

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.

CLEAR App — Digital Vaccination Records

The CLEAR app lets Veterans carry their vaccine and health records anywhere.

Like millions of Americans vaccinated against COVID-19, you might find yourself digging for your vaccine card to enter restaurants, shops, concerts and other venues. To help make life easier for Veterans and family members, VA accepted onto its list of available third party mobile apps the CLEAR Health Pass app—which stores and displays mobile vaccine cards.

CLEAR Health Pass is one way for you and your family members to have handy at all times a digital vaccine card and show proof of vaccination right on your smart phone.

How To Access the Free App.

Thanks to CLEAR's participation in VA's Lighthouse program, Veterans can transform their paper vaccination cards into a digital format that is easily accessible by mobile phones and other devices. With the app, Veterans can quickly and securely verify their identities, then upload a photo of their vaccination card for seamless on-demand access.

The digital vaccination card app is free and has gone through VA security checks. Making a digital vaccine card is simple and can be done in minutes. Here is how:

- Download: Veterans can download the free CLEAR app by going to VA's "Find Apps You Can Use" webpage.

For CLEAR Health Pass, select Find app. Scroll to the top of the page and at the "Connect your vaccine info to Health Pass in the CLEAR app and get back to what you love" prompt, select Download Now.

- Enroll by scanning in an official state identification card followed by uploading a "selfie" photo to complete verification of user identity.
- In the app, tap on the blue digital vaccine tile, and follow the instructions. You can also set it up to access your other health records.

About third-party apps.

The company behind CLEAR developed the app in collaboration with VA's office of Information and Technology's Lighthouse project, a public-private digital innovation hub where engineers and other technologists build tools and products like third-party apps to improve Veteran's experiences and access to the health care and benefits that they've earned.

As growing numbers of cities and towns nationwide are returning to full operation following two years of limited service due to the Corona virus pandemic, and might require proof of vaccine for access, the app lets Veterans more easily provide proof of vaccination for indoor dining, attending large-scale events, for traveling and a range of other public environments.

Veterans retain control of their information in a secure virtual environment inaccessible to commercial data-mining efforts.

Courtesy of blogs.va.gov/Vantage



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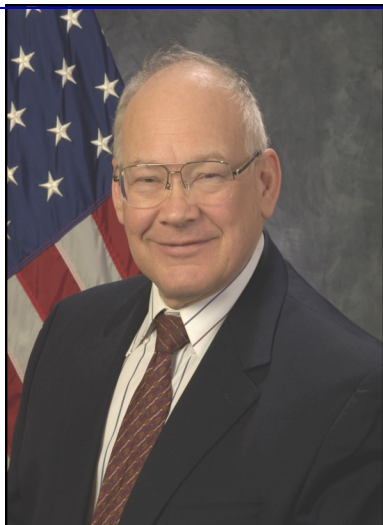
Inside this issue:

"CLEAR" App	1
Staff	2
Tricare	3
Finance	4
Veterans Administration	5
Veterans' Administration	6
Veterans Administration	7
Health	8
Recurring Information	9
米国社会保障局 (SSA)の 確認手紙が来た。どう しますか?	10
Still Serving	11
RAO & MMRA Info	12





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Caregiver Programs and Services

Family Caregivers provide crucial support in caring for veterans. The Department of Veterans Affairs (VA) recognized that Family Caregivers in a home environment can enhance the health and well-being of veterans under VA care.

Under the "Caregivers and Veterans Omnibus Health Services Act of 2010", additional VA services are now available to seriously injured post-9/11 veterans and their Family Caregivers through a new program of Comprehensive Assistance for Family Caregivers.

Services can include:

- Monthly stipend
- Travel expenses (including lodging and per diem while accompanying veterans undergoing care)
- Access to health care benefits programs (if the Caregiver is not already entitled to care or services under a health care plan).
- Mental health services and counselling
- Comprehensive VA Caregiver training provided by Easter Seals
- Respite care (not less than 30 days per year).

