



# RETIREE PERSONNEL RETIREE ACTIVITIES PROGRAM NEWS

LOS ANGELES AIR FORCE BASE

Volume XXXII, Issue I

"STILL SERVING IS OUR MOTTO"

July 2010 - May 2011

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## Director Comments

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Editor

This Newsletter is for Military Retirees of any service. That is not to say that it cannot be read by others, but it is directed to Military Retirees. As you may or may not know, the Retiree Activities Office is a part of the Military Unit administering the base. In our case at Los Angeles Air Force Base, the 61st Air Base Group, acting as landlords for the Space and Missile Command handles all the day-to-day problems so the Command can focus its full attention on its mission. Those day-to-day functions include maintenance of the base facilities, operation of food facilities, a Commissary, a Clinic with a Pharmacy, a Base Exchange with a gas station. All of these are available to Military Retirees on a Space Available basis. With the economic meltdown we are now going through we are approaching the situation we were in prior to WWII. I remember what that was like as many of you do also. It seems after every boom there must be a bust. The why is not the immediate problem; the immediate

problem is what to do about it. Many of you are facing downsizing or have already lost your jobs, and all face a shrinking value of the dollar. The nest egg you set aside for retirement has already lost a lot of its value. Remember, the value of a dollar is what it can buy and they are buying less each day. What to do? The first thing is to try to invest your next egg in something that will make it grow enough to offset its value shrinkage. But this will be difficult, so also shop. Review every purchase of goods or service to determine its necessity, then shop for the lowest price. Higher price seldom means better quality. Name brands are not always better quality. Another thing is to get help from facilities on base.

Shop at the Base Exchange and Commissary, and use TRICARE for your family medical and prescription needs. If you think any of the base functions may be of help, call us at the Retiree Activities Office at 310-653-5144. If

you have the time on your next visit the base, drop in to the office and say hello.

**On another subject, the RAO has been around for a long time. It is run entirely by volunteers and was started and manned by WWII vets. Some of us have spent nearly as much time in the RAO as on duty and the old boy with the scythe has more than decimated our ranks. In short we need volunteers to man the office full time. If your golf gets too expensive or you get bored with daytime TV, consider giving us 4-6 hours a week to talk to fellow retirees on the phone or face-to-face and/or swap "war" stories with other volunteers in our office.**

## 2011 Retiree Expo - Saturday June 25

Saturday, June 25 is Armed Forces Retiree Appreciation day at Los Angeles AFB. Events will begin at 0800 in the Gordon Conference Center, located in Building 270. All retired personnel drawing retirement pay from all branches of the service are invited to at-

tend. Individuals from 61 ABG will present a mission brief covering the many functions and programs that are managed here at LA AFB. Many base and support organizations will have information booths and presentations of interest (DFAS, VA, TRICARE, Medicare, Cal Vets, etc.).

Retirees can ask questions and receive answers to the many subjects that are of concern (medical benefits, MWR, spouse support, local base support, travel, etc.). Join us in this once a year event organized in your honor and in appreciation of you and all you have done for your country.

## Why You Should Update Your Postal Address

In today's online world, maintaining a current U.S. Postal Service mailing address may seem unnecessary. With Direct Deposit, many retirees/annuitants forget about changing their addresses with DFAS when they physically move because they do not change banks. It is important to understand that even though their check is not mailed to their physical address, DFAS and other organizations use that correspondence address file to mail important information such as retiree account statements, 1099R tax forms, TRICARE updates and other important information to



On the move? Let DFAS know!

beneficiaries.

Unfortunately, many retirees and annuitant addresses may be incorrect, even though a notification was made to update the information. Either a mistake was made by the retiree or annuitant online, or the error may occur when calling the 800 number with a change. If the address cannot be verified as an accepted U.S. Postal service address, nothing is mailed.

If you ever need to change your address, here's all you need to know: Air Force retired members and Survivor Benefit Plan annuitants should call DFAS at 800-321-1080 to change their correspondence address.

