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Beware of Heatstroke

Unlike previous years, this summer people will be asked to follow 3 basic rules of our “**new way of living**”.
 (1) Social distancing, (2) Mask wearing, and (3) Hand-washing and avoiding the Three C’s (closed spaces, crowded places, close-contact settings)

As we put these rules into practice, everyone should exercise even more caution regarding heatstroke than in past years.

Key points for preventing heatstroke in our new way of living!

● Mask wearing

Masks are effective at preventing the spread of airborne droplets. However wearing a mask during the hot, humid summer may increase the risk of heatstroke. When you are outdoors and it is possible to maintain a sufficient distance (2 m or more) from other persons, remove your mask. Also avoid strenuous work or exercise while wearing a mask.

● Avoiding the heat

Make best use of air conditioning and fans to control the indoor temperature. However in order to prevent infections, ventilate the room using ventilation fans or open windows even while using the air conditioning.

● Everyday health management

Check your temperature every day and keep track of your health. By learning your normal temperature, you will be able to detect changes in your body condition. When you feel unwell, stay at home and rest, and avoid making unreasonable efforts to go out.

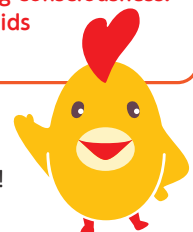
● Staying hydrated

Drink water even before you feel thirsty.

If you engage in strenuous exercise or work and sweat a lot, do not forget that you also need salts in addition to water.

In the following circumstances, do not hesitate and call an ambulance immediately.

- You feel that you are losing consciousness.
- You are unable to drink fluids on your own.



* Seniors, children, and persons with disabilities are more susceptible to heatstroke. Use sufficient caution!
 Nearby people should actively check on these persons.

Notice of Building Renovation Projects

JKK is carrying out reorganization and rearrangement focused on renovation of buildings that have grown old and reached the time when renovation is necessary.

The building selected for the fiscal year 2020 renovation project, and the unit selected for renovation in around 3 years, are the following.

1. FY 2020 renovation project building

Building name	Location
Yoga Jutaku	Setagaya-ku

◇ Renovation project buildings

These are housing units selected for renovation where the residents will receive an explanation of the specific renovation plan and where relocation procedures will be started.

2. Building selected for renovation in around 3 years

Residence name	Location
Akatsutsumi Jutaku	Setagaya-ku

◇ Building selected for renovation

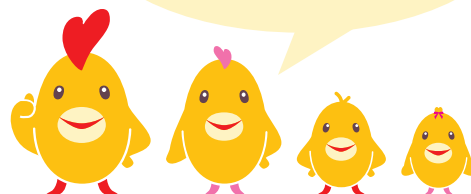
This indicates a residential building where renovation will be started after around 3 years. Acceptance of new residents and scheduled repairs at the selected building are stopped, however the maintenance necessary for everyday living will still be performed.

The following actions are taken when conducting a renovation project.

- ① Letters are distributed to all residents of the building selected for renovation.
- ② Around 1 year before starting renovations, an explanation meeting is held to explain the specific renovation plan, relocation procedures, and other matters. In addition, a local office will be opened for individual consultations as residents cooperate with the renovation project. (*)
- ③ For residents affected by the renovation, JKK will arrange housing for residents to move to and will provide assistance with the moving costs. Residents who return to the building after renovations are completed will receive reduced rent or other benefits. (*)

* Residents who have concluded fixed-term rental contracts are not eligible to participate in the renovation project explanation meeting, housing arrangements, or other benefits.

We ask for everyone's continued understanding and cooperation.



Notice of Water Heater Replacement Work

◎Housing units where a water heater was installed by JKK

At buildings where water heaters (residential water heaters or bath boilers) were installed at the time when building management was started, JKK will perform work to replace the water heater as part of scheduled maintenance when the water heater reaches the replacement timing.

At buildings where a water heater was not installed at the time when building management was started (buildings constructed before 1984) and a water heater was later installed by JKK during tenant change maintenance or at another time, the replacement timing is different for the water heater installed in each unit. Therefore separate notice of the replacement work will be sent to each tenant. We ask for your cooperation.

※Replacement is not provided in cases when the bathtub or bath boiler was installed by the tenant.

◎Handling of housing units where the bathtub or bath boiler was installed by the tenant

If the tenant would like JKK to replace the bathtub or bath boiler, he or she should contact the numbers below to request replacement.

※The expenses involved with removing the old bathtub or bath boiler will be borne by the tenant.

