

**FALL/WINTER 2017**

***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, Option5 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**](http://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**](http://vetrecs.archives.gov) **OR** [**http://archives/gov/veterans/military-services-record**](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/**](https://www.nrd.gov/)**.**

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

**Meet the New**

**Commanding General, Vice Commander, and Command Chief**

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| **Brig. Gen. Ronald E. Jolly**  **Commander, 82d Training Wing**  Brig. Gen. Ronald E. Jolly, Sr., is Commander, 82nd Training Wing, Sheppard Air Force Base, Texas. He is responsible for the training of more than 60,000 Air Force, Army, Navy, Marine Corps and international officer and enlisted students annually at Sheppard AFB and more than 60 geographically separated units worldwide. The 82nd TRW produces nearly half of all Air Force technical training graduates annually, delivering instruction in aircraft maintenance, logistics, civil engineering and telecommunications career fields. The wing consists of three training groups, a mission support group and a medical group, and also provides base support services to the 80th Flying Training Wing's Euro-NATO Joint Jet Pilot Training Program. General Jolly is a fully qualified aircraft maintenance officer and has served tours as an air base wing commander, Air Logistics Complex Deputy Commander for Maintenance, Chief of Staff for Headquarters, U.S. Central Command Directorate of Logistics and Engineering, Maintenance Group commander, Military Assistant to the Secretary of the Air Force, staff officer at the Headquarters Air Force level and numerous wing level maintenance and logistics positions. General Jolly entered active duty after being commissioned through ROTC at Oklahoma State University in December 1990. He began his career with the AFROTC program at the University of North Texas in August 1991. He graduated from the Aircraft Maintenance and Munitions Officer Course in January 1993 and began his career as an aircraft maintenance and munitions officer at Nellis AFB, Nevada. He has commanded aircraft maintenance organizations at both the group and squadron levels supporting flying operations for F-15C/D/E, F-16 and F-5E/F aircraft, and has deployed on multiple occasions. | **Col. Scott J. Belanger**  **Vice Commander, 82d Training Wing**  Colonel Scott J. Belanger is Vice Commander, 82nd Training Wing, Sheppard Air Force Base, Texas. As the vice commander, he assists and advises the commander responsible for the training of more than 60,000 Air Force, Army, Navy and Marine Corps students annually at Sheppard AFB and also through the wing's field training detachments located throughout the world. The 82d TRW trains almost half of all of the Air Force's enlisted Airmen in career fields such as aircraft maintenance, logistics and civil engineering. The wing is made up of three training groups, a mission support group and a medical group. The 82d TRW also provides support services to the 80th Flying Training Wing.  Colonel Belanger graduated from Louisiana Tech University and commissioned through ROTC in 1997. As a career logistician, he served in a variety of positions at the squadron, major command and headquarters levels. Prior to his current duties, he was Assistant Deputy Director, Operational Logistics, Directorate of Logistics, Headquarters European Command, Patch Barracks, Stuttgart, Germany. A graduate of the National War College at Fort Lesley J. McNair in Washington D.C., his previous experience includes Headquarters Air Force Staff at the Pentagon as the Senior Executive Officer to the Deputy Chief of Staff for Logistics, Installations and Mission Support; command of two overseas squadrons; duties at Headquarters Air Mobility Command and Headquarters Alaskan Command/11th Air Force as Aide-de-Camp to the Commander; and as an Air Force Intern on the Air and Joint Staffs.  Colonel Belanger is a fully qualified joint officer and has deployed four times to the CENTCOM Theater in direct support of combat operations in Afghanistan, Iraq and the Horn of Africa. | **170719-F-OP138-006**  **CMSgt Michelle R. Jackson**  **Command Chief, 82d Training Wing**  Chief Master Sergeant Michelle R. Jackson is the Command Chief of the 82nd Training Wing, Sheppard Air Force Base, Texas. As Command Chief, she represents the highest enlisted level of leadership for the command and executes the commander's mission by developing the wing's capacity for combat preparedness and professional development for the permanent party force and over 60,000 Air Force, Army, Navy, Marine, Coast Guard, and allied students each year at Sheppard and through the wing's 64 detached units across the globe. Additionally, the Chief directly supports the mission accomplishment of the 80th Flying Training Wing as it generates 66,000 sorties annually to train combat pilots for the U.S. and its NATO allies.  Chief Jackson entered the Air Force in September 1994. She graduated from the information management apprentice course at Keesler AFB, Miss., in January 1995. Her background includes various duties in information management, knowledge operations and communications at wing, major-command and air staff levels. Her assignments include bases in Mississippi, Virginia, the District of Columbia, Ohio, and overseas positions in Germany, South Korea and Hawaii. She deployed in support of Operation Joint Guard and Joint Forge, as well as Operations Enduring Freedom and Iraqi Freedom.  Prior to assuming her current position, she served as the Command Chief, National Air and Space Intelligence Center, Wright-Patterson Air Force Base, Ohio. |

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**A MESSAGE FROM THE RETIREE ACTIVITIES OFFICE DIRECTOR**

**MSgt James Esther, Jr., USAF, Retired**

Dear Esteemed Veteran,

For this issue of the newsletter I wanted my comments to be a reminder to us. As a member of a group who have served, and some of us who are still serving this Great Nation in many different areas, there are times when you feel discouraged by what we see, hear and observe during our daily activities. This should not stop us from doing what is right as defined by all of the positive role-modeling we encounter, be it parent-child, superior-subordinate, or religious activity. I found an article in our 4th Quarter, 1990 Retiree Update newsletter. The title of the article is -

“YOU MAKE A DIFFERENCE” by Major J. Robert Sherwood, Chaplain

The 1990 1991 Chapel theme is “You Make A Difference.” You make a difference by your example of integrity. “Integrity is the foundation of all positive role-modeling, be it parent-child,

