

CARLISLE BARRACKS RETIREE BULLETIN
2025

MPSD, CARLISLE BARRACKS CARLISLE, PA
17013-5062



VIRTUAL

51st 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 2nd and 3rd 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

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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>

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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 (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 **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	Opening Activities- 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	Keynote Address – <i>Legislative Update on Military and Veteran Benefits</i> - Col (Ret) Brian Anderson
1015 - 1055	Dunham Clinic Update – LTC Matthew R. Noss
1100 - 1210	TRICARE For Life Briefing - Mr. Brian Bauer
1215 - 1325	TRICARE Under 65 – Mr. Terry Goodyear
1330 - 1410	Legal Update – CPT Matthew Byelich
1410	Closing Remarks – 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 _____

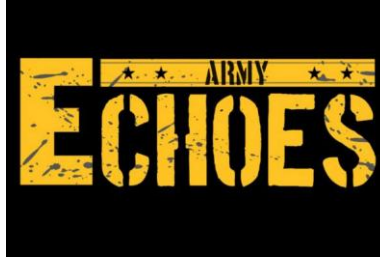
STATE _____ ZIP _____

PHONE _____ EMAIL _____

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**