



JoyLiv PDF edition

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Index

◆ Disaster prevention community activities	2・3	◆ Stop! Phone fraud	8
◆ Front desk staff duties	4	◆ To protect our children's future	8
◆ Parking fee reduction scheme [for people with disabilities]	4	◆ Use of residential fire extinguishers	9
◆ Information about Internet access	5	◆ Be considerate about household noises	9
◆ Checking on Safety During Emergencies	6	◆ Be careful to not cause water leaking accidents	10
◆ Requests During Long Absences	6	◆ Consider taking out damage insurance	10
◆ Introduction to the Monitoring Service	7	◆ Please do not leave your bicycles and motorcycles when moving out	11

Prevent Frailty!

A keyword for **food** and **enjoyment** discovered from **research**



A "い・い・あ・す・だ" (better tomorrow) to enjoy frailty prevention", a project created through joint research by the Institute of Gerontology, The University of Tokyo and Tokyo Gas Co., Ltd.



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

It is important to prevent frailty so that you can live a healthy and happy life each day.

This issue introduces "い・い・あ・す・だ" (a better tomorrow), the key to enjoying food for preventing frailty.

い **ただきますを言う**
Say itadakimasu

Saying "itadakimasu" at the start of a meal increases gratitude and awareness for food, which can promote enjoyment at meal times. Enjoy the entire process of preparing a meal, from buying ingredients, cooking the food and then cleaning up afterwards.

い **ろどりを整える**
Add colors

Adding a variety of colors to the dinner table will create visual enjoyment and make it easier to ensure the meal is well-balanced in terms of nutrition. Carefully selecting tableware and arranging food on dishes in a pleasing manner can also be effective.

あ **たらしい食に挑戦する**
Try new types of food

Trying new types of food and food products or eating out will stimulate your curiosity. Chewing for longer and trying food that is chewy will also help prevent frailty of the jaw and mouth.

す **きなものを食べる**
Eat your favorite foods

Being conscious of what you like to eat and including those foods in your meals will increase your appetite and make mealtime more enjoyable. It is also important to try different cooking methods.

だ **れかと食べる**
Eat together

Even if you don't have much opportunity to eat with your family and friends, it is effective to turn on the radio or television to listen to the voices of other people while eating.

Through the enjoyment of food, eating habits will improve naturally and create a virtuous cycle that will be beneficial to maintaining health. As the first step to preventing frailty, please try to be conscious about enjoying food.

Introducing disaster prevention community activities

Kosha Heim Kugayama Holding a "disaster prevention course"



We talked with everyone from Kosha Heim Kugayama (Setagaya Ward) about the disaster prevention committee's activities.

Please tell us about your disaster prevention committee's activities

We started a disaster prevention committee in September 2023 centered on members with a high level of disaster prevention awareness who participated in self-defense fire drills sponsored by JKK. During the first year, the committee used subsidies from JKK and Setagaya Ward to take on the task of establishing equipment disaster prevention equipment. Currently, officers from the committee hold a regular meeting once a month. Managing equipment for use during a disaster is an important part of the committee's disaster prevention activities, and they will continue to inspect and maintain this equipment in the future to ensure that the necessary equipment is in place.



Kosha Heim Kugayama disaster prevention committee - Chairman Kakizaki (2nd from right) and all officers of the disaster prevention committee who participated in the current disaster prevention course

Why did you decide to hold a "disaster prevention course"?

It is important to know how to actually use disaster prevention equipment in addition to having the equipment ready for use. On January 11, 2025, we held a "disaster prevention course" with the cooperation of Setagaya Ward. The course provided information to not just disaster prevention committee members but also all residents on how to use disaster prevention equipment. This course enables each resident to acquire the necessary awareness concerning disasters.

The "disaster prevention course" included an earthquake simulation vehicle, training on how to use a generator and a manhole toilet, as well as a lecture about home evacuation during a disaster. On the day of the disaster prevention course, despite the cold weather, about 40 people consisting of elderly residents and married couples with children participated in the event.

