



Sheppard Air Force Base Retiree Update



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FALL/WINTER 2016

*A service for all military retirees, their spouses, and, surviving spouses.
Brought to you by the Retiree Activities Office.*

The Semi-Annual SAFB *Retiree Update* is an unofficial publication written, edited and published by the Sheppard Retiree Activities Office for the convenience of the Sheppard AFB retired population. The information or comments herein do not necessarily represent the positions or opinions of the DOD, USAF, AETC or 82d Training Wing. While all efforts have been made to assure the accuracy of the information in this publication, no absolute guarantee of accuracy can be given nor should any be assumed.

HAVE A NEW or ADDRESS CHANGE? Immediately notify DFAS to update your new information.

Retirees: Defense Finance and Accounting Service, US Military Retirement Pay, PO Box 7130, London KY 40742-7130; Phone 1-800-321-1080, Option 1 or FAX 1-800-469-6559.

Annuitants: Defense Finance and Accounting Service, US Military Annuitant Pay, PO Box 7131, London KY 40742-7131; Phone 1-800-321-1080, Option 5 or FAX 1-800-982-8459.

Addresses for non-Air Force military retirees are received from the Retired Address Finder (RAF). Retirees and annuitants may also update addresses at the Pay Center's Website:
www.dod.mil/dfas/money/retired.

Requesting a DD214 for Loved Ones – You can request a copy of your loved one's DD214 by accessing this website: <http://vetrecs.archives.gov> OR <http://archives.gov/veterans/military-services-record>

Armed Forces Vacation Club -- The Armed Forces Vacation Club is a space-available program offering Department of Defense-affiliated people affordable condominium vacations at more than 3,500 resorts worldwide. For more information, visit <http://www.afvclub.com/>.

National Resource Directory - This directory is a Web-based network of care coordinators, providers and support partners with resources for wounded, ill and injured service-members, veterans, their families, families of the fallen and those who support them. Located at <https://www.nrd.gov/>.

The Retiree Update is on the Web. Please visit us for frequent updates! Go to <http://www.sheppard.af.mil/> and click on the shortcut under "Popular Links" for "Retiree Update" (Bottom right-hand side of the page).

A Message from the Commanding General



Esteemed Veterans,

As we approach the end of summer, I hope you have been able to "beat the heat" but enjoy retiree life here in Texoma. Being a retiree yields so many benefits--pride in your service to our nation, camaraderie with current service members, and benefits not granted to regular civilians. On May 13th, we hosted our annual Retiree Appreciation Day at the Sheppard Air Force Base Community Activity Center (CAC). We brought in speakers to advise veterans on current issues, changes to benefits or coverage, and to express our appreciation as the current generation of Airmen for your incredible contribution to our freedoms and national security.

We received great feedback from over 250 veterans who attended the event. There were 25 vendors offering their goods and services to current and former service members in the area. At breakfast, we had free coffee and donuts, and for lunch we enjoyed some great pasta, salad, breadsticks, and pizza that were graciously donated by Olive Garden, Pizza Hut, and The Bricktown Kitchen respectively. We listened to the District 5 councilor Mr. Tom Quintero, a decorated 30 year veteran of the US Army; speak about the importance of the retiree population in and what they have to offer the local community. We learned about cyber safety from the local Wichita Falls Police Department and enjoyed a working dog demonstration. Afterward, people got a guided bus tour with stops at the Retiree Activities Office, our Heritage Center, Recreation Center, and the Commons to see the numerous resources available.

We will have another Retiree Appreciation Day again next spring, and I hope to make it even better by addressing issues relevant to you. I would also like to offer up that there are a multitude of opportunities to volunteer and continue serving your country. We are always in need of volunteers and the 82d Medical Group, the 82d Mission Support Group, the SAFB Thrift Shop, the Airman Family and Readiness Center or the SAFB Retiree Activities Office (RAO). Please provide your inputs and questions to MSgt James Esther, Jr., USAF, Retiree, RAO Director, or to Mrs. Roberta "Robbie" Sheehy, Editor Sheppard Air Force Base Retiree Update.

As always, no words can express the depth of gratitude we feel for your service, and we hope to see you out here at the next Retiree Appreciation Day.

Sincerely,

Brigadier General Patrick "Moon" Doherty, 82d Training Wing Commander

A MESSAGE FROM THE RETIREE ACTIVITIES OFFICE DIRECTOR
MSgt James Esther Jr., USAF, Retired

Retiree Activities Office (RAO): A Place – And People!

Do you have any idea that the RAO is more than just a semiannual newsletter, and maybe a phone number? This really is a place, attended by people, where much more goes on than just putting together the Retiree Update. Well, let me tell you –

The Retiree Activities Office is located in building 1923, room 102. We have a relatively comfortable facility with three offices, Director, Retiree Update Editor and Administrative Assistant and Volunteer Station for conducting business, and a very comfortable lounge and sitting area, meeting room and break room. There are lots of pertinent reading materials for visitors' information and relaxation. The office is open Monday – Friday, 1000 – 1400 daily, except Federal and Base Holidays. Volunteer retirees are available during office hours to receive inquiries, give assistance to get people to where they need to be, to get what they need to get, to visit, to listen, etc. Many retirees come considerable distances to Sheppard for medical appointments, filling prescriptions, BX/Commissary shopping, conducting finance, personnel or personal business, etc. After arriving at Sheppard, or before heading back home, a few minutes of quiet relaxation seem in order, or if assistance is needed to get business completed, consider dropping in at the RAO. Our friendly volunteers will make every effort to fill your order. Free coffee, free assistance, more free advice than you'll ever be able to use, are yours for the asking. Stop by and check us out!

To get here from the front gate (Avenue E), stay on Avenue E then turn right onto Missile Road at the B-52 Bomber display. Continue down Missile Road and turn left onto Avenue K. Go past the Control Tower. The first building on your left is building 1923. Enter the parking lot at the first entrance, park near the South Entrance of the building. We are in Room 102. If you can't find us call (940) 676-5088/3381 or 2654.

YOU ARE A MILITARY RETIREE AND A MILITARY VETERAN. THERE HAVE BEEN MANY CHANGES IN THE MILITARY VETERAN PROGRAM. "CHECK IT OUT"! YOU MAY BE LOSING A LOT OF BENEFITS.

