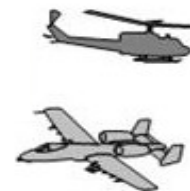




# THE NEW LIFE



DEPARTMENT OF THE AIR FORCE  
509th BOMB WING/RAO

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ARLEY NEIGHBORS

## Brigadier General John J. Nichols

### 509th Bomb Wing Commander

On behalf of all of Team Whiteman, I cordially invite military retirees from all branches of the Armed Forces to our annual Retiree Appreciation Day (RAD) scheduled for October 7, 2017. As part of the activities, we will provide you with an update on our installation, answer your questions and address any concerns you might have. We are honored to host this great event for each of you, and I sincerely hope you will attend.

### From The Director

Registration for RAD starts at 0700, at the Mission's End (The Club). Please put **Retiree Appreciation Day on your calendar**. You can contact us locally at 660-687-6457 or toll free at 1- 800-303-5608.

You can also e-mail us at

[509.bw.retirees.affairs.office@us.af.mil](mailto:509.bw.retirees.affairs.office@us.af.mil) to get our online newsletter go to [www.whiteman.af.mil](http://www.whiteman.af.mil) and look for Whiteman Links, click on Retiree Activities and follow the prompts for our newsletter.

**There will be no special luncheon buffet at the Club this year. The Club requires a guaranteed number of diners for the buffet. If we give the Club a number based on the reservation forms that we receive, and there is a shortfall in that number, the Club will hold this office responsible for the difference. This office does not have a budget, and there is no way for us to cover the costs.**

### Our mailing address is:

509th Bomb Wing RAO/CVR  
750 Arnold Ave, Ste. 126  
Whiteman AFB, MO 65305

"STILL SERVING"

### VA Benefits book available

The Federal Benefits for Veterans, Dependents & Survivors handbook is available, with 18 pages of new information. The book can be found at [http://www.va.gov/opa/publications/benefits\\_book/2014\\_Federal\\_Benefits\\_for\\_Veterans\\_English.pdf](http://www.va.gov/opa/publications/benefits_book/2014_Federal_Benefits_for_Veterans_English.pdf).

### Veterans Crisis Hotline

1-800-273-8255 Press 1

### Space-A Available Travel

Passengers willing to try Space A travel can sign up at terminals in person, or on line.

[www.amc.af.mil/amctravel](http://www.amc.af.mil/amctravel) or by e-mail or phone 301-981-3527. Passengers should be prepared to buy a return flight on a commercial aircraft.

### Information of Interest to Retirees

1. A Presidential Memorial certificate is available to family members for deceased retirees. Obtain a copy of VA Form 40-0247 from your local VA office, or go to the internet, using goggle search, enter "VA Form 40-0247" and you can print a copy. You must include a copy of the retiree's discharge (Usually DD Form 214).
2. "Commissary shopper" valuable coupons may be obtained by applying on the internet [www.commissaryshopper.com](http://www.commissaryshopper.com) You will be required to provide the name of the commissary where you shop.
3. Retirees who do not have a computer internet setup are advised to check with the local library, most of them have computer networks, although you might have to schedule your time to use their computers.
4. **TRICARE Update**  
TRICARE travel information is available at: <https://www.tricare.mil/FindDoctor/Traveling>.

### **Military Personnel Flight**

Customer Service (ID Cards, DEERS)

The MPF Customer Service Office is located at:  
330 Ellsworth Ln., Bldg. 3036  
Whiteman AFB, MO 65305

If you are coming in to get a new ID card, we recommend you call ahead to ensure the DEERS/RAPIDS computers are up and running. You must have two forms of ID, one with picture. To contact the MPF office, call 660-687-6427/28. Hours of operation are: 7:30a.m. To 4:30p.m. Mon thru Friday. The office is closed on weekends and holidays.

### **Casualty/Survivor Benefits**

The Casualty Assistance / Survivor Benefits Office is located at 309 Ellsworth Lane, 509 FSS/DPMPs.

