

Retiree Activities Office

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# 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.

## Japan's Revised Immigration Laws Go Into Effect

Japan revised its immigration and residence control laws about three years ago with the intent of making them effective in July 2012.

Military retirees who are permanent residents in Japan under the sponsorship of their Japanese spouse, family or employer are affected. Retirees who work on a base under the Status of Forces Agreement (SOFA) are not affected. If you currently have an alien registration card and the new system of residence management applies to you, your current alien registration card will be your residence card until it expires or for three years, whichever is sooner. As before, you are required to carry your alien registration card with you at all times. Retirees under the SOFA must be able to produce their passport on demand.

Resident aliens who are applying for the first time and those who are applying for renewal will be issued the new alien registration card. The card contains a chip (similar to the CAC card) that contains specific information.

Per the Government of Japan Immigration Office website ([www.immi-moj.go.jp/english/newimmiact](http://www.immi-moj.go.jp/english/newimmiact)) "the new Immigration Control Act residence card will be issued to foreign nationals who are staying in Japan for a medium to long term in addition to the landing permission, permission for

change of status of residence, permission for extension of the period of stay, etc. Information such as the name, date of birth, sex, status of residence and existence or absence of a working permit will be included on the residence card along with a photograph."

When you finally do get your new alien registration card, it will have a photograph and the following information imprinted and also encoded on the chip:

1. Full name, date of birth, sex, nationality;
2. Residence address in Japan;
3. Status of residence, period of stay and expiration date.
4. Permission (visa) type and effective date;
5. Residence card serial number, dates of issue and expiration;
6. Existence or absence of a working permit;
7. Existence of any permission to engage in an activity other than those permitted under the status of residence.

The government site also states that "although you may do so if you so wish, you are not required to replace your alien registration certificate with a new residence card upon the introduction of the new system of residence management. If you are a person to whom the new system of residence management applies and you possess a valid alien registration certificate as of the effective date of the amended law your alien registration certificate will for the present

time be deemed to be your residence card."

The immigration office makes a distinction between "medium to long-term residents" and "permanent residents." The "medium to long-term" resident aliens are persons who have a resident visa that must be renewed in a specific time, such as 6-months, 1 year, 3 years or 5 years. Those who are "permanent residents" are those who have already established a permanent resident alien registration with no renewal required. If you have already established a 'permanent resident alien' status, then you must apply for the new alien registration card within three years of the enactment of the new immigration rules, or in other words, no later than June of 2015.

Retirees who are resident aliens in Japan should receive a letter from your city hall informing you that a resident record has been established in accordance with the new immigration rules. It will have a print-out of your information that will be on record in the city hall. That information will be approximately the same as that on a standard "certificate of residence (JUUMIN-HYO)". When you receive that letter, verify the information and notify the city hall of any needed corrections. -JJR

**(Related article by Retired Chief Tinnirella on page 6.)**

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NOTE: At the time of this draft (June 2012), the leadership of the 35FW were General Rothstein (CC) and Col Wimmer (CV). Due to various factors that delayed publication, our CV is now Col Michael Dana, and our new CC will be on the next issue cover. -JJR

## EDITORIALS

### YOUR RAO STAFF



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**CMSgt (Ret) Dave Barton**  
**DEPUTY DIRECTOR**



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**Watkins**  
**STAFF**

## A Right or a Privilege?

### WHY SHOULD WE VOTE????

Political analysts say the next presidential election will be crucial to determining our nation's direction in all aspects of its political and social makeup.

We'll select leaders for all levels of our society from the local governments to the nation's president and many of us will have a chance to have our opinions counted in various referendums.

Regardless of your political and ideological stance, right, center, or the left side of the aisle, you have the right to make your wishes known through the ballot box.

Our tradition of freedom of speech, religion, and the right to voice our opinions stems from way before our war of independence from England. Indeed, these ideals began to be manifest in England (Magna Carta) and other countries in Europe well before the American Revolution, as the people of England began to secure their rights by establishing their parliamentary form of government.

The founders of our country, the citizens of the new United States of America, were determined to secure the right to self-determination and those basic freedoms that we have codified in our Constitution and the Bill of Rights. They were hard-earned, paid for with the blood of many, both friend and foe, and we recognize and commemorate their sacrifices made to establish and maintain these rights over the years.

We are witnessing events world-wide, the Arab Spring-Tunisia, Libya, Egypt, Syria and others as peoples of those countries struggle to gain the rights and freedoms that we often take for granted. We witness the jubilation of citizens as they cast their ballots for the first time in their lives. Voting for them is/was a privilege more than a right.

While watching these people rejoice as they use their hard-earned rights to cast a ballot, I wonder if the colonial Americans voted with the same fervor. I am sure they did.

As our election day nears, try to visualize the efforts, the sacrifices, and the joy our founders made as they achieved those rights for themselves and their progeny. Indeed, we owe them and every person who has put their life on the line to protect those rights. Truly, we owe them a great debt...and the only way we can pay them back...is to VOTE. There are billions of people who cannot vote and would consider it a great privilege.

### ELECTION 2012

The 2012 Presidential and Congressional elections are fast approaching and once again veterans are in the spotlight. Recent poll information shows that **veterans are a strong voting bloc** and make up about 13% of the U.S. population. Candidates for the Presidency, the House, and the Senate know this and are crisscrossing the country with their messages at Town Hall Meetings and other veteran-related forums. Attending these meetings is important to finding out where the candidates stand on the priority goals of member organizations of The Military Coalition, 34 organizations representing 5.5+ million active, reserve and retired service members and their families. It is time to ask the tough questions about what the candidates are going to do for veterans, service members and their families, (*as well as for our country*) if they are elected or re-elected.

