



IMCOM—EUROPE RETIREE BULLETIN

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The Retiree Bulletin is published by IMCOM-Directorate Europe, (IMEU-HRM), Unit 23103, APO AE 09136-3103 in conjunction with the Army in Europe Retired Soldier Council (AERSC) as a service to Army retirees and their families residing in Europe. Articles appearing in this bulletin do not necessarily reflect the views or opinions of the Department of the Army, United States Army Europe, Installation Management Command, Europe Region or Army Material Command. Direct inquiries and comments to IMCOM-Europe (IMEU-HRM), ATTN: Retirement Services Office, Unit 23103, APO AE 09136-3103; Phone 0611-143-544-1530 or email usarmy.sembach.id-europe.mbx.retirement-svcs@mail.mil.



Retiree Council

If there are any issues that you are facing, you can contact your local Retiree Council for assistance.

They are your voices to address any concerns or issues that are important to you as an Army Retiree.

The Retiree Council is made up of volunteers who meet throughout the year to address issues submitted to the council. They also work hard to assist and host the annual Retiree Appreciation Day held in the fall.

If you are interested in becoming a member, contact your local Garrison Retirement Services Officer listed on page 10.



WE WANT YOU!

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The U.S. Army was founded on June 14, 1775, when the Continental Congress authorized enlistment of expert riflemen to confront British troops in Boston, MA.

This year Army will celebrate its 245th birthday.

Dear Retirees, Family Members, and Annuitants:

I recently PCS'd from Schofield Barracks, HI and arrived to Sembach last October. The biggest adjustment of my transition is getting acclimated from the warm tropical weather to the cold and snow. I'm excited to be here and ready to provide assistance.

Garrison's Retirement Services Officers are working diligently on the Retiree Appreciation Days (RAD), let's show support by joining us at the RAD. I look forward to meeting you and your family and hope to bring you information and services that is beneficial to you while living abroad.

As always, thank you for your service and sacrifice to our country.

Ms. Chong Min

IMCOM Directorate - Europe

Retirement Services Officer



2020 Retiree Appreciation Day (RAD) Schedule

The planning for the 2020 RADs have begun and the dates have been set. There will be more details in the July edition of IMCOM-Europe Retiree Bulletin.

The RADs are free events open to all retirees, Family members, surviving spouse regardless of service component. Please plan to attend one of the events so you can receive the latest updates and changes to your retired benefits. The Defense Finance and Accounting Service (DFAS) will be available to provide one-on-one assistance. Our guest speaker will be from Department of the Army, Retirement Services Office.

Garrison support agencies will be available to provide information on services and answer any questions. Some of the RADs will have flu shots and other medical services available for retirees.

Upcoming RAD dates:

October 16, 2020 - USAG Benelux-Schinnen (The Netherlands)

October 17, 2020 - USAG Benelux (Belgium)

October 20, 2020 - USAG Bavaria

October 21, 2020 - USAG Ansbach

October 22, 2020 - USAG Stuttgart

October 27, 2020 - USAG Italy

October 31, 2020 - USAG Wiesbaden

November 4, 2020 - USAG Rheinland-Pfalz*

Mark Your Calendars!!

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12 Columbus Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 November



*DFAS and DA guest speaker will not be present.

German Driver's License

If you obtained a German driver's license, also known as *Deutsche Führerschein*, prior to 2013, your license does not have an expiration date.

Due to new European Union (EU) guidelines, all German driver's license are now valid for 15 years from the date of issuance.

If your current German driver's license does not have an expiration date, you have until January 19, 2033 to update your license. You will need to update your photo however, if the state that issued your U.S. driver's license does not have a reciprocal agreement, you may be required to retake the written exam. Road test will not be required.

To check if your state has a reciprocal agreement, visit <https://de.usembassy.gov>

Forever Stamp

The United States Postal Service has announced 18 new stamps for 2020 and offers an assortment of collectable stamps.

Some of the featured stamps include Lunar New Year: Year of the Rat, Gwen Ifill, American Gardens and the Mayflower.

The current rate for a First Class Letter (1 oz.) is \$0.55. This rate will remain throughout 2020 so you have plenty of time to stock up on Forever Stamps.

To view the new stamps for 2020, visit <https://about.usps.com>

myPay

Take charge of your retired pay account. The quickest and easiest way to update your information or print documents is to log into your myPay account.

