



JoyLiV PDF edition

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JKK東京

ひとと、くらしをあったかく。

## 今年の夏は 沸とう京

From the Bureau of Environment Tokyo website

The UN has expressed a sense of urgency as "The era of global warming has ended, and the era of global boiling has arrived." As temperatures continue to rise each year, the risk of heat stroke will also increase. Information regarding heat stroke and countermeasures have been posted on the Tokyo Metropolitan Government Heat Stroke Prevention Portal Site.

Tokyo Metropolitan  
Government Heat Stroke  
Prevention Portal Site



### Index

◆ Points for Avoiding Heat Stroke .....	1
◆ JKK Smile Assistant, Held by "Suzumidokoro" .....	2
◆ Recipes to prevent heat exhaustion, recommended by a registered dietitian .....	3
◆ Prevent Frailty! .....	4
◆ Be prepared for a typhoon! .....	5
◆ Prevent mosquitoes to enjoy a comfortable summer! .....	5
◆ Notification of Rebuilding Work .....	6
◆ We would like to notify everyone about hot water supply equipment replacement construction .....	7
◆ Introduction to the Monitoring Service .....	8-9
◆ Notification from Environmental Bureau of the Tokyo Metropolitan Government .....	10
◆ 2024 National Survey of Family Income and Expenditure ..	11
◆ Bank Transfer Information .....	12
◆ "JKK Tokyo Customer Center" telephone number .....	12
◆ Introducing JKK Tokyo Official Instagram .....	12



## Points for Avoiding Heat Stroke

Anyone can get heat stroke on a hot and humid day, or when the temperature rapidly rises. Follow these precautions to prevent heat stroke!

### Check the heat stroke alert!

Avoid going outside as much as possible when an alert is announced to avoid heat



### Drink a lot of water and replenish your salt intake.

Please consult your attending physician if you have been placed on a fluid or salt intake restricted diet, and follow his/her directions.



### Use an air conditioner or fan to adjust to the proper temperature

Don't try to save too much electricity, use it even at night!



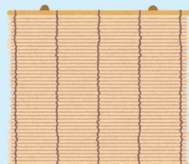
### Keep your body cool using cold towels, ice pillows, etc.

Cool your neck, under arms, and ankles



### Use shade curtains, drapes, etc.

Avoid direct sun, and maintain good ventilation



### Keep an eye on the people around you and say something to them!

Approach those with a high risk of heat stroke, such as the elderly



### Be sure to get enough sleep and eat well-balanced meals



In these cases, don't hesitate to call an ambulance!

- ◆ My consciousness is not normal
- ◆ I can't take in fluids on my own



Reservations not required  
Free admission  
Open entry

# Suzumidokoro

To prevent heat stroke,  
a community salon with air  
conditioning, "Suzumidokoro", has  
been opened as a temporary place to  
escape the heat.

## Place and date/time

-  Tatsumi Akebono Residence Tuesday, August 20, 10:00 a.m. - 12:00 p.m.
-  Kosha Heim Nakamurakita Tuesday, August 20, 1:30-3:30 p.m.
-  Etchujima Jutaku Wednesday, August 28, 10:00 a.m - 3:00 p.m.
-  Maenochō Daini Jutaku Friday, August 30, 10:00 a.m.- 3:00 p.m.
-  Koganei Honcho Jutaku Every Wednesday in August 10:00 a.m. - 12:00 p.m.

A Handicraft event is planned on the day.♪

Check the event flyers posted at each residence for details.

## Eat well to prevent summer fatigue!

Not hot during  
cooking

# Microwave pork shabushabu salad

#Vitamin B1

#Protein

#Refreshing

#1/3 daily allowance of vegetables

#Prevent heat stroke

- ◎ Meals during the summer are often heavy in carbohydrates such as noodles, and low in Vitamin B1. In cases of Vitamin B1 deficiency, feelings of tiredness and fatigue are said to easily occur. Foods high in Vitamin B1 include pork, soy products, and green vegetables. In addition, Vitamin B1 is water soluble and is discharged in urine. As a result it must be taken frequently at each meal. During this season, when even standing in the kitchen is too hot, cooking with the microwave is recommended. Microwave cooking will not make the kitchen hot, thus reducing physical burden. Let's eat well and get through the summer in good spirits.



