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Misawa AB Retiree Activities Office Newsletter

ACKNOWLEDGEMENT

Articles appearing in this newsletter are compiled from local sources, newsletters received by the RAO, and from other military sources. Information has been edited and reprinted for the benefit of our retiree population. Absolutely no commercial gain is derived from this publication. Our appreciation is extended to those agencies and newsletter sources. Opinions expressed in this publication are those of the authors and do not necessarily reflect the official policy of any agency of the U.S. Government.

Tips to Avoid PACT Act Scammers

Scammers are taking advantage of new opportunities to commit fraud. There's been an increase in PACT Act-related phishing emails (<https://news.va.gov/100177/hook-line-and-sinker-how-to-up-your-phishing-game>), fishing (phone), and social media scams (<https://news.va.gov/105732/protect-yourself-against-social-media-fishing/>) targeting Veterans to access their PACT Act benefits or submit claims on their behalf.

Veterans should be cautious of anyone who guarantees a lucrative financial benefit or service. To report suspected fraudulent activity, please contact vaioighotline@va.gov or call (800) 488-8244.

Protect yourself against new scams and scammers with these tips:

- Do not provide personal, benefits, medical, or financial details online or over the phone. Federal agencies will not contact you unless you make a request.
- Do not click on online ads or engage with social media that seem suspicious.
- Check for "https://" at the start of website addresses.
- Enable multi-factor authentication

on all accounts.

- Work with Veteran service providers you already know.

Submit any suspected fraud to ftc.gov.

How to Apply for PACT Act Benefits

The PACT Act extends VA health care eligibility for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and Post-9/11 (Post-September 11, 2001) eras. It also expands benefits eligibility for Veterans exposed to toxic substances and their survivors.

We want Veterans and survivors to apply now for their PACT Act-related benefits. You can learn more and sign up at www.va.gov/PACT, or call us at 1-800-MyVA411 (1-800-698-2411).

If you need help applying for benefits, VA, accredited representatives, and Veteran Service Officers (<https://www.va.gov/disability/get-help-filing-claim>) are always standing by and ready to help. There's no cost for the forms, no fees to apply, and VA will never charge Veterans for processing a claim.

Visit the Cybercrime Support Network (<https://cybercrimesupport.org>) for additional resources to help Veterans, service members, and their families combat cybercrime.

Courtesy of news/va.gov

**SERVING THE RETIRED MILITARY
COMMUNITY IN NORTHERN JAPAN**



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Inside this issue:

VA PACT Act	1
Japan Immigration	2
Veterans' Affairs	3
Veterans' Affairs	4
Veterans Affairs	5
Benefits	6
Tricare	7
Health	8
Recurring Information	9
亡くなる前に責任を持ってください！	10
Still Serving	11
RAO & MMRA Info	12





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**Renew your Permanent
Immigration Status**

If you are a resident alien in Japan and have received “permanent” status in the past, you should be aware that you still have to renew your status every seven years. Please take a look at your immigration card and scan all the way down to the last item on the card. This date is an expiration date. So while it is called permanent, the card itself is not and if you don’t renew, your status of permanent could be revoked.

So, again, take a look at the date on the last line of your card and if that date is close at hand, you should make plans to get up to Aomori and get that card renewed.

The process for extending permanent status is quite simple actually. All you need is your passport, your current immigration card and a current photo, (4cm x 3cm).

Take these three items to the immigration office in Aomori and be prepared to fill out one, bilingual form and wait about 30 minutes. You will walk out of the office with a new card, good for another 7 years.

By Lee Martin, RAO Staff



Veterans Affairs

Supplemental VA Claims

You have the right to disagree with some claim decision from the Veterans' Administration. If you disagree with their decision on your claim, a Supplemental Claim may be an option for you. Learn when and how to file a Supplemental Claim and what to expect after your file.

Is a Supplemental Claim the right decision review option for you.

A Supplemental Claim may be the right option if you meet the requirements listed below:

- You must meet both of these requirements:
 - The VA decided your claim in the past, and
 - Your claim isn't a contested claim
- And you must meet at least one of these requirements:
 - You have new and relevant evidence to submit, or
 - You are requesting a review of your claim based on a change in law (such as the PAC Act)

What do they mean by "new and relevant" evidence?

- New evidence is information you didn't submit to them in the past or didn't identify it for them to gather.
- Relevant evidence is information that proves or disproves something in your claim.

Unless your Supplemental Claim is based on a change in law, you will need to submit supporting evidence that is new and relevant for your application to be complete. You can also identify evidence you would like them to gather for you. If you have a new and relevant evi-

dence, you can also request a Board Appeal but the process will take longer.

