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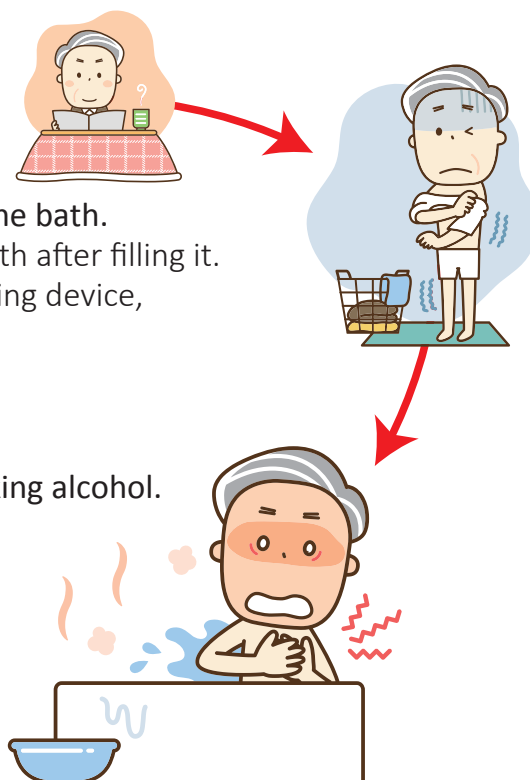
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# Preventing Heat Shock

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.





# Guard Against Frailty!

**The most important point for preventing frailty! Reconsider your connections to society.**

Written by: Tomoki Tanaka, Institute of Gerontology, University of Tokyo

## 1. The importance of maintaining connections with society

The coronavirus has turned our lives upside down. In particular, there are many people whose connections to society have weakened. In previous issues, I explained key points for preventing frailty through exercise, diet, and oral health. This time, I would like to introduce the most important point for preventing frailty: the importance of preventing social frailty.

In addition to a deterioration of physical functions, one major cause of progressing frailty is a decline in social functions. Although sociability is extremely diverse, some points that require attention for preventing frailty include the following. *Is your lifestyle not too narrow and has the frequency of leaving your home decreased? Are you communicating less with friends and family (loss of connections)? Is there nobody who will support you when you are in need (loss of social support)? Is your living environment not unhealthy (poor access to hospitals, restaurants, and shops) or economically strained?*

When these conditions overlap, a person can become socially frail. Our research data (illustration) shows that this increases the risk that a healthy elderly person will deteriorate physically and mentally to the point where he or she requires nursing care within 5 years by 360%. The risk is higher among persons already susceptible to frailty in their mental and physical functions.

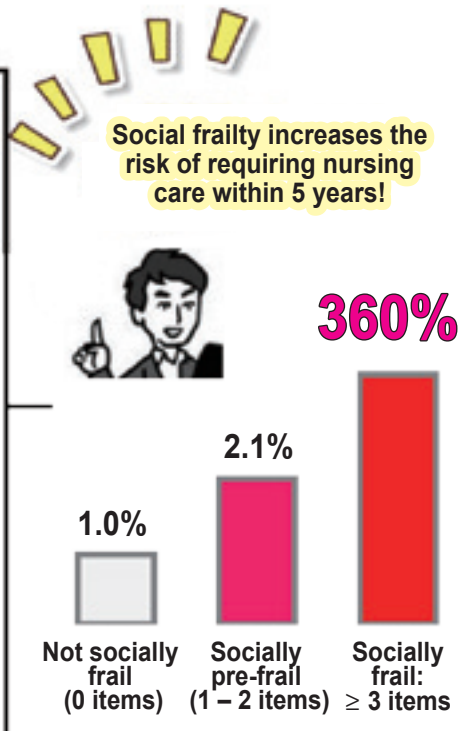
**Risk of elderly persons requiring nursing care is 360% higher among the socially frail!**

### Be careful of the following signs and circumstances!

**Lifestyle is too narrow and frequency of leaving the home has decreased.**  
 (1) Lifestyle is narrow and rarely leave the home for any particular purpose.  
 Not going into town at least once a week  
 (2) Frequency of leaving the home has decreased.  
 Leaving the home less frequently than six months ago

**Communicating less with family and friends**  
 (3) Communication with friends  
 Not sharing a meal with friends at least once a month  
 (4) Communication with family, eating alone  
 Eating 3 meals a day by yourself

**Lack of support and an inconvenient environment**  
 (5) Human support  
 No family or friends to ask for help  
 (6) Accessibility to general resources  
 Difficulties in buying food for oneself or family  
 (7) Economic difficulties  
 Annual income < 1.4 million yen (female household income < 1.2 million yen)



