



Misawa AB Retiree
Activities Office

Col Jesse J. Friedel
35th FW/CC

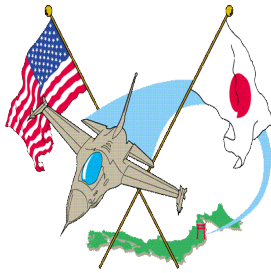
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Misawa AB Retiree Activities Office Newsletter

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.

Don't Fall for the Latest Social Security Scam

What should you do if you get a call claiming there is a problem with your Social Security number or account? Ignore it.

If there is a problem, The Social Security Administration will mail you a letter with your Social Security number. Generally, we will only contact you if you have requested a call or have ongoing business with us. The latest scam trick of using robocalls or live callers has increased. Fraudsters pretend to be government employees and claim there is identity theft or another problem with one's Social Security number, account, or benefits.

Scammers may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift cards, wire transfers, pre-paid debit cards, internet currency, or mailing cash.

SSA employees will never threaten you for information or promise a benefit in exchange for personal information or money. Social Security may call you in some situations, but will never:

- Threaten you.
- Suspend your Social Security number.
- Demand immediate payment from you.
- Require payment by cash, gift card, pre-paid debit card, internet curren-

cy, or wire transfer.

- Ask for gift card numbers over the phone or to wire or mail cash.
- Don't be fooled! You should look out for:
 - A caller saying there is a problem with your Social Security number or account.
 - Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.
 - Scammers pretend they are from Social Security or another government agency. Caller ID or documents sent by email may look official but they are not.

How do you protect yourself and your family? If you receive a questionable call, hang up, and report the call to our Office of the Inspector General (<https://oig.ssa.gov/>).

- Don't return unknown calls.
- Ask someone you trust for advice before making any large purchase or financial decision.
- Don't be embarrassed to report if you shared personal financial information or suffered a financial loss. Learn more at [oig.ssa.gov/scam](https://www.ssa.gov/antifraudfacts/).
- Share this information with friends and family.

Learn more about fraud prevention and reporting at <https://www.ssa.gov/antifraudfacts/>.

Courtesy of www.ssa.gov

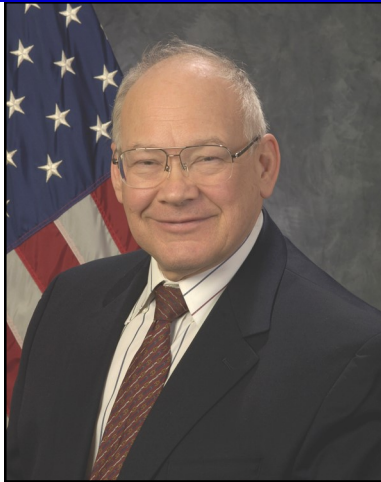
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**Misawa Boy Scouts
Court of Honor**

On Monday evening, 29 June 2020, Paul Sayles, HMCS, USN (Ret) attended a Court of Honor conducted by Boy Scout Troop 14. This is significant because the Misawa Military Retirees Association (MMRA) is the corporate sponsor of Troop 14. This relationship between the MMRA and Troop 14 began in early 2020. SCPO Sayles attended the function as the MMRA representative. For Paul, it had been over 50 years since he last attended a Court of Honor and that was when he was a Boy Scout himself.

Due to various circumstances, many of which we are all familiar with, there had been a gap of six months between the previous ceremony and that conducted on 29 June. A “baker’s dozen” of Scouts were recognized by either an advancement in scout rank, the awarding of merit badges earned or a combination of the two.

The ceremony itself spanned about 30 minutes. It was well organized and conducted in a highly professional manner. The next ceremony is anticipated to be held three months after the June ceremony. SCPO Sayles will be attending future Courts of Honor representing the MMRA.