One factor in deciding who to support in the upcoming elections is to know how current legislators voted on veterans' legislation that passed their respective chambers. At <http://capwiz.com/vfw/keyvotes.xc/> can be found a roll call registry to determine this. As in the past, several votes were taken by unanimous consent/voice vote, so individual votes were not recorded and do not appear in the roll call registry (*so uncertainty about a candidate's stand may require more research and determine how you formulate questions to be asked in a meeting or forum*). In addition, a number of important veteran-related bills have been introduced and are awaiting committee action.

One list of such bills can be found at <http://capwiz.com/vfw/issues/bills/>. Reviewing this list prior to attending Town Hall Meetings and other veteran-related forums could be useful in forming questions to the candidates on how they support or would vote on these issues. For information on hosting or attending a Town Hall Meeting, or registering to vote, take a look at VFW's veterans vote brochure at <http://www.vfw.org/uploadedFiles/Veterans%20Vote%20Brochure.pdf>. For a state-by-state election guide, go to [http://vfw.capwiz.com/election/register\\_vote](http://vfw.capwiz.com/election/register_vote). And for a copy of VFWs, go to [http://www.vfw.org/uploadedFiles/VFW.org/VFW\\_in\\_DC/2012%20Priority%20Goals%20Brochure.pdf](http://www.vfw.org/uploadedFiles/VFW.org/VFW_in_DC/2012%20Priority%20Goals%20Brochure.pdf). [VFW Washington Weekly 8 Jun 2012 ++] (Courtesy of RAO Baguio) (comments in bold or italics are mine -JJR)

—JJR



## COMMENTARY

### Lifetime Military Healthcare?

*[The below article is a synopsis of a Baguio RAO Bulletin 15 May 2012. Our SRAO Staff contacted Senator Graham's Washington Office (202-224-5972) on May 23, 2012 and received confirmation that Senator Graham's comments were as noted in the below article.]*

Senator Lindsey Graham, the ranking Republican member of the House armed services subcommittee on military personnel, was asked on 25 APR 2012 if he was sympathetic to the view that imposing an annual enrollment fee on elderly beneficiaries using Tri-care for Life would break faith with a generation promised free lifetime military health care. His response was "I don't believe anybody was promised free lifetime medical care. That's a popular myth," Graham said. "I think we have an obligation to the retired force to be generous and to be compassionate to help recruiting and retention.

But, you know, there was never any contract with anybody that, for the rest of your life, you will get free medical care. That's not part of the deal and was never part of the deal." If you'd like to help Senator Graham understand just what was promised to you, you can call his Washington office at 202-224-5972. You can also call one of his district offices in South Carolina at: 864-250-1417; or 843-849-3887; or 803-933-0112; or 843-669-1505; or 803-366-2828; or 864-646 -4090. It appears he was not aware of nor could his staff locate and advise him of the below documents going back as far as 1962:

- *ARMY RECRUITING BROCHURE, "Superb Health Care (RPI 909, November 1991 USGPO 1992 643-711)*
- *LIFE in the Marine Corps, p. 36*
- *Guide for Educators and Advisors of Student Marines, p. 35.*
- *Navy Guide for Retired Personnel and Their Families, p. 51 (NAVPERS 15891D November 1974)*
- *The Bluejackets Manual, p 257 (1969)*
- *Air Force Preretirement Counseling Guide Chapter 5 Medical Care 5-2f (1 April 1986)*
- *Air Force Guide for Retired Personal, Chapter 1 (1 April 1962).*
- *United States Coast Guard Career Information Guide, USGPO (1991).*
- *U.S. Coast Guard Pamphlet - Be Part of the action (1993).*
- *Hearings on CHAMPUS and Military Health Care, HASC No. 93-70, 93rd (Oct-Nov 1974).*

The promise of free medical care for life for serving 20 or more years in the military was put to bed on February 8, 2001 and November 18, 2002 by the United States Court of Appeals for the Federal Circuit, as follows:

- *February 8, 2001 ruling [Refer to: <http://mrgrg-ms.org/d99-1402.html#conclusion> ]*
- *November 18, 2002 - IV. Conclusion:[Refer to: <http://mrgrg-ms.org/f99-1402.html#conclusion> ]*

The current situation is pretty well summed up in the comments of Colonel Bill Kohnke, USAFR (Ret) who remarked, **The sin of omission**: Congress never wrote a law saying we'd get free healthcare for life, but they always funded it, which was tacit admission of their original intent. We took it as blind faith this policy would endure. Indeed, many assumed it had been the law for decades. The promises were in fact made by military leaders, recruiters, and advertisements. They were operating in good faith, and no one intended to deceive us. But as with any contract, one must read the fine print, which in this case would have meant consulting a student of constitutional law. In the end it probably wouldn't have mattered if Congress had ever codified the policy as a permanent entitlement, for that which Congress makes, it can unmake. Such is the authority granted them by our Constitution. So what are our options? We can petition Congress to pass an amendment to the Constitution guaranteeing our contract, but that idea is surely D.O.A. We can ask Congress to create a law guaranteeing our earned entitlements, but that can be repealed by a later penny-pinching Congress. We can appeal to the court of public opinion, which is really only sympathetic to our cause when 'the band begins to play'. Or we can **continue to lobby Congress and fight DoD every day, and VOTE!** *[Source: Veterans Advocate Floyd Sears 30 Apr 2012]*

**This article was reprinted on invitation of the editor of the O'Hare/Arlington Heights SRAO Summer Newsletter. -JJR**

### MEDICAL INFORMATION

At <http://www.nlm.nih.gov/medlineplus/tutorial.html> can be found interactive health tutorials from the Patient Education Institute. There you can learn about the symptoms, diagnosis and treatment for a variety of diseases and conditions and also about surgeries, prevention and wellness. Each tutorial includes animated graphics, audio and easy-to-read language. There is a search engine for obtaining information on conditions not listed in the main menu.