We recommend you call ahead for an appointment if you need personal assistance. Telephone # is (660) 687-6434. Hours of operation are: 7:30a.m. to 4:30p.m. Mon thru Friday. E-Mail: [clayde.collins@us.af.mil](mailto:clayde.collins@us.af.mil)

### **Legal Office**

The Legal Office is located at 509 Spirit Blvd, Suite 203. Telephone# is (660) 687-6809.

Legal Assistance (walk-in hours) Tuesday 0800-1000 & Thursday 1300-1500

Notaries and Powers-of-Attorney: Mon-Fri 0730-1630  
Wills by Apt only: Mon 0800-1000 and Wed 1300-1500  
Claims by Appointment call (660) 687-6809

### **Tricare Retiree Dental Program**

The TRICARE Retiree Dental Program (TRDP) provides the coverage necessary to help enrollees maintain good oral health and often prevent the need for major dental treatment down the road. Visit [www.trdp.org](http://www.trdp.org) for complete information about all the benefits available under the TRDP, or call Delta Dental of California, TRDP contract administrator, toll-free at 888-838-8737.

### **Medical Retiree Day Health Education**

The 509th Medical Group (MDG) will provide health education and consultation on Retiree Day. You need not fast for any length of time as cholesterol and glucose testing will not be available.

### **509th Medical Group: (660) 687-2188**

Hours, to include the pharmacy are: 0730 - 1630  
Monday thru Wednesday. Thursday: 0930 – 1630.  
Friday 0730 – 1630. Closed on weekends, and Federal holidays.

You can also find information on the 509 MDG Facebook page, or the official website:  
<http://www.whiteman.af.mil/units/509mdg/index.asp>

### **Other Health Insurance Discovery**

By law, beneficiaries are required to report any Other Health Insurance (OHI) they have in addition to TRICARE. The Military Health System (MHS) has contracted with a vendor to obtain OHI information. If the claim wasn't submitted to the OHI first, TRICARE will deny it. Providing your OHI information may help lower your out-of-pocket costs since two plans now pay on covered civilian care. To learn more visit [www.TRICARE.mil/OHI](http://www.TRICARE.mil/OHI).

### **Tricare's Nurse Advice Line**

Please remember the Nurse Advice Line is an option for receiving health care or answers to your medical questions. This service can be accessed 24 hours a day, 7 days a week by calling 1-800-874-2273 and selecting option 1. The Nurse Advice Line is not intended for emergencies and is not a substitute for emergency treatment.

### **Tricare Fraud**

TRICARE Beneficiaries are being targeted by "Call Centers" who ask them to provide personally identifying information and health information so that they can allegedly provide prescribed medications to the TRICARE beneficiary. TRICARE and its contractors will never call and ask for personal or health information. You are strongly encouraged to provide NO information in response to these unsolicited requests.

Should you receive a phone call for your personal or health information, remember to give them NOTHING and report the call to the Fraud Tip Hotline at: 1-866-759-6139 or by email at [TRICAREfraudtip@express-scripts.com](mailto:TRICAREfraudtip@express-scripts.com).

### **Security Forces Squadron**

**Visitor Center:** Located next to Spirit Gate, off Hwy 23. Telephone # is (660) 687-2834.

Services: Visitor passes. **A valid driver's license or photo ID is required. Vehicle registration and proof of current insurance must be available in the vehicle. OPEN 24 HOURS EVERY DAY.** Please ensure you read about the **REAL ID ACT** on the Whiteman AFB website for information regarding visitor passes.

### **Financial Services**

The 509th Comptroller Squadron is located at 509 Spirit Blvd, Suite 115A (Wing Headquarters Bldg., Base Flag in front). Our phone numbers are (660) 687-2006 and our fax number is (660) 687-2758. Our e-mail is [509cps.fcs@whiteman.af.mil](mailto:509cps.fcs@whiteman.af.mil).

Be sure to include your day time phone number in your e-mail inquiry. We **cannot** make any changes per a telephone call or email. Hours of operation are: 0900-1500 Mon thru Fri. Closed weekends, down days and holidays.

