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2019 primary causes of residential fires (Tokyo Fire Department)

1 Gas cooking range
(or similar appliance)

2 Smoking

3 Arson (including
suspected cases)

4 Electric heaters

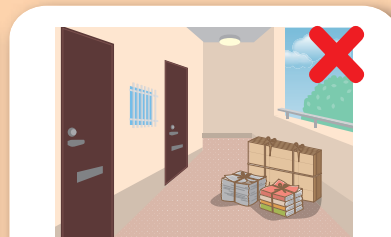
Some of the main ways to prevent fires...



Do not step away from the gas range while cooking!
Keep flammable items away from the gas range.



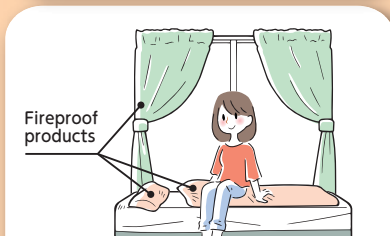
Never smoke in bed!
Do not allow cigarette butts to accumulate in an ashtray. Fully extinguish ash and butts with water before throwing them away.



Do not place objects in shared spaces.
Strive to keep the area around your residence tidy and well organized.



Be sure to turn heaters OFF before leaving the house or going to sleep!
Keep flammable items away from heaters.



Use fireproof bedding, aprons, curtains, and other items.



Learn how to use a fire extinguisher.

In the event of a fire

- If the automated fire alarm sounds, call 119 to report it.
- When the fire department arrives, follow the fire department instructions and evacuate.

Handling of Home Fire Extinguishers

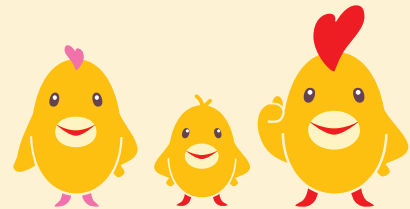
- Your apartment is equipped with a home fire extinguisher.
- If fire occurs, use the provided home fire extinguisher to perform initial fire-fighting. If the fire spreads, evacuate and do not take risks. However be sure that you call 119 and follow the fire department instructions.
- Do not remove the home fire extinguisher from its usual location. Use, manage, and inspect the fire extinguisher as described in the provided instruction manual.
- If anything about the fire extinguisher is abnormal, call telephone number ② of the JKK Tokyo Customer Center.



Is your home equipped with a home fire alarm and home fire extinguisher in case of fire?

Home fire alarms are replaced after around 10 years, and home fire extinguishers after around 5 years. However there are some residences where these items cannot be replaced due to customer absence or other reason. Deterioration and other problems may result in delays in detecting fire, or in an inability to correctly conduct initial firefighting. Therefore if your fire alarm or fire extinguisher was not replaced...

➔ Call telephone number ② of the JKK Tokyo Customer Center on page 8.



JoyLiV Available in Multiple Languages

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



JoyLiV 英語版、中国語版、韓国語版を公社ホームページに掲載しています。

JoyLiV is available in English, Chinese and Korean editions on the Metropolitan Housing Supply Corporation website.

公社网页将登载 JoyLiV 英文版、中文版、韩文版。

JoyLiV 영어판, 중국어판, 한국어판을 공사 홈페이지에 게재하고 있습니다.

Public Housing Community Salon (Meeting Room) Available for Free Use

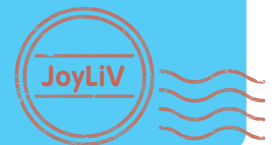
Starting from September 1, 2020, the public housing meeting rooms are available for free use.

The meeting rooms have also been renamed “Community Salons” in order to make them feel more familiar and to promote their use.

In addition to the current use of Community Salons for club activities and activities of local autonomous associations, JKK is making these facilities available as a relaxation place for families with children or elderly residents, as a space for remote working, children’s learning, and similar purposes, and for use by families and individuals for a wide range of purposes.



Request in Case of Long-term Absence



If you will be out of your residence for a prolonged period (30 days to 1 year) due to travel, business assignment, hospitalization, or other reason, please submit the “Notification of Absence” to the management office.

The “Notification of Absence” is available at the management office and the area office for your area.

Failure to submit the Notification of Absence can result in problems such as the following.

- Police or an emergency medical team may enter your home if someone reported being unable to contact you or not seeing you for a long time and it was decided necessary to check on your safety.
- A rapid response may not be possible in case of water leakage or other accident.

In addition, customers who use regular delivery services (such as for newspapers, milk, or lunch boxes) should be sure to notify the service operators and temporarily stop delivery.





Guard Against Frailty!

