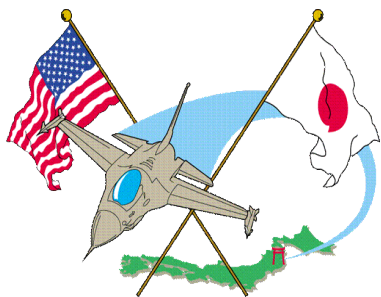




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## Misawa AB Retiree Activities Office Newsletter

### ACKNOWLEDGEMENT

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

# HAPPY NEW YEAR 2017!!

## TRICARE to Expand Preventive Service Coverage

TRICARE has always had excellent coverage of important preventive services and they are making it better. TRICARE is adding preventive services to ensure alignment with recommendations of the U.S. Preventive Services Task Force, and the U.S. Health Resources and Services Administration's guidelines.

Effective Jan.1, TRICARE will cover annual preventive office visits for all Prime beneficiaries 6 years of age and older. Children younger than 6 are already covered by existing well-child coverage. This will ensure children in developing stages receive observation, physical examination, screening, immunizations, and various counseling services. TRICARE Standard beneficiaries can receive preventive services with no cost-share or copayment through Health Promotion and Disease Prevention examinations (i.e., in connection with a covered immunization or cancer screening).

Additionally, the annual well-woman exam will continue to be covered for all Prime and Standard beneficiaries younger than 65 with

no cost-share or copayment. The new covered services include free genetic counseling by a TRICARE-authorized provider before BRCA1 or BRCA2 gene testing for women who are identified as high risk for breast cancer by their primary care providers, as well as the BRCA1 or BRCA2 gene testing for women who meet coverage guidelines under the existing laboratory developed test demonstration project.

TRICARE will also cover stool DNA testing (e.g: Cologuard) once every three years starting at age 50 for those who have an average risk of colon cancer. The effective start date of Cologuard coverage is June 21, 2016.

If anyone has recently received any of these services, they are advised to save their receipts and file a claim. The regional contractors will be ready to process claims for the new preventive benefits Nov. 14, the implementation date of this change. The implementation date is the date the contractor must be ready to communicate and process claims for this benefit)

Courtesy of: [www.retirees.af.mil](http://www.retirees.af.mil)

### Misawa AB Retiree Activities Office

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### HEALTH AND AGING

No one likes to think about death, but making decisions while you are healthy can help those close to you when the time comes. Having an outline of your wishes may give your caregivers comfort during a difficult time.

There are several ways to make sure others understand the kind of care you want at the end of life:

#### **Talk about end-of-life wishes—**

\*discuss your thoughts, values, and desires about end-of-life care with family and friends before becoming sick.

#### **Prepare advance directives—**

\*write up formal instructions in

documents like a living will and a healthcare power of attorney. Make sure these documents are in a place that is easy to find, and that family members know where they are..

\* Put important papers and copies of legal documents in one place. Set up a file, put everything in a desk drawer, or list the information and location of papers in a notebook. Check each year to see if there's anything new to add.

\* Tell a trusted family member or friend where you put your important papers. They'll need this information in an emergency. \* Give permission in advance for your doctor or lawyer to talk with

your caregiver as needed. There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not have access to the information they need. You can give your permission in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign and return a form.

Visit our website at: [https://www.nia.nih.gov/health/publication/end-life-helping-comfort-and-care/introduction?utm\\_source=20160926\\_EOL&utm\\_medium=email&utm\\_campaign=ealert](https://www.nia.nih.gov/health/publication/end-life-helping-comfort-and-care/introduction?utm_source=20160926_EOL&utm_medium=email&utm_campaign=ealert) for more information about end-of-life issues.

*Courtesy of the National Institute on Aging website.*

### Protect Your Skin In Colder Months

Some tips to help prevent injuries from the cold:

**First**, continue to use your sunscreen, at least SPF15 for UVA and UVB. The sun is still a powerful force and you can get burned even in the winter.

**Second**, protect yourself from frostbite. Frostbite occurs when the skin actually freezes, and can result in permanent damage to the body and even amputation of extremities. Reduced blood circulation in the extremities and exposure make the nose, ears, cheeks, chin, finger and toes most susceptible. Protect exposed skin, get out of the cold when uncomfortable. If skin becomes white or yellow-gray, get medical assistance ASAP, and if you cannot immediately get medical help right away try to warm up, immersing the frozen part in lukewarm water. Don't rub the affected part, don't walk on frozen feet or toes. Don't use heating pads, heating lamps, radiators, fireplaces, etc. Frostbitten areas can be easily damaged by excessive heat.

**Third**, prevent hypothermia. Hypothermia is a serious medical condition requiring emergency assistance (911 or ER). Symptoms are confusion, slurred speech, uncontrollable shivering, drowsiness.

*Extracted from article on Health.Mil website.*



## VETERANS' ADMINISTRATION

### Hearing Loss Research

Hearing loss, including tinnitus, which is a ringing, buzzing or other type of noise that originates in the head, is the most prevalent service-connected disability among Veterans, with more than 30 million Veterans suffering from a form of it due to frequent exposure to loud noises from weaponry and aircraft. Because of the pervasiveness of hearing loss among Veterans, the Department of Veterans Affairs (VA) is recognizing October as Audiology Awareness Month by highlighting important VA research on the subject and advances made in treating Veterans with hearing loss.