The course reminded participants of the importance of confirming beforehand what they should do in the event of a disaster, and reaffirmed the importance of using a rolling stock system to keep a stockpile of "essential items" in their homes, such as household goods that they use on a daily basis in addition to emergency supplies.



Experiencing the earthquake simulation vehicle



Training how to use a generator



Training how to use a manhole toilet

Please tell us about your future activities

The "disaster prevention course" held this time was the committee's first attempt at holding an event where residents could participate. In the future, the disaster prevention committee is considering holding events where all residents can participate in cooperation with JKK, events such as fire fighting drills.

The disaster prevention committee is also working hard to actively promote awareness of their activities to residents who have just moved into JKK housing and to increase interest in the committee.



Support for Community Disaster-Prevention Activities



JKK supports volunteer disaster prevention organizations for public housing which meet certain conditions, such as the provision of disaster prevention equipment. We encourage organizations which have not received this support to apply. We will also continue to provide support for housing which have not established a voluntary disaster prevention organization to do so. Please contact us.

Details of the support

1 Support to establish of a voluntary disaster prevention organization.

- For housing without a voluntary disaster prevention organization, support such as consultation regarding its establishment, and information provision, is carried out.

2 Provision of disaster prevention kits

- Disaster prevention kits are provided according to number of households under management in the public housing.

3 Expenses to purchase disaster prevention equipment are subsidized.

- Expenses related to purchasing disaster prevention equipment, such as helmets and first aid kits are subsidized.

4 Subsidies for expenses related to the introduction of AED and to take courses to acquire lifesaving certification.

- Expenses to purchase AED, lease / rental are subsidized. *AED...automated external defibrillator.
- Expenses to take courses to acquire basic lifesaving certification and advanced lifesaving certification are subsidized.

5 A place to store the disaster prevention equipment is provided.

*Organizations which have already received the above described subsidies

2 – 4, are not eligible for this support.



Conditions for a voluntary disaster prevention organization

1 The organization is comprised of more than half of the households in the residential block, registered to the municipal government and public agencies, etc. related to disaster prevention, and carries out voluntary disaster prevention activities.

2 JKK has determined that the organization corresponds to the above.

To receive support, certain conditions apply. For more details, please contact telephone number ① for the "JKK Tokyo Customer Center" on page 12.



Front desk staff duties

At JKK housing, as a general rule, each residence is assigned with front desk staff (housing supervisors) who respond to inquiries from residents and conduct inspection patrols of the buildings.

Main duties of the front desk staff

■ Inquiries and consultation support

- Support inquiries and consultation requests from residents
- Receive various notifications and applications from residents
- Support inquiries from visitors

■ Housing inspection patrols

- Building inspection patrols
- Inspection patrols in common areas on the grounds

■ Various management duties

- Receive applications to use the community salon (meeting area)
- Distribute various information to all households and display posters on the bulletin board

■ Procedures concerning paid parking facilities

- Receive signed and canceled agreements for paid parking facilities
- Receive various notifications and applications from contract holders

■ Miscellaneous

- Support for safety check notifications
- Various notifications in the event of a disaster

Parking fee reduction scheme for people with disabilities

Since December 2023, JKK has introduced a scheme to reduce monthly parking fees by 10% to support the daily lives of JKK residents or a person they live with who rent a parking space, if they meet the eligible level of disability and their monthly household income is below a certain level.

For details, please see the application guide available from the management office, then submit your application form to the management office.



Please see the website for details about the scheme.





Information about Internet access



Customers should contact their Internet service communications provider (hereafter, Internet provider) regarding the use of Internet services. Please refer to the JKK website for details about the procedure to open an Internet connection.



Information about opening an Internet connection

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



FAQ

Q.

When applying to an Internet provider for Internet access, the provider told me to ask the housing management company for permission so I would like to check with you about this.

A.

When installing an Internet line, only a certain installation method and procedures are allowed. Customers should first just apply to the Internet provider. Then the Internet provider will contact JKK to coordinate on the investigation, decide whether the Internet line can be installed, the procedure, and preparing keys.

