

Department of the Air Force

Lackland AFB Retiree Assistance Office Newsletter November 2010



802d MSG COMMANDER'S CORNER

Richard H. Houghton, Col, USAF

I had the wonderful opportunity to meet several of you recently during the Joint Base Lackland Retiree Military Appreciation Day. But, I also realize many of you were unable to attend. So, I want to take this opportunity to let you know about some of the great things happening at Lackland AFB.

Certainly top on the list is our transition to Joint Base San Antonio under the 502d Air Base Wing, led by Brigadier General Len Patrick. On 1 Aug 2009, the 502d Air Base Wing activated to provide installation support for Joint Base San Antonio--the combination of Lackland AFB, Randolph AFB and Fort Sam Houston. This re-organization allows us to find efficiencies by combining resources across these three bases. However, we are very conscious of our heritage and we will work hard to preserve our service traditions. General Patrick has three Mission Support Groups under the 502d Air Base Wing to be the "City Manager" teams for the three installations. The Installation Support at Lackland AFB falls under my 802d Mission Support Group team. This Joint Base re-organization should be transparent to you. Lackland AFB will continue to provide the level of support you expect. All of the services you use will still be available. Our motto is "**Base Support Done Right.**"

It's an exciting time at Lackland AFB. I don't think there is another base in the Air Force that can boast such tremendous scope of mission. Lackland AFB remains the "Gateway to the Air Force", with the 37th Training Wing bringing 3,500 new Airmen into the Air Force each year. The 433rd Airlift Wing C-5s and the 149th Air National Guard F-16s are a common sight over the skies of San Antonio. However, we also are host to the Air Force

ISR Agency, 24th Air Force, 688 Information Operations Wing, 67th Network Warfare Wing, 59th Medical Wing, the Air Force Services Agency, Air Force Medical Operations Agency, Air Force Real Property Agency, and the Air Force Center for Engineering and the Environment. The list of our Mission Partners is extensive and continues to grow. Our mission capability and overall impact to Air Force operations is impressive.

Most noticeable is the considerable construction taking place all across Lackland AFB. Currently, there is \$950 million dollars worth of construction underway to support the continued improvement of our facilities. Wilford Hall Medical Center and the Airman's Training Complex will receive state-of-the art improvements that will better extend our missions well into the 21st Century. Indeed, it's an exciting time to be at Lackland AFB.

Thanks for your support & your continued service.

RAO DIRECTOR REMARKS

Robert C. Zaske

502 ABW/CVR Retiree Assistane Office

I have done a lot of research on these articles and I'm only publishing those that would be of interest to all. Our Retiree Appreciation Day went over well, in spite of the rain that morning. There were many vendors on hand and there were 174 flu shots given out to our retirees. The intent of my staff and I was to keep our retirees up to date with new information. The RAO staff makes every effort to keep up to date on information affecting military retiree's benefits and legislation pertaining to their quality of life. The Brooks RAO has been moved to Lackland AFB but we are still operating out of building 5616 room 129 with our phone numbers 210-671-2728/9182. Our hours are Tuesday and Thursday 0900 to 1500 and on Wednesday from 0900 to 1400 hours, Thank You. Many retirees do not have access to internet, but for those who do, our newsletter is available on our website

www.lackland.af.mil. The Retiree office here at Lackland is giving the retiree the opportunity of receiving our newsletter by hardcopy, email, and our website. The thing we need is readable address mailed to our office. Retiree Assistance Office, 1561 Stewart St. Room 129 Lackland AFB 78236-5111.

New TRICARE Feature Available:

A new feature on TRICARE Online now allows users to save their personal health data such as medication and allergy profiles, demographic information and a personal health summary to Portable Document Format (PDF) file on their computer. The new feature, called the Blue Button, is available on the TRICARE Online Personal Health Record site. After logging on to the secure site, users will be able to add information to their personal health data on this site. Users will need to select the Blue Button titled before they can save their personal health data to a PDF file on their local computer. For more information, visit the TRICARE Online Website.

ACTION NEEDED TO FIX TRICARE

Medicare and Tricare payments were to be cut by 21 percent on April 1, 2010. Congress has postponed the pay cut from April 1 to June 1-the third such delay this year. But this has not addressed the issue. Many feel Congress needs to fix this issue once and for all.

Let your public officials know how you feel!

