



92 ARW/RAO, 7 W ARNOLD ST, FAIRCHILD, WA 99011

STILL SERVING

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FROM THE DIRECTOR'S CORNER

Greetings Retirees,

The **Retiree Appreciation Day (RAD)** at Fairchild AFB is scheduled for **Friday September 5, 2014**. Registration starts at 0800 at the Red Morgan Event Center (Old Fairchild Club), Fairchild AFB. Please put Retiree Appreciation Day on your calendar.

You can call us locally at **509-247-5359**. You can also e-mail us at rao.fairchild@us.af.mil. To get to our online newsletter go to

www.fairchild.af.mil/library/retireeactivitiesoffice/index.asp. The link to the **Still Serving** newsletters is at the bottom of the page.

We are committed to continue providing you the best support possible. Contact us at the number above and let us know how we can help you. If you live in the local area and would like to volunteer some time to answer the phone and assist other retirees/spouses give us call. We only ask a minimum commitment of 4 hours a month.

myPay MAKES PASSWORD RULES EASIER

Courtesy Army Echoes Jun-Sep 2014

INDIANAPOLIS — Access to your myPay account is protected by state-of-the-art security and round-the-clock monitoring. But security of your account depends on you!

myPay recently updated its system password rules that meet the intent of DOD security policies and customer feedback. All users who access **myPay** with their login ID and password must now create a new password using the following rules:

- Must be 9 to 30 characters in length
- Contain at least one UPPERCASE letter

- Contain at least one lowercase letter
- Contain at least one number (0-9)
- Contain at least one special character: # @ \$ = + % ^ ! * _
- Must NOT include any spaces

Passwords will now expire every 150 days. About 10 days before your password expires, you will receive an email advising you to update your password to avoid delays logging into **myPay**. Make sure the email address recorded in your **myPay** profile is current to ensure you receive these important notices

NEW *myPay* FUNCTIONS FOR RETIREES

Courtesy DFAS Website

CLEVELAND - The key to effective day-to-day management of retirement pay is creating and maintaining a *myPay* account. *myPay* is a retiree's most important tool for managing his or her pay. In the last year, *myPay* has added new functions, making it an even more important tool for retirees and annuitants.

Retirees have always been able to manage allotments that can be paid through electronic fund transfer (EFT) on *myPay*. Beginning with the *myPay* Spring 2013 Release, retirees gained the ability to view most of their allotments, including those for mortgage payments, insurance, and charitable contributions that are not paid through EFT.

There are still a few types of insurance allotments you cannot see, stop, start or change on *myPay*. When retirees view their allotments on *myPay*, only the allotments they can make changes to will feature Stop or Change buttons.

When a retiree dies, DFAS



sends any unpaid retired pay to the beneficiaries on record. Retirees frequently forget who their beneficiaries of record are, and occasionally need to update or change a beneficiary. Doing this used to require sending forms via mail, then waiting for the account to be updated

Now *myPay* offers retirees the option to designate Arrears of Pay beneficiaries online. Beneficiary designations can be updated without the hassle of forms, envelopes, or waiting. And members can change beneficiaries whenever they like.

Finally, before 2013, retirees could get their 1099R from *myPay* for only the latest tax year. They could also contact DFAS or work through their Retirement Services Officer for a previous year's 1099R. Now retirees have the ability to get tax information from previous years on their own.

DISCLAIMER: The Still Serving Newsletter is an unofficial publication written, edited and published by the Fairchild AFB Retiree Activities Office. The publication is for the convenience of the retiree population to include **retirees, their spouses and dependent family members**. While every effort is made to verify the information in this newsletter, neither the editor nor the RAO staff can guarantee the accuracy of information received from outside sources. The editor reserves the right to reduce the length of material to fit the space available. Comments may be directed to the Retiree Activities Office, 92 FSS/RAO, 7 W Arnold St, Suite 109, Fairchild AFB, WA 99011. (509) 247-5359

Jim R. Smith - Editor
SGM, USA (RET)

TIPS TO FOLLOW WHEN MAKING A BANK ACCOUNT CHANGE

Courtesy DFAS

Follow the steps below to avoid missing or incorrect payments. If you've switched banks accounts and need to have your pay deposited to your new account, you can make the change online or by mail.

Either way, please use these two tips to avoid disruptions in your pay:

- Only close your old bank account after you have received one monthly payment to your new account.
- Please allow 30 to 45 days for your change to be processed and your retired pay account to be updated with your new banking information.

myPay

The quickest and easiest way to change your direct deposit bank account is through myPay because it is the official online account management system for military members and

retirees. Login at www.mypay.dfas.mil and click "Direct Deposit" on the Main Menu.

Mail

If you can't use myPay, complete a FMS 2231, direct deposit enrollment form, and send it to:

Retirees:
DFAS
US Military Annuity Pay
P.O Box 7130
London, KY 40742-7130
Fax: 800-469-6559

Annuitants:
DFAS
US Military Annuity Pay
P.O Box 7131
London, KY 40742-7131
Fax: 800-982-8459

HAVE YOU DONE YOUR LEGAL TUNE-UP LATELY?

By Mary M. Benzinger, Esquire, Senior Attorney, Pentagon Army and Air Force Legal Assistance Office

So you've long since completed all your estate planning documents. When was the last time you read them?

It's a good idea to review your documents at least every five years or upon an event that might require an edit of your documents (like your executor can no longer serve).

First of all, locate your documents. If you can't find them, make an appointment with legal to re-do them.

Second, read each document carefully.

On your will, double check the names of beneficiaries, executors, etc. (Did your daughter get married since you wrote this?) Are the executors and trustees still the right people for the job? Do you still want the same distribution of your assets?

Review your living will and health care power of attorney. Are the wishes expressed in those documents still what you want? Are the agents you

appointed still the right people to make these decisions for you? Have their names or contact information changed?

If you have a durable financial power of attorney, are the agents you appointed still the right people to make these decisions for you? Have their names or contact information changed? Do you want to change what your agents can do for you if you become incapacitated?

If any of your documents need changes, contact legal for assistance in revising your documents.

Active duty or retired service members and their ID card holder family members may be eligible for free legal assistance. For more information on modifying or updating your documents and to find a legal assistance office near you, call your nearest military installation or go to <http://legalassistance.law.af.mil/content/locator.php>

BASE JUDGE ADVOCATES CAN HELP PREPARE WILLS

by Airman 1st Class Janelle Patiño
92nd Air Refueling Wing Public Affairs

12/16/2013 - **FAIRCHILD AIR FORCE BASE, Wash.** -- Putting together a will is something people may not think about, but according to judge advocate experts, it is better to be prepared than be sorry in the end.

