

## How to avoid heat shock



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Heat shock occurs in places with sudden change in temperature, such as the **bathroom, washroom, and toilet** in the winter, due to strain on the heart and blood vessels. Aged persons or persons with high blood pressure / diabetes, should especially be careful.

### Main prevention measures...

**Warm up the changing room and bathroom before taking a bath.**

Open the lid of the bathtub after taking a hot shower or filling the bathtub with hot water.

\*Please be careful to avoid a fire and maintain good ventilation when using a heating device, including in the washroom and toilet.

**Set the water temperature to lower than 41°C.**

Do not spend more than 10 minutes in a hot water bath.

less than 41°C



**Do not take a bath right after eating or drinking.**

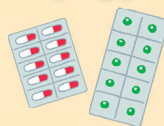
Be careful when taking a bath late at night or early in the morning when the temperature is lower.



**Drink water before and after taking a bath.**



**Avoid taking a bath after taking a tranquilizer or sleeping pills.**



**Do not attempt to stand up abruptly when taking a bath.**



# Precautions Regarding Elevators During Earthquakes

**Danger! Do not use elevators during earthquakes!**

Elevators are equipped with seismic sensors, and the doors will be opened and the lights extinguished to encourage evacuation after stopping at the nearest floor when an earthquake is detected. The doors will close automatically after a certain period of time (15 to 20 seconds), but they can be reopened by pressing the [Open] button.

Elevators will recommence operations after a certain period of time depending on the magnitude of the earthquake, but you are advised not to use them for evacuation purposes in consideration of aftershocks.



## When trapped inside an elevator during an earthquake

If the emergency call button inside the elevator is **pressed for five consecutive seconds or more**, the elevator's maintenance company, the manager's room, or the interphone in the elevator hall on the 1st floor will be contacted and you will be able to speak to them.

Never force open the doors. Failure to observe this may result in you falling into the elevator well.



## When there is no management staff during the earthquake, please check if anyone is trapped in the elevator.

### 1. Check for people trapped inside with the use of the interphone.

If there is interphone on the first floor, use it to call to the person in the elevator, and confirm if anyone is trapped inside.

### 2. Check for people trapped inside at the relevant elevator hall.

(1) Confirm the floor where the elevator is stopped by the floor number indicator, and confirm if anyone is trapped inside by looking through the security window.

Moreover, if you confirm a person is trapped in the elevator, please instruct the person to push the “Open” button to open the door. If the door does not open, please inform to the elevator maintenance and management company.



(2) If the floor number indicator is off and you do not know where the elevator is stopped, please call inside the elevator at each floor.

If anyone is trapped inside, please inform the elevator maintenance and management company.

## Restoring Elevator Operations After Earthquakes

Generally, if an earthquake measuring four or more on the Japanese scale occurs, the maintenance companies will restore only one elevator per building to ensure that the minimum number of routes up and down the building are available (this will reduce restoration time by approximately 30 percent in comparison with restoring them all). Priority will be given to rescuing people trapped in elevators, and restoration will then be carried out with priority placed on hospitals and other buildings containing vulnerable people, important public facilities and high-rise buildings 60m (20 stories) or more in height. Therefore, restoration of all elevators will require time, especially for buildings 60m and lower (19 floors or less) and residences with multiple elevators, your understanding is appreciated.

Furthermore, if an earthquake measuring four or more on the Japanese scale occurs, the elevator maintenance and management company will automatically respond in this order, even if you don't contact us.





Add  
color to  
your life

## “JKK Smile Assistants”

Here, the “JKK Smile Assistants” appointed in April 2021 by JKK Tokyo, in order to promote connection between residents, and serve as a bridge to welfare services, are introduced.

### What do “JKK Smile Assistants” do?

#### (1) Promoting in local community activities

As the COVID-19 pandemic is prolonged, the ties between people have weakened, and we have received requests to create places where people of the community can communicate. We are trying to plan resident-participation events in coordination with the welfare departments of the local government and create opportunities for exchange based on hobbies and special skills, in residences where community activities are on the decline or where there is growing momentum for new exchange activities.

#### (2) Becoming a bridge for the elderly to welfare services

An elderly person living alone without any family close by who can be relied on. The person needs support in daily life but doesn't know who to contact... A family raising a child and would like to consult about childcare issues or concerns, but doesn't know who to contact... We can be the bridge to the consultation window of the local government, as well as help with procedures, etc., to persons not familiar with the Internet.