By Paul Sayles





VETERANS' ADMINISTRATION

REACH Campaign Strives to Reduce Veteran Suicide

Reducing national suicide, including for Veterans, is the goal of a new REACH campaign:

(wearewithinreach.net), unveiled July 7 at the National Press Club in Washington, D.C. The campaign's mission is to educate all Americans that suicide is preventable and to encourage them to REACH to those in need to provide hope. It also encourages people who are hurting to REACH to find help. When people REACH, suicide will be prevented.

VA Secretary Robert Wilkie joined other senior governmental officials from The President's Roadmap to Empower Veterans and End a National Tragedy of Suicide (PREVENTS) to launch the campaign.

During his remarks, Wilkie cited Korean War Veteran and Army Gen. Matthew Ridgway, who went to Korea during the war to restore confidence in the 8th Army. Ridgway's goal was to motivate his men to continue fighting. Wilkie cited Ridgway's memoir, where he said the fighting spirit of soldiers is rooted "in the individuals' sense of security, of belonging to a unit that will stand by him."

Wilkie also cited Ridgway's observation the soldiers were vulnerable to feeling alone, something the new campaign seeks to overcome.

"Early intervention can help and connecting with people can give them a sense of belonging that keeps them in the fight," the secretary said. "The effort Ridgway made in Korea is now the effort we must make here in America to end suicide."

Wilkie said the new campaign is aimed at pointing people, including Veterans, in the right direction.

"That's the purpose of the REACH campaign we're launching here today," Wilkie said. "REACH will remind everyone that they can make a difference by learning how to connect with those at risk and point them in

the right direction. The PREVENTS initiative and this campaign is an attempt to change the culture of this country."

The program centers on protective factors and also knowing the risk factors involved in suicide. According to PREVENTS Executive Director Dr. Barbara Van Dahlen, all of us have risk factors to some degree. Some common risk factors include: financial strain, chronic health concerns or pain, a prior suicide attempt, a history of mental illness, substance use and misuse challenges, access to lethal means, an overall sense of hopelessness, and recent loss such as the death of a loved one, divorce or loss of job. Protective factors include access to health and mental health care (including substance misuse treatment), sense of connectedness and belonging, satisfying interpersonal relationships, effective problem-solving skills, good physical health, financial security, and a sense of mission or purpose.

The campaign's website is <https://www.wearewithinreach.net> and it uses the hashtag #REACHnow on social media.

"We are facing an epidemic of suicide," said Second Lady Karen Pence, who is leading a national public-awareness campaign to prevent Veteran suicide. "But suicide is preventable."

The PREVENTS roadmap, released on June 17, has several recommendations moving forward.

"Working together, I think we can implement this roadmap," Pence said. "The mission is to save lives."

On average, 132 Americans die by suicide each day, accounting for 47,173 suicide deaths in 2017. The number of Veteran suicides has exceeded 6,000 each year from 2008-2017. Suicide is also the 10th leading cause of death among all ages and the 2nd leading cause of death among those aged 10-34 in the United States. "Our service members understand that they must look out for one other, on the battlefield, in the barracks and at home where the shared experiences unite all," said

Matthew Donovan, undersecretary of defense for Personnel and Readiness. "Every American can play a role in this fight to prevent suicide."

Campaign pledge

The campaign also has a pledge people can sign: "I, (*Your Name*), pledge to do my part to help change the national conversation around mental health and suicide by:

- Learning about suicide risk factors, protective factors, and warning signs;
- Promoting and initiating conversations about PREVENTS' resources, efforts and activities;
- Supporting efforts where and how I can;
- Sharing social media messages from PREVENTS;
- Encouraging others to utilize PREVENTS' resources;
- Using safe messaging; and
- Inspiring other individuals to take the PREVENTS Pledge to REACH;
- Practicing and encouraging lethal means safe storage.

By signing this pledge, I understand that suicide prevention is a national public health challenge and that everyone has a role to play. I am committed to increasing awareness of mental health challenges and suicide prevention practices to reduce suicide for all Americans."

About PREVENTS

President Donald Trump signed Executive Order 13861 calling for the development of a comprehensive, all-government and whole-nation approach. PREVENTS will focus on a holistic public health approach to suicide prevention. PREVENTS seeks to change the culture surrounding mental health and suicide prevention through enhanced community integration, prioritized research activities, and implementation strategies that emphasize improved overall health and well-being.



