



STILL  
SERVING



## Garrison Commander

Col. Michael A. Sapp

Greetings Team Meade Retired Soldiers! I am Colonel Michael A. Sapp, Fort George G. Meade garrison commander. I assumed command as the 88th garrison commander of Fort George G. Meade on July 27, 2022. I am absolutely thrilled about the opportunity, and I look forward to serving with so many passionate and gifted professionals while serving the defenders of our nation and the friends and families of Fort Meade. I sincerely hope you are all aware from earlier correspondence, but if not, there's no RSVP, so please, come see us on October 28, 2022, for the Retirement Appreciation Day. Unfortunately, I am TDY out of state, so I will have to wait until a later event to meet many of you. However, I am excited to know that we are able to hold this in-person! This annual event has consistently been our way of saying "thank you" for all you do to make Fort Meade and Central Maryland a community of choice for our Soldiers, Sailors, Marines, Airmen, Coast Guardsmen, AND Guardians, as well as the numerous DoD Civilians and family members. You are appreciated and respected. Please know that the Directorate of Human Resources, Retirement Services Office, will remain diligent in ensuring you receive high quality service. Soldiers assigned to Fort Meade—the Nation's Platform for 21<sup>st</sup> Century Warfare: Intelligence, Information, and Cyber Operations and the home of U.S. Cyber Command—are proud to follow in your footsteps. Thank you for your service to this great nation.

**Col. Bert L. Rice, USA (Ret)**

Greetings Everyone!

FORT GEORGE G. MEADE, MD.

I repeat what I wrote last year, "We all must do our part to stay safe and assist with the safety of those around us." This year's Retiree Appreciation Day (RAD) will occur on Friday, October 28, 2022. The RAD will be in **McGill Training Center 8452 Zimborski Ave, Fort Meade, MD 20755** with doors opening for the public at 9:00 AM. While there is some uncertainty, our intent is to push forward as though the RAD will be conducted in person. With that in mind, we are expecting Kimbrough Ambulatory Care Center (KACC) to provide Flu Vaccines as well as other garrison agencies and many vendors, to include AAFES and the Commissary, as well as the entire Retiree Community, together make RAD a success. Please watch for additional information on Ft. Meade Social Media and the Marques about RAD activities and do plan to attend. The RAD is conducted to recognize you for your faithful service and to provide you with essential information. You need not arrive earlier than 0900 hours (9 am). On Friday, please take time to visit the vendors to see what might interest you and how they may be able to help you. We appreciate their support! The dining facility will be available for lunch from 1200-1300. On behalf of all of us, I want to thank the Retirement Services Office (RSO) staff as well as the Garrison Commander and his staff for their interest and support. We extend a sincere thanks to all who support the RAD! I want to extend an invitation to those of you who might be interested in joining the Fort Meade Retiree Council. Along with conducting the RAD we also work to help keep the Retired community informed regarding pertinent retiree issues. If interested in joining the council, please let any member of the Council or the Retirement Service Office staff know. We need additional Officers and Non-Commissioned Officers to help us with the work of the council. By the way, the May – July 2022 issue of Army ECHOES has been published and is available. It contains a lot of important and valuable information. Take a few minutes and read it! Again, thank each one of you for your dedicated service and we also thank the families who have supported us over many years.

**SOLDIER FOR LIFE AND PROUD TO CONTINUE TO SERVE!****Sgt. Maj. James Gilbert, USA (Ret)**

Greetings fellow retirees. I am SGM (Ret) Jim Gilbert your new Co-Chair of the Ft Meade Retiree Council. I would like to personally thank my predecessor, CSM (Ret) Midge Matlock Williams, who has moved out of the area. She did a great job representing us and I was pleased to know her as a fellow Sergeant Major and as our Co-Chair. I have been a regular member of the council for many years and enjoy the opportunity to make things better for us retirees. The council always welcomes your feedback. Feel free to e-mail me at [dinfosdot@gmail.com](mailto:dinfosdot@gmail.com) or text/phone 301-875-3521. We are always looking for new members. Our council meets quarterly at Fort Meade. Our next meeting will be 3 December at 0900 in the Meade Post Exchange training room. I look forward to meeting you at the Fort Meade Retiree Appreciation Day at the McGill Training Center on Friday, Oct 28.

