

Koedo Kawagoe News

January
2019

Kawagoe City, International Relations Division

5th floor of Kawagoe City Hall, 1-3-1 Motomachi, 350-8601

Tel: 049-224-5506 Website: <http://www.city.kawagoe.saitama.jp>

To Spend Life Vividly just Like Him/Herself

げんき ろうご 元気な 老後を むかえる ためには ひごる じゅんび よぼう 準備(予防)が たいせつ 大切です。
ひごる うんどう たいそう からだ うご 日頃から 運動や 体操で 体を 動かしましょう。

For inquiries : Chiiki Hokatsu Care Suishin-ka (Integrated Community Care Division)

TEL 049-224-6087 / FAX 049-229-4382

The people recognized as “in need of nursing care” are increasing.

In recent years, the population of people aged 65 years and over is steadily increasing nationwide. In Kawagoe City, the population of the latter-stage elderly people (aged 75 years and over) is predicted to exceed the population of the earlier-stage elderly people (aged between 65 to 74 years) in the near future. As for the status of “in need of nursing care” (in need of support), the situation of the Kawagoe City is that one in about six people (aged from 75 to 84 years) and one in two people (aged 85 years and older) are recognized as needing nursing care. It will become important in the future to learn how to prolong the length of time that you can live vividly and self-sufficiently. A vivid and self sufficient life is a healthy life, one that can be lived regardless of age.

To spend life vigorously...

The prevention of needing nursing care is important to extend the span of a healthy life. The prevention of needing nursing care is a measure to prevent energetic people from becoming people dependent on assistance, and to prevent those people from deteriorating further. A common thought is, "I am still fine and do not need nursing care". However, everyone has the possibility of needing nursing care. It is impossible of knowing what will happen as you age: such as having dementia, etc. So as one grows older, in order to reduce the risk, it is important to work on prevention at a young age even when one may still be “fine”.

Need more information, please contact us.

We have made brochures in order to help understand the ways to live actively. Please check the brochures and add to your daily lives what you can easily start doing to achieve an active lifestyle. If you need more information, please feel free to contact us.

Let's try "Imokko Taiso".

"Imokko Taiso" are simple exercises for strengthening body balance, flexibility, and muscle. Following two exercises are examples of "Imokko Taiso". When you feel pain on your joints, please do not hesitate to take a rest and break from exercising.

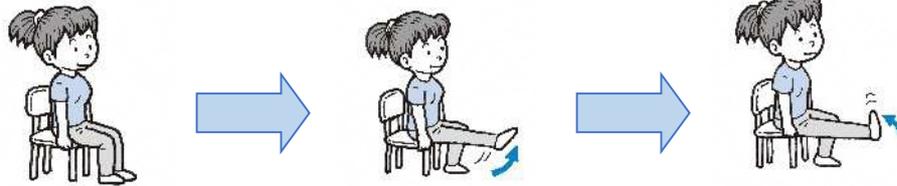
(1) Legs Exercise



Hold a chair and bend your knees slowly. Try as if you are sitting down on a chair and pulling back your hips. Bending your knees for 4 seconds and back to the original position for 4 seconds.

Remember to try to keep your knees behind your toes as shown in the pictures.

(2) Thighs Exercise



Pull your leg up and straighten your knee. When your knee is straight, bend toe up as shown in the pictures. Then, loosen the muscles of your ankle and bend toe back to original position moderately. Try to keep straight your knee for 3 seconds, bend your toe up for 4 seconds and back to the original position for 4 seconds.

Getting Older, Increasing Alcoholic Risk

お酒の飲みすぎで転んだり事故にあう人がいます。注意してください。

For inquiries : Kenko Zukuri Shien-ka (Health Promotion Division) TEL 049-229-4121

Seniors tend to be easily addicted to alcohol. This is because some seniors lose their motivation for living for reasons such as retirement and loss of a spouse. When aging, liver functions decrease and blood alcohol concentration raises easily. As a result, when seniors take in too much alcohol, they feel the effects easily, such as loss of balance and may fall or have other accidents. In order to enjoy alcohol appropriately, one should have one or two alcohol free days (call "Kyukan-bi" in Japanese) per a week.

Refrain from consuming alcohol for the following reasons and situations.

Drinking alcohol because...

- You can't sleep well;
- You feel lonely;
- You feel bored.

Drinking alcohol...

- Soon after waking up;
- Much more than ever before each time.

In order to enjoy alcohol moderately.

To enjoy alcohol appropriately, the Ministry of Health and welfare sets a simple standard. They recommend not to consume pure alcohol over 20g per day. Remember, that some people's liver function may be below average as well; so the standard may be too high for those with a weaker liver.

20g Pure Alcohol is contained in...

Japanese Sake (alcohol percentage 15%) : 180ml (one glass of sake, Ichi Go in Japanese) / Whisky (alcohol percentage 40%) : 60ml (one double cup) / Wine (alcohol percentage 12%) : 200ml (a little less than two glasses) / Beer (alcohol percentage 5%) : 500ml (one medium bottle) / Shochu (alcohol percentage 25%) : 100ml (a little less than one glass)

Koedo Kawagoe News (English Version of excerpts from KOHO KAWAGOE)

Translated by K.K.N. volunteers: Kan I shijima and Kawagoe AETs

International Center Information

Hours: 9:30a.m. - 9:30p.m.

Closed: Tuesdays and New Year Holidays (Dec. 29th to Jan. 3rd)

Address:23-10 Sugawara-cho

Tel: 049-228-7723 (Only in Japanese Language)

Inquiries: Kokusai Bunka Koryu-ka, Tel: 049-224-5506

Klasse de Nihongo

Free Japanese language classes for foreign citizens. No prior registration is needed.

Date: Mondays, Fridays and Saturdays.

Time: 10:00 a.m.-12:00 noon, 2:00-5:00 p.m., 6:30-8:00 p.m.

Consultation Services For Foreign Citizens

If you need an interpreter, please let Kokusai Bunka Koryu-ka know in advance.

- ▶General (Japanese and Chinese) Monday February 11th, 25th, March 11th and 25th 1:00 - 6:00 p.m.
- ▶General (Japanese and Portuguese) Friday February 1st, 15th, March 1st and 15th 1:00 - 6:00 p.m.
- ▶Legal Affairs(Japanese) Reservation available Friday February 22nd and March 22nd 3:00 - 5:00 p.m.
- ▶Visa status (Japanese) Saturday February 23rd and March 23rd 1:00 - 6:00 p.m.

