



Joint Base San Antonio Fort Sam Houston Retiree Bulletin



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July 2014

**RETIREE APPRECIATION DAY (RAD)
JBSA FT SAM HOUSTON-LACKLAND-RANDOLPH
WILL HOST A JOINT RETIREE APPRECIATION
DAY AT BLESSE AUDITORIUM, BUILDING 2841
0800-1230 27 SEPTEMBER 2014
FOR ADDITIONAL INFORMATION CONTACT THE
RSO/RAO OFFICE
210-221-9004 or 210-671-2728 or 210-652-6880/5778**



**RETIREE APPRECIATION DAY (RAD)
JOINT BASE ELLINGTON (HOUSTON TX)
WILL BE HELD AT THE JOINT FORCES
RESERVE CENTER, ELLINGTON FIELD
11 OCTOBER 2014
FOR ADDITIONAL INFORMATION 210-221-9004**



Services Provided:

**Wills / Powers of Attorney / Notary Services / Adoption /
Casualty Affairs / Landlord-Tenant / Veterans' Reemployment
Rights / Consumer Affairs / Tax Preparation Services**

Seeking Will assistance? Please schedule an appointment by contacting your local legal office. Before your appointment, please visit <https://aflegalassistance.law.af.mil/lass/lass.html> and complete the online legal worksheet.

JBSA FORT SAM HOUSTON

2271 Reynolds Road
JBSA Fort Sam Houston, TX 78234
(210) 808-0169



JBSA RANDOLPH

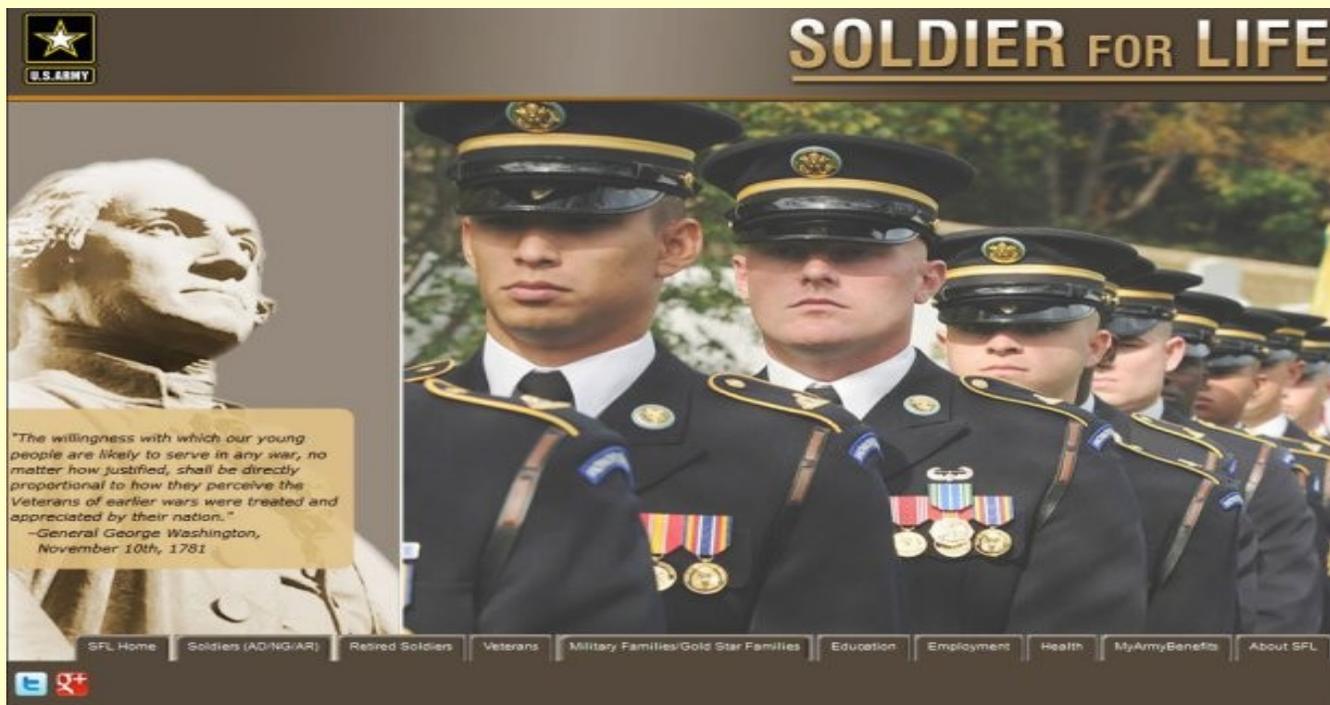
2271 Reynolds Road
1 Washington Circle Suite 6
Randolph AFB, TX 78148
(210) 652-6781

