

Is your home safe!?

**Measures to
 prevent furniture
 toppling**



Earthquakes can happen at any time!
 Check the following 4 points to
 protect your home and family.

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Prevention Points

1

Ensure safe spaces

- Do not place furniture fitted with castors nearby the entrances and exits to the room.
- Do not place furniture nearby the source of flames to prevent the outbreak of fire during earthquakes.
- Try to avoid placing furniture in bedrooms or rooms used by infants and elderly people.
- Do not place anything on top of furniture.

Prevention Points

2

Place and use furniture correctly

- Place furniture so that it does not block evacuation passage in the event of it toppling over.
- Don't place tall furniture on carpets or tatami mats.
- Store heavy items lower down to make toppling less likely.
- Position furniture to be leaning slightly back rather than forward.

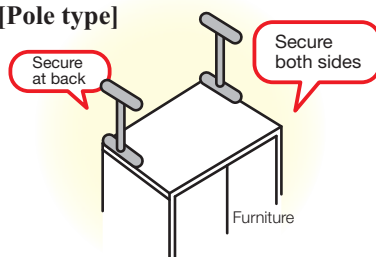
Prevention Points

3

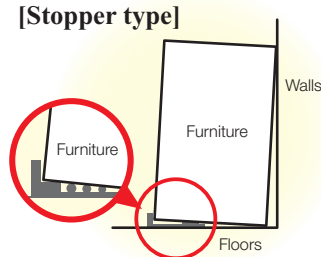
Prevent toppling of furniture & appliances

- Select fittings for securing furniture in place in accordance with the weight and shape of the furniture.
- Secure the top and bottom with at least 2 types of bracing. [Pole type & Stopper type]
- For furniture with separate top and bottom, be sure to fix them together with metal brackets. [Connection brackets]
- Don't place electrical appliances on high or unstable places.

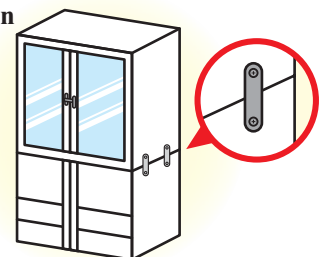
[Pole type]



[Stopper type]



[Connection brackets]



Prevention Points

4

Prevent scattering of stored objects

- Affix door stoppers to furniture with hinged doors.
- Affix shatterproof film to glass doors.
- Install fall-prevention bars and affix fall-prevention tape on shelving without doors.

Repair and Improvement Payment Categories Revised

JKK revised the repair payment categories in September last year in alignment with revisions to civic laws, revisions to the Rental Property Standard Contract Guidelines issued by the Ministry of Land, Infrastructure and Transport, and the actual conditions prevalent in rental properties.

The repair and improvement payment categories revised three times up until now are shown in the illustration. **[This edition (last edition) focuses on toilets.]**

1 Date on Which the Revisions Come into Effect

September 2 (Monday), 2019

2 Repair and Improvement Payment Categories

The residents will be obliged to cover costs in the following cases, even when they are marked as being paid by JKK.

- Soiling damage caused by the resident intentionally, through negligence or by failing to perform daily maintenance, and soiling damage, discoloration, wearing and daily maintenance (simple maintenance, screw tightening, oiling, cleaning) within a range that does not prevent the use of the residence are to be paid by the resident.
- Replacement and repair of facilities and equipment, etc., installed by the resident
- Work involved in moving furniture when necessary and the costs incurred during the implementation of repairs and improvements, etc.

Toilets (Replacing and repairing/improving heated self-cleaning toilet bowls, etc., installed by residents must be paid for by residents.)

① Toilet Bowls

- Unstable, water leaking from joints **Paid by JKK**
 - Blockages, damage **Paid by JKK**
- <To be paid by residents if the blockage was caused by large amounts of toilet paper or other items being flushed>

② Toilet Seats, Lids (Including Heated Self-Cleaning Toilet Bowls)

- Damage caused by aging **Paid by JKK***
- Heated self-cleaning toilet bowl malfunctions **Paid by JKK**
- Remote controller battery replacement **Paid by resident**

③ Water feed and drainage pipes, etc.

