



Hangar Flying Newsletter

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

Women's Mental Health Services in the VA: There are far more men than women Veterans in the VA system. For this reason, many women Veterans are not aware of resources offered just for them. Many women Veterans prefer treatment with other women.

Research shows that people often do better in treatment with others that are more like them. As a result, mental health services just for women are offered in many VA's across the country.

VA Women Veterans Program Managers: Every VA Medical Center in the country has a Women Veterans Program Manager. This person is your advocate. She can help you get to VA services and programs, state and federal benefits, and resources in the area where you live.

If you need help:

- Call your local VA <https://www.va.gov/directory/guide/home.asp> and ask to speak to the Women Veterans Program Manager
- Learn more about the VA Women Veterans Health Care program <https://www.womenshealth.va.gov/>
- Find helpful information on the VA Center for Women Veterans website <https://www.va.gov/womenvet/>

If you have questions about your VA care, you should first go to your Women Veterans Program Manager. During normal business hours, you can also contact:

- The Department of Veterans Affairs Center for Women Veterans at (202) 273-6193
- The Veterans Health Administration Women Veterans Health Strategic Health Care Group at (202) 461-1070

Types of VA programs for women: The following list describes some of the mental health service programs offered by VA for women Veterans. To find out more, see VA PTSD Treatment Programs <https://www.ptsd.va.gov/public/treatment/therapy-med/va-ptsd-treatment-programs.asp>. The fact sheet links to a list of VA PTSD treatment programs. The list includes programs for women, with contact information. For other help locating a program or service, you should ask your Women Veterans Program Manager.

- **Women's Stress Disorder Treatment Teams (WSDTTs).** WSDTTs are special outpatient (not live-in) mental health programs. They focus on treatment of PTSD and other problems related to trauma.
- **Specialized inpatient and residential programs for women.** These are live-in programs for women Veterans who need more intense treatment and support. While in these programs, women live either in the hospital or in a residence with other women. For help locating a program, ask your Women Veterans Program Manager. *(Continued on next page)*

- **Cohort treatment or separate wings for women.** These programs are like the live-in programs discussed above except these programs accept both men and women. Some programs accept women in groups that start treatment together on a certain date. Sometimes the program has a space set apart for women.
- **Women Veterans Comprehensive Health Centers.** Complete health centers for women Veterans are located in many VA's around the country. Many of them provide outpatient mental health services to women Veterans. Check with your local Women Veterans Program Manager to see if there is a women's health center that provides mental health services near you.
- **Women Veterans Homelessness Programs.** The Women Veterans Program can help you find shelter if you are homeless or at risk of being homeless. Certain VA locations have programs for homeless women Veterans and homeless women Veterans with children. Contact your Women Veterans Program Manager for resources near you. You can also contact the Social Work Services department at your local VAMC. For more information, go to Homeless Veterans <https://www.va.gov/homeless/>

For more information

To learn more about women and traumatic stress, please see this section of materials Specific to Women <https://www.ptsd.va.gov/public/PTSD-overview/women/index.asp>

(Source: VA.gov)

VA Partners with Cohen Veterans Network to Increase Access to Mental Health Resources:

In February the VA announced a partnership with Cohen Veterans Network to Increase Access to Mental Health Resources. The partnership will allow the VA and CVN to work together to advance and improve Veterans' mental health and well-being and expand and to promote community collaboration to increase Veterans' access to mental health resources. "VA and CVN have a shared goal to improve Veterans' health and access to mental health services to reduce Veteran suicide," said VA Secretary David J. Shulkin. "With 14 out of the 20 Veterans who take their own lives per day not engaging VA care, partnerships such as this help those Veterans, as well as their families, receive care where they live." As part of the collaboration, VA and CVN will:

- Work together on potential mental health education initiatives.
- Consumer marketing and public health messaging.
- Discuss potential locations for Cohen Clinics in regions believed to have underserved Veterans in need of mental health care services.
- Collaborate to share publicly available, VA-developed educational resources for health care providers, such as military culture training and suicide prevention training with CVN staff and clinic employees.

"This partnership will help us save lives by getting care to Veterans faster and, therefore, preventing suicides," said Dr. Anthony Hassan, president and CEO of CVN. "We are excited about partnering with VA and advancing the field through innovative clinician training initiatives and public messaging. This partnership adds another layer of depth and quality to our robust network of Cohen Military Family Clinics."

For more information about VA mental health services, visit www.mentalhealth.va.gov . Information about the Cohen Veterans Network may be found at: <https://www.cohenveteransnetwork.org> .

