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Misawa AB Retiree Activities Office Newsletter

ACKNOWLEDGEMENT

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

New Medical Conditions Approved for VA Disability Benefits

Dear Veteran,

You may be eligible for newly enacted service-connected benefits.

Over the course of the last six months, the Department of Veterans Affairs (VA) has begun processing service-connected disability claims for six new presumptive conditions related to environmental exposures during military service. We request your help in making more Veterans aware of these newly added presumptive conditions to help them file a claim and obtain any earned benefits.

In May 2021, VA started implementing provisions of the William M. Thornberry National Defense Authorization Act for Fiscal Year 2021 (NDAA), adding bladder cancer, hypothyroidism and Parkinsonism to the list of medical conditions presumptively associated with exposure to Agent Orange. A few months later VA added asthma, rhinitis and sinusitis (to include rhinosinusitis) on a presumptive basis based on particulate matter exposures during military service in Southwest Asia and certain other areas.

Any Veteran who was previously denied service-connection for any of these six conditions but had symptoms manifest within 10 years of military service would need to file a supplemental claim. Be sure to use VA Form 20-0995, Decision Review Request: Supplemental Claim (<https://www.va.gov/find-forms/?q=20-0995>) when filing. The claim form should include the

name of the condition and specify that the condition is being claimed due to in-service exposure to environmental hazards.

VA is committed to assisting Veterans who may have been exposed to hazardous materials during their military service.

Be sure to stay plugged in to www.va.gov for the most recent developments around environmental exposures during military service, as VA is constantly conducting research and surveillance as well as reviewing scientific literature for conditions that may be related to exposure during military service.

For more information about VA benefits and eligibility, or how to file a claim, Veterans and survivors can visit VA's website at www.va.gov or call toll-free at 1-800-827-1000.



Of course to do anything on the VA web site you have to sign in. If you do not have an account, go to <https://www.va.gov/disability/file-disability-claim-form-21-526ez/introduction> to create an account.

If you know a Veteran who is in crisis, call the *Veterans Crisis Line* at 1-800-273-8255 and press 1.

Courtesy of www.va.gov

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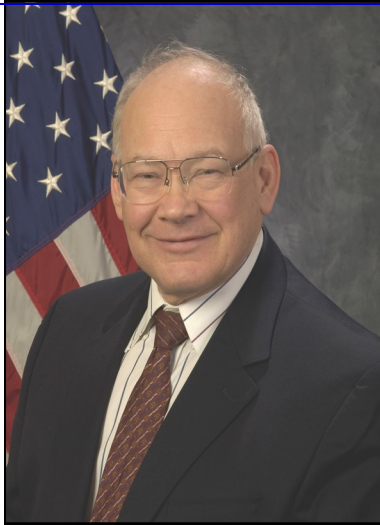
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Officer/Enlisted Spouses Club Letters of Appreciation

On the evening of Tuesday 30 November 2021, Paul Sayles, the President of the Misawa Military Retirees Association, presented a Certificate of Appreciation to the Misawa Enlisted Spouses Club. While Dave Barton the treasurer presented a certificate to the Officer's Spouses Club on 2 December *for* their support of the 20th Annual Retiree Appreciation Day Breakfast. The Spouses Clubs have provided monetary support for the past several years, allowing the Retiree Appreciation Day Breakfast to take place. By their continued support of the Misawa Military Retirees, recognition of the regions retirees and their families, as well as the widows of deceased military retirees, is made possible. *Paul Sayles/Dave Barton*





Veterans Administration

Virtual Wall of Faces

The Virtual Wall of Faces features a page that honors and remembers every person on the Vietnam Veterans memorial in Washington, D.C. Each page has a photo to go with each of the more than 58,000 names on the Wall. The Wall of Faces allows family and friends to share memories, post photos and connect with each other.

Back in March, prior to Vietnam War Veterans Day, the Vietnam Veterans Memorial Fund's Wall of Faces needed less than 80 photos to complete the project. At the time of this article being created, that number stands at 28 through the work of volunteers.