Requesting installation of a bathtub or water heater

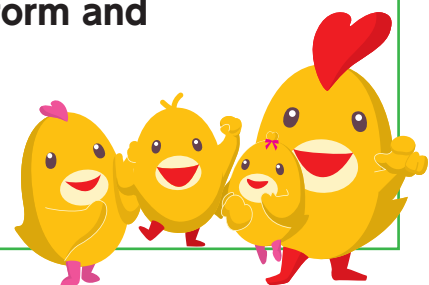
Subject households	All households where the tenant was responsible for installing the bathtub or bath boiler
Rent	Rent will be increased by approximately 4% from the current rent. In the case of only a single water heater (bathroom), rent will be increased by approximately 3%.
Water heater type	Except for some housing units, 2 water heaters (bathroom and kitchen) will be installed. * Only 1 water heater (bathroom) is installed in Minamisuna Jutaku, buildings selected for renovation, and project housing.

For tenants who are currently waiting for this work, we are carrying out the work in sequence and we ask for your continued patience.

Contact information

- **Questions regarding water heater types and similar matters**
⇒ JKK Tokyo Customer Center telephone number ② on page 8
- **Questions regarding the application form and similar matters**
⇒ JKK Tokyo Customer Center telephone number ① on page 8

* The application forms can be obtained and submitted to the management office of the building where you live.

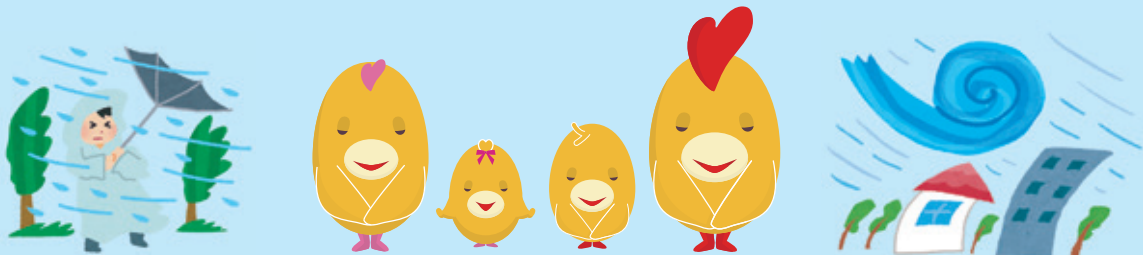


Prepare for Typhoons!

If you have placed personal items on the balcony, they may be knocked over by strong winds and damage the 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 prevent water from intruding.



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.



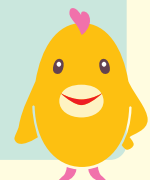
Reduce the amount of exposed skin.

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.





Guard Against Frailty!

Have your mind and body become weaker as you stay at home?

Following are some key points for body activities and exercise to prevent frailty.

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

Key points for body activities and exercise to prevent frailty

Are all of you getting your daily exercise? I hope that those of you who are exercising will also get your family members and friends involved, and will expand your circle of exercise. If you are not getting exercise, try to go for a walk or move your body for any amount of time. Even just 10 minutes at a time is good. For senior citizens, a minimum of 40 minutes of body motion every day is recommended.

However with all the uncertainty regarding COVID-19, many people may find it difficult to stick with exercising. What I want to recommend to everyone first of all is reducing the time that you spend sitting.

Sitting includes sitting or lying on the sofa, and also watching a television or PC monitor without moving. In fact, even when a person gets regular exercise, if that person spends a lot of time sitting, then he or she is at increased risk of frailty and will find it more difficult to recover from frailty once it sets in. Strive to move about even while you are at home. It is important to make improvements to your habits, such as going for walks or jogging, after first taking suitable precautions against the coronavirus and heatstroke.

For persons who are able, “resistance exercise” which develops muscles is also important. It is said that exercise that makes you sweat a little and exercise that uses muscles are effective in preventing frailty. Here I will introduce the exercises which you see in the illustration. Please do them within the range that you are able to, and avoid making unreasonable efforts. Also of top importance together with exercise is trying to always eat 3 balanced meals each day.

Key points for exercising safely

Moving your body incorrectly can result in unexpected accidents. Be sure to use caution.

- ✓ Perform each exercise slowly until the point where it starts to feel a little difficult. (10 times is a good goal.)
- ✓ Do not make unreasonable efforts when you do not feel well.
- ✓ If something feels wrong, consult with a professional exercise instructor.

Squats



- ① From a standing posture, spread your legs out to around the width of your shoulders, then slowly lower your hips behind you.
- ② At this time, be careful to keep your back straight and not to lift your heels off the floor.
- ③ Once you feel that your thigh muscles are tensed, slowly return to your original posture.