**Has your mouth lost some strength while you are staying at home?
Your mouth is important for preventing frailty!**

Written by: Tomoki Tanaka, Institute of Gerontology, University of Tokyo

1. Minor problems with your mouth can become severe problems if left unaddressed.

The coronavirus pandemic is continuing to rampage through our communities. In the previous issue, I introduced some body activities and exercise for preventing frailty, which is the stage before you require nursing care. In this issue, I would like to describe how eating is important to prevent frailty and in particular the importance of maintaining mouth functions.

Are you avoiding eating hard foods? Are you choking on food frequently? Are you concerned that your mouth does not move correctly after such a long time at home without conversation? Have you lost more teeth? The mouth has many functions, including the ability to eat and drink, the ability to taste, and production of saliva. When minor weaknesses of the mouth functions combine to create dangerous conditions, this is known as frailty of the mouth or “oral frailty”. Oral frailty can have effects on your regular living, including an unbalanced diet, reluctance to talk, and solitary eating. If left unaddressed, the entire body may weaken and the risk of requiring nursing care increases 2.4 times.

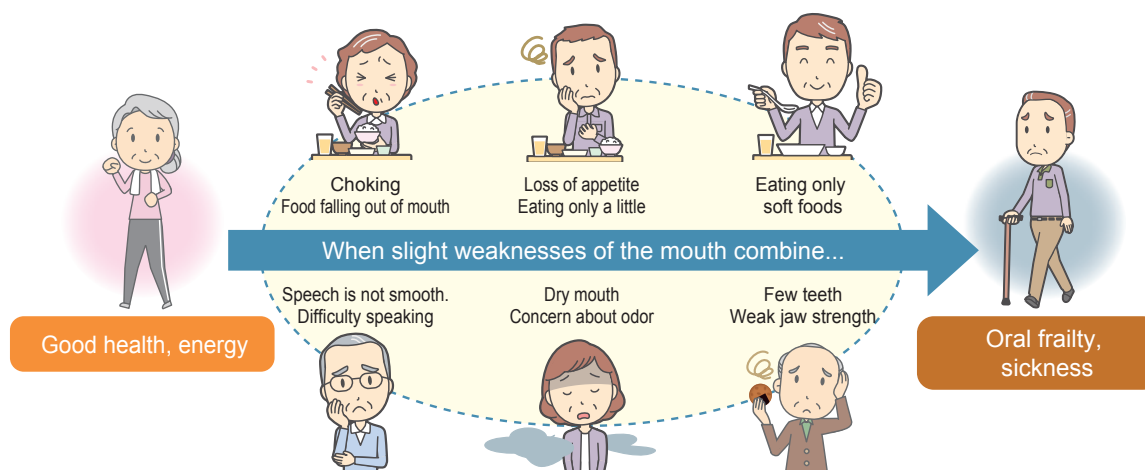


Figure: Slight weaknesses of the mouth and oral frailty Source: Hirohiko Hirano, Oral Frailty Q&A

2. Key points for preventing oral frailty

Oral frailty begins with small problems such as a decline in smooth speaking, choking, or an increase in the foods you cannot chew, and is often overlooked as just signs of aging. Therefore it is important to prevent a decline in mouth functions from occurring in the first place. Mouth functions do not suddenly weaken in older persons, and it is important to take care of your mouth throughout your entire life. In fact, persons whose teeth are in good shape during middle age and older are less likely to experience oral frailty. The most basic way to prevent oral frailty is to keep your teeth by performing daily oral care and seeing a dentist regularly. On that base, performing a variety of mouth function exercises on a daily basis can be expected to prevent or improve oral frailty.

First, think about how you use your mouth muscles under regular conditions. For example, it is important to be aware of how you move your mouth at times such as when conversing at length with someone, when chewing hard foods, and when gargling carefully. Please be sure to make this a habit.

Go! Cashless!

Use an **automated account transfer** for easy cashless payment of your rent and other expenses.

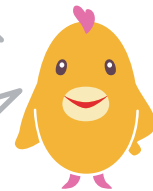


Check!

- Going to the bank each month to pay rent is a lot of trouble!
- Walking around while carrying cash to pay the rent makes me nervous...
- I am interested in cashless payment!

If any one of the above applies to you, we recommend using **automated account transfers**.

Automated account transfers automatically **withdraw your rent and other expenses from your account** every month!
They require no fees and allow you to pay **easily and conveniently**♪



★ **The procedure involves 3 easy steps.** ★

Step 1

Obtain an automated account transfer request form.

These are available at the management offices and area offices. If you would like one mailed to you, please contact the Customer Center.

Step 2

Enter the necessary information.

Enter the information about the account where you want to start automated account transfers, and the information about the account holder.

Step 3

Submit the form to the financial institution.