Stop-Loss Pay Deadline Extended

The deadline to eligible service members, veterans and their beneficiaries to apply for Retroactive Stop Loss Special Pay has been extended to December 3, 2010, giving more time to apply for the benefits they've earned. RSLSP applies to Military Members whose service was involuntarily extended under STOP LOSS between September 11, 2001, and September 2009. Eligible members or their beneficiaries are required to submit a

claim to their respective military service in order to receive the benefit of \$500 for each full or partial month service in a STOP-LOSS status. The original deadline for claims was October 21 2010. To apply, or to find more information on RSLSP, including submission requirements and service-specific links, visit <http://www.defense.gov/stoploss>.

Influenza Vaccine Information

This year's flu vaccine will contain three different vaccines viruses including H1N1 vaccine. For more information on the vaccine and who should receive it, visit the Centers for Disease Control website. The vaccine is also available through many hospitals, doctors, and other commercial sources. Please contact your local health care provider or preferred pharmacy for more information, in addition, the TRICARE Management Activity issued an interim final rule authorizing TRICARE retail network pharmacies to administer the season influenza vaccine at no cost to TRICARE beneficiaries. To find your nearest DoD immunization clinic, visit the MILVAX website.

TRICARE Focuses on Smoking

For beneficiaries trying to quit smoking, TRICARE offers multiple services to help. Treatment, including smoking cessation programs, is available at many military treatment facilities. Beneficiaries can find local military treatment facility on the TRICARE website. All non-Medicare eligible TRICARE beneficiaries within the United States can get assistance with smoking cessation by calling TRICARE's Smoking Quit lines 887-414-9949(for the North Region). Beneficiaries using Medicare can get assistance through Medicare TRICARE beneficiaries can also find useful information on the official DoD sponsored website.

WHO SHOULD BE NOTIFIED IN THE EVENT OF MY DEATH?

1. Defense Finance and Accounting Service (800) 321-1080
2. Social Security Administration (for death benefits) (800)772-1213

3. Department of Veterans Affairs (if applicable) (800) 827-1000
4. Office of Personnel and Management (if applicable) (724) 794-8690
5. Any fraternal group that you have membership with such as MOAA, FRA, NCOA, VFW, AL, TREA
6. Any previous employer that provides pensions or benefits.

The above information is not all-inclusive and should be used with other estate planning tools to lessen trauma to your loved ones.

LONG TERM INSURANCE Update 03:

When President Obama signed the healthcare bill into law, it included a program that has received little publicity, but promises to be very important as aging boomers require long-term care and disability.


The Community Living Assistance Services and Supports Act (known as the CLASS Act) mandates the creation of a national long-term care insurance program that will provide average benefits of no less than \$50 per day to help people pay for non-medical expenses--like home care--that will help them maintain their independent living status. It is not intended for nursing home stays which averaged more than \$76,000 a year in 2008. Currently, an estimated 10 million Americans have enough trouble performing so-called acts of daily living — things like bathing, dressing and eating — that they require assistance. Under the CLASS Act, this long-term care program will be paid for by workers through automatic payroll deductions, which will be deducted from paychecks. All workers will be automatically enrolled in the program unless they choose to opt out. The current to help people pay for non-medical expenses--like home care--that will help them maintain their independent living status. It is not intended for nursing home stays which averaged more than \$76,000 a year in 2008. Currently, an estimated 10 million Americans have enough trouble performing so-called acts of daily living — things like bathing, dressing and eating — that they require to help people pay for non-medical expenses--

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www.npr.org/templates/story/story.php?storyId=125461417&sc=17&f=1001

Have You Heard? A marine biologist developed a race of genetically engineered dolphins that could live forever if they were fed a steady diet of seagulls. One day, his supply of the birds ran out so he had to go out and trap some more. On the way back, he spied two lions asleep on the road. Afraid to wake them, he gingerly stepped over them. Immediately, he was arrested and charged with transporting gulls across sedate lions for immortal porpoises.



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DISCLAIMER:

The opinions expressed by writers of this newsletter for our web site are their own and should not be construed to be the official position or policy of DoD, USAF, or LAFB. The RAO publishes this newsletter to inform AF retirees and their family members of changes to legislation, defense policies and others matters affecting their military rights, benefits and other obligations. It contains information about LAFB and the local retiree community.

While every effort is made to verify information in this newsletter, the RAO "Volunteer" staff cannot guarantee the accuracy of information furnished by outside agencies. We have used info from other bases plus with permission and from the following areas: Military Com; MOAA, NAUS and others.

