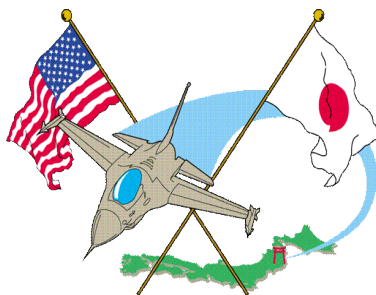




2015



平成27年

Misawa AB Retiree
Activities Office

Col Timothy J. Sundvall
35th FW/CC

Col Andrew P. Hansen
35th FW/CV

MSGt (Ret) Joseph Roginski
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RAO Staff

Inside this issue:

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.

VETERANS' AFFAIRS

INDIVIDUAL UNEMPLOYABILITY

Individual Unemployability is a part of VA's disability compensation program that allows VA to pay certain Veterans disability compensation at the 100% rate, even though VA has not rated their service-connected disabilities at the total level.

In order to take advantage of this program you must meet the following requirements:

- You must be a veteran
- You must have at least one service connected disability rated at least at 60%

OR

- Two or more service connected disabilities at least one of which is rated at 40% or more with a combined rating of 70% or more.
- You must be unable to maintain substantially gainful employment as a result of service-connected disabilities (marginal employment, such as odd jobs, is not considered substantial gainful employment for VA purposes).

You must also meet the following **evidence** requirements:

- Evidence of at least one service-connected disability AND
- That the service-connected disability or disabilities are sufficient, without regard to other factors, to prevent performing the mental and or physical tasks required to get or

keep substantially gainful employment AND

- That one disability is ratable at 60% or more, OR
- If more than one disability exists, or one disability is ratable at 40% or more with a combined rating of 70% or more.

Under exceptional circumstances this benefit may be granted with a lower disability rating than noted above provided the evidence shows the service-connected disability or disabilities present such an exceptional or unusual disability picture, due to such factors as marked interference with employment or frequent periods of hospitalization, that applying the normal disability requirements is impractical.

How to apply:

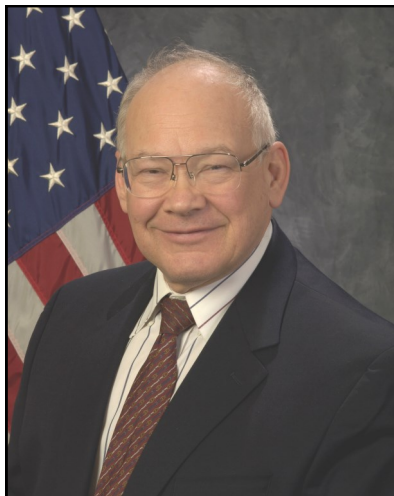
- Apply on line at <https://www.ebenefits.va.gov/ebenefits/homepage>
- Work with an accredited representative available at <http://www.va.gov/ogc/apps/accreditation/index.asp>
- Go to a VA regional office and have a VA employee assist you.
- You can reach the VA through the Airman and Family Readiness Center at 226-4735 or email iwakuni.va.rep@gmail.com.
- Visit the how to apply page at <http://www.benefits.va.gov/compensation/apply.asp>.

Courtesy of www.VA.gov

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YOUR RAO STAFF



MSgt (Ret) Joseph Roginski
DIRECTOR



CMSgt (Ret) Dave Barton
DEPUTY DIRECTOR



SMSgt (Ret) Lee Martin
Webmaster / Newsletter

NEW STAFF MEMBER



The Misawa Retiree Activities Office welcomes SCPO (Ret) Paul H. Sayles, our newest staff member.

Paul is responsible for providing assistance and information to about four hundred and fifty retirees and family members residing in the Tohoku Region of Honshu and Hokkaido. He is responsible for assisting casualty affairs and ensuring military personnel of all branches of service receive their entitled benefits.

He entered the service in October 1972., initially joining the Army to take advantage of his medical background. He entered the Navy in March 1985 and served on both active duty and in the reserves of these services.

Paul's career assignments were quite varied in both services. He served at medical centers, infantry battalions, Military Sealift Command units, hospital ships, destroyer and submarine tenders, frigates, ammunition ships, The Bureau of Medicine and a floating dry dock. He retired in August 2003.

From November 2003 until March 2015, Paul was a contractor working with the 35th Medical Group as the Patient Safety Manager. He was also an alternate patient advocate, addressing patient questions and concerns and initiating actions to resolve these issues. He continues to liaise with the Medical Group to keep abreast of policy

changes affecting Retirees and their dependents for both medical and dental issues.

Paul was born into a Navy family in Philadelphia, Pa and relocated often during his youth. He was able to finish all three years of high school at the same location. Both his grandfather and father served in the Navy. In 1993 he became a third generation Navy Chief. He presently resides in Misawa City with his wife Rumi (nee Sakurada) who hails from Towada.

