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| **VOLUME 25****DEPARTMENT OF THE AIR FORCE 509th BOMB WING/RAO****WHITEMAN AIR FORCE BASE, MISSOURI** | **DIRECTOR** | **EDITOR** |  **Jun 2019** |
| **NUMBER 9** | **ART MILLER** | **CLIFF TAYLOR** |  |

**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 19, 2019. 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, Thank you for your service and all you have contributed to—and sacrificed for—your nation and communities.

**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 **whiteman.rao@us.af.mi**l 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.

**THE SHORT ORDER GRILL AT THE CLUB WILL BE CLOSED FOR THIS EVENT.**

**Our mailing address is:**

### 509th Bomb Wing RAO/CVR 750 Arnold Ave, Ste. 126

### Whiteman AFB, MO 65305

###  “STILL SERVING”

**Aphorisms**

An Aphorism is a statement of truth or opinion expressed in a concise and witty manner. The term is often applied to philosophical, moral and literary principles.

I read that 4,153,237 people got married last year.

Not to cause any trouble, but shouldn’t that be an even number?

 I find it ironic that the colors red, white, and blue stand for freedom until they are flashing behind you.

### 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%20_for%20Veterans_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%20) **or by e-mail or phone**

**618-256-3017. 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](file:///%5C%5Cywhg-fs-001v%5C509bw_staff_ws%5CSZL-DS509BW%5CRetiree%20Activity%20Center%5Cwww.commissaryshopper.com%20). 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 aheadto ensure the DEERS/RAPIDS computers are up and running. You must have two **unexpired** forms of ID, one **MUST** have a picture. To contact the MPF office, call 660-687-6426. 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, 509FSS/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.

**LEGAL OFFICE**

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

Legal Assistance (By apt **ONLY**) Tuesday 0800-1000 & Thursday 1300-1500.

Notaries and Powers-of-Attorney: Mon-Thurs. 0730-1630

Fri 1200-1630

Wills by Apt only: Mon 0800-1300

Claims by Appointment call (660) 687-6809

**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.

 **509thMEDICAL 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 and every 4th **THUR** of the month from 1200-1630 for **TRAINING**. You can also find information on the 509 MDG Facebook page, or the official website: https://www.whiteman.af.mil.

**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 Advise 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.

 **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. Sponsors wanting to sponsor on a Non-U.S. Citizens must complete a Foreign National request and allow up to 30 days to process. Please contact the Visitor Center for more information. 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 theWhiteman AFB website for information regarding visitor passes.

**Financial Services**

The 509th Comptroller Squadron is in Suite 115A the Wing Headquarters Bldg. Our phone numbers are (660) 687-2006 / fax number is (660) 687-2758. Our e-mail is

**509cpts.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 19.

**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](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 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 1000 - 1700

**Firearms counter opens at 0900 and closes**

**at 1800 except Sundays when CLOSED.**

Questions or information call (660) 563-3001.

### COMMISSARY (DeCA)

### The commissary now offers store brand products. Freedom’s Choice is the commissary store brand name for food items and HomeBase for nonfood items such as paper products and other household items. DeCA’s store brand inventory also includes Top Care products such as first aid supplies, vitamins, over-the-counter medications and beauty care. Newly introduced organic products under the Full Circle market name and organic baby food under Tippy Toes brand.

### Your Whiteman commissary offers a Nutritional Guide Program for easy shopping for healthy choices such as low-fat, low-sodium, whole grain etc. These products are marked by a label with a green dot for easy identification of the products healthy attributes. More info can be found at: <https://commissaries.com/recipes-healthy-living/nutrition-guide-program>.

**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 27 May Closed (Memorial Day)

Mon 2 Sept Closed (Labor Day)

Mon 14 Oct Closed (Columbus Day)

Mon 11 Nov Closed (Veterans Day)

Thurs 28 Nov Closed (Thanksgiving)

Tue 24 Dec 1000-1600

Wed 25 Dec Closed (Christmas) Mon 01Jan 2020 Closed (New Year’s)

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

 **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 or go to

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.