*[Source: NCPOA Don Haribine message 7 Jan 2011]*

**This article was reprinted on invitation of the editor of the O'Hare/Arlington Heights SRAO Summer Newsletter. -JJR**



## TRICARE Overseas Program Information

### Three-Year Claims Filing for Care Received Overseas

TRICARE recently extended the period in which TRICARE Overseas Program (TOP) claims can be submitted from one year to three years. Overseas claims now must be filed within three years of the date of service or within three years of the date of inpatient discharge. Additionally, claims for separately billed professional charges incurred during an inpatient admission must be submitted within three years of the date the service was received, even if that date is before the date you were discharged. The policy change applies to all beneficiary categories.

If services are provided by a TRICARE network provider, the provider will file the claim. If services are provided by a TRICARE non-network provider, that provider is not required to submit the claim, but may do so voluntarily. The beneficiary is responsible for ensuring all claims are filed and proof of payment is provided.

**Note:** This policy change applies **only** to care received **outside of the United States and U.S. territories (American Samoa, Guam, the Northern Mariana Islands, Puerto Rico and the U.S. Virgin Islands)**. For care received in the United States and U.S. territories, claims must be filed within **one year** of service or the date of inpatient discharge. (TRICARE Health Matters Newsletter, Issue 2-2012)



### TRICARE Overseas Proof-of-Payment Requirements

Starting Sept. 1, 2012, all beneficiary-submitted claims must include proof of payment. Proof of payment, along with the *TRICARE DoD/CHAMPUS Medical Claim—Patient's Request for Medical Payment (DD Form 2642)*, should be submitted to the TRICARE Overseas Program (TOP) claims processor. Proof of payment helps TRICARE validate claims and safeguard benefit dollars.

When submitting your *DD Form 2642*, include an itemized bill or invoice, or a diagnosis describing why you received medical care and/or an explanation of benefits from your other health insurance, if applicable. A canceled check or credit card receipt showing payment for medical supplies or services often satisfies the proof-of-payment requirement. If you paid for care or supplies in cash, TRICARE may ask for proof of cash withdrawal from your bank or credit union along with a receipt from your provider. To ensure the accurate and timely processing of your claim, it is recommended that you write at the top of the *DD Form 2642* if payment was made directly to the provider.

**Note:** After you have submitted the documents listed, the TOP claims processor may ask for additional documentation. If you have questions regarding proof-of-payment requests, claims submissions or the status of a submitted claim, please call your TOP Regional Call Center and select option 2 for claims assistance. (TRICARE Health Matters Newsletter, Issue 2-2012)

The Misawa Retiree Activities Office

### TRICARE Overseas Program Referral and Authorization Notification Feature: Keep Your E-mail Address Up to Date!

Beneficiary referral and authorization notifications from International SOS Assistance, Inc. can now be sent via e-mail. Please ensure your most recent e-mail address is updated in the Defense Enrollment Eligibility Reporting System (DEERS)

(TRICARE Health Matters Newsletter, Issue 2-2012).

### We Need Your Help!

Recently our military e-mail system was revamped with new addresses as part of a major technical upgrade.

We are trying our best to update our mailing list. If your government e-mail address has changed, please send us an e-mail (from your government computer, please) so we can update our listing.

Also, there are many e-mails being returned from personal e-mail addresses. To further complicate the issue, some civilian servers are rejecting e-mails from government computers. If you have e-mail accounts with a public provider (Yahoo, G-mail, Hotmail, etc) please give those addresses to us so that if a message gets rejected by your office or home server, we can still get the word out to you.

Along these lines, please let us know your phone numbers (cell and land-line) and current address. It would not hurt to just send us your current Japanese address so we can update or correct our listings. Returned snail mail is also becoming more common.

-Your RAO

### 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



## TRICARE Retiree Dental Program

### TRICARE Management Activity Welcomes MetLife to the TRICARE Dental Program

The TRICARE Dental Program (TDP) provides comprehensive dental care for more than 2 million enrollees worldwide including active duty family members (ADFM), members of the National Guard and Reserve and their eligible family members. Since May 1, 2012, MetLife has been administering the premium-based TDP benefit and managing enrollment, claims processing and customer service.

#### Changes to Your Benefit

The new contract with MetLife provides some changes to the benefit that include the following:

Coverage of tooth-colored/white fillings on back teeth

An increased annual maximum benefit from \$1,200 to \$1,300 per enrollee

An increase in the orthodontic lifetime maximum from \$1,500 to \$1,750 per enrollee

\$1,200 per year for services related to dental treatment due to an accident

No cost-shares for scaling and root planing (deep cleaning) for diabetics

The benefit year under MetLife will run from May 1 to April 30 (annual maximums)

Lower premiums for each enrollee category; for specific cost information, please visit [www.tricare.mil/costs](http://www.tricare.mil/costs)

#### Paying TDP Premiums

Paying TDP premiums is simple and convenient. If the sponsor has a military payroll account, and if sufficient funds are available, the sponsor's share of the premium will be collected through a Uniformed Services Finance Center and transmitted to MetLife. This method is only available to sponsors of ADFMs and to National Guard and Reserve sponsors.

If MetLife is unable to obtain the requested premium payment from a military payroll account, the sponsor will be billed directly. Directly billed payments can be made through electronic funds transfer, which is an automatic deduction through your bank account or credit card. Other options include mailing payments directly to MetLife or making payments by phone.

