

**MILITARY RETIREE ASSISTANCE OFFICE NEWSLETTER  
2007 EDITION**

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**THE MILITARY RETIREE ASSISTANCE OFFICE IS LOCATED AT THE SOUTHERN OREGON REHABILITATION CENTER (VA DOMICILLARY) Bldg 222 NORTH, ROOM 107A**

**MAILING ADDRESS:     VA SORCC  
                              MILITARY RETIREE ASSISTANCE (MRA) OFFICE  
                              8595 CRATER LAKE HWY  
                              WHITE CITY, OR 97503**

**PHONE: 541 826-2111 ext 3886**

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**THE MILITARY RETIREE ASSISTANCE OFFICE WILL BE OPEN AS FOLLOWS:**

**DAYS: THURSDAY (EXCEPT HOLIDAYS)     HOURS: 0900-1200 (9AM UNTIL NOON)**

THIS NEWSLETTER IS FOR YOU THE MILITARY RETIREE. WE WILL TRY TO MAKE IT AS INFORMATIVE AS POSSIBLE. IF YOU HAVE SOMETHING THAT MILITARY RETIREES SHOULD KNOW ABOUT, PLEASE LET US KNOW. **THIS INFORMATION MAY NOT BE REPEATED IN FUTURE ISSUES SO PLEASE SAVE FOR FUTURE REFERENCE.**

**ID CARDS**

**1. DO NOT LET YOUR ID CARD EXPIRE.** ID CARDS MAY BE RENEWED UP TO 90 DAYS PRIOR TO EXPIRATION. THESE ARE GENERAL RULES, IF YOU HAVE A QUESTION OR PROBLEM CALL BEFORE MAKING A TRIP TO THE ID OFFICE. **AT AGE 65 BOTH RETIREES AND DEPENDENTS MUST OBTAIN A NEW ID CARD TO SHOW TRICARE FOR LIFE ELIGIBILITY AND UPDATE DEERS.**

ID CARDS MAY BE OBTAINED AT THE FOLLOWING LOCATIONS:

**A. AT THE OREGON ARMY NATIONAL GUARD ARMORY, HWY 99 & STEWART AVE IN MEDFORD, OREGON. TUESDAYS & THURSDAYS 9AM - 3PM WITH THE POSSIBILITY OF GOING TO MONDAY THRU FRIDAY AT A LATER DATE. CALL 541 245-4324 BEFORE GOING TO THE ARMORY TO BE SURE THEIR EQUIPMENT IS UP AND OPERATING PRIOR TO MAKING THE TRIP.**

**B. AT THE U.S.COAST GUARD AIR STATION AT 2000 CONNECTICUT AVENUE, NORTH BEND, OR 97459 PHONE 541 756-9222. BY APPOINTMENT ONLY.**

C. AT THE RETIRED ACTIVITIES OFFICE, OREGON AIR NATIONAL GUARD, KINGSLEY FIELD, 211 ARNOLD AVE KLAMATH FALLS, OREGON 97603 PHONE (541) 885-6133 THE HOURS ARE TUESDAY THRU FRIDAY. 0900-1500 (9AM-3PM) YOU MAY CALL AFTER 0700 TO BE SURE THEIR EQUIPMENT IS UP AND OPERATING PRIOR TO MAKING THE TRIP

D. IF YOU ARE PHYSICALLY UNABLE TO TRAVEL TO AN ID CARD OFFICE CONTACT US FOR ASSISTANCE AT 541 826-2111 EXT. 3886.

2. TO RENEW AN ID CARD YOU SHOULD HAVE THE FOLLOWING:

A. OLD ID CARD, ANOTHER PICTURE ID AND, IF YOU ARE OVER AGE 65 OR DISABLED, YOUR MEDICARE CARD. IF THE SPONSOR IS LIVING, THEY MUST ALSO BE PRESENT.

