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Major causes of residential fires in 2020 (according to the Tokyo Fire Dept.)

1 Stove

2 Cigarettes

3 Arson

4 Kerosene heater

Main fire prevention measures...



Don't leave the stove unattended while cooking!
 Don't place things which can easily catch fire nearby



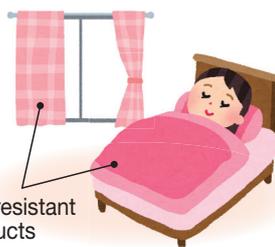
Don't smoke in bed!
 Don't let cigarette butts accumulate in the ash tray, and extinguish them completely with water before throwing them away



Don't leave things in common areas!
 Keep the area around your residence tidy



Be sure to turn off the heater before leaving the house or going to bed!
 Don't place things which can easily catch fire nearby



Fire-resistant products
 Use fire-resistant materials for bedding, aprons and curtains



Learn how to use fire extinguishers

Use of residential fire extinguishers

- Your apartment includes a residential fire extinguisher.
- If you discover the outbreak of fire, use the residential fire extinguisher installed to extinguish it in the early stages. If the fire continues to spread, calmly evacuate. Don't forget to call 119 and follow the directions of the fire department.
- Always leave the residential fire extinguisher in its regular place and carry out management and inspections in alignment with the instruction manual attached to the fire extinguisher.
- If you notice anything wrong, call telephone number ② for the JKK Tokyo Customer Center listed on page 10.



Are residential fire alarms and residential fire extinguishers available in times of emergency?

Residential fire alarms are replaced about once every ten years and residential fire extinguishers are replaced about once every five years, although there are cases in which these could not be replaced because the residents were not at home. Aging equipment may delay the outbreak of fire being discovered and prevent the fire from being extinguished in the early stages, so observe the following if you do not have these items installed or if they have not been replaced:



➔ Contact telephone number ② for the JKK Tokyo Customer Center listed on page 10.



If the fire alarm goes off

If the automatic fire alarm goes off, please call 119, and carry out initial fire extinguishing measures if possible.



Contact the JKK Tokyo Customer Center.

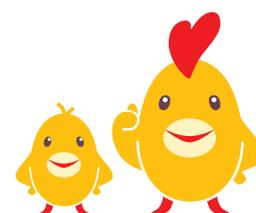
➔ Contact telephone number ② for the JKK Tokyo Customer Center listed on page 10.

- If you can see or smell the fire or smoke
 - Follow the directions of the fire department and evacuate.
- If you can't see or smell the fire or smoke
 - Wait until you understand the conditions.
 - When the fire department arrives, follow its directions.



*Keep evacuation routes clear at all times.

Notification of Rebuilding Work



JKK is currently moving ahead with reorganization and rearrangement centered on rebuilding work for homes that were constructed many years ago and are nearing refurbishment periods.

At this time, rebuilding of the following homes has been decided for 2021 and then rebuilding of other homes will begin three years later.

1. Homes targeted for rebuilding in fiscal 2021

Name	Address
Soshigaya Jutaku	Setagaya Ward

◇ What are Rebuilt Homes?

Homes that have been selected for rebuilding and for which detailed tenant briefings and tenant moving procedures have been started.

2. Selected Homes for which Rebuilding will Commence in Approximately Three Years

Name	Address
Kami-Shakujii Jutaku	Nerima Ward

◇ What are Homes Selected for Rebuilding?

Homes targeted for rebuilding 3 years from now. Tenants will not be recruited for vacant homes and planned repairs and improvements will not be carried out during this period, but repairs and improvements necessary for daily life will be made on selected homes.

The following initiatives have been established in alignment with the implementation of rebuilding work.

