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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.

Code of Support Foundation Offers Free Access to Veteran Resources

The Code of Support Foundation provides essential and critical one-on-one assistance to struggling service members, veterans and their families with the most complex needs. One of their goals is to integrate service members, veterans and families into a searchable, vetted, on-line platform called PATRIOTlink that makes direct connections to resources and services.

PATRIOTlink enables any user free access to vetted, direct, cost-free veteran services. PATRIOTlink users can login, browse, and use hundreds of resources available to them. Veterans, caregivers, family members and providers can sign up for a free account at <https://www.blogs.va.gov/VAntage/59342/code-support-foundation-offers-free-access-veteran-resources/> and start searching today!

The Department of Veterans Affairs, Veterans Experience Office signed a Memorandum of Understanding with Code of Support in December 2018.

Together, VA and Code of Support hope to improve the access to and navigation of resources in local communities to best serve veterans, families, caregivers, and survivors. Code of Support provides case coordination, education and engagement, and a navigation platform that allows service providers to reduce the amount of time it takes to

find resources to meet their clients needs. VA cannot do it alone and partnerships like Code of Support help to augment and supplement VA services and benefits where needed.

VA is providing Code of Support the most up to date resource and contact information to access and navigate VA services and benefits that includes caregiver support services, suicide prevention, homeless coordinators, Vet Centers and domiciliary units. One of VA's goals is to ensure that access to services and benefits is easy, efficient, and creates positive experiences in receiving care and support to veterans and their families where they live.

Veterans and their families should not have to struggle with finding resources and services, so VA encourages veterans and their families to use the free services from partners like the Code of Support Foundation for easier access and navigation support.

To learn more, visit Code of Support at <https://www.codeofsupport.org/what-we-do> and PATRIOTlink at <https://www.patriotlink.org/>

“When I called Code of Support my back was up against the wall. I was struggling with my VA Claim and just days earlier had lost a close friend to suicide. They did something that hadn't happened in years: they listened.”— Zachary Bell, Marine Combat Veteran (from Code of Support website)

Misawa AB Retiree Activities Office

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Veterans' Canteen Service

Veterans Canteen Service (VCS) provides America's veterans who are enrolled in VA's Health Care System, their families, caregivers, Veterans Administration (VA) employees, volunteers and visitors reasonably priced merchandise and services essential to their comfort and well-being.

As an integral part of the VA community, VCS strives to be an efficient, innovative, customer-driven, environmentally friendly organization consistently delivering merchandise and services of exceptional quality and value by

a knowledgeable, friendly and enthusiastic team.

VCS was established in 1946 by the Department of Veterans Affairs and was created to provide articles of merchandise and services at reasonable prices to Veterans enrolled in the VA healthcare system. Since its conception, VCS's mission continues, incorporating a strategic veteran-centric approach that emphasizes the importance of service to veterans and supporting the VA's overall mission.

VCS is a proud part of the VA. As a self-sustaining entity, VCS provides merchandise and services to veterans enrolled in VA's health care system and others involved in

veterans' health care. They "give back" to the VA through many programs established for the health and well-being of our nation's heroes. Revenues generated from VCS are used to support a variety of veteran programs.

VCS's guiding principle is to enhance the quality of life for veterans and those who provide for their care. Proceeds from customer purchases are given back to support national and local programs such as VA's National Rehabilitation Events, Fisher House, suicide prevention, disaster relief efforts, substance abuse cessation, Women Veterans initiatives, Homeless Veterans programs, community stand downs, Welcome Home Celebrations and many more.

While its mission remains the same after more than 70 years of service, VCS's programs, initiatives and contributions reflect the integral and important role it plays within the VA community more than ever before. "Benefits You've Earned, Service You Deserve" is their motto. Inherited in their motto is the un-wavering commitment to provide services and support that serve to enhance the quality of life for our Veterans, their families and VA caregivers.

In order to register, go to www.shopvcs.com and click the "Register Now" button. Fill out the info requested on the screens and then the system will verify your info and notify you when your membership has been approved.





VETERANS' ADMINISTRATION

The Mission Act

Imagine if Republicans and Democrats worked together to pass reforms that improve the lives of millions of people.

And imagine if those reforms put America's veterans at the center of their healthcare decisions, leading to better customer service for our nation's heroes.