Lunges



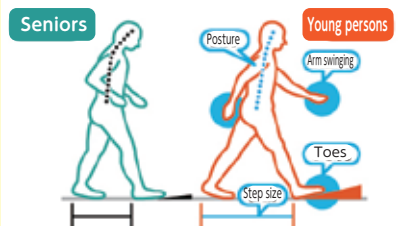
- ① From a standing posture, step forward with one leg.
- ② Slowly apply your body weight to the forward leg, then return to a standing posture.
- ③ Perform the same action with your other leg.

Key points for everyday walking and jogging

Walk a little faster than usual!



Take larger steps while keeping a good posture!



あなたも対象!!

国勢調査2020

国勢調査

の回答を
お願いします

令和2年9月14日から10月7日にかけて、5年に1度の国勢調査が行われます。
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。必ずご回答ください。



調査書類をお届けします

インターネット回答期間

9/14 (月) → 10/7 (水)

調査票(紙)での回答期間

10/1 (木) → 10/7 (水)

回答はかんたん便利なインターネットで

1 アクセスする

ご自宅に調査書類が届いたら、
回答サイトにアクセスします。



＼ 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/>



2 ログインする

調査書類のなかの
『インターネット回答利用ガイド』に記載されている
「ログインID」と「アクセスキー」でログインします。

ログイン



ログインID (Login ID)

----- (8ケタ)

アクセスキー (Access Key)

----- (4ケタ)

3 回答する

画面の案内にそって、国勢調査に回答します。
最後にパスワードを設定し、送信します。



※インターネット回答が難しい場合は、調査票(紙)をお使いください。



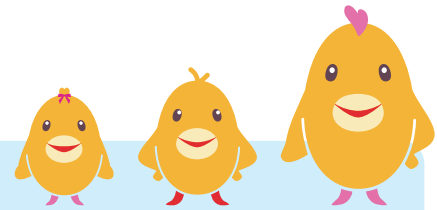
総務省統計局・都道府県・市区町村

Support for Community Disaster-Readiness Activities

JKK provides support for self-initiated disaster-readiness organizations for public housing that satisfy a certain set of conditions by providing disaster-readiness resources, equipment, and materials.

We look forward to receiving applications from organizations that are still not in receipt of this support.

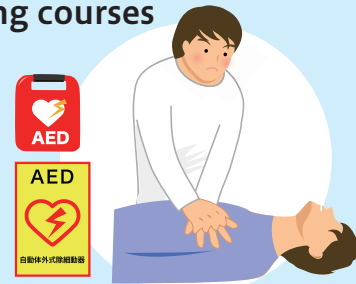
We will also continue providing support to housing that has not yet established a self-initiated disaster-readiness organization in order to encourage such establishment.



Support Contents

- ① Provision of disaster-readiness sets (generator, floodlights, rescue equipment)
- ② Financial assistance for the purchase of disaster-readiness resources, equipment, and materials
- ③ Financial assistance for the installation of AED equipment
- ④ Financial assistance for attending first-aid training courses
- ⑤ Free use of meeting rooms
- ⑥ Provision of locations for storing disaster-readiness resources, equipment, and materials

* Organizations that have already received the assistance listed in ① – ④ above are not eligible to receive this support again.

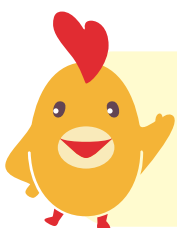


* AED: Automatic External Defibrillator

Support Eligibility

Local autonomous associations or other groups that implement self-initiated disaster-readiness activities attended by a majority of the resident households

Large-scale housing complexes consisting of 500 or more units may be eligible to receive support even if the number of participating households is less than half of the total.



Certain conditions are required in order to receive support. Contact JKK Tokyo Customer Center telephone number ① on page 8 for further details.

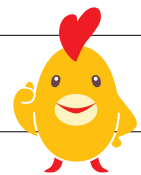


Information About Internet Connections



The internet services which are available vary depending on the building where you live. Persons who would like to request new internet service or who want to change their connection method should directly contact the telecommunications provider or other party listed below.

Connection method	Telecommunications provider or other party to contact (as of August 2020)
Cable television	Local cable television company (*1)
Optical fiber cable connection or similar	NTT East (☎ 0120-116-116)
	Sony Network Communications (previously: So-net) (☎ 0570-099-130)
	KDDI (☎ 0120-92-5000) (*2)
	U-NEXT (previously: ARTERIA Networks) (☎ 0120-979-524) (*2)



*1: Requests cannot be made from buildings where cable television has not been installed.

*2: Requests for KDDI and U-NEXT cannot be made from buildings where fiber-optic cable has not been installed.



- ▶ For all connection methods, the contract, usage fees, and other related matters are the responsibility of the individual applicant.
- ▶ JKK shall bear no responsibility of any kind in the event of connection trouble.
- ▶ Before applying via a volume electronics retailer or similar place, check in advance directly with the corresponding telecommunications provider.

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