### What have they done up to now?

- In cooperation with the Regional Comprehensive Support Center and the Council of Social Welfare, we conduct health exercises for the elderly, utilizing the community salons in public housing complexes, etc.

- We provide exercise videos on YouTube that can be easily done at home by persons who are unable to go out often due to the COVID-19 disaster.

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



- We have provided assistance in COVID-19 vaccination appointments at public housing complexes with many elderly households.

- For single elderly persons who do not have family nearby to rely on, we provide support for contract renewal procedures and act as a bridge to the local community comprehensive support center in order for the center to provide regular monitoring.

There are currently two JKK Smile Assistants who visit homes in each region in order. We look forward to your participation in future events, etc. which will be held in your residence.

## Prevent Frailty!

Is it important to maintain a higher muscle mass early, as soon as possible?

~Comparison of representative athletes of the Tokyo Olympics in 1964 and general elderly persons~

When the body and mind deteriorate, and social connections weaken, it is called frailty.

By preventing frailty, one can lengthen the time one is healthy.

Tomoki Tanaka, Institute of Gerontology, The University of Tokyo

One of the biggest factors of frailty is the weakening of muscles and loss of muscle strength (sarcopenia). To prevent sarcopenia, maintaining a high level from one's youth is important. Consequently, is increasing muscle mass and strength through training from a young age effective in preventing sarcopenia in old age?

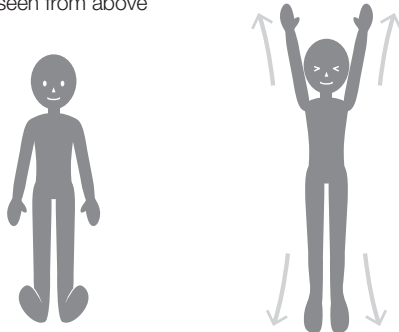
This Summer Olympics 2020 in Tokyo created a lot of excitement. In fact, a study compared muscle mass of representative athletes of the Tokyo Olympics in 1964, and general elderly persons. As a result, former Olympic athletes were shown to maintain good muscle mass even in their old age, as expected, and persons who met the classification criteria for sarcopenia were very few. Many former Olympic athletes continue to exercise after retirement and eat a healthy and well-balanced diet. It is believed that their well-developed physical functions and healthy lifestyle lead to the prevention of sarcopenia in old age. Not everyone can train like a former Olympic athlete, but maintaining physical functions as high as possible from a younger age and developing a healthy lifestyle are likely to be effective in preventing sarcopenia in old age.

Not only elderly, but anyone who is concerned about their muscle mass and strength, should start "saving muscles" today, as soon as possible.

## An easy method to maintain muscle strength at home

### Body-Stretching Exercise

When seen from above



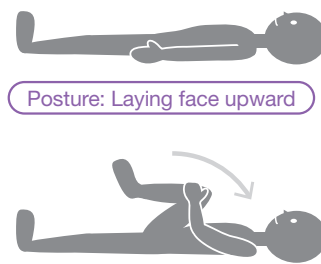
Posture: Laying face upward

Posture: Stretched out straight

- 1 Lay down facing upward
- 2 Stretch both arms above your head
- 3 Stretch out both legs straight
- 4 Stretch your entire body
  - \* Stretch gently within the scope of your own ability at first, and gradually stretch out until your body is completely straight.
- 5 Hold a comfortable posture without overdoing it
- 6 Return to 1 and repeat the exercise three to six times and finish when you are feeling the benefits

### Leg-Stretching Exercise

When seen from the side



Posture: Knee pulled up to the chest

- 1 Lay down facing upward
- 2 Hold your right knee with both hands and pull it up to your chest
- 3 Hold this position for about twenty seconds
  - \* Hold a position that does not cause pain when pulling your knee to your chest.
  - \* When pulling your right (left) knee up to your chest, make sure that your left (right) leg is stretched out straight.
- 4 Gently return your leg to its original position so that you are laying on your back
- 5 Hold your left knee with both hands and pull it up to your chest
- 6 Hold this position for about twenty seconds
- 7 Gently return to your leg to its original position so that you are laying on your back



### Precautions

- Relax and allow all tension to leave the body, and then breathe slowly. Don't hold your breath.
- Perform the exercises within the scope of your own ability, and do not stretch or bend excessively.
- Do not build up power to move too swiftly into the stretch. (\*This will adversely cause the muscles to tighten up.)
- Concentrate on the area you are stretching.
- Don't overdo it

It is important to continue with the stretches, even if only a few every day.



