

# JKK Tokyo PR Magazine

# JoyLiv

January 2024 No. 64



[Issued by] Public Housing Management Section, Public Housing Division,  
Tokyo Metropolitan Housing Supply Corporation  
Terrace Shibuya Mitake 1-15-15 Shibuya, Shibuya-ku, Tokyo 150-8543

## Contents

- ◆ Residents' Safety Check .....1
- ◆ Introduction of a Monitoring Service ..... 2 ~ 3
- ◆ Requests During Long Absences .....4
- ◆ Join the Community Salon! .....4
- ◆ Introduction of Local Community Activities (Kosha Heim Sugunami Wada) ...5
- ◆ Introduction of Community Association Activities (Kasumidai Daini) ...6
- ◆ Measures to Combat Infectious Diseases .....7
- ◆ Prevent Frailty! .....8
- ◆ Frailty Prevention Exercise .....9
- ◆ Using Shared Hallways, Stairways, and Balconies... 10
- ◆ Registration for Living Near Family or Relatives ... 11
- ◆ Information About Automated Bank Transfers ... 12
- ◆ JKK Tokyo Customer Center Telephone Numbers ... 12
- ◆ Introduction of JKK PR Video ..... 12

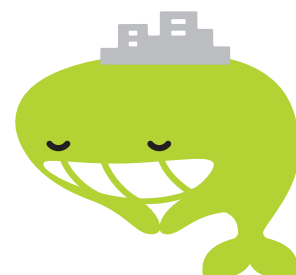
## Residents' Safety Check

Please contact the administration office or JKK Tokyo Customer Center if you think it is necessary to check on a resident's safety for reasons such as not seeing the resident recently, inability to contact the resident, accumulated newspaper

We will investigate the circumstances and, when we conclude that doing so is necessary, we will enter the residence accompanied by police or take other necessary action.

In order to respond faster and more accurately to requests for checking on resident safety, JKK is taking active steps such as preparing a response manual and strengthening communication with local municipalities and self-governing organizations.

\* When an emergency safety check is necessary  
Please contact us at JKK Tokyo Customer Center telephone number ② on page 12.



# Introducing New Monitoring

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

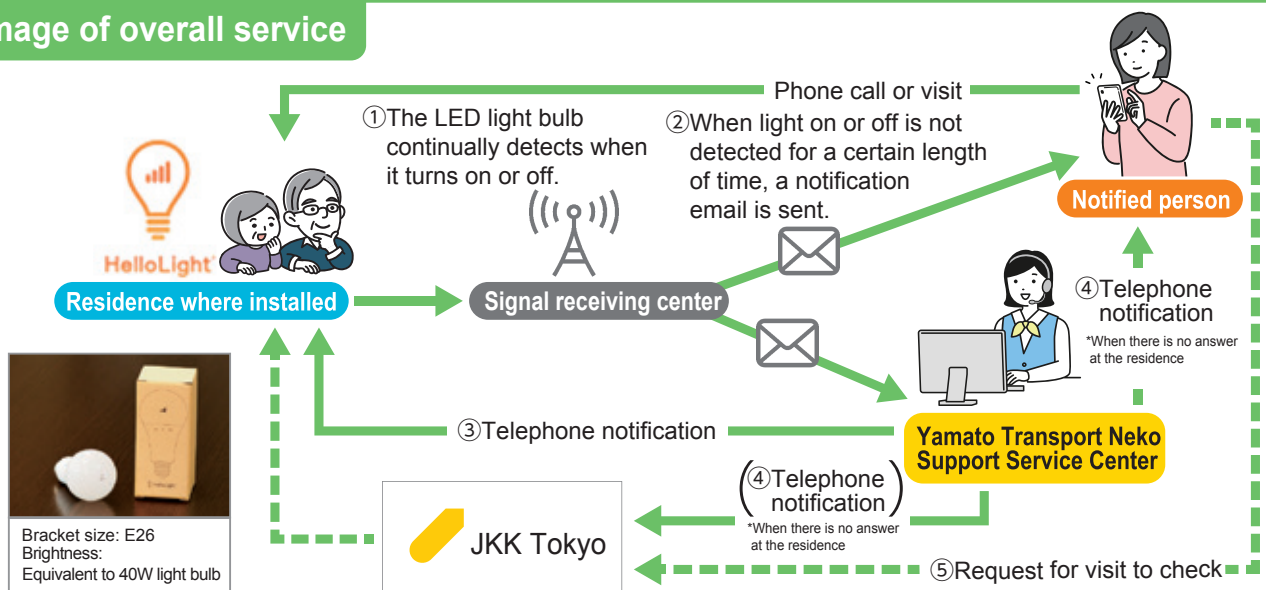
If you would like to use these services, please contact the provider