Veterans Administration

Vietnam Veterans of America

So for those of us old enough that Vietnam is a personal memory, there is an organization out there dedicated to helping Vietnam veterans.

Vietnam Veterans of America (VVA) is an organization which strives to promote and support the full range of issues important to Vietnam veterans, to create a new identity for this generation of veterans and to change public perception of Vietnam veterans. VVA's goals include:

- Aggressively advocate on issues important to veterans
- Seek full access to quality health care for veterans
- Identify the full range of disabling injuries and illnesses
- Hold government agencies accountable for following laws mandating veterans' health care
- Create a positive public perception of Vietnam vets
- Seek the fullest possible accounting of America's POWs and MIAs
- Support the next generation of America's war veterans
- Serve our communities

With over 85,000 members, VVA provides a community of fellowship with people who share your experiences, needs and hopes for the future. Membership is open to U.S. military veterans who served on active duty in Vietnam between February 28, 1961 and May 7 1975 or in any duty location between August 5 1964 and May 7 1975. If you don't meet the membership requirements, you can join the Associates of Vietnam Veterans of America.

Courtesy of www.vva.org

Free Training for Veterans and Spouses with NPower

These days – for various reasons – we spend so much of our time on the internet. Now more than ever, we rely on the internet to catch up on news, shop, and even play virtual gaming.

Now, veterans and their families can be a part of shaping the online experience with free, virtual training and certifications in technology and digital skills, offered by NPower.

The U.S. is the world's largest technology market. With the fastest growing economic sector and many job opportunities in these areas, there's never been a better time to gain the skills for a more secure future. NPower's free, virtual training and certifications are offered in tech fundamentals, cybersecurity, cloud computing, and coding.

Navy Veteran Anthony Shaw used NPower's training and internship program to help lift himself from homelessness, and now is an IT Project Manager. "I absolutely love what I do, and am grateful for this opportunity [with NPower]."

What to expect

Veterans and their spouses simply apply online for any of these training courses. They can then speak to an NPower team member, attend a virtual information session to ask any questions, participate in a virtual interview, and start classes to launch their IT career.

After 16 weeks of intensive hands-on technical and soft-skills training, students are placed in a 7-week paid internship with top corporations and nonprofits for the on-the-job experience. Veterans and spouses can also benefit from NPower's mentoring, employment readiness workshops

and job placement assistance

Army Veteran Raymond R. also took a chance on being all he could be and, after training and interning through NPower, is now an Infrastructure Delivery Manager with a large company. "I can honestly say that the reason I'm here is because of the training and mentorship I received from NPower."

As a NPower alumni, Veterans can access a growing network in technology, as well as advanced programs, professional workshops, panel events, and can even give back to the community as a guest lecturer, mentor, or NPower ambassador.

To apply go to <https://www.npower.org/apply/> and start your career in digital technology.

Courtesy of www.npower.org

Eligibility for Veterans Pension

The Veterans Pension program provides monthly payments to wartime veterans who meet certain age or disability requirements, and who have income and net worth within certain limits. You can find out if you are eligible for this benefit by going to <https://www.va.gov/pension/eligibility/>

This website also provided information on how to apply for VA pension benefits, how to manage your existing VA benefits and provides links to to the VA benefits and services.

Courtesy of www.va.gov



DFAS

SBP School Certifications: Now Easier and More Convenient

There is now a new form and new process for Survivor Benefit Plan (SBP) School Certifications!

Now, students don't need a school official signature or school documentation when they certify, and college students will certify annually instead of each term. The changes will significantly reduce the paperwork and make the process easier and more convenient for full-time student child annuitants.

Survivor Benefit Plan child annuitants who are between age 18 and 22 must regularly certify they are enrolled in a full-time course of education to be entitled to an annuity.

In March, we told you that as part of our initiatives to make processes and paperwork easier, we tackled the school certification process. At the time, we shared new options for easier certification.

