

CARLISLE BARRACKS RETIREE BULLETIN

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



ANNUAL Carlisle Barracks Retiree Bulletin and Appreciation Day

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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

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Retiree

Carlisle Barracks Retiree Bulletin

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

August 2024

A Message from your Retirement Council

The Carlisle Barracks 2024 Retiree Appreciation Day (RAD) is Saturday October 19, 2024, and it will again be a hybrid event. This means that it will be both an in-person and a virtual event. Everyone is welcome to attend the briefings, visit the vendors, Commissary, Post Exchange, and socialize with fellow retirees face to face. Simultaneously, if you desire to remain in the comfort of your home, you are able to attend all the briefings on a live stream format. In either case, I sincerely hope that you will join us for the 2024 RAD at Carlisle Barracks.

The 2024 RAD has a new location on Carlisle Barracks in the New Army War College Academic Building. It is still called Root Hall but it is building 651 on Wright Avenue, which is off of Forbes Avenue. All of the day's events will occur in the NEW Root Hall. Please follow the Special Events signs to the parking lot in this area and be mindful of both the speed limit and the one-way signs.

The 2024 RAD will follow a very similar format as our 2023 event. The on-site registration begins at 0730 in the Root Hall atrium. After completing this process, you will have time to visit the vendors, obtain a flu shot from members of the Dunham Clinic staff, 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 can participate in these briefings through live streaming. The information on how to access the presentations on-line is covered in another section of the RAD Bulletin.

I encourage you to participate in our 2024 RAD either in-person or virtually. If you are unable to join us in-person for the day it does not preclude you from taking advantage of the Commissary, Legal Services, the Pharmacy, the Retirement Services, and the ID Card section on other days of the year. These services are always open to you. Some of these services are on a drop-in basis and other on an appointment only basis (Legal, ID, and Retirement Services).

As the Chairperson of your Retired Soldier Council, I again encourage you to participate in Carlisle Barracks Retiree Appreciation Day.

Michael Zang

Carlisle Barracks Retiree Bulletin

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

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SPECIAL NOTE TO OUR MILITARY RETIREES IN OUR COMMUNITY

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)

<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>



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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 (717) 245-3533 or 4321. We also recommend that you call our office before traveling a long distance to ensure there are no computer 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 a separate Refill Pharmacy at the Carlisle Barracks Main Exchange. The hours of operation are 0830-1530, Monday through Friday.
- 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 (717) 245-3400. Beneficiaries may schedule or cancel appointments or be guided to other sections and team 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 in order to communicate effectively and securely with their health care team. Please seek assistance on how to enroll from the Dunham Patient Advocate at (717) 245-3933.
- Beneficiaries requiring general assistance with TRICARE benefits, referrals, enrollment, or claims and billing problems may seek Assistance from the DUSAHS Health Benefits Office. Beneficiaries may visit this office in building 450 Monday through Friday, 0730-1630, or by calling (717) 245-4112.
- Beneficiaries may seek assistance for afterhours 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 to 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 located in Building 46, Anne Ely Hall. Please call (717) 245-4357 between the hours of 7:30-16:00 (M-F) to schedule an appointment. Use this QR code to learn more about how we might assist you:

Legal Services...

Legal services are offered by appointment only. To schedule a legal assistance appointment please contact our office at (717) 245-4940.

A legal brief will be given, in person and on Facebook live, during the Retirement Appreciation Day (RAD). At the 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.

Vendors...

There will be local vendors set up as in the past years to provide you with Information and assistance related to Retirement Benefits and services. We have had over 30 vendors in the past we hope to have the same this year, or more.