## Handling of repairs for customers who have lived in the unit for a long time (Tatami, fusuma, painting, and vinyl wallpaper repair services)

- Repair of tatami, fusuma, painting, and vinyl wallpaper (hereinafter referred to as “4 items such as tatami flooring”) for which classification of repair cost burden was reviewed in September 2, 2019, shall be handled in the order of those who lived in the unit for a longer time.

\*For details regarding burden classification of repair costs which were reviewed in September 2, 2019, please refer to the “classification list of burden of cost of repairs, etc.” on our website.

### Eligible Residents

Repairs shall be made for customers who have lived in the residence for more than 45 years as of September 30, 2021.

Furthermore, “notification regarding application of repair” will be sent to qualifying customers by postal mail, from around January 2022.

\*Although customers who were already notified up to last year will not be notified again, application of repair is still available.

\*Residents living in units which have already been or will soon be informed of relocation due to the reconstruction project (a part of Yoga Housing, Soshigaya Housing, and part of Okura Housing) are not eligible for this application. JKK will also respond to urgent requests for repairs and improvements, so don't hesitate to submit your application.

### Applications for repairs and improvements

Refer to the Notice of Repair and Improvement Applications sent to eligible tenants for details on application methods and the repairs and improvements involved.

- Even in cases of living in the building for more than 45 years and application for repair of “4 items such as tatami floor” has been made, expenses in the following cases are not covered by the public housing.

Item	<b>Repairs which are not covered</b> by Public Housing (Repairs to be made at your own expense)	
① Tatami Mat Replacement	<ul style="list-style-type: none"> <li>■ Peeling, torn or discolored tatami mat surfaces</li> <li>■ Rotting due to spilled water</li> <li>■ Burn holes on the tatami mat due to cigarettes, etc.</li> </ul>	<ul style="list-style-type: none"> <li>■ Depressions caused by pianos or other heavy furniture</li> <li>■ Outbreak of ticks</li> </ul>
② Sliding Door and Sliding Screen (Struts, Frame) Replacement	<ul style="list-style-type: none"> <li>■ Bent or damaged but does not interfere with opening and closing</li> <li>■ Stains and damage to fusuma or shoji paper</li> </ul>	<ul style="list-style-type: none"> <li>■ Discoloring to sliding doors and sliding screen paper caused by sunlight</li> </ul>
③ Partial Wall, Ceiling, Fixture Repainting	<ul style="list-style-type: none"> <li>■ Peeling (wallpaper) in a room other than the bathroom, kitchen (wall, ceiling) which does not affect the base materials</li> </ul>	<ul style="list-style-type: none"> <li>■ Soiling and other damage caused by mildew and mold</li> </ul>
④ Partial Replacement of Vinyl Cloth on Walls and Ceilings	<ul style="list-style-type: none"> <li>■ Peeling (wallpaper) which does not affect the base materials</li> </ul>	<ul style="list-style-type: none"> <li>■ Discoloring caused by sunlight</li> <li>■ Soiling and other damage caused by mildew and mold</li> </ul>

\*Due to space limitations, please confirm details on the “Notification regarding application for repairs,” sent to eligible customers.

\*If furniture needs to be moved in order to implement repairs and improvements, etc., the cost of this is to be paid by residents.

# プラスワン



もう一部屋お申込みいただくと、2戸目のお部屋の家賃が半額に!!

You can rent the second house as room for telework, online classes, etc., at half price. (\*)

## Targeted residence

Machidakiso Jutaku/Kiso Jutaku  
Honmachida Jutaku/Kogasaka Jutaku  
Sakaigawa Jutaku/Hirao Jutaku  
Yamato Shibanaka Jutaku  
Yamato Kamikitadai Jutaku

## Targeted unit

Rooms are available on a first-come, first-serve basis to persons satisfying either of the following two conditions.

- Rooms on 4th / 5th floor as a second contract residence.
- Rooms with an exclusive area less than 40m<sup>2</sup>.

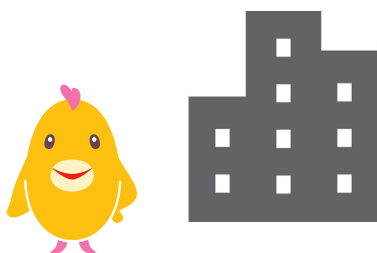
\*Rooms of a renovated unit or special deal residence are not targeted.

