



JoyLiv PDF edition

Public Housing Management Section, Public Housing  
Division, Tokyo Metropolitan Housing Supply Corporation  
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JKK東京

ひとと、くらしをあったかく。

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## Information on year-end and New Year holidays

- We will be closed for business during the year-end and New Year holidays as shown below.

➡ **From December 28 to January 5 (Saturday to Sunday)**

- The management office will be closed for business during the year-end and New Year holidays as shown below.

➡ **From December 30 to January 4 (Monday to Saturday)**

## Emergency contact information

When an accident or fire has occurred and for urgent repairs due to water leaks, etc., during the year-end and New Year holidays



\*Please call this number in addition to the police and fire department when an accident or fire has occurred.

"JKK Tokyo Customer Center"

☎ 0570-03-0032

(Call center operates 24 hours a day, 365 days a year)

Residents who are unable to use Navi-Dial and residents using free cell phone call services and discount services

☎ 03-6279-2963

## Postal charges will change from October!

\*Please ask for details at your local post office or visit the official Japan Post website.

Be careful when mailing application forms, etc.

If you have not paid the correct amount, the item you sent may be **returned to sender**.

Until September 30 (old postal charge)

From October 1 (new charges)



Standard size mail

Up to 25 g

**84 yen**

Up to 50 g

**94 yen**

Up to 50 g

**110 yen**

Weight categories are combined



Postcard

**63 yen**

**85 yen**

## Prevent Frailty!

### Check using your calf muscle and a newspaper! Prevent frailty by checking your muscle strength

When the body and mind deteriorate, and social connections weaken, it is called frailty.

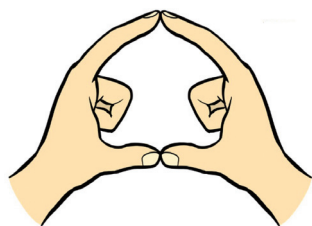
By preventing frailty, one can lengthen the time one is healthy.

Tomoki Tanaka, Institute of Gerontology, The University of Tokyo

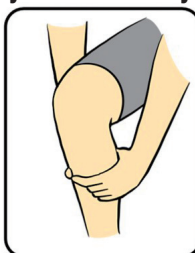
This time we would like to introduce a way for you to easily check your muscle mass and quality, which are the main causes of frailty. These checks are not a definite diagnosis but should be used for reference purposes only.

First, we have the "Finger Loop Test" to check your muscle mass. The Finger Loop Test is an easy method to use in which you make a loop with your thumbs and index fingers and encircle the calf of your non-dominant leg. If you can encircle your calf with the loop formed by your fingers or your calf fits inside this loop, it is possible that you are losing muscle mass.

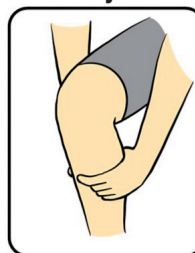
#### "Finger Loop Test"



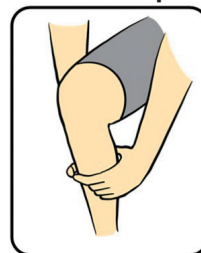
Loop encircles your calf exactly



Loop does not encircle your calf



There are gaps in the loop



Next, we have the "Paper Tear Test" to check your muscle quality (or muscle strength). This is an easy test in which you fold a sheet of newspaper four times, hold the folded sheet between your thumbs and index fingers at the middle of the sheet, and then simply tear it into straight strips. If you are unable to tear the newspaper, it's possible that you are losing muscle strength. If it is difficult to tear the sheet when folded four times, try to fold it three times and repeat the test.

#### Can you tear the (4 times) folded newspaper into strips? "Paper Tear Test"



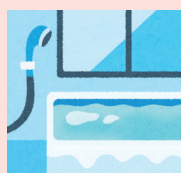
How did you do? You should try the "Finger Loop Test" and "Paper Tear Test" regularly, about every 6 months. It is very important to notice any changes in yourself, such as feeling that it is difficult to tear the paper into strips more than before. Be conscious about getting adequate nutrition (food and oral care), physical activity, and social participation on a regular basis in an effort to prevent frailty.

