

RETIREE ACTIVITIES OFFICE
28th BW/RAO
2900 DOOLITTLE DR STE 1P05
ELLSWORTH AFB SD 57706-4821
OFFICIAL BUSINESS

Return Service Requested

Ellsworth AFB Retiree Newsletter

MESSAGE FROM THE 28TH BOMB WING COMMANDER

August 1, 2011

Greetings from Ellsworth Air Force Base and the 28th Bomb Wing! A lot has happened since the last newsletter. Our Airmen have and continue to meet the challenges at home and deployed.

I'd like to invite retirees and their families from all branches of the military service and all ranks to Retiree Appreciation Day at Ellsworth, scheduled for Sept. 16, 2011. Events will include a luncheon at Dakota's Club from 11 a.m. to 1:00 p.m. featuring door prizes. The Commissary will distribute ten (10) \$25 gift cards, the Base Exchange will distribute a \$100 gift certificate, the 28th Force Support Squadron will distribute two golf certificates and the Sentinel Federal Credit Union will also provide a gift card. More door prize drawings will be offered at the Ellsworth Base Exchange where key support organizations will set up booths to provide important information to retirees and their families.

As always it is a pleasure interacting with our retired Air Force family members. If you have any concerns, please let me know by calling our Public Affairs at (605) 385-5056. We value your continued support to our

Airman and their Families. The Vet Van will be the main event for Retiree Appreciation Day Sept. 16, 2011 from 9 to 11 a.m. and from 1 to 3 p.m. (both times in front of the BX).

//Signed//

Mark E. Weatherington, Col, USAF
Commander, 28th Bomb Wing

A note from the Retirees Activities Office Director: We are still having the Quarterly Retiree Council's Luncheons at Dakota's Club and it is open to all branches of service, ranks, spouses and widows. I would like to thank Colonel Weatherington staff and all who helped with the newsletter and the 2010 Retiree Appreciation Day. The many volunteer hours contributed in the service of the military retirement community have not gone unnoticed.

The Retiree Office is always in need of volunteers. If you have a few hours available during the week and would like to join our work force, please give me a call at (605)385-3600 or stop by the Retiree Activity Office. Located in the Ellsworth AFB Hospital Room 1P05, my hours are 9:00 a.m. to noon, every Monday, Tuesday and Thursday. If you have comments or questions, please call anytime as I have an answering machine and will return your message as soon as I receive it.

Thanks for your support!

//Signed//

LEROY J. FOGLE, Sr., TSgt (Ret), USAF
Retiree Activities Office Director

The Newsletter is also available on the Ellsworth AFB Public website at <http://www.ellsworth.af.mil/rao.asp>. Click on the date under the B-1 photo to receive the up-to-date newsletter. **If you do not have internet access or a computer**, please send a written request to the following address: 28thBWRAO, 2900 Doolittle Drive, Suite 1P05, Ellsworth AFB SD 57706-4821.

Dakota's Club:

Lunch hours are Monday through Friday
from 11 a.m. to 1 p.m. Cost is \$7.00 for members,

\$9.00 for non-members and includes soup, salad
bar, main dish, drink and dessert. If you need a

private room, there is an additional \$.50 charge. If you need a private buffet, there is an additional charge of \$1.50 per person to cover the additional labor, setup and food. We also have a menu during lunch if buffet is not desired. You can also call and order carry-out (605) 385-1765. The Dakota Club holds a Texas Hold'em Tournament every Friday,

sign in 6:00 PM game starts 6:30 PM From September to May There are prizes every tournament. Retiree dues for officers are \$8.00 per month and \$5.00 for enlisted personnel. Also as a member you can borrow chairs, pans, dishes, est. free of charge. **Come in and check us out.**

28th Bomb Wing SJA (Legal Office)

Preparing a will is the best way of providing for your family. This legal document determines who will receive your property and in what amounts. Your will alleviates worry for your family and makes life a little easier during a very difficult time. If you do not have a will, you die "intestate"; meaning your property will be distributed according to the laws of the state in which you reside, which may not be your intention. Your children, spouse or other family members may not receive the protection you would have desired. The process of finalizing your estate without a Will can become complicated, costly and time consuming.

When should your will be renewed? Generally, if any of the following circumstances change, your will may require renewal: Divorce or marriage, a name change, if anyone named in the will has changed their name, an executor or beneficiary dies, property bequeathed is sold or purchased, or if you have children.

Legal costs? Fees for drafting the necessary documents depend on an attorney's experience, the complexity of the situation, and the amount of time spent counseling clients and preparing documents. A will is one of the most important documents you will ever make. Without professional advice in preparing a will, you could unintentionally leave very complex, complicated and unresolved issues behind for your loved ones to resolve.

The Ellsworth Legal Office help. Providing a free service and advice on whether you'll need a new will, ensuring your will is valid, property prepared, signed and witnessed, so your wishes are clearly expressed, and that adequate provisions are made for your children, spouse, or other family members so that any potential challenges to your will are minimized.

To schedule an appointment to have a Will drafted or if you have legal questions, please call the Ellsworth Legal Office at (605) 385-2329.

Health And Wellness Center

Food for thought: Did you know that losing just five to ten percent of your body weight can improve your blood pressure, cholesterol, or diabetes? A good way to start losing weight is by moving more and eating less.

Interested in quitting tobacco?

Quitting tobacco is one of the most important things you can do to improve the quality of your life! You will live longer and feel better. Quitting will lower your chance of having a heart attack or cancer.

The people with whom you spend your time will be healthier, especially your grandchildren or family.

You will have extra money to spend on things other than tobacco.

The Ellsworth HAWC and the 28th Medical Group have teamed up to assist you in quitting tobacco. This is a free service offered to retired military and their dependents. To get started quitting or for more information, please call the HAWC at (605) 385-2349.

AAFES

The BX Buddy List. Find out what's happening at Ellsworth through your email. Sign up for the Ellsworth AFB BX Buddy List. Just send an email to Vaughne.virginia@AAFES.com and ask to be added. You will get information on sales events, special buys and information about Ellsworth BX happenings.

Shop on Line at <http://www.aafes.com>. Shop online for great selections. Thousands of items are available from the Exchange Online Store and Exchange Mall. You can find great items, gifts, home furnishings, linens, house wares, electronics, luggage, jewelry, clothing, shoes and computers. All company suppliers offer special pricing to AAFES customers. In addition, earnings from orders placed from the surrounding area come back to the Ellsworth Community morale, welfare and recreation programs. If you shop using your AAFES Star Card shipping is free on many items. Last year the Ellsworth Community received \$351,970.

Hours of Operation:

Main BX

- 9 a.m. – 7:00 p.m., Monday – Friday
- 9 a.m. – 8 p.m., Saturday
- 10 a.m. – 6 p.m., Sunday

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5 percent surcharge, which covers the cost of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,400 annually for a family of four. Don't miss our next Ellsworth Commissary Warehouse case lot sale on Sep 4 – 6, 2009. Go to <http://www.commissaries.com> for local sale

Shoppette Open

5:30 a.m. – 1:00 a.m., Seven days a week

Burger King

7 a.m. – 8 p.m., Monday – Friday
9 a.m. – 8 p.m., Saturday
10 a.m. – 6 p.m., Sunday

Charley's Grilled Subs

7 a.m. – 8 p.m., Monday – Friday
9 a.m. – 6 p.m., Saturday
10 a.m. – 6 p.m., Sunday

Barber Beauty Shop Hours

7 a.m. – 5:30 p.m., Monday – Friday
9 a.m. – 3:30 p.m., Saturday
Closed Sunday

Flower Shop – Flowers by Gloria

9 a.m. – 6 p.m., Monday – Friday
9 a.m. – 4 p.m., Saturday
Closed Sunday

Optical Shop

9 a.m. – 5 p.m., Monday
9 a.m. – 6 p.m., Tuesday – Friday
9 a.m. – 4 p.m., Saturday
Closed Sunday

Commissary

information, store direction, hours, phone numbers, and updated Store personnel. Expand savings with coupons. Sign up for the Commissary Connection either on line or at your Commissary at the Coupon counter to your left when you enter the store and you will receive newsletters delivered via E-mail.