#### Getting Care

The CONUS service area under TDP includes the 50 United States, the District

of Columbia, Puerto Rico, Guam and the U.S. Virgin Islands. TDP beneficiaries residing in the OCONUS service area (Canada, all other countries, island masses and territorial waters; as well as civilian ships or vessels outside the territorial waters of the CONUS service area, regardless of the dentist's office address) may visit any OCONUS dentist to receive dental care. However, it may be more convenient to visit a TRICARE OCONUS Preferred Dentist (TOPD). TOPDs will not require you to pay their full charge at the time of service, and will only require the applicable cost-share, if any. Once services are performed, TOPDs will complete and submit claims on your behalf.

TOPDs may not be available in all locations, but you are encouraged to use them for all care, including orthodontics, where available. You are not required to use a TOPD, but, if you see a non-TOPD, you may be required to pay up front for services before you receive care. You may also be required to submit your own claims and other required documentation. **Note:** In the Philippines, beneficiaries are required to receive care from certified dental providers.

#### Visit the TDP Website

For general information, visit [www.tricare.mil/tdp](http://www.tricare.mil/tdp). MetLife's website at <https://mybenefits.metlife.com/tricare> allows enrolled members to:

View plan details

Check a claim and Claim History

View explanation of benefits

Access tools and resources

Use the "Find a Dentist" feature

File a grievance online

Once signed in, you can access frequently asked questions, oral health information, commonly used documents, the *TDP Benefit Booklet* and other materials.

#### DS Logon Required to Sign In

For the most secure and convenient authentication, MetLife requires users to use a Department of Defense Self-Service Logon (DS Logon) to access the website. For more information, visit:

[www.dmdc.osd.mil/identitymanagement](http://www.dmdc.osd.mil/identitymanagement).

#### Changes To Your Coverage

If you would like to enroll in the TDP, or if you are enrolled and your family's coverage needs to change, log on to the Beneficiary Web Enrollment (BWE) portal, which can be accessed at [www.tricare.mil/bwe](http://www.tricare.mil/bwe), to

update your information. The BWE allows you to:

Enroll in the TDP

Cancel enrollment

Add/Remove a dependent

For more information about the TDP, visit [www.tricare.mil/tdp](http://www.tricare.mil/tdp) or <https://mybenefits.metlife.com/tricare>. You may also contact MetLife Customer Service at 1-855-MET-TDP2 (1-855-638-8372) (OCONUS) for assistance. For overseas calling instructions, visit <https://mybenefits.metlife.com/tricare>, click on "Booklet & Forms" and then select "AT&T Country Code."

To locate a CONUS or OCONUS dentist, please visit:

<https://mybenefits.metlife.com/tricare>.

(TRICARE Overseas Newsletter Issue 2-2012)

### TRICARE Retiree Dental Program Update

The TRDP offers enrollees an expansive list of participating dentists in over 170,000 locations nationwide. See the listing at (<http://www.tdrpnetwork.org/>). These dentists have an agreement with Delta Dental to provide dental care to TRDP patients at significantly reduced fees that can save enrollees like yourself an average of 22% on your copayments and help stretch your annual maximum so that more is available for additional services. If your current dentist is not a member of either of the two networks that comprise the TRDP participating dentist network (Delta Dental Legion and Delta Dental PPO/DPO networks), you have the option to select a TRDP participating dentist from the list available on the TRDP website. And if your current dentist is a participating TRDP network dentist but you still want to change, you have many more participating dentists to choose from so that you can continue to maximize your cost savings and get the most value possible from the TRDP.

For more information about choosing a dentist for your TRDP dental care, refer to the "Selecting Your Dentist" section of the online Benefits Booklet and learn how the TRDP helps you save the most money on your dental care! Go to <http://www.tdrp.org/> under "Current Enrollees" and to "Benefits Booklet." (From: Delta Dental of California, TRICARE Retiree Dental Program Newsletter, dated 6/15/2012.)

## New Alien Registration System Begins

Effective 9 July, 2012, the new immigration registration system began for foreigners living in Japan. Under the old procedures, individuals with a period of stay of more than ninety days were required to register and obtain their alien registration certificates from the local city/town office. Unfortunately under this system quite a few foreigners were able to illegally obtain registration cards. With these new procedures, the Justice Ministry issues the resident card for foreign residents granted a status of residence of more than three months with a few exceptions (i.e. diplomats, etc.). The card contains the name, nationality, date of birth and address of the card holder. The period of stay has been extended to five years from three years. Also, people leaving Japan will not be required in principle to obtain re-entry permits if they have a passport, a resident card, and return to Japan within a year or before their period of stay expires.

If you were currently registered under the old system you may have also received a draft copy of your new certificate of residence from your local municipality in conjunction with the conversion to the new system. Carefully review the information on this draft residence certificate and if you find any error, take the form to your local city hall for correction to the final registry. Foreigners with a resident card are included in the national resident registry and will be able to obtain a copy of their certificate of residence from their local municipality.

Those who are in Japan illegally will not be included in the local registry which will prevent them from obtaining services, i.e. education services and medical assistance. The new system is designed to reduce the number of illegal foreign residents and also will be more convenient for bona fide residents. More info is on-line at [http://www.immimoj.go.jp/newimmiaact\\_1/en/index.html](http://www.immimoj.go.jp/newimmiaact_1/en/index.html). You may also check with your local Justice Ministry office for more information on obtaining a new card. The nearest office to Misawa is in Aomori City and can be reached at 017-777-2939. As always you may also contact the RAO for assistance. NOTE: Since the implementation on the 9th of July, reports of considerable delays being experienced in the issuance of new cards due to computer problems. Therefore, you should exercise patience when you visit the immigration office.

-CMSgt (Ret) Tinnirella

## OUR COMMUNITY

### RETIREE APPRECIATION DAY DATE IS SET

This year's 12th Annual Retiree Appreciation Day has been set in coordination with the AAFES "Still Serving" celebration. The AAFES celebration will be over the weekend of 5-7 October and the Retiree Appreciation Day is scheduled for Saturday, October 6th.