Additionally, over 1,400 of the photos are poor quality. Anyone with better photos can upload them. A list of those are located at the link on: <https://blogs.va.gov/Vantage/95808/update-virtual-wall-of-faces-almost-complete-needs-remaining-photos/>

The remaining names, listed in alphabetical order, are also available at the above link. You can scroll down both lists and see if any of the names jumps out at you as someone you may have served with.

Courtesy of Blogs.va.govVAnatage

Live Whole Health

So you can't seem to get off the couch and go to the gym and you haven't exercised in quite a while.

Do you remember the good old days when you didn't use the term "exercise" at all. You just did your work around the house, the garden, or even the farm and that was your exercise for the day. Maybe on Saturday night you would go out to hear a band play some old-time country songs and dance. That was

also exercise.

Moving the body is important, no matter how we do it. Moving the body is 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.

Do your love old time country music? Do you love to dance but it is hard to get out on the floor like you once did? Don't worry! You can still enjoy songs like Coal Miner's Daughter, Oakie from Muskogee, and Heart Aches by the Number from the comfort of your chair or even your bed. Don't just listen though; move your body and get the blood flowing. It can make you feel younger and help you get closer to being in good shape.

This Music and Movement exercise is an 18-minute video featuring Matthew G. Lloyd, a neurologic music therapist at the A Central Iowa Health Care System. Lloyd plays classic country music on his guitar while guiding the viewer through a series of warm-ups and a gentle set of exercises. This routine is designed for the core and improving lower body strength, endurance and motor control.

You can find this article as well as the video mentioned above at <https://blogs.va.gov/Vantage/95934/live-whole-health-92-old-time-country-songs/>

Physical activity is safe for almost every one and its health benefits far outweigh the risks. Even if you are out of shape, or have not been active in along time, you can still be active safely.

If you have a concern about a health

condition, or if you have active symptoms such as chest pain or pressure, dizziness of joint pain, talk with your health care team about the types and amounts of activity that are best for you before starting.

Courtesy of blogs.va.gov/Vantage

VA Aid and Attendance Benefits and Housebound Allowance

VA Aid and Attendance or Housebound benefits provide monthly payments added to the amount of a monthly VA pension for qualified Veterans and survivors. If you need help with daily activities, or you are housebound, find out if you qualify.

You can still file a claim and apply for benefits during the Corona Virus pandemic. For the latest information about in-person services, claim exams, extensions, paperwork, decision review and appeals, and how best to contact them during this time go to <https://www.va.gov/coronavirus-veteran-frequently-asked-questions/#claims-and-applications>.

How to find out if you are eligible for VA Aid and Attendance or Housebound benefits as a Veteran or survivor? You may be eligible for this benefit if you get a VA pension and you need at least one of the requirements listed at <https://www.va.gov/pension/aid-attendance-housebound/>.

How do you get this benefit? Send a completed VA form to your pension management center (PMC). Fill out a VA Form 21-2680 (Examination for Housebound Status or Permanent Need for Regular Aid and Attendance) and mail it to the PMC for your state. You can have your doctor fill out the examination information for you. Get more information on these programs at the above website.

Courtesy of www.va.gov/pension



Veterans Administration

Peer Support Specialist Shares His Recovery Story to Help Other Veterans

Marine Corps Veteran Vince Bryant has seen war and lived through some very dark times. Now as a peer support specialist, he is reaching out to his fellow Veterans.

In this unique role at the Michael E. DeBakey VA Medical Center in Houston, Bryant shares his personal recovery story with Veterans while providing encouragement, offering hope and helping others achieve specific, life-related goals for recovery.

Bryant joined the Marines when he was 28. He was considered the “old man” by the young 18 and 19-year-old recruits at boot camp. In 2005, he deployed to Iraq and his experiences there would forever change him.

“The biggest injury is the injury you don’t see,” he said. “I was diagnosed with PTSD and not just PTSD, but chronic PTSD. After finding that out, I was living in denial. I didn’t even know what PTSD was. One of the hardest things was being told that I’ll never get rid of it. That I could only use tools to manage it.”