- Corrosion, water leaks **Paid by JKK**

④ Paper holders

- Loose, broken **Paid by resident**

⑤ Low Tank

- Cracks, unstable **Paid by JKK**

⑤ Metal fittings inside the water tank

- Cannot turn off water **Paid by JKK**
- <To be paid by residents if the defect was caused by bricks, bottles or other items being placed in the water tank>

⑥ Handrails

- Unstable, broken off **Paid by JKK**

⑦ Towel Rails

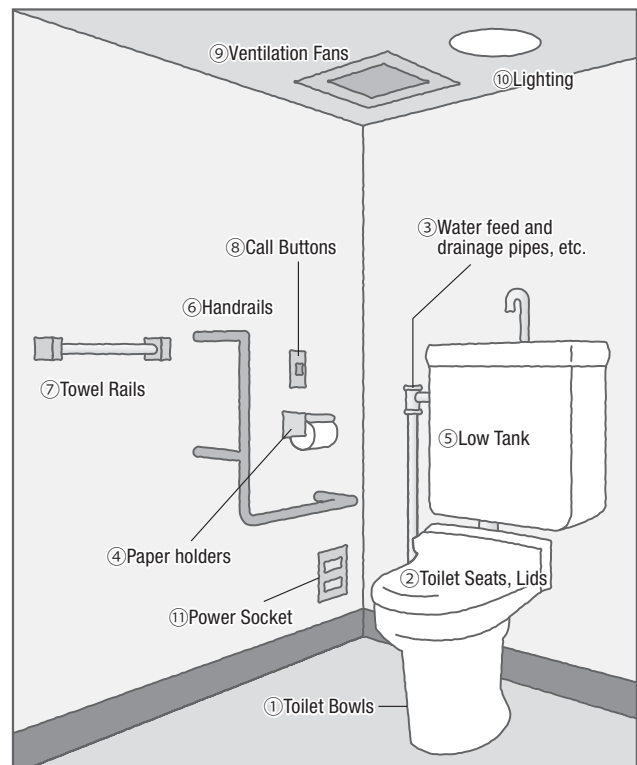
- Unstable, broken off **Paid by resident**
- <To be paid by JKK if the screw holes cannot be reused>

⑧ Call buttons

- Buzzer does not sound **Paid by JKK**

⑨ Ventilation Fans

- Doesn't work **Paid by JKK**



⑩ Lighting

- Defective lights **Paid by JKK**
 - Bulbs blown **Paid by resident**
- <Paid by JKK if integrated LED lights (for which bulbs cannot be replaced) are in use>

⑪ Power Socket

- Don't work, broken **Paid by JKK**
- Discolored due to aging **Paid by resident**

The items marked with an asterisk (*) come under the category of JKK payment since September 02, 2019.

3 Repairing and Improving Tatami Mats, Sliding Doors, Paintwork and Vynal Cloth

Because it is difficult to respond to every application for repairs and improvements when received from residents in bulk, the subsequent set of repairs and improvements will be carried out systematically from households that have been in residence for the longest periods.

Tatami Mat Replacement	Rotting and warping, etc.
Sliding Door (Slat, Frame) Replacement	Damage and warping, etc., to the slats and frame owing to defective opening/closing
Partial Wall, Ceiling, Fixture Repainting	Remarkable peeling that may affect the material underneath
Partial Vinyl Cloth Replacement	Remarkable peeling that may affect the material underneath

Tenants in Continual Residence for 50 or More Years

Eligible Residents

JKK will send to residents who have been in continual residence for more than fifty years as of September 02, 2019 a Notification Regarding Applications for Repairs and Improvements by mail.

* People residing in apartments for which instructions on moving to other premises has already started and apartments for which instructions are scheduled to be issued soon due to building refurbishment work are not eligible for submitting applications for this offer. JKK will also respond to urgent requests for repairs and improvements, so don't hesitate to submit your application.

Applications for repairs and improvements

Read the notification sent to eligible residents for details on the application method and the repairs and improvements involved.

Procedures After Application Submitted

After you have submitted your application, a firm of builders will carry out a survey.