Your E-mail address is all that is required.

Ellsworth Commissary Hours:

9 a.m. – 7 p.m., Tuesday – Friday
9 a.m. – 6 p.m., Saturday
11 a.m. – 5 p.m., Sunday

Casualty Assistance:

The casualty assistance office provides assistance to family members of deceased active duty personnel and retired military members. Assistance includes applying for benefits related to the member's military career and general information about Survivor Benefit Plan, Social Security Office, and Veteran's Administration. When a retiree dies, his or her death needs to be reported to the Casualty Assistance Office as soon as possible. An initial report of death will be

completed from information taken over the telephone and reported to DFAS-CL (Retired Pay Center). Once the Death Certificate is obtained, the next-of-kin or beneficiary should contact the casualty assistance office at a base near you for an appointment. The appointment will take an hour and will be conducted in a private office. For further information, contact the Ellsworth AFB Casualty Assistance Office at (605)385-2336.

IMPORTANT PHONE NUMBERS

Defense Finance and Accounting Service: 800-321-1080

Ellsworth AFB Casualty Assistance Office: 605- 385-2336

Department of Veterans Affairs: 800-827-1000

Social Security Administration: 800-772-1213

RESOURCES

have the monthly coverage cost suspended if those beneficiaries become ineligible for coverage. A spouse loses eligibility on the date of divorce, or death. Children are eligible until age 18, or 22 if a full-time student. Marriage or military service at any age terminates a child's eligibility.

Retirees who remarry and have suspended their spouse-only or spouse and child coverage have the following options:

1. Spouse coverage can resume as before. By law, the new spouse will automatically become the eligible beneficiary at the same level in effect for the previous spouse, adjusted by cost-of-living increases, on the first anniversary date of remarriage, or when a child is born as legal issue of the marriage; however, it is the member's responsibility to notify the Defense Finance and Accounting Service of the new marriage to prevent loss of options or premium debt accrual.

Here are the other SBP options after a post-retirement remarriage:

2. Increase coverage (base amount) up to and including full retired pay. If a retiree selects this

would have been incurred if the new level of participation had been originally elected, plus interest. Any increase in premiums, with interest, must be paid before the first anniversary of the marriage. Payment of these premiums and interest must be completed before the spouse qualifies as an eligible beneficiary or the election increasing the coverage will be null and void.

3. Elect not to resume the spouse portion of coverage before the date the spouse becomes an eligible beneficiary. Elections under this option are effective upon receipt; however, notification must be received before the date that the spouse becomes an eligible beneficiary or the spouse coverage will automatically be resumed at the level of coverage for the previous spouse plus any cost-of-living increases.

Election of either Option 2 or 3 above must be done before the first anniversary of the remarriage.

Notification of intent to select one of the above options must be accomplished by completing a DD Form 2656-6, Survivor Benefit Plan Election Change

Certificate. This certificate, along with a copy of the marriage certificate, should be mailed or faxed (one or the other method, not both) to the Defense Finance and Accounting Service as soon as possible after remarriage. The mailing address is provided in the instructions on the DD Form 2656-6 and the fax number is 800-469-6559.

Failure to notify DFAS well before the first anniversary will restrict a retiree's options and may result in a debt for SBP premiums to begin accumulating.

For more details, call DFAS at 800-321-1080 or contact the Ellsworth Survivor Benefit Plan Counselor at (605) 385-2336.

Air Force Retiree Home's and Foundations

Air Force Enlisted Village. The village's primary goal is offer housing and financial assistance to widows/surviving spouses of retired members. The village also offers housing to retired enlisted couples of the Air Force and Air National Guard who receive full retirement benefits and meet the eligibility criteria. For more information call 1(800)258-1413, Ft Walton Beach Florida.

Air Force Village West. Located in California is a military-oriented care retirement community serving officers of all branches of service. It is a full-service village designed for a wonderful lifestyle, comfortable housing and long-term health care. Any retired officer, spouse or widow holding an ID card (DD Form 2) is a candidate for residency at the village. The minimum residency age for the qualifying individual is 60 years. For additional information, write to the Air Force Village West, 17050 Arnold Drive, Riverside California 92518 or call 1(800)729-2999.

Air Force Village Foundation. The Air Force 1 and 11, in San Antonio, Texas, provides financial support and homes to widows and widowers of Air Force active and retired officers who would otherwise have no other place to live. Widows and widowers without financial means have priority for admission, and no one has ever been turned away for inability to pay. The widow and widower must be age 62 or over to become a permanent resident. The villages also offer a furnished apartment to a

surviving spouse and children for up to a year to gather their lives following the death of an officer. For additional information on Air Force Villages 1 and 11, write to the Air Force Village Foundation, 5100 John D. Ryan Blvd, San Antonio, Texas 78245-3502, or call them toll free at 1(800)762-1122.

Air Force Enlisted Men's Widows and Dependents Home Foundation Inc: Widowed spouses over age 55 of Air Force enlisted members are eligible for residency. Residents pay for housing and service, although a primary purpose of the Foundation is to provide care for needy, eligible persons. For information, write to the Air Force Men's Widows and Dependents Home Foundation, 92 Sunset Lane, Shalimar, Florida 32579-1000, or call them at (904)651-3766.

The General and Mrs. Curtis E. LeMay Foundation: It can be confusing, frightening and heart-breaking to lose a spouse and find little, if any, financial resources and not know where to turn. The LeMay Foundation can be there to ease the burdens of everyday life. The Foundation can help with monthly supplemental grants to assist with food, rent, utilities and for some, health care. For additional information write to the General and Mrs. Curtis LeMay Foundation, 17050 Arnold Drive, Riverside, California 92518 or call them at (909)697-2099.

Your health benefits are managed in accordance to your demographic and eligibility information in the Defense Enrollment Eligibility Reporting System

TRICARE

(DEERS). The DEERS system is where you get your identification card and where to update and keep current your mailing address, your phone number,

your marital status, your date of birth, and your sponsor's information. When Congress adds or modifies one of the TRICARE benefits, the benefit will be applied and processed in accordance to the information DEERS contained in the system. Pass this information on to a friend who may not have access to the internet or who may not get military retiree newsletters, or to their guardian. To get information on how to update your DEERS information, please contact the Military Personnel Element in the Ellsworth Rushmore Building or call (605)385-2427. Another option is to stop by your local TRICARE Service Center located in the 28th

Medical Group Clinic; their office hours are Monday – Friday 07:30-16:30, no appointment is necessary, and they do not close for lunch. The 28th Medical Group Clinic is closed until 08:00 every 1st and 3rd Thursday as well as at 12:00 on the 3rd Wednesday afternoon of each month for mandatory training. Please mark this information on your calendar so you know to refill your prescriptions early.

The 28th Medical Group Clinic will be closed on the following days for Air Combat Command Family Days: July 6, 2009; September 4, 2009; November 27, 2009; and December 28, 2009.

Miscellaneous

Information Books in the Retirees Activities

Office: A new edition of Federal Benefits for Veterans and Dependents by the Department of Veterans Affairs (VA) updates the rates for certain federal payments and outlines a variety of programs and benefits for American veterans. Most of the nation's 24 million veterans qualify for some VA benefits, which range from health care to burial in a national cemetery. The 153-page booklet also provides an overview of programs and services for veterans provided by other federal agencies. The handbook can be downloaded free from VA's Web site at http://www.va.gov/OPA/vadocs/current_benefits.asp. The U.S. Government Printing Office (GPO) accepts credit card orders for the publication at 1(866)512-1800 (toll-free) for a cost of \$5 each to U.S. addresses, or \$67 bulk orders of 25 copies. It can be ordered by mail from the GPO at Superintendent of Documents. P.O. Box 979050, St. Louis, MO 63197-9000 (stock #051-000-00233-4) or on line at <http://www.bookstore.gpo.gov>. We also have in the RAO Office books on Military Space-A Travel guide, Military Travel Guide U. S. A. These books are in the Retirees Activities Office for your use.