Superior-subordinate, or pastor-parishioner. Those who need or example will be drawn to it and influenced by it when that example is one of self-evident integrity. The ability to honor commitments, fulfill responsibilities, and deal fairly with others, is rooted in true worthiness an essential ingredient of integrity (Chaplain Service 1991 Theme Interpretation, “You Make A Difference”)

You make a difference by your commitment to loyalty. “Your willingness to remain loyally steadfast to those we love, and to those things we profess to believe, is a significant measure of the content of our character. Our ability to look beyond ourselves to the serving of justice and human need marks us as mature and morally healthy human beings. When there is marital stress to be worked through, or teenage children to guide through trouble times, or when aging parents need our assistance, then our loyalty will be tested. When the professional demands upon us are great, then the commitment of loyalty to duty and country will be tested and tested again. It is precisely in such demanding times of stress that our commitment of loyalty will serve those around us.” (Chaplain Service 1991 Theme Interpretation, “You Make A Difference”)

You make a difference by your generosity. “Generosity is essentially an unselfishness of spirit, a concern for the needs and will-being of others, and a willingness to employ the gifts one has received in service beyond self. Generosity begins in the heart, yet moves quickly beyond mere feeling, to actively show itself by reaching out to people around us. Generosity is concerned not only with giving but with graciously receiving and valuing the gifts of others. It is listening, sharing and guiding. A generous person is unselfish toward the world asking, “What can I do?” before, “What is due to me?” The generous person understands intuitively that lasting happiness and satisfaction do not grow out of a narrow pursuit of personal goals. Happiness is a by-product of a lifestyle that is characterized by a generous spirit, giving what we have and re to others with a glad heart. (Chaplain Service 1991 Theme Interpretation, “You Make A Difference”) “

This extracted portion of Chaplain Sherwood’s article remind us that as long as there are people our existence among them depends upon the ability to use and understand the meaning of “integrity.” “YOU MAKE A DIFFERENCE.’

Very Respectfully,

JAMES ESTHER, JR., MSgt, USAF, Retired

Director

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

**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.

**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 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.

**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, on 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.

*Information courtesy AAA Foundation, www.aaafoundation.org.*

**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 addition 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.

**Take the time to properly prepare for winter travelling and have a safe and enjoyable holiday.**

**82D MEDICAL GROUP (Col Sally Kelly-Rank)**

**\*\*\*MEDICAL CLINIC CLOSED FOR TRAINING THE FIRST WEDNESDAY OF THE MONTH; DOORS OPEN AT 1030\*\*\***

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**Sheppard Clinic Hours of Operation: Monday - Friday 0730-1630**

***Exceptions:***

Internal Medicine: Opens at 0700

Lab: Opens at 0700

Immunizations: Closed 2nd & 4th Fridays at 1400; last immunization at 1600 daily

Pharmacy: 1630 - 1700 Prescription Pick-ups only

Optometry: Closes Thursdays at 1500

**Closed weekends, holidays, and family days**

**Mark Your Calendar - 2017 Sheppard Clinic Closures:**

Columbus Day Monday, 9 October

Veterans Day Holiday Friday, 10 November

Thanksgiving Holiday Thursday, 23 November

AETC Family Day Friday, 24 November

Christmas Holiday Monday, 25 December

AETC Family Day Tuesday, 26 December

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

Are you turning 65 and have questions regarding TRICARE for Life, TRICARE Plus, and how they interact with Medicare? The clinic is offering classes to address your concerns. We will provide information about: requirements when turning 65; using TRICARE for those entitled to Medicare; beneficiary responsibilities for a seamless transition from TRICARE Prime; DEERS eligibility; civilian network providers; the impact on your family and many other topics. Join us and get the answers you need! TRICARE and Medicare representatives will be available at all sessions. Please call (940) 676-1356 for information.

**LOCATION: Medical Clinic Basement Assembly Room B035** (take elevators to basement; follow ceiling signs to designated area)

**DATE/TIME: Thursday, 26 October @ 1000-1100**

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**Referrals – Ensure you have an active referral *BEFORE* your appointment**

**Please remember to visit the Referral Management Center to activate your referral every time your provider refers you to a network specialist.** Referrals are authorized for a specific timeframe and a specific number of visits. If you need more visits, call Humana at 1-800-444-5445 or the clinic Referral Management Center at (940) 676-7003 **BEFORE** your referral expires and request additional authorization and to avoid out-of-pocket expenses. You can track your referral visits through Humana’s mobile app or by calling Humana at 1-800-444-5445.

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**Sheppard Clinic Emergency and Urgent Care Procedures:**

**EMERGENCY** – Sheppard Clinic has no emergency services. For a true emergency (threat to life, limb or eyesight) call 911 or go to the nearest emergency room.

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

**NURSE ADVICE LINE (NAL) –** Professional medical advice is available at no-cost to TRICARE beneficiaries 24/7 by calling the Nurse Advice Line toll-free at 1-800-874-2273. These nurses will triage the patient, may schedule an appointment at the clinic, provide self-care instructions, or refer to a network urgent care provider or emergency room.

**URGENT CARE** – Non-Active Duty TRICARE beneficiaries are authorized two urgent care visits from a network provider every fiscal year (from 1 October to 30 September) without obtaining prior authorization. For a list of network providers, call 1-800-444-5445 or (940) 676-6194.

**URGENT CARE WHILE TRAVELING** – Call Humana at 1-800-444-5445 to avoid unnecessary out-of-pocket expenses and potential credit reporting issues. Provide the zip code or exact address where you are ***physically*** located and your health concern. You will be offered a network urgent care provider with an authorization for the visit. **Routine medical care is not authorized.**

**\*\*\*NOTE\*\*\* Check and read your Explanation of Benefits (EOB) from Humana closely!**

**Community ER facilities in Wichita Falls Are Not TRICARE Authorized**

The new medical facilities “Neighbors ER” and “ER Now” located in Wichita Falls are not TRICARE authorized facilities and do not accept Medicare. Using these facilities WILL result in non-reimbursable out-of-pocket costs.