## Prevent heat shock!



Heat shock is when there is a large change in your blood pressure in places with abrupt temperature fluctuations such as the bathroom, washroom and toilet during the winter, resulting in strain being placed on the heart and blood vessels. The elderly as well as people with high blood pressure and diabetes must be especially careful of this.

**Warm up the changing room and bathroom before taking a bath.**



Open the cover on the bathtub after the water has been heated up.

\*When using heating equipment in places that include the washroom and toilet, ensure there is sufficient ventilation and be careful not to cause a fire.

**When taking a bath, start by pouring warm water over your body or taking a shower.**



**Set the water temperature to lower than 41°C.**

Do not spend **more than 10 minutes** in a hot water bath.



**Do not take a bath after you have drunk alcohol.**

Be careful when taking a bath late at night or early in the morning when the temperature is lower.



**Do not attempt to stand up abruptly when taking a bath.**



**Avoid taking a bath after taking a tranquilizer or sleeping pills.**



**Drink water before and after taking a bath.**

## Procedure to renew the parking fee reduction scheme for electric vehicle (EV) owners

We have implemented a scheme to reduce parking fees at the JKK public housing car park for up to 5 years from February 2023 for owners of EV (electric vehicles and motorcycles) as well as FCV (fuel cell vehicles and motorcycles). Owners must renew their application for this scheme each year so we have sent out a guide for the renewal procedure to people who will use the scheme in November 2024. Please look through the documents that were sent to you, then submit the application form to the management office.



### For inquiries about the above

For inquiries, call the "JKK Tokyo Customer Center" using telephone number ① on page 12.

## Request Regarding Disposal of Large Items of Garbage

Cases where large items of garbage have been left at the residential garbage collection point have been observed.

Disposal of large items of garbage requires prior submission of an application to the municipal office.

If you put out large items of garbage without submitting an application, it will not be collected and cause problems for other residents.

Please be sure to follow the rules of your municipality and submit an application before putting out large items of garbage.



### Disposing of waste subject to the Home Appliance Recycling Law

The four home appliances; "air conditioners", "televisions (CRT, LCD and plasma)", "electric refrigerators & freezers", and "electric washing machines & clothes dryers" are subject to the Home Appliance Recycling Law. These home appliances cannot be disposed of as large items of garbage. Please refer to the Ministry of Economy, Trade and Industry website for information on how to dispose of these appliances.



## Let's practice fire prevention!



Main causes of a fire in the home

1 Cigarettes

2 Kerosene heater

3 Gas stove

4 Cables

### Main fire prevention measures...



#### Never smoke in bed!

- Never smoke while lying on top of blankets, in bed or while resting on flammable material.



#### Be sure to turn off the heater before leaving the house or going to bed!

- Do not place flammable items around kerosene heaters.
- Do not dry wet clothes near kerosene heaters.



#### Don't leave the stove unattended while cooking!

- Do not place flammable items around gas stoves.
- Always turn off the gas stove when you need to step away from it while cooking.



#### Use power outlets and power strips correctly!

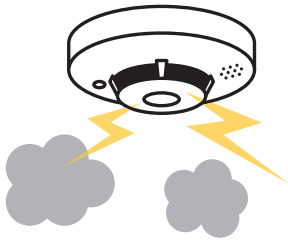
- Clean dust from power outlets and pull out any unnecessary plugs.
- Use power outlets and power strips within their rated capacity.
- Bundling power cables together and using them will cause them to overheat and damage the cables so avoid doing this.



#### Don't leave things in common areas!

- Keep things organized around corridors and stairs.

## When your smoke detector alarm rings . . .



### What are smoke detector alarms?

A smoke detector can detect smoke or heat from a fire and alerts the occupants with an alarm. Installation and maintenance of such devices are required by the Tokyo Fire Prevention Ordinance.

### If the alarm rings . . .

**If there is  
a fire**

Check the source of the fire and evacuate the building. Call 119 and, if possible, extinguish the fire before it spreads.

**If there is  
not a fire**

The alarm may be triggered if the device detects cigarette smoke or smoke or steam from cooking. If you press the siren-off button (or pull the cord, if it has one) or ventilate the room, the siren will stop and the device will return to normal. The alarm may be triggered by the use of smoke-emitting insecticides, etc. When using these type of insecticides, cover the alarm with a plastic bag, then remove it immediately after using the insecticides. Please also be aware that striking the alarm with an object may trigger the alarm.

