



UNITED STATES AIR FORCE

Alumni Report

DEPARTMENT OF THE AIR FORCE,
MCGUIRE AFB RETIREE ACTIVITIES OFFICE

Spring 2010

McGuire AFB
Mon thru Fri
0900-1500
609 754-2459

DSC Philadelphia
Tue, Wed, Thu
0900-1500
215 737-7300

Stewart ANG Base
Mon thru Fri 0900-1200
1300-1600
845 563-2226

Willow Grove AFRES
Mon thru Fri
0900-1500
215 443-1072

Wyoming, PA
Mon 0900-1500
570 288-1947 x220



RETIREE APPRECIATION DAY SATURDAY, 24 APRIL 2010

TOMMY B's COMMUNITY CENTER, BLDG 2705

This is the former McGuire Officers Club. On page 2 of this newsletter, you will find your invitation letter from Col. Gina Grosso, Commander, Joint Base McGuire-Dix-Lakehurst. The Retiree Appreciation Day program is developed and organized to provide you and your spouse with the services, information and support that you need the most. Our KEYNOTE SPEAKER is Lt Gen Steven R. Polk, USAF Retired, Co-chairman, Air Force Retiree Council, who will provide you with important information on retired military health care. Other speakers will brief you on retiree benefit and legislative initiatives important to retirees and their families. On page 3 you will find an outline of the special programs that will be available in the afternoon. If you plan to have lunch at the dining hall, please call us at (609) 754-2459. We need this call so that we can let the dining hall staffs know how many to prepare for. Opening ceremonies will begin at 1000 at the Tommy B's Community Center. Coffee and donuts will be available at 0900.

NEW VA NATIONAL CEMETERY OPENS

Secretary of Veterans Affairs Eric K. Shinseki announced the opening of the 131st national cemetery at Washington Crossing in Newtown, PA. The first burials took place on Jan 20th. The new 205-acre cemetery is expected to serve veterans' needs in the Philadelphia area for the next 50 years. Information on VA burial benefits can be obtained from national cemetery offices, from the internet at <http://www.cem.va.gov> or by calling VA

regional offices at (800) 827-1000. Check with your funeral director for further details. Your funeral director can also arrange for military retiree funerals with the appropriate military honors.

ONLINE TRICARE PLAN WIZARD

The Plan Wizard is an online tool that helps you understand which TRICARE options you may be eligible for. This wizard does not determine eligibility. Eligibility is determined by the uniformed services and reported to the Defense Enrollment Eligibility Reporting System (DEERS). All eligible beneficiaries must have their eligibility status recorded in DEERS. When you go to the wizard at <http://www.tricare.mil/mybenefit/home/overview/PlanWizard.jsp>, you will be asked between 5 and 17 questions. After responding, you'll be shown a list of plans you may be eligible for.



The Plan Wizard will not save your personal information. You will have to start at the beginning of this wizard for each family member, as each member's eligibility may differ.

TRICARE OFFERS NEW AND IMPROVED PHARMACY BENEFITS.

The TRICARE Management Activity is introducing significant new enhancements to beneficiaries as it combined its mail-order and retail pharmacy contracts into one new contract called TRICARE Pharmacy. The improvements to the TRICARE Pharmacy program include the Specialty Medication Care Management program in the mail-order pharmacy; expansion of the Member Choice Center providing assistance to help beneficiaries to switch their military treatment facility prescriptions to mail-order; and one call center phone number: (877) 363-1303. The Specialty Medication Care Management program is for beneficiaries using the mail-order pharmacy for their specialty medications. It is structured to improve their health through continuous health evaluation, ongoing monitoring, and assessment of education needs and management of medication use. Express Scripts, Inc. was selected to provide mail-order, retail and specialty pharmacy services for the TRICARE Pharmacy program. For more information visit <http://www.TRICARE.mil/pharmacy> or <http://www.express-scripts.com/TRICARE>, or call (877) 363-1303



DEPARTMENT OF THE AIR FORCE
HEADQUARTERS AIR MOBILITY COMMAND
JOINT BASE MCGUIRE-DIX-LAKEHURST

MAR 23 2010

Colonel Gina M. Grosso
Commander
87th Air Base Wing
2901 Falcon Lane, Suite 100
Joint Base McGuire-Dix-Lakehurst NJ 08641

Dear Retiree

I want to personally invite you and your spouse to the Joint Base McGuire-Dix-Lakehurst (JB MDL) Retiree Appreciation Day on April 24, 2010. Lt Col Hansen, Ret, has created an outstanding program that addresses topics relevant to you. Opening ceremonies for the day are at 10 a.m. at the McGuire Community Center. Throughout the day, you will receive information on retiree medical programs, benefit and entitlement programs, and an array of special interest programs dedicated to you and your spouse including TRICARE for Life for retirees 65 and older.

