



US ARMY GARRISON RHEINLAND PFALZ
RETIRED SOLDIER AND FAMILY
NEWSLETTER
MARCH 2024



HAPPY ST. PATRICK'S DAY AND WELCOME MONTH OF MARCH

Welcome to another month and it is hard to believe that we are in the third month. Where does the time go when you are having fun? My fun is planning and providing informational events for all our retiree family. March finds the Post-Retirement Services Office busy planning the upcoming Retiree Survivor Workshop.

The 2024 Retiree Survivor Workshop will occur on April 18, 2024, from 1300-1500 at Landstuhl Regional Medical Center Heaton Auditorium. At the time of this writing, we have approx. 20 agencies which represents our largest turnout. Some of the agencies represented will be the Host Nation Liaison, 21st TSC Legal, Army Community Services, TRICARE, Fisher House, KMC Retiree Council and many more. Bring your questions and plan on taking notes as you will be able to talk to each representative face to face and find out critical information that is needed by all of us as we age. This year's workshop features more agencies and information, so our families are not faced with the daunting task of, "What do I do next?" Our office will have information on our highly successful Next Chapter Preparation and Counseling program which allows you to take care of your Spouse by having all paperwork filled out in advance. This has, in the past, been a highly successful event and we anticipate another highly successful event in



April. There is a lot of information from this page forward so that is it for this month.

Erik



**LTC (RET) BENJAMIN STRANGE
KMC RETIREE COUNCIL PRESIDENT**

Native Americans

In the Netflix series, “Yellowstone,” Kevin Costner plays an iconic Montana rancher whose ranch is one of the largest in the state. The central theme is that he sees his and his family’s way of life being constantly threatened by outside forces who wish to take over his land such as greedy developers and the head of the local Native American tribe who claim the land belongs to them because their ancestors were there first.



(CAUTION: If you want to view “Yellowstone,” be aware there is very strong language and lots of violence). Regardless of which protagonist you support, the series rekindled my interest in Native American culture. I enjoy Native American art, their colorful attire, and handicraft skills. For this article, I thought it would be

fun to share some Native American facts. See how many you can correctly answer. Answers are on the last page of the Newsletter.

- 1. What is the biggest Native American tribe?**
- 2. What are the five largest tribes?**
- 3. What tribe was the most feared?**
- 4. What tribes were considered the most peaceful?**
- 5. Who was the most feared Chief?**
- 6. What six states have the highest percentage of Native Americans?**
- 7. Where is the biggest reservation?**
- 8. In which U.S. state is the Seminole tribe associated with?**
- 9. Who was Jim Thorpe?**
- 10. Who were the Navajo Code Talkers?**



In Case You Missed It

Effective 1 April, Germany will allow the recreational use of cannabis to be smoked in public places. 25g will be allowed in public places and 50g for home use. The idea behind cannabis legalization was to dry up the black market and is an admission by the government that banning cannabis didn't work since cannabis use has doubled in the 18-25 age group over the last ten years. If interested, there are more details located at: <https://www.bbc.com/news/world-europe-68378807>

NEXT CHAPTER PREPARATION COUNSELING PROGRAM

In the rare case you do not know of or have not heard of this program, now is the time to react. Our Next Chapter Preparation and Counseling program offers the retired member and his/her spouse the opportunity to complete all the necessary DFAS, VA, Consulate and Social Security paperwork needed when someone passes. All completed paperwork will be sent to you in a personalized binder and I also keep an electronic copy and a physical copy in my office in case you



relocate from the area. It only takes 90 minutes to take the stress off your spouse when you exit this earth. Since February is the "month of love" what better way to show your spouse you care than by getting this paperwork completed so he/she doesn't have to endure more grief on the worst day of their life. I look forward to hearing from you and your spouse.

TAKE PRIDE IN YOUR GARRISON BY VOLUNTEERING

I know you have heard it said that when you retire and don't stay busy that your life span is shorter. We are big advocates for volunteering here in your Garrison. Are you aware that we have an Army Volunteer Corps (AVC)?

