

A Publication of the McChord AFB Retiree Activities Office for Air Force Retirees, their spouses or survivors. Department of the Air Force, 100 Joe Jackson Blvd, Customer Service Mall Rm 1001, McChord AFB WA 98438-1114; Phone (253) 982-3214 (Voice Mail 24 hours a day) Fax 253-982-5234. Email - rao@mcchord.af.mil Web Site www.mcchordrao.com Retiree Activities Office: Open 0900-1200 Monday - Friday

WOMEN VETERANS SUMMIT: The Women's Veteran Advisory Committee and the Washington State Department of Veterans Affairs are hosting the Women's Veterans Summit on September 12, 2009 at the Greater Tacoma Convention Center and Trade Center 1500 Broadway, Tacoma WA 7:30AM to 5:00PM. The summit will provide comprehensive information regarding opportunities and challenges women veterans face today, information on benefits and service they might be entitled to and an opportunity to renew old acquaintances and form new ones. Workshops will focus on women veterans VA benefits, career, networking, retirement planning and wellness. Women veterans can pre register at the WADVA website http://www.dva.wa.gov/women_vets.html , scroll down to 2009 Washington Women Veterans Summit. The workshops are free but you must register. There are many hotels in the downtown area; you can check them out at www.hotels.com/. For those with military ID, try base lodging at <http://www.mcchordafb.us/lodging.html> or call the Front Desk: (253) 982-5613 for **Reservations:** 1-800-847-3899 **DID YOU KNOW:** According to the US Department of Veterans Affairs the total veteran population in the United States and Puerto Rico, as of September 2008 was approximately 23.4 million. The population of women veterans numbered 1,802,491. States with the largest number of women veterans were California, Texas, Florida, Virginia and Georgia. There are 54,287 women veterans accounted for in WA State at this time. If you are one of them, come join us at the Greater Tacoma Convention Center on September 12th, 2009. Tell your neighbor too! She might know of another woman veteran who could benefit from the information. (Source: Washington State Department of Veterans Affairs)

TRICARE BEHAVIORAL HEALTH RESORCE GUIDE: No one questions the need for medical care when someone is physically injured, but when people experience emotional problems, they may feel embarrassed and afraid to seek help when troubling signs first surface. During Mental Health Month in May, Tricare reminded beneficiaries about their new publication "A Tricare Guide: Understanding Behavioral Health". The 80-page book is available at www.tricare.mil/tricaresmart . The booklet corresponds with two Defense Department initiatives. The first promotes awareness about post-traumatic stress disorder treatment, and the other is an effort to help returning service members by providing expanded counseling services. The guide provides information on seven major topics that will lead a person to better understanding the condition and how to get help, as well as the type of help that is covered by Tricare and a person's right to privacy. Also for a free anonymous mental health self-assessment, go to www.MilitaryMentalHealth.org or call 1-877-877-3647. (Source NGAUS E-Notes 1 May 09)

Reminder: TRICARE Requires DEERS Updates Keeping all of your family's information up-to-date in the Defense Enrollment Eligibility Reporting System (DEERS) is essential for maintaining your TRICARE benefit coverage. DEERS is a worldwide, computerized database of uniformed servicemembers (sponsors), their family members and others who are eligible for military benefits. TRICARE uses the information in DEERS to verify TRICARE eligibility. For an overview on DEERS, visit TRICARE's [eligibility Web page](#). Updating your information is simple to do. (Source NAUS Weekly update)

Final Flight

Duane R. (Bob) Goodman

Dec 25 1928 - June 14 2009



It is with sorrow that I report the passing of a fellow RAO volunteer. Lt. Col. Duane R. Goodman passed away on 14 June 2009. He had been an RAO volunteer for the last fourteen years, and had served as the RAO Office Manager for the last five years. He took on the leadership role and set a fine example for all RAO volunteers to follow. Bob will be kindly remembered by those he worked with and all that he met. Bob was a graduate of Oregon State and went on to earn a Master's Degree from MIT. Bob retired from the Air Force as a Lt. Col in 1972 and from the Washington State Department of Ecology in 1993. Bob Goodman is survived by his wife Emma and son Steven, daughters Sharon and Susan and stepchildren Michael, Jean and Joanne and several grandchildren and great-grandchildren.