MPF ONLINE APPOINTMENT

Need a new ID card for yourself or family member. You should know that the Military Personnel Flight requires an appointment for ID Card services. You can call them at 0176-77-4002 or you can make your appointment online. Its really pretty easy. Just point your browser to <https://rapids-appointments.dmdc.osd.mil/>

From this page, you can make, check or cancel an MPF appointment. So go ahead and click "Make Appointment" .

On the new page, go down to the bottom of the page and to the box that says "Find a country". Click the down pointing arrow and select Japan. Then Click the 'Go' button.

This will show you all the ID card issue centers in Japan. Go down to the third row and you will see two selections for Misawa. The first is for the Navy PSD but is closed. Be sure to select the entry that begins with ID Card Section, 64 Hirahata, Bldg 653, etc. .

This will bring up a calendar. Dates that have a green background have open times available. Choose the day you want to make an appointment for and then select an available time.

You can return at any time to check your appointment or to cancel your appointment.

By Lee Martin—Newsletter Editor.

Sayonara Col Hansen



The Retiree Activities Office and the entire Misawa Retiree Community want to express our sincere thanks to our departing Vice Wing Commander Colonel Andrew Hansen who is leaving in June to take up the Wing Commander duties at Osan Air Base, South Korea. Although Colonel Hansen was only here for a year, his support of our retiree programs and his voice in recognizing our retirees and their numerous contributions to the base helped to strengthen the bonds between the active duty force and the Misawa Military Retiree Community.

Joe Roginski and Dave Barton from the Retiree Activities Office presented Colonel Hansen with an expression of our gratitude and great respect on behalf of all the retirees. We wish him and his

wife Paige much success at Osan and in their future career. Sayonara and best wishes Colonel Hansen.

TRICARE TPCP

Did you ever wonder why the base hospital asks you if you have any personal health insurance. Well, Ms. Price, the TRICARE rep, told me its about the TRICARE Third Party Collection Program (TPCP).

As we all know, the military budget has been under stress for quite some time as the cost of the wars and the Sequestration take their toll. The military medical system has been affected even more as the costs of serving active duty and retirees and their families increase year by year. Hence, laws have been passed to recover funds from third-party insurers.

Air Force Instruction 41-120 says: "By law, all Military Treatment Facilities (MTFs) must bill private insurance companies (third party insurers) for the care provided to military family members, and retirees, and their family members, who have insurance." The TPCP

seeks reimbursement for care provided at MTFs. When you go to the MTF you are required to verify if you have other medical insurance. The MTF will bill the insurance company directly and **patients are not responsible for any uncollected charges** (my emphasis). All funds collected by this program are applied to "expand and enhance medical service" So it is important to report your private insurance to the MTF."

If you have insurance from a stateside company like Aetna, then that company will be billed for your visit. However, for us retirees who have no personal stateside insurance at all (whether or not you have Japanese National Health Insurance) nothing happens. The MTF will not bill the Japanese health insurance program. If you have no other US insurance, your benefit is still fully covered at no cost. Ms. Price assured me that the TPCP does not affect the insurance premium, there is NO co-pay, and there is no cost to the patient for outpatient or ancillary services. She also emphasized that "third party insurance is coverage that the patient and/or spouse may be paying for but not using. When you don't use it, the only one who benefits is the insurance company."

So fill out the form without fear of additional charges.

By Joe Roginski



MyPay Access

MYPAY WEBSITE NEEDS INTERNET EXPLORER 8 OR HIGHER

Alert: If you use Internet Explorer (IE) 7 or earlier, you will not be able to access *myPay*. As of 21 April, the DFAS Mypay website requires more recent browsers. Upgrade your browser so you can access your Leave and Earning Statements, tax statements or other functions available through your *myPay* account.

The reliance on technology, from home computers to the Internet, has created a growing class of criminals who profit from scams, identify theft and a whole host of activities intended to separate you from your money and reputation. There are also those who view websites, systems and even your computer the same way graffiti “artists” view a blank wall; it’s a challenge for them to demonstrate their skills in penetrating protections designed to keep them out.

Since April 21, 2015, your access to *myPay* has been denied if you use Internet Explorer 7 or earlier. These browsers contain vulnerability within a security protocol (SSL 3.0) that may expose you and your information to criminals looking to collect personal information, passwords, account numbers and other items better kept secure.

Later versions of IE also contain SSL 3.0 but also have other protocols that are used to access *myPay* and keep your session (and your information) secured. IE 11 eliminates the threat altogether by not including SSL 3.0. If you currently use either the Google Chrome or Mozilla Firefox web

browsers, this will have no impact on you as they have already disabled SSL 3.0 in their current versions.

