

28th BW/RAO
2900 Doolittle DR STE 1V28
Ellsworth AFB SD 57706-4821
Official Business

Ellsworth AFB Retiree Newsletter

MESSAGE FROM THE 28TH BOMB WING COMMANDER

31 August 2015

Greetings from Ellsworth Air Force Base and the 28th Bomb Wing! You can be proud of the legacy you've established and the positive impact your service had on our nation. Today, our Airmen continue to build on a great legacy meeting challenges and accomplishing the mission at home and abroad.

I invite retirees and their families of all ranks and branches of the military to Retiree Appreciation Day at Ellsworth, scheduled for September 18, 2015, where we will honor the sacrifices you have made during your time in service. Events include a luncheon at the Dakota's Club from 11 a.m. to 1 p.m., which will feature several door prizes. Additionally, the Commissary will distribute four \$25 gift cards, the Base Exchange will distribute a \$100 gift certificate, the 28th Force Support Squadron will give away two golf and two bowling certificates and the Sentinel Federal Credit Union will provide a \$100 gift card. In addition, the Exchange will also offer door prize drawings and at the Commissary, key support organizations will set up booths to provide important information to retirees and their families. The Vet Van will be parked in front of the Exchange from 9 to 11 a.m. and 1 to 3 p.m.

If you have any questions, please call the Public Affairs office at 605-385-5056. Thank you for your service and your continued support of our Airmen and their families.

//Signed//

Gentry W. Boswell, Col, USAF
Commander, 28th Bomb Wing

A note from the Retirees Activities Office Director: We are continuing to have the Quarterly Retiree Council's luncheons at the Dakota's Club. They are open to all branches of service, ranks, spouses and widows. I would like to thank Col. Boswell's staff and all who helped with this newsletter and the 2015 Retiree Appreciation Day, scheduled for Sept. 18, 2015. 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. Our office is open every Monday, Tuesday and Thursday 9 a.m. to noon and is located at the 28th Medical Group in Room 1V28.

Due to the high cost of mailing, the RAO will only mail the newsletter (one time) to new retirees. Retirees who do not use computers may request a paper newsletter mailed to them. Requests for paper copies may be sent to:

Retiree Activity Office
2900 Doolittle Dr. STE 1V28
Ellsworth AFB 57706-4821

Using a computer, go to <http://www.ellsworth.af.mil>. Click on Retiree Activity Office under the Community tab on the right side. Under the Newsletter tab, the newsletter will be linked on that page.

Thanks for your support!

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

Dakota's Club:

For private rooms, receptions, luncheons, open early requests, or call-in orders, please call 385-1765 during normal business hours. After 4 p.m., call 385-1768. For lunch Monday-Friday, 11 a.m. – 1:30 p.m., you may go through the fast food line/order soup and salad bar or the buffet which includes soup and salad bar.

Dinner on Monday through Friday is offered from 4 – 8 p.m. in the E-Lounge – order from menu. On Friday they offer a steak dinner special along with regular menu. The Enlisted Lounge hours are: Monday – Thursday 4 -9 p.m., Friday – 4 p.m. – 12 a.m. Officer's Lounge hours: Friday – 4 - 8 p.m., with a Social Hour on Friday in the lobby which is free to members and eligible guests of members and includes finger food and snack items.

28th Bomb Wing Staff Judge Advocate (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 from your family and makes life a little easier during a very difficult time. If you do not have a will prepared ahead of time, you will risk your property being 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.

The Ellsworth Legal Office is here to help by providing 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. This service also ensures adequate provisions are made for your children, spouse, or other family members to minimize any potential challenges to your will.

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.

Clients must fill out a will worksheet online on the Air Force Legal Assistance website and once they receive a ticket number, they can schedule an appointment by calling the Legal Office.

Notary services and Powers of Attorney are also provided at the Legal Office on a walk-in basis. Please go to the Air Force Legal Assistance website to fill out your forms. Once you receive a ticket number please come into the Legal Office with that number to get your documents printed and notarized.

Base legal office attorneys cannot discuss criminal law issues with clients nor provide legal advice of any sort over the phone. All personnel eligible for services must come in personally to speak with an attorney if they seek legal advice. Most matters for which personnel seek guidance, with the exception of will drafting or will executions, can be dealt with during walk-in hours.

To schedule an appointment to complete your will, call the Ellsworth Legal Office at 605-385-2329.