Cautions

- **The customer is responsible for entering a contract with the Internet provider, any associated installation fees and usage fees.**
- JKK shall not be held liable for any problems which may occur, including connection failures.
- Please check with each telecommunications carrier in advance, as time may be needed to connect the Internet line or extending such line to your residence may not be possible, depending on the availability at each property.
- For wireless access to the Internet in common areas of a building or when there is no need for interior construction, please contact the service provider directly.
- In the event of power supply interruptions in common areas due to an inspection, malfunction, accident or similar circumstances, some Internet services will not be available.



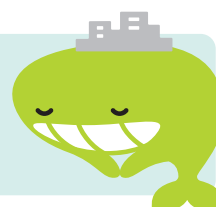
Checking on Safety During Emergencies

If you haven't seen someone recently or cannot contact someone, you notice that newspapers and mail are accumulating in a mail box or that the lights are constantly on, etc. within the housing complex, please contact the JKK Tokyo Customer Center.

After investigating the situation and it is decided that there is a need, JKK will contact the police and have them accompany JKK into the apartment, etc., to check.

In addition to preparing a response manual to ensure swift and accurate action with regard to the need to confirm the safety of residents, JKK is also actively adopting measures to strengthen communications between the local city and town halls and local authorities, etc.

* When urgent confirmation regarding safety is needed, please contact telephone number ② for the "JKK Tokyo Customer Center" listed on page 12.

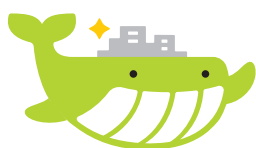


Requests During Long Absences

If you are planning to be away from home for an extended period of time (30 days or longer) due to reasons such as travel, a business trip or hospitalization, please be sure to submit a "notice of absence" to the management office. "Notices of absence" can be obtained from management offices and area offices.

If a notice of absence is not submitted, the following problems may occur.

- In some cases, if JKK receives a call such as "maybe the resident has collapsed in their home!?" from neighbors, etc., JKK may decide to enter a room to confirm their safety.
- In the event of an emergency such as a water leak or fire, an immediate response may not be possible.



For customers who use regular delivery services (e.g., newspaper, milk, bento (lunchbox)), please remember to contact each service and request a suspension of deliveries if you will be away for an extended period of time.

Introduction to the "Monitoring Service" for the Elderly

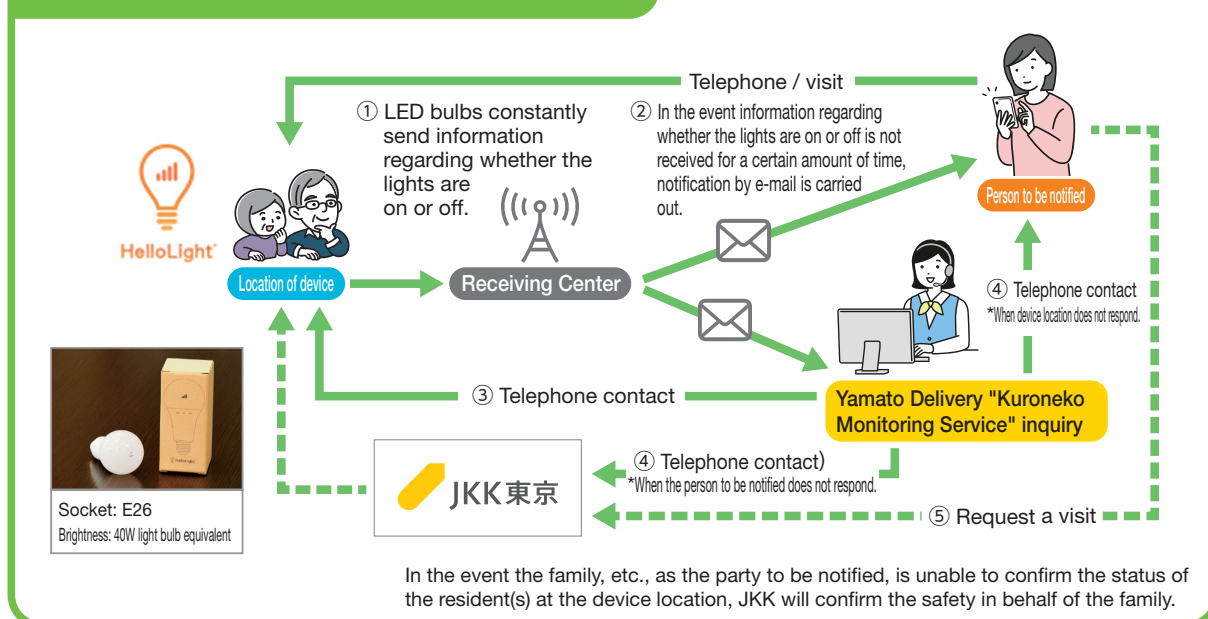
In consideration of the increased number of elderly households in public housing, JKK has provided a monitoring service that uses devices such as sensors, in cooperation with a company. If you are interested in using this service, please apply using the contact information shown below.