If you are still running IE 7 or earlier, go to <http://windows.microsoft.com/en-us/windows/downloads>

Scroll down to “get Explorer Now” and follow the instructions for downloading and running IE11. *Courtesy of MyPay.DFAS.com*

RETIREMENT AND TRICARE

When you retire from active duty, you and your family have a change in status.

- You and your family members will get new ID cards
- Your options will change after you retire, especially if you move.
- You're still eligible for TRICARE so you don't lose minimum essential coverage

Here's a quick look at how TRICARE changes when you retire. (For more details, enter your plan info on the TRICARE web page.)

Health Plan Options: When you retire, the status change will cause you to be dis-enrolled from your Prime Option.

- You can re-enroll in TRICARE Prime if you live in a Prime Service Area
- You must pay annual enrollment fees.
- You can re-enroll online, on the phone or through the mail.
- Your enrollment must be completed within 30 days of your retirement date to avoid a break in coverage

Or, you and your family can use any of these health plans:

TRICARE Standard and Extra
US Family Health Plan (in specific U.S.

locations)

TRICARE For Life (with Medicare Part A & B coverage)

TRICARE Standard Overseas

Covered Services: Some services are no longer covered when you retire. These include:

- Hearing aids
- TRICARE Extended Care Health Option services for family members
- Chiropractic care
- Eye exams for all plans except TRICARE Prime.

Your dental plan option will be the TRICARE Retiree Dental Program.

Costs: While on active duty, you paid nothing out-of-pocket and your family's costs were minimal. As a retiree, you'll see an increase in costs. Depending on your TRICARE plan, your new costs may include:

- Annual TRICARE Prime enrollment fees
- TRICARE Prime network co-payments
- TRICARE Standard and Extra costs increase by 5%
- Catastrophic cap increases from \$1,000 to \$3,000 annually per family. In the fiscal year you retire, any amounts accrued on active duty apply to your retired family cap

There is no change in your prescription costs.

Family members who are eligible for Medicare must have Medicare Part B coverage to stay eligible for TRICARE when you retire.

For details and important links:

<http://www.tricare.mil/LifeEvents/Retiring.aspx>

Courtesy of www.tricare.mil



TRICARE

TRICARE Choice: What's in it for you?

By Patricia Kime, Staff writer 10 a.m.
EDT March 16, 2015.

Washington policymakers will soon begin consideration of the biggest overhaul of the military health care system since TRICARE replaced CHAMPUS in the early 1990s — changes that would shift millions of beneficiaries to commercial, private-sector health plans.

The Military Compensation and Retirement Modernization Commission, which proposed the radical changes in its recently issued final report, says the move would save the Pentagon billions of dollars while greatly enhancing health services for nearly 9.2 million active-duty family members, retirees and their dependents.

The Pentagon has not yet weighed-in on the plan. In their fiscal 2016 budget request, defense officials have floated other proposals that would increase health care costs for retirees and their family members while providing incentives for beneficiaries to get care at military hospitals and clinics.

But Congress, which ultimately would decide how TRICARE reform proceeds, is looking closely at the commission's recommendations, with lawmakers on both sides of the aisle generally agreeing that something must change to rein in the Defense Department's \$49 billion annual health budget and provide more choice for military families.

"This idea of opening it up to provide more options is ... very interesting and necessary, especially in some places," said Rep. Tulsi Gabbard, D-Hawaii, speak-

ing for her island constituents. "Our access really is an issue."

"We've got to do something with the current system because it's just unsustainable," said Sen. Lindsay Graham, R-S.C. "We've been wrestling this alligator for five years. I just sort of lose faith that we can take the current construct, the single-payer system ... [and] make it as efficient as the competitive model."

The blue-ribbon compensation commission was created by Congress to review military pay, retirement and quality-of-life programs and recommend improvements. Its final report, released in January, contained three health care recommendations.

The one that would have the biggest impact on currently serving troops and retirees under age 65 would be Recommendation 6: "Increase access, choice and value of health care for active-duty family members, reserve component members and retirees by allowing beneficiaries to choose from a selection of commercial insurance plans offered through a Department of Defense health benefit program."

Under that proposal, beneficiaries would choose a health plan from a menu of programs compiled by the federal Office of Personnel Management, similar to the health plans offered to federal employees. Available selections would include traditional fee-for-service plans; those offered by health maintenance organizations; and preferred provider network options from some of the biggest names in the industry, including Blue Cross/Blue Shield, United Healthcare, Kaiser Foundation and more.

Participants would have to provide the same services now cov-

ered by TRICARE, including inpatient and outpatient services, medical and surgical care, mental health and substance abuse treatment, maternity care and pediatrics, preventive care and more. But some plans could offer benefits that the current TRICARE program doesn't — chiropractic care, fertility treatments, acupuncture and more — at various costs.

