



City News



U R A Y A S U

Published by the City of Urayasu
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<https://www.city.urayasu.lg.jp>

Population and No. of Households in Urayasu
Population: 170,858
Male: 82,957
Female: 87,901
Households: 84,798
Foreign Residents: 4,343
(As of April 30, 2023)



Practice Oral Hygiene and Maintain Good Health!



Maintaining good teeth and oral health are very important factors in staying healthy. Although one in two adults is said to have periodontal disease (gum disease), if it is left untreated, it can cause harm to our overall health. You might be thinking to yourself, "I'm not at risk." However, severe symptoms of periodontal disease are found in adults in their 30's and 40's, and early symptoms can even be detected in teenagers. It's not too late to start taking good care of your oral hygiene and live an enriching, healthy lifestyle.

What is periodontal disease?

Periodontal disease refers to when inflammation is caused by a bacterial infection, and erodes the gums around your teeth as well as the bone that supports the teeth. When surfaces of your teeth and the spaces between them are not thoroughly cleaned, bacteria can build up. This bacterial accumulation leads to inflammation and causes the gums to become red and swollen. If left untreated, periodontitis can become more severe. As pus forms, teeth will start to loosen until it becomes too late and teeth may have to be pulled out.

Periodontal disease related to overall health

Toxins produced by periodontal disease can enter the blood vessels in your gums and affect your entire body. It can cause diabetes, heart attacks, and strokes. Furthermore, periodontal disease bacteria can be inhaled into the lungs and cause aspiration pneumonia. By preventing and treating periodontal disease, you can reduce the risk of many health issues. Let's maintain good health by reviewing how we brush our teeth and by practicing good oral hygiene.

What happens if periodontal disease is left untreated?

Gingivitis	Mild Gingivitis	Severe Gingivitis
Gums will become red and swollen. Periodontal pockets will develop.	Gums will bleed when you brush your teeth. There is no pain.	Periodontal pockets will deepen and bones that supports your teeth will melt, causing your teeth to loosen. Gums will become swollen and pus will form.
Thoroughly brush your teeth and it will get better.	In addition to brushing your teeth, your teeth must be treated. The treatment will include removal of dental plaque and tartar trapped in periodontal pockets.	You need active treatment to stop it from getting worse.
		If left untreated...
		You will eventually lose your teeth, and it can even result in poor overall health...



Items for Personal Care

- Dental picks / dental floss**
Periodontal disease bacteria can easily accumulate on teeth surfaces and get trapped in spaces between your teeth where your toothbrush can't reach. Use dental picks or dental floss to remove plaque from these areas.
- High-fluoride toothpaste**
Choose toothpaste with a high-fluoride content to make your teeth strong and fight cavities. Choose your toothpaste carefully. The recommended fluoride content and the amount of toothpaste to use will differ depending on your age.

Age	Fluoride content	Approximate amount of toothpaste to use
6 and older	Approximately 1500ppm	Smear across the entire brush (approximately 2cm)
Between 3-5	Less than 1000ppm	About 5mm from the edge of the brush
2 and younger		Very little; grain-sized amount

- Tongue scrapers**
Bacteria can also accumulate on your tongue. This is called "tongue coating," and it can cause bad breath and lessen your ability to taste. Since your tongue can be easily damaged, softly position the tongue scraper (toothbrush) at the back of the tongue and use it to brush lightly back-and-forth about 10 times.

Did you know? You should only rinse once after brushing your teeth.

Tooth decay occurs when the bacteria in your mouth eats sugar to generate acid, and then this acid erodes the hard substance that makes up your teeth, causing cavities to develop. This is called "decalcification." In the early stages of a cavity, recalcification occurs, which means that decalcified mineral content returns to teeth. When fluoride found in toothpaste mixes with the minerals and returns to teeth, strong bacteria that prevents cavities is formed. However, rinsing out your mouth too many times after brushing your teeth will water down the fluoride included in the toothpaste. So, it is recommended that after brushing your teeth, only rinse once with a small amount of water, and that will heighten the effect of remineralization if you refrain from immediately eating or drinking afterwards.

Fight against periodontal disease in Urayasu City

Urayasu City supports personal care and specialized care to prevent periodontal disease. Please use our services to protect your precious teeth from periodontal disease.

Urayasu City Adult Dental Exam (Periodontal Examination)
Date and time: Until March 31, 2024
Eligibility: Residents of Urayasu City aged 20, 30, 40, 50, 60, and 70.
Details: Cavity and periodontal examination and cleaning
Note: Please refer to the provided notice to see which medical facilities offer this service and how to make reservations.

Teeth and Mouth Health Week Program
Date and time: June 8 (Thu.), 2 p.m. to 4 p.m., 9 (Fri.), 10 a.m. to noon
Location: Citizens' Hall (Urayasu City Hall 1F)
Program: ▶ Microscopy of cavity and periodontal disease bacteria
 ▶ Checking for oral frailty (aging mouth)

Let's enjoy! Sanbanze June 4 (Sun.)

