

Fort Drum Retirement Services Newsletter 2016

MOUNTAIN HONORS

Mission Statement



To provide quality service regarding benefits, entitlements, information and referral to Retirees, their Family as well as active duty Soldiers and their family preparing for retirement. The Retirement Services Office also publishes the Fort Drum Retired Army Newsletter; advises and supports the Fort Drum Retiree Council, develops public support of Army programs and informs the retired community of upcoming events of interest.

Retirement Services



Left to right: Michael "Sonny" Mitchell (Chief, Retirement Services), James Shinholt (Retirement Services Assistant), and Myron Jamerson (Retirement Services Assistant)

How to contact us

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Inside this edition...

	Page
Garrison Commander's Message	3
Retiree Appreciation Day Schedule	5
Retiree Workout Day Challenge	5
TRICARE Retiree Dental Program	7
Free Eyeglasses for Retirees	7
TRICARE Prime Enrollment Increase	8
Express Scripts New Rules	8
New USA Retired Lapel Pin	9
Army Fit Weekly	9
myPay Beware	9
Phishing – What is it?	9
Monthly Retiree Breakfast	10
Clear Path for Veterans	11
Vietnam 50th Anniversary	12
Hot Topic: Affordable Care Act (ACA)	13
Survivor Benefit Program	14
Army Historical Foundation	14
Operation: Leave the Streets Behind	14
New Urgent Care Program for Prime	15
VA Combat Vet Telephonic App Option	15
Operation Inherent Resolve Campaign Medal	16

2016 Fort Drum Retiree Council



From left to right - back row: MSG (R) Shinholt, COL (R) Rosenberg, COL (R) Smith, MG (R) Kasulke, CMSgt (R) Rourk, COL (R) Murphy, CSM (R) Puidokas, CSM (R) Cowburn
From left to right - front row: SFC (R) Sapoff, CSM (R) Ginsburg, MAJ (R) Saeli, CSM (R) Curtis, COL (R) MacMurray, CSM (R) Mitchell

RETIREE COUNCIL

MG Robert Kasulke, USA (Ret)
Officer Co-Chairman
CMSgt Patrick Rourk, USAF (Ret))
Enlisted Co-Chairman
COL William Murphy, USA (Ret)
COL Gary Rosenberg, USA (Ret)
COL Orrin MacMurray, USA (Ret)
COL Milledge Smith, USA (Ret)
MAJ Nina Saeli, USA (Ret)
CSM David Cowburn, USA (Ret)
CSM Henry Curtis, USA (Ret)
CSM Gary Ginsburg, USA (Ret)
CSM Frank Puidokas, USA (Ret)
SFC Darryl Sapoff, USA (Ret)

EMERITUS MEMBERS

COL Frank Musmanno, USA (Ret)
CSM Stanley Kaminski, USA (Ret)

CANADIAN LIAISON

WO Ray Gilroy, RC, (Ret)

Are you interested in becoming a member of our Fort Drum Retiree Council?

Apply at:

[http://www.drum.army.mil/Retirees/Pages/index.aspx?fdni=Retirees.](http://www.drum.army.mil/Retirees/Pages/index.aspx?fdni=Retirees)

- ➔ Download the "Fort Drum Council Membership Application". Complete the Form;
- ➔ Mail To:
Retirement Service Office
10720 Mount Belvedere Blvd
Room B2-40
Fort Drum, NY 13602
- ➔ Email To: usarmy.drum.imcom-atlantic.mbx.dhr-rso@mail.mil

VETERAN RECOGNITION AND INFORMATION COMING EVENTS OF NOTE

<i>North Country RAD Clarkson University</i>	<i>10 SEPT 2016</i>
<i>Concord New Hampshire RAD ARNG Aviation Facility</i>	<i>17 SEPT 2016</i>
<i>Western NY RAD Niagara Falls ARS</i>	<i>17 SEPT 2016</i>
<i>Fort Drum NY Retiree Appreciation Day</i>	<i>21 SEPT 2016</i>
<i>Veterans Parade & Expo Syracuse State Fairgrounds</i>	<i>12 NOV 2016</i>



Mountain Honors

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Cleveland, Ohio 44199-1176
1-800-321-1080

GARRISON COMMANDER'S MESSAGE



Dear Retired Soldiers and Family members,

I want to take this opportunity to thank each of you and your Families for your service to our nation. This past year, the Army reshaped our military forces locally and Army wide.