Retiree Web Site. A Air Force retiree web site <http://www.retirees.af.mil> offers in-depth information on benefits and services for the retiree community. Included are the survivor benefits plan, combat-related special compensation, afterburner newsletter and Air Force retiree news service.

Arlington National Cemetery: Write: Arlington National Cemetery, Arlington, VA 22211. For general information, locations of gravesites and visitor information call (703) 607-8000. Contact the Interment Service Branch at (703) 607-8585 regarding funeral arrangements and eligibility requirements. Please note that the Arlington National Cemetery staff does not make prearrangements. Visit the WEB Site at <http://www.arlingtoncemetery.org>.

Lost Records: Air force members retiring before Oct 1, 2004 should contact the National Personnel Records Center. Phone (314)801-0800. Write requests are required to replace lost documents from the NPRC. Written to NPRC/NCPMF-C, 9700 Page Avenue, St Louis, MO 63132-5000. Check the WEB site at <http://vetres.archives.gov>. Dependents' medical records are forwarded to an NPRC depository at 111 Winnebago St. Lois, MO 63118-4126 two years after the sponsor retires.

Airmen who retired on or after 1 Oct.2004 can request copies of records by writing or faxing: AFPC/DPFFCMP, 550 C St. Suite 19, Randolph AFB, TX 78150; fax (210)565-4021, or DSN 665-4021. Individuals requesting their own records need to send a signed not that includes their name, social security number, contact information and specific record requested. Those requesting a relative's record also need to provide their relationship to the former Airman.

Locating Air Force Retirees or Active-duty Airmen:

The AF World Wide Locator handles official and unofficial requests to locate Air Force Personnel. Official requests are defined as requested from any government agency and the Department of Defense. All other requests are considered unofficial in nature. The locator only has location

information on individuals who are currently receiving compensation from the USAF (Active Duty, Guard, Reserve, Retired, and Civil Service personnel). If the individual has separated, no information is available.

Afterburner - The retiree's e-Afterburner Or Afterburner can be found on the internet by going to <http://retirees.af.mil> and click on afterburner.

National Park Service (NPS)

The National Park Service has opened The Minuteman Missile National Historic site at wall South Dakota and are looking for volunteers to work at the site. If you are interested in volunteering you can contact Ret. M/SGT Butch Davis at (605)433-5552. Or E-mail www.nps.gov/mimi.

Veterans Service Organizations and Military Associations of local interest

Air Force Sergeants Association

3611 Redwood Street
Rapid City SD 57701
605-385-6152

American Legion

PO Box 67
Watertown SD 57201
605-886-3604

<http://sdlegion.org>

Adjutant: Denny Brenden Commander: G. D. "Hoot" Gibson

American Legion Auxiliary

16 N. Minnesota Street

Dakota Dept of the Purple Heart

22587 Lightning Ridge Road
Rapid City SD 57702
605-343-7927

Contact: Dennis Roy

14th Flight, Order of Dedalians

PO Box 968
Box Elder SD 57719
605-393-1005

Contact: Howard Rice

Disabled American Veterans

1519 W. 51st Street
Sioux Falls SD 57105-6648
605-332-6866

<http://www.davmembersportal.org/sd/default.aspx>

Adjutant: Eugene Murphy
Commander: H.G. Krosschell

Disabled American Veterans Auxiliary

2916 Elm Avenue
Rapid City SD 57701
605-484-9527

Commander: Vera Drust

Ortonville, MN 56278
320-839-3860

President: Sue Christensen

American Legion Riders

The American Legion Riders have a Chapter here in the Black Hills. Chapter ALR they meet at the American Legion Post 22 Rapid City at 6:00 PM monthly. The American Legion Riders membership is open to American Legion Family (Legionnaires, Auxiliary Members, and Sons of the American Legion) from any Post in the American Legion in the area. For more information you can contact MR. Dennis Edwards at(605) 877-6576 or E-mail dennisf15@netzero.net.

Ellsworth Retiree Activity Council

2900 Doolittle Drive—Suite 1PO5
Ellsworth AFB, SD 57706-4821
605-341-5533

Iraq and Afghanistan Veterans of America

292 Madison Avenue – 10th Floor
New York NY 10017
212-982-8699

Korea War Veterans of America

10030 Pioneer Avenue
Rapid City SD 57702
605-721-5818

Marine Corps League

1401 35th Street SW
Watertown SD 57201
605-886-9208

Adjutant: Courtney Livingston
Commander: Bierman

The Military Officers Association of America

The Black Hills Chapter, MOAA meets the third Friday of every month Feb, Apr, Jun, Aug, Oct, Dec at the Dakota Club Ellsworth AFB. The meeting usually features a guest speaker. For more information, contact retired .

Order of the Purple Heart 53-50

We hold our meetings at 101 E. Madison St. Rapid City SD on the Third (3) Saturday of each month at 12:00 Noon. For more information you can call (605) 34805898.

Paralyzed Veterans of America

209 N. Garfield Ave.
Sioux Falls SD 57104
605-336-0494

www.ncpva.org

President: Michael Olson
Executive Director: Joel Niemeyer

South Dakota National Guard Enlisted Association

1270 McDonald Drive
Huron, S.D. 57350
605-352-3581

<http://www.sdngae.com>

Presiden: Dale Greenfield

South Dakota National Guard Officers

2823 West Main Street
Rapid City S.D. 57702
605-737-6300

<http://www.ngasd.org>

President: Mike Oster
President: Jan Cauley

Vietname Veterans of America

P.O. Box 251
Deadwood, S.D. 57732
605-712-4900

Adjutant: Harold Muilenburg

World War I Auxiliary

2012 Coyote Street
Pierre, S.D. 57501
605-224-9067

President: Carol Garry

National American Indian Veterans Inc.

35157 Weiss Road
Walker LA 70785
225-686-7685

www.najvnl.org

Commander: Don Loudner

U.S. Submarine Veterans Inc.

PO Box 270
Piedmont SD 57769
605-787-4038

Contact: Pat Condon

Veterans of Foreign Wars

3601 S. Minnesota Avenue
Sioux Falls SD 57105
605-332-7441

Quartermaster: Rick Barg
Commander: Dave Cauley

Veterans of Foreign Wars Auxiliary

1897 Meadow Lane

Larchwood IA 51241
712-477-2433

President: Jan Cauley

Vietnam Veterans of America

PO Box 251
Deadwood SD 57732
605-712-4900

Adjutant: Harold Muilenburg

World War I Auxiliary

2012 Coyote Street
Pierre SD 57501
605-224-9067

President: Carol Garry

South Dakota National Guard Officers

2823 W. Main Street
Rapid City SD 57702
605-737-6300

<http://www.ngasd.org>

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Virtual (V Tour) Battleship U.S.S. South Dakota

Internet users can tour the U.S.S. South Dakota Battleship Memorial. The viewers can tour key parts of the ship and a large collection of memorial, combined with histories of various shipmates, battle video, photos and an interactive rot of the ship during WWII. The virtual tour can be accessed at www.ussouthdakota.com.

Removal of Social Security Numbers from ID Cards

Individuals will receive a new card upon expiration of their current card. Starting June 2011. Card issuance facilities will begin issuing DOD ID Cards without the SSN appearing on the card. Please note that until the card expires, current cards will remain active and will not need to be replaced.

