



Heartlander

South Central Florida Chapter
February 2019



South Central Florida Chapter of MOAA

P.O. Box 7841
Sebring, FL 33872



Chapter Officers:

President: Mike Borders, tel. (h) 863-402-8292; (c) 703-795-8776
Vice President: Fred Carino, tel. 863-381-3636
Treasurer, David Grey, tel. 785-282-5445
Secretary: Mark Milia, tel. 407-222-4867
Recruiting/Retention: Ed Gadbois, tel. 808-280-7773
Legislative Affairs: Tom Nunnallee, tel. 863-446-0055
Personal Affairs: Craig Smith, tel. 207-703-3402
Newsletter: Bob Brooks, tel. 863-471-6318
Past President: Roy Whitton

Our Web Site: www.scfcmoaa.org

Florida Council of Chapters website: www.moaafl.org

Take Action. MOAA Legislative Action Link:

<http://www.moaa.org/takeaction/?tab=Legislative-Action-Center#Legislative-Action-Center>

6 February 2019. Board Meeting: 1700 (5:00 PM)
Business Meeting, 1830hrs (6:30 PM). Venue: Sea Services Museum, 1402 Roseland Ave., Sebring, FL 33870, (corner of Kenilworth and Roseland, about a mile east of Sebring High School).

5 March 2019: Dinner/social with spouses/better halves/significant others: 6:30 PM, Caddy Shack. 3122 Golfview Road, Sebring, FL

President's Message: Our chapter continues to flourish in its various programs and efforts. You can be proud of our accomplishments as well as pat yourself on the back for your support to the chapter. When you consider the range of activities we support, just ask yourself this simple question: who would do all we do if the MOAA chapter were not around? The answer is pretty simple: nobody would have provided the \$8300 to the Veterans Assistance Fund over the last two years. Nobody would have provided the over \$10,000 in toys to the Salvation Army Christmas toy drive. Nobody would have giving the MOAA medals to the great cadets in the six JROTC programs we support. Nobody would have provided American flag education at Lake Country elementary in Lake Placid. Nobody would have raised the \$1500 we donated to the MOAA National scholarship fund. Nobody would have initiated the partnership with the Department of Defense to commemorate and properly recognize Vietnam veterans. This is just some of what we do. We are doing the right things, and we are doing them well. And not because we say so. Our chapter has been recognized (Cont.)

President's Message (Cont): repeatedly by MOAA National for excellence at the "5-star" level for its overall chapter operations as well as for its website and newsletter. This puts us in the top 15-20% of chapters around the country. Even if we didn't get those awards, we know we are a great chapter. I extend my personal thanks to you for your continued support.

And oh, by the way...our members are engaged in a range of volunteer activities: Red Cross, Salvation Army, DAV van drivers, Champion for Children Foundation, Elks, Sea Services Museum, Masons, Shriners, American Legion, VVA, VFW, Purple Heart...the list is endless. The caliber and character of our members embodies the MOAA motto: *Never Stop Serving*. And you have not stopped. Because of your efforts, ours is a better community. Not enough gratitude can be expressed. I also wanted to mention to you that George Cajigal has asked to step down as chapter treasurer. Dave Grey accepted the mission and has stepped up to the plate. Our bylaws allow the board to select a replacement to fill a term of office. George's term would have run until January of 2020. I want to thank George for his great service to the chapter. Like John Harbaugh before him, he did a super job as treasurer. I am confident that Dave will too. If you have not noticed, in the last few editions we have added a feature called the "Surviving Spouses Corner." Craig Smith is the Surviving Spouse and Personal Affairs Chair. He participates in a *Virtual* chapter for Surviving Spouses operated by MOAA National. They meet on line and on the phone. If you are not a surviving spouse, I recommend that you read the information. If you are a surviving spouse, you should consider joining as well as reading what we put in the item.

Finally, I want to emphasize that ALL our meetings are open to the members and their spouses/significant others. This includes the meetings at the museum. Don't be bashful ladies, we would love to see you there too. Our next meeting at the museum is on 6 February at 6:30 PM. Be there or be square!!

New Members: Paul Ebersbach

Membership Renewal: Chapter Members, it's time to "REUP" for 2018. Please bring to the next meeting \$20 in cash, or a check made out to SCFC of MOAA in the same amount. If you would like to mail it to us the address is: SCFC of MOAA, PO Box 7841, Sebring, FL 33872. Scholarship donations are also appreciated.

