

**CARLISLE BARRACKS RETIREE BULLETIN
2025-2026**

**MPSD, CARLISLE BARRACKS CARLISLE, PA
17013-5062**



IN PERSON/VIRTUAL

**51st ANNUAL Carlisle Barracks Retiree
Bulletin and Appreciation Multi Day Event
May 1-2, 2026**

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DEPARTMENT OF THE ARMY
Soldier for Life Retirement Services Office
Military Personnel Service Division, Carlisle Barracks
46 Ashburn Drive
Carlisle, Pennsylvania 17013-5062

OFFICIAL BUSINESS

Retiree

Carlisle Barracks Retiree Bulletin

Military Personnel Services Division, Carlisle Barracks, Carlisle, PA 17013

December 2025

A Message from your Retirement Council

2025-2026 Council Message

The Carlisle Barracks 2026 Retiree Appreciation Day (RAD) is a two-day event conducted on Friday and Saturday May 1-2, 2026. The idea of enlarging the RAD beyond the traditional briefings and vendor exhibits is something your Retiree Council discussed each of the last five years. One of the comments consistently heard during previous RADs is “Why can’t you plan some activities for Friday since we drive from a distance to attend RAD.” The Council heard so this year (2026) the RAD is expanded to a two-day event. The activities begin on Friday May 1, 2026, at 1100 and continue thru Saturday May 2, 2026, at 1430. All the activities on Friday are in-person only events at the Carlisle Barracks Golf Course.

The line-up for Friday includes a golf scramble, picnic dinner, and bingo. The day begins around 1100 with registration for the golf scramble. The scramble fee of \$85 per person includes range balls, a small lunch, a round of golf with cart, prizes, and the picnic dinner. A feature of the scramble is that not all players must be military retirees. So, if you have some friends who you typically play golf with invite them to play on our first ever scramble. Now, for those who do not play golf, we have something planned for you beginning around 1730. There is a picnic meal featuring pulled BBQ pork and chicken, macaroni and cheese, and garden salad and then Bingo. The cost for the meal and Bingo is \$25. This will conclude the RAD activities for Friday May 1, 2026.

The May 2 events for the 2026 Carlisle Barracks RAD occur in Root Hall and are available either in-person or through a live stream format. The on-site registration begins at 0730 in the Root Hall atrium. After completing this process, you will have time to visit the vendors and converse with fellow retirees. The formal program begins at 0900 in the Bliss Auditorium (inside of Root Hall) with our opening activities and the Keynote address. This will be followed by the Legal update, the TRICARE for Life, and TRICARE under 65 briefings, the Dunham Clinic update, and finally a presentation on the Federal Employees Dental and Vision Insurance Program (FEDVIP). For those joining us virtually you are able to participate in these briefings through live streaming. The information on how to access the presentations on-line is covered in another section of this bulletin.

In addition to the activities previously mentioned, the Post Exchange and Commissary are holding special deals to include sidewalk sales, vendor for sampling, and giveaways to name a few. Your Retiree Council and Carlisle Barracks personnel are working diligently on this new RAD format to demonstrate greater appreciation for your service and your family’s sacrifice.

Information on registration Friday’s events (golf scramble, picnic meal, and bingo) and for Saturday’s briefings is in another section of this bulletin.

As the Chairperson of your Carlisle Barracks Retiree Council, I encourage you to participate in both Friday and Saturday’s Carlisle Barracks Retiree Appreciation Day events. Please review the schedule and join us on May 1 and 2, 2026.

Michael H. Zang
Colonel (Ret)
Council Chairman

SPECIAL NOTE's TO OUR MILITARY RETIREES IN OUR COMMUNITY

******CARLISLE BARRACKS PHONE NUMBERS HAVE CHANGED******

******If you have not updated your email in DEERS please do so******

This YEARS Retirement Newsletter will be online on the Carlisle Barracks Garrison Retirement Services Page. We have enclosed the link to our webpage.