### Ingredients (for two persons)

- Pork (boneless rib, sliced for shabushabu) (200 g)
- 1 bag of bean sprouts (200 g)
- 1/2 bag of pea sprouts (50g)
- Sake for cooking 1 Tbs
- Baby green spring onion shoots, as desired

### ★Dipping sauce

Ponzu, mentsuyu, dressing, etc., to taste

### How to cook

- ① Place pork and water in a heatproof container, loosely cover with plastic wrap, and microwave. (approx. 7 minutes at 600w; 8 minutes at 500w)
- ② Shred the cooked pork with chopsticks, place the pork on a plate lined with a paper towel and drain.
- ③ Cut the bean sprouts and pea sprouts in half length and arrange on a baking dish. drizzle with sake, loosely cover with plastic wrap and microwave. (approx. 3 minutes at 600w, 4 minutes at 500w)
- ④ Arrange the pork, bean sprouts and bean sprouts on a plate and sprinkle with baby green onions, if desired.

\*Microwave heating time varies depending on the microwave model and type of heat-resistant container. Make sure the pork is well-cooked before serving.

\*Use care when cooks as the container will be very hot after microwaving.

## Prevent Frailty!

**Summer dehydration is a real danger**   
**Elderly persons with frailty should exercise care**



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

There is a set of three important countermeasures for frailty in elderly persons, "Eat (nutrition)," "Move (physical activities)," and "Be involved (social participation)." In summer, our appetite may decrease and we may neglect to drink water while being preoccupied with work or other activities, leading to dehydration due to a lack of water. Severe dehydration is very dangerous. Most water in the body is stored in muscle tissue. As muscle mass in elderly persons decreases, water in their body also decreases at a faster rate than that for young people, and can reach up to approx. 50% of a person's body weight. Since the muscle mass in elderly persons with advanced frailty is reduced, water in their body is also reduced, and they are more susceptible to dehydration.

Moreover, when elderly persons lose appetite and eat less, the risk of frailty and dehydration also increase as water intake from food decreases. Consequently, the most important way to prevent dehydration is frequent water intake.

The recommended daily fluid intake is 2 liters with food and drink. About 1 liter of this should be from beverages.



When drinking a sports drink or a beverage containing salt on a regular basis, especially if you have diabetes, high blood pressure, or kidney disease, etc., please consult with your physician.

In addition, in cases of inflammation or sudden increase in the use of the toilet, please consult with your physician.

Dehydration and heat stroke can be prevented. Please practice these.

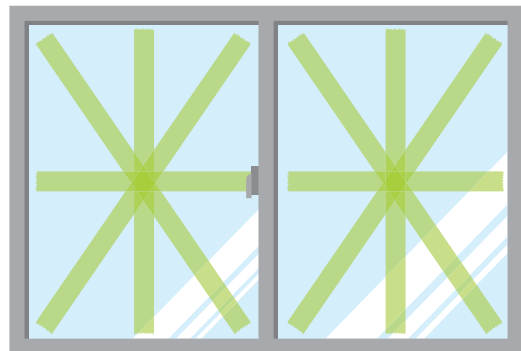
## Be prepared for a typhoon!

If you leave your personal items on the balcony, they may be blown away by strong wind and break a glass door, etc., so please place them inside your room.

Moreover, if the drain outlet in the balcony is clogged, water will not flow out, so please regularly remove any trash, etc. from the outlet. If rainwater leaks inside from the sash, please use fabric and plastics to prevent a flood.

Preparation for disaster, etc. is described on the JKK Tokyo website.