## 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.

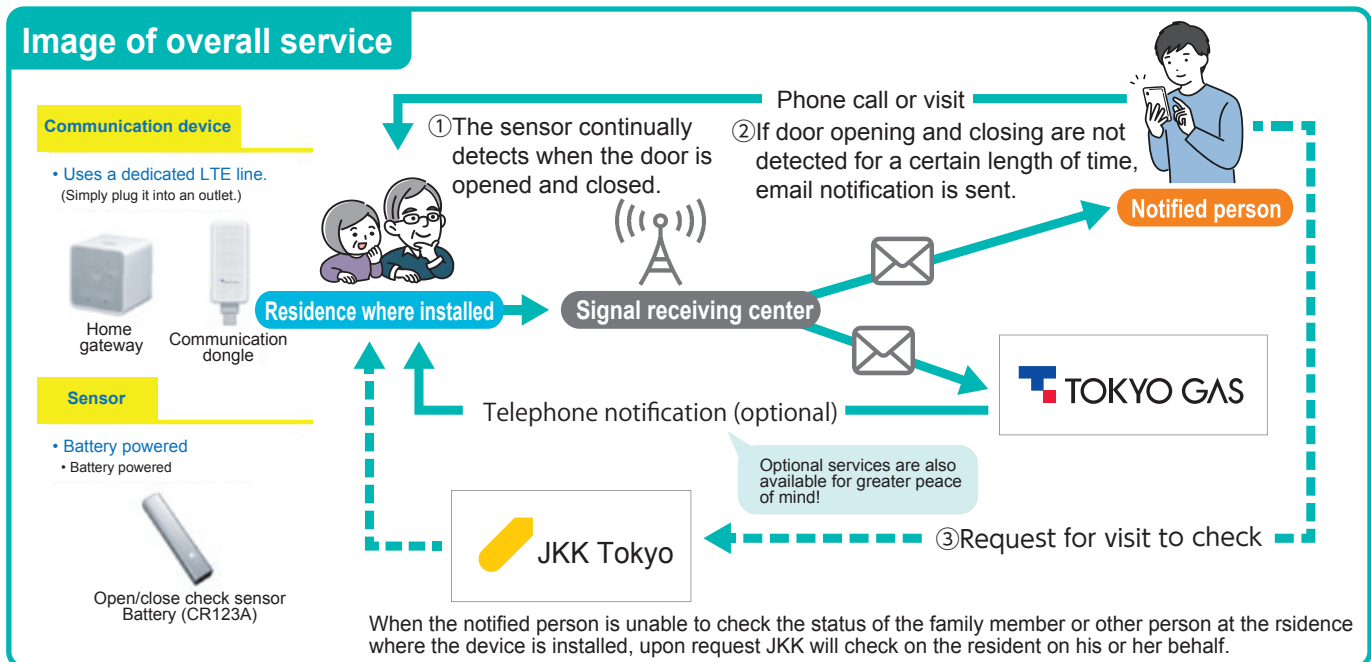


## Moshimo Alert, provided by Tokyo Gas

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.



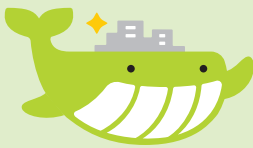
## Request in Case of Prolonged Absence

If you are going to be absent from your residence over a long period of time (30 days or more) for reasons such as travel, business trip, or hospitalization, please be sure to submit an absence notice to the administration office.

The absence notice form is available at the administration office and the competent contact center.

### Failure to submit the notification can result in problems such as the following...

- If there is a report from a nearby resident who is concerned that you may have collapsed in your residence, we may enter your residence to check on your safety.
- It may not be possible to take prompt action in case of a water leak, fire, or other accident.