[Soldier for Life Military Retirement Services: U.S. Army Carlisle Barracks](#)

<https://home.army.mil/carlisle/Carlisle-Barracks/all-services/rso>

We encourage everyone to save this link to your computers for the upcoming years to come so you can be up to date with our Annual Retiree updates as well. You can Register for the RAD this year at:

<https://home.army.mil/carlisle/Carlisle-Barracks/all-services/rso>

<https://apps.armywarcollege.edu/registration/registerforevent/8d653238-03fc-4b26-b9fd-b68230d7e0db>



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Military Personnel Services Division, Carlisle Barracks, Carlisle, PA 17013

December 2025

ID Card Office

The DEERS/ID card office at Carlisle Barracks operates strictly on an appointment system. To schedule an appointment or locate the closest ID Card Office to you, go to **ID Card Office Online** at <https://idco.dmdc.osd.mil/idco/> or call our office at (520) 821-7925 or 7926. We also recommend that you call our office before traveling a long distance to ensure there are no system related problems. For additional information, please visit our website at <https://home.army.mil/carlisle/index.php/carlisle-barracks/all-services/deersid-card-office>.

Dunham US Army Health System

The Dunham US Army Health System (DUSAHS) provides health care and services throughout the Commonwealth of Pennsylvania. The DUSAHS is comprised of the Dunham US Army Health Clinic at Carlisle Barracks, the Senior Leader Sustainment Program at Carlisle Barracks, the Fillmore US Army Health Clinic in New Cumberland, the Troop Medical Clinic at Fort Indiantown Gap, and the Occupational Health Clinic at the Letterkenny Army Depot.

Dunham US Army Health Clinic Building 450, Carlisle Barracks General Information

- The hours of Operation are Monday through Friday, 0730 -1630. The clinic is closed on all weekends and Federal holidays.
- The Dunham Outpatient Pharmacy operates 3 separate Pharmacy sites. A site at the Carlisle Barracks Main Exchange which includes no-contact lockers where you can get most prescriptions, a site at Fillmore health clinic at DLA New Cumberland and a site at the Fort Indiantown Gap troop medical clinic. You can now get new prescriptions and refills at all sites.
- The DUSAHS website is <https://dunham.tricare.mil>, and the DUSAHS Facebook page is <https://www.facebook.com/DUSAHC/>. Beneficiaries are encouraged to visit these sites to view important information and timely updates regarding health care services and current events.
- The Dunham US Army Health Clinic main appointment line is (571) 821-7700. Beneficiaries may schedule or cancel appointments or be guided to other sections and teams for assistance, to include pharmacy and lab services, health benefits, and outpatient medical records.
- Enrolled beneficiaries are encouraged to enroll in the MHS (Military Health System) Genesis Patient Portal to communicate effectively and securely with their health care team. Please seek assistance on how to enroll from the Dunham Patient Advocate at (571) 821-7719.
- Beneficiaries requiring general assistance with TRICARE benefits, referrals, enrollment, or claims and billing problems may seek Assistance from the DUSAHS Health Benefits Office (HBO). Beneficiaries contact the HBO Monday through Friday, 0730-1630 by calling 571-821-7796.
- Beneficiaries may seek assistance for after-hours care by calling the TRICARE Nurse Advice Line at 1-800-874-2273, Option 1. General services include assessing medical needs, providing general health care guidance, and assistance in finding after-hours care locations for routine or emergency medical needs.

- The DUSAHS is in the TRICARE East Region, serviced by the TRICARE East Contractor, Humana Military, at 1-800-444-5445. Humana Military provides guidance and services regarding benefits, referrals, claims, and enrollment in various programs and services.

Army Community Service

The Carlisle Barracks Army Community Service Program assists our Retiree community through a variety of programs, including:

- Army Family Action Plan (AFAP), providing a platform to voice quality-of-life issues, feedback, ideas, and suggestions.
- Army Emergency Relief (AER), administering grants and zero-interest loans to Active Duty and Retired Soldiers and their Families.
- Army Volunteer Corps, promoting quality volunteer work experiences and environments that recognize and appreciate the valuable contributions volunteers make to the Carlisle Barracks community.
- Information, Referral, & Follow-up, connecting Soldiers and Retirees to local service organizations, events, and programs of interest.
- Survivor Outreach Services (SOS), offering long-term support to surviving Families of fallen Soldiers.

We are in the Personnel Service Center, Building 46, Please call (571) 821-7509 between the hours of 7:30-16:00 (M-F) to schedule an appointment.

Legal Services

Legal services are offered by appointment only. To schedule a legal assistance appointment please contact our office at 520-717-3595.