For additional questions or information please contact Humana at 1-800-444-5445 or [www.tricare.com.](http://www.tricare.com.)

**Dispose of your Medication Safely**

Spring is the perfect time to clean out unwanted, unused, or expired medication and dispose of them safely.

Sheppard Clinic has a new Medsafe© (royal blue box just passed the revolving door) located in the pharmacy waiting area for you to safely dispose of medications. Please follow the guidance below:



1. Leave medication in original container(s) when possible and remove all labels with personally identifiable information.

2. Place all liquid containers in a sealed bag; nothing over 4 oz.

3. No sharps containers, needles, syringes, batteries, aerosol spray cans, trash, medical devices, chemicals or other hazardous material

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**Sheppard Clinic Patient Advocate Program** - **We want to hear from you!**

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 positive/negative feedback about your appointment, customer service, or policies in the medical group, please do not leave the clinic without discussing these items with a patient advocate: we are here to assist you. Patient Advocate photographs and contact information are posted in every section of the clinic; every comment, compliment, question, etc., is read and forwarded for research, action, elevation as appropriate.

There are several ways to provide feedback on clinic services:

* Complete the customer service comment cards located in black boxes throughout the clinic
* Using the convenience of your computer access at http://ice.disa.mil
* Request to speak with a section patient advocate while at the clinic

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.

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**Sheppard Clinic has *FREE* Health Classes Available!**

Are you interested in losing weight and/or lowering your blood pressure in 2017 and would appreciate some help…for FREE? Would you like assistance controlling your diabetes or maybe you’ve decided it’s time to quit smoking? Sheppard Clinic invites you to any combination or all of our classes hosted by Health Promotions to help you be healthier in 2017. For maximum participation and your convenience, these programs are offered in one-hour block sessions, completed in four sessions. For Tobacco Cessation, please call Jim Martin at (940) 676-5831. For weight management classes, please call Sara Peacock at (940) 767-6003

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**Family Advocacy Strength-Based Therapy (FAST) for Retirees and Dependents**

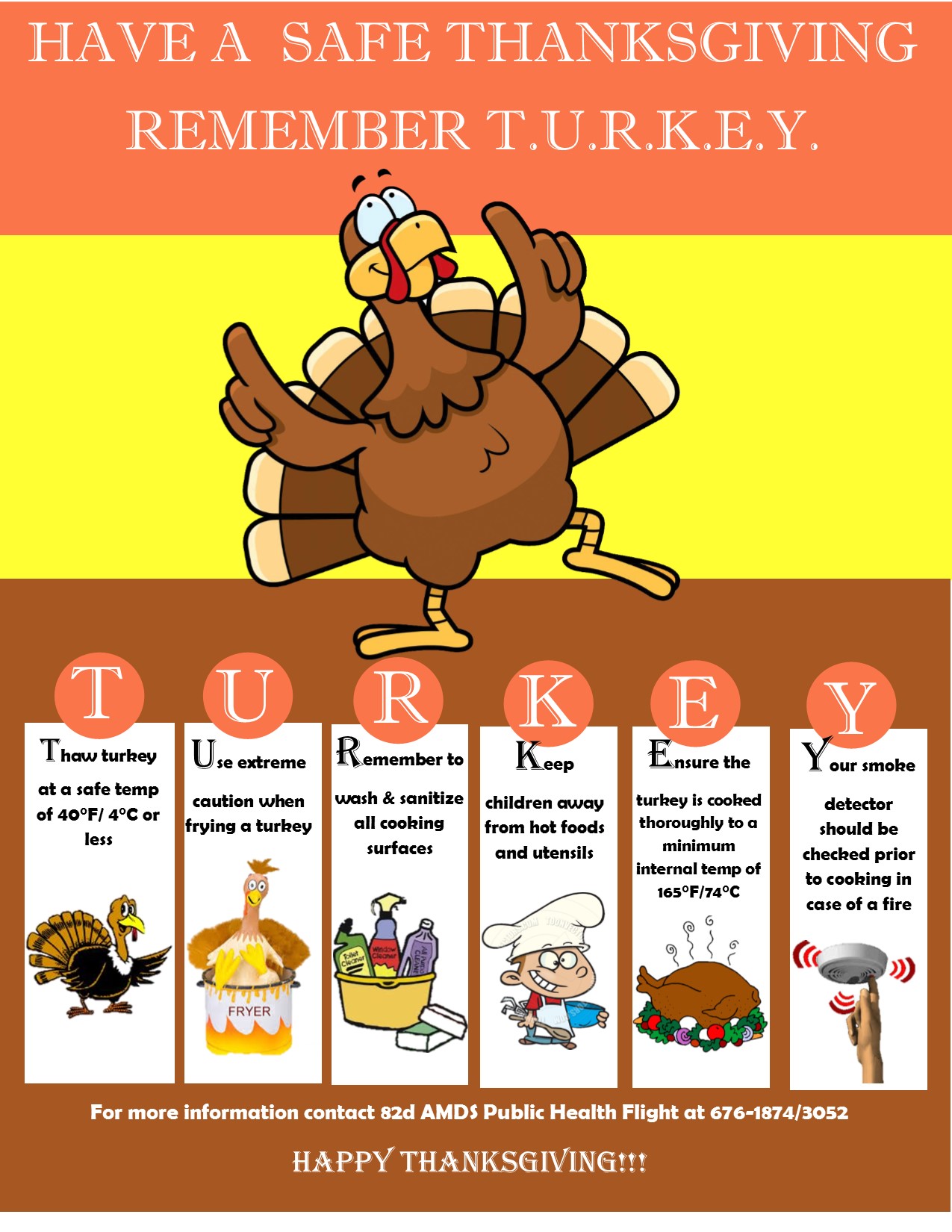
The FAST program offers individual and marital counseling, couples communication, family counseling, grief counseling and parenting classes (parents, grandparents and other couples with children ages 3 and older) as well as other prevention classes including anger/stress management.

