



The Advisor



Serving Retirees, their Families Members, and Surviving Spouses in California and Nevada

2011 Edition

Presidio of Monterey's Retiree Appreciation Day, 11 June

The United States Army Garrison, Presidio of Monterey, in conjunction with the Fort Ord Area Retiree Council, will host its annual Retiree Appreciation Day at the General Stilwell Community Center, Ord Military Community on June 11, 2011.

Retiree Appreciation Days are held to provide military retirees and their families with information regarding changes to retirement benefits and to foster goodwill between the retiree and active duty communities.

Retirees can make reservations at the Presidio Lodging office by calling 831-645-1199 and indicating they are "attending the Retiree Appreciation Day event." Hurry, space is very limited!

The RAD starts at 8:00 a.m. and ends at 1:30 p.m. The address is 4260 Gigling Rd, Ord Military Community (formerly Fort Ord), CA. For more information, call the Presidio's Retirement Services Office at 1-877-354-2634 or visit www.monterey.army.mil.

TRICARE's Get Fit Page can Trigger New You

FALLS CHURCH, VA – TRICARE has launched its updated "Get Fit" webpage with a new section focusing on monthly healthy living tips through slide show presentations.

The presentations provide suggestions for activities and health information to help beneficiaries make healthier choices. Beneficiaries have the option to view or save the file, and there is also a healthy living tips archives.

Each month TRICARE Management Activity will introduce a new health theme to promote work-life balance by raising awareness and commitment to health and wellness. A healthier lifestyle can have many benefits, including increased energy and reduced stress. Choosing healthy foods and participating in physical activity may lower risks of health problems.

Making informed food choices and being physically active can help beneficiaries reach and maintain a healthy weight, reduce their risk of chronic disease and promote overall health.

A few decisions can make a big difference in the health of a child, adult and family. Visit www.tricare.mil/getfit for healthy living tips, links, games and articles.



DoD to drop Social Security numbers from ID cards

WASHINGTON -- Beginning June 1, 2011, Social Security numbers on military identification cards will begin to disappear, said Air Force Maj. Monica M. Matoush, a Pentagon spokeswoman.

The effort is part of a larger plan to protect service members and other DoD identification card holders from identity theft, officials said.

Criminals use Social Security numbers to steal identities, allowing them to pillage resources, establish credit or to hijack credit cards, bank accounts or debit cards.

Currently, the Social Security number is printed on the back of common access cards, and on the front of cards issued to dependents and retirees.

Beginning in June, when current cards expire, they will be replaced with new cards having a DoD identification number replacing the Social Security number, officials said. The DoD identification number is a unique 10-digit number that is assigned to every person with a direct relationship with the department. The new number also will be the service member's Geneva Convention identification number.

An 11-digit DoD benefits number also will appear on the cards of those people eligible for DoD benefits. The first nine digits are common to a sponsor, the official said, and the last two digits will identify a specific person within the sponsor's family.

Social Security numbers embedded in the bar codes on the back of identification cards will remain there for the time being, and will be phased out beginning in 2012.

The department will replace identification cards as they expire.

"Because cards will be replaced upon expiration, it will be approximately four years until all cards are replaced with the DoD ID number," Matoush said.

The identity protection program began in 2008, when DoD started removing Social Security numbers from family member identification cards.

Women and Social Security: A Unique Marriage

On average, women live longer, so they will have more time to enjoy their retirement years. It also means retirement for women will be more expensive. In the 21st century, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history.

The Social Security Administration's (SSA) program treats all workers — men and women — exactly the same. But because of different life experiences, the real world results are different. It's helpful for women to know what the program means to them in their particular circumstances. Besides understanding the benefits, women should be aware of other aspects of the Social Security program. There's an easy way to learn all about Social Security for women: visit the SSA's "For Women" web page at www.socialsecurity.gov/women.



SSA's "Ticket to Work" Works

"Ticket to Work" is a program that helps people with disabilities find meaningful

employment, allowing them to take steps toward greater self-sufficiency. Thousands of individuals with disabilities have successfully used their “ticket” to get the support services they need to re-enter the workforce and dramatically improve the quality of their lives. Here are just two real life examples.