B. IF YOU ARE ADDING A NEW DEPENDENT OR OBTAINING A NEW ID DUE TO RETIREMENT, ETC., YOU SHOULD CONTACT THE ISSUING ID CARD OFFICE TO DETERMINE WHAT DOCUMENTS YOU WILL NEED TO BRING WITH YOU.

3. WE WOULD LIKE TO CALL ATTENTION TO A PUBLICATION, WE BELIEVE CONTAINS MORE USEFUL INFORMATION FOR MILITARY RETIREES, SPOUSES AND WIDOWS THAN ANY OTHER SINGLE PUBLICATION THAT I HAVE COME ACROSS. IT IS CALLED THE "RETIRED MILITARY ALMANAC" THE PRICE IS \$12.00 WHICH INCLUDES POSTAGE AND HANDLING. SEND TO UNIFORMED SERVICES ALMANAC INC. PO BOX 4144, FALLS CHURCH, VA 22044 OR CALL TOLL FREE 1 800 872-9698. A NEW AND UPDATED ISSUE IS PUBLISHED EACH YEAR.

4. IT IS A FACT OF LIFE THAT OUR WIVES WILL OUTLIVE MOST OF US OLDER RETIREES. WHEN YOUR TIME COMES THE MILITARY RETIREE ASSISTANCE OFFICE WILL BE HERE TO ASSIST THE WIDOWS. WE AT THIS OFFICE KNOW FROM PAST EXPERIENCE THAT THIS A TERRIBLE TIME AT BEST AND IT IS A FACT THAT THOSE WHO DO A LITTLE ADVANCE PREPARATION MAKE IT EASIER FOR THE LOVED ONES THAT ARE LEFT BEHIND.

5. **D.I.C.** (DEPENDENCY AND INDEMNITY COMPENSATION) FOR MANY SURVIVING SPOUSES THESE COULD BE THE MOST IMPORTANT THREE WORDS THAT YOU WILL EVER HEAR. I CANNOT BEGIN TO COVER THIS SUBJECT IN THIS NEWSLETTER, BUT I WILL ATTEMPT TO EXPLAIN THE IMPORTANT PARTS. LET ME START BY SAYING THAT UPON THE DEATH OF THE RETIRED MILITARY SPONSOR, RETIRED PAY STOPS! IF THE RETIREE IS PARTICIPATING IN THE "SURVIVOR BENEFIT PLAN", THE SURVIVING SPOUSE WILL RECEIVE A MONTHLY PENSION. IF THE HUSBAND AND WIFE WERE BOTH COLLECTING SOCIAL SECURITY PAYMENT, THEN THE SURVIVING SPOUSE WILL RECEIVE THE HIGHER OF THE TWO SOCIAL SECURITY CHECKS. IT IS EASY TO SEE THAT THE WIDOW WILL SUDDENLY BE FACED WITH THE PROSPECT OF LIVING WITH A GREATLY REDUCED INCOME.

D.I.C. IS A PAYMENT FROM THE VETERANS ADMINISTRATION (CURRENTLY \$1033.00 PER MONTH) TO THE WIDOWS OF MILITARY RETIREES WHOSE DEATH WAS FOUND TO BE CONNECTED TO THEIR MILITARY SERVICE. SOME CHILDREN ARE ALSO ELIGIBLE.

IF A WIDOW QUALIFIES FOR D.I.C. AND HER SPONSOR WAS CONTRIBUTING TO THE "SURVIVOR BENEFIT PLAN" THEN THAT WIDOW WILL RECEIVE IN A LUMP SUM ALL OF THE PREMIUMS WHICH HER SPONSOR HAD PAID.

THE BOTTOM LINE TO ALL THIS IS IF YOU THINK YOU HAVE A SERVICE CONNECTED HEALTH PROBLEM, TALK TO YOUR NEAREST COUNTY VETERANS SERVICE OFFICE. THEY WILL TELL YOU HOW TO FILE A CLAIM AND BE ASSIGNED A CLAIM NUMBER. THIS COULD BE THE MOST IMPORTANT THING YOU WILL EVER DO FOR YOUR SURVIVING SPOUSE.