JBSA LACKLAND

1701 Kenly Ave., Suite 134
Lackland AFB, TX 78236
(210) 671-3362/3363



Army Retirement Services Office webpage is now located at <http://soldierforlife.army.mil/>



The Soldier for Life program, and its website, is about more than just retirees. In fact, the retiree program was just recently folded into the SFL program.

"Soldier for Life," is in fact about the entire "lifecycle" of being a Soldier: from the moment a Soldier shows up at basic training: "Start Strong;" to the day they arrive at their first command and begin their Army career: "Serve Strong;" to the moment they make the decision to transition from a uniform-wearing Soldier back into a productive member of civilian society: "Reintegrate Strong;" to the final separation or retirement from Army service and transition into an example in their community about what it means to be a Soldier: "Remain Strong."

Lt. Col. Wenceslao G. Angulo, who serves as the communications and outreach director of the Army's Soldier for Life program, said the SFL program and its website aims to serve those in all four phases of being a Soldier.

"We want to attract talented young men and women to join the Army," he said.

"The new site provides current information and links to resources for all Soldiers, which include active duty, Army National Guard and Army Reserve," Angulo added. "We also provide access to information and links to resources for those preparing to transition to civilian life. Now with retirement services joining the Soldier for Life program, we can now provide services and information for those who have retired from the Army, but remain Soldiers for life."

GRAY AREA RETIREE INFORMATION

Gray Area Soldiers' retired pay application process to change

The United States Army Human Resources Command (HRC) plans to discontinue mailing retirement applications to Gray Area Soldiers. Soldiers will need to contact HRC to request retirement applications and confirm their current mailing addresses prior to their 60th birthday.

Contact HRC (888) 276-9472 or by emailing askhrc.army@us.army.mil

Reservist or National Guard Personnel pending age 60 non-regular retirement must submit a retirement application at age 59 in order to receive retired pay.

Failing to complete application in a timely manner will result in delayed Benefits, i.e. Tricare, ID Card privileges.

Contact U.S. Army Human Resources Command Fort Knox, Kentucky to update address & phone 1-888-276-9472 or 502-613-8950

For application assistance contact your local RSO @ 210-221-9004 or email.

[Email: usaf.jbsa.502-abw.mbx.502-fss-fsh-retirement-service-of@mail.mil](mailto:usaf.jbsa.502-abw.mbx.502-fss-fsh-retirement-service-of@mail.mil)

The National Defense Authorization Act (NDAA) for Fiscal Year 2008 enacted the Reduced Retirement Age for Reserve Component (RC) Soldiers based on Active Duty (AD) performance. The NDAA for 2008 reduces the retirement age for Reserve Component (RC) Soldiers from 60 to a lesser age, but not below age 50, for those who have served on Active Duty (AD) in an eligible status on or after 29 Jan 08. For qualifying service on or after 29 Jan 08, each day on that AD tour could count toward a reduction in retirement age. However, even though each day counts, days are credited in aggregates of 90 days only within any Fiscal Year. A day of duty shall be included in only one aggregate of 90 days.

The reduction of the minimum age for eligibility for retired pay for non-regular service does not reduce the age for eligibility for health care under 10 USC 1074 (b). The eligibility for health care will continue to be 60 years of age. Qualified Retired Reserve members under the age of 60 looking for TRICARE medical coverage may purchase TRICARE Retired Reserve (TRR). Once the retiree reaches age 60, the service member and qualifying family member(s) become eligible for Tricare Standard, Extra and Prime (where available).