A legal brief will be given, in person and on Facebook live, during the Retirement Appreciation Day (RAD). The Legal Assistance Office can assist you with understanding the estate planning paperwork, and with scheduling a future legal appointment. You do not have to wait until the RAD to schedule your estate planning appointment, you can do this now by contacting our office and having your estate planning paperwork sent to your email or home address.

Medical/Dental/Vision

Medical coverage is available for Retirees and dependents. You can enroll in Tricare Select or Prime up to age 65. Tricare for Life is available for those over 65. If you are a Gray Area Retiree, you can enroll in the Tricare Retired Reserve. Contact numbers are located on the next page. More Tricare information can be located at: <https://www.tricare.mil/>

Dental and vision coverage is also available for Retirees and dependents. This plan is called FEDVIP. You must validate eligibility and can enroll using the BENEFEDS website at: <https://www.benefeds.com/>.

- Vision – There are currently five National/International plans available
 - Dental – There are currently seven National/International and five regional plan available
- BENEFEDS also has a Federal Long Term Care Insurance (FLTCIP) and Federal Flexible Spending Account Program (FSAFEDS) available. More information is at the BENEFEDS website.

Carlisle Barracks Retiree Quick Reference

Military Personnel Services Division, Carlisle Barracks, Carlisle, PA 17013 December 2025

For additional information contact the Retirement Services Office at 520-673-7657 or email us at:
Jeffrey.a.hanks3.civ@army.mil **HANDY MILITARY TOLL-FREE NUMBERS**

ARMY Reserve HR Retirement Benefits	1-888-276-9472
Bureau of Veterans Affairs, Ft Indiantown Gap	1-800-547-2838
DEERS Update/Information	1-800-538-9552
Retirement & Annuity Pay Center, Cleveland, OH	1-800-321-1080
TRICARE PHONE NUMBERS	
TRICARE Information (Under age 65)	1-800-444-5445
TRICARE Mail-Order (Home Delivery) Pharmacy Program	1-877-363-1303
VA PHONE NUMBERS	
VA Insurance Information (NSLI -Old GI Insurance)	1-800-669-8477
VA Insurance Information (VGLI & SGLI)	1-800-419-1473
VA Education Customer Service Office (GI Bill/Post 911)	1-888-442-4551
VA Regional Office (General Questions)	1-800-827-1000
DUNHAM HEALTH CLINIC – CLOSED on THURS AFTERNOONS	
Clinic Information	571-821-8438 or Toll-free 1-877-787-2569
Health Benefits Advisors	571-821-7796
Patient Affairs	717 245-3911
Patient Appointments	571-821-7700/1-877-787-2569
Pharmacy	1-800-377-1723
Pharmacy (Dunham Clinic Phone-in Refill)	1-800-248-6337, Press 2, then 4, then 4
OTHER MEDICAL CLINICS in the Area	
INDIANTOWN GAP MEDICAL	717 861-2091
Fillmore Medical Clinic	717 770-7281
OTHER POST PHONE NUMBERS	
Army Community Services	571-821-7509
Army Emergency Relief, Financial Counsel Aid	571-821-7509
Barber Shop (PX)	717 249-4958
Barracks Crossing (Engraving, Frame, Auto)	717 245-3319
Bowling Center	520-674-3995
Chapel (Post)	571-821-7512
Commissary	571-821-7931
Golf Course Appalachian Brewing Company 1757 Grille	571-821-7697/717-462-6161
Legal Assistance/Appointments (JAG)	520-717-3595
Letort View Community Center & Catering	520-673-7656
Post Exchange	717 243-2463
Post Closures Due to Bad Weather	571-821-7501
Retirement, Survivor, Transition Office (Military)	572-821-7932/520-673-7817/-520-673-7657

Carlisle Barracks Retiree Appreciation 2-day Event May 1-2, 2026, Registration

May 1st, 2026 Events

All Registrations and payments for any of the Events is due April 10th, 2026
Send registrations and payments to Carlisle Retirement Service, Bldg 46, Ashburn Drive,
Carlisle, PA 17013

- Carlisle Barracks Golf Course Scramble 85.00 includes - Lunch box (All Beef Hots Dog, Chips, Fresh Baked Cookie Iced Tea or Lemonade) Picnic Bingo included in the cost included Per Person.
Time 11:00
am-6:00 p.m. cutoff - Rain or Shine.
- Picnic 6:00 p.m. Picnic 25.00 by itself. (Pulled Pork or BBQ Chicken, Macaroni and Cheese, Garden Salad, Potato Chips, Cookie tray, Iced Tea or lemonade) (Per Person)
- Bingo and Picnic only 25.00 (Per Person) 6:00 p.m.-8:00 p.m.