**Did you know that the words “listen” and “silent” use the same letters?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/newsevents/> newsletter/Audit-Your-Account.html

**You Can Now Request a Copy of your DD-214** O**nline**. 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>.

**Medicare Fraud**

Medicare fraud wastes a lot of money each year and results in higher health care costs and taxes for everyone. There are con artists who may try to get your Medicare Number or personal information, so they can steal your identity and commit Medicare fraud. To help protect your identity, Medicare has mailed new Medicare cards. Your new card will have a new Medicare number that is unique to you, instead of your Social Security number. Guard your Medicare card like it’s a credit card. Give your Medicare number only to people you know should have it. Medicare, or someone representing

Medicare, will never contact you for your Medicare number or other personal information unless you’ve given them permission in advance.

Protect yourself and Medicare against fraud by reviewing your Medicare claims for errors, looking for other types of fraud, and reporting anything suspicious to Medicare.

 **Learn how to spot and report fraud.**

**Find out what you need to know if you’re in, or thinking about joining, a Medicare health or drug plan.**

**Learn more about protecting yourself from fraud by contacting your local Senior Medicare Patrol (SMP). At: 888-515-6565 or www.missouri/smp.org/**

**(*Source: Medicare.gov/ September27.2018)***

**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.

**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](file:///C%3A%5CUsers%5C1145416040M%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CTemporary%20Internet%20Files%5CContent.Outlook%5CUFBNXIQ1%5Cwww.socialsecurity.gov%5Cdisabilityfacts)

**Home Security Checklist**

Each year, there are reportedly 2.2 million burglaries that occur in the US. Instead of

breaking the bank on enhancing your home’s security, try a few cheap, simple tricks:

**Make your property appear unpredictable**. Intentionally display evidence of having children or dogs in your home. Children and dogs can make a lot of noise at a moment’s notice-burglars will stay away.

**Reinforce your exterior doorframes**. Burglars like to kick in entrances or pry them open with crowbars. By drilling in a few extra wood screws into your door’s frame, you’ll increase its sturdiness. Make sure you reinforce above and below the lock plates. Make sure you have solid door locks.

**Have some security signage on the perimeter**—Security stickers on your windows and signs posted on your front lawn show thieves that you might have your house wired—even if you don’t. You can get these signs simply by having a sales representative come to your home for a consultation.

There are some good security companies out there, so you may want to consider purchasing their services. Either way, it’s free advertisement for them if you post a sign. So they’ll be happy to provide.

**CCTV camera**. Closed-circuit television cameras are relativity inexpensive and can easily found on Amazon If you are going to spend cash on cameras make sure they’re high enough quality to ID an intruder.

**Light up your property**—Keeping the exterior portions of your home well-lit takes away any nighttime concealment factor from someone who is looking to break into your home. Since bad guys don’t want to be seen, blanketing your home with 360-degree of light should provide added safety.

**Use your neighbors as a security resource—**A burglar will almost always look to your mailbox to see if you’ve let if pile up for a few days. It often means nobody’s home. If you know that you‘re going out of town, ask a trusted neighbor to pick up your mail and keep an extra eye on the place. If they help you, make sure you repay them in kind.

**(Source: Frontlines of Freedom Newsletter/July 27, 2018)**

**America is a country which produces citizens who will cross the ocean to fight for democracy but won’t cross the street to vote.**

**You know that tingly little feeling you get when you love someone? That’s your common sense leaving your body.**

**My therapist says I have a preoccupation with vengeance. We’ll see about that.**

 **Money talks... but all mine ever says is good-bye.**

**You’re not fat, you're just easier to see.**

**If you think nobody cares whether you’re alive, try missing a couple of payments.**

**I can’t understand why women are OK that**

 **JC Penney has an older women’s clothing line named, “Sag Harbor.“**

**The location of your mailbox shows you how far away from your house you can go in a robe before you start looking like a mental patient.**

**I think it’s pretty cool how Chinese people made a language entirely out of tattoos.**

 **Money can’t buy happiness, but it keeps the kids in touch!**

**The reason Mayberry was so peaceful and quiet was because nobody was married. Andy, Aunt Bea, Barney, Floyd, Howard, Goober, Gomer, Sam, Ernest T. Bass, Helen, Thelma Lou, Clara and, of course, Opie were all single. The only married person was Otis, and he stayed drunk.
Now, don’t you feel better knowing what an aphorism is?**