If you need to update your address or banking information, you no longer have to call or fill out forms. Everything you need to manage your account is just a click away, 24 hours a day, 7 days a week.

Here are some benefits of myPay:

- Change banking information
- Update your address
- Start/Stop allotments
- Print Form 1099-R
- View monthly Retired Pay Statement
- Change tax withholding
- Manage savings bond

2019 myPay Tax Statement Schedule

Retiree 1099-R	Available
Annuitant 1099-R	Available
Reserve Component W-2.....	1/7/2020
NAF Civilian W-2.....	1/1/2020
Civilian W-2	1/18/2020
AD AF, Army, and Navy	1/22/2020
Civilian IRS Form 1095	1/22/2020
Savings Deposit Program (SDP)	1/24/2020
Military/Military Retiree Form 1095....	1/29/2020
Travel/Misc W-2	1/31/2020

To access or set up your account log onto <https://mypay.dfas.mil>



Survivor Benefit Plan (SBP) After Retirement

Keep in mind that you are responsible for maintaining your SBP election after retirement. If you have any life changing events such as death, marriage, divorce or birth/adoption of a child you must notify the Defense Finance and Accounting Service (DFAS) within one year of the event.

You must fill out [DD Form 2656-6](#), Survivor Benefit Plan Election Change Certificate, along with supporting documents to update your election. If you need assistance, contact your nearest Retirement Services Office listed on page 10 of this bulletin.

More information about SBP can be found at the Soldier for Life website at <https://soldierforlife.army.mil/Retirement/survivor-benefit-plan>.

TRICARE Overseas Program (TOP) Select Costs and Fees for 2020

TOP Select is a fee-for-service option available to Retirees and their family members living abroad. The program is a self-managed that allows you to access both network and out-of-network TRICARE authorized providers for covered services. You must be enrolled in the TRICARE Select option to receive this benefit.

To enroll in this program you must mail or fax a completed [DD Form 3043](#), TRICARE Select Form to the address below.
International SOS Government Services, Inc.

TOP Select Enrollments
PO Box 11689
Philadelphia, PA 19116
Fax: 1-215-354-2340

For more information regarding TRICARE Overseas Select, visit: <http://www.tricare-overseas.com>

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

You're in **Group A** if your initial enlistment or appointment or that of your uniformed services sponsor began before Jan. 1, 2018.

You're in **Group B** if your initial enlistment or appointment or that of your uniformed services sponsor began on or after Jan. 1, 2018.

Annual Enrollment Fee:

	Individual	Family
Group A	None	None
Group B	\$471	\$942

Annual Deductible:

	Individual	Family
Group A	\$150	\$300
Group B	\$156 (Network)	\$313 (Network)
	\$313 (Out-of-Network)	\$626 (Out-of-Network)



Edelweiss Lodge and Resort ** New Authorization Eligibility **



US Army Europe and Federal Republic of Germany approved to allow military members stationed outside Europe to vacation at the Edelweiss Lodge and Resort in Garmisch, Germany.

As of June 3, 2019, all Active Duty, retirees and civilian/military ID cardholders are eligible to stay at the resort on a limited, space-available basis.

It is highly recommend to make reservations well in advance to ensure availability. Some of the amenities at the resort includes spa treatment, fitness center, casual to full-service dining, and guided tours.

To make reservations visit <https://www.edelweisslodgeandresort.com>

Edelweiss Lodge and Resort is one of the four Armed Forces Recreation Center Resorts. Other facilities are Hale Koa Hotel in Waikiki, Hawaii; Shades of Green at Walt Disney World in Florida and Dragon Inn Lodge in Seoul, South Korea.



2019 FEDERAL TAX RETURN

Important filing and payment deadline dates

April 15, 2020 ~ Regular Federal Tax Deadline

June 17, 2020 ~ 2-Month Extension Deadline

October 15, 2020 ~ 6-Month Extension Deadline

EXTENSIONS

2-Month Extension: In order to qualify you must meet one of the following situations:

- You are living outside the United States and Puerto Rico and your main place of business or post of duty is outside the United States and Puerto Rico, or
- You are in military or naval service on duty outside the United States and Puerto Rico.

To use this automatic 2-month extension, you must attach a statement with your tax return with one of the two situations listed above.

