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The real hot season has come. On a day with high temperatures and humidity, or on a day when there is a sudden rise in daily temperature, you are at risk of suffering heatstroke. Keep the following in mind and take steps to prevent heatstroke.

Key points for preventing heatstroke

● Avoid the heat.

Use air conditioners and fans effectively in order to control the indoor temperature.

● Daily health management

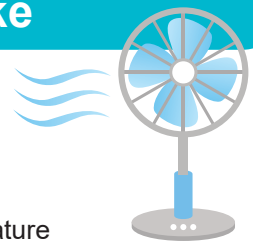
Check your body temperature and health daily. Knowing your normal body temperature will help you detect changes in your body condition. When you do not feel well, rest at home and avoid exerting yourself.

● 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.

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



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.



For dehydration prevention

How to Make Oral Rehydration Solution at Home

Ingredients

- Bottled water 500ml
- Sugar 20g (4 level plastic bottle caps)
- Salt 1.5g (1/3 plastic bottle cap)
- Lemon juice(as you like, 1 teaspoon or so)

Recipe

- ① Add the specified amounts of sugar and salt to the bottled water, and also add lemon juice if you like.
- ② Recap and shake the bottle well to mix the ingredients.



Dehydration


During the season when the number of heatstroke patients increases, keep yourself hydrated so that you do not even feel thirsty. It is also important for you to eat three regular meals every day as it helps keep your body hydrated. Avoid skipping a meal.

Balance of salt and sugar



Balancing the sugar-salt ratio is important for efficient absorption of water and minerals into your body. An unbalanced sugar-salt ratio causes less water to be absorbed into the body.

Preservation method and shelf life

 Keep refrigerated

Store the bottle of handmade oral rehydration solution in a refrigerator and finish the bottle within one to two days. If you have drunk directly from the bottle, finish the bottle on the same day.

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

Another recommended drink is an "amazake soy milk drink," which you may drink when you lose your appetite due to the summer heat and humidity.

[Official channel] Video explaining how to make this amazake soy milk drink is available on the JKK Tokyo YouTube channel. Please enjoy the video!and eat meat or fish dishes for yo



Prevent Frailty

Unexpected relationship between medication and frailty

Prevent sarcopenia with exercise, good nutrition, and social participation!

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

"Medication" is very important for us all as it can keep us safe. The older we get, the more likely we are to get different illnesses simultaneously, which would translate into an increase in the number of prescribed medications, requiring us to take or deal with each "medication" with care.

The functioning of our body organs, like liver and kidney, is impaired with age. As a result, the aged body needs more time to dissolve and drive medications out of itself, and becomes more susceptible to unwanted side effects. In addition, if medications are too many for one to take, they can forget to take the medications or take too much.

The condition of a patient making simultaneous use of multiple medications is called "polypharmacy" that could cause side effects for the patient or result in the patient's failure to properly take the medications; and it is known that "polypharmacy" appears to have strong relationship with "sarcopenia" a condition characterized by the gradual loss of muscle mass and strength. How to deal with medications is very important in terms of frailty prevention as well.

If you have a worrisome symptom that you think is originating from a certain medication, you should neither stop taking the medication nor reduce the dosage at your own discretion, but make sure to seek medical advice from your doctor or pharmacist. Always record all of your medications in a single medication record book and include notes, as appropriate, describing the symptom corresponding to each medication and the time when the symptom has appeared.



Be Prepared for a Typhoon!

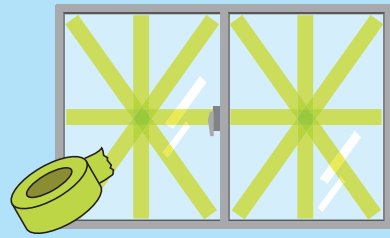
If you have placed personal items on the balcony, they may be knocked over by strong winds and damage the window glass. Bring such items inside before a typhoon approaches.

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/index.html>

Information about preparing for disasters is available on the JKK Tokyo homepage.



Eliminating Mosquitoes for a Comfortable Summer!