Tomoki Tanaka et al (Institute of Gerontology, University of Tokyo)

Illustration: Increased risk of requiring nursing care among the socially frail

## 2. Key points for preventing social frailty

The first step toward preventing social frailty is to understand your own conditions. Check whether the conditions listed in the illustration apply to you. However there are a variety of reasons why these conditions may exist. Some persons find it difficult to leave the home due to health problems, and some persons may feel highly isolated even in a group. However simply being part of a group can provide good effects in terms of preventing frailty. First you should actively create opportunities for interacting directly with family and friends who you can trust. If you have an elderly member of your family, inviting him or her for a meal may be good. Nowadays it is also important to make use of devices such as telephones and email.

Even amidst the coronavirus pandemic, persons who maintain their connections, and support and encourage one other, can stop the progress of frailty even when people are asked to stay at home. Please think about what you can do to add some color to everyday life and prevent yourself or someone else from becoming isolated.

# Be Ready for Simultaneous Influenza and Coronavirus Risks

This winter, it is predicted that there will be simultaneous spread of both influenza and coronavirus. Both viruses are spread by “airborne droplet infection” occurring when a person inhales virus contained in droplets ejected by an infected person through coughing or other acts, and by “contact infection” occurring when virus on a hand contacts the mouth or nose. Please take all possible steps to prevent infection.



## 3 basics of preventing virus infection



### (1) Social distancing   (2) Mask wearing   (3) Hand washing

#### (1) Avoiding the three C's

- Closed spaces with poor ventilation
- Crowded places
- Close-contact settings such as conversation at close distances



#### (2) Wearing a mask correctly

- The mask should cover the nose and mouth.
- Adjust the mask so it fits properly.



#### (3) Five times when you should wash your hands

- When returning home from a public place
- After you coughed, sneezed, or blew your nose
- When eating meals (before and after)
- When caring for someone who is sick
- After touching something outside the home



## ⚡ Precautions About Elevators During an Earthquake ⚡

### Do not use elevators during an earthquake! (Danger)

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.

Using an elevator can result in dangers including unexpected injury and being trapped in the elevator due to loss of electrical power. Depending on the scale of the disaster, it may be several hours before anyone can rescue you.

Because there is also the danger of secondary disasters, use the emergency stairs when evacuating.



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

Press and hold the intercom (emergency call) button in the elevator for around 5 seconds or longer to connect to and speak with the elevator maintenance company or other responder.

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. Got to each floor and call out towards the elevator.

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

\* After contacting the elevator maintenance company, please cooperate by posting a “Elevator Out of Service – Request for repairs has been made” sign on the 1F elevator doors.



## Elevator return to service after an earthquake

When an earthquake of seismic intensity 4 or higher affected the entire Tokyo Metropolitan Area and the approximately 160,000 elevators in the area are all stopped, 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 in buildings where there are multiple elevators, time will be required before all elevators can be returned to service. If the elevators have been damaged, then considerable time may be required before they can be used again.

# 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.

In FY 2020, repairs will be provided for residents who have lived continually in the apartment for more than 48 years.

## Subject residents

Notice from JKK will be sent to persons who have resided continually in the same apartment for more than 48 years as of September 30, 2020. Notification will be by means of the Notification of Request for Repairs form that will be sent by mail.

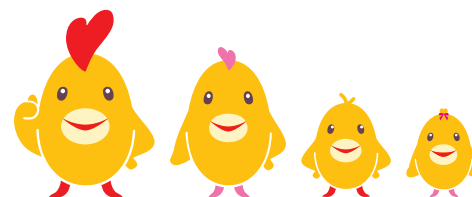
\* Notification will not be sent again to persons who received notification in the last fiscal year, however they still may request repairs.

\* 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 (buildings in Ishikawa-cho, Tsurumaki, and Yoga, and some buildings in Okura) are not able to submit requests at this time.

However emergency repairs will be provided. Please contact JKK.

## Timing of notification to subject residents

Notification will be provided in sequence from December 2020 to January 2021.