As in the past, there will be a breakfast at 0800 with the commander or vice-commander in the Officer's Club ballroom followed by the cake-cutting and celebration in the AAFES foyer from 1000 to 1200.

Specific planning for this year's celebration began with a meeting with the AAFES and DECA management teams, along with letters to the various units that have supported this event in past years. The Support Group and Support Squadron and the Medical Group have pledged full participation for the success of the event. Additionally, this year Navy Federal Credit Union is contributing \$200 in prizes for the drawing.

Both AAFES and DECA have promised that this year's event will be bigger and better with improvements based on the suggestions of retirees and members and the innovative spirit of the AAFES and DECA managers.

Specific details of this year's Retiree Appreciation Day will be sent out in e-mails as they become available.

As in past years, we are inviting widows and widowers of deceased and retired U.S. service members to attend this celebration. Overnight accommodations for Friday night are available for those who come from a distance.

Please contact the RAO for more information.

### OFFERS OF HELP FROM EVERY CORNER...

Recently, TSgt Sean Thomas of the 610th ACF, visited our office to tell us that he represented a Misawa AB organization called The Warrior Brotherhood. TSgt Thomas said his organization would provide assistance to any retiree who needed help with cutting the grass, shopping, or any small chores that the retiree needed to get done. The Warrior Brotherhood is willing and ready to help elderly retirees and widows of retirees who need assistance for these trivial but physically demanding household chores.

You may contact them at the numbers listed below for more info.

#### Warrior Brotherhood Contact Numbers:

**TSgt Sean Thomas**  
HP 616-2737, DP 226-9229

**MSgt Jason Fosco**  
DP 226-9340

(Note: Calling from off-base, the numbers would be 66-2737 and 77-9229, and 77-9340)

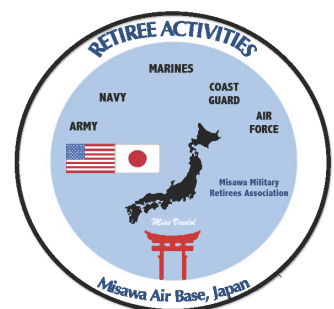
Additionally, the Misawa Chapter of the **Protestant Men of the Chapel (PMOC)**, an organization operating from the Misawa Air Base Chapel. Has offered the following information: "Our Protestant Men of the Chapel group is offering to provide assistance to any retirees for any type of manual labor or other projects our Misawa retiree community might need. Our PMOC group tries to do a quarterly service project, and in the past we have delivered food for tsunami relief, helped mow lawns, hauled away items to the thrift store, etc."

PMOC Contact Number 226-4277

You may contact the 35th OSS/OSO PMOC Coordinator, Mr. Michael Wan at the chapel at 226-4277.

### 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





## Information

### SSA Military Wage Credits Update

The earnings of people who serve in the military services on active duty or active duty for training have been covered by Social Security since 1957. Inactive duty service in the armed forces reserves [such as weekend drills] has been covered since 1988. However, people who served in the military before 1957 did not pay into SS directly. Veteran's records are credited with special earnings [wage credits], depending on when they served which for SS purposes count toward any benefits that might be payable.

Those in the military service from 1957 on paid SS taxes the same way as civilian employees do. Those taxes are deducted from you pay and an equal amount is paid by the U.S. government as your employer. You must have credit for a certain amount of work covered by SS before any benefits can be paid on your record. The number of credits you need to qualify for benefits depends on your age and the type of benefit you might be eligible for. Nobody needs more than 40 credits. In some cases you can qualify with less than 40 credits. The amount you get from SS depends on earnings averaged over much of your working lifetime. Generally, the higher the earnings, the higher your benefits.

The wage credits for military personnel can help you qualify for SS or increase the amount of your benefit. Credits are granted for periods of active or active duty training only. Social Security cannot add extra wage credits to your earnings record until you file for SS benefits. Wage credits are granted for

- Service in 2001 to date.** None
- Service in 1978 to 2001.** For every \$300 in active duty basic pay, you are credited with an additional \$100 in earnings up to a maximum of \$1200 per year. If you enlisted after 7 SEP 80, and didn't complete at least 24 months of active duty or your full tour, you may not be able to receive the additional earnings.
- Service in 1957 thru 1977.** You are credited with \$300 in additional earnings for each calendar quarter in which you received active duty basic pay.
- Service in 1940 thru 1956.** For military service inclusive of time spent in a military academy your record may be credited with \$160 a month in earnings from 16 SEP 1940

through 1956 under the following circumstances

- (1) You were honorably discharged after 90 or more days of service, or you were released because of a disability or injury received in the line of duty; or
- (2) You are still on active duty; or
- (3) You are applying for survivor's benefits and the veteran died while on active duty.

You cannot receive credits if you're already receiving a federal benefit based on the same years of service unless you were on active duty after 1956. In this situation you are eligible to receive the credit for 1951 thru 1956 even if you are drawing a military retirement based on these years. Congress ended wage credits JAN 02 under Public Law 107-117 NDAA after deciding that service members are better paid today and that wage credits were losing their importance and value.

Every applicant for SS benefits is asked to note their or their sponsor's military service on the application and to show proof, either a DD 214 or W-2. If a person has difficulty in producing those documents SSA will assist them by contacting the armed services and requesting some kind of verification of military wages.

