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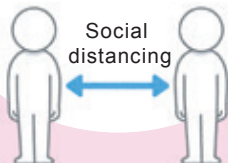
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## 3 basics of preventing infection

1

### Avoiding the three C's

- **C**losed spaces with poor ventilation
- **C**rowded places where there are many people
- **C**lose conversations at short distances



2

### Wearing a mask

- Always wear a mask when talking with someone.
- Securely cover both your nose and mouth.
- Adjust so there are no gaps.



3

### Hand washing and disinfecting

<Be sure to do this at the following times!>

- When returning home from outside
- Before and after preparing food
- Before meals



## Washing your hands correctly

### Before washing

- Trim your fingernails so they are short.
- Remove wristwatches and rings.

1



After wetting your hands well with running water, use soap and carefully scrub the palms of your hands.

2



Scrub the back of your hands using a pushing motion.

3



Carefully wash your fingertips and under your fingernails.

4



Wash between your fingers.

5



Wash your thumbs and the palms of your hands with a twisting motion.

6



Do not forget to also wash your wrists.

After washing with soap, rinse completely with water and then dry your hands by wiping them carefully with a clean towel or paper towel.



## Prevent Frailty!

**Exercise is the key to good health. For people who know this but still find it hard to do...**

**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

Everyone knows that breaking a sweat with daily exercise is good for your mental and physical health. “Exercise habit” refers to 30 minutes or more of sweat-producing exercise performed two or more times a week and continuing for a year or longer. Many people struggle to maintain the habit of exercise, and this writer is no exception. However it has been reported that adding just around 10 minutes of physical activity, including everyday living behavior, can help maintain your mental and physical functions.

A study investigated the physical activity of 25,241 persons in England with no exercise habit (average age 61.8, 14,178 were women) and then followed their progress over the next approximately seven years. During those seven years, 852 persons died due to various causes, and the study showed that the death rate was lower among persons who unconsciously engaged in slightly intense physical activity such as shopping or climbing stairs in their daily lives (living activities that produce hard breathing for around one to two minutes at a time) around three times a day. The same result was observed in 62,344 persons who had an exercise habit.

The Ministry of Health, Labour and Welfare recommends adding 10 minutes of physical activity (Plus Ten) each day. Spending too much time without moving is a cause of deteriorating health. Although making exercise a habit requires the right motivation and environment, I hope you will strive for Plus Ten and add slightly intense physical activity (such as fast walking or climbing stairs) to your everyday lives.





# Building Muscle at Home

## ~Leg Stretches Edition~

JKK Smile Assistants are broadcasting videos on YouTube of exercises which you can do at home. Here we will introduce the leg stretches from one of these videos.

These stretches are effective in improving blood flow, reducing swelling, and preventing cold hands and feet.

Please try them for yourself!



Go here to watch on YouTube.

### Basic posture

Place both hands behind you, and sit with your legs extended and open to around the width of your shoulders.

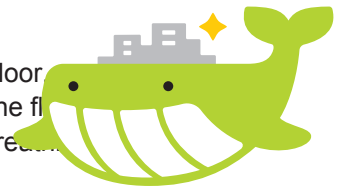


### Caution!

Please refrain from doing these stretches if you have an artificial hip. Also discontinue the stretches if you feel pain.

## ■ Hip and ankle stretches

- (1) Relax your legs and wiggle them left and right.
- (2) While breathing in, roll your legs outward so your little toes are touching the floor.
- (3) While breathing out, roll your legs inward so that your big toes are touching the floor.
- (4) Rotate your ankles (inward and outward) synchronized with a slow pace of breathing.



#### ★ Important ★

When rotating your ankles, rotate them largely and concentrate on making your little toes touch the floor on the outside and your big toes touch the floor on the inside.

## ■ Calf stretches

- (1) Place your feet together and relax your legs.
- (2) While breathing out, slowly push your toes forward.
- (3) While breathing in, pull your toes back toward you.