### Request from JKK

JKK replaces smoke detector alarms after a period of about 10 years. If these smoke detector alarms have not been replaced in rooms because you were absent when the replacement work was being done, it may result in the late discovery of a fire outbreak in your home because the alarms are old and damaged, making it impossible to conduct adequate initial firefighting tasks.

➡ Contact telephone number ② for the "JKK Tokyo Customer Center" listed on page 12.





## Responding to repairs for long-term resident customers (Tatami, fusuma, painting, and vinyl wallpaper repair services)

In September 2019, the repair costs burden categories for tatami, fusuma, painting and vinyl wallpaper (hereafter, "4 items and tatami flooring") were changed to JKK's responsibility and these items shall be handled in the order of those who lived in the unit for a longer time.

\*Please see the "List of repair costs burden categories for repair costs, etc." posted on the website for details about the repair costs burden categories.



### Currently applicable customers

**Customers who have continually resided in the unit for over 30 years as of September 30, 2024.**  
**(Customers living in the unit for which the contract was concluded by September 30, 2024)**

The **Notice concerning the repairs application** will be sent by post to **applicable customers** from "around the end of January 2025" so please wait for it to arrive.

\*Although customers who were already notified up to last year will not be notified again, application of repair is still available.

\*People living in homes where relocation guidance has begun or is soon to begin due to reconstruction projects (Kamishakujii housing, part of Soshigaya housing, and part of Okura housing) are excluded from the current application.

### Repairs application

Please see the "Notice concerning the repairs application" sent to applicable customers for how to apply and the repair details.

- Please understand that the repairs cannot be made at JKK's expense for the following cases even when you are applying for "4 items and tatami flooring" repairs and have continually resided in the unit for over 30 years.

Item	<u>Items that cannot be repaired</u> at JKK's expense (such items are repaired at the customer's expense)	
① Tatami Mat Replacement	<ul style="list-style-type: none"> <li>Peeling, torn or discolored tatami mat surfaces</li> <li>Rotting due to spilled water</li> <li>Burn holes caused by cigarettes, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Depressions caused by pianos or other heavy furniture</li> <li>Outbreak of ticks</li> </ul>
② Sliding Door and Sliding Screen (Struts, Frame) Replacement	<ul style="list-style-type: none"> <li>Bent or damaged but does not interfere with opening and closing</li> <li>Stains and damage to fusuma or shoji paper</li> </ul>	<ul style="list-style-type: none"> <li>Discoloring to sliding doors and sliding screen paper caused by sunlight</li> </ul>
③ Partial Wall, Ceiling, Fixture Repainting	<ul style="list-style-type: none"> <li>Peeling (wallpaper) in a room other than the bathroom, kitchen (wall, ceiling) which does not affect the base materials</li> <li>Soiling and other damage caused by mildew and mold</li> </ul>	
④ Partial Replacement of Vinyl Cloth on Walls and Ceilings	<ul style="list-style-type: none"> <li>Peeling (wallpaper) which does not affect the base materials</li> </ul>	<ul style="list-style-type: none"> <li>Soiling and other damage caused by mildew and mold</li> <li>Discoloring caused by sunlight</li> </ul>

\*Please refer to the "Notice concerning the repairs application" sent to applicable customers for details.

\*The customer is responsible for the work and associated cost to move furniture when it is necessary to move furniture to conduct repairs, etc.

## Contact us if you notice a fault with the balcony and window handrails

We work hard to provide safe and secure residence by implementing various legal inspections and planned repairs. However, preventing accidents that occur in the home requires the cooperation of all residents. Small faults such as rattling balcony and window handrails, lattices and panels may lead to accidents. If you notice something, please contact the JKK Tokyo Customer Center.

### Inquiries

For inquiries, call the "JKK Tokyo Customer Center" using telephone number ② on page 12.



## Preventing children from falling from high places

Items placed near areas such as balconies and windows in the housing complex that can be used as a step or platform have resulted in accidents where children have fallen from a height, sometimes resulting in their death. Install secondary locks in places where children cannot reach to prevent accidents in which children fall from high places. Also, do not place items near balconies and windows that allow children to climb up. There is a limit to how much you are able to continually keep an eye on the movements of your child. It is important to create an environment that does not allow falling accidents to happen in addition to watching over your child.