Temporary or Permanently Medically Retired Members

Do you meet the eligibility for CRSC?

- Are you currently Retired?
- Do you have a Veterans Administration (VA) disability rating of 10% or higher?
- Is your military retirement pay reduced by a VA waiver?
- Was your injury combat-related and a result of any of the following?
 - Training that simulates war (e.g. field training exercises)
 - Hazardous duty (e.g., flight, diving, parachute duty)
 - Instrumentality of war (e.g., combat vehicles, weapons, Agent Orange)
 - Armed conflict (e.g., gun shot wounds, shrapnel injuries)

CRSC is not an automatic entitlement. Retirees must submit an application to their Branch of Service.

Contact the RSO/RAO office for additional information or assistance.

Medically Retired Members with SBP Coverage

If your VA compensation exceeds your retired pay, you don't receive retired pay from DFAS. As a result, DFAS cannot automatically deduct SBP premiums. In this case, the best way to pay for your SBP coverage is to have the payments deducted from your VA compensation. Complete an authorization for SBP cost deduction and mail to DFAS-CL SBP and RSFPP Remittance, P.O. Box 979013, St. Louis, MO 63197-9000

[Link to DD2891 remittance form](http://www.dtic.mil/whs/directives/infomgt/forms/eforms/dd2891.pdf)

<http://www.dtic.mil/whs/directives/infomgt/forms/eforms/dd2891.pdf>

Permanently Medically Retired with 20 Year Letter from Reserve Component (RC)?

You could possibly be eligible for the Early Age Retirement.

Contact the RSO for further assistance and eligibility. **Email:**

usaf.jbsa.502-abw.mbx.502-fss-fsh-retirement-service-of@mail.mil

JBSA Fort Sam Houston Casualty Assistance Center

The FSH CAC HAS MOVED

2414 Stanley Road (Building 131), 2nd floor
JBSA Fort Sam Houston, TX 78234
Hours of Operation: Monday-Friday 0715-1600

- CAC Administrative Assistance-210-221-1702
- Memorial Affairs Coordinator-210-221-1780
- Mortuary Affairs Coordinator-210-221-1752
- Survivor Benefits Coordinator-210-221-0051



Joint Base San Antonio Survivor Outreach Services

1304 Stanley Road/1st floor Building 131
JBSA Fort Sam Houston, TX 78234
Hours of Operation 7:00 a.m.-4:30 p.m.

Mission: Build a unified program which embraces and reassures Survivors that they will be continually linked to the Army Family for as long as they desire.

Purpose: Our Fallen Soldiers have paid the ultimate sacrifice and the Army is committed to their Families. The SOS Program serves as the advocate for the Survivor. The SOS Program provides support, information, and services closest to where the family resides.

- Website: <http://www.samhouston.army.mil/ASA/SOS.html>
- Facebook: <http://www.facebook.com/pages/Fort-Sam-Houston-Survivor-Outreach-Services/103062066443423>

JBSA VETERAN SERVICE ORGANIZATIONS

- Military Order of the Purple Heart (FSH)-210-221-2257
- Military Order of the Purple Heart (Randolph)-210-652-3200
- Texas Veteran Commission (FSH)-210-221-2044
- Texas Veteran Commission (Lackland)-210-292-7401

How do I change my Direct Deposit with the Department of Veterans Affairs?

To change your information please call the toll-free number, 1-877-838-2778, Monday through Friday, 7:30 a.m. to 4:50 p.m., Central time. Be prepared to provide your new financial institution's 9 digit routing number, new account number and type of account (checking or savings).

Retirees have you designated a beneficiary for your retired pay (ARREARS OF PAY)?