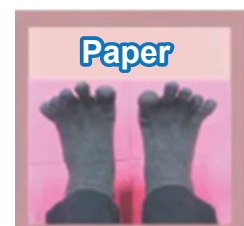
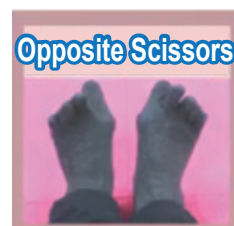


Repeat three times.

\* If your legs begin to cramp, relax them.

## ■ Rock, paper, scissors with your toes

- (1) Rock: With your feet together and straight out, curl your toes tightly.
- (2) Scissors: Pull your big toe toward you while pushing your other four toes in the opposite direction.
- (3) Opposite scissors: Push your big toe away from you while pulling your other four toes in the opposite direction.
- (4) Paper: Open all of your toes away from one another.



Move your toes repeatedly: Rock → Scissors → Paper → Rock → Opposite Scissors → Paper.

## Introduction of Local Community Activities

**Kiyose Daita Jutaku:** ***Yasumidokoro***  
(Relaxation Space) Activity day: Every Monday  
Time: 10:00 – 13:00

Here we will introduce the **Yasumidokoro (Relaxation Space)** local community activity run by Daita Smile at Kiyose Daita Jutaku in Kiyose City.

### About *Yasumidokoro*

*Yasumidokoro* is a salon which provides a place where residents can relax together and everyone can spend time doing what they like at their own pace.

The first salon is now open from 10:00 to 13:00 on Monday of each week.

### Description of activity

People spend their time however they want, in various ways. Some enjoy games such as cards and Othello, individually doing handcrafts or reading, or concentrating on copying sutras.



On the day when I visited, local volunteers were conducting a cosmetics class.



A resident who is a former professional photographer held an exhibition of his photos.

## I spoke with Ms. Hozumi, a representative of Daita Smile.

### ● What made you start this activity?

I wanted to create a cool place in the summer for people who have no air conditioning or who are hesitant to run the cooler because of electricity costs. Use of the Community Salon is free and it has air conditioning, so I thought we should put it to use! I began the salon as “Cool Space” in July 2022.

### ● Is there anything you want to try in the future?

I would like everyone in the salon to think about how we can live the way we want in the super-aging society that is coming, and to create something called “future notes for ourselves”.

While we are still healthy and able to make decisions, I would like to have lively discussion about our ideas and how to prepare for comfortable living in the future, and to write these ideas down to record them.

I would also like to create opportunities to regularly review them and change them as many times as necessary.



Ms. Hozumi, representative of Daita Smile

I was particularly struck by Ms. Hozumi when she said, “I want to live as I want to in this apartment complex for as long as possible. For this reason, I think it is important to create a place where residents can come together and interact.”

**JKK would like to help with creating opportunities for starting this kind of community activity.**

\*This article is based on information collected on December 19, 2022.

**Taking steps to prevent furniture from falling over can save a life!**

## Preventing Furniture from Falling Over

We never know when an earthquake will strike! Check these four key points and check the safety of your home. Detailed information about disaster preparations is available on the JKK homepage. Please take a look.



Go here for the JKK HP.

### Key point 1

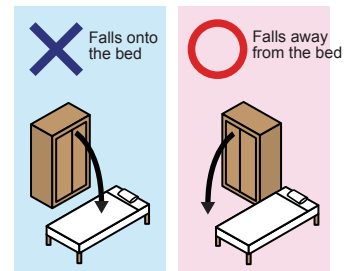
#### Ensure a safe space.

- Reduce the number of furniture pieces.
- Do not place furniture with wheels near the entrance to a room.
- In order to prevent fire after an earthquake, do not place furniture anywhere around fire.
- Avoid placing furniture in bedrooms and rooms used by small children or elderly persons.
- Do not place objects on top of furniture.

