

JKK Tokyo PR Magazine JoyLiv

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Division, Tokyo Metropolitan Housing Supply Corporation
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JKK東京

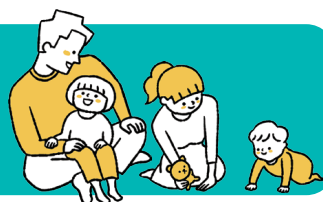
ひとと、くらしをあったかく。

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Please Use the Community Salon



The community salon (meeting room) in your residence is a shared facility available for use by all residents.

Please feel free to use it for a variety of purposes, including hobby club activities, neighborhood association meetings, a place for families with children to socialize, a place for seniors to relax, and even for individual teleworking.

How to Make a Reservation

Please fill out an application form at the management office.

Applications can be submitted up to one month in advance.

*If only minors will be using the salon, a parent or guardian must submit the application.



- The community salon is open **from 9:00 a.m. to 9:00 p.m.**
- As a general rule, they are unavailable from December 29 to January 3.

* Operating hours may vary depending on the residence.



- Keys will be handed over by the front desk staff. This cannot be done outside the management office's business hours, so please contact the front desk during business hours.
- If you do not come to the management office to pick up your keys within 30 minutes of your reservation time and have not contacted us, your reservation will be canceled.



- Free Wi-Fi is available in the community salon.
- * Please note that Wi-Fi is not available in some residences.



- After use, please clean and tidy the room, check that all fire, electrical, and water fixtures are turned off, and be sure to lock the doors.

Introducing Community Activities



Tomin Tower
Tamagawa 2-chome

Kamkam Exercise

Activity Day:
Second and Fourth Mondays
Time: 1:30 p.m. – 2:30 p.m.

Today, we are introducing the “Kamkam Exercise” program, which is held at Tomin Tower Tamagawa



About "Kamkam Exercise"

Residents and members of the local community gather twice a month at the Tomin Tower Tamagawa 2-chome Community Salon (meeting room) to enjoy a fun physical activity called “Kamkam Exercise.” This program is organized by the Ota City Community Comprehensive Support Center Shin-Kamata and began in earnest in March 2025.

Activity Overview

Currently, approximately 25 people participate in each session, bringing together residents of Tomin Tower Tamagawa 2-chome and members of the local community. Exercises are instructed remotely by a specialized rehabilitation professional via Zoom.



* ZOOM is a service that allows you to make video calls over the internet using your computer or smartphone.



Activity Program

[First Half]

The session focuses on full-body stretching while seated in a chair, helping to loosen the body safely and without strain.

[Break]

Participants take a short break to hydrate and chat. This time is also valued as an opportunity for social interaction.

[Second Half]

The session focuses on lower-body muscle training aimed at preventing falls and maintaining muscle strength.

We spoke with Representative Ms.Osawa!



◆ What motivated you to start this activity?

I decided to participate when JKK Sumairu Assistant held a trial event. Going outside regularly and exercising while interacting with others not only improves your health but also refreshes your mind.

I chose to take on the role of group representative because I wanted to protect and expand opportunities like this.

◆ What's the best thing about participating in this activity?

Participants get to know one another, and connections naturally grow. It's wonderful to deepen our ties with the community while staying healthy through exercise. We all work together to run the program, and we hope to continue it into the future.

JKK Tokyo is committed to creating opportunities to launch community activities like this. If you are interested, please contact Phone Number ① under “JKK Tokyo Customer Center” on page 12.

Information on Registering a Community Activity Group

JKK Tokyo provides support for launching community activities. Whether you are planning to gather members and start a new activity, or you are already active but have not yet registered, we encourage you to consider registering as a Community Activity Group.