CMSgt ROBERT DEHAVEN

Nov 17 1919 – June 27 2009



Robert McLean DeHaven was born November 17, 1919 in Blackford, Kentucky and passed away June 27, 2009 at the age of 89. Bob entered the U.S. Army Air Corp. in 1943 and retired from the U.S. Air Force in 1974 as a Chief Master Sgt. He served for over 30 years and was a veteran of WWII, Korea and Vietnam, flying over 10,000 flight hours. Bob enjoyed and belonged to many lodges and associations. He was a 67 year member of the Grand Lodge of Kentucky, a life member of the McChord AFB 62nd Troop Carrier Wing and a member of the Armed Forces E-9 Association. Chief DeHaven was a founding member of the McChord AFB Retiree Activities Office. Bob had three brothers and two sisters; his oldest sister, Alice, is still living. He is also survived by his loving wife of 54 years, Emma, daughter Rose, son William, five grandchildren and three great-grandchildren.

Don't Trip UP: Keep your Immunizations Updated for Safe Summer Travel: With Memorial Day weekend in the rearview mirror, the summer travel season is shifting into high gear. While many families will choose destinations within the United States, TRICARE reminds beneficiaries choosing overseas locations to make sure their immunizations are up-to-date. The Centers for Disease Control and Prevention (CDC) recommends travelers receive vaccinations to protect themselves. When it comes to suggested travel immunizations, the CDC has three categories: routine; recommended and required. Routine vaccinations protect against diseases that are uncommon in the U.S. but common in other parts around the world. This is why the U.S. has a routine immunization schedule for all stages of life starting with childhood immunizations. Recommended vaccinations guard travelers against illnesses found in other parts of the world so they do not bring these diseases back home. Required vaccinations are certified on a traveler's immunization card to show a record of the vaccine at customs before entering the country. The necessary immunizations depend on a variety of factors such as the traveler's age, health status, past immunizations and, of course, the destination. Other considerations include whether the traveler is pregnant, breastfeeding, traveling with infants or children, or if they have a compromised immune system due to illness such as diabetes or HIV. If beneficiaries have overseas travel plans, the TRICARE Management Activity (TMA) recommends they talk with their primary care manager (PCM) to determine exactly which immunizations are required for their destination. According to the CDC, it's best to schedule a PCM visit at least four to six weeks before traveling, as many immunizations take time to effectively guard against diseases, and some may require a series of vaccinations. TRICARE covers age-appropriate doses of vaccines, as recommended by the CDC. Immunizations for active duty family members whose sponsors have permanent change of station orders to overseas locations are also covered. Beneficiaries can check with their PCM or regional contractor to determine if the immunization they need is covered. *(Continued on the next page)*

When traveling to some islands in the Caribbean, the CDC recommends the Hepatitis A vaccine. Hepatitis A is a viral infection that affects the liver. When traveling to certain countries in Africa and South America, International Health Regulations require the yellow fever vaccine. To enter these countries a traveler's International Certificate of Vaccination, also known as the "yellow health card," must be stamped with a vaccination certificate to show proof of the yellow fever vaccine. Yellow fever is a disease spread to humans through the bite of infected mosquitoes. TRICARE wants all beneficiaries to have fun and stay healthy this summer. For more information about travel vaccinations, travelers should speak with their PCM or log onto www.cdc.gov/travel. To learn more about TRICARE immunization coverage go to the "Covered Services" section under the Medical tab at <http://tricare.mil/mybenefit/>. (Source: *TriCare Management Activity June 11, 2009* By Mrs. Patricia Opong Brown)

Second Opinions: Why many seniors don't, but should get one There's a mountain of evidence that shows that second opinions save lives, prevent mistakes and cut costs. Yet most older patients choose not to get them because they're either afraid of offending their doctor, don't want to hassle with it, or fear their insurance won't cover it. But getting a second opinion from a different doctor may offer you a fresh perspective, new information and additional options for treating your condition so you can make a more informed decision. Or, if the second doctor agrees with the first, it can give you reassurance.