### Key points to create a safe environment around windows and balconies

#### (1) Install secondary locks



#### (2) Do not place items that can be used as steps or platforms

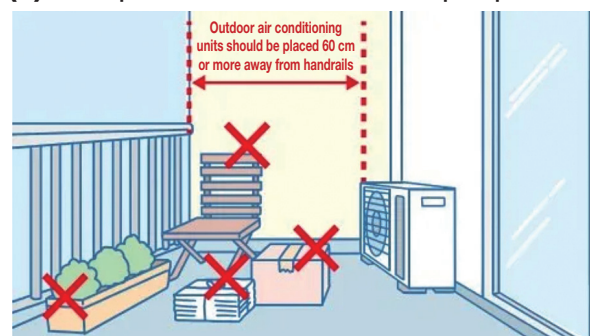


Illustration source: Public Relations Office website (<https://www.gov-online.go.jp/useful/article/202107/3.html#firsrSection>)

## Regarding housing facility improvements



**For elderly people and people with disabilities, JKK will carry out improvements to housing facilities at JKK's own expense.**

We have been conducting construction work on housing facilities for units where elderly people and people with disabilities reside.

People who meet the following "application conditions" and require improvements to housing facilities in their everyday lives can apply for the improvements throughout the year. Please note that, depending on the circumstances of the request, it may take 1 to 2 months for the work to be carried out.

### Application conditions

In principle, both of the conditions shown in ① and ② below must be met.

- ① Someone residing in the unit must meet at least one of the following conditions: A, B or C.
  - A. A person is at least 65 years of age
  - B. A person has a "Physical Disability Certification Booklet", grade 4 or above (visual impairment, hearing impairment or physical handicap)
  - C. A person has a "Wounded or Sick Serviceperson's Certification Booklet" certifying an injury/disease of the level or higher described in Appendix Table 1, Item 3, Subsection 1 of the Pension Act
- ② A person with no arrears of rent, common-area service expenses, or parking area expenses

\*Reconstruction project housing is excluded from this construction work.

\*We will accept your application even if you do not meet application condition ① but we have decided that construction work to improve the facilities is necessary based on a doctor's medical certificate. If you are unsure about this matter, consult "JKK Tokyo Customer Center".

### Application method

Application forms are available at management offices and call centers (residents who "want application forms to be mailed" to them are requested to call the "JKK Tokyo Customer Center" and state this fact). Fill in all the required areas of the application form and submit it to the management office or jurisdictional area office.

\* Persons with a physical disability or persons who have sustained injury or illness while serving in the armed services must provide certification documentation (a copy from a "Physical Disability Certification Booklet" or a "Wounded or Sick Service person's Certification Booklet" indicating name, address, and classification of disease/illness) as an attachment to their application.

#### Inquiries

For inquiries, call the "JKK Tokyo Customer Center" using telephone number ① on page 12.