Benefits of Registration

- ◆ You can reserve the Community Salon up to two months in advance.
- ◆ A one-time subsidy is available to cover the actual cost of equipment purchased after your group is approved. [Maximum ¥30,000]

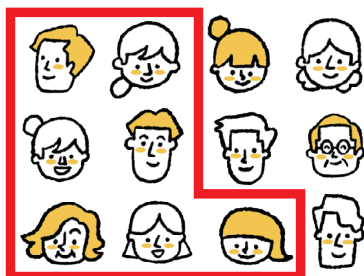
Subsidy Eligibility

Items used for activities—such as CD players, CDs, darts, bocchia equipment, and similar items—are eligible. Food and beverages are not eligible.

Please contact us using the information listed below before making any purchases.

To be eligible, the group must be composed of JKK Housing residents and meet the following criteria, or have an established operational base (such as receiving government subsidies):

- ✓ The organization must have 10 or more members.
*The majority of members must be JKK Housing residents.



- ✓ Three officers, including JKK Housing residents, are required.



If you meet the above criteria, please feel free to contact us using the information listed below. When registering, please submit the following documents:

- Organization Registration and Activity Support Application Form ★
- Confirmation of Operating Rules ★
- Organization Budget
- Organization Member List (including titles and names of officers)



★ Form designated by our company



Inquiries

Please contact the “JKK Tokyo Customer Center” at telephone number ① on page 12.



Health Column

My Family Has High Cholesterol—Is It Okay?

~Early detection and treatment of familial hypercholesterolemia are important~



Have you ever been told during a health checkup that your cholesterol level is high? You may have thought: “My parents also have high cholesterol, so maybe it’s just genetic.” “I’m not overweight and I feel healthy, so I’m probably fine.”

However, you may have a condition called “familial hypercholesterolemia (FH)”.

“Familial hypercholesterolemia” is a hereditary condition that causes a predisposition to high levels of “bad” cholesterol (LDL cholesterol) from birth. It affects approximately 1 in 250 to 300 people in Japan, yet less than 1% of cases are accurately diagnosed.

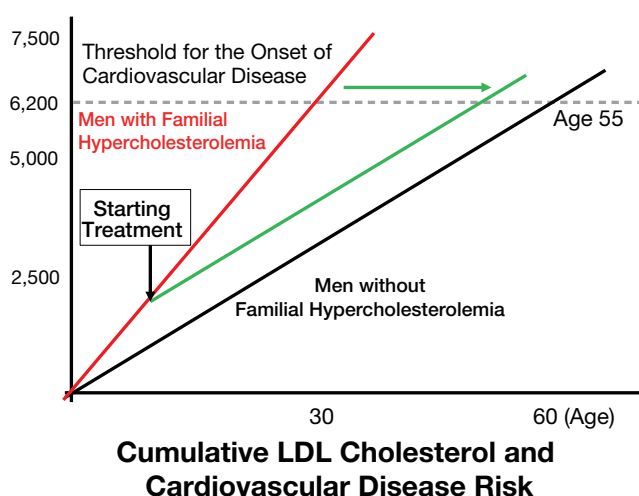
Prolonged high levels of LDL cholesterol can increase the risk of cardiovascular diseases due to abnormalities in the heart and blood vessels.

Compared with people whose high cholesterol is caused by diet alone, individuals with familial hypercholesterolemia are at an even higher risk. If left untreated, some people may suffer a myocardial infarction (heart attack) as early as their 20s.



Tokyo Saiseikai Central Hospital
Pediatrics, Noboru Uchida

LDL Cholesterol x Years



Early Diagnosis and Treatment Initiation Are Important

Cumulative LDL cholesterol is an estimated value calculated by multiplying the LDL cholesterol level measured in a blood test by the number of years that level has been maintained. A cumulative LDL cholesterol level above 6,200 is considered to increase the risk of cardiovascular disease.

In general, the risk of cardiovascular disease begins to increase after the age of 55. However, as shown by the green line, early and accurate diagnosis and appropriate treatment can delay the onset of cardiovascular disease.