The commission, whose members included six retired military officers, a Navy reservist and a Medal of Honor recipient, all with legislative and professional expertise in military pay-and-benefits issues, says the program, called TRICARE Choice, would give families more choice of doctors, better access and improved treatment.

Shoring up networks

Citing results of a survey conducted as part of the commission's fact-finding process, the panel said patients who use TRICARE have trouble getting appointments with their primary or specialty care doctors if they're on TRICARE Prime and have issues finding doctors who take TRICARE if they use Standard.

Many doctors, commission members said, will not take TRICARE because its reimbursement rates are often lower than those of Medicare.

For example, in Fayetteville, North Carolina, near the Army's Fort Bragg, there are 114 OB/GYN physicians who take Blue Cross/Blue Shield, but only 43 providers are in the Government Employees Health Association plan and just 36 take TRICARE, said commission member Steve Buyer, a former congressman from Indiana. (go to next page)



TRICARE Choice Cont'd

"If you are a doctor, you look at your practice and say 'OK, I can only take so much Medicare, so much Medicaid.' You also may [decide to take TRICARE because you are a veteran or will do this because of the flag — a patriot. But you can only do that for so long," Buyer said.

The commission argues that because civilian insurers offer doctors appealing rates and can adjust reimbursement rates in response to supply and demand — using them as incentive for doctors to provide treatment — those civilian insurers are better able to attract physicians to their networks and control costs.

The commission's proposed TRICARE overhaul also would provide beneficiaries with choices of type of plan, level of health care and costs, according to the commission.

"There are clear benefits to having alternatives among plans. When beneficiaries are able to pick their ideal plan from a selection of many offerings, they are empowered," the members wrote in their 280-page report.

More than two-thirds of the annual \$49 billion defense health budget goes to patient services and care, and a large portion of that money — \$15.4 billion in 2012 — went to purchased care, treatment received by beneficiaries at nonmilitary facilities.

The commission estimates that its proposal could save the Pentagon \$26.5 billion over four years, starting in 2016. The savings would stem from eliminating DoD's large TRICARE administrative costs and making most beneficiaries pay a larger share of their health costs.

In their fiscal 2016 budget re-

quest, Pentagon officials propose their own solutions to trim health costs, to include raising fees for nonmilitary care, increasing costs paid by working-age retirees and luring more patients back to military hospitals and clinics.

But commission members said this approach is unlikely to improve care for patients or keep personnel at military hospitals and clinics trained in cutting-edge medicine and trauma care — skills they need to ensure the wartime medical readiness of the force.

"As commissioners, we share the unequivocal belief that a high-quality health benefit is essential for all military constituencies and we find that the current TRICARE program falls short of this aspiration," commission chairman Alphonso Maldon Jr. said.

Retired Adm. Edmund Giambastiani, another commission member, put it more bluntly, saying the panel "believes that TRICARE is in a death spiral."

The White House and Defense Department have until April 1 to weigh in on the commission's recommendations. Then it will fall to Congress to decide whether to act. Already, lawmakers have held four hearings on the recommendations, with more likely to come after the administration issues its views.

Advocates: mixed reaction

The Military Coalition, a group of military and veterans' advocacy groups, has not presented a unified response to the recommendations. Reaction from some individual member groups has been mixed.

Representatives of the National Military Family Association and National Guard Association of the United States told senators Feb. 26 that they support the plan "in prin-

ciple" but want more information on its proposals and a fuller understanding of the potential beneficiary costs before endorsing it.

The Military Officers Association of America has taken an opposite tack, maintaining that the current version of TRICARE — and the military health system as a whole — needs reform and could save money by being made more efficient.

"Despite its current challenges and shortcomings, MOAA believes TRICARE is not currently in a 'death spiral' as some have said, and it is not broken," said retired Vice Adm. Norb Ryan, the group's president.

If Congress were to include the TRICARE Choice recommendation in the fiscal 2016 defense policy bill, the plan could be in play within two years, commission spokesman Jamie Graybeal said.

One thing seems clear: TRICARE Choice would change health care services for 9.2 million military beneficiaries, including everyone now on TRICARE Prime, TRICARE Standard and Extra, TRICARE Reserve Select, TRICARE Retired Reserve and TRICARE Young Adult.

Here's a look at how the plan would affect you.

Retirees and their family members

Q. How would I get health care?

A. Retirees and their families would select from the same list of health plans offered to active-duty family members under TRICARE Choice. A variety of plans, with a variety of costs and benefits, would be available in all geographic areas.