For additional information, including eligibility requirements as well as how to apply for these benefits, please go to www.benefits.gov/benefits/5918

Courtesy of www.benefits.gov



Tricare

Tricare for Life

What is Tricare For Life (TFL)? Do I qualify? How do I sign up? These and other questions should be considered by retirees who are nearing their 65th birthday. Below is a refresher for those who will be 65 soon.

What is Tricare for Life?

Tricare For Life is a Medicare-wraparound coverage for Tricare-eligible beneficiaries who have Medicare Part A and B.

Enrollment for Tricare For Life is not required. Coverage is automatic if you have Medicare Part A and B. You must pay the Medicare Part B premium in order to maintain the TFL benefit.

TFL is available worldwide and is applied differently depending on where you live. In the U.S. TFL pays after Medicare. If you are overseas, TFL is the primary payer.

Who Can Participate?

Tricare-eligible beneficiaries who have both Medicare Part A and B can use TFL. You can check the Eligibility Page at <https://www.tricare.mil/Plans/Eligibility> to see if you qualify.

How Does it Work?

If you are in the U.S., you may visit any provider who accepts Medicare.

- Your provider files your claims with Medicare
- Medicare pays its portion and sends the claim to the TFL claims processor.
- Tricare For Life then pays the provider directly for Tricare-

covered services.

- You won't receive a Tricare wallet card, all you need is your Medicare Card and military ID as proof of coverage.

You can get care at military hospitals and clinics, but only if space is available.

If you are overseas, you may visit any qualified provider but you must obtain an itemized list of services/medications from the provider and then submit the claim via International SOS for payment. See <https://www.tricare-overseas.com/>

What Do I Pay?

You don't pay any enrollment fees for TFL, but you must pay the Medicare Part B monthly premiums. Your Part B premium is based on your income. Please go to <https://www.tricare.mil/Costs/PayFees/MedPartBFees> for more information on payments.

You can also go to the Medicare website (<https://www.medicare.gov/>) for more information on Medicare Part B premiums.

If you are looking for what Medicare pays for services covered by Medicare and Tricare, check out the Tricare For Life Cost Matrix at <https://www.tricare.mil/Plans/HealthPlans/TFL> You will pay nothing out of pocket for services covered by both Medicare and Tricare.

You can go to <https://www.medicare.gov/coverage> to see what services Medicare covers. To see what Tricare covers, please go to <https://www.tricare.mil/CoveredServices/IsItCovered>.

TFL is administered by contract-ed companies. They assist with claims and provide customer service to all beneficiaries using TFL.

- In the U.S. and U.S. territories, Wisconsin Physicians Service provides coverage. Go to the Tricare for Life site at: <https://www.tricare4u.com/wps>
- All other overseas areas are covered by International SOS at the website listed above.

Is TFL Right For Me?

TFL is the play for you if you are eligible and you have both Medicare Part A and B. Coverage is available worldwide and you can see any provider you want. However, in the States, you'll pay more if you get care from Veteran's Administration providers or providers you opt out of Medicare, because they are not allowed to bill Medicare.

When retired service members and their families become eligible for Tricare For Life, typically at age 65, they are no longer able to enroll in Tricare Prime.

You can check out the Tricare For Life 101 podcast series. The new series helps retired service members or their eligible family members who will turn 65 soon understand their TFL benefits. The series covers a number of topics, from an overview of basics to how TFL and Medicare interact and more. Check it out at <https://newsroom.tricare.mil/Podcast>.

Courtesy of <https://www.tricare.mil/Plans/HealthPlans/TFL>



Finance

Pensions Benefits for Military Retirees

The military has two retirement systems:

- The new Blended Retiree System (BRS)
- The legacy high-three system.

We are not going into detail here because as retirees these decisions have already been made. If you want to review these issues, please go to <https://www.usa.gov/military-pay>.

Pension Taxes.

You may not have to pay federal income taxes on your military pension. To find out, use the Internal Revenue Service online tool at <https://www.irs.gov/help/ita/is-my-pension-or-annuity-payment-taxable> and online publications at <https://www.irs.gov/forms-pubs/about-publication-575>.

Military Retirement and Social Security.

Retirees can get both Social Security benefits and their military pension.