“VA researchers have a rich history of contributions to audiology,” said VA Under Secretary for Health Dr. David J. Shulkin. “From working with the National Institutes of Health to develop and evaluate hearing aids to a comprehensive protocol for managing tinnitus at VA and other audiology clinics nationwide, VA is proud to be a leader in this field.”

VA researchers conduct a wide range of studies in audiology—from biomedical investigations to large clinical trials and epidemiologic database studies. Much of the work takes place at VA’s National Center for Rehabilitative Auditory Research in Portland, Oregon, one of the world’s leading facilities for research in the field. Studies include older Veterans whose hearing problems have been compounded by aging and younger Veterans who may have suffered hearing loss as a result of blasts in Iraq or Afghanistan. Recent VA research includes the following:

- In 2013, researchers at the VA Puget Sound Health Care System published the results of a study comparing group and individual visits for hearing aid fittings and follow up. The team found no differences in how well the hearing aids performed, or how often they were worn. They concluded that group visits could reduce costs while providing community support for patients.
- In 2014, VA researchers in Loma Linda, California, linked exposure to jet propulsion fuel with auditory processing problems—changes that occur inside the brain rather than the ear.
- A 2015 VA study yielded promising results on transcranial magnetic stimulation as a tinnitus treatment. The therapy involves holding a magnetic coil to the head. The team now hopes to conduct a larger trial.
- A 2016 study of nearly 200 Veterans with tinnitus explored the impact of Post-Traumatic Stress Disorder (PTSD) on how Veterans manage the hearing condition, and offered guidance for clinicians.

Below are a few more examples of ongoing studies:

- VA researchers in Pittsburgh, Sioux Falls, Omaha, and Portland are collecting data from nearly 470 Veterans to learn more about auditory complaints in those who have been exposed to blasts. The team will focus on the interplay among hearing problems, traumatic brain injury, and PTSD.
- A VA trial aims to improve monitoring of hearing changes caused by the drug cisplatin, used to treat cancer. Some 4,000 Veterans receive the drug in a

typical year, and up to 40 or 50 percent will experience some hearing loss or tinnitus. The researchers say early detection can prevent significant damage.

- Together with a lab group at the Massachusetts Eye and Ear Infirmary, VA researchers are seeking biomarkers—including cellular changes—that could warn of impending hearing loss. The work is expected lead to new preventive measures or treatment.

In addition to VA’s audiology research work, the Department announced last month – ahead of National Audiology Awareness Month – that Veterans who need routine audiology appointments will be able to directly schedule them, without the need for a referral from their primary care provider. The move is expected to get Veterans into appointments more quickly. The new expedited process was piloted at three VA sites last year and is now being rolled out nationwide.

Courtesy: [www.veteransresources.org](http://www.veteransresources.org)

### 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

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



## TRICARE and Family Changes

### Death in the Family

If a sponsor dies while serving on active duty, TRICARE continues to provide coverage for surviving family members. Plans and costs depend on:

- The sponsor's military status when he or she died

- If you're a spouse or a child Spouses can keep TRICARE unless they remarry. Review the scenarios in the chart below for more information:

If your sponsor was on active duty, then spouses receive coverage as active duty family members for three years. After three years, coverage changes to be the same as retired family members. Children remain covered as active duty family members until they age out or lose TRICARE for other reasons.

If your sponsor was retired, then your coverage does not change. The surviving family members remain eligible for TRICARE with the same health plan options and costs they had before their sponsor passed away. Surviving spouses retain this coverage unless they remarry and children remain eligible until they age out or lose eligibility for other reasons. You can find more information at:

[http://www.tricare.mil/Plans/Eligibility/Survivors/Surv\\_RSM](http://www.tricare.mil/Plans/Eligibility/Survivors/Surv_RSM)

If your sponsor was a guard of reserve member, then your benefits are determined by your sponsor's status when he or she died.

If a family member who isn't the sponsor dies, please contact your local DEERS office. Here you can find out the necessary steps to report their death. Depending on your situation, your

health plan options may also change from family to individual.

If you are an adult child you may be able to purchase R=TRICARE Young Adult when you turn 21 (23 for full-time student) if:

- You aren't married.
- You don't have your own employer sponsored health insurance
- Your sponsor had TRICARE when he or she died.

You only have to report the death to the pharmacy or pharmacy contractor (Express Scripts). For medical and dental care, the Defense Manpower Data Center (DMDC) gets information from the Social Security Administration or the services.

It may take some time for DMDC to get the information. If you prefer, you may notify DMDC of the death by:

- Visiting a local ID card office with a copy of the death certificate.

(if you are not near a military base, find a directory of offices at:

[https://www.dmdc.osd.mil/rsl/appj/site;jsessionid=aaQdc5Uw8cyn4QSBERf00\\_immfaSVM07Fw1QgbjdLX1uCIKlwGTB!576383641?execution=e1s1](https://www.dmdc.osd.mil/rsl/appj/site;jsessionid=aaQdc5Uw8cyn4QSBERf00_immfaSVM07Fw1QgbjdLX1uCIKlwGTB!576383641?execution=e1s1))

- Faxing a copy of the death certificate to 1-831-665-8317, or,
- Mailing a copy of the death certificate to:

Defense Manpower Data Center Support Office  
400 Gigling Road  
Seaside, CA 93955-6771

If you have questions, call DMDC at 1-800-538-9552.