This isn't hypothetical. It happened last year when Congress passed the MISSION Act.

Through state-of-the-art facilities, cutting-edge technology, and increased clinician recruiting and retention incentives, VA continues to enhance its coordinated care system through high-quality VA health care and community care provider networks.

The legislation sailed through Congress with overwhelming bipartisan support and the strong backing of veterans' service organizations.

President Donald J. Trump's signature put us on a path to implementing these reforms. On June 6 of this year, the Mission Act enabled VA to consolidate the Department's community care efforts into a single simple-to-use program that will empower veterans with the ability to choose the healthcare providers they trust.

These are the main points of this act that veterans can expect:

- Less red tape
- More satisfaction
- Predictability for patients
- More efficiency for our clinicians
- Better value for taxpayers.

Veterans will be eligible to get community care for a variety of reasons, including when VA can't provide the treatment they need or when care outside our system is in the best medical interest of the patient.

We listened to veterans and heard they preferred standards based on

drive times rather than driving mileage because those standards better reflect veteran experiences, especially in large urban areas with lots of traffic.

To ensure our veterans are spending their time getting care instead of driving to it, patients facing an average drive time of 30-minutes or more for VA primary or mental healthcare, or non-institutional extended care services, will have the option of choosing a community provider closer to home. For specialty care, the drive-time standard will be an average of 60 minutes.

And to get veterans the care they need when they need it, VA patients facing a 20-day or more wait time for primary or mental healthcare, or non-institutional extended care services, will have the option of choosing a community provider who can deliver that care faster. For specialty care, the wait-time standard will be 28 days.

For additional convenience and timely treatment, eligible veterans will also have access to urgent, walk-in care that gives them the choice to receive certain services at participating community clinics in their communities. (To access this new benefit, veterans will select a provider in VA's community care network and may be charged a co-payment.)

Veterans will be encouraged to ask VA about these new options, and well-trained staff will be available to help them quickly understand their choices.

These exciting and important changes speak to my top priority – delivering the best medical customer service and offering veterans more healthcare choices. While we still have more work to do, the VA is making progress.

We are seeing more patients than ever before, more quickly than ever before and studies show VA now compares favorably to the private

sector for access and quality of care – and in many cases exceeds it.

And veterans have noticed.

Patients' trust in VA care has skyrocketed to 87.7 percent, and in the last fiscal year VA completed more than 58 million internal appointments – a record high and 623,000 more than the year before.

VA employees are noticing improvements as well. VA ranked sixth out of 17 Federal Government agencies in the Partnership for Public Service's most recent "Best Places to Work" survey, up from 17th the year prior.

To maintain the trust of our veterans, we must continue to deliver. And we will constantly innovate, upgrade, and pursue ways to better serve our nation's heroes.

The MISSION Act is a vital part of this effort, giving VA the ability to implement the best practices we've learned in our nearly 75 years of experience offering community care.

The core of the doctor-patient relationship is trust. President Trump promised veterans that this core value would shape the VA.

With the MISSION Act, the future of the VA healthcare system will lie in the hands of veterans – precisely where it should be.

That's exactly what President Trump promised, it's exactly what Congress voted for, and it's exactly what VA will deliver to America's Veterans.

We will provide more information and progress updates over the next several weeks.

For more information on the Mission Act, and what this will do for all veterans, please go to

www.MISSIONAct.va.gov

From the Secretary of the Department of Veterans Affairs, Robert Wilkie's note to all military veterans



TRICARE

TRICARE Coverage After Gaining or Losing Other Health Insurance

If you have any health insurance other than TRICARE, it's called "other health insurance" or simply "OHI." An example of OHI is having employer-sponsored coverage in addition to TRICARE. If you're on active duty, you can't use OHI. TRICARE is your only coverage. And TRICARE supplemental insurance isn't OHI.

If you recently gained or lost OHI, you've experienced a TRICARE Qualifying Life Event (QLE). This means that you have 90 days after you gain or lose other health insurance to change your TRICARE health plan. You need to take action and understand how your plans will work together in the future. Here are some tips regarding what comes next:

Tell TRICARE When You Gain Other Health Insurance

Tell your TRICARE contractors, doctors, and pharmacies if you have other health insurance. This includes medical insurance, prescription drug insurance, dental insurance, and vision insurance. This will help them coordinate your benefits for payment by both the OHI and TRICARE, as well as prevent claim delays or denials.