Now we have even bigger changes to share:

- The school certification form (DD Form 2788) is shorter and simpler, focusing on the student annuitant's future schooling plans. For certifying past attendance, DFAS will also mail student annuitants a letter with pre-filled information for them to sign.
- College student annuitants over 18 only need to certify their full-time attendance once a year during the summer, instead of each term, significantly cutting the paperwork burden.
- Student annuitants over 18 will self-certify their attendance without the need for a school official signature or documentation from the school, making it quicker and easier for students.
- If students provide an email address in myPay, we will send an email reminder when they have a school certification coming due.

We sent a special mailing to student child annuitants who need to send us the new form, either because they haven't yet submitted their certification, or because we need their full year plans for the upcoming school year. This will take the place of the summer term certification they would have otherwise needed to send under the old process.

Also, if there is an old DD 2788 form on its way to DFAS or that we have already received, we will use that information to certify past attendance for the most recent term. But we will need a new DD 2788 from every student child annuitant so we have their plans for the upcoming school year. Once we have that, they'll be set until next summer.

A copy of that special mailing packet is posted on the School Certifications webpage at:

www.dfas.mil/schoolcerts

Reminder: DFAS has an online option for submitting school certification forms.

DFAS created an online upload tool where students can upload a school certification form through AskDFAS on the DFAS.mil website, which is also accessible on a mobile browser.

The online upload tool is at: <https://go.usa.gov/xymaH>

To use the new, online upload tool to submit a school certification form, students just need to fill in the required information in the online screen, and then upload a PDF of their completed and signed form/previous attendance letter.

Now that we have a new form, we are also working on a PDF Form Wizard for the DD 2788. The Form Wizard 'takes the form out of

the form' and makes it easy for a student to fill it in correctly. We plan to have that ready for use starting this fall.

We are also working on a process to use the new School Certification form as proof of the student annuitant's annual eligibility so they won't need to send us a separate form for that.

The details of the changes are available on our school certifications webpage at:

www.dfas.mil/schoolcerts

Armed Forces Retirement Home Welcomes Applications

The Armed Forces Retirement Home (AFRH) offers affordable independent living to eligible veterans in its Washington D.C. and Gulfport, MS locations and they are accepting applications for residence this year.

To qualify to live at AFRH, veterans must be 60 or older and served at least 20 years on active duty with the majority of that time spent in the enlisted ranks. 85% of their residents spent a career in the military. They also welcome applications from those who are at least 50% service-connected disabled or those who served in a war theater.

Rooms are currently available at both locations with no waiting period. The current rate for independent living is 46.7% of resident's gross monthly income or \$2,050, whoever is less.

For more information go to <https://www.dfas.mil/RetiredMilitary/newsevents/newsletter/>

Articles this page Courtesy of DFAS website



COMMUNITY

Michinoku Bank Stops Accepting International Direct Deposit

The Michinoku Bank, headquartered in Aomori City of Aomori Prefecture will stop accepting international direct deposit as of 1 March 2021. Transfers received after this date will be returned to the source.

This affects any retiree or survivor who receives their direct deposit of Social Security, Retired Pay, or Survivor Benefit Payments (SBP).

In a letter to all their account holders who receive international direct deposit, the bank asked such account holders to open a receiving account in another bank as soon as possible.

In Aomori Prefecture, there is only one other bank that will accept international direct deposit, and that is the Aomori Bank, Ltd., also headquartered in Aomori City.

Our RAO has been assisting survivors and retirees over the years and we have gone through the files and found all those who we have assisted who have direct deposit to the Michinoku Bank. We have been able to contact most of these members and are now assisting them in changing their direct deposit to the Aomori Bank.

In order to open an account in Aomori Bank that will receive international direct deposit, normally the account has to be the same name as the name the issuer (DFAS or SSA) uses. Sometimes this can cause difficulty, as for example, Mrs. Mariko Smith, survivor of MSgt John Smith, has an account at the bank under her Japanese name Mariko Suzuki. The SSA office in the Federal Benefits Unit at the American Embassy in Tokyo is very helpful and will issue the SSA payments in the Japanese name if so requested, this making life easy for the annuitant. However, the DFAS is a lot less flexible and usually will not issue the annuity in the Japanese name, requiring

the annuitant to open an account with the foreign married name, in this example: Smith.

