |
| | Sony Network Communications (NURO Hikari) ☎03-6705-5838 |
| | KDDI ☎0120-92-5000 (*2) |
| | U-NEXT (ARTERIA Networks) ☎0120-979-524 (*2) |
| Internet (optical fiber) | Contact the above or your preferred telecommunications provider. (*3) |

*1: Applications are not possible in buildings where cable television has not been installed.

*2: Applications are possible only when a line belonging to that company has already been installed in the building where you live.

*3: There are some telecommunications providers (Hikari Collaboration) which provide internet using optical fiber belonging to NTT. (Names are often "_____ Hikari" or something similar.)

For Optical Collaboration providers, the resident should contact the telecommunications provider to ask whether installation is possible.

Precautions

- For all connection types, the resident is responsible for the contract with the telecommunications provider, installation costs, service fees, and other expenses.
- JKK shall bear no responsibility of any kind for connection trouble.
- Depending on the service conditions and other factors at each building, some time may be required before service is started or it may not be possible to install the necessary line. Please contact the telecommunications provider in advance.
- For the use of wireless internet that does not require work in building shared spaces or inside apartments, please contact the service provider directly (not necessarily the telecommunications providers listed above).
- LAN cable, VDSL, and CATV cable types use shared space power supply. Internet service will not be available when the power supply is stopped due to inspection, malfunction, accident, or other reason.

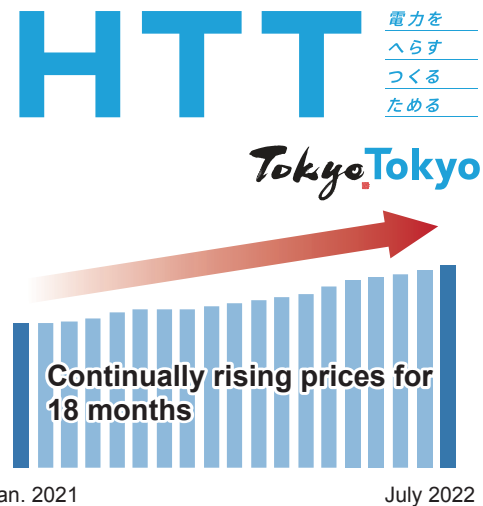
Notice from the Tokyo Bureau of Environment

Work for RCS! (R: Reduce, C: Create, S: Save)

There are concerns of pressure on electric power supply and demand in Tokyo this summer due to the situation in Ukraine and other reasons. Electricity prices are also at their highest level in five years, and may go even higher.

By working for electricity RCS (R: Reduce, C: Create, S: Save), we can not only contribute to preventing climate change, but can also help ensure the stability of the medium- and long-term energy supply.

In particular, **a key point is reducing electricity use (R) during the summer**, when electricity consumption tends to increase due to the use of air conditioning and other factors. As a family, find ways to improve your use of electricity or buy more energy-efficient appliances and **work to conserve energy in a way that is friendly both to the Earth and to the family budget!**



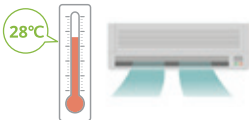
Reduce (R) electricity use.

Small improvements can have large results. Start conserving energy in your home!

① Set the thermostat to 28°C when using air conditioning.

One effective method is to direct the air from the air conditioner (when cooling) upwards and use the A/C in combination with a fan or circulator to circulate the air. Using blinds or other means to reduce sunlight in the interior also increases the cooling effects.

Approx. 1,000 yen savings



② Clean the air conditioner filter well.

Clean the filter around once every two months. Clogging reduces the flow of intake air and reduces the cooling power.

Approx. 1,000 yen savings

③ Change refrigerator operation from "High" to "Medium" during the summer

Change it to "Low" in non-summer seasons.

Approx. 2,000 yen savings



④ Turn off the toilet seat heater and warm-water washing setting during non-winter months.

Approx. 3,700 yen savings

If the toilet includes a timer or energy-saving mode functions, make use of them.

⑤ Replace appliances with ones that have high energy-saving performance.