VA Disability Compensation Benefits.

Veterans who have a service-related injury or illness may be entitled to VA disability compensation. It is a tax-free monthly benefit.

Visit VA.gov to learn:

- Which conditions qualify your for benefits
- How the claims process works
- How to file a VA disability claim.
- How to appeal a decision you disagree with. The process changed in Feb 2019.

Survivors of veterans may receive compensation benefits in certain situations. You can go to <https://www.va.gov/disability/dependency-indemnity-compensation/> for more information on this issue.

VA Pensions for veterans and survivors with a low income.

Wartime veterans with a low income and their survivors may qualify for a tax-free pension. These monthly payments from the Department of Veterans Affairs are based on financial need. Go back to <https://www.usa.gov/military-pay> for more info.

Questions

The links in this article will direct you to information that will answer many of your questions. If, howev-

er, after reviewing all the data you still have questions, there are agencies who can help.

If you are a military retiree with questions about your benefits, contact your branch of service. For the Army, Air Force, Marines or Navy, contact the Defense Finance and Accounting Office at <https://www.dfas.mil/retiredmilitary/>. For the Coast Guard go to the U.S. Coast Guard Pay and Personnel Center at <https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Pay-and-Personnel-Center-PPC/>

Courtesy of www.usa.gov/military-pay.

Social Security Survivors Benefits

Your family members may receive survivors benefits if you die. If you are working and paying into Social Security, some of those taxes you pay are for survivors benefits. Your spouse, children and parents could be eligible for benefits based on your earnings.

You may receive survivors benefits when a family member dies. You and your family could be eligible for benefits based on the earnings of a worker who died; The deceased person must have worked long enough to qualify for benefits.

You should notify Social Security immediately when a person dies. You cannot report a death online.

If you are in the states, most funeral homes will report the death for you. If you are overseas, you can do this at the embassy. Contact info for the embassy is available at <https://www.ssa.gov/foreign/foreign.htm>.

If you are not yet getting benefits, you should apply for survivors benefits promptly because in some cases benefits are not retroactive.

If you are already getting benefits on you spouse's or parent's record:

- You generally will not need to file an application for survivor's benefits.
- Social Security will automatically change any monthly benefits you receive to survivors benefits after they receive the report of death.
- Social Security may be able to pay the Special Lump Sum Death Payment (<https://>

www.ssa.gov/benefits/survivors/ifyou.html#h7) automatically.

If you are getting retirement or disability benefits on your own record:

- You will need to apply for the survivors benefits.
- They will check to see whether you can get a higher benefit as a widow or widower.

Documents you need to apply.

The document you need to apply will vary depending on your situation. For details on what you need for your situation, please go to <https://www.ssa.gov/benefits/survivors/>. Click the link about documents at the top of the page.

If you don't have all the documents you need, don't delay applying for Social Security benefits.

In many cases, your local Social Security office can contact your state Bureau of Vital Statistics and verify your information online at no cost to you. If they can't verify your information online, they can still help you get the information you need.

You may mail any document to the Social Security folks. If you do this you must include the social security number for the deceased person so they can match them with the correct application. Do not write anything on the original document. Please write the social security number on a sheet of paper and include it with the original document in the mailing envelope.

Courtesy of www.ssa.gov

Unclaimed Money from the Government

If a business, government office or other source owes you money that you don't collect, it's considered unclaimed. Unclaimed property can include many things including cash, checks, money orders, security deposits or the contents of safe deposit boxes. The federal government doesn't have a central website for finding unclaimed money. But you don't need to hire a company to find unclaimed money for you. You can find it on your own for free, using official databases.

If you think some entity owes you money or just to search around go to www.usa.gov/unclaimed-money.

Courtesy of www.usa.gov



Veterans Affairs

Benefits, Resources Available to Veterans of OIF, southwest Asia Theater of Operations

If you served in Operation Iraqi Freedom, and have a disability or illness as a result, you may be eligible for additional VA benefits and services.

Additional presumptive conditions related to particulate matter exposure. Those who served in OIF or the Southwest Asia Theater of Operations and other locations, may now be entitled to compensation for medical conditions presumed to be related to exposure to fine particulate matter.