Willie struggled to cope with a chemical imbalance and anxiety disorder while working until eventually she had to quit her job due to her disability. The Ticket to Work program offered her the opportunity to ease back into a job without risking the loss of benefits. Today, Willie works as a personal care assistant at a large retirement community. She credits Ticket to Work with giving her the extra confidence she needed to take that step back into the workplace and be economically self-sufficient.

After several personal tragedies, including the death of her baby, Veronica became depressed and began receiving disability benefits. Ticket to Work helped turn her life back around. Now, she is working and says, “I feel great.”

Learn more about how Ticket to Work worked for Willie and Veronica, and thousands of others by visiting www.socialsecurity.gov/work/success.html.

Learn how Ticket to Work can help you at www.socialsecurity.gov/work.

Sports Programs for Disabled Veterans Expanding

WASHINGTON – The Department of Veterans Affairs (VA) is awarding two grants totaling \$7.5 million to the U.S. Olympic Committee to enhance recreation and sporting activities for disabled Veterans and disabled members of the Armed Forces.

“Many of our Veterans have experienced traumatic injuries while at the peak of their physical conditioning,” said Secretary of Veterans Affairs Eric K. Shinseki. “Our partnership with the U.S. Olympic Committee will aid in their recovery by allowing them to engage in therapeutic sporting events and competition right in their own communities.”



Additionally, Christopher J. Nowak has been selected to be the director of the VA Paralympics Program Office.

Under terms of the grant agreements, funding will be provided to the Olympic Committee’s member organizations, Paralympics sports clubs and Veteran and military organizations nationwide to implement community-based, physical activity programs for disabled Veterans and disabled members of the Armed Forces.

Disabled Veterans can locate adaptive sporting events in their communities by visiting the U.S. Paralympics Web site: www.usparalympics.org.

Public Law 110-389 authorized VA to award grants to the U.S. Olympic Committee (USOC) to plan, manage and implement an adaptive sports program.

“This support from Veterans Affairs will have far reaching impact in communities around the country,” said Charlie Huebner, Chief of Paralympics, USOC. “We know that sports and physical activity can have a transformative effect on those with a physical disability.”

“These funds will help our community partners to expand and provide greater access to sports programs for injured Veterans, disabled members of the Armed Forces and all living in their local area with a physical disability,” Huebner added.

Since 1999, Nowak has served as a prosthetics manager for VA Healthcare Veterans Integrated Service Network 4, which includes Pennsylvania, Delaware and parts of West Virginia, New Jersey and New York. A 17-year veteran of VA, he directs a \$92-million budget and all prosthetics operations for 10 VA medical centers.

Nowak joined the Marine Corps 1983. His military career ended in 1987, when the then-infantry squad leader lost his right leg to friendly fire during a routine training exercise. He is a champion of sports rehabilitation for wounded soldiers and Veterans. He has developed and co-chaired "First Swing" and "Next Step" golf clinics for amputee Veterans and is a former member of the USA Amputee Hockey Team.

How eBenefits Can Help You

Tired of being on hold, getting the run-around, not getting the answer you wanted, or just being in the dark about your claim? If you answered yes to any of these questions, eBenefits is your solution. The U.S. Department of Veterans Affairs (VA) has made it easier to find information regarding the status of your VA claim and to view other documentation and correspondence from the VA. Most status changes or actions appear within 5–10 days. eBenefits is a VA web portal and resource tool for benefit-related information for Wounded Warriors, veterans, active duty service members, family members and care providers.

Launched in early 2010 and minimally publicized, eBenefits provides a service that allows account holders to:

- Access personalized VA and Department of Defense (DoD) information
- Apply for benefits online
- Check VA claim status
- Obtain or submit VA home loan certificate of eligibility
- Receive official military personnel records, including the DD-214



To access this secure system you must create an account and then get verified by VA staff to be granted total access. To create an account visit the eBenefits web site at www.ebenefits.va.gov and complete the eBenefits registration form. A one-time activation code will be displayed and you will be directed to the DEERS DoD Self-Service Access Center to activate your DoD Self-Service Logon and get a username and password. Return to the eBenefits home page click the Login button using your username and password to validate your account. This portion of the account only grants you minimal access and requires additional steps to achieve total access to all your pertinent information. For total access you must have a proofing completed.

