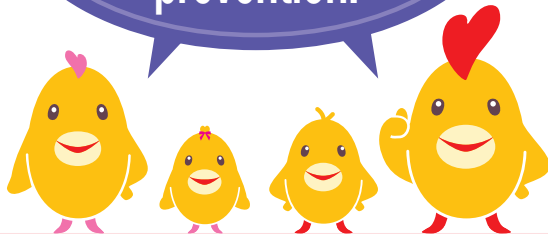


Thoroughly carry  
 out infectious disease  
 prevention!

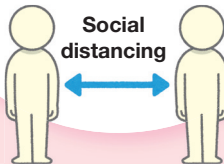


**Three basic measures to  
 prevent infectious diseases**

1

**Avoid the Three Cs**

- **Closed** spaces where ventilation is poor
- **Crowded** places where many people gather
- Conversation in **close contact** in close proximity



2

**Wear a mask**

- Be sure to wear a mask when talking with others
- Be sure to cover both your nose and mouth
- Adjust the mask to avoid any gaps



3

**Wash your hands, disinfect your hands and fingers**

<Be sure to practice these at the right time!>

- Wash your hands when coming home from outside
- Before and after cooking
- Before eating a meal



**How to properly wash your hands**

**Before washing your hands**

- Keep your fingernails trimmed
- Remove your watch and rings



1 Rinse your hands under running water, apply soap, and rub your palms together.



2 Rub the back of your hand in a stretching motion.



3 Thoroughly rub your fingertips and around your fingernails.



4 Wash between your fingers.

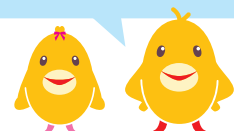


5 Twist and wash your thumb and palm.



6 Be sure to wash your wrists.

After washing with soap, thoroughly rinse your hands with water, and dry them with a clean towel or paper towel.



**Index**

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## Prevent Frailty!



### Ideas to prevent frailty!

## ~ Prevent Frailty by Your Daily Diet! ~

**When the body and mind deteriorate, and social connections weaken, it is called frailty.  
By preventing frailty, one can lengthen the time one is healthy.**

Tomoki Tanaka, Institute of Gerontology, The University of Tokyo

Nutrition (food and mouth), exercise, and social participation are essential in preventing frailty. For a nutritious meal, it is especially important to chew your food well and maintain a healthy mouth. Many people are aware to “include a variety of foods during their three meals a day to ensure balanced nutrition,” “Get plenty of nutrients such as protein, calcium and vitamin D, which play a role in building a healthy body.” At this time, I would like to share with you how to train your “chewing power” through your daily meals. It is very simple. Be sure to eat food that needs to be chewed at every meal. In the research group to which I belong, eating nutritious food, chewing well and maintaining a healthy mouth that can chew is called “kamu kamu.” It doesn’t have to be everything, just some of your food is fine. How about making an intentional choice? For example, try simple foods first, such as gum or almond chocolate, which are sold at the convenience store. If you regularly cook, try different ideas for your daily cooking method. Please try this to maintain your body's nutrition and so you can chew properly. And, don’t forget to exercise and social participation!

Kamu Kamu challenge!		
Level 1	Search for Kamu Kamu foods	List some of the things you eat on a regular basis that you find chewy or have an enjoyable texture.
Level 2	Arrange daily meals	<ul style="list-style-type: none"> <li>• Add root vegetables</li> <li>• Cut food in larger pieces</li> <li>• Switch from white rice to brown rice or whole grain rice</li> </ul>

\*Excerpt from “Kamu Kamu” Class textbook



## Introducing local community activities

Hirao  
JutakuRingo no Kai  
(Apple Club)Day of activities: Tuesdays, Fridays  
Part 1: 9:30 am ~  
Part 2: 10:45 am ~“Activities to  
prevent falls”

“Ringo no Kai (Apple Club),” a local community activity in Hirao Jutaku, Inagi City, is introduced.

## Details of the activities

Fall prevention exercises (stretching, oral care, muscle training, rhythm exercises, mental training) and information exchange

## Scenes of the activities

On the day of the interview, we could hear the sound of participants having good time, even outside the community saloon. Active adults between 70 and 89 years old participate in “Ringo no Kai.” First, information of the members is updated, then all shout the slogan. next, deep breath and stretch exercises are carried out to warm up, then rhythm exercises with up-tempo music, followed by laughing out loud! The activity is done in this order and is very popular.