Quick Reference Phone List Ellsworth AFB (Area Code 605)

Base Chapel	385-1598	Casually Assistance	385-2336
Base Exchange	923-4774	Commissary	385-4364
Base Library (Holbrook)	385-1688	Dakota Club	385-1765/4/1771
Billeting (Pinetree Inn)	385-2844	Airman & Family Red. Center	385-4663
Bowling Center	385-2536	Finance Customer Service	385-1496

Golf Course	923-4999
Health and Wellness Center	385-2349
ID Cards	385-2427
Legal Office	385-2329
Public Affairs	385-5056
South Dakota Air Space Museum	385-5188
Outdoor Recreation (Family Camp)	385-2997
Retiree Activity Office	385-3600
Visitor Center	385-2895
Veterans Service Officer	394-2266
Medical Facility/TRICARE Appointments	385-6700 (Opt 2)
Gift Shop	385-5189

Health Benefits Advisor	385-3259
Pharmacy Refills	385-3467
Pharmacy Refills (Toll Free)	800-385-8291

Other Important Phone Numbers

DEERS Telephone	800-361-2508
DFAS (Retiree Pay)	800-321-1080
Social Security Administration	800-772-1213
Rapid City Office of SSA	605-342-1819
VA Regional Office	800-827-1000
VA Rapid City, Medical Clinic	605-718-1075

Address Change Procedures

Individuals with Internet access: People with My Pay accounts may change their address on the internet by going to <https://mypay.dfas.mil/mypay.aspx>, entering their personal identification number and then changing their correspondence address. Because there are other changes that can be made electronically, retired members and annuitants are encouraged to go this route. Those without a PIN should use the same WEB site and request a PIN which will be sent through the mail in a short time. Retirees receiving, or entitled to receive, retired pay, including retirees whose pay (part or all) comes from Veterans and Affairs or from Civil Service (because of combined federal service).

Should send their change of address to: DFAS, US Military Retirement Pay, PO Box 7130, London KY 40742-7130
 This may also be accomplished by calling toll free (800) 321-1080 or commercial (216) 522-5534. The fax number is (800) 469-6559. Include your social security number and sign your request when mailing or faxing.
 Those surviving spouses who are receiving, or entitled to receive an SBP/Retired Serviceman's Family Protection Plan annuity (this includes surviving spouses of retirees who were enrolled in SBP but who are receiving Dependency and Indemnity Compensation in lieu of the SBP) must send a change of address to: DAFS, US Military Annuitant Pay, PO Box 7131, London KY 40742-7131

Non-SBP/RSFPP Annuitants

Non-SBP-RSFPP annuitants who are registered to receive the Afterburner, News for USAF retired personnel (but who may or may not be receiving a DIC pension from the VA), mail the new address and include the sponsors retired grade and SSN to:

HQ AFPC/DPSIAR
 550 C Street West Ste 8
 Randolph AFB TX 78150-4713

Service Benefits Available for Survivors after Death of a Retired Member

The loss of your loved one does not mean an end to certain military benefits and privileges you now receive. You may continue to receive medical care at medical facilities of the uniformed service, in select former public health hospitals designated by the Department of Defense as uniformed service treatment facilities and civilian inpatient and outpatient care, subject to limitation as determined by medical authorities. You may use the commissary, Base Exchange and morale,

welfare and recreation activities, which includes theaters at bases where these facilities are available. Although every effort is made to provide these benefits and privileges, at some installations the facilities may be adequate only for the assigned military personnel and their eligible family members. In such cases, the commander of the installation has the right to deny you the use of those facilities. In some overseas areas, the use of service benefits and privileges may not be

extended to families of deceased members due to agreements entered into between the United States and the base country. If you plan to travel or live abroad, let your casualty assistance representative (CAR) help you determine the

benefits and privileges available in the country where you plan to live. To determine if you are eligible for any of the service benefits and privileges mentioned, read the brief discussion of each below.

TRICARE FOR LIFE AND OTHER HEALTH INSURANCE (OHI)

If you have OHI, by law, TRICARE will process your claims only after all OHI's have processed the claim. After your OHI and Medicare process your claim, you need to file a TRICARE claim with Wisconsin Physicians Service (WPS) TFL (the TFL claims processing contractor). For detailed information on how to file a claim, please visit TRICARE Web site at <http://www.tricare.mil/mybenefit/ProfileFilter.do?Puri=%2Fhome%2FMedical%2FClaims>.

If a beneficiary receives a service that is not covered by Medicare such as prescription medication, TFL follows TRICARE's other health insurance rules in determining what portion to pay. The beneficiary may need to file a claim with WPS TFL. TRICARE pays either the amount it would have paid as the primary plan or any remaining beneficiary liability after all OHI has paid, whichever is less.

PROCESSING CLAIMS INFORMATION

As a dual-eligible beneficiary entitled to Medicare Part A, and enrolled in Medicare Part B you do not need to submit a paper claim. Medicare pays its portion for Medicare covered services and automatically the claim to WPS TFL for processing. If you have other health insurance (OHI) your claim will not automatically cross over to TRICARE. You will need to file a claim with WPS TFL. Submit summary notice along with a TRICARE paper claim and your OHI's Explanation of Benefits (EOB) statement to: WPS/TFL P.O. Box 7890 Madison, WI 53707-7890.

For more information of assistance with TFL, please call WPS TFL at 1(866)773-0404. If you need further information regarding your Medicare benefits, call 1-800-Medicare / 1(800)633-4227.

THE BEST KEPT SECRET IN SOUTH DAKOTA

It's the State Veterans Home in Hot Springs where the state provides comfortable and independent living with medical support for eligible veterans and their spouses, widower or widowers. Do you know of a veteran living in what you consider substandard conditions? Or one living a lone and lonely? If this sounds like someone you know, there is an alternative. The Veteran's in Hot Springs. Contact your Veteran's Officers at the below phone numbers:

Butte

Bob Wanger 723-8387

Harding

Milton Douglas 375-3313

Perkins

Loy Carda 374-5681

Oglala Sioux Tribe

Frank Marshall 867-5577

Pennington

Dave Egermier 394-2266

Neal Lutke 394-2266

Meade

Jerry Lolley 347-7623

Lawrence

Bill Locken 574-9748

Custer

Ken Irwin 673-8123

Fall River

J.R. Steele 745-5146

Haakon / Jackson

Terry Deuter 859-2020

837-2217

Pharmacy Information

Ellsworth Pharmacy information is now available online

- Login directly to website: <http://www.pharmacyonesource.com/fos/default.asp?L=70792&g=2>
➤ OR
- Login to www.rph.com and place mouse on gold *sign in* bar; click “Amplifi”

User ID: pharmacy@ellsworth.af.mil

Password: 1234

- ✓ (At first login, create desktop icon for easy one click access)
- ✓

What

- Formulary status of drugs
- Therapeutic interchanges
- Non-formulary alternatives
- Hours of operation/closures
- Alerts, recalls, and shortages
- Easy access all the time

Why

- It's fast and **saves your time**
- Reduces the frequency of formulary related calls
- **Increases patient safety** by heightened awareness of look-alike sound-alike risks, recalls, alerts, and warnings

How

- Type in either address above
- Clicking on the desktop icon (install during first visit to our site)

ELLSWORTH AIR FORCE BASE CLINIC FORMULARY

(Current as of July 11, 2011) The following list of medications is stocked at the Ellsworth AFB pharmacy. It is provided to assist civilian practitioners when prescribing medications for eligible military beneficiaries. A few rules and restrictions apply when writing prescriptions to be filled at our facility. For more information, please feel free to call the following number:

(605) 385-3250. Our hours are Monday thru Friday, 7:30am to 4:30pm (0730-1630). We closed at 12 noon on the third Wednesday of each month for training. Closed Saturday, Sunday and all Federal Holidays. Most current formulary is available at www.ellsworth.af.mil under bulletins.