Bryant served two tours in Iraq

Post Traumatic Stress Disorder (PTSD) is a mental health issue that some people develop after experiencing or witnessing a life-threatening event – like combat, a natural disaster, a car accident or sexual assault.

It is completely normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. But if symptoms last more than a few months, it may be PTSD or another mental health condition.

The good news is that there are effective treatments such as trauma-focused psychotherapy (talk therapy). Certain medications can also help.

Peer support specialists assist physicians and psychotherapists who treat people struggling with mental health issues. They provide support, mentoring and other types of assistance to fellow Veterans in recovery.

Peer Support Selection is Rigorous.

The hiring and selection process for these positions is rigorous. It requires a candidate be a Veteran who has recovered or is recovering from a mental health condition. The candidate also must be certified by a non-profit entity or the state as having met all necessary criteria and training.

VA believes those who have walked the same path as those they will serve are best equipped to serve as role models for those just beginning their recovery.

Ensuring Veterans the best care is from VA

I’ve found that talking about my experiences is absolutely therapeutic,” Bryant said. “As a Veteran, being a peer support specialist allows me to provide this same recovery opportunity to other Veterans. By being an open book, I’m reaching out to other Veterans and ensuring they get the very best possible health care from VA.”

“Reach Out” was this year’s theme for Suicide Prevention Month. The campaign focused on increasing knowledge about what Veterans and their loved ones can do now to help prevent suicide later.

It reminded Veterans that while big life moments – like transitioning from the military, starting a job, ending a relationship, or raising children – can be overwhelming, they don’t have to go through them alone.

VA emphasizes that Veteran supporters can proactively reach out to the Veterans in their lives to provide support during life challenges.

Veterans in crisis, or friends and family concerned about one, can always connect with caring, qualified responders at VA’s Veterans Crisis Line: 1-800-273-8255, text 838255, or www.veteranscrisisline.net.

Courtesy of blogs.va.gov/Vantage

VA Federal Benefits Booklet

VA’s www.va.gov/getstarted landing page makes it easier for Veterans and family members to access VA benefits and services information.

The website provides two newly updated booklets on information about VA benefits and services, as well as how to apply for them.

The first booklet is the 2021 Federal Benefits Handbook for Veterans, Dependents and Survivors. It contains a comprehensive listing of VA benefits and services with direct links to contact benefits and services representatives. In fact, an index located on the inside cover lists both phone number and websites for easy reference.

The second booklet is the VA Welcome Kit and complements the handbook with easy-to-understand words and graphics to better navigate VA’s many benefits for Veterans and family members. The booklet is structured on the idea that no two veterans are the same and they all do not have the same experiences or circumstances.

Based on where a veteran is in his or her life, VA serves veterans in different ways.

Courtesy of blogs.va.gov/Vantage/93627



DFAS / Passport Info

Forms Can Now Be Uploaded Online via the askDFAS Online Upload Tool

As part of their work to modernize Retired & Annuitant Pay and make the processes easier for you, DFAS is building a suite of online tools that allow forms and required documentation to be uploaded through askDFAS on the DFAS.mil website, which is also accessible on a mobile browser.

These tools are a quick and easy way to submit select forms and documents to them directly. Instead of mailing or faxing your completed forms, you can now upload some of them directly in a PDF through the askDFAS online tool on the DFAS.mil website. Submission through askDFAS will improve the way requests are submitted and eliminate the time and hassle of sending requests through mail or fax and provide more timely and accurate service to retirees.

It's easy to use the online upload tool. Just click on the link, fill in the required information and attach a PDF of your completed and signed form and any associated documentation. When submitting additional documentation, it is important to include your name and social security number on every document. When you complete and submit the ticket, the documentation will then be uploaded to our system for processing. You will receive an automated email confirming your ticket has been created with a link to view your ticket in the future. When you use the online upload tool to submit your forms, you may also receive status notifications (see the "How Do Status Notifications Work" article in this issue).