## “Ringo no Kai’s (Apple Club)” wonderful slogan

Get out once a day  
Talk to 10 people a day  
Write 100 words a day  
Let’s read 1,000 words a day  
Let’s walk 5,000 steps a day  
Let’s live like “Don’t worry!”

Take turns vocalizing and stretching



Rhythmic exercise to up-tempo music♪



Raise both hands and laugh out loud!!



Club members receive training by Inagi City as exercise instructors three times a year. In addition to exercise, programs such as mental training are implemented so the participants don’t get bored.

## Voice of participants

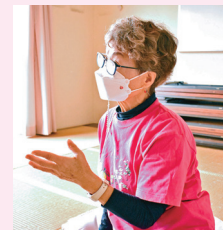


I have regularly participated for three years now. My heart and body are in good condition. I don’t get bored because the instructor teaches us many different things. I looking forward to talking with everyone, I have participate every time. I think it is important to keep participating in such meetings. (Kimi)

## We interviewed Mr. Kato, JKK’s representative.

## Q1 What were the reasons to start this activity?

Aging is a natural part of life, but we don’t want to become bedridden. Let’s prevent that by exercising together and communicating with each other. We started this project with the hope that we can look after each other and help each other to stay healthy.



## Q2 Connecting with those in the region during the COVID-19 pandemic

After the COVID-19 pandemic started, I said to everyone, “I will be at the neighborhood park every day at 2:00 p.m. Let’s walk a lap or even a half a lap.” and we gathered together. I would check on the recent condition of the members. I wrote letters to those who did not participate for a while, asking how they were doing, and tried not to lose contact even if they were sick.

\*This article is based on an interview conducted on November 2, 2021. This club carries out activities according to the infection condition of COVID-19.

JKK will continue to support community activities for the residents, as well as activities that promote interaction with people in the region.



## We are now on Twitter

[Official] JKK Tokyo (Tokyo Metropolitan Housing Supply Corporation)  
@JKKTOKYO\_info

This section provides the latest information on housing management, campaigns and events.

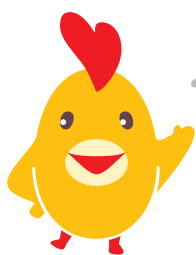


# Information on application/notification procedures

If your family composition changes while living in public housing, please follow the notification procedures.

Application to Change Resident Name(s)	In the cases where someone ceases to reside in the housing, such as the death of the leaseholders or some other unavoidable circumstance, an application to change the name(s) of the persons living together shall be submitted.
Application to Change Joint Guarantor	<b>This application is for when the residents wish to change the joint guarantor (guarantee system for housing rent, etc.).</b> *According to the revised Ordinance enacted April 1, 2020, the format of the application to change the joint guarantor has been revised. When changing to an individual cosigner, applications that include "Maximum Sum" details representing the maximum amounts guaranteed when changing individual joint guarantors will be sent by mail.
Notification of Change of Registered Matters	Residents must notify JKK Tokyo when registered matters, such as the leaseholder, persons living together, and/or joint guarantor and/or emergency contact changes.
Notification of an Increase/Decrease in Family Composition	<b>This form is to be submitted if there is a change in the number of persons residing with you, due to birth, death, relocation, etc.</b>
Application for approval of housing modification, etc.	<b>This application is for water fittings to comply with the installation of a dishwasher or water purifier, and the installation of intercoms with a camera function (including recording functions).</b>

\*Each application and notification have specific requirements and conditions. Please check with the Customer Center in advance, and follow the procedures.  
 \*Regarding methods to submit a document, you can directly submit it to the Management Office or Reception Center which holds jurisdiction, or send it by postal mail to the Reception which holds jurisdiction. When submitting a document, the identity of the applicant is confirmed. Please bring an identification document when visiting the office.  
 \*Some attachments may need to be submitted along with application or notification document. In such case, please submit a document which does not include your personal identification number (my number). (\*For your residence certificate, your personal number will not be shown, unless specifically requested.)



The following documents can be downloaded from the website.

- Notification of Change of Registered Matters
- Notification of an Increase/Decrease in Family Composition
- Application for Reissuance of Certificates and Contracts



▲Download form

Many questions received from residents in JKK housing are addressed in Q&A format on our website!

? The leaseholder has died. Are there any application or notification procedures that the family members living together must carry out? ?