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.

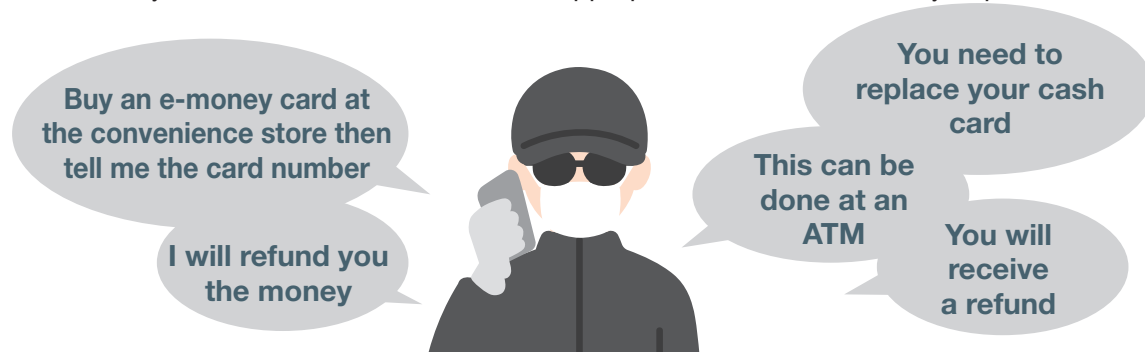
(Closed End of Year and New Year holidays)

Scan the 2D code below
to access the
application screen.



Stop! Phone fraud

Most victims of phone fraud are people who believe that "they alone will never fall victim to fraud" or "they are shocked that they fell victim to fraud". It is important to be aware that "you can be tricked even if you know about fraud!" and take appropriate measures each day to prevent this.



If the caller talks about money, put down the phone and quickly consult with your family members or friends!

Measures to not be tricked by fraudsters!



- ✓ Always use the answer machine to receive your phone calls
- ✓ Use a "spam call prevention device" that can record the telephone conversation
- ✓ Decide on a code word in advance with your family
- ✓ Do not tell anyone your PIN number or other personal information such as your family name
- ✓ If you sense something is not normal, consult with your family members
- ✓ Ignore any requests to "send money" or "buy e-money at the convenience store"

If you receive a suspicious phone call, please call **#9110** to consult the Metropolitan Police General Consultation Center or consult your local police station.


Source: National Police Agency website (<https://www.npa.go.jp/bureau/safetylife/sos47/case/>)

To protect our children's future

"I wonder if that child is OK?"

Do you suspect that a child you know is being abused?

Child abuse often occurs behind closed doors in the family home. It may also involve violence under the pretense of "discipline". If you feel there is "something strange" about a child or parent, please call telephone number

 **"189"** without delay to talk to a child abuse consultant at the child guidance center.



Abuse awareness checklist (extract)



- ☐ Child has unnatural bruises, bumps and burn marks
- ☐ Child is locked outside of the house
- ☐ Child's clothes and body are constantly dirty
- ☐ Child is not being fed
- ☐ Child plays outside until late and loiters around

Scan here for details about the checklist



Source: Public Relations Office website (<https://www.gov-online.go.jp/useful/article/202011/3.html>)

Use of residential fire extinguishers

- Your apartment includes a residential fire extinguisher.
- If you discover the outbreak of fire, use the residential fire extinguisher installed to extinguish it in the early stages. Extinguishing the fire in the early stages refers to the time from when the fire starts until the flames reach the ceiling. If you feel you are in danger, immediately evacuate to a safe location, call 119 and follow the directions of the fire department.
- Leave the residential fire extinguisher in its regular place and familiarize yourself with how to use it and also carry out management and inspections in alignment with the instruction manual attached to the fire extinguisher.
- If you notice anything wrong, call telephone number ② for the "JKK Tokyo Customer Center" listed on page 12.