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



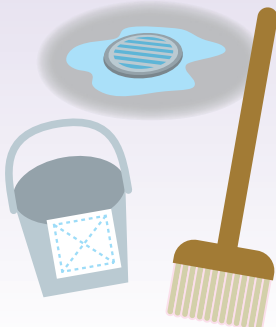
**Prevent Mosquitoes** to enjoy a comfortable summer!



The arrival of the summer also heralds the arrival of a large number of mosquitoes. In recent years, cases of contagious diseases transmitted through mosquitoes have been reported. Seek to prevent mosquitoes every day.

### Eliminate any stagnant water

Regularly clean all drains to prevent mosquitoes from laying eggs.



### Avoid exposing your skin

Wear long-sleeved shirts and long pants to reduce the amount of exposed skin.



### Use insect repellent

Insect repellent spray is a chemical that coats the skin, etc. to prevent blood-sucking activity of mosquitoes. Make sure you observe all applicable precautions when using repellent.



# 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 2024 and then rebuilding of other homes will begin three years later.

## 1. Homes targeted for rebuilding in fiscal 2024

Name	Address
Karasuyama Matsuba-dori 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
Saginomiyanishi Jutaku	Nakano Ward

### ◆ What are Homes Selected for Rebuilding?

Homes for which rebuilding will commence approximately three years later. 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 ② and ③. Regarding housing however, consultation is planned separately.

We look forward to your understanding and cooperation.

## We would like to notify everyone about hot water supply equipment replacement construction

### ● Regarding rooms with hot water supply equipment prepared by JKK

In all housing built after FY1983, hot water supply equipment (hot water dispenser, bath boiler) has been installed from the beginning of management. JKK has carried out replacement construction according to the planned repair work during the renewal period.

In housing built before FY1983, hot water supply equipment was not installed when management began. JKK has installed hot water supply equipment through repair construction of vacant housing. Consequently, since the time of installation is different for each unit, even in the same housing complex, each customer will be notified during the renewal period, before replacement construction is carried out.

\*Units in which a bath tub / bath boiler has been privately installed are not eligible.

### ● Regarding units where a bath tub and/or hot water boiler were **privately** installed

If you would like to replace a bath tub and/or hot water boiler by JKK, applications are accepted as follows.

\*Expenses to remove the bath tub / bath boiler before replacement shall be borne by the customer.

## Application of "Bath tub / hot water supply equipment installation work"

Eligible households	Household which have privately installed a bath tub / bath boiler
Housing Rent	Currently paid rent will increase by 4%. However, a one-point hot water supply (bathroom) will be approx. 3%.
Hot water supply system	Except for certain units, hot water supply will be in two locations (bathroom and kitchen). *For the Minamisuna housing, housing for reconstruction, and commercialization housing, it will be one-point hot water supply (bath room).

Installations are carried out in sequential order, we appreciate the patience shown by households waiting for installation.

### Inquiries

- **Inquiries regarding the water supply system, etc.**  
⇒ JKK Tokyo Customer Center telephone number ② (page 12)
- **Inquiries regarding application details**  
⇒ JKK Tokyo Customer Center telephone number ① (page 12)
- \* **Application forms can be received and submitted to the Management Office for your housing.**

# Introduction to the "Monito

In consideration of the increased number of elderly provided a monitoring service that uses devices such as  
If you are interested in using this service, please apply to