Aomori Bank will allow an account to be opened with the married name, but they require documentation such as marriage certificate, family register showing marriage to the foreigner and the record of death. The bank may also require a passport showing the married name, photo ID cards, and military dependent ID card.

We, at the RAO have been assisting survivors in this process and we can help. If you or someone you know will be affected by this change, please contact our office for information and assistance.

Hokkaido No Longer Travel Restricted

During the COVID-19 prevention efforts, various areas that were/are considered "hot spots" have been placed on or taken off listings of areas where we were not permitted to travel without follow-up quarantine actions. Until this September, Hokkaido has been on the restricted list, meaning that if you were to come to Misawa from anywhere in Hokkaido to visit the base, you had to complete a two-week quarantine before being allowed entry. Waivers were available but difficult to get.

This restriction has been lifted and now travel between all six prefectures of Tohoku and the prefecture of Hokkaido are unrestricted. Travel can be by private vehicle or public transportation such as Shinkansen.

Most areas in Japan have also had restrictions removed or eased. Certain areas of Tokyo, Osaka and Okinawa are still considered 'hot spots' and have restrictions. If you are considering travel to these areas, please contact the local COVID

Cell for specific information.

Flu Shots Now Available

There was some concern that flu shots might not be available until November or even December, but as of this week, the immunization section is giving flu shots to anyone in a high-risk status such as over 65, or certain conditions, and by next week the vaccination will be available to everyone.

Getting the flu shot helps reduce the risk of catching the flu, and accordingly, helps reduce the risk of getting sick with some other nasty bug while your resistance is down as you fight the flu. Additionally, I have been told that the flu vaccine contains various viruses, some of which are corona viruses, and when you get vaccinated, your resistance to corona virus increases, which also may help you resist infection by the corona virus COVID-19. Every little bit helps!

Japan's Recovery Efforts

As in the U.S. the government is making efforts to stimulate economic recovery. In addition to stimulus payments, three new campaigns started in July/August and are available to military members: **Go To Travel, Go To Eat, and Go To Event.**

Go To Travel promotes tourism by offering reduced transportation and lodging rates as much as 50%. The Go To Eat program is selling premium coupons that get as much as 25% off. Go To Event initiative begins in October and will offer reduced tickets to events such as games, festivals, etc.

Please contact the base travel services and/or do on-line searches for specifics, travel agencies, ticket outlets, etc.



New TRICARE Overseas Program (TOP) Select Starts

TRICARE Select Group A Enrollment Fee Starts

Starting January 1, 2021, TRICARE Select Group A retired beneficiaries must pay monthly enrollment fees in order to maintain their TRICARE health coverage.

If you have TRICARE Select, you must pay enrollment fees, unless you are:

- An active duty family member
- A transitioned survivor
- A medically retired retiree or family member
- In group A (through Dec 31, 2020. (If you or your sponsor's initial enlistment or appointment occurred before January 1, 2018, **not yet 65 and not yet paying Medicare Part B**, you are in Group A.) **This includes overseas retirees.**

Starting 1 Jan, 2021, if you are a Group A retired beneficiary, you and your family must pay a monthly TRICARE Select enrollment fee to maintain your TRICARE Select coverage.

- Fees:
 - For an individual plan, you will pay \$12.50 per month or \$150 annually.
- For a family plan, you'll pay \$25 per month or \$300 annually.
- The Catastrophic Cap will increase from \$3,000 to \$3,500.
- Your TRICARE Select enrollment fees will apply towards your catastrophic cap.

(Catastrophic Cap is the most you will pay out of pocket annually for TRICARE covered services. This applies to all TRICARE plans and applies to a total of copayments, other cost shares, enrollment fees, pay enrollment fees on 1 Jan 2021.