Replacing fire extinguishers



JKK will replace home fire extinguishers about once every five years. Some rooms have not had their fire extinguishers replaced because the resident was not at home or similar reason (the expiration date of use is written on the fire extinguisher). It may not be possible to adequately extinguish the fire in the early stages if the fire extinguisher has passed its expiration date. Therefore, if your fire extinguisher has not been replaced,

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

Be considerate about household noises

There are quite a few cases in which people living in a housing complex become aware of noises problems after it has been pointed out by people in the next room or living below them. More people are spending more time at home because of remote working and for other reasons, and the ordinary sounds of people going about their everyday lives may cause problems. It is important to adopt a feeling of "mutual cooperation" to ensure that everyone can live in comfort. We appreciate your cooperation.



Be careful to not cause water leaking accidents

Carelessness during our daily lives can result in water leaking accidents. A water leaking accident will not only cause problems for you, but will also cause a lot of trouble for people living on the floors below.

Be careful about the following to prevent water leaking accidents.



Check right now if both the water supply inlet (the connected faucet) and water discharge outlet are properly connected to the washing machine.



Do not flush water over the entrance or toilet floors, and on the balcony.



When going outside during a water outage, be sure to check that water supply faucets and such have been turned off properly.



Frequently clean water discharge outlets for the washing machine, kitchen, washroom and bathroom.

*If you damage any household items belonging to another household because of careless use of water in your home, you will be responsible for any compensation paid to the affected household.



Consider taking out damage insurance

Fees such as rent and common-area service expenses paid by all residents in JKK housing does not include subscription fees for such as household items insurance or liability insurance in the event of a fire. In case of an emergency, consider taking out damage insurance that covers damage to your own household items and damage to a third-party because of a water leak.

Household items insurance	Covers household items belonging to the resident	Covers any damage to household items to be paid to the tenant if a fire or water damage accident occurs
Tenants' liability insurance	Compensates the lessor	Covers liability for damage to be paid to the lessor if a fire or water damage occurs
Personal liability insurance	Compensates a third-party	Covers any liability for damage when you damage another person's property or cause injury

Please note that JKK is unable to provide support for inquiries relating to guidance and the content of insurance policies because of the regulations in the Insurance Business Act. Therefore, customers are asked to directly contact each insurance company concerning any inquiries they have.



Please do not leave your bicycles and motorcycles when moving out



When moving out of the residence, be sure to move your bicycles and motorcycles to your new address or dispose of them as large items of garbage so that they are not left behind on the housing grounds. If any bicycles or motorcycles are left behind in the bicycle parking area after you have moved out, JKK will contact you to request again that you remove them.