You can report OHI through the following:

- Online: Fill out and submit your TRICARE contractor's other health insurance form, or enter the information in milConnect (<https://milconnect.dmdc.osd.mil/milconnect/>).
- By Phone: Call your applicable TRICARE Contractor (<https://tricare.mil/ContactUs/CallUs/AllContacts>)
- In Person: Go to your military hospital or clinic, or a uniformed services ID card office.

Coordinating Your Benefits

Once obtained, OHI becomes your primary insurance. Therefore, if you have health coverage through an employer, association, private insurer, or school (for students), your OHI is always your primary insurance and

pays any claims before TRICARE does. OHI must process the claim before TRICARE can consider the charges. A TRICARE-authorized network (<https://tricare.mil/FindDoctor/AllProviderDirectories/Network>) or TRICARE-authorized non-network (<https://tricare.mil/FindDoctor/AllProviderDirectories/NonNetwork>) provider must provide the TRICARE-covered health care services (<https://tricare.mil/CoveredServices>).

Most providers and pharmacies will file your claim with TRICARE. If they don't, you can submit the amount remaining to your TRICARE contractor. Be sure you follow the rules of your OHI. If your OHI doesn't pay on your claim because you didn't follow their rules, TRICARE may not pay on your claim. If TRICARE receives your claim before your OHI processes it, TRICARE will deny it.

Medicare and TRICARE

TRICARE pays after Medicare and your OHI for TRICARE-covered health care services. As outlined in the *TRICARE For Life Handbook* (<https://tricare.mil/publications>), how Medicare coordinates with OHI "depends on whether or not the OHI is based on current employment." But in either case, TFL pays last. You can also learn about how Medicare works with OHI on the Medicare website (<https://www.medicare.gov/supplements-other-insurance/how-medicare-works-with-other-insurance>).

Using Other Health Insurance with Prescription Drug Coverage

When you have OHI with pharmacy benefits, your OHI pays first and TRICARE pays second. The *TRICARE Pharmacy Overview* (<https://tricare.mil/publications>) states that you "can save money by using a pharmacy that is also in-network with your other health insurance, if you have it." Tell Express Scripts, Inc. you have OHI by completing the *TRICARE Other Health Insurance Form*.

If you have OHI prescription coverage, you can't use TRICARE Pharmacy Home Delivery (<https://tricare.mil/CoveredServices/Pharmacy/FillPrescriptions/HomeDelivery>) unless the TRICARE pharmacy contractor can

coordinate benefits with your OHI plan and either: 1) the drug isn't covered by your OHI, or 2) you have met the OHI benefit cap. Visit *Using Other Insurance* and check out the TRICARE Pharmacy Handbook (<https://tricare.mil/publications>) for more information on how to coordinate OHI with pharmacy benefits and file claims.

Losing Other Health Insurance

If you lose other health insurance, (<https://tricare.mil/LifeEvents/Losing-or-Gaining-OHI>) TRICARE becomes your primary payer. Inform the applicable TRICARE contractors and your health care provider and pharmacy of loss of OHI. If you don't share the loss of OHI, then you risk the chance of TRICARE denying your claim. Whether you lose or gain OHI, (<https://tricare.mil/LifeEvents/Losing-or-Gaining-OHI>) don't wait to report it to your TRICARE contractor.

Visit *Qualifying Life Events* (<https://tricare.mil/LifeEvents>) to learn more about this QLE and other QLEs that you may experience in the future. Doing this will help you make the most of your benefit and take command of your health care.

Courtesy of www.tricare.mil

Editor's Note: Much of the information contained in this article is intended for persons living in the US where persons often have other health insurance (OHI) and/or Medicare. Overseas, if you are working for a US contractor or the government, you may have other insurance like Aetna, but if you are not under the SOFA, and are a permanent resident of Japan, the TRICARE folks consider your Japanese national insurance as OHI, but they will not file a claim against the Japanese government or deny your TRICARE claim of out-of-pocket expenses after using your Japanese health insurance. -JR





Together We Served.com

Free Digital Shadow Box

Too often, the stories of service and sacrifice of those who have borne the battle are never told. When they pass away, all that remains are some faded photos, a few medals and perhaps an old uniform.