Your Retiree Account Statement lists the person or persons you designated to receive your prorated final pay known as Arrears of Pay (AOP). Entitlement to retired pay stops on the date of a Retiree's death, leaving unpaid pay to the date of death. For example, if a Retiree dies on the 20th of the month, 20 days worth of unpaid pay would be payable to your beneficiary. The AOP may include overpaid SBP premiums and returned allotment payments for the final month. *Be sure your information is current!!* The Beneficiary Designation Form (DD Form 2894) allows you to elect one or more beneficiaries, assigning a percentage of the total to each. You can designate anyone to be your beneficiary, family, friends or associates. You will need the name, address, social security number and relationship of each beneficiary. The form is available online at: <http://www.dfas.mil/dfas/retiredmilitary/forms.html> or contact your RSO or RAO office.

LIFE CHANGING EVENTS

Death? Marriage? Remarriage? Children? Divorce?

VISITING THE DEERS/ID CARD FACILITY DOES NOT UPDATE ANY OTHER AGENCY OF YOUR LIFE CHANGES.

Please contact each agency in a timely manner. Preferably on the 1st month but definitely do not exceed 12 months. Contact each agency directly i.e. Retired Pay (RSO/RAO), Veterans Affairs, Social Security, Tricare, just to name a few.

CRSC and CRDP Open Season-Reminder

During open season, military Retirees who are eligible for both payments can choose the one they want. CRDP is taxable if your retired pay is taxable, but CRSC is always tax-free. Open Season will usually occur sometime in December thru mid February. Don't miss your window of opportunity to make your new election. Once the season is closed, you are locked in the for the entire year.

Annuitants of the Survivor Benefit Plan Annual Certification of Eligibility

Effective Aug. 1, 2013, **most Survivor Benefit Plan annuitants over the age of 55** are no longer required to complete and submit an annual [Certificate of Eligibility](#) to the Defense Finance and Accounting Service. Annuitants should no longer expect to receive the annual COE once they reach age 55. Their eligibility to receive annuity payments will continue without submitting the COE.

The following annuitants [will continue to receive annual COEs](#) and must submit their completed forms to DFAS to continue annuity payment eligibility:

- Annuitants under 55 years of age
- Annuitants who are receiving hard copy checks in a foreign country (regardless of age)
- Annuitants who have a permanent disability (regardless of age)

If you are in any of these categories, send your annual COE to:

U. S. Military Annuitant Pay

P.O. Box 7131

London, KY 40742-7131

Fax: 800-982-8459

They will send you an annual reminder when your COE is due. Please be sure to notify DFAS if you move, you can continue to send receive important notices and reminders.

Survivor Benefit Plan (SBP) and Reserve Component Survivor Benefit Plan (RCSBP) are now available to Same Sex Spouses

On June 26, 2013 the Supreme Court ruled Section 3 of the Defense of Marriage Act (DOMA) unconstitutional. Based on this ruling, same sex married couples are now entitled to the same military SBP/RCSBP benefits as all married couples. Same sex spouse SBP/RCSBP benefits do not cover the period prior to June 26, 2013. Therefore no claims for a SBP/RCSBP annuity will be paid and no premiums will be charged for a same sex spouse prior to this date.

- Retirees whose same sex marriages were on or after June 26, 2013 had one year from the date of the marriage to initiate a spouse SBP request.
- Retirees whose same sex marriages were after retirement but before June 26, 2013, had until June 26, 2014 to request SBP coverage.
- Retirees whose same sex marriages were before retirement and who retired prior to June 26, 2013 are automatically covered for SBP unless they opt-out of coverage, with spouse concurrence NLT June 26, 2014.. All spouse RCSBP provisions apply for Reservists whose same sex marriage is on or after June 26, 2013.
- Retirees whose same sex marriages were on or after June 26, 2013 had one year from the date of the marriage to initiate a spouse RCSBP request.
- Reservists who were married to their same sex spouses prior to June 26, 2013 had until June 26, 2014 to make a spouse RCSBP election.
- Spouse concurrence is required for Reservists who were married to their same sex spouse when they made their initial RCSBP election, even if the election was prior to June 26, 2013. Failure to receive the spouse's concurrence may result in the Reservist receiving full spouse immediate coverage (Option C) RCSBP coverage.
- Reservists with insurable interest RCSBP who were married to a same sex spouse on or before June 26, 2013 had one year (until June 26, 2014) to terminate the insurable interest RCSBP and elect spouse RCSBP.
- Retirees with same sex spouses and Reservists who have received their 20-year letter and have same sex spouses are encouraged to ensure that they understand how their SBP and RCSBP has been impacted by the Supreme Court's June 26, 2013 decision.