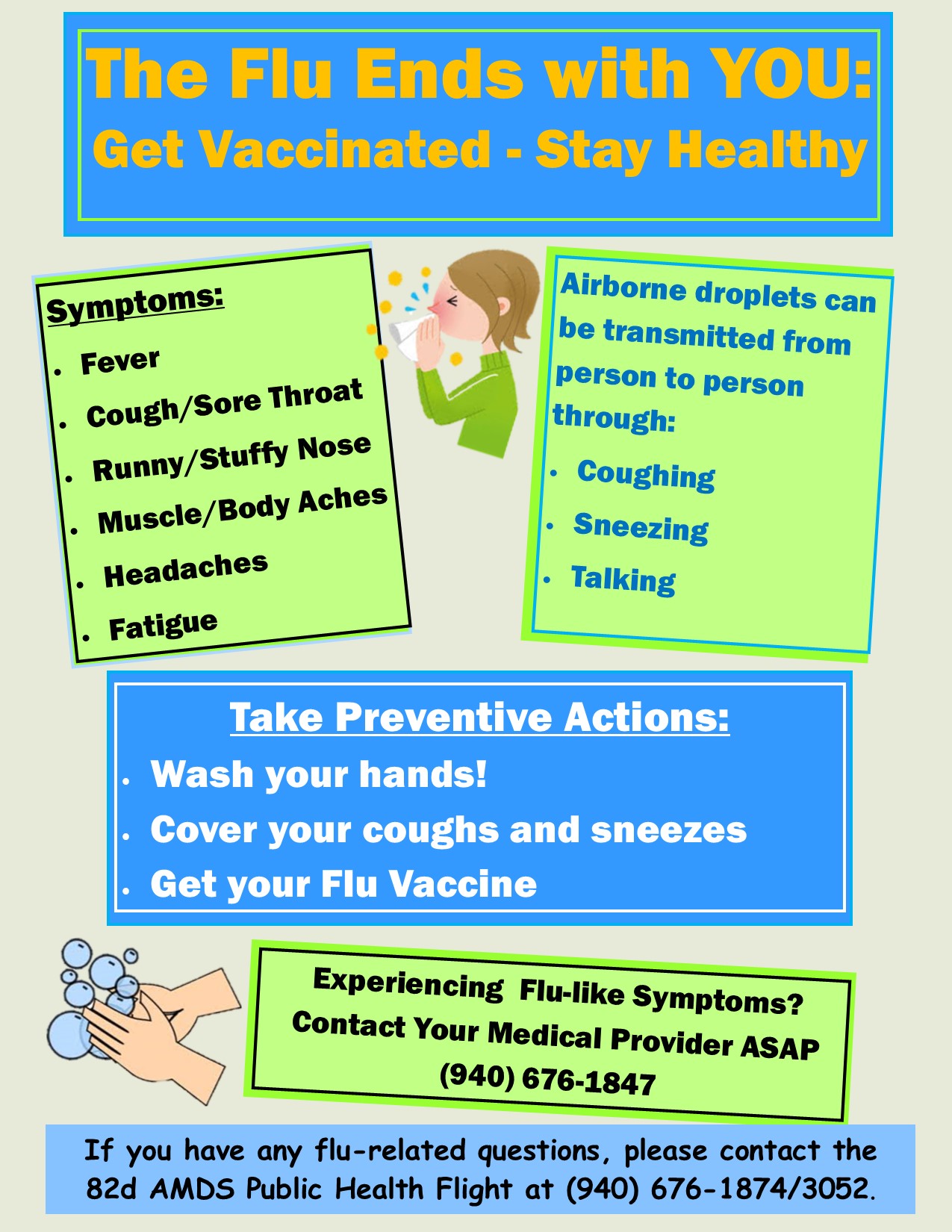
For more information on available classes, contact (940) 676-2271.

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

Find out the latest information on:

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





**The Joint Commission’s New Speak Up ™ Video Highlights Patient Rights**

In 2002 The Joint Commission (TJC) launched the Speak Up program which includes patient safety videos that deliver advice in an easy to understand format. They have nine animated episodes that center on ways the patient can participate in their care through asking the right questions and educating themselves on safe practices within the health care industry. The basic framework of the Speak Up campaign encourages patients to:

**S**peak-up if you have questions or concerns. If you still don’t understand, ask again. It’s your body and you have a right to know.

**P**ay attention to the care you get. Always make sure you’re getting the right treatments and medicines by the right health care professionals. Don’t assume anything.

**E**ducate yourself about your illness. Learn about the medical tests you get, and your treatment plan.

**A**sk a trusted family member or friend to be your advocate (advisor or supporter)

**K**now what medicines you take and why you take them. Medicine errors are the most common health care mistakes

**U**se a hospital, clinic, surgery center, or other type of health care organization that has been carefully checked out. For example, TJC visits hospitals to see if they are meeting TJC’s quality standards.

**P**articipate in all decisions about your treatment. You are the center of the health care team.

You can find the Speak Up ™videos at the link below.