MARK YOUR CALENDARS! JOIN TEAM SHEPPARD
SEPTEMBER 17-18
FOR THE TWO DAY AIR SHOW

OPEN HOUSE AND AIR SHOW

In celebration of the 75 years that Sheppard has been training Airmen, we are holding the 2016 Open House & Air Show event September 17-18, 2016. This weekend is dedicated to sharing the history of Sheppard, showing our pride in its 75 years of excellence and engaging with the community about Sheppard's missions and its impact on the Air Force and worldwide. Sheppard Air Force Base is the most diverse training base in the Air Force. Its two primary missions include the Air Force's largest technical training operation along with the world's only internationally manned and managed pilot training program, the Euro-NATO Joint Jet Pilot Training Program, which is under the 80th Flying Training Wing.

Performers at Sheppard's Air Show will be the U.S. Air Force Thunderbirds, the "Tora! Tora! Tora!" air show which is the Commemorative Air Force's recreation of the Japanese attack on Pearl Harbor that signaled the beginning of the American involvement in World War II. Other air show performers include the Viper Air Show, Jet Funny Car & Solo, Randy Bell, Mig 17 Demo and Vietnam T-37, Kent Pietsch, Jelly Belly Comedy Air Act, Texas Raiders, B-17 WWII Demo, and the Freedom Flyers, P-51 "Pecos Bill" WWII Demo.

For more information on this upcoming Sheppard Air Show please go to <http://www.sheppard.af.mil/> then click on the Air Show button.

SHEPPARD AIR FORCE BASE HERITAGE CENTER

Our goal at the Sheppard Heritage Center is to educate the public on Wichita Falls and Sheppard AFB's continuous connection with aviation history. Opened on 14 June 2003, the Sheppard Heritage Center currently showcases 27 display cases within three exhibit rooms to tell the story of aviation history in Wichita Falls. The displays focus on aviation history at Call Field in WWI, Sheppard Field during WWII, and Sheppard AFB from 1948 to the present. In addition, the center's theatre presents a 15-minute video on the history of Sheppard from 1941 to the present. The Heritage Center is open Monday through Friday, 09:00 AM to 03:00 PM and is free to the public. All visitors to the Heritage Center must check-in at the Visitor Center at the main gate.

82D TRAINING WING SAFETY OFFICE – Chief of Safety (James E. Zillweger)

Smoke Detectors/Alarms - Most of us go about our daily lives never thinking twice about the smoke alarms in our homes. The only time we really notice them is when we hear that annoying little chirp coming from the alarm when it's time to change the battery out, or the loud screaming sound coming from it when we've left our toast in the toaster a bit too long. What we fail to realize is that the little device that can be such an annoyance at times may be the thing that one day saves our life and the lives of our loved ones. Knowing how to maintain them is the key to keeping the alarm in good working order so it can do its job in alerting you when there is a smoke hazard and potential fire in the area.

- **Two most common types of smoke alarms:**

- Ionizing smoke alarms are more responsive to flaming fires
- Photoelectric smoke alarms are more responsive to smoldering fires

The advantage each type of smoke alarm provides may be critical to saving lives in fire situations. Fatal home fires, both during the day and at night, include a large number smoldering fires and a large number of flaming fires. Since you cannot predict which you might have should a fire break out in your home; it is recommended both alarms be installed. Dual sensor smoke alarms which contain both ionizations and photoelectric smoke sensors are also available.

- **General Maintenance tips:** Alarms powered by a 9-volt battery:
 - Test alarms monthly
 - Replace the batteries annually
 - Replace entire smoke alarm every ten years
- Alarms powered by a 10-year lithium “long-life” battery:
 - Test alarms monthly
 - Do not replace a lithium battery, when necessary, replace the entire unit.
- Alarms hardwired into your homes electrical system:
 - Test alarms monthly
 - Replace the backup battery at least annually
 - Replace the entire system annually

Smoke alarms save lives. When a fire breaks out, smoke spreads fast and you need a working smoke alarm to give you time to get out. Having a well maintained smoke alarm can cut the chances of dying or being seriously injured in a fire in half. With proper installation and maintenance by following the tips provided, you just might save a life, including your own.

Silent But Deadly - You can't see or smell carbon monoxide, but at high levels it can kill a person in minutes. Carbon monoxide (CO) is produced whenever any fuel such as gas, oil, kerosene, wood, or charcoal is burned. If appliances that burn fuel are maintained and used properly, the amount of CO produced is usually not hazardous. However, if appliances are not working properly or are used incorrectly dangerous levels of CO can result. Know the symptoms of CO poisoning. At moderate levels, you or your family can get severe headaches, become dizzy, mentally confused, nauseated, or faint. You can even die if these levels persist for a long time. Low levels can cause shortness of breath, mild nausea, and mild headaches, and may have longer-term effects on your health. Since many of these symptoms are similar to those of the flu, food poisoning, or other illnesses, you may not think that CO poisoning could be the cause.

Prevention is the Key to Avoiding Carbon Monoxide Poisoning

DO have your fuel-burning appliances — including oil and gas furnaces, gas water heaters, gas ranges and ovens, gas dryers, gas or kerosene space heaters, fireplaces, and wood stoves — inspected by a trained professional at the beginning of every heating season. Make certain that the flues and chimneys are connected, in good condition, and not blocked.

DO chose appliances that vent their fumes to the outside whenever possible, have them properly installed, and maintain them according to manufacturers' instructions.

DO read and follow all of the instructions that accompany any fuel-burning device. If you cannot avoid using an unvented gas or kerosene space heater, carefully follow the cautions that come with the device. Use the proper fuel and keep doors to the rest of the house open. Crack a window to ensure enough air for ventilation and proper fuel-burning.

DON'T idle the car in a garage — even if the garage door to the outside is open. Fumes can build up very quickly in the garage and living area of your home.

DON'T use a gas oven to heat your home, even for a short time.

DON'T ever use a charcoal grill indoors — even in a fire place.

DON'T sleep in any room with an unvented gas or kerosene space heater.

DON'T use any gasoline-powered engines (mowers, weed trimmers, snow blowers, chain saws, small engines or generators) in enclosed spaces.

DON'T ignore symptoms, particularly if more than one person is feeling them. You could lose consciousness and die if you do nothing.

Safe Holiday Travel - Nobody sets out to have a holiday tragedy. It's not just all about the driving, what happens if you break down somewhere? Are you prepared to stay in your vehicle for an extended period of time? Do you know how to keep you and your passengers' safe until help arrives? Please use the below tips to help you prepare safely.