For additional information please contact the RSO/RAO Office. See page 10/12 for RSO/RAO Contact information.



Health Promotions



A Process for Developing a Healthy Lifestyle

ARMY PUBLIC HEALTH NURSING: 210-916-4626 or 210-916-7646 or 210-916-8061

Nutrition

- Eat good-quality food
- Stay well hydrated
- Be informed about dietary supplements
- Focus on whole foods

Sleep

Are you getting 6-8 hours of sleep every night?

- Sleep seven to eight hours every day
- Finish physical activity three hours before bedtime
- Create a “wind-down routine” for the 30–60 minutes before bedtime
- Stop consuming caffeine six hours before bedtime

ACTIVITY

30 minutes of moderate intensity activity every day

- Decrease inactivity (sitting) time
- Warm up
- Walk 10,000 steps a day
- Vary workouts and include strength, endurance, balance, agility and coordination

GETTING STARTED

Getting Started: Head for the Performance Triad website — <http://armymedicine.mil/Pages/performance-triad.aspx> or contact BAMC Outpatient Nutrition at 210-916-7261 or call Brook Army Medical Center Army Public Health Nurse at 210-916-4626



Engage in **Activity**



Improve **Nutrition**



Get Quality **Sleep**

“APPOINTMENTS ONLY” FOR CAC/ID CARDS

Customers can schedule appointments at any of these facilities via on-line at

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



****Failure to provide required documents may result in delay or denial of service****

- JBSA-Fort Sam Houston-Bldg 367. 210-221-0415
- JBSA-Lackland-Bldg. 5616, 210-671-4178
- JBSA-Randolph-Bldg. 399, 210-652-1845

For Your Convenience. . . A Few ID Card Facility Locations

CITY	FACILITY	LOCATION	HOURS	PHONE #
Corpus Christi, Tx	PSD at NAS	Bldg 1730 10461 D. St Suite 108	MON-FRI 0730-1600	361-961-3848 Call Ahead
Corpus Christi, Tx	Corpus Christi Army Depot	Bldg 1260 E Street and Midway Street	Appointments	361-961-2728 Call Ahead
Kingsville, Tx	NAS Kingsville	738 Forrestal Street	MON-FRI 0730-1600	361-516-4728 Call Ahead
Houston, Tx	Ellington Field Joint Reserve Base	14555 Scholl Street	TUE-FRI 0800-1200	281-929-2860 Call Ahead
Houston, Tx	Army National Guard	15150 Westheimer Parkway	MON-FRI 0800-1600	512-782-6620 Call Ahead
Galveston, Tx	ACOE Bldg	3000 Fort Point Rd Room 120	TUE, WED, THUR 0830-1130 & 1230-1430	409-632-6738 Call Ahead
Austin, Round Rock, Georgetown Area	ID Cards Center, Camp Mabry	Bldg 34, 2200 W 35th St, Austin Tx	MON-SAT 0800-1800	512-782-6841/1142 Call Ahead

JBSA Retiree and Survivor Assistance
Serving All Branches of Service

JBSA-Lackland

210-671-2728

Bldg. 5616, Room 129

1561 Stewart Street

Customer Service hours Tuesday and Thursday 9 a.m. to 3 p.m.

Wednesday, 9 a.m. to 2:30 p.m.

E-Mail: 502abw.cvr@us.af.mil

Web Page: <http://www.jbsa.af.mil/library/jbsaretireeactivitiesoffice.asp>

JBSA-Randolph

210-652-6880/5778 or toll free 1-877-282-2441

Pitsenbarger Hall Bldg. 399 Room 104

550 D Street East

Customer Service hours Monday through Friday 9 a.m. to 3 p.m.

E-Mail: rao.randolph@us.af.mil

Web Page: <http://www.jbsa.af.mil/library/jbsaretireeactivitiesoffice.asp>

Did You Know?