There are several reasons why Airmen and dependents should complete their will, especially before deploying. The legal office, located in the wing headquarters building, is available for not only applying for a will, but also planning their health care and living will at the same time.

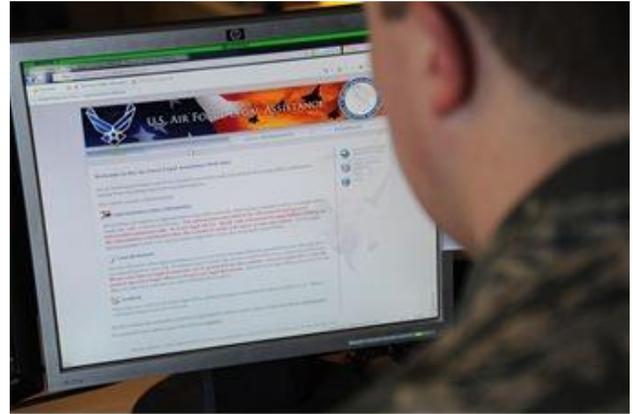
"The main reason why having a will is important is to be prepared because you don't know what's going to happen down range or in life in general," said Staff Sgt. Alexandra Hastey, 92nd Air Refueling Wing judge advocate civil law paralegal. "Having your will is a statement of intent on where you want your property to go when you depart this life."

As soon as Airmen or dependents get their will, they have to keep it in a safe place because the legal office does not keep any records of them. It will be that person's responsibility to make sure to put in a safe or fire-proof box.

"The will is pretty much the person's voice of what they want done with their assets when something happens to them," said Hastey. "It will also save some confusion between relatives and avoid misunderstandings."

However, if an individual doesn't have a will and they pass away, the state the person is a resident of is able to give out their property according to state law.

"First, they will find out and look for their children and, if they're not around, it will go to the parents or



The legal office, located in the wing headquarters building, is available for not only applying for a will, but also planning their health care and living will at the same time. (U.S. Air Force photo by Airman 1st Class Janelle Patiño)

siblings," said Capt. Jessica Jacquay, 92nd ARW assistant staff judge advocate. "If for some reason the deceased individual didn't want to give their assets to a certain person, this is where having a will would be beneficial."

Whether the individual is single, in a relationship or married, they will go through the same process in getting a will. There is also a website if people have certain questions or if they want to start drafting their will to provide an idea on how it works. The legal office is also available every Wednesday to discuss last will and testaments by appointment.

For more information, visit <https://aflegalassistance.law.af.mil> or call the legal office at 509-247-2838 or 509-247-2839

ALL ABOARD: AIR FORCE RETIREE CRAFTS MODEL TRAINS FOR 38 YEARS

by Airman 1st Class Janelle Patiño
92nd Air Refueling Wing Public Affairs

5/28/2013 - **FAIRCHILD AIR FORCE BASE, Wash.** -- While other retirees get part-time jobs or travel the world, Ron Peterson chooses to build model train sets as a hobby. Peterson, a U.S. Air Force retiree, started making train sets in 1975 when he got stationed at Fairchild and later decided to retire here to continue doing what he loves most.

Even before joining the military, Peterson's passion was building plane models, home layouts, sceneries and trains.

"I've always wanted to build trains but didn't have a place to run them, however, I knew I would be able to someday," he said. "So ... I worked on trains and engines and painted details on them while I was stationed in Alaska."

When Peterson got stationed at Fairchild, he finally found a place spacious enough to "run" them.

"It's a nice feeling to build trains because after days of working on it, you get to see it go full speed around the tracks," Peterson said. "I feel a real sense of pride when I see other people appreciate my work."

While on active duty, Peterson found ways and places to do what he loves. Work never stopped him from building more train sets.

"I was working with the 92nd Air Refueling Squadron and I would visit the Arts and Crafts Center during my lunch hour and work on trains instead of going somewhere else to eat," he said. "People were nice enough to give me a locker and a table to work on so I'd go there and work almost every day."

After retiring from the Air Force in 1983, the commander of Fairchild at the time asked Peterson to come back and work as a civilian on base for the Air Show. Even working as a civilian, Peterson



Ron Peterson, a U.S. Air Force retiree, drills a hole at the bottom of a branch for his train set he's building at Fairchild Air Force Base, Wash., May 21, 2013. Peterson served in the military for 25 years. (U.S. Air Force photo/Airman 1st Class Janelle Patiño)

continues keeping up with his hobby during his free time.

"I took the job as the airfield manager for another 15 years," he said. "Even though I was working as a civilian, I would still go over to the Arts and Crafts Center and work on my trains just like I used to as an Airman."

After retiring again, this time as a civilian, Peterson can still be found at the Arts and Crafts Center working on his hobby.

"I like building trains because I like the meticulous work that most people can't stand," Peterson said. "I think it's a great therapy for me."

The Air Force retiree views hobbies as an important part to leading a balanced, happy and more productive life.

"Working on trains has a lot of aspects to it; you work on engines, build structures, sceneries and more," he said. "I like all of it."

"my Social Security" ACCOUNT

Courtesy SSA

At each stage of your life, [my Social Security](#) is for you. Your personal online [my Social Security](#) account is a valuable source of information beginning in your working years and continuing

throughout the time you receive Social Security benefits.

If you receive benefits or have Medicare, you can:

- Use a [my Social Security](#) online account to:

- Get your [benefit verification letter](#);
- Check your benefit and payment information and your earnings record;
- [Change your address](#) and phone number; and
- [Start or change direct deposit](#) of your benefit payment

If you do not receive benefits, you can:

- Use a [my Social Security](#) online account to get your Social Security Statement, to review:
 - Estimates of your retirement, disability, and survivors benefits;
 - Your earnings record; and
 - The estimated Social Security and Medicare taxes you've paid.

How do I create a [my Social Security](#) Online account?

To create an account, you must provide some personal information about yourself and give answers to some questions that only you are likely to know. Next, you create a username and password that you will use to access your online account. This process protects you and keeps your personal Social Security information private.

You must be able to verify some information about yourself and:

- Have a valid e-mail address,
- Have a Social Security number,
- Have a U.S. mailing address, and
- Be at least 18 years of age.