- ① Notifications will be delivered to tenants whose homes have been selected for rebuilding.
- ② Briefing sessions will be held approximately one year prior to the commencement of rebuilding work, during which details on the rebuilding work and methods for moving tenants, etc., will be explained, and site offices will be established to answer all pertinent questions and seek the understanding and cooperation of tenants. (*)
- ③ Guidance on places to move to and financial assistance for the cost of moving, etc., will be provided to tenants in alignment with rebuilding plans, and assistance will also be provided to tenants intending to return to their homes after rebuilding has been completed to lighten the burden of rent. (*)

*Residents with a fixed term tenancy contract are not eligible for participation in the rebuilding work briefings or the relocation housing mediation.

We look forward to your understanding and cooperation.



Prevent Frailty!



Are you losing muscle due to a continued self-restrained lifestyle?

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

Maintaining muscle strength is especially important in old age! Are you suffering from sarcopenia?

A major cause of frailty is muscle atrophy and loss of muscle strength. Sarcopenia is the loss of muscle mass in both arms and legs, leading to loss of muscle strength and physical function. When one suffers from sarcopenia, there is a high probability that the person will need nursing care in the future due to impaired mobility and decreased living function. In order to prevent sarcopenia and improve symptoms, eating three well-balanced meals a day which contain protein needed to build the body and spending even just 10 minutes moving to maintain muscle mass and quality, in other words, "muscle storage", are important. Particularly, lessening the time spent sitting still and adding activities which can increase your breathing are important. When a person is obese and suffers a loss of muscle mass, it is called sarcopenia-obesity. If you are concerned about your muscle mass and strength, consider starting muscle storage.

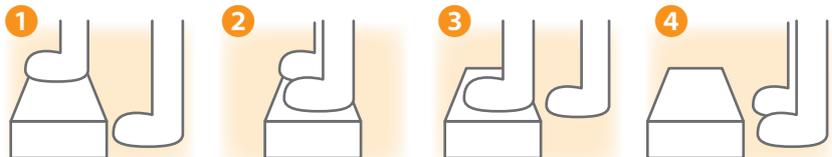
*If you have any restriction in your diet or exercise, please consult your physician.

An easy method to maintain muscle strength at home

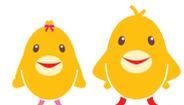
Step stool climbing

Recommended for people like this...

- People who stumbled frequently
- People who soon become out of breath
- People who wish to lose weight



- 1 Place your right foot (or left foot) on the step
- 2 Place your other foot (left or right) on the step
- 3 Place the first foot back onto the ground
- 4 Place the other foot back onto the ground
- 5 Return to 1 and repeat through to 4



Light

Elderly people and beginners (light load)

Step Height: Around 5cm to 10cm

Number of Times: One set of between 10 and 20 times, two or three sets per day

Precautions

- Hold onto a handrail or wall to perform the exercises safely
- Do not force yourself to do them if you feel pain or have concerns over your physical condition
- Do not overdo them (consult with your family doctor if you are concerned)
- Magazines and newspapers piled up to make steps are unstable and slippery and should be avoided unless they can be firmly locked in place
- Drink plenty of liquids

Once you get used to them

- Gradually increase the height of the step and the number of sets you do

People who think they can do a bit more, people used to it (slightly heavier load)

Step Height: Around 10cm to 15cm

Number of Times (Length of Time): 10 minutes up to a length that is not overdoing it

Precautions

- Hold onto a handrail or wall to perform the exercises safely
- Do not overdo them
- Magazines and newspapers piled up to make steps are unstable and slippery and should be avoided unless they can be firmly locked in place
- Drink plenty of liquids

Once you get used to them

- Keep your posture straight
- Swing your arms

Heavy

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 you go out, or when you are in close proximity with other 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 the Three Cs!

What are the Three Cs?



① Closed spaces
with poor
ventilation



② Crowded places
with many
people nearby



③ Close-contact
settings
such as close-range
conversations

● 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!



*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.