Preparation

- Plan your travel including programmed stops and stick to it. Share it with everyone. There may not be cell phone coverage in some areas
- Check the weather forecasts frequently
- Winterize/check your vehicle (antifreeze, battery, brakes, exhaust, filters, heater/defroster, lights, oil, wipers and good winter tires)
- Adjust your vehicle kit for the season

Travelling in Snow/Ice

- Decrease speed
- Allow additional room to stop and brake gently
- Keep your headlights on
- Keep your vehicle clear of snow and ice
- DO NOT use cruise control
- Use extra caution on bridges and overpasses
- Four wheel drive isn't four wheel stop
- Know what to do if you go into a skid for YOUR vehicle (front, rear, four wheel drive)
- Refill when you hit half a tank of gas
- Stop/adjust your plan if needed (let others know)

Emergency Vehicle Kit (* for all occupants)

- Small shovel
- Windshield scraper and brush
- Flashlight
- Battery powered NOAA weather radio
- Extra batteries
- Water
- Food (broken down MRE's work great)
- Small emergency candles w/holder and matches/lighter (crack window if used)
- Extra cold weather gear (hats, gloves, socks, thermals, etc.)
- First aid kit w/pocket knife
- Blankets
- Tow rope or chain
- Medications
- Road salt or sand
- Jumper cables
- Emergency flares
- Distress flag
- Car charger for cell phone
- Don't forget about items for the pets if you bring them

If you happen to get stranded, DO NOT leave your vehicle unless you know exactly where you are, where help is and are absolutely certain you can reach it. Use your road flares and distress flag. Dig out the exhaust pipe to ensure it's not blocked and run the vehicle with the heat on for approximately ten minutes every hour (depending on gas level). Keep a window cracked for fresh air so it doesn't freeze shut.

Asleep at the Wheel - The National Highway Transportation Safety Administration (NHTSA) conservatively estimates that 100,000 police reported crashes are the direct result of driver fatigue each year, resulting in an estimated 1,500 deaths, 71,000 injuries, and \$12.5 billion in monetary losses. On the individual level, driving while fatigued is very dangerous, because a driver who falls asleep may crash head-on into another vehicle, a tree, or a wall, at full driving speed, without making an attempt to avoid the crash by steering or braking. The inability of a sleeping driver to try to avoid crashing makes this type of crash especially severe. Some studies have found people's cognitive-psychomotor abilities to be as impaired after 24 hours without sleep as with a BAC of 0.10%, which is higher than the legal limit for DUI conviction in all U.S. states.

What are the specific at-risk groups affected by drowsy driving?

Young People: sleep related crashes are most common in young people, especially those who tend to stay up late, sleep too little, and drive at night.

Shift Workers and People with Long Work Hours: The human body never fully adjusts to shift work; the body's sleep and wake cycles are dictated by light and dark cycles, and generally will lead one to feel sleepy between midnight and 0600.

People with Undiagnosed or Untreated Sleep Disorders: many different sleep disorders result in excessive daytime sleepiness. It is important to realize that although these specific groups of people to be involved in drowsy driving crashes, one who does not fall into any of these groups is by no means immune to drowsy driving.

Some warning signs you may experience that signify drowsiness while driving are:

- The inability to recall the last few miles traveled
- Having disconnected or wandering thoughts
- Having difficulty focusing or keeping your eyes open
- Feeling as though your head is very heavy
- Drifting out of your driving lane, perhaps driving on the rumble strips
- Yawning repeatedly
- Accidentally tailgating other vehicles
- Missing traffic signs

In fact, drowsy drivers sometime drive so poorly that they might appear to be drunk.

What can be done to avoid drowsy driving altogether?

Get a good night's sleep. Sleep experts recommend between 7-9 hours of sleep per night. Plan to drive long trips with a companion. Passengers can help look for early signs of fatigue and switching drivers may be helpful. Passengers should stay awake and monitor the driver's condition. Take regular breaks. Schedule regular stops—every 100 miles or two hours, even if you don't feel tired, and more often if you feel you need it. Avoid alcohol and medications. If medications warn that they cause or may cause drowsiness, avoid taking them before driving. You should never consume alcohol before driving in the first place, but it is especially important to realize that alcohol interacts with fatigue, increasing sleepiness. Consult your physician or local sleep disorder center if you suffer frequent daytime sleepiness, experience difficulty sleeping at night, and/or snore loudly on a regular basis. Take a nap if you are already driving and start feeling fatigued. Find a safe place where you can stop, park your car, and sleep for 15-20 minutes. A nap longer than 20 minutes can make you groggy for at least 15 minutes after awakening.

82D MEDICAL GROUP - (Colonel Sally Kelly-Rank)

Sheppard Clinic Normal Hours of Operation: Monday-Friday 0730 – 1630; closed weekends, holidays and family days.

****Closed the first Wednesday of every month from 0700-1000 for Medical Readiness Training (includes lab, radiology, pharmacy, and all administrative offices).**

Exceptions:

Internal Medicine: 0700-1630

Lab: 0700-1630

Immunizations: 0730-1630 (last vaccine given at 1600)

Pharmacy: 0730–1630 drop-off/pick-up (1630-1700 prescription pick-up only)

Mark Your Calendar - Upcoming 2016 Sheppard Clinic Closures:

AETC Family Day	Friday, 2 September
Labor Day Holiday	Monday, 5 September
Clinic Training	Friday, 9 September closed until 1200; appointments will be available at 1300
Columbus Day Holiday	Monday, 10 October
Veterans Day Holiday	Friday, 11 November
Thanksgiving Holiday	Thursday, 24 November
AETC Family Day	Friday, 25 November
Christmas Holiday	Monday 26 December
AETC Family Day	Tuesday, 27 December

Sheppard Clinic has no emergency services. For a true emergency with a threat to life limb or eyesight, call 911 or go to the nearest emergency room (i.e., chest pain, inability to breathe, fractures, eye injury).

- United Regional Health Care Systems, 1600 11th Street (Trauma Center)
- Kell West Regional Hospital, 5420 Kell West Blvd

LOCAL URGENT CARE – Sheppard Clinic has medical professionals available 24/7 by calling (940) 676-1847; toll free at (877) 676-1847, or (800) 874-2273. The medical professional will triage the patient on the health concern, may book the patient an appointment with the physician, may provide information on over the counter methods of care, or may direct the patient to an Urgent Care Facility. No authorization number is required to access urgent care. Referrals are submitted the next business day. If you are not directed by the medical professional to an urgent care facility, the visit will not be authorized for payment. The medical bill then becomes patient responsibility.

URGENT CARE WHILE TRAVELING – Contact Humana at 1-800-444-5445, provide them the address or area where you are *physically* located and your health concern. Humana will advise what local urgent care is available and initiate a referral/authorization for payment of the visit. Routine medical care will not be authorized.