Every veteran or military widow drawing Social Security today might want to check with SSA to verify if the wage credits were used in setting benefits, not just noted on an application. You are entitled to reimbursement from the time you started drawing SS and to an increase in your monthly SS check if the wage credits were not used in computing your entitlement. You can get both SS and military retirement. Generally there is no offset for SS benefits because of your military retirement with the exception of SBP. You'll get your full SS benefit based on your earnings. However, your benefit may be reduced if you also receive a government pension you didn't pay SS taxes on. This is covered in SS Pub No. 05-10045. Use <http://www.ssa.gov/retire2/military.htm> to access SS information on the Internet or call 1-800-772-1213. [Source: Various Jun 2012 ++](Reprinted courtesy of RAO Baggio)

### From the DFAS.....

The Defense Finance and Accounting Service (DFAS) Retired and Annuitant Pay section has a Question and Answer page. Here is a commonly asked question that is relevant to military retirees.

#### Survivor Benefit Payments Can Stop

*Q. Recently I heard that my SBP payments could stop. Is that true and how does it work?*

A. Yes, SBP payments will stop when you meet certain conditions. The first two conditions are to stay alive and pay into SBP 360 months (30 years). The third condition is to reach the age of 70 years. Your SBP deduction will stop beginning the month after you reach age 70.

**Example 1:** A person retired from the military at age 39 and 6 months. This person turns age 70 in the month of March of 2013. The retiree has been retired and paying into the SBP from the date of retirement. At the date this person reaches age 70, he or she will have been retired from the military for 30 years and 6 months. So all conditions have been met-the retiree is alive, the retiree has been paying into the SBP for at least 360 months, and the retiree reaches age 70. The SBP deduction stops from the April 2013 retired pay.

**Example 2:** A person retired from the military the same month the retiree turned age 42. This retiree turns 70 in December 2012. The conditions met are that the retiree is alive and still paying SBP, and has reached age 70. The remaining condition of paying 360 months will not be met until December 2014. This person's SBP deduction will stop with the January 2015 retired pay, providing the retiree is still alive.

So, sit down and figure out when your SBP payment stops. If necessary, use a calculator, abacus or your fingers and toes. Once you have determined that date, set your goal of staying alive and healthy as far beyond that date that you can.

And, YES, your beneficiary will receive SBP after your death even after your SBP is paid up.

Go to [www.dfas.mil](http://www.dfas.mil) for more enlightening information. -JJR

## Misawa Air Base 35th Medical Group Pharmacy Allows Prescription Pick-up and Posting Service

For more than a year, in coordination with the hospital, your Retired Activities Office offers a pharmacy pick-up and post service. When you request a pickup, an RAO staff member will go to the pharmacy, pick up your prescription and take it to a local commercial forwarding service for delivery directly to your home. If you live any distance from Misawa Air Base that makes going to the hospital pharmacy a full-day trip or longer, and you or a family member regularly need refills from the hospital pharmacy, **this service is for you.**

I included a copy of the form in the January 2012 newsletter, but I can e-mail or mail you a copy on request. Complete the form including signatures of each family member needing the service, and then mail it to the RAO at the address on the last page of this newsletter. Provide your complete and correct mailing address in Japan, and telephone numbers. We will put the form on file in our office. When you want your prescription, call the pharmacy prescription refill dedicated phone number, and place your request. Then call or send a message to tell us to pick up your prescription. With the signed form on file, our staff will pick up your prescription, take it to the local forwarding service and post your package collect on delivery. Delivery cost, including packing, is usually less than 1000 yen. -JJR

## 2012年度の米軍退職者感謝祭決定！

今年の米軍退職者感謝祭は10月6日です。以前と同じように米軍退職者活動事務所(RAO)とAAFES(米軍総合売店)とDECA(米軍総合食品局)と三沢基地の病院、クラブ等が組んで最も大きい、楽しい感謝祭を行う予定しております。

10月6日(土曜日)のスケジュールは午前8時に将校クラブの大ホールで司令官と一緒に朝食会。参加のご主人が亡くなった方に司令官からの贈り物もあります。朝食会の後、10時からAAFESの正面でイベントが始まります。2時間わたってケーキカット、抽選会、おみやげ、病院の展示等のいろんな行事が行います。遠いところから来る方々にベースのゲストハウスは一泊のサービスも用意します。お泊りが必要の方はすぐご連絡お願いします。日帰りの方もご連絡お願いします。是非ご参加下さい！

お問い合わせ連絡先は： 0176-77-4428又は5675で1000から1500まで月曜から金曜日までです。日本語は決曜日と木曜日です。メールは [misawa.rao@us.af.mil](mailto:misawa.rao@us.af.mil) です。メールは日本語は大丈夫です。



2011年の米軍退職者感謝祭の風景





# Japanese Language Page 日本人の方々のページ

## あなたのアメリカの年金は止まったらどうしますか？

まずアメリカの年金は止まること  
がありえないが年金を受けてる本人  
が亡くなるともちろん止まります。  
アメリカの年金局SSA(Social Security  
Administration)は受けてる本人の存在  
を確認するため、たまに確認書を本人  
の住所へ送ります。この用紙はSSA Form  
7160(年金局用紙7160番)です。この用紙  
は前と裏面があります。本人の現在の  
状態を確認のため、60日間以内にいく  
つかの質問に答えて、サインをしてから  
送り返さなければなりません。質問は簡  
単です：3) あなたの国籍は変わりました  
か？4) 結婚しましたか？又は離婚？5)  
以前の報告のあと勤めましたか？経営  
してますか？ほとんどの人は“NO”と答  
えるからこの用紙は簡単です。図の右  
側の“NO”の枠にX点を入れれば出来上  
がり！「6番の質問は未成年の子供の存  
在がないであれば6番は関係ないです。」

一番上の「1」の枠はご住所が違  
った場合ここに正しい住所を記入  
です。「2」は現在のお電話番号を  
記入してください。

用紙の裏面をご覧ください。(次の  
ページ) 7番の枠にサインとサイン  
した日も入れて下さい。出来上  
がり！それ以上何も書くことが  
ない！

専用封筒に入れてから、封筒の左  
上に自分の現在の住所を記入し、  
郵便局から送って下さい。もし出  
来れば封筒に入れる前にコピーを  
とることを進みます。