**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/>

***A question for you.***

*If women do the same job for less money, why do companies hire men to do the same job for more money?*

*You know you’re getting old when you get that one candle on the cake. Its like, ‘see if you can blow it out’.*

*As I watched the dog chasing his tail, I thought “Dogs are easily amused.” Then I realized I was watching the dog chasing his tail.*

 **How Does Divorce Affect Your TRICARE Benefit?**

Closing the chapter on a marriage can be a confusing time. If you’re going through a divorce, you may be wondering about TRICARE benefits. Divorce, annulment, or dissolution of a marriage is a TRICARE Qualifying Life Event **(QLE).** This **QLE** allows you and family members to make changes to your TRICARE Prime or TRICARE Select health plan outside of TRICARE Open Season. To help you and your loved understand your TRICARE health care options after getting a divorce, here are some things to know.

After a divorce, the sponsor remains eligible for TRICARE. This is the same for the sponsor’s biological and adopted children. The former spouse only remains eligible for TRICARE if he or she meets certain criteria. If not, the former spouse stays eligible up until the day the divorce is final. If the sponsor didn’t adopt his or her stepchildren, they also lose eligibility once the divorce is final.

After the divorce final, the sponsor must update the Defense Enrollment Eligibility Report System (DEERS). To do this, bring a certified copy of the divorce decree or annulment to a local ID card office. The sponsor and eligible children have 90 days after the divorce to change their TRICARE health plan, if they chose.

**Continuing Eligible for Former Spouses**

If you and your service member are separated or living apart, but not divorced, you keep TRICARE. After the divorce, you may be eligible for TRICARE coverage if you fit into one of the following scenario **20/20/20:** Under 20/20/20 rule, you keep TRICARE health benefits if you were married to the service member for at least 20 years, the service member served in the armed forces for at least 20 years and the marriage and period of service overlapped for at least 20 years.

**20/20/15:** Under the 20/20/15 rule, you keep all TRICARE health care benefits for one year if you were married to the service member for at least 20 years, the service member served in the armed forces for at least 20 years, and the marriage and period of service overlapped for at least 15 years. Unlike the 20/20/20 rule, you only have full coverage for one year after the divorce.

**Establishing Eligibility for Former Spouses**

If you meet requirements for TRICARE as a former spouse, you’ll be listed in DEERS under your own Social Security Number or Department of Defense Benefits Number. You will not be listed under your former sponsor’s. To establish eligibility, you will need your marriage certificate, divorce decree, and proof of service. To show proof of service, you need ***DD form 214*** or ***Statement of Service*** from the applicable Service Personnel Component.

When you qualify for TRICARE as a former spouse, you have the same benefits as a retired family member, and your health plan options depended on where you live. You’ll lose TRICARE benefits if you remarry or enroll in an employer-sponsored health plan.

**Losing TRICARE Eligibility**

If you don’t meet the above requirements as a former spouse, you still have health care options. You may:

**Purchase** temporary transitional coverage through the **Continued Health Care Benefit Program (CHCBP).** You must apply within in 60 days from the date of the divorce. CHCBP coverage isn’t available to former spouses of sponsors who served in NATO or Partners for Peace.

: **Search:**  the **Health Insurance Marketplace** to find a civilian health plan or check eligibility for Medicaid in your state.

**Get:** coverage through your employer, school, or university.

**Continuing Eligibility for Children**

The sponsor’s biological and adopted children remain eligible for TRICARE after the divorce. The sponsor’s children will lose eligibility when they turn age 21 (or 23 if in college full time), marry, or enter active duty. Once no longer eligible due to age, children up to the age of 26 may qualify to purchase TRICARE Young Adult. If the sponsor didn’t adopt his or her stepchildren, they lose eligibility once the divorce is final.

Going through a divorce is difficult. But finding out what your health plan options are after the divorce doesn’t have to be. Visit Qualifying Life Events and learn more about TRICARE coverage after divorce. This is one way to take command of your health.