### Becoming Medicare Eligible

Medicare is a health insurance program for people

- Age 65 or older
- Under age 65 with certain disabilities
- With end stage renal disease
- With Lou Gehrig's Disease
- Mesothelioma

The Centers for Medicare and Medicaid Services manage Medicare:

- Medicare Part A is hospital insurance. You usually don't pay.
- Medicare Part B is medical insurance where you pay a monthly premium.
- Medicare Part D is pharmacy coverage that requires a monthly premium.

If you have Medicare Part A, you must also have Medicare Part B to remain eligible for TRICARE at age 65. This includes prescription drug coverage.

### Using Medicare and Tricare together

When you have Medicare Part A and B, you can use TRICARE For

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

See previous editions of the Misawa RAO Newsletter (go to [misawa.rao.org](http://misawa.rao.org) and search archived newsletters (April-June 2016 is most recent) for specific details and instructions to use the new DD1199-I for international direct deposit.



## VETERANS' ADMINISTRATION

### DEERS and Your Income Tax Reporting

When you do not have your family enrolled in the Defense Enrollment Eligibility Reporting System (DEERS), a database of information on uniformed services members (sponsors), U.S.-sponsored foreign military, DoD and uniformed services civilians, other personnel as directed by the DoD, and their family members. You need to register in DEERS to get TRICARE. (DEERS), the Department of Defense (DOD) Cannot accurately report your healthcare coverage to the Internal Revenue Service.

Starting last year, the DoD reported health care coverage of its service members and their dependents to the IRS. This report allows the IRS to determine which families ad minimum essential coverage Basic health care coverate that meets the Affordable Care Act requirement. If you don't have coverage, you may have to pay fee for each month you aren't covered (MEC) as required by the Patient Protection and Affordable Care Act (ACA).

For tax purposes, individual and family members are identified by their Social Security Numbers (SSN). If a sponsor receives a letter indicating that their SSN or a family member's SSN needs to be updated in DEERS please follow the instructions in the letter to ensure your information is correctly reported to the IRS. Those who have not me the MEC requirement will be required to pay a fee for the number of months each family member did not have coverate. If your family information is not reported accurately in DDDRS, the your IRS information will be reported incorrectly.

Make sure you go to the right place if you have questions about required forms you might need. Army, Air Force, Marine Corps and Navy members, retirees and annuitants serviced by Defense Finance and Accounting Services can opt-in to receive their

IRS Form electronically via myPay (<https://mypay.dfas.mil/mypay.aspx>) or call 1-888-332-7411 for assistance. Active duty members and active reservists of the U.S. Coast Guard, National Oceanic and Atmospheric Administration (NOAA) can call 1-866-772-8724 or visit their Pay and Personnel Center page at <http://www.uscg.mil/ppc/aca>. Non-active duty Coast Guard, NOAA, Public Health Service (PHS) retirees, annuitants and former spouses can call 1-800-772-8274. Active Public Health Service members can call 240-276-8799, email the PHS pay center at [compensationbranch@psc.gov](mailto:compensationbranch@psc.gov) or fax to 240-276-8817.

For more information on how TRICARE works with the ACA, to the TRICARE website at <http://www.tricare.mil/AboutMEC>.  
*Courtesy of [www.tricare.mil/TaxReporting2016](http://www.tricare.mil/TaxReporting2016)*

### Top Scams Targeting Veterans

In the "how low can you go" category, scammers often target veterans – either in direct scams offering bogus services, or in charity scams that closely mimic the names of legitimate organizations helping veterans and military families. Warn your loved ones of these top tricks:

- **Bogus sales** – A scammer claiming to be a deploying service member posts a large ticket item on a classified ad website that he needs to sell right away and at a steep discount. The scammer asks for upfront payment with a wire transfer or gift cards.

- **Real estate rip-off** – A scammer posts a fake rental property on a classified ad website offering military discounts. You just need to wire transfer a security deposit to the landlord.

- **VA phishing** – A caller claiming to be from the Department of Veterans Affairs calls to "update" your information.

tion.

- **Fake charities** – Fake charities use names that are close to the names of legitimate charities, often referencing Armed Forces, veterans, or military families.

- **Benefits buyout scam** – Scammers will target veterans in need of money by offering cash in exchange for their future disability or pension payments. These buyouts are typically a fraction of the value of the benefit.

- **Dubious investment advice** – An "adviser" will tell the veteran she is missing out on benefits, and wants to review her investment portfolio. He'll then want to put the veteran's investments in a trust, to appear to have fewer assets and to therefore be eligible for an additional pension.

Here's how to avoid falling for scams like these:

- Be suspicious anytime you are asked to pay by wire transfer or gift cards.

- Know that the VA will never call, text or e-mail you to update your information.

- Check out the charity on [www.give.org](http://www.give.org) or [www.charitynavigator.org](http://www.charitynavigator.org) before giving any money. Make donations directly to the veterans' organizations you know.