6-Month Extension: If you need additional time to file, you must submit [Form 4868](#) or use [IRS e-file](#) by **April 15, 2020** to request this extension. Forms can be mailed to Department of the Treasury, Internal Revenue Service Austin, TX 73301-0045.

REMINDER: If you owe any taxes, the deadline is April 15, 2020. There is no extension even if you are an Expat. Failure to pay will result in charged interest.

For more information about extensions, visit <https://www.irs.gov/publications/p54>.

To check the status of your refund: <https://www.irs.gov/refunds>

myPay



Need a copy of your 1099-R?

If you are a retiree or annuitant and have lost or misplaced your 1099-R for taxes, the quickest way to obtain another copy is through myPay. Log onto <https://mypay.dfas.mil> with your Login ID and password. You may print a copy from home.

If you do not have a myPay account you may submit a ticket through the askDFAS website at <https://www.dfas.mil/retiredmilitary.html>. A copy will be mailed to you to the address on file or a one-time, temporary mailing address.



Commissary Connection

Stay connected to your local commissary by subscribing to their newsletter.

Fill out the form and subscribe online. You'll start receiving the latest Commissary news, promotions, events, and sales flyer.

Log onto: <https://www.commissaries.com/>

ID Card Appointment

Avoid the long wait and schedule your ID Card appointment online. The website will also let you know what documents are required.

RAPIDS Appointment Scheduler:

<https://rapids-appointments.dmdc.osd.mil/>

Federal Voting Assistance Program



FVAP.gov is the official website to assist Service Members, their families and overseas citizens with voting.

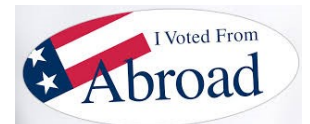
The Federal Post Card Application (FPCA) is the form you use to register to vote and request absentee ballots. You must submit a new FPCA each year and when you move.

You may complete the form by using [FPCA online assistant](#) and print from the website or pick up a hard copy form from your nearest U.S. Embassy or Consulate office. All forms must be signed and mailed to your legal state of residency in the U.S.

The Presidential Election will be held on November 3, 2020. Be sure to request your absentee ballot early. If you haven't received your absentee ballot at least 30 days prior to election, you can use the Federal Write-In Absentee Ballot (FWAB) by using the [FPCA online assistant](#).

[Click here](#) for a list of primary election dates by state.

Visit www.fvap.gov for more information.



Emergency Preparedness ARE YOU READY?



We can't predict when an emergency or disaster will occur however we can take steps to prepare.

Depending on the type of emergency and your family needs, your supply kit can vary. Don't forget your pets as well.

According to the American Red Cross, here are 3 steps that will help you prepare.

1. Get a Kit
2. Make a Plan
3. Be Informed

Visit the American Red Cross website for more information at <https://www.redcross.org>.

Basic Supply List

Below is a recommended supply list in case of a disaster.

- ♦ Water (one gallon per person, per day)
- ♦ Non-perishable food
- ♦ Flashlight
- ♦ Battery-powered or hand-crank radio
- ♦ Extra batteries
- ♦ First Aid Kit
- ♦ Medications
- ♦ Multi-purpose tool
- ♦ Sanitation and personal hygiene items
- ♦ Cell Phone with chargers
- ♦ Extra cash
- ♦ Emergency Blanket

Source: <https://www.redcross.org>

Check Out Soldier for Life (SFL) on Social Media



CsaSoldierforLife



@csaSoldier4Life



@csaSoldier4Life



US Army Soldier for Army

Performance Triad (P3)



According to Military Treatments Facilities, almost half of all Army retirees who come in for medical appointments had a body mass index that was classified as obese. The extra added weight can cause major health problems such as diabetes, heart disease and high blood pressure.

Maintaining an active lifestyle after retirement can be challenging however taking small steps can make a difference. Since you no longer have to stay fit for a physical fitness test, some retirees do not stay active as they once were. Also, as we age, our metabolism starts to slow down and making unhealthy food choice can contribute to weight gain.

What is P3?

The Army Performance Triad was designed to promote healthy sleep, activity and nutrition to enhance overall health and wellness for Army Soldiers, Family Members, Retirees and DA Civilians as part of the Army's Ready and Resilient campaign. The three components of P3 include sleep, activity and nutrition.