Carlisle Barracks Retiree Quick Reference

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

October 2024

For additional information contact the Retirement Services Office at 717 245-3889 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	717 245-3400 or Toll-free 1-877-787-2569
Health Benefits Advisors	717 245-4112
Patient Affairs	717 245-3911
Patient Appointments	717 245-3400/1-877-787-2569
Pharmacy	717 245-3400
Exchange Pharmacy	717 245-3400
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	
	PHONE
Army Community Services	717 245-4357
Army Emergency Relief, Financial Counsel Aid	717 245-4720
Barber Shop (PX)	717 249-4958
Barracks Crossing (Engraving, Frame, Auto)	717 245-3319
Bowling Center	717 245-4109/5-3027
Chapel (Post)	717 245-3318
Commissary	717 245-3105
Golf Course Appalachian Brewing Company 1757 Grille	717 243-3262 ext 1 Golf Course ext ABC
Legal Assistance/Appointments (JAG)	717 245-4940
Letort View Community Center & Catering	717 245-4049/4329
Post Exchange	717 243-2065
Post Closures Due to Bad Weather	717 245-3700
Retirement, Survivor, Transition Office (Military)	717 245-4501/3889/520-673-7817

Retiree

Retiree

RETIREE APPRECIATION DAY AGENDA

DATE AND TIME: Saturday, 19 October 2024, 6:30 am-3:00 p.m.

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

SATURDAY, 19 Oct 2024

TIME	EVENT	LOCATION
0630-0730	<u>Final Setup of 651 Bliss Hall Auditorium, etc., and Vendor set up of Tables.</u> (POC: RSO staff/Retiree Council and Vendors) (60 minutes)	
0700-1000	<u>Registration in Atrium, Coffee & Baked Goods Set up in LVCC</u> (POC: RSO Staff/Ret Council) (90 minutes)	
0700-1330	Flu shots available in Lecture Room East or West	
0700-1400	Vendor Information Tables for Retirees (Root Hall Atrium)	
0845-0915	<u>Opening Activities, Welcome, National Anthem, Invocation, Pledge of Allegiance, Armed Forces Medley, America the Beautiful (<i>Boiling Springs Chorus</i>) and Agenda</u> (MG David Hill, LTC Priscella Nohle) Overview. Bliss Hall (10 minutes)	
0915-0945	<u>Keynote Address, Army Retirement Services, ARMY G1, Deputy Patricia Cruz</u> (30 minutes)	
0945-1015	<u>Legal Update</u> (POC: CPT Matthew Byelich) (30 minutes)	
1015-1030	<u>Break</u>	
1030-1100	<u>Dunham Clinic Update</u> (POC: LTC Riliwan Otton) (15 minutes)	
1100-1215	<u>TRICARE Briefings</u> TRICARE for Life (65 and Over) in Bliss Hall (POC: Mr. Brian Bauer) (75 minutes) TRICARE (Under Age 65) in Reynolds Theater. (POC: Mr. Terry Goodyear) (75 minutes)	
1215-1315	<u>Lunch On Own, PX Food Court, Commissary, Bowling Center, Local Community.</u> (75 Minutes)	
1315-1415	Federal Employees Dental and Vision Insurance Program (FEDVIP) Ms. Khadijah Brown (60 minutes)	
1415-1420	<u>Closing Remarks and Farewells</u> (POC: Ret Council Chair) (10 minutes)	

PRE Registration 2025

RETIREE APPRECIATION DAY

PLACE: Root Hall Bldg. 651, Wright Avenue, Carlisle, PA 17013, U.S. Army War College

DATE AND TIME: Saturday, 18 October 2025 starting at 7:30 am-3:00 pm

Directions to Carlisle Barracks

1. Entrance to Carlisle Barracks please use Claremont Gate , stay on Left Lane of Rt. 11 South for about 2 miles; Turn Left onto Harmony Hall Road & follow the Blue Carlisle Barracks Signs to the Claremont Gate! Turn Left to go thru Security Checkpoint. If you do not have a Current Military ID, be prepared to show Driver's License, Car Registration & Proof of Car Insurance and please Show Picture ID's for everyone in the vehicle.

Follow the SPECIAL EVENT SIGNS to PARKING LOTS and APPRECIATION DAY SITE!