Those with a MyPay account can make the changes online. The fax number is 800-469-6559 for retirees, and 800-982-8459 for annuitants. The address is DFAS, US Military Retirement Pay, PO Box 7130, London KY 40742-7130 for retired members and DFAS, US Military Annuitant Pay, PO Box 7131, London KY 40742-7131 for annuitants. **Only** survivors who do not receive SBP payments may change their address by writing to HQ AFPC/DPSIAR, 550 C Street West Ste 8, Randolph AFB TX 78150-4713.

If you have recently moved, or will be moving soon, add this very important item to your "to-do" list. Doing so may prevent major problems with receiving future information about your retiree or annuitant benefits.

## From the VA Office of Security & Law Enforcement

An organization called Veterans Affairs Services (VAS) is providing benefit and general information and gathering information on veterans. The organization is not affiliated with the VA in any way. Websites with the name "VA services" immediately after the "www" ARE NOT part of the Department of Veterans Affairs; the real VA website is .gov. If approached or called, do not offer any information concerning your-

self or data on other veterans. The Department of Veterans Affairs does not randomly call veterans, nor does it ask veterans for information which it does not already have. If you have not dealt with the VA previously and in person, and you receive a call from someone saying they are with the VA or something similar sounding, hand up the phone. Do not respond to emails that suggest

that they are from the VA. The VA never conducts official business nor asks for personal information by email. VAS may be gaining access to military personnel through their close resemblance to the VA name and seal. NGB legal counsel has requested coordination with DOD to inform military installations of the group and their lack of affiliation or endorsement by the VA to provide services.

**The VA never conducts official business nor asks for personal information by email**

## 61st Medical Squadron Services For Retirees

**SCRIPT CENTER:** Looking for a no fuss, no hassle way to pick up your refilled medications? Try the new Script Center, now located in the main BX. Enrollment in the system is quick and easy and refills may be picked up anytime the BX is open.

**MAIN PHARMACY:** The main Pharmacy will be implementing a new Medication Renewal program. Patients taking certain medications may be able to have a pharmacist renew the pre-

scription when no more refills are available. Check with the Main Pharmacy for more information on this program.

**FT. MACARTHUR:** Medication refills may be picked up at the Ft. MacArthur Clinic Mon - Fri during clinic hours.

**PRESCRIPTION GLASSES:** Retirees may obtain one pair of standard issue eyeglasses once a year from the Optometry Clinic.

**IMMUNIZATIONS:** The availability of

vaccinations for non-enrolled beneficiaries may fluctuate because of supply and/or budget constraints. Before making a special trip, contact the clinic at 310-653-6607 for information on whether a vaccine is available.

**FACEBOOK:** The 61 MDS is now on Facebook. © Join us on line at [www.facebook.com/61MDS](http://www.facebook.com/61MDS)

**Attention: All 61 MDS clinics are closed the 1st Thursday of each month**

## Your VA Benefits Info - Now Online Through eBenefits

What is eBenefits? The eBenefits web portal is an online resource for tools and benefits-related information. The portal serves Veterans, Wounded Warriors, Service Members, their families, and their caregivers.

eBenefits provides two main services: 1) A catalog of links to military and veteran benefits on other sites and 2) A personalized workspace giving quick access to online tools that enable you to apply for

benefits, download your DD-214, see your benefits status online and more.

The eBenefits portal enables you to take charge of your own life and make sure your getting everything you deserve. For more information, go to <https://www.ebenefits.va.gov>.

eBenefits is also available from your mobile phone. You can monitor your pending C&P claims, view a detailed history of your VA benefit payments, and find a DoD or VA facility near you.

If you are not able to connect to the website, the eBenefits toll-free number is 1-800-983-0937.



## Five Wishes - Bringing Peace of Mind to End of Life Decisions

*Five Wishes* is a national (United States) advance directive created by the non-profit organization Aging with Dignity. It has been described as the "living will with heart and soul." The Five Wishes document, once completed, combines a living will and health care power of attorney in addition to addressing matters of comfort and spirituality. Wishes 1 and 2 are both legal documents. Once signed, they meet the legal requirements for an advance directive in 48 states (including California). Wishes 3, 4, and 5 are unique to Five Wishes, in that they address matters of comfort care, spirituality, forgiveness, and final wishes. To find out more information about the Five Wishes, go to <http://agingwithdignity.org>.