FY2020

Regarding the survey results of the condition of residents renting public housing,

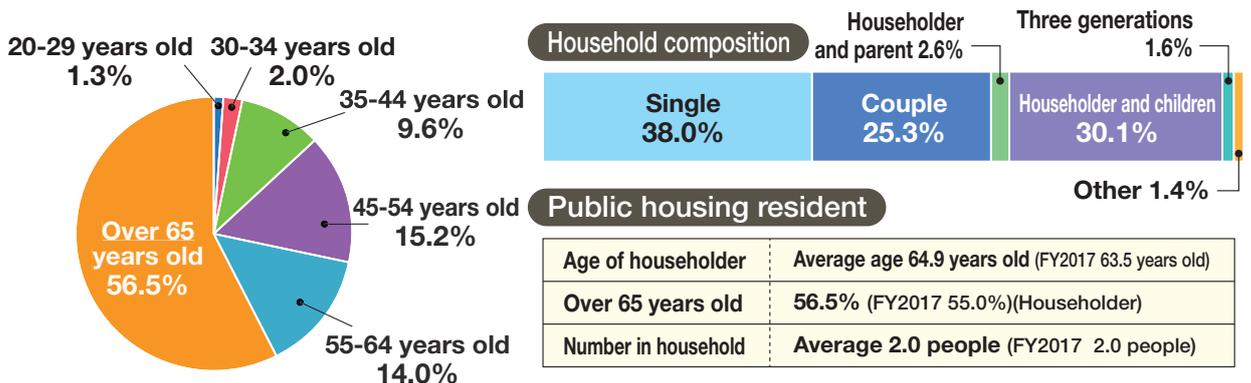
Survey period Thursday, February 18-Monday, March 15, 2021.

This public corporation conducts the "Survey of Rental Housing Residents (Questionnaire Survey)" every three years. 5,000 residents among all the residents of the public housing are randomly selected and asked about household conditions, assessment of housing, local community activities, etc.

At this time, results from the responses of 3,338 persons (response rate 66.8%) were compiled. We would like to introduce some of the results. The results of this survey will be used as a basic resource in the management plan needed to create a better living for everyone. Thank you for your cooperation.

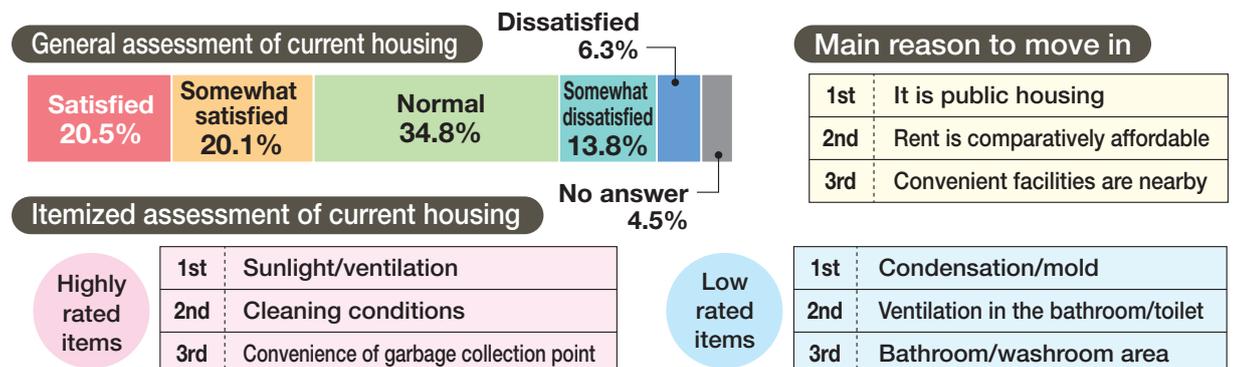
1 Attributes of general rental housing residents

- Average age of the householder was 64.9 years old, and the percentage of householders over 65 years old exceeded 50%. In addition, for household composition, "single" was the most common response.