Should I file a Supplemental claim if my condition got worse?

No. If you have a disability rating for a condition that has gotten worse, you will need to file a claim for increased disability compensation.

How do I prepare before I start my application?

If you have new and relevant evidence

Gather any supporting documents that you think could change our past decision.

We can also help you gather documents from a VA medical center, other federal facility, or your private health care provider. You'll need to provide the name of the facility that treated you and the treatment dates.

Here are 2 examples of documents that you could include when you file your claim:

- **A new medical report:** We denied your claim for a mental health condition in the past. You now have a medical report stating that your service-connected injury led to your mental health condition. You can submit that report as new and relevant evidence.
- **A buddy statement (also called a Statement in Support of Claim):** We denied your claim for back pain in the past. Your fellow service member witnessed the incident that caused your condition. They write a letter that describes what happened and how the condition has affected you. You can submit their statement as new and relevant evidence.

If you have a presumptive condition now covered because of a change in law

You'll need to submit or identify medical evidence that documents the diagnosis and severity of your claimed condition.

If you have qualifying military service, we automatically assume (or "presume") that your service caused your condition. If you have a presumptive condition, you don't need to prove that your service caused the condition. You only need to meet the service requirements for the presumption.

Presumptive conditions under the PACT Act

The PACT Act law adds more than 20 presumptive conditions for burn pits, Agent Orange, and other toxic exposures. The law also adds new presumptive locations for Agent Orange and radiation exposure.

Not sure if we consider your condition presumptive? Find out at: <https://www.va.gov/resources/the-pact-act-and-your-va-benefits>

How do I file a Supplemental Claim?

File online for a disability compensation claim

At this time, you can file online only for disability compensation claims.

[File a Supplemental Claim](#)

[online \(https://www.va.gov/decision-reviews/\)](https://www.va.gov/decision-reviews/)



Veterans Affairs

Supplemental VA Claims (continued)

File by mail, in person, or with a VSO for any type of claim.

You'll need to download and fill out a Decision Review Request: Supplemental Claim (VA Form 20-0995).

Get VA Form 20-0995 to download
(<https://www.va.gov/find-forms/about-form-20-0995/>)

If you want us to get records from your private health care provider, you'll also need to fill out VA Form 21-4142.

Get VA Form 21-4142 to download
(<https://www.va.gov/find-forms/about-form-21-4142/>)

File by Mail

Send your forms and any supporting documentation to the address that matches the benefit type you are filing for.

Compensation:
Department of Veterans Affairs
Claims Intake Center
PO Box 4444
Janesville, WI 53547-4444

Pension/survivors benefits:
Department of Veterans Affairs
Claims Intake Center
PO Box 5365
Janesville, WI 53547- 5192

All other benefits

Check the decision letter for your initial claim for instructions on how to submit the form.

File in person

Bring your completed forms and any supporting documents to a VA regional office.

Find a VA regional office near you

(<https://www.va.gov/find=locations/>)

Note: You can ask a VA regional office for copies of the forms to fill out. Or call us at 800-827-1000 (TTY: 711) to request forms. We're here Monday through Friday, 8:00 a.m. to 9:00 p.m. ET.

File with the help of a VSO

A Veterans Service Organization (VSO) or VA-accredited attorney or agent can help you file a Supplemental Claim.

Get help requesting a decision review (<https://www.va.gov/decision-reviews/get-help-with-review-request/>)

What happens after you file a Supplemental Claim?

You don't need to do anything unless we send you a letter to ask for more information. If we schedule exams for you, be sure not to miss them.

Find out what happens after you request a decision review (<https://www.va.gov/decision-reviews/after-you-request-review/>)

Check your VA claim status (<https://www.va.gov/claim-or-appeal-status/>)

They have a goal of 125 days to process your claim.

What can I do if I disagree with VA's Supplemental Claim decision?

You have these options:

- You can request a Higher-Level Review of the Supplemental Claim decision.
- You can request a Board Appeal if you want a Veterans Law Judge to review your case.
- You can file another Supplemental Claim if you have more new and relevant evidence to submit.