Administered by Army Community Services, this service helps you find local volunteering opportunities with organizations that benefit the Army community. I volunteer for many organizations in our Garrison, and when volunteering one will gain a sense of satisfaction/achievement by offering your knowledge base to others and, more importantly, build new friendships and become a cohesive part of the community.



Continue your service by being a volunteer. For more information, contact our office.

**AND NOW, A WORD FROM US ARMY REGIONAL MORTUARY
EUROPE-AFRICA**

There are many hand selected entities that we are bringing to you at our Survivor Retiree Workshop this year in April at LRMC, entities that while initially may have you saying “hmm, I don’t need anything from them”, may provide services that you are unaware of. I am providing to you a brief synopsis of the “Who” we are bringing to you and “Why” we have chosen them:

FISHER HOUSE: Fisher Houses provides a no cost "home away from home" for families and patients receiving medical care at Landstuhl Regional Medical Center, Landstuhl, Germany.

HOST NATION PATIENT LIAISON: Help plan your transfer from a Military Treatment Facility to a Host Nation medical facility or from a Host Nation facility to a military medical facility by civilian ambulance or by your privately owned vehicle. Ease language barriers between the patient and Host Nation

March 2024						Calendar
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

Providers and provide the patient with a copy of the U.S. Army Europe Medical Phrase Book.

PATIENT ADVOCATE: The Patient Advocacy Office serves as a liaison between patients or their families and the hospital staff. As your representatives, they can help you find solutions to problems or misunderstandings, voice concerns, obtain timely and relevant information or offer compliments and make suggestions.

LRMC CASE MANAGEMENT: The need for case management services is determined through a collaboration between you, your family or caregiver, your health care team, and your provider. This collaboration will include a comprehensive assessment of your health, psychosocial needs, and use of health care services and resources.

CHAPLAINS OFFICE: The Clinical Pastoral Division at Landstuhl Regional Medical Center (LRMC) provides religious and counseling support to the military community, staff, and patients at Landstuhl Regional Medical Center (LRMC).

PATIENT ADMINISTRATION: Updating your contact information, providing updated advanced directive, requesting



copies of your medical records, reporting death of your loved one, ensuring appointment cancellations.

PHARMACY: Using Landstuhl ScriptCenter Pharmacy, Requesting New prescriptions through Tricare online, how to fill host nation prescriptions, and learning about your new prescriptions.

RED CROSS: The American Red Cross has a long history of providing service to members of America's military and their families during conflicts, peacekeeping and humanitarian operations. Both active duty and community-based military can count on the Red Cross to provide emergency communications that link them with their families back home, access to financial assistance in partnership with the military aid societies, information and referral, and assistance to veterans and many other services.

RADIOLOGY: Sleep medicine lab, lab services, tumor registry.

21ST TSC LEGAL: will have a representative present for any Estate questions; i.e, wills, advance directives, etc.



GERMAN NOTARS OFFICE: Like a US Notary Public, the German Notary office can assist you if you are having German documents prepared.

MORTUARY AFFAIRS: Understanding Mortuary benefits for retirees/dependents/OCONUS; Burial at Sea Program, repatriation; costs, locating Stateside Funeral Homes, National cemetery process.

ARMY CASUALTY AFFAIRS: Scheduling your Pre-planning brief to complete all required documents to apply for benefits.

AIR FORCE CASUALTY AFFAIRS: Understanding your benefits overseas, who to contact, when, and why.

KMC RESILIENCE CENTER: Counseling services, hangout for Retirees and sponsor of Roll Call where Retirees can gather with friends.

VA OVERSEAS COORDINATOR: Available to assist transitioning Service Members, US Veterans living or working overseas, and their families and dependents with VA Benefits.

TRICARE: Understanding MyCare Overseas Portal, ensuring quality health care no matter where your work or travels take you.



RETIREE COUNCIL: Provide the retired community with an opportunity to communicate with the Active Army and the Active Air Force in the KMC. Receive advice on, analyze, and provide input on decisions, policies, and laws that affect the KMC retired community. Review ongoing Army programs, proposals, and initiatives. Institute programs that will create a strong communication link between services and the retired community. Encourage the retired community to develop and express public support for Kaiserslautern Military Community programs.