**FORT MEADE RETIREE COUNCIL MEMBERS**

Col. Bert Rice, USA Ret. (Chairman)  
SGM James Gilbert USA Ret. (Co-Chairman)  
Col. Erwin Burtnick, USA Ret.  
Col. Jean Simmons, USA Ret.  
Col. Edward Uemura, USA Ret.  
Command Sgt. Maj. Rhonda Haralson, USA Ret.  
Sgt, Maj. J. Paul Funk, USA Ret.  
1st. Sgt. Richard Gillman, USA Ret.  
Sgt. 1st Class James Wafer, USA Ret.  
Sgt. 1st Class Barbara Barron, USA Ret.  
Staff Sgt. Walter Hollman, USA Ret.  
Ms. Missy Duncan, Military Spouse

**NOTES FROM THE RETIREMENT SERVICES OFFICER**

Greetings to each of you, Retirement Appreciation Day (RAD) will be on Friday, October 28, 2022 in **McGill Training Center 8452 Zimborski Ave, Fort Meade, MD 20755 from 0900-1500**. We see this as an opportunity for Retirees and Family Members throughout Fort Meade's area of responsibility to participate in our RAD, regardless of geographical separation. The focus for me and my office continues to be you, the Retiree, and your family. If you or your family members need any assistance regarding any retirement issues, please do not hesitate to contact us @ 301-677-9600/9603. If you get an answering machine, please leave a message and a contact number or email us at [usag\\_fmmd\\_dhr\\_mpd\\_rso@army.mil](mailto:usag_fmmd_dhr_mpd_rso@army.mil) and someone will get in touch with you. Our office is located at building 4550 Parade Field Lane room 150. For additional information about Retirement/Transition Services our link [Transition Center: FORT MEADE \(army.mil\)](https://www.army.mil/transition-center) I would like to take time to introduce our new team members; Ms. Karen Pouncy, Ms. Hawa T. Wilkinson, Mr. Roderick S. Gray. A special thanks to SSG John M. Caldwell for his dedicated services/support.

**Fort Meade ID card Office**

**Hours of operation:**

**Monday through Friday**

**7:30 a.m. to 3:30 p.m.**

**APPOINTMENT ONLY**

**\*\*NO WALK-INS except military Service members only from 07:30-09:00\*\***

**Identification Cards/ Defense Enrollment Eligibility Reporting System**

**4550 Parade Field LN**

**Fort Meade, MD 20755**

**Customer Service 301-677-3342**

**\*\*LOST/STOLEN ID CARD\*\***

Must obtain a "Declaration of Lost or Stolen Identification Cards" signed by the closest **Provost Marshall's Office**. Personnel must have two (2) forms of ID (one of the forms **must** be a picture ID and a social security card).

**CAC RESET: INVALID PIN/BLOCKED/LOCKED**

No appointment is needed for a CAC reset.

**To get an ID card issued to you, you will ALWAYS need 2 forms of Government or State Issued ID and one must contain a photo** (Persons under the age of 18 will not need to present two forms of ID). Minimum age to obtain an ID card is 14. All forms of identification must be valid. No expired identification will be accepted when applying for an ID card. The following is a list of acceptable identification. **If you do not have two of any of these forms, you will not be able to have an ID issued to you. No exceptions.** <https://idco.dmdc.osd.mil/idco/>

- Social Security Card
- New Veteran Administration ID Card with expiration date
- U.S. Military ID Card (Valid)
- Birth Certificate
- Driver's License (Valid) or ID card issued by a state or outlying possession of the U.S. (Must contain a photo)
- U.S. Passport (Valid)
- U.S. Coast Guard or Merchant Mariner Card
- Permanent Resident Card or Alien Registration Card with photo
- Certificate of U.S. Citizenship (Original or Certified Copy of original)

**\*\*100% PERMANENT DISABLED VETERAN\*\***

Requires a letter from the Veterans Administration stating service member is 100 percent disabled service connected. The letter must state whether the Disabled American Veteran (DAV) is scheduled for future examinations and that the service member is entitled to Commissary and Post Exchange privileges. A DD Form 214, which states honorable discharged, social security card and one picture form of government or state issued ID (SEE ACCEPTABLE FORMS OF ID are required to receive an ID card @ <https://www.cac.mil/>