The repairs and improvements to be made will be determined once the details of the survey have been confirmed by JKK.

Note that there may be cases in which JKK is not able to cover the costs of repairs and improvements depending on the results of the survey.

Also, note that a large number of applications from residents have already been received, so it may take time before the survey and repairs and improvements can be implemented.

Tenants in Residence for Less Than 50 Years

Applications from tenants who have been in residence for less than fifty years will be dealt with sequentially from the tenants who have been in continued residence for the longest periods after decisions have been made for accepting applications from tenants who have been in residence for fifty or more years as of September 03, 2019.

Request Regarding Putting Out Large Items of Garbage for Disposal

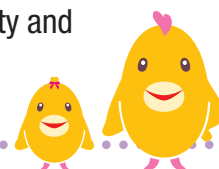


There are occasionally cases in which large items of garbage are placed in the garbage collection points within the estate.

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.



Initiatives to Revitalize the Local Community

Preventing Frailty with the Support of the Community

Kumegawa Eki Higashi Jutaku (Higashi Murayama City) “Genki Up Canteen” Dining Salon

Health exercise meetings known as “Saturday Hagiyama”, Higashi Murayama frailty prevention activities, we well as initiatives for promoting health in collaboration with a research group involved in frailty prevention for the Institute of Gerontology at the University of Tokyo, are currently being held at the Kumegawa Eki Higashi Jutaku located in Higashi Murayama City.

In this edition, we introduce the “Genki Up Canteen” Dining Salon initiatives adopted for the purpose of preventing frailty through nourishment (food).



Frailty Examination Meeting (First)

Examination Items: ① Questionnaire on daily lifestyles

Answers filled in on a check sheet.

② Physical function examination with the use of gauges

Checking the actions required for everyday life (drinking, etc.).



A large number of people took part on the day.

“Standard values have been set for each examination, but these are only for the purpose of obtaining an objective idea of the situation, and they can be used as an index for maintaining or improving your condition.” This was the explanation that was provided.

The participants alternated between joy and anxiety as they viewed the results.

Laughs, cheers and applause erupted here, there and everywhere.

“Genki Up Canteen” Dining Salon (Total of Eight Times)

Local residents attend seminars hosted by Higashi Murayama City and take part in activities centered around people appointed as both frailty supporters and dietary supporters. They listen to speeches on nourishment (food) effective in preventing frailty in everyday life given by dietary experts, and are served dishes that represent ideal menus.

During this seminar, they were provided with advice on maintaining physical health by imbibing appropriate amounts of meat, fish, tofu and other items containing protein and beneficial oils, to which all of the participants nodded in agreement.

They also experienced how meals taken together with large numbers of other people are more enjoyable than eating alone.



Frailty Examination Meeting (Second)

The “Genki Up Canteen” Dining Salon will be held a total of eight times, and after a break of six months, the frailty examination meetings will be held once again. The participants are expected to revise their dietary habits in alignment with the “Genki Up Canteen” Dining Salon, and the frailty examinations are designed to ascertain the differences in their physical conditions and daily lifestyles.

Participants took part in health exercises and went for walks in preparation for taking the second frailty examinations!

Improving physical strength also had a soothing effect on all participants.

Member Introductions

The “Genki Up Canteen” office is in charge of the Saturday Hagiya members who take care of the residents of Kumegawa Eki Higashi Jutaku.



These people started up Saturday Hagiya together with the acquaintances they met at health exercise seminars held at the local comprehensive support center. They currently hold health exercise sessions that use poles every Saturday.

Postscript

It is known that unbalanced dietary habits have a serious effect on health.

The meals eaten every day provide the foundation of healthy living, and it is very important for people, especially the elderly, to receive appropriate and objective advice from dietary experts so that they are encouraged to revise their dietary habits.

And that completes our introduction of the health promotion initiatives adopted for Kumegawa Eki Higashi Jutaku in Higashi Murayama City.



Inquiries to Higashi Murayama City regarding the initiatives adopted
Higashi Murayama City Social Welfare Department,
Health Improvement Section: 042-393-5111 (Extension 3214)

Column

What is frailty?

