

Retiree Bulletin



VOLUME 1 * 2016

From the Chairman

2016 Greetings from your Retiree Council. Our Fort Jackson Retiree Appreciation Days (RAD) events this year will extend from Thursday, 19 May, through Saturday, 21 May, and we will commemorate the 50th Anniversary of the Vietnam War. As always, it will be a chance to spend time at Fort Jackson and gain appreciation for what your installation does to support you and your Families, and share time with fellow Retirees and Veterans. Like every year, there will be several opportunities to get together, renew old friendships, create new ones, and gain valuable information regarding the network of support available to you and your Families.

We will, once again, honor our Retiree constituency during the Basic Combat Training Graduation on Thursday, 19 May, at 0900 on Hilton Field. The guest speaker will be Mr. Bill Dukes, Civilian Aide to the Secretary of the Army (CASA) for South Carolina. There will be a free continental breakfast at the O'Club beginning at 0730, and to avoid the traffic associated with the graduation, Retirees will be given transportation at approximately 0830 to Hilton Field and returned back to the O'Club after the graduation. We will, again, have the option to march in the "Pass in Review" and we will have reserved VIP seating. It is a great opportunity to participate, be recognized, and display for the parents and loved ones of our newest Soldiers the full military lifecycle and lifelong commitment that has sustained our Armed Forces and made our Nation great. The annual Retiree Appreciation Days Golf Tournament will be Friday morning, 20 May, 0900, at the Fort Jackson Golf Club. The Retiree Health and Benefits Expo will take place Saturday

morning, 21 May, at the Solomon Center, 0900-1300. Also on Saturday, Victory Bingo will be held at 1330 with doors opening at 1300 and the No-Tap Bowling Tournament at 1800.

Enclosed in the bulletin is the Retiree Appreciation Days Flyer and sign up form. It provides specific times and locations for the events and where to get additional information. Please take the time to read it thoroughly. The staff asks that we provide our RSVPs and payment, where applicable, as soon as possible. The RSVPs are particularly important for the Thursday Continental breakfast, graduation ceremony, and participation in the Pass in Review. This will allow Fort Jackson to better anticipate requirements and support the events. We anticipate space being limited for all events; therefore, those interested in the Graduation ceremony events and playing golf Friday should get their RSVPs in as soon as possible.

For those who have not attended the RAD in the past, this year is a great opportunity to start. I strongly encourage all to attend. I think you will be very pleased with your experience. Hope to see you there.

The Council remains active at Fort Jackson and focused on your issues and needs. There is no greater responsibility for a Retiree than to help ensure the continued support of the men, women, and Families who have so selflessly served their Nation. Whether you retired many years ago or last

continued on page 2...

In this issue ...

| | |
|--------------------------|----|
| Medical..... | p2 |
| Retirement Services..... | p4 |
| ID Card Services..... | p4 |
| Family & MWR..... | p4 |
| AER..... | p5 |
| RAD Flyer..... | p6 |



From the Chairman (Continued from page 1)

...week, the Retiree Council is here for you and interested in doing its best to represent your interests. We can't promise action or change on each individual issue, but we can assure you your input will be heard and considered, and you will receive a response from us. Please seek us out when you need help or have questions. Our names and numbers are on the back of the bulletin, and we'll be visible and available at the RAD as well.

Another way to provide feedback to the installation on the RAD or other Retiree issues you deem appropriate is the Interactive Customer Evaluation (ICE) which you can access online through the Fort Jackson website homepage or through use of the ICE cards that are located at all key points of service on Fort Jackson. I encourage you to use whatever means you are most comfortable with to ensure you are heard.

Please read the bulletin cover to cover. You will find information of interest that may answer a question you have or provide you something you can use day to day. Should you have questions, please seek someone out at RAD, or if you need immediate assistance call the Soldier for Life-Retirement Services Office at 803-751-6715/5523.

Many thanks to MG Cloutier, COL Shade, COL Goins, COL Ellerson, CSM Christian, CSM Celestaine, COL (Ret) Nahrwold, COL (Ret) Youmans and the entire Garrison staff; COL Crawford and her Moncrief Army Community Hospital staff; and the many other agencies across Fort Jackson for their continuing support of our community. We greatly appreciate your friendship, support, and efforts on our behalf.