You can create an account only to gain access to your own personal information. You cannot use this online service to access the records of a person:

- With whom you have a business relationship;
- For whom you are a representative payee; or
- For whom you are an appointed representative.
- Unauthorized use of this service may subject you to criminal or civil penalties, or both.

You may sign in or create an account to access your [own personal information only](#). Unauthorized use of this service is a misrepresentation of your identity to the federal government and could subject you to criminal or civil penalties, or both.

To get started, visit the Social Security website at <http://www.ssa.gov/myaccount/>

YOUR MILITARY IDENTIFICATION CARD

Courtesy Army Echoes

Two Forms of Identification Are Now Required:

To replace or renew your military ID card, two forms of identification are required:

1. **A VALID PHOTO ID.** Acceptable photo identification includes a driver's license, military ID card, passport or permanent resident alien card. **All photo IDs must be current; expired photo IDs are not accepted.**
2. **A SECONDARY ID.** A secondary ID may include one of the photo IDs listed above or a Social Security card (not a Medicare card), a voter registration card, birth certificate, or student ID if you are a college student. To avoid delays, call your nearest ID card center for hours of operation and availability.

Military ID Cards for Family Members:

Indefinite military ID cards are now issued to eligible family members who are 75 or older.

The 2007 National Defense Authorization Act authorized the issuance of indefinite military ID cards for incapacitated dependent children over 21. To qualify for an indefinite ID card, a determination of permanent incapacitation must be made by the Bureau of Medicine and Surgery and a current financial dependency determination (over 50%) is required. **A financial redetermination will also be required every four years.**

Dependent parents and/or parents-in-law, over 75, with permanent military ID cards will also require a financial redetermination every four years.

Full-time students, over 21, may be eligible for military ID card benefits until 23 provided they are enrolled full-time in a college or university and are dependent on the member for over 50% of their financial support. It is the service member's responsibility to ensure eligible family members are updated in DEERS and to notify DEERS of any changes in eligibility. For more information, call MMSR-6 at 1-800-336-4649 or (703) 784-9310.

The Retired Military ID Card:

When a military service member retires, the ID card issued will have an indefinite expiration date. ID cards will be replaced if they are lost, stolen, or damaged; they will also be replaced for a name change due to marriage, divorce, or to replace an older version of the ID card.

A retired member's ID card may also be replaced when turning 65 and enrolling in Medicare Part B. With Medicare Part B enrollment, a retired Marine is automatically enrolled in TRICARE for Life, which will require updating the medical eligibility dates on the back of the ID card. If the dates on the back of your ID card have expired, replace the ID card (and have the Medicare Part B card with you when updating the military ID card).

Eligibility for a Military ID Card By Mail:

If you live more than 300 miles from a military ID card center, you may renew your military ID card by mail. Applicants who are unable to travel due to a disability may also apply to renew ID cards by mail.

Submit a current 5x7 or 8x10 color photograph, a photocopy of your current military ID card (front and back), a photocopy of a second form of ID (i.e., driver's license, birth certificate, or Social Security card) and a statement addressing why you are unable to travel to an ID card center to HQMC (MMSR-6), 3280 Russell Road, Quantico, VA 22134-5103. **Note:** Please provide your contact information! Without it, you will experience needless delays in processing your request.

ID CARD SITE (RAPIDS) LOCATOR:
<http://www.dmdc.osd.mil/rsi>

PERKS OF REACHING 50 OR BEING OVER 60 AND HEADING TOWARDS 70 AND BEYOND

Unknown

(Someone had to remind me, so I'm reminding you, too. Don't laugh.... It is all true)

1. Kidnappers are not interested in you.
2. In a hostage situation, you are likely to be released first.
3. No one expects you to run— Anywhere.
4. People call at 9 pm (or 9 am) and ask, "Did I wake you?"
5. People no longer view you as a Hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy won't wear out.
8. You can eat supper at 4 pm.
9. You can live without sex; but not your glasses.
10. You get into heated arguments about pension plans.
11. You no longer think speed limits are a challenge.

12. You quit trying to hold your stomach in no matter who walks into the room
13. You sing along with elevator music.
14. Your eyes won't get much worse.
15. Your investment in health insurance is finally beginning to pay off.
16. Your joints are more accurate meteorologists than the national weather service.
17. Your secrets are safe with your friends because they can't remember them either.
18. Your supply of brain cells is finally down to a manageable size.
19. You can't remember who sent you this list. **And the MOST IMPORTANT THING...**

Never, NEVER, under any circumstances – take a sleeping pill and a laxative on the same night!

THE BOTTOM LINE ON MEDICARE ENROLLMENT: ENROLL WHEN IT'S TIME!

Courtesy Army Echoes Jun–Sept 2014

Military identification card issuing sites will not issue a new ID card without proof of Medicare enrollment: there are NO EXCEPTIONS to this regulation. Your Medicare card, provided by the Social Security Administration, will reflect your eligibility for Medicare, Parts A and B. The TRICARE

healthcare coverage you have now will end when you reach 65, whether you have enrolled in Medicare or not. Here is what could happen:

If you don't enroll in Part A (hospital insurance) when you are first eligible, there is a late enrollment penalty. Your monthly premium will

increase by 10% and you'll have to pay the higher premium for twice the number of years you could have had Part A but failed to sign up.

If you don't enroll in Part B (medical insurance) when you are first eligible or enroll and drop it later, you will have to pay a late enrollment penalty for as long as you have Medicare for the rest of your life. Your monthly premium for Part B will increase 10% for each full 12-month period that you could have had Part B, but didn't sign up.

When you're first eligible for Medicare, you have a seven-month Initial Enrollment Period (IEP) to sign up for Part A and/or Part B. For example, if you're eligible when you turn 65, you can sign up during the 7-month period that begins three months before the month you turn 65

Note: This includes the month you turn 65 and ends three months after the month you turn 65.

In addition to the seven-month IEP, there is a Special Enrollment Period (SEP). Once your IEP ends, you may have the chance to sign up for Medicare during a SEP. **If you're covered under a group health plan based on current employment,**

you have a SEP to sign up for Part A and/or Part B any time as long as you or your spouse (or family member if you're disabled) is working, and you're covered by a group health plan through the employer or union based on that work. If you or your spouse (or family member if you're disabled) is still working and you have insurance through that employer or union, contact your employer or union benefits administrator to find out how your insurance works with Medicare. This includes federal or state employment, but not military service (unless on active duty).