Veterans and survivors who believe they may be eligible for compensation for asthma, rhinitis or sinusitis that emerged within a 10– year period after separation from military service are encouraged to file a claim for benefits.

Those who served in the following locations are presumed to have been exposed to particulate matter and may be entitled to the new presumption:

- Southwest Asia Theater of Operations beginning August 2, 1990 to the present.
- Afghanistan, Uzbekistan, Syria or Djibouti.

The Southwest Asia Theater of Operations refers to these locations and the air space above them:

- Iraq
- Kuwait
- Saudi Arabia
- The neutral zone between Iraq and Saudi Arabia
- Bahrain
- Qatar
- The United Arab Emirates
- Oman
- The Gulf of Aden
- The Gulf of Oman
- The Persian Gulf
- The Arabian Sea
- The Red Sea.

For more information on the new presumptive conditions, visit the Arbore Hazards and Burn Pit Exposure—

Public Health page at www.publichealth.va.gov/exposure/burnpits/index.asp.

If you have an illness or condition related to particulate matter, exposure or any other military environmental exposure, they encourage you to file a claim. For more information on how to file a VA disability claim, go to www.benefits.va.gov/compensation/

If you were previously denied service connection for any of the new conditions but had symptoms manifest within 10 years of military service, you will need to file another claim. Be sure to use VA Form 20-0995 “Decision Review Request: Supplemental Claim” when filing. The claim form should include the name of the diagnosed medical condition. If you have additional questions about the claim process, visit VA.gov or call 1-800-827-1000.

To learn more visit www.va.gov/disability/eligibility/hazardous-material-exposure/.

Courtesy of blogs.va.gov/Vantage/101474/

Resources Help Veterans with Education, Employment Opportunities

Are you interested in returning to school or jumpstarting a new career? Consider applying to one of the several VA education or career programs to Veterans, including Veteran Readiness and Employment (VR&E), Veteran Employment Through Technology Education Courses (VET TEC) or the Veteran Rapid Retraining Assistance Program (VRRAP)

Veterans with a service-connected disability of at least 10% that limits their ability to work or prevents them from working may be eligible for VR&E—a program designed to help Veterans explore employment options and address education or training deficiencies. You can apply online or contact a VBA Regional Office if you are in the States. Once the application is received, a Vocational Rehabilitation Counselor will

schedule an initial evaluation with you and determine formal entitlement to the program.

The VET TEC program assists Veterans looking to reskill or upskill for a career in the high-technology industry. Eligible Veterans and service members can receive educational assistance in such fields as computer programming, data processing and information science, and may receive a housing stipend while in training. Visit the VET TEC webpage to learn more about the program eligibility requirements and the application process.

Veterans not entitled to the Post-9/11 GI Bill or without a service connected disability may still qualify for VA education benefits for a limited time through VRRAP which offers training and education to support employment in high-demand jobs for Veterans unemployed because of the COVID-19 pandemic.

To be eligible for a program, you must:

- Be at least 22 years old but not older than 66
- Not be rated as totally disabled because you can't work.
- Not be enrolled in a federal or state jobs program.
- Not currently be receiving unemployment benefits.

Veterans who meet all of the above qualifications can apply and may receive up to 12 months or tuition and fees, as well as a monthly housing allowance based on Post-9/11 GI Bill rates. VRRAP is a temporary benefit (enrollment deadline is December 11, 2022). Additional information is available on the VRRAP website.

For general questions about GI Bill benefits, Call the Education Call Center at 888-442-4551 or 001-918-781-5678 if calling from outside the United States.