- Only work with VA-accredited representatives when dealing with VA benefits; you can search for them online at the **VA Office of General Counsel website** (<http://www.va.gov/ogc/apps/accreditation/index.asp>).

*The AARP Fraud Watch Network connects you to the latest information about ID theft and fraud so you can safeguard your personal information and your pocketbook. Visit the site > (<http://www.aarp.org/money/scams-fraud/fraud-watch-network/>)*

*If you or someone you know has been a victim of identity theft or fraud, contact the AARP Foundation Fraud Fighter Center at 877-908-3360.*

*Copied with permission from the Anderson*



## Veterans' Affairs & Social Security Administration Disability

### VA Disability and Social Security Disability Insurance

If you are already receiving disability benefits through the Veterans Administration (VA) you may also be eligible to receive Social Security Disability Insurance (SSDI) from the Social Security Administration (SSA). SSDI is administered by the SSA to provide monthly benefits for disabled workers. To receive SSDI, you must have worked enough to earn sufficient credits and to have paid in adequate taxes to the SSA. In general, that means you must have worked the equivalent of five years full-time out of the last 10 years, but that can vary depending on age.

While VA disability is only available to military veterans who suffer from a service-related disability, SSDI is available to any worker who suffers from any disability that meets the requirements of the medical guide to be deemed a full disability per the SSA guidelines. So, if you have a service-related disability and other medical conditions, you can combine those together to gain approval for SSDI. Unlike VA disability, to get SSDI you must be [fully disabled](#) as there are no partial disability benefits.

### The Differences

To receive SSDI you can combine chronic health conditions, injuries, and military-related conditions to prove your disability to receive benefits. While the VA will give a disability rating, such as 10%, the SSA will not. You must show that you are completely disabled and unable to work to earn a substantial gainful income. For SSDI benefits, you must be unable to work for at least a year or have a condition that is expected to result in your death. With VA disability, you can receive benefits based on the severity or the disability rating that you receive.

While you can apply for VA disability because of a service-related disability at any time, you need to be aware that you need to apply for

SSDI as quickly as possible. Because it is based on [credits earned from working](#), waiting too long to apply can result in your loss of benefits. You can apply for VA disability and SSDI at the same time. Both claims are processed using a different approach through different government agencies, so be aware that different information will need to be supplied for each claim.

### Expedited Claims

If you are a veteran who has been approved for VA disability with a 100% P&T disability rating, or if you were wounded in the line of duty after October 2001, you can have your SSDI claim expedited in effort to get faster approval for monthly SSDI benefits. The additional monthly benefits from SSDI can significantly impact your financial situation and help you with your regular living costs. By supplementing your VA disability with SSDI, you can have a major impact on your family's finances.

### How to Apply for SSDI

If you are ready to apply for SSDI, you have numerous options available to you. You can either go online to the SSA website at [www.ssa.gov](http://www.ssa.gov) to start the process, call the SSA's toll-free number at 1-800-772-1213, or visit your local SSA office to start your claim in person.

The Department of Veterans Affairs (VA) and the Social Security Administration (SSA) launched a new Health IT initiative that enables VA to share medical records electronically with social security disability processors. This secure process will save time and money resulting in better service for Veterans and dependents who apply for social security disability benefits.

The SSA requests nearly 15 million medical records from health care organizations yearly to make medical decisions on about three million disability claims. For decades, SSA obtained medical records through a manual process. This new national initiative puts in place an automated process to obtain Veterans' medical records entirely electronically.

“VA's partnership with Social Security will ultimately improve the quality of life for Veterans and their dependents by enabling Veterans to share their health information within a safe and secure health-related consumer application,” said Dr. David Shulkin, VA's Under Secretary for Health.

The joint venture is expected to significantly speed up social security disability decisions, utilizing VA's [VLER Health Exchange](#) under the [Virtual Lifetime Electronic Record \(VLER\)](#) Program. The VLER Health Exchange gives VA and participating community providers the ability to retrieve Veterans' health information from each other for the purpose of treatment. Currently, VLER Health Exchange shares health data with over 79 community health care partners, representing 775 Hospitals, 427 Federally Qualified Health Centers, 142 Nursing Homes, 8441 Pharmacies and over 11,969 Clinics. The SSA now has access for the purpose of processing benefits for Veterans and their dependents.

### VA and SSA to speed up Disability Claims

“This SSA-VA partnership is another example of VA's leadership in interoperability efforts among federal partners,” said VA Secretary, Robert McDonald. “Increasing federal partnerships to improve operation and resource coordination across agencies is among VA's 12 Breakthrough Priorities for 2016.”

The VA has partnership agreements with Health and Human Services (HHS), Department of Defense (DOD), Department of Treasury (DOT) among many others.