Sleep

It's recommended to have 7-8 hours of sleep every 24 hours. This allows your brain to restore and repair brain connections. Getting enough sleep can help with concentration, alertness and mood. Setting good sleep habits will help you achieve a restful night.

If you are not getting a restful sleep there might be other underlying medical conditions such as sleep apnea or insomnia. Make sure to see medical attention if are not getting enough sleep. Untreated sleep disorder may lead to other health problems.

Activity

Staying active lowers your risk of cardiovascular disease, aids in weight loss and increases your energy level. It can also help manage stress and depression. You can take small steps to incorporate activities such as taking the stairs instead of the elevator, parking at the far end of the parking lot or taking a brisk walk during lunch. The goal is to keep moving throughout the day. P3's step goal is 10,000 steps per day. That equals to approximately 5 miles and average of 500 burned calories.

Nutrition

Food is fuel for our bodies. What we eat can determine how our bodies perform. Eating the right balance of nutrient-rich foods will help our bodies maintain the strength and endurance it needs to perform at an optimal fitness level.

There might be factors that allows us to make poor food choices such as a busy schedule or working late hours. Sometimes it's quicker and easier to stop and pick up fast food on the way home. Staying motivated to make healthy choices or avoiding unhealthy temptations can be challenging.

When you combine enough sleep, active lifestyle and make healthy food choices, you have the foundation for an overall well-being.

For more information on the Performance Triad, visit <https://p3.amedd.army.mil>.

Army Wellness Center

As an Army Retiree, you are eligible to use the Army Wellness Center at NO COST. The Army Wellness Center has the state-of-the-art equipment and computerized systems to measure your health.

Expert Health Educators will conduct a health assessment review to document your current health status before you start any health plan. They will provide you the planning tools you need to help you achieve your overall fitness and health goals. There are programs and educational classes that will help you understand and teach you about your health.

Take charge of your health today and schedule your appointment with your local provider.

The Army Wellness Center has 6 core programs and services:

1. Health Assessment Review
2. Physical Fitness
3. Healthy Nutrition
4. Stress Management
5. General Wellness Education
6. Tobacco Education

Locations in Europe

Bavaria

Bldg 168
(Rose Barracks, Vilseck)
DSN: 314-476-4795
CIV: 09662-83-4795

Vicenza

Bldg 2310
(Health Center - Upstairs between Derma)
DSN: 314-636-9260
CIV: 04444-61-9260

Landstuhl

Bldg. 3749
(Near the Landstuhl Fitness Center)
DSN: 314-590-5881
CIV: 06371-9464-5881

Wiesbaden

Bldg. 1201
(2nd Floor)
DSN: 314-590-1478
CIV: 06371-9464-1478

Stuttgart

Bldg 2337
(Patch Fitness Center)
DSN: 314-590-1601
CIV: 06371-9464-1601



Eating Healthy

QUINOA (KEEN-wah)

Quinoa is an edible seed from the Andean plant. There are over 120 different varieties of quinoa and can come in yellow, red or black. The most common is golden or yellow quinoa.

This superfood was originally from the Andean region in South America and dates back over 4000 years ago. Quinoa is a low-glycemic index carbohydrate and rich in fiber and protein which may also help you lose weight. You'll feel fuller and longer after consuming it.

It can be used for salads, pilafs, casseroles, soups and pasta dishes.

Nutritional Value

1 cup of cooked quinoa:

222 calories
39g of carbs
8g protein
6g fat
5g fiber
1g sugar

Zesty Quinoa Salad

- 1 c Uncooked Quinoa
- 2 c Water
- 1/4 c Extra Virgin Olive Oil
- 2 Limes
- 2t Ground Cumin
- 1t Salt
- 1/2 t red pepper flakes
- 1 1/2c Halved Cherry Tomatoes
- 1 (15 oz) Canned Black Beans, drained and rinsed
- 5 Green Onions, finely chopped
- 1/4c Fresh Cilantro, chopped
- Salt and Pepper to taste

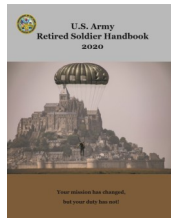


1. Bring quinoa and water to a boil. Reduce heat to a medium-low, cover and simmer until quinoa is tender and water has been absorbed, 10-15 minutes. Set aside to cool.
2. Whisk olive oil, lime juice, cumin, 1t salt and red pepper flakes together in a bowl.
3. Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour the dressing over the quinoa mixture and toss to coat. Stir in cilantro; season with salt and pepper. Serve immediately or chill in refrigerator.