Did You Know? Highlights of the Florida Council of Chapters Workshop

I recently attended the Leadership Forum sponsored by the Florida Council of Chapters in Orlando from 10-12 January. As the state Vice President, of course I had to be there. Tom Nunnallee, our chapter Legislative Affairs chair also attended and participated in the workshops and presentations. We both learned a lot that will help us to better managed our chapter's affairs. There were two highlights with direct bearing on our chapter. First, the Florida Council of Chapters recognized our chapter VP Fred Carino and our chapter Secretary Mark Milia with leadership awards. Fred was cited for all his efforts in support (of not only the chapter), but also in support of the Sea Services Museum, and our county-wide Veterans and Memorial Day ceremonies. Mark was cited for his incredible work as a volunteer with the Red Cross. This includes but is not limited to deploying in support of hurricane relief efforts. Kudos to you both. I also had the opportunity to engage with the new Chairman of the Board of MOAA National, and present him with our \$1500 donation to the scholarship fund. The head honcho of MOAA's scholarship program, retired USAF colonel Mike Turner was there and you'll see the picture elsewhere in the newsletter.

Did You Know 2? **It Is Tax Time, and the IRS Will NOT Call You.**

If you get a phone call from someone claiming to be from the IRS, here's what you should do: • If you know you owe taxes or you think you might owe taxes, call the IRS at 1.800.829.1040. The IRS employees at that line can help you with a payment issue, if there really is such an issue. • If you know you don't owe taxes or have no reason to think that you owe any taxes (for example, you've never received a bill or the caller made some threats), then call and report the incident to TIGTA at 1.800.366.4484. • You can file a complaint using the FTC Complaint Assistant; choose "Other" and then "Imposter Scams." If the complaint involves someone impersonating the IRS, include the words "IRS Telephone Scam" in the notes. Taxpayers should be aware that there are other unrelated scams (such as a lottery sweepstakes) and solicitations (such as debt relief) that fraudulently claim to be from the IRS. The IRS encourages taxpayers to be vigilant against phone and email scams that use the IRS as a lure. The IRS does not initiate contact with taxpayers by email to request personal or financial information. This includes any type of electronic communication, such as text messages and social media channels. The IRS also does not ask for PINs, passwords or similar confidential access information for credit card, bank or other financial accounts. Recipients should not open any attachments or click on any links contained in the message. Instead, forward the email to phishing@irs.gov.

February Birthdays: None

Editor's Note: If your birthday is not recognized, it is because you did not include it on your application form. Please contact the Secretary, Malcolm Johnson at 863-242-9215, and provide the same.

Did You Know 3? The VA Awards Community Care Network contracts to increase health care access.

(From the VA Newsroom)

WASHINGTON — The U.S. Department of Veterans Affairs (VA) awarded contracts Dec. 28 to manage provider networks for [Regions 1, 2 and 3](#) of VA's new [Community Care Network \(CCN\)](#), the department's direct link with community providers that will ensure VA provides the right care at the right time to Veterans.

"These contract awards reflect our ongoing commitment to increasing Veterans' access to care," said VA Secretary Robert Wilkie. "As part of VA's modernization efforts, we designed the new network based on feedback from Veterans and other stakeholders, along with lessons learned from the [Veterans Choice Program](#). We are confident this new network will greatly improve customer service for Veterans and timeliness of payments to community providers."

The network will be the standard contract vehicle allowing VA to purchase care for Veterans from community health care providers using industry-standard approaches and guidelines in support of the [VA MISSION Act of 2018](#) to administer services and manage the network to its full potential. VA will provide care coordination under this new contract. TriWest Healthcare Alliance has expanded its network to support Veteran and provider care coordination across the nation until CCN is fully implemented.

Contracts were awarded to the following firm:

- Region 1 – Optum Public Sector Solutions, Inc.
- Region 2 – Optum Public Sector Solutions, Inc.
- **Region 3 – Optum Public Sector Solutions, Inc.**

(Florida is in region 3)

The contract award for Region 4 is expected by early April 2019. Contract award for Regions 5 and 6 are expected by end of calendar year 2019.