To help preserve such memories, TogetherWeServed.com, or TWS, offers a digital platform to capture a veteran's entire military service from boot camp to separation. Each military service page displays a veteran's photos, rank insignia, medals, awards, badges, patches, dates and locations of boot camp, training schools and unit assignments. This page also shows any combat or non-combat operations.

Unlimited photographs from military service can be canned and uploaded to a personal photo album. A step-by-step self interview called "Reflections" enables veterans to recall memories of people and events that made an important impact on their lives. The result is a rich, visual presentation of a veteran's entire military service, displayed in a unique shadow box format.

These shadow boxes are available online to be downloaded or printed. Or veterans can purchase a printed version of the shadowbox as an 18" wide poster.

"Together We Served is proud to serve our veterans by providing them a secure place to preserve their service history, memories and photographs." TWS president and founder Brian Foster said "It is vitally important their service to our country should never be forgotten."

In addition, TWS is offering veterans the opportunity to receive a free, versatile mini-plaque of their military service. This plaque can be printed out as a desk or wall display, printed out as a business card, or displayed as an image on a mobile phone for Veteran ID or other service recognition purposes.

To create a military service page and obtain a free shadow box and or mini plaque, join TogetherWeServed.com. Veterans automatically receive a free one year premium membership to Together We Served, which provides full access to the military service pages of all 1.9 million TWS Veterans.

Courtesy of <https://www.blogs.va.gov/VAntage/61723/togetherweserved-offers-digital-shadow-box/>



Comprehensive Military Records Search and Veteran Locator Powered by "Together We Served"

TogetherWeServed.com (TWS) contains comprehensive military records of military veterans posted by the veterans themselves including memories and photographs.

In addition to its military records search capability, TWS is the largest online community of veterans existing today and is a powerful veteran locator. TWS enables veterans to find those they served with by matching all their service infor-

mation entered on their TWS Military Service Page with the service information of all other veterans in its membership. TWS members can then review matching members and connect with those they know.

Many veterans try to locate people they served with to re-establish former friendships, but in some cases to also find witnesses to events that occurred during their service for medical purposes.

TWS has a membership of 1,915,379 veterans and thousands of veterans join its ranks every month, therefore increasing the possibility to find old service friends.

You simply enter your unit or duty station with associated time frames, on your service profile, to view a list of other members who served with you, ready for you to make contact.

From VA Website and courtesy of TogetherWeServed.com

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

Access to retiree publications of each service:

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

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

Marine Corps Semper Fidelis: www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/SR/RET_ACT/SemperFidelis

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



Miscellaneous

Misawa Air Base Community Standards

Retirees.... Misawa Air Base Community Standards outline standards of conduct for the base and as long as you are on the base, you should be aware of these policies. To review the community standards, please check out 19-00 MAB Community Standards on the RAO web site. Go to <http://www.misawarao.org/general/index.html>

By Lee Martin.

Army and Air Force Exchange Service Tax-Free Shopping for Veterans

The lifelong, tax-free shopping benefit at ShopMyExchange.com continues to resonate with veterans who have saved more than \$5.8 million in sales tax since the benefit launched in 2017. More than 90,000 vets have used this great benefit since its inception.

However, it has come to our attention that a large number of veterans are not aware of this benefit so your RAO is asking you to pass this info on to any honorably discharged veteran that you may know. They don't have to be retired. They can shop the AAFES online exchange just like active duty personnel and retirees can.

Keep in mind that this site's earnings allow AAFES to donate profits to the military morale, welfare and recreation programs. Since AAFES's inception in 1895, it has provided \$2.3 billion to this worthy cause. In 2018 alone, they generated \$223 million.

Eligible veterans can go to ShopMyExchange.com/vets to register and begin shopping.

By Lee Martin

“Next Generation” ID Cards for Retirees Coming Soon

The Department of Defense is

updating its current paper-based uniformed services identification card issued to retired service members, family members and other eligible populations.

The “Next Generation” USID card will incorporate an updated design and security features to deter counterfeiting and fraud, and will be printed on a plastic cardstock.

DOD is transforming the way service members and their families are supported through modernized ID cards and improved mechanisms to protect cardholder privacy and personal information. The Next Generation USID card will incorporate a modified barcode which supports the last phase of the department's elimination of the Social Security number from all DOD identification cards.