### Key point 2

#### Install and use furniture correctly.

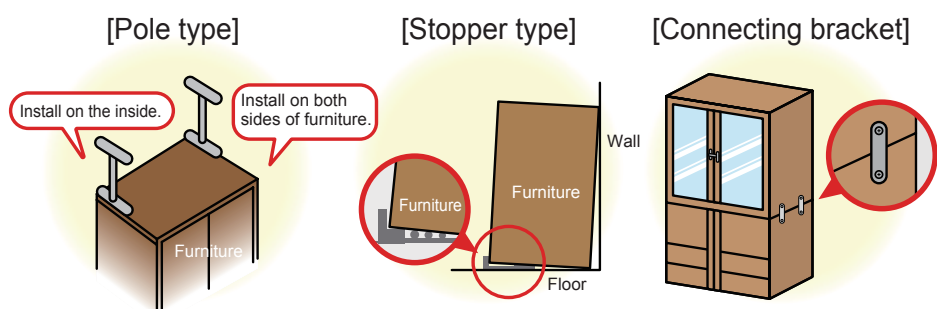
- Position furniture so it will not fall onto the place where you sleep.
- Place furniture so that it will not block your escape route if it falls over.
- Do not place tall furniture on a rug or tatami mat.
- Store heavy items at the bottom to make falling over less likely.
- Install furniture so that it leans backward rather than forward.



### Key point 3

#### Prevent furniture and appliances from falling over.

- Select the fixtures used to anchor furniture according to the furniture weight and shape.
- Anchor furniture at top and bottom with at least 2 types of fixtures. [Pole type and stopper type]
- Be sure to use a bracket and connect furniture that is separated into top and bottom parts.
- Do not place furniture in high places or unstable places.



### Key point 4

#### Prevent items inside from flying out.

- Install door-opening stoppers on furniture that has opening doors.
- Apply shatter-proof film to glass doors.
- Apply a non-slip sheet to cupboard shelves to prevent dishes from flying out.
- Apply an adhesive mat that absorbs vibration between the TV and TV stand.
- Install fall-prevention bars and fall-prevention tape on storage furniture that does not have doors.

When creating screw holes in a wall for a screw fixture used to prevent furniture from falling over, you will not be required to restore the wall to its original conditions as long as the hole is **no larger than diameter 9 mm and depth 2.5 cm.**

Avoid dangerous behavior?

# Mechanical Parking Facilities

The mechanical parking facilities that we use every day can lead to serious accidents if operated incorrectly.

In order to prevent accidents inside the facility, pay attention to the following points and work for safe use!

□ **Do not allow persons other than the driver into the parking system.**



Unloading baggage can cause mis-operation or malfunction. Be sure to unload it outside the parking system.



Be sure that passengers disembark outside of the parking system in order to prevent accidents caused by being locked inside.



Be sure to check that no children or other passengers are left inside.

□ **Use your own eyes to check that there are no obstacles or persons in or around the parking system.**



Do not permit children to play in the area around mechanical parking facilities. Be sure to check that there are no persons inside the parking system before operating it.



When entering and leaving the facility, do not accelerate quickly. Move slowly and check for the safety of people in the area.

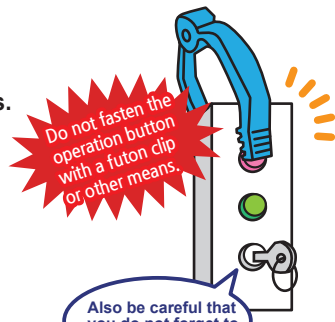
□ **Do not use fixtures or other means to fasten the operating panel button.**

Do not use the operating panel button by fastening it with a fixture or other means.

With many parking systems, operation will stop when the operating panel button is released in order to ensure safety. Fastening the button with a fixture or other means will prevent the safety function from activating. This will make it impossible to immediately stop operation and creates the danger of a serious accident.



**Caution** Check for safety while operating and do not step away from the operating panel. If you notice anything irregular or dangerous, stop operation of the system.  
\* Be careful to keep children away from the system while it is operating.



Do not fasten the operation button with a fixture clip or other means.

Also be careful that you do not forget to remove the key.

\* Do not place tires, car supplies, or other personal items in the parking area.

## Supporting the Expansion of Electric Vehicles (EV) and Similar Vehicles as a Step Towards Achieving Carbon Neutrality

### 1 System of reduced parking area fees for owners of electric vehicles (EV) and similar vehicles

JKK has started a system which reduces the monthly parking area fees by 20% for owners of EV (electric vehicles, electric motorbikes) and FCV (fuel cell vehicles, fuel cell motorbikes) as a step towards achieving carbon neutrality. This system will start in February 2023 and run for up to five years.

