

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.

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Happy New Year 2012

NEW IMMIGRATION ACT FOR JAPAN

Those of us living in Japan as resident aliens will see some significant changes to procedures in 2012. A new residency management system will be implemented in July. This change will affect all foreign nationals residing in Japan for the mid to long term. These changes are designed to ensure greater convenience for those foreign nationals and to allow the Ministry of Justice to continuously keep information necessary for managing foreign nationals.

The new system will apply to all foreign nationals residing legally in Japan for the mid to long term with resident status under the Immigration Control Act and, moreover, foreign nationals who do not come under any of the following categories:

1. Stay less than 3 months.
2. Temporary Visitor status.
3. Diplomat/official status.
4. Special perm resident.
5. With no resident status.

The maximum period of stay which previously was 3 years (with the exception of perma-



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おめでとう
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平成24年

nent residents) will be extended to 5 years and a special re-entry system will be introduced that will allow those foreign nationals who wish to exit and re-enter Japan within 1 year to do so without applying for a re-entry permit.

A resident card will be issued to mid to long term residents when granted permission for residence, such as landing permission, permission for change of resident status and permission for extension of stay. All or part of the information printed on the resident card will be recorded in an IC chip embedded for the purpose of preventing the resident cards from being forged or altered. The resident card will have a "valid period". The valid period of the card will be as follows:

- Age 16 years or over - Permanent Resident: 7 Years from date of issue
- Others: Expiration of Stay
- Under 16 years - Permanent Resident: Until 16th birthday

Other than permanent resident:
Expiration of Date of stay or age 16

The period of stay for resident status with an upper limit of 3 years will be extended to 5 years. For example, the period of stay for those foreign nationals who are married to a Japanese national with "Spouse or Child of Japanese National" status is 1 to 3 years under the present system, but a maximum period stay of 5 years will also be available under the new residency management system.

Foreign nationals in possession of a valid passport and resident card who exit and subsequently want to re-enter Japan within 1 year of their departure from Japan will, in principle, not be required to apply for a re-entry permit.

NOTE: Foreign nationals who have exited Japan using special re-entry permission will not be able to extend such permission while abroad. Please note that such foreign nationals will lose their resident status if they fail to re-enter Japan within 1 year of their departure from Japan. If your period stay is set to expire within 1 year of your *(Continued on Page 3)*

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EDITORIAL

FREE HEALTH CARE?

Time and time again, Stars and Stripes hears from readers who say they were promised free medical care for life when they joined the military. The topic usually comes up when there is talk of raising Tricare fees for military retirees.

"I do mind paying more than \$460.00 per year," one reader commented on such a story in January. "I was promised FREE medical and DENTAL for me and my family, for life. So to me any increase is a continuation of the break of a promise that was already broken."

Clearly, these folks feel betrayed, so The Rumor Doctor set out to see if there is any truth to this belief that troops and veterans are entitled to free health care for life.

"The short answer is no," said Peter Graves, a spokesman for the assistant defense secretary for health affairs. "Health care benefits for military members, retirees, and their families are, and have always been, as provided by law, and the law has never promised free health care for life." The law provides free medical care for service members on active duty and their families, Graves said in an email.

Congressional Research Service, which provides analysis for Congress, issued a 2003 report that found veterans were not entitled to free medical care for life, even though they may have been promised exactly that by their recruiters.

Since 1956, veterans and their families can be treated at military medical facilities "subject to the availability of space and facilities and the capabilities of the medical and dental staff," the report found. "They have no right to military health care and the military services have total discretion in when and under what circumstances retirees and their dependents will get care in military treatment facilities," the report said.

Several veterans have taken their claims to court, alleging that recruiters promised them free medical care, but one court ruled that such promises did not constitute a contract, the report said. Moreover, since recruiters do not have the authority to make such promises, there is no way to enforce them, the U.S. Court of Appeals for the Federal Circuit ruled in 2002. The Supreme Court later refused to hear the case, ending the matter.

"The courts, and other analysts, have noted that allowing these claims to create such an obligation would thwart the Constitutional role of Congress (i.e., prevent the Congress from determining the compensation and benefits of the armed forces) and create a situation wherein military personnel/retirees (and potentially all other federal employees) could create or expand their own benefits with popular myth or rumor and without review," the CRS report found.

THE RUMOR DOCTOR'S DIAGNOSIS: The rumor of free medical care for life is false, even though some veterans were promised it by recruiters, who were in no position to make such a promise. As the CRS report makes clear, "Unauthorized promises based on mistakes, fraud, etc. do not constitute a contractual obligation on the part of the government/taxpayer."