Who Pays: In most cases Medicare pays for second opinions under Part B, and will even pay for a third opinion if the first two differ. Most Medicare Advantage plans also cover second opinions, but some plans will require a referral first from your primary physician. If you have private insurance, you'll need to check with your insurance provider.

When to Ask: The key times you should seek a second opinion are when:

- Your doctor suggests surgery. You should always question elective procedures, especially if a less-invasive alternative is available.
- You're diagnosed with a life-threatening disease such as cancer or heart disease.
- You're not getting any better.

(Continued on the next page)

- Your regular doctor can't diagnose your problem.
- You're having trouble talking with your current doctor.
- You're having multiple medical problems.

Where to Look: When you opt for a second opinion, you can ask your first doctor for a referral or, if that makes you uncomfortable, seek one on your own. Whatever route you choose, it's best to go with a doctor that has extensive experience in treating your condition and one that's affiliated with a different practice or hospital than your original doctor. Hospitals and practices can be set in their ways when it comes to treatments and are likely to offer similar advice. Physicians from research and teaching hospitals are smart choices, especially for rare or complicated conditions, because of their ongoing research and expertise in specific areas of medicine. To locate and research potential doctors the American Medical Association (www.ama-assn.org) and the American Osteopathic Association (www.osteopathic.org) offer free doctor finding services that list virtually every licensed physician in the U.S. Another good resource is Health Grades (www.healthgrades.com) which provides detailed reports on doctors for \$13. Also see Vitals.com, a free service that lets you search for top-rated doctors based on their training, expertise, consumer ratings and recommendations from other doctors.

Online Advice: If you're having a hard time finding or getting to another doctor for a second opinion, consider the Internet. Yes, Web-based second opinions are now available from top medical centers that allow you to consult with medical experts regardless of where they're located. Two good ones to check out are the prestigious Cleveland Clinic (eclevelandclinic.com; 800-223-2273) and Partners Online Specialty Consultations (econsults.partners.org; 888-456-5003) which is affiliated with Harvard Medical School. The cost for this online advice ranges between \$500 and \$1,000 and is usually not covered by insurance or Medicare.

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Savvy Tips: Before you get a second opinion you'll need to have your doctor's office send your medical records ahead to the second doctor (you may have to pick them up and deliver them yourself), and be sure he or she knows about your original diagnosis, and the course of treatment recommended by your first doctor. If they disagree, you may want to seek that third opinion, or go back to your original doctor for further consultation. A helpful resource that can help you weigh your options is the Ottawa Personal Decision Guide (decisionaid.ohri.ca) which provides a worksheet for people facing tough health decisions. (Source *Human Events.com*, article by [Jim Miller](#) 06/22/2009)

TRICARE Fees for 2010: Bill Matz, President of the National Association for Uniformed Services® (NAUS), was called by White House staff assistant Matthew Flavin, and told that the President's 2010 Budget, due to be released in the next few days, will not include any TRICARE fee increases. The White House call was in response to NAUS' strongly worded letter hand-delivered by Matz when he met President Obama in early April. This is welcome news for military health care system beneficiaries, who have battled against Defense Department plans to increase TRICARE fees for the past three years. Until receipt of the White House call, the new Administration plans were uncertain. It was widely thought that the Pentagon would continue its attack on TRICARE fees as recommended by the Defense Department's 2007 Task Force on the Future of Military Health Care. Matz was told that the President said, *We're not touching TRICARE*. The President also stated, "We have a sacred trust to those who wear the uniform of the United States of America. It's a commitment that begins at enlistment, and it must never end." "This is an important budget victory and shows that President Obama is willing to listen to the concerns of our nation's uniformed servicemembers and retirees," Matz said. "Giving priority in the budget to the health care promises made to our men and women who serve, and have served, in uniform is an important recognition of our nation's commitment to those who serve and sacrifice in her defense...particularly, when we're at war." (Source *NAUS Bulletin*)