Health Promotion (formerly HAWC) 2015

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 watching your caloric intake.

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 Health Promotion Department and the 28th Medical Group have teamed up with the American Lung Association 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 American Lung Association 1-877-7848 and tell them you are an Ellsworth AFB beneficiary.

Summer Hydration: Water is one of the most important components of the body. Water regulates our body temperature, cushions and protects our vital organs and aids in the digestive system. Water composes more than 75% of the human body weight and is impossible to sustain life for more than a week without it.

There are many drinks that count as your fluid intake for the day but water is the least expensive and has zero calories, which will help in weight control. Checking the color of your urine is one of the first things you can do to determine if you are dehydrated. Dark yellow urine could be a sign that you are dehydrated. Normal urine color should be very light to clear in color. Another sign that you might be dehydrated is the feeling of thirst. Drink water before you become thirsty. Dehydration can affect your performance of daily activities and also could be a cause for fatigue.

Daily replenishing your fluid is as easy as drinking water throughout the day. Other fluids that help with dehydration are 100 percent fruit juice, tea, and water filled fruits like watermelon.

Your Health Department offers nutrition classes and we also have a variety of books and DVDs that can be checked out.

REMEMBER: change is a process, not an event.

AAFES

The Exchange buddy list: Find out what is happening at Ellsworth through your email. Sign up for the Ellsworth AFB BX Buddy List by sending an email to kriegerdiana@aafes.com. You will get information on sales events and special buys first hand.

You can also shop online for thousands of items from the Exchange Online Store and Exchange Mall by visiting <http://shopmyexchange.com>. Their online store features great items, gifts, home furnishings, linens, house wares, electronics, luggage, jewelry, clothing, shoes and computers plus much more. The Exchange mission is to provide quality merchandise and services to customers at competitively low prices and to generate earnings which provide a dividend to support Morale, Welfare and Recreation programs. Last year, \$377,468 was given back to the Ellsworth Community programs as a result of the patronage to the Exchange.

The Exchange Credit Program is designed to fit the credit needs of active duty, reserve, guard and retired service members and their families, while encouraging the responsible use of credit. The Exchange Credit Program encourages patronage of our military exchanges and generates earnings that add significant value to Morale, Welfare and Recreation programs. Many benefits include a competitive interest rate, 10 percent off

everything the first day of shopping, no annual or over-limit fees, zero interest financing events, fuel discounts at Exchange locations, an unmatched deployment policy, Military clothing plan (no interest), instant credit, and free standard shipping on <http://shopmyexchange.com>. Payment plans are also available.

Hours of Operation:

Main BX

9 a.m. to 7 p.m. Monday-Friday
9:30 a.m. to 6:30 p.m. Saturday
10:30 a.m. to 5 p.m. Sunday

Burger King

7 a.m. to 6:30 p.m. Monday-Friday
9 a.m. to 6:30 p.m. Saturday
11 a.m. to 5 p.m. Sunday

Charley's Grilled Subs

10:30 a.m. to 6:30 p.m. Monday-Friday
10:30 a.m. to 5:30 p.m. Saturday
11 a.m. to 4 p.m. Sunday

GNC Nutrition

9 a.m. to 7 p.m. Monday-Friday
9:30 a.m. to 6:30p.m. Saturday
10:30 a.m. to 5 p.m. Sunday

Barber Shop

7 a.m. to 6 p.m. Monday-Friday
9 a.m. to 3 p.m. Saturday
Closed Sunday

Beauty Shop

7 a.m. to 6:30 p.m. Monday-Friday
9 a.m. to 3:30 pm Saturday
Closed Sunday

Optical Shop

9 a.m. to 5 p.m. Monday-Friday
9 a.m. to 1 p.m. Saturday
Closed Sunday

EXPRESS

5:30 p.m. to 24:00 p.m. Monday-Friday
7 a.m. to 12 p.m. Saturday
8 a.m. to 11 p.m. Sunday

Commissary

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 five 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 \$4,400 annually for a family of four. Go to <http://www.commissaries.com> for local sale information, store direction, hours, phone numbers and updated store personnel. Expand savings with coupons. Sign up for the Commissary

Connection either online 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 of operation:

Closed Monday
9 a.m. to 7 p.m. Tuesday, Wednesday, Thursday and Friday
9 a.m. to 6 p.m. Saturday
11 a.m. to 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 the Survivor Benefit Plan, Social Security Office and Veteran's Administration.