GENERAL

- *Telephone prescriptions are not accepted
- *Fax number 385-3679
- *All prescriptions must be signed and dated by a licensed provider
- *Generic substitutions may be made according to Federal Law
- *All prescriptions are considered expired after 12 months
- *90 days worth of maintenance meds with 3 refills
- *Civilian prescriptions for non-formulary items may be filled in the local pharmacy network.
- *The SIG " Use as directed" Can Not be accepted
- *Write multiple controls on separate prescriptions
- *Please write amounts in numeric and longhand
- *No refills on scheduled II's
- *30 day supply maximum on narcotics/opioids (i.e Percocet, Vicodin, T-3 etc.)
- *90 day supply maximum for non-narcotic scheduled maintenance medications (i.e benzodiazepine, ADHD, sleep aids etc)
- *Faxed prescriptions for schedule II meds will NOT be accepted
- *Prescriptions expire after 6 months

Controlled medications (Schedule II cannot be faxed to us)

TABLETS & CAPSULES

Acetaminophen (Tylenol) 500mg
 Acetazolamide (Diamox) 250mg
 Acarbose (Precose) 50mg
 Acyclovir (Zovirax) 200 caps, 400 & 800mg tabs
 Alendronate (Fosamax) 10, 35 & 70mg
 Alendronate Plus D (Fosamax Plus D) 2800 & 5600 iu
 Alfuzosin (Uroxatral) 10mg

Allopurinol (Zyloprim) 100 & 300mg
 Amantadine (Symmetrel) 100mg
 Amiodarone (Cordarone) 200mg
 Amitriptyline (Elavil) all strengths
 Amlodipine (Norvasc) all strengths
 Amlodipine/Benazepril(Lotrel) all strengths
 Amoxicillin 250, 500 & 875mg and 250mg chewable tabs
 Amoxicillin/Clavulanic Acid (Augmentin) 250, 500mg & 875mg

Amoxicillin/Clavulanic Acid (Augmentin XR) 1000mg/62.5mg
 Aspirin Chewable 81mg
 Aspirin EC (Ecotrin) 325mg
 Atenolol (Tenormin) all strengths
 Atomoxetine (Strattera) all strengths
 Azathioprine (Imuran) 50mg
 Azithromycin (Zithromax) 250mg*Z-pak*
 Baclofen (Lioresal) 10mg
 Belladonna Alkaloids (Donnatol)

Benzonatate (Tessalon Perles) 100mg
 Benzotropine (Cogentin) 2mg
 Bisacodyl (Dulcolax) 5mg
 Bismuth (Pepto-Bismol) Tabs
 Bromocriptine (Parlodel) 2.5mg
 Bupropion (Wellbutrin) 75mg(IR), 100mg SR, 150mg SR & 200mg SR
 Buspirone (Buspar) 10mg
 Butalbital/Caffeine/Acetaminophen (Fioricet)
 Cabergoline (Dostinex) 0.5mg
 Calcitriol (Rocaltrol) 0.25mcg
 Calcium Carbonate(OS-CAL) 500mg
 Calcium Carbonate 600mg plus Vit D 400iu
 Captopril (Capoten)12.5, 25 & 50mg
 Carbamazepine Caps (Carbatrol) 300mg
 Carbamazepine Tabs (Tegretol) 100 & 200mg
 Carvedilol (Coreg) 3.125, 6.25, 12.5 & 25mg
 Cefadroxil (Duricef) 500mg
 Cefdinir (Omnicef) 300mg
 Cefprozil (Cefzil)250 & 500mg
 Cefuroxime Axetil (Ceftin) 250mg
 Celecoxib (Celebrex) 100 & 200mg
 Cenestin 0.9mg, 0.625mg, 1.25mg tabs
 Cephalexin (Keflex) 250 & 500mg
 Cetirizine (Zyrtec) 10mg
 Fexofenadine 60mg/Pseudoephedrine 120mg (Allegra-D 12 hour)
 Fexofenadine 180mg/Pseudoephedrine 240mg (Allegra-D 24 hour)
 Ferrous Sulfate 325mg
 Finasteride(Proscar) 5mg
 Fluconazole (Diflucan) 100 , 150 & 200mg
 Fluoxetine (Prozac) 10, 20 & 40mg
 Folic Acid (Folvite) 1mg
 Fosinopril (Monopril) all strengths
 Furosemide (Lasix) all strengths
 Gabapentin (Neurontin) 100, 300, 400, & 600 mg
 Gemfibrozil 600mg
 Glipizine (Glucotrol) 5 &10mg (IR)
 Glyburide Micronized (Glynase) 1.5, 3 & 6mg
 Glyburide Micronized (Micronase) 2.5 & 5mg
 Griseofulvin (Gris-Peg) 125mg
 Guaifenesin (Mucinex) 600mg
 Hydralazine (Apresoline) 25mg
 Hydrochlorothiazide (Esidrix) 12.5mg Caps and 25 & 50mg Tabs
 Hydroxychloroquine (Plaquenil) 200mg
 Hydroxyurea 500mg
 Hydroxyzine 25mg
 Ibuprofen (Boniva) 2.5mg** and 150mg
 Ibuprofen (Motrin) 400, 600 & 800mg
 Imipramine (Tofranil) 25mg
 Indomethacin (Indocin) 25 & 50mg IR
 Isoniazide (INH) 300mg
 Isosorbide Dinitrate (Isordil) 10 & 40mg SR
 Isosorbide Mononitrate (Imdur) 20,30, 60, & 120mg

Cetirizine/Pseudoephedrine (Zyrtec-D) 5/120mg
 Chlorpheniramine (Chlor-Trimeton) 4mg
 Chlorpheniramine/pseudoephedrine SR 8/120mg (Deconamine SR)
 **Chlorthalidone 25,50 & 100mg
 Cimetidine (Tagamet) 400mg
 Ciprofloxacin (Cipro) 250 & 500mg
 Citalopram (Celexa) all strengths
 Clarithromycin (Biaxin) 500mg and 500mg XL
 Clindamycin (Cleocin)150 & 300mg
 Clomiphene Citrate (Clomid) 50mg
 Clonidine (Catapres) 0.1 & 0.2mg
 Clopidogrel (Plavix) 75mg
 Colchicine 0.65mg
 Colestipol (Colestid) 1gm
 Cyclobenzaprine (Flexeril) 10mg
 Cyproheptadine (Periactin) 4mg
 Dexamethasone (Decadron) 0.75, 2 & 4mg
 Dicloxacillin (Dynapen) 250mg
 Dicyclomine (Bentyl) 20mg
 Digoxin 0.125mg & 0.25mg
 Diltiazem ER (Tiazac) 120, 180, 240, 300, 360mg
 Diltiazem IR 30, 60 & 90mg
 Diphenhydramine (Benadryl) 25mg
 Dipyridamole (Persantine) 25 & 75mg
 Ketoconazole (Nizoral) 200mg
 Ketoralac (Toradol) 10mg
 Labetalol (Normodyne) 100 & 200 mg
 Lamotrigine (Lamictal) 25, 100 & 200mg
 Levodopa/Carbidopa Sinemet 10/100, 25/100, 25/250 & 50/200 CR
 Levofloxacin (Levaquin) 250 & 500mg
 Levothyroxine (Synthroid) all strengths
 Lisinopril (Zestril) 2.5, 5, 10, 20, 30 & 40mg
 Lisinopril/HCTZ (Zestoretic) 10/12.5, 20/12.5 & 20/25mg
 Lithium Carbonate (Eskalith) 300mg
 Lithium ER (LithoBid ER) 300mg
 Loperamide (Imodium) 2mg
 Loratadine (Claritan) 10mg
 Loratadine 5mg/Pseudoephedrine 120mg (Claritin-D 12 hour)
 Loratadine 10mg/Pseudoephedrine 240mg(Claritin-D 24 hour)
 Losartan (Cozaar) 25mg, 50mg & 100mg
 Losartan/HCTZ (Hyzaar) 50/12.5 & 100/25
 Magnesium Oxide (Mag-Ox) 400mg
 Mebendazole (Vermox) 100mg
 Meclizine (Antivert) 25mg
 Medroxyprogesterone (Provera) 2.5, 5 & 10mg
 Megestrol (Megace) 40mg
 Meloxicam (Mobic) 7.5 & 15mg
 Mesalamine (Asacol) 400mg
 Mesalamine (Pentasa) 250 & 500mg
 Metformin (Glucophage) 500, 850 & 1000mg
 Methocarbamol (Robaxin) 500mg
 Methotrexate 2.5mg
 Methylprednisolone (Medrol Dosepak)