*****NOTE*** Check and read your Explanation of Benefits (EOB) from Humana closely! Contact Humana at 1-800-444-5445 to avoid unnecessary out of pocket expenses and potential credit reporting issues.**

MiCare - MiCare secure messaging is an online service that allows patients to take command of their healthcare by offering efficient secure electronic exchange between patients and their healthcare team. (Non-urgent medical concerns only)

The many uses of MiCare:

Request a school physical

Request a doctor's note

Request your next non-urgent appointment

Receive test and lab results

Communicate online with the healthcare team about non-urgent symptoms

Request a copy of your immunization record

Request medication renewals – this will be the **only** method available to renew expired prescriptions

Access a large library of patient education materials

Complete the registration form attached. Either scan and email the form to Princess.Skaggs@us.af.mil or drop it off at any Sheppard Clinic front desk. It takes about 2 minutes to register the patient and with just a few additional steps on your smart phone or computer, you can be online with your healthcare team. For your convenience computers are available for use in the Pharmacy and Family Health Clinic waiting areas.

Using TRICARE and Medicare (TRICARE for Life/TRICARE Plus)

Do you have questions on TRICARE for Life? TRICARE Plus? How they interact with Medicare? This class will provide beneficiaries basic information on using TRICARE while entitled to Medicare; beneficiary responsibilities for a seamless transition from TRICARE Prime to TRICARE for Life; your requirements when turning 65; benefit questions and answers on other family members not yet turning 65; DEERS eligibility; using civilian providers and a whole host of additional information. Join us and get the answers you need! We are offering one session during fall/winter.

15 December 2016 @ 1000-1100

Location: Medical Clinic Basement Assembly Room B035 - take the elevator to the basement and follow the ceiling signs to the designated area.

Transferring Prescriptions

Are you new to the area? Or do you have children or grandchildren visiting from a different state or region? Sheppard Clinic Pharmacy can have the prescription transferred to our facility. The parent or legal guardian will need to bring in the prescription bottle (best method) or the phone number of the Pharmacy where the prescription was last filled. It takes approx. 2-3 days depending on the response time from the previous pharmacy.

Referrals – Ensure you have an active referral in hand BEFORE you see a specialty provider!

Do you have an annual cardiology appointment? Do you see a specialty physician on a continuing basis? Do you know how many visits you have left on the referral? Do you know when the referral expires?

Referrals are approved for a specific period of time and a specific number of visits. If either expires, the referral is no longer active. It is patient responsibility to track dates and number of visits. The most effective method to track these is through Humana’s mobile app.

In your search engine type “MyHumana” and enroll. Access is available 24 hours a day and 7 days a week. There are many features available such as:

- Track your referrals dates and number of visits
- Find a provider, emergency or urgent care facility by zip code
- Beneficiary eligibility and plan information
- Pay premiums with “PayByPhone”
- Review your claim information

Sheppard Clinic Goes Tobacco Free

Effective Friday, 29 July, Sheppard Clinic became a smoke free campus. This includes all tobacco products including smokeless tobacco and electronic cigarettes. This policy applies to all patients and staff members.

Grocery Store Tour

Sheppard Clinic offers the “Grocery Store Tour”. Join the fun and learn what to look for on labels, what are super foods, choosing nutritious snacks and finding out if organic is worth the cost. Answers to all your questions! Call (940)-676-6003 to reserve your spot on the tour.

Bod Pod

New!! Sheppard Clinic introduces the “Bod Pod”. This equipment accurately measures your lean mass and fat mass. The Body Composition Analysis (Bod Pod) will calculate the number of calories your body needs to support its basic functions and the number of calories you need to make it through the day. Schedule now through the Public Health Department at (940 -676 -3052).

Coffee and Conversation

Do you have kudos, concerns or suggestions regarding your medical care? This is your time to voice those issues directly to medical group leadership. Your concerns are important to us and our leadership is here to make a difference. Join us at our monthly Coffee and Conversation - your concerns will be addressed!

Meet us at the “The Commons” (old Library), grab a cup of coffee from Brew U, and let’s chat!

Wednesday, 14 September @ 0830

Wednesday, 12 October @ 1200 (noon)

Wednesday, 9 November @ 1600

Wednesday, 14 December @ 0830

Meet for “TRICARE Tuesday” at the Retiree Activities Office

Do you have questions about your benefits? Need some information about the medical group? Join us at the Retiree Activity Office on a monthly basis to get updates on services, ask questions, or just chat. Mark your calendar for upcoming dates and times.

Tuesday, 20 September @ 1000

Tuesday, 18 October @ 1000

Tuesday, 15 November @ 1000

Tuesday, 20 December @ 1000

Dispose of your Medication Safely

This is the perfect time to clean out all unwanted, unused, and/or expired medication and dispose of these medications safely!

1. Leave medication in original packing/containers when possible and remove all labels with personal identifiable information.
2. NO liquid containers more than 4 oz. and please place in a sealed plastic baggy before depositing.
3. No sharp containers, needles, syringes, batteries, aerosol spray cans, trash, medical devices, chemicals or other hazardous material

Check out Sheppard Clinic’s new Med safe - look for the bright blue box in the pharmacy waiting area!

Sheppard Clinic Patient Advocate Program

Our goal is to become your "Medical Home" and ensure you receive the best care possible. We value your feedback. If you have any concerns, questions, or comments about your appointment, customer service, or policies in the medical group, please do not leave the clinic without discussing your issue with the patient advocate in the section(s) of your concern. Their photographs and contact information are posted in every section of the clinic; they will gladly assist you, or elevate your concerns through leadership channels. Also for your convenience, we have customer service comment cards located in black boxes throughout the clinic. You may complete them and insert them into the locked boxes while still in the clinic, or take them home and enter the information at your convenience from any computer at <http://ice.disa.mil>. If you have a "smart phone," you may also scan the QDR on the back of the comment card and enter your data directly from your phone.

Behavioral Health is Now Open to Retirees

Do you suffer from any of these everyday problems.....

- I just can’t sleep and feel exhausted every day!
- I can’t cope with this relationship anymore!
- The stress of this job is killing my marriage!
- I’m worried and nervous all the time!
- Nothing interests me anymore!
- I just can’t concentrate!



If you are a TRICARE Prime beneficiary with a primary with a primary care provider here at Sheppard Clinic you can now get appointments for short term behavioral health issues – call (940) 67601847 to make an appointment.

Family Advocacy Strength-Based Therapy (F.A.S.T.) for Retirees and Dependents

This is the Family Advocacy Strength-Based Therapy program. It offers Individual counseling, marital counseling, couples communication, family counseling, grief counseling and parenting for /parents/grandparents/couples who have children 3 years old and older.

Retirees and dependents can also attend other prevention classes as well. Anger/Stress Management, Parenting classes, Communication classes, etc.

For more information on classes available contact (940) 676-2271

Optometry Clinic Open to Retirees and Dependents!