? Can a certificate of the amount of rent paid be issued? ?



▲FAQ

For inquiries, call the 「JKK Tokyo Customer Center」 at telephone number ① on page 12.

Measures to prevent furniture from falling over can protect your life!!

## Measures to prevent furniture from falling over

Earthquakes can happen at any time! Check the following 4 points to confirm safety in your home. And, detailed information on disaster preparation can be found on the JKK website. Please check.



### Countermeasure Point 1

Secure safe spaces

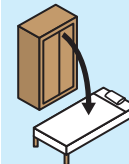
- Reduce the amount of furniture in the room.
- Do not place furniture fitted with casters near an entrance or exit to a room.
- Do not place furniture near a source of flames in order to prevent a fire during an earthquake.
- Avoid placing furniture in bedrooms or rooms used by infants and elderly people.
- Do not place anything on top of furniture.


### Countermeasure Point 2

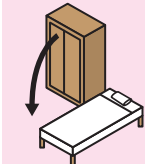
Place and use furniture correctly

- Arrange the room to prevent furniture from falling on top of the bed.
- Place furniture so that it does not block an evacuation route if it falls over.
- Don't place tall furniture on a carpet or tatami mat.
- Store heavy items lower down to make falling over less likely.
- Position furniture so that it slightly tilts back rather than forward.

 Falls over the bed



 Falls where there is no bed

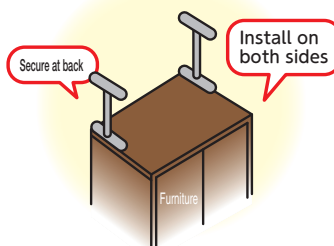


### Countermeasure Point 3

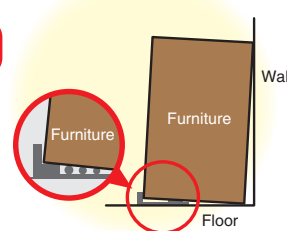
Prevent furniture & appliances from falling over

- Select fittings to secure furniture in place according to 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 a separate top and bottom section, be sure to attach them together with metal brackets. [Connection brackets]
- Don't place electrical appliances in a high or unstable location.

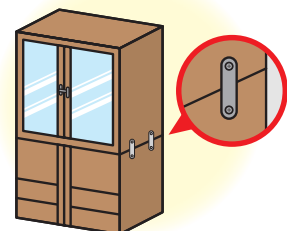
[Pole type]



[Stopper type]



[Connection brackets]



### Countermeasure Point 4

Prevent stored objects from spilling

- Affix door stoppers to furniture with hinged doors.
- Affix shatterproof film to glass doors.
- Put non-slip sheets on cupboard shelves to prevent dishes from sliding out.
- Install a vibration-absorbing adhesive mat between the TV and the TV stand.
- Install fall-prevention bars and affix fall-prevention tape on shelving without doors.

If you make screw hole in the wall with a screwdriver, etc. with the purpose of preventing furniture from falling over, and if the hole within 9mm in diameter, 2.5cm in depth, obligation to restore the spot to its original condition is exempted.

Introducing Disaster prevention community activities

Tomin Heim Minamidai 3 chome **AEDs have been installed!**



This year, Tomin Heim Minamidai 3 chome Volunteer Disaster Prevention Association took advantage of JKK's AED introduction subsidy system, and installed AEDs in the housing. This time, Chairman Ota and Vice Chairman Fukui were interviewed regarding the Volunteer Disaster Prevention Association and AED installation.



Please tell us about the Tomin Heim Minamidai 3 chome Volunteer Disaster Prevention Association

Tomin Heim Minamidai 3 chome Volunteer Disaster Prevention Association was established in 2017, with JKK's guidance in "support for disaster prevention community activities." At first, we did not have any disaster prevention gear or equipment, but with a grant from JKK, we could purchase disaster prevention equipment such as rescue gear and generators.



Supplies stored by the Disaster Prevention Association



Now we have daily necessities for home evacuation, stoves for cooking, etc., and regularly manage our stockpile, including periodic inspections of the equipment. Management of disaster supplies is also an important part of disaster prevention activities, and we will continue to maintain the necessary items.



Chairman Ota (left) and Vice Chairman Fukui (right)

Why did you install AEDs?

