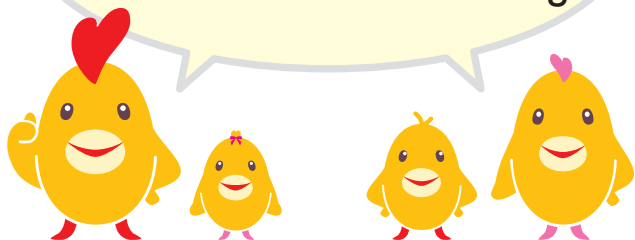


We will provide
 advance notice to all
 residents when work
 will be done on a building.



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List of Planned Repairs Scheduled for Public Rental Housing in FY 2020

<Request for cooperation>

When carrying out planned repairs, it may become necessary to enter and perform work in the private space of your residence.

We understand that this will inconvenience you during the work period, and we ask for your cooperation.

Please understand that planned work may be canceled in some cases depending on circumstances.

Depending on the conditions of deterioration and other factors, work may also be performed at locations not present in the list.

* Cases where a building number is not listed are cases where work is planned on outdoor facilities and similar locations.

Work / Details	Residential complex name / Building number			
Rooftop Waterproofing Repairs and improvements will be made to the waterproofing layers on roofs.	Nishidai Jutaku	5	Machidakiso Jutaku	Ha-1~Ha-28
	Haruecho Jutaku	1 ~ 3	Kumegawaekihigashi Jutaku	1 ~ 15
External Wall Painting Undercoating and paint will be applied to the buildings' external walls, stairwells and other public areas.	Nishidai Jutaku	5	Machidakiso Jutaku	Ha-1~Ha-28
	Kosha Heim Kohinata	1	Kumegawaekihigashi Jutaku	1 ~ 15
	Haruecho Jutaku	1 ~ 3		
Steel Component Painting The iron and steel components on doors, pipes and bicycle parking areas, etc., will be painted to prevent corrosion.	Nishidai Jutaku	5	Machidakiso Jutaku	Ha-1~Ha-28
	Kosha Heim Kohinata	1	Kumegawaekihigashi Jutaku	1 ~ 15
	Haruecho Jutaku	1 ~ 3		
Window Frame Repairs Window sashes will be replaced.	Nishida Jutaku	5	Haruecho Jutaku	1 ~ 3
Road Repairs Repairs will be made to the roads and gutters, etc., within the estate.	Tomin Heim Yakuoji	—	Tomin Heim Yarimizu	—
	Nishiojima Jutaku	—	Machidakiso Jutaku	—
	Tama New Town Matsugaya	—		