With the addition of a new optometrist, appointments are now available for **Retirees and Dependents**. Call (940) 676-6243 to schedule an appointment. TRICARE Standard and TRICARE for Life beneficiaries are scheduled on a space available basis only.

Retirees have the option to see a local optometrist for an eye exam. TRICARE authorizes one eye exam every two years without a referral. ****Note**** this is for an eye exam only – *other services may require a referral and the appointment has to be one full year to the day from the previous year's appointment. Local in-network optometrist's in the area are limited.* Check with Humana 1-800-444-5445 prior to receiving any services.

Sheppard Clinic has FREE Health Classes Available!

Want to start the year out right with a weight management program, need help with your blood pressure, want to control your diabetes or just want to quit smoking? Health Promotions has classes available to you at no cost! Now is the time to make a positive change in your life and we are here to help you make that change! Call (940) 676-5831 or (940) 676-6003.

Sheppard Clinic Patient Advocate Program

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**Get the Information First! “Like” and Share the Sheppard Clinic’s Facebook Page! Search for us
“AFMS-Sheppard 82d Medical Group”**

Find out the latest information on:

- Changes to Clinic Hours
- Unscheduled, Holiday, or Weather Closures
- Clinic Moves and Updates
- Health and Wellness Tips
- New Programs
- Information on Back to School Physicals
- Clinic Construction
- New Services and New Providers
- Food Recalls

82D SECURITY FORCES SQUADRON - (Major Lawrence Wyatt Jr.)

Privately Owned Firearms (POF) on Sheppard AFB and What You Need to Know

Transportation. – When transporting a POF it will be completely unloaded (no magazine or ammunition in the weapon) and POFs will not be readily available or within reach of vehicle occupants during transportation. If vehicle configuration does not allow for POFs to be out of reach, the POF must be in a locked container with ammo in a different location. **Transportation of firearms onto or through the installation is prohibited unless otherwise authorized.** Transportation of firearms is permitted, for example; transporting the firearm from the armory or base quarters off the installation or to a base sponsored event (hunter safety class, skeet range, etc.) or directly from the gate to their quarters or armory or a base sponsored event (hunter safety class, skeet range, etc.) by the most direct route.

Registration – TDY (staying in billeting) and unaccompanied housing (dormitory) residents do not have to register their weapons but must store them in the Security Forces’ armory, building 2118.

Permanent Party/DoD personnel in privatized housing will register their weapons via AF Form 1314 and DD Form 2760 coordinated through their commander. Forms will be turned into Security Forces armory, building 2118.

Non DoD personnel living in privatized housing (Freedom Estates) can register their weapons by picking up and returning an AF Form 1314 from/to Pass and Registration personnel during normal business hours, currently located at the Main Gate. When the Missile Road project is complete the Pass and Registration office will re-locate to building 1405 on Missile Road. Commander coordination is not applicable, but POF owners are subject to a background check to verify the lawful possession of a privately owned firearm.

Reporting – All personnel transporting weapons must declare possession of a POF any time they come into contact with Security Forces and/or Department of the Air Force (DAF) Police/Guard personnel, coming through an installation entry control point, incident to a lawful stop (traffic stop) and search/inspection on an AF installation.

These additional measures ensure the continued safety of AF communities.

TEXAS VETERANS COMMISSION – Mr. ABDULLAH SHAMSID-DEEN,
VETERANS COUNSELOR

The Texas Veterans Commission is the veterans’ advocate in applying for VA disability related benefits such as VA Service-Connected Disability Compensation and Dependency and Indemnity Compensation (DIC). The office is located in Building 402, 426 5th Avenue. The phone number is (940)-676-4140. It is better to call before coming to the office. The Wichita County Veterans Office is at (940)-716-8599.

Service-connected disability compensation is a tax-free monetary benefit paid to Veterans who are disabled by an injury or illness that was incurred or aggravated during active military service. Combat experience is not required for compensation.

You may be eligible for disability compensation if you have a service-related disability, injury, disease (physically or mentally) and you were discharged under other than dishonorable conditions. The amount of compensation varies with the degree of disability and the number of Veteran’s dependents, and is paid monthly. Veterans with certain severe disabilities may be eligible for additional special monthly compensation.

NOTE: Veterans with disability ratings of at least 30 percent are eligible for additional allowances for dependents, including spouses, minor children, children between the ages of 18 and 23 who are attending school, children who are permanently incapable of self-support because of a disability arising before age 18, and dependent parents. The additional amount depends on the disability rating and the number of dependents.

These eligibility requirements are general and there may be additional factors that affect eligibility. Each case is unique and there are exceptions for every rule. Your Texas Veterans Commission counselor is an expert who can review your specific situation and help determine your eligibility.

Dependency and Indemnity Compensation (DIC) is also a tax-free monetary benefit paid to eligible survivors of Veterans whose death resulted from a service-related injury or disease.

To qualify for DIC, a surviving spouse must meet the requirements below.

The surviving spouse was:

- Was married to the Veteran for at least one year, **OR**
- Had a child with the Veteran, **AND**
- Cohabited with the Veteran continuously until the Veteran's death or, if separated, was not at fault for the separation, **AND** Is not currently remarried

Note: A surviving spouse who remarries on or after December 16, 2003, and on or after attaining age 57, is entitled to continue to receive DIC.

How to Apply for these benefits? Meet with your local Texas Veterans Commission representative or Veterans County Service Officer who will guide you through the process and identify any paperwork required. Completing forms completely and correctly will affect the outcome of your request. These expert counselors will assist you in completing the forms to get the best results possible.

82D FORCE SUPPORT SQUADRON (Lieutenant Colonel Kyle A. Moe)

To keep you informed and up-to-date with the 82d FSS facilities, download myairforcelife.com free on your iPhone or Android. Our website is <http://www.82fss.com>
Facebook: (Sheppard AFB – Force Support Squadron)
Twitter: Sheppard FSS @SheppardFSS or text 8282 to 77948

SHEPPARD CLUB	940-676-3630/8010	Bldg. 340
BOWLING	940-676-4141	Bldg. 318
BREW U	940-676-0751	Bldg. 312

Looking for that perfect place to relax and enjoy a cup of Starbuck’s coffee? Head to Brew U at The Commons (formerly the Library), and treat yourself! Don’t forget to stop by every Thursday for double punch on your punch card! Buy 9 drinks, and get the 10th one on us! The hours at Brew U are 6:30am-7pm Monday through Friday and 10am-5pm Saturday and Sunday.