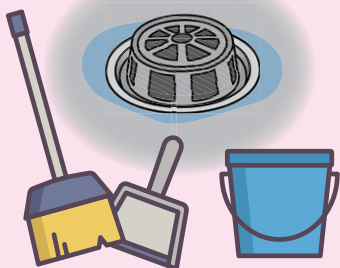


The arrival of summer signals the start of mosquito season. There are concerns about mosquito-borne diseases occurring in the areas where we live.

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.



Notice from the Tokyo Bureau of Environment

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

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. The Tokyo Metropolitan Government, together with the residents and business operators in Tokyo, will promote the electricity RCS initiative.

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! Thank you for your cooperation.

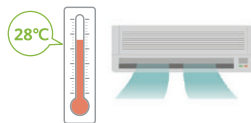


Reduce (R) electricity use. Small improvements can have large results. Start conserving energy in your home!

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

Approx. 1,100 yen savings

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.



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

Approx. 2,200 yen savings

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



② Clean the air conditioner filter well.

Approx. 1,100 yen savings

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

④ Lower the temperatures set for your electric toilet seat including the washing warm water temperature.

Approx. 1,400 yen savings

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

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

Any other activities included in the RCS (R: Reduce, C: Create, S: Save) initiative are posted on the home page of the Bureau of Environment, Tokyo Metropolitan Government.

https://www.kankyo.metro.tokyo.lg.jp/climate/tokyo_coolhome_coolbiz/index.html

Tokyo HTT(RCS)



Any other activities included in the RCS (R: Reduce, C: Create, S: Save) initiative are posted on the home page of the Bureau of Environment, Tokyo Metropolitan Government.

The energy-saving performance of home appliances gets more advanced year by year.

Replacing appliances can result in large energy savings. By changing to the covered products, you can get "Tokyo Zero Emission Points" that can be redeemed for gift certificates or other items worth up to 26,000 yen. The number of points that can be earned per purchase has increased by about 20 percents since April 2023. Please earn and use these points.

Covered appliances		Max number of points
Air conditioner		23,000
Refrigerator		26,000
LED lighting device	Covered product alone	4,000
	Covered product plus replacement work cost	6,000



Tokyo Zero Emission Points

■ Contact for information on the electricity- and energy-saving initiatives

Household Energy Measures Section, Bureau of Environment, Tokyo Metropolitan Government ☎03-5388-3533

■ Contact for information on Tokyo Zero Emission Points

Tokyo Zero Emission Points call center ☎0570-005-083 (navigation dial)

Business hours: 9:00 - 17:00 (except for new year holidays) ☎03-6634-1337

Introducing New Monitoring

As the number of elderly households in JKK housing is growing, and other devices in cooperation with two companies.

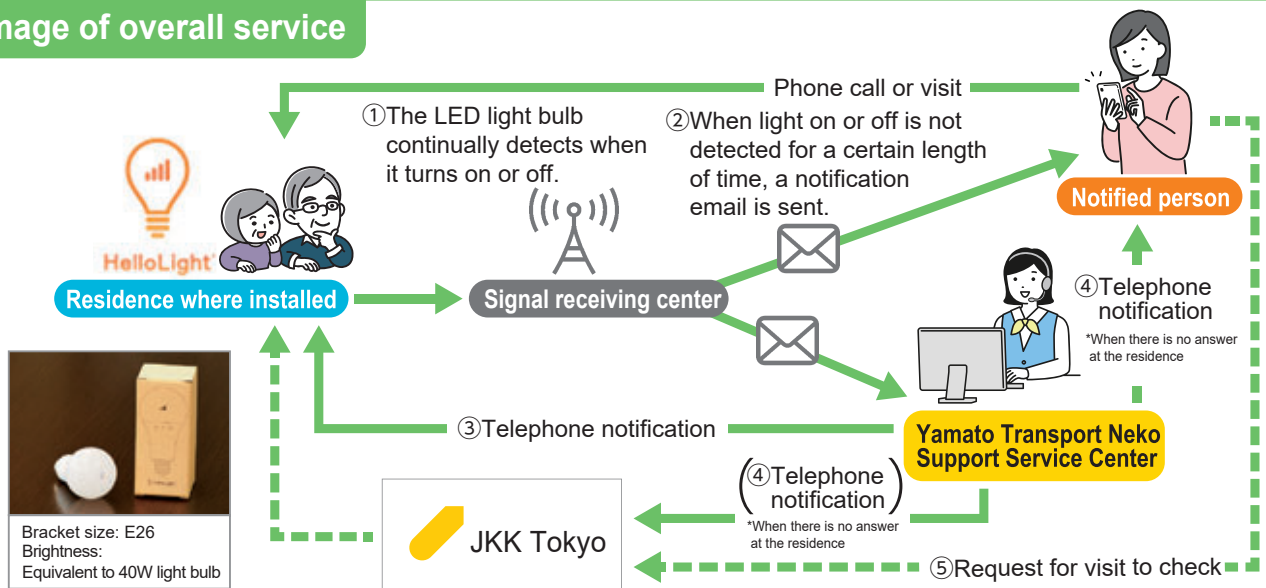
If you would like to use these services, please contact the provider