You also have an eight-month SEP to sign up for Part A and/or Part B that starts the month after the employment ends or the group health plan insurance based on current employment ends, whichever happens first. Usually, you don't pay a late enrollment penalty if you sign up during a SEP. **Regarding Medicare premiums, there are rules for higher-income beneficiaries.** If you have a higher income, the law requires higher premiums to your Medicare Parts B and D (Medicare prescription drug coverage premiums), which affects less than five percent of people with Medicare.

NURSE ADVISE LINE OFFERS PROFESSIONAL HELP BY PHONE AT A MOMENTS NOTICE

Courtesy NAUS weekly Update 08/1/2014

TRICARE beneficiaries in the continental U.S., Alaska and Hawaii can now access the Nurse Advice Line to receive health care guidance and advice.

The Nurse Advice Line is manned by a team of registered nurses -- available 24/7 -- prepared to answer questions about a variety of acute health care concerns. A nurse will help beneficiaries decide whether self-care or seeing a health care provider is the better option, officials said. Beneficiaries are routed to the appropriate nurse, who will follow up when necessary or requested. Same-day appointments with a primary care manager are available for TRICARE Prime beneficiaries who are enrolled at military treatment facilities.

If a same-day appointment is not available, the Nurse Help Line will redirect the beneficiary to the closest urgent care center without any point-of-service copayment, officials said. The Nurse Advice Line is available to TRICARE beneficiaries using TRICARE Prime, TRICARE Prime Remote, TRICARE Prime Remote for active-duty family members, TRICARE Standard and TRICARE Extra, TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult and TRICARE For Life.

To contact the Nurse Advice Line, call 1-800-TRICARE (1-800-874-2273) and select Option 1 for help with urgent care questions and needs.

OPERATION BIG SWITCH: WHAT THAT IS PAST MIGHT BE PROLOGUE

by Mr. Jim O'Connell
92nd Air Refueling Wing historian

2/20/2014 - **FAIRCHILD AIR FORCE BASE, Wash.** -- "The more things change, the more they stay the same," stated Alphonse Karr, a French journalist. As we look toward the changes in our Wing's operations supporting Operation Enduring Freedom and the potential of acquiring the new KC-46 tanker, we can look to the past to learn from the experiences of those who came before us in our long, blue line. In essence, what is past is prologue.

The first of October 1956 signaled the beginning of an official conversion period for the 92nd Bombardment Wing. From October 1956 to February 1958, the wing transitioned from the Boeing B-36 Peacemaker to the upstart Boeing B-52 Stratofortress.

Transitioning from one airframe to another was not a simple matter of just flying in another aircraft. This transition, called Operation Big Switch, involved so much more and impacted all aspects of the base from infrastructure, operational procedures, manning and material procurement to training.

Months before the first of the 45 B-52 bombers arrived on March 26, 1957, the wing began its expansive preparations for the new aircraft. Colonel M. W. Heney, 92nd Bombardment Wing director of materials, and big switch project officer, oversaw the over \$6 million that was allocated for the base to undergo considerable "face-lifting" of its infrastructure. Even before the official kick-off of Operation Big Switch, the runways were extended from 10,500 feet to 13,800 feet and were widened to 300 feet to accommodate the new bomber.

Other facility projects included modifications and additions to the ammunition storage area, upgrades to the flight line and fuel hydrant system, construction of several large fuel storage tanks and a calibration hard stand used to test aircraft instruments. Additionally, the project programmed for the construction of five aircraft shelters, six blast fences and modification to six Luria Hangers. Finally, the project added four dormitories capable of housing 200 Airmen each, an 800-man mess hall, one bachelor officer quarters building and extensive additions to the elementary school.

During this transition, training of nearly 600 aircrew and 2,100 maintenance and support personnel was



critical. Each aircrew spent three months at Castle Air Force Base, learning to fly the B-52 and then several more months undergoing mission qualification training at Fairchild.

More than 600 maintenance personnel attended a specialized training school to learn the systems and components of the aircraft. To alleviate TDY costs and time away from home station, the Air Force established a Mobile Training Detachment at Fairchild during Operation Big Switch. The MTD allowed the maintenance personnel to participate in base maintenance activities while attending the B-52 conversion training classes. Other base agencies such as the fire department, munitions and fuels also required to be trained on the specific nuances with the B-52.

Operation Big Switch was originally planned to end on Oct. 15, 1957. However, as in any major conversion, the wing faced several hurdles before reaching combat ready status. One of the issues faced was the lack of training aids. One of the training aids was the MD-9 Gunnery Trainer and was not available until late September 1957. The second one was the B-52 flight simulator which was not delivered until January 1958. This lack of simulator forced the wing to send crews back to Castle AFB to

get their required emergency procedure training causing a shortage of personnel to support the conversion program working through the various new operational procedures and accomplishing ground training required for mission certification.

The second major delay the wing faced was the aircraft delivery. Deliveries of the B-52s were suspended pending a correction of a condition causing cracks in the main gear. The wing received only one aircraft and was only able to fly one training mission prior to the deliveries being halted and that aircraft was grounded as well. This significantly impacted the flight training for the aircrew. The lack of aircraft also hindered the maintenance personnel training programs because the aircraft could only be worked on by a limited number of people at one time.

Other maintenance issues hindered the crews' ability to accomplish air refueling training. The pilots were required to accomplish heavy air refueling where they would on-load 40,000 pounds of fuel. For several months, a fuel clamp problem prevented crews from on-loading fuel. This inability to on-load fuel limited sortie durations limiting the amount of training the crews could accomplish on flight. During that same period, the KC-97 tankers were limited to the amount of fuel they could carry. Previously, one KC-97 could accomplish a heavy weight air refueling

with a B-52. Now it took two KC-97s but they were in short supply.

Despite all the challenges faced by the wing and even before being certified as combat ready, in November 1957, crews from the 92nd Wing placed first among the B-52 units and second place overall for the heavy bomber units at the Ninth Annual Strategic Air Command Bombing Navigation Competition at Carswell AFB, Texas. There were five other B-52 units and five B-36 units who completed.

Finally despite several delays, on February 12, 1958, with the flying of Operation Green Arrow, the 92nd Bombardment Wing graduated into combat ready status. Over the course of two days, the wing launched 35 of 35 tasked B-52s and hit all 52 assigned targets as part of a unit simulated combat mission. The 15th Air Force observer called the results, "Excellent."