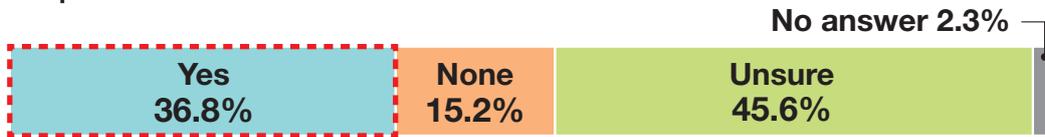
2 Assessment of housing

- The main reason for moving in was "it is public housing", "rent is relatively affordable".
- Items which scored high on the assessment of current housing were "Natural lighting/ breeze" and "clean conditions." Items which scored low were "condensation and mold", "ventilation in the bathroom/toilet".



3 Local community activities

- 36.8% responded that there are local community activities in their housing complex.

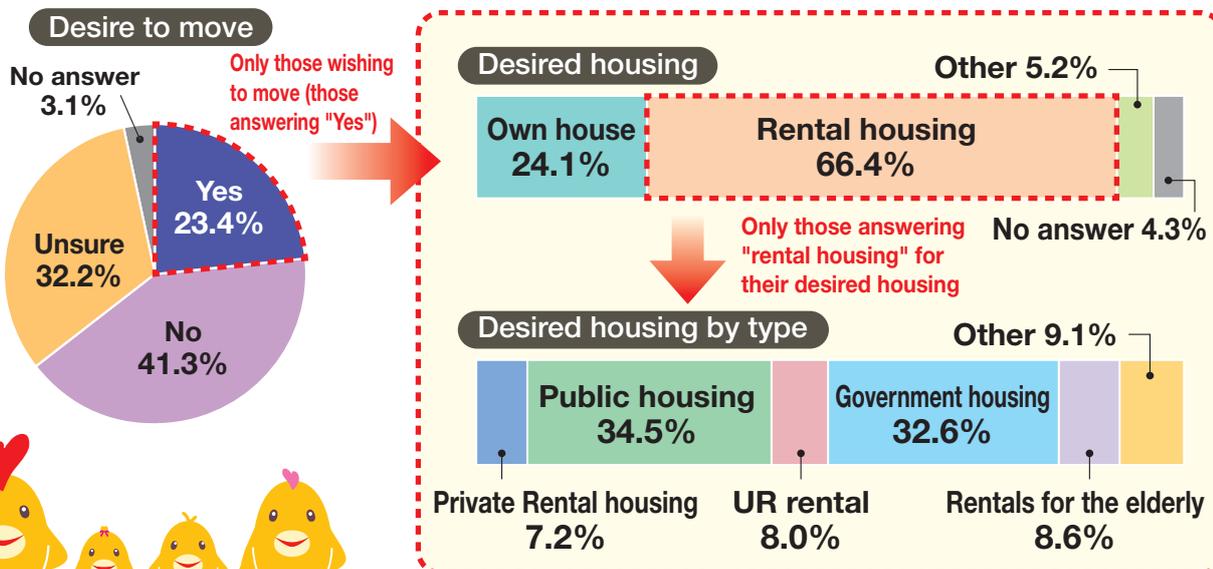


Only those who responded "Yes" for local community activities



4 Future residency

- Among those who intend to move(23.4%), many (66.4%) would like to move into rental housing. Of these, those who would like to move into public housing were the most common.



Introduction to Support Provided for JKK Tokyo Property Occupancy

JKK Tokyo offers many support programs in order for various households to easily move in, such as rent discounts, priority application, easing of screening criteria, etc.

*Please see our website for details on the system and eligible homes.



近居 **あんしん**
登録制度

"Nearby residences" is a registration system for persons who would like **live close to relatives**. Homes are introduced on a priority basis.

[Covered area has been expanded!]
Due to the popularity of this system and to include more homes, the covered area was **expanded from 2km to 5km**.



近居サポート割

3年間家賃20%OFF

[Support: Nearby residences support discount]
Certain households which desire to move in to the same city or within 5 km of their relatives (within the 3rd degree of kinship) can receive a **20% discount** off the monthly rent for a period of **3 years**.

*The household moving in or the relative household must be a "household with children," "an elderly household," or "a household with a disabled person."