Kuroneko Monitoring Service, provided by Yamato Transport

Monthly price
1,078 yen
(including tax)

A “HelloLight” LED light bulb that includes communication functions is installed in a bathroom or other place that is used every day, and if the lights are not turned on or off for a certain time, notification is sent to the person that was registered in advance.

Image of overall service



When the notified person is unable to check the status of the family member or other person at the residence where the device is installed, upon request JKK will check on the resident on his or her behalf.

When light bulb on/off was not detected between 9:00 on the previous day and 8:59, a problem is detected and email notification is sent between 9:00 and 10:00 that same morning to the notified person who was set in advance.

Sign-up or inquiries

Yamato Transport Neko Support Service Center

Available hours: 9:00 – 18:00

TEL: 0120-545-425

You can go to the sign-up page by scanning the QR code below.



Services for Elderly Residents

JKK is providing monitoring services using sensors company.

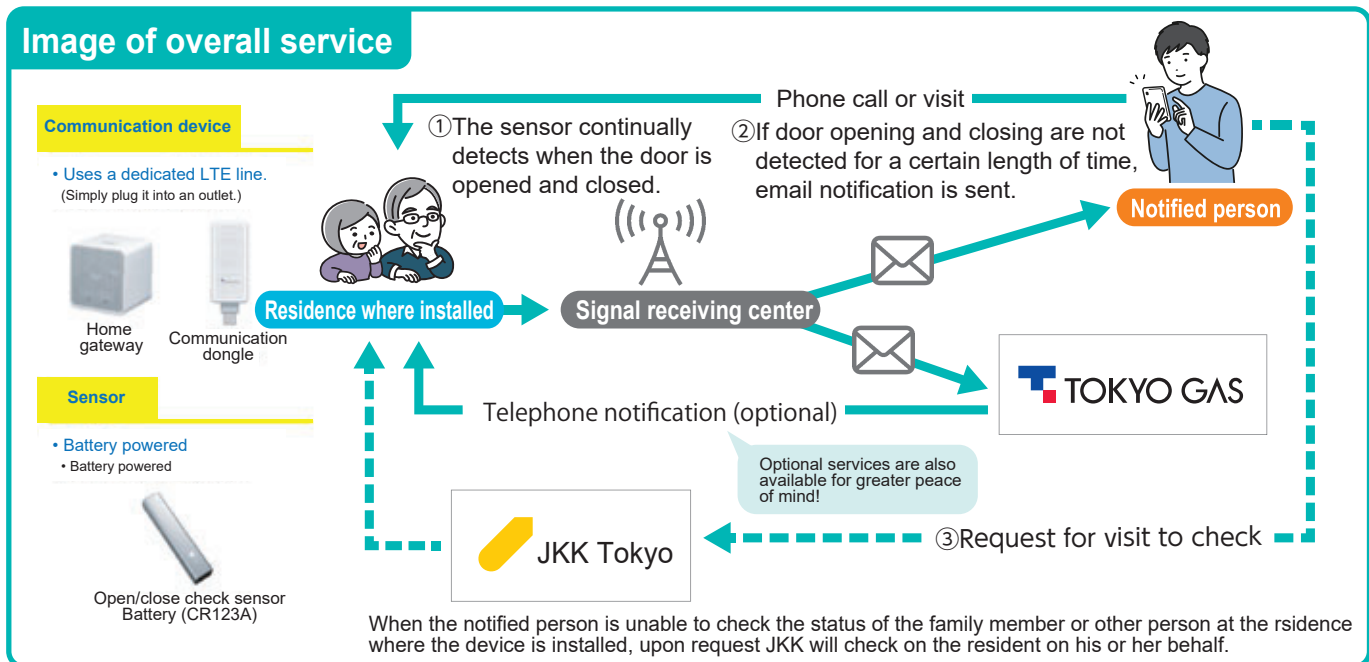


Moshimo Alert, provided by Tokyo Gas

Monthly price **990 yen** (including tax)

A sensor which can detect door opening and closing is installed in a bathroom or other place that is used every day, and if door opening and closing are not detected for a certain time, notification is sent to the person that was registered in advance. Free telephone health consultations for discussing health concerns are also included.

Image of overall service



When door open/close was not detected between 8:00 on the previous day and 7:59, a problem is detected and email notification is sent between 8:00 and 12:00 that same morning to the notified person who was set in advance.

Sign-up or inquiries

STATION 24, Tokyo Gas Co., Ltd.
 Available hours: 9:00 – 17:00 (except for Sundays and holidays)
TEL: 0120-117744

You can go to the sign-up page by scanning the QR code below.



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.



We would like to notify everyone about hot water supply equipment replacement construction

● Regarding rooms with hot water supply equipment prepared by **this public corporation**

- Building that were constructed in or after 1983 were equipped with water heating equipment (water heater, bath boiler) in all rooms 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 whose contracts are due for renewal when replacement work is performed.

*Units in which a bath tub / bath boiler has been privately installed are not eligible.

● Regarding units where the a bath tub / bath boiler has been **privately** installed

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