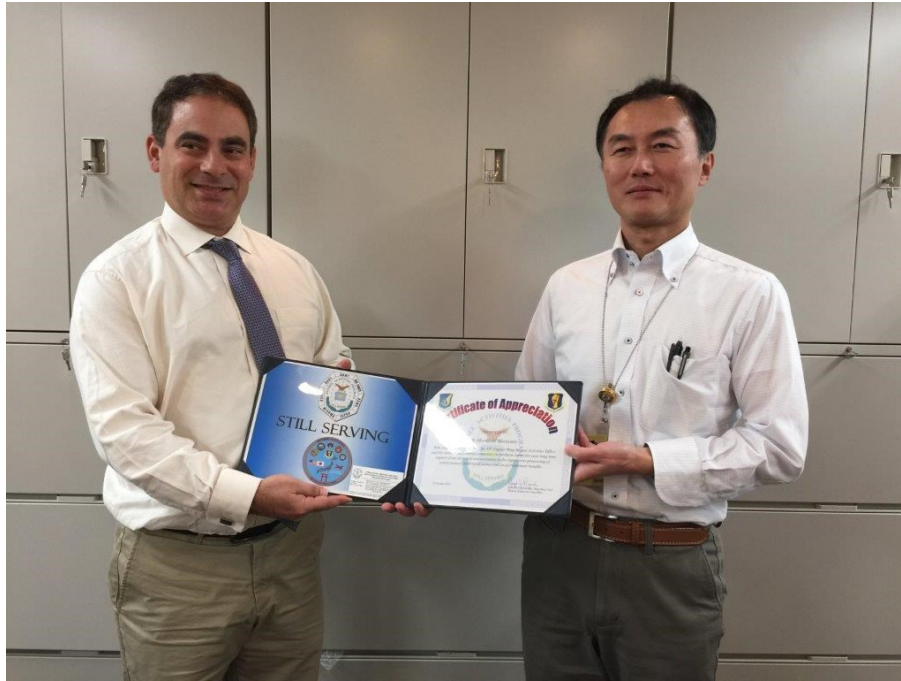
Courtesy of [www.veteransresources.org](http://www.veteransresources.org)

### Birthdates of our Military Services

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



## Community



Article by CMSgt Dave Barton, (Ret)

### VA Mobile Apps

VA has launched a number of mobile apps aimed at improving the lives of veterans and making VA more accessible.

Currently, VA has 16 apps available through the Apple store and six apps available on Android's Google Play. These apps help veterans manage their PTSD, pressure ulcers, preconception care and other aspects of their health care. Many of the applications are also available for download on desktops and laptops.

VA is currently field testing 11 more applications that will be released soon, including a self-scheduling application, an app to help veterans track their health care by receiving notifications from their health care team, and sending health information, such as blood pressure and other vital signs back to their health care team.

For more information, visit <https://mobile.va.gov/appstore>.

These apps include:

- ACT Coach
- Airborne Hazards and Open Burn Pit Registry
- Caring For Women Veterans,
- Ask a Pharmacist,
- Concussion Coach

### Mr. Masayasu Morikoshi, U.S. Consulate Sapporo, Honored

Misawa's RAO Director and Deputy Director had the pleasure of meeting with the US Consulate General, Sapporo's Principal Officer, Ms. Rachel Brunette-Chen, on Wednesday, 19 Oct 2016, in the Wing Commander's Office to make a presentation. We presented our Retiree Activities Office Certificate of Appreciation to her for Mr. Masayasu Morikoshi, Consular Assistant, in the Consular Section in Sapporo.

Over the past number of years, we have been working with Mr. Morikoshi as we process death notices to local and retiree benefit agencies in the States. Mr. Morikoshi has provided translating services for Japanese Death Certificates and has processed notifications to the Social Security Benefits Section in the US Embassy in Tokyo. His support has

allowed us to expeditiously process all paperwork pertaining to DFAS, VA, and commercial insurance companies, to ensure the quickest resolution of all benefits due to survivors.

On Wednesday, 26 Oct 2016, in the Sapporo Consulate, Mr. Morikoshi [photo, right] was personally presented the certificate by Mr. Clay Alder [photo, left], Minister Counselor for Consular Affairs at the Tokyo Embassy in front of the entire Sapporo Consulate Staff. We are extremely grateful to Ms. Brunette-Chen and Mr. Adler for making this possible.

In addition, Mr Morikoshi was the point of contact for VA disability claims until a system change relieved the base hospital of doing disability physicals.

We hope to have many more years working with Mr. Morikoshi for the benefit of our retiree community in Northern Japan.



## Community

### Staying Fit During and After the Holidays

While it might look like this info is a little dated when you get your copy of this newsletter, I submit that only the intro paragraph is out of date. The information is good year-round. So, now that the holidays are over and you have already made your New Year's resolution, let the article help you keep that annual promise to lose weight and get back into shape (at least a little).

So Just when people are finally getting their eating habits under control, there it is – the holidays and food is everywhere. From the office to shopping, parties and family events galore, it seems as if the Thanksgiving-to-New Year's holiday season is one long, tempting food-fest designed to make you gain weight.

So, how does one beat holiday weight gain? Food and diet experts recommend gaining knowledge, not weight, this holiday season.

#### Staying Slim Rules:

**Keep weight in check:** Weigh yourself in the morning, at least once or twice a week, during the holidays. This should be enough to notice any slight increase from the week and to keep you in check for the weekend and vice-versa.

**Jumpstart your metabolism for the day:** Get up and do it 15-30 minutes earlier and do some exercise. Early morning workouts strengthen your resolve for the day and rev up the metabolism. Remember – energy creates energy, physically and mentally. Consider purchasing a walking video, or downloading a workout app or shaking it fun with Hip Hop Abs or a Zumba video.

