Retired Services Office (RSO) Mission Statement
To provide quality service regarding benefits, entitlements, information and referral to Army Retirees, their Family as well as active duty Soldiers and their family preparing for retirement. The Retirement Services Office also publishes the Fort Drum Retired Army Newsletter; advises and supports the Fort Drum Retiree Council, develops public support of Army programs and informs the retired community of upcoming events of interest.

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Are you interested in becoming a member of the Fort Drum Retiree Council or a regional sub council?

Apply at: https://home.army.mil/drum/index.php/about/Garrison/directorate-human-resources/MPD/retirement-services-office-rso

- Download the “Fort Drum Council Membership Application”
- Fill out the form.
- Include a copy of your DD 214 and resume.
- Mail or email to:
  Retirement Service Office
  10720 Mount Belvedere Blvd
  Room B2-40
  Fort Drum, NY 13602
  usarmy.drum.rso@mail.mil
RETIREE COUNCIL MEMBERS
MG Robert Kasulke, USA RET
Officer Co-Chairman
MSG David Pearson, USA RET
Enlisted Co-Chair
COL Orrin MacMurray, USA RET
COL Milledge Smith, USA RET
COL Charles Frost, USA RET
COL Gary Rosenberg, USA RET
LTC Annette Buford-Frost, USA RET
MAJ Nina Saeli, USA RET
CSM Henry Curtis, USA RET
CSM Frank Puidokas, USA RET
MSG Terry Finley, USA RET
SFC Darryl Sapoff, USA RET
Brenda Pennels, Surviving Spouse

EMERITUS MEMBERS
COL William Murphy, USA RET
COL Frank Musmanno, USA RET
WO Ray Gilroy, Canadian Army RET
CSM Stanley Kaminski, USA RET
CM Sgt Patrick Rourk, USAF RET

CANADIAN LIAISON
SP5 Richard Vinet, USA Veteran

HOW DOES THE COUNCIL SUPPORT RETIREES?
The FDRC considers issues of importance to retired military personnel and their family members in order to facilitate interaction between Department of the Army leadership, Fort Drum Senior Commander and Garrison Commander, and the retired community. The council provides input to the Army Chief of the Staff on retiree issues.

Retired Warrior Fitness Challenge
FT DRUM’S ATKINS FUNCTIONAL FITNESS FACILITY
20 SEPT 2019 1800hrs

- WHO: Any Military Retired, Active Duty or Family member.
- WHAT: Fitness Challenge and Social Mixer!
- WHERE: Atkins Functional Fitness Facility, 4325 Conway Rd, Ft Drum
- WHEN: Friday, 20 September 2019, 1800hrs with social mixer finger foods at the Commons Winners Circle at 1900hrs.
- WHY: To have fun and set a future fitness goal.
- Shoot for the Uncommon Effort Award!

Register by sending email with contact information to www.usarmy.drum.army.mil
Or call 315-772-6434/6339

https://www.facebook.com/FortDrumNYRetireeCouncil/
Retiree Events

10 May 2019
The Minuteman Commons
1425 Kirkland Street
Hanscom Air Force Base
POC: Dean
rao.hanscom.afb@gmail.com
781-225-1310

RETIREE APPRECIATION DAYS
14 September 2019
National Guard Aviation Facility
Concord, NH
POC: Mr. Mike Rice
nhscsm@gmail.com
603-493-4918

21 September 2019
Fort Drum
Exchange (Building 10730)
See Page 8 for Details

TBD 2020
Niagara Falls Air Reserve Center
POC: CSM(R) Henry Curtis
716-390-9523
hcurtisiii@gmail.com

Monthly Military Luncheon
Rochester, NY
3rd Thursday at noon
Locations change
POC: CSM Frank Puidokas

Monthly Retiree Breakfast
Fort Drum Surrounding Area
3rd Saturday, 0800

Clear Path For Veterans Summit Group Meeting
Every third Friday of the month.
Collaboration with like-minded organizations provides an accurate and varied list of recreation, civic/government, education, VA and other support programs available to veterans and their families. At Summit meetings, we network and learn about each other’s organizations to make better referrals, and help more Veterans.

Clear Path for Veterans is a 501(c) (3) non-profit organization, is Update new York’s archetype Veteran Service Organization serving as a hub of information, programs and resources. We are a welcoming community of staff and volunteers serving all Veterans and their families. As a single point of contact for Veterans, military members and their families we engage, support, and make it easy to connect with what you need with commitment to providing a welcoming place to call home. Our in house programs and services are diverse and rely on partnerships and collaboration. Clear Path’s focus is on restoring, reconnecting and integrating. Our programs and services are innovative, adaptive and flexible to the needs of those who serve.