-----Payment Information-----

ALL checks are to be made payable to IMWRF fund. Credit Cards payments please call 520-673-7657 Mr. Hanks for payment info.

YES, I plan to attend this year's Retiree Appreciation Day Special events above! There will be ___ in my party.

NAME _____ RANK _____ SERVICE _____

ADDRESS _____

STATE _____ ZIP _____

PHONE _____

EMAIL _____

**RETIREE APPRECIATION DAY AGENDA
IN PERSON SCHEDULE**

DATE AND TIME: May 2nd, 2026, 0730 am - 2:15 p.m.

(ONLINE VIRTUAL) LOCATION ONLY LINK:

<https://www.facebook.com/USAGCarlisleBarracksGC/live/>

**Carlisle Barracks Retiree Appreciation Day Agenda
Saturday 2 May 2026**

Time	Event
0630-0715	Final Setup of Root Hall
0715-1000	Registration in Atrium Coffee & Baked Goods - Downstairs
0730-1400	Vendor Information Tables - Atrium
0845-0915	Opening Activities Welcome, National Anthem (BSHS), Invocation, Pledge of Allegiance, Armed Forces Medley (BSHS), and Agenda Overview. SFC (Ret) Catherine Haynes (Council Vice-Chair), (Commandant), (Garrison Commander)
0915-0945	Keynote Address – MOAA Paul Frost or Lila Quintiliani
0945-1015	Legal Update – LTC Joseph Venghaus or CPT Matthew Byelich
1015-1030	Break
1030-1100	Dunham Clinic Update – LTC Matthew Noss
1100 -1215	TRICARE Briefings Over 65 – Mr. Brian Bauer – Bliss Auditorium Under 65 – Mr. Terry Goodyear – Lecture Room East
1215-1315	Lunch - On Own
1315-1415	FEDVIP
1420	Closing Remarks

*****Registration 2025-2026*****

Event: Carlisle Barracks Multi 2 Day RAD Event

PLACE: Carlisle Barracks Root Hall and Golf Course

Root Hall Bliss Hall Auditorium, Building 651, U.S. Army War College

DATE AND TIME: Friday 1 May and Saturday, 2, 2026 starting

**PLEASE MAIL PRE-REGISTRATION or REGISTER ONLINE NLT 10 April 2026 to:
OR CALL 717-962-5342 or 520-673-7657 TO REGISTER**

Please Register For Participant Count ONLY

-----(CUT HERE)-----

For Official Use Only

2025-2026 CARLISLE BARRACKS RETIREE APPRECIATION 2 DAY

Event FORM

<https://apps.armywarcollege.edu/registration/registerforevent/8d653238>

[-03fc-4b26-b9fd-b68230d7e0db](#)

FACEBOOK LIVE

<https://www.facebook.com/USAGCarlisleBarracksGC/>

**Please send back to the Retirement Office at 46 Ashburn Drive, Carlisle, PA,
17013 if you are unable to register online when the link is posted on the
Retirement Services Webpage.**

<https://home.army.mil/carlisle/Carlisle-Barracks/all-services/rso>

YES, I plan to attend this year's Retiree Appreciation Day Saturday only ! There will be _____ in my party.

NAME _____ RANK _____ SERVICE _____

ADDRESS _____

STATE _____ ZIP _____

PHONE _____ EMAIL _____

Retiree

Army Echoes is going digital!

Stay connected, wherever you are--Army Retirement Services is excited to announce a major shift in how we deliver the official Army newsletter for Retired Soldiers and their families. We slowly began transitioning to all digital: <https://soldierforlife.army.mil/Army-Retirement/Post-Retirement/Army-Echoes-Newsletter>.



<https://soldierforlife.army.mil/Army-Retirement/Post-Retirement/Army-Echoes-Newsletter>

**Hope to see everyone next year in person.
Retirement Services Office.
571-821-7932 or 520-673-7657**

Retiree