



# Retiree Activities Office

## Yokota AB, Japan

# Newsletter



**Vol. 2, Issue 4**

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*A publication of the Yokota Retiree Activities Office (RAO) whose mission is to support the base commander in providing information and assistance to military retirees, their family members, and surviving spouses residing in the local area. Articles appearing in this newsletter are compiled from various government sources. Information has been edited and reprinted for the benefit of our retiree population. While every effort has been made to ensure the accuracy of the information herein, no absolute guarantee of accuracy or currency can be given nor should be assumed.*

### **Change of Command at Yokota:**

On June 24th Col Kenneth E. Moss took command of the 374 Airlift Wing. Col Moss comes to Yokota from Pope Army Airfield, Fort Bragg, NC, where he was commander of the 43rd Airlift Group.

CMSgt Timothy R. Davidson is the new Command Chief Master Sergeant. CMSgt Davidson is the 374th Medical Group Superintendent, Yokota Air Base, Japan.

(Source: 374 AW/PA)

### **A Retiree Survivors's Guide to Benefits:**

This guide is available on the library page of the Air Force Retiree Services website <http://www.retirees.af.mil/shared/media/document/AFD-160406-035.pdf>.

It 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.

The 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), and a Benefits/Entitlements Checklist.

I would recommend that you print out a copy of the guide and keep it with your important records.

(Source: Air Force Retiree Services).

### **Summer Safety Tips:**

Summer has arrived so here are a few hot weather tips for a safe summer.

1. Stay hydrated and drink lots of water and juice. Alcohol consumption may cause dehydration. The Kanto Plains area in which we live has been forecasted for a much hotter summer than usual.

Those of us who have lived here for a while know how hot it can get it.

2. Wear sunscreen with a SPF factor of 15 or greater, and apply at least 20-30 minutes before going outside.

3. Skin does not have to feel hot to get burned, so protect yourself even on cloudy days.

4. Wear UVA/UVB protective sunglasses and a hat.

5. Whenever possible, stay indoors during extremely hot temperatures.

(Source: Various)



## Stroke strikes fast. You should too:

Learn the signs of stroke and how you can take steps to prevent it. You can have high blood pressure or hypertension, and still feel just fine.

High blood pressure is common in older people and, if not controlled, can lead to serious health problems, like stroke. A stroke is a blood clot or broken blood vessel in your brain.

Have your blood pressure checked regularly. If you are diagnosed with high blood pressure, talk to your doctor about managing your blood pressure to lower your risk of stroke.

Be prepared! Learn the signs of stroke

## Thanks for All Your Help:

Here at Yokota Air Base we are very fortunate to have numerous organizations that are always available to provide assistance to retirees, their family members and surviving spouses.

These are the agencies that we refer our retiree community to when the assistance needed is beyond the scope of the RAO.

On behalf of the RAO I would like to extend our thanks and appreciation to these organizations and look forward to your continued assistance.

The following list and services provided is by no means all inclusive.



## Veterans Benefits Handbook:

The most current Department of Veterans Affairs benefits guide for Veterans, Dependents and Survivors is available at: [https://www.va.gov/opa/publications/benefits\\_book.asp](https://www.va.gov/opa/publications/benefits_book.asp)

(Source: [www.va.gov](http://www.va.gov))

- Sudden numbness or weakness in the face, arm, or leg—especially on one side of the body
- Sudden confusion or trouble speaking or understanding
- Sudden problems seeing in one eye or both eyes
- Sudden dizziness, loss of balance or coordination, or trouble walking
- Sudden severe headache with no known cause

**DON'T IGNORE THE SIGNS OF STROKE!** Call for medical help right away if you see or feel any symptoms.

Everyone should know the stroke warning signs.

(SOURCE: TRICARE for Life)

[Airman & Family Readiness Center](#) - Casualty assistance, survivor benefits, Air Force Aid, VA appointments.

[Mortuary Affairs](#) - Burial arrangements and other matters pertaining to deceased retirees and family members.

[Accounting & Finance](#) - Updating MyPay account information, obtaining end of year pay documents.

[Legal Office](#) - Notarize documents, Power of Attorney, wills, income tax preparation.

[TRICARE Office](#) - Medical matters, Japanese translations of US Death Certificates.

[American Red Cross](#) - Assistance with emergency family notifications.

(Source: RAO Director)

## Editor's Note:

*Your comments concerning articles you see here, or questions concerning military retiree benefits and services are always welcome. We can be reached by email at: [yokota.rao@us.af.mil](mailto:yokota.rao@us.af.mil). By phone: DSN: 225-8324, from off base (042) 552-2510 ext. 58324. If you call during non office hours, leave a message and we will get back to you. The RAO is open from 0900 - 1500 Monday thru Friday.*