In addition, customers who utilize regular delivery services (such as newspapers, milk, or lunch boxes) should please be sure to also contact the company and request temporary stoppage of deliveries.

## Join the Community Salon!

The community salon (meeting room) in your building is a shared facility that is available for use by residents and others. In addition to use for club hobby activities and local council meetings, please feel free to use the Community Salon for social hobby activities and Community Association activities, as well as for recreational gatherings of families with children or elderly households, or even for remote working on your own.

### Making reservation

An application can be submitted to the management office starting from one month before the date of use.

(When the salon will be used only by minors, the reservation must be made by a parent or guardian.)



### JKK Smile Assistants will help with creating opportunities for community activities.

JKK Smile Assistants are working to create opportunities for launching resident community activities, such as planning events in cooperation with local governments or other organizations, and encouraging communication based on shared interests.

If you would like to consult with us, call the telephone number in ① listed under “JKK Tokyo Customer Center Telephone Numbers” on page 12!

## Introduction of Local Community Activities

**Kosha Heim  
Suginami Wada**

# Group Kawasemi

Activity day: Every Tuesday  
Time: 10:00 to 12:00

Here we introduce Group Kawasemi from Kosha Heim Suginami Wada (Suginami City).

### About Group Kawasemi

Group Kawasemi has been active since 2008, and this year marks its 15th anniversary. Their activities are centered around exercising, brain training, and singing. The group's name comes from kingfisher ("kawasemi" in Japanese), which is a bird commonly seen in this area.

Group Kawasemi members  
with exercise instructor  
Mr. Baba (back row left)



### Overview of Activities

The group enjoys exercises while singing their original group song, written by Mr. Baba the exercise instructor himself, and other seasonal songs.



Working out the whole body while singing makes everyone sweat a little, even in winter.



Exercises involving fingertip movements are also effective for preventing dementia.

### We interviewed the Group leader, Ms. Kimura

● **Group Kawasemi has been active for 15 years since its launch. What is the secret to being able to continue for so long?**

The reason why we were able to continue our activities is that we wanted to enjoy singing out loud together while exercising and strongly felt the desire to see each other again next week.

● **What are some difficulties in running a group?**

Members are mostly elderly people, so we are very careful not to fall or otherwise get injured during our activities. We always share tasks among members, so preparation for activities is never a chore. I am more like one of the members helping out, rather than a leader.

● **What do you find rewarding about the activities?**

Getting to see members smile is very gratifying. After every session, I feel happy to have done the activities when I see them smiling as they leave. I hope to continue activities with everyone's cooperation as long as our physical strength allows us, so that the members can keep in good health.

JKK offers assistance in starting up such community activities! If you are interested, please call the telephone number in ① listed under "JKK Tokyo Customer Center Telephone Numbers" on page 12.

## Introduction of Community Association Activities

### Kasumidai Daini Jutaku Community Association (Ome City)

Launched: 1971  
 Head of Community Association:  
 Chairperson Nagasawa  
 Total number of households:  
 444 (Community Association membership: 85%)

Here we introduce Kasumidai Daini Jutaku Community Association, which is engaged in activities for a large residential complex in Ome City.

The Community Association has maintained a high membership rate through increasing opportunities to see each other in person throughout the year.

## Various Community Association Activities

### Summer festival



Wadaiko (Japanese drum) performance by students

### Disaster drill



Drills are held twice a year

### Boccia workshop



Organized with the cooperation of Ome City Council of Social Welfare

A lottery was held on Sunday, December 10, 2023. Instead of a rice-cake pounding event, the community decided to switch to having a lottery in consideration of infection risks. An elementary school child drew a special prize at the beginning of the lottery, which quickly heightened the excitement in the venue. Refreshments, including Oshiruko (sweet red-bean soup) and Nimono (stewed dish), were also served, and everyone enjoyed these dishes and the great weather.



Child who won the special prize



Oshiruko with freshly baked rice cake

## Kasumidai Daini Jutaku Patrol

Kasumidai Daini Jutaku Community Association not only organizes events year-round, but also engages in various efforts such as charity activities. One of such efforts is patrolling. The Patrol consists of female members recommended by the Chairperson of the Community Association. The members pay periodic visits to elderly residents' homes to check if they are alright.