ひとり親世帯
入居サポート

収入審査の緩和 / 家賃20%OFF(こどもすくすく割)

[Support ①: Relaxation of Income Examinations]
In the event of the applicant's monthly income does not satisfy the income standards, monthly income received from **Child Care Allowances** and **Child-Rearing Allowances** provided by local autonomous authorities can be added when the income examination is carried out.

[Support ②: Child Development Discount]
Single-parent families moving into certain vacant homes in urban areas can receive a **20% discount** off their monthly rent "until the child reaches 18 years of age", or for a period of "3 years".



新婚・夫婦世帯
入居サポート

7日間優先申込み / 3年間家賃20%OFF

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

[Support ②: Couple Support]
For married couples moving into certain vacant homes in urban areas, **if the applicant or spouse is in his/her 40s or younger**, they can receive a **20% discount** off the monthly rent for a period of **3 years**.

[JKK Housing Registration Center] Hours 9:30-18:00. (Closed Sunday and holidays)

03-3409-2244 (Main)

[Lessor]





統計調査

明日のくらしが
見えてくる

消費が見える
家計調査

家庭のお金が
どのように使われているかを
明らかにします。

物価が見える
**小売物価
統計調査**

モノやサービスの価格の変化を
明らかにします。

雇用が見える
労働力調査

人々が働いている状況、
失業・求職の状況などを
明らかにします。



統計調査員がお伺いしましたら、ご回答をお願いします。

皆様の個人情報は厳重に保護されます。 統計調査を装った「かたり調査」にご注意ください。

総務省統計局が行っている統計調査は、調査対象者の選定や調査の実施を厳重な管理のもとで行い、調査結果を正確なデータとして公表しています。



<https://www.stat.go.jp/>

統計局

検索

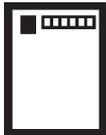
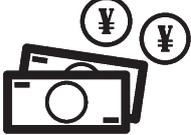
◀ 携帯・スマホからはコチラ ※一部の機種・アプリで読み取れない場合がございます。



総務省統計局・東京都

Use the convenient bank transfer to pay rent or other bills!

Shinsei Bank and Aeon Bank can now handle bank account transfers. If you have not registered for a bank account transfer, please take advantage of 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.

Bank transfer procedures	① Fill out the form 	② Submit it to the bank 	③ Receive notification <small>*Transfers are performed out the beginning of the month</small> 	④ The transfer begins <small>*Withdrawals are performed on the 7th of every month</small> 
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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

 Please use Telephone No. ① of the "JKK Tokyo Customer Center" on page 10.

Website address

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

← Read 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)

<p style="color: #c00000; font-weight: bold;">① Consultation regarding various procedures, payment of rent, living conditions</p> <p>●Navi-Dial</p> <div style="display: flex; align-items: center; justify-content: center;">  <div style="margin-left: 10px; font-size: 24px; font-weight: bold;">0570-03-0031</div> </div> <p style="font-size: 10px; margin-top: 5px;">●Residents who are unable to use Navi-Dial and residents using free cell phone call services and discount services</p> <div style="display: flex; align-items: center; justify-content: center; margin-top: 5px;">  <div style="margin-left: 5px; font-size: 24px; font-weight: bold;">03-6279-2962</div>  </div>	<p style="color: #c00000; font-weight: bold;">② Application for repairs and inquiries</p> <p style="font-size: 10px; margin-top: 5px;">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</p> <p>●Navi-Dial</p> <div style="display: flex; align-items: center; justify-content: center;">  <div style="margin-left: 10px; font-size: 24px; font-weight: bold;">0570-03-0032</div> </div> <p style="font-size: 10px; margin-top: 5px;">●Residents who are unable to use Navi-Dial and residents using free cell phone call services and discount services</p> <div style="display: flex; align-items: center; justify-content: center; margin-top: 5px;">  <div style="margin-left: 5px; font-size: 24px; font-weight: bold;">03-6279-2963</div>  </div>
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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