Region 1 includes VA medical centers in Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, Vermont, Virginia, Washington, D.C., and West Virginia.

Region 2 covers Illinois, Indiana, Iowa, Kansas, Kentucky, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin.

Region 3 will serve Veterans in Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, Oklahoma, Puerto Rico, South Carolina, Tennessee and the U.S. Virgin Islands.

The VA is committed to delivering efficient, safe, timely and quality health care to all Veterans across the nation.

If you want to sign up for a range of updates from MOAA National, you can go to: http://moaa.highroadsolution.com/moaa_preference_page/

[EmailSearch.aspx](http://moaa.highroadsolution.com/moaa_preference_page/EmailSearch.aspx) and follow the prompts. It gives various options for the type of information desired, as well as the frequency you may wish to receive it. Don't miss out on this valuable resource!

Did You Know 4?

Shingles Vaccination Update By Ronald Wolf, Writer-Editor, Office of the Surgeon General/Medical Command—from Army Echoes

In the last issue, we included a reminder for Soldiers for Life to ask about vaccines for shingles. The vaccine is recommended for everyone over 60 by the Centers for Disease Control and Prevention (CDC), but approved by the Food and Drug Administration for those over 50. A newer vaccine, Shingrix, is now available and is considered to be more effective and longer lasting. The CDC recommends Shingrix for shingles and related complications. Usually, two doses of Shingrix are needed with injections 2 to 6 months apart for adults aged 50 years or older. You should consider being vaccinated with Shingrix even if you have already been vaccinated with the current vaccine Zostavax. Studies have shown that the effectiveness of Zostavax wanes over time. If you have previously had a Zostavax vaccine injection, discuss with your physician whether you should and how soon you can receive a Shingrix vaccination. You should wait at least 8 weeks after a patient received Zostavax to administer Shingrix. One thing: check at your health care facility about availability of Shingrix. Demand is high, and some temporary shortages have been reported. To recap, shingles is a painful rash that usually develops on one side of the body, often the face or torso. It is caused by the same virus that causes chickenpox. After a person recovers from chickenpox, the virus becomes dormant in the body and can stay dormant for decades. During a shingles outbreak, a rash consisting of blisters forms; it usually fades away in 2 to 4 weeks. The problem with shingles is the nerve pain that may last for months after the rash goes away. The pain can be deep and intense, and most over-the-counter painkillers have little effect. Over time the nerve pain will diminish, but that process can be slow and especially frustrating. Most people who develop shingles have only one outbreak during their lifetime, but you can have shingles more than once. Vaccinations are an important tool in maintaining health and readiness for all ages. The vaccine for shingles is an important vaccine. Even if you've already been vaccinated, ask your physician what he or she recommends.

Are you looking for a way to serve veterans in a very direct and meaningful way?

Well, here is your chance. The County Veteran Services Office, located right behind the Watering Hole restaurant is short staffed and needs help desperately. They need someone to answer phones, greet folks coming in, and generally serve as an all-around receptionist. There is no pay for this job, but there is reward—the reward of helping our veterans. If you want to volunteer, call Denise Williams or Carol West at 863-402-6623.

Did You Know 5?

VEText system transforming VA's medical scheduling process

WASHINGTON — The U.S. Department of Veterans Affairs (VA) recently launched VEText, a text messaging appointment-reminder system, which to date has helped VA reduce no-show medical visits by more than 100,000. VA introduced VEText in March (2018) and 138 VA facilities are currently using the automated interactive text-message system, which reminds veterans of upcoming health-care appointments, allowing them to easily confirm or cancel the event.

“Every missed appointment represents a lost opportunity to provide faster access to care for a veteran in need,” said VA's Acting Secretary Peter O'Rourke. “VEText underscores VA's commitment to digital modernization and represents a milestone in putting more user-friendly capabilities in the hands of veterans and our employees.” According to the Veterans Health Administration's (VHA) Office of Veterans Access to Care, as of July 9, more than 3.24 million patients have received VEText messages and canceled 319,504 appointments, freeing up time slots for other veterans to use.

Veterans who have previously used the VA health-care system — with a cell phone number listed in their electronic health records — are automatically enrolled in VEText. Veterans can update their phone numbers during the check-in or check-out process for an appointment, at any kiosk.