When a retiree dies, his or her death should 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 Representative at the nearest installation to schedule an appointment to complete claims. 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 605-385-4663.

Survivor Benefit Plan

Remarriage has impact on SBP coverage. A retiree who is providing Survivor Benefit Plan coverage for a spouse or a spouse and child will 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. Please note: the cost is not automatically suspended and will continue to come out of your retirement pay until you notify the Defense Finance and Accounting Service.

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 DFAS of the new marriage to prevent loss of options or premium debt accrual.**

2. Increase coverage (base amount) up to and including full retired pay. If a retiree selects this option, he or she must pay the difference between the SBP costs previously paid and the costs which 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 605-385-4663.

Air Force Retiree Home's and Foundations

The General & Mrs. Curtis L. LeMay
17050 Arnold Drive
Riverside, Calif. 92518
Phone: 1-800-554-5510 or 1-951-697-2099
Fax: 951-5279
E-Mail: info@lemayfoundation.com
Website: lemay-foundation.org

Air Force Village Foundation (Officers):

Air Force Village 1
4917 Ravenswood Dr.
San Antonio, TX 78227
Phone: 1-800-724-5771

Air Force Village 2
5100 John D. Ryan BLVD.
San Antonio, TX 78245
Phone: 1-800-724-5711

Air Force Village (Enlisted)
BOB HOPE Village
Teresa Village and Hawthorn House
92 Sunset Lane
Shalimar, FL 32579
Phone: 1-850-651-3766
Fax: 1-850-651-4461
Toll Free: 1-800-258-1413
E-Mail: info@afev.us
Website: www.afev.us

28th Medical Group

The 28th Medical Group will be closed on the following 2015 dates: Aug. 24 (Wing Goal Down), Sept. 4 and 27, Nov. 24 and 31, and Dec. 15 (ACC Family Days).

TRICARE

Your health benefits are managed in accordance to your demographic and eligibility information in the Defense Enrollment Eligibility Reporting System (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 visit the Tricare Online Website, www.trice.mil. 28 MDG is closed until 8 a.m. every 1st and 3rd Thursday as well as at noon 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.

FAMILY HEALTH CLINIC

The Family Health Clinic assesses and treats patients enrolled to the clinic ranging in age from birth to 64. Every patient will be assigned a Patient Centered Medical team with either a family practice doctor or a physician assistant, or nurse practitioner who will be the primary person working with you and your healthcare needs. Each team has an assigned registered nurse and medical technicians who you may be speaking with when you call the clinic.

Making an appointment:

To make an appointment with your provider team, contact the 28th Medical Group appointment line at 385-6700. All acute medical concerns will be scheduled within 24 hours of when you call; all other concerns will be scheduled within 28 days. All well exams or physical exams will be scheduled within 28 days of your call.

Telephone Consults:

Call the 28 MDG appointment line at 385-6700 to leave a telephone consult message with your PCP. You can expect a call from your care team within three duty days for non-urgent issues such as medication refills and lab results. Telephone consults for urgent healthcare needs will be answered as soon as possible. All telephone consults are prioritized by qualified nurses or healthcare providers. You may also send a secure message through MiCare as well. If you are not signed up with MiCare, please let us know and we can assist with your registration.

Emergency Healthcare Authorizations:

It is not necessary to request authorization to seek care from an emergency room for true medical emergencies, such as medical issues that threaten your life, limbs or eyesight. Call 911 or seek care at the closest Emergency Room, which is Rapid City Regional Hospital ER. After being treated at the emergency room leave a telephone consult with your PCP on the next clinic business day to avoid any possible fees associated with your emergency care. Any necessary follow-up referrals with a treating provider can be requested at that time by your medical care team.

After Hours Care:

To access medical care after 4 p.m. and before 7 a.m., holiday and weekends, call 385-6700 and follow the prompts. The 28th MDG answering service will forward your contact information and medical concerns to the on-call provider. The on-call provider may contact you to answer your urgent medical symptom questions and/or make recommendations for care ranging from home care instructions to referral to an urgent care facility.

Obstetrical/Gynecological Care:

All obstetrical care is provided by our civilian counterparts in Rapid City. The 28th MDG Women's Health Clinic provides routine gynecological care including, but not limited to, contraception services and preventative screening. If you think you are pregnant, the clinic has a walk-in pregnancy test available from 7:30 to 11 a.m. and 1 to 3 p.m., and will start the OB process.