### Q Tell us about the Patrol's activities.

Chairperson: We do rounds once or twice a month on a volunteering basis, visiting households with anyone aged 70 or over.

### Q When was the Patrol organized?

Chairperson: The Patrol was established in 2011. Some people said they don't need it at the time, but recently, people ask us when the next patrol is.

### Q What triggered the organization of the Patrol?

Chairperson: Considering the future increase in the number of households with elderly people, we wanted to do something for them.

### Q I hear that the Patrol also helps people prepare their Ending Notebook.

Chairperson: In an Ending Notebook, people write their personal information (including date of birth, emergency contact information, and primary doctor information), and the Community Association keeps the Notebooks for them at their request.



Patrol members

JKK will continue to introduce such Community Association activities.

## Countermeasures for infectious diseases



Countermeasures are important to prevent infection and to prevent infecting others.  
Wash your hands and gargle frequently!



### Method

#### ● Wash your hands with soap

- Be sure to wash your hands after you return home, before cooking, and before eating or drinking!
- Be sure to wash, not just the palms of your hands, but also between your fingers, the back of your hands and your wrists!

#### ● Avoid touching your face

- Don't touch your eyes, nose, or mouth, until after washing your hands!

\*Viruses on a person's hand can spread by contact infection(\*1).



#### ● Wear a mask

- Wear a mask when going out to places with lots of people!

\*Infection may occur through the air by droplet infection (\*2).

- If you don't have a mask, cover your mouth and nose using handkerchief, etc.



#### ● Disinfect surfaces that are frequently touched

- Wipe off surfaces that people regularly touch, such as the entranceway and door knobs with an anti-bacterial cleaning product as often as possible!

#### ● Good ventilation

- Open the window, replace the air in the room!

#### ● Avoid places where people gather

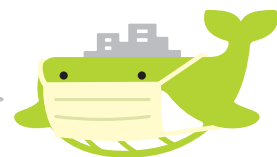
- Avoid going to crowded places where there are a large number of unspecified people.



#### ● Build up your immunity

- Try to exercise inside your room as much as possible!
- Eat three nutritious meals a day!
- Get enough well!
- Maintain a well-regulated, daily life!

Even if you feel slightly ill, please see a doctor



\*1: Contact infection ... occurs when an infected person sneezes or coughs into his hand, and then touches things around him. Then others touch the same surface and the virus attaches to their hand. If they touch their mouth or nose, the virus will infect the person through the mucous membrane.

\*2: Droplet infection ... occurs when the virus is dispersed along with water droplets from an infected person (by sneezing, coughing, spitting, etc.). Others inhale the virus through their mouth or nose, and become infected.

# Prevent Frailty

**Avoid going to crowded places where there are a large number of unspecified people.**

**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

Frailty of elderly people can be prevented and improved by physical activities and exercise. Physical activities involve movement that consumes more energy than when you are resting. They include taking walks, going shopping, doing household chores, and other living activities.

It is recommended that elderly people do physical activities for at least 40 minutes every day. Even if you cannot do physical activities for 40 minutes, it is still effective to move your body to the extent that is possible. While you can exceed the recommended amount of activity, try to keep it to what is appropriate for you. As a guide, if you feel very tired the next day or feel pain in your joints, you may want to reduce physical activities a little. In particular, people with reduced physical functions should take safety precautions and be careful not to fall.

It is recommended that you do exercises with various elements, such as muscle-building exercise and movements that improve balancing ability and flexibility, about two or three days a week. Radio taiso (“radio gymnastics” in Japanese), dancing, and fitness classes provided by Community Associations or other organization are recommended. There are some stretching exercises introduced on the next page that you can also do.





# Frailty Prevention Exercise 《Sitting Stretches》

To prevent frailty, it is important to keep your muscle strength by exercising and enjoying balanced meals. Let's extend healthy life span (period for which you can stay healthy and live independently) and build a body that you can enjoy your hobbies and going out in. Here are some stretching exercises that you can do sitting down at home.

## What does stretching involve...?

Stretching is a form of calisthenics that stretches the muscles and enhances their flexibility. It is carried out for relaxing the body, eradicating fatigue, and otherwise improving physical wellbeing.