- Men without Familial Hypercholesterolemia
- Individuals with LDL cholesterol at the upper limit of the adult reference range (180 mg/dL)
- Individuals with familial hypercholesterolemia who began treatment at age 10

Familial hypercholesterolemia can be accurately diagnosed through examinations that include genetic testing, which is covered by health insurance. Early detection and treatment can help protect not only your own health but also the health of your family.

If you think this condition may apply to you, please consult a medical institution.

Tokyo Saiseikai Central Hospital

1-4-17 Mita, Minato-ku, Tokyo

(3-minute walk from the Akabanebashi Exit of Akabanebashi Station on the Toei Oedo Line)



▼Website here



Tokyo Saiseikai Mukojima Hospital

1-5-10 Yahiro, Sumida-ku, Tokyo

(7-minute walk from Keisei Hikifune Station on the Keisei Oshiage Line)



▼Website here



JKKTokyo and Social Welfare Organization Saiseikai Imperial Gift Foundation Inc., have concluded the comprehensive collaborative agreement to ensure the health, safety, and security of our residents.

Precaution When Using Elevators

~ for residents of buildings with elevators ~

Please observe the following precautions when using elevators.

(Failure to follow these guidelines may result in accidents and malfunctions such as getting trapped or having your hands or fingers caught (pinched).)

- ◆ Do not touch or lean against the door.
Also, do not bang objects against the doors, or get anything caught between the doors.
* If long rope-like items (skipping ropes, scarves,, purses with shoulder straps, etc.,) become caught in the doors and the elevator starts moving, it could result in a serious accident. Please pay special attention.
- ◆ Exit the elevator after the doors have fully opened. You may become caught in the doors if you bump into them while they are still opening, or the doors may malfunction.
* Take particular care when using strollers, trolleys, etc.
- ◆ Parents or guardians should accompany children when using elevators.
- ◆ Do not jump or run around inside the elevator.
- ◆ Please use the elevator buttons gently and with care.
- ◆ Do not drop trash, small items, or any objects into the door operating grooves.



Front Desk Staff Duties

At JKK Housing, as a general rule, each housing complex is assigned front desk staff (housing supervisors) who respond to resident inquiries and conduct building inspection patrols.

Main duties of the front desk staff



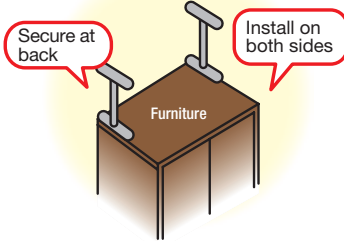
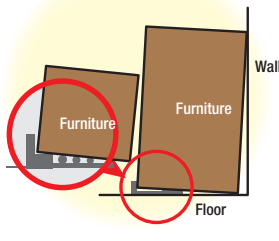
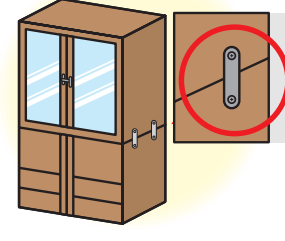
- | | |
|---|---|
| <ul style="list-style-type: none"> ■ Inquiries and consultation support <ul style="list-style-type: none"> • Respond to inquiries and consultation requests from residents • Receive various notifications and applications from residents • Respond to inquiries from visitors ■ Housing inspection patrols <ul style="list-style-type: none"> • Conduct building inspection patrols • Conduct inspection patrols of common areas within the premises ■ Miscellaneous <ul style="list-style-type: none"> • Report to the Safety Confirmation System • Handle various notifications and communications in the event of a disaster | <ul style="list-style-type: none"> ■ General management duties <ul style="list-style-type: none"> • Receive applications for use of the community salon (meeting room) • Distribute various notices to all households and post information on bulletin boards ■ Procedures related to paid parking facilities <ul style="list-style-type: none"> • Receive applications and cancellations for paid parking facility agreements • Receive various notifications and applications from contract holders |
|---|---|



Measures to Prevent Furniture from Tipping Over
Preventing furniture from tipping over can protect your life!