This year, Tomin Heim Minamidai 3 chome celebrates its 20th anniversary since its construction, and its residents have also become older. We felt that in this condition, preparing AEDs were needed, and when we received information on the subsidy program by JKK, we decided to install them. We have not actually used the AED yet, but we think the residents can feel safe because AEDs are placed at a height where anyone can reach it and in noticeable location.



AED is installed in the entrance 1F

What difficulties in management of the disaster prevention organization are you experiencing?

This is not limited to this housing, but many people nowadays do not know each other, even though they live in the same housing. If you never talked to your neighbors or those living in the same housing, it will be very difficult to help each other when an actual disaster occurs. I always think that communication with each other is needed, not only in time of disasters to confirm each other's safety, but also on a daily basis. Especially, we try to visit and greet new residents with a set of documents such as regulation and activity reports. We would like to maintain communication with residents, even in small matters.

Please tell us about your future activities

Before the COVID-19 pandemic, we held a large scale event every year with the cooperation of the fire department. Children and local residents experienced an earthquake simulated by an earthquake generator and participated in a fire drill with water-filled fire extinguishers. It was a good opportunity to meet residents and local people, and once COVID-19 settles down, we would like to resume the event.

We routinely create AED management status and operation manuals and share them on the Internet. We would like to create a process where anyone can easily participate with the disaster prevention association, and shift to the next generation in the future.

For more information on supporting community disaster prevention activities, please see the page on the right.





## Support for Community Disaster-Prevention Activities



JKK supports volunteer disaster prevention organizations for public housing which meet certain conditions, such as the provision of disaster prevention equipment.

We encourage organizations which have not received this support to apply.

We will also continue to provide support for housing which have not established a voluntary disaster prevention organization to do so. Please contact us.

### Details of the support

#### 1 Support to establish of a voluntary disaster prevention organization.

- For housing without a voluntary disaster prevention organization, support such as consultation regarding its establishment, and information provision, is carried out.

#### 2 Provision of disaster prevention kits

- Disaster prevention kits are provided according to number of households under management in the public housing.

#### 3 Expenses to purchase disaster prevention equipment are subsidized.

- Expenses related to purchasing disaster prevention equipment, such as helmets and first aid kits are subsidized.

#### 4 Subsidies for expenses related to the introduction of AED and to take courses to acquire lifesaving certification.

- Expenses to purchase AED, lease / rental are subsidized. \*AED...automated external defibrillator.
- Expenses to take courses to acquire basic lifesaving certification and advanced lifesaving certification are subsidized.

#### 5 A place to store the disaster prevention equipment is provided.

\*Organizations which have already received the subsidies described in **2 ~ 4** above are not eligible for this support.



### Conditions for a voluntary disaster prevention organization

**1** The organization is comprised of more than half of the households in the residential block, registered to the municipal government and public agencies, etc. related to disaster prevention, and carries out voluntary disaster prevention activities.

**2** Organizations which JKK determines as corresponding to the above.

To receive support, certain conditions apply. For more details, please contact “JKK Tokyo Customer Center” telephone number ① on page 12.

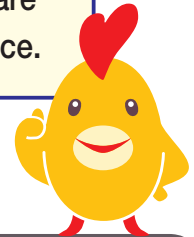


# When your smoke detector alarm rings . . .



## What is a smoke detector?

A smoke detector can detect smoke or heat from a fire and alerts the occupants with an alarm. Installation and maintenance of such devices are required by the Tokyo Fire Prevention Ordinance.



## If the alarm rings . . .

**If there is a fire**

Check the source of the fire and evacuate the building. Call 119 and, if possible, extinguish the fire before it spreads.

**If there is not a fire**

The alarm may be triggered if the device detects cigarette smoke, or smoke or steam from cooking. If you press the siren-off button (or pull the cord, if it has one) or ventilate the room, the siren will stop and the device will return to normal.

The alarm may be triggered by the use of smoke-emitting insecticides, etc. When using such products, please take measures such as covering the device with a plastic bag and then promptly returning the device to its normal condition after finishing. The alarm may also be triggered by an impact, such as if something is knocked against it. Please be careful.

## Request from JKK

JKK will replace a smoke detector about once every ten years and a home fire extinguisher about once every five years.

If these are not replaced due to your absence, etc., there is a chance that if a fire breaks out, it will not be discovered in time or initial fire-fighting responses not being carried out appropriately.

➔ Contact telephone number ② for the “JKK Tokyo Customer Center” listed on page 12.