Your Morning Drink May Do More Than You Think: Many people enjoy a steaming cup of coffee, a soothing cup of tea or an ice-cold cola each day. Yet for some people, the amount of caffeine consumed in these products can lead to caffeine sensitivity or even addiction. The U.S. Food and Drug Administration classifies caffeine as safe. While its consumption in moderation generally has no effect on most people, it can have many effects on the body. It's a stimulant and it speeds up your central nervous system, giving you a temporary energy boost and making you feel more alert. However, it also increases your heart rate, raises your blood pressure and acts as a diuretic, causing dehydration and frequent urination. For those who are sensitive to caffeine, as little as one caffeinated beverage or food can cause such symptoms as excitement, irritability, jitteriness and tension. Consuming excess amounts of caffeine can cause abnormal heart rhythms, anxiety, headaches, insomnia, stomach upset, restlessness and tremors. People who are smaller than average size, under stress or who do not consume caffeinated foods and beverages regularly may experience these negative side effects more quickly than those who are larger than average, more relaxed or indulge in caffeinated beverages regularly. Other factors that impact your response to caffeine include your age, whether or not you smoke, your use of other medications or supplements, if you have certain health conditions (e.g., high blood pressure, anxiety disorders) or if you are pregnant or nursing. Although consuming as many as 32 ounces of a caffeinated beverage per day will not negatively affect most people, it could lead to addiction. Like any other drug, if you quit caffeine suddenly, you may experience symptoms of withdrawal like fatigue, headaches, mood swings or nervousness. If you're thinking about reducing your caffeine intake, you may want to consider these tips:

- Drink water when you're thirsty.
- Order a smaller cup of coffee, tea or soda, or drink one less caffeinated beverage per day.
- Avoid caffeinated energy drinks.
- Choose non-caffeinated herbal teas instead.
- Read over-the-counter medication labels and avoid those that contain caffeine.

To learn more about caffeine, visit www.nlm.nih.gov, a service of the U.S. National Library of Medicine and the National Institutes of Health. (Source: *TRICARE Communications*)

Telephone news line set up for ‘non-wired’ retirees: RANDOLPH AIR FORCE BASE, Texas (AFRNS) – A toll-free telephone news line has been set up for those retirees and surviving spouses who do not have computer access. By calling (800) 558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources. Topics include pay and annuity matters, medical and health care, and other benefits and entitlements. This news line joins the *e-Afterburner*, Air Force Retiree News Service, and Air Force Retiree Web site at www.retirees.af.mil in providing the latest news and information to the service’s retiree community. (Source Air Force Retiree News Service)

VA accepting applications for Post-9/11 GI Bill benefits: The Department of Veterans Affairs announced that veterans can submit applications online for the Post-9/11 GI Bill. Veterans, servicemembers, reservists and National Guard members with active duty since Sept. 10, 2001, may be eligible for this benefit. Veterans remain eligible for benefits for 15 years from the date of last discharge or release from a period of active duty of at least 90 continuous days. Eligible applicants must have served for an aggregate period of at least 90 days since Sept. 10, 2001; or at least 30 continuous days active duty since Sept. 10, 2001 and received a discharge for disability. Benefit payment rates range from 40 percent of the maximum benefit for a person with at least 90 days but less than six months of aggregate service, and up to 100 percent of the benefit for people with at least 36 months of aggregate service or 30 continuous days and a discharge because of a service-connected disability. Prospective beneficiaries may apply online through the GI Bill Web site at www.GIBILL.VA.gov. Qualified veterans receive a “Certification of Eligibility” and any additional information regarding benefits they may qualify for under the Post-9/11 GI Bill, which becomes effective Aug. 1, 2009. The Post-9/11 GI Bill is the most extensive educational assistance program authorized since the original GI Bill was signed into law in 1944. It provides eligible applicants with tuition payments to assist them in getting a college education. For many participants, it also provides a housing allowance and a stipend for books and supplies. Information about the new program and VA’s other educational benefits can be obtained through the Web site www.GIBILL.VA.gov or by calling (888) 442-4551. (Source: VA News)