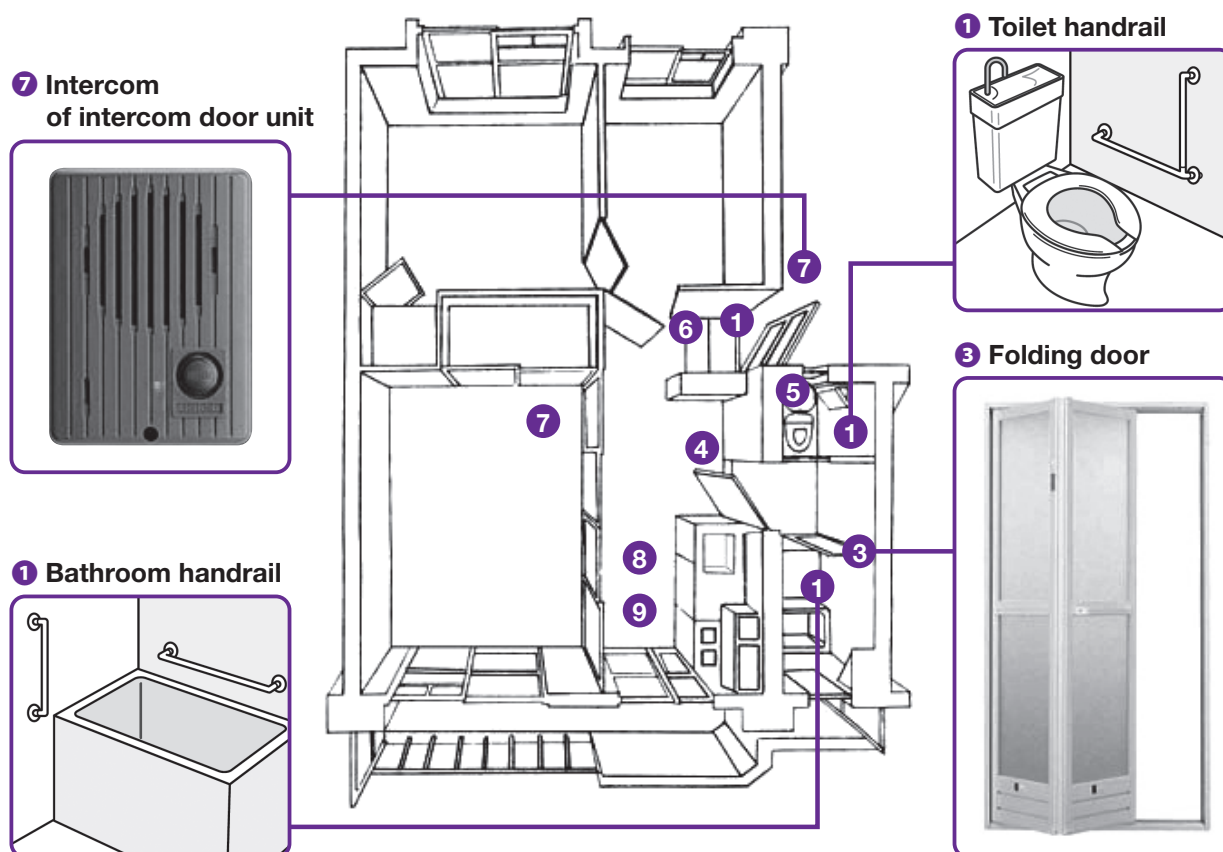




## Types of improvement work

Applications can be made for the following types of improvements.

- 1 Installation of handrails inside entrances, toilets, and bathrooms**  
\* This service is available for residents who are at least 65 years of age, are visually impaired, or are physically handicapped.
- 2 Installation of handrails in areas other than inside entrances, toilets, and bathrooms**  
\* This service is available for residents who are at least 65 years of age, are visually impaired, or are physically handicapped.
- 3 Replacing inward-opening bathroom doors with center-folding doors, etc.**
- 4 Removal of the threshold of the washroom doorway (the raised bottom part of the doorway)**  
\* Only 1st story units
- 5 Installation of a power outlet in the toilet room**  
\* Except in cases where the toilet is part of the bath room.
- 6 Installation of a lighting fixture near the entrance (inside the unit)**  
\* Only in cases where there is not a lighting fixture in the entranceway already.
- 7 Installation of an intercom in the entranceway (installation of an emergency alarm in the intercom's door unit)**
- 8 Installation of a fire alarm (with a spinning light) in the kitchen**  
\* Applicable for people over 65 years old and those with a visual impairment.
- 9 Installation of a gas leak alarm in the kitchen**



Illustrations and photographs are for illustrative purposes only.

- \* Application for improvements which have already been carried out by JKK are not accepted (except for handrails).
- \* Specifications may vary from the illustrations and photos.
- \* In some cases, installation is not possible in the requested location or a request may be rejected due to structural limitations, etc., of the building (installation of handrails in unit baths, etc.)



# Would you like to publish photos of your children in JoyLiV?

We are inviting all residents who read JoyLiV to send us photos of their children that bring a smile to their faces. Would you like us to publish your photos of birthday celebrations, photos celebrating the birth of your second child with their older sister or brother, or photos of fond memories with your family in JoyLiV? We look forward to receiving many applications with your photos.

## 1 Application Eligibility

All residents of JKK public housing

## 2 Application Method

Please apply using the application form.