1223 Salt Springs Road
Chittenango, NY 13037
Phone: 315-687-3300
Email: info@ClearPathForVets.com
Weekly Lunch/Canteen
Every Wednesday
Clear Path for Veterans
1223 Salt Spring Road
Chittenango, NY 13037

info@clearpathforvets.com

This nutritious lunch is served in a welcoming environment to men and women of all service eras. Canteen is an opportunity for us to engage the local community. We love to work with families to establish mutually beneficial relationships.

Our Wednesday Canteen is modeled after the North Platte, Nebraska canteen. This canteen ended up feeding and providing a place of comfort to all the men headed across country to fight in World War II. Each week, our culinary team volunteers are led by Culinary Director/Executive Chef Christopher Griffin in preparing a complimentary lunch open to all active duty and Veteran men, women and their immediate families.

https://www.youtube.com/watch?v=J0415Zoea2Q

CNY Veterans Parade and Expo 2019
Held annually in November
Later in the year get more information at
http://www.cnyveteransparade.org

Honor Flight Syracuse
They fly Central NY heroes to Washington, DC to visit and reflect together at their memorials.
Learn more at https://honorflightsyracuse.org/

Flag of Our Heroes
The newest initiative of Honor Flight. Too many Honored Veterans have passed away before they had the opportunity to visit the memorials dedicated to their service and sacrifice. Honor Flight Syracuse invites family and friends to submit a good quality photo of the veteran, proof of military service (a copy of the obituary will be sufficient if it mentions military service), and submit the application. For more information, please contact Tom at tom@tomshawlaw.com or by phone at 315-445-9894.

Tricare beneficiaries fall into one of two groups: Group A or Group B

- **Group A**—Sponsor’s initial enlistment or appointment began before Jan 1, 2018
- **Group B**—Sponsor’s initial enlistment or appointment began on or after Jan 1, 2018

Tricare beneficiaries can enroll into one of two plans: Tricare Prime or Tricare Select

- **Tricare Prime**—Prime enrollees receive care from an established network of doctors and other health care providers. Care is coordinated through a primary care (PCM) who also provides referrals for specialty care.
- **Tricare Select**—Select enrollees may obtain care from any TRICARE authorized provider without a referral or authorization. Enrollees who obtain services from TRICARE network providers will pay lower cost sharing amounts for network care. [www.tricare.mil](http://www.tricare.mil)

Open Season begins in November and ends in December each year.

Beneficiaries can enroll or change their healthcare plan during the annual open enrollment period, which runs from Monday of the second full week in November to Monday of the second full week in December. If you miss the open enrollment season, you can only enroll or change a healthcare plan if you have a qualifying event.

Qualifying Life Events (QLEs)

Qualifying life events are defined events that trigger a 90-day window for eligible beneficiaries to enroll in or change TRICARE coverage for the rest of the calendar year. They can enroll into a plan if they were not enrolled the QLE or transfer their enrollment to a different plan. If one member of the family has a QLE, other members of the family can also elect to enroll or change their current enrolled TRICARE coverage during the 90-day window.

Go to [https://tricare.mil/LifeEvents](https://tricare.mil/LifeEvents) to see examples of QLEs.

Federal Employees Dental and Vision Insurance Program (FEDVIP)


You can enroll in either a dental plan or a vision plan or both. You can only enroll in a dental and vision plans during the Open Enrollment Season period or if you have a Qualifying Life Event (QLE).

Each Dental plan is different. Some have national and some have regional networks. Some have no maximum benefit for some dental plans - others do. Most do not have a waiting period for most dental services. The coverage with each program varies, and you get to choose the coverage you want. When you have a chance you should speak to your dentist (if you want to continue with him or her) and ask which plans they accept, which they prefer and which is the best value.

The Vision plans they also vary. Some have no deductibles; some do; some have no limit on glass frames and/or contact lenses; others do. And some plans provide discounts for LASIK surgery. You should study the various plans and see if you are interested, and if you are which plan is best for you.
FREE EYE GLASSES FOR RETIREES

Retired members of the Uniformed Services are authorized the free issue of one pair, every 12 months, standard military issue, recruit type, brown eyeglasses. No other frames are available and Family members and surviving spouses of Retirees are not entitled to receive the eyeglasses.