All of us have a story to tell. A great way to continue our service is to find opportunities to tell that story to young men and women, their parents, and the community at large about the positive affects it has

had on our lives and Families. Let's do all we can to continue encouraging America's youth to serve.

Finally, my sincere appreciation goes out to each of you for your service to our Nation and your continued support of its interests. You and your Families can be very proud of the legacy of excellence and service you left behind. That legacy is embodied today in the outstanding service our current leaders and other Service Members are providing. They protect us, our Nation, and its interests all around the world, most visibly, in the Middle East. Don't forget to say a prayer for all those great Americans who remain in harm's way and the Families that await their safe return. Thanks again, to every Retiree and your Families for all you have done and continue to do to support our Armed Forces, our community, and our Nation. It is a privilege to serve you.

Have a great Spring and Summer. I look forward to seeing you at our Retiree Appreciation Days events in May. God Bless you, your Families, and the United States of America.

Very Respectfully,

Mike Molosso, Colonel, USA, Retired
Chairman, Fort Jackson Retiree Council

Medical

Moncrief Recommended for Safety Star Recognition

Moncrief Public Affairs

FORT JACKSON, SC -- After a week-long inspection, Moncrief Army Community Hospital has been recommended to receive the Army Safety and Health Management System (ASHMS) "Safety Star" recognition.

"This has been a great team effort for us," Jim Bonkowske, Moncrief Safety Officer, said. "Our command team was very excited about the prospect of providing a safer environment for our staff and patients, and this award is a great way of recognizing our staff for the work they do every day."



Medical (Continued)

The program was implemented by Army Medical Command in 2012 and is designed to instill a culture of safety involving all hospital employees.

"The Army Safety and Health Management System is based on the OSHA Voluntary Protection Program," Bonkowske explained. "Organizations that have achieved this level of recognition show a fifty percent decrease in injuries. In order to accomplish this goal, we had to change the way safety was looked at in the organization. We went from safety being a person or position, to safety being ingrained in everything we do from start to finish. Some organizations will struggle mightily and never be able to instill that change."

In order to receive the recognition, Moncrief staff spent months of preparing for the inspection. According to Bonkowske, this meant a great deal of training and "self-policing."

"We have additional duty safety officers assigned in each of our work centers, Soldiers and Civilians who have been instrumental in building our program", he said. "They developed training tools, set up peer inspections, and brought the safety mindset back to their worksites."

The Moncrief facilities management team was also credited for the hospital's success.

"They work behind the scenes fixing this old building daily," Bonkowske said. "They feel ownership and are dedicated to maintaining the highest standards every day."

In addition to reviewing Moncrief policies and work areas, the ASHMS Inspectors also interviewed random staff members on hospital safety. They were very pleased with the results.

"Everything here looks fantastic," Donald Graham, one of the visiting ASHMS Inspectors, said during the out brief. "We don't have many recommendations beyond just keep doing what you're doing."

Once the recommendation is approved, Moncrief will join only a handful of other facilities who hold the Safety Star Recognition.

"This is not a 'gimme' award," COL Traci E. Crawford told hospital staff. "It's significant. You have truly earned this recognition and I am very proud of all of you."

Fort Jackson Pharmacy Now Offering Electronic Prescribing Moncrief Army Community Hospital

Good news for TRICARE beneficiaries living in the Fort Jackson area. The next time you receive a prescription from an off-post provider, you won't have to squint to decipher the doctor's cryptic handwriting (and neither will your pharmacist). That's because electronic prescribing (e-prescribing) is available at Moncrief Army Community Hospital (MACH).

E-prescribing allows civilian providers to send prescriptions directly to pharmacies safely, efficiently, and securely. It is a safe and efficient option already adopted by most civilian pharmacies and providers. It can also help reduce prescription errors and has the potential to decrease wait times.

So how does it work? When a prescription comes into MACH Pharmacy electronically, it allows the pharmacist to resolve issues before the patient arrives.