**Be thrifty with your calorie spending:** Peruse the buffet table and take only the foods you enjoy and come once a year.

Don't start with sushi, especially if you eat it all the time, and expect to be able to resist the chicken wings, which you love, but avoid. Eat what you love in moderation to stave off those cravings that get you in trouble later. Don't waste calories on foods you can eat anytime.

#### Avoid food-orexia:

No starving all day just to pig out at night. Eat lean protein and non-starchy vegetables throughout the day. It will prevent blood sugar from dipping and spiking and keep you full until the big event. The combo even gives you calories to spare on your favorite splurge.

Say "no" and mean it. Empower willpower. Don't let others lessen your resolve. Each time anyone says 'no,' it can strengthen them for the next time. But remember, the stress is in the resistance. So, if you have to say no too many times, it may be better to decline an invite or cookie exchanges. Having to resist too much can backfire. Holiday parties are social times, but they shouldn't leave you feeling guilty and depressed.

#### Intensify your workout:

Time is always in short supply during the holidays. But don't ditch the workout -- just bump up the intensity if you need to shorten the time. If you usually walk on the treadmill for 30 minutes, do 15 minutes of higher intensity intervals. If going to the gym is cutting into shopping time, use shopping as a workout -- use the stairs, park farther away, walk faster and after a purchase take it to the car. Standing in line? Do calf raises, contract and relax your abs, use your purse as a dumbbell, stand up straight, tighten

shoulder blades – get creative to avoid just standing in place scrolling through your phone.

#### Practice the 3-bite rule:

Just have to have it? Take enough for 3 small bites – that amazing first taste, a satisfying middle and then a lingering third bite – and savor each one. All the bites after that will taste the same and just add calories. When all else fails, go on the 'No thanks honey, I'll just have a bite of yours diet'!

#### Avoid hangover food:

Don't take leftovers home or send leftovers home with others. If it's not in your house it won't tempt you and others in your household. If family members insist, tell them to portion out what they want and put it in the freezer. Non-perishables? Keep them up high in the cupboard behind the cornstarch. In moments of weakness, we generally go for what we see first. Out of sight, out of reach, out of mind.

Keep healthy snacks readily available: Fresh fruit in a bowl, dried fruits and nuts in snack packs, veggies and fruits cut up in the fridge, packs of tuna/salmon, yogurt, cheese sticks. Many times snacking is about quick-to-grab at first sight. Keep these healthy snacks on hand, in sight, easy to grab 'n go.

*Courtesy of [www.health.mil](http://www.health.mil) with the exception of the first paragraph.*

Misawa AB RAO Holiday Office Closing this coming quarter:

January 16, Monday– Martin Luther King, Jr Day

February 20, Monday- President's Day

#### Access to retiree publications of each service:

**Army Echoes:** [www.armyg1.army.mil/rso/echoes.asp](http://www.armyg1.army.mil/rso/echoes.asp)

**Navy Shift Colors:** [www.shiftcolors.navy.mil](http://www.shiftcolors.navy.mil)

**Air Force Afterburner:** [www.retirees.af.mil/afterburner](http://www.retirees.af.mil/afterburner)

**Marine Corps Semper Fidelis:** [www.manpower.usmc.mil/portal/page/portal/M\\_RA\\_HOME/MM/SR/RET\\_ACT/SemperFidelis](http://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/SR/RET_ACT/SemperFidelis)

**Coast Guard Evening Colors:** <http://www.uscg.mil/hq/cg1/psc/ras>





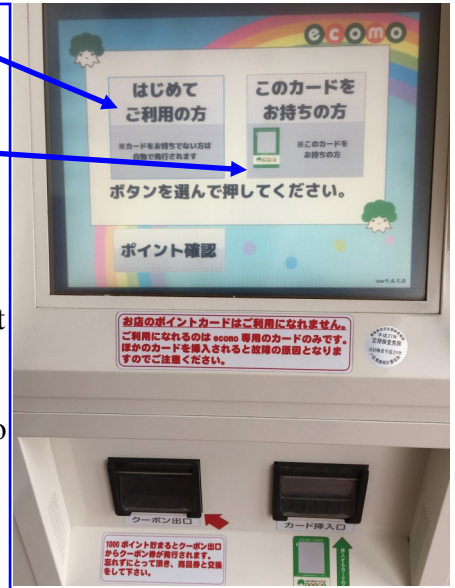
# Community - It Pays To Recycle

There is a handy recycling facility located in front of the newest Universe supermarket (next to Homac), and it's been there a few years but being my usual observant self, I didn't notice it until a few months ago. It takes paper and give you points on a card that when you reach 1000 points you get a 1000 yen coupon to use in the supermarket. It's called "ecom" it's only good for the Universe Supermarkets. The machine is near the main entrance. A first-time user would touch the left panel, and it issues you a point card, which you then put into the left slot, and leave it, go around to the side to the bin and deposit the paper, then touch the 'get points' screen, and you've got a little reward