Preventing Furniture from Tipping Over

Earthquakes can occur without warning. Please review the following four countermeasure points to help protect your home and family.

<p>Countermeasure Point 1</p> <p>Secure safe spaces</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Reduce the amount of furniture in each room. <input type="checkbox"/> Do not place furniture with casters near room entrances or exits. <input type="checkbox"/> Do not place furniture near a source of flames in order to prevent fire during an earthquake. <input type="checkbox"/> Avoid placing furniture in bedrooms or rooms used by infants and elderly people. <input type="checkbox"/> Do not place any items on top of furniture.
<p>Countermeasure Point 2</p> <p>Place and use furniture correctly</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Arrange furniture so that it will not tip over onto the bed. <input type="checkbox"/> Place furniture so that it will not block evacuation routes if it falls over. <input type="checkbox"/> Do not place tall furniture on carpets or tatami mats. <input type="checkbox"/> Store heavy items on lower shelves to reduce the risk of tipping. <input type="checkbox"/> Position furniture so that it tilts slightly backward rather than forward. <div style="display: flex; justify-content: space-around; align-items: center;">   </div>
<p>Countermeasure Point 3</p> <p>Prevent furniture and appliances from falling over</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Select appropriate equipment to secure furniture according to its weight and shape. <input type="checkbox"/> Secure furniture at both the top and bottom using at least two types of bracing. (e.g., pole-type and stopper-type). <input type="checkbox"/> For furniture with separate upper and lower sections, securely fasten them together using metal connection brackets. <input type="checkbox"/> Do not place electrical appliances in a high or unstable location. <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>[Pole type]</p>  </div> <div style="text-align: center;"> <p>[Stopper type]</p>  </div> <div style="text-align: center;"> <p>[Connection brackets]</p>  </div> </div>
<p>Countermeasure Point 4</p> <p>Prevent scattering of stored items</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Install door stoppers on furniture with hinged doors. <input type="checkbox"/> Apply shatterproof film to glass doors. <input type="checkbox"/> Place non-slip sheets on cupboard shelves to prevent dishes from sliding out. <input type="checkbox"/> Install a vibration-absorbing adhesive mat between the TV and the TV stand. <input type="checkbox"/> Install fall-prevention bars and apply fall-prevention tape to storage furniture without doors.

When drilling screw holes in a wall with a screw fastener to prevent furniture or other items from tipping over, you are exempt from the obligation to restore the property to its original condition if the holes are no more than 9mm in diameter and 2.5cm deep.
 (There is no need to contact or apply to JKK.)

Application and Notification Information

If there is a change in your household members while living in public housing, please check the information on our website and follow the required procedures.

When you wish to change the name of the tenant to a co-resident due to the tenant's death or unavoidable move-out	➡	Application to Change Leaseholder Name
When you wish to live together with relatives other than those listed at the time you moved in.	➡	Application for Approval of Living Together
When you wish to change the joint guarantor, including changes related to the housing rent guarantee system.	➡	Application to Change Joint Guarantor
When there is a change in the registered information and emergency contact information for the leaseholder, the people living with you, or the joint guarantor	➡	Notification of Change of Registered Matters
When the number of people living with you changes due to birth, death, relocation, or other reasons.	➡	Notification of an Increase/Decrease in Family Composition

* Each application or notification has specific requirements and conditions. Please contact the Customer Center in advance and follow the designated procedures.
* When submitting a document, we need to check the identity of the applicant. Therefore, please bring an identification document when visiting the office.
* Some applications or notifications may require supporting documents. In such cases, please submit documents that do not include your personal identification number (My Number). For residence certificates, the personal identification number will not be shown unless specifically requested.

The following documents can be downloaded from our website.



- Notification of Change of Registered Matters
- Notification of an Increase/Decrease in Family Composition
- Application for Reissuance of Certificates and Contracts
- Application for Approval of Living Together
- Notification of Adult Guardianship System Use

▼Download forms



Many questions received from residents in JKK Housing are addressed in Q&A format on our website!