Regardless of the changes in our organization or to the leadership representing it, we are committed to provide continued support to you and your Families.

As most of you know, Fort Drum hosts an annual Retiree Appreciation Day to honor your dedicated service and sacrifice. This year's theme is "Soldier for Life, Fit for Life, II and will also be a commemorative event of the Vietnam War recognizing those who fulfilled their commitment during this period of our nation's history. I personally want to invite each of you, our military retirees, Vietnam War Era veterans, surviving spouses, and Family members to be our guests for this special event.

We will have several programs and organizations on hand focused on physical, mental, and emotional wellness. The Retiree Appreciation Day celebration on September 21, 2016 is not meant to only recognize you and your Family members, but to also provide you priority services and gather an assortment of knowledgeable representatives in one location. They will work to provide and explain benefits and help qualified individuals receive entitlements. Many veteran organizations will also be on hand to answer questions and provide you with additional information and support.

The team from the Fort Drum Retirement Services Office is pledged to ensure your concerns are addressed. Please feel free to contact the Retirement Services Officers, Mr. Sonny Mitchell, Mr. James Shinholt, or Mr. Myron Jamerson, at 1-800-556-9790, or by email at: usarmy.drum.im-com-atlantic.mbx.dhr-rso@mail.mil, for further information.

It is a privilege to serve you and your Families. I look forward to seeing you on Retiree Appreciation Day 2016.


BRYAN J. LASKE
Colonel, SF
Garrison Commander



z z SLEEP health

Aim for 7-8 Hours of Quality Sleep Each Night

Protect your sleep environment

- ~ Quiet: Use foam earplugs or room fan
- ~ Dark: Block windows or use sleep mask
- ~ Temp: Comfortable temperature



Protect your sleep time

- ~ Unwind before bed (turn off electronics)
- ~ No caffeine or alcohol at least 6 hours before bed
- ~ Stick to a routine sleep/wake-up time

Army Retirement Service Office History 1970-1985
Posted on November 9, 2015

By Bill Hursh, Army Retirement Services Office

On November 14, 1985, the Army Retirement Services Office celebrated the program's 30th anniversary. In the preceding 15 years, there were significant improvements to retirement benefits and the Retirement Services Program.

In January 1972, the Retired Army Bulletin, the predecessor to the current Army Echoes, announced to Retired Soldiers the formation of the Chief of Staff of the Army (CSA) Retiree Councils. Initially there were separate enlisted and officer CSA Retiree Councils. At the same time a change to Army regulation allowed installation commanders to establish local installation volunteer Retiree councils. The CSA and local installation Retiree Councils provided Retired Soldiers a voice for their concerns with both the installation as well as the senior Army leadership. The first Meeting of the CSA Retiree Councils was on June 5-9, 1972 and two of the major issues reported out were improvements to health care and survivor benefits, which continue to be important issues for Retired Soldiers today.

On September 21, 1972 the Survivor Benefit Plan (SBP) became law. SBP was enacted by Congress to provide military Retirees a government subsidized survivor benefit with cost of living increases to encourage military Retiree participation. On October 1, 1978, Congress enacted Reserve Component SBP (RCSBP). RCSBP allowed Reserve Soldiers who qualified for future retired pay but died prior to receipt of retired pay at age 60 to provide a benefit to their survivors. The Army Retirement Services Office now had the mission to provide retiring Soldiers counseling on Survivor Benefits and Retired Soldiers information and assistance on their SBP and RCSBP elections.

During this period, Congress enacted a series of laws known as the Uniformed Services Former Spouse Protection Act (USFSPA) that defined former spouses' legal rights to military benefits. USFSPA included former spouses' legal right to military benefits such as medical, commissary, post-exchange, and MWR facilities. Under the provisions of USFSPA, state courts could consider retired pay and SBP or RCSBP as marital property in a divorce and award a portion to the former spouse based on that State's laws. The Army Retirement Services Office developed materials and provided counseling to assist retiring Soldiers, Retired Soldiers, and former spouses with understanding the implications of the USFSPA.