They have recently expanded the series of upload tools for the following forms that retirees use to make requests and changes to their retired pay accounts:

- DD Form 2656-1 Survivor Benefit Plan Election Statement for Former Spouse Coverage <https://corpweb1.dfas.mil/askDFAS/ticketInput.action?subCategoryID=21424>

- DD Form 2656-2 Survivor Benefit Plan Termination Request (third-year retirees only) <https://corpweb1.dfas.mil/askDFAS/ticketInput.action?subCategoryID=21164>
- DD Form 2656-8 Survivor Benefit Plan Auto Coverage Fact Sheet <https://corpweb1.dfas.mil/askDFAS/ticketInput.action?subCategoryID=21391>
- DD Form 2588 Authorization to Start, Stop, or Change an Allotment <https://corpweb1.dfas.mil/askDFAS/ticketInput.action?subCategoryID=21524>
- Reserve Retirement Orders (DD Form 2656, Orders, etc) <https://corpweb1.dfas.mil/askDFAS/ticketInput.action?subCategoryID=21304>

Please note the askDFAS online upload tools can only accept the specific form and documentation noted on that upload tool. Other requests or documents cannot be processed through the online upload tools at this time.

When documents are submitted using askDFAS, it can take up to 72 hours for those documents to be uploaded and indexed in our system.

Once the documents have been indexed in their system, the documents will follow their typical processing timeframes. askDFAS ticket numbers cannot be used to check the status of a document when calling the Customer Care Center.

How Do Status Notifications Work?

Status notifications are a three-step process that will update you when DFAS receives select forms or documents for processing by mail or fax (or in some specific cases, through AskDFAS). You will receive separate status notifications when your form or document is:

- Received and queued in the DFAS work system
- Assigned to be worked

Completed - Either a notification the processing is complete or a notification that DFAS is sending a request for additional information.

Courtesy of <https://www.dfas.mil/RetiredMilitary/newsevents/newsletter/>

Passport Renewal

When does your passport expire?
How do you renew your passport?

The first thing you need to do is pull out your passport and be sure you know when it expires. If it expires soon, you should begin the steps to renew it.

Since we live outside the US, we have to go through the nearest US Embassy or consulate to renew our passports. Most adults can renew their passport by mail with online payment. To see if you meet the criteria to renew by mail, go to: <https://jp.usembassy.gov/passports/passport-renewal-by-mail-with-online-fee-payment/>

If you do not meet these above criteria, please see Key Passport Services or Adults, Age 16 and Older (<https://jp.usembassy.gov/passports/adults-age-16-and-older-application-in-person/>). These conditions require you to submit your application in person but you need an appointment and you must make an appointment at the Embassy or a consulate. Online appointments are available for the Tokyo Embassy and consulates in Sapporo, Osaka/Kobe, Fukuoka and Hana. If appointments are booked, you must check their website at the beginning for each month for the following month's appointments. In order to avoid unnecessary travel you should use the appointment system. For instructions on making an appointment to submit a passport application in person at the US Embassy go to the website listed above..

Courtesy of jp.usembassy.gov



TRICARE

Get to Know Tricare

Tricare Podcast Returns with Focus on Tricare for Life.

“Are you ready to listen to a new season of Get to Know Tricare? If so, we’ve got more episodes headed your way. Get to Know Tricare is a podcast launched this year to help you learn more about your Tricare benefit. From news about COVID-19 to tips to help you save on out-of-pocket health care costs, the podcast is a convenient way to get the Tricare information you need and to help you get the most out of your benefit. With this new series, they are taking a look at Tricare for Life (TFL).

Tricare is excited to start this series around TFL. The podcast host and a member of the Defense Health Agency's Communications Division, Benefit Education and Research team is Calvin Keller. “Some of our retired service members or their eligible family members will turn 65 soon, and they may have questions about TFL and how it works. We want to use the podcast as another resource to answer their questions and help them understand what steps they need to take to get coverage”, he said.