### Force Support Squadron (FSS)

The men and women of the 509th Force Support Squadron bid you a hearty Welcome! We know you will have an informative, fun day during the Retiree Day events. Be sure to take advantage of the products and services we offer all year long. We are proud of our contribution to the Whiteman AFB mission. From bowling leagues to golf tournaments to catered parties and weddings to adventure trips for local attractions, we stand ready to serve you. The following facilities offer specials for you on Retiree Day, Oct 07.

- Stars & Strikes Bowling Center: \$1 shoe rental and \$1 games as well as a 30% discount on their lunch menu except alcoholic beverages.
- Free round of golf at Royal Oaks Golf Course with cart rental.

For up-to-date information on all FSS activities, events and programs, please visit our web site at [www.whitemanfss.com](http://www.whitemanfss.com) where you'll find links for each of our facilities as well as our monthly magazine *Connection*. You may also take advantage of our online comment card <https://ice.disa.mil> to let us know how we're doing. If you would like to contact the 509th Force Support Squadron, you may send an email to [marketing@whiteman.af.mil](mailto:marketing@whiteman.af.mil) or telephone (660)-687- 6525. Again, welcome, and have a great Services day and Retiree Appreciation Day!

### Base Exchange (AAFES)

Store hours are:

Mon thru Sat	0900 - 1900
Sun	1100 – 1800
Holidays	Closed

**The gun counter opens when the store opens and closes 1 hour before the store closes.**

Questions or information call (660) 563-3001.

### Commissary (DeCA)

**Hours of operation are:**

Mon	Closed
Tues thru Sat	0900-1830
Sun	1000-1830
Tues thru Fri	0800-0900 Early Bird Shopping/Self-checkout only.

### Holiday Hours:

Mon	9/10 Oct	Closed (Columbus Day)
Sat	11 Nov	Open (Veterans Day)
Mon	20 Nov	Open
Thurs/Fri	23/24 Nov	Closed (Thanksgiving)
Sun	24 Dec	1000-1600

### Holiday Hours (continued)

Mon/Tue	25/26 Dec	Closed
Mon/Tue	01/02 Jan	Closed

Check the Website at [commissaries.com](http://commissaries.com) for additional closing hours. Questions or comments? Call to speak to a member of management at: (660) 687-5655.

### Military Retiree Websites: A Wealth of Information

#### Army Echoes:

<http://soldierforlife.army.mil/retirement/>

#### Navy:

[http://www.public.navy.mil/pubers-npc/support/retired\\_activities](http://www.public.navy.mil/pubers-npc/support/retired_activities)

#### Air Force:

<http://www.retirees.af.mil>.

#### Marine Corps:

[https://www.manpower.usmc.mil/portal/page/portal/M\\_RA\\_HOME/MM/H\\_SR](https://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/H_SR)  
[www.usmc-mccs.org](http://www.usmc-mccs.org)

#### Coast Guard:

<http://www.uscg.mil/retiree/>

### VA Medical Clinic

The new VA clinic, located across the street from the Sears store in Warrensburg is now open. They are now offering eye and hearing appointments. Call 816-861-4700 Ext 54281/800-525-1483 Ext 54281.

### Base Lodging Overlooked

Military members, retirees and DOD civilians are eligible to book lodging at hundreds of military owned accommodations worldwide. To make reservations for The Whiteman Inn. Call 660-687- 1844 or e-mail [whiteman.inn@us.af.mil](mailto:whiteman.inn@us.af.mil) or go to [www.dod.lodging.net](http://www.dod.lodging.net) for other bases.

### Base Dining Facility

The Base Dining Facility (Ozark Inn) has been renovated and will be available for this year's Retiree Appreciation Day.

## DFAS

### Audit Your Account

Make sure you review your account every year. You'd notice if you're banking information was wrong, wouldn't you? Probably, but there's a lot of other important information to keep updated to make sure you're getting all the retired pay you deserve. Keep your information current so that we can get in touch with you if there is a problem, change or update with your account. Don't let anything slip through the cracks! Here's a list of things to check at least once a year:

Update your address

Update your email address

Check your tax data

Review your allotments

Check family information

Review beneficiary information

Enter this link into your browser for more info and to learn how:

<http://www.dfas.mil/retiredmilitary/newsletters/newsletter/Audit-Your-Account.html>

**You Can Now Request a Copy of your DD-214 Online.** The National Personnel Records Center (NPRC) has provided a website for veterans to gain access to their DD-214 online at: <http://vetrecs.archives.gov> or try <http://www.archives.gov/veterans/military-service-records>.