Also check out the Frequently Asked Questions for this topic at <https://www.va.gov/resources/decision-reviews-faqs/>

Courtesy of VA.gov



Access to retiree publications of each service:

Army Echoes: www.armygl.army.mil/rso/echoes.asp **Navy Shift Colors:** www.shiftcolors.navy.mil

Air Force Afterburner: www.retirees.af.mil/afterburner

Marine Corps Semper Fidelis: www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/SR/RET_ACT/SemperFidelis **Coast Guard Evening Colors:** <http://www.uscg.mil/hq/cg1/psc/ras>



Veterans Affairs

VA's Mission To Better Serve All

Building equity and ending harassment for underserved populations

VA has renewed its focus to foster a safe and inclusive environment for all Veterans and employees. VA's new mission statement (<https://site-21045293.bcvp0rtal.com/>) reflects a new VA that is intent on creating an environment where all have equitable opportunities to thrive, including women, LGBTQ+ individuals and underserved populations.

"To fulfill President Lincoln's promise to care for those who have served in our nation's military and for their families, caregivers, and survivors." This statement reflects the changing needs of VA's evolving population. VA serves more minority populations, LGBTQ+ individuals and women Veterans now than ever before.

"Approximately 25% of the people we serve are women, and we need to bring that 25% home," said Toni Hightower, Army Veteran and acting team lead at VA's Center for Women Veterans. As a former VA police officer and member of the LGBTQ+ community, Hightower's experience has provided her with a well-rounded view toward improving the cultural health of VA.

"Women need to stand up and be heard"

"There is so much work that has

been done and still so much more to do," Hightower added. "The life of every Veteran matters. We don't get the same equality as men. Women need to stand up and be heard. We count. We matter. We can only do that if we unite and start empowering one another."

Empowering all who served includes providing a space for all Veterans who identify as female and educating others at VA about the importance of equitable care. Hightower has led LGBTQ+ webinars that focus on learning more about transgender Veterans and understanding how to use pronouns to show respect and reduce the number of harassment incidents.

In a recent podcast interview conducted by McKinsey & Company, diversity, equity, and inclusion expert Diana Ellsworth said that "Every time we use inclusive language, we give a positive signal. This is a safe environment where LGBTQ+ employees are respected and valued."

"If we take time to understand each other."

Transgender men and women are twice as likely to hear sexist jokes about people of their gender and three times more likely to feel they can't talk about their life outside of work. VA's renewed mission statement emphasizes the commitment to support all the heroes who have served our country, regardless of race, gender, background, sexual orientation, religion, zip code or identity.

"We have to empower people to learn," Hightower said. "It's my thought that I can plant the seed for change. I want people outside of my

box to grow to think different. If we take time to understand each other, we can really make VA a place of belonging for all Veterans and employees."

White Ribbon VA (<https://www.va.gov/health/harassment-free/>) is a national call to action that encourages individuals to commit to eliminating sexual harassment, sexual assault and domestic violence throughout the organization. The White Ribbon VA Pledge encourages everyone to commit to making a change and to stand against violence.

"I think White Ribbon VA is a good start," said Hightower. "It's representative of the issue. It's great knowing VA sees the problem and that we are doing something about it."

Document your pledge and show your support for a harassment-free VA by committing to the White Ribbon VA Pledge (<https://www.whiteribbonusa.org/whiteribbon-va-pledge>).

Stand up against unwanted behavior today and be a part of VA's new mission to care for all those who have served, and create a safer, more welcoming environment for all.

By Maria Shores.
Extracted from www.va.gov





BENEFITS

Introducing Benefits.gov's new Chatbox

Since 2002, Benefits.gov has improved access to benefit information and eligibility requirements to help citizens find government assistance. They understand that navigating benefit information can be confusing, and that you may have questions that need answers fast. They have listened to your feedback and recently developed a new self-service help tool called a "chatbot."

How does the Chatbox work?

The Chatbot was developed to help you find benefit information more quickly and improve your interactions with Benefit.gov. They created the Chatbot in direct response to feedback to receive real-time support from Benefits.gov. The Chatbot can answer your questions about using Benefits.gov, help you find benefits you may be eligible to receive, help you find benefit applications, or direct you to contact information for the state or federal agency that oversees the benefit you are asking about.

Where else can I found information on Benefits.gov?

Benefits.gov can help you on your path to finding assistance by connecting you to programs you may be eligible to receive. You can search with the following options:

- Take the benefits finder questionnaire (<https://www.benefits.gov/benefit-finder>) to help you determine eligibility for over 1,000 benefits.
- Browse by Category (<https://www.benefits.gov/categories>)
 - Look through 16 benefit categories and select the one(s) you want to learn more about.
 - Narrow your search by selecting your state in the drop down or selecting a

subcategory.