Divalproex (Depakote) 125, 250, 500mg Delayed Release & 250 & 500mg ER
 Docusate Sodium (Colace) 100 & 250mg
 Donepezil (Aricept) 5, 10mg
 Doxazosin (Cardura) 2, 4 & 8mg
 Doxepin (Sinequan) 25mg
 Doxycycline Tabs 100mg
 Ergotamine/caffeine (Cafergot)
 Erythromycin (Ery-Tab) 250mg
 Esomeprazole Mag. (Nexium) 20 & 40mg
 Estradiol (Estrace) 1mg tabs
 Estrogen Conjugated (Premarin) 0.3, 0.45, 0.625, 0.9 & 1.25mg
 Estrogen/Conjugated/Medroxyprogesterone (Premphase 0.625/5mg, Prempro 0.3/1.5mg, 0.45/1.5mg, 0.625/2.5mg & 0.625/5mg)
 Estrogen/Methyltestosterone (Estratest HS, Estratest)
 Estropipate (Ogen) 0.625, 1.25 & 2.5mg
 **Ethambutol (Myambutol) 400mg
 Etodolac (Lodine) 400mg
 Ezetimibe (Zetia) 10mg
 Felodipine (Plendil) 2.5, 5 & 10mg
 Fenofibrate (Fenofibrate) 40 & 120mg
 Fexofenadine HCL (Allegra) 30 & 180mg

 Metoclopropamide (Reglan) 10mg
 Metoprolol (Lopressor) 50mg & 100mg & (Toprol XL) 25, 50, 100 & 200mg
 Metronidazole (Flagyl) 250 & 500mg
 Minocycline (Minocin) 50 & 100mg
 Mirtazapine (Remeron) 15 & 30mg & SolTab 15 & 30mg
 Montelukast (Singulair) 4mg, 5mg ,10mg & Granules 4mg
 Nadolol (Corgard) 40mg
 Naprosyn 375 & 500mg
 Niacin 100 & 500mg
 Niacin ER (Niaspan) 500, 750 & 1000mg
 Nifedipine (Procardia) 10 & 20mg Caps
 Nifedipine CC (Adalat) 30, 60 & 90mg
 Nitrofurantoin (Macrochantin) 50mg
 Nitrofurantoin (Macrobid) 100mg
 Nitroglycerin (Nitrobid) 2.5 & 6.5mg
 Nitroglycerin SL (Nitrostat) 0.4mg
 Nortriptyline (Pamelor) 10 & 25mg
 Nystatin (Nilstat) 500,000units
 Olanzapine (Zyprexa) all strengths
 Omeprazole (Prilosec) 20mg
 Ondansetron (Zofran) 4 & 8mg ***Limited to 10 days with 1 refill***
 Ondansetron Orally Disintegrating Tab (Zofran) 4mg
 Oseltamivir (Tamiflu) 75mg
 Oxaprozin (Daypro) 600mg
 Oxybutynin (Ditropan) 5mg IR and 5,10 & 15mg XR
 Pancrelipase (Cotazym)
 Paroxetine (Paxil) 10, 20 & 40mg
 Penicillin VK 250 & 500mg
 Pentoxifylline (Trental) 400mg

Perphenazine (Trilafon) 2mg
 Phenazopyridine (Pyridium) 100mg
 **Phenelzine (Nardil) 15mg
 Phenytoin (Dilantin) 50 & 100mg
 Phytonadione (Mephyton) 5mg (Vit K)
 Pioglitazone (Actos) 15, 30 & 45mg
 Piroxicam (Feldene) 20mg
 Polysaccharide iron complex (Niferex)-150
 Potassium Chlor. (Slow K) 8meq, (K-Tab)
 10meq & K-DUR 20meq
 Potassium Chloride (K-lor) 20meq packets
 Pramipexole Dihydrochloride (Mirapex)
 (all Strengths)
 Pravastatin (Pravachol) 10, 20, 40 & 80mg
 Prazosin (Minipress) 1, 2, 5mg
 Prednisone (Deltasone) 1, 5, 10 & 20mg
 Primadone (Mysoline) 250mg
 Probenecid (Benemid) 500mg
 Prochlorperazine (Compazine) 5mg
 Progesterone (Prometrium) 100mg
 Promethazine (Phenergan) 25mg
 Propranolol (Inderal) 10 & 40mg IR, &
 120mg LA
 Propylthiouracil (PTU) 50mg
 Pseudoephedrine 30mg
 Pseudoephedrine / Guaifenesin
 60mg/600mg (Mucinex-D)
 **Pyrazinamide 500mg
 Pyridoxine (Vit B-6) 50mg
 Quetiapine Fumarate (Seroquel) all
 strengths and XR all strengths

**DIABETIC (syringes limited to 300 per
 90 day supply)**

**### Use as directed not
 accepted###**

Alcohol Swabs 100's
 Lantus
 Novolin N
 Novolin R
 Novolin L
 Novolin 70/30
 Novolog Aspart
 Humalog (**Novolog is DOD preferred
 choice**)
 Precision XTRA Strips
 Medisense Ultra TLC lancets
 3/10cc Insulin Syringes
 1/2cc Insulin Syringes
 1cc Insulin Syringes

BIRTH CONTROL

-Desogestrel 0.15mg, Ethinyl estradiol
 0.03mg (Ortho-Cept, Desogen)
 -Drospirenone 3mg, Ethinyl estradiol
 0.02mg (Yaz)
 -Ethinodiol 1mg, Ethinyl estradiol
 .035mg (Demulen 1/35 28's)
 -Ethinyl Estradiol 30mcg, Drospirenone
 3mg (Yasmin)

Quinine (Qualaquin) 325mg
 Raloxifene (Evista) 60mg
 Ranitidine (Zantac) 150mg
 Rifampin (Rifadin) 300mg
 Risperidone (Risperdal) all strengths
 Rizatriptan (Maxalt & Maxalt MLT – both
 strengths
 Ropinirole (Requip) all strengths
 Rosiglitazone (Avandia) 2, 4 & 8mg
 Rosiglitazone/Metformin (Avandamet) all
 strengths
 Salsalate (Disalcid) 500mg
 Sertraline (Zoloft) all strengths
 Sitagliptin Phos. (Januvia) all strengths
 Sitagliptin/Metformin (Janumet) all
 strengths
 Simvastatin (Zocor) all strengths
 Simvastatin/Ezetimibe (Vytorin) all
 strengths
 Spironolactone (Aldactone) 25 & 100mg
 Sucralfate (Carafate) 1Gm
 Sulfamethoxazole 800mg/Trimethoprim
 160mg (Septra DS)
 Sulfasalazine (Azulfidine) 500mg
 Sulindac (Clinoril) 200mg
 Sumatriptan (Imitrex) 50mg & 100mg
 Tamoxifen (Nolvadex) 10 & 20mg
 Telmisartan (Micardis) all strengths
 Telmisartan/HCTZ (Micardis/HCT) all
 strengths
 Terazosin (Hytrin) all strengths
 -Ethinyl Estradiol/Norelgestromin (Ortho-
 Evra) Patches
 -Etonogestrel 0.12mg, Ethinyl estradiol
 0.015mg (NuvaRing) **Only one will be
 dispensed at a time**
 -Levonorgestrel .05, .075, .125mg, Ethinyl
 estradiol .03, .04, .03mg (Tri-Levlen 28's)
 Levonorgestrel 0.15mg, Ethinyl estradiol
 0.03mg (Levlen)
 -Levonorgestrel 0.1mg, Ethinyl estradiol
 0.02mg (Alesse-28)
 -Norethindrone 0.35mg (Nor-QD 28's)
 -Norethindrone 0.5, .75, 1mg, Ethinyl
 estradiol 0.035mg (Necon 777)
 -Norethindrone 1mg, Ethinyl estradiol
 0.02mg (Loestrin 1/20)
 -Norethindrone 1mg, Ethinyl estradiol
 0.02mg, Ferrous Fum. 75mg, (Loestrin Fe
 1/20)
 -Norethindrone 1.5mg, Ethinyl estradiol
 0.03mg, Ferrous Fum. 75mg (Loestrin Fe
 1.5/30)
 -Norethindrone 1mg, Ethinyl estradiol
 0.035mg (Norinyl 1+35 28's)
 -Norgestrel 0.3mg, Ethinyl estradiol
 0.03mg (Lo-Ovral 28's)
 -Norgestimate 0.18, .215, .25mg, Ethinyl
 estradiol 35, 35, 35 mcg (TriNessa)
 -Norgestimate 0.18, .215, .25mg, Ethinyl
 estradiol 0.25, .25, .25mg (Ortho Tri-Cyclen
 Lo)