Submit it directly at the counter of the financial institution where you have the account that you want to use for automated account transfer. Automated account transfers will begin around 2 months after you submit the form. A notification postcard will be sent to you early in the month in which the automated account transfer will start.

When automated account transfer starts, the rent and other expenses for each month will be withdrawn from your account on the 7th* of that month.

Be sure to check the account balance by the preceding business day. * Or the following business day when the 7th is a bank holiday

For the financial institutions where automated account transfers are available, the procedures, and other information, either call and ask or else check the information on the JKK HP.



Contact

JKK Tokyo Customer Center telephone number ① on page 8

HP address

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

← Read the QR code to view [Information about Rent and Payments].

Introduction of JKK Tokyo Housing Support

JKK offers housing support to a variety of customers through support programs such as a priority system and rent discount system.




Housing support for single-parent households

[Support ①: Relaxation of the income investigation]
If the monthly income of the applicant does not satisfy the monthly income standard, then it is possible to use the total including **the child support allowance** and **child rearing allowance** for the income investigation.

[Support ②: Child-raising discount]
Single-parent households receive a **20% discount** on monthly rent in some vacant city units either for 3 years or until the last day of the year when the child turns 18.

Newly married couple households Housing support

Housing support



[Support ①: Priority application system for child-raising households]
At the housing units designated by JKK, this system allows priority applications for 7 days before the start of public applications.
(* Newly married households were added to the list of eligible households.)

[Support ②: Pair support]
Married couples where either the applicant or his/her spouse is **age 40 or younger** These households receive a **20% discount** on monthly rent at some vacant city units for **3 years** after moving in.

* Other occupancy support systems, such as the **“Anxiety-Free Neighborhood Registration System”** and the **“Step 35 Discount System”** are available! See our website for details on the systems and eligible households.



Friend introduction present

Period Until October 30, 2020

Both the introducer and the new renter will receive a gift card present!!

Introducer	10,000 gift card present
New renter (friend)	10,000 gift card present

Introduce JKK Tokyo rental housing to a friend who is looking for an apartment. Please visit our website to download the friend introduction present form and view the details.
<https://www.to-kousya.or.jp/chintai/campaign/2020autumn/>



[JKK Housing Registration Center]
Business hours: 9:30 - 18:00 (closed Sundays and holidays)
03-3409-2244 (main desk)

[Landlord]  **JKK Tokyo**
Metropolitan Housing Supply Corporation
Valid ad period: Until October 30, 2020

あなたのために。くらしのために。



セブンス

統計調査



おとめ

雇用が見える
労働力調査

高齢でも
バリバリ働く人、
最近増えてるの？

結婚・出産後も
働く女性って
たくさん
いるのかしら？

健康のために、
何かして
いるのかな？

お母さんは値段を
よく見てるけど、
そんなに
変化してるのかな？

消費が見える
家計調査

物価が見える
小売物価統計調査



食生活は、
どのように変化して
いるのかな？

私のおじいちゃん
私と同じ物買ったのに
値段が
違ったみたい...!

答えは？



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。

携帯・スマホはコチラから▲
※一部の機種・アプリで読み取れない場合があります。

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。

<https://www.toukei.metro.tokyo.lg.jp/>

東京都 検索



総務省統計局・東京都

※センサスくんとおみらいちゃんは総務省統計局のイメージキャラクターです。

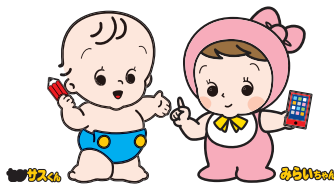
あなたも対象!!

国勢調査2020

国勢調査

の回答は
お済みですか？

令和2年10月1日を調査期日として、国勢調査を実施しております。
国勢調査は、国籍や年齢に関係なく、日本に住んでいるすべての人と世帯が対象です。
まだ回答がお済みでない方は、お配りしている調査書類を確認の上、
必ず10月20日（火）までに御回答をお願いします。



＼ 回答サイトへアクセス!! /

国勢調査オンライン



<https://www.e-kokusei.go.jp/>



新型コロナウイルスの感染防止のため、できる限り、スマートフォンやパソコンなどインターネットでの御回答をお願いします。お手元に調査書類がない場合は、お住いの区市町村へお問い合わせください。



【お問い合わせ】 国勢調査コールセンター(ナビダイヤル) **0570-07-2020**

設置期間:10月31日(土)まで 受付時間:午前8時~午後9時

国勢調査は開始100年、日本で最も重要な統計調査です。



総務省統計局・東京都・区市町村

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 are available **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



Using 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 in the morning on Mondays or the day following a holiday, as phone lines are always very busy at these times.



← Homepage

For residents of
JKK housing