SOURCE: Stars & Stripes article at:

<http://www.stripes.com/blogs/the-rumor-doctor/the-rumor-doctor-1.104348/do-veterans-have-a-right-to-free-health-care-for-life-1.161485>

I used this article to remind everyone (myself included) that we are not 'entitled' to health care at our local MTFs. It is available to us because it is our military services' tradition to 'take care of it's own' and our local MTF leadership goes above and beyond quite often to make treatment available to us. However, it is not guaranteed. We are in hard times, and the austerity is causing changes in budget, staffing, technology and consolidation of resources. Our MTFs are gallantly doing their best to uphold the time-honored traditions of caring for retirees and their families in spite of the times. It has happened before, the breaking point where tradition has given way to reality, and although nobody (active or retired) wants to conceive of such, it could happen to us too. It behooves us to make sure that if we want to reside in Japan, that we have medical insurance coverage, either through our jobs, or a private plan, or the Japanese national health insurance program. If you expect all your health needs to be met by our local MTFs, you are living dangerously or in a dream world. Recently a retiree had to go back to the U.S. for long-term care in a VA facility because he did not have any health insurance or long-term care plan. He had to leave his Japanese wife to fend for herself on SSA and an allotment from his retired pay. She died within a year after he left. Don't let that happen to you. -JJR



New Japan Immigration System

(continued from page 1)

departure from Japan, you must be sure to re-enter Japan before the expiration of your period of stay.

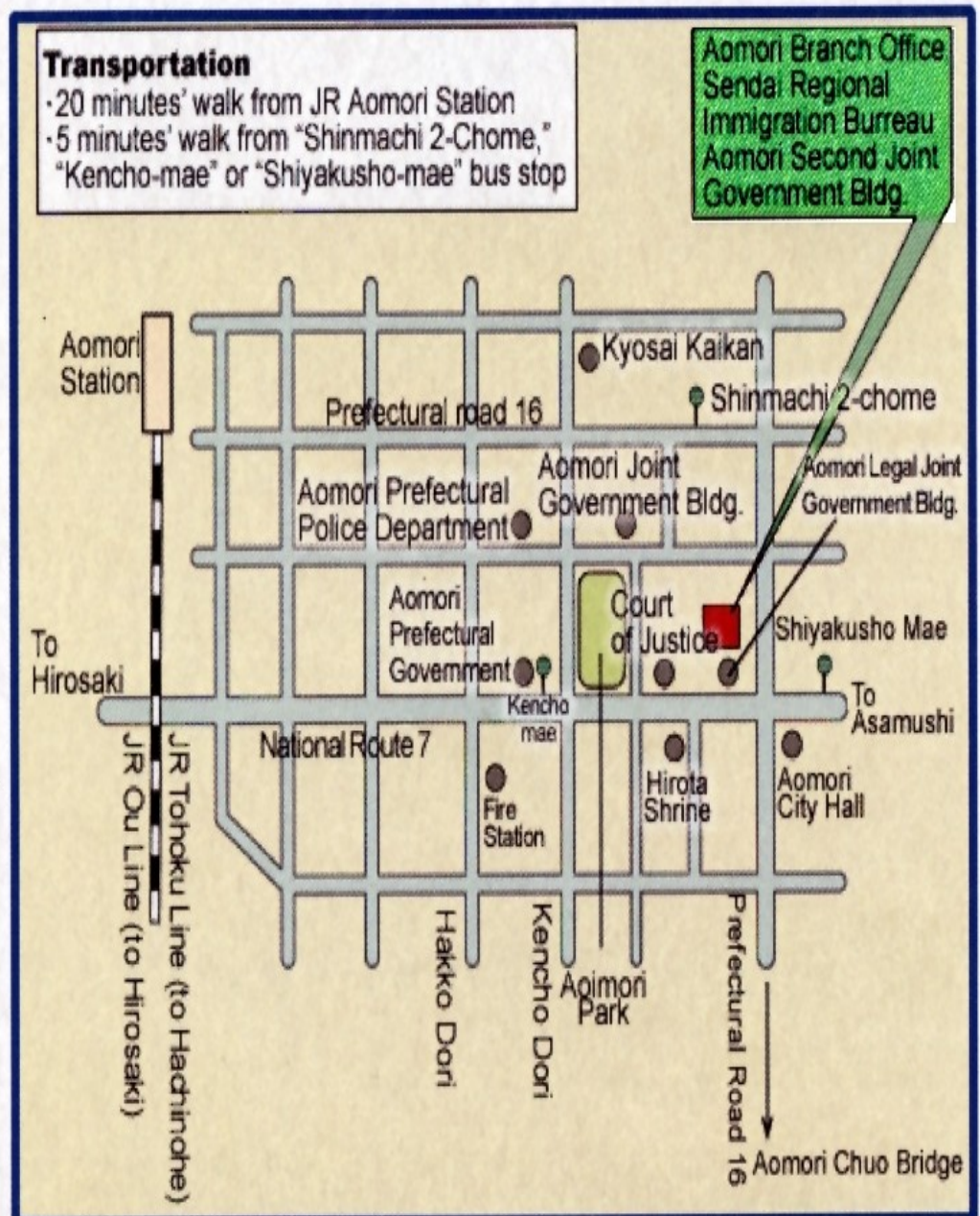
unclear about your status in the new system, please call or stop by. We will help you using the information we have, and we can also call the immigration office for specific clarification and information.
-JJR

When the new residency management system goes into effect, the alien registration system will be abolished. Changes will be made to the method for submitting notifications. If you are registering a new place of residence, notify the office of the city, ward, town or village as usual. If changes have been made to your name, date of birth, sex, nationality or region, notify the nearest regional immigration office. In addition, those foreign nationals with employment or study status, such as "engineer" or "student" who have changed the organization to which they belong or those foreign nationals with "Spouse or Child of Japanese National" or "Dependent" status who have divorced or whose spouse has passed away are required to notify the immigration office.

