

# SHINAGAWA

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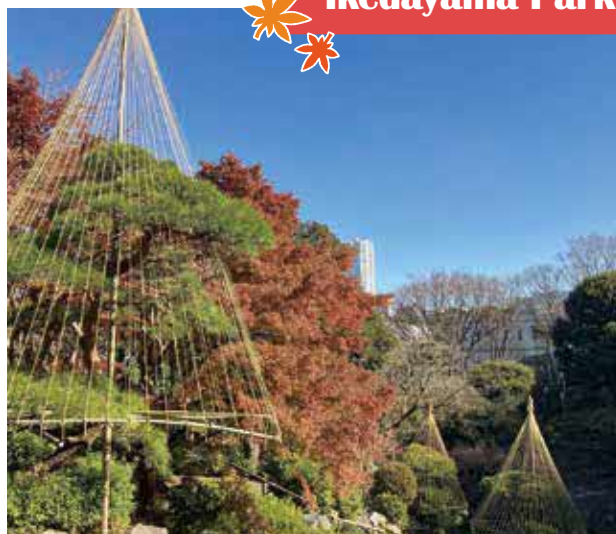
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## Oases in the Middle of the City— Refreshing for Both Body and Soul

In this issue, we will describe parks in Shinagawa where you can relax and forget about time.

Inquiries: Parks Section Tel: 03-5742-6789, Fax: 03-5742-9127



### Ikedayama Park

Ikedayama Park is rich in natural greenery yet sits in the middle of the city. You can enjoy flowers of the season, such as cherry blossoms, hydrangeas and gardenias. From mid-November through early December, you can also enjoy the autumn hues of leaves turning red and yellow here.

Ikedayama Park was created from the former suburban residence of the Okayama Ikeda feudal clan of the Edo Period. The park's Japanese-style garden called *Chisen-Kaiyushiki-Teien* features a path around a pond, still remains even today, making the atmosphere very relaxing.

**Location** 5-4 Higashi-Gotanda

**Access** About a fifteen-minute walk from Gotanda Station or Meguro Station.

**Hours** 7:30 a.m. to 5:00 p.m.  
(Open until 6:00 p.m. in July and August)

**Closed** During the yearend/New Year's holidays  
(December 29 through January 3)



### Light-up Event

#### Lights of Autumn Leaves—Miakashi

The event Lights of Autumn Leaves—*Miakashi* will be held at Ikedayama Park. The park provides special illumination since the autumn colors of maple leaves are vivid during this time of year.

**Dates** November 25 (Sat.) through  
December 3 (Sun.)

**Hours** 5:30 to 8:30 p.m.

### Illumination Event

#### Meguro River Minna no Illumination 2023

At this illumination event, about 380,000 pink LED lightbulbs illuminate the Meguro River, creating the illusion that cherry blossoms have bloomed in winter. The electricity used, by the way, is 100 percent self-generated. The lights are powered by used recycled kitchen oil collected from the neighborhood and reused as biofuel.

**Dates** November 10 (Fri.) through  
January 8, 2024  
(national holiday)

**Hours** 5:00 to 10:00 p.m.

**Inquiries**  
Culture and  
Tourism Section  
(Tel: 03-5742-6913, Fax: 03-5742-6893)



Meguro River Minna no Illumination Executive Committee

### Gotanda Fureai Waterside Square



Gotanda Fureai Waterside Square sits alongside the Meguro River and is popular as a waterside oasis. The square has a grassy area, benches and a promenade, so you can really relax.

**Location** 2-9 Higashi-Gotanda

**Access** About a six-minute walk from Gotanda Station, or about an eight-minute walk from Osaki Station.



## About COVID-19 Vaccinations

(information current as of October 27)

### Vaccinations started in Autumn 2023

#### Eligibility:

Everyone who is at least six months of age and has received the initial vaccinations.

#### Locations:

Hospitals and clinics in Shinagawa City

#### Vaccine:

Vaccine for omicron variant (XBB.1.5)

**Vaccination fee:** Free

#### Concerning Vaccination Tickets

Tickets are being mailed out to residents who do not have any unused vaccination tickets. If you have unused vaccination tickets, you will not receive any more, since the unused ones are still valid.

Please note that if you have lost your vaccination ticket or recently moved into Shinagawa City, you must complete application procedures.

**Note:** If you have not yet received the initial vaccinations, you can still receive them.



For more information, please visit the Shinagawa City website.

**Inquiries:** Shinagawa Coronavirus Vaccination Call Center **Tel:** 03-6633-2433, **Fax:** 03-6684-4845



## Promote a Sustainable Society to Ensure a Rich Future Recyclable If Sorted...Trash If Mixed

To keep the spirit of *mottainai* (don't be wasteful) in mind and develop a truly sustainable society, we need to promote these "3R" activities: (1) reduce the amount of waste at the source; (2) reuse items whenever possible; and (3) sort and recycle items as recyclable resources. Work on these 3Rs in your daily life!

### ● Reduce Waste—Minimize It at the Source

- Try not to buy items you don't really need and disposable products
- Do not waste food
- Eat emergency food before the expiration dates and buy the necessary amount

### ● Reuse Items—Use Items until They Wear Out

- Repair broken items and continue using them
- Give items that you no longer need to people who need them

### ● Recycle—Sort and Put Out Recyclable Resources

- When you dispose of things you no longer want or need, please sort your items according to the rules.