Physical and mental activity (muscle tone, cognitive functions, etc.) deteriorate with age, and this is a harbinger of the need for nursing care.

The three main pillars for preventing frailty are physical activity, nourishment and social interaction, and it is imperative that these are observed on a daily basis.

The initiatives for dining salons introduced here at Kumegawa Eki Higashi Jutaku involve people appointed as both frailty supporters and dietary supporters providing support in the fields of nourishment and mouth care, and it was the first time something like this has been held in Japan.

Improving appropriate levels of care and daily habits for people suffering from frailty enables them to return to a healthy condition.



Guard Against Frailty!

Exercising: No.3 Walking

Here we introduce walking as the third part of our series on exercises.

Walking is a form of the aerobic exercises (*) that we introduced in the first edition of the series (October issue), on which we focused on stepping on and off a step.

Method

- When walking, straighten your back, raise your head, bend your elbows and swing your arms
- When walking, make sure that the heel of your foot comes into contact with the ground first, then move your center of gravity forward until you can lead off with the tips of your toes.
- Take large strides to the extent of not overdoing it.
- Maintain a speed that you are comfortable with.
- It is desirable to walk continually for at least twenty minutes. Make sure you don't overdo it.



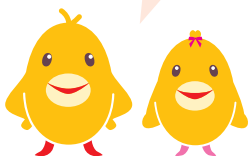
Effects

- Strengthens heart and lung functions
- Improves blood circulation
- Improves muscular tone
- Strengthens bones
- Cuts down on obesity
- Effective in losing weight
- Helps relieve stress



Precautions

- Perform warm-up exercises and stretching before and after walking
- Make sure you drink sufficient liquids
- Align your exercises with your own physical condition and the weather, and do not overdo it
- Pay attention to the people and cars around you to prevent accidents and injury
- Select clothing that matches up with the season and the weather (hats, etc.)
- Consult with your doctor if you are worried about carrying out walking exercises

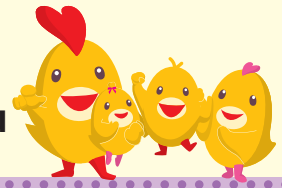


* Aerobic exercises are sustained exercises carried out while breathing deeply (getting as much oxygen into the lungs as possible). (Example: Cycling, slow swimming, etc.)

Introducing local community activities

Fujimi Tea Salon

Fujimicho Jutaku



Reason for Launching the Activities

The number of people who live alone is increasing along with the number of people who have few friends in the neighborhood and who rarely get the chance to leave home, so these activities were started on February 21, 2013, in order to provide a forum where people could chat over cups of tea once every week.

The meetings are held between 10am and midday every Thursday, with the exception of the New Year period.



Ms. Okura, the operator, and her helpers



Delicious tako-yaki dumplings were prepared while we enjoyed a senility test. There were more potatoes and snacks than could fit on the plates! Everyone brings a wide range of food with them every time. There are pickle dishes available, and everybody has so much fun that we all have additional servings of tako-yaki dumplings.



All of the participants agree that they enjoy chatting with many different people and that they feel sad when a regular member doesn't turn up, etc. Heartwarming activities that allow participants to remain in contact, which brings the entire community closer together.

Everyone is smiling by the time they return home.

They are very charming activities indeed.



Introduction to Support Provided for JKK Tokyo Property Occupancy

JKK provides a wide range of support for people occupying JKK properties through a priority system, a rent discount system and other such systems.

Single-Parent Households Occupancy Support

[Support ①: Relaxation of Income Examinations]
In the event of the applicant's monthly income not satisfying income standards, it is possible to add the monthly income received from "Child Care Allowances" and "Child-Rearing Allowances" provided by local autonomous authorities when the income examination is carried out.

[Support ②: Child Development Discount]
It is possible for **single-parent families** moving into certain vacant homes in urban areas to receive a **20% discount** on the monthly rent either up until the child is eighteen years of age, or for a period of three years.

Newly-Married and Married Couple Households

Occupancy Support

[Support ①: Priority Application System for Families with Children]
A system in which priority is given for a period of seven days from the official launch of application receipt for apartments stipulated by JKK.
(*New-married couples have been added to eligible households)

[Support ②: Couple Support]
Married couples moving into certain vacant homes in urban areas will receive a **20% discount** on the monthly rent for a period of three years if either the applicant or his/her spouse is forty years old or younger.