Work / Details	Residential complex name / Building number			
Estate Maintenance Maintenance will be carried out within the estate.	Tomin Heim Yakuoji	—	Tama New Town Matsugaya	—
	Nishiojima Jutaku	—	Tomin Heim Yarimizu	—
	Horie Jutaku	—	Tomin Heim Higashishinagawa 3 chome No. 2	—
Park Amusement Equipment Repairs Parks located within the estate will be maintained.	Minamisuna Jutaku	—	Horie Jutaku	—
	Nishiojima Jutaku	—	Tama New Town Matsugaya	—
Large Tree Trimming Large trees will be trimmed.	Tatsumi Akebono Jutaku	—	Akishima Tamachicho Jutaku	—
	Soshigaya Jutaku	—	Machidakiso Jutaku	—
	Yoga Jutaku	—	Shinkoji Jutaku	—
	Okura Jutaku	—	Kumegawaekihigashi Jutaku	—
	Karasuyamakita Jutaku	—	Tanashi Minamishiba Jutaku	—
	Kosha Heim Chitose-Karasuyama	—	Kumagawa Jutaku	—
	Zoshiki Jutaku	—	Fussa Kamidaira Jutaku	—
	Ekoda Jutaku	—	Yamato Shibana Jutaku	—
	Saginomiyaniishi Jutaku	—	Yamatokamikitadai Jutaku	—
	Kosha Heim Honansho Garden Court	—	Kosha Heim Tamagawajosui	—
	Kosha Heim Mukaijira	—	Kosha Heim Tamagawajosui No. 2	—
	Tomin Heim Yarimizu	—	Umezono 3 chome Jutaku	—
	Tama New Town Matsugaya No. 2	—	Kosha Heim Umezono 2 chome	—
	Kosha Heim Minamiosawanishi	—	Kurumeshimosato Jutaku	—
	Yokokawamachi Jutaku	—	Shimosato Daini Jutaku	—
Water Supply Pump Repairs Water supply pumps will be replaced or repaired.	Tomin Tower Minamisenju 4 chome	—	Tomin Heim Kaigan 3 chome	—
Gas Equipment Repairs Interior gas pipes (inside the residences) will be repaired.	Shinden Jutaku	1	Kurumenishi Jutaku	16, 20~23, 30 ~ 41
Ventilation Equipment Repairs The ventilation equipment in each residence will be repaired.	Kosha Heim Sakashita	A ~ E	Kosha Heim Rinkaicho 2 chome	7 ~ 9
	Kosha Heim Maenochi	1	Kosha Heim Minamiosawa Daini	1 ~ 3
	Kosha Heim Komatsugawa 1 chome	1, 2		
Water Heater Replacement Water heaters will be replaced.	Kosha Heim Kohinata	1	Kosha Heim Komagome	1, 2
	Kosha Heim Minamisunaekimae	1	Kosha Heim Sakashita	F ~ H
	Kosha Heim Oimachi	1	Emiel Tower Takenotsuka	1
	Kosha Heim Nakarokugou	2	Kosha Heim Haruecho 5 chome	1
	Kosha Heim Minamikamata	2, 3	Kosha Heim Musashioka	1
	Kosha Heim Tamagawa	1	Kosha Heim Higashimurayama Sakaecho	1
	Kosha Heim Fujimidai	1	Kosha Heim Kiyosedaita	18
	Kosha Heim Chihaya	1		
Drop-In Cooking Stove Replacement Drop-in cooking stoves will be replaced.	Kosha Heim Sengoku	1, 2	Kosha Heim Nakanoyayoicho	1 ~ 3
	Kosha Heim Roka-koen	4		
Fire Extinguisher Replacement The fire extinguishers in each residence will be replaced.	Kosha Heim Kanda	1	Hondakawabatacho Jutaku	1 ~ 4
	Tomin Heim Sanda 2 chome	1	River Breeze Ayase	1
	Tomin Tower Daiba Sanbangai	2	Ukita Daini Jutaku	1 ~ 5
	Tomin Heim Daiba Sanbangai	3	Shinden Daini Jutaku	4 ~ 6
	Tomin Heim Dabia Gobangai	4, 7	Kosha Heim Haruecho 5 chome	1
	Kosha Heim Konan 3 chome	1	Tomin Heim Matsue 2 chome	1
	Shinonome Miyakobashi Jutaku	1, 2	Tomin Heim Komatsugawa	1