***(TRICARE/CoveredServices/Benefits/3-14-2019)***

**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. 56th Street, Indianapolis IN 46249-1200**

**Addresses change for DFAS Customers**

The Defense Finance and Accounting Service mailing addresses for retired and Annuitant pay have changed.

Mail sent via the U.S. Postal Service will be sent to Indianapolis where it will 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 56th Street

Indianapolis IN 46249-1200

The new addresses for annuitant pay is:

Defense Finance and Accounting Service

U.S. Military Retired Pay

8899 E 56th Street

Indianapolis IN 46249-1300

**Did you know that the words “race car” spelled backwards still spells “race car”?**

**And that “eat” is the only word that if you take the first letter and move it to the last, it spells the past tense “ate”.**

**Useful Phone Numbers**

Tricare West…1-844-866-9378

Tricare for Life (WPS)

 1-866-773-0404

Mo. Veterans Office, Warrensburg

 1-660-543-7930

Mo. Veterans Office, Sedalia

 1-660-530-5544

Whiteman Inn reservation

 1-660-687-1844

VA Clinic Warrensburg

 1-816-861-4700

 Ext. 54281

 1-800-525-1483

 Ext. 54281

Military Retirees 1-800-321-1080

 (DFAS)

Annuitants 1-800-321-1080

(DFAS)

Former Military Spouses

 1-888-332-7411

**Useful Websites**

Newsletter for retired Marines

<https://www.hqmc.marines.mil>

**Tricare for Life new website:**

[**www.tricare4u.com**](http://www.tricare4u.com)

**Tricare West website:**

**www,tricare-west.com**

**Three Small Changes to Improve your Health**

If you want to live a healthier and happier life, maybe even lose a little fat, restrictive diets aren’t the best way to do it. For most of us, long-term results come from focusing on doing things consistently 1% better.

You don’t have to divide foods into good or bad or eliminate snacking to lose weight. Instead, think in terms of “upgrades”. For example, if you like nuts in the afternoon think about trying dry roasted edamame instead. Nuts are a source of good fat but those single-serving packages at the convenience store are often two or three times the portion size you need for a snack. A single serving of crunchy dry roasted edamame is only 100 calories plus 10 grams of satisfying protein.

If you like to grab a breakfast bar on the way out the door in the morning, check the label for added sugar. You can get the same quick breakfast on the go with a version that has less added sugar and more protein. Varieties like RXBar, NuGo Slim and ThinkThin can be found at most grocery stores and online, making it an easy upgrade to a healthier choice on rushed mornings.

Finally, you don’t have to give up everyone’s favorite quick dish for dinner to get healthy. Pasta and carbs have gotten a bad rap. We actually need carbs for energy, but we need to make sure they aren’t the only thing on the plate. Buying protein enhanced pasta like Barilla Protein Plus or Banza can make it easy to get protein boost that no one will notice when accompanied by your favorite sauce. Just make sure to keep your portions in check and add some veggies too.

*(Jefferson Barracks Satellite Retiree Activities Office Newswire Mar-Apr 2019)*

**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 information

**Top 10 reasons to Volunteer:**

**#10 It’s good for you:** Volunteering provides physical and mental rewards. It:

 **\* Reduces stress:** Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns.

 **\*Makes you healthier:** Moods and emotions, like optimism, joy, and control over one’s fate, strengthen the immune system.

 **#9 It saves resources.** Volunteering provides valuable community services so more money can be spent on local improvements. The estimated value of a Volunteer’s time is $15.39 per hour.

**#8 Volunteer’s gain professional experience.**

**\***You can test out a career.

**#7** **Volunteering brings people together.**

As a volunteer you assist in:

>Uniting people from diverse backgrounds to work toward a common goal.

> Building a camaraderie and teamwork.

**#6 Volunteering promotes personal growth and self-esteem.**

**#5 Volunteering strengthens the community.**

As a volunteer you help:

>Support families (daycare and eldercare).

>Improve schools (tutoring, literacy).

>Support Youth (mentoring and after-school).

>Beautify the community (beach and park clean-ups).

#**4 You learn a lot.**

Volunteers learn things like these:

>Self: Volunteers discover hidden talents that may change their view of their self-worth.