The eyeglasses are available from the Naval Ophthalmic Support and Training Activity (NOSTRA).

To obtain more information on receiving your eyeglasses go to ww.med.navy.mil/sites/nostra/order/Pages/Retiree.aspx and select the "How to Order: You can also contact NOSTRA at 757-887-7611.

If you have any problems or questions or you can email us at: usn-nostra-customer-service@mail.mil

LONG TERM CARE INSURANCE PROGRAM (FLTCIP)

The Federal Long Term Care Insurance Program (FLTCIP) provides long term care insurance to help pay for costs of care when enrollees need help with activities they perform every day, or you have a severe cognitive impairment, such as Alzheimer's disease.

Most Federal and U.S. Postal Service employees and annuitants, active and retired members of the uniformed services, and their qualified relatives are eligible to apply for insurance coverage under the FLTCIP.

Most employees must be eligible for the FEHB Program in order to apply for coverage under the FLTCIP. It does not matter if they are actually enrolled in FEHB - eligibility is the key. Annuitants do not have to be eligible or enrolled in the FEHB Program. Certain medical conditions, or combinations of conditions, will prevent some people from being approved for coverage. You must apply to find out if you are eligible to enroll.

For more information about the FLTCIP, please contact Long Term Care Partners at 1 800-582-3337, or visit the https://www.opm.gov/healthcare-insurance/long-term-care

Candlewood Suites
9090 Mt. Belvedere Blvd
Fort Drum, NY 13602
315-773-7777

You made a career out of taking care of us. Now it’s our turn to do the same for you. IHG Army Hotels is honored to provide military guests the convenience and comfort deserved for the sacrifices made.

Articles for this newsletter do not necessarily reflect the position of the Department of the Army or Fort Drum, NY. We do our best to ensure accuracy. The material in this newsletter was provided by a number of sources. The Retirement Services Office (RSO) publishes the Retirement Services Newsletter in accordance with AR 600-8-7. The RSO is located in Clark Hall, Room B2-40 Fort Drum, NY. You can contact us at: 1-800-556-9790 or e-mail: usarmy.drum.rso@mail.mil
myPay provides fast service, security, accessibility and reliability to all DFAS customers worldwide. If you’ve never opened a myPay account, need help changing your myPay password, or changing your email address in myPay, check out our new online training tutorials available on https://www.youtube.com/watch?v=_6ia4D3z0XI
If you have trouble, call myPay at 888-332-7411 to speak to a customer service representative.

The Defense Enrollment Eligibility Registration System (DEERS) is a centralized database of personal identification information for service members and their families. DEERS verifies eligibility for benefits such as military identification cards, Commissary and Exchange access, Morale, Welfare and Recreation programs, transfer of education benefits, and most importantly

DFAS must be informed about address changes, deaths, marriages, births, divorces—anything that may affect your pay account.

Life Changes impact your retirement pay.

Defense Enrollment Eligibility Reporting System (DEERS)

Coming in 2019
myPay’s simpler, streamlined design and navigation will help you get your business done and move on with your life. Find out more at www.dfas.mil/myPay2019

Do you need a new Military ID Card?
Military members, retirees, and their dependents can use the RAPIDS website to schedule, confirm, cancel, or change an appointment to get a new military ID card. The RAPIDS site is helpful for locating a military ID card issuing office, verifying the office hours and local procedures, and scheduling an appointment to get a new ID card. It’s important to note that local procedures may vary, so pay close attention to the details so you do not have to go back.
Retiree Appreciation Day (RAD)
Saturday, 21 September 2019

0800 – 0900  Registration ~ Fort Drum Exchange (Building 10730)
0900 – 0945  Opening Ceremony
             Welcome
             National Anthem
             Invocation
             Opening Remarks: COL Jeff Lucas, Garrison CDR
             Guest Speaker: Mr. Mark Overberg,
             Director of the Army Retirement Services

0945-1000  Oath of Enlistment
1000-1015  Introduction of the Fort Drum Retiree Council
1015-1100  Information Updates (TRICARE, DFAS, Veteran’s Affairs, etc...)
1100-1400  Wellness Fair (Flu Shots, Blood Pressure Check, etc...)
1100-1400  Light Fighter School Demonstration, and K9 Demonstration, and
           Historic Display

Wills, Healthcare Proxies & Power of Attorneys provided at Clark Hall between 1100-1400.
DEERS/ID Card appointment during the RAD, please call (315)772-5149