* Other occupancy support systems, such as the "Anxiety-Free Neighborhood Registration System" and the "Step 35 Discount System", are available! See our website for details on the system and eligible residences.

Friend introduction fair

Campaign period Until April 30 (Thu), 2020

Introducers and contract conclusers
Gift coupons for both!



Introduce a Friend Presents for both introducer and contract concluser!

10,000 Gift Card Worth

Present!

If your friends are looking for an apartment, please introduce them to JKK Tokyo rental housing. Visit our website for details or to download the "Friend introduction fair" introduction form.
<https://www.to-kousya.or.jp/chintai/campaign/2020spring/>



[JKK housing registration center] Hrs: 9:30-18:00 (Closed: Sun, Nat Hols)

03-3409-2244 (Main)

[Lessor]

JKK Tokyo Metropolitan Housing Supply Corporation

Promotion expiration: April 30, 2020

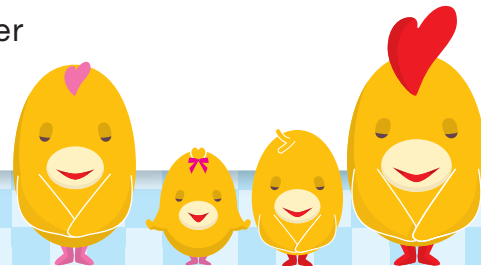
Checking on Safety During Emergencies

In addition to preparing a response manual to ensure swift and accurate action with regard to the need to confirm the safety of residents, JKK is also actively adopting measures to strengthen communications between the local city and town halls and local authorities, etc.

If you notice that there is somebody you haven't seen recently or cannot contact, that newspapers and mail are accumulating in post boxes, or that the lights are constantly on, etc., within the housing estate, please contact the JKK Tokyo Customer Center.

Having investigated the situation and come to an appropriate decision, we will contact the police and have them accompany us as we enter the apartment, etc., to check.

* When emergencies involving personal safety need to be checked
Page 10: JKK Tokyo Customer Center
Call us on telephone No.2.



Requests During Long Absences

If you are going to be away from your home for an extended period due to such reasons as travel, a business trip or hospitalization, please be sure to submit a notice of absence to the management office.

Notices of absence can be obtained from management offices and area offices.

If a notice of absence is not submitted, the following troubles could occur.

- There are cases in which safety will be checked if we receive calls suggesting that a resident may have collapsed in their home are received from neighbors, etc.
- If there is trouble such as leaking or fire, we may not be able to respond promptly.



We would like to emphasize that tenants who use regular delivery services (e.g., newspaper, milk, bento (lunchbox)) should remember to contact each of those services to request suspension of deliveries if going away for an extended period.

Please make payments of rent, etc. by bank transfer!



Easy

Monthly sum automatically transferred from the specified bank account on the 7th of every month!

Anxiety-Free

No time wasted visiting the bank to pay!
No worries over forgetting to pay!

Bank transfer Three Advantages

Simple

Fill in the application form and submit it to your bank to commence the service approximately two months later!



Bank Transfer Application Form

The application form will be mailed to your home, so simply contact the JKK Customer Center. Procedures will be completed within around two months.

Questions regarding procedures are addressed in a Q&A format on our website!

From here→



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 on Saturday, Sunday, national holidays and year-end and New Year holidays)

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

●Navi-Dial

 **0570-03-0031**
ナビダイヤル®

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


☎03-6279-2962



② Application or consultation regarding repairs

Can also be used as an emergency contact number related to the urgent repair of water leaks, etc., accidents, the outbreak of fire and checking on the safety of residents (calls accepted 24-hours a day, 365 days a year)

●Navi-Dial

 **0570-03-0032**
ナビダイヤル®

●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 fixed landline telephones (excluding public telephones and PHS). If calling from a mobile phone, any free-call or discount services of the phone company will not apply.

If you are not in a hurry, 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.**



← Website

For public housing residents