**ARMY ECHOES**

A Retired Soldier collecting retired pay or the surviving spouse of a Soldier who is collecting a 1). Survivor Benefit Plan annuity, just ensure that the 2). Defense Finance and Accounting Service (DFAS) has your current mailing and email address. To update DFAS, create or update your myPay account. You may also call DFAS at 1-800-321-1080 or call the nearest installation retirement services officer, whose contact information is located 3). A "Gray Area" Soldier (in the Retired Reserve not yet collecting retired pay), just log into your new "future retiree pay account" on myPay to ensure it has your current

email address. Call DFAS at 1-800-321-1080 with questions. Additional information:

<https://soldierforlife.army.mil>

### **Life-changing event? Keep DFAS informed**

Ensuring your retired pay comes to you accurately and on time is our primary goal at DFAS. To do this we need your help to keep your account up to date. As a Retired Soldier, the sooner you alert DFA to any change that might affect your pay, the more timely and accurate your pay will be. Keeping your account updated includes making sure your mailing address, email address, banking information, allotments, tax withholding status, and your beneficiary choices are current. If your mailing address is not correct and you are not on myPay, we have no way of notifying you about changes. The easiest way to keep your account updated is to use myPay. If you're not using myPay, it's easy to get started with the step-by-step guide at: <https://www.dfas.mil/retiredMilitary/manage/mypay/>.

### **VA Life insurance coming January 2023 for veterans with service-connected disability**

In January 2023, the Department of Veterans Affairs (VA) will launch a new life insurance program called Veterans Affairs Life Insurance (VA Life), which provides guaranteed acceptance whole life insurance coverage to veterans age 80 and under, with any level of service-connected disability. Some veterans age 81 and older may also be eligible. What benefits does it offer? Created by Public Law 116-315, the new program meets the needs of service-connected veterans who may not have previously qualified for life insurance with VA. VA Life offers guaranteed acceptance whole life insurance coverage that lasts for an individual's entire life and provides the following benefits: • All service-connected veterans age 80 and under with 0 - 100 percent VA disability ratings are eligible. • Fully automated online enrollment with instant approvals. • Coverage comes in increments of \$10,000, up to a maximum of \$40,000, and premiums are competitive – or better – than what's available in the private sector. There is a two-year waiting period for full face value coverage to take effect for veterans age 81 and older. • No medical requirements for enrollment. • Cash value that builds over the life of the policy after the first two years of enrollment. • Rates are best the earlier you sign up. Once locked in, premiums will never increase. For more information call 800-669-8477 or visit [www.va.gov/life-insurance](http://www.va.gov/life-insurance)

### **The Armed Forces Retirement Home: Your home sweet home?**

As Retired Soldiers plan for their future and prepare for aging, they may think about using a benefit available to them through the U.S. federal government—living at an Armed Forces Retirement Home (AFRH). However, they may not be aware of who is eligible to live there and what it costs. The promise to care for retired and disabled military members was established by the executive branch in 1811. Today, the two AFRH campuses—one in Washington, D.C. 800-422-9988 and one in Gulfport, Miss. 228-897-4418 —provide three meals a day, recreation, trips, entertainment, on-site medical care and more to their deserving residents. It may surprise some service members and their spouses that not all who served or retired are eligible to live at the AFRH. In fact, admission is limited to service members that spent over half of their time in service as an enlisted member, warrant officer, or limited-duty officer (Navy and Marine Corps). In other words, if you spent more than half of your military career as a commissioned officer, you are not eligible to become a resident of the AFRH. In addition to this main requirement, service members must meet one of five additional eligibility criteria. What about spouses? Eligible service members and their spouses can apply to live at the AFRH as a couple if the spouse is eligible according to separate spouse criteria. Although veterans do not have a minimum monthly charge, spouses are subject to paying a minimum based on care. Spouses are also required to share an