Are you sure  
you are using the  
facilities safely?



# Mechanical Parking Facilities

At mechanical parking facilities which are used daily, improper operation may result in a serious accident.

To prevent accidents in the parking lot, please pay attention to the following points and use the parking lot safely!

## Persons other than the driver should not enter the parking facility



Be sure to load and unload any cargo outside of the parking facility, as doing so may cause misoperation or malfunction.



Be sure all passengers get in or out of the car outside of the parking facility, as not doing so may cause a shut-in accident.



Be sure that passengers such as a child are not left in the car.

## Visually check and make sure there are no obstacles or people in or around the parking facility.



Do not let children play around the mechanical parking facilities at any time. Please be sure to operate the mechanical parking after confirming no one is inside or around the parking facility.



When entering or exiting, do not accelerate abruptly, but proceed slowly while checking the safety of others around you.

## Do not lock the button on the operation panel using a tool, etc.

### Do not push the button on the operation panel with a tool, etc.

In many parking facilities, buttons on the control panel are designed to stop when you take your finger off the button for safety reasons. If you lock the button with a tool, etc., it cannot be quickly stopped, which may cause a severe accident.



#### Precautions

When operating the control panel, do not leave it unattended, and continue to check for safety. If you sense anything unusual or danger, stop operations immediately.  
\*Please pay attention so that children, etc. do not approach the equipment while in operation.



# お友達 紹介プレゼント



ご紹介いただいたお友達が  
対象住宅に申込・契約いた  
だくと「ご紹介者様」に

10,000<sup>ギフトカード</sup>円分

プレゼント!

実施期間 2022年5/9 (月)まで

ご紹介者様に  
ギフトカードプレゼント!

Do you have a friend who is looking for an apartment? Please introduce them to JKK rental housing. For details, please visit our website or download the Introduce a Friend Gift form.  
<https://www.to-kousya.or.jp/chintai/campaign/1135haru/>



JKK offers many support programs so a wide variety of households can easily move in, such as **discounted rent**, **priority application**, **relaxed screening criteria**, etc.

<p><b>近居あんしん登録制度</b></p> <p>対象エリア 拡大</p>	<p>親族の近くでの生活 = 「近居」をご希望するお客様に、優先的にお部屋の紹介をする登録制度です。</p> <p><b>【対象エリア拡大!】</b> ご好評につき、さらに多くの住宅が対象になるように、近居対象エリアを2kmから<b>5km</b>に拡大しました。</p>
<p><b>近居サポート割</b></p> <p>3年間家賃20%OFF</p>	<p><b>【サポート：近居サポート割】</b> 3親等内の親族世帯と同一市内または5km圏内で近居を希望する入居世帯の方に対して市部の一部空家を対象に、入居から3年間、毎月の家賃を<b>20%割引</b>いたします。</p> <p>※入居世帯または親族世帯が「子育て世帯」「高齢者世帯」「障がい者世帯」のいずれかにあてはまる必要があります。</p>
<p><b>ひとり親世帯入居サポート</b></p> <p>収入審査の緩和 / 家賃20%OFF</p>	<p><b>【サポート①：収入審査の緩和】</b> 申込者本人の月収が月収基準に満たない場合「児童育成手当」「児童扶養手当」を月収額に合算して収入審査を受けることが可能です。</p> <p><b>【サポート②：こどもすくすく割】</b> ひとり親世帯の方に対して市部の一部空家を対象に「子どもが18歳になる年度の末日まで」または「3年間」毎月の家賃を<b>20%割引</b>いたします。</p>
<p><b>新婚・夫婦世帯入居サポート</b></p> <p>7日間優先申込み / 家賃20%OFF</p>	<p><b>【サポート①：子育て世帯等優先申込制度】</b> 会社が定めるお部屋について、募集公開から7日間優先的にお申込みいただける制度です。（※対象世帯に新婚世帯を追加しました）</p> <p><b>【サポート②：ペアさぼ】</b> 申込者とその配偶者がどちらも<b>40歳代</b>までの夫婦世帯の方に対して市部の一部空家を対象に、入居から<b>3年間</b>、毎月の家賃を<b>20%割引</b>いたします。</p>

※制度の詳細や対象住宅についてはホームページをご覧ください。

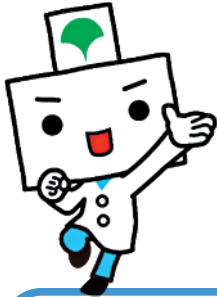
[公社住宅募集センター] 営業時間 9:30~18:00 (日・祝日定休)