Sanbanze Environmental Observation Center

Note: No application required. Please come directly to the venue.

Exhibition

Time: 10 a.m. to 4 p.m.

Details: Introducing Sanbanze and the activities of Horie Junior High School's Science Club

Stalls

Time: 10 a.m. to 4 p.m.

Details: Food trucks, shops selling vegetables, snacks, and bread, quiz games, etc.

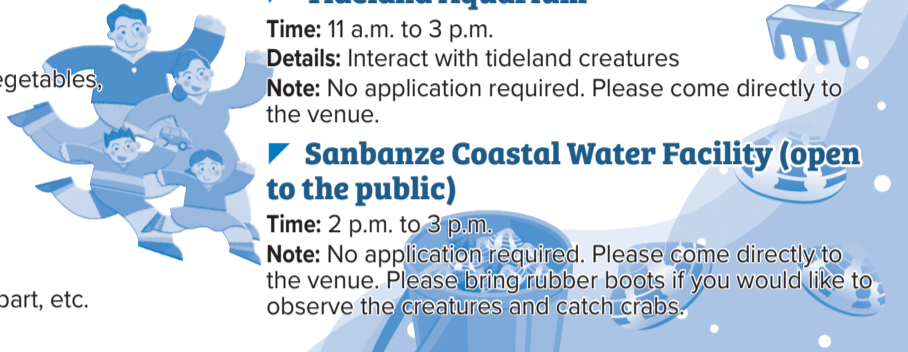
Seashell Art Class

Time: 11 a.m. to 3 p.m.

Details: Making art using seashells [Folk Museum's Traveling Class]

Time: 11 a.m. to 4 p.m.

Details: Learn how to tell seashells apart, etc.



Sanbanze Coastal Water Facility

Tideland Observation

Time: 11 a.m. to 1 p.m., **Note:** Admission at Hinode Park from 9 a.m.

Eligibility: Elementary school students and older, 100 people on a first-come, first-served basis, **Note:** Elementary school students must be accompanied by a guardian. What to bring: Shoes that can get wet (sandals are not allowed)

Note: Only for those participating in the "Urayasu Sanbanze Thanksgiving Festival" held on the same day. For more information, please visit the 'Urayasu Sanbanze-o Taisetsu-ni suru Kai' website (<https://ura3banze.ciao.jp>).

Tideland Aquarium

Time: 11 a.m. to 3 p.m.

Details: Interact with tideland creatures

Note: No application required. Please come directly to the venue.

Sanbanze Coastal Water Facility (open to the public)

Time: 2 p.m. to 3 p.m.

Note: No application required. Please come directly to the venue. Please bring rubber boots if you would like to observe the creatures and catch crabs.

Child Allowance and Special Benefit

Submitting Child Allowance and Special Benefit Status Report

Following revised laws, submission of the Child Allowance and Special Benefit Status Report is no longer required after June 2022. However, a status report will be sent to those required to continue submitting it, so please do so by the deadline.

Submission Deadline: June 30 (Fri.) (must arrive no later than this date)

Submission Method: Please submit the report in person or by mail to Urayasu City Hall Child Services Section (Urayasu City Hall 2F), 279-8501.

Note: If the Status Report is not submitted, allowance will not be provided from June 2023.

For those who are no longer eligible to receive allowance, due to exceeding income limit for Child Allowance and Special Benefit:

For those who are now ineligible to receive allowance based on the benefit screening results showing that your FY2021 income fell

below the upper income limit in FY2022, please submit the Child Allowance and Special Benefit Authorization Application Form. Please contact us for more information.

Submission Deadline: During FY2023, within 15 days following the receiving of the Notice of Assessment of Municipal Resident Tax

Inquiries: Child Services Section **Tel:** 712-6424

Special Benefits to Support Households with Children

Considering the recent rise in prices including food expenses, we will provide special benefits to low-income households with children.

Eligibility:

Single-parent households: those who meet one of the following conditions

- Those receiving a child-rearing allowance in March 2023 (Already paid).



- Those receiving public pensions and not receiving a child-rearing allowance for March 2023.
- Single-parent households that do not meet above mentioned conditions, but whose income has suddenly changed after FY2023 January 1st, due to the rise in prices, including food expenses.

Those who are not from single-parent households: those who meet one of the following conditions

- Those receiving Special Benefits to Support Households with Children (not for low-income single-parent households) for FY2022.
- Those exempted from resident tax (per capita) for FY2023.
- Those whose income has suddenly changed after FY2023 January 1st, due to the rise in prices, including food expenses, and whose income has become the equivalent of those exempt from resident tax.

Benefit amount: ¥50,000 per child

Note: For more information on how to apply, please refer to the Urayasu City homepage.

Inquiries: Child Services Section **Tel:** 712-6424

Let's Get Together at the Sports Park for Prefectural Citizens Day!

Date and time: June 15 (Thu.), 10 a.m. to 3 p.m.