Moreover, mid to long-term residents are asked to keep their alien registration certificates until a resident card is issued since the alien registration certificate will be deemed for a certain period the equivalent to the resident after the start of the new residency management system.

More information can be had at http://www.immi-moj.go.jp/newimmiact_1/en/index.html.
(CMSgt Ret Tinnirella/Info from MOJ Web Page)

Editor's note-Resident aliens in Tohoku are under administrative control of the Sendai Regional Immigration Office. Residents living in Aomori Prefecture will go to the Aomori Branch Office for service. Maps to the Aomori Branch Office in English and Japanese are on page 3 and 10 respectively. If you have questions about this article or are



Address	Aomori Second Joint Government Bldg., 1-3-5 Nagashima, Aomori City, Aomori
Telephone number	017-777-2939



TRICARE Retiree Dental Program (TRDP)

Eligibility for the TRICARE Retiree Dental Program includes “gray area” retirees, surviving family members and retirees living overseas

The government-authorized TRICARE Retiree Dental Program (TRDP) began in 1998 as a voluntary option that offered basic dental benefits to Uniformed Services retirees and their eligible family members. In 2000—some three years before the first TRDP contract would expire—the TRDP scope of benefits was enhanced to include such comprehensive services as crowns, bridges, full and partial dentures, and orthodontics. In 2003, the second five-year TRDP contract was awarded by the Department of Defense to the incumbent administrator, Delta Dental of California, and included further improvements such as a shorter enrollment commitment and waiting period, increased maximums, and an expanded dentist network.

The TRDP is now in its third year of operations under a new five-year contract that began October 1, 2008 and today provides affordable, comprehensive dental benefits—including dental implant services, coverage for posterior composite fillings, and a \$1,500 lifetime orthodontic maximum—to over 1.2 million covered lives.

Also starting October 1 of 2008, TRDP benefits under the new Enhanced-Overseas Program were expanded to retirees and their eligible family members who reside overseas. Until then, overseas enrollees had to return to the Enhanced TRDP service area to receive dental care. Additionally, the new contract included a provision that now allows Enhanced Program enrollees who live within the service area to be covered for emergency treatment when they are traveling outside the service area.

There are still a large number of eligible individuals—including retirees living overseas, unremarried surviving spouses and children, and “gray-area” retired Reservists and National Guard members—who are unaware of the TRDP or even that they are indeed eligible. Outreach efforts by Delta Dental to promote awareness about the TRDP continue to expand to ensure that as

much of the eligible population as possible is informed of the benefits this affordable group program has to offer.

The TRDP service area includes all 50 states as well as the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the Commonwealth of the Northern Mariana Islands and Canada. Enrollees may seek care from any licensed dentist in this service area or can maximize their benefit savings by choosing a dentist from an expansive participating TRDP network.

After a mandatory 12-month enrollment obligation is satisfied, enrollees can remain in the program on a month-to-month basis. The Basic Program was closed to new enrollees in 2000 but continues with no change in benefits for those already enrolled and who wish to remain enrolled.

The TRDP carries a \$50-per-person-per-year deductible with a family cap of \$150 and an annual maximum of \$1,200 per person (\$1,000 for Basic Program enrollees) against which preventive and diagnostic services are not counted. Coverage for these services as well as for basic restorative services, periodontic services, endodontic services, oral surgery and dental emergencies is available immediately upon the effective date of coverage.

Major services such as crowns, bridges, full and partial dentures, implants and orthodontics, payable at 50 percent, are available to Enhanced TRDP enrollees after a 12-month waiting period. A waiver of this waiting period may be granted to certain individuals who enroll in the TRDP within four months after their retirement and provide supporting documentation.

More information about the TRDP, including how to enroll online, can be found on the TRDP web site at www.trdp.org or by calling Delta Dental toll-free at 888-838-8737.

Manage Your TRICARE Retiree Dental Program benefits and Account Information from anywhere in the world via the new and improved Consumer Toolkit®

The convenient, self-service Consumer Toolkit has long been available to TRI-

CARE Retiree Dental Program (TRDP) enrollees to verify their eligibility, get up-to-date benefits information, find out the amount of their annual maximum and deductible that has been used to date, review processed claims and reimbursements, and even print extra ID cards for family members.

Some new features have been added recently to the Consumer Toolkit that make it an even more dynamic tool, letting TRDP enrollees manage and stay well-informed about every aspect of their dental benefits program, all in one place, 24 hours a day, seven days a week on trdp.org (Current Enrollees section).

New enrollment enhancements made to the toolkit include the ability to do the following:

- Change or update the sponsor’s (primary enrollee’s) address, home or alternate telephone number and email address
- Make minor corrections to the names or birthdates of sponsor, existing spouse or dependent
- Add a spouse or dependent child under age 23
- Re-enroll in the TRDP

New billing features allow enrollees to view their current account balance and billing transaction history, print an account statement, and pay past-due premiums (for either a government allotment or electronic funds transfer account). Enrollees who are billed directly for their TRDP premiums can now make their premium payments via the Consumer Toolkit using a credit card or electronic check, sign up for electronic funds transfer (EFT), and even change EFT account information.