THE COMMONS (formerly the library): The Sheppard Library, Information, Tickets & Travel and Community Programs are in one location called The Commons, **Bldg. 312.**

COMMUNITY PROGRAMS 940-676-4136
INFORMATION, TICKETS & TRAVEL 940-676-2302/7019
SHEPPARD LIBRARY 940-676-4136

OUTDOOR RECREATION	940-676-4141	Bldg. 4490
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Outdoor Recreation is located on Scenic Park with walking and running trails, and a premier Disc Golf Course. Some adventure programs available through the Outdoor Recreation include whitewater rafting, canoeing, indoor rock climbing, horseback riding, sky diving and kayaking. We also offer private bus rentals on our 25 passenger bus. Rent gear for your party, picnic, lawn & garden, home improvement, camping (to include RV) and fishing. RV storage is available and ranges from \$12 to \$15 per month or \$120 to \$150 per year depending on lot size. For more information, stop by or go on our website www.82fss.com for more information!

SKEET AND TRAP RANGE	940-676-4141	Bldg. 2382
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The Shootin’ Shack offers 2 skeet fields, 2 trap fields and a 5-stand year round. All airmen, active-duty, retired military and civilian employees are eligible to shoot. Don’t have access to the base? You can download a civilian skeet pass at www.82fss.com. Ammo and guns are available at the range. The range is open Thursday 1630-2000, Saturday and Sunday 0900-1700 and is located on the north end of the base.

WIND CREEK DISC GOLF COURSE 940-676-4141

Located on the old Wind Creek Golf Course, this course has 2 alternating pin placements per hole with a creek winding through several of the holes. Pin placements are rotated the first week of every month. While relatively open, there are enough trees, rough, water, mounds, Obstacles and elevation changes to make this a fun and challenging course! You don’t have to be military to play disc golf at Sheppard – invite your friends to play! To download a Civilian Disc Golf Pass, go to <http://www.82fss.com/outdoorrecreation.html>. The course is free!

Sheppard Annex is located on the south-west side of Lake Texoma on over 580 acres with excellent fishing, a shallow beach, and easy boat access to other areas of the lake. The lake has sustained some significant damages due to the flooding last summer. Efforts are being made to get our facility opened at 100% and insure we will have an even greater Annex than before when we do fully reopen. Lake Texoma has been able to open partially. There are 20 cabins open for your enjoyment and recreation adventures. The store is open and has a good supply of fishing lures and tackle that may be purchased. Of course soft drinks and snacks are always available. The hiking trails are open for a long walk and a close look at nature and the wildlife that the Annex has to offer. There is a tennis court and a basketball court. We have a small fitness center to keep your resolutions on track. The grill is open for breakfast on the weekends March through November. Now would be the right time to make your reservation for the cabin you would like for that fall getaway. The RV and the tent camping areas remain closed. Please check out our website <http://www.82fss.com/sheppardannex.html> for updates on our progress. Hours of Operation: Sunday – Saturday from 8am-5pm.

**THE LUBBOCK/PANHANDLE AREA (LSRAO) – DIRECTOR, RETIREE
ACTIVITIES OFFICE, (ROGER L. HALTOM, MAJOR, USAF, Retired)**

The Lubbock Satellite Retiree Activities Office was established to support the military retiree community in the Lubbock/Amarillo Panhandle area and is open Tuesday through Thursday, 1000 to 1400. We are located in the Lieutenant General William Edgar Murphy Armed Forces Guard/Reserve Center, 301 E. Regis Street. Since we are not located on a military post or base, the office is mainly a referral station with volunteers who can advise you on how to get assistance, and who can help with your questions or problems – that is our goal. **We service all branches of the military service. Our office would function better with more volunteers; military retiree, spouse or surviving spouse. Our get-together is held on an as needed basis by the Director. We discuss the month's activities and we talk about the information received from Army, Air Force, and Navy retiree newsletters, periodicals, phone calls and e-mail. Our telephone number is (806) 749-3728.**

YOU ARE A MILITARY RETIREE AND A MILITARY VETERAN. THERE HAVE BEEN MANY CHANGES IN THE MILITARY VETERAN PROGRAM. "CHECK IT OUT"! YOU MAY BE LOSING A LOT OF BENEFITS.

ID Cards can be renewed at the following facilities in West Texas and New Mexico

Lt. Gen. William Edgar Murphy Armed Forces Guard/Reserve Center, Lubbock, TX, 301 E. Regis Street, 0830 – 1100 and 1300 – 1600, Room 1127. Hours of operation; Tuesday thru Friday. Please call (806) 765-9529, Ext 7.

Dyess AFB, TX – 7th FSS/FSMPS, Bldg. 7233, Room 129. Please call (325) 696-5722.

Navy Operational Support Center, Amarillo, TX, 2500 Tee Anchor Blvd, 0800 - 1500 Mon-Fri. Please call (806) 372-5589.

Cannon AFB, NM – 27th FSS/FSMPS, 110 E. Sextant Avenue, 0700 – 1600. Bldg. 600, Room 2037, Please call (575) 784-7592

It is important to call before going to these locations to get answers to any questions you may have and to insure their equipment is operational at the time you want to visit.

TRICARE ISSUES – Service Centers Call 1-800-444-5445

TRICARE Beneficiary Services. Retirees residing in the Lubbock, Texas /Panhandle area are in the South Region and must use the Service Centers that are nearest to them. In the Lubbock Area, you can get assistance from the Lubbock Guard/Reserve Center by calling 1-806-765-9529, Ext. 7. **Some difficulty may be experienced in obtaining service from another region.** Nearby TRICARE Service Centers are:
Dyess AFB, TX, 697 Louisiana Road, Please call (325) 696-1110, Option 5
Fort Hood, TX, Building 36023, Santa Fe Avenue. Please call (254) 288-8155
Fort Sam Houston, TX, 31601 Schofield, Building 1179. Please call (210) 221-7979
Fort Worth, TX 2821 Lackland Road, Suite 210, 76116 (**Walk-in only. Please call 1-800-444-5445**).

For information or assistance concerning military retiree affairs, contact the LSRAO by telephone at (806) 749-3728, FAX (806) 744-5702.

GENERAL INFORMATION: Other military facilities issuing ID Cards:

Wichita Falls Area: Altus AFB, OK, 97 FSS/FPMPs, 308 N 1st Street, Building 52, Room 2601.
Please call (580) 481-6559.

Fort Sill OK, HQUSAFACFS, Jones road-PAH-ID, Building 3162, Room 102.
Please call (580) 442-2560.