Terbinafine (Lamisil) 250mg
 Terbutaline (Brethine) 5mg
 Tetracycline (Achromycin) 250 & 500mg
 Theophylline Ext. Rel. 100 & 200mg
 **Thioridazine (Mellaril) 10, 25 & 100mg
 Thyroid (Armour) 15, 30, 60 & 90mg
 Timolol Maleate (Blocadren) 10mg
 Tolterodine (Detrol) LA 2 & 4mg
 Topiramate (Topamax) 25, 50 & 100mg
 Tramadol (Ultram) 50mg
 Tramadol/Acetaminophen (Ultracet)
 37.5/325mg
 Trazadone (Desyrel) 50 & 100mg
 Triamterene/HCTZ (Maxzide 25)
 37.5/25mg and (Maxzide) 75/50
 Trifluoperazine (Stelazine) 2 & 5mg
 Trihexyphenidyl (Artane) 2mg
 Valacyclovir (Valtrex) 500mg & 1gm
 Venlafaxine (Effexor) 37.5, 50, 75, 100mg
 (IR) & 37.5, 75mg, 150mg XR
 Verapamil ER 120, 180 & 240mg
 Vardenafil (Levitra) 5, 10 & 20mg **Limited
 to 6 tablets per month.**
 Vitamins, (Prenatal MR 90 Fe-
 with 1mg Folic Acid)
 Warfarin (Coumadin) All Strengths
 Zomitriptan (Zomig) 2.5, & 5mg &
 ZMT 5mg

-Norgestimate 0.25mg, Ethinyl estradiol
 0.035mg (MonoNessa)

VAGINAL

Clindamycin (Cleocin) 2% Cr 40gm &
 100mg Supps
 Clotrimazole 1% Cream 45gm
 Estrogen conjugat. (Premarin) 0.625mg Cr
 Metronidazole (Metrogel) 0.75% 70gm
 **Progesterone Supps 50 & 100mg

TOPICAL

Acyclovir (Zovirax) 5% Oint
 Adapalene (Differin) Gel 0.1%
 Aluminum Chloride 10% (Drysol)
 Aquaphor Oint
 Bacitracin Oint
 Benzoyl Peroxide Gel 5 & 10%
 Benzoyl Peroxide Wash 5%
 Betamethasone Dipropionate (Diprosone)
 0.05% Cr & Oint
 Betamethasone Valerate (Valisone) 0.1%
 Cr
 Calcipotriene (Dovonex) 0.005% Cr, & Scalp
 Soln
 Chlorhexidine Gluconate (Hibiclens) 4% Sol
 Clindamycin (Cleocin T) 1% Soln
 Clobetasol (Temovate) 0.05% Cr & Oint
 Clotrimazole (Lotrimin) 1% Cr & Solution
 Crotonol (Eurax) Cr

Desonide (DesOWEN) 0.05% Cr, Oint & Lotion
 Erythromycin topical (T-Stat) 2% Solution
 Erythromycin-Benzoyl Peroxide (Benzamycin) Gel
 Estradiol Transdermal (Climara) all strengths of patches
 Eucerin Cr
 Fluocinonide (Lidex) 0.05% Cr
 Fluocinolone (Synalar) 0.01% soln. & 0.025% Cr.
 Fluorouracil (Efudex) 5% Cr
 Hydrocortisone 0.5, 1 & 2.5% Cr & 1% Oint
 Hydrocortisone Val. (Westcort) 0.2% Cr

Compounded Products

Hydrocortisone 1% Cream & Clotrimazole 1% Cream 1:1
 Magic Butt Cream (Steroid Free)
 -Zinc Oxide Oint 681g
 -Questran Powder 91g
 -Mylanta 341ml
 In 60gm containers

SUPPOSITORIES, ETC

Acetaminophen (Tylenol) 120 & 650mg
 Bisacodyl (Dulcolax) 10mg supps
 Glycerin supps
 Hydrocortisone (Cortenema) enema
 Hydrocortisone 25mg (Annusol HC) supps
 Hydrocortisone w/Pramoxine (Proctofoam HC) aerosol
 Mesalamine (Rowasa) enema
 Prochlorperazine (Compazine) 25mg supps
 Promethazine (Phenergan) 12.5 & 25mg
 Sodium Phosphate (Fleets) enema

OTIC

Acetic Acid 2% in Al Acetate Soln (Domeboro)
 Antipyrine/Benzocaine (Auralgan)
 Neomycin/Polymyxin & HC (Cortisporin) suspension

INHALERS, ORAL

Advair Diskus 100/50, 250/50, 500/50mcg
 Albuterol (Proventil) 0.5% for nebulizer 20ml
 Albuterol (Proventil) 0.083% nebs
 Albuterol (Proventil HFA) oral MDI
 Areochamber Device
 Budesonide Inh Susp(Pulmicort Respules) 0.25mg/2ml & 0.5mg/2ml
 Cromolyn sodium (Intal) nebs
 Cromolyn sodium (Intal) oral
 Fluticasone (Flovent) oral 44, 110 & 220mcg
 Ipratropium Bromide (Atrovent) nebs
 Ipratropium Bromide (Atrovent) oral
 Ipratropium/albuterol(Combivent) oral
 Levalbuterol HFA (Xopenex) MDI
 Nitrolingual 0.4mg spray
 Salmeterol (Serevent) diskus
 Sodium chloride 0.9% 3ml nebs
 Tiotropium bromide (Spiriva)
 Triamcinolone Acetonide (Azmecort) oral

Imiquimod (Aldara) 5% Cr
 Ketoconazole 2% Shampoo (Nizoral)
 Lidocaine (Lidoderm) 5% Patches
 Lidocaine (Xylocaine) 2% jelly
 Lidocaine (Xylocaine) 5% Oint
 Metronidazole (Metrogel) 1% Gel
 Mupirocin (Bactroban) 2% Oint
 Nitroglycerin Transdermal (Nitro-Dur) 0.1, 0.2, 0.3, 0.4, & 0.6mg
 Nystatin 100,000u Cr, Oint & Pwd
 Nystatin/Triamcinolone (Mycolog II) Cr
 Permethrin (Elimite) 5% Cr
 Pimecrolimus (Elidel) 1% Cr
 Salicylic Acid Soln 17%

INHALERS, NASAL

Desmopressin Acetate (DDAVP) 0.01% nasal
 Fluticasone 50mcg (Flonase) nasal
 Ipratropium Bromide (Atrovent) 0.03% nasal
 Mometasone Furoate monohydrate (Nasonex)
 Oxymetazoline (Afrin) nasal spray
 Saline nasal mist
 Sumatriptan 20mg (Imitrex) Nasal Spray

ORAL LIQUIDS

Acetaminophen (Tylenol) 80mg/.8ml drops
 Acetaminophen (Tylenol) 160mg/5ml Supp
 Albuterol (Proventil) 2mg/5ml
 Amoxicillin/Clavulanic Acid (Augmentin) 400mg/5ml & Augmentin ES-600
 Amoxicillin Suspension 125mg/5ml, 250mg/5ml and 400mg/5ml
 Azithromycin (Zithromax) 100mg/5ml & 200mg/5ml & 1gm packets
 Belladonna Alkaloids (Donnatol)
 Cefdinir (Omnicef) 125/5 & 250/5
 Cefprozil (Cefzil) 250mg/5ml
 Cefuroxime Axetil (Ceftin) 250mg/5ml
 Cephalixin (Keflex) 250mg/5ml
 Cetirizine (Zyrtec) Syrup
 Chlorexidine Oral Rinse 0.12% (Peridex)
 Cyproheptadine (Periactin) liquid 2mg/5ml
 Dexamethasone Intensol 1mg/ml
 **Digoxin (Lanoxin) liquid 0.5mg/ml
 Diphenhydramine (Benadryl) 12.5mg/5ml
 Docusate Liquid (Colace) 1%
 Electrolyte Oral Solution (Colyte)
 Erythromycin (EryPed) 200mg/5ml
 Ferrous Sulfate (Fer in sol) 15mg/0.6ml
 Fluoride Drops (0.5mg/ml)
 Fluoride (PreviDent 5000 paste)
 Fluoride (PreviDent gel)
 Furosemide (Lasix) liquid 10mg/ml
 Griseofulvin (Grifulvin) V susp 125mg/5ml
 Hydroxyzine (Atarax) 10mg/5ml
 Ibuprofen (Motrin) 100mg/5ml
 Ipecac Syrup
 Isoniazide (INH) liquid 50mg/5ml
 Lactulose 10g/15ml
 Lidocaine Viscous 2%
 Loratadine Syrup (Claritin) 1mg/ml