You can log on now to the Consumer Toolkit and begin managing your TRDP account at:

<https://www.ddfgptoolkits.com/ct>. If you are new to the toolkit, you must first register with a username and password before you can begin using all the great features that are available to you. (With TDRP permission)



TRICARE Overseas Editorial and Information

Some of us retirees or our family members have been referred to local civilian hospitals for medical tests or procedures.

“Back in the old days” our local Military Treatment Facility (MTF) was able to pick up the costs of these procedures with discretionary funds. However, as I mentioned in the editorial in this issue, times are getting tough, traditions are falling to practicality, and we now have to pay for our own visits to civilian medical facilities. However, all is not lost.

TRICARE has been in place for years, and with the changes in funding the referrals, so has its relevance changed for us retirees. The TRICARE Standard Overseas Program for retirees is a way for us to recover some of the funds we have expended for these procedures.

First, let me say that the procedures in town, while considerably less costly than the same procedures stateside, are still VERY EXPENSIVE. I recently had a procedure that cost me out of pocket 46,000 yen. That was my share of the cost- 30%. My Japanese Health Insurance picked up the other 70%. Doing the math, if 46,000 yen is 30% of the procedure, then the remaining 70% is 107,333 yen. If I didn't have the insurance, my out of pocket expense would have been 153,334 yen (\$2,044.45 at 75 yen to the dollar).

If you had no insurance at all, you would still have TRICARE, and after filing your claim, you would receive back 75% of that \$2,044.45, which is \$1,533.34 and the remaining 25% \$511.11 is your cost for the procedure. That is because TRICARE requires your other health insurance to pay first and TRICARE is the second payer. If you had the Japanese health insurance, you would have had to pay 25% of the 46,000 yen which is 11,500 yen or \$153.33 at 75 yen to the dollar. \$153.33 is much better than \$511.11, but both are a far sight cheaper than \$2,044.45!

There are other very good health insurance policies offered by some employers. My former employer used AETNA and I had an annual deductible of \$500 and 100% coverage for anything over that. The degree of coverage you want determines the cost of the insurance. That is something you will have to determine yourself. If you are eligible for the Japanese health insurance, I strongly advise you enroll as

the cost is far less than a commercial health insurance plan. The co-pay is more, but when you are backed by TRICARE as the second payer, it is a very reasonable combination.

You do not need a referral for any type of care but some services may require prior authorization. If you go through your MTF, your primary care physician will determine that the MTF does not have the resources to do your procedure in the MTF and will refer you to off-base facilities. You will be given a referral form. When you have your procedure and pay for it, you will get a receipt. Usually the MTF Japanese staff who escorts you to the procedure will help translate it sufficiently to file your claim. You may also get your receipt translated by your Misawa RAO (by appointment please).

Once you have paid for the off-base medical treatment, and you have your referral form and your receipt, you may go to the TRICARE office at the MTF and pick up a claim form or you can download one from TRICARE. We can do that for you at the RAO as well. With your claim form COMPLETELY and PROPERLY filled out, and your referral form and your receipt (MAKE COPIES; KEEP THE ORIGINALS) mail your claim package to the address in the box below. It will take about 6 weeks for your claim to come back. NOTE: Be sure to check off that you want your refund in US Dollars or you will get a check in the currency you used to pay-not good in Japan as you will get charged a large fee for collection and it may take weeks for you to get what is left of the check after the fees are taken.

If you need help with your claim or to make sure it is done correctly, visit your TRICARE office at the MTF or see us at the RAO. -JJR

IS YOUR ID CARD CORRECT?

When you reach age 65, your ID card should be updated. The director of a state-side RAO sent the following reminder in response to a TRICARE editorial in a previous newsletter.

“I'm sure that you are aware that retirees may need a new military ID card when they reach age 65 and that ID card must show, on the reverse side, under Medical "Direct-Yes, and Civilian- Yes". So what we try to do is to make retirees aware that retirees, under TRICARE Prime, Standard, or Extra, for all intent and purposes, their military ID card expires when they reach age 65, as far as TFL is concerned. “

So, for those of us who are 65 or older, it would be a good idea to verify that this information is entered: MEDICAL—Direct: Yes, Civilian: Yes. If it doesn't consider getting your ID updated, or at least carry your Medicare Part B card with you until it gets updated. Also, make sure your DEERS information is up to date.

-JJR

TRICARE For Life Overseas

Eligible beneficiaries living overseas may use TFL as long as they are enrolled in Medicare Part B. Since Medicare does not typically provide health care coverage overseas, TRICARE provides the same TRICARE Standard benefits available to retirees under age 65, and beneficiaries are responsible for the TRICARE Standard cost shares and deductibles.