One thing that remained constant in the second fifteen years of the Retirement Services Program was the Army's senior leadership recognizing the importance of the Retired Soldier to the Army. Senior leaders continued to reach out to Retired Soldiers to be the Army's ambassadors to tell America's communities the Army's story. Retired Soldiers were also asked to engage America's youth on serving the nation as a Soldier in the new all-volunteer Army. In 1984, the Army Chief of Staff and the Secretary of the Army proclaimed that Retired Soldiers and their Families are an integral part of the Total Army.



2016 Retiree Appreciation Day (RAD)

Soldier For Life, Fit For Life!

21 September 2016

At the Post Exchange, Fort Drum, NY

- 0800 Starts registration (free coffee/donuts)
- 0900 Opening Ceremony
- 0930 Retiree Town Hall Meeting with Retiree Council
- 1000 Wellness Fair/Retired Benefits Updates
- 1100 Taste of the Town (PX Food Court)
- 1200 Free Fishing at Remington Pond
- 1200 Simulations Training Tour

- Priority Services at Clark Hall from 0800-1500 (ID Cards, Legal Assistance, VA, etc..)
- There will be tours of Guthrie Clinic and the Army Wellness Center: 1000-1400. Shuttle available from PX.
- Main Exchange will be giving away several prizes. Make sure you sign in and register on day of the RAD.



For Accommodations:
Please Call The Army Hotels Group
to make reservations at (315) 773-7777

ATTENTION: Don't forget to bring your DoD ID card for easy access!!



RETIRED WARRIOR FITNESS CHALLENGE

20 SEPTEMBER 2016 ~ 6:00 PM

144 Eastern Boulevard, Watertown, NY 13601

315-778-2129

Hosted by Star Spangled Cross Fit

WORKOUT OF THE DAY (WOD)

(Consult your physician/health care provider before starting any exercise program)

If you can't make it to Watertown, do it at home!



25 minutes of "As Many Rounds As Possible" (AMRAP)

- ◆ 10 Calorie Rowing Machine
- ◆ 10 Burpees (substitute pushups)
- ◆ 10 Butterfly sit-ups
- ◆ 10 Air Squats

Increase by 5 every round (Start at 10-10-10-10, 15-15-15-15, 20-20-20-20, etc...)

To start you must do 20 pushups and then 20 pushups every 5 minutes during the 25 minute count down.

We can alter this of course dependent on old injuries and such.

Pre-Register at: <https://docs.google.com/forms/d/105jk1GCL8Bvw0QEw31jjZY8EZmrH07-iKtsUm8UOwtk/viewform>





Colonel, (Retired) Bill Murphy and CSM, (Retired) David Cowburn of the Fort Drum Regional Retiree Council give Colonel Gary Rosenberg (Former Fort Drum Garrison Commander) at the end of the Annual Retiree Council Meeting to say thank you for his support during his tenure as the Garrison Commander, May 2015 (The Commons)



What is the Performance Triad?

The Performance Triad is a comprehensive plan to improve readiness and increase resilience through public health initiatives and leadership engagement. The Triad is the foundation for Army Medicine's transformation to a System For Health, a partnership among Soldiers, Families, Leaders, Health Teams and Communities to promote Readiness, Resilience and Responsibility. The System For Health: **MAINTAINS** health through fitness and illness/injury prevention, **RESTORES** health through patient-centered care, and **IMPROVES** health through informed choices in the Lifespace.



Physical activity is more than just “exercise” or “working out” - it’s living an active lifestyle. Whether it’s walking the dog, doing yard work, or playing with your kids, regular movement throughout the day inspires positive health outcomes over time.



Good nutrition plays an important role in your daily life. A well-balanced and nutritious diet is part of the foundation of maintaining peak performance and good health.



Sleep is vital for health, performance, and well-being - and the better the sleep, the greater its benefits. This is why proper sleep hygiene practices (i.e. that promote optimal sleep duration and quality) are important for all adults.

TRICARE® Retiree Dental Program



DELTA DENTAL



About the Enhanced TRDP

- The TRDP is a voluntary group dental benefits program with enrollee-paid premiums, administered by the Federal Government Programs division of Delta Dental of California under contract with the U.S. Department of Defense.
- The TRDP service area covers the 50 United States, the District of Columbia, U.S. territories and Canada.
- Emergency treatment is covered by the TRDP when traveling outside the service area.
- Worldwide TRDP coverage is available for enrollees residing overseas.