**03-3409-2244** (代)

[貸主]  
**JKK東京**  
東京都住宅供給公社  
広告有効期限：2022年5月9日

## Notification from the Tokyo Metropolitan Government

# Tokyo Metropolitan Hospital and Public Corporation Hospital aims to become a “new metropolitan hospital.”



The Tokyo Metropolitan Government has continued preparations to establish “the Tokyo Metropolitan Hospital Organization(\*)” in July 2022 by integrating the metropolitan hospitals and public hospitals into a local incorporated administrative agency.

\*A corporation 100% owned by the Tokyo Metropolitan Government, established in accordance with the law. A system that ensures provision of necessary medical care and services to the Tokyo residents with the involvement of the metropolitan government.

### ✓ Necessary medical care is further enhanced.

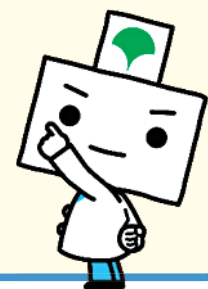
For **emergency medicine** and **cancer treatment**, multiple departments and occupations must work as a team to support a single patient. We seek to strengthen the system in order to provide the best medical care to critically ill emergency patients and cancer patients with complications.

### ✓ Strengthening the medical system in case of disaster, etc.

In preparation for **COVID-19 infections**, **emerging infectious diseases** which may occur in the future, and **earthquakes affecting the Tokyo metropolitan area**, we are strengthening mutual cooperation between hospitals. In the event of a life crisis affecting the residents, we will respond in accordance to the policies of the Tokyo metropolitan government.

### ✓ Contributing to the improvement of regional medical care.

In order for each person to be able to receive medical treatment in their familiar community and with peace of mind, we will further strengthen cooperation with local medical institutions, etc. and support patients through the utilization of ICT technology.



## Medical care support for the residents.

For details regarding changes to a local incorporated administrative agency, please refer here.

[https://www.byouin.metro.tokyo.lg.jp/about/jigyousoshiki\\_gaiyou/soshiki/sosikidopou/index.html](https://www.byouin.metro.tokyo.lg.jp/about/jigyousoshiki_gaiyou/soshiki/sosikidopou/index.html)



**Inquiries**

General Affairs Section, Corporate Planning Department,  
Tokyo Metropolitan Hospital Management Division TEL: 03-5320-5847

# Use convenient bank transfer to pay rent or other bills

Registration for bank account transfers from **Shinsei Bank** and **Aeon Bank** is also possible. If you have not registered for a bank account transfer, please take this opportunity to do so. A bank account transfer will take effect two months after submitting a bank account transfer application to your financial institution.

<p><b>Bank transfer procedures</b></p>	<p>① Fill out the form</p> 	<p>② Submit it to the bank</p> 	<p>③ Receive notification</p> <p><small>* Transfers are performed out the beginning of the month</small></p> 	<p>④ The transfer begins</p> <p><small>* Withdrawals are performed on the 7th of every month</small></p> 
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\* A bank transfer application form can be obtained from the management office and contact center. Contact the Customer Center if you wish to receive it by mail.

For participating institutions and application procedures, please call or visit our website.



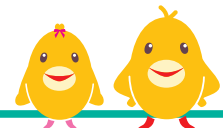
**Inquiry details**

Use Tel. No. (1) of the “JKK Tokyo Customer Center”

**Website address**

<https://www.to-kousya.or.jp/>

← Scan the QR code to view “Paying Rent”.



## 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 Saturday, Sunday, national holidays, end of year and New Year Holidays)

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

●Navi-Dial

 **0570-03-0031**

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


**☎03-6279-2962**



### ② Application for repairs and inquiries

Emergency contact regarding urgent repairs and improvements for water leaks, etc., accidents, fire, and the safety of residents available **24-hours a day, 365-days a year**

●Navi-Dial

 **0570-03-0032**

●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 a fixed landline telephone (excluding public telephones and PHS). When making a call from a mobile phone, any free dial or discount services by the phone company will not apply.

**Phone lines are always very busy between 9:00 am and 10:00 am Monday mornings and the day after a holiday.**

If it is not an urgent matter, please avoid calling at these times.



← Website

For public housing residents