Services in Military Treatment Facilities

Beneficiaries using TFL may continue to receive care in military treatment facilities on a space-available basis. Under the program TRICARE Plus, they may be allowed to enroll in a military treatment facility for primary care. TRICARE Plus is based on local availability

-TRICARE.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

Retirees will receive same respect, courtesy

In the mid-90s, then-Air Force Chief of Staff Gen. Ronald Fogleman reinforced the practice and belief that retirees receive the same respect and courtesy shown to active-duty Airmen.

He did this by informing active-duty Airmen that retirees will be addressed by their retired grade, except for those retirees who are currently employed by Civil Service while on duty.

Air Force Instruction 36-3106 covers the Air Force's Retiree Activities Program. This instruction states that a retiree's grade will be placed on all official records, and people shall address retirees by their retired grade in official correspondence.

Currently, the AFI calls on all installation commanders to periodically forward guidance to their units and organization about continuing to show military respect to retirees.

-March 2011 *Afterburner*

MILITARY RETIREE WEBSITES: A WEALTH OF INFORMATION

ARMY

www.armyg1.army.mil/rso/
myarmybenefits.us.army.mil/

NAVY

www.cnic.navy.mil/
www.public.navy.mil/bupers-npc/support/retired_activities

AIR FORCE

www.retirees.af.mil/

MARINES

www.marines.mil/

COAST GUARD

www.uscg.mil/ppc/ras/

ALL SERVICES

DFAS

www.dfas.mil/retiredmilitary

TRICARE

www.tricare.mil/retirees/

TRICARE DENTAL

www.trdp.org/

GENERAL INFORMATION AND NEWS

www.militaryonesource.mil/
www.military.com/benefits/retiree/

MILITARY RECORDS

www.archives.gov

For those of you with access to a computer, you can get a lot more up-to-date information as well as specific answers to your questions, just by going to these web-sites. This is not a complete list and we will post more useful sites in successive newsletters. You can come to your Misawa RAO if you want to use our computers to access these sites, update accounts, download forms and statements, etc.

Military Retiree Councils

The Military Retiree Councils provide a link between members of the military retiree community -- retirees, family members and surviving spouses living throughout the world -- and the leaders of their respective military service branches.

Each National Retiree Council is comprised of a board which consists of both senior NCO and Officer retirees. The members represent geographic areas within the continental United States, and at least one at-large representative.

The Retiree Councils meet annually to discuss retiree benefit issues. Upon conclusion of the meeting, they report their findings directly to the appropriate member of their respective service branch. These annual reports reflect the issues of most significance to the retiree community that year.

Note: Instead of issuing an annual report, the Air Force Retiree Council, issues letters to various Air Staff offices requesting support/change/enhancement to specific items of concern. These letters are not normally made available to the public.

These are the National Retiree Councils. Go to <http://www.military.com/benefits/retiree/military-retiree-councilsESRC=retirees.nl> to view their annual reports:

Army Chief of Staff's Retiree Council

Secretary of the Navy's Navy and Marine Corps Retirement Council

Air Force Retiree Council

Coast Guard Commandant's Retiree Council

Source: Military.com

The Retiree Councils of each service regularly poll their respective RAOs for input. If you have a suggestion, problem, or an opinion that you think warrants the attention of a council, please visit or write to your local RAO. We would really appreciate significant and relevant input to our representative council than having to respond with "Nothing to Submit at this RAO". -JJR

The 2012 Presidential Election will be one of the most historic and controversial in the history of our country. Consider that statistically most of us have only a few more presidential elections to vote in. Make this election the one you DO vote in. If you need help in registering, call the RAO and we will get you in the right direction so you can exercise your right to vote.



FOOD FOR THOUGHT

APHORISM: A SHORT, POINTED SENTENCE THAT EXPRESSES A WISE OR CLEVER OBSERVATION OR A GENERAL TRUTH.

1. The nicest thing about the future is . . . That it always starts tomorrow.
2. Money will buy a fine dog, but only kindness will make him wag his tail.
3. If you don't have a sense of humor, you probably don't have any sense at all.
4. Seat belts are not as confining as wheelchairs.
5. A good time to keep your mouth shut is when you're in deep water.
6. How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
7. Business conventions are important. . .because they demonstrate how many people a company can operate without.
8. Why is it that at class reunions you feel younger than everyone else looks?
9. Scratch a cat . . . And you will have a permanent job.
10. No one has more driving ambition than the teenage boy who wants to buy a car.
11. There are no new sins; the old ones just get more publicity.
12. There are worse things than getting a call for a wrong number at 4 a.m. - like, it could be the right number.
13. No one ever says "It's only a game" when their team is winning.
14. I've reached the age where 'happy hour' is a nap.
15. Be careful about reading the fine print. . . there's no way you're going to like it.
16. The trouble with bucket seats is that not everybody has the same size bucket.
17. Do you realize that, in about 40 years, we'll have thousands of old ladies running around with tattoos? (And rap music will be the Golden Oldies!)
18. Money can't buy happiness -- but somehow it's more comfortable to cry in a Cadillac than in a Yugo.
19. After 60, if you don't wake up aching in every joint, you're probably dead.
20. Always be yourself because the people that matter don't mind . . . And the ones that mind don't matter.
21. Life isn't tied with a bow But it's still a gift.