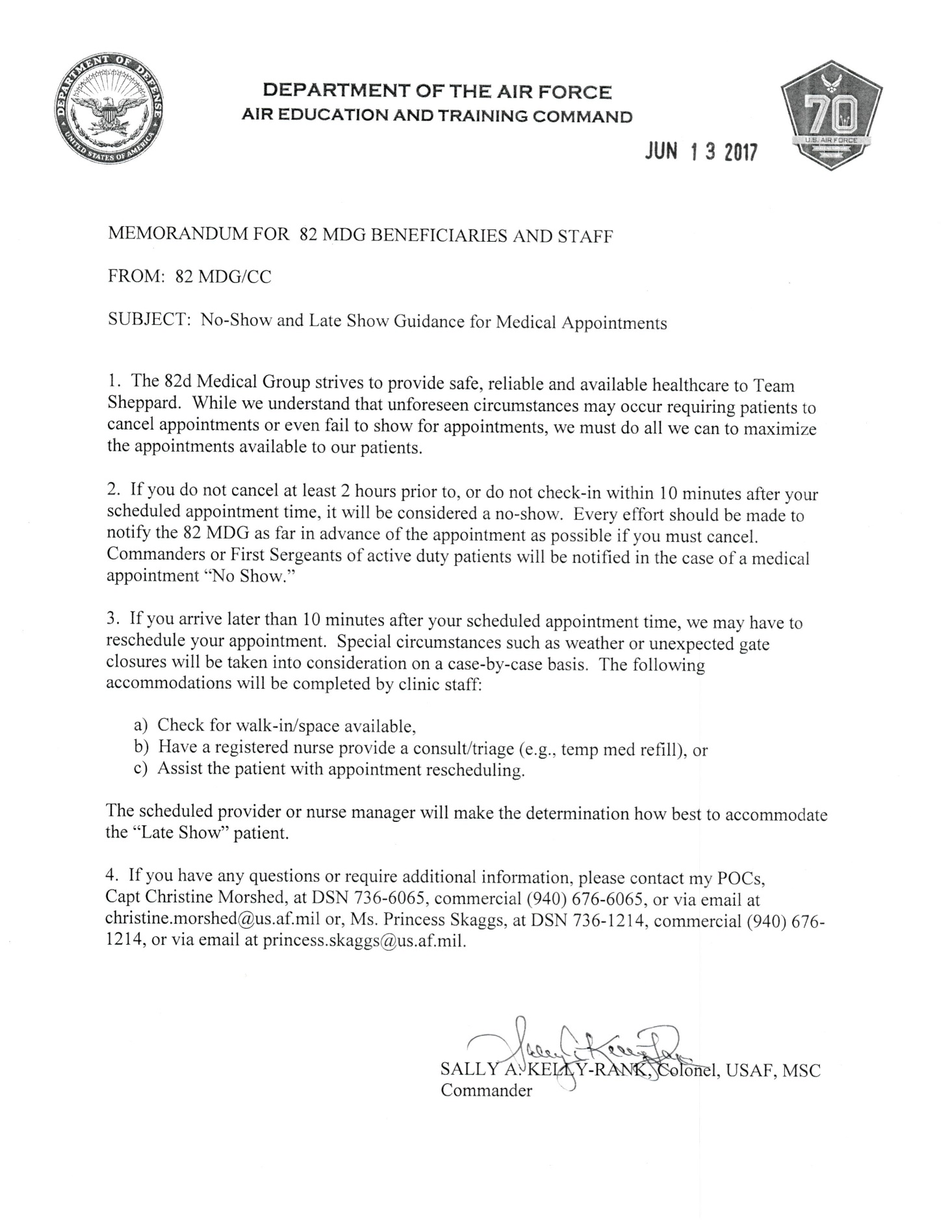
<https://www.youtube.com/watch?v=BHQnIittck0&list=PL96EE3EE3F1C6B859>

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**Optometry Clinic Reduction Causes Limited Access**

The 82d MDG Optometry clinic is reduced to one eye care provider. The clinic is open for all TRICARE beneficiaries but appointments for Retirees and Dependents are limited due to mission requirements. Eye exam appointments can be booked through TRICARE Online (TOL) or by calling the Optometry front desk at (940) 676-6243. Please coordinate with TRICARE before seeking an off base exam. Some exams/procedures may not be covered or may require a referral prior to being seen off-base.

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**Sheppard Clinic Implements “No-Show” and “Late” Guidance for Medical Appointments**

**82D FORCE SUPPORT SQUADRON – Major Terra S. Verbik**

Download myairforcelife.com free on your IPhone or Android to keep up-to-date with the 82d FSS facilities or use our website (82fss.com), Facebook (Sheppard AFB – Force Support Squadron), Twitter (Sheppard FSS @SheppardFSS) or text 8282 to 77948 to keep yourself informed!

**AIRMAN & FAMILY READINESS CENTER – 940 676-4358 Bldg 960**

The A&FRC is located on the corner of 9th and ‘H’ Avenue. **Directions from the Main Gate:** Make a right as soon as you pass the main gate. At the first Stop Sign, make a left. Make a right on 9th Ave. Bldg 960 will be on the left hand side located at the Corner of 9th Avenue and ‘H’ Avenue

We provide immediate, short-term intervention and referral to appropriate agencies and services to assist individuals and families facing crisis situations. The A&FRC’s core service areas include: deployment planning/support, personal financial management skills, personal and work life skills development, relocation assistance, employment assistance, volunteer resources, military child education information, exceptional family member support, transition assistance, wounded, ill and injured support services, casualty assistance/survivor benefit plan and support to the community during disaster/crisis/evacuation situations via the Emergency Family Assistance Center. Please call our office if there is any information or assistance we can provide for you.

**CLASSES WE PROVIDE:** Did you know that the A&FRC provides informative classes? Some topics include Retiree Preparedness, SBP & Divorce, USA Jobs workshops, Tricare for Retirees and many more. Check out our calendar on Facebook—search for: Airman & Family Readiness Center - Sheppard AFB or for those retirees who are civil service members can check Leadership Pathways for our class schedule. Contact us at 940-676-4358 to give us some ideas on what you would like to see provided or to find out more information about our upcoming classes geared towards retirees.