Work / Details	Residential complex name / Building number			
Fire Extinguisher Replacement The fire extinguishers in each residence will be replaced.	Kosha Heim Minamikamata	1	Tomin Heim Funabori 7 chome	1
	Gotokuji Jutaku	1 ~ 4	Kosha Heim Matsugaya	11-3
	Minamikarasuyama 3 chome Jutaku	1	Kosha Heim Matsugaya Daini	1 ~ 3
	Tomin Heim Tamagawadenenchofu	11, 12	Kosha Heim Matsugaya Daisan	1, 2
	Kosha Heim Jingumae 5 chome	1	Fujimicho Jutaku	1 ~ 15
	Kosha Heim Nakanoyayoicho	1 ~ 3	Fujimichohigashi Jutaku	41 ~ 45
	Kosha Heim Shimura	1	Tamagawa New Town Atago No. 2	1
	Kosha Heim Kaga	1	Tama New Town Ochiai	4-1-1~2, 4-6-1~3
	Kosha Heim Nakamurakita Nishihokima Jutaku	1, 2, 3	Higashiteragata Jutaku Kosha Heim Atago 4 chome	1 ~ 5 2, 3
Bathroom Dryer Repairs	Kosha Heim Sakashita	A ~ E	Kosha Heim Maenochi	1
Air Conditioner Repairs The interior air conditioners installed by JKK will be replaced.	Kosha Heim Sengoku	1, 2	Kosha Heim Nakanoyayoicho	1 ~ 3
	Kosha Heim Roka-koen	4		
Interior Electrical Equipment Repairs The electrical equipment (cables, switchgear panels) in public sections will be repaired.	Okinocho Jutaku	B1 ~ B9, C1 ~ C11		
Public Lighting Repairs The lights on the stairs, in the corridors and in other public areas will be replaced with LED lamps.	Kosha Heim Kohinata	1	Tomin Heim Miyasaka 2 chome	1
	Nishiojima Jutaku	8, 9	Kosha Heim Seishin	1, 2
	Kameido 9 chome Jutaku	1, 20	Enoshimadoto Jutaku	1 ~ 13
	Tomin Heim Kitasuna 1 chome	1	Machidakiso Jutaku	Ha-1~Ha-28
	Kosha Heim Yashiokita	7	Koganei Honcho Jutaku	5-1 ~ 5-4, 6-1 ~ 6-6, 8-1 ~ 8-5
	Kosha Heim Yashionishi Kosha Heim Yashiominami	16, 17 47	Kumegawaekihigashi Jutaku	1 ~ 15
Outdoor Lighting Repairs The outdoor lights will be replaced with LED lamps.	Kosha Heim Kohinata	—	Tomin Heim Miyasaka 2 chome	—
	Nishiojima Jutaku	—	Kosha Heim Seishin	—
	Kameido 9 chome Jutaku	—	Enoshimadoto Jutaku	—
	Tomin Heim Kitauna 1 chome	—	Machidakiso Jutaku	—
	Kosha Heim Yashiokita	—	Koganei Honmachi Jutaku	—
	Kosha Heim Yashionishi	—	Kumegawaekihigashi Jutaku	—
	Kosha Heim Yashiominami	—		
Parking Lot Lighting Repairs The lights in the parking lot will be replaced with LED lamps.	Kosha Heim Kohinata	—	Enoshimadoto Jutaku	—
	Nishiojima Jutaku	—	Machidakiso Jutaku	—
	Kameido 9 chome Jutaku	—	Koganei Honmachi Jutaku	—
	Kosha Heim Seishin	—	Kumegawaekihigashi Jutaku	—
Common Television Antenna Repairs The common television antenna will be repaired.	Tanashi Nishihara Jutaku	B-1~B-5, C-1, C-3, C-5, F-1~F-4		
Water Supply Pump Repairs Water supply pumps will be replaced or repaired.	Kosha Tower Tsukuda	—	Tomin Tower Daiba Sanbangai	—
	Tomin Heim Kaigan 3 chome	—	Tomin Heim Daiba Sanbangai	—
Automatic Fire Alarm Repairs The automatic fire alarms will be repaired.	Kosha Tower Tsukuda	1	Tomin Heim Shiohama 2 chome No. 1	1



Measures to prevent infection

It is important to take steps to prevent becoming infected yourself and infecting others.
Be sure to regularly wash your hands and gargle!

Methods

● Wash hands with soap.

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



● Avoid touching your face.

- Be sure to wash your hands before touching your eyes, nose, or mouth!
- * The virus may be on your hands as a result of contact infection (*1).



● Wear a mask.

- Wear a mask when going out or when approaching other people!
- * There is the possibility of catching the virus ejected into the air through droplet infection (*2).
- If you do not have a mask, use something like a handkerchief to cover your mouth and nose!

● Carefully disinfect places that your hands touch.

- Wipe the entrance, door knobs, and other locations that you touch every day! Use a disinfectant whenever possible.

● Ventilate spaces.

- Open windows to replace the air inside!



● Avoid places where people are packed close together.

- Avoid the Three C's!

What are the Three C's?



① **Closed spaces** with poor ventilation



② **Crowded places** with many people nearby



③ **Close-contact settings** such as close-range conversations

● Strengthen your immune system.

- Perform whatever exercises you can while indoors!
- Eat 3 balanced meals each day!
- Sleep well!
- Maintain a regular routine!

If you feel unwell at all, see a doctor.



*1: **Contact** infection When an infected person sneezes or coughs into their hands and then touches surrounding objects, the virus will adhere to the objects. Other persons who touch the objects may get the virus on their hands, then when they touch their mouths, noses, or other part of the face, become infected through the mucous membranes.