VEText is integrated with VA's electronic health-records system and does not require manual action by VA staff. Appointments are automatically scheduled and canceled via text message, freeing staff to provide more personalized care to Veterans.

“VEText has changed the way we communicate with our veteran patients,” said John Ulliyot, VA Assistant Secretary for Public and Intergovernmental Affairs. “Veterans appreciate the convenient, user-friendly system and understand this technology not only helps them, but their fellow veterans as well.”

For more information about VEText, visit: <https://www.va.gov/HEALTH/VEText.asp>.

Would you like to buy a MOAA polo shirt or some other MOAA item?

Go to the MOAA “Store,” click on the following link: <http://www.tmgwebstores.com/moaa/default.html> You can also call them at 1-866-860-9293. They have everything from men's and ladies' polos, coffee cups, lapel pins, hats, you name it.

Nametags: If you don't have and DO want a chapter nametag, please let us know. We need your info as you want it to appear on the tag: Name, Rank, Service. Spouse/significant other's name. The cost is \$10.00 each. Here is an example:



SURVIVING SPOUSE CORNER—Contributed By Craig Smith, Surviving Spouse/Personal Affairs Chair

The Surviving Spouse Virtual Chapter Quarterly meeting will be January 29, 2019, which will provide Information from Shane Ostram, AF Lt Col (Ret) and CFP, "Getting your Financial House in Order". I'm looking forward to his presentation.

MOAA has established its goals for 2019 and SBP/DIC offset will again be a top priority as well as other retiree concerns such as health care benefits.

MOAA's home page website has great info. No need to sign in or use a password. In the main menu click on **Family** then click on **Surviving Spouses**, one of the topics under "Resources for Surviving Spouses: is a list of organizations that support Surviving Spouses and all you need to do is click on the one that interests you and it takes you to the website.

The Surviving Spouse Virtual Chapter is open to Surviving Spouses only but you need to register to gain access. Applications can be obtained by contacting Craig Smith for a hard copy to mail or obtain an email version. My contact info is below craigsmith03905@yahoo.com or call 207-703-3402. Or by contacting the two Chair persons below.

If you have a specific question or concern the following Chairpersons are more than willing to help you address your specific concern. Their contact information is below:

Gail Joyce
mssvc02@gmail.com
(214) 676-2132

Micki Costello
mssvc02@gmail.com
(214) 770-4140

Chapter Calendar

6 February 2019. Board Meeting: 1700 (5:00 PM) Business Meeting, 1830hrs (6:30 PM). Venue: Sea Services Museum, 1402 Roseland Ave., Sebring, FL 33870, (corner of Kenilworth and Roseland, about a mile east of Sebring High School).

5 March 2019: Dinner/social with spouses/better halves/significant others: 6:30 PM, Caddy Shack. 3122 Golfview Road, Sebring, FL

3 April 2019. Board Meeting: 1700 (5:00 PM) Business Meeting, 1830hrs (6:30 PM). Venue: Sea Services Museum, 1402 Roseland Ave., Sebring, FL 33870, (corner of Kenilworth and Roseland, about a mile east of Sebring High School).

7 May 2019: Dinner/social with spouses/better halves/significant others: 6:30 PM, Island View restaurant, 5223 Sun N' Lake Blvd, Sebring 33872

5 June 2019. Board Meeting: 1700 (5:00 PM) Business Meeting, 1830hrs (6:30 PM). Venue: Sea Services Museum, 1402 Roseland Ave., Sebring, FL 33870, (corner of Kenilworth and Roseland, about a mile east of Sebring High School).

PURPOSES OF THE MILITARY OFFICERS ASSOCIATION OF AMERICA

The Military Officers Association of America (MOAA) is a not-for-profit corporation that is operated exclusively to further the interests of the nation and its uniformed services personnel, their family members, and survivors.