Additional information and updates regarding the Next Generation USID card will be available in the coming months on DOD's website.

Frequently asked questions:

1. *What is changing on the USID card, and why?* The Next Generation ID card transitions the current USID card to plastic cardstock with enhanced security features and update topology. These enhanced features enable DOD to reduce the number of card types issued to eligible individuals from 10 to three. The Next Generation USID card does not change the populations who are eligible to receive the current card.

2. *When can I get the Next Generation USID card?* Beginning early fall 2019, individuals with expiring ID cards will begin to receive the Next Generation USID card at card issuing facilities as they are equipped with the equipment and supplies necessary to issue the Next Generation USID card. In an effort to conserve resources and limit the impact on ID card issuance facilities, cards will not be reissued sole-

ly for the purpose of obtaining the Next Generation USID card.
Extract from the Air Force Afterburner Newsletter

Blue Water Navy Vietnam Veterans Act

As a result of Public Law 116-23, the Blue Water Navy Vietnam Veterans Act of 2019, Blue Water Navy Veterans are now entitled to presumption of service connection for illnesses related to Agent Orange Exposure. Veterans and surviving spouses can now file for benefits if the veteran was onboard a U.S. military vessel that operated in the inland waterways of Vietnam or served on a vessel not more than 12 nautical miles seaward from the demarcation line of the waters of Vietnam and Cambodia.

There are also several changes to the VA home loan program resulting from the act, including:

- Appraisals
- VA-Guaranteed Home Loan Limit
- Native American Direct Loan program
- Funding Fee Table
- Purple Heart Recipients

For more information, please review the Blue Water Navy Fact Sheet at:

https://content.govdelivery.com/attachments/USVAVBA/2019/08/01/file_attachments/1258562/Blue%20Water%20Navy%20-%20RO%20Fact%20Sheetv4.pdf

and VA's Agent Orange webpage at https://content.govdelivery.com/attachments/USVAVBA/2019/08/01/file_attachments/1258562/Blue%20Water%20Navy%20-%20RO%20Fact%20Sheetv4.pdf

Courtesy of <https://www.va.gov/disability/eligibility/hazardous-materials-exposure/agent-orange/navy-coast-guard-ships-vietnam/>



Health Issues

9 Tips for Men's Health

Let's face it, men are often hesitant to talk about their health concerns or visit the doctor. That needs to change. According to the Centers for Disease Control and Prevention, men die at higher rates than women from heart disease, cancer, diabetes, influenza/pneumonia, kidney disease, accidents, and suicides. Early detection and treatment can improve your odds of surviving illnesses.

Many of the major health risks that men face can be prevented with a healthy lifestyle, and a healthy lifestyle can start with one small choice. Make your first one today!

Here are nine tips to get you started:

Move. Men need at least 150 minutes of moderate aerobic activity, or 75 minutes of vigorous aerobic activity, each week. Moderate activities include brisk walking and mowing the lawn. You should still be able to have a conversation while doing these activities, but not quite hold an extended musical note of your favorite song. Vigorous activities include running, swimming laps, singles tennis, bicycling at least 10 mph, or jumping rope. Add strength and resistance training exercises (body weight or gravity alone is fine) at least twice a week, and include all major muscle groups, doing one set of 10 repetitions per exercise.

Say no to tobacco. Quitting smoking improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illness. Avoid secondhand smoke. Don't vape, chew tobacco, or use other tobacco products. They all increase your risk of cancer.

Control stress. Stress is part of life. Focus on taking care of yourself. Talk to friends and loved ones. Let them know how you're feeling and how they can help. Don't use drugs or alcohol in an attempt to deal with your stress. They create more problems than they solve.

Eat better. Reduce your consumption of processed and packaged foods. Stick to shopping for what's on the outside aisles of the grocery store. Pick one dietary indiscretion – something you don't need to eat -- and cut back. Eat more fruits, vegetables, and nuts. Instead of beef, try fish, chicken, turkey, or pork.

Drink water. Increase your water intake when you are more physically active in hot or cold climates, running a fever, or have diarrhea or are vomiting. If your urine is clear, you're appropriately hydrated. Carry a reusable water bottle throughout the day

and sip from it regularly. Refill it when empty. When eating out, substitute water with a wedge of lemon or lime instead of a sugar-sweetened beverage.