VA Health Care Enrollment Made Easier: VA health care eligibility rules changed on Monday, June 15, 2009, making it easier for more Veterans to enroll in VA’s health care system. The VA has also provided a web-based calculator for Veterans to enter their income information, number of dependents, and zip code to determine if their income falls within the new income threshold adjustments. Veterans can check to see if they qualify under new rules for VA health care by visiting www.va.gov/healtheligibility. Veterans are also encouraged to contact VA’s Health Resource Center at 1-877-222 VETS (8387) for further assistance. (Source: *Military.com*, June 15, 2009)

VA Health Care Gulf War, Agent Orange and Ionizing Radiation Registry Program

Program Description: In 1978, VA set up a register of Vietnam veterans who were worried that they might have been exposed to dangerous herbicides during their military service in Vietnam. Beginning in that year, Vietnam veterans were offered an extensive medical examination to look for possible health effects resulting from exposure to the herbicides—an exam that is still offered at all VA medical centers. The “Agent Orange Registry” is a computerized index of all of those examinations. Since that time, we have also set up registries for Gulf War veterans as well as for veterans who were exposed to ionizing radiation and depleted uranium. Veterans are eligible for the registry exams “with no strings attached.” If they are found to have medical conditions associated with one of the categories of diseases associated with service covered by one of the registries, they will always be entitled to free treatment from VA for those conditions. Further, they automatically qualify for enrollment in the VA health care system in Priority Group 6.

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General Program Requirements: For an understanding of the registry examinations, please see “Description” below. Registry examinations are not part of the Medical Benefits Package. You do not have to apply for health care to get a registry exam. There is no length-of service requirements, but you must have been discharged under other than dishonorable conditions.

Four groups of veterans are eligible for registry examinations.

Agent Orange Registry. These exams are available to—

- Any U.S. male or female Vietnam era veteran who served in the Republic of Vietnam between 1962 and 1975
- Any U.S. veteran who served in Korea during 1968 or 1969
- Any U.S. veteran who may have been exposed to dioxin, or other toxic substance in an herbicide or defoliant, during the conduct of military operation, or as a result of the testing, transporting, or spraying of herbicides for military purposes.

Persian Gulf Registry. For these examinations, you must simply have participated in Operations Desert Shield, Desert Storm, and Iraqi Freedom.

Ionizing Radiation Registry. VA offers these examinations for any veteran who participated in a “radiation risk activity.” These include:

- On site participation in a test involving the atmospheric detonation of a nuclear device.
- Participation in the occupation of Hiroshima or Nagasaki from August 6, 1945 through July 1, 1946.
- Internment as a Prisoner of War in Japan (or service or active duty in Japan immediately following such internment).
- Service at Department of Energy plants at Paducah, KY, Portsmouth, OH, or the K25 area at Oak Ridge, TN for at least 250 days before February 1, 1992.
- Service at Longshot, Milrow, or Cannikin underground nuclear tests at Amchitka Island, AK prior to January 1, 1974.

Depleted Uranium Registry. VA maintains two registries for veterans who may have been exposed to depleted uranium. One is for veterans who served in the Gulf War, including Operation Iraqi Freedom. The second is for veterans who served elsewhere, including Bosnia and Afghanistan.

Your Next Steps

The following information will lead you to the next steps to apply for this benefit.

Application Process

For more information, see the Program Contact Information below.

Program Contact Information

For more information, you can call the Health Benefits Service Center at 1-800-222-8387

The following Web sites may be helpful:

Agent Orange Registry:

<http://www.va.gov/healtheligibility/coveredservices/SpecialBenefits.asp#Age...>

And <http://www1.va.gov/agentorange/>

Persian Gulf Registry:

<http://www.va.gov/healtheligibility/coveredservices/SpecialBenefits.asp#Gul...>

AND <http://www1.va.gov/gulfwar/>

Ionizing Radiation Registry:

<http://www.va.gov/healtheligibility/coveredservices/SpecialBenefits.asp#Rad...>

AND <http://www.publichealth.va.gov/exposures/radiation/>

Managing Agency

U.S. Department of Veterans Affairs

<http://www.va.gov/>

Guide Dogs for Veterans: Paws for Patriots, an umbrella organization comprising 14 veterans groups in the Palmetto, FL, area, recently raised more than \$10,000 to buy guide dogs for blinded veterans. It takes around \$3,500 to sponsor one guide dog's training. The guide dog is provided to the veteran free-of-charge. For more information, visit the Paws for Patriots webpage at [Southeastern Guide Dogs](#). (Source: Paws for Patriots)