**用紙の前面**

7162 SOCIAL SECURITY ADMINISTRATION JUN. 05, 2012 FORM APPROVED OMB NO. 0960-0049

**REPORT TO THE UNITED STATES SOCIAL SECURITY ADMINISTRATION**  
IMPORTANT: Failure to complete and return this form within 60 days will result in suspension of benefits. **SIGN AND RETURN THIS FORM IN THE ENCLOSED ENVELOPE. SEE INSTRUCTIONS ENCLOSED.**

1. Print your address here only if it is different from the one shown below.

2. Telephone number at which you may be contacted during the day.

000170158 JA 7162-A JAPAN  
MARUKO JAMIN  
1-23-2-H203P OKAMISAWA  
MISAWA-SHI  
AOMORI 033-0021  
JAPAN

0176-53-1234

430388749113875338672434

SSN BIC COC  
5940798789 B 753

DIBIND 710ES  
67

IF YOU ANSWER "YES" TO ANY OF THE QUESTIONS BELOW, PLEASE TURN THIS FORM OVER AND CONTINUE ON THE BACK. YOU MUST SIGN YOUR NAME IN ITEM 7 ON THE BACK OF THIS FORM.

|   | YES                      | NO                                  |
|---|--------------------------|-------------------------------------|
| 3. Has there been a change in your citizenship or your country of residence that you have not yet reported to SSA?                      | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 4. Have you married or had a divorce or annulment since you last reported your marital status to SSA?                                   | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 5. Did you work for someone else or were you self-employed (i.e. did you own a business or farm) since your last report of work to SSA? | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 6. Did you and the child live apart since you last reported the child's living arrangements to SSA?                                     | <input type="checkbox"/> | <input type="checkbox"/>            |

Answer Question 6 only if you are the parent of a child under age 16 or disabled and you receive Social Security benefits because you have this child in your care.

**OTHER REPORTABLE EVENTS**  
In addition to the events listed on this form, you are responsible for reporting any other event that may affect benefit payments.

**(For SSA Use Only)**  
SSN

**Privacy Act Statement/Collection and Use of Personal Information** - The United States Code of Federal regulations (42 U.S.C. § 403(a), 403(g), 405(a) and 405(j)) authorize us to collect the information on this form. The information you provide will be used to determine if we can continue to pay you Social Security benefits. Your response is voluntary. However, failure to provide the requested information may prevent us from making an accurate and timely decision on your claim, or could result in the loss of benefits.

We rarely use the information provided on this form for any purpose other than for determining the continued entitlement to benefit payments. However, in accordance with 5 U.S.C. § 522a(b) of the Privacy Act, we may disclose the information provided on this form (1) to enable a third party or an agency to assist Social Security in establishing rights to Social Security benefits and/or coverage; (2) to make determinations for eligibility in similar health and income maintenance programs at the Federal, State and local level; (3) to comply with Federal laws requiring the disclosure of the information from our records; and (4) to facilitate statistical research, audit or investigative activities necessary to assure the integrity of SSA programs.

We may also use the information you provide when we match records by computer. Computer matching programs compare our Form SSA-7162-OCR-SM (7-2011) Destroy Prior Editions

records with those of other Federal, State or local government agencies. Information from these matching programs can be used to establish or verify a person's eligibility for Federally-funded or administered benefit programs and for repayment of payments or delinquent debts under these programs.

A complete list of routine uses for this information is contained in our System of Records Notice 60-0089 (Claims Folders System). Additional information regarding this form and our other system of records notices and Social Security programs are available from our Internet website at [www.socialsecurity.gov](http://www.socialsecurity.gov) or at any U.S. Embassy, consulate, VARO or U.S. Social Security office.

**Paperwork Reduction Act Statement** - This information collection meets the requirements of 44 U.S.C. § 3507, as amended by section 2 of the Paperwork Reduction Act of 1995. You do not need to answer these questions unless we display a valid Office of Management and Budget control number. We estimate that it will take about 5 minutes to read the instructions, gather the facts, and answer the questions. You may send comments on our time estimate above to: SSA 6401 Security Blvd, Baltimore, MD 21235-6401 USA. Send **only comments relating to our time estimate to this address, not the completed form.**

Continued on the Reverse

FROM (NAME) \_\_\_\_\_  
(ADDRESS) \_\_\_\_\_  
(CITY) (POSTAL CODE) (COUNTRY) \_\_\_\_\_

PLACE STAMP HERE

SOCIAL SECURITY ADMINISTRATION  
PO BOX 7162  
WILKES BARRE PA 18767-7162  
UNITED STATES OF AMERICA

**専用封筒**

Japanese Language Page

日本人の方々のページ

IF YOU HAVE ANSWERED "YES" TO ANY OF THE QUESTIONS ON THE OTHER SIDE OF THIS FORM, YOU MUST COMPLETE THE CORRESPONDING BLOCK(S) BELOW. IF YOU ANSWERED "NO" TO ALL OF THE QUESTIONS ON THE OTHER SIDE OF THE FORM, YOU SHOULD GO TO ITEM 7, SIGN, DATE, AND RETURN THE FORM.