REMEMBER....POLITICIANS AND DIAPERS SHOULD BE CHANGED OFTEN....

....AND FOR THE SAME REASON.

-Author unknown

What if there isn't "anymore"?

One day a woman's husband died, and on that clear, cold morning, in the warmth of their bedroom, the wife was struck with the pain of learning that sometimes there isn't "anymore". No more hugs, no more special moments to celebrate together, no more phone calls just to chat, no more "just one minute."

Sometimes, what we care about the most gets all used up and goes away, never to return before we can say "good-bye", or say "I love you." So while we have it, it's best we love it, care for it, fix it when it's broken and heal it when it's sick. This is true for marriage....and old cars... and children with bad report cards, and dogs with bad hips, and aging parents and grandparents. We keep them because they are worth it, because we are worth it. Some things we keep -- like a best friend who moved away or a sister-in-law after divorce.

There are just some things that make us happy, no matter what. Life is important, like people we know who are special.. and so, we keep them close.

I received this from someone who thought I was a 'keeper'. Now I'm sending it to the people I think of in the same way... It's your turn to send this to all those people who are "keepers" in your life, including the person who sent it, if you feel that way. Suppose one morning you never wake up, do all your friends know you love them?

Let the special persons in your life know you love them. Even if you think they don't love you back. And just in case I'm gone tomorrow: I LOVE YA!!!

Live today because tomorrow is not promised.

(Excerpt of a chain letter, original author unknown)

Grandparents and their Grandkids

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another. "He's just for good luck.."A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

"My Grandparents are funny" said a child, "when they bend over, you hear gas leaks and they blame their dog."

Excerpted from a collection by author unknown

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—September 18, 1947

Japanese Language Pages

日本人の方々のページ

TRICARE (トライケア) は何の保険制度ですか?

TRICAREは米国政府防衛庁(DoD)の米国軍人専用健康保険制度です。この保険は現在軍人とそれらの家族のためだけでなく、米軍定年退職者とそれらの家族のためでもあります。

米軍人にTRICAREは無料ですが定年退職軍人と家族64歳以下であれば現在無料ですが65歳以上の人には有料です。65歳以上の人はTRICAREの利用をつずきたいなら米国政府の高年健康保険制度のMEDICARE(メデケア)のPART B(パートビー)に登録してからTRICAREの利用を継続できます。

海外(米国以外の国)に住んでる人々はMEDICAREを利用はできないけれども、TRICAREの利用はできます。65歳以上の軍人退職者にとってMEDICARE PART B=TRICAREです。

「TRICAREの利用は何が特ですか?」と聞けば、他の保険のカバーしない分「自負担」の分の7.5割を払ってくれる効果があります。

たとえば、つぎの例: 私は64歳の定年退職軍人の妻です。ベースの病院に行ってます。ある担当医が「検査が必要です」と言うわれた。その検査はベースの病院で出来ないから市の病院しかないようで、担当医から紹介書をもって、市立病院で検査を受けました。検査後その場で請求されて医療費を払いました。もし自分の健康保険がなかった場合、TRICAREにCLAIM(クレーム)「払い戻しの申し込み書」を出し、払った分の75パーセントが戻ります。自分の健康保険があった場合、たとえば日本国社会健康保険、その保険が7割をカバーし、自分の負担が3割でした。その3割の分はTRICAREに払い戻しの請求ができます。65歳からの患者はベースの病院の紹介書をもって、検査を受けて払いました。MEDICARE PART Bに入ってるのであれば、自分の負担の分をTRICAREに請求することができます。

ポイントは3つあります:

1. ベースの病院の紹介が必要ないです。遠くでベースの病院を利用出来ない方は多いです。
2. 64歳以下であればTRICAREに自分の負担の分を請求することができます。

誤字や言葉の誤りが沢山あることごめんなさい!
重要な事ですからそのつもりで読んでください。
質問あったらご遠慮なく連絡下さい。

ロジンスキー 局長

3. 65歳以上であれば、MEDICARE PART Bの健康保険に入った場合、TRICAREに自分の負担の分を請求することが出来ます。(MEDICARE PART Bの費用は現在だいたい月一人約100ドル、家族のカバーはもっと安くなります。

このニュースレターの5ページの英語の分は詳しく保険の必要さを打っていました。ベースの病院(MTF-軍用治療施設)は定年退職軍人と家族を受けるのは軍の義務でわないです。あくまでもSPACE AVAILABLE(空席待ち)です。その上に治療能力は限られてます、とくに高齢者のための治療、もちろん長期間の入院も無理です。

日本に移住のリタイヤーの軍人の日本の家族等は普通日本の健康保険に入ってるから、かなりカバーされてます。そして介護保険にも入ってます。問題はそのリタイヤーの軍人が何の保険に入ってるのでしょうか? 個人の保険? 日本の保険? 勤めているの場合、会社の保険? それとも何もないですか?