To complete the proofing process, you must apply in person at any of the following VA facilities:

- VA Regional Offices
- VA Medical Centers*
- VA Benefits Offices
- VA Medical Clinics*

Note: * You have to be an enrolled VA patient at the VA Medical facility. For more

information on eBenefits or to receive veteran benefits information please call (800) 827-1000.

Veterans: Do You Want Your Disability Rating Reviewed?

The Department of Defense (DoD) Physical Disability Board of Review (PDBR) is reviewing disability cases for veterans (discharged between 9/11/01 and 12/31/09, with a 0, 10, or 20% combined disability) to determine if the individual should have been awarded a disability retirement (30% combined disability level or higher). Of approximately 70,000 eligible veterans, just more than 2,100 have applied to the PDBR as of March 2011. Of those who applied, about 56% of cases have been recommended for re-characterization as permanent disability retirement.

Veterans interested in having their disability ratings reviewed are encouraged to visit the following websites for more information:

The DoD Instruction on the PDBR process is available at <http://www.dtic.mil/whs/directives/corres/pdf/604044p.pdf>.

PDBR Application is available at <http://www.dtic.mil/whs/directives/infomgt/forms/eforms/dd0294.pdf>.



Vets homes to offer priority to homeless veterans

Disabled homeless veterans will be given priority admittance into state homes, including the Barstow facility, according to

the California Department of Veterans Affairs (CalVet).

CalVet signed a memorandum of understanding with Southern California service providers regarding the admittance of homeless veterans into the homes.

According to department spokesman Anthony Zamarron, the veterans have to either be at least in their 60s or be unable to work due to disability to receive placement at the homes. What facility the person would be admitted to would also depend on his or her needs, Zamarron said.

“All veterans homes provide different levels of care,” he said. “Some have round-the-clock nursing facilities and some don’t.”

There are about 1,500 residents living at six homes, Zamarron said. Two more homes are currently being built.

“About 183 residents live at Veterans Home of California, Barstow,” said Jeff Aronson, who oversees the skilled nursing facility.

CalVet Uses New Technology To Reach Out To Returning Vets

SACRAMENTO – Former Governor Schwarzenegger and the California Department of Veterans Affairs through its Operation Welcome Home initiative partnered with six-time Heavyweight UFC Champion Randy Couture to reach out to returning veterans and connect them with the benefits and services they have earned.

“If we are going to reach out to the new generation of veterans who grew up with computers and the internet, we have to capitalize on those technologies to make sure they know about the services and

benefits they have earned,” said Roger Brautigan, secretary of the California Department of Veterans Affairs.



In a public service announcement recently, Randy Couture encouraged veterans to connect with their benefits by signing up for information through Operation Welcome home at the Facebook page. The video can be viewed at www.facebook.com/operationwelcomehome.

Additionally the Department implemented a new mobile application for the Droid platform smart phones that allow veterans to sign up for Operation Welcome Home and to get information about the closest resource for services and benefit assistance. The mobile application can be found at the Droid App store: www.appbrain.com/app/calvet/com.tcs.android.owhapp.

Since the launched of Operation Welcome Home, the CalVet Department through its nine regional teams statewide, have connected with more than 34,000 veterans and made more than 54,000 referrals to services and benefits including 17,302 for employment benefits, 13,801 for education benefits, and more than 5,000 referrals for mental health related to post traumatic stress disorders and traumatic brain injuries.

There are more than 2 million veterans living in California today and every year approximately 30,000 new veterans return home to this state. The purpose of Operation Welcome Home is to connect those returning veterans to the services and benefits that they have earned through their honorable service in the Armed Forces of the United States. The California Department of Veterans Affairs provides

services to veterans through state-run veterans homes, through its farm and home loan program and through its advocacy division that represents and advises veterans as they work through the benefits process of the U.S. Department of Veterans Affairs.

For more CalVet information, call (800) 952-5626.

Nevada Office of Veterans Services

The Nevada Veterans Services Commission is composed of nine members who advise the governor, legislature, and directors of the Nevada Office of Veterans Services (NOVS) regarding aid or benefits to veterans. They each serve a two-year term. Five are appointed by the governor, three as representatives from nationally recognized veterans' organizations and two from the general public. The senate majority leader and the speaker of the assembly each appoint one member. In addition, the chairs of both the Northern and Southern Veterans Cemetery Advisory Committee each appoint one member from their respective committee.