6. THE MILITARY RETIREE ASSISTANCE OFFICE HAS SEVERAL PUBLICATIONS FOR THOSE INTERESTED IN TRAVEL. THERE IS INFORMATION ABOUT SPACE "A" TRAVEL AS WELL AS LODGING, RECREATIONAL FACILITIES, RV CAMPING, AND BX/COMMISSARIES AT MILITARY INSTALLATIONS. ANYONE INTERESTED SHOULD STOP BY DURING OUR REGULAR OFFICE HOURS.

7. THERE ARE MANY FRATERNAL MILITARY ORGANIZATIONS IN WHICH WE ARE ELIGIBLE FOR MEMBERSHIP. THESE GROUPS ARE OUR VOICES IN CONGRESS AND HAVE MUCH TO DO WITH PROTECTING OUR BENEFITS. IT IS IN OUR BEST INTEREST TO SUPPORT THESE ORGANIZATIONS, OUR ANNUAL DUES ENSURE THAT OUR VOICES WILL BE HEARD.

8. DURING THE PAST FEW YEARS A GREAT DEAL OF INFORMATION HAS BEEN PUBLISHED ABOUT SEVERAL NEW BENEFIT PROGRAMS FOR MILITARY RETIREES. WE ARE INCLUDING A SHORT EXPLANATION OF THESE PROGRAMS. FOR THOSE WANTING MORE INFORMATION, CALL THE MILITARY RETIREE ASSISTANCE OFFICE 541 826-2111 Ext. 3886

A. THE NATIONAL MAIL ORDER PHARMACY [NMOP] PROVIDES RETIREES AND WIDOWS WITH PRESCRIPTION MEDICINE AT ALMOST NO COST TO THE RETIREE. YOU GET A 90 DAY SUPPLY FROM THE NMOP FOR THE SAME PRICE YOU PAY FOR A 30 DAY SUPPLY AT THE LOCAL PHARMACY. PHONE 1 866 363-9667.

THE IDEA OF THE MAIL ORDER PHARMACY WAS TO ALLOW THE DEFENSE DEPARTMENT TO CONTRACT FOR LARGE AMOUNTS OF DRUGS AND SAVE MONEY THROUGH VOLUME BUYING. IT WAS EXPECTED THAT 90% OF RETIREES WOULD TAKE ADVANTAGE OF THE SYSTEM THAT DELIVERS MEDICATION TO YOUR DOOR AT LITTLE EXPENSE TO THE RETIREE. **IT DIDN'T WORK THAT WAY.** MOST RETIREES ARE USING LOCAL PHARMACIES AND NOW HAVE THE ATTITUDE "I DON'T MIND A COUPLE OF EXTRA DOLLARS AND IT ISN'T MY PROBLEM", THIS AMOUNTS TO ABUSE OF THE SYSTEM AND COULD LEAD TO ITS' LOSS OR MODIFICATION. (EXAMPLE: HAVING TO JOIN MEDICARE PART "D"). RETIREES HAVE COMPLAINED ABOUT LOSS OF BENEFITS FOR DECADES. NOW THAT WE HAVE A MEDICAL SYSTEM THAT IS THE ENVY OF ALMOST EVERYONE, LET'S NOT MESS IT UP.