Q. How much would it cost?

(go to next page)



TRICARE Choice Cont'd

VA Claims Process

A. All working-age retirees and families who want health coverage would be required to pay an annual enrollment fee, similar to TRICARE Prime fees, currently \$277.92 for an individual and \$555.84 for a sponsor with family members.

Under the new plan, premiums would rise slightly the first year, by 1 percent, and would rise by the same amount for 15 years, reaching roughly \$1,769 by 2030. Depending on the plan selected, co-payments, cost-shares and deductibles also may be required. The commission believes that retirees with families would see their average total out-of-pocket costs increase from about \$2,000 a year to \$3,500, according to panel estimates.

Q. What about retirees' dependent children over age 21 using TRICARE Young Adult?

A. Their situation would be the same as for active-duty family members using TYA.

That program would go away, and those adult dependent children could use their parents' TRICARE Choice plan until age 26, regardless of their life circumstances.

Q. Would anything change for "gray area" retirees?

A. Not really. The current TRICARE Retired Reserve program that serves reserve component retirees under age 60 would disappear and be replaced by TRICARE Choice.

As with the current TRR program, the government would not subsidize their health care costs.

Q. What happens to TRICARE for Life beneficiaries?

A. Nothing. For retirees over 65, TFL would remain in place and operate as before, normally with Medicare as first payer and TFL acting as second payer if necessary.

A third-party administrator con-

tracted by the Defense Department would pay and coordinate patient claims with Medicare as necessary.

Overseas, where Medicare does not operate, TFL would remain the primary payer, and DoD would have authority to contract with a third-party administrator to handle claims.

Q. Why is all this happening now? Is it related in any way to the Affordable Care Act?

A. No. Congress created the commission in 2013 to respond to growing concerns that military personnel costs — especially for retirement and health care — are escalating at a rate that threatens military training, readiness and operations.

While the commission was not tasked specifically with finding cost-savings in their proposals, the panel sought to adapt the current health benefit to preserve the medical readiness of the force and propose what they believe would be improvements to the military health care benefit that would continue to attract and retain quality recruits.

Reprinted, in part, with permission from the Anderson AFB retiree newsletter.

VA Improved Claims Process

Filing for veterans' benefits, and appealing decisions on claims, can be time-consuming and confusing. But with the recent roll-out of new, streamlined claims processes, applying for veterans benefits now

promises to be faster, easier and more accurate.

The changes involve:

- new requirements to use standardized forms for filing for benefits
- a new form for appealing decisions
- a new "intent to file" a claim process for those who need more time to gather information while preserving an effective date for benefits

The website link is huge and may not work by just clicking it. Try highlighting the entire link below (from "http" all the way to "/va" and then copy it and then paste it into the web address box in your browser.

<http://links.govdelivery.com:80/track?type=click&enid=ZWFzPTEmbWFpbGluZ2lkPTIwMTUwNDEwLjQzOTcxODMxJm1lc3NhZ2VpZD1NREItUFJELUJVTC0yMDE1MDQxMC40Mzk3MTgzMSZkYXRhYmFzZWlkPTEwMDEmc2VyaWFsPTE2OTk3MzE5JmVtYWlsaWQ9bWlsdG9uLmJlbGwzMjZAZ21haWwuY29tJnVzZXJpZD1taWx0b24uYmVsbDEyNkBNbWFpbC5jb20mZmw9JmV4dHJhPU11bHRpdmFyaWF0ZUIkPSYmJg==&&100&&&http://www.blogs.va.gov/Vantage/18183/va>

For those of you who may be moving to the States where distance to a provider becomes a significant concern, please take a look at:

<https://www.federalregister.gov/articles/2015/04/24/2015-09370/driving-distance-eligibility-for-the-veterans-choice-program>

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>



International Direct Deposit Now Possible For DFAS and SSA Benefit Payments

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.

Enrolling in IDD For DFAS Payments

Complete the form for International Direct Deposit Enrollment (SF1199-I) and mail it to the appropriate DFAS address below:

For Retirees:	For annuitants, beneficiaries and survivors:
Defense Finance and Accounting Service U.S. Military Retired Pay P.O. Box 7130 London, KY 40742-7130 Fax: 1-800-469-6559	Defense Finance and Accounting Service U.S. Military Annuitant Pay P.O. Box 7131 London, KY 40742-7131 Fax: 1-800-982-8459

For Social Security (SSA) Payments

Assuming you live in Japan, complete the form and mail it to the American Embassy in Tokyo, at the following address:

American Embassy Tokyo
 1-10-5 Akasaka, Minato-ku,
 Tokyo 0107-8420
 Attention: Federal Benefits Unit

For MPS users: American Embassy Tokyo Unit 9800 Box 114 APO AP 96303-0114 Attention: Federal Benefits Unit

Make sure the form is accurately completed and signed. Incorrect or incomplete enrollment forms will be returned unprocessed for correction, delaying your enrollment. Typed forms are preferable. Always make a photocopy of the form before you send it in.