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**RETIREES – DESIGNATED BENEFICIARY FOR YOUR ARREARS OF PAY:**

Do you know who will receive your final prorated last retired check after your death? For instance, if you die on the 15th day of the month DFAS owes your beneficiar(ies) for the 15 days you lived, in other words, your Arrears of Pay (AOP). Look on the ‘ARREARS OF PAY BENEFICIARY INFORMATION’ section of your Retiree Account Statement (RAS), your listed beneficiar(ies) name(s) as well as the share of your AOP you want them to receive, will be reflected. If you no longer want those individual(s) to receive your AOP or the form states “Order of Legal Precedence” or it lists your deceased spouse or it lists beneficiaries but not the shares you want them to receive, you need to complete a DD Form 2984, Designation of Beneficiary Information. If you have never been married, have no children, and your parents are deceased, PLEASE update the DD Form 2894. Designating your beneficiar(ies) will save countless hours trying to locate any next-of-kin that may be entitled to your final retired pay (AOP). By the way, you do not have to give your final retired pay to a relative; you can name any person you choose. You can obtain the DD Form 2894 from the DFAS website:

[**www.dfas.mil/dfas/retiredmilitary/forms**](http://www.dfas.mil/dfas/retiredmilitary/forms). Scroll down and Click on ‘DD 2984’ and follow the instructions on the form. Or you can call the Sheppard Casualty Office for assistance at 940-676-2984.

**REPORTING THE DEATH OF A RETIREE:** Please report the death of a retired service member as soon as possible to avoid delay and possible financial hardship to surviving beneficiaries. You can contact the Sheppard AFB Casualty Office at 940-676-2984 for assistance with this claim as well as other applicable claims (i.e. Survivor Benefit Plan Claim, Civil Service Claim, VA Claim, other insurance claims, ID Card appointment, etc.). Our goal is to provide our survivors with ‘one stop’ to assist with the necessary paperwork that comes with the death of your retired loved one.

**REPORTING THE DEATH OF ANNUITANT:** When you pass, your eligibility for Survivor Benefit Plan ends. Prompt reporting of a deceased military annuitant’s death can help avoid delay and possible financial hardship to surviving family members of executors, who will be required to return any unearned payments of the decedent’s annuity pay. Be sure to let your survivors know that your (SBP Annuitant) death will need to be reported to DFAS or you can contact our office at 940-676-2984.

**RETIREES:** Do your loved ones know who to contact in the event of your death? Casualty Assistance Representatives stand ready to assist you with your casualty assistance needs. Call us for an appointment to talk about what you should have ready for your loved ones in the event of your passing.

Sandra Abeyta – SAFB Casualty Assistance Representative (CAR/Alternate SBP

Susan Raymond – SAFB Survivor Benefit Plan Representative/Alternate CAR

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| --- | --- |
| Sheppard AFB Casualty Assistance Office | 1-940-676-2984 |
| Retired Air Force | 1-877-353-6807 |
| Retired Army | 1-800-626-3317 |
| Retired Coast Guard | 1-800-772-8724 |
| Retired Marines | 1-800-847-1597 |
| Retired Navy | 1-800-368-3202 |
| Retired Civil Service | 1-888-767-6738 |
| Receiving VA Compensation | 1-800-827-1000 |
| Social Security Administration | 1-800-772-1213 |

**SHEPPARD CLUB / HANGAR 1 940-676-3630/8010 Bldg. 340**

To enhance your club membership, Air Force Clubs has developed a partnership with memberplanet.com to provide a NEW club member portal. The Chase credit card is no longer required. There are more payment options and same low dues rates. Real-time notifications about club discounts and events. Connect now or join at [www.myairforcelife.com](http://www.myairforcelife.com) through October 1, 2017.

Every Wednesday is Wing Wednesday! Taste the best chicken wings at The Back Shop and Duffy’s. Get a pound of wings for $9.95 plus a side of fries, and try out our delicious sauces! Every Thursday is Thirsty Thursday with half price large pizzas from 4pm-10pm and drink specials! Join our First Friday specials each month with complimentary food and prize drawings for members! Watch for our Tap Takeovers and specials each month at the club!

Football Frenzy will be at the Club on Thursday night! Come out to the club, relax and watch your favorite teams!

**BOWLING South Bowling 940-676-4141 Bldg. 318**

**North Bowling 940-676-2677 Bldg. 811**

Beginning September 1, bowl up to three games free at the South Lanes from 10am – 4pm Monday through Friday excluding holidays and family days. Bowling Revolutions will be at the South Lanes on October 14. The Most Informational One-Day Clinic You will Ever Attend – Advanced Lane Plan and Ball Motion Clinic. Sign up at the South Lanes by calling 940-676-7174. The cost is $25 per participant. Sign up for our 9 Pin Handicap No Tap Tournaments at the South Lanes every month. Tournaments have been scheduled for September 2, 16 & 30, October 14 & 28. Follow our social media or call the South Bowling Lanes for more information.

Breakfast is served all day at the South Lanes at the grill. We offer carry out, too! Get a free meal at the South Lanes with your coupon card! Buy 9 lunches and get the 10th one free! Monday Night Specials are offered from 5pm – close at $1 per game, $6 for cheeseburger meal, $2 nachos, $1 Fresh fries, $1 hot dogs and $1.50 chili dogs. The North Lanes also has a Grill; however, the North Lanes is only open Friday and Saturday from 5pm to midnight.

Looking for a place to celebrate your birthday? Celebrate it with us! Call 676-7174 to set this up! Sign up for our leagues at the South Lanes and watch for our monthly specials!

**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.

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**THE COMMONS (The Sheppard Library, Information, Tickets & Travel and Community Programs are in one location called The Commons which was formerly the Library)**

**COMMUNITY PROGRAMS 940-676-4136**

Watch for our special arts & crafts classes offered each month. Cocktails & Canvas classes on the 2nd Friday of the month; Glass Fusing classes on the second and fourth Thursday each month from 5:30pm-7:30pm (prices and designs vary each class) Pick up a punch card, attend 5 classes and get the sixth one free; 3D Printer Orientation class FREE on the first and third Thursday at 5p. Learn how to use the 3D printers!