Access to retiree publications of each service:

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

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

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

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

deductibles and pharmacy co-payments.)

Your enrollment fee will be waived if you are:

- An active duty family member
- A survivor
- A medically retired retiree or family member.

If you use TRICARE for Life (Paying MEDICARE PART B), TRICARE Prime, or a Premium-Based Plan, this change won't apply to you. This information is for you only if you are enrolled in TRICARE Select. To check your plan's costs, please visit:

www.TRICARE.mil/costs.

For more information on TRICARE for Life, visit:

www.TRICARE.mil/tfl.

To enroll:

In TRICARE Open Season, which, this year, runs from November 9 and ends on December 14. (<https://www.TRICARE.mil/Plans/Enroll/OpenSeason>) you will be asked to set up a monthly enrollment fee premium payment.

If you:

- Get your retirement or other pay from a military pay center, then you will pay for your TRICARE Select fees via a monthly allotment, where feasible.
- Don't get your retired pay through a military pay center, then you will pay your fees by a recurring credit or debit card transaction. Or can also pay your monthly fees through electronic funds transfer (EFT). Your EFT must be from a U.S. bank.

If you don't take action to set up payments, you will be disenrolled from TRICARE Select for failure to pay enrollment fees on 1 Jan 2021.

You will have 90 days from your last paid through date to request reinstatement. You must contact your regional contractor to request reinstatement.

If you don't take action, you will still be able to get care from a military hospital or clinic ***if space is available.***

You can contact TRICARE assistance from Japan toll-free at 0120-983-990.

TRICARE Overseas Select Portal Tutorials

The TRICARE Overseas Select program has a wide variety of benefits for those who qualify. Some of which you may not be familiar with. They now have a series of tutorials to help you understand and use these benefits.

These tutorials can assist you during the initial process of setting up your account on the Secure Beneficiary Claims Portal. These videos also provide instruction on how to fully utilize the tools and features available to you within the TOP Secure Beneficiary Claims Portal.

These online tutorials tell you how to:

- Register for TRICARE Overseas
- Review the entire program
- Start claim activity
- Family Profile information
- Use the Message Center

To find these tutorials as well as links to other good information, go to: <http://www.TRICARE-overseas.com/beneficiaries/claims/portal-tutorials>

Courtesy of www.TRICARE.mil



Health

Get News and Updates from Vaccines.gov

As we continue to focus on protecting the health of our communities during the COVID-19 pandemic, the importance of prevention has never been clearer. Staying up to the date on recommended vaccines remains one of the best ways to protect against the threat of many infectious diseases. And as we find ourselves asking questions about community immunity of how the immune system works trusted sources of health information are especially important.

Vaccines.gov is committed to providing trusted, expert-reviewed information you need most when it comes to vaccines, immunizations and vaccine-preventable diseases. You can find information on vaccines you or a loved one many need, answers to common vaccine questions, updates or changes to vaccines and immunizations and tools and resources to support vaccination in your community.

Other services offered by vaccines.gov include subscribing to email updates from the National Vaccine Program to receive information on vaccines and immunizations for professionals working in public health, healthcare, policy, academia and research settings, and following @HHSvaccines on Twitter to see updates about vaccines and immunizations.

Vaccines.gov offers reliable, easy-to-understand information from the federal government on vaccines, immunizations, and vaccine-preventable diseases. Whether you want trusted vaccination info for yourself, a loved one, or others in your community, they can help you find what you need.

Courtesy of www.vaccines.gov

Healthy People 2030

Since 1980, Healthy People initiative has set measurable goals to improve the health and well-being of people nationwide. The initiative's fifth iteration—Healthy People 2030—builds on knowledge gained over the past 4 decades and addresses the latest public health priorities and challenges.

Healthy People 2030:

- Includes hundreds of evidence-based objectives organized into user friendly-topics.
- Provides resources and data to help health professionals and others address public health priorities and monitor progress towards achieving objectives.
- Has an increased focus on health equity and the social determinants of health.

Healthy People 2030 was released on 18 August building on knowledge gained over the past four decades, Healthy People 2030 sets national objectives to address the nation's most critical public health priorities.