apartment with their veteran sponsor while both are independent. It may also be surprising that applicants for residency must be able to live independently upon admission and be approved by medical and admission review boards. However, following initial admission, as residents age and need more assistance, the AFRH has four additional levels of care to accommodate them. The benefit of living at an AFRH is that it is reasonably priced based on your annual gross income. The monthly fee for residents varies by individual. However, it provides the same services for all residents including a room, three meals a day, 24-hour security, activities, access to all on-site amenities, transportation to medical facilities, and more. If you are interested in knowing more about the Armed Forces Retirement Homes, review the Armed Forces Retirement Home fact sheet. It just might be your “home sweet home.” For additional information visit the MyArmyBenefits Benefit Library or <https://washington.dc.networkofcare.org> and <https://www.afrh.gov>

### **You could be missing out!**

Whether you just joined the retired ranks or are a long-standing member of those still serving, states and territories offer a variety of benefits to you and your family. Benefits like property tax exemptions, employment preference and recreational discounts are offered not only to active duty military but also to retired military, veterans, disabled veterans and family members, active and retired.

You can find this benefit information all in one place in the **MyArmyBenefits State and Territory Fact Sheets**. Each fact sheet contains information on state income and property taxes, education and employment benefits, parks and recreation, Veterans Affairs (VA) facilities in the state, and more. This detailed information will help you find benefits in the state or territory where you live and the states and territories where you travel. <https://myarmybenefits.us.army.mil>

### **Educating your beneficiaries before your final paycheck**

An unfortunate truth of life for all of us is that one day we will no longer be there for those we love. As a Retired Soldier, there are two ways you can make preparations to leave money behind from your military retirement for your loved ones:

- **Arrears of Pay (AOP):** This represents the Retired Soldier’s final pay. The designated beneficiary will be entitled to the AOP, which is the pro-rated retired pay from first of the month of death to date of death.
- **The Survivor Benefit Plan (SBP):** If the Soldier chooses to provide it, this will pay out a monthly annuity. This plan must be opted into and paid into. In most cases, the AOP will only be the pro-rated amount of your final month’s retirement pay, as your entitlement to retirement pay ends on the date of your death. Once your death is reported, DFAS will reclaim your final month’s pay and audit your account. As mentioned above, the amount of the payment owed to you will then be computed (based on the number of days in the month you were alive) and paid to your AOP beneficiary. For more information, refer to the Defense Finance and Accounting Service website: <https://www.dfas.mil/RetiredMilitary/>

### **How to report the death of a Retired Soldier**

Contact the Department of the Army Casualty and Mortuary Affairs Operations Division anytime by calling (800) 626-3317. You will be immediately referred to a local Casualty Assistance Center, who will report the death to the Defense Finance and Accounting Service to stop retired pay and initiate the survivor benefits process. If you reside overseas and the toll-free number is not available, call your Retirement Services Officer listed on page 15 for assistance. When reporting the death, please provide as much of the information below as you have:

- Full name
- Disability Rating
- Copy of death certificate
- Social security number and/or service number
- Circumstances surrounding the death
- DD214
- Date and place of birth
- Next of Kin (NOK) information Retired rank

### **Moved? New address...update DFAS!**

Retired Soldiers, to include those in the Retired Reserve, must report any change in mailing or email address, work phone or home phone promptly to Commander, U.S. Army Human Resources Command (AHRC–PLO), 1600 Spearhead Division Ave., Fort Knox, KY 40122–5102. Alternatively, Retired Soldiers may submit these changes by updating their myPay profile at the Defense Finance and Accounting Service or their milConnect profile at the Defense Manpower Data Center here <https://milconnect.dmdc.osd.mil/misconnect/> .

To update address information:

Retired Soldiers in receipt of retired pay, use DFAS myPay at <https://mypay.dfas.mil/#/> or call (800) 321-1080.

Retired Reserve Soldiers not receiving retired pay, use HRC's Army Service Center at <https://www.hrcapps.army.mil/portal/> or call (888) 276-9472.

NOTE: Army Retirement Services does not maintain a mailing list. We use your address on file in myPay to digitally distribute our publications.