### Precautions

- Don't tense your body
- Don't hold your breath
- Don't use reactive forces to add momentum
- Concentrate on the area (muscles) being stretched
- Don't overdo it

### Effects

- Facilitates flexibility
- Improves metabolism (raises body temperature)
- Facilitates blood circulation
- Facilitates relaxation
- Expands the range of joint movement

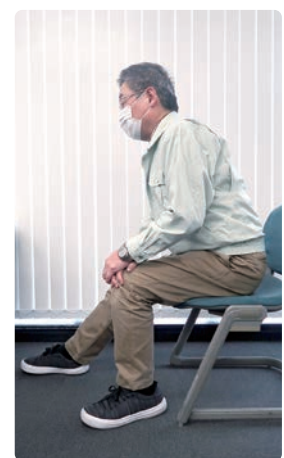
## Upper Body

- ① **Sit close to the edge of the chair**
  - \* Use chairs without castors that do not move
- ② **Raise both hands in the air**
  - \* Raise them as far as they will go without applying excessive force
- ③ **Lean backward gently, and hold the position for ten seconds**
  - \* Ten seconds are suggested, but even one or two seconds is acceptable
  - \* Do not lean back too far
  - \* Do not hold your breath, but continue breathing
- ④ **Lower your arms**
- ⑤ **Repeat processes ① through ④ two or three times**



## Lower Body

- ① **Sit in the center of the chair**
  - \* Use chairs without castors that do not move
- ② **Stretch one leg forward**
  - \* Make sure the soles of both feet are placed flat on the floor
  - \* Straighten the knee of the leg being stretched as far as possible
- ③ **Place both hands on the thigh of the leg not being stretched, lean slowly forward, and hold this position for ten seconds**
  - \* Ten seconds are suggested, but even one or two seconds is acceptable
  - \* Do not force yourself to lean too far forward, just as far as it is comfortable
  - \* Do not hold your breath, but continue breathing
- ④ **Return your body to the natural position, and then repeat the process with the other leg**
- ⑤ **Repeat processes ① through ④ two or three times**



Maintain a well-balanced routine involving both left and right sides of the body!



Do not overdo it when stretching, but acclimatize yourself to it gradually.

## 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.



お互いに見守り、ふれあい、助け合える

# 近居で あんしん 登録制度



**JKK Tokyo has a system that registers you to get preferentially introduced to rooms near your family or relatives.**

## What is “Registration for Living Near Family or Relatives”?

If you wish to live near your family or relatives for reasons such as wanting to help out a child-rearing family, be close to your children’s families so that you can see your grandchildren, or move close to your parents to provide care, JKK Tokyo has a registration system that preferentially introduces you to such residences.

### Eligible households

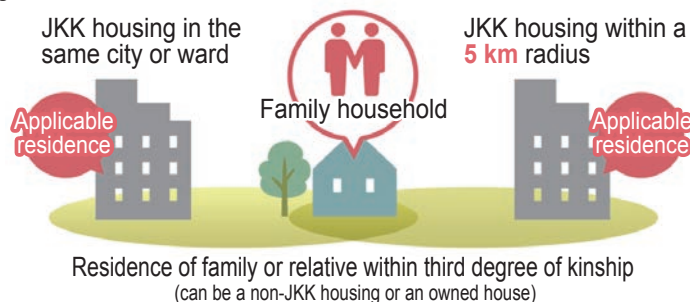
Applicants that meet both family and household requirements:

- Family requirement ... A household of relatives within third degree of kinship is living in the same city or ward of your preferred residence or within a radius of approximately 5 km of your preferred residence.
- Household requirement ... The registered household or the family household falls under one of the following: child-rearing household, household with elderly person(s), or household with disabled person(s).

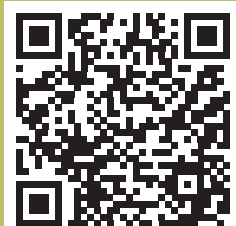
### Applicable residences

JKK residence in the same city or ward of the residence of your family or relatives or within a radius of approximately 5 km from such residence

\* With some exceptions



See the JKK Tokyo website for more information.



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

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

ひとと、くらしをあったかく。  
**JKK 東京**

## 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.

\*Beginning of the month when transfers start




**4** Bank transfers start.

\*Withdrawal for each month occurs on the 7th of that month.



\* 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)

**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 may be made **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




**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>