Who is eligible?

- Retired members of the Uniformed Services and National Guard/Reserve components, including "gray-area" retirees under age 60.
- Current spouses of enrolled members.
- Children of enrolled members, up to age 21, or to age 23 for a full-time student (verified in DEERS), or older if child becomes disabled before losing eligibility.
- Unremarried surviving spouse or eligible children of a deceased member who died while in retired status or while on active duty.
- Current spouses and children of certain non-enrolled members (documentation required).
- Former spouses and remarried surviving spouses are not eligible.



FREE Eye Glasses for Retirees Retired members of the Uniformed Services are authorized the free issue of one pair, every 12 months, standard military issue, recruit type, brown eyeglasses. No other frames are available. Family members and surviving spouses of Retirees are not entitled to receive the eyeglasses.

The eyeglasses are available from the Naval Ophthalmic Support and Training Activity (NOSTRA). To obtain more information on receiving your eyeglasses go to ww.med.navy.mil/sites/nostra/order/Pages/Retiree.aspx and select the "How to Order: You can also contact NOSTRA at 757-887-7611

If you have any problems or questions or you can email us at: usn-nostra-customer-service@mail.mil



MARTIN'S POINT®
HEALTHCARE



Good news for military families: Martin's Point continues to expand the provider network for the US Family Health Plan, a TRICARE Prime option. Recent additions in New York include the Cortland Regional Medical Center in Cortland and Southern Tier Pediatrics in Elmira.

In Vermont, Mousetrap Pediatrics in St. Albans just joined the network. Last year, the plan expanded into the Saranac Lake-Lake Placid region of upstate New York. The five-state network now consists of about 5,300 primary care providers, 13,000 specialists, and 127 hospitals, ensuring good access to TRICARE benefits for the military community in New England and New York.

Martin's Point Health Care, under contract with the Defense Department, offers the US Family Health Plan in Maine, New Hampshire, Vermont, upstate and western New York, and northern Pennsylvania. Active-duty family members and military retirees and their families (up to age 65) may enroll in the plan. For more information, call 888-241-4556 or visit MartinsPoint.org/TRICARE.

Tricare Prime Enrollment Fee Increase



TRICARE Prime enrollment fee* increases each year on October 1. The basis of the increase is the annual cost of living adjustment for retired military pay.

Billing systems will be updated to reflect the new rates. Automatic payments (allotment, electronic funds transfer and recurring credit card) will also be adjusted for the new rates.

**Note: Beneficiaries classified as survivors of active duty deceased, and medically-retired service members and their dependents, are exempt from fee increases. Their fee remains frozen at the rate in effect at the time they are classified into either category and enrolled as long as at least one family member remains enrolled in TRICARE Prime in a fee paying plan under one sponsor's Social Security number and there is no break in enrollment.*

Effective October 1, 2015, FY 2016 enrollment fees are the following:

	Monthly	Quarterly	Annually
Individual	\$23.55	\$70.65	\$282.60
Family	\$47.10	\$141.30	\$565.20

In most cases, TRICARE Prime enrollment fees won't be refunded. If you are close to age 65 and nearing eligibility for TRICARE For Life, you shouldn't choose to pay annually.

If you have questions, please call Tricare at 1-877-TRICARE (1-877-874-2273)



EXPRESS SCRIPTS®

As of October 1, 2015, a new law requires all TRICARE beneficiaries, except active duty service members, to get select brand name maintenance drugs through either TRICARE Pharmacy Home Delivery or from a military pharmacy. Maintenance drugs are drugs you take regularly for a long time, such as to control blood pressure or cholesterol. The law does not apply to short term drugs such as antibiotics or generic drugs. You are not affected if you live overseas or have other prescription drug coverage.

The TRICARE pharmacy contractor is Express Scripts.



If you have further questions, please call Express Scripts at 1-877-363-1303.



New U. S. Army Retired Lapel Buttons



WASHINGTON — The new U. S. Army Retired Lapel Button is now available through the Exchange stores and website at <https://www.shopmyexchange.com>.