What is the procedure to apply for a change in the leaseholder's name?



Can you issue me a certificate of the rent amount or a certificate of the lease contract?



▼FAQ



For inquiries, contact the “JKK Tokyo Customer Center” at telephone number ① on page 12.

The Method for Sending “Rent Revision Notices” Will Be Changed

At JKK Housing, rent revisions are carried out every three years after occupancy. (For residents who moved in before April 2004, rent revisions have been conducted every three years starting from April 2004.). Previously, “Rent Revision Notices” were sent to all residents subject to a rent revision.

Starting with the April 2026 rent revision, notices will generally be sent only to residents whose rent amount will change. If there are any changes to common fees, we will notify you separately. Thank you for your understanding.

However, if your rent amount will not change but you require documentation stating your rent amount for submission to your employer, local government, or another institution, please contact the “JKK Tokyo Customer Center” at telephone number ① on page 12.



Web-Based Questionnaire on Installing EV Charging Equipment

As JKK Tokyo promotes the wider use of electric vehicles (EVs), we have been progressively installing EV charging equipment in public housing.

To better understand the needs of residents as we continue planning these installations, we are conducting a web-based questionnaire. The results of this survey will be used to help determine installation locations for EV charging equipment starting in FY2027. We appreciate your cooperation in completing the questionnaire.

How to participate

Please access the web-based questionnaire via JKK Tokyo official website by scanning the 2D code shown on the right and submit your responses online.

Who should participate

All residents of JKK Housing

Questionnaire implementation period

February 2 (Monday), 2026 to March 2 (Monday), 2026

Contact information for the above

For inquiries, contact the “JKK Tokyo Customer Center” at telephone number ① on page 12.

▼ Access a questionnaire from here



Introduce JKK Tokyo's Property Occupancy Support System to Your Relatives and Friends

JKK has two registration systems: ① a system that gives priority to customers who wish to live close to their relatives (referred to as “living nearby”), and ② a system that allows couples who are planning to get married or enter into partnership to apply with priority within the first seven days after the tenant recruitment starts.

We would appreciate it if you could introduce this information to your relatives and friends.

A way to support and
connect with your loved ones

Living Nearby Worry-Free Registration System



For more information,
please visit our website



What is the "Living Nearby Worry-Free Registration System"?

Whether you want to help your children who are busy raising kids, watch your grandchildren grow up, or move closer to your parents to provide care—this system gives priority access to available housing for those who wish to live near their family ("Living Nearby").

Eligibility

Customers who meet both the “Family Relationship Criteria” and the “Household Criteria.”

● Family Relationship Criteria:

A relative within the third degree of kinship must be living in the same municipality as the desired housing or within approximately a 5 km radius.

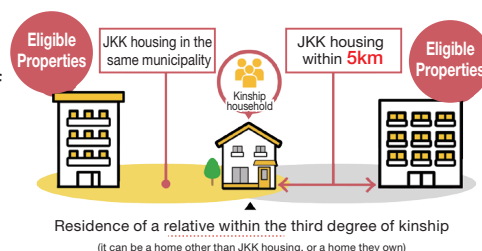
● Household Criteria

The registered household or relative's household must fall into one of the following categories: “child-rearing generation,” “elderly household,” or “household with a person with disabilities.”

Eligible Properties

JKK housing located in the same municipality or within approximately a 5 km radius of the relative's residence.

Note: Some properties are excluded.



Fiance/Fiancee Priority Application System



For more information,
please visit our website



What is the “Fiance/Fiancee Priority Application System”?

This system gives priority application rights to eligible couples for 7 days from the start of the tenant recruitment period.

Eligibility

Couples who are planning to get married or enter into a partnership. All residents must be under 40 years old. *At the time of application

Eligible Properties

Designated JKK housing located within a 10-minute walk from a train station.

Public Housing Tenant Recruitment Center

Business Hours: 9:30am ~ 5:00 pm (closed on Sundays and national holidays)

03-3409-2244 (main)

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JKK Kids, Come Together!