Veterans in crisis or having thoughts of suicide — and those who know a Veteran in crisis — should call the Veterans Crisis Line for confidential support 24 hours a day and 365 days a year. Call (800)-273-8255 and press 1, chat online at VeteransCrisisLine.net/Chat, or text to 838255.

(Source VA News Release)

Camp Lejeune Exposure — Veterans and Families

You may know that VA provides cost-free health care for certain conditions to Veterans who served at least 30 days of active duty at Camp Lejeune from Jan. 1, 1957 through Dec. 31, 1987.

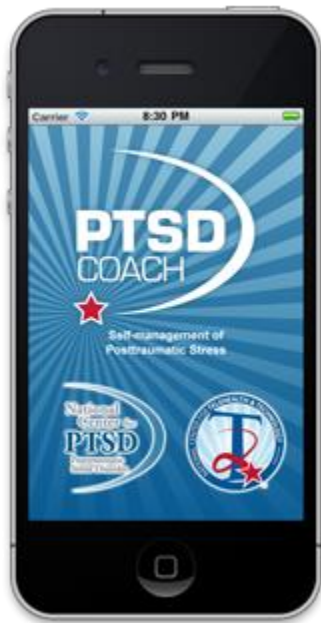
VA also established a presumptive service connection for Veterans exposed to contaminants in the water supply at Camp Lejeune from Aug. 1, 1953 through Dec. 31, 1987 who later developed certain conditions.

But did you know that eligible family members who lived at Camp Lejeune from 1957 to 1987 can also apply for out-of-pocket reimbursement of medical expenses related to 15 health conditions?

Learn more at www.publichealth.va.gov/exposures/camp-lejeune/
<http://www.publichealth.va.gov/exposures/camp-lejeune/>

(Please pass this info on to folks you know who were stationed at Lejeune during the times mentioned above.)

(SOURCE: Providence (RI) VA Medical Center Veterans Update Newsletter at https://content.govdelivery.com/attachments/USVHA/2018/03/12/file_attachments/972013/PVAMC_Vets_Update-032018.pdf)



VA Mobile App: PTSD Coach: The PTSD Coach app can help you learn about and manage symptoms that often occur after trauma. Features include:

- Reliable information on PTSD and treatments that work
- Tools for screening and tracking your symptoms
- Convenient, easy-to-use tools to help you handle stress symptoms
- Direct links to support and help
- Always with you when you need it

Providing you with facts and self-help skills based on research.

Download the mobile app



Free PTSD Coach download from:
iTunes (iOS) and Google Play (Android)

Now available for Canada (in French) and other versions on iTunes.

Also see PTSD Coach ONLINE for desktop use: choose from 17 tools.

How to use PTSD Coach Together with professional medical treatment, PTSD Coach provides you with resources you can trust. If you have, or think you might have PTSD, this app is for you. Family and friends can also learn about PTSD and coping from this app.

NOTE: PTSD is a serious mental health condition that often requires professional evaluation and treatment. PTSD Coach is not intended to replace needed professional care. *(Continued on next page)*

The questionnaire used in PTSD Coach, the PTSD Checklist (PCL), is a reliable and valid self-report measure used across VA, DoD, and in the community, but it is not intended to replace professional evaluation.

Privacy and security Any data created by the user of this app are only as secure as the phone/device itself. Use the security features on your device if you are concerned about the privacy of your information. Users are free to share data, but as the self-monitoring data belong to each user, HIPAA concerns do not apply while the data are stored or shared. If the user were to transmit or share data with a health care provider, the provider must then comply with HIPAA rules.

Who created PTSD Coach PTSD Coach was created by the VA's National Center for PTSD in partnership with the Department of Defense's [National Center for Telehealth and Technology](#). (Source: VA.gov)

New Medicare cards are on the way (<https://www.consumer.ftc.gov/blog/2017/05/new-medicare-cards-are-way>)

Scammers may call about your new Medicare card to trick you into sharing your personal information - like your current Medicare Number. Remember, Medicare will never call you uninvited or ask for your personal or private information to get your new Medicare Number and card. There are very limited situations in which Medicare can call you.

Medicare, or someone representing Medicare, will only call and ask for personal information in these situations:

- A Medicare health or drug plan can call you if you're already a member of the plan. The agent who helped you join can also call you.
- A customer service representative from 1-(800)-MEDICARE can call you if you've called and left a message or a representative said that someone would call you back.
- Only give personal information like your Medicare Number to doctors, insurers acting on your behalf, or trusted people in the community who work with Medicare like your State Health Insurance Assistance Program (SHIP).