Dallas/Fort Worth Area: NAS Joint Reserve Base (JRB) Fort Worth Visitor Control Center (Bldg. 304) 1304 Military Parkway (MAIN GATE). Please call (817) 782-5244. You can also go on line at:
<https://rapids-appointments.dmdc.osd.mil/appointment/>

Central and East Texas Area: Fort Hood, US Army, Installation Adjutant General, Copeland ID Card Section, Battalion Avenue & TJ Mill Blvd, Building 18010, Bldg. 115, Fort Hood, TX 76544.
Mon-Fri 0730-1530. Please call (254) 287-5670.
Barksdale AFB, LA 2FSS/MP, 800 Kenney Ave, Bldg. T-4353, Room 10. Please call (318) 456-3710.

ID Card & DEERS Document Requirements - All retirees and family members who are in need of a new ID card because of mutilation, expiration, or loss need to bring the following documents. These documents allow us to verify in case the ID card computer system shuts down.

- a. Retiree: Retirement Orders or DD Form 214
- b. Family members:
 - (1) Retirement Orders or DD Form 214
 - (2) Birth Certificate (containing both parents name) or court document signed by a Judge, determining sponsor is parent
 - (3) Marriage Certificate or copy (with seal)
 - (4) Letter from college registrar's office stating that the dependent is a full time student taking 12 semester hours or more and expected date of graduation (for dependents age 21 to 23)
 - (5) Divorce Decree
 - (6) Adoption Papers
 - (7) Unmarried surviving spouse must present marriage certificate, and birth certificate for surviving children's ID card.
 - (8) To replace lost ID cards requires a picture ID, i.e. driver's license, etc., plus all above documents.
 - (9) Former spouses that qualified for ID card must have member's DD Form 214, Certificate of Release or Discharge from Active Duty) for each period of service in addition to above requirements.

(10) The signature of the military sponsor is required before issuance of family member's ID cards. The application must be notarized if sponsor is not with family members.

Retirees, Audit Your Account - Make sure you review your account every year!

You'd notice if your banking information was wrong, wouldn't you? Probably, but there's a lot of other important information to keep updated to make sure you're getting all the retired pay you deserve. Keep your information current so that DFAS can get in touch with you if there is a problem, change, or update with your account. Don't let anything slip through the cracks! **Here's a list of things to check at least once a year.**

1. Update your address - You might be surprised to learn that we get a lot of returned mail. If you've moved and haven't told us, we won't know how to reach you. From an audit of your account to a returned payment, lots of things come up that we need to contact our members about. Make sure we have a way of reaching you that is current and correct! Log in to your myPay account and view your correspondence address as part of your annual account check-up.

2. Update your email address - Make sure we have an email address on file for you and that it is current. Email is our easiest and fastest way to communicate with our members. If we have your email address on file, you will hear news faster and get more details when it arrives. So go paperless and stay in the know! Take a minute right now and check to make sure your email addresses are current. At the bottom of your myPay account menu, select "Email Address" to view the email addresses you have on file with us. Make sure you indicate the primary email address you want us to use, and check the box to indicate if the address is still valid. Delete any old email addresses you no longer use.

3. Check your state and federal income tax withholding - If your income changes, or if you move to another state, you should look at any federal or state income tax withholding information we have in your account. Don't wait until April 15th to discover we've been deducting taxes for a state you no longer have to file in! You can verify and update your tax withholding information yourself in myPay. Click on your Federal Withholding to see if your marital status and number of exemptions are correct. Then click on your State Withholding to make sure both the state and the amount are what you want.

4. Review your allotments - Review your allotments at least once a year. Check each allotment and your allotment amounts. Make sure each allotment is current and the amount is correct. If you need to stop, start, or change an allotment, myPay functionalities allows you to do this and instructional videos are provided as well. <http://www.dfas.mil/retiredmilitary/manage/allotments.html>

Finally, please keep in mind that not all allotments can be changed using myPay. Some common allotments that cannot be changed using myPay include Delta Dental, Tricare and NSGLI, all of which are listed in your latest eRAS. As part of your yearly audit, you should review your monthly eRAS and verify any allotments that you can't change on myPay by contacting that company or organization directly.

5. Have there been changes in your family - When you get married, lose a spouse or have children, the change can affect your account. From federal income tax withholding to Survivor Benefit Plan costs, the amount of retired pay you receive each month can change. If there have been any changes in your family, please send us a copy of the official documentation (marriage license, divorce decree, death certificate or birth certificate), as well as a request for how you want us to update your account. Always notify DFAS as soon as possible about a major life change.

You can fax your documents to 1-800-469-6559 or mail them to DFAS, PO Box 7130, London, KY 40742-7130. Always make sure your Social Security Number is clearly visible on each document so we will know whose account to update.

6. Check your beneficiary designations - Lastly, who have you chosen as a beneficiary for any arrears of retired pay when you die? Make sure you're still satisfied with your designation and check your address book to confirm that their addresses are up to date.

You can check this information by clicking on the Beneficiary for Arrears link in myPay. Now you can even make changes to your designations and update their address information through myPay.

So pick a date! It doesn't matter if it's your retirement date, birthday or the first of the year. Set a yearly reminder to look over your information to make sure your account is up to date!

The General and Mrs. Curtis E. LeMay Foundation is a national organization which provides financial assistance to widows of all retired Air Force personnel. It offers financial help to indigent widows needing assistance -- wherever they are residing -- for as long a period as necessary, even for a lifetime. Write to The General and Mrs. Curtis E. LeMay Foundation, 17050 Arnold Dr., Riverside CA 92508. Phone toll free 800-729-2999. The website is at www.lemay-foundation.org/. Send email to info@afvw.com

Administration on Aging - The mission of this agency is to develop a comprehensive, coordinated and cost-effective system of home and community-based services that helps elderly individuals maintain their health and independence in their homes and communities. For more information, visit www.aoa.gov/.



Hundreds of Texoma residents will unite in a movement to reclaim the future for millions at the Alzheimer's Association's Walk to End Alzheimer's®. In 2015, the Wichita Falls Walk raised \$58,000 contributing to more than \$67 million raised nationwide for care, support and research efforts for those impacted by Alzheimer's disease. The Wichita Falls Walk will be held Saturday, September 24, 2016, with registration starting at 7:30 am, opening ceremony at 8:45 am, and the 1.5 mile Walk begins at 9:10 am at the Bud Daniel Park, Downtown Wichita Falls (9th and Ohio). We walk because Alzheimer's disease is the sixth leading cause of death in both the United States and in the state of Texas. Participants in the 2016 Walk will make a difference for the more than 340,000 Texans affected by this deadly disease, as they play a role in raising funds for necessary research and for free services and programs offered by the Alzheimer's Association. More than 5 million people are currently affected by Alzheimer's and the Association is working to make finding a cure for the disease a national priority. To start or join a team in the Wichita Falls area, visit <http://www.alz.org/walk> or contact Patty Taylor at 940-767-8800, or via her email: ptaylor@alz.org, or the website: <http://alz.org/northcentraltexas/>. Individuals, family and corporate teams are welcome.