The first episode, *Turning 65 soon? Start Your TFL Checklist*, outlines some of those key steps in an interview with Lenny Bonivento, a health systems analyst and TFL expert at the Defense Health Agency. This is the first of three episodes that will be released as part of the *Tricare for Life 101* series. Other episodes in the series will explore the different parts of Medicare and provides information you can use.

How can you tune in to *Get to Know Tricare*? You can listen to Tricare’s podcast on Apple Podcasts or Spotify. Be sure you subscribe to the podcast so you get the latest content delivered to you. New episodes will post every other Wednesday during the series. As you listen to the podcast, remember to join the conversation on Tricare’s Facebook and Twitter channels. Use the #AskTricare hashtag on social media to ask questions about TFL that you’d like them to an-

swer in future podcasts. Tune in to the Tricare podcast (at <https://newsroom.tricare.mil/podcast>), follow it and join the conversation.

Tricare for Life Expert Discusses How You Get Coverage.

Oct. 1, 2021, marked the 20th Anniversary of Tricare For Life (TFL). Congress created TFL as Medicare-wraparound coverage in 2001 in order to extend TRICARE coverage to Medicare-eligible military retirees and their family members. Prior to the establishment of TFL, military retirees and their family members lost their TRICARE coverage when they became eligible for Medicare. Today, there are about 2.1 million beneficiaries using TFL, according to the Department of Defense.

So how do you qualify for TFL? They recently caught up with Anne Breslin, the TFL program manager at the Defense Health Agency, to ask about who is eligible for TFL. If you want to learn more about TFL, check out the Question and Answer portion of the original article at <https://newsroom.tricare.mil/Articles/Article/2799855/qa-tricare-for-life-expert-discusses-how-you-get-coverage> Courtesy of newsroom.tricare.mil/podcast.

So lets review how Medicare Parts A and B pertain to Tricare For Life.

Enrollment is not required for TFL. Coverage is automatic when you get Medicare Part A and B. You must continue to pay Medicare Part B premiums to maintain your Tricare For Life privileges.

TFL is available world-wide. Tricare pays after Medicare in the U.S. and U.S. territories. Tricare is the first payer to all other overseas areas.

Tricare eligible beneficiaries who have both Medicare Part A and B can use TFL.

To be sure of your eligibility go to <http://www.tricare.mil/Plans/Eligibility>.

You may visit any authorized provider. Here in the overseas area you must pay

the provider’s bill then use the receipt to go online and file a Tricare claim. Do not try to file a claim with Medicare because they do not cover overseas claims even though you must pay their premiums. You must file with Tricare.

You don’t pay any enrollment fees for TFL, however, again, you must pay the Medicare Part B monthly premiums which are based on your income. For more information about Medicare Part B go to <http://www.medicare.gov>.

Is Tricare for Life Right for You?

TFL is the plan for you if you are Eligible for Tricare and you have both Medicare Part A and B.

Coverage is available world-wide and you can see any provider you want. However, you will pay more if you get care from Veteran’s Administration providers or providers who opt-out of Medicare, because they are not allowed to bill Medicare. However, that does not apply if you are in an overseas location.

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.

So what about Medicare B. You should sign up for Part B when you first become eligible to avoid the Medicare Part B late enrollment higher premiums.

You are qualified for Medicare if you are disabled, have End Stage Renal Disease or when you become 65 years old.

- You become eligible for Medicare Part B at age 65 if you or you spouse paid into Social Security for at least 40 quarters (10 years of employment).

You can enroll in Medicare Part A and B online but you should read all the pertinent information concerning the type of enrollment and which portions of Medicare you need. For example, if you live overseas, you will automatically be enrolled in Part A but you will need to enroll in Part B. Be sure to check out www.medicare.com.

Courtesy of www.tricare.mil



Health

About Musculoskeletal Injuries

Sports, recreation and physical training are key to everyone's health—physical, mental and spiritual—and, perhaps, even more so to those of us who may be past our physical prime years.

But those activities also often lead to our single biggest health problem; musculoskeletal injuries.