From the preamble to the Bylaws of The Military Officers Association of America

- To inculcate and stimulate love of country and flag;
- To defend the honor, integrity, and supremacy of our National Government and the Constitution of the United States;
- To advocate military forces adequate to the defense of our country;
- To foster the integrity and prestige of uniformed service;
- To foster fraternal relations between all branches of the various Services from which our members are drawn;
- To further the education of children of Service personnel;
- To aid personnel of the Services from which our members are drawn, and their family members and survivors, in every proper and legitimate manner; and
- To present their rights and interests when Service matters are under consideration

We unite to form THE MILITARY OFFICERS ASSOCIATION OF AMERICA

TAKE ACTION!!
www.moaa.org

MOAA Legislative Goals for 2019:

- Ensure any TRICARE reform sustains access to top-quality care.
- Prevent disproportional TRICARE fee increases.
- Sustain military pay comparability with the private sector.
- Block erosion of compensation and non-pay quality of life benefits.
- End financial penalties for military survivors.
- End concurrent receipt penalties for military retirees.
- Achieve equity of benefits for Guard/Reserve members with their active duty counterparts.
- Strengthen DoD-VA collaboration and services to support wounded warriors and an expanding population of women veterans.
- Ensure timely access to service-earned VA benefits.
- Protect military and veteran family support programs and policies.

Take Action. MOAA Legislative Action Link:
<http://www.moaa.org/takeaction/?tab=Legislative-Action-Center#Legislative-Action-Center>

Chapter Members in Action



Mike presents our \$1500 donation to the MOAA National scholarship fund to MOAA Chairman of the Board Admiral



Mike presents our January guest speaker, Ambassador Hugo Llorens with a MOAA coffee cup



Mike with Glenn West. The first person to tell Mike what is wrong with this picture wins a prize

USEFUL ADDRESSES, PHONE NUMBERS AND WEB SITES

Air Force Retiree Services: (800) 531-7502;
www.retirees.af.mil

Arlington National Cemetery: (703) 607-8000;
www.arlingtoncemetery.org

Armed Forces Retirement Home: (800) 422-9988;
www.afrh.gov

AAFES: (214) 312-2011; www.aafes.com

Army Retired Services: (703) 571-7232; <https://soldierforlife.army.mil/retirement>

Burial at Sea: (866) 787-0081; <http://www.public.navy.mil/bupersnpc/support/casualty/mortuary/Pages/BurialAtSea.aspx> Combat Related Special Compensation: <http://www.secnav.navy.mil/mra/CORB/Pages/CRSCB/default.aspx> DEERS: (800)-538-9552, Fax: (831) 655-8317; www.tricare.osd.mil/deers

Defense Commissary Agency: www.commissaries.com

DFAS Casualty Assistance Branch: (800) 321-1080 or (216) 5225955; (For Reporting a Retiree's death, option #1)

I.D. Cards Benefits and Eligibility: (866) 827-5672; <https://www.dmdc.osd.mil/rsl/appj/site.jsessionid=liU5y-4sPqyCtIImmJThnUWUeAanhb15EaGXQn4lh2pEEKpso!416826654?execution=e1s1>

Internal Revenue Service: (800) 829-1040; www.irs.gov

Marine Corps Retired Affairs: <https://www.manpower.usmc.mil/webcenter/portal/MRAHome>
(Hover over "Veteran Marines" then click on "Retired Services")

Medicare: (800) 633-4227. TTY: (877) 486-2048;
www.medicare.gov

Military Officers Assoc. of America: (800) 234-6622;
www.moaa.org

National Burial Services: (800) 697-6940

NPC Navy Reserve Personnel Management (PERS 9):
(866) 827-5672; www.npc.navy.mil/career/reservepersonnelmgmt/Pages/default.aspx

Navy Casualty Assistance: (800) 368-3202

Navy Retired Activities Office: (866) U-ASK-NPC
(866-827-5672)

MILL RetiredActivities@navy.mil; www.npc.navy.mil/support/retired_activities/Pages/default.aspx

Reserve Component SBP: (866) 827-5672 ask for PERS-912

Retiree Dental — Delta Dental: (888) 838-8737;
www.trdp.org

Servicemembers Group Insurance (SGLI): (800) 419-1473; www.insurance.va.gov

Social Security Administration: (800) 772-1213;
www.ssa.gov

Pay/SBP Questions: www.dfas.mil. Pay inquiries and update of pay or SBP records in case of death, divorce, or remarriage:

Retiree:

Defense Finance and Accounting Service
U.S. Military Retirement Pay
P.O. Box 7130 London KY 40742-7130
(800) 321-1080, (216) 522-5955

SBP/RSFPP annuitant:

Defense Finance and Accounting Service
U.S. Military Annuitant Pay
P.O. Box 7131 London KY 40742