As wing personnel plan for the potential arrival of the KC-46, it can look to the past to shed some light on what might come. Many of the issues encountered by the Airmen in Operation Big Switch will be similar in terms of adapting our infrastructure, adjusting operational procedures, supply and logistic processes and training for the new airframe. Truly, what is past can be prologue.

92d MEDICAL GROUP PHARMACY

Courtesy 92nd Medical Group

The 92^d Medical Group Pharmacy's goal is to provide you, our valued beneficiary, with ready access to high quality pharmacy services. We are providing this information to assist you and your provider in obtaining formulary medications at the 92^d Medical Group Pharmacy. Prescriptions at DoD facilities do not require a co-pay (cost share).

You may call the pharmacy at (509) 247-5567 prior to your arrival to ensure that your prescription is available on our formulary or you may access our formulary on the 92^d Medical Group Website: <http://www.fairchild.af.mil/units/92ndmedicalgroup/index.asp>

Medicines not on the 92 MDG pharmacy's formulary may be found by using the TRICARE Retail Pharmacy Network (30-day supply) or by having medicine mailed to them using Express Scripts (90-day supply). The cost share for the network retail pharmacy is \$5 for generic, \$17 for uniform

formulary and \$44 for non-uniform formulary agents. The cost share for express scripts (home delivery) is free for generic, \$13 for trade name uniform formulary and \$43 for non-uniform formulary agents. More information about the Tricare prescription program can be found at <http://www.tricare.mil/Pharmacy.aspx>

Please note: Patient's must provide a valid ID card for prescription pick-up.

There are two pharmacies located on Fairchild AFB. The "Main" pharmacy is located in the 92 MDG Clinic and processes new prescriptions from both network and 92 MDG providers. The "Refill" pharmacy is located in the BX shopping Center and only processes refill medications called in via the automated refill system.

Clinic (Main) Pharmacy Services: New prescriptions including faxed prescriptions and renewals are processed by the *Clinic Pharmacy*

located within the 92^d Medical Group (building 9000).

Hours of Operation:

Monday 8:00 AM to 4:30 PM

Tuesday thru Friday 7:30 AM to 4:30 PM

Prescriptions dropped off after 4:00 PM will be processed the next duty day.

The Clinic Pharmacy is closed during training (every third Wednesday at 1:00 PM), on all weekends, federal holidays and AMC Family Days. The Pharmacy is the busiest between 10:30 AM-2:00 PM, therefore, please plan accordingly.

Faxed prescription policy: We are unable to process E-Faxes.

The Main pharmacy accepts faxed prescriptions from the prescribing provider's office. The fax must include the patient's name; sponsor last four and birth-date. The prescription must be legible and faxed to 509-247-2021. Please note schedule II

Fairchild Pharmacy Fun Facts: Each of our pharmacies process 400-600 prescriptions in a 9 hour day. We receive 75-100 faxes daily and of those 300 per month are never filled. We have three PharmDs on staff and 12 pharmacy technicians.

Filling your prescriptions is our honor. We thank you for letting us serve you.
Telephone: 509-247-5567, Fax: 509-247-2021, Refill Line: 509-247-5568

FALLS AND OLDER ADULTS: RISK INCREASES WITH AGE

Unknown

Many people have a friend or relative who has fallen. The person may have slipped while walking or felt dizzy when standing up from a chair and fallen. Maybe you've fallen yourself. If you or an older person you know has fallen, you're not alone. More than one in three people age 65 years or older falls each year. The risk of falling, and fall-related problems, rises with age.

Falls Lead to Fractures.

Trauma. Each year, more than 1.6 million older U.S. adults go to emergency departments for fall-related injuries. Among older adults, falls are the number one cause of fractures, hospital admissions for trauma, loss of independence, and injury deaths. Fractures caused by falls can lead to hospital stays

medications such as morphine and Percocet are not accepted by fax. Not all medicines are available at the base pharmacy; please refer to our formulary to see which medications we carry. **Faxes will not be processed until the patient checks in at the Main Pharmacy.** We encourage patients to call the pharmacy to ensure the fax has arrived prior to coming to the pharmacy.

Refill Pharmacy Services: Prescription refills are filled and dispensed at the Refill pharmacy located between the BX and Commissary. An automated prescription machine is located in the BX lobby and is available for medication pick up during BX hours of operation (a prescription number is required for pickup). Refills may be called in when 75% of the prescription has been utilized. Refills are ordered by calling our automated refill line at (509) 247-5568.

Hours of operation: Monday thru Friday 9:30 AM to 4:30 PM

The Refill Pharmacy is closed on all weekends, federal holidays and AMC Family Days.

and disability. Most often, fall-related fractures are in the person's hip, pelvis, spine, arm, hand, or ankle. Hip fractures are one of the most serious types of fall injury. They are a leading cause of injury and loss of independence, among older adults.

Most healthy, independent older adults who are hospitalized for a broken hip are able



to return home or live on their own after treatment and rehabilitation. Most of those who cannot return to independent living after such injuries had physical or mental disabilities before the fracture. Many of them will need long-term care.

Fear of Falling.

Many older adults are afraid of falling. This fear becomes more common as people age, even among those who haven't fallen. It may lead older people to avoid activities such as walking, shopping, or taking part in social activities.

If you're worried about falling, talk with your doctor or another health care provider. Your doctor may refer you to a physical therapist. Physical therapy can help you improve your balance and walking and help build your walking confidence. Getting rid of your fear of falling can help you to stay active, maintain your physical health, and prevent future falls.

Tell Your Doctor If You Fall.

If you fall, be sure to discuss the fall with your doctor, even if you aren't hurt. Many underlying causes of falls can be treated or corrected. For example, falls

can be a sign of a new medical problem that needs attention, such as diabetes or changes in blood pressure, particularly drops in blood pressure on standing up. They can also be a sign of problems with your medications or eyesight that can be corrected.

After a fall, your doctor may suggest changes in your medication or your eyewear prescription. He or she may also suggest physical therapy, use of a walking aid, or other steps to help prevent future falls. These steps can also make you more confident in your abilities.

Ways to Prevent Falls.

Exercise to improve your balance and strengthen your muscles helps to prevent falls. Not wearing bifocal or multifocal glasses when you walk, especially on stairs, will make you less likely to fall. You can also make your home safer by removing loose rugs, adding handrails to stairs and hallways, and making sure you have adequate lighting in dark areas.