One of Healthy People 2030's foundational principles is to improve health literacy. This is especially important for the people who face the greatest challenges understanding complex health information.

It also has an increased focus on how conditions in the environments where people are born, live, learn, work, play, worship and age affect health.

For more information on this program, go to <https://health.gov/our-work/healthy-people-2030>

Physical Activity Guidelines

The Physical Activity Guidelines for Americans provides evidence-

based guidance to help Americans maintain or improve their health through physical activity.

Regular physical activity is one of the most important things people can do to improve their health. Moving more and sitting less have tremendous benefits for everyone, regardless of age, sex, race, ethnicity or current fitness level. Individuals with a chronic disease or a disability benefit from regular physical activity, as do women who are pregnant. The scientific evidence continues to build physical activity is linked with even more positive health outcomes than we previously thought. And, even better, benefits can start accumulating with small amounts of and immediately after doing, physical activity.

Today, about half of all American adults—117 million people—have one or more preventable chronic diseases. Seven of the ten most common chronic diseases are favorably influenced by regular physical activity. Yet nearly 80% of all adults are not meeting the key guidelines for both aerobic and muscle-strengthening activity. This lack of physical activity is linked to approximately \$117 billion in annual health care costs and about 10% of premature mortality.

To learn more and to download the booklet, go to <https://health.gov/our-work/physical-activity/current-guidelines>

Courtesy of health.gov

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



RECURRING INFORMATION

Retiree Survivor's Guide

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

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

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

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

myPay on YouTube

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

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

Courtesy of myPay.dfas.mil

myPay Support on DFAS

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

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

For all other payroll information, you can contact the Misawa Air Base TRICARE Office at 226-office or your customer service representative. 6000 (from off base 0176-77-6000) or visit the office at the base hospital.

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

Annuity: 1-800-321-1080

Former Military Spouses:

1-888-332-7411

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

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

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

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/>

Click "Make an Appointment"

Lee Martin

A Reminder!

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

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

Joe Roginski



みちのく銀行は国際直接銀行振り込み (Direct Deposit)を受けなくなります

1. 重要な知らせ： みちのく銀行は、2021年3月1日から毎月の国際直接銀行振り込み(Direct Deposit)を受けなくなります。なお、みちのく銀行にアメリカの年金や軍の恩給などの国際銀行振込を受けるアカウント所有者は、なるべく早く他の銀行に口座を開かなければなりません。現在、青森県でみちのく銀行以外のは青森銀行しかありません。青森銀行に国際銀行振込を受けるアカウントを開くのは書類が必要です。ご相談、詳細な情報と援助に、我々の事務所に連絡してください。
2. インフルエンザ予防注射は現在ベースの病院に無料で受けれます。
3. 東北と北海道ならびに大部分の日本の6つの県に対するすべての旅行規制は、解除されました。

我々事務所のRetiree Activities Office(リタイアリーアクチヴィティオフィス)はどんな問い合わせをお手伝いします。ご遠慮なく連絡ください。

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

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

Retiree Activities Officeの住所:

(English)

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

(日本語)

〒033-0012 青森県三沢市平畑64番地
三沢米軍基地内 35FW/CVR —Retiree Activities Office

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

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



Still Serving!



Hello fellow retirees and fellow RAOs staff. Here is the 3rd quarter 2020 edition of the Misawa Air Base Retiree Activities Office Newsletter.

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

misawa.rao@us.af.mil

MMRA Notes:

1. Membership dues are \$20 a year. If you have not paid your dues for 2020, please call the RAO or e-mail the RAO and talk to Dave Barton, the 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 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.

4 February 2020

7 April 2020

2 June 2020

4 August 2020

6 October 2020

1 December 2020

NEXT MEETING—TUESDAY, 1 December 2020

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—Retiree Activities Office

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



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



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

**Phone: 011-81-176-77-
 4428/5675
 DSN: (315) 226-4428/5675
 Email: misawa.rao@us.af.mil**

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>