- Use Search (https://search.benefits.gov/search?utf8=%E2%9C%93&affiliate=benefits_gov&query=&commit=Search)
 - Search by keyword or phrase.
 - Filter by benefits, news articles, and videos.
- Browse by Agency to filter your search by the federal managing agency. (<https://www.benefits.gov/agencies>)
- Visit the Other Resources page to find more information on government assistance. (<https://www.benefits.gov/other-resources>)
- Benefits.gov Help Center, Type a question into the chatbot, and receive a response and/or link to the benefit you are searching. (<https://www.benefits.gov/help>)

How can I say connected to Benefits.com?

Visit our Get Involved page (<https://www.benefits.gov/get-involved>) to access fact sheets, including a Guide to Benefits.gov (<https://api.benefits.gov/sites/default/files/2020-07/06.10.2020%20Benefits.gov%20Fact%20Sheet.pdf>) and guides to finding benefit programs for families, people with disabilities, unemployment resources, senior citizens, students, veterans, and Native Americans.

Benefits.gov also publishes helpful, timely news articles (<https://www.benefits.gov/news>) to keep people informed about government benefit programs. To stay up-to-date on benefit program information, subscribe to the Compass Newsletter or follow Benefits.gov on Twitter and Facebook.

Courtesy of benefits.gov

Stafford Loans

The term Stafford Loan refers to a subsidized or unsubsidized Federal Stafford Loan. This loan can help students

with the cost of education at a four-year college or university, community college, or trade, career, or technical school. This loan is made to students from schools that participated in the Federal Family Education Loan (FFEL) Program.

Many schools use the term Stafford Loans or Direct Stafford Loans to refer to Direct Subsidized Loans and Direct Unsubsidized Loans. If a school says that it offers Stafford Loans or Direct Stafford Loans to its students, this means Direct Subsidized Loans and Direct Unsubsidized Loans. .

Direct Subsidized Loans:

- Available to undergraduate students
- Awarded based on your financial need based on your Free Application for Federal Student Aid (FAFSA)
- Do not change interest if your are in school at least half time, during a grace period of up to the first six months after you leave school or during a time of deferment or postponement of payment on a loan.
- The federal government pays or subsidizes the interest during these periods.

Direct Unsubsidized Loans

- Available to undergraduate and graduate students.
- Not awarded based on your need, but you still must apply using the FAFSA.
- Charge you interest from the time the loan is available to use until 9t is paid off.
- You can choose to delay payment of interest while in school and during any grace or deferment period. This means that interest will be added to the principal amount of your loan, and additional interest will be based on that higher amount.

For more information, including instruction on how to apply for a Stafford Loan, please go to <https://www.benefits.gov/news/article/486>

Courtesy of benefits.gov



Tricare

U.S. Military Departments Implement Brandon Act to Improve Mental Health Support

The three military departments have officially implemented phase one of the Brandon Act with their own policies and procedures to initiate support to service members' request for mental health assistance.

The Brandon Act (<https://www.health.mil/News/In-the-Spotlight/Brandon-Act>) was signed into law by President Biden on Dec. 27, 2021, as part of the National Defense Authorization Act for Fiscal Year 2022. The former Under Secretary of Defense for Personnel and Readiness, Gilbert R. Cisneros Jr., signed a policy on May 5, 2023, to initiate the act within the Department of Defense.

The DOD policy required the secretaries of the military departments to establish policy, assign responsibilities, and provide procedures for service members wanting to self-initiate a referral for a mental health treatment.

Read the Brandon Act announcements from each Military Department

- Department of Navy Implements Brandon Act (<https://www.navy.mil/Press-Office/Press-Releases/display-pressreleases/Article/3455609/department-of-navy-implements-brandon-act/>)
- Brandon Act expedites mental health care referrals for Airmen, Guardians (<https://www.af.mil/News/Article-Display/Article/3484846/brandon-act-expedites-mental->

health-care-referrals-for-airmen-guardians/)

- Army expands mental health support by implementing the Brandon Act

(<https://www.army.mil/article/269618/>

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my_expands_mental_health_support_by_implementing_the_brandon_act)

“The Brandon Act empowers service members to seek mental health support by requesting a referral through a commanding officer or supervisor,” said U.S. Navy Capt. Kenneth Richter, director for mental health policy and oversight, office of the Assistant Secretary of Defense for Health Affairs. “The new process allows service members to seek help confidentially, for any reason, at any time and in any environment, and aims to reduce the stigma associated with seeking help.”

“Service members also continue to have the option to contact a mental health care provider directly, without the involvement of their unit,” said Richter. “In other words, a service member can self-refer, independently contacting a behavioral health provider for an evaluation without any involvement by the member’s command.”