## Requesting repairs

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

- If you have been in continuous residence for more than 48 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 <b>cannot be repaired</b> at JKK expense (The resident is required to pay for the repairs.)
(1) Replacement of tatami mats	<ul style="list-style-type: none"> <li>■ Wear or discoloration of tatami surfaces or edges</li> <li>■ Corrosion caused by spilt water</li> <li>■ Burn holes caused by cigarettes or other reason</li> <li>■ Indentations caused by heavy objects such as pianos</li> <li>■ Occurrence of mites</li> </ul>
(2) Replacement of paper or other sliding doors (frames and edges)	<ul style="list-style-type: none"> <li>■ Warpage or damage that does not interfere with opening and closing</li> <li>■ Dirt or damage to the sliding door paper</li> <li>■ Discoloration of sliding door paper caused by sunlight or other reason</li> </ul>
(3) Partial repainting of walls, ceilings, or furniture	<ul style="list-style-type: none"> <li>■ Peeling (of walls or ceiling) which does not affect the base material in a room or kitchen other than the bathroom</li> <li>■ Fouling caused by mold</li> </ul>
(4) Partial replacement of vinyl wallpaper on walls or ceilings	<ul style="list-style-type: none"> <li>■ Partial peeling that does not affect the base material</li> <li>■ Discoloration caused by sunlight or other reason</li> <li>■ Fouling caused by mold</li> </ul>

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

# 「誰か」のこと じゃない。

12月10日は「人権デー」、12月4日から10日までは「人権週間」です。

12月4日～12月10日は人権週間です。「人権のないところに平和は存在しない」と言われ、人権の尊重が平和の基礎であるとの認識が世界共通となっています。

「人権」とは、「全ての人々が生命と自由を確保し、それぞれの幸福を追求する権利」あるいは「誰もが生まれながらにもっている、人間が人間らしく生きる権利」です。しかし今でも、差別的な表現、いじめや虐待、ストーカー行為など、他者の人権を考えないような問題が起きています。

誰もが幸せに暮らせるようお互いを思いやり、人権を尊重する社会を築いていくことが大切です。

## 東京都人権プラザのご案内

東京都人権プラザは、東京都が設置した人権啓発のための施設です。パラリンピック競技用の車いす等を見て触れる展示や、高齢者、障害者、妊婦等が感じている様々なバリアの一部を体験できるゾーン、図書資料室等もあり、人権について「気づき」「理解し」「体験し」「交流する」ことができます。是非一度訪れて、人権について学んでみませんか。



**所在地:** 東京都港区芝2-5-6  
芝256スクエアビル1階・2階  
**電話:** 03-6722-0123  
**HP:** <https://www.tokyo-hrp.jp/>  
**開館時間:** 9時30分から  
17時30分まで  
**休館日:** 日曜日、年末年始

※ご来館に当たりましては、新型コロナウイルス感染症の感染拡大防止策にご協力いただきますようお願いいたします。

## 12月10日から16日までは「北朝鮮人権侵害問題啓発週間」です 東京に関連する拉致被害者・特定失踪者等も数多く存在します

政府が認定した拉致被害者のほかにも、特定失踪者など、拉致の可能性を排除できない方々が多数存在します。この中には、都内に住んでいたたり、都内で失踪した方々も数多く含まれており、50人以上の消息がいまだに掴めていません。

すべての拉致被害者の早期帰国が実現するよう、一人ひとりの声によって、拉致問題解決を後押ししていきましょう。

○「拉致被害者救出運動」写真パネル展 入場無料  
12月14日(月)～25日(金) ※18日(金)は休館日  
平日10時～21時 土日祝日10時～17時30分  
都立中央図書館4階企画展示室

○都庁ブルーリボンライトアップ  
12月10日(木)～28日(月)(予定)  
都庁第一本庁舎を「ブルーリボン」にちなんでブルーにライトアップ

※行事のお問い合わせ先 東京都総務局人権部人権施策推進課  
Tel.03-5388-2588(直通)

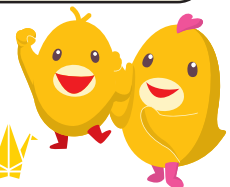


# Information About the Year End and New Year Period

- The year end and New Year's holidays at JKK are as follows.
  - ▶ December 29 (Tuesday) – January 3 (Sunday)
- The year end and New Year's holidays at the administrative offices are as follows.
  - ▶ December 30 (Wednesday) – January 3 (Sunday)

In the event of an accident or fire during the year end and New Year period, please contact the police or fire department, and also the JKK Tokyo Customer Center telephone number ② below.

In the event of water leakage or other problem that requires emergency repairs, please contact the JKK Tokyo Customer Center telephone number ② below.



## 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 are available **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**



#### Using 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 in the morning on Mondays or the day following a holiday, as phone lines are always very busy at these times.**



← Homepage  
For residents of  
JKK housing