TX Department of Motor Vehicles

Disabled Veteran license plates feature "DV" as part of the license plate number.

DV-designated plates provide the same parking rights and privileges as a plate with the International Symbol of Access. To qualify:

- You must be a Veteran of the U.S. Armed Forces, with a service-connected disability of at least 50 percent, or at least 40 percent due to the amputation of a lower extremity, and Honorably discharged, receiving compensation from the U.S. government as a result of such disability.
- Proof of eligibility may be provided with signed approval by the U.S. Department of Veterans Affairs on Form VTR-615, or a letter from Veterans Affairs stating eligibility.
- Texas cities may provide additional parking privileges, such as free parking at the airport. Check with your local city officials.
- In addition to the Disabled Veteran plate, certain military honors license plates are also eligible for exemptions from payment of certain parking fees, including:

[TX Department of Motor Vehicles-Continued](#)

* Air Force Cross * Air Medal * Air Medal with Valor * Army Distinguished Service Cross * Bronze Star * Bronze Star with Valor * Congressional Medal of Honor * Defense Superior Service Medal * Distinguished Flying Cross * Distinguished Service Medal * Former Prisoner of War * Legion of Merit * Legion of Valor * Medal of Honor * Navy Cross * Pearl Harbor Survivor * Purple Heart * Silver Star * World War II Veterans

[Welcome to Joint Base San Antonio-ICE Site](#)[Tell us how we're doing](#)

The Interactive Customer Evaluation (ICE) system is a web-based tool that collects feedback on services provided by various organizations throughout the Department of Defense (DoD). The ICE system allows customers to submit online comment cards to provide feedback to the service providers they have encountered at military installations and related facilities around the world. It is designed to improve customer service by allowing managers to monitor the satisfaction levels of services provided through reports and customer comments. ICE provides the following benefits:

- Allows DoD customers to quickly and easily provide feedback to service provider managers.
- Gives leadership timely data on service quality.
- Allows managers to benchmark the performance of their service providers against other DoD organizations.
- Encourages communication across organizations by comparing best practices to increase performance results.
- Saves money by providing managers a free tool to collect and organize feedback data used for process improvement.

[Links to All JBSA Installations](#)[FORT SAM HOUSTON](#)

http://ice.disa.mil/index.cfm?fa=site&site_id=450&dep=DoD

[LACKLAND](#)

http://ice.disa.mil/index.cfm?fa=site&site_id=476&dep=DoD

[RANDOLPH](#)

http://ice.disa.mil/index.cfm?fa=site&site_id=511&dep=DoD

FROM YOUR RSO

JBSA-Fort Sam Houston

Dear Military Retirees and Family Members:

I welcome you to join us in the upcoming Retiree Appreciation Day.

Joint Base San Antonio Fort-Sam with coordinated efforts from JBSA Lackland & JBSA Randolph will hold its first Joint Base San Antonio Retiree Appreciation Day. There will be numerous agencies in providing you with an array of assistance and information. We will have agencies conducting health screenings, others providing Veteran & Survivor assistance and so much more.

Please come and enjoy your day!

RSO

JBSA-FT Sam Houston RSO

210-221-9004

Bldg. 2263 Room 200A 2nd Floor

2484 Stanley Road

Customer Service hours Monday through Friday 7:30 a.m. to 4 p.m.

Closed Daily: 11:30 a.m. to 12:30 p.m.

E-Mail: usaf.jbsa.502-abw.mbx.502-fss-fsh-retirement-service-of@mail.mil

Web Page: <http://www.samhouston.army.mil/hra/Retirement.aspx>

RSO KEY REMINDER

Survivor Benefit Plan-it is imperative to update DFAS/RSO of any changes to your dependents/beneficiaries. I have discovered many Retirees continue to pay for SBP premiums for ineligible beneficiaries. In particular Former Spouse SBP coverage. At the time of divorce, and if Former Spouse is awarded SBP each have up to 1 year from date of divorce to make the necessary changes.

In failing to do so, could be costly and loss of eligibility.