

CARLISLE BARRACKS RETIREE BULLETIN

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



49th ANNUAL Carlisle Barracks Retiree 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

PRESORT STANDARD
U.S. POSTAGE
PAID
PERMIT 1399

OFFICIAL BUSINESS

**Time Sensitive!
PLEASE DELIVER
NLT 10 September 2023**



DEPARTMENT OF THE ARMY
US ARMY GARRISON CARLISLE BARRACKS
22 ASHBURN DRIVE
CARLISLE, PENNSYLVANIA 17013-5000

AMIM-CLG-ZA

2 August 2023

MEMORANDUM FOR MILITARY RETIREES, FAMILY MEMBERS, SURVIVORS AND PRE-
RETIREE PERSONNEL

SUBJECT: 2023 Carlisle Barracks Retiree Appreciation Day Invitation, Keeping Our Veterans Safe.

1. On behalf of United States Army War College and Carlisle Barracks, We cordially invite you to attend or view the 49th Annual Retiree Appreciation Day (RAD) at Carlisle Barracks on **Saturday, 14 October 2023**. This day is a small gesture of appreciation for your service to our country. This year's event will be a hybrid event as we are back in person and on Facebook Live. Our priority remains to keep our Veterans safe. We will provide a Facebook Live link for the virtual event for anyone who wishes to participate online to view the latest information on benefits and entitlements. The Garrison Facebook Live link will allow you to view the presentation and submit questions to the briefers. The day will begin at 0730 at the Root Hall Building 651 with registration followed by opening activities in the Root Hall Auditorium Room at 0900. The key events for the day are as follows:

- a. Opening ceremonies
 - b. Opening remarks by Lieutenant Colonel Priscella Nohle.
 - c. Keynote Address by Major General Mark H. Landes.
 - d. A series of briefings on topics such as medical updates, legal affairs, Tricare, and the Retiree Dental and Vision Program (FEDVIP). The briefing schedule will be published in the Retiree Bulletin and our Garrison webpage.
2. There will be installation support activities conducted during the Retiree Appreciation Day. Items such as health and dental information, flu shots, ID cards and legal support services can be accomplished during routine visits to the installation throughout the year.
3. Thank you for all that you have done and continue to do for this great Nation. We look forward to your participation in this event! If you have any questions regarding these events, please contact the Retirement Services Office at 717-245-4501 or 717-245-3894.

PRISCELLA A. NOHLE
LTC, MI
Commanding

Carlisle Barracks Retiree Bulletin

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

August 2023

A Message from your Retirement Council

The Carlisle Barracks 2023 Retiree Appreciation Day (RAD) is Saturday October 14, 2023 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 2023 RAD at Carlisle Barracks.

The 2023 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 2023 RAD will follow a very similar format as our 2022 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 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 the RAD Bulletin.

I encourage you to participate in our 2023 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

August 2023

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>.

Medical Services...

The Dunham Health Care Network covers an extensive portion of Pennsylvania, including the Dunham U.S. Army Health Clinic located at Carlisle Barracks, the Fillmore U.S. Army Health Clinic located at the Defense Distribution Center in New Cumberland, and Troop Medical Clinic located at the National Guard Training Center at Fort Indiantown Gap.

Dunham Clinic Hours

- **Standard Hours.**
 - o Monday - Friday: 0730-1630 hours.
 - o The Dunham Pharmacy (Walk-in) Services closes at 1530 hours.
- **Regular Exceptions:**
 - o Closed all Federal holidays.
 - o ***The third Thursday of the month Dunham Main Clinic, Exchange Pharmacy, and Outlying Clinics are closed for Mandatory Training (unless otherwise posted).***
- **Check for unscheduled changes during severe weather using the following resources:**
 - o Patient Appointment Phone: (717) 245-3400
 - o Nurse Advice Line 1-800-874-2273
 - o Web Page: <https://dunham.tricare.mil/>
 - o Facebook: <https://www.facebook.com/DUSAHC/>
- **Dunham has instituted a new phone line for our customers to leave messages directly for their Providers.**
 - o Provider Message Line: (717) 961-2369 (A response could take up to 72 hours)

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;
- And, more...

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:

Carlisle Barracks Retiree Bulletin

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

August 2023

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.