"I'm very excited for the possibilities e-prescribing brings in terms of patient access and expedience," CPT Zachary Leftwich, Chief, MACH Pharmacy, said. "It's convenient for all parties involved – patient, doctor, and pharmacist. Patients should know that the average handwritten prescription takes far longer to process than an electronic prescription, and can sometimes be indecipherable. The e-prescriptions have the advantage of legibility, as well as processing speed- these work together to help cut down your wait time, as well as decrease possible medication errors."

Beneficiaries can ask their doctor to look for their local military pharmacies in the e-prescribing database/networks. Military pharmacies, just like retail pharmacies, will not be able to accept electronic prescriptions for controlled substances. Beneficiaries will still need a hand written prescription for these medications.

Please ask your doctor to visit the pharmacy tab on the Moncrief Army Community Hospital website for our formulary of available medications at <http://www.moncrief.amedd.army.mil>.

Family and MWR is Online!

To find information on everything Family and MWR has to offer, please visit...

www.fortjacksonmwr.com



Retirement Services

Changing Survivor Benefit Plan (SBP) Coverage to Spouse at Death of Former Spouse SBP Beneficiary

On 25 November 2015, Congress enacted into law a provision that allows military retirees to now elect spouse SBP after the death of the former spouse under the following circumstances: A military retiree remarried at the death of a former spouse, has one year from the former spouse's death to notify the Defense Finance and Accounting Service (DFAS) he/she is electing spouse SBP coverage. A military retiree who was not married at the death of the former spouse, has one year from the date of the first marriage after the former spouse's death to notify DFAS he/she is electing spouse SBP coverage. A married military retiree whose former spouse died prior to the enactment of this law has until 25 November 2016, one year from the law's enactment, to notify DFAS he/she is electing spouse SBP coverage. All requests for spouse SBP coverage after the former spouse's death must be made in writing, signed by the military retiree, and submitted to DFAS within the above applicable time frames. Copies of the former spouse's death certificate, if not previously provided to DFAS, and the marriage certificate for the new spouse must be enclosed with the request for spouse SBP coverage. For more information on SBP go to <https://soldierforlife.army.mil/retirement/sbp>.

Family and MWR

Why Golf ... Why NOT!!!

Have you ever thought about playing golf? Played in the past, but wondering how to start again? Here's a little secret. If you're brand new to the game of golf or wanting to start playing again, there's a perfect way for

4

you to get comfortably started, get out on the course and have FUN! It's called Get Golf Ready. And it really works!

Get Golf Ready offers expert instruction designed for the new golfer, with five easy, fun and affordable lessons from a PGA professional. You'll learn the basics of golf rules, etiquette, fundamentals, and navigating the course. By the time you "graduate," you'll have the tools necessary to get out and play with confidence!

Real on-course playing opportunities are the best way to increase your comfort level, and that's what makes Get Golf Ready so much fun. If you can join Family, friends and colleagues that you already know, you'll love it even more! Once you're on the course, you'll quickly see that people are enjoying the experience. Just wait until the feeling you have of watching the ball fly up in the air off your club.

Now's the time to get off the couch and out of the house! The game of golf provides you a great opportunity to make new friends while getting some exercise. Recruit a friend or Family Member to join you for Get Golf Ready! Best of all, monthly Get Golf Ready classes are available by the staff of PGA professionals at Fort Jackson Golf Club! The five lesson, Get Golf Ready classes are only \$99! For more information call the Fort Jackson Golf Club at (803-787-4437) or go to <http://www.pga.com/play-golf-america/get-golf-ready> today!

ID Card Services

ID Card Office Hours of Operation.

The Fort Jackson ID Card Office is located in the Strom Thurmond Building, Room 109. To better serve our customers and reduce wait times, the ID Card Office is operating on an appointment-only basis, with walk-in slots available Monday through Friday, 0800-0920, in room 109. Once all walk-in slots are filled, customers will have the option of scheduling an appointment or visiting an alternate ID card facility for service. Appointment hours are in 20-minute increments in room 109, Monday through Friday, 0940-1600. Customers do not need



ID Card Services (Continued)

...appointments to update/enroll in the Defense Enrollment Eligibility Reporting System (DEERS), or to complete a DD Form 1172-2; these services will be conducted on a walk-in basis throughout the duty day. However, customers who need to update DEERS and receive an ID card must schedule an appointment. To schedule an ID card appointment, utilize our appointment scheduler at <https://rapids-appointments.dmdc.osd.mil>. Please schedule ONLY one customer per appointment. (Example: if the sponsor and spouse need ID cards, then you should make two appointments).