. These records can be used for proving military service or employment purposes. NPRC is working to make it easier for veterans with computers and internet access to obtain copies of documents from their military files. Military veterans and the next of kin of deceased former members may now use the online system to request documents. Other individuals with a need for documents must still complete the standard form 180, which can be downloaded from the online web site. Because the requestor will be asked to supply all information essential for NPRC to process the request, delays that normally occur when NPRC has to ask veterans for additional information will be minimized. The new web-based application was designed to provide

better service on those requests by eliminating the records centers mailroom and processing time. *(Information reproduced from RAO Misawa Japan Newsletter)*

### Online ID Card Services Available for Retirees

Retired veterans can now complete tasks online that were normally done in person at an ID card office by using IDCO, or ID Card Office Online. IDCO is a self-service application developed at the Defense Manpower Data Center that allows retirees to perform a myriad of tasks such as updating a family member's contact information and authorizing an ID card replacement. Retired sponsors with a valid Department of Defense self-service logon credential, called a DS Logon, may now perform all family member transactions using IDCO, including electronically signing the DD Form 1172-2, Application for Identification Card/DEERS Enrollment, for their family members online. Once electronically signed, the family member may visit his or her local ID card office and be issued an ID card without the sponsor present. The ID Card Office Online web application is accessible from milConnect at <http://milconnect.dmdc.mil>. Retired veterans may obtain a DS Logon account at an ID card facility the ID card issuing process; online anytime at <https://myaccess.dmdc.osd.mil/> ; or by visiting a participating Veterans Affairs regional office.

**Medicare Issuing New ID Cards**  
Medicare ID cards will remove Social Security numbers in 2018. Medicare is preparing to send new cards to patients with Medicare ID numbers next year. The move is required by a law enacted two years ago to discourage identity theft. The 2015 law, the Medicare Access and CHIP Reauthorization act, requires CMS to remove the Social Security numbers from Medicare cards by April 2019. CMS plans a "wide-scale-outreach" to let beneficiaries know they need to bring their new cards when they get care and how to get MBIs if they lose their cards.  
*AARP, March 17, 2017*



### **Administration on Aging**

The mission of AoA is to develop a comprehensive, coordinated and cost-effective system of home and community-based services that helps elderly individuals maintain their health and independence in their homes and communities. For more information, visit [www.aoa.gov/](http://www.aoa.gov/).

### **Social Security Administration Offers Disability Benefits**

Did you know that many disabled veterans and wounded warriors may qualify for Social Security disability benefits, in addition to their Veterans Affairs benefits? For information go to:

[www.socialsecurity.gov/disabilityfacts](http://www.socialsecurity.gov/disabilityfacts)

### **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—September 18, 1947

### **Additional Helpful Links**

To find your state representative:

<http://www.house.gov/representatives/>

To find your state senators:

<http://www.senate.gov>

To find the VA:

<http://www.va.gov>

To find DFAS:

<http://www.dfas.mil>

To find Tricare:

<http://www.tricare.mil>

### **Funeral Services at**

*Arlington National Cemetery*

Call Arlington Cemetery at 1-877-907-8585 for information on scheduling services.

[www.arlingtoncemetery.mil/Funeral-Information/About-Funerals](http://www.arlingtoncemetery.mil/Funeral-Information/About-Funerals).

### **Spousal Burial**

Burial benefits are available for spouses and dependents buried in a national cemetery.

(Source: <http://www.cem.va.gov>)

### **What to do before a Veteran dies**

One of the eventualities in life that spouses and family of veterans face is the death of their loved one who served America in uniform. To help ease the burden on loved ones, retirees and veterans can make preparations in advance.