>Government: Through working with local non-profit agencies, volunteers learn about the functions and operation of our government.

>Community: Volunteers gain knowledge of local resources available to solve community needs.

**#3 You get a chance to give back**:

People like to support community resources that they use themselves or that benefit people they care about.

**#2 Volunteering encourages civic responsibility**:

Community service and volunteerism are an investment in our community and the people who live in it.

**#1 You make a difference: Every person counts!**

**(SOURCE:** [**https://students.uscd.edu/student-life/involvement/community/reaons.html**](https://students.uscd.edu/student-life/involvement/community/reaons.html)**!)**

**Federal Long Term Care Insurance Program**

 **(FLTCIP)**

Long term care insurance is a smart way to protect your income and assets and remain financially independent should you need long term care services at home, in a nursing home, or at another long term care facility. Most health insurance programs, including TRICARE or TRICARE for LIFE, provide little or no coverage for long term care, and long term care insurance can be very expensive.

Should you have any questions, please call 1-888-889-5680 or email program consultants at:

<https://www.Itcfeds.com/ItcWeb/do/request_info>?

ctoken=5m7GB3cf.

**Your Environment and Your Body: How Exposure to Mold and Lead May Impact your Health:**

A healthy environment is important to the health of your body. Possible exposure to lead or damp, moldy indoor spaces may impact your health. TRICARE covers the screenings, services, and supplies needed to diagnose and treat allergies, asthma, and respiratory illnesses. Blood lead level screenings are available for beneficiaries who are at high risk for lead exposure.

 When exposed to lead, multiple systems in the body can be affected. However, the symptoms aren’t always obvious. More noticeable symptoms, like weakness or memory loss, result from very high exposure to lead level in a short period of time. A blood lead level test is the only way to determine if someone has a high lead level. The test will only provide information about recent exposure.

Mold Is a type of fungus that is found almost anywhere, without impact to most people. But spores can grow and multiply in damp, humid places in your home or office.

“Mold spores may be released into the air and inhaled,’ said U.S. Public Health Service Capt. Andrew Plummer a senior physician advisor at the Defense Healthy Agency. “This may trigger a variety of symptoms, or none at all, depending on your sensitivity.”

For some people, exposure to molds can lead to symptoms such as stuffy nose, wheezing, and red or itchy eyes or skin. People who have asthma or who are allergic to mold may have more intense reactions.

If you have symptoms, visit your doctor and mention that you live or work in an area where you may be exposed to mold. Depending on where your provider is located, you may seek care at a military hospital or clinic or from your TRICARE-authorized provider.

**Agent Orange**

The interpretation of the Agent Orange Act of 1991 was murky at best. Does the phrase “served in the Republic of Vietnam” unambiguously include service in offshore waters within the legally recognized territorial limits of the Republic of Vietnam, regardless of whether such service included presence on or within the landmass of the Republic of Vietnam?

If you think you had contact with Agent Orange or other herbicides while serving in the military, you can request a VA Agent Orange Registry health exam. Even if you don’t have a known illness, the exam could alert you to illnesses that may be related to contact with herbicides. By being part of this registry, you’re also helping your fellow veterans by giving us information so we can better under-stand and serve those affected by Agent Orange–related illnesses.

To schedule your exam, contact your local VA Environmental Health Coordinator. If you qualify, you won’t have to pay anything for this exam. It’s free for qualified veterans. Find a VA Environ-mental Health Coordinator near you: https://www.publichealth.va.gov/exposures/coordinators.asp or call 1-877-222-VETS.

 **SOME STEPS TO TAKE WHEN A RETIREE DIES.**

1. **Report the death to DFAS at 1-888-332-7411.Or on line at:** [**www.dfas.mil/retiredmilitray/forms.html**](http://www.dfas.mil/retiredmilitray/forms.html)**.**