Courtesy of blogs.va.gov/Vantage/103342/



Veterans Affairs

How to Check Your VA Claim, Appeal or Decision Review Status Online

1. First, open VA.gov then choose using DS Logon, My Healthvet, or ID.me to log on . If you don't have an account with one of these, follow the prompts to create a new account. If you can log on, skip to step 4. If you are creating a new account, perhaps using ID.me would be a good choice as you can also use this logon to upload documents as evidence after you have submitted you claim.
2. Choose how you want to receive your authentication code. You can choose either a text or phone call
3. Enter the authentication code you received. The system will automatically go to a new page that has a blank box where you will enter the code you received.
4. After signing in, go to the claim status tool. Find the list of Disability links on the VA.gov home page. Click "Check your claim or appeal status".
5. You can review the date each claim was last updated, the current status, and the date you submitted it. Click the "View Details" button to get more information.
6. You will be taken to a page that will let you see "Your Compensation Claim"
7. You can now review all details of you claim or appeal. Click on the "Files" tab. You can see if there are any forms or documents they still need from you. You can also review the forms and documents they already have. If you have additional evidence to support your claim, click the "Add Files" button to select files to upload.
8. Click on the "Details" tab to see what you've claimed, who your rep is for VA claim and other details.

You can use this tool to check the status of a VA claim or appeal for compensation. Track your:

- Disability compensation including claims based on special needs like an automobile or clothing allowance.
- Veterans or Survivors Pension benefits
- Special monthly compensation (such as Aid and Attendance)..
- Dependency and Indemnity Compensation (DIC).
- Burial allowance to help pay for a Veteran's burial and funeral expenses.

You can also use this tool to check the status of a claim or appeal for other benefits like these:

- VA health care
- GI Bill or other education benefits
- Veteran Readiness and Employment (VR&E).
- Home Loan Certificate of Eligibility (COE).
- A Specially Adapted Housing (SAH) or Special Housing Adaptation (SHA) grant.
- Life Insurance
- A pre-need determination of eligibility to be buried in a /VA National Cemetery.

Once again, you have to log on to one of the three websites listed at the beginning of this article. To review, You will need to have one of these free accounts:

- A premium My HealthVet account or
- A Premium DS Logon account or
- A verified ID.me account that you can create on VA.gov.

If you don't have one of these accounts, follow the prompts to create a new one.

Courtesy of www.va.gov/claim-or-appeal-status

Upload Evidence to Support your Claim

If you've filed a claim for disability compensation, you can continue

uploading more evidence for up to one year to support your claim. Evidence may include supporting documents like medical test results, doctor's reports, and other records.

If you are waiting for a decision on your disability claim, you can upload evidence to support that claim using the VA's claim status tool.

To begin, sign in to VA.gov using a logon that you created in the last article. Once you are logged on, go to your "My VA" dashboard. You will find the link to this dashboard in the top right corner of the page once you are signed in.

Scroll down to the "Track Claims" section. There you will see a summary of the latest status information for any open claims or appeals you may have.

Locate the claim you are dealing with and click on the "View Status" button, this will take you to a page with more details about that claim's status and supporting evidence.

If you are waiting for a decision on your disability claim, you can upload evidence to support that claim using the claim too at <https://www.va.gov/claim-or-appeal-status>.

For any other type of document you would like to submit online to the VA, please use the direct upload too through AccesVA at eauth.va.gov/accessva/?cspSelectFor=dmhs

Sign in using a CAC or ID.me logon or with VA PIV Card .

If you have submitted a "fully developed claim" it will be reopened when you send new documents.

Courtesy of va.gov.



Veterans' Affairs

Request your military service records (including DD214)

Submit a military records request to get your DD214 or other military service records through the milConnect website.

You'll need to sign in to milConnect to get your military service records. To use this feature, you will need a Premium DS Logon account. Your MyHealthVet or ID.me credentials won't work on the milConnect website. Go to milConnect to sign in, register or upgrade your DS Logon account to Premium. You can do so at <https://milconnect.dmdc.osd.mil/milconnect>

Once you have signed in to milConnect, follow these steps to submit a military records request.:

- From your signed-in homepage, click or tap on "Correspondence/Documentation". Then select "Defense Personnel Records Information (DPRIS)" from the drop-down menu.
- Choose the "Personnel File" tab.
- Select "Request My Personnel File".
- Fill out the form. In the "Document Index" section, check the boxes next to the document(s) you would like to request.
- Click or tap on the "Create and Send Request" button.