NOVS was created in 1943 to provide assistance and services to veterans, their family members, and residents of Nevada serving in the Armed Forces of the United States. The Agency has three programs: Veterans Benefit Assistance, Veterans Cemeteries (Boulder City and Fernley) and a Veterans Nursing Home (Boulder City). There are approximately 339,000 veterans residing in Nevada eligible for these services.

For NOVS information, call 1-866-630-8387 or visit their website at www.veterans.nv.gov.

Guard Honors Retirees, Hall of Fame Inductees

The Nevada Army National Guard officially recognized 45 guardsmen from Northern Nevada who retired during the past year in a ceremony Nov. 7, 2010 in Carson City. The retirees represent more than 1,000 years of combined military service.

Brig. Gen. William G. Burks, the adjutant general, commended the retirees and said their history is important for others still wearing the uniform.

“We have witnessed your acts of sacrifice and heroism, your compassion and courage, your unity and fierce determination,” Burks said. “We have been reminded that we are citizens with obligations to each other, to our country and for this we thank you.”

In addition to those retiring, the Nevada Army National Guard also inducted previously retired guardsmen into the Hall of Fame for contributions made to the Guard.

Retired Col. Joe Rooney retired from the Nevada Army National Guard in 2001 and continues to support programs for retired soldiers. He left active U.S. Army duty in 1972 and in 1977; he joined the Nevada Army National Guard as chief of the Recruiting and Retention Branch.

While serving as the state's top training officer, he was instrumental in working with Naval Air Station Fallon in procuring the funding and developing a small arms marksmanship range south of Fallon on federal land.

Command Sgt. Major John Hefner, a resident of Douglas County, began his military service in 1979. He enlisted in the

3rd of the 163rd Cavalry as a legal clerk. In 1983 Hefner was placed on active duty and served in 221st Cavalry as a personnel NCO. He was transferred from 221st Cavalry to the comptroller's office for nearly 10 years overseeing pay operations, accounts payable and travel payments to soldiers. Hefner retired in March 2009 after 30 years of service.



Both men also received the Armed Forces Retired Commemorative award for exceptionally meritorious service to the Nevada Army National Guard and the community.

Frank Buckles, Last Known U.S. Doughboy, Dies

WASHINGTON – Frank Woodruff Buckles, who lied about his age to enlist in the Army in 1917 and became the last known U.S. veteran of World War I, died on February 27, 2011 at the age of 110.

“We have lost a living link to an important era in our nation's history,” said Secretary of Veterans Affairs Eric K. Shinseki. “But we have also lost a man of quiet dignity, who dedicated his final years to ensuring the sacrifices of his fellow ‘Doughboys’ are appropriately commemorated.”

A long-time resident of Charles Town, West Virginia, where he had a farm, Buckles was born in Bethany, Missouri. He enlisted shortly after his 16th birthday and served in France and Germany.

At the start of World War II, he was a civilian working with a steamship company in the Philippines. He was imprisoned in a Japanese prisoner of war camp for three and a half years.

In his later years, Buckles became an advocate for the expansion of a little-known memorial to World War I Veterans from the District of Columbia into a national memorial.

More than 4,700,000 Americans served in the military during World War I. About 53,000 died of combat-related causes, while another 63,000 deaths were listed as non-combat.

Buckles was buried with full military honors at Arlington National Cemetery on Mar. 15, 2011.



New Members Appointed to VA Committee on Minority Veterans

WASHINGTON – The Secretary of Veterans Affairs has announced the appointment of eight new members to VA’s Advisory Committee on Minority Veterans, an expert panel that advises him on issues involving minority veterans.

“The new members of the Advisory Committee on Minority Veterans will bring their expertise to help guide VA’s efforts in serving minority Veterans,” said Secretary of Veterans Affairs Eric K. Shinseki. “VA welcomes these new members.”

Chartered on January 30, 1995, the committee makes recommendations for administrative and legislative changes. The committee members are appointed to one, two, or three-year terms.

