



What To Do If Someone You Cared For Suddenly Falls Ill

① Check Their Condition

○ Call them in a loud voice to see if they are conscious.

- ▶ If they are conscious: Ask them what happened.
- ▶ If they are not conscious: Call for help.



② Call 119

○ Check to see if there are people around you.

- ▶ If there are: Ask that person to call the emergency 119 number.
- ▶ If there aren't: Call 119 yourself.

○ The operator will ask various questions including when it happened, what happened, their state of consciousness, breathing, places that hurt, and medical history.

③ Provide Treatment That is Possible

○ When you call 119, they will give you directions on how to take care of the person that fell ill. Do everything that you can for the person such as stopping the bleeding and keeping them warm.



④ Arrival of Paramedics

○ The paramedic will ask you various questions. They will ask you important questions that they will report to the hospital so answer to the extent that is possible.

Don't Panic When Calling 119!



Fire trucks and ambulances will not be able to find the place where the incident occurred or will be late if they do not get accurate information. Reporting to 119 immediately and accurately is the key to decreasing the harm or saving someone's life.

***It is recommended to have a note near the phone written with your home address and description of nearby landmarks.**

Out of the 119 calls that the city received last year, 131 people had already stopped breathing when paramedics arrived. For people who have stopped breathing, it is extremely important to report quickly, provide CPR, use defibrillators, and get treated by a doctor. CPR is the most important procedure that anyone can do if they learn. It is highly advised for people to take a class in CPR.

Weeknight/ Holiday Clinic

TEL22-9922

Starting from the end of last year, the Holiday Emergency Clinic has become open on week nights as well for medical check ups. The three hospitals in the city take turns providing emergency treatment but please use this service if your conditions are relatively light.

Place: West side of Sukoyaka Center
(Nishiodori 1-5-60)

Consultation Days: Monday-Friday
(excluding holidays)

Check in Hours: 18:30-21:00

Consultation Hours: 19:00-21:30

Consultation Areas: Pediatrics, Internal Medicine
(Please bring your health insurance card.)

DID YOU KNOW???

Samurai Houses 武家屋敷



Many houses that were former residences of the lower class samurai (called Haragatashu) of the Yonezawa domain can still be found in the southern part of the city (mainly in Hosen-machi, Ishigaki-machi, and Tori-machi). These samurai houses were built after Uesugi Kagekatsu was transferred from his domain in Aizu (Present day Fukushima Prefecture) to Yonezawa in 1601. At that time only 800 households lived in Yonezawa. Kagekatsu had 6,000 retainers who served under him but he could not keep all of them around the castle. He therefore deployed the lower class samurai to the outskirts of the castle town to protect that area. The haragatashuu were part-time warrior, part-time farmers who practiced martial arts while doing farming and also cleared uncultivated land. This was very rare for samurai and was hardly ever done in other domains. In front of the houses are hedges made from ukogi (aralia) that were used to prevent flooding and invasion by enemies (Ukogi has many sharp thorns.).

Chiyoda Clean Center Providing Free Recycled Items

Large trash items such as bicycles, futons, and furniture that cannot be put in designated trash bags are handled as bulk trash and must be taken away to the Chiyoda Clean Center in Takahata. Bicycles and furniture that are taken to the Clean Center and are still in good condition are given away for free to people living in the area. People living in the Okitama area can



apply to receive one bicycle and one piece of furniture per household. If there is more than one person that applies, there will be a lottery to decide who will receive the item.

Items Given Away: 15 bicycles, 5 pieces of furniture. (Expected amount for each period)
How to Apply: Please submit the application form that is available at the Chiyoda Clean Center between 9am and 4pm (excluding Sundays and Holidays)

Schedule: ① Display of items/application period, ② Public Lottery, ③ Deadline to receive item.)

Dates: First Period ① 4/3 (Fri)~5/9 (Sat)

② 5/12 (Tue) 10am

③ 5/23 (Sat)

Second Period ① 6/3 (Wed)~7/4 (Sat)

② 7/7 (Tue) 10am

③ 7/18 (Sat)



Other Events & Information



Yonezawa Tenchijin Exhibition 2009

Period: 1/24 (Sat), 2009 ~ 1/11 (Mon), 2010

Place: Denkoku No Mori (Yonezawa City Uesugi Museum)

Contents: Experience the world of the Tenchijin Period Drama and the life of Naoe Kanetsugu, the protagonist of the drama, through various artifacts and displays.

Tickets: General 700 yen, Students 500 yen

Elem/Jr High School Students 300 yen

Inquiries: City General Policy Division TEL 22-5111

YIRA Café

If you are interested in international exchange or want to chat with people in different languages including Japanese, English, Chinese or Korean, bring your friends along and come join us for a cup of tea!

When: 3/9 (Mon), 3/25 (Wed) 14:30~16:30

Where: Okitama Sogo Bunka Center 2F Cost: Free

Inquiries: Yonezawa City International Relations Association (YIRA) TEL 22-5111

Kuri-corder Quartet

Date: 3/15 (Sun) Time: 14:00~

Place: Denkoku No Mori Okitama Bunka Hall

Contents: A concert by a group known for their cheerful recorder music that is heard in various TV shows and movies.

Cost: Free (A numbered ticket is required for admission.)

Tickets: Available at Onuma Yonezawa Store, Yonezawa Saty, Denkoku No Mori.

Inquiries: Denkoku No Mori TEL 26-2666

YIRA (Yonezawa City International Relations Association) Event

YIRA Cooking Class: Indonesia

Learn about Indonesian culture through cooking Indonesian food!



When: 3/20 (Fri) *National Holiday 10:30-14:00

Where: Okitama Sogo Bunka Center 3F Cooking Room

Cost: Members 500 yen, Non-Members 1,000 yen

Menu: Indonesian style fried rice, chicken soup, and dessert.

What to Bring: An apron



International Potluck Party

Bring a dish to share with everyone and enjoy casual international exchange!
There will be fun games as well!

When: 3/29 (Sun) 18:00~

Where: Seibu Community Center 1F Training Room

Cost: 100 yen *Please bring a dish for 3~5 people (any simple dish is ok including drinks and snacks!) and your own utensils, plate, and cup.

Inquiries: YIRA Office TEL 22-5111 FAX 24-4540

Email: yira@omn.ne.jp

Home Page: <http://www.omn.ne.jp/~yira>

Yoji-Jukugo of the Month

nininsankyaku

二人三脚

Meaning: Work together hand in hand with someone.

If you would like to be put on our mailing list, or if you have any feedback for the newsletter, please contact us at:

Civic Exchange Section

Community Planning Division

Yonezawa City Hall, 3rd Floor

5-2-25 Kanaike, Yonezawa, Yamagata 〒992-8501

TEL: 0238-22-5111 Ext. 2904

FAX: 0238-24-4540

Email: machi-ka@city.yonezawa.yamagata.jp

Homepage: <http://www.city.yonezawa.yamagata.jp/shisei/matidukuri/kokusai/index.html>