Walk-In Clinics: (7:30-11 a.m. and 1-3:30 p.m.) No appointment necessary.

Sore-throat – If you have a sore throat and want to be screened for strep. If the test is positive, appropriate medications will be prescribed at that time.

Pregnancy tests – If you think you are pregnant and want to be tested, you must be **two** weeks late for your menstrual cycle or have a positive home pregnancy test. If the test is positive, we will generate a referral to an off base OB provider.

Suture removal – If we or another provider placed sutures we can remove them without an appointment.

Depot injections – If a provider at the 28 MDG has prescribed Depo-Provera birth control, you can walk in for follow-up injections.

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 U.S. Government Printing Office 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

You can also order them online 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: An Air Force retiree website <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:

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.

Lost Records: Air force members retiring before Oct. 1, 2004 should contact the National Personnel Records Center. Phone 314-801-0800. Written requests are required to replace lost documents from the NPRC. Send these requests to:

NPRC/NCPMF-C,
9700 Page Avenue
St Louis, MO 63132-5000

Dependents' medical records are forwarded to an NPRC depository two years after the sponsor retires. These can be mailed to:

111 Winnebago St.
Lois, MO 63118-4126

Airmen who retired on or after Oct. 1, 2004 can request copies of records by writing or faxing:

AFPC/DPFFCMP, 550 C St. Suite 19
Randolph Air Force Base, TX78150

They may also fax 210-565-4021, or call 665-4021. Individuals requesting their own records need to send a signed note 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 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. Master Sgt. Butch Davis at 605-433-5552 or e-mail www.nps.gov/mimi.

Military Associations in Local Area

American Legions & Auxiliary Post 315
730 Briggs St.
Box Elder, SD 57719
Phone: 605-923-3168

Dakota Dept. of the Purple Heart
22587 Lightning Ridge Rd.
Rapid City, SD 57702
605-343-7927

Disabled American Veterans & Auxiliary C3
2916 Elm Ave.
Rapid City, SD 57702
605-712-4900

American Legion & Auxiliary Post 22
2916 Elm Ave.
Rapid City, SD 57702
605-712-4930

Ellsworth Retiree Activity Office
2900 Doolittle Dr. Suite 1V28
Ellsworth AFB, SD 57703
605-385-3600

Veterans of Foreign Wars & Auxiliary Post 1273
420 Main St.
Rapid City, SD 57701
605-342-9804

The Retiree Enlisted Association (TREA)
1981 E. Centre St.
Rapid City, SD 57703-4000
Phone: 605-341-8791

Vietnam Veterans of American & Auxiliary 1C463
1110 Ennen Drive
Rapid City, SD 57703
605-716-4967

Order of the Purple Heart 35-50
101 E. Madison St.
Rapid City, SD 57701
605-348-5898

America Legion Riders
8180 E. St. Patrick St.
Rapid City, SD 57701
605-348-5899

Air Force Sergeants Association & Auxiliary Chapter 951
E-Mail: AFSA951@gmail.com23q1
Phone: 605-877-2012
WEB Site www.afsa951.orgs

14th Flight Order of Daedal ions
P.O. Box 968
Box elder, SD 57719
Phone: 605-393-1005

Korea War Veterans of America & Auxiliary
10030 Pioneer Ave.
Rapid City, SD 57702
Phone: 605-721-5818

Military Officers Association of America
13294 Carson Ct.
Piedmont, SD 57769
Phone: 605-787-5701

S.D. National Guard Officers
2823 West Main St.
Rapid City, SD 57702
Phone: 605-737-6300

Quick Reference Phone List Ellsworth AFB (Area Code 605)