A WORD TO THE WISE IS SUFFICIENT; CONGRESS GIVES AND CAN ALSO TAKE AWAY. **USE IT OR LOSE IT, IT IS MOST COST EFFECTIVE FOR BOTH YOU AND THE GOVERNMENT TO USE THE MAIL ORDER PHARMACY AND NOT YOUR LOCAL PHARMACY.**

B. TRICARE FOR LIFE [TFL] IS A FREE SUPPLEMENT TO MEDICARE FOR MILITARY RETIREES OVER AGE 65. THIS MEANS THAT YOU NO LONGER NEED TO PAY FOR SUPPLEMENTAL / MEDIGAP INSURANCE. PH 1 888 363-5433 OR [www.tricare.osd.mil/tfl/default.cfm](http://www.tricare.osd.mil/tfl/default.cfm)

C. TRICARE RETIREE DENTAL PROGRAM [TRDP] PROVIDES SOME TYPES OF DENTAL CARE TO MILITARY RETIREES AND SPOUSES. IT IS NOT FREE, BUT IT MAY BE OF INTEREST TO SOME OF YOU. 1 888 838-8737 OR [www.trdp.org/index.html](http://www.trdp.org/index.html)

D. LONG TERM CARE INSURANCE [LTC] AS THE NAME IMPLIES, IS MEANT TO HELP WITH THE COST OF HOME CARE AND NURSINGHOME CARE. MOST OF YOU SHOULD HAVE RECEIVED INFORMATION ABOUT THIS FROM THE OFFICE OF PERSONNEL MANAGEMENT 1 800 582-3337

E. IF YOU WANT MORE INFORMATION ABOUT ITEMS "A" "B" "C" "D" CALL THE MILITARY

RETIREE ASSISTANCE OFFICE [541] 826-2111 Ext. 3886 OR ANY OF THE INCLUDED NUMBERS.

### **THINGS TO DO UPON THE DEATH OF THE SPONSOR**

IF THE DECEASED WAS A RETIREE OF THE NAVY, AIR FORCE, ARMY OR MARINE CORPS, THE NOTICE OF DEATH SHOULD BE MADE BY CALLING THE DEFENSE FINANCE AND ACCOUNTING SERVICE (DFAS) IN CLEVELAND, OHIO 1-800-269-5170. TO REPORT THE DEATH OF A COAST GUARD RETIREE, CALL 1-800-772-8724

1. THEY WILL SEND A PACKET OF INFORMATION.
2. FUNERAL HOME WILL REPORT THE DEATH TO THE SOCIAL SECURITY OFFICE.
3. IF YOUR SPONSOR'S RETIREMENT CHECK OR SOCIAL SECURITY CHECK IS A DIRECT DEPOSIT, NOTIFY THE BANK TO RETURN ANY SUCH DEPOSITS RECEIVED AFTER THE DATE OF DEATH.
4. IF SPONSOR HAD VA INSURANCE CALL 1 800 669-8477.
5. IF SPONSOR WAS VA DISABLED CALL 1 800 827-1000.
6. FOR ANY QUESTIONS CONCERNING VETERAN'S BENEFITS CALL YOUR COUNTY VETERAN'S SERVICE OFFICER.
7. OBTAIN 6 CERTIFIED COPIES OF THE DEATH CERTIFICATE.

**NOTE:** ALL PROPERTY, BANK ACCOUNTS, VEHICLES, ETC. SHOULD BE IN BOTH SPOUSES NAMES TO ENSURE TRANSFER OF OWNERSHIP TO THE SURVIVOR. IF NOT, THE COURT COULD DECIDE THE DISTRIBUTION OF THE ESTATE.