The eight new committee members include: Clara L. Adams-Ender, Woodbridge, Va.; Allie Braswell Jr., Orlando, Fla.; Amanda Heidenreiter, Ellicott City, Md.; Oscar B. Hilman, Tacoma, Wash.; Pedro Molina, Fresno, Calif.; Wayne Nickens, Honolulu, Hawaii; Celia Renteria Szelwach, Arden, N.C., and Joseph Wynn, Washington, D.C.

There are over 4 million minority Veterans in the United States. They comprise approximately nearly 15 percent of the total Veteran population today.

President Signed Improvements to Post-9/11 GI Bill

WASHINGTON – To bring the educational benefits of the Post-9/11 GI Bill closer to more Veterans and Service Members, President Obama signed legislation Jan. 4, 2011 that streamlines the 18-month-old education program administered by the Department of Veterans Affairs (VA).

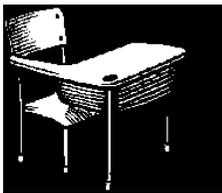
“Since the first GI Bill in 1944, this unique educational program has adapted to the needs of America’s Veterans, active-duty personnel, reservists and Guardsmen,” said Secretary of Veterans Affairs Eric K. Shinseki. “Like its forbearers, the Post-9/11 GI Bill is growing to ensure the men and women who serve this nation in uniform receive valuable education benefits from a grateful nation.”

“On behalf of Veterans and the many who serve them at VA, we would like to thank the president for his support, as well as members of Congress and our Veterans

service organization partners for helping make this bill a reality,” Shinseki added.

Among the provisions of the legislation are:

- Paying for on-the-job training, some flight training; apprenticeship training and correspondence courses;
- Providing one half of the national average for the program’s housing allowance to students enrolled in distance learning;
- Pro-rating the housing allowance to exclude payments when students are not in class;
- Allowing students on active duty receive the stipend for books and supplies;
- Allowing people eligible for the Post-9/11 GI Bill, but participating in VA’s Vocational Rehabilitation and Employment (VR&E) benefits to choose between the GI Bill’s housing allowance or VR&E’s subsistence allowance;
- Reimbursing fees to take national admission tests, such as SAT, ACT, GMAT and LSAT; and
- Establishing a national cap of \$17,500 annually for tuition and fees in a private or a foreign school, not including contributions by educational institutions under the “Yellow Ribbon” program.



Information about the new provisions is available at www.gibill.va.gov or calling (888) 442-4551.

The Real Fountain of Youth: Exercise

Well, folks, it's happening. The baby boomers, popularizers of tennis and skiing

in the 1970s, inventors of jogging and step aerobics in the 1980s, are advancing through middle age to the very threshold of senior citizenship: The oldest boomers turn 65 this year.

And if their parents' generation inaugurated the science of good nutrition — the five food groups and all that — the boomers' adult years have, fittingly enough, produced a major new body of evidence on the benefits of "getting physical."

In fact, this evidence suggests that exercising regularly during middle age and beyond is an enormously effective way to promote just the sort of old age boomers dream about: independent, robust and free of chronic disease or disability. "If you had to pick one thing, one single thing that came closest to the fountain of youth," says James Fries, M.D., a pioneer researcher on healthy aging at Stanford University, "then it would have to be exercise."

The bottom line, reflected in dozens of studies, is that people who exercise, on average, live longer than those who don't, with a reduced chance of heart disease, high blood pressure, stroke, type 2 diabetes, colon and breast cancers, depression, falls and even mental decline.

In terms of longevity, regular exercise seems to have an impact that few other health measures can match.

Compared with sedentary men and women, people who did an hour and a half of moderate-to-vigorous physical activity weekly — less than 15 minutes a day — were 20 percent less likely to die during a follow-up period of more than a decade, according to a 2008 report by a federal guidelines committee. And when these exercisers spent more time moving — an

hour a day — they cut their risk of dying by a whopping 40 percent.

Moreover, a 21-year study by Fries and colleagues at Stanford, published in 2008, followed middle-age members of a runners club and compared them with men and women who didn't exercise. As they aged, the runners stayed spry — continuing to perform everyday activities — for 16 years longer than the other group.

Studies also strongly suggest regular exercise helps keep us sharp. A federal report concluded that while being physically active in midlife and beyond may not prevent dementia, it seems to delay its symptoms. Research has shown, too, that regular walking helps delay or even prevent the brain shrinkage that heralds the onset of dementia.