\*Please see the JKK website. <https://www.to-kousya.or.jp/chintai/p1/index.html>

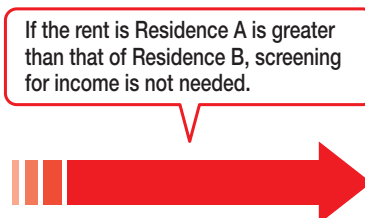
## Transferring from one JKK housing to another JKK housing has become easier

When you changing residence to JKK housing, if the amount of rent is lower than that of your current residence, a screening for income is not needed. When you need to move due to a change in household conditions or occupation, please use JKK residence!

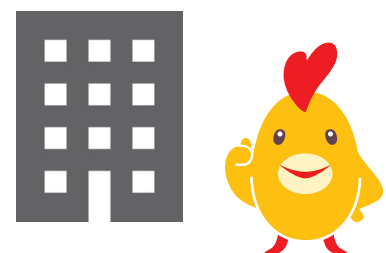
Residence A (before moving)



Residence B (after moving)



If the rent is Residence A is greater than that of Residence B, screening for income is not needed.



Application  
/Inquiry

JKK housing registration center

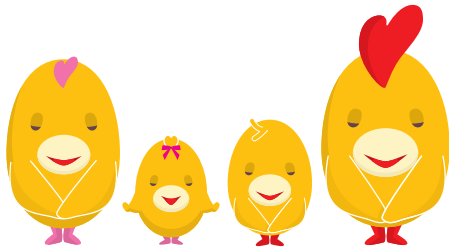
☎ 03-3409-2244 (Hours open 9:30-18:00. Closed Sundays and holidays)

# Request Regarding Disposal of Large Items of Garbage

Cases where large items of garbage have been left at the residential garbage collection point have been observed.

Disposal of large items of garbage requires prior submission of an application to the municipal office. If you put out large items of garbage without first submitting an application, they will be left uncollected and will cause a nuisance to other residents.

Please be sure to follow the rules of your municipality and submit an application before putting out large items of garbage.



## Precautions

Air conditioners, televisions (CRT, LCD, plasma), refrigerators and freezers, and washing machines and clothes dryers are subject to recycling under the Home Appliance Recycling Law and cannot be disposed of as large items of garbage.

# Use the convenient bank transfer to pay rent or other bills!



**Shinsei Bank and Aeon Bank** can now handle bank account transfers. If you have not registered for a bank account transfer, please take advantage of this opportunity to do so. A bank account transfer will take effect two months after submitting a bank account transfer application to your financial institution.

<p><b>Bank transfer procedures</b></p>	<p><b>① Fill out the form</b></p>	<p><b>② Submit it to the bank</b></p>	<p><b>③ Receive notification</b></p> <p><small>*Transfers are performed out the beginning of the month</small></p>	<p><b>④ The transfer begins</b></p> <p><small>*Withdrawals are performed on the 7th of every month</small></p>
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\*A bank transfer application form can be obtained from the management office and contact center. Contact the Customer Center if you wish to receive it by mail.

**For participating institutions and application procedures, please call or visit our website.**



**Inquiry details**

Please use Telephone No. ① of the "JKK Tokyo Customer Center" on page 10.

**Website address**

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

← Read the QR code to view "Paying Rent".



## Notification from the Tokyo Metropolitan Government

## It's not "somebody else's" problem.

December 10 is "Human Rights Day." December 4-10 is "Human Rights Week."

December 4-10 is Human Rights Week. It is said that "without human rights, there is no peace." It is universally recognized that respect for human rights is the foundation of peace.

"Human rights" are "the rights held by all people to ensure life and liberty and to pursue happiness" or "the innate right of all people to live as human beings." However, discriminatory remarks, bullying, abuse, stalking, and other problems that do not respect the human rights of others still occur today.

Building a society which each person considers others and respects human rights is important.

## Guide to the Tokyo Human Rights Plaza

Tokyo Human Rights Plaza is a base facility for education on human rights established by Tokyo Metropolitan Government. At the plaza, there is an exhibition where you can see and touch a wheelchair used in the Paralympic Games, a zone to experience various barriers experienced by the elderly, disabled, pregnant women, etc., and a library and resource room where you can "experience," "interact," "realize," "understand," and "create and invent" human rights. Please come visit and learn about human rights!