## 3 Publication Details

- Photo should be taken either indoors or on the housing grounds, and include people in the shot
- Message from the parent or guardian  
(Please write the name (a nickname is fine) of the child in the message)

## 4 Precautions

- Please do not contact us about whether your photo will be used or rejected.
- We will use the photos received in your application free-of-charge.
- We cannot accept applications with photos taken that include other people's work such as well-known characters.
- We cannot accept applications that will or may infringe on third party copyrights, portrait rights, or any other rights.
- Any communication fees incurred when sending us your application are the responsibility of the applicant.
- We ask for your consent in advance because we may perform minor editing of the photos such as trimming, etc., when using them.

Scan here to apply



How the published photo might look

## Notification from the Tokyo Metropolitan Government

**It's not "somebody else's" problem.**

December 10 is "Human Rights Day." December 4-10 is "Human Rights Week."

December 4-10 is Human Rights Week. It is said that "without human rights, there is no peace." It is universally recognized that respect for human rights is the foundation of peace.

"Human rights" are "the rights held by all people to ensure life and liberty and to pursue happiness" or "the innate right of all people to live as human beings." However, discriminatory remarks, bullying, abuse, stalking, and other problems that do not respect the human rights of others still occur today. Building a society which each person considers others and respects human rights is important.

**Guide to the Tokyo Human Rights Plaza**

Tokyo Human Rights Plaza is a base facility for education on human rights established by Tokyo Metropolitan Government. It has a special exhibition based on the theme of children's rights introduced by "Sesame Street" characters, an exhibition on the "Paralympic Murals" created for the Tokyo 2020 sporting event, a zone where visitors can experience some of the various barriers felt by the elderly, disabled people and pregnant women, and it also has a library room, where you can "learn", "experience", "enjoy", "discover" and "understand" about human rights. Please come visit and learn about human rights!



Address: 1F and 2F, Shiba 256 Square Building,  
Shiba 2-5-6, Minato-ku, Tokyo  
Tel.: 03-6722-0123  
Open hours: 9:30 am-5:30pm  
Closed: Sundays and end of year and New  
Years holidays

Scan here for  
the website

**December 10-16 is "North Korea Human Rights Abuses Awareness Week."****There are many abduction victims and designated missing persons related to Tokyo.**

In addition to abductees identified by the government, there are many other cases, such as those designated as missing persons, for whom abduction is suspected. This includes many people who were living in Tokyo or who went missing in Tokyo, and there are at least 50 people who we still do not know their whereabouts. Let's support the efforts to resolve the abduction issue with a united voice, so that all abductees can return home as soon as possible.

- "Abduction victims rescue campaign" online photo exhibition  
December 2 - 27 (Monday to Friday)

- Blue Ribbon Light Up and Raising the Blue Ribbon Flag  
December 10 - 26 (Tuesday to Thursday)

In addition to lighting up Tokyo Metropolitan Government Building No. 1 in blue, blue ribbon flags will be raised on Tochoumae Chuo-dori (central street in front of metropolitan government) in association with "Blue Ribbon."

■ Contact information regarding "Human Rights Week" and "North Korea Human Rights Abuses Awareness Week"

Human Rights Policy Promotion Section, Tokyo Metropolitan Government Human Rights Division

Human Rights website

Door to Human Rights Search

Tokyo living and residence on X  
(Formerly Twitter)



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

### Bank transfer procedures

#### ① Fill out the form

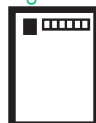


#### ② Submit it to the bank



#### ③ Receive notification

\*Transfer is made 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

Use Tel. No. ① of the "JKK Tokyo Customer Center"

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

"A timetable for when it is difficult to reach us by telephone" has been posted on the JKK Tokyo website.

**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 for urgent repairs due to water leaks, etc., accidents, fire, and resident safety is 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**



- When calling Navi-Dial from a cell phone, free calls and discount services from each telephone company do not apply.
- Calls are charged for all telephone numbers.
- Phone lines are usually busy and it may be difficult to reach us between 9:00 am to 10:00 am on a Monday and the day after a holiday. If the matter is not urgent, please avoid calling at these times.
- Telling us your "resident code" will shorten the time required to respond to your inquiry.

Scan here to view various notifications and "frequently asked questions" about procedures and repairs.



**Yutojira might come and visit your home!**

Follow our official Instagram account to view information about events and playground equipment at the housing complex



JKK Tokyo  
Official Instagram

**Please do not smoke in common areas, including balconies.**



Please cooperate in preventing passive smoking to ensure everyone remains healthy.