3. If you answered "Yes" to question 3 on the reverse, complete the information below.

|                                  |                                 |
|----------------------------------|---------------------------------|
| (a) Country of new citizenship   | Date acquired (Month-Day-Year)  |
| (b) Current country of residence | Date of change (Month-Day-Year) |

4. If you answered "Yes" to question 4 on the reverse, complete the information below.

|                                       |                                      |  |  |
|---------------------------------------|--------------------------------------|--|--|
| (a) <input type="checkbox"/> Marriage | (b) <input type="checkbox"/> Divorce | (c) <input type="checkbox"/> Annulment | (d) Enter date event occurred (Month-Day-Year) |
|---------------------------------------|--------------------------------------|--|--|

5. If you answered "Yes" to question 5 on the reverse, complete the information below.

|   |                                      |  |
|---|--------------------------------------|--|
| (a) Check one<br><input type="checkbox"/> Employee <input type="checkbox"/> Self-Employed   | (b) Date work began (Month-Day-Year) | (c) If ended, enter date work stopped (Month-Day-Year) |
| (d) List each month that you worked 45 hours or less (Explain in "Remarks")   |                                      |  |
| (e) Was this work done in the United States or did you pay United States Social Security taxes on earnings from this work? <input type="checkbox"/> Yes <input type="checkbox"/> No |                                      |  |
| (f) If you answered "Yes" to (e) above, enter your total earnings for:  |                                      |  |
| the year before last _____  | \$ _____                             |  |
| and   |                                      |  |
| last year _____   | \$ _____                             |  |
| also give   |                                      |  |
| your estimate of earnings for this year _____   | \$ _____                             |  |

6. If you answered "Yes" to question 6 on the reverse, complete the information below.

|   |  |                   |
|---|--|-------------------|
| (a) Date child left (Month-Day-Year)                                    | (b) Date child returned (Month-Day-Year) | (c) Name of child |
| (d) Reason for absence  |  |                   |
| (e) If the child has not returned, print the address of the child here. |  |                   |



REMARKS

必ずサインして下さい。必ずサインした日も記入して下さい。

IMPORTANT: I declare under penalty of perjury that I have examined all of the information on this form, and on any accompanying statements or forms, and it is true and correct to the best of my knowledge. I understand that anyone who knowingly gives a false or misleading statement about a material fact in this information, or causes someone else to do so, commits a crime and may be sent to prison, or may face other penalties, or both.

|   |                   |
|---|-------------------|
| 7. Signature or mark of beneficiary (Note: If this form is signed with a mark, a witness must sign below.)<br>ここにサインをする | Date<br>2012/6/30 |
| 8. Signature of witness   | Date              |

Form SSA-7162-OCR-SM (7-2011)

用紙の裏面

東京のアメリカ大使館に年金の出張局があります。この事務所からこの用紙が日本人の受人に送られてる。日本語の説明書も入ってます。説明書は直訳で全部の枠の詳しくの説明があるから複雑に見えます。もし分からないことがあれば、直接大使館の年金局にお電話して下さい。

**Federal Benefits Unit (アメリカ大使館連邦年金部): 03-3224-5055**



# Still Serving!



## COMMUNITY

“Lights on the Lake” 1 September, Base Beach Party 12 noon, Fireworks 7pm, also a Beach “Pawty” (bring your dog!) 12 noon

Misawa Port Festival - 2 September 8:30am to 7pm—food, games, souvenirs, Yosakoi performance, fireworks

Misawa Air show, Sunday, 9 September 7am-3pm

Special Olympics—15 September, MAB Hangar 949, volunteers needed, call MSgt Braun., 226-3494 for schedule info and volunteering

Towada City Festival— 10/11 September— Parade, lighted floats, food, souvenirs - 6pm

Shimoda Salmon Festival 12/13 November— Catching salmon by hand, salmon races, food, souvenirs, fireworks

**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

### 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.
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. ALL funds go to the community except for the snacks served at the bi-monthly meeting.

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

**NEXT MEETING TUESDAY 2 October**

# SERVING THE RETIRED MILITARY COMMUNITY IN NORTHERN JAPAN



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AAFES: 616-5773  
HRO: 616-5162  
Manager: 616-3780  
Shoppette: 616-5750  
Base Operator: 53-5181 (dial 226 number or wait)  
Chapel: 226-4630  
Command Post: 226-9899  
Commissary Officer: 226-3823  
Community Bank: 226-4990  
Credit Union, Navy Federal: 226-4954  
Emergency Room: Non-Urgent- 226-6647  
Emergency- 911 / Off Base 53-911  
Fitness Center: 226-3982  
Golf Course: 616-2065  
Law Enforcement: 226-3600  
Library: 226-4083  
Lodging Front Desk: 222-0282 / 0284 (reservations)  
Medical/Dental Appointments  
Medical : 226-6111  
Dental: 226-6700  
Misawa Clubs  
Enlisted: 616-1889  
Officer: 616-1891  
Navy HRO: 226-4674  
Pass and Registration: 226-3995  
Red Cross: 226-3016  
FSS Auto Center: 226-9486  
FSS HRO: 226-3108  
Taxi  
Official: 226-3328  
Base Commercial (Kichi Cab): 616-5438  
Theater: 616-8701  
Veterinarian 226-4502  
Weather Forecast: 226-3064  
Note: When dialing from off base, local area, dial 66-##### instead of 222/616-#####, and 77-##### instead of 226-#####. Outside local area add 0176.

RAO mailing address in Japan (日本の住所):

033-0012 Aomori-ken, Misawa-shi, Hirahata 64  
Misawa Beigun Kichi-nai 35FW/CVR

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 many 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 office is open Monday through Friday from 0900 through 1500 hours. 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, who may have limited English language skills, may contact us and talk with MSgt (Ret) Joseph Roginski, who is bi-lingual. He may be reached at 09040450149 after hours.



35th FW/CVR  
Unit 5009  
APO AP 96319-5009  
Phone: 011-81-176-77-  
4428/5675  
DSN: (315) 226-4428/5675  
Email: rao@misawa.af.mil  
Cell Phone: 090-4045-0149

**WE'RE ON THE WEB!**  
[HTTP://MISAWARAO.ORG](http://misawarao.org)

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 can be given nor should be assumed.