Selenium Sulfide (Selsun) shampoo
 Silver Sulfadiazine (Silvadene) 1% Cr
 Sulfur Salicylic Acid (Sebulex) shampoo
 Tretinoin (Retin-A) 0.025% & 0.05% Cr & 0.025% gel (**35 yr old and younger only**)
 Tretinoin gel microsphere 0.04% & 0.1% (**35 yr old and younger only**)
 Triamcinolone (Kenalog) Spray
 Triamcinolone 0.1% Cr & Oint
 Triamcinolone 0.5% Cr
 Triamcinolone dental paste 0.1%

Magnesium Citrate
 Metoclopropamide (Reglan) liquid 5mg/5ml

Milk of Magnesia
 Mineral Oil USP, Lubricant Laxative
 Multivitamin Drops (Poly-Vi-Sol)
 Multi-Vit w/fluoride & iron(Poly-vi-flor w/iron)
 Nitrofurantoin (Furadantin) susp 25mg/5ml
 Nystatin susp 100,000units/ml
 Penicillin V 250mg/5ml
 Phenylephrine 0.125% (Little Noses)
 Polyethylene Glycol 3350 (Miralax)
 Prednisolone (Prelone) 15mg/5ml
 **Propranolol (Inderal) liquid 20mg/5ml
 Pseudoephedrine 30mg/5ml
 Ranitidine (Zantac) liquid 15mg/1ml
 **Risperidone (Risperdal) 1mg/ml Soln
 Sodium Fluoride drops 1.1mg/ml
 Sucralfate (Carafate) susp 1g/10ml
 Sulfamethoxazole 200mg / Trimethoprim 40mg /5ml Susp. (Septra or Bactrim)
 Sulfisoxazole (Gantrisin) susp 0.5g/5ml
 Valproate (Depakene) 250mg/5ml

Compounded Product

Magic Mouthwash
 -Diphenhydramine Liquid
 -Maalox Suspension
 -Viscous Lidocaine 2%
 1:1:1 in 120ml Bottles

OPHTHALMICS

Bacitracin Oint
 Bacitracin/Polymyxin (Polysporin) Oint
 Bacitracin/Polymyxin/Gramicidin (Neosporin) soln & oint
 Betaxolol (Betoptic S) 0.25% susp
 Bimatoprost (Lumigan) 0.03% soln
 Brimonidine (Alphagan P) 0.15% soln
 Carboxymethylcellulose 0.5% (Refresh Tears) and Preservative Free (Refresh Plus)
 Cyclopentolate (AK-Pentolate) 1% soln
 Dexamethasone(Maxidex) 0.1% susp
 Dorzolamide (Trusopt) 2% soln
 Erythromycin (E-mycin) Oint
 Eye lubricant (Duratears) Oint
 Flouromethalone (FML) susp
 Gatifloxacin (Zymar) 0.3% Soln

Gentamicin (Garamycin) 0.3% soln & Oint
 Homatropine (Isopto Homatropine) 5% soln
 Ketorolac LS (Acular LS) soln
 Latanoprost (Xalatan) 0.005% soln
 Lodoxamide (Alomide) 0.1% soln
 Naphazoline/Pheniramine(Naphcon A)
 Neomixin/Polymixin B/Dex Susp & Oint
 (Maxitrol)
 Ofloxacin (Ocuflox) soln
 Olopatadine (Patanol) 0.1% soln
 Pilocarpine 0.5, 2 & 4% soln
 Pilocarpine Gel 4% (Pilopine)
 Polyvinyl Alcohol 1.4% (Artificial tears)
 Prednisolone (Pred Forte) 1% Susp
 Prednisolone/Sulfacetamide Susp (Blephamide)
 Sodium Chloride (Muro 128) Soln & Oint
 Timolol (Timoptic) 0.25 & 0.5% Soln
 Timolol (Timoptic) XE 0.5%
 Tobramycin Soln
 Tobramycin/Dexamethasone (Tobradex) Susp &
 Ointment
 Trifluridine (Viroptic) Soln
 Trimethoprim/Polymyxin (Polytrim) Soln

SCHEDULE III-V

Acetaminophen w codeine (Tylenol w/ codeine)
 #3 tabs
 Acetaminophen w codeine (Tylenol w/ codeine)
 elixir
 Alprazolam (Xanax) 0.25 & 0.5mg
 Butalbital/Aspirin/Caffeine (Fiorinal)
 **Chloral Hydrate (Noctec) 500mg/5ml liquid
 Chlordiazepoxide (Librium) 10mg & 25mg
 Clonazepam (Klonopin) 0.5mg & 1mg
 Diazepam (Valium) 5mg
 Dichloralphenazone/Isometheptene/Acetamino
 phen (Midrin)
 Diphenoxylate/Atropine (Lomotil) 2.5mg
 Eszopiclone (Lunesta) all strengths
 Guaifenesin w/ Codeine (Robitussin AC) 120ml
 Hydrocodone/Acetaminophen (Vicodin)
 5mg/500mg
 Hydrocodone/Acetaminophen (Lortab)
 5mg/325mg
 Hydrocodone/Acetaminophen 7.5mg/500mg
 per 15ml (Lortab Elixir)
 Hydrocodone/Ibuprofen (Vicoprofen) 7.5/200
 mg
 Lorazepam (Ativan) 0.5mg, 1mg & 2mg
 Phenobarbital 20mg/5ml liquid
 Phenobarbital 30mg
 Propoxyphene (Darvon) 65mg
 Propoxyphene/Acetaminophen (Darvocet N-50
 & N-100)
 Promethazine w codeine (Phenergan w/
 codeine) syrup 120ml
 Temazepam (Restoril) 15 & 30mg
 Testosterone Transdermal patch (Androderm)
 2.5 & 5mg
 Testosterone Gel (Androgel) 1% 2.5gm and
 5gm
 Testosterone Cypionate (Depo- Testosterone)
 200mg/ml inj

Testosterone Enanthate (Delatestryl) 200mg/ml
 inj
 Triazolam (Halcion) 0.25mg
 Zolpidem (Ambien) 5 & 10mg

SCHEDULE II

Amphetamine/Dextroamphetamine (Adderall)
 10mg & (Adderall XR) all strengths of XR
 Codeine 30mg
 Dextroamphetamine (Dexedrine Spansules)
 10mg
 Dextroamphetamine (Dexedrine) 5mg Tab
 Meperidine (Demerol) 50mg
 Methylphenidate (Concerta) all strengths
 Methylphenidate Immediate Release Chewable
 2.5, 5 & 10mg
 Methylphenidate (Ritalin) 20mg SR
 Methylphenidate (Ritalin) 5, 10 & 20mg
 Morphine Immediate Release 15 & 30mg
 Morphine (MS Contin) 15, 30 & 60mg
 Morphine 10mg/5ml liquid
 Oxycodone (Oxy IR) 5 mg caps
 Oxycodone Controlled Release (Oxycontin) 10
 & 20mg
 Oxycodone/Acetaminophen
 (Percocet/Endocet/Roxicet) 5mg/325mg

MISC

Enoxaparin Na (Lovenox) All Strengths
 Leuprolide (Lupron) Depot 3.75 & 11.25mg
 Goserelin (Zoladex) 3.6** & 10.8mg implants
(for treatment of prostate cancer only)
 The following are **ONLY** available through **Lung**
Helpline 1-800-548-8252 or TTY 1-800-501-
1068 Monday-Friday, 7am-7pm CST
 Bupropion (Zyban) 150mg
 Varenicline(Chantix) 0.5 & 1mg
 Nicotine Patches 7, 14 & 21mg

** Items on formulary but not in stock –
 we have 72 hours to fill these meds.