The act is open to active duty service members in phase one of the policy implementation, according to Dr. Donald Shell, acting executive director, Health Services Policy and Oversight office of Assistant Secretary of Defense for Health Affairs. Service members may request a mental health assessment at any time and in any situation, including while deployed.

Warfighters can ask for mental health support services without the fear of reprisal by leaders. The act allows for easier access to care and establishes processes for leaders to act.

According to Shell, any service member can self-initiate a referral process for a mental health evaluation through a commanding officer or supervisor who is in a grade above E-5 on any basis. The commanding officer or supervisor must refer a member to a mental health provider for an evaluation as soon as possible.

Service members are not required to provide a reason or basis to request and receive a referral. Mental health providers will conduct the mental health evaluations as soon as possible and will provide necessary clinical care.

It is mandatory for commanders and supervisors to honor a Brandon Act request.

Resources

For anyone experiencing mental health crisis, needs immediate assistance, or simply to talk to someone, confidential help is available 24/7

- The Military and Veteran Crisis Line, text-messaging service and online chat provide free support for all servicemembers and veterans. (<https://www.veteranscrisisline.net/>)
- Military One Source. Call 800-342-9667.
- Psychological Health Resource Center. for military and vets and is available 24/7. Call 866-966-2010



Health

MYCare Overseas Beneficiary Mobile App and Web-based Portal

MyCare Overseas™ is an easy-to-use, innovative tool designed to enhance your health care experience by offering the following services:

- Checking your TRICARE Health Plan and Claims
- Finding a TOP Network Provider
- Verifying TRICARE Covered Services
- 24/7 Access to the Local Near Patient Team (in Specified Locations), the Global First Call Desk (GFCD), Beneficiary Support Center (BSC), and Technical Support
- My Appointments & Referrals
- My Medical Translations
- Country Information (Emergency Numbers, Medical Risk Ratings, Cultural Tips)
- Translation Help and Local Language Support
- ChatBot FAQs & Direct Link to the BSC

Download the MyCare Overseas™ Beneficiary App Fact Sheet (<https://www.tricare-overseas.com/beneficiaries/tco-media/documents/MyCare-Overseas-BAP-Sept-2021>) or a list of FAQs (<https://tricare-overseas.com/beneficiaries/tco-media/documents/MyCare-Overseas-FAQs-NOV2022>) for more information.

You can view a view a short video on the benefits of using the MyCare Overseas™ app at <https://www.youtube.com/watch?v=dsRedMiH4t4>

How to access MyCare Overseas. Click on the App Store or Google Play buttons.

Note: After you download or install the MyCare Overseas™ app on your mobile device, please remember to complete the registration process to begin enjoying the features of the app right away!

Courtesy of Tricare-overseas.com



Tricare Medical Records Translation

Medical Records Translation is available for Military Treatment Facilities, Remote POCs, and Tricare Area Offices. Additionally, written translation services are available upon request by the Tricare Overseas Program Officer, in support of internal DHA customers (including, but not limited to Office of General Counsel, Office of the Chief Medical Officer, and Program Integrity).

Examples of documents eligible for translation include: physician treatment notes from an office visit, consult results, claims and supporting documentation, hospitalization and operative summaries, physician letters summarizing care received, emergency treatment notes, and laboratory/radiology reports and patient consent forms.

Tricare claims require copies of receipts for medical treatments received outside the military medical system and these receipts should be submitted in the original language and Tricare will translate them as well.

Examples of documents not eligi-

ble for translation include: documents older than 365 days, blank medical forms, pre-printed patient educational material, investigational, legal, and/ or insurance reports, handwritten notes from health care providers that are unrelated to medical treatment.

Government users can submit and retrieve medical records translation requests directly through the following respective portals:

- Military Treatment Facility (MTF) Users: <https://top.internationalsos.com/MTF>
- TRICARE Area Office (TAO) Users: <https://top.internationalsos.com/TAO>
- TRICARE Overseas Program (TOP) Points of Contact (POCs) and Other Government Users: <https://top.internationalsos.com/translation>

For a list of Frequently Asked Questions (FAQs) on the Medical Records Translations Portal for Government Users go to, <https://safe.menlosecurity.com/doc/docview/viewer/doc-N687721ABC31D57e6fb00c255a1ec42624968a790f814f797d4107d54419cde8050dd9c1f360d>

For more information, go to <https://tricare-overseas.com/government/medical-records-translation>

Courtesy of Tricare-Overseas.com





RECURRING INFORMATION

Retiree Survivor's Guide

A Retiree Survivor's Guide to Benefits is available on the Library page of the Air Force Retiree Services website.