### DEFENSE BIOMETRIC IDENTIFICATION SYSTEM (DBIDS)

The 61 SFS Pass & ID section will be open from 0730-1630 on Retiree Appreciation Day for you to register in DBIDS. This is a simple process that takes only a few minutes of your time. Bring your issued retiree ID card to Bldg 272 to update your card.

### WHY RETIREES SHOULD ATTEND APPRECIATION DAYS

Retirees, this is a once-a-year opportunity for you to receive updated material, ask whatever is on your mind, and meet with the Air Base Group Commander and his staff. We welcome you to invite other retirees to this special activity and would love for you to come out and support the retiree community.

One thing is certain with the military—change is never ending. Come out to LA AFB on Retiree Appreciation Day to find out what has changed, and look for the few things that have stayed the same.

### GAS STATION, COMMISSARY, BASE EXCHANGE & THE CLUB

The BX offers 24-hour "pay at the pump" gasoline service. The service is provided for authorized AAFES customers. A valid military, dependent, or retiree ID card is required when using the pumps. When you use your Military Star Card, you will receive a discount of 5 cents per gallon of gas.

Drop by our Commissary & BX to check out the price and quality of the produce and products offered. You may be pleasantly surprised, and remember, it is tax free. The BX has several attached functions such as the gas station, a nice Food Court with burgers, pizza's, salads and submarine sandwich's.

And, if you are on base during the week, visit the Combined Club, located in Bldg 270. The food is great! They offer breakfast and a hot line, grill, as well as soup and sandwiches during lunch.

**2011 RETIREE EXPO**  
ARMED FORCES RETIREE APPRECIATION

**SATURDAY JUNE 25 2011**  
8 A.M. - NOON

Gordon Conference Center  
Los Angeles Air Force Base  
483 N. Aviation Blvd.  
El Segundo, Ca, 90245

- \* Award Recognitions & Guest Speakers
- \* Retiree Information & Benefits
- \* FREE Refreshments & Giveaways
- \* Commissary and Base Exchange
- \* Retiree Appreciation Sales
- \* All Military Branches Welcome

LOS ANGELES AIR FORCE BASE  
**FORCE**  
SUPPORT SQUADRON

Submit Award Nominations By May 2  
For nomination, vendor or event details contact Airman & Family Readiness Center (310) 653-5428

**Your email is important to us.** To receive information between issuance of newsletters, please send your email to us with your name, branch of service, phone number and address. Email to: [RAO.LAAFB@gmail.com](mailto:RAO.LAAFB@gmail.com)

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**OFFICIAL BUSINESS**



This Newsletter is edited and published by the LAAFB Retiree Activities Office for the benefit of military retirees in our area of responsibility. Every effort is made to assure the accuracy of the contents, however, no guarantee of such accuracy should be assumed.

*The office is staffed by volunteers. If you have a few hours a week, come in and help our military retiree community. The duties and hours are flexible.*

**MILITARY RETIREE APPRECIATION DAY**

**Saturday 25 June 2011 from 8:00 A.M. until 12:00 Noon**

**LOS ANGELES AFB—GORDAN CONFERENCE CENTER**

PHARMACY	HEALTH & WELLNESS CENTER	TRICARE
COMMISSARY	BASE EXCHANGE	
SURPRISES	PRIZES	CASE LOT SALE
		FREE BBQ

**FOR UPDATED INFORMATION GO TO [www.LAAFBForceSupport.com](http://www.LAAFBForceSupport.com)**

*To receive regular updates/news flashes, send your request to [RAO.LAAFB@gmail.com](mailto:RAO.LAAFB@gmail.com)*

*Or look for **THE FORCE** magazine available at the Base Exchange and Commissary*