To quickly find the new items on the Exchange website, just type “Soldier for Life” into the keyword search box at the top of the site and hit enter. The Army logo in the middle of the new U. S. Army Retired Lapel Button and Retired Service Identification Badge is slightly different than the official Army logo due to manufacturing requirements. The new Soldier for Life window stickers, which incorporate the official Army logo, will be available this summer.

Did You Know? More uniform policy for Retired Soldiers Wearing military medals on civilian clothing

Retired Soldiers are authorized by Army Regulation 670-1, *Wear and Appearance of Army Uniforms and Insignia*, to wear military medals on appropriate civilian clothing. This includes clothes designed for veteran and patriotic organizations on Veteran’s Day, Memorial Day, and Armed Forces Day, as well as at formal occasions of ceremony and social functions of a military nature.

ARMY FIT WEEKLY TIP

Make the most of ArmyFit by providing us with your updated email address. Copy and paste the following address into your browser:

[http://link.m.armyfit.scmailservice.com/u.d?
84Gt9D8CjSvqzScqbpTM=360](http://link.m.armyfit.scmailservice.com/u.d?84Gt9D8CjSvqzScqbpTM=360)

Find Answers to Your Top Health Questions on ArmyFit

As you work toward self-improvement and routinely assess your overall health and readiness, you may also benefit from a little expert advice.

The Department of Defense's Human Performance Resource Center (HPRC) has a team of health and wellness experts prepared to answer your top questions.

Consult them on a wide range of topics, including:

- Nutrition
- Dietary Supplements
- Family and Relationships
- Sports Medicine

Let our top Army health experts help you achieve your performance goals.



Need myPay help?

If you’ve never opened a **myPay** account, need help changing your **myPay** password, or changing your email address in **myPay**, check out the new online training tutorials using the following URLs.

How to set up a new **myPay** account:

<https://www.youtube.com/watch?v=qj77uH4tRUM>

How to change email address in **myPay**:

<https://www.youtube.com/watch?v=RMS1zkQNF5Q>

How to change your **myPay** password:

<https://www.youtube.com/watch?v=FDmRIWiWL98>

Another way to access these training tools is by clicking on the YouTube link from the **myPay** home page at

<https://mypay.dfas.mil/mypay.aspx>.

BEWARE!



WHAT IS PHISHING?

Phishing scams are malicious attempts to gather personal or financial information by posing as a legitimate company or organization. Usually scammers will send you an email that appears official such as from your bank, school, or utility company requesting you to “click on the link below” to verify information. The link will direct you to a fraudulent website even though it may appear to be authentic with the company logo. Once you enter your personal information such as username/password, credit information, or account number your personal information is now compromised.

Several **myPay** customers have informed us that **fraudulent SmartDocs** email messages are being sent that could put your information and finances at risk.

Valid SmartDocs messages from DFAS are **always sent in plain text, do not include attachments and do not ask you to send any information in response**. Your email program may automatically convert a valid SmartDocs message into HTML and convert some text into clickable links. We recommend that you **do NOT click** on any links within any email message. To access a site referenced in an email, open your browser and type the link (URL) directly into the browser.

myPay link: <https://mypay.dfas.mil/mypay.aspx>



NUTRITION

Make Smarter Food Choices

Eat at least 8 servings of fruits and vegetables a day.

Choose 100% whole grains, lean protein, low-fat dairy and healthy fats.

Eat a wholesome breakfast every day.

Monthly Retiree Breakfast



PONDEROSA
STEAKHOUSE



Every 3rd Saturday of every month
8:00 am to 10:00 am
1290 Arsenal Street, Watertown, NY 13601

For less than \$7 you will have an unlimited breakfast buffet to include pancakes, waffles, made-to-order omelets, juice and coffee.

Open to all military retirees, surviving spouses and military Service Members getting ready to retire. This includes longevity, Gray Area, PDRL, TDRL and surviving families. Spouses are welcomed to attend.

WHY JOIN US???

- Keep abreast of benefits information updates
- Find out Retirement Support Programs and Organizations
- Listen to Guest Speakers
- Share ideas or concerns
- Network with other Retirees
- Best of all...Meet with your Fort Drum RSO Team!!!





Founded in 2010, Team RWB has grown over 90,000 members and across 182 communities around the world.