This guide provides general information about most federal benefits and entitlements available to eligible family members of deceased retired airmen, and it explains various application processes. People can direct specific questions to the government agency administering the benefits or discuss these matters with an Air Force casualty assistance representative.

Government agencies outside the Air Force administer most of the benefits discussed in this guide.

This guide is designed to provide general information on most federal benefits and privileges people may be entitled to as survivors of a deceased Air Force retiree. In addition, it contains a list of important necessary documents (see Section H), and a Benefits/Entitlements Checklist (see Section I).

myPay on YouTube

There is an excellent tutorial on YouTube on how to open and use your myPay account. Go to

https://www.youtube.com/playlist?list=PLhx_8nsfXqVjnv_WuYeXc84lmlHBMYe6a

Courtesy of myPay.dfas.mil

myPay Support on DFAS

For problems using myPay, or with your myPay password, contact the DFAS Centralized Customer Support Unit toll-free at 1-888-332-7411 or commercial at (216)552-5096. You can also call DSN to 580-5096. This support line is available Monday through Friday, 8am to 5pm, Eastern Time.

The Centralized Customer Support Unit can provide assistance on how to use the options available to you in myPay. The support unit will also provide support for establishing and changing your password.

For all other payroll information, please contact your servicing pay office or your customer service representative.

Questions concerning specific pay account information should contact the

servicing payroll office or the appropriate Customer Service rep as follows:

Military Retirees:

1-800-321-1080

Annuitants: 1-800-321-1080

Former Military Spouses:

1-888-332-7411

Military retirees who are in a non-pay status due to a VA Waiver or Combat Pay can still access myPay but will have limited options available. Questions should be referred to the customer service section listed above.

You can also access your pay statement from the Main Menu of the myPay website by clicking on the Payment Information option.

Courtesy of myPay.dfas.mil

Where to Send Your TRICARE Claim

Non-active duty, TRICARE Pacific; send to TRICARE Overseas Program, P.O. Box 7985, Madison, WI 53707-7985 USA

TRICARE For Life (TFL) claims in the United States and U.S. territories (American Samoa, Guam, the Northern Mariana Islands, Puerto Rico and the U.S. Virgin Islands) send to WPS TFL, P.O. Box 7890 Madison, WI 53707-7890 USA.

Source: *The 2011 Publication for TRICARE Standard Overseas Beneficiaries*

For TRICARE Overseas Program information, forms and assistance you can contact the Misawa Air Base TRICARE Office at 226-6000 (from off base 0176-77-6000) or visit the office at the base hospital.

Courtesy of www.TRICARE-overseas.com

International Direct Deposit

International Direct Deposit (IDD) is available to U.S. military retirees and survivors living in eligible locations overseas. IDD electronically deposits funds on the first business day of the month to your foreign bank in the currency of the country of the receiving

bank.

See previous editions of the Misawa RAO Newsletter (go to misawrao.com and search archived newsletters (April-June 2016 is most recent) for specific details and instructions to use the new DD1199-I for international direct deposit.
JJR

ID Card Appointments

For ID card appointments, go to: <https://idco.dmdc.osd.mil/idco/#>

Click "Make an Appointment"

Lee Martin

Call My VA

You have questions for the VA? Dial 1-800-MyVA411. This is the number to call when you don't know who to call.

A Reminder!

If you want to retain your TRICARE benefit, when you turn age 65, you must join and pay for Medicare Part B. If you live overseas, while you will not have access to Medicare unless you go stateside, without Medicare Part B coverage you will not be able to submit a TRICARE claim. You will still have access to the Military Treatment Facility, space available.

About six months before you turn 65, you will receive a notice from the SSA giving you the option to decline. If you decline Part B, you will need other insurance and cannot claim any out-of-pocket expenses.