So are the new seniors, with their treadmills and weight machines, set to defy old age?

Boomers, especially those who are educated and well-off, do engage in more leisure time workouts than their parents did; they also eat more fruits and vegetables, smoke considerably less, and have access to better medications to control high blood pressure and cholesterol, says Ali Mokdad, a professor of global health at the University of Washington. But Americans born into post-World War II prosperity also are the first generation to face social changes, global in scope, that promote a sedentary lifestyle and calorie-rich diet. "We work longer hours," says Mokdad. "We commute longer. We sit down to the TV and computer more than our parents did." And "we're paying for it by having higher rates of obesity."

Indeed, some experts predict obesity will be the boomers' Achilles' heel, negating their

other health advantages as they age. Still, boomers can start now to eliminate many health risks by — you guessed it — exercising. "Right now, we are lousy at getting people to lose weight," Fries says. "But we can get people to start exercising and keep it up. It's a much more effective way to pursue the health policy."



New TRICARE Dental Program Contract Awarded

FALLS CHURCH, Va. – TRICARE Management Activity announces its intent to award the TRICARE Dental Program (TDP) contract to Metropolitan Life Insurance Company of Bridgewater, N.J.

Dental care coverage under the new contract begins Feb. 1, 2012, following a 12-month transition period from the current contractor, United Concordia Companies, Inc.

New and enhanced benefits including an increase in the annual maximum, an increase in the lifetime orthodontic maximum, accidental dental injury coverage, an additional cleaning for women during pregnancy, and much more. Under the new contract, all enrollees will enjoy lower premiums in the first year.

During the 12-month transition enrollees can access customer service at the same toll-free phone numbers they have been using. That contact information can be found at www.tricare.mil/contactus. Well before Feb. 1, 2012, enrollees will receive a welcome packet and new enrollment cards.

More information about the TRICARE Dental Program is available at www.tricare.mil/mybenefit/home/Dental/DentalProgram.

Retroactive Stop Loss Extended Again

Was your enlistment involuntarily extended due to Stop Loss between September 11, 2001 and September 30, 2009? If so, and you have yet to file a claim for Retroactive Stop Loss Special Pay (RSLSP), October 21, 2011, is a very important date to you. That's the last day to file for payment.

Go to <http://www.defense.gov/stoploss> for links to the claim forms and individual military service links with instructions on how to file claims. Don't delay, do it today.

Tricare Healthcare Plans Wizard

Need help in determining which plan options are available to you? Visit the Plan Wizard at <http://tricare.mil/mybenefit/home/overview/PlanWizard.jsp>. After answering a series of questions, it will tell you which plan options you may be eligible for.

DFAS.mil gets a full makeover

Indianapolis – The Defense Finance and Accounting Service website (www.dfas.mil) introduced a new look, new navigation and better content on April 21, 2011.

The website features sections devoted to pay topics for the agency's diverse payroll customers. The navigation has been designed to get visitors to the most popular pages easier and faster. Even the color scheme has been chosen to more closely associate DFAS with the Department of Defense.



myPay Changes Enhance Ease of Use

Cleveland – *myPay*, the online pay account management system operated by the Defense Finance and Accounting Service, launched enhancements to its web site on April 30, 2011. Inspired by customer suggestions, the enhancements are designed to make the site easier and more convenient for DFAS customers.

The new upgrade reduced the number of steps required to login to *myPay* and make the virtual keyboard optional.

The new login procedures are similar to those of banks. Users will simply enter their Login ID and password on the home page and click once to accept the user agreement for access to their accounts.

For enhanced security, *myPay* users still have the option of using the virtual keyboard, which provides extra protection against identity thieves, who may use keystroke logging software.

In response to customer demand, *myPay* is going mobile. Beginning in mid to late May users will be able to access Leave and Earning Statements using mobile devices, such as smart phones enabled with web browsers.