DENTAL HEALTH ACTIVITY: Navigating your dental health care overseas.

This event is meant to compliment the RAD in October by giving you a chance to speak with these entities in a smaller setting, enhance your understanding of services, and promote a continued collaboration of education and care for our



Retiree, Veterans and military community. We look forward to seeing everyone this year.

Ms. Taylor Sequin

Office Germany: 06371-9464-6953

**VA OVERSEAS MILITARY SERVICES COORDINATORS
(OMSC) ARE HERE AND ARE READY TO HELP YOU FILE
YOUR CLAIMS!**

Yes, you did read that correctly. As was mentioned in last month's Newsletter, we have 2 very qualified OMSC's that are located on Kleber Kaserne in Building 3213 (by the Clocktower DFAC). They are in Room 311 and have already helped many in beginning their Disability Claim, getting percentages upgraded and other services. If you have wanted to submit a claim, now is your chance to get it done. After you have passed, it is too late. Their contact number is +49 (0)611-143-541-1408 or email at:

OMSCGER1.VBAVACO@va.gov



RETIREEES AND SPOUSES ARE YOU AWARE OF A BENEFIT THAT IS ATTACHED TO THE DEPENDENCY AND INDEMNITY BENEFIT AFTER PASSING?

Yes, you did read right. There is a benefit for surviving Spouses. In-Home Attendance Expense in which a Home Health care attendant comes to the home to assist the surviving with the Activities of Daily Living (AADL). This encompasses eating dressing, etc. If this were to happen the home health care nurse completes the Worksheet for In Home attendant expenses and sends it into the VA where VA personnel will review and decide how much they will pay, if anything. There is no guarantee; but is worth having the worksheet completed.

The other benefit is for Residential care, Adult Daycare or a similar facility. The Administrator completes this form and, like the previous benefit, goes in with the D. I. C. application where VA will review and determine how much, if any, they will pay for expenses. Both are benefits that can accompany the D. I. C. application at the time of the Retiree passing. Contact our office for more information.



2024 RETIREE APPRECIATION DAY!

The date is set, and the 2024 RAD Committee is already at work planning for one of the best Retiree Appreciation Days ever. October 21, 2024, at the Ramstein O 'Club beginning at 0800-1500 there will be breakfast, Official Ceremony and an Information Fair that will give you, the Retiree, spouse and surviving Spouse information needed. We have already confirmed Medical and Dental attendance with immunizations, Daily Commissary drawings spread over the 3 Commissaries in our area and so much more. Don't miss a single copy of your newsletter as we will announce when to RSVP and information that you need to know.



"JUST FOR RETIREES RADIO SHOW"

This is a program that is built for our Retirees, Spouses and Surviving Spouses where you can receive information, get answers to your questions/concerns and not be "in the dark"

The next show will be on 08 March at 1500-1530. Tell your friends to listen in on the 8th as we will be talking with my co-partner for the Retiree Survivor Workshop, Taylor Sequin, about the pending event. If you have questions/comments or concerns that you would like aired, drop me a note at our office or via email.

BAUMHOLDER SATELLITE OFFICE

My scheduled days at Baumholder are 14 and 28 March 2024. I am also available by appointment on the days that I am not in Baumholder. If you wish to come by and discuss "the way forward" then call the Baumholder Office and let's set a time to visit. Our offices are located at Smith Barracks in Baumholder at the MPD Office, Building 8660,



where we can meet. Check out the dates to Remember at the back of this Newsletter and you will find my schedule for Baumholder. You don't have to wait. Just contact our office and set up a time. If you live in the Baumholder area, let your Retiree friends know where we are located. We offer the same services as we do in our Kaiserslautern office.

MONTHLY LRMC CLINIC AVAILABILITY

Here is the February clinic schedule as March is not available as of yet. Click on the link:

[Landstuhl Regional Medical Center > Health Services > Specialty Care \(tricare.mil\)](#). When site opens, click on Monthly Availability Report to see the openings.