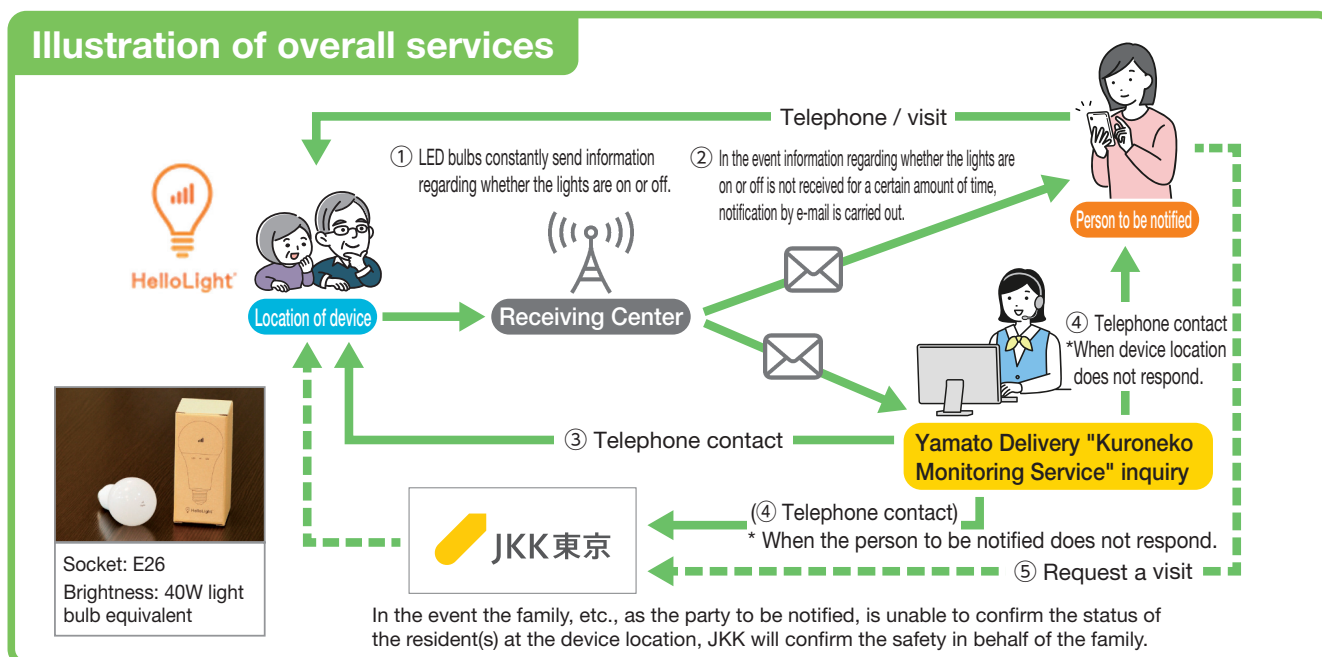
**Yamato Transport**

## "Kuroneko Monitoring Service"

Monthly cost  
**1,078 yen**  
(tax included)

With the installation of a "Hello Light" LED light bulb equipped with a communication function in restrooms and other areas which are used on a daily basis, if a light is not turned on or off for a certain period of time, JKK will contact the pre-registered notification address.

### Illustration of overall services



If a light is not turned on or off from 9:00 a.m. the previous day until 8:59 a.m. the current day, the system will detect this as an abnormality and send a notification by email to the pre-set notification address between 9:00 a.m. and 10:00 a.m. of the current day.

### Application / Inquiries

**Yamato Delivery "Kuroneko Monitoring Service" inquiry**

**Tel.: 0120-86-2220**

Reception hours 9:00 a.m.– 6:00 p.m. (Closed End of Year and New Year holidays)

Scan the QR code below to access the application screen.



# "ring Service" for the Elderly

households in public housing, JKK has sensors, in cooperation with two companies. each company at the following addresses.