You can request the following documents in this manner:

- DD214
- DD215
- Report of Separation
- Other release Papers

You can also request documents with information about your service, such as your:

- Orders and endorsements
- Performance Reports
- Awards and decorations (commendatory items).
- Security clearance.

After you request any military records, you will receive an email letting you know that they are processing your request. You will also receive a second email when your request is complete and your files are ready for you to review and download.

You can check the status of your military records request by signing in to milConnect and going to the "Personnel File" tab with the Defense Personnel Records Information (DPRIS) section. This is also where you will review and download your files once they are ready.

There are other ways you can request your military records. You can mail a Request Pertaining to Military Records (Standard Form SF180) to the National Personnel Records Center (NPRC). You can get a blank SF180 at <https://www.va.gov/find-forms/about-form-sf180/>

The address for the NPRC is:
1 Archives Drive
St. Louis, Missouri 63138

There is also a fax function but the web page I used didn't have a fax number.

There are a few instances when you may be able to request records for an

other person.

- If you are a family member planning a burial for a Veteran in a VA national cemetery, you can call the National Cemetery Scheduling Office at 80-535-1117. They can help you get the Veteran's DD@14 or other discharge documents you need.
- If you are the next of kin of a Veteran who has passed away, you can request a copy of the Veteran's military records in any of these ways:
 - Mail a SF180 as listed above.
 - Visit the NPRC in person

If you are not the Veteran's next of kin but the veteran was discharged more than 62 years ago, you can order a copy of the military records. The National Archives opens all records to the public 62 years after discharge.

Get more information about this at "<https://www.archives.gov/personnel-records-center/military-personnel-ompf-archival-requests>."

If the Veteran was discharged less than 62 years ago, you may be able to request limited information from their Military Personnel File. Go to <https://www.archives.gov/personnel-records-center/ompf-access-public> for more information.

Information extracted from <https://va.gov/records/get-military-service-records>.



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>



Health

Japanese Translators

Notice: This information is being provided solely to facilitate the completion of off-base referrals when the 35 Medical Group (35 MDG) is unable to provide these services. The translators listed have NOT been vetted by the 35 MDG for medical translation. This list is intended to be used as a starting point for your search for a translator if you have to go to a Japanese Medical Provider.

Japanese Translators

- Yamahata, Yukio Cell: 090-8788-2563 Fax: 0176-62-2232
- Machiya, Tsukasa Cell: 090-2270-4904 Home: 0176-56-4755
- Saito, Mamoru Cell: 080-6048-6415 Home: 0176-53-5998
- Tomita, Masako Home: 0178-44-7409
- Shoko ??? Facebook Messenger
- Osada, Yusuke Facebook Messenger
- Narita, Yuzo Facebook Messenger

35 MDG Disclaimer: The 35MDG does NOT endorse, recommend or guarantee the services of any of the translator listed herein. It is the patient's responsibility to find a translator that accommodates your needs. 35 MDG will not be liable for the actions of any of these individuals.

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Whole Health— Moving the Body

Moving the body can help prevent and treat dozens of diseases, such as diabetes, high blood pressure and obesity.

Why is moving the body important? Moving the body in any activity that uses your energy to move the large muscles in your body. Some activities increase your stamina, while others

improve your strength, flexibility or balance. Moving your body in these ways can improve your ability to do more of the things you want.

Whole Health handouts are available. "Get Moving: Adding Physical Activity into Your Routine" <https://www.va.gov/WHOLEHEALTH/Veteran-Handouts/docs/GetMoving-Final508-07-12-2018.pdf>

"An Introduction to Yoga for Whole Health" <https://www.va.gov/WHOLEHEALTH/Veteran-Handouts/docs/Yoga-508Final-9-4-2018.pdf>

"An Introduction to Tai Chi and Qigong for Whole Health" https://va.gov/WHOLEHEALTH/veteran-handouts/docs/IntroTaiChiqigong_Final508-07-25-2019.pdf

You can access other exercise-related links and articles, including a YouTube video titled "A Patient-Centered Approach to working Your Body. You can find this content at <https://www.va.gov/WHOLEHEALTH/circle-of-health/moving-body.asp>. *Courtesy of blogs.va.gov.*

13 Things That Can Cause Anxiety and What You Can Do About Them

Knowing what can start or worsen your anxiety can be extraordinarily helpful in managing it.