### **Status Notifications Roll Out in 2022**

Status notifications are a three-step process that will update you when DFAS receives forms or documents for processing by mail or fax (or in some specific cases, through askDFAS). You will receive separate status notifications when your form or document is:

1. Received and queued in the DFAS work system
2. Assigned to be worked
3. Completed - Either a notification the processing is complete or a notification that DFAS is sending a request for additional information. The first rollout of status notifications included: submissions related to the Survivor Benefit Plan (SBP), Direct Deposit Form-SF 1199, change of address requests, federal or state tax changes, and the designation of beneficiary for the Arrears of Pay, as well as the DD 2656-7 SBP annuity startup form and School Certifications for annuitants.

### **What You Need to Do to Receive Status Notifications**

To receive these status notifications, please ensure your email address is available and updated in myPay. You will receive most notifications via SmartDoc email, which require a valid email address in myPay. To add or ensure your email address is up-to-date, please visit <https://mypay.dfas.mil/> if you're not yet using myPay, it's easy to get started and add your email address for status notifications.

We have a handy step-by-step, downloadable “Get Started with myPay” guide available at: <https://www.dfas.mil/RetiredMilitary/manage/mypay/>

### **Changing Bank Accounts for Your Pay? Start Early**

Office of Veterans and Military Families, if you need to change the bank account for your direct deposit, or change an allotment, make sure you allow a window of time for the change to be processed before payday. Making those changes isn't instant, even in myPay. Although, making changes in myPay is much quicker than mailing or faxing it in. When you use myPay to make a bank account or allotment change, myPay will provide an effective date, so you'll know whether the change will be made for the next payday or the payday after that. In general, if you make a change in myPay during the first half of the month, it will be effective for the upcoming payday. You should plan for 30 days for the change to process. If you are changing bank accounts, it's always a good idea to keep your old account open until you know the change was made. Now you can get emailed Status Notifications when you submit a request to change your direct deposit account for your payment, if you have a valid email address in myPay (see the Status Notifications Roll Out in 2022 article in this issue). Remember that a debit card number is not a valid account number when changing your bank account direct deposit information. You will need your checking or savings account number and bank routing number. This information can be found on a blank check. Call our Customer Care Center 888-332-7411 or email for additional information <https://www.dfas.mil/mypayinfo/Protect-Yourself-Online/>

### **Maryland Department Office of Veterans and Military Families**

Recognizes the growing needs of the all veterans who live in every County. The offices is dedicated to providing guidance, information and access to veterans, military families, their dependents and survivors. The offices promotes activities that serve veterans of all ages and collaborates with other service providers to address more complex issues. With the various programs and services offered within the government, nonprofit and business community, the Office of Veterans and Military Families assists in the navigation of available resources. For assistance, contact the regional office at 888-442-4551.

### **News from Our Partners: Airborne Hazards and Open Burn Pit Registry**

Did you know the Department of Veterans Affairs (VA) collects, analyzes, and publishes data on health conditions that may be related to environmental exposures experienced during deployment? The Airborne Hazards and Open Burn Pit Registry is a secure database of health information voluntarily provided by service members and veterans, and is instrumental in enabling VA to improve care and services for veterans. The registry consists of an online questionnaire followed by an optional, but recommended, medical evaluation. The questionnaire helps you document your deployments and exposures to airborne hazards (which include sand, dust, smoke from oil well fires, and more—not just burn pits) to create a snapshot of your health. Upon completing the questionnaire, you are encouraged to discuss your exposure history and health with a provider in a free, optional medical evaluation. Participants also receive information from VA about registry updates and ongoing health studies. Service members and veterans who were deployed in the Southwest Asia theater of operations on or after August 2, 1990, or who were stationed in Afghanistan or Djibouti on or after September 11, 2001, are eligible to sign up for the Airborne Hazards and Open Burn Pit Registry. These regions include the following countries, bodies of water, and airspace above these locations: phone # 877-470-5947 or link <https://www.health.mil>



**FORT MEADE COMMUNITY****NEWS & EVENTS**

Resume 101 Workshop Virtual Session via Microsoft Teams. This workshop will provide tips on winning resume styles, the importance of customization and tips on following up on your resume. Registration is not required. Please call +1(301)677-6658 for the MS Teams link.

