

**CARLISLE BARRACKS RETIREE BULLETIN  
2025**

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



**VIRTUAL**

**51<sup>st</sup> 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

OFFICIAL BUSINESS

# Carlisle Barracks Retiree Bulletin

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

**September 2025**

## A Message from your Retirement Council

### 2025 Council Message

The Carlisle Barracks 2025 Retiree Appreciation Day (RAD) is Saturday October 18, 2025. In mid-May your council was notified by the Garrison Commander that “we need to move the RAD to a virtual format this year due to the hiring, freeze, lack of resources, and other 2<sup>nd</sup> and 3<sup>rd</sup> order effects of personnel challenges.” So, there you have it, the Carlisle Barracks 2025 RAD is a VIRTUAL ONLY event. The day will consist of a series of live and pre-recorded briefings. These presentations include a Dunham Clinic and Legal update, both Tricare under 65 and a Tricare for Life briefing, and our Keynote address on “Legislative Update on Military and Veterans Benefits” presented by Colonel (Ret) Brian Anderson from the Military Officers Association of America.

This format does not prevent you from asking questions as there is a way to pose your question during the presentation and immediately afterward. We will have knowledgeable subject matter individuals monitoring the questions and providing a response during and immediately after the briefing. If your question is not answered during the time allotted for the presentation, I can assure you it will be answered.

I encourage you to participate in our 2025 RAD. The fact that the RAD is a virtual only event 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 others on an appointment-only basis (Legal, ID, and Retirement Services).

As the Chairperson of your Carlisle Barracks Retiree Council, I again encourage you to participate in Carlisle Barracks Retiree Appreciation Day. Please review the schedule and join us for the day's events beginning at 9:00 a.m. on Saturday, October 18, 2025.

Michael H. Zang  
Colonel (Ret)  
Council Chairman

# Carlisle Barracks Retiree Bulletin

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

September 2025

## **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](https://apps.armywarcollege.edu/registration/registerforevent/8d653238/-03fc-4b26-b9fd-b68230d7e0db)



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**September 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 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 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.

# Carlisle Barracks Retiree Quick Reference

**Military Personnel Services Division, Carlisle Barracks, Carlisle, PA 17013 September 2025**

## 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 located in the Personnel Service Center, Building 346, 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 September 2025**

For additional information contact the Retirement Services Office at 520-673-7657 or email us at:  
[Jeffrey.a.hanks3.civ@army.mil](mailto: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

### PHONE

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

**RETIREE APPRECIATION DAY AGENDA**  
**VIRTUAL SCHEDULE**

**DATE AND TIME: Saturday, 18 October 2025, 0730 am-2:15 p.m.**

**(ONLINE VIRTUAL) LOCATION:**

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

TIME	EVENT
0900-0915	<b>Opening Activities</b> - Welcome, National Anthem (BSHS), Invocation, Pledge of Allegiance, Armed Forces Medley (BSHS), and Agenda Overview. COL (Ret) Michael Zang, Carlisle Barracks Retiree Council Chairman
0915-1010	<b>Keynote Address</b> – <i>Legislative Update on Military and Veteran Benefits</i> - Col (Ret) Brian Anderson
1015 - 1055	<b>Dunham Clinic Update</b> – LTC Matthew R. Noss
1100 - 1210	<b>TRICARE For Life Briefing</b> - Mr. Brian Bauer
1215 - 1325	<b>TRICARE Under 65</b> – Mr. Terry Goodyear
1330 - 1410	<b>Legal Update</b> – CPT Matthew Byelich
1410	<b>Closing Remarks</b> – COL (Ret) Michael Zang

# \*\*\*Registration 2025\*\*\*

**PLACE: VIRTUAL ONLINE ONLY**

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

**DATE AND TIME: Saturday, 18 October 2025 starting at 7:30 am-2:15 pm**

**PLEASE MAIL PRE-REGISTRATION or REGISTER ONLINE NLT 15 Oct 2025 to:**

**OR CALL 717-962-5342 or 520-673-7657 TO REGISTER**

**Please Register For Participant Count online ONLY**

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**For Official Use Only**

**2025 CARLISLE BARRACKS RETIREE APPRECIATION DAY FORM for**  
**VIRTUAL RAD DAY**

**<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 VIRTUAL Retiree Appreciation Day Online! There will be \_\_\_\_\_ in my party.

NAME \_\_\_\_\_ RANK \_\_\_\_\_ SERVICE \_\_\_\_\_

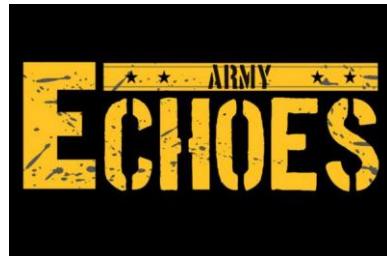
ADDRESS \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

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**