*Expenses to remove the bath tub / bath boiler before replacement shall be borne by the customer.

Application of "Bath tub / hot water supply equipment installation work"

Eligible households	Household which have privately installed a bath tub / bath boiler
Housing Rent	The amount of the house rent you are paying will increase approx. 4%. However, a one-point hot water supply (bathroom) will be approx. 3%.
Hot water supply system	Except for certain units, hot water supply will be in two locations (bathroom and kitchen). *For the Minamisuna housing, housing for reconstruction, and commercialization housing, it will be one-point hot water supply (bath room).

Installations are carried out in sequential order, we appreciate the patience shown by households waiting for installation.

Inquiries

- **Inquiries regarding the water supply system, etc.**
⇒ "JKK Tokyo Customer Center" telephone number ② (page 12)
- **Inquiries regarding application details**
⇒ "JKK Tokyo Customer Center" telephone number ① (page 12)

*Application forms can be received and submitted to the Management Office for your housing.

Notice of correction of the June 2023 issue (No.60)

As for the following work introduced in the June 2023 issue (No.60), we additionally announce that there are some other residences / buildings that we failed to include in the target residence / building name list.

Work / Details	Residence name	
Large Tree Trimming Large trees will be trimmed.	Saginomiyaniishi Jutaku	Kosha Heim Chitosekarasuyama
	Ekoda Jutaku	Kosha Heim Hachioji Midoricho
	Soshigaya Jutaku	Yokokawacho Jutaku
	Okura Jutaku	Akishima Tanakacho Jutaku
	Karasuyamakita Jutaku	

*As of now, the listed residences / buildings subject to the "Large Tree Trimming" work remain unchanged from the June 2023 issue (No.60).

Information from the Tokyo Metropolitan Center for Community Development and Disaster Resistant Architecture

Housing support project for the elderly

Information about the Relief Housing System

We support you to keep living safely in a familiar house or town where you feel like living for a long time!

Deposit type

We provide home "monitoring" service. It is renewed annually.

Once you deposit certain amounts of money to us, we carry out funeral service / remaining household goods decluttering service for you after your death. Each subscription contract lasts for five years and can be renewed.

M Monitoring service

Fee 49,100 yen per year
 Administrative fee 6,600 yen per year
 Confirms safety / well-being and takes action in the case of emergency

B Funeral arrangements

Deposit 297,000 yen
 Administrative fee 55,000 yen per 5 years
 Body transport / cremation, cremains delivery, etc.