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1. **Update your military ID Card. Your status has changed, and as the survivor of a deceased retiree. Your ID card must be updated to reflect it due to the retiree’s death. Access your nearest ID site at:** [**www.dmdc.osd.mil/rsl. Or call 1-660-687-6426**](http://www.dmdc.osd.mil/rsl.%20Or%20call%201-660-687-6426) **The DEERS/ID Cards Whiteman, AFB.**
2. **Notify the Social Security Administration at 1-800-SSA-1213 or on line at (**[**www.ssa.gov**](http://www.ssa.gov)**) to apply for the $225 death benefit *if applicable.***
3. **Contact the VA at 1-800-827-1000 for Burial and other VA Benefits, *such as VA disability payments.* While the VA does not provide burial benefits for annuitant, the annuitant may be eligible for burial in a military cemetery. A copy of the sponsor’s DD 214 is required. Visit** [**www.va.gov**](http://www.va.gov) **for more information**

**Coming Soon to a Screen Near You:**

**A Simpler, Streamlined, Mobile-Friendly myPay.**

myPay, the pay management system from the Defense Finance and Accounting Service (DFAS), will undergo a significant transformation with a simpler design, streamlined navigation and easier use on **customer’s mobile devices.**

The transition to the refreshed myPay will occur after the traditional tax season (January-April) ends. DFAS will advise of the exact release date via the agency’s social media channels and website: [www.dfas.mil](http://www.dfas.mil).

myPay account holders can expect to see differences when they access the application after the change is launched. The myPay home page is the most striking difference with a more modern look and feel. Customers can always ensure they are connected to the official myPay system by checking their browser’s address bar for the correct myPay URL: <https://mypay.dfas.mil>.

myPay currently provides service for more than six million military members, military retirees and annuitants, and federal civilian employees. Not only does it provide account holders a more secure way to receive tax documents such as 1099-Rs and W-2s, myPay is also the quickest way to update bank account, mailing and email addresses and other vital information necessary to manage accounts.

In addition, with an email address in myPay, retirees and annuitants can also receive important email notifications from DFAS about their pay accounts. DFAS is also updating video and website content to help customers accomplish a variety of common online tasks.

Please check out the DFAS website for more myPay information: [www.dfas.mil](http://www.dfas.mil).

**Useful Terms to know this time of year:**

**Severe Thunderstorm Warning** – Severe Thunderstorms have been spotted by radar or spotters.

**Severe Thunderstorm Watch** – Severe thunderstorms are possible near the watch area.

**Tornado Watch** – conditions are favorable for the formation of tornadoes.

**Tornado Warning** – a tornado has been spotted by radar or spotters.

**Flash Flood Watch** – Flooding is possible, check

TV or radar weather and be prepared to move to higher ground.

**Flood Watch** - Flooding is possible. Be prepared to move to higher ground.

**Flood Warning** – Flooding is occurring. Evacuate low areas near creeks, rivers or lakes.

**There is no rose without a thorn.**

**The 509th Communications Squadron will have personal available to assist retirees in making full use of all APPS on their Smart Phones.**

**NOTICE: Customer Service-will not be open/**

**Finance** **will not be open to assist retirees.**

509th Bomb Wing/RAO/CVR

750 ARNOLD AVE, STE 126

WHITEMAN AFB, MO 65305-5315

“OFFICIAL BUSINESS”

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 KNOB NOSTER MO 65336

 PERMIT #25



**RETIREE DAY RESERVATION FORM**

**NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_RANK\_\_\_\_\_\_\_BRANCH OF SERVICE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**THIS YEAR THE PLACES FOR LUNCH ARE: THE OZARK INN (The Mess Hall)**

**THE CLUB: THE. SHORT ORDER GRILL WILL BE CLOSED.**

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

**BASE EXCHANGE FOOD COURT: Burger King, Taco Bell, and Charlies (Philly Cheese Steaks, etc.)**

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

**1. The CLUB \_\_\_\_\_N/A\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2. OZARK INN\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3. BOWLING CENTER\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**4. FOOD COURT\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_5. BASE TOUR\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_6. OSCAR-1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**7. CUSTOMER SERVICE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_8. FINANCE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**IN ORDER FOR US TO PLAN PROPERLY, PLEASE RETUN THIS FORM TO ARRIVE NO LATER THAN 25 SEPTEMBER 2019.**

 **509th BOMB WING/RAO/CVR**

**750 ARNOLD AVE, STE 126 WHITEMAN AFB, MO 65305-5021**