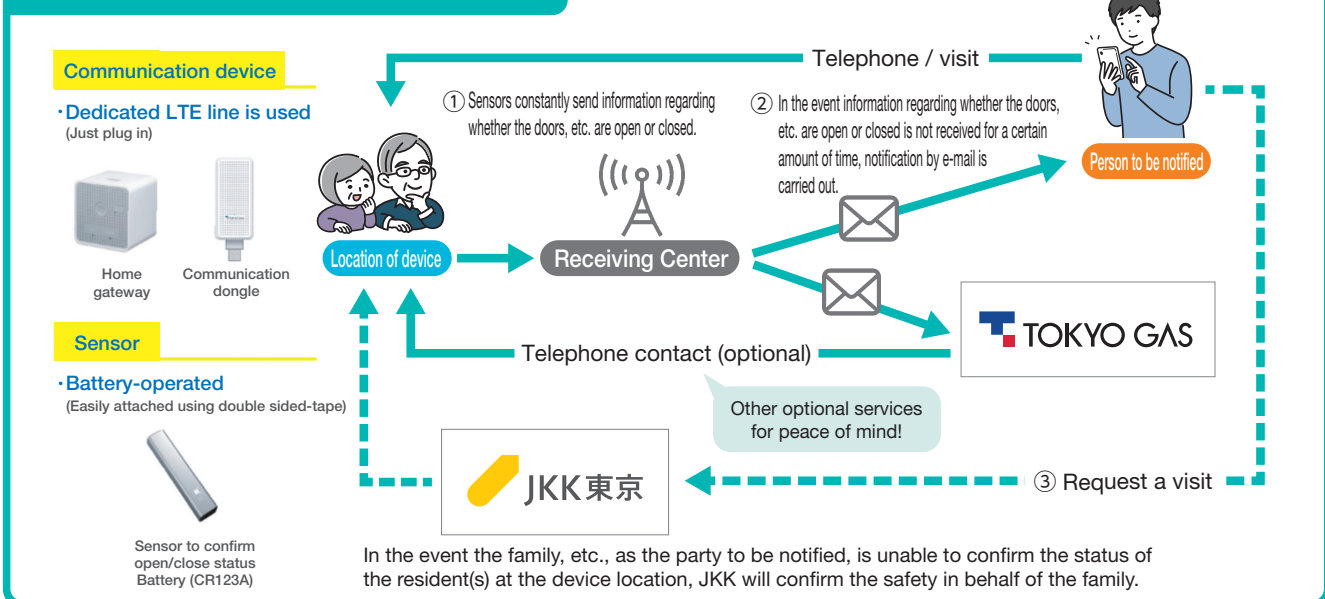
## Tokyo Gas

# "Moshimo no Tayori"

Monthly cost  
**990 yen**  
(tax included)

A sensor is installed in a restroom or other area which is used on a daily basis to confirm the opening or closing of doors, etc. If the doors are not opened or closed for a certain period of time, JKK will contact the pre-registered notification address. Free telephone health consultation service to discuss any worries about your health is also available.

### Illustration of overall services



If a door is not opened or closed from 8:00 a.m. the previous day until 7:59 a.m. the current day, the system will detect this as an abnormality and send a notification by email to the pre-set notification address between 8:00 a.m. and 12:00 p.m. of the current day.

### Application / Inquiries

**Tokyo Gas Co., Ltd. Station 24**

**Tel.: 0120-117744**

Reception hours 9:00 a.m.– 5:00 p.m. (Excluding Sundays and Holidays)

Scan the QR code below to access the application screen.



# Notification from Environmental Bureau of the Tokyo Metropolitan Government

## HTT (H) Herasu (reduce) (T) Tsukuru (make) (T) Tameru (save) Let's promote

In the Tokyo Metropolitan area, efforts to realize a carbon neutral society and to secure stable energy supplies are promoted with the keywords "HTT" - (H) Herasu (reduce) (T) Tsukuru (make) (T) Tameru (save) for electricity, and "Deco-katsu.\*)" a new citizen activity that will lead to decarbonization.

\*"Decokatsu" is a new term combining "Deco" (Decarbonization- reduce CO<sub>2</sub> emissions, Eco- good for environment), and "Katsu" (activity and daily living).

Especially, (H) reduce electricity use in the summer is the main point! because electricity consumption increases when using an air conditioner

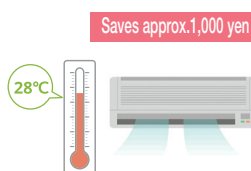
By the whole family reviewing the way we live, and employing various ideas, Let's try to save energy and be gentle on the earth and the family budget! We appreciate your cooperation.