昨年、ある定年退職軍人と日本人の奥さんがいた。彼はかなり高齢でしたし、重い病気もあつた。彼は日本の保険に入ってなかった。自分の保険もなかった。介護保険もなかった。自分のめんどろを見る事が出来ないほど病気がすすんだ。ベースの病院に何回も入院しましたがベースは最後「うちは介護の施設ではないです」とことわって、彼はしかつたがなくアメリカの退職軍人の介護施設に入るため奥さんを置いてアメリカに帰りました。その奥さんもあまり健康ではなかつたので彼の介護も出来ない状態でした。彼がアメリカへ帰つた数ヶ月後、奥さんは亡くなりました。

彼は御葬式も参加できず、家の事のかたづけも出来ず、家がボロボロ、売ることもできない、奥さんの御墓も低利管理も出来ない。。。なんてかなしい事。。。

結論: 米軍定年退職者は保険と財産なしでベースの病院だけに頼るつもりならば、日本に住むのは大きい無責任です。



Japanese Language Pages 日本人の方々のペー

外国人の皆さんへ2012年7月9日（月）から新しい 在留管理制度がスタート！

新しい在留管理制度はどういう制度なの？

- ポイント1 「在留カード」が交付されます
- ポイント2 在留期間が最長5年になります
- ポイント3 再入国許可の制度が変わります
- ポイント4 外国人登録制度が廃止されます

新しい在留管理制度の対象となるのは、入管法上の在留資格をもって我が国に中長期間在留する外国人（以下「中長期在留者」といいます。）で、具体的には次の①～⑥のいずれにもあてはまらない人です。

- ① 「3ヶ月」以下の在留期間が決定された人
- ② 「短期滞在」の在留資格が決定された人
- ③ 「外交」又は「公用」の在留資格が決定された人
- ④ ①から③の外国人に準じるものとして法務省令で定める人（注1）
- ⑤ 特別永住者
- ⑥ 在留資格を有しない人（注2）

この制度の対象となる中長期在留者は、例えば、日本人と結婚している方や日系人の方（在留資格が「日本人の配偶者等」や「定住者」）、企業等にお勤めの方（在留資格が「技術」や「人文知識・国際業務」など）、技能実習生、留学生や永住者の方であり、観光目的で我が国に短期間滞在する方は対象となりません。

（注1）法務省令には、「特定活動」の在留資格が決定された、亜東関係協会の本邦の事務所若しくは駐日パレスチナ総代表部の職員又はその家族の方が定められています。

（注2）外国人登録制度においては、不法滞在者についても登録の対象となっていました。新しい在留管理制度においては対象とはなりません。不法滞在の状態にある外国人の方は、速やかに最寄りの入国管理官署に出頭して手続きを受けてください。なお、詳しくは、入国管理局ホームページに掲載している「出頭申告のご案内～不法滞在中で悩んでいる外国人の方へ～」

http://www.moj.go.jp/nyuukokukanri/kouhou/nyukan_nyukan87.html

を御覧ください。

ポイント1 「在留カード」が交付されます 在留カードは、中長期在留者に対し、上陸許可や、在留資格の変更許可、在留期間の更新許可などの在留に係る許可に伴って交付されるものです。

※ 在留カードには偽変造防止のためのICチップが搭載されており、カード面に記載された事項の全部又は一部が記録されます

ポイント2 在留期間が最長5年になります 在留期間の上限が最長「5年」となったことにより、各在留資格に伴う在留期間が次のように追加されます。

ポイント3 再入国許可の制度が変わります

■ 「みなし再入国許可」の制度が導入されます。有効な旅券及び在留カードを所持する外国人（注1）の方が、出国する際、出国後1年以内（注2）に本邦での活動を継続するために再入国する場合は、原則として再入国許可を受ける必要がなくなります（この制度を「みなし再入国許可」といいます。）。

出国する際に、必ず在留カードを提示してください。

みなし再入国許可により出国した方は、その有効期間を海外で延長することはできません。出国後1年以内（注2）に再入国しないと在留資格が失われることとなりますので、注意してください。

（注1）「在留カードを後日交付する」旨の記載がなされた旅券や、在留カードとみなされる外国人登録証明書を所持する場合にも、みなし再入国許可制度の対象となります。

Japanese Language Page

日本人の方々のページ

(注2) 在留期限が出国後1年未満に到来する場合は、その在留期限までに再入国してください。
次の方は、みなし再入国許可制度の対象となりません

- 在留資格取消手続中の者
- 出国確認の留保対象者
- 収容令書の発付を受けている者
- 難民認定申請中の「特定活動」の在留資格をもって在留する者
- 日本国の利益又は公安を害するおそれがあること その他の出入国の公正な管理のため再入国の許可を要すると認めるに足りる相当の理由があるとして法務大臣が認定する者

■ 再入国許可の有効期間の上限が「5年」となります。施行日後（2012年7月9日以降）に許可される再入国許可は、有効期間の上限が「3年」から「5年」に延長されます。