Base Chapel	385-1598	Outdoor Recreation (Family Camp)	385-2997/6699
Base Exchange	923-4816	Retiree Activity Office	385-3600
Base Library (Holbrook)	385-1688	Visitor Center	385-2895
Billeting (Pine Tree Inn)	385-2844	Veterans Service Officer	394-2266
Bowling Center	385-2536	Medical Facility/TRICARE Appointments	385-6700 (Opt 2)
Base Operator	385-1000	Health Benefits Advisor	385-3259
Casualty Assistance	385-4663	Pharmacy Refills	385-3467
Commissary	385-4364	Pharmacy Refills (Toll Free)	800-385-8291
Dakota Club	385-1765/4/1771	Gift Shop SDASM	385-5189
Airman & Family Readiness Center	385-4663		
Finance Customer Service	385-1490	<u>Other Important Phone Numbers</u>	
Golf Course	923-4999	DEERS Telephone	800-361-2508
Health and Wellness Center	385-2349	DFAS (Retiree Pay)	800-321-1080
ID Cards	385-2427	Social Security Administration	800-772-1213
Legal Office	385-2329	Rapid City Office of SSA	605-342-1819
Public Affairs	385-5056	VA Regional Office	800-827-1000
South Dakota Air Space Museum	385-5188	VA Rapid City, Medical Clinic	605-718-1075

Address Change Procedure

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 website 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, which 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 social security number to:

HQ AFPC/DPSIAR
550 C Street West Set 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.

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.

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

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 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 TFL (the TFL claims processing contractor). For detailed information on how to file a claim, please visit the TRICARE website at <http://www.tricare.mil>

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 your claim will not automatically cross over to TRICARE. You will need to file a claim with WPS TFL. Submit a summary notice along with a TRICARE paper claim and your OHI's Explanation of Benefits statement to:

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

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 1-800-633-422.

THE BEST KEPT SECRET IN SOUTH DAKOTA

The State Veterans Home in Hot Springs 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 who lives alone? If this sounds like someone you know, there is an alternative. That alternative is the Veteran's in Hot Springs group. Below is the contact information for various Veterans' Officers in the area:

Butte

Bob Wagner 723-8387

Harding

Milton Douglas 375-3313

Perkins

Loy Carda 374-5681/ Bison 244-7299

Oglala Sioux Tribe

Alton Adams 867-5577

Pennington

Neal Lutke 394-2266

Jamie Duffy

Meade

Angella Sutton 347-7623

Lawrence

Bill Locken 574-9748

Custer

Ken Irwin 673-8123

Fall River

Wendy Weakland 745-5146

Haakon / Jackson

Terry Deuter 859-2010

837-2217

28 MEDICAL GROUP PHARMACY FORMULARY

To view the Ellsworth Pharmacy Formulary, visit www.ellsworth.af.mil and click the Units tab. Under units select the 28th Medical Group and under the Pharmacy Information Tab you will go to Lexicomp page, go to "download formulary list PDF" and you will get the list.

SOUTH DAKOTA DEPARTEMNT of VETERANS AFFAIRS

In January, our department kicked off "Operation RAV" – Reaching All Veterans. Operation RAV is one of the most aggressive projects that our department has ever initiated. Our goal is to reach every one of South Dakota's 75,000 veterans and make sure they know about the programs, services and benefits available to them. We have partnered with our County and Tribal Veterans Service Officers on this endeavor and have two platforms to this campaign.

The first facet is the phone campaign. Between our department staff and the CTVSOs, we are attempting to call all South Dakota veterans that we can reach. The second facet is open houses. CTVSOs are hosting open houses in their respective communities. Over 100 events will be held throughout the year. We encourage you to attend one of these open houses. The schedule can be found at: <http://vetaffairs.sd.gov/publicaffairs/upcomingevents.aspx>.

We walk among veterans every day and yet may not even realize the magnitude of their sacrifices to serve our country. We owe them so much and Operation RAV allows us to educate them on benefits and services and to say “thank you!”

America’s Soldiers, Marines, Sailors, Airmen, and Coastguardsmen have demonstrated, again and again, in thousands of dangerous and complex missions around the world, their devotion, dedication, and perseverance in the face of adversity.

Construction of the new State Veterans Home is progressing and we would encourage you to check out the progress via our webcam: <http://www.truelook.com/clients/scullconstruction-webcam3/>.

Bradley Richardson, our new superintendent for the Michael J. Fitzmaurice State Veterans Home, is officially on board. We are excited to have Brad on our team as we construct our new home and transition to the neighborhood setting.

My door is always open and I would encourage you to stop in and visit us at our Rapid City office at 2525 W. Main, Pierre office at 425 E. Capitol, or our Sioux Falls office at 2501 W. 22nd Street. I’m proud of the team of experts within our department and I encourage all of you to visit with them about services and programs available.

Sincerely,

Larry Zimmerman, Secretary
South Dakota Department of Veterans Affairs