To experience the atmosphere and social surroundings of the men and women of JB MDL, lunch will be served in Halverson Hall, the McGuire dining facility. While the cost of lunch is based on an "ala carte" menu, your selection will be reasonably priced. I encourage you to take this opportunity to interact with our team and relish in our Airmen's dedication to the Air Force and the Joint Base Team. Please call the Retiree Activity Office at 609-754-2459 to reserve a seat.

Each one of you plays a vital role in our community. Our commitment to enhancing your quality of life underscores our shared commitment to families. I look forward to meeting you at this year's Retiree Appreciation Day and thank you for your tremendous service to our Nation.

Sincerely


GINA M. GROSSO, Colonel, USAF
Commander

**DEPARTMENT OF DEFENSE (DOD)
2011 BUDGET PROPOSAL.**

The DOD announced its FY 2011 defense budget this week, proposing a \$549 billion base budget (a 3.4% increase over FY 2010) and \$159 billion more to support war operations in Iraq and Afghanistan. Highlights of initiatives proposed include: Concurrent Receipt – The budget again proposes a five-year plan to phase out the disability offset to military retired pay for all members whose service-caused conditions forced them into medical retirement. Congress failed to enact a similar proposal last year after being unable to identify cost offsets. Family Support – The budget provides \$8.8 billion, an increase of \$450 million from last year, to emphasize the importance of child support and youth programs, spouse employment, commissaries, and schools. Health Care – The budget proposes \$50.7 billion to fully fund the Defense Health Program without any TRICARE fee increases for retirees. During congressional testimony with the US Senate and House Services committees, the DOD has indicated that incremental increases in TRICARE fees are needed. Congress has previously declined to increase TRICARE fees. The current DOD budget request for FY 2011 includes full TRICARE funding and looks to Congress for action on TRICARE fees.

SURVIVOR BENEFIT PLAN INFO

Survivor Benefit Plan (SBP) annuity does not automatically start after the death of a retiree. This is a separate entitlement and DFAS must have an application in order to establish it. (NOTE: SURVIVORS OF RETIREES DO NOT RECEIVE SBP UNLESS THE RETIREE HAS ELECTED SBP AND PAID FOR COVERAGE, USUALLY THROUGH DEDUCTIONS FROM RETIRED PAY.) For more information, contact the Defense Finance and Accounting Service (DFAS) at (800) 321-1080; or <http://www.dfas.mil>; or call us at the Retiree Activities Office, (609) 754-2459.

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

COPD develops slowly over time and currently there is no cure. However, there are programs available for the management of this disease. Symptoms include an ongoing cough, shortness of breath, wheezing, and frequent clearing of throat and chest tightness. COPD is the result of smoking, exposure to secondhand smoke, exposure to chemical fumes, dusts and other lung irritants. TRICARE covers the test necessary to diagnose COPD, including X-rays, arterial blood gas analysis, lung function tests, and exercise tests. TRICARE's regional contractors offer COPD management programs featuring telephonic or mail educational materials and coaching by registered nurses or specialists. For further information, check with your primary care manager. For Health Net (our North Area TRICARE contractor) COPD management program, click the COPD link at https://www.hnfs.net/bene/healthyliving/dm_main.htm.

NEW EMERGENCY MEDICAL SERVICES ESTABLISHED

Effective 1 March this year, a new emergency room has been opened. It is a combined effort of DEBORAH HEART AND LUNG CENTER AND LOURDES HOSPITAL. The location is being provided by the Deborah Heart and Lung Center and the medical staffing is provided by Lourdes Hospital. Full emergency services are available. Deborah is located at 200 Trenton Road, Browns Mills, NJ. This is in close proximity to Joint Base McGuire-Dix-Lakehurst. All military personnel and their families, both active duty and retired are eligible to use this convenient facility. For more information contact Deborah Heart and Lung Center at (800) 555-1090 or visit their web site at <http://www.deborah.org/>.

JOINT BASE MCGUIRE-DIX-LAKEHURST ENTRY POLICY:

The Joint Base McGuire-Dix-Lakehurst Commander has authorized a sponsorship policy for personnel entering Joint Base MDL. Sponsorship relates to an ID card holder sponsoring a non-ID card holder onto the installation without having to obtain a visitor's pass. The ID card holding sponsor must remain with the sponsored guest at all times while on the installation. If the ID card holder and guest become separated at any time during the visit, the guest must be issued a visitor's pass at any Joint Base MDL Welcome Center. The sponsor may only provide sponsorship to personnel in his/her vehicle.