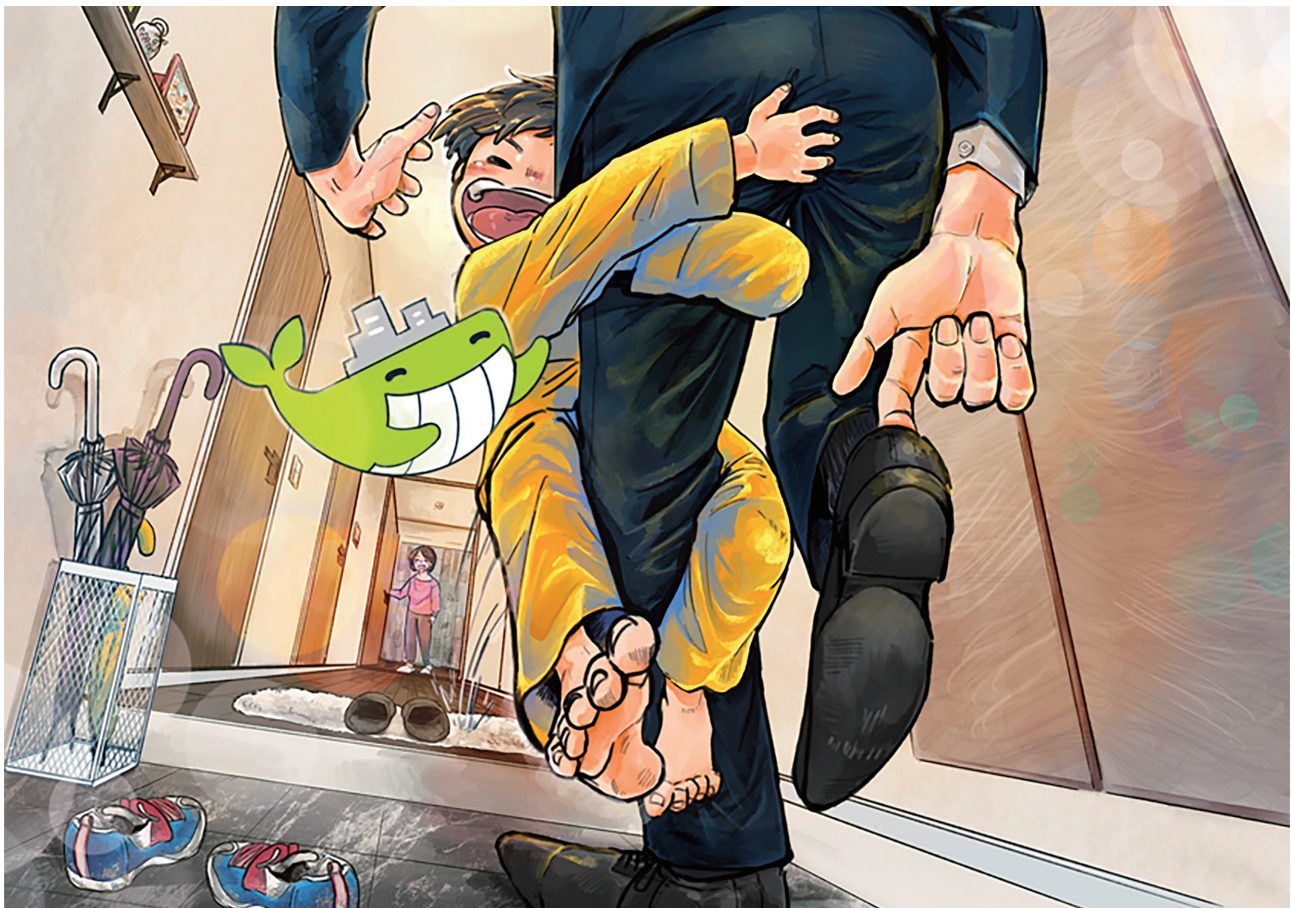
Furthermore, if you are unable to remove them yourself, please understand that JKK will dispose of them and then may respond by deducting the cost required to dispose of the bicycles or motorcycles from the deposit you paid when you moved into the residence.

We would like to ask for your understanding and cooperation to ensure that all residents can continue to enjoy using the bicycle parking area.



FY2024: JKK Tokyo in-house UTOJIRA art contest, First prize winner entitled "Okaeri! (Welcome home)"

JKK Tokyo held an in-house illustration contest in which UTOJIRA appears based on the theme of "Living together in comfort and happiness".



Use the convenient bank transfer to pay rent or other bills

Bank transfer procedures

① Fill out the form

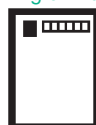


② Submit it to the bank



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 2D code to open a page with bank transfer information.



"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)



Expected busy hours



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.



Notice of change to JKK Housing Registration Center business hours

[Business hours after change] **9:30 am to 5 pm**

* Closed Sundays, national holidays and New Year's holiday

[Date change takes effect] **April 1, 2025 (Tuesday)**



Please do not smoke in common areas, including balconies.



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