Team RWB is a registered 501c3 non-profit organization with headquarters in Tampa, FL. We are committed to enriching lives of America's Veterans through our programs.

Want to be part of the Team? Log onto www.teamrwb.org. Fill out the form and select a chapter near you.

Mission:

To enrich the lives of America's veterans by connecting them to their community through physical and social activity.



News from Clear Path for Veteran's

Clear Path for Veterans was founded in December 2010 and Incorporated January 2011. We serve all Veterans, active duty, families and caregivers regardless of when they served. We serve 18 counties and over 500 Veterans per month. Located in two counties in a beautiful family recreation Center that sits on 78 acres at 1223 Salt Springs Road, Chittenango, NY.

Our mission: Recognizing the responsibility of communities to help those who serve, Clear Path for Veterans empowers service members, Veterans and their families through supportive programs and services in a safe, respectful environment.

Our programs include:

- ◆ Wingman/Peer Mentor Program
- ◆ Dogs2Vets
- ◆ Recreation
- ◆ Wellness
- ◆ Employment Services
- ◆ Residential Assistance
- ◆ Education & Counseling
- ◆ Clear Path Kids

Website at: www.clearpath4vets.com

ACTIVITY (Fitness)



How does physical activity improve health?

- Lowers risk of some chronic diseases and conditions such as type 2 diabetes, high blood pressure, stroke, and cancer (e.g. breast, colon)
- Aids in weight loss and prevents weight gain
- Helps manage stress and may reduce depression
- Strengthens bones, muscles, and joints
- Boosts confidence and self-esteem





RETIREE APPRECIATION DAY ~ SEPTEMBER 21, 2016



Coverage Requirement

HOT TOPIC

The **Affordable Care Act (ACA)** requires most Americans to maintain basic health care coverage, called minimum essential coverage. TRICARE meets the minimum essential coverage requirement under the ACA. If you do not have minimum essential coverage, you may have to pay a fee for each month you are not covered. The fee will be collected each year with federal tax returns.

In order for TRICARE to verify that you and all of your eligible family members maintained minimum essential coverage, you must keep your Defense Enrollment Eligibility Reporting System (DEERS) information up to date including adding family members after marriage, birth or adoption. Your Social Security number (SSN) and the SSNs of each of your covered family members must be included in DEERS for your TRICARE coverage to be reflected accurately.

TRICARE Program Options that Meet the Minimum Essential Coverage Requirement

If you use any of the following TRICARE programs, you have the minimum essential coverage required under the ACA:

- TRICARE Prime
- TRICARE Prime Remote
- TRICARE Prime Remote for Active Duty Family Members
- TRICARE Overseas Program (TOP) Prime
- TOP Prime Remote
- TRICARE Standard and TRICARE Extra
- TOP Standard
- TRICARE For Life
- TRICARE Reserve Select (if purchased)
- TRICARE Retired Reserve (if purchased)
- TRICARE Young Adult (if purchased)
- US Family Health Plan
- Transitional program options: Transitional Assistance Management Program
- Continued Health Care Benefit Program (if purchased)



Tax Form Required To Prove You Had Minimum Essential Coverage



For each tax year, an Internal Revenue Service (IRS) tax form is required to prove that you had minimum essential coverage during that year. You will receive an IRS Form 1095 listing your TRICARE coverage status for each month in 2015. The pay center that services your military, annuity or pension pay will provide you with your IRS Form 1095. If your military pay is administered by the Defense Finance and Accounting Service (DFAS), you can opt in to receive your IRS tax forms electronically via your DFAS myPay account. For more information and to opt-in, visit <https://mypay.dfas.mil>. For information about the IRS tax forms, visit www.irs.gov.