The ID Card Office is closed for training 0800-1000 every third Tuesday of the month and all Federal holidays. For more information, please contact the ID Card Office Supervisor at phone: (803) 751-6024, or email: harvey.shiver.civ@mail.mil. Additional information may be obtained by visiting our website at: <http://jackson.armylive.dodlive.mil/units/usag/dhr/> or by calling (803) 751-7673.

<https://www.dmdc.osd.mil/> - ID card Site Locator

Nearest Alternate ID Card Locations:

Shaw Air Force Base
504 Shaw Drive, Bldg. 118
Sumter, SC
Telephone: (803) 895-1596/1598

National Guard Armory
1225 Bluff Road
Columbia, SC 29201
Telephone: (803) 299-2078

169th FW SC ANG Eastover
13254 South Carolina Rd, Suite & McEntire
JNG Base
Eastover, SC 29044-5007
Telephone: (803) 647-8725

HQ 415th Chemical Brigade
814 Perimeter Road
Greenville, SC 29605-5797
Telephone: (864) 299-2377

AER

Seeking Army Emergency Relief Financial Assistance?

By Rob Meredith

For many retirees, the need for Army Emergency Relief (AER) financial assistance may only present itself once in a blue moon. Knowing the process will lessen stress and ensure that funds can be provided as quickly as possible.

Often retirees are not aware of necessary documents required for assistance, especially when the need for assistance has reached a critical moment (i.e. disconnection or utilities, vehicle repossession, or eviction).

By knowing the eligibility criteria and having the required documents needed prior to requesting assistance, it can make the process more efficient.

Required documents may include:

1. Copies of delinquent bills (i.e. phone, electric, water, cable, mortgage, rent, car payment, car insurance, and vehicle registration).
2. 30 days past bank statement.
3. Active / retired ID card.
4. Completed application (AER Form 700)

In addition to assisting military retirees with some of the examples listed above, AER can also assist with minor home repairs that can affect quality of life, health and safety, repair of HVAC systems, automobile repairs, etc.

Please visit the Army Emergency Relief Home page at www.aerhq.org for more information on how AER can assist you or call Army Community Services at (803) 751-5256 to speak with a counselor.

FORT JACKSON 2016 RETIREE APPRECIATION DAYS

In Commemoration of the 50th Anniversary of the Vietnam War

THURSDAY, MAY 19

» *Continental Breakfast:*

Starting at 7:30 a.m. at the Fort Jackson Officers' Club. Enjoy free refreshments and board the buses at 8:30 a.m. for transportation to the ceremony at Hilton Field. (Please RSVP on page 7)

» *Basic Training Graduation Ceremony and Salute to Retirees:*

9 a.m. at Hilton Field. The guest speaker will be the Civilian Aide to the Secretary of the Army for South Carolina, Mr. Bill Dukes. Seating reserved in VIP area. Please RSVP on page 7 and indicate if you would like to participate in the pass in review. Call EOC at 751-5166 after 6:30 a.m. on the 19th in case of inclement weather.

» *Victory Bingo May Madness Buddy Session:*

At Victory Bingo. Doors open at 2:00 p.m. Fun Games begin at 3:00 p.m. Free Buffet. Buddy Night - when you purchase a regular pack or computer pack, your friend gets one too. Early Birds begin at 6:30 p.m. Regular Bingo Session begins at 7:30 p.m. For more information, call 751-3411.

FRIDAY AND SATURDAY

AAFES PX IN STORE SALE (9:00 A.M. - 9:00 P.M.)

COMMISSARY IN STORE SALE (9:00 A.M. - 6:00 P.M.)