**Women's Empowerment Group  
Virtual Session**

ACS provides a safe, confidential arena for the support, education, and empowerment of those who have experienced past or present family violence. Group is held every Wednesday from 2-3:30 p.m. Registration Information Please call +1(301)-677-4118 to register and obtain session link.

**Education Center Information**

The Fort Meade Education Center is closed the first Wednesday of every month from 7:30-11 a.m. due to staff training. The center will reopen after 11 a.m. for full counseling services. For additional information, call 301-677-6421.

**Financial, Job Readiness**

Joint Services offers workshops and briefings by Army Community Service at the Community Readiness Center, 830 Chisholm Ave., and the Navy Fleet and Family Support Center at 2212 Chisholm Ave., unless otherwise noted. The free classes are open to active-duty service members and family members, DOD civilian employees and retirees. Registration is required for each class. Phone # 301-677-5590

**Sip and Share.**

Hosted by the Exceptional Family Member Program, meets the second and fourth Thursday of every month from 9:30-10:30 a.m. at Cavalry Chapel, 8465 Simmons St. Phone # 301-677-9014

**Parent Support Group**

For parents of children of all ages is offered by the Family Advocacy Program every Thursday from 10-11 a.m. at School Age Center I, 1900 Reece Road. Topics include child safety, ages and stages of child development and other contemporary issues. Registration is required by the Thursday of the previous week. Annual membership dues cost \$40. Active-duty personnel are eligible to have their first year dues paid by their department. For more information, call 301-677-7823 or 301-677-3617.

**Prostate Cancer Support Group**

Meets at Walter Reed National Military Medical Center in Bethesda on the third Thursday of every month from 1-2 p.m. and 6:30-7:30 p.m. The next meeting is Nov 21, in the America Building, River

Conference room. Spouses/partners are invited. Military ID is required for base access. Men without a military ID should call the Prostate Center at 301-319-2900 at least four business days prior to the event for base access. For more information, call retired Col. Jane Hudak at 301-319-2918 or email [jane.l.hudak.ctr@mail.mil](mailto:jane.l.hudak.ctr@mail.mil)

### **American Legion Post 276**

Is open to veterans and active-duty service members at 8068 Quarterfield Road in Severn. Breakfast is served on the fourth Sunday of each month from 9 a.m. to noon. Specialty dinners are served the third Friday of the month from 5-7 p.m. Dinner may be purchased at 6 p.m. on Fridays and the fourth Sunday of every month. Happy Hour is Monday through Friday from 4-7 p.m. Pizza is available at any time. For information, call 410-969-8028 or visit <https://americanlegionpost276.org/>

### **HANDY NUMBERS**

#### **FORT GEORGE G. MEADE**

ACS/AER (301) 677-5590  
 CAMP MEADE RV PARK (301) 677-6196  
 CASUALTY REPORTING (301) 677-2206  
 COMMISSARY (301) 677-7463  
 HEALTH BENEFITS ADVISOR (301) 677-8982  
 ID CARDS (301) 677-3342  
 ITT (TOURS AND TRAVEL) (301) 677-7354  
 LEGAL ASSISTANCE (301) 677-9536  
 KIMBROUGH AMBULATORY CARE CLINIC (301) 677-8800  
 POST LOCATOR (301) 619-8000  
 POST EXCHANGE (301) 677-7695  
 RETIREMENT SERVICES OFFICER (301) 677-9600/9603  
 VISITORS CONTROL CTR (301) 677-1064

#### **ABERDEEN PROVING GROUND**

POST LOCATOR (410) 278-5201  
 ACS (410) 278-7572  
 CASUALTY REPORTING (410) 306-2345  
 COMMISSARY (410) 278-3101  
 ID CARDS (410) 306-2389  
 LEGAL ASSISTANCE (410) 278-1583  
 KIRK ARMY HEALTH CLINIC (410) 278-1719  
 POST EXCHANGE (410) 272-6829  
 RETIREMENT SERVICES OFFICER (410) 306-2320

**DEFENSE FINANCE AND ACCOUNTING SERVICE (DFAS)**

**U.S. MILITARY RETIRED PAY TOLL FREE: 1-800-321-1080**

**FAX: 1-800-496-6559**