Federal Benefits Booklet Available: The VA's most popular publication, the Federal Benefits for Veterans, Dependents and Survivors booklet provides brief descriptions of programs and benefits available to veterans and their surviving family members. The 2009 version is now available and can be found [here](#). (Source: Veterans Administration)

Are there new passport rules for Americans? As of June 1, all Americans entering the United States will need a single document that shows citizenship and identity. A passport, which cost \$100 for adults, is arguably the best choice, since it's valid for all types of travel. A \$45 passport card is valid only for land and sea travel from Canada, Mexico, Bermuda and the Caribbean. Other documents are primarily for travelers who frequently cross the border. Passport applications are available at Post Offices and online at www.travel.state.gov . To learn more, go to www.getyouhome.gov . Send inquires to ask Sid 601 E ST NW, Washington DC 20049 or to asksid@aarp.org. (Source: AARP Bulletin, Ask Sid)

Garage Sale, Online Selling: If you have the time and access to the Internet, the best way to get top dollar for your old unwanted possessions is to sell them on the World Wide Web. Online selling provides literally millions of potential customers, so your odds of getting more money for your stuff is much greater than you'd get at a garage sale or through a consignment store. While there are lots of sites that will help you sell your stuff, the two biggies who draw the most visitors are Craigslist and eBay.

Craigslist: If you're not familiar with Craigslist.org, it's a huge classified ads site that serves more than 550 cities and attracts some 50 million visitors each month, and it's free to use. It works just like putting an ad in your local newspaper. You list the item you want to sell, including a brief description (pictures too) for the price you want. Interested buyers will then contact you directly via e-mail, and the rest is up to you. Larger items that are difficult to ship sell well on Craigslist like furniture, appliances, exercise equipment and even vehicles.

eBay: With around 85 million active members, eBay.com is by far the biggest selling site on the Web. Almost anything can be sold on eBay. The downside however is their fees which cut into your profits. EBay charges a non-refundable listing fee between 10 cents and \$4 per item, depending on the asking price. And if it sells, a closing fee of 8.75 percent of the sale price up to \$25, with declining percentage paid on larger sells. EBay can also help if you don't have the time, or don't want to do the selling yourself. Just go to ebaytradingassistant.com where you can find a trading assistant in your area who will do everything for you. They typically charge between 15 and 40 percent of the selling price. Another large selling site you should check out is Amazon.com (it charges sales fees too) which is great for selling old books, CDs and DVDs. Also see Gazelle.com, a green company that buys old cell phones, computers and other electronic gadgets to recycle them.

Easy To Use: If you have concerns about learning how to maneuver these selling sites, you'll be happy to know that they are all pretty user-friendly and offer step-by-step instructions. Once you sell a few items you'll feel like an old pro. You also need to know that if you're planning to sell a lot of items, a digital camera is a must. Pictures are essential to selling on the Web, and a digital camera makes it easy to transfer your photographs to your computer so they can be uploaded to the sales site.

Price Setting: When it comes to figuring out how much to charge for your stuff, you can get a ballpark idea by doing a search for items that are similar to yours on the sales site you're planning to use. If however, you suspect you have a rare or extremely valuable item, you should get it appraised. Check with a local auction house to see if it offers free appraisals. If not, for a fee you can hire a professional appraiser (see www.appraisers.org) or call a reputable dealer to assess your possessions. (Continued on the next page)

Other Options: If online selling doesn't appeal to you, have a garage sale (see www.yardsalequeen.com for tips), or see what your nearby consignment store will sell for you. While neither of these options will make you as much money as the Web, they're still great ways to get rid of old stuff and make a few bucks in the process. And the stuff that doesn't sell can always be donated to a charity for a tax deduction. (Source: *Human Events.com*)