Joe Roginski

Birthdates of our Military Services

US Army—June 14, 1775
US Navy – October 13, 1775
US Marines—November 10, 1775
US Coast Guard—August 4, 1790
US Air Force—Sept 18, 1947



亡くなる前に責任をもってください

ほとんど停年退職軍人とそれらの家族は中高齢者です。毎年1人か2人が亡くなります。いつか必ず私達は亡くなります。責任をもって遺言書を作ってください。

大部分の退職者家族には、ネイビーフェデラルクレジットユニオンの口座があります。夫または妻のどちらかでも先に亡くなれば、生きている配偶者が口座の持ち主になります。しかし、亡くなった人に家族がいない場合は、誰が口座の解約ができますか？日本の法律は、配偶者がいないし、そして遺言書もなければ、亡くなった人の子供や兄弟へ分けなければなりません。生きている子供たちや兄弟を探すことはかなりの時間と労力がかかって、そして日本の法律にしたがってそれらに分けるのはかなり時間と費用がかかります。3年以上かかった経験があります。遺言書を作っておくには時間と費用がかかります。しかし、あなたに配偶者または家族がいない場合、あなたが亡くなる時、あなたの口座の決着をつける単純な方法があります。それは受取者を指名することです。受取者は、遺言証書や法律など関係なく、口座を解約できる人を指名すべきです。

指名するため、ネイビーフェデラルクレジットユニオンの三沢支店へ行ってください。職員は、あなたの口座の受取者を指名するために、必要な書類の手伝いをします。受取者は、日本人またはアメリカ人誰でも指定できます。正確な住所と名前とできるだけ多くの連絡先を必要とします。ご相談は我々の事務所に連絡してください。

我々事務所のRetiree Activities Office (リタイアリーアクティビティオフィス)はどんな問い合わせでもお手伝いします。ご遠慮なく連絡ください。

Tel: 0176-77-4428 (月～金、0900-1500) (日本語は月、金曜日のみ)

メール: misawa.rao@us.af.mil (日本語のメールはOKです)

Retiree Activities Officeの住所:

(English)

〒033-0012 Aomori-ken, Misawa-shi, Hirahata 64, Misawa Beigun Kichi-nai, Unit 5009 35FW/CVR—Retiree Activities Office

(日本語) 〒033-0012 青森県三沢市平畑64番地 三沢米軍基地内, Unit 5009 35FW/CVR 一Retiree Activities Office

東京のアメリカ大使館に年金の局があります。アメリカの年金の相談は直接大使館の年金局にお電話して下さい。

Federal Benefits Unit フェデラル ベネフィット ユニット

(アメリカ大使館連邦年金部): 03-3224-5055



Still Serving!



Hello fellow retirees and fellow RAOs staff. Here is the fourth quarter 2023 edition of the Misawa Air Base Retiree Activities Office Newsletter.

We at the RAO are charged with getting information to you, our retired military community. Compiling a newsletter is one of the best ways to keep you informed but, it's a lot of work. Lee Martin and I ask for your help. We serve the retired community of northern Japan, which includes Misawa, and the six prefectures of Tohoku and prefecture of Hokkaido, representing all services and all the wars since WWII. You are a treasure of information and history. Don't let it all pass with you without sharing. Anyone can provide information, opinion, history, or even a good story. We also solicit your feedback. What do you want to see covered in these newsletters? How can we improve? We will gladly consider your feedback and include your contributions in your newsletter.

Send your contribution to:

misawa.rao@us.af.mil

Managing Editor: CMSgt (Ret) Dave Barton

MMRA Notes:

1. Membership dues are \$20 a year. If you have not paid your dues for 2023, please call the RAO or e-mail the RAO and talk to Dave Barton, the MMRA Treasurer. He will arrange to collect your dues and record it in the financial report.
2. Donations to the Misawa Military Retirees' Association are greatly appreciated and are tax deductible with the IRS. Dues and donations are used for the operations of the organization, charitable activities, community activities, assistance grants, and assistance in the case of death in the family. All funds go to the community except for the snacks served at the bi-monthly meeting.

The Misawa Military Retirees Association (MMRA) meets bi-monthly on the first Tuesday of even months, at 1700 hours, in the Tohoku Consolidated Club's Gray Room. All military retirees regardless of service affiliation are welcome as members. These meetings are your forum to voice your opinions, concerns, questions and suggestions, and get information about retiree and survivor issues and support on Misawa Air Base. We are your voice to the active duty community and help to support the many retiree programs on the base. We also provide assistance in emergencies to retirees and surviving spouses in times of need. Come out and join our group, share your experiences and skills, contribute to the community. The time you give to your fellow retirees and their families may someday come back as assistance to you or your survivors.



MMRA Meeting Schedule

All meetings are held the first Tuesday of even-numbered months at the Tohoku Consolidated Club, Gray Room at 1700 hours.