The first step is to make certain the family has easy access to important documents such as:

1. The veteran's discharge certificate (DD form 214).
2. VA documents, if any, indicating a VA claim number.
3. A copy of all marriage certificates and divorce decrees (if any previous marriages).
4. Insurance policies, including beneficiary designation.
5. A copy of the family will.
6. Location of safety deposit boxes.

*Courtesy of the Missouri Legionnaire  
March 2017*

### **Veterans Benefits You May Not Know About:**

**Long Term Care:** Through the Aid and Attendance program, many veterans are eligible to receive money to cover the cost of nursing homes, assisted living programs, and other long term care options.

**Caregiver Support:** Should you choose to take care of an ailing Veteran at home, the VA offers a caregiver support program. The program does not offer any monetary support, but they offer a free support line and a caregiver support coordinator to help navigate military benefits and the stress of care giving.

**Death Benefits:** Families may request a U.S. flag to drape over the casket. They may also request a Presidential Memorial Certificate to honor the deceased loved ones. The VA will also provide a free Headstone or grave marker. For more info, go to:

<http://militarybenefits.info/10-veterans-benefits-you-may-not-know-about/>

## **HEALTH AND AGING**

No one likes to think about death, but making decisions while you are healthy can help those close to you when the time comes. Having an outline of your wishes may give your caregivers comfort during a difficult time.

There are several ways to make sure others understand the kind of care you want at the end of life:

### **Talk about end-of-life wishes---**

\*Discuss your thoughts, values, and desires about end-of-life care with family and friends before becoming sick.

### **Prepare advance directives---**

\*Write up formal instructions in documents like a living will and a healthcare power of attorney. Make sure these documents are in a place that is easy to find, and that family members know where they are:

\*Tell a trusted family member or friend where you put your important papers. They'll need this information in an emergency:

\*Give permission in advance for your doctor or lawyer to talk with your caregiver as needed. There may be questions about your care, a bill, or a health insurance claim. Without your consent your caregiver may not have access to the information they need. You can give your permission in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign and return a form. Visit the National Institute on Aging website for more information on end-of-life issues at:

[https://www.nia.nih.gov/health/publication/end-life-helping-comforcare/introduction?utm\\_source=20160926\\_EOL&utm\\_medium=email&utm\\_campaign=ealert](https://www.nia.nih.gov/health/publication/end-life-helping-comforcare/introduction?utm_source=20160926_EOL&utm_medium=email&utm_campaign=ealert)

*Courtesy of Misawa AB RAC Newsletter  
Vol XVI, Issue 4.*

## **Report death to DFAS soon to avoid pay issues**

Defense Finance and Accounting Services officials advise reporting a retiree's death as soon as possible by calling 800-321-1080, or completing a Notification of Death Fast Form on the DFAS website.

This will help avoid delay and possible financial hardship to surviving beneficiaries, family members or executors, who will be required to return any unearned military retirement payments.

Eligibility for military retired pay ends with the death of the retiree. If a retired pay payment was issued for the month in which the retiree died, the bank will be notified to return the payment. The beneficiary of the arrears of pay may be due a prorated amount for the month of death.

The caller reporting the death will need the retiree's name, Social Security number and date of death.

## **How a "Life After Me" Document will leave family and friends with peace of mind.**

It may allow you to say goodbye to your family and friends with a heartfelt letter that says the things that may have been too hard to say face to face. It also gives you the opportunity to provide critical information to the executor of your estate and your loved ones to find what they need quickly and easily. Such things as the location of keys to safety deposit boxes, location of documents such as birth certificates, passport, divorce papers, marriage license(s), life insurance policies etc. For more information on how to prepare a "life after me" document, go to:

<http://www.aplaceformom.com/blog/4-28-16-how-prepare-a-life-after-me-document/>

*Courtesy of Misawa AB RAC Newsletter  
Vol XVI, Issue 4.*

**THE RETIREE ACTIVITIES OFFICE  
CANNOT CHANGE YOUR MAILING  
ADDRESS WITH DFAS!!!!**

**Retirees must change their address by calling 800-321-1080. If you have a myPay account you can make the change online. You can fax your change to 800-469-6559, or send it to DFAS, US Military Retirement Pay, 8899 E. 56<sup>th</sup> Street, Indianapolis IN 46249-1200**

**Volunteers Needed!!**

The Whiteman Retiree Activities Office is always looking for new volunteers to help man our office.