*2: **Droplet** infection When an infected person sneezes, coughs, or spits, the virus is spread through respiratory droplets. The virus can infect other persons when it enters the body through the mouth, nose, or other parts of the face.

Guard Against Frailty!

**Have your mind and body become weaker as you stay at home?
Elderly persons should be careful about frailty.**



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

1. Stay strong against infectious diseases and spending more time at home: Start guarding against frailty.

COVID-19 is menacing the entire world. Because elderly persons and persons with preexisting conditions are more likely to become seriously ill, it is important that we take preventive actions such as washing their hands and avoiding crowded places. When people cannot go out and spend more time at home, they often end up spending more time sitting and watching television or eating simple meals, and often have limited access to hobbies, conversation, and other enjoyments. In fact, this sedentary lifestyle risks the start of frailty that harms mental and physical health. As frailty progresses, it diminishes the body's ability to recover and fight off illnesses, and makes it more difficult for people to prevent loss of stamina. It also makes it more likely that they will become seriously ill due to infectious diseases. In order to succeed against infectious diseases and in staying at home, this is the perfect time to begin guarding against frailty.

2. Do you know what “frailty” is?



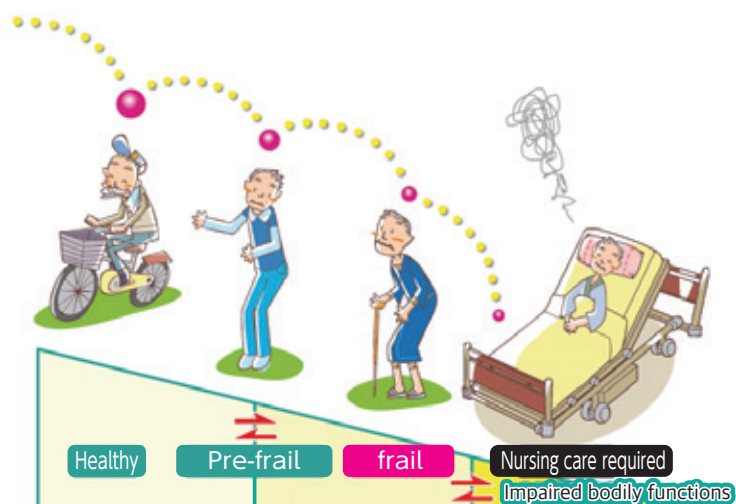
All of us face a loss of mental and physical vitality as we get older. Frailty refers to a state of diminished mental and physical condition, and a gradual loss of connections with society and sources of support. It is thought that many persons change from a healthy state to a frail state in several stages, eventually reaching a state where they require nursing care. By recognizing the early signs of frailty and utilizing appropriate preventive action and treatment, it is expected that we can reduce frailty and may be able to shorten the time when nursing care is required.

3. What are the key points for preventing frailty that we can do while staying at home?

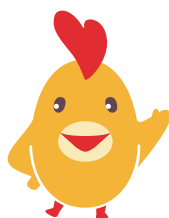


The key points for preventing frailty are maintaining a good balance of nutrition (meals and oral health), exercise, and social participation. In particular while staying at home, the following points are important. (1) Reduce sedentary time as much as possible. While avoiding crowds, taking walks in the sunshine or a similar level of exercise is recommended. (2) At times such as these when appetites are reduced, make efforts to always eat 3 balanced meals a day. Maintaining good oral health is also important. (3) Avoid being alone. Try to increase your interaction with those around you or talk on the telephone. We will provide more detailed measures to all of you in the future.

Figure: Frailty – Stages between good health and requiring nursing care



Source: *Frailty Prevention Handbook* (Institute of Gerontology, University of Tokyo)



Repairs for Tenants Who have Been in Residence for 50 Years or Longer



(Repairs of tatami mats, fusuma, paint, and vinyl wallpaper)



On September 2, 2019, the categories of parties responsible for paying expenses were reviewed. Repairs of tatami mats, fusuma, paint, and vinyl wallpaper (hereafter referred to as the "4 Repair Items") will be carried out in sequence for persons who were in continuous residence for more than 50 years as of September 2, 2019. At present, we have received an extremely large number of requests and will require time to conduct the investigations and repairs.