Location: Sports Park

Details: Sticker rally and physical activities for children

Note: No application required. Please come directly to the venue.

Inquiries: Bardral Urayasu Arena **Tel:** 355-1110 (Sports Section)



Sakaigawa River Boat Ride

Date and time: July 8 (Sat.), 10 a.m. to 11:30 a.m., **Note:** Cancelled in the event of rain.

Eligibility: 3rd grade elementary school students and older, 12 people on a first-come, first-served basis, **Note:** 1st and 2nd grade elementary school students must be accompanied by a guardian.

Inquiries: Folk Museum **Tel:** 305-4300

Urayasu City Challenge Shop "theater cafe & bar URAYASU Re:VUE"

"theater cafe & bar URAYASU Re:VUE" has opened in Urayasu City Challenge Shop. Food, alcohol, colorful cream soda, and other specialty drinks can be enjoyed. Various events are also held. We hope to see you soon.

Opening Period: Until February 29, 2024

Business Hours: 11 a.m. to 9 p.m. (closed on facility closure days, and during year-end and New Year season)

Location: IL MARE building

Inquiries: theater cafe & bar URAYASU Re:VUE **Tel:** 090-2962-6910

Collecting Used Cooking Oil, Used Clothes and Fabric

Date and time: June 11 (Sun), 9 a.m. to 2 p.m.

Location: Citizen's Hall (Urayasu City Hall 1F), local public halls

Note: Please use the multi-level parking structure if you are driving to the City Hall. Used clothes and fabrics must be washed and dried, and brought in clear bags.

Inquiries: Garbage-Free Section **Tel:** 712-6485

A Stroll with the Mayor

Etsushi Uchida, Mayor of Urayasu City

Learn Traffic Rules at the Traffic Park

Based on the revision of the Road Traffic Law, all cyclists are required to make an effort to wear a helmet starting April 1.

Urayasu City is providing assistance in purchasing cycling helmets for elementary school students who are not yet used to riding bicycles, as well as for middle school students who are used to cycling but have a tendency to ride carelessly.

More information will be provided at a later date. However, if you have already purchased a helmet, we would like to ask you to save the receipt.

Urayasu City is preparing to make the Traffic Park in Mihama Ward a place for children to learn traffic rules and traffic manners while having fun.

The Traffic Park was prepared in 1975 along with

its neighboring Wakashio Park to commemorate the Wakashio National Sports Festival held in Chiba Prefecture.

48 years have passed since its opening. However, the park has been renovated several times and a Hands-On Learning Facility has been built. This park, rich with various features, is loved by many Urayasu City residents and has become a lively facility.

The Vehicle Play Area has been designed to look like a city, built with traffic lights, pedestrian crossings, and an overpass. Visitors can ride large four-wheel vehicles, small four-wheel vehicles, and bicycles. Small children can also ride tricycles and bicycles with training wheels in the designated Vehicle Play Area for Smaller Children. The

Battery Car Play Area has also been built in the adjoining area.

I, myself, used to go there often with my friends when I was small. When I became a parent, I visited with my children. My memories of the Traffic Park will always be filled with excitement and joy.

The Hands-On Learning Facility built in the adjoining space is an area where visitors can enjoy outdoor pony rides. They can also pet animals. An Animal Exhibition Hall and play area for small children are available inside the facility as well.

Although traffic safety classes are taught in schools, why not visit the Traffic Park to learn more on traffic rules as a family and make it an enjoyable family outing?

Recyclable Waste Disposal Schedule

Collection Area	Bottles/Cans/ PET plastic bottles	Newspapers/ Magazines
Nekozane, Kitazakae, Todaijima	Every Tue.	Every Mon.
Horie, Higashino, Fujimi, Maihama, Tekkadori 3-chome	Every Wed.	Every Sat.
Kairaku, Mihama, Irifune, Hinode, Akemi	Every Thu.	Every Mon.
Tomioka, Imagawa, Benten, Takasu, Minato, Tekkadori 1- and 2-chome, Chidori	Every Fri.	Every Sat.

* Please put out your garbage between 7 a.m. and 8 a.m. It is against the rules to put it out earlier or later than this designated time as it could become a nuisance in your neighborhood.

* Bulky items will be collected separately on request by phone. Call the Bulky Items Reception Center ☎ 305-4000. For inquiries, contact the Garbage-Free Section ☎ 712-6467.

FOREIGN RESIDENTS' ASSISTANCE DESK

Urayasu City provides consultation services concerning daily life such as medical, educational or job-related matters.

HOURS: 10 a.m. - 12 noon, 1 - 4 p.m. weekdays

LANGUAGES: English, French, Chinese, Polish, Russian and Japanese

PHONE NUMBER & LOCATION: 712-6910

Urayasu City Hall Local Activities Promotion Section

Foreign Residents Advisory Corner

Hours: Every Monday to Friday, 9 a.m. to 9 p.m., every Saturday and Sunday, 9 a.m. to 5 p.m.

Languages: English

Phone Number & Location: 306-5181, International Center