Address: 2-5-6 Shiba, Minato-ku, Tokyo  
Shiba 256 Square Building,  
1st and 2nd floors

Tel.: 03-6722-0123

website: <https://www.tokyo-hrp.jp/>

Open hours: 9:30 am-5:30pm

Closed Sundays and end of year and  
New Years holidays

\*When visiting, please cooperate with the measures to prevent the spread of COVID-19.

## December 10-16 is "North Korea Human Rights Abuses Awareness Week." There are many abduction victims and designated missing persons related to Tokyo.

In addition to abductees identified by the government, there are many other cases, such as those designated as missing persons, for whom abduction is suspected. Many of these are people who lived and became missing in Tokyo. At least 50 persons are still missing.

Let's support the efforts to resolve the abduction issue with a united voice, so that all abductees can return home as soon as possible.

### ● Blue Ribbon Light Up and Raising the Blue Ribbon Flag Friday, December 10-Tuesday, December 28.

In addition to lighting up Tokyo Metropolitan Government Building No. 1 in blue, blue ribbon flags will be raised on Tochoumae Chuo-dori (central street in front of metropolitan government) in association with "Blue Ribbon."

Human Rights Policy Promotion Division, Human Rights Department,  
Bureau of General Affairs, Tokyo Metropolitan Government 03-5388-2588 (direct line)

Human Rights website

Door to Human Rights

Search

Human rights Department Twitter



東京都 -Notification from Tokyo Metropolitan-

# “Natural Electricity Together” Campaign participants wanted!

The Tokyo Metropolitan Government is implementing the “Natural Electricity Together (Mii-den)” campaign, where people can use electricity from sustainable sources such as solar and wind power at a good rate simply by revising their electricity contracts. The more people who join, the cheaper the electricity charge.

## To parties with the Tentative Approval



7 エネルギーをみんなに  
そしてクリーンに

SDGs where you can switch  
to natural electricity at home



13 気候変動に  
具体的な対策を

Would you like to easily use natural electricity at a good price through this campaign?

Even households that cannot install solar panels can use natural electricity simply by switching their utilities contract! Please join us in countermeasures against the growing climate crisis!



ご自宅の電気を  
環境にやさしい電気に  
変えよう!

昨年2020年冬に実施したキャンペーンでは  
約6,900世帯のみなさまにご参加いただき

# 電気代が 9 %おトクに

総務省「家計調査」に基づく4人世帯の平均的な電力使用量(40A,349kwh/月)をもとに算出した場合となります。  
ご使用状況により、切り替え前の電気代から安くない場合があります。

## ◆◆◆ Outline of the “Mii-den” campaign ◆◆◆

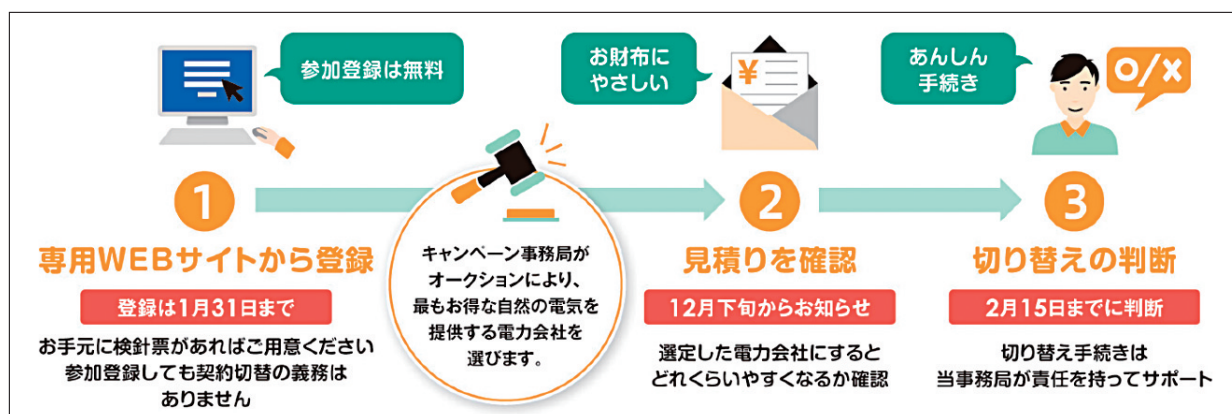
### (1) Eligible Participants

Households, shops, small business offices, etc. in the metropolitan area (corresponded to meter rate lighting B or C) are targeted

### (2) Procedures for the campaign

Please register from the designated website (use the QR code or search for “Mii-den”) before January 31, 2022.