Support Organization...

Retiree Council will be in support of the 2023 RAD Day

Spouses Club

Post Chapel

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

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

CARLISLE BARRACKS PHONE NUMBERS

On-Post information - 717-245-3131 during normal duty hours only Mon-Fri 0700 – 2300
Or Call the Office you want at 717-245-xxxx

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	717 245-3267
Legal Assistance/Appointments (JAG)	717 245-4940
Letort View Community Center & Catering	717 243-3262 ext. 2
Post Exchange	717 243-2065
Post Closures Due to Bad Weather	717 245-3700
Retirement, Survivor, Transition Office (Military)	717 245-4501/3894/3889

RETIREE APPRECIATION DAY AGENDA

DATE AND TIME: Saturday, 14 October 2023, 9:00 am-3:00 p.m.

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

Time	Event
0630-0730	Final Setup of Root Hall Bldg 651(RSO Staff/Retiree Council, Clinic Staff, and Vendors)
0730-0900	Registration in Atrium, Coffee & Baked Goods in ROOT HALL
0715-1330	Flu shots available in LECTURE ROOM WEST
0730-1400	Vendor Information Tables for Retirees (ROOT HALL ATRIUM)
0900-0930	Opening Activities, Welcome, National Anthem (BSHS), Invocation, Pledge of Allegiance, Armed Forces Medley (BSHS), and Agenda Overview. Mr. Zang (Council Chair)
0930-1000	Keynote Address (Commandant USAWC)
1000-1030	Legal Update (CPT Byelich)
1030-1045	Break
1045-1115	Dunham Clinic Update (LTC Ottun)
1115-1230	Lunch - On Own, Exchange Food Court, Commissary, Root Hall Deli, Bowling Center Snack Bar, and Community
1230-1345	TRICARE Briefings <ul style="list-style-type: none">• TRICARE for Life (65 and Over) in BLISS HALL AUDITORIUM (Mr. Brian Bauer)• TRICARE (Under 65) in LECTURE ROOM EAST (Mr. Terry Goodyear)
1345 - 1400	Break
1400 - 1450	Federal Employees Dental and Vision Insurance Program (FEDVIP)
1450 - 1500	Closing Remarks

PRE Registration

RETIREE APPRECIATION DAY AGENDA

PLACE: Root Hall Bldg 651, U.S. Army War College

DATE AND TIME: Saturday, 14 October 2023 starting at 7:30 am-3:00 pm

Time

Event

- 0630-0730 Final Setup of Root Hall Bldg 651(RSO Staff/Retiree Council, Clinic Staff, and Vendors)
- 0730-0900 Registration in Atrium Coffee & Baked Goods in ROOT HALL
- 0715-1330 Flu shots available in LECTURE ROOM WEST
- 0730-1400 Vendor Information Tables for Retirees (ROOT HALL ATRIUM)
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- 0930-1000 Keynote Address (Commandant USAWC)
- 1000-1030 Legal Update (CPT Byelich)
- 1030-1045 Break
- 1045-1115 Dunham Clinic Update (LTC OTTUN)
- 1115-1230 Lunch - On Own, Root HALL Deli, Exchange Food Court, Commissary, Root Hall Deli, Bowling Alley Snack Bar, and Community
- 1230-1345 TRICARE Briefings
- TRICARE for Life (65 and Over) in BLISS HALL AUDITORIUM (Mr. Brian Bauer)
 - TRICARE (Under 65) in LECTURE ROOM EAST (Mr. Terry Goodyear)
- Carlisle Barracks 2023 Retiree Appreciation Day Agenda Cont'd
- 1345-1400 Break
- 1400 -1450 Federal Employees Dental and Vision Insurance Program (FEDVIP)
- 1450-1500 Closing Remarks

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. 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 22 Sep 2023 to:

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

PLEASE email Pre-Registration form to robert.q.johnson10.civ@army.mil or jeffrey.a.hanks3.civ@army.mil

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For Official Use Only

2023 CARLISLE BARRACKS RETIREE APPRECIATION DAY PRE-REGISTRATION FORM

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 Root Hall Auditorium _____

NAME _____ RANK _____ SERVICE _____

ADDRESS _____

STATE _____ ZIP _____

Phone _____ Email _____

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******