The Retiree Recall is held at The Commons every third Tuesday at 10am. It is designed for retirees of all ages with guest speakers, games, crafts, informational briefings, fun and fellowship with your peers. Call 676-4136 for more information.

**INFORMATION, TICKETS & TRAVEL 940-676-2302** Looking for something to do? Stop by ITT and ask us about our discounts as well as look through a variety of brochures to find new places to have discover! Call us at (940) 676-2302/7019 for more information.

**SHEPPARD LIBRARY 940-676-4136**

Do you want to learn how to use Overdrive & download your favorite books in your IPAD or Kindle? Need basic computer instructions? Call us for information. Copying, faxing and scanning are all available at the Sheppard Library with or without a library account.

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**FITNESS CENTERS Pitsenbarger 940-676-0491 Bldg. 540**

**Levitow 940-676-2972 Bldg. 384**

Keep yourself fit with our free aerobic classes and our state-of-the-art equipment. The Levitow Fitness Center has 24 hour access for its members. If you are a retiree who would like to use the Levitow Fitness Center after hours and do not have a DoD CAC card, you can register during manned hours which are Mon-Fri at 0500-2000 and Sat-Sun at 0900-1400 to get your access card. If you have any questions, please contact the Levitow Fitness Center at 940-676-2972.

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**OUTDOOR RECREATION 940-676-4141 Bldg. 4490** Outdoor Recreation is located on Wind Creek Park with walking and running trails, and a premier Disc Golf Course. Outdoor Recreation has all your equipment needs. Rent gear for your party, picnic, lawn & garden, home improvement, camping or fishing. Some adventure programs available through the Outdoor Recreation include whitewater rafting, canoeing, indoor rock climbing, sky diving, kayaking monthly horseback riding. We also offer private bus rentals on our 25 passenger bus. Rental items available include canoes, kayaks, camping gear, fishing equipment, coolers, recreational and sports equipment, BBQ/propane grills, chairs, tables, travel trailers and much more. Outdoor recreation also provides RV storage. Fees range from $12 to $15 per month or $120 to $150 per year depending on lot size. We offer a driving range and club rental for our golfers. For more information, stop by Bldg. 4490 or call (940) 676-4141.

**SKEET AND TRAP RANGE 940-676-6242 Bldg. 2382** 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](http://www.82fss.com) Ammo and guns are available at the range. The range is open Thursday 1630-2000, Saturday and Sunday 0900-1700 located on the north end of the base in Building 2382. For more information, call (940) 676-4141.

**SWIMMING POOLS** Sheppard has 2 outdoor season pools. The Bunker Hill Water Park has 2 slides and is located behind the main gate shopette, and the Main Pool complex, located next to the Solid Rock Café, offers lap swim, water aerobics as well as open swim. Both pools are open from Memorial Day to Labor Day. For more information about the pools, call (940) 676-4141.

**WIND CREEK DISC GOLF COURSE** 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, mandos, OBs 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 [www.82fss.com/outdoorrecreation.htl](http://www.82fss.com/outdoorrecreation.htl). The course is free. For more information, call (940) 676-4141.

**PAINTBALL FIELD**

The Paintball Field is open Saturday’s from 12pm – 5pm at the Wind Creek Park. $20 Rental Package includes a marker, mask, all day tank refill and field fee. $40 Rental Package includes a marker, mask, all day tank refill, field fee and 1000 paintballs. Miscellaneous Rental Fees include $5 Field Fee, $5 Mask, $10 Marker and $10 All Day Air. Extra paint cost includes $14 for 500 paintballs, $28 for 1000 paintballs and $40 for 2000 paintballs.

**DOG PARK**

The Wind Creek Park Dog Park is available early dawn to dusk. While enjoying the park, please re responsible stewards of this great opportunity by adhering to the posted rules of engagement and by keeping the area safe and clean so all can enjoy. If you have any questions regarding the park, please contact Outdoor Recreation at 940-676-4141.

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**EDUCATION CENTER 940-676-6231 Bldg 402**

Sheppard AFB Education Center now offers Federal Aviation Administration (FAA) exams at no cost for retirees. For information on FAA exams, please email the testing office at [82fss.fsde.testing@us.af.mil](mailto:82fss.fsde.testing@us.af.mil) or call 940-676-4118. We also offer limited education counseling on a walk-in basis. For information please email the education office at [82fss.fsde.edoffice@us.af.mil](mailto:82fss.fsde.edoffice@us.af.mil) or call 940-676-6231. Customer service hours for both offices are Monday thru Friday from 0730-1530.

**DINING FACILITIES**

**HOLIDAY MEALS**

Thanksgiving meals will be served on 23 Nov at the Mesquite and Sagebrush dining facilities.

Mesquite Meal Times:

Continental Breakfast 0700-0900

Lunch 1100-1400

Dinner 1600-1930

The Sagebrush facility will ONLY be open for Lunch (1100-1400)

It is recommend that retirees use the Sagebrush for more convenient parking.

Christmas meals will be served on 25 Dec at the Sagebrush dining facility.

Sagebrush Meal Times:

Continental Breakfast 0700-0900

Lunch 1100-1330

Dinner 1630-1900

**LODGING – THE SHEPPARD INN**



When you are making your travel plans, remember that all military retirees are authorized to stay in military lodging at any base with available quarters. Why not connect with the website today and find out where to stay when traveling.

Go to <http://www.dodlodging.net/> to find out about lodging in all our Air Force Inns.

Call today for a space available reservation at Sheppard Inn, call 676-4538 or 676-2970.

DSN 736-2790/2707.

**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 lSSUES – 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, 3160l 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 lst 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-Apointments.dmdc.osd.mil/appointment/**](https://rapids-Apointments.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](mailto:info@afvw.com)

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**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/**](http://www.aoa.gov/).