General Information...

If you currently have your payment sent via direct deposit to a stateside financial institution, do not close that account until you have verified receipt at your international bank. Otherwise, your pay will be returned to the payer, causing additional delays.

The International Direct Deposit Enrollment (SF 1199-I) can be downloaded as a .pdf from DFAS, SSA, RRB, DTIC and other organizations. You can also obtain this form from your RAO.

Currency-Your payment will be converted from U.S. dollars to local currency two business days prior to the U.S. payment date, using a wholesale exchange rate. IDD puts your money directly into your local bank in local currency. **NOTE: The name on the receiving account must match exactly the name of the annuitant.**

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.

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

Social Security Administration Offers Disability Benefits

Did you know that many disabled veterans and wounded warriors may qualify for Social Security disability benefits, in addition to their Veterans Affairs benefits? For info go to www.socialsecurity.gov/disabilityfacts



For Our Japanese Widows Who Receive SBP and/or SSA.....

アメリカの国民年金、又は軍の生存者（未亡人）を受けてる方々へ

毎年、必ず2通の重要な手紙はアメリカから来ます。一つはアメリカの国民年金の社会保障局(SSA) (ソーシャルセキュリテイー) のものです。年金を受けてる本人の存在の確認のための文書ですが、それを60日以内に提出されないと社会保障金の送付が停止されることがあります。

もう一つはアメリカ防衛庁の会計部(DFAS)のものです。これは無くなったご主人の米軍恩給の生存者保障金制度(SBP) (サヴァイヴァーベネフィットペイメント) です。同じように本人の存在の確認のための文書ですし、それも60日以内に提出されないとSBP金の送付が停止されることがあります。

どちらも同封の中に提出用の封筒があります。今、各分の書類の簡単な書き方と提出方を説明します。

これはSSAの報告書の前の面です。再婚していない場合、国の国籍変わらない場合、勤めなかった場合は図の通りに3ヶ所だけばってん(X)を記入してください。住所が変わった場合は 로마字で住所の上の「1」の枠に新しい住所を記入して下さい。「2」の枠に電話番号が変わった場合に記入すること。

7162 SOCIAL SECURITY ADMINISTRATION JUN. 15, 2011 FORM APPROVED OMB NO. 0960-0049

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

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

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

000158717 JA 7162-D JAPAN
 KIMIKO A FISK
 2-13-5 KOYOMADO TOWADA-MACHI
 CHI MO GUN
 IWATE KEN 0220050
 JAPAN

361386367133875338672934
 SSN BIC COC
 343434343 D 934
 DIBIND 71DES
 67

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

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

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

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

(For SSA Use Only)
 SSN

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

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

We may also use the information you provide when we match records by computer. Computer matching programs compare our records with those of other Federal, State or local government agencies. Information from these matching programs can be used to establish or verify a person's eligibility for Federally-funded or administered benefit programs and for repayment of payments or delinquent debts under these programs.

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

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

Form SSA-7162-OCR-SM (4-2011) Destroy Prior Editions

7162 Continued on the Reverse

社会保障局(SSA) (ソーシャルセキュリテイー局) の確認用紙の前面



SSA確認用紙の書き方

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

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

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

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

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

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

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

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

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

REMARKS

例 : 2015/6/21

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

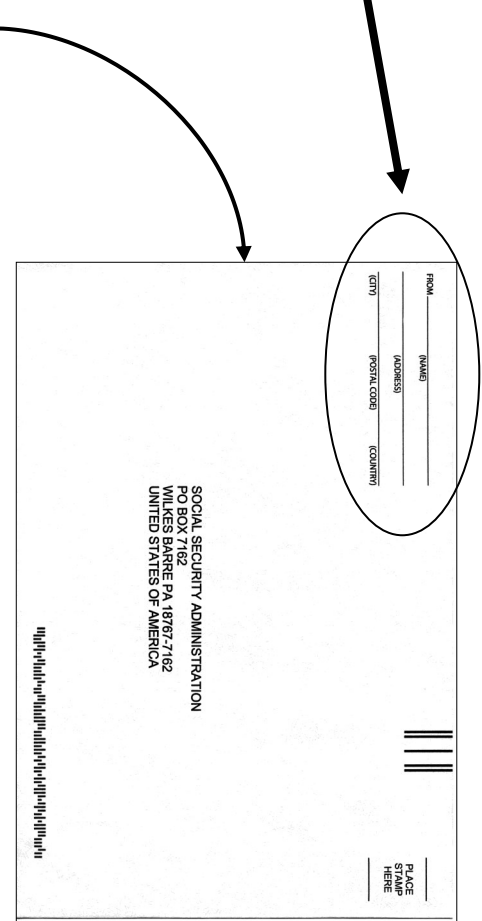
7. Signature or mark of beneficiary (Note: If this form is signed with a mark, a witness must sign below.)