Important Telephone Numbers and Websites

ACS (Presidio).....	831-242-7660 / 7651
ACS (Airman & Family Readiness Center-Nellis).....	702-652-3327
AAFES (Presidio).....	831-899-2336
AAFES (Nellis).....	702-643-3526
Army Retired Pay Operations.....	1-800-321-1080
Commissary (Presidio).....	831-242-7668
Commissary (Nellis).....	702-632-5500
DEERS Eligibility - DMDC Center	1-800-538-9552
Guest House Reservations (Presidio)	831-645-1199
Guest House Reservations (Nellis)	702-652-2711
ID Card Office (Presidio)	831-242-5209
ID Card Office (Nellis)	702-652-2637
Legal Services (Presidio).....	831-242-5083
Legal Services (Nellis).....	702- 652-5407
Medical Clinic (Presidio).....	831-242-5663
Medical Hospital (Nellis).....	702- 653-2273
Presidio Retirement Services Office.....	1-877-354-2634
Reserve Retirements (formerly at St. Louis, MO).....	1-888-276-9472
Social Security Administration	1-800-772-1213
Society for Military Widows.....	1-800-842-3451
Tragedy Assistance Program for Survivors (TAPS).....	1-800-959-8277
TRICARE For Life Info Line (65-yrs old or older).....	1-866-773-0404
TRICARE Retiree Dental Program.....	1-888-838-8737
TRICARE West Region	1-888-874-9378
Veterans Administration.....	1-800-827-1000
Veterans Administration Facility Locator.....	1-877-222-8387

Important Telephone Numbers and Websites

AAFES.....	www.aafes.com
Army Career and Alumni Program ACA.....	www.acap.army.mil
AKO – Army Knowledge Online.....	www.us.army.mil
Arlington Cemetery.....	www.arlingtoncemetery.org
Burial and Memorial Benefits.....	www.cem.va.gov
California Department of Veterans Affairs.....	www.cdva.ca.gov
Center for Women Veterans.....	www.va.gov/womenvet
Commissary.....	www.commissaries.com
DEERS-Verify Eligibility.....	https://www.dmdc.osd.mil/appj/address/index.jsp
Department of the Army Retirement Services.....	www.armyg1.army.mil/rso
DFAS Retiree and Annuitant Pay.....	www.dfas.mil.rapay.html
Education Benefits and Services	www.gibill.va.gov
EVetRecs (request DD214 and documents).....	www.archives.gov/veterans/evetrecs/index.html
Family and Morale, Welfare and Recreation MWR.....	www.armymwr.com
Federal Long Term Care Insurance.....	www.ltcfeds.com
ID Card On-Line Appointments.....	http://appointments.cac.navy.mil/appointment/default.aspx
Military Living.....	www.militaryliving.com
Military Homefront.....	www.militaryhomefront.dod.mil
My Pay website (DFAS Retirement Pay).....	https://mypay.dfas.mil
Nellis Air Force Base.....	www.nellis.af.mil
Nellis AFB Retirement Affairs.....	www.nellis.af.mil/library
Nevada Office of Veterans Services.....	www.veterans.nv.gov
Nevada Department of Employment, Training, & Rehabilitation.....	www.detr.state.nv.us/es/es_vetsind.htm
Presidio of Monterey Lodging.....	www.pomlodging.com
RAPIDS site Locator (ID Card Office).....	www.dmdc.osd.mil/rls
Social Security Administration.....	www.ssa.gov