More than half of these injuries are related to exercise or sports. Running is the number one cause of musculoskeletal injuries (MSKI).

How can you avoid MSKIs? What does it mean to train “right”?

Taking a smart approach to training and other physical activities can greatly reduce the risk of injury and preserve your overall health and ability to function without pain.

People should choose their activities carefully with a specific goal in mind. Stretching and warm-ups are an easy way to reduce risk. An, most importantly, don't overdo it—pain and discomfort is your body's way of telling you to take it easy.

Whatever sport or exercise you choose, it's essential to do it right. Use good form and technique. Getting sloppy or overly aggressive is asking for an injury.

“Motion is lotion”, said Air Force Maj, Brandon Wielert, a clinical specialist in orthopedics and the physical therapy chief at David Grant Medical Center, Travis Air Force Base in California.

“Safe and appropriate movement is like the lotion to our movement system, vital for its sustainability” he said. “If a member is prompt to ‘get the job done’ at a high volume and intensity and has underlying movement dysfunction, it is a matter of time before they break.”

Same thing when someone trains recreationally without enough preparation for more intense exercise.

“Training right involves a concept they

call specificity of training” he said. This means training in a way that most easily translates for the activity you are preparing for, such as attempting to improve one's running time for a specific distance.

In that case, many folks attempt to run multiple 5K races in preparation, for “this type of endurance, does not best translate to a faster time over that distance and increases the likelihood of overuse injuries”. Similarly, different types of jobs have different physical requirements, so they require a different approach to ensuring safe and specific training.

Training right also depends on your personal goals.

Whether it's addressing weight loss, muscle hypertrophy, increasing weights with lifting, vertical jump height, flexibility, etc., once you've identified your goals, specific exercise through proper exercise prescription and progressions will safely bring you towards them with minimal injury.

The American College of Sports Medicine and Centers for Disease Control and prevention recommend preforming five days of 30 minutes or moderate intensity aerobic activity, or three days of 20 minutes of high-intensity aerobic activity, plus working on muscular endurance and strength for a minimum of two days per week.

Its important that you find a program that challenges a mix of your endurance, power, and can perform jobs without injuries.

The best way to engage is finding workouts that fit your interest, whether it's group classes, competitive racing or lifting, working out with a partner or following a workout program.

“In addition to training with the correct exercises and technique, frequency, intensity, volume and duration, all exercises should be followed by a proper rest and recovery period”, said Army Lt. Col Angela Diebai-Lee. Chief of Physical Therapy at Blanchfield Army Community Hospital at Fort Campbell Kentucky.

“In a 24-hour period, it is paramount to

ensure the athlete is also getting proper sleep and nutrition to support recovery and fueling needs to reduce injury and optimize physical and mental performance,” she said. “Training is multifaceted and should be viewed as a holistic process defined by what you do before, during and after the training session.”

What is right for one person, is not necessarily right for another. Ultimately, if you are training right then you will be seeing objective progress towards your performance goals,” she added.

Overdoing It.

“Overtraining occurs when exercising at high intensity or volume” said Wielert. “This is most identified with pain and/or injury.”

Performance can actually decline if you train more aggressively than your body can recover from. Repetitive workouts, lack of proper recovery period, and poor caloric, and hydration intake, can contribute to overtraining and injuries as a result.

You will notice overtraining occurring if you have persistent injuries and body aches, decline in performance, affected mood and sleep.

“Rest and recovery are important for optimal performance. This doesn't necessarily mean days of no activity, but of a less intense form of exercise, called “active rest”. Weilert said.

“We are capable of putting our bodies through tremendous feats of strength, endurance and flexibility”, he said. “However, over time, these things can take a toll on our bodies. Incorporating rest and recovery will enable us to continue to build bodies to adjust or accommodate to the stresses we place on them.

For more information, go to www.health.mil/News/Articles/2021/10/13/Tips-for-How-to-Train

*Courtesy of www.health.mil
Courtesy of www.health.mil*

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

Listen to Your Body

Whatever you call it – training, working out, exercise, PT – some level of intense physical activity at regular intervals is part and parcel of being healthy.