Surviving Family Members Appreciation Day: The third annual Surviving Family Members Appreciation Day will start with registration from 0730 – 1200 hours on 7 August 2009, at the American Lake Community Center, North Fort Lewis. This event is to honor surviving family members by recognizing their contribution to our Soldiers and country. Upto date information on matters of local intrest to surviving family members. There will be on-site services by various military staff agencies, civilian organizations and veterans groups. For more information contact Mr. Silva, Retirement Services Office at 253-966-5884 or email lewirsso@conus.army.mil. (Source: Retirement Services Office Ft. Lewis WA)

RETIREE LIFE EXPECTANCY: Results of a new study provide more evidence that participating in volunteer activities may add years to an older person's life. In a study of U.S. retirees, researchers found over a four year period that volunteering significantly reduced the chances of dying. Volunteering, the investigators say, may improve health outcomes by expanding retirees' social networks, increasing their access to resources and improving their sense of self-worth. In the study, Dr. Sei J. Lee and colleagues from the VA Medical Center and the University of California, San Francisco, examined 6,360 retirees older than age 65 who enrolled in the Health and Retirement Study in 2002. As part of the study, the men and women whose average age was 78 years were asked: "Have you spent any time in the past 12 months doing volunteer work for religious, educational, health-related or other charitable organizations?" Lee and colleagues found that volunteering was strongly associated with lower death rates, with 12% of 1,766 volunteers dying by 2006 compared to 26% of 4,594 non-volunteers. Even after adjusting for numerous factors that could influence the results, such as the seniors' socioeconomic status, chronic illnesses, and functional limitations, volunteering remained strongly correlated with lower death rates. The findings of the study were reported over the weekend at the American Geriatrics Society annual meeting in Chicago. To review Military Retiree Expectancy tables, refer to the DOD office of the Actuary May 08 report at www.defenselink.mil/actuary/statbook07.pdf . (Source: Rutgers Health Megan Rauscher 4 May 09)

McChord Heritage Museum Needs Volunteers: The McChord Heritage Museum is looking for retired aircraft maintainers, sheet metal specialist and anyone with an interest in old military aircraft. The museum has a variety of both propeller driven and jet powered aircraft. If you are looking for an enjoyable past time, give the museum a call. You can call, Ray Jordon (Museum Director) at 982-2485 or Chuck Bowen (Hangar Chief) at 982-2545. For more on the Museums aircraft visit the website at www.mcchordairmuseum.org. (Source *McChord Heritage Museum*)

RAO VOLUNTEERS NEEDED: Retired life got you down? Do you need something extra to help you fill the hours in your days? The McChord Retiree Activities Office would like to help. We have an ongoing needs for dedicated volunteers. The RAO desk is staffed by retired volunteers. Our hours of operation are 0900 to 1200 hours Monday through Friday. You may volunteer for one day a week, one day a month or as many days as you like, the choice is yours. Volunteers provide directions, answer phones and do research on questions from fellow retirees (or their spouses and survivor's), questions on retiree benefits such as Tricare, Tricare for Life, Tricare Delta Dental, Retiree Pay matters, veterans programs and much more. Working with fellow retirees can be extremely enjoyable; it is a satisfying feeling knowing that you have helped a fellow retiree or survivor with their important needs. It is also great to get together and rub elbows with fellow retirees and their spouses all working together to help the local retired military community. We host a business luncheon at the McChord Club on the second Thursday of each month. Feel free to stop by and check us out or call and volunteer at (253) 982-3214 or e-mail us at rao@mcchord.af.mil. (Source: *McChord AFB Retiree Affairs*)



Reduce
Reuse
Recycle



It's the right thing to do!

McChord Recycling Center Location

Public drop-off bins are always open!