**Follow the 3Rs to reduce the amount of waste**

**Inquiries:** Recycling Promotion Subsection, Shinagawa City Waste Collection Office (Tel: 03-3490-7098, Fax: 03-3490-7041)

## The National Pension System: Everyone Supports Each Other

The National Pension system is a system to help each other in preparation for living of old age, in case of disability or when breadwinner family passed away. The premiums you pay support the elderly and those in difficult situations.

### ● The Pension System

Everyone between the ages of 20 and 59 living in Japan must enroll in the National Pension system.

Registered foreign residents are also required to enroll. The premiums you pay can be deducted from your taxable income. If you are employed in a company in Japan that has an employee pension system, you are required to enroll in it. The company will complete the enrollment procedures.

### There are three types of members:

- **Category 1 insured person:** This category includes the self-employed, students, part-time workers, the unemployed, etc. Pension premiums are ¥16,520 per month (FY2023) and must be paid by the member himself/herself.
- **Category 2 insured person:** This category includes company employees and public employees who are enrolled in an employee pension system or mutual benefit society. Pension premiums are deducted from their salaries.
- **Category 3 insured person:** This category refers to dependent spouses of category 2 insured persons. Since the pension plan of the category 2 insured person covers the pension premiums, there is no need for the spouse to pay individually.

### ● When You Receive Pension Benefits

#### ○ Old-Age Basic Pension

As a rule, under the current system, when you turn 65 years of age and if the sum of the following periods listed in (1) through (3) below is ten years or more, you can receive an elderly pension benefit:

- (1) Period that pension premiums were paid (including

the period that you were a category 2 insured person)

(2) Period that you were a category 3 insured person

(3) Pension premium exemption period, special payment exception period for students, and contribution postponement period (grace period) for low income person

**Note:** There are also other pension programs, such as the Disability Basic Pension, Survivors' Basic Pension, widow's pension, and lump-sum death benefit, each with their own eligibility requirements, such as the payment period of pension premiums.

### Lump-Sum Withdrawal Payment System

Foreign residents who leave Japan without fulfilling the requirements for receiving a pension can still receive a lump-sum benefit if they have paid pension premiums for six months or longer, and if they file an application within two years after leaving Japan.

### ● Complete the Designated Procedures in the Following Cases

You need to file an application to enroll in the system, receive pension benefits, and complete other procedures. Please do not forget to file these applications and other notifications.

- **If you leave a company that has an employee pension system (or is a mutual benefit society member) before you reach 60 years of age:** Please complete the designated procedures at the City Office.
- **If you are no longer a category 3 insured person (dependent spouse):** If you do not enroll in an employee pension, please complete the designated procedures at the City Office.
- **If you move overseas (excluding category 2 and**

**3 insured persons):** If you file a notification that you are moving out of the country into your resident record, you will lose eligibility for the National Pension.

- **If you move into the city from overseas (excluding category 2 and 3 insured persons):** Please complete the designated procedures at the City Office

**Note:** When you reach 20 years of age, the Japan Pension Service Office will send you information on how to enroll in the national pension system.

### ● Please Ask for Advice

- If you are having difficulty paying your pension premiums, please be aware that there are exemptions and grace period systems you may be able use depending on your income status. You can apply for these dating back up to two years and one month before you submit your application.
- If you receive a disability pension (grade 1 or 2), there are programs to exempt your pension premiums.
- Those who give birth in or after February 2019 must apply for a pension premium exemption.
- For those whose pension premium payment period or enrollment period is less than ten years or who cannot fulfill other pension benefit requirements, it may be possible to extend enrollment in the National Pension even after reaching 60 years of age.

### Inquiries:

- National Pension Subsection, National Health Insurance and Pension Section (Hon Chosha 4F  
Tel: 03-5742-6682 and 6683, Fax: 03-5742-6876)
- Shinagawa Pension Office (5-1-5 Osaki 2F, Tel: 03-3494-7831, Fax: 03-3779-3449)

## Tokyo Multilingual Coronavirus Hotline

Consultation services are available to answer your questions about lifestyles, health, and any concerns regarding the spread of the coronavirus.

**Languages:** Twelve (Japanese, English, Chinese, Korean, Vietnamese, Nepali, Tagalog, Thai, Portuguese, Spanish, French and Burmese)

**Tel 0120-670-440**

**Hours 24 hours**  
(also available on Saturdays,  
Sundays and national holidays)

## Shinagawa Coronavirus Vaccination Call Center

Consultation services are available concerning the COVID-19 vaccinations Shinagawa City offers in Japanese, English and Chinese.

**Tel 03-6633-2433**

**Fax 03-6684-4845**

**Hours 9:00 a.m. to 6:00 p.m.**  
(excluding Sundays and national  
holidays)

To find out about the updated information, please visit the Shinagawa City website. The contents on the website can be read in various languages (English, Chinese and Korean), using the automated translation function.

## ((( InterFM89.7MHz ))) Shinagawa Info

### Multilingual FM City News Broadcasts

The city government broadcasts *Shinagawa Info*, a 3-minute municipal news program, in several languages on InterFM897 (89.7 MHz) from 6:56 a.m., Monday through Friday.

**The languages broadcast are as follows:**

**Mondays:** Chinese and Japanese

**Tuesdays:** Korean and Japanese

**Wednesdays:** Tagalog and Japanese

**Thursdays:** English and Japanese

**Fridays:** English and Japanese

**In addition to daily-living information, emergency information is broadcast during times of emergency. You can also check the broadcast content via the website.**

**Website:** <https://www.interfm.co.jp/timetable/>