PLEASE MAIL PRE-REGISTRATION FORM NLT 15 Oct 2025 to:

Retirement Services Office, 46 Ashburn Dr., Carlisle, PA 17013-5062 or FAX to 717 245-4227 or call 717-962-5342

PLEASE email Pre-Registration form to usarmy.carlisle.awc.mbx.rso@army.mil or mike.r.staton.civ@army.mil or jeffrey.a.hanks3.civ@army.mil

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For Official Use Only

2025 CARLISLE BARRACKS RETIREE APPRECIATION DAY PRE-REGISTRATION FORM

Please send back to the Retirement Office at Military Personnel Office, Bldg. 46 Ashburn Drive, Carlisle, PA, 17013 to register Also, you may go online when the link is posted on the Retirement Services Webpage in 2025.

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

Online registration WILL OPEN May 2025. Link will be posted on the RSO webpage.

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

YES, I can assist during the Appreciation Day by being an Usher in the Bliss Hall Auditorium _____

NAME _____ RANK _____ SERVICE _____

ADDRESS _____

STATE _____ ZIP _____

Phone _____ Email _____

Retiree

Local Food Establishments...

Exchange Food Court (CHOPS, HUNTS BROs Pizza/Wings
Bldg, 844 Sumner Rd
Various delis in Food Court

Commissary Deli
851 Sumner Rd

MWR Bowling Center
Letort Ln, Carlisle, PA 17013

MWR Appalachian Brewing Company 1757 Grille
920 Jim Thorpe Rd

Carlisle Diner
800 W High St
Stalwart 24-hour diner with a homey atmosphere serving old-fashioned American eats.

Cracker Barrel Old Country Store
3 E Garland Dr
Homey chain restaurant serving American comfort food, with an on-site general store.

The Pizza Grille - Carlisle
1007 Ritner Hwy
Homey eatery with outdoor seats serving up Italian pastas & specialty pizzas, plus burgers & salads.

Hamilton Restaurant
55 W High St
Mom-&-pop known for unique hot dogs topped with cheese, chili & mustard that also serves breakfast.

Carlisle Super Buffet Restaurant
40 Noble Blvd # 60 · In Walmart Supercenter

Market Cross Pub
113 N Hanover St
Cozy bar & eatery serving a variety of international beers & ales alongside English eats since 1994.

Fiddler's Bar and Grill
1 Mayapple Dr
American classics & cocktails served in a relaxed setting with golf course views & patio seating.

Rustic Tavern
823 Newville Rd

Aya Japanese Steakhouse
235 S Spring Garden St · In Carlisle Marketplace
Traditional backdrop for hibachi grill tables & an extensive menu of Japanese dishes & sushi rolls.

Chen's
310 N Hanover St
Bright spot serving Chinese, Japanese & Thai eats, including shrimp lo mein, sushi & red curry.

Momma Spriggs Restaurant
160 York Rd

Laid-back venue offering seasonal New American comfort food for breakfast, lunch & dinner.

North Hanover Grille

37 N Hanover St

American staples & craft beer on tap in a modest, old-timey space with a fireplace & long bar.

Hickory Ridge Restaurant-Creamery-Country Store-Catering

1400 Harrisburg Pike

Spoons Cafe

57 W Pomfret St

El Rodeo

398 E High St

Established family-run spot serving traditional Mexican fare such as tamales, burritos & enchiladas.

MISENO'S RISTRO PUB

98 W High St

Great food, good service and always clean.

Fairgrounds Diner

1111 Carlisle Springs Rd

Chili's Grill & Bar

2 Houser Ln

Family-friendly chain serving classic Tex-Mex & American fare in a Southwestern-style setting.

Taqueria Laurita

150 W High St

Basic counter-serve spot in a colorful space serving traditional Mexican street eats, plus take-out.

Applebee's grill + bar

260 Noble Blvd · In Walmart Supercenter

Full-service chain bar & grill providing hearty American eats in an informal setting.

******All establishments are not Government endorsed******

*******THANK YOU TO OUR*******

Support Organization...

Retiree Council will be in support of the 2024 RAD

Day Spouses Club

Post Chapel

Cumberland Valley Chapter of the Military Officer's Association of America

HHD COMPANY Carlisle Barracks

MWR Bowling Center

Army Community Service

Retiree