### Herasu (H) reduce electricity Big achievements by small ideas Let's start family energy-saving!

#### ① Room temperature during cooling should be 28°C

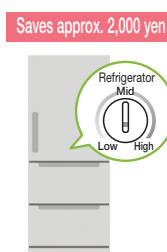
When using the air conditioner (cool mode), adjusting the air flow upwards, and using a fan and circulator to circulate the air is effective. Reducing direct sunlight with a screen, etc., also increases the cooling effect.



Saves approx. 1,000 yen

#### ③ In the summer, set the refrigerator's internal temperature from "High" to "Medium"

In seasons other than summer, setting it to "weak" is also effective.



Saves approx. 2,000 yen

#### ② Clean air conditioner filters frequently

Try to clean the filters twice a month. When the filters are clogged, the amount of intake air is reduced and cooling power decreases.

Saves approx. 1,000 yen

#### ④ Lower the brightness setting of the TV screen

Set the screen to energy-saving mode, and reduce the screen brightness. Before adjusting the brightness, cleaning the screen is also effective.

Saves approx. 900 yen

value is the annual amount saved (estimate) for a typical household.

Other approaches for HTT (H) Herasu (reduce) (T) Tsukuru (make) (T) Tameru (save) are posted on the Bureau of Environment Tokyo website.  
[https://www.kankyo.metro.tokyo.lg.jp/climate/tokyo\\_coolhome\\_coolbiz/index.html](https://www.kankyo.metro.tokyo.lg.jp/climate/tokyo_coolhome_coolbiz/index.html)

Go to the Decokatsu website

⇒ <https://ondankataisaku.env.go.jp/decokatsu/>



Tokyo HTT 検索

### You can get Tokyo Zero-emi Points for the purchase of electric appliances with higher energy-saving performance!

Energy savings by electrical appliances has improved each year, and by replacing older appliances will result in significant energy savings. When replacing older units with energy-efficient air conditioners, refrigerators, and other eligible products, you can receive "Tokyo Zero-emi points." From October 2024, change in the application process and expansion of support is planned as follows from the standpoint of improving convenience for Tokyo residents and accelerating decarbonization. Details will be announced on websites, etc. Please take advantage of this method.



Tokyo Zero-emi Point 検索

- The type of system will be changed as follows- when purchasing a qualifying appliance, the amount of corresponding points will be directly discounted from the sales price upon application at the registered shop (exchange to a gift certificate, etc. has discontinued).
- Points are added when long-life appliances that have been in use for more than 15 years since manufacture date are replaced
- In particular, purchase of new, high-efficiency electrical appliances have been added to eligible targets

#### ■ Inquires regarding power / energy-saving initiatives

The Bureau of Environment Tokyo Home Energy Division

☎03-5388-3533

#### ■ Inquires regarding Tokyo Zero-emi Point

Tokyo Zero-emi Point call center

Business hours 9:00 a.m.- 17:00 p.m. (Closed End of Year and New Year holidays)

☎0570-005-083 (navi dial)

☎03-6634-1337

令和 6 年全国家計構造調査  
権利上の都合により掲載できません

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

### Bank transfer procedures

#### ① Fill out the form

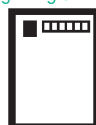


#### ② Submit it to the bank



#### ③ Receive notification

\*Transfers are performed at the beginning of the month



#### ④ Transfer begins

\*Withdrawals are performed on the 7th of every month



\*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.



**Inquiries**

Page 12 "JKK Tokyo Customer Center" telephone number ①

**Website address**

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

←Scan the QR code to open a page containing information about bank transfers.



## "JKK Tokyo Customer Center" telephone number

★ Persons wishing to contact the local office, please use this telephone number.

**Reception hours** 9:00 a.m.- 6:00 p.m. (Closed Saturdays, Sundays, 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/inquiry for repair

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** For calls from a mobile phone, free dial or discount services by the phone company do 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 the matter is not urgent, please avoid calling at these times.

Click here for frequently asked questions about procedures, etc.