ポイント4 外国人登録制度が廃止されます 新しい在留管理制度の導入により、外国人登録制度は廃止されます。

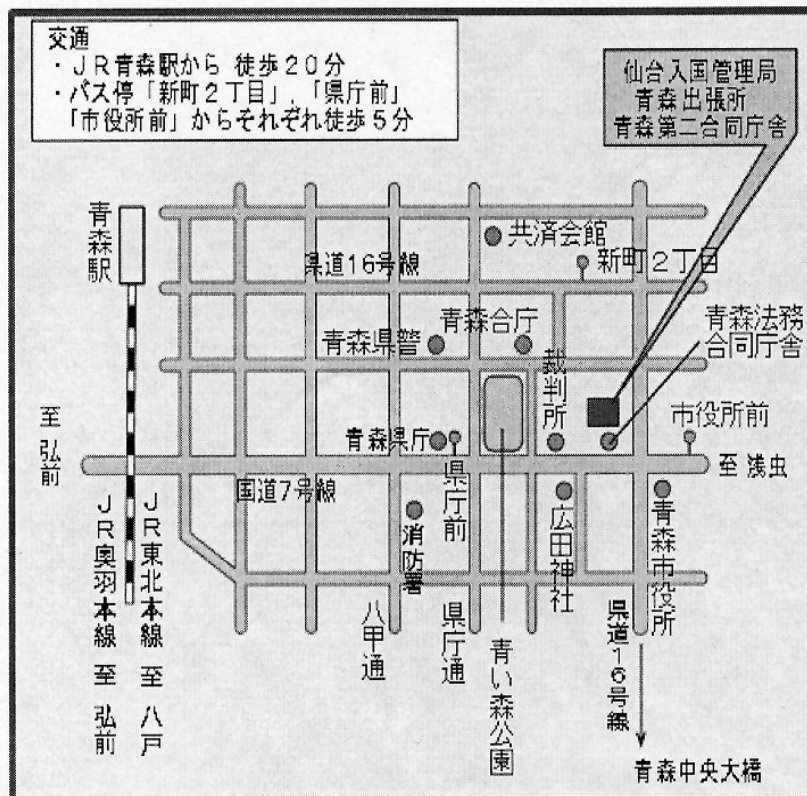
■ 中長期在留者が所持する「外国人登録証明書」は、一定の期間「在留カード」とみなされます
中長期在留者が所持する「外国人登録証明書」については、新しい在留管理制度の導入後、地方入国管理官署での手続や市区町村での住居地関係の手続においては、一定の期間「在留カード」とみなされますので、在留カードが交付されるまで引き続き所持してください。中長期在留者は、地方入国管理官署における新たな在留カードの交付を伴う各種届出・申請の際に、在留カードに切り替えていただくこととなるほか、地方入国管理官署で希望していただければ切り替えることができます。「外国人登録証明書」が在留カードとみなされる期間施行日（2012年（平成24年）7月9日）の時点において外国人の方が有する在留資格及びその年齢により、外国人登録証明書が在留カードとみなされる期間は次のようになります。その期間が外国人登録証明書に記載されている次回確認申請期間よりも短い場合がありますのでご注意ください。

住居地以外の（変更）届出

地方入国管理官署において、次の届出・申請をしていただく際には、旅券、写真及び在留カードを持参してください。原則として、届出・申請がなされた日に、新しい在留カードが交付されます。

資料元は：

<http://www.immi-moj.go.jp/>



所在地	青森県青森市長島1-3-5青森第二合同庁舎
電話番号・FAX	017-777-2939 017-777-2963(FAX)



Still Serving!



COMMUNITY

13th Annual Misawa City Ice Festival

You and your family are invited to attend the 13th Annual Misawa City Ice Festival. Held on 10 Mar at the Misawa Ice Arena, this event is great for kids. In addition, it's a fantastic way for you and your children to experience Japanese culture. Also, for young-at-heart folks and those who don't have kids, this event is still a blast. Sign-up is not required prior to the day's festivities.

The morning's itinerary is:

- 0830-0910 registration, team build-up
- 0915-0925 opening ceremony
- 0930-0935 stretch, warm-up
- 0940-1010 bowling on ice
- 1015-1050 ball dribble relay
- 1055-1120 rubber-tube sled relay
- 1125-1145 tug-of-war on ice
- 1150-1200 closing ceremony

AMERICAN DAY IS COMING

American Day is scheduled for Sunday, June 3rd this year. Volunteers will be needed. Here is a chance to contribute to our community with no stress on the wallet. Contact the RAO for info.

MMRA Notes

1. Membership dues are \$20 a year. If you have not paid your dues for 2012, please call the RAO or e-mail the RAO and talk to Tony Watkins. Tony will arrange to collect your dues and record it in the financial report.
We will provide a dues mail-in payment form in the next issue of the RAO newsletter.
2. Donations to the Misawa Military Retirees' Association are greatly appreciated. Dues and donations are used for operations of the organization, charitable activities, community activities, assistance grants, and assistance in the case of death in the family.
3. The constitution has been reviewed by the private organization monitor and now must be recertified by the membership. More information forthcoming.

The Misawa Military Retirees Association (MMRA) meets bi-monthly on the first Tuesday, of even months, at 1700 hours, in the Tohoku Enlisted 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 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 at the Tohoku Enlisted club Gray Room at 1700 hours.

7 February 2012

3 April 2012

5 June 2012

7 August 2012

2 October 2012

4 December 2012