6 February 2024

2 April 2024

4 June 2024

6 August 2024

1 October 2024

5 December 2024

Next Meeting—Tuesday, 6 February 2024

SERVING THE RETIRED MILITARY COMMUNITY IN NORTHERN JAPAN



USEFUL NUMBERS

Exchange: 0176-77-8255-7 plus last 4 digits (*)
 HRO: 7460 (*), Manager: 7401(*), Gas Station:
 7428 (*), Express (main base): 7433 (*),
 Express (North Area): 7435 (*)
 Base Operator: 226-1110 / (0176) 77-1110
 Chapel: 226-4630 / (0176) 77-4630
 Command Post: 226-9880/9881 / (0176) 77-9880
 Commissary Officer: 226-3482/ (0176) 77-3482
 Community Bank: 226-4070 / (0176) 77-4070
 Credit Union Navy Federal: 1-617-938-5097
 US HQ: 1-888-842-6328
 Emergency Room:
 Non-Urgent: 226-6647/ (0176) 77-6647
 Emergency- 911 / Off Base (0176) 53-1911
 Fitness Center: 226-3982 (*)
 Golf Course: 1-281-657-1563 (*)
 Law Enforcement: 226-3600/ (0176) 77-3600
 Library: 226-3068 / (0176) 77-3068
 Medical/Dental Appointments
 Medical: 226-6111 / (0176) 77-6111
 Dental: 226-6700 / (0176) 77-6700
 Misawa Clubs
 Admin: 1-281-675-1560 (*)
 Catering: 1-281-657-1560 (*)
 Misawa Inn (Air Force Lodging) (*)
 Front: 222-0282/ (0176) 66-0282
 Reservations: 222-0284/ (0176) 66-0284
 Navy Gateway Lodging: (*)
 Front Desk: 226-3131 / (0176) 77-3131
 Reservations: 226-4483/ (0176) 77-4483
 Navy HRO: 226-4674 / (0176) 77-4674
 Pass and Registration: 226-3995 / (0176) 77-3995
 Red Cross: 226-3016 / (0176) 77-3016
 FSS Auto Center "Pit Stop": 226-9486 /
 (0176) 77-9486
 FSS HRO: 226-3108/9275 (*)
 Taxi: Official: 226-3328 / (0176) 77-3328 (*)
 Base Commercial (Kichi Cab): 1-469-375-7479 (*)
 Fm Off Base—(0176) 53-6481 (*)
 Theater: 1-469-375-7450 (*)
 Veterinarian 226-4502 / (0176) 77-4502
 Weather Forecast: 226-3065 (*)
 Numbers that begin with "1" require special dialing.
 When dialing from a cell, 03-4580-0135, wait for
 voice, then dial the number. For 226-222 numbers
 dial 0176-66 (for 222) or 77 (for 226) then the last
 four. (*) means use the Phone Tree

RAO mailing address in Japan

〒033-0012 Aomori-ken, Misawa-shi, Hirahata 64,
 Misawa Beigun Kichi-nai,
 35FW/CVR—Retiree Activities Office

The Misawa Air Base **Retiree Activities Office** is an official activity organized in accordance with AFI 36-3106. The office is here to assist retirees from all military services in the Tohoku and Hokkaido regions of Japan. We can provide assistance in pay, taxes, social security, and personal/casualty affairs as well as other matters the retiree may need help with. We provide a focal point for retirees and/or their survivors with questions/concerns and work closely with the active duty community. Through the office and the activities of the Misawa Military Retirees Association we are able to provide assistance to indigent widows in the area with fuel, food and living expenses. The office is supplied and equipped through organizational funding, while being staffed entirely by volunteers.



The RAO is open Monday through Friday from 0900 through 1500 hours however, volunteers sometimes have to be out of the office. We are located in Room 210, Bldg. 653. Please call or e-mail before visiting to make sure a staff member is available when you come to the office. If you are unable to contact the RAO in an emergency, you may contact the Casualty Assistance Representative in the Airman & Family Readiness Center, 226-4735 or from off base, 0176-77-4735. Japanese Nationals requiring assistance, and who have limited English language skills, may contact us and talk with MSgt (Ret) Joseph Roginski, who is bi-lingual. In an emergency, he may be reached at 090-4045-0149 after hours.



**35th FW/CVR (RAO)
 Unit 5009
 APO AP 96319-5009**

**Phone: 011-81-176-77-
 4428/5675
 DSN: (315) 226-4428/5675
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This publication is written, edited and published by the Misawa Air Base Retiree Activities Office for the retired community in northern Japan. The information or comments herein do not necessarily represent the position or opinion of the DOD, USAF or the 35 FW. While every effort has been made to assure the accuracy of the information herein, no absolute guarantee of accuracy or currency can be given nor should be assumed.

WE'RE ON THE WEB!
<http://www.misawarao.com>