Important Telephone Numbers and Websites

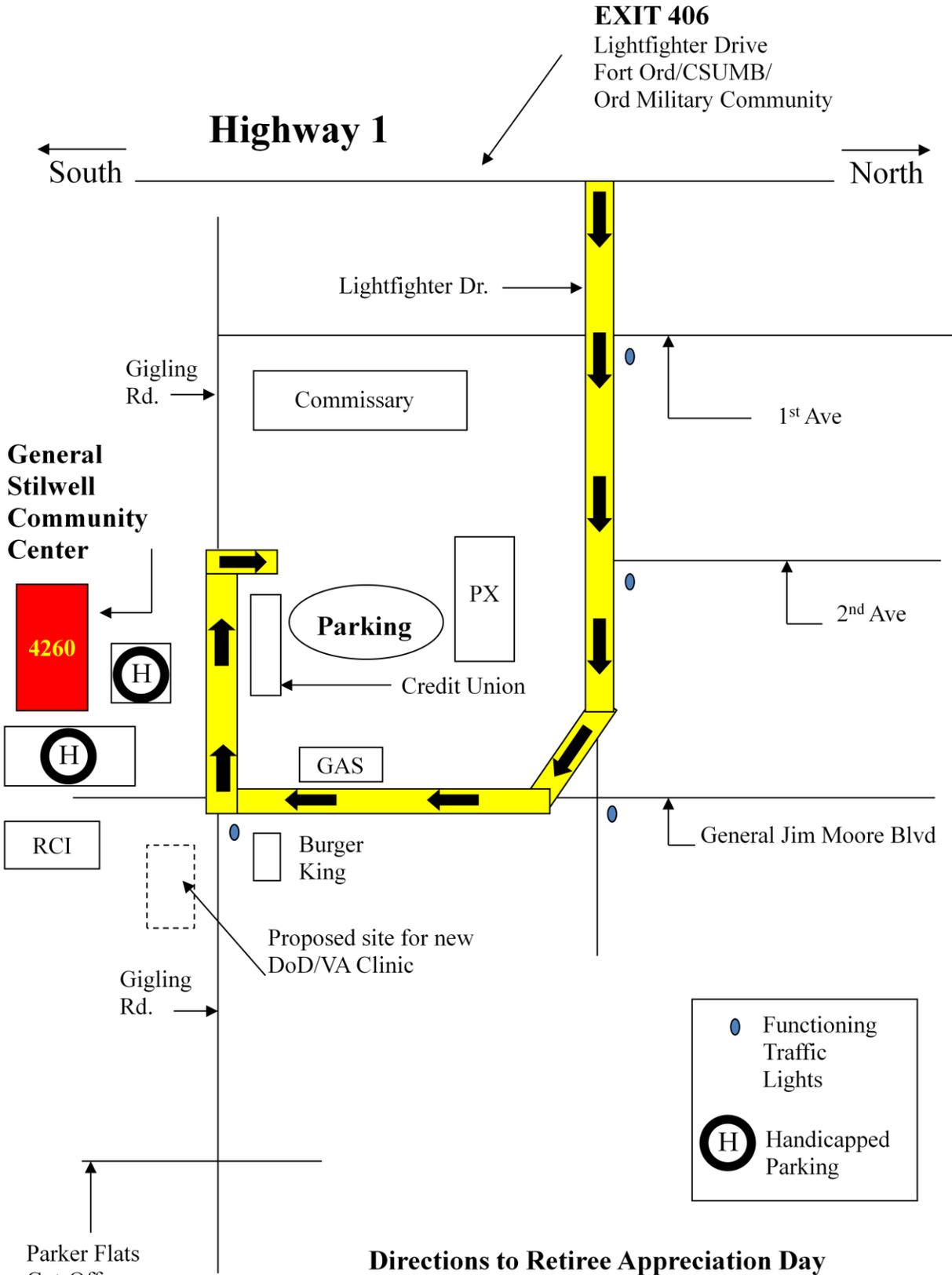
Society for Military Widows.....	www.militarywidows.org
Space A Travel Information.....	www.amc.af.mil/amctravel
Tragedy Assistance Program for Survivors.....	www.taps.org
TRICARE Information	www.tricare.mil
TRICARE Mail Order Pharmacy Program.....	www.express-scripts.com/tricare
TriWest Healthcare Alliance (for CA and NV).....	www.triwest.com
U.S. Army Human Resources Command.....	www.hrc.army.mil
U.S. Army Garrison, Presidio of Monterey Homepage.....	www.monterey.army.mil
US Court of Appeals for Veterans Claims.....	www.uscourts.cavc.gov
Veterans Administration (VA).....	www.va.gov
VA Compensation & Pension Services.....	www.vba.va.gov/bln/21
VA Benefits Online Applications.....	www.vabenefits.vba.va.gov

To submit online application for:

- Compensation and/or pension
- Vocational Rehabilitation
- Education Benefits (GI Bill)

VGLI Online Account Access.....	www.insurance.va.gov
Women Veterans health Care.....	www.publichealth.va.gov/womenshealth

NOTES



Directions to Retiree Appreciation Day
Building 4260, General Stilwell Community Center

DEPARTMENT OF THE ARMY

Commander
U.S. Army Garrison, Presidio of Monterey
ATTN: Retirement Services Office
Monterey, CA 93944-3223

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