Now accepting applications ♪



Would you like to post a photo of your child on JoyLiV?



UTOJIRA Art Contest

JKK held an internal four-panel manga contest featuring UTOJIRA, based on the theme “Warming People and Life.” Here are the works of the top winners!

UTOJIRA Night



This four-panel comic tells the story of UTOJIRA staying over at a boy's house. The boy's sleeping posture was so wild that UTOJIRA couldn't fall asleep—from 11:00 p.m. until morning!

How About Sharing a Photo of Your Child on JoyLiV?

We are looking for photos of your children that will bring a smile to everyone who sees them on JoyLiV. Why not share photos of birthdays, moments when your child becomes a big brother or sister, or other cherished family memories? We look forward to receiving many submissions!

1 Eligibility requirements

For those living in JKK housing

2 How to apply

Please apply through the application form

3 Submission Requirements

- The photo must be taken indoors or on residential property, with people visible in the photo.
- Please include a message from the parents/guardians.

4 Notes

- Please refrain from contacting us regarding selection results.
- Submitted photos may be used by JoyLiV free of charge.
- Submissions containing copyrighted material (such as well-known characters) will not be accepted.
- Submissions that infringe or may infringe the copyright, portrait rights or other rights of third parties will not be accepted.
- Applicants are responsible for any communication costs incurred when applying.
- Photos and accompanying comments may be subject to minor adjustments, such as cropping, brightness adjustments, or editing.



As a token of our appreciation, we have prepared a small gift for everyone whose photo is published in the newsletter. Gifts will also be sent to those who have previously submitted photos that were published in the newsletter. We hope you look forward to it!



*Photo is for illustrative purposes only.

On the official Instagram
We are currently sharing information
about fun play equipment and events
happening in the housing complex!

Follow us!

JKK Tokyo
Official Instagram



Use the Convenient Bank Transfer to Pay Rent or Other Bills

Bank transfer procedures

① Fill out the form

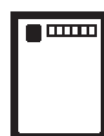


② Submit it to the bank



③ Receive notification

*Arrives early in the month when the transfer begins.



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 “JKK Tokyo Customer Center” telephone number ①

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

← Scan the 2D barcode to open a page with information about bank transfers

“JKK Tokyo Customer Center” Contact Information

Phone lines are typically busy on Mondays and the day after holidays, so you may experience difficulty getting through. If your inquiry is not urgent, we recommend calling on another day.

Reception Hours 9:00am - 6:00pm (closed on Saturdays, Sundays, national holidays, and the Year-End/New Year holidays)

① For procedures, rent payments, housing consultations



0570-03-0031



03-6279-2962



② For maintenance and repair requests and inquiries

Emergency repairs (such as water leaks accidents, fires, and tenant safety issues) are available 24 hours a day, 365 days a year.



0570-03-0032



03-6279-2963



- Navi Dial calls are not covered by free call or flat-rate plans offered by telecommunications carriers. Call charges vary depending on your line and device. Please refer to your carrier's fee guide or the Navi Dial website for details. Note: No call charges are incurred during the initial fee guidance message that plays at the beginning of the call.
- Providing your “resident code” when calling can help shorten the time required for your inquiry.

Here is the link for various notices and frequently asked questions regarding procedures and repairs.



Are you aware of any **children** who may be experiencing **abuse**?



Checklist Details



Checklist for detecting abuse (excerpt)

Look for signs such as:

- ☐ Unexplained bruises, contusions, or burn marks
- ☐ Being locked out of the house
- ☐ Clothes or body always dirty
- ☐ Not being fed properly
- ☐ Playing or wandering around late at night

If you notice anything unusual about a child or guardian, please act quickly.

Call



いちはやく
「189」

(Child Abuse Response Hotline)

Please refrain from smoking in the common areas, including balconies.



For the health and well-being of everyone, please help prevent passive smoking.