**LINKS TO RETIREE PUBLICATIONS:**

**ARMY *ECHOES***: [**http://soldierforlife.army.mil/retirement**](http://soldierforlife.army.mil/retirement)

**NAVY *SHIFT COLORS***: [**www.shiftcolors.navy.mil**](http://www.shiftcolors.navy.mil)

**AIR FORCE *AFTERBURNER***: [**www.retirees.af.mil/afterburner**](http://www.retirees.af.mil/afterburner)

**MARINE CORPS *SEMPER FIDELIS***: [**www.usmc-mccs.org**](http://www.usmc-mccs.org)

**COAST GUARD *EVENING COLORS***: [**http://www.uscg.mil/hq/cgl/psc/ras**](http://www.uscg.mil/hq/cgl/psc/ras)

**ARMY & AIR FORCE EXCHANGE – SHEPPARD AFB MAIN EXHANCE**

**MR. ERNEST B. DILL, MAIN STORE MANAGER**

**LOCATION: BLDG 239 PHONE: 940-855-4318 Ext: 301**

We here at the Sheppard Main Exchange welcome all Retirees and their families with quality products lower in cost than downtown. Our price matching program allows us to price match any sale a local store has in stock to assist our customers in getting the best deal on our products. We have special sales promotions throughout the year to give them even more savings. Our associates go out of their way to assist the retirees and their families while they are shopping and provide the customer service that far exceeds any customer service they will find off base. We also have a retiree appreciation day with added savings for the customer scheduled during the year. The date and time will be announced at a later date. Our face book page is also there to assist our customers by adding regularly any special events that we are having and coming up. Please search face book for Sheppard Main Exchange AAFES and like our page and save it to your favorites. We look forward to serving you and your family while you shop your Sheppard Main Exchange.

Visit our online store at**:** [**http://www.shopmyexchange.com**/](http://www.shopmyexchange.com/)

**SHEPPARD AFB COMMISSARY, COMMISSARY OFFICER: Mr. Vernon Knibbs**

**LOCATION: BLDG 120 PHONE: 940-676-2901 Ext: 3301**

**COMMISSARY BRAND**

The era of commissary brand has started with our private label products now on stateside shelves and beginning to flow to overseas stores. A variety of commissary brand products will differ from store to store. Freedom Choice- will be water and food items. Home Base – is our non-food products. TopCare- is products such as Beauty care, First Aid, over the counter medication and vitamins.

**NEW MOBILE –FRIENDLY COMMISSARIES.COM ARRIVES IN AUGUST**

Commissaries.com will have a new look in early august, with an updated and mobile- friendly design that gives patrons easier access to benefits information and sales events from their smartphone or tablet. This allows patrons on the go an easier connection to all the online features

Retiree and family members who want to save more money in 2017 can do so by taking advantage of special in-store promotions and coupons. Go to our website, www.commissaries.com to find recipes,

Cooking tips and ideas to help you be healthier and save money in the process.

Throughout 2017, DeCA’s industry partners- Vendors, suppliers and brokers are collaborating with commissaries to offer discounts beyond everyday savings. Patrons be sure and come in for fantastic Promotional savings each month.

**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.

**SHEPPARD COMMISSARY PHONE NUMBERS AND EXT.**

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

**COLOR-CODED NUTRITION SHELF TAGS DEBUT**

Commissary worldwide introduces a dietitian approved Nutrition Guide Program.

The color-coded shelf tags will make it easy for customers to spot products with one or more of five

Nutritional attributes: low sodium, low fat, whole grain, no-added sugar and a good source of fiber.

A “thumbs up” on the shelf tag means the product is nutrient dense. The labels will also highlight organic products.

**DISTRIBUTOR CHANGES**

Beginning August MDV will be our only supplier and will delivery all Grocery product to our store.

We hope to have a smooth transition to 1 distributor with no noticeable changes in product selection

For our customer. If you have concerns, please let us know.

**DATES TO REMEMBER**

23 September- 1st day of autumn

09 October- Columbus day

31 October-Halloween

05 November- Daylight Savings Time Ends

11 November- Veterans Day “Thank You for your Service”

23 November- Thanksgiving (Closed) “Happy Thanksgiving”

12 December- Hanukkah begins

24 December –Christmas Eve (Open)

25 December- Christmas “Merry Christmas”

26 December- Kwanza begins

31 December- New Year’s Eve

01 January- New Year day 2018 “Happy New Year”

**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**: To post comments and share news, photos and videos [**www.facebook.com/yourcommissary**](http://www.facebook.com/yourcommissary)

**YOUTUBE**: To see DeCA latest videos [**www.youtube.com/DefenseCommissary**](http://www.youtube.com/DefenseCommissary)

**TWITTER**: To see the latest “tweets” [**www.twitter.com/YourCommissary**](http://www.twitter.com/YourCommissary)

**FLICKR**: To see DeCA’s latest photographs [**http://www.flickr.com/photos/commissary/**](http://www.flickr.com/photos/commissary/)

**Employment -** If you are interested in working in the commissary, please apply at [**www.USAJOBS.GOV**](http://www.USAJOBS.GOV)

Click on Search Jobs tab, Type in the Announcement **# DECA-17-OC-1885648-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 (Bldg1200) 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

Wichita Falls VA Clinic – 940- 257-0000, Option 2 for Primary Care

**SHEPPARD AIR FORCE BASE RETIREE ACTIVITIES OFFICE**

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](mailto: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 Roberta (Robbie) Sheehy

E-mail [roberta.sheehy.1@us.af.mil](mailto:roberta.sheehy.1@us.af.mil)

**RETIREE ACTIVITIES OFFICE PRESORTED**

**82 TRW/CVR STANDARD**

**419 G AVENUE SUITE 1 U.S. POSTAGE**

**SHEPPARD AFB TX 76311-2941 PAID**

**LANSDALE, PA PERMIT NO 491**

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**RETIREE UPDATE FALL/WINTER 2017**

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