Get plenty of sleep. Sleep hygiene is crucial. Go to bed and get up around the same time every day. Sleep in a cool, quiet, dark place. Don't watch TV or use your phone in bed. Aim for seven or eight hours of sleep per night.

Prevention first. Cancer screening tests can spot disease early, when it's easier to treat. And immunizations can prevent many illnesses from impacting you at all. If you have any concerns, visit your doctor before they become major issues.

Nurture positive relationships. Be present with your loved ones. Stop staring at electronic screens and live in the moment with those around you. Help others. Be kind. Smile and laugh more. Complain less.

Use mindfulness. Consider activities that allow for self-reflection. Mindfulness apps can help start you on this process. Meditation, yoga, and other "centering" activities can further expand your mind. At the end of your day, reflect about something you learned and how you can use that to improve your tomorrow.

Vaccines: A Public Health Success Story

Throughout U.S. history, people have benefited from improvements in the field of public health. The availability of clean water, the development of sewage systems, and other effective interventions worked to cut the rate of disease in entire segments of the population at relatively low cost. Vaccination is an intervention that has proved effective in terms of cost and effort in protecting the population from disease.

Individuals clearly benefit from the disease protection offered by vaccinations. In addition, if vaccination levels are high enough within a population, protection may be extended to those unable to be vaccinated, either due to a medical restriction or because they are too young. This is because without enough susceptible individuals acting as "carriers," the disease can't effectively be transmitted from person to person. The ideal situation is when the disease is eradicated. This has only happened once in recorded human history, with smallpox. We need enough participation in vaccination programs so both individuals and society can enjoy the benefits of freedom from disease.

As a scientist, the recent backlash against vaccines and decision by some parents not to have their children vaccinated concerns me.

The use of vaccines is a societal process of risk and benefit, not only for individuals but for everyone. We have a basic tenet in society: balancing an individual's right to choose with that person's duty to protect him or herself, any children, other loved ones, and society as a whole.

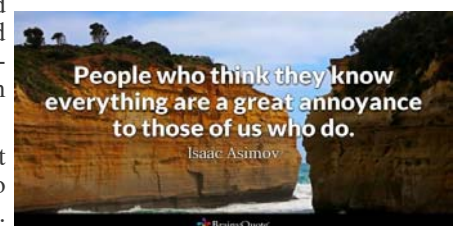
Some of the information circulating in today's media about vaccines isn't scientifically based; instead, it's based on emotion. Measles was declared eliminated in the United States in 2000 because people were vaccinated against it at such high rates that there was no continuous disease transmission. Measles is now making a comeback as a substantial portion of the population has chosen not to be vaccinated against it. Approximately 1 per 1,000 individuals who gets measles will have a serious adverse outcome that can include life-long disability or death. Neurological complications can occur from measles – it's a potentially dangerous disease that's completely preventable.

A complicating issue for society is that some individuals who would normally take a vaccine for some diseases can't be vaccinated for medical reasons. They're either too young or have an immune deficiency or some other limiting factor. These people are now being exposed to unnecessary risk by others who have declined to take a vaccine because they have a belief against it for whatever reason

Of course, measles isn't the only disease that can be controlled by vaccinations. Others include: Mumps, Whooping Cough (Pertussis), Hepatitis A, and Influenza. For older folks there are also Shingles and Pneumonia vaccinations that should be gotten. Please check with your local immunization clinic or other medical facility where vaccines are given.

The vaccines they use are proven safe and effective. Any risk from a vaccine pales in comparison to the benefit to the individual and to society. The scientific evidence is clear: Vaccines are a public health success.

Courtesy of www.health.mil/News/Articles





Retiree Appreciation Day, September 14, 2019



For a successful and fun 19th Annual Misawa Air Base Retiree Appreciation Day, we offer our deepest thanks to all the agencies that supported this event, including the 35th FW, the Medical Group, Support Group, Services, DeCA, AAFES, Military Auto Sources, MOSC, MESC, vendors, concessions, and all the people whose efforts contributed to the success of this event.

Photos are from the breakfast at the club with the base commander and the AAFES foyer for cake cutting and prize drawings. Special thanks to the Medical Group for their excellent displays and painless flu shots.