SURVIVOR BENEFIT PROGRAM (SBP)

SURVIVOR BENEFIT PROGRAM CHANGE, note 15-3, 10 Dec 15: *Changing Survivor Benefit Plan (SBP) Coverage to Spouse at death of Former Spouse SBP Beneficiary*

On November 25, 2015, Congress enacted into law a provision that allows military retirees to now elect spouse SBP after the death of the former spouse under the following circumstances: Military retirees remarried at the death of a former spouse, have one year from the former spouse's death to notify the Defense Finance and Accounting Service (DFAS) they are electing spouse SBP coverage. Military retirees who were not married at the death of the former spouse, have one year from the date of their first marriage after the former spouse's death, to notify DFAS they are electing spouse SBP coverage. Married military retirees whose former spouse died prior to the enactment of this law; have until November 25, 2016, one year from the law's enactment, to notify DFAS they are electing spouse SBP coverage. All requests for spouse SBP coverage after the former spouse's death must be made in writing, signed by the military retiree and submitted to DFAS within the above applicable time frames. Copies of the former spouse's death certificate, if not previously provided to DFAS, and the marriage certificate for the new spouse must be enclosed with the request for spouse SBP coverage.

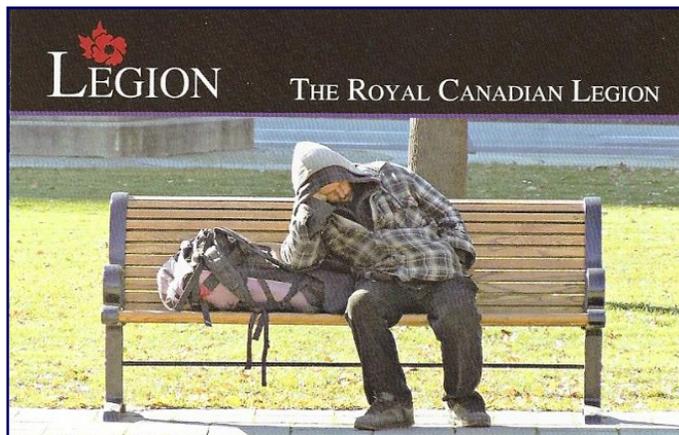


Fellow Soldier for Life:

The history of our Nation and our Army are uniquely intertwined dating back to the Pilgrims and settlers who founded these great United States of America. The roots of our Army started with the formation of the Massachusetts Militia in Plymouth in 1621, Salem in 1629 and Boston in 1630. These three militia companies would become the first three permanent militia regiments on 30 December 1636, recognized as the founding of our Nation's United States Army National Guard.

By Order of the 13th Congress of the United States, Bill No. 46, February 14, 1814, approved legislation to collect and preserve the history of the U.S. Army. The Army Historical Foundation is now executing this 200 year-old order with a Capital Campaign to build the National Museum of the United States Army.

Please come and see us in the vendor area of your Retiree Appreciation Day exhibits for membership information. While some may say the Red, White and Blue is a little old fashioned, the Army Historical Foundation believes a little old fashioned is needed today and in our future. Help us preserve the history of these great United States of America and showcase the story of those who served this great institution we call America's Army.



OPERATION: LEAVE THE STREETS BEHIND



Homeless Veterans Assistance

Mission Statement:

To ensure that every Veteran who is homeless or near homeless finds the help they need to leave the streets behind.



ASSISTANCE PROVIDED

- Medical Needs
- Assistive Devices
- Emergency Transportation
- Emergency Assistance
 - Addiction Programs
 - Rental Payments
 - Furnishings Assistance
 - Moving Expenses
 - Utility Payments
- Shelter
- Food

Eligibility

~ Canadian Veterans of all ages and their families

~ Commonwealth ex-service

~ Allied countries ex-service

In Partnership With
 Veterans Affairs Canada Anciens Combattants Canada

Contact Data

*The Royal Canadian Legion
 Ontario Provincial Command
 89 Industrial Parkway North
 Aurora, ON L4G 4C4, Canada
rclontariocommand@on.legion.ca
 Telephone:: 1 (888) 207-0939
 Fax: 1 (905) 841-9992*

New Urgent Care Pilot Program

To increase access to care, the Department of Defense is launching an Urgent Care Pilot Program for TRICARE Prime beneficiaries. This program allows Prime enrollees two visits to a network or TRICARE authorized provider without a referral or prior authorization. This program started on May 23, 2016 for the following members:

- ◇ Active Duty Family Members (ADFM) enrolled in TRICARE Prime or TRICARE Prime Remote
- ◇ Retirees and their family members who are enrolled in Prime within the 50 United States or the District of Columbia
- ◇ ADSMs enrolled in TRICARE Prime Remote and stationed overseas but traveling stateside

Active Duty Service Members (ADSMs) enrolled in TRICARE Prime are not eligible for this program as their care is managed by their Service. This pilot also excludes Uniformed Services Family Health Plan (USFHP) enrollees. TRICARE Overseas Program (TOP) enrollees can receive an unlimited number of urgent care visits, but only when they are traveling stateside and seeking care.