Call us at (660)-687-6457 for more information. Or call Raxsel Colburn at (660)-687-7132 for information on other locations that may need volunteers.

**If You Lose Your Wallet, Do This**

1. Call your bank to cancel and replace your ATM card, change your PIN number.
2. Contact Credit Card companies and request an account number change
- 3 .File a Police Report with your local department.
4. Contact your nearest Customer Service Office to replace your Military ID card.
5. Contact your local DMV about getting a replacement Driver's License.
6. Place a Fraud Alert or Security Freeze with Experian (888-397-3742)  
[www.experian.com](http://www.experian.com).  
Equifax (800-525-6285)  
[www.equifax.com](http://www.equifax.com)  
Transunion (800-680-7289)

7. Contact Insurers. Call Medicare if you are a recipient.
8. Follow up, during the next few weeks, pay close attention to bank and credit card statements.
9. Check your credit history two or four weeks later.
10. Reduce your risk. Don't carry the following: Social Security card, Medicare card-unless you are going to a new doctor, blank checks, spare keys for your house or car, cheat sheets with passwords and PIN numbers. On your home printer make a copy (front and back) of all the cards you carry in your wallet, driver's license, library card, credit card etc. Keep it in a safe place, that way if you need it; you will have access to all your account numbers and contact information.

**Addresses change for DFAS Customers**

The Defense Finance and Accounting Service mailing addresses for retired and Annuitant pay are changing May 1. Mail sent via the U.S. Postal Service will be sent to Indianapolis where it will be processed and sent electronically to the DFAS facility in Cleveland.

The new address for retired pay is:  
Defense Finance and Accounting Service  
U.S. Military Retired Pay  
8899 E 56<sup>th</sup> Street  
Indianapolis IN 46249-1200

The new addresses for annuitant pay is:  
Defense Finance and Accounting Service  
U.S. Military Retired Pay  
8899 E 56<sup>th</sup> Street  
Indianapolis IN 46249-1300

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509th BOMB WING/RAO/CVR  
750 ARNOLD AVE, STE 126  
WHITEMAN AFB, MO 65305-5315  
"OFFICIAL BUSINESS"

US POST PD  
KNOB NOST MO  
65336  
PERMIT #25



**RETIREE DAY RESERVATION FORM**

NAME \_\_\_\_\_ RANK \_\_\_\_\_ BRANCH OF SERVICE \_\_\_\_\_

**THIS YEAR THE LUNCH CHOICES ARE:**

**THE CLUB:** The Short Order Grill will be open. NO SPECIAL LUNCH BUFFET LUNCHION WILL BE AVAILABE.

**BOWLING CENTER:** Retiree Day Special, between 1100 – 1300, will be 30% off any snack bar menu items. (Alcoholic Beverage not included).

**BASE EXCHANGE FOOD COURT:** Burger King, Taco Bell, and a selection of sandwiches.

**PLEASE CIRCLE YOUR CHOICE BELOW AND INDICATE THE NUMBER IN YOUR PARTY.**

1. The CLUB \_\_\_\_\_ 2. OZARK INN \_\_\_\_\_ 3. BOWLING CENTER \_\_\_\_\_  
4. FOOD COURT \_\_\_\_\_ 5. BASE TOUR \_\_\_\_\_ 6. CUSTOMER SERVICE \_\_\_\_\_  
7. OSCAR-1 \_\_\_\_\_ 8. FINANCE \_\_\_\_\_

**IN ORDER FOR US TO PLAN PROPERLY, PLEASE RETUN THIS FORM TO ARRIVE NO LATER THAN 25 SEPTEMBER 2017.**

509th BOMB WING/RAO/CVR  
750 ARNOLD AVE, STE 126  
WHITEMAN AFB, MO 65305-5021