Source: www.allrecipes.com

Retired Soldier Handbook

The U.S. Army Retired Soldier Handbook 2020 is now available online on the Soldier for Life website at <https://soldierforlife.army.mil>.



This handbook is prepared by Army Retirement Services, Deputy Chief of Staff, G-1 office for informational purposes only.

The handbook contains various "After Retirement" topics that will be useful and help you understand your benefits and entitlements.

If you have any further questions, please contact your local Retirement Services Officer listed on page 10.

Army Echoes

The Army Echoes is the Official Newsletter for retired Soldiers, surviving spouses and families. The newsletter is published three times a year and updates the latest changes to your benefits.

To subscribe, ensure your mailing address and email is up to date with DFAS. You may update your address on your [myPay](#) account or call 1-800-321-1080.

The Army Echoes can be found on the Soldier for Life website at <https://soldierforlife.army.mil/Retirement/army-echoes>

You may also download the free Army Echoes app in the App Store (iOS) or Google Play (Android).

IMCOM Directorate - Europe

Retirement Services Office Directory

Garrison	Address	Phone Number	Email
GERMANY			
USAG Ansbach	Unit 28614 APO AE 09177-8614 Katterbach Kaserne, Bldg 5818	DSN: 314-467-3301 CIV: 09802-83-3301	usarmy.ansbach.id-europe.list.dhr-retirement-services
USAG Bavaria	Unit 28130 APO AE 09114-8130 Tower Barracks, Bldg 244	DSN: 314-475-8709 CIV: 09641-83-8709	usarmy.bavaria.ret-svcs@mail.mil
USAG Rheinland-Pfalz (Kaiserslautern)	Unit 23175 APO AE 09227-3152 Kleber Kaserne, Bldg 3245	DSN: 314-541-1021 CIV: 0611-143-541-1021	usarmy.rheinland-pfalz.id-europe.mesg.usag-rp-ret-svcs@mail.mil
USAG Rheinland-Pfalz (Baumholder)	Unit 23152 APO AE 09034-3746 Smith Barracks Bldg. 8660, Rm 108	DSN: 531-531-2403/2428 CIV: 0611-143-531-2403 CIV: 0611-143-531-2428	usarmy.baumholder.id-europe.mesg.bhmc-retirement-svcs@mail.mil
USAG Stuttgart	Unit 30401 APO AE 09107-0401 Panzer Kaserne Bldg 2915, Rm 307	DSN: 314-431-3673 CIV: 07031-15-3673	usarmy.stuttgart.imcom.list.retired-services@mail.mil
USAG Wiesbaden	Unit 29623 APO AE 09096-9623 Clay Kaserne, Bldg 1023 East	DSN: 314-548-1614 CIV: 0611-143-548-1614	usarmy.wiesbaden.id-europe.mbx.retirement-services-office@mail.mil
IMCOM-Europe	Unit 23103 APO AE 09136-3103 Sembach Kaserne, Bldg 111	DSN: 314-544-1530 CIV: 0611-143-544-1530	usarmy.sembach.id-europe.mbx.retirement-svcs@mail.mil
BELGIUM			
USAG Benelux-SHAPE	CMR 451 APO AE 09708 SHAPE Bldg 253	DSN: 314-366-6293 CIV: 065-32-6293 CIV: +32(0)65-32-6293	usarmy.benelux.id-europe.mbx.rso@mail.mil
THE NETHERLANDS			
USAG Benelux-Brunssum	Unit 21602 APO AE 09703-1602 JFC Brunssum, Bldg H-603	DSN: 606-244-3475/3848 CIV: 045-526-3475/3848 CIV: +31(0)45-526-3475/3848	usarmy.benelux.id-europe.mbx.rso@mail.mil
ITALY			
USAG Italy	Unit 31401 APO AE 09630-1401 Caserma Ederle, Bldg 305	DSN: 314-634-6459 CIV: 0444-71-6459	usarmy.usag-italy.id-europe.list.retiree-services@mail.mil

