

☉ Medical and General Assistance Hotlines

Naka International Lounge

English & Chinese speaking staff can provide helpful advice on healthcare and medical services available in Yokohama.

New location next to Naka Ward Office (see pg. 2)

Tel: 045-210-0667

Foreign Resident Advisory Center

03-5320-7744

Advisory desk dispensing general information useful for living in Japan.

Mon - Fri 09:30 - 17:00 Lunch Break 12 - 1

Yokohama City Emergency Medical Information Hotline (Japanese Only)

045-201-1199

Open year-round, 24 hours

Japan Helpline

Free 24 hour advisory, assisting the international community with reliable advice and resources for 40 years. Insightful advice on medical, including AIDS testing.

team@jhelp.com

Multiple language assistance by phone

0570-000-911

Yokohama City Medical Information

www.city.yokohama.lg.jp/lang/en/o6/

(English)

Nurse's medical advice for children

045-201-1174 (Japanese only)

18:00 - midnight, Mon. to Fri. 13:00 midnight, Sat.

9:00 - midnight, Sun./National Holidays/12/29 - 1/3

Emergency After-Hours Medical Treatment

Yokohama After Hours Emergency Medical Center (Yokohama-shi Yakan Kyubyo Senta)

045-212-3535 (Japanese Only)

1-1, Sakuragicho, Naka-ku

18:00 - 24:00 daily for Internal Medicine and Pediatrics

Mental Health Care Counseling Services

Tokyo English Life Line

(free, confidential telephone counseling)

03-5774-0992 Daily 9:00 - 23:00

03-4550-1146 Counseling Service in English

www.telljp.com

Free Interpretation Services

MIC Kanagawa

(Non-Profit Organization Multilingual Society

Resource Kanagawa)

Dispatch of volunteer interpreters

045-314-3368

Chinese, Korean, Portuguese, Tagalog, Spanish,

Thai, English available

Medical Emergency Interpreter Service

03-5285-8185

(English, Chinese, Korean, Thai) 9-8pm

Yokohama Dental Health and Medical Center

045-201-7737 (Japanese only)

(Yokohama-shi Shika Hoken Iryo Senta)

6-107, Aioi-cho, Naka-ku

19:00 - 23:00 daily

10:00 - 16:00 on Sunday, holiday, and Dec. 29 - Jan. 4

Tokyo Inochi No Denwa - Yokohama Branch

045-335-4343 24 hours English available

045-335-4343 24 hours AIDS consultation

045-336-2477 Spanish 10:00 - 14:00, 19:00 - 21:00

Wed. Thu. Fri. Sat.

045-336-2488 Portuguese 10:00 - 21:00 Wed

AMDA International Medical Information Center

General medical information and insurance advice as well as free interpretation support.

Ask your doctor to call

03-5285-8088

English, Chinese, Spanish, Korean and Thai:

Mon - Fri 9:00 - 20:00

Portuguese: Mon, Wed, Fri 9:00 - 17:00

Tagalog: Wed 13:00 - 17:00

Vietnamese: Th: 13:00 - 17:00

<http://eng.amda-amic.com/index.php>

Yokohama Health News

2019 Spring Issue



An Exhibition of DR. EDWIN WHEELER'S LIFE ON THE BLUFF

BORN IN 1841, DR. EDWIN WHEELER arrived in Japan as a young British naval surgeon in 1869 and became a leading light in the fast growing foreign community of Yokohama. As a doctor who was closely associated with the Yokohama General Hospital, **the historical predecessor of the current Bluff Clinic**, Dr. Wheeler was said to have brought 500 babies into the world during his decades of service on the Bluff, and won far reaching accolades as a mentor to the still nascent practice of Western medicine in Japan.

Viewing the humorous depictions of Dr. Wheeler and his era on the Bluff, one wonders how he ever found the time to dispense such care as he was known for among his patients, such was his involvement in the broader life of the foreign community, particularly in sports. A standout cricket player at the YCAC, he was also an excellent rugby player, and enjoyed racing his yachts at the Yokohama Yacht Club, while also attending to his prized race horses at the Negishi Race Track. All that activity seems to have kept him in great health until the Great Kanto Earthquake tragically took his life in 1923.

The America Yama Park, located at a prime hilltop location overlooking the old port city and which was the grounds of Dr. Wheeler's former residence at Bluff 97, will be holding an exhibition celebrating the caricatures of the doctor taken primarily from the Japan Punch magazine. The exhibition will be running until May 10th.

Exhibition Hours:

Mondays to Fridays

06:00 a.m. to 23:00 p.m.

Location:

**America Yama Park Building 3F
(Motomachi-Chukagai Station Building)**

For further information, please call the America Yama Park office at 045-232-4661.



This handbook is supported by: The public benefit activities of the Ippan Zaidan Hojin The Bluff Clinic, in Yokohama.