For the other areas the Retiree Activities Office services go to <http://www.alz.org> and then search for an Alzheimer's walk in your area.

COMMISSARY

Flip the calendar for commissary savings

Retiree and family members who want to save more money in 2016 can do so by taking advantage of special in-store promotions and coupons. Go to our website, www.commissaries.com to find recipes and cooking tips and ideas to help you be healthier and save money in the process.

Commissary Reward Card

1. Get your card in store (visit Commissaries.com to enroll).
2. Once enrolled, find and select digital coupons at commissaries.com.
3. After you have finished shopping swipe your card to redeem your coupons.

Your Sheppard Commissary Has A New Phone System with new Extensions

Main Number (940) 676-2901

Customer Service- Ext. 3311

Commissary Officer- Ext. 3301

Asst. Commissary Officer- Ext. 3312

Secretary- Ext 3000

Grocery Manager –Ext. 3320

Produce Manager- Ext. 3316

Meat Manager- Ext. 3315

Deli/Bakery Manager- Ext.3317

September Case Lot Sale – Friday September 2nd, Saturday, September 3rd, and Sunday September 4th

Other Dates to Remember are as follows:

Monday 05 September – Labor Day (Closed)

Monday 10 October - Columbus Day (Closed)

Monday 31 October - Halloween (Closed)

Friday 11 November - Veteran Day –Open from 0700-2000

Thursday - 24 November - Thanksgiving (Closed)

Saturday - 24 December Christmas Eve (Open)

Sunday - 25 December Christmas Day (Closed)

Saturday – 31 December New Year’s Eve (Open)

Sunday – 1 January 2017 New Year’s Day (Closed)

Monday – 2 January 2017 (Closed)

Monday – 16 January 2017 (Martin Luther King’s Birthday – Closed)

Monday – 20 February 2017 (President’s Day – Closed)

Please note that the hours of operation for New Year’s Eve are determined by the DeCA Director.

Commissary Connection

Stay connected with the latest news about your most valued benefit, hot links to additional savings, shopping sprees, contests, commissary promotions, events and more, go to www.commissaries.com/suscribe.cfm and subscribe to the Commissary Connection newsletter.

FACEBOOK: Visit www.facebook.com/yourcommissary where you can post comments and share news, photos and videos.

YOUTUBE: To see DeCA latest videos www.youtube.com/DefenseCommissary

TWITTER: To see the latest “tweets” www.twitter.com/YourCommissary

FLICKR: To see DeCA’s latest photographs <http://www.flickr.com/photos/commissary/>

Employment

If you are interested in working in the commissary, please apply at www.USAJOBS.GOV
Click on Search Jobs tab, Type in the Announcement Number: [DECA-16-OC-1588409-DE](#)
Click on [SALES STORE Checker](#), click on “How to Apply” and complete the application.

SHEPPARD AFB FREQUENTLY CALLED NUMBERS - Area Code is 940 except as shown

Accounting & Finance (Bldg. 402) or DFAS direct 1-800-321-1080

Airman & Family Readiness Center (Bldg. 962) 676-4358

Audiology Clinic (Bldg. 1200) 676-2143

Billeting/Lodging (Bldg. 1600) 855-7370

Casualty Assistance & Survivor Benefit Plan (Bldg. 962) 676-2984

Commissary - (Bldg. 120) 676-2901

Honor Guard Coordinator (Military Funeral Honors Bldg. 832) 676-4984

Hospital Appointment Desk (Bldg.1200) 676-1847

ID Cards (Bldg. 402) 676-4314

Immunizations Clinic (Bldg. 1200) 676-3757

Lake Texoma Reservations (903) 523-4613

Law Center (Bldg.315) 676-4262

Lubbock Satellite RAO - 806-749-3728

Main Exchange (Bldg.239) 855-4318

Medicare 1-800-633-4227/TTY 877-486-2048

Medicare Card /replacement 1-800-772-1213

Outdoor Rec/Pools/Skeet/Paintball (Bldg. 5) 676-4141

Security Forces Desk Sgt (Bldg. 2118) 676-2982/2983

82d Medical Group Patient Advocate (Bldg.1200) 676-6420

82d Medical Group Pharmacy (Bldg. 1200) 676-6310; phone-in refills 676-5709 or toll free 1-800-467-9379

Texas Veterans Commission, Sheppard Field Office (Bldg. 402 Room 234) 676-4140

Veterans Affairs—Benefits for Veterans, Dependents and Survivors 1-800-827-1000

Veterans Clinic of North Texas 723-2373

SHEPPARD AIR FORCE BASE RETIREE ACTIVITIES OFFICE INFORMATION

Commercial Numbers	940-676-5088/2654 or 3381	DSN: 736-5088/2654 or 3381
Commercial FAX	940-676-8444	DSN: 736-8444
Director	MSgt James Esther, Jr., USAF, Retired	
E-mail	james.esther.2@us.af.mil	
Web Site Address	http://www.sheppard.af.mil	
Mailing Address	Retiree Activities Office 82 TRW/CVR 419 G Avenue, Suite 1 Sheppard AFB TX 76311-2941	
Location	Building 1923 Room 102	
Retiree Update Editor Office Administrative Assistant	Roberta (Robbie) Sheehy	
E-mail	roberta.sheehy.1@us.af.mil	

RETIREE ACTIVITIES OFFICE
82 TRW/CVR
419 G AVENUE SUITE 1
SHEPPARD AFB TX 76311-2941

PRESORTED
STANDARD
U.S. POSTAGE
PAID
LANSDALE, PA
PERMIT NO 491



RETIREE UPDATE FALL/WINTER 2016

SHEPPARD AFB IS HOSTING AN OPEN HOUSE AND AIR SHOW FOR TWO DAYS ON SEPTEMBER 17TH AND 18TH FOR ALL ACTIVE DUTY MILITARY AND THEIR FAMILY MEMBERS, MILITARY RETIREES AND THEIR FAMILY MEMBERS AND VETERANS AND THEIR FAMILY MEMBERS AND THE ENTIRE WICHITA FALLS CIVILIAN COMMUNITY. COME ON OUT AND ENJOY AERIAL DEMONSTRATIONS AND STATIC DISPLAYS. THERE WILL BE FOOD AND BEVERAGES AND MEMORABILIA SOLD.

The Retiree Update is on the Web. Please visit us for frequent updates! Go to <http://www.sheppard.af.mil/> and click on the shortcut under “Popular Links” for “Retiree Update”. (Bottom right-hand side the page).