There are no Point of Service (POS) deductibles or cost shares for these two urgent care visits, but network copayments still apply.

Once you receive urgent care, you must notify your PCM about that care within 24 hours or the first business day after the urgent care visit. Authorization requirements have not changed for follow up care, specialty care or inpatient care.

When you are not sure of the type of care you need, or you require care outside of standard business hours, call the Nurse Advice Line (NAL). If the NAL recommends an urgent care visit, and a referral is submitted, that visit will not count against the two pre-authorized visits allowed under the Urgent Care Pilot. However, if you call the NAL and get a referral to a military hospital or clinic and you go elsewhere for care, that visit will count against your two preauthorized visits.

If you need more information, please visit the Urgent Care Pilot Program web page on the TRICARE website:

<http://www.tricare.mil/Plans/SpecialPrograms/UrgentCarePilot.aspx>



Combat Veterans Get Telephonic Health Care Application Option Accelerates Enrollment of Combat Veterans

WASHINGTON - The Department of Veterans Affairs (VA) announced today that it has amended its enrollment regulations to allow Veterans to complete applications for enrollment in VA health care by telephone without the need for a signed paper application. The change is effective immediately for Combat Veterans and will be effective July 5, 2016, for all Veterans.

This phased implementation accelerates VA's effort to enroll all Combat Veterans with pending applications as part of its ongoing Veterans Enrollment Rework Project. The VA is working to complete the review and rework of all pending health enrollment records for living and deceased Veterans this summer.

"This improvement to our Veterans' experience is one we can implement now, and it's the right thing to do for Veterans," said VA Deputy Secretary Sloan D. Gibson, "Enrolling all 31,000 Combat Veterans with pending applications is the top priority in our effort to fix our enrollment system. Our analysis of our current application process convinced me we could enroll Veterans more quickly using this method, particularly Combat Veterans and those who are transitioning from active duty to Veteran status," Gibson said.

By adding this telephone application option to VA's regulations, VA will now offer three ways to enroll. This change provides Veterans an even more convenient way to apply for enrollment, in addition to the paper VA Form 10-10 EZ and online enrollment application process. With publication in the Federal Register today, Combat Veterans may now apply by phone. All other Veterans may apply by phone starting on July 5, 2016.

When Veterans choose to enroll, VA offers an enhancement to their enrollment experience through "Welcome to VA" (W2VA). Veterans enrolled since July 1, 2015 have received a personal introduction to VA health care services, programs and resources to help them become more familiar with VA's services. In addition, VA sends each new enrollee an introductory letter and personalized handbook in the mail. W2VA enhances communication by reaching out to newly enrolled Veterans through personal phone calls upon enrollment, providing assistance with health care inquiries and assisting with their initial appointment at their preferred VA healthcare facility.

For more information, Veterans can contact the *Health Eligibility Center Enrollment and Eligibility Division* toll free at **1-855-488-8440**.



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OPERATION INHERENT RESOLVE CAMPAIGN MEDAL

(March 30, 2016) --

Service members who serve or have served in Iraq or Syria as part of Operation Inherent Resolve will receive the Inherent Resolve Campaign Medal, Defense Secretary Ash Carter announced in Tampa, Florida, today.

AWARD RETROACTIVE

The award is retroactive to June 15, 2014, and is for service members based in Iraq or Syria, those who flew missions over those countries, and those who served in contiguous waters for 30 consecutive days or 60 nonconsecutive days, officials said.

The award distinctly recognizes service members battling terrorist groups in Iraq and Syria. Service members who were killed or were medically evacuated from those countries due to wounds or injuries immediately qualify for the award, as do members who engaged in combat.

Previously, the Global War on Terrorism Expeditionary Medal recognized service in Iraq and Syria, and service members in neighboring countries such as Turkey will continue to receive that award.

The award is separate from the Iraq Campaign Medal awarded for service during operations Iraqi Freedom and New Dawn, officials said.



Obverse



Reverse