The Bluff Medical and Dental Clinic

THE BLUFF Medical and Dental CLINIC
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Kanagawa, Japan

Tel: 045-641-6961

Fax: 045-651-5130

E-mail: reception@bluffclinic.com

www.bluffclinic.com

► NEWS FROM THE NAKA WARD OFFICE

FOR NATIONAL HEALTH INSURANCE MEMBERS

Coupons for *Tokutei kenshin* (Special Health Checkups) will be sent out in late May. Coupons will be sent to members between the ages of 40 and 74. At no cost, you can have a checkup for early detection of lifestyle diseases such as diabetes, high blood pressure and high cholesterol. A list (in Japanese) of medical institutions where you can take this checkup will be enclosed. Please make an appointment on your own. **To find out if any of the listed institutions can provide service in your own language, please consult with Naka International Lounge (Tel: 045-210-0667).**

FY 2019 NOTIFICATION OF NHI PREMIUMS TO BE SENT OUT MID-JUNE

National Health Insurance (NHI) is calculated per household for April-March based on the previous year's income of any enrollees. A notification of premiums is mailed out to applicable households, and premiums are paid in 10 installments from June through March. Please pay each installment by the indicated due date. Automatic payment by direct debit from your bank account is also a convenient option. **Hoken Nenkin (Insurance and Pension) Division, Naka Ward Office, Tel: 045-224-8315**



TO ALL DOG OWNERS

Dog owners are required by law to register their dog once in its lifetime, to vaccinate the dog annually for rabies and to notify the municipality of that vaccination.

Dog registration

Register the dog within 30 days of starting to keep it (for puppies, within 30 days after its 90th day of life).

The registration fee is 3,000 yen per dog. A registration tag (鑑札) will be issued as proof of registration. If you move, you will need the tag for procedures in the new municipality, so please do not lose it.

Rabies Vaccinations

Have your dog vaccinated at a veterinary clinic. The veterinarian will issue a rabies vaccination certificate. Please bring the certificate to the ward office to register the vaccination and receive a rabies tag. There is a 550 yen fee for the tag. **Seikatsu Eisei (Environmental Sanitation) Division, Naka Ward Office (Annex 4F), Tel: 045-224-8339**



Photo: Oleksandra Naumenko | Dreamstime.com

Spring Cleaning: Common Clutter vs. Hoarding

'DE-CLUTTERING' IS SOMETHING MOST OF us would be well advised to practice in our lives. Whether it's tips on optimal storage techniques, or simply taking inventory of the clutter around us, the topic is one which has grown into a major industry.

Enter Marie Kondo, arguably Japan's most famous cultural export of the past decade, who now rules the global 'de-cluttering' movement with her international bestselling books, home consultation to Hollywood stars, and now her very own Netflix series.

The **KonMari Method** has at its core a simple question of whether an item sparks 'joy', or that the time had come to thank it before passing it on to someone who would derive joy, or take the final step to dispose of it, in a 'retirement'-like ritual.

This confirmation process has fueled an

interesting public discussion, triggered by experts in the US who question if Kondo understands the fundamental differences between one who simply needs to learn the tricks of 'decluttering', and those for whom untidiness displays symptoms of far more serious underlying mental issues. For these 'hoarders', reestablishing their personal relationship with items, as the KonMari method advises, is simply a reaffirmation that just about everything in their growing mountain of clutter 'sparks joy'. For those with hoarder disorders, no amount of decluttering tricks could restore balance in their living environments.

Japan is only just coming to terms with an increasing population of 'hoarders', which until recently was not well recognized by the mental health profession, but has recently been frequently covered by the media in various guises of pet breeding gone haywire in the small confines of hoarders' homes, or residents of large houses, which have come to be known nationally as 'gomi yashiki', ('trash mansions'), where personal items and garbage accumulates to the extent that inhabitants can barely enter through the front door and police are called by neighbors. Hyper-shoppers and collectors of goods which they hardly unwrap, much less use, may also suffer these underlying disorders. The season for spring cleaning and putting away those winter clothes may be a good time to reassess your relationship with personal goods and downsizing our living environments in general. **Hopefully, a little KonMari common sense will see your space beautifully decluttered, but take a moment to distinguish cluttering from hoarding patterns while you tidy and seek professional support where needed.** ■

TOKYO MENTAL HEALTH

PRESENTS

INTELLIGENCE, MULTIPLE INTELLIGENCE, AND EMOTIONAL INTELLIGENCE

EDUCATION FOR THE 21ST CENTURY AND BEYOND

Join Udeni Appuhamilage, PhD on an exciting conversation about intelligence. In this presentation we will develop a broad and multidisciplinary understanding of 'intelligence', questioning its various conceptualizations and correlated implications. We will draw from that understanding to develop a discussion on how to employ 'intelligence' in modern education practices to prepare our children for the 21st century and beyond.

SATURDAY APRIL 20, 2019, 3PM-5PM
YOKOHAMA COUNTRY AND ATHLETIC CLUB
BAY VIEW ROOM

Free Admission
Please RSVP at sunna@psynary.com

Sponsored by the Bluff Clinic and YC&AC



Bluff Clinic
Presents



AFJ
Association des Français et Francophones du Japon

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<https://goo.gl/sDWFyu>

FIRST AID COURSE

Become certified in First Aid and Make a difference !!

This 8-hour+ course conducted in English by Malteser trained instructors will teach participants in acquiring the basic practical skills needed to save lives.

The course will be held in one day on **SATURDAY 18TH MAY 2019 FROM 09:00 TO 18:00** (light snacks refreshments and lunch is included)

No medical background or previous First Aid experience is necessary; you need only a desire to learn and help others.

<http://www.afj-japon.org/index.php?id=3347>

Cost only 3,000 ¥/person

Venue: Yokohama Country & Athletic Club Bay-View Room

Contact: Bernard Souroque firstaid@afj-japon.org

FIRST AID + SAVES LIVES

The Malteser are an internationally recognized charity organization (www.malteser-international.org).

Their first aid training program (in common with St. John's Ambulances) ensures the latest techniques and course contents.

The Bluff Medical and Dental Clinic (www.bluffclinic.com)

Sponsored by: The Bluff Clinic/ Association des Français et Francophones du Japon