**PLEASE PASS THIS INFORMATION ON TO FORMER MILITARY PERSONNEL YOU MAY KNOW AND THEIR DEPENDENTS.**

### **TO OBTAIN A DD-214**

THE NATIONAL PERSONNEL RECORDS CENTER (NPRC) HAS PROVIDED THE FOLLOWING WEBSITE FOR VETERANS WITH COMPUTERS TO GAIN ACCESS TO THEIR DD-214 ONLINE: <http://vetrecs.archives.gov/> NPRC IS WORKING TO MAKE IT EASIER FOR VETERANS WITH COMPUTERS AND INTERNET ACCESS TO OBTAIN COPIES OF DOCUMENTS FROM THEIR MILITARY FILES. MILITARY VETERANS AND THE NEXT OF KIN OF DECEASED FORMER MILITARY MEMBERS MAY NOW USE A NEW ONLINE MILITARY PERSONNEL RECORDS SYSTEM TO REQUEST DOCUMENTS. OTHER INDIVIDUALS WITH A NEED FOR DOCUMENTS MUST STILL COMPLETE THE STANDARD FORM 180, WHICH CAN BE DOWNLOADED FROM THE ONLINE WEBSITE. BECAUSE THE REQUESTER WILL BE ASKED TO SUPPLY ALL INFORMATION ESSENTIAL FOR NPRC TO PROCESS THE REQUEST, DELAYS THAT NORMALLY OCCUR WHEN NPRC HAS TO ASK VETERANS FOR ADDITIONAL INFORMATION WILL BE MINIMIZED. THE NEW WEB-BASED APPLICATION WAS DESIGNED TO PROVIDE BETTER SERVICE ON THESE REQUESTS BY ELIMINATING THE RECORD CENTER'S MAILROOM PROCESSING TIME.

**FREE ACCESS TO STATE AND NATIONAL PARKS**

OREGON IS HOME TO HUNDREDS OF STATE PARKS, MORE THEN 50 WITH CAMPGROUNDS. VETERANS WITH ANY LEVEL OF SERVICE-CONNECTED DISABILITY AND ACTIVE MILITARY ON LEAVE CAN ENJOY ANY ONE OF THEM FREE OF CHARGE. CONTACT THIS OFFICE OR OREGON STATE PARKS & RECREATION DEPARTMENT 1-800-551-6949 OR <http://www.oregonstateparks.org/>. IF YOU HAVE A SERVICE CONNECTED DISABILITY YOU MAY ALSO QUALIFY FOR A FREE ACCESS CARD TO NATIONAL PARKS.

**READY REFERENCE TELEPHONE NUMBERS**

MILITARY RETIREE ASSISTANCE OFFICE	541 826-2111 Ext. 3886
JACKSON COUNTY VETERAN'S SERVICE OFFICE	541 774-8214
JOSEPHINE COUNTY VETERAN'S SERVICE OFFICE	541 474-5454
KLAMATH COUNTY VETERAN'S SERVICE OFFICE	541 883-4274
DOUGLAS COUNTY VETERAN'S SERVICE OFFICE	541 440-4219
DEERS VARIFICATION OREGON	800 538-9552
DEERS VARIFICATION CALIFORNIA ONLY	800-334-4162
<b><u>DEFENSE FINANCE AND ACCOUNTING – CLEVELAND</u></b>	
RETIRED PAY CUSTOMER SERVICE	800 321-1080
SPB ANNUITY SECTION	800 435-3396
CASUALTY REPORTING	800 269-5170
SERVICEMEN'S GROUP LIFE INSURANCE (SGLI)	800 419-1473
TRICARE HEADQUARTERS	303 676-3526
TRICARE FOR LIFE (TFL)	866 773-0404
TRICARE RETIREE DENTAL PROGRAM	888 336-3260
TRIWEST	888 874-9378
NATIONAL MAIL ORDER PHARMACY (NMOP)	866 363-8667
VA NATIONAL SERVICE LIVE INSURANCE (NSL)	800 669-8477
VA SERVICE BURIAL BENEFITS	800 697-6947
VETERAN'S GROUP LIFE INSURANCE (VGLI)	800 419-1473
EAGLE POINT NATIONAL CEMETERY	541 826-2511

**DUE TO THE NEW MEDICAL BENEFITS AVAILABLE, IT IS VERY IMPORTANT NOT TO LET YOUR ID CARD EXPIRE.**

**THIS INFORMATION MAY NOT BE REPEATED IN FUTURE ISSUES SO PLEASE SAVE FOR FUTURE REFERENCE**

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