This could include anything from rucking several pounds of combat gear, running, or playing sports to lifting weights.

One of the keys to one's ability to stay physically fit and avoid undue long-term damage to their body is knowing the difference between “normal” aches and pains and what may be signs of something more serious.

“There are several indicators that your body will give you when determining whether you are experiencing normal discomfort or ‘good’ pain, in a way, versus pain that needs to be addressed,” said Air Force Capt. Kameryn Corcoran, a physical therapist at David Grant USAF Medical Center at Travis Air Force Base in Fairfield, California.

Some of the key indicators, she said, are pain during activity, duration, or pain that continues after ending an activity or pain that limits the duration or intensity of your activities

“These are the things you want to look for when thinking about whether to push through or stop,” said Corcoran.

Running injuries, specifically, are usually recurrent or nagging aches or pains that start and progress without obvious injury, said Navy Lt. Cmdr. Aaron Stoll, a physical therapist at Naval Hospital Jacksonville, Florida.

Stoll said these injuries normally fall into two categories: training errors or overuse, and lack of preparation.

“The first category can result in aches, pains, and declining performance and can be signs that you’re overloading and need a couple days off to recover,” he said. “The latter can cause plantar fasciitis, hamstring tightness, patellofemoral pain syndrome, ‘runner’s knee’ or IT (iliotibial) band syndrome. Others may develop hip or back pain

with running due to stiffness of the leg muscles or trunk.”

While these types of conditions are not usually a sign of serious injury, they can and should be dealt with to prevent the symptoms from worsening and to optimize continued performance, said Stoll.

It’s essential to understand the difference between “good” and “bad” pain. Good pain or soreness is a normal response to pushing your body past its current level of tissue load tolerance. Stiffness and aches after working out can be completely normal, said Corcoran.

“If you push past that soreness and overload the capacity your body has at that point, that’s when you start to get closer to a risk of injury,” she said. “Often, I’ll tell patients to adhere to a 10% progression rule. If you’re increasing your activity more than 10% per week, you are at risk for overloading your tissues or structures at a rate faster than what they are able to adapt or recover at properly.

If any pain persists longer than three to five days, it’s likely a good idea to consult a medical professional as this may be a sign of potential injury.

In terms of pain levels, “Try not to overthink it,” Corcoran said.

A good analogy – and a simplified version of the **Defense and Veterans Pain Rating Scale** – is to think of a spotlight.

“Green light is if you’re experiencing pain between a zero and a three. If you’re between a four to a six, you’re more in the yellow light range and you should start to slow down and think about what may be causing your discomfort – technique, posture, etc. Seven to ten means you should stop and potentially seek medical attention, especially if it’s acute pain,” said Corcoran.

Signs that an injury or pain may be serious include sharp pain that prevents your normal range of motion or prevents a part of your body from moving altogether, pain associated with a significant amount of swelling, deformity or bruising, or pain that lasts

past the five-day threshold, especially if a person hasn’t put any stress on that part of the body since the pain began. You should also seek help if the pain is constant, gets worse or keeps you awake at night.

Regardless of whether or not the pain is something serious, giving your body time to recover is always recommended.

“The key to building strength is the time during which your body is recovering,” Corcoran said. “That’s when your muscles rebuild. That’s when your structures get stronger and adapt.”

If you’re not allowing for that recovery time, she said, we’re breaking down our body without getting the positive benefits.

In the event that an injury *is* serious, the quicker the intervention, the higher the likelihood of a quick recovery.

A sprained ankle for example, can turn into chronic pain or may place undue stress on other parts of your body surrounding the ankle due to overcompensation if left unaddressed.

“We can get you back to full function a lot faster than if you ignore the signs of overtraining and push through the warning signs,” said Corcoran.

When it comes to running, Corcoran recommended changing your running shoes every three to six months or every 250 to 500 miles, depending on how frequently you run.