Here are 2 tips to avoid Medicare scams:

1. Guard your Medicare Number and card. Only give your Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
2. Hang up on fraudsters. If someone asks for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call Medicare at 1-(800)-MEDICARE (1-800)-633-4227).

Visit <https://www.Medicare.gov> for more tips on preventing Medicare fraud, and what to do if you think you shared your personal information with someone you shouldn't have.

More Medicare Related Information: Everything You Need To Know About Medicare:

<https://www.medicare.gov>

Identity Theft: Protect Your self - <https://www.medicare.gov/forms-help-and-resources/identity-theft/identity-theft.htm> 1

Help Fight Medicare Fraud - <https://www.medicare.gov/forms-help-and-resources/report-fraud-and-abuse/fraud-and-abuse.html> (SOURCE: Medicare.gov website)

Are You a Caregiver for a Veteran in Your Life: The VA understands that caregiving can be a tough job; Caregivers play an important role in the health and the well-being of Veterans. The Caregiver Support Program, <https://www.caregiver.va.gov/> offers training, educational resources, and multiple tools to help you succeed. Please contact our Caregiver Support Line 1-(855)-260-3274 for advice on being a caregiver.

Through VA's **Caregiver Support Program**, caregivers have access to a local Caregiver Support Coordinator. This licensed professional is devoted to providing useful information and connecting caregivers in the community. The program also provides peer support mentoring, a support phone line and a website with a wealth of resources on family caregiving.

The **Program of Comprehensive Assistance for Family Caregivers**, a program specifically for eligible Post 9/11 Veterans and their caregivers offers additional supports and services, including access to health insurance and financial assistance.

The primary family caregiver must meet certain criteria, but is not required to be the Veteran's spouse. *(Source: U.S. Department of Veteran Affairs)*

Reporting the death of a retiree: Reporting the death of a retiree can be a difficult task for family or friends. We know that waiting on the phone and talking to one of our customer service representatives is not high on the priority list right after someone passes away. DFAS has re-introduced the option to report the death of a retiree online.

To use the online Notice of Death option, click on the link at the top of the Retired Military & Annuitants main page, which is located at <https://www.dfas.mil/retiredmilitary.html>. This will take you to a form where you will enter all of the pertinent information. When reporting a retiree's death, be sure to have the following information available:

- Retiree's full name
- Retiree's SSN
- The date of death
- Cause of death
- Marital status
- If married, the wedding date

The form also asks for your name, address, phone number and email address. If you are completing this form on behalf of someone else, such as the spouse or child of the deceased retiree, please use the contact information of the person you are helping to make the report. Updates on the status of the claim will be sent to the email address provided, including an email verifying that the notification was received. *(Source DFAS Newsletter)*

Take Command: Changes Coming to the TRICARE Retiree Dental Program:

Do you have [TRICARE Retiree Dental Program](#) (TRDP) coverage? If so, you need to know that the TRDP will end on December 31, 2018. But, don't worry. Anyone who was in TRDP this year, or who would have been eligible for the TRDP plan, will be able to choose a dental plan from among 10 dental carriers in the [Federal Employees Dental and Vision Insurance Program](#) (FEDVIP). You can begin reviewing program options now at www.opm.gov/fedvip. You'll be able to enroll in FEDVIP during the 2018 Federal Benefits Open Season, which runs from November 12 to December 10, 2018; coverage will begin on January 1, 2019. *(Continued on the next page)*

Previously, FEDVIP wasn't available to Department of Defense beneficiaries, but it will now be available to those who would have been eligible for TRDP. As an added bonus, they will also be able to enroll in FEDVIP vision coverage, along with most active duty family members.

More than 3.3 million people are currently covered by FEDVIP. You can choose from dental plans offered by 10 different carriers. To enroll in FEDVIP Vision, you must be enrolled in a [TRICARE health plan](#). You can decide if one of four vision plans meets your family's needs.

You may only enroll in a FEDVIP plan outside of open season if you experience a [Qualifying Life Event](#) that allows you to do so. Any election in a FEDVIP plan remains in effect for the entire calendar year.

For more information, visit the [FEDVIP website](#) at <https://tricare.benefeds.com> and sign up for email notifications. You'll get an email when new information is available and key dates approach. Future updates will include eligibility information, plans, carriers, rates, educational webinars and more.