An online orientation session is available to persons contemplating registration!



### (3) Two menus to choose from

Choose from two menu categories, recyclable energy rate “30% and higher” and “100%.” For persons choosing the 30% and higher menu, the standard price of electricity for a general household is expected to be lower.



## ◆◆◆ 2020 Winter Campaign achievements ◆◆◆

- Approximately 6,900 households are participating, and approximately 1,300 households switched to electricity from sustainable resources (total of Tokyo, Chiba, Kanagawa, and Saitama)

	30% and higher menu	100% menu
Annual electricity bill reduction rate (simulation)*	Average 9%	Average 6%
Annual electricity bill reduction amount (simulation)*	Average ▲10,000 yen	Average ▲7,000 yen

\*Estimation calculated by the campaign bureau, based on the average amount of electricity used by a family of four (40A,349kwh/month), according to survey of family income by the Ministry of Internal Affairs and Communications

### ■ Inquiries

#### Campaign bureau

(10 am -18 pm excluding Saturdays, Sundays, and holidays)

TEL 0120-267-100

TEL 0570-058-100 (Navi dial)

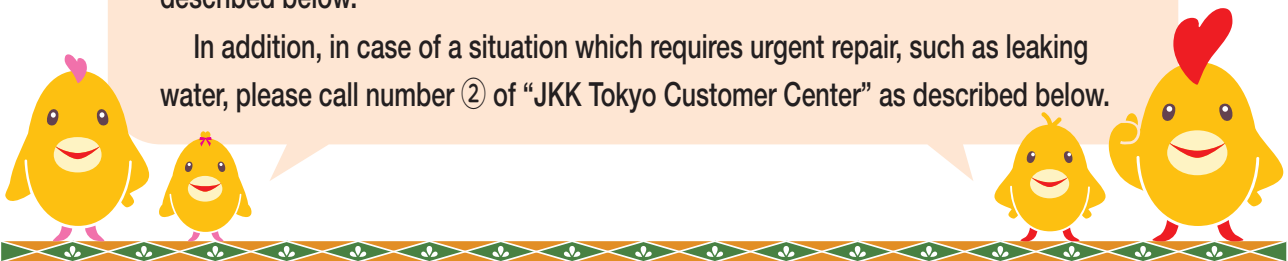


# Information on year-end and New Year holidays

- JKK's year-end and New Year holidays (closed) dates are as follows.
  - ➔ **From Wednesday, December 29, until Monday, January 3**
- Management offices year-end and New Year holidays (closed) dates are as follows.
  - ➔ **From Thursday, December 30, until Monday, January 3**

In the event an accident or fire occurring during the end of the year and New Year holiday, please call the number ② of "JKK Tokyo Customer Center" as described below.

In addition, in case of a situation which requires urgent repair, such as leaking water, please call number ② of "JKK Tokyo Customer Center" as described below.



## JKK Tokyo Customer Center telephone numbers

★ Persons wishing to contact the area office, please also use this telephone number.

Reception hours **9:00 a.m. - 6:00 p.m.**

(Closed Saturday, Sunday, national holidays, end of year and New Year holidays)

### ① Consultation regarding various procedures, payment of rent, living conditions

● Navi-Dial

 **0570-03-0031**

● Residents who are unable to use Navi-Dial and residents using free cell phone call services and discount services


**☎ 03-6279-2962**



### ② Application for repairs and inquiries

Emergency contact regarding urgent repairs and improvements for water leaks, etc., accidents, fire, and the safety of residents available **24-hours a day, 365-days a year**

● Navi-Dial

 **0570-03-0032**

● Residents who are unable to use Navi-Dial and residents using free cell phone call services and discount services

**☎ 03-6279-2963**



Using Navi-Dial

Calls can be made at local call rates from a fixed landline telephone (excluding public telephones and PHS). When making a call from a mobile phone, any free dial or discount services by the phone company will not apply.

**Phone lines are always very busy between 9:00 am and 10:00 am Monday mornings and the day after a holiday.**

If it is not an urgent matter, please avoid calling at these times.



← Website

For public housing residents