“Running is a high impact sport, so you want to make sure your body is ready for that impact and you’re loading it in a way in which it’s able to adapt properly without exposing yourself to an increased risk of injury,” she said.

Courtesy of www.health.mil

Birthdates of our Military Services

US Army—June 14, 1775

US Navy – October 13, 1775

US Marines—November 10, 1775

US Coast Guard—August 4, 1790

US Air Force—Sept 18, 1947



RECURRING INFORMATION

Retiree Survivor's Guide

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

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

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

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

myPay on YouTube

There is an excellent tutorial on YouTube on how to open and use your myPay account. Go to https://www.youtube.com/playlist?list=PLhx_8nsfXqVjnv_WuYeXc84lmlHBMYe6a
Courtesy of myPay.dfas.mil

myPay Support on DFAS

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

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

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

Questions concerning specific pay overseas. IDD electronically deposits account information should contact funds on the first business day of the the servicing payroll office or the ap- month to your foreign bank in the propriate Customer Service rep as fol- currency of the country of the receiv- lows: ing bank.

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

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



アメリカの所得税申請時期です

1. アメリカ国籍のない日本人でも、\$ 12,550 (65歳以下) か \$ 14,250 (65歳以上) 以上のアメリカ合衆国による収入があればアメリカの税務局に所得税申請が必要です。今年所得税申請は4月18日までです。その上、海外に住んでる申請者はさらに2ヶ月のばすことができます。アメリカの社会保障金(SSA ソシャルセキュアリティ)、米軍による遺族年金(SBP) (サヴァイヴァーベネフィットペイメント)、会社の給料、銀行の利息、不動産の売買、株、保険、退職金などが収入となります。アメリカの所得税申請をしなければならない方々のためにこの三沢基地のリタイアーアクティビティオフィス(RAO)がお手伝いできます。もちろん無料です。お電話、手紙、Eメールで連絡して下さい。電話は0176-77-4428、月曜日から金曜日朝の9時から午後3時まで。たまに留守ですので日本語のメッセージをどうぞ。日本語の受付は月曜日です。

2. アメリカ合衆国による年金 (SSA)、軍人遺族年金 (SBP)は日本の税務所に申請をしです。日米の条約の中でアメリカ、日本はお互いの国による年金、遺族年金、保険などを所得税の請求はしません。アメリカの年金に対して、日本の税務局は収入にしないし、アメリカも日本の年金、保険なども同じように収入としません。もし、現在日本の所得税申請書の中にアメリカによるSSAやSBPが所得収入として計算されたらば、このRAO事務所にご連絡下さい。

我々事務所のRetiree Activities Office(リタイアラーアクティビティオフィス)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)

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

(日本語)

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

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

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



Still Serving!



Hello fellow retirees and fellow RAOs staff. Here is the 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 2020, please call the RAO or e-mail the RAO and talk to Dave Barton, the MMRA Treasurer. The Treasurer will arrange to collect your dues and record it in the financial report.
2. Donations to the Misawa Military Retirees' Association are greatly appreciated. Dues and donations are used for the operations of the organization, charitable activities, community activities, assistance grants, and assistance in the case of death in the family. All funds go to the community except for the snacks served at the bi-monthly meeting.

The Misawa Military Retirees Association (MMRA) meets bi-monthly on the first Tuesday of even months, at 1700 hours, in the Tohoku Enlisted Club's Gray Room. All military retirees regardless of service affiliation are welcome as members. These meetings are your forum to voice your opinions, concerns, questions and suggestions, and get information about retiree and survivor issues and support on Misawa Air Base. We are your voice to the active duty community and help to support the many retiree programs on the base. We also provide assistance in emergencies to retirees and surviving spouses in times of need. Come out and join our group, share your experiences and skills, contribute to the community. The time you give to your fellow retirees and their families may someday come back as assistance to you or your survivors.



MMRA Meeting Schedule

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

1 February 2022

5 April 2022

7 June 2022

2 August 2022

4 October 2022

6 December 2022

NEXT MEETING—TUESDAY, 1 Feb 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>