Falls are not an inevitable part of life, even as a person gets older. You can take action to prevent falls. Your doctor or other health care providers can help you decide what changes will

MAJOR LIFE CHANGES? UPDATE DFAS!

Courtesy Army Echoes - Jun-Sept 2014

Major life changes that you must notify the Defense Finance and Accounting Service about include marriages, divorces, deaths, births, adoptions, and changes of mailing and email addresses.

These changes affect your retired and annuitant pay, federal and state tax withholding, Arrears of

Pay, and Survivor Benefit Plan (SBP) and Reserve Component SBP benefits.

Retired Soldiers and annuitants can make most updates using [MyPay](#) or by calling their Retirement Services Officer listed on page 19. Gray Area Soldiers must contact Human Resources Command at (888) 276-9472.

AREA ARMY AIR CORPS VET RECEIVES FRENCH LEGION OF HONOR MEDAL

Courtesy 92nd Air Refueling Wing Public Affairs

7/16/2013 - **Spokane Valley, Wash.** -- Del Casper, a veteran of the Army Air Corps who participated in

35 aerial combat missions over occupied Europe during World War II, was awarded the French Legion of Honor medal at the Spokane Veterans Center in Spokane Valley, Wash., July 15.

The award, the highest honor given by the government of France, was given to Casper by a decree coming all the way from the top: French president Francois Hollande.

Among the attendees were Col. Brian Newberry, 92nd Air Refueling Wing commander, Chief Master Sgt. Wendy Hansen, 92nd Air Refueling Wing command chief, and Spokane Valley mayor Tom Towey.

Following the playing of La Marseillaise, the French national anthem, and the singing of The Star-Spangled Banner, the award was given to Casper by Jack Cowan, Honorary Consul of France to Washington state.

"His courage, faith and dedication contributed more than 60 years ago to defending and preserving the independence of France and to save our common values of freedom, tolerance and democracy," Cowan said. "I would like to extend this tribute to all his fellow soldiers from World War II and especially to all of those who did not make it back to their country and families.

Casper, a Salt Lake City native and now a Spokane resident, enlisted in the Army Air Corps in November 1942 at the age of 19. He ended his military service in May 1945, arriving home with the first convoy to reach New York City, days before V-E Day. The count of 25 aerial missions was considered the capstone of one's flying career during that period. Casper flew in 10 more missions during the war.

Casper primarily flew in the B-17 Flying Fortress, a precursor to the B-52 Stratofortress that was a mainstay at Fairchild in the 1950s. Casper began as a ball-turret gunner. He was ultimately a togalier, a rare assignment for an enlisted flyer.

"You taught us that freedom is never free," Newberry said to Casper after the award presentation. "World



Jack Cowan, Honorary Consul of France, pins the French Legion of Honor medal on Mr. Del Casper, WWII Army Air Corps B-17 gunner, at the Spokane Veterans Center in Spokane Valley, Wash., July 15, 2013. Casper was honored for his heroism during 35 bombing missions over German-occupied Europe. (U.S. Air Force photo by Senior Airman Samantha Krolkowski/Released)

War II was an incredible event for this entire world. It was global. Millions of Americans went out to fight and you were one of them. You freed France and so many other countries. You gave freedom another chance."

Casper is a man of few words.

"I'm flabbergasted," Casper said of receiving the award. "I don't know why they would pick me. There are other people a lot more deserving than me. I'm highly honored."

COMMISSARIES NOW SCAN ALL CUSTOMER ID'S

Courtesy of DeCA

FORT LEE, Va. – In January 2014, commissaries began scanning customers' Department of Defense ID cards at all checkouts as the Defense Commissary Agency (DeCA) continued its efforts to deliver a 21st century benefit. The commissary at Fort Lee, Va., became the first store to scan ID cards on Oct. 22, 2013.

Commissary shoppers are used to showing their ID cards to establish their eligibility to use the commissary. By scanning the ID at checkout, DeCA will no longer need to maintain any personal information on customers in its computer systems, such as the system used for customers who write checks.

Scanning will also help improve the commissary benefit for all patrons, according to Joseph H. Jeu, DeCA Director and CEO. "In addition to verifying customers as authorized commissary patrons, we'll gain information that will give us a better understanding of our patrons, allowing the agency to provide the commissary benefit more effectively and efficiently," Jeu said.

Cross-referenced with other DOD data, the scan data will give DeCA useful information about patron usage by military service, along with customer

demographics that do not identify the specific personal data of an individual. This will eventually help the agency identify shopping needs and preferences – information that is essential in today's retail business environment. It will also allow more accurate reporting to the military services on commissary usage.

The demographic information DeCA will use is strictly limited to card ID number, rank, military status, branch of service, age, household size, and ZIP codes of residence and duty station. DeCA will not be using any personal information such as names, addresses or phone numbers.

"The methods, processes and information we'll use will not compromise our customers' privacy – they can be sure of that," Jeu said. "We're putting technology to work to better understand our customers and ensure the commissary benefit continues to remain relevant to them now and in the future."

For more information on ID card scanning, go to: http://www.commissaries.com/documents/contact_deca/faq/id_card_scanning.cfm.

"SPACE-A" TRAVEL ON MILITARY FLIGHTS

Courtesy Military One Source

For service members and their families, traveling Space Available — or Space-A — on military flights can be a great benefit, but you have to be flexible. Military flights are unpredictable and subject to delays and cancellations. You'll need to be ready both financially and emotionally to change your plans at a moment's notice. But for many Space-A passengers, traveling to places like Hawaii, Alaska, Germany, Italy or Japan at no or very low cost is worth the effort. The following information will help you understand how the system works.

Understanding Space-A travel

Military planes (and planes contracted by the military) have mission assignments throughout the world and often offer empty seats to eligible passengers. Space-A passengers can't reserve

seats; available seats are offered to registered passengers before the flight. Here are some things you should know before you try to find a Space-A flight:

- **Eligibility.** Available seats are offered to service members, retirees, certain DoD employees and their eligible family members. Guard and reserve members may also travel Space-A but with restrictions. Eligible family members can travel without their active duty sponsor under certain circumstances, such as Environmental and Morale Leave or when their service member is deployed for more than 120 days.
- **Military terminals.** Space-A flights leave from military passenger terminals on installations throughout the United States and around the

world. You must sign up for flights on a register maintained at each passenger terminal. Policies and procedures for Space-A travelers vary by installation, so make sure you understand the rules for registration at each terminal from which you are trying to fly. You can find contact information for military terminals at [Air Mobility Command](#).