FRIDAY, MAY 20

» *Golf Tournament:*

At Fort Jackson Golf Club, starting at 9:00 a.m. Captain's Choice. Member price is \$40 per person. Non-Member & Guest prices are \$50 per person. Price includes: cart and user fees, snacks, prize fund, BBQ lunch, range and green fees for non-members. Plus door prizes! Call FJGC 787-4437 for details. Please pre-register on page 7 or at the Fort Jackson Golf Club.

» *Silver Dollar Days:*

At Century Lanes Bowling Center (May 20 - 22). Featuring \$1 Bowling, \$1 shoe rentals, and \$1 snack bar specials.

SATURDAY, MAY 21

» *Retiree Health and Benefits Expo:*

At the Solomon Center, Strom Thurmond Blvd, from 9:00 a.m. - 1:00 p.m. Moncrief Army Community Hospital will provide health screening and counseling booths to include blood pressure screening and men's and women's health counseling. Also featuring displays, information booths, discounts, refreshments, and door prizes! Agencies represented include: Combat Related Special Compensation, Tricare, Family and MWR, AAFES, Delta Dental, SC Dept of Veterans Affairs, Dorn VA Hospital, DENTAC, TREA, Armed Forces Retirement Home, AER, SJA, AUSA, Fort Jackson National Cemetery, ID Card Services (call 751-6024 for ID Card Information).

» *No-Tap Bowling Tournament:*

At Century Lanes Bowling Center at 7:00 p.m. Registration from 6:00 - 7:00 p.m. Only \$25. Price includes shoe rental and prizes. Note: No-Tap simply means that the first ball thrown will count as a strike if 8 pins fall (for women) and 9 pins fall (for men). Plus door prizes! Call 751-6138 for details. Register on page 7 or at Century Lanes Bowling Center.

NEED A HOTEL? CALL VICTORY TRAVEL FOR SPECIAL GOVERNMENT RATES.
1-800-221-3503 OR (803)751-5812.



6

ARMY • NAVY • AIR FORCE • MARINES • COAST GUARD

Preventive Health Services in Adults

| Test | Age (years) | How Often |
|--|---|---------------------------------------|
| Blood Pressure (Hypertension) | 18 and older | Every office visit or yearly |
| Cholesterol (Hyperlipidemia) | 35 and older | Every 5 years if levels are normal |
| Mammogram (Breast Cancer) | 40 and older (women) | Every year |
| Pap Smear (Cervical Cancer) | 21 and older (women) Sooner if sexually active | Every 1-3 years |
| Chlamydia (Chlamydial Infection) | 25 or younger (women) If sexually active | Yearly until age 26 |
| Colonoscopy (Colon Cancer) | 50 and older | Every 5-10 years if normal |
| Stool Occult Blood (Colon Cancer) | 50 and older | Every year |
| Bone Mineral Density (Osteoporosis) | 65 and older (women) | Periodically |

FORT JACKSON 2016 RETIREE APPRECIATION DAYS REGISTRATION FORM

If you plan to participate in the golf tournament, ceremony and/or bowling tournament, please return this form by May 10, 2016 to: Family and MWR Business Operations, 3392 Magruder Ave., Fort Jackson, SC 29207. Payment will be collected at the door (where appropriate). You can also register at the Golf Club and Century Lanes or www.fortjacksonmwr.com/signup

FULL NAME: _____ RANK: _____

ADDRESS: _____ CITY: _____

STATE: _____ ZIP CODE: _____ PHONE: _____

SPOUSE/GUEST NAME: _____ EMAIL: _____

CONTINENTAL BREAKFAST: YES _____ NO _____ SPOUSE/GUEST: YES _____ NO _____

GRADUATION CEREMONY: YES _____ NO _____ PASS IN REVIEW: YES _____ NO _____ SPOUSE/GUEST: YES _____ NO _____

GOLF TOURNAMENT: _____ HANDICAP/AVG. 18 HOLE SCORE: _____

PLAYER 1: _____

PLAYER 2: _____

PLAYER 3: _____

PLAYER 4: _____

BOWLING TOURNAMENT: YES _____ NO _____ SPOUSE/GUEST: YES _____ NO _____