Nervousness, panic, fear, sweating, rapid heartbeat: all can be symptoms of anxiety. And in time of true danger, anxiety and its symptoms are totally normal and healthy. But sometimes those feelings go into overdrive at the wrong time, and anxiety winds up interfering with daily life.

"If an individual gets to the point where health worries and being careful crosses a line into what would be considered a disorder,

then that person's ability to function in daily life is impaired," Una McCann, MD, professor of psychiatry and director of the Anxiety Disorders Program at the Johns Hopkins School of Medicine, tells *Health*. "It can really detrimentally affect someone's life."

Eventually, anxiety may escalate into the point that a person is unable to do their job, perform household duties, or care for themselves or loved ones as they normally would. Dr. McCann explains; Knowing what may be causing or worsening the anxiety may help prevent it from getting to this level.

The triggers of anxiety are different for everyone, but here are some of the more common ones.

- Thinking there is something physically wrong with you.
- Worries about your loved ones.
- How much money you have (or don't have).
- Not getting enough sleep
- Stimulants—including coffee.
- Taking certain medications
- Having a diet that's not too healthy.
- Feeling that everything needs to be done just so.
- How an argument can effect a relationship
- Information overload.
- Fear of being separated from a loved one.
- Concern over large-scale disasters.
- Not having control over a situation.
- Figuring out what your triggers are.
- Preparing for and managing your trigger.

Go to the below site for more info.

Courtesy of <https://www.health.com/condition/anxiety/things-that-can-cause-anxiety>



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, please contact your servicing pay office or your customer service representative.

Questions concerning specific pay account information should contact the

servicing payroll office or the appropriate Customer Service rep as follows:

Military Retirees:

1-800-321-1080

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.

Courtesy of myPay.dfas.mil

Where to Send Your TRICARE Claim

Non-active duty, TRICARE Pacific; send to TRICARE Overseas Program, P.O. Box 7985, Madison, WI 53707-7985 USA

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

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

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

Courtesy of www.TRICARE-overseas.com

International Direct Deposit

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

bank.

See previous editions of the Misawa RAO Newsletter (go to misa-wa.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

Call My VA

You have questions for the VA? Dial 1-800-MyVA411. This is the number to call when you don't know who to call.

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

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



米国社会保険局 (SSA) は、あなたの現在の状況を知っている必要があります。

時折、社会保険局 (SSA) は、あなたにこの手紙を送ります。手紙は、あなたがまだ同じアドレスに住んでいることを確認し、再婚したか、市民権を変えたかどうかを確認のためです。変わらないなら、例のように「NO」のボタンを記入し、サインと日付を記入します。戻り封筒を使用してこの手紙を返送してください。必ずコピーをとって置いてください。

前面

裏面

ここにサインして下さい。

注意！ あなたがすぐに手紙を返送しないと、年金の支払いは止まります！（お手伝いします）

この記事についてご相談したい方は、我々のオフィスに電話をしてください。

By Joe Roginski

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に答えてお手伝いします。ご遠慮なく連絡ください。

Tel: 0176-77-4428 (月~金、0900-1500) (日本語の受付は月曜日のみ)

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) 7033-0012 Aomori-ken, Misawa-shi, Hirahata 64
Misawa Beigun Kichi-nai, 35FW/CVR-Retiree Activities Office
(日本語) 7033-0012 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 fourth quarter 2021 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

Managing Editor: CMSgt (Ret) Dave Barton

MMRA Notes:

1. Membership dues are \$20 a year. If you have not paid your dues for 2022, 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.

1 February 2022

5 April 2022

7 June 2022

2 August 2022

4 October 2022

6 December 2022

NEXT MEETING—TUESDAY, 2 August 2022

SERVING THE RETIRED MILITARY COMMUNITY IN NORTHERN JAPAN



USEFUL NUMBERS

Exchange: 0176-77-8255-7 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>