- **Flights.** For security reasons, military flight information is not generally published online. The best way to find out about Space-A flights is to call the passenger terminal and ask. The busiest terminals often have regularly scheduled flights and offer the best opportunity for Space-A seats.
- **Costs.** In general, flying Space-A is at no cost to eligible passengers. However, some contracted flights charge Space-A passengers a small fee, and you may be required to pay a departure tax if you are traveling internationally. On many flights, meal service isn't provided, but you may have an opportunity to buy a boxed meal before the flight.

Signing up for a Space-A flight

In order to fly Space-A, eligible passengers must register (sign up) at the military passenger terminal from which they want to depart. Uniformed service members must be on leave or pass status when they sign up. Registration can be very competitive at some busy terminals, so be sure to sign up as early as you can.

- **Passenger registration.** You can sign up on the terminal's register up to 60 days in advance. You may sign up for more than one destination and at more than one terminal. When you sign up, make sure you have your military ID and leave papers (if necessary). Some terminals accept fax or email sign up, but procedures vary by terminal. For contact information on military passenger terminals, visit [AMC](#). When you get to your destination, be sure to register for a return flight.
- **Categories.** Once registered, you are assigned a passenger category. These categories determine how seats are assigned. Within each category, passengers are prioritized based on the date and time they registered. Available seats are assigned first to Category I passengers, continuing through the categories until all empty seats are filled.

- **Category I.** Active duty service members and their accompanying families traveling on emergency leave.
- **Category II.** Service members and their accompanying family members traveling on EML. This includes command-sponsored family members who are stationed outside the continental United States.
- **Category III.** Service members and their accompanying families traveling on ordinary leave or reenlistment leave status, and unaccompanied family members of service members deployed 365 consecutive days or more. This category also includes service members and their families on house-hunting leave.
- **Category IV.** Unaccompanied family members on EML orders and eligible family members of service members deployed 120 days or more.
- **Category V.** Students whose sponsor is stationed in Alaska or Hawaii and students enrolled in a trade school within the continental United States when the sponsor is stationed overseas.
- **Category VI.** Retirees and their accompanying family members. This category also includes Guard and reserve members who are traveling within CONUS, Alaska, Hawaii and U.S. territories.

For more detailed descriptions, go to [DoD Air Transportation Eligibility regulation](#).

- **Documentation.** Make sure you understand what documentation you will need to travel, including:
 - Your military ID
 - A copy of your leave orders, if applicable (for emergency leave, EML or ordinary leave passengers)
 - Unaccompanied family members of service members who are deployed for 120 days or more need a letter verifying eligibility from the service member's commanding officer
 - A passport and appropriate visas (if traveling overseas)

- DD Form 1853: [Verification of Reserve Status for Travel Eligibility](#) (for eligible Guard and reserve members)
- **At the terminal.** Plan to arrive at the terminal early. Space-A seats can be released two or three hours before a scheduled flight. Check with the passenger counter to be sure you are registered for the flight and your documents are in order.

Traveling Space-A

Space-A travel can be trying — especially if you're traveling with young children. Planning ahead will help things go a little more smoothly.

- **Research where to go.** The busiest military passenger terminals will have the most available Space-A seating.
- **Figure out when to go.** Try to fly when schools are in session. The busiest times to fly — which means fewer available seats — are during holidays and summer vacation. Visit [DoD Education Activity](#) for the Department of Defense school calendar.

- **Prepare for long delays.** Flights can be delayed for hours or even days. Sometimes flights make unscheduled stops or are rerouted. Be sure to carry plenty of snacks and reading materials. If you are traveling with children, pack extra food and toys.
- **Bring cash or credit cards.** You'll want to have enough money to buy a commercial plane ticket home or pay for a hotel room, if necessary. Many passenger terminals close at night, so you will need to find lodging if you are still waiting for a flight.
- **Pack lightly.** Luggage allowance will depend on the type of aircraft. By limiting your luggage, you'll be able to board any available flight to your destination.
- **Be flexible.** As a Space-A passenger, you could fly on a comfortable passenger plane or in the cargo hold of a C-130. To get the most out of your trip, you'll need a good attitude and a sense of adventure.

TRICARE FOR LIFE PHARMACY PILOT HEATING UP

Courtesy Army Echoes - Jun-Sept 2014

FALLS CHURCH, Va. — The TRICARE For Life (TFL) Pharmacy Pilot has been underway for about two and a half months. Many Medicare eligible beneficiaries who have not yet moved their prescriptions to Home Delivery or a military pharmacy may soon have to pay the full cost of their medication if they fill their prescription a third time at a retail pharmacy. Congress created the TFL Pilot in the 2013 National Defense Authorization Act (NDAA).

The TFL Pharmacy Pilot requires TFL beneficiaries to move select maintenance medications (medications taken regularly for a chronic condition) to either TRICARE Pharmacy Home Delivery or a military pharmacy, or pay the full price when they fill them at a retail pharmacy. After the pilot started on March 15, 2014, beneficiaries get two “courtesy fills” at a retail pharmacy and each time received a letter notifying them of the pilot.

“We expect that many TFL beneficiaries have used their two courtesy fills at a retail pharmacy already,” said Dr. George Jones, Chief of the Defense Health Agency (DHA) Pharmacy Operations Division. “This

means that if they fill their maintenance medications at retail again, they may have to pay the full cost of the medication out of pocket.”

Switching prescriptions from a retail pharmacy to Home Delivery can save beneficiaries as much as \$152 a year for each prescription they move.

To switch a prescription to Home Delivery, beneficiaries can call Express Scripts, the TRICARE pharmacy contractor, at (877) 882-3335. They can visit the Express Scripts website, www.express-scripts.com/TRICARE, ask their provider to electronically prescribe directly to “Express Scripts Mail Pharmacy” or mail in a registration form and hard copy of their prescription. Beneficiaries who want to use a military pharmacy should first call their local military pharmacy to make sure their prescription is available.

“Our primary goal is to deliver a sustainable benefit, comply with the NDAA and implement the TFL Pilot as smoothly for beneficiaries as possible,” said Dr. Jones. “We are working closely with Express Scripts to educate affected beneficiaries and make sure

they have all the information they need to participate in the Pilot.”