First time users touch this screen

Regular users touch this screen

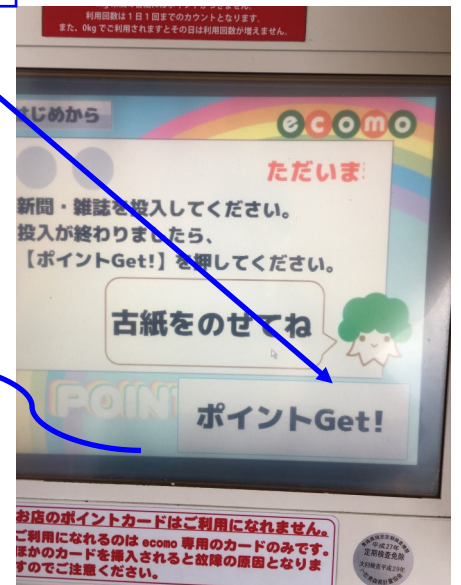
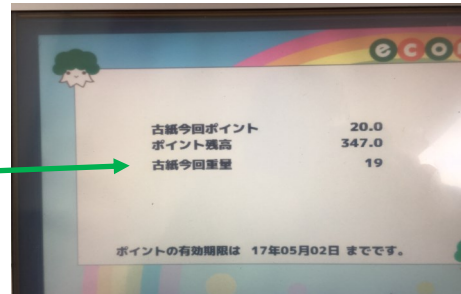
So the sequence goes for regular users, touch the left screen, insert your card, wait for the screen to tell you to place the recycling paper, and after placing the paper, touch the button



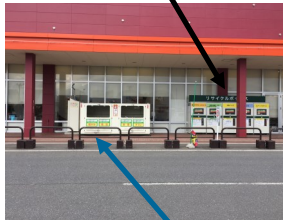
Recycle bins with scale

Card and point machine

When you touch the "Get!" button, it will show how many points you got this time and your accumulated total, and



These other bins marked for plastic, aluminum, glass, etc, but are not the same system, and no points so don't put



This is the card machine and recycle bin

The bins are marked (left to right) : "Odd Paper" "Magazines" "Newspaper" "Advertisements" Try to separate into these four categories, but you can still put them in





## アメリカの所得税申請時期です

アメリカ国籍のない日本人でも、\$ 10,150 (65歳以下) か \$ 11,700 (65歳以上) 以上のアメリカ合衆国による収入があればアメリカの税務局に所得税の申請が必要です。日本と違って4月15日は締め切りです。その上、海外からの申請はさらに2ヶ月のばすこと、6月15日まで可能です。アメリカの会社の給料、銀行の利息、不動産の売買、株、保険、年金、恩給などが収入となります。この退職米軍人事務所(RAO)の知せを受ける方はアメリカ軍人の主人が亡くなって、社会保障局(ソーシャルセキュリティ)の年金(SSA)や米軍による遺族年金(SBP)(サヴァイヴァーベネフィットペイメント)の援助を受けってる人々はほとんどです。残念ですが日本語の申請書がないし、母国語は英語ではない人にとって申請はとても難しいです。それでこの三沢基地のリタイヤーアクティヴェイティブオフィスが役に立ちます。お電話やEメールして下さい。かならず無料でお手伝いします。電話は0176-77-4428、月から金曜日朝の9時から午後の3時まで。たまに留守ですのでメッセージをどうぞ。連絡とれたら私達は必要な書類などお説明します。

### アメリカ合衆国による年金、軍人遺族年金は日本の税務所にしなくてもいいです！

日米の条約の中にアメリカ、日本はお互いの国々による年金、遺族年金、保険の支払いは所得税の請求はしません。アメリカの年金に対して、日本の税務局は収入としないし、アメリカも日本の年金、保険なども同じように収入としません。もし、現在日本の所得税申請書の中にアメリカによるSSAやSBPが所得収入と計算されているなら、すぐその税務所の定員にこのことを知らせてください。その上に以前に取られた所得税もいくらか払い戻し可能です。

### アメリカ合衆国のSSAやSBPは日本の銀行に自動振り込みが出来ます！

昨年からアメリカ政府による年金、軍人遺族年金は日本の銀行に毎月自動振り込みが可能になりました。アメリカのどる\$\$が日本の銀行に振り込む直前に日本円に替えて自分の口座に日本円が入る。為替手数料なし！この事務所はお手伝いします。ご連絡ください。なお、SSAの振り込みはアメリカ東京大使館の年金局(FBU)もお手伝いします。この文書の真下をご覧ください。

我がRAO事務所はどんな英文の書類を読んだり、記入したりお手伝いします。ご遠慮なくご相談にどうぞ！なお、私、ロジンスキー、は海外旅行のため3月24日から4月15日は留守ですのでなるべく書類がそろったらご連絡おねがいします。

ロジンスキー

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

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



# Still Serving!



Hello fellow retirees and fellow RAOs staff. Here is the 4th quarter 2016 edition of the Misawa Air Base RAO Newsletter. Lee Martin and I hope that you find useful information and interesting articles within.

The regulation governing Air Force RAOs recommends, but does not require, a newsletter, and there is no recommended frequency.