For tenants who reached more than 50 years of continuous residence on or after September 3, 2019, we will begin providing information, starting with the tenants longest in residence, after the repairs for the current set of requests are completed.

Please be aware that even if you have been in residence for more than 50 years and request repairs for the 4 Repair Items, our company will not bear the expenses for repairs in cases such as the following.

Item	Cases where our company <u>will not bear the repair expenses</u> (The tenant must pay for the repairs.)
① Replacement of tatami mats	<ul style="list-style-type: none"> ■ Fraying or discoloration of the tatami mat surface or edges ■ Corrosion caused by spilled water ■ Burn holes caused by cigarettes or other reason ■ Indentations caused by a piano or other heavy object ■ Occurrence of mites
② Replacement of fusuma and shoji (frame and edges)	<ul style="list-style-type: none"> ■ Warping or damage that does not interfere with opening and closing ■ Dirt or damage of the fusuma or shoji paper ■ Discoloration of the fusuma or shoji paper caused by sunlight or other factor
③ Partial painting of walls, ceiling, and furniture	<ul style="list-style-type: none"> ■ Peeling which does not affect the base material in the living rooms and kitchen (walls, ceiling), or other rooms besides the bathroom ■ Fouling caused by mold
④ Partial replacement of vinyl wallpaper on walls and ceilings	<ul style="list-style-type: none"> ■ Partial peeling that does not affect the base material ■ Discoloration caused by sunlight or other factor ■ Fouling caused by mold

* If work to move furniture is necessary in order to perform repairs, the expenses for this work shall be paid by the tenant.

Notice of the Housing Security Benefit System provided through local government support

- Housing security benefit is a system of support from local governments that pays an amount equivalent to the monthly rent (within the upper limit) for 3 months in general and up to 9 months maximum to persons whose income has decreased as a result of suspension of business or other reasons, and who are in danger of losing their housing.
- Previously, applications were limited to persons who left their jobs or went out of business within the past 2 years. However based on the spread of COVID-19 infections and other conditions, this support is now available to persons whose income has decreased as a result of suspension of business or other reasons. Beginning from April 30, 2020, use of the system is now easier, and registering as a job-seeker at Hello Work is no longer a requirement.
- Payments are subject to requirements related to household income and assets. For details, please consult with the nearest self-reliance support organization, or with the ward or city offices where you live.

- List of self-reliance support organizations
<https://www.mhlw.go.jp/content/000614516.pdf>



Please make payments of rent, etc. by bank transfer!

Easy

Monthly sum automatically transferred from the specified bank account on the 7th of every month!



Anxiety-Free

No time wasted visiting the bank to pay!
No worries over forgetting to pay!

Bank transfer Three Advantages

Simple

Fill in the application form and submit it to your bank to commence the service approximately two months later!



Bank Transfer Application Form

The application form will be mailed to your home, so simply contact the JKK Customer Center. Procedures will be completed within around two months.

Questions regarding procedures are addressed in a Q&A format on our website!

From here→



Beware of Dishonest Business Practices Exploiting COVID-19!

Increasing numbers of persons are falling victim to malicious telephone and email scams from criminals impersonating government employees and claiming to offer aid (relief funds), virus tests, masks and alcohol disinfectant, or other benefits. Because people are spending more time at home, it is also expected that there are growing victims of door-to-door salesmen offering expensive overpriced items. Please be aware that government offices, JKK, and other official groups do not engage in these kinds of calls or visits. Also be aware that there are large numbers of scams involving phone calls from persons pretending to be a family member in distress.

- ✓ If you receive a suspicious phone call, hang up immediately. Ignore (delete and do not open) suspicious emails. Do not answer the door unless you are expecting a visit from someone.
- ✓ Never give anyone your bank or other account information, or PIN or other code number. Never hand over your bank ATM card or credit card.
- ✓ If you think something is suspicious or if you have encountered trouble, consult with the police or with the nearest Consumer Affairs Center.

●Tokyo Metropolitan Comprehensive Consumer Center: ☎ **03-3235-1155** (number for consultations)
 ● Local Consumer Affairs Center: ☎ **188** (no prefix) (Consumer Hotline)

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