We Take:

- Aluminum
- Any Paper
- Cardboard
- Tin
- Glass
- Plastics
- Clothing
- Cell Phones
- Mike Cartons
- Drink Boxes
- Scrap Metal
- Most Appliances (call for info)
- Electronics (TV's, Computers Monitors)
- CFL bulbs, Fluorescent tubes
- Household Batteries (AAA, AA, C & D Cells)
- 24 Hour drop-off

Base Residents may bring:

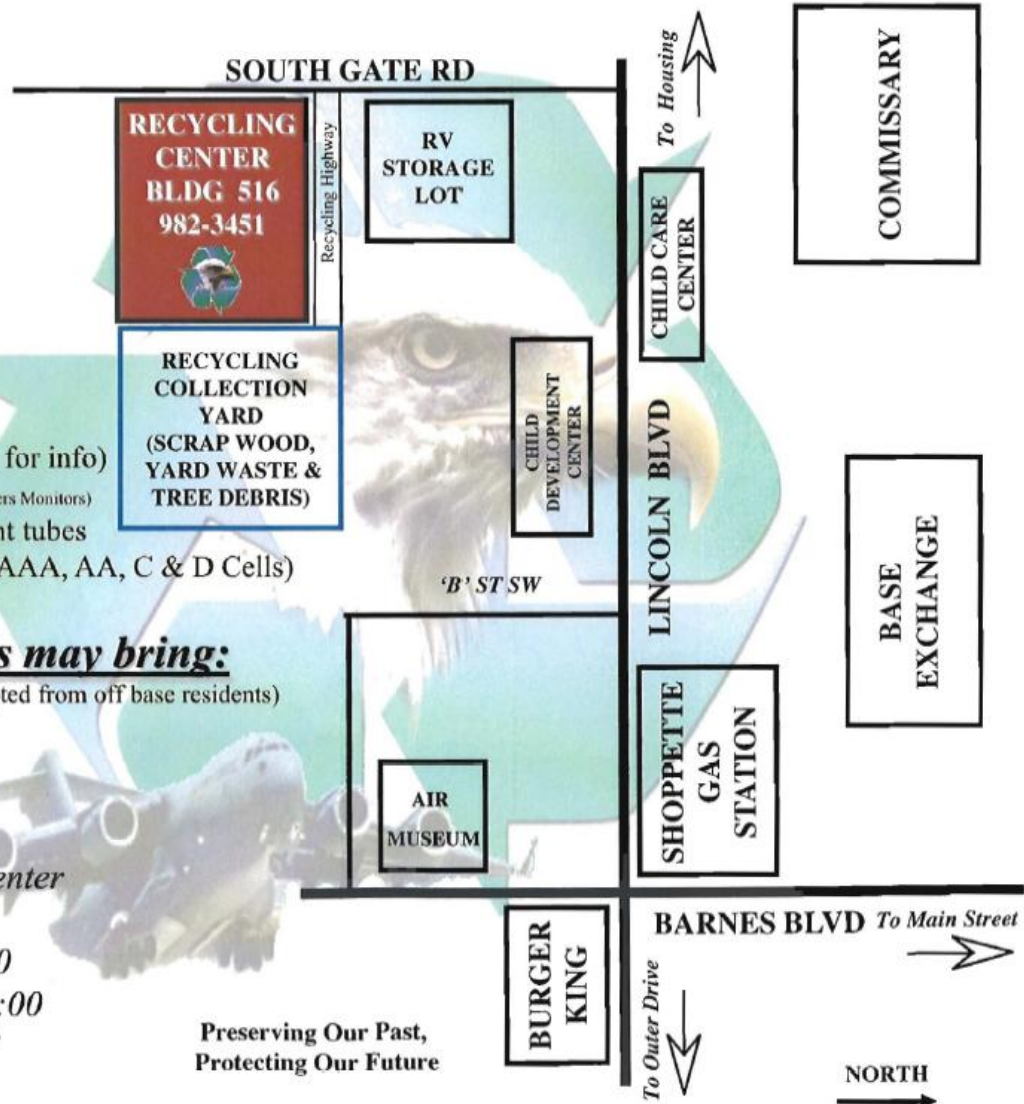
(These items are not accepted from off base residents)

- Scrap Wood
 - Tree Debris
 - Yard Waste
- to the Recycling Center
Collection Yard*

Mon-Fri 8:00 - 4:00

Saturday 10:00 - 3:00

(Contact Recycling Center
Manager prior to deposit)



Preserving Our Past,
Protecting Our Future