You can check the details in “Information About Reduced Parking Area Fees” available at the management office. Applications should be submitted to the management office.



▼ JKK homepage  
(System of reduced parking area fees)



### 2 Web questionnaire survey regarding installation of electric vehicle (EV) charging equipment

JKK has already installed electric vehicle charging equipment at JKK housing in order to promote the wider use of electric vehicles as a step towards achieving carbon neutrality. (Installed in 50 sections of 25 complexes as of the end of 2021.)

As we proceed with further installation of charging equipment in the future, we decided to conduct a web questionnaire in order to more accurately identify the needs of JKK housing residents.

We ask for your cooperation with this questionnaire.

#### [How to complete the questionnaire]

- Use the QR code below to access the web questionnaire via the JKK homepage, then complete the questionnaire.  
[https://www.to-kousya.or.jp/k\\_news/r5\\_2news.html](https://www.to-kousya.or.jp/k_news/r5_2news.html)
- Questionnaire period:  
February 1, 2023 (Wednesday) – February 28, 2023 (Tuesday)

▼ JKK homepage  
(web questionnaire)



#### Contact for more information about 1 and 2 above

Please contact us at JKK Tokyo Customer Center telephone number ① on page 10.

# 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.


<b>Requesting a name change</b>	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.
<b>Requesting a change of guarantor</b>	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.
<b>Notice of change to registered information</b>	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.
<b>Notification of change in family composition</b>	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.
<b>Requesting approval for housing modifications</b>	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.

What is the procedure for requesting a name change?

Can I get a certificate of housing rent or the rental contract?



▲ Frequently Asked Questions

To contact us, please call JKK Tokyo Customer Center telephone number ① on page 10.



Please introduce JKK Tokyo housing to a friend!

# Introduce a Friend

to JKK and Get a Present

Until April 17,  
2023 (Monday)

For details,  
please see the  
special page.



Introduce JKK Tokyo housing to a friend who is looking for a place to live,

in the amount of

# 10,000 yen!

and receive a gift card

JKK has prepared rent discount systems to make it easier for persons in a wide range of households to move in. The friend you introduce can make use of these rent discount systems.  
\* This does not apply to friends who are already living in JKK Tokyo housing.

<p><b>Step 35 Discount System</b></p>	<p><b>For newly-married and married couple households Pair support</b></p>	<p><b>Nearby living support discount</b></p>
<p><b>For single-parent households Child-raising discount</b></p>	<p><b>Student discount</b></p>	<p>자세한 내용은 여기로</p> <p>※할인 제도에는 대상 주택이 있습니다.</p>

[JKK Housing Registration Center]  
Business hours: 9:30 – 18:00 (closed Sundays and holidays)

[ Landlord ]

**03-3409-2244** (main desk)



ひとと、くらしをあったかく。

**JKK 東京**

# Introduction of “Asumilife Minamiosawa” Senior Home with Nursing Care

JKK Tokyo is seeking residents for “Asumilife Minamiosawa” , a rental senior home with nursing care in Minamiosawa, Hachioji City in Tama New Town.

Asumilife Minamiosawa includes a clinic within the facility, with care staff available 24 hours a day, and an on-duty physician. Residents who move in while they are healthy and independent can continue to live as they always have, with peace of mind in case of an emergency.

When residents require full-time nursing care, they can move to the adjacent nursing care building and continue to utilize the nursing care services.

Asumilife Minamiosawa is operated by Seirei Social Welfare Community, which has extensive experience.

It welcomes residents with a seamless support system for continual comfortable living from the active (independent) period until the end (end-of-life care).

To request materials or for inquiries related to Asumilife Minamiosawa, please contact the Asumilife Minamiosawa Information Center.  
0120-874-555  
Business hours: 9:00 – 17:00 (Closed weekends, holidays, and during the year-end and New Year holiday period.)

▼Asumilife Minamiosawa homepage




## 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**  
ナビダイヤル®

● 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**  
ナビダイヤル®

● 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.