We at the RAO are charged with the responsibility of getting information to you, our retired military community. Compiling a newsletter is one of the best ways to get information out to you but, frankly, it is a hell of a lot of work. Lee Martin and I ask for your help. We actually have a huge retired community around Misawa, including the six prefectures of Tohoku and territory of Hokkaido, representing all services and all the wars since WWII. You are a treasure of information and history. Don't let it all pass with you without sharing. Anyone can provide information, opinion, history, or even a good story. We will gladly edit and include your contributions in your newsletter. Send your contribution to:

[misawa.rao@us.af.mil](mailto:misawa.rao@us.af.mil)

## MMRA Notes

1. Membership dues are \$20 a year. If you have not paid your dues for 2016, please call the RAO or e-mail the RAO and talk to Dave Barton, the acting MMRA Treasurer. The Treasurer 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 the operations of the organization, charitable activities, community activities, assistance grants, and assistance in the case of death in the family. ALL funds go to the community except for the snacks served at the bi-monthly meeting.

**The Misawa Military Retirees Association (MMRA) meets bi-monthly on the first Tuesday of even months, at 1700 hours, in the Tohoku 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, and get information about retiree and survivor issues and support on Misawa Air Base. We are your voice to the active duty community and help to support the many retiree programs on the base. We also provide assistance in emergencies to retirees and surviving spouses in times of need. Come out and join our group, share your experiences and skills, contribute to the community. The time you give to your fellow retirees and their families may someday come back as assistance to you or your sur-**

## MMRA Meeting Schedule

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

7 February 2017

4 April 2017

6 June 2017

1 August 2017

3 October 2017

5 December 2017

**NEXT MEETING—TUESDAY, 7 February**

# SERVING THE RETIRED MILITARY COMMUNITY IN NORTHERN JAPAN



## USEFUL NUMBERS

Exchange: 0176-7788255-7 plus last 4 digits (\*)

HRO: 7460 (\*)

Manager: 7401(\*)

Gas Station: 7428 (\*)

Express (main base): 7433 (\*)

Express (North Area): 7435 (\*)

Base Operator: 226-1110 (0176-77-1110)

Chapel: 226-4630 (0176-77-4630)

Command Post: 226-9880/9881 (0176-77-9880)

Commissary Officer: 226-3482 (0176-77-3482)

Community Bank: 226-4070 (0176-77-4070)

Credit Union Navy Federal: 1-617-938-5097

US HQ: 1-888-842-6328

Emergency Room:

Non-Urgent: 226-6647 (0176-77-6647)

Emergency- 911 / Off Base 0176-53-1911

Fitness Center: 226-3982 (\*)

Golf Course: 1-281-657-1563 (\*)

Law Enforcement: 226-3600 (0176-77-3600)

Library: 226-3068 (0176-77-3068)

Medical/Dental Appointments

Medical: 226-6111 (0176-77-6111)

Dental: 226-6700 (0176-77-6700)

Misawa Clubs

Admin: 1-281-675-1560 (\*)

Catering: 1-281-657-1560 (\*)

Misawa Inn (Air Force Lodging) (\*)

Front: 222-0282 (0176-66-0282)

Reservations: 222-0284 (0176-66-0284)

Navy Gateway Lodging: (\*)

Front Desk: 226-3131 (0176-77-3131)

Reservations: 226-4483 (0176-77-4483)

Navy HRO: 226-4674 (0176-77-4674)

Pass and Registration: 226-3995 (0176-77-3995)

Red Cross: 226-3016 (0176-77-3016)

FSS Auto Center "Pit Stop": 226-9486 (0176-77-9486)

FSS HRO: 226-3108/9275 (\*)

Taxi: Official: 226-3328 (0176-77-3328) (\*)

Base Commercial (Kichi Cab): 1-469-375-7479 (\*)

Fm Off Base—0176-53-6481 (\*)

Theater: 1-469-375-7450 (\*)

Veterinarian 226-4502 (0176-77-4502)

Weather Forecast: 226-3065 (\*)

Numbers that begin with "1" require special dialing. When dialing from a cell, 03-4580-0135, wait for voice, then dial the number. For 226-222 numbers dial 0176-66 (for 222) or 77 (for 226) then the last four. (\*) means use the Phone Tree

### RAO mailing address in Japan

033-0012 Aomori-ken, Misawa-shi, Hirahata 64

Misawa Beigun Kichi-nai 35FW/CVR

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



The RAO is open Monday through Friday from 0900 through 1500 hours however, volunteers sometimes have to be out of the office. We are located in Room 210, Bldg 653. Please call or e-mail before visiting to make sure a staff member is available when you come to the office. If you are unable to contact the RAO in an emergency, you may contact the Casualty Assistance Representative in the Airman & Family Readiness Center, 226-4735 or from off base, 0176-77-4735. Japanese Nationals requiring assistance, and who have limited English language skills, may contact us and talk with MSgt (Ret) Joseph Roginski, who is bi-lingual. He may be reached at 09040450149 after hours.



35th FW/CVR

Unit 5009

APO AP 96319-5009

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4428/5675

DSN: (315) 226-4428/5675

Email: [misawa.rao@us.af.mil](mailto:misawa.rao@us.af.mil)

Cell Phone: 090-4045-0149

## WE'RE ON THE WEB!

<http://www.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 or currency can be given nor should be assumed.