RECURRING INFORMATION

Retiree Survivor's Guide

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

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

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

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

myPay on YouTube

If you've never opened a myPay account, need help changing your myPay password or changing your email address in myPay, check out the online training tutorials available on YouTube. Go to

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

Courtesy of myPay.dfas.mil

myPay Support on DFAS

For problems using myPay, or with your myPay password, contact the DFAS Centralized Customer Support Unit toll-free at 1-888-332-7411 or commercial at (216)552-5096. You can also call DSN to 580

-5096. This support line is available Monday through Friday, 8am to 5pm, Eastern Time.

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

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

Questions concerning specific pay account information should contact the servicing payroll office or the appropriate Customer Service rep as follows:

Military Retirees:

1-800-321-1080

Annuitants: 1-800-321-1080

Former Military Spouses:

1-888-332-7411

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

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

If you have trouble reading the graphic version of your pay statement, you can click on the Text Version link. The text version of your pay statement lists all of your pay data item information in a single column.

Courtesy of myPay.dfas.mil

Where to Send Your Tricare Claim

Non-active duty, TRICARE Pacific; send to TRICARE Overseas

Program, P.O. Box 7985, Madison, WI 53707-7985 USA

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

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

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

Courtesy of www.tricare-overseas.com

International Direct Deposit

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

See previous editions of the Misawa RAO Newsletter (go to 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. *JJR*

ID Card Appointments

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



私の口座はどうなりますか？

1. アメリカでは通常、預金口座の所有者は、配偶者を共同所有者に任命します。口座の所有者が亡くなった場合、配偶者は自動的に口座の所有者になります。これにより、未亡人は亡くなった夫の金融口座にアクセスすることが非常に簡単になります。そのためにも、あなたが配偶者の口座の共同所有者になっているかどうか確認してください。もしそうでない場合は、共同所有者にするよう配偶者に頼んでください。
2. 夫が亡くなった場合、社会保障庁(SSA)の保障金やアメリカ国防予算管理局(DFAS)の送金、(存者給付金-SBP)その他の援助金などが故人(夫)の銀行やクレジットユニオンの口座に毎月送金されます。口座の名義はあなたの名義になってます。あなたは一人です。あなたが亡くなったら、この口座はどうなりますか？
3. 最も良いオプションは、お金を毎月あなたの日本の銀行に送金してもらう事です。あなたが亡くなった時に日本の法律により預金口座を処分されます。我々の事務所は、あなたのお金を日本の銀行に送金するための申し込みをお手伝いします。
4. アメリカの預金口座を保有し続けるならば、あなたは亡くなった時に口座にアクセスすることのできる人を指名しておかなければなりません。その場合も、この事務所は書類の手続きをお手伝いします。どちらかを選択しない場合は、あなたが亡くなった後、ご家族に多大な迷惑をかけてしまうかもしれません。

この記事に対してご質問かご問い合わせなら：

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

メール: misawa.rao@us.af.mil (日本語はOKです)

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

Federal Benefits Unit フェデラル ベネフィット ユニット
(アメリカ大使館連邦年金部): 03-3224-5055



Still Serving!



Hello fellow retirees and fellow RAOs staff. Here is the 3rd quarter 2019 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, but we do our best to do it quarterly.

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 prefecture of Hokkaido, representing all services and all the wars since WWII. You are a treasure of information and history. Don't let it all pass with you without sharing. Anyone can provide information, opinion, history, or even a good story. We will gladly edit and include your contributions in your newsletter. Send your contribution to:

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

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 survivors.



MMRA Meeting Schedule

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

5 February 2019

2 April 2019

4 June 2019

6 August 2019

1 October 2019

3 December 2019

NEXT MEETING—TUESDAY, 3 December

SERVING THE RETIRED MILITARY COMMUNITY IN NORTHERN JAPAN



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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
 〒053-0012 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. In an emergency, 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: misawa.rao@us.af.mil
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This publication is written, edited and published by the Misawa Air Base Retiree Activities Office for the retired community in northern Japan. The information or comments herein do not necessarily represent the position or opinion of the DOD, USAF or the 35 FW. While every effort has been made to assure the accuracy of the information herein, no absolute guarantee of accuracy or currency can be given nor should be assumed.

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