C Cleaning out of remaining household goods

Deposit 154,000 to 616,000 yen
 Administrative fee 55,000 yen per 5 years
 Cleans out furniture, home appliances and other goods

Even when you subscribe to both B and C, the administrative fee for the services will be 55,000 yen in total.

*The services A, B and C can be selected / used alone or in combination.

*The deposit amount for C (cleaning out of remaining household goods) differs depending on the house / room size.

Monthly payment type

If you make a **monthly payment of 4,000 yen** to us, we carry out funeral and remaining household goods decluttering services for you after your death.

This is a package subscription contract that includes both B and C.

B Funeral arrangements

Body transport / cremation, cremains delivery, etc.



C Cleaning out of remaining household goods

Cleans out furniture, home appliances and other goods



Fee 4,000 yen per month **Administrative fee 11,000 yen per year**

*This service is applicable to any person who can meet all of the following requirements in 1 to 3.

- ① A person who is 79 years old or younger at the time when the person subscribes to the service
- ② A person who is currently residing, or is expected to reside, in a rental house (excluding independent houses) in Tokyo (excluding islands).
- ③ A person who satisfies the "Disclosures" conditions associated with health, etc.

*A person who satisfies the "Disclosures" conditions associated with health, etc.

Contact

If you wish to get more information, we are ready to hand out a detailed brochure. Please feel free to contact us.

Public interest incorporated foundation Tokyo Metropolitan Center for Community Development and Disaster Resistant Architecture

Telephone: 03-5989-1784

The 2023 Housing and Land Statistical Survey will be conducted.

What is a housing and land statistical survey...

- ◆ It is a fundamental statistical survey performed based on the "Statistics Act" (a basic law associated with statistical theorems in Japan).
- ◆ It is designed to obtain basic data used for formulating various policies related to our housing life.
- ◆ It has been conducted every five years since 1948, and this year will mark the 16th time it has been done.
- ◆ It is a large scale statistical survey of about 3.4 million households nationwide.

~ Survey flow ~

*Survey documents will not be provided to these households that are not covered in this year's survey.

Early to mid September

The enumerators appointed by the governor of Tokyo distribute "survey notices" to the households residing in each area selected or surveyed.

Late September

Survey documents are distributed to the households selected or surveyed. We kindly ask for your cooperation in answering the survey.

Three modes of submission

Answer via the Internet



Submit by mail



Submit to an enumerator



*It is recommended to answer this survey via the Internet.

(Your personal information is protected.)



In order for those surveyed to feel safe and comfortable to complete survey sheets, the Statistics Act requires that the enumerators and other people concerned in conducting the survey securely protect the confidentiality of any information entered in the survey sheets.



Confidentiality

We shall keep confidential any secret information about individuals or organizations that we have learned or obtained while engaging in the survey.



Limitation of use

We shall neither use nor dispense the information entered in survey sheets for any purposes other than statistical purposes.



Proper management

We shall take appropriate measures to properly manage completed and collected survey sheets.

The survey results will be utilized for the development of such policies as the "establishment of urban plans centered on earthquake resistance and disaster prevention" and the "enactment of vacant house management ordinance."

Contact


**Population Statistics Section, Statistics Division, Bureau of
General Affairs**
Telephone: 03-5388-2532

Use convenient bank transfers for payment of rent and other expenses.

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> 
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* 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)

<p>① Consultations regarding procedures, payment of rent, or living conditions</p> <p>● Navi Dial  0570-03-0031</p> <hr/> <p>● For persons unable use Navi Dial (0570 service), and persons using a mobile phone free-call or discount service:  03-6279-2962 </p>	<p>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</p> <p>● Navi Dial  0570-03-0032</p> <hr/> <p>● For persons unable use Navi Dial (0570 service), and persons using a mobile phone free-call or discount service:  03-6279-2963 </p>
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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.** 

 **[Official] JKK Tokyo - Tokyo Metropolitan Housing Supply Corporation**

Short story about father and daughter taking a new step forward with JKK Tokyo's support
 Currently viewable on JKK Tokyo's official YouTube channel!

<https://youtu.be/prDrdZJuP9U>