**ANSWERS TO THE QUIZ THAT LTC BENJAMIN STRANGE
HAD PLACED IN HIS ARTICLE.**

Quiz Answers:

- 1. Navajo Nation**
- 2. Navajo Nation, Cherokee Nation, Choctaw Nation, Chippewa, Sioux**
- 3. The Comanches. They were known as the “Lords of the Plains.”**
- 4. The Hopi, located in NE Arizona.**
- 5. Sitting Bull, although, if you said Geronimo, Cochise, or Crazy Horse that would suffice as well.**
- 6. Alaska, Oklahoma, New Mexico, South Dakota, Montana, and North Dakota.**
- 7. Navajo Nation Reservation located in Arizona, New Mexico, and Utah**
- 8. Florida – this should have been an easy one**
- 9. Jim Thorpe was the first Native American Olympic gold medalist. He won two gold medals at the 1912 Stockholm Olympics.**
- 10. The Navajo Code Talkers were recruited in WWII**



because their language could not be deciphered by the Japanese. The code primarily used word association by assigning a Navajo word to key phrases and military tactics. The Navajo language has no definite rules and a tone that is guttural. The code was never broken.



MARCH DATES TO REMEMBER

08 MARCH: JUST FOR RETIREES RADIO SHOW WITH SPECIAL GUEST, TAYLOR SEQUIN 1500-1530 AFN 105.1

09 MARCH: ROLL CALL, CAFÉ RHEMA, LANDSTUHL 1000

11 MARCH: ROLL CALL CAFÉ RHEMA LANDSTUHL 1700

14 MARCH: I AM IN THE BAUMHOLDER OFFICE

16 MARCH: ROLL CALL CAFÉ RHEMA LANDSTUHL 1000

17 MARCH: ST. PATRICK'S DAY. WEAR GREEN AND ENJOY GREEN EGGS AND HAM.

18 MARCH: ROLL CALL, CAFÉ RHEMA, LANDSTUHL 1700

19 MARCH: FIRST DAY OF SPRING

23 MARCH: ROLL CALL, CAFÉ RHEMA LANDSTUHL 1000

24 MARCH: PALM SUNDAY

**25 MARCH: JUST FOR RETIREES RADIO SHOW 1600-1630
AFN KAISERSLAUTERN**

28 MARCH: I WILL BE AT THE BAUMHOLDER OFFICE

29 MARCH: GOOD FRIDAY

30 MARCH: ROLL CALL, CAFÉ RHEMA, LANDSTUHL 1000

31 MARCH: HAPPY EASTER!!!!

31 MARCH: APRIL NEWSLETTER ARTICLES DUE

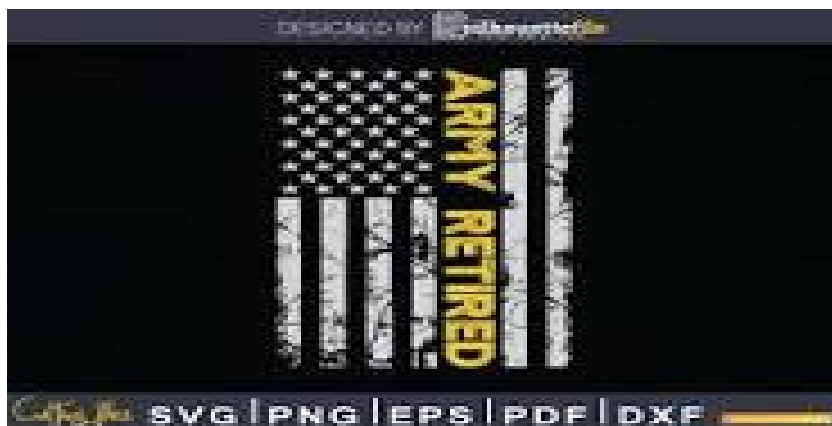


Please feel free to contact our office at any time with questions, issues, or concerns. We are here 24 hours a day/7 day a week for

YOU, THE RETIREE!!!

THANK YOU FOR YOUR SERVICE!!!!!!!





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