8. Signature of witness

Form SSA-7182-OCR-SM (4-2011)

前の面の3つの「X」を記入してから、裏面のサイン署名と年月日を記入し、現在の住所を封筒にロ마자で記入する。サイン署名した確認用紙を封筒に入れて、シールを閉めて、郵便局から送ってください。国際郵便料は約200円です。

確認養子を封筒に入れる



7番の枠の中に名前をサイン（署名）して、Dateの枠の中にサインした年月日を記入する

社会保障局(SSA) (ソーシャルセキュリティ局) の確認用紙の裏面

SSA提出用封筒



REPORT OF EXISTENCE

APRIL 25, 2011

Mbr: FISK JOHN O
SSN: 121212121
Annt: FISK KIMIKO A
SSN: 343434343

We require verification that a person who has his/her checks sent to a foreign address is still alive. Please COMPLETE, SIGN, and RETURN this Report of Existence (ROE) to DFAS Retired and Annuitant Pay, P.O. Box 7131 - Annuitant Pay, London, KY 40742-7131, USA, so we can continue sending your annuity and/or SSIA payments.

I certify I am the annuitant or the annuitant's legal representative (custodian, trustee, guardian, legal fiduciary, or power of attorney) and the information given is correct. If this ROE is signed by a legal representative for the first time, a photocopy of the legal document must be attached.

DFASはアメリカ防衛庁の会計部のことです。

この用紙だけDFASに送り返して下さい。

Defense Finance and Accounting Service
Retired and Annuitant Pay
P.O. Box 7131 - Annuitant Pay
London, KY 40742-7131
www.dfas.mil/rapay.html

950 Mbr: FISK JOHN O
TOWADA-MACHI SSN: 121212121
90 Annt: FISK KIMIKO A
SSN: 343434343

SK: Complete the enclosed Report of Existence form and return it to us. This form is required so we can continue to pay you your SSIA payments. Your prompt attention to this matter would be appreciated. If you have any questions, you may write us at the above address, or call (202) 321-1080/commercial (216) 522-5955. You may also use our toll free number 1-888-845-9595. Please include both yours and the member's names and numbers on all correspondence so we can serve you more effectively.

Retired and Annuity Pay

Signature: _____ Date: _____

Are you the legal representative? Please place an 'X' in the box below:

Yes

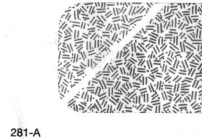
Has your address changed? Please place an 'X' in the box below:

Yes

New Street Address: _____
City, State, Zip Code: _____

Note: Penalty for presenting false claims or making false statements in connection with claims. Fine of not more than \$10,000 or imprisonment for not more than 5 years, or both (18 USC 1001)
PRIVACY ACT STATEMENT: AUTHORITY 37 USC, Chapter 11; EO 9397, Nov 1943
PRINCIPAL PURPOSE: This information is used to determine the continued eligibility of the annuitant for annuity payments. ROUTINE USES: Records from this system of records may be disclosed to the Department of Veterans Affairs (VA). DISCLOSURE: Disclosure is voluntary; however, failure to provide information will result in suspension of annuity payments.

DFASの SBP (軍恩給の生存者援助金) をもらってる方にはこの用紙がきます。サイン署名をして、年月日を記入することだけです。サインしたらDFAS提出用封筒に現在の住所を 로마字で記入して、用紙を入れて、シールを閉めて郵便局で送って下さい。





FIRST CLASS POSTAGE REQUIRED

DEFENSE FINANCE AND ACCOUNTING SERVICE
US MILITARY ANNUITANT PAY
PO BOX 7131
LONDON KY 40742-7131

ROE/COE





RAO Hosts Visiting Retiree

The Retiree Activities Office had the pleasure of hosting Mr. Charles Sinlock, 10 May to 17 May 2015. Mr. Sinlock was stationed here at Misawa from 1962-64 as a Supply Specialist. The office was contacted through Public Affairs about coordinating his visit. Charlie wanted to visit the base to see the changes and if he remembered anything about the base from the early 60s. Needless to say there wasn't a whole lot that still remains from his assignment here. He did remember the Richard Bong, and as it would happen, the old Supply building he worked out of was still on the flight line, but now it is occupied by the JSADF. Dave Barton picked him up at the Misawa Airport on Sunday and got him into billeting at the Misawa Inn. On Monday, he drove him around the base showing him all the various changes and new construction. He was able to meet the Wing Commander, Col. Sundvall, the Vice Wing Commander, Col. Hansen and Command Chief CMSgt Gary Sharp. In the afternoon, he was given a walking tour of the Materiel Management Flight by the Flight Chief, MSgt Anaclet and was greeted by the LRS Commander Lt. Col. Nolan. For the remainder of the week, Charlie rented a car and obtained a GPS from ITT and traveled to various sites in Misawa, Aomori, and Hirosaki. He was tremendously impressed with the growth of the base and the friendliness of the base populace. He was most appreciative of the efforts on his behalf and donated to our Private Organization to help the local retirees and widows. He flew out on Sunday to meet his wife and son in Tokyo for an 11 day tour of southern Japan. We were happy to make Charlie's visit memorable and wish him