For more details on the TFL Pharmacy Pilot, please visit www.tricare.mil/tflpilot.

LEARNING ABOUT THE STAR SPANGLED BANNER

Eileen Ogintz is a syndicated columnist and writes about family travel on her Taking the Kids blog, and is the author of the new series of Kid's Guide to NYC, Orlando and the just released Washington, DC from Globe Pequot Press.

The flag was just what the major ordered.

It was gigantic -- 42-by-30-feet -- so big that the flag maker couldn't even lay it out in her house. Each star was two feet wide.

This was during the War of 1812 and Major George Armistead, the commander of Fort McHenry in Baltimore, Md., had commissioned local flag maker Mary Young Pickersgill to sew a flag "so large that the British will have no difficulty in seeing it from a distance."

Pickersgill worked night and day with the help of her teenage daughter, two teenage nieces and a free African-American apprentice to finish the job in just six weeks. It had 15 stars and 15 stripes, one for each state. She delivered the flag and a smaller "storm flag" to Fort McHenry in the summer of 1813.

She, of course, didn't know how important her flag would become -- the original Star Spangled Banner -- all because of a strange confluence of circumstances.

A little more than a year after Pickersgill delivered her flag, Francis Scott Key, a young lawyer and amateur poet, was sent to help negotiate the freedom of a doctor being held by the British outside Baltimore harbor.

Lucky for us, Key wasn't allowed to leave after he got the British to agree to set Dr. William Beanes free, he'd apparently heard too much about the British plan to attack Baltimore.

As a result, Key watched the epic overnight battle for control of [Fort McHenry from the deck of a U.S. truce ship](#). The Americans were far outnumbered, the weather was horrible, but their luck held: the wooden British ships -- their crews fearful of getting too close to the canon fire -- were too far away for their rockets to do much damage to the fort. The British ultimately retreated.

When dawn broke and Key saw that gigantic American flag flying over the fort, he was inspired to



write down the first words of what would become "The Star-Spangled Banner": O! Say can you see, by the dawn's early light, a large red, white and blue banner? Whose broad stripes and bright stars ... were so gallantly streaming!

Today, you can see the Star Spangled Banner at the Smithsonian National Museum of American History where it is one of the most popular exhibits. You'll learn how it was a keepsake in Major Armistead's family for generations, with snippets cut off and given away as gifts. It didn't come to the Smithsonian until 1907. (Learn about the painstaking conservation effort undertaken in the 1990s to protect and preserve the flag.)

There is an entire [website](#) devoted to the Star-Spangled Banner, complete with interactive games and the opportunity to share your thoughts about what the flag means to you.

But I think learning about the flag should start in Baltimore with a visit to Fort McHenry (walk among the canons and peer into barracks that look as they might have during the Battle of Baltimore).

Visit the home of [Mary Pickersgill](#) where the kids can dress up in period costumes and act out their own story of the Battle of Baltimore in the Discovery Gallery of the adjacent Jean and Lillian Hofmeister Museum Building, make their own flag or even write to soldiers serving overseas today. Schedule your visit when you can meet "Mary Pickersgill and her

family” and learn what life was like in the early 19th century.

See Key's original manuscript at the Maryland Historical Society. (There is a [Star-Spangled Baltimore Pass](#) that provides discounted admission to these sites.) Also, check out the [Star-Spangled Banner National Historic Trail](#).

Key finished writing his poem on Sept. 16, 1814 and gave it to his brother-in-law who then gave it to the local newspaper. People sang what was then “In Defense of Fort McHenry”, to the melody of “To Anacreon in Heaven”, a British drinking song.

A few weeks later, a local song publisher changed the name and published it as “The Star-Spangled Banner”, but it took until the Civil War before the flag became the enduring symbol of the United States. Did you know the Star-Spangled Banner wasn't even officially decreed the country's national anthem until 1931?

While you're in Baltimore, stop in at [Babe Ruth's birthplace](#) and learn the connection between the Star-Spangled Banner and baseball. (The song was first played in September 1918 during the seventh-inning Stretch at Cubs Park in the World Series. It was an homage to all those fighting in World War I.)

WHY “Arrears of Pay” IS SO IMPORTANT

Courtesy Army Echoes Jun-Sep 2014

If you are a Retired Service Member “arrears of pay” (AOP) won't be a source of stress and financial hardship for your survivors if you tell them what to expect. This onetime payment made to your beneficiaries will include the pro-rated amount of your final month's retired pay and any other money you are owed at the time of your death.

Because your entitlement to retired pay ends on the date of your death, it's important that your survivors promptly notify the Defense Finance and Accounting Service (DFAS) of your death. Don't expect a funeral director to do this. When your death is reported, **DFAS will reclaim your final month's retired pay** and audit

Who says history is boring? This summer, wherever you go, inject a little history in your vacation travels. Baltimore is a good place to start as the city commemorates the Bicentennial of the War of 1812, a tribute to Harriet Tubman and the Underground Railroad and the continuing 150th anniversary of the Civil War. There's even a new kids' book about the Battle of Baltimore, “Calvert the Raven in the Battle of Baltimore”, written and illustrated by local author J. Scott Fuqua, (www.bancroftpress.com). Fuqua said he was inspired to write the book “to make history exciting for kids.”

(The Four Seasons in Baltimore, which has a great location overlooking Baltimore's fabulous Inner Harbor and is known to be welcoming to kids, has a deal to book a second room at half price. You'll also find lots of deals in Washington, D.C., like at the [Fairmont](#), with its third-night-free deal, healthy kids' menu and its partnership with the Smithsonian -- a portion of whole wheat Maryland Mac and Cheese supports the Smithsonian.)

Army Captain Jeremy Mahoney, just back East from serving in Hawaii, has been taking his kids to these historic sites for years, including Fort McHenry. “I love history and I want them to know it,” he explained. “If you don't know history, you'll make the same mistakes again.”

your account. DFAS will then compute the final amount owed to your estate and send it to the AOP beneficiary you specified in your retired pay account. A delay in reporting your death could result in an overpayment that would be collected from your bank, your estate or one of your survivors, if that survivor receives any of your retired pay funds. Designating multiple beneficiaries for your AOP may delay payment as each beneficiary must be located and then complete necessary forms. To verify your AOP beneficiaries and update their contact information, log into your **myPay** account at <https://mypay.dfas.mil/mypay.aspx> or call DFAS at (800) 321-1080.