Updated Withholding Calculator, Form W-4 Released; Calculator Helps Taxpayers Review Withholding Following New Tax Law: The Internal Revenue Service has released an updated Withholding Calculator on IRS.gov and a new version of Form W-4 to help taxpayers check their 2018 tax withholding following passage of the [Tax Cuts and Jobs Act](#) <https://www.irs.gov/newsroom/tax-reform> in December.

The IRS urges taxpayers to use these tools to make sure they have the right amount of tax taken out of their paychecks.

"Following the major changes in the tax law, the IRS encourages employees to check their paychecks to help ensure they're having the right amount of tax withheld for their personal situation," said Acting IRS Commissioner David Kautter.

The Tax Cuts and Jobs Act made changes to the tax law, including increasing the standard deduction, removing personal exemptions, increasing the child tax credit, limiting or discontinuing certain deductions and changing the tax rates and brackets.

If changes to withholding should be made, the withholding calculator <https://www.irs.gov/individuals/irs-withholding-calculator> gives employees the information they need to fill out a new Form W-4, <https://www.irs.gov/forms-pubs/about-form-w4> Employee's Withholding Allowance Certificate. Employees will submit the completed W-4 to their employer.

"Withholding issues can be complicated, and the calculator is designed to help employees make changes based on their personal financial situation," Kautter said. "Taking a few minutes can help taxpayers ensure they don't have too little – or too much – withheld from their paycheck."

The withholding changes do not affect 2017 tax returns due this April. However, having a completed 2017 tax return can help taxpayers work with the Withholding Calculator to determine their proper withholding for 2018 and avoid issues when they file next year.

For More information; this spring and throughout the year, the IRS will be working closely with businesses as well as the tax and payroll communities to help educate the public about the new withholding guidelines and the Withholding Calculator.

For 2019, the IRS plans to make further changes involving withholding. The agency will work with businesses and the tax and payroll communities to explain and implement these additional changes.

More information is available in the special Withholding Calculator Frequently Asked Questions <https://www.irs.gov/newsroom/withholding-calculator-frequently-asked-questions> .

HELPFUL LINKS

To find your state representative:

<http://www.house.gov/representatives/>

To find your state senators:

<http://www.senate.gov>

To find the VA:

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

find DFAS:

<http://www.dfas.mil> To

find Tricare:

<http://www.tricare.mil>

To schedule appointment to renew ID Card

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

Link to Retiree Publications Army

Echoes:

<http://soldierforlife.army.mil/retirement>

Navy Shift Colors:

www.shiftcolors.navy.mil Air Force

Afterburner:

www.retirees.af.mil/afterburner

Marine Corps Semper Fidelis:

[www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/SR/RET_ACT/Semper Fidelis](http://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/SR/RET_ACT/Semper+Fidelis) Coast

Guard Evening Colors:

<http://www.uscg.mil/hq/cg1/psc/ras>

List of businesses who give military discounts <http://www.rather-be-shopping.com/blog/2014/05/29/veteran-military-discounts/>

VA benefits book available The Federal Benefits for Veterans, Dependents & Survivors handbook is available – with 18 pages of new information. The book can be found at http://www.va.gov/opa/publications/benefits_book/2014_Federal_Benefits_for_Veterans_English.pdf.

Veterans Crisis Hotline

1-(800)-273-8255 press 1

Be a Volunteer at the McChord RAO: If you are looking for an enjoyable and rewarding way to stay involved in the Military Retiree community, then volunteering is the answer. At the McChord Retiree Activities Office, (RAO) you can easily join our volunteer staff. Hands on training will be provided and you will be working with a great team of volunteers who are military retirees and spouses who provide their time, talent and wisdom towards helping both active military and retiree communities. For more information contact us at (253)-982-3214 or stop by the office in building 100 Customer Service Mall.

EDITOR'S NOTE:

*Thank you for your support of the Hangar Flyer newsletter. If you have questions about anything pertaining to military retiree benefits and services, email us at; retaffairs@us.af.mil or call us at the RAO. Hours are 9 to 12 Monday through Friday. After 12 please leave a message and we will call you back. The phone number is (253)-982-3214 **Disclaimer:** The information and views expressed in this document (and/or its attachments) are those of the author(s) and do not reflect the official position, policy, or endorsement of the DOD, USAF, JBLM LewisMcChord or the JBLM McChord Retiree Activities Office (RAO). The RAO cannot guarantee the accuracy of the information contained herein.*