good health and many more memories

by Dave Barton

Affordable Care Act & You

Under the Affordable Care Act (ACA), all Americans including all military members (active duty, retired, Selected Reserve, or Retired Reserve) and their eligible family members must have health care coverage that meets a minimum standard called minimum essential coverage or pay a fee. Your TRICARE coverage meets the minimum essential coverage requirement under the ACA.

Beginning in January 2016, DFAS will provide IRS Form 1095-C to all U.S. military members, and IRS Form 1095-B to all Retirees, Annuitants, former spouses and all other individuals having TRICARE coverage during all or any portion of tax year 2015. An IRS Form 1095 documents you and your family members have the minimum essential coverage. More information will be forthcoming about the delivery method of these forms.

These forms will document the information that DFAS will provide to the IRS on yourself and your authorized family members. The forms will be required to be reported with your 2015 federal tax return. DFAS will provide you with IRS Form 1095 series forms no later than Jan. 31, 2016.

You can find more information about the impact of the Affordable Care Act on your federal income tax at: <http://www.irs.gov/Affordable-Care-Act>.

You can act now to make sure your forms remain secure once they are available using myPay. Just look for the link to "Turn On/Off Hard Copy of IRS Form 1095" in your account and select Electronic Delivery Only. Your information will remain safe until you need it.

By Joe Roginski

373rd Support Squadron Inactivates



Col Michael Winters, Commander of the 373rd ISRG and Lt Col Jonathan Boling, Commander of the 373rd SPTS, sheath the colors of the Group

June 2, 2015 marked the end of an era as the 373rd SPTS inactivated ending the military contingent of the Misawa Security Operations Center, commonly called "Security Hill" or just the "Hill".

Military operations on the Hill began on January 26th, 1953, when the 1st Radio Squadron Mobile (1st RSM or more often 'First Radio') moved to Misawa from Johnson AB, south of Tokyo. Over the years, as the 6921st Security Squadron, 6921st Electronic Security Group, then Wing, then 301st Intelligence Squadron in a joint Army/Navy/Air Force operation as the Misawa Security Operations Center (MSOC) the site operated 24/7/365 providing communications security and intelligence throughout the Cold War under the motto "Freedom Through Vigilance".

Landmark "Elephant Cage" Comes Down

The AN/FLR-9 or 'Flare Nine' ultra-directional HF antenna became the latest victim of the changing world as it's functions had become obsolete. During the Cold War, this antenna in a world-wide network provided extremely accurate fixes on signal for search and rescue, intelligence, and research. Known to all Misawans as the "Elephant Cage", it will take quite a while to adjust to the loss of this 60-year old landmark.

By Joe Roginski



Ceremony and Antenna Photos by Ronald Stark



Still Serving!



Hello everyone,

This is the second on-time newsletter of 2015, thanks to the help of our new staff and editor, Lee Martin. Putting the newsletter together and getting it out every three months and trying to find articles and stories of use and interest to our overseas retirees is not an easy job. We try to be as original as possible, but quite often rely on information we receive from other RAOs and services, and the public media. We try to do original editorial material as well and this is where Lee and I ask for your help. Anyone can provide input of information or opinion. Special interest stories, anecdotes and even 'war stories' are welcome. We will gladly edit and include your contributions in the newsletter. Contact us if you want to contribute.

-JJR

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.

3 February 2015

7 April 2015

2 June 2015

4 August 2015

6 October 2015

1 December 2015

**NEXT MEETING—TUESDAY, 4 August
Please be there!**

MMRA Notes

1. Membership dues are \$20 a year. If you have not paid your dues for 2012, please call the RAO or e-mail the RAO and talk to 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.

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: 226-4954 (034-580-0506)
 Emergency Room:
 Non-Urgent: 226-6647 (0176-77-6647)
 Emergency- 911 / Off Base 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 (222) or 77 (226) then the last four. (*)means use the Phone Tree

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
 Phone: 011-81-176-77-4428/5675
 DSN: (315) 226-4428/5675
 Email: misawa.rao@us.af.mil
 Cell Phone: 090-4045-0149

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

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