DEFENSE BIOMETRIC IDENTIFICATION SYSTEM (DBIDS) All personnel issued a DOD ID card must register their ID in DBIDS. DBIDS registration stations are available at both the McGuire and Dix Welcome Centers. It takes approximately 10 minutes per person to register. The Welcome Centers are open 7 days a week. There is also a station in the Medical Clinic which is open Tuesday, Wednesday, and Thursdays from 0800-1600 hours.

**RETIREE DAY SPECIAL PROGRAM ACTIVITIES
1130-1530 HOURS**

HEALTH FAIR: Comprehensive health risk screening and health information will be offered by the McGuire Clinic staff. Medical screenings such as blood pressure, cholesterol, glaucoma checks, etc, are not possible because of the inability to provide medical follow-up in case acute problems are found. Oral health screenings will be available.

ID CARD RENEWAL: For ID card renewal, please bring the following documents:

Retirement Orders Or DD Form 214	Marriage Certificate (for Spouse)
Birth Certificate (for Children)	Adoption Certificate (if Appropriate)

**INFORMATION TABLES FOR INDIVIDUAL
QUESTIONS AND ASSISTANCE:**

- Survivor Benefit Plan (SBP)
- Social Security & Medicare
- Space "A" Travel
- Legal Office
- Retired Pay
- Tricare
- AAFES
- Commissary
- Retiree Activities Office
- Retiree Decals
- US Department of Veterans Affairs
- NJ Bureau of Veterans Affairs
- The Retired Enlisted Association (TREA)
- Military Officers Association
- Retiree Hats, Jackets & T-Shirts
- Vehicle Registration
- Burlington County Veterans Committee
- AARP
- Uniform Services Family Health Plan

87FSS SPECIAL EVENTS

**Fourth of July at
Joint Base McGuire-Dix-Lakehurst**
Come and enjoy free fireworks, entertainment, and more at Doughboy Field, Dix!
Call 609-562-5355

RETIREE HATS, JACKETS AND T-SHIRTS.

Please note the additional costs for shipping that Ron has had to apply because of rising cost of goods and mailing. All products carry the embroidered retiree logo.

Golf Shirt – Price \$24.95 each plus \$5.95 S&H; T-Shirt – Price \$12.95 each plus \$5.95 S&H; Light Jacket – Price \$44.95 each plus \$5.95 S&H; Sizes for the Golf Shirt, T-Shirt, and Light Jacket are M, L, XL, XXL. Winter Hat (one size fits all) – Price \$9.95 each plus \$5.95 S&H; Summer Hat (one size fits all) – Price \$9.95 each plus \$5.95 S&H. Allow six weeks for delivery. Make checks payable to Ron Koenig and mail your order to him at 320 Red Point Drive, Smithfield, VA 23430 or call Ron at (609) 466-1008 or (908) 507-9008 (cell phones). See Ron's web site at www.retiredairforcehats.com.

AIR FORCE RETIRED DECAL

Increasing costs over the past few years have necessitated a minimal increase in price to \$2.00 each. This is a quality product and we will continue to keep the price as low as possible. We have decals available in any number you may need. The size is 3"x5". And it's red, white and blue. The design is similar to the insignia seen on Army Air Force aircraft at the beginning of WWII, with "Air Force Retired" printed across the top. Cost of the decal is \$2.00 each. Send your order to the Retiree Activities Office, 87 FSS/CVR, 2916 Falcon Lane, and McGuire AFB NJ 08641-5004 along with SELF-ADDRESSED, STAMPED BUSINESS-SIZE ENVELOPE.

USAF RETIRED AUTOMOBILE LICENSE PLATE- NEW JERSEY

This special license plate is now available in your own personalized choice. Members of the NJ retired community may still apply for our basic organizational design with the USAF coat of arms and words USAF RETIRED. In addition, our organizational plate can be issued in combination with a PERSONALIZED set from three to five letters and/or numbers, or as a COURTESY plate with a State Senator-approved letter/number sequence. The fees for these plates vary depending on your selected combination! To get instructions and application forms, send a SELF-ADDRESSED, STAMPED BUSINESS-SIZE ENVELOPE to Retiree Activities Office, 87 FSS/CVR, 2916 Falcon Lane, and McGuire AFB NJ 08641-5004. And PLEASE tell us which plate or combination you will be requesting! The instructions will include the plate cost and any limitations.

DISCLAIMER

Opinions expressed by the writers of this newsletter are their own and should not be construed to be the official position or policy of DOD, USAF, or Joint Base McGuire-Dix-Lakehurst. Editorial efforts have been made to assure the accuracy of the information presented; however, no absolute guarantee can be given or assumed. The Editor

IMPORTANT McGUIRE INFORMATION