Air conditioner: Approx. 4,700 yen savings, Refrigerator: Approx. 6,500 yen savings

The energy-saving performance of home appliances gets more advanced year by year. Replacing appliances can result in large energy savings. By changing to an air conditioner or refrigerator with high energy-saving performance, or by changing to LED lighting, you can get "Tokyo Zero Emission Points" that can be redeemed for gift certificates or other items worth up to 21,000 yen.



Tokyo Zero Emission Points Search

⑥ Change to a water-saving shower head.

Conserving water also conserves energy. Changing to a water-saving shower head can reduce your use of hot water by 20 – 30%.

⑦ Review your electricity contract amperage.

You may be able to lower the amperage when the number of members in your household decreases, or when you have changed your living behavior to reduce simultaneous power use.

Approx. 3,400 yen savings *1

*1: When changing from a 50-ampere contract to a 40-ampere contract.

The value in is the annual amount saved (approximate) for an ordinary household.

For more information about RCS, visit the "Tokyo Cool Home & Biz" official website.

Tokyo HTT (RCS)

Search



Inquiries <Electricity-saving and energy-saving measures>

Household Energy Measures Section, Ministry of the Environment ☎03-5388-3533



総務省統計局・東京都・区市町村


安心して働ける明日へ。



令和4年

10月1日

就業構造 基本調査

みなさまの就業に関する状況について現状を正しく把握し、安心して働ける社会を実現していく、国や地方の施策の基礎となる重要な調査です。
詳しくは [就業構造基本調査](https://www.stat.go.jp/data/shugyou/2022/campaign/index.html) 

調査員がうかがいましたら、ご回答をお願いします。

▲ 就業構造基本調査をよそおった詐欺(さぎ)や不審な調査にご注意ください。調査員は「調査員証」を必ず携帯しています。

どんどん増えてます!!
インターネット回答!!



かんたん
便利



令和2年国勢調査では、
約40%の方が
インターネット回答を選んでいました

Information About Various Procedures

Please complete the necessary procedures when there is a change to your family composition or other information while you reside in the apartment.

| | |
|--|--|
| Requesting a name change | Request this change when the names of the persons living in the residence changed due to death of the renter, moving out, or other reason. |
| Requesting a change of guarantor | Request this when you want to change your guarantor (using the system for guaranteeing payment of rent and other expenses). * As a result of revised civil law that took effect on April 1, 2020, a new form is now used for requesting a change of guarantor. In the future when changing the guarantor of an individual renter, we will mail you a request form that contains the "maximal amount" which is the upper limit of the guarantee. |
| Notice of change to registered information | Submit this notification when there was a change to the notification information or emergency contact information of the renter, persons living in the same residence, or guarantor. |
| Notification of change in family composition | Submit this notification when there was a change in the composition of the persons living with you due to birth, death, moving out, or other reason. |
| Requesting approval for housing modifications | Submit this request before making modifications such as installing a dishwasher, replacing a faucet in order to install a water purifier, or installing a camera-equipped intercom (including products with recording functions). |

- * Each request or notification is subject to qualification requirements and conditions. Please check with the Customer Center in advance before completing the procedure.
- * To submit the documents, either submit them directly at the management office or the area office for your area, or mail them to the area office for your area.
Verification of identity is required when submitting document, so be sure to bring ID with you when coming to the office.
- * In some cases you may have to submit other documents attached to the request or notification. At this time, please submit documents which do not contain your Individual Number (My Number). (* Your Individual Number will not be printed on a copy of your resident register unless you specifically request it.)



The following documents can be downloaded from the homepage.

- Notification of change to registered information
- Notification of change to family composition
- Request for certificate and additional copy of the contract
- Request for new cohabitant
- Notification concerning use of the adult guardianship system



▲ Download forms

We receive many questions about procedures and other matters sent to us by residents of JKK housing. These are posted in Q&A format on the homepage.



The renter had died.
What procedures do the family members living with the renter need to complete?



Can I get a certificate of housing rent?



▲ Go here for FAQs

To contact us, please call JKK Tokyo Customer Center telephone number ① on page 12.

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>  |
|--------------------------------|--|--|---|---|

* 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/>

← Read the QR code to view [How to pay rent].



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)

① Consultations regarding procedures, payment of rent, or living conditions

● Navi Dial

 **0570-03-0031**

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

☎03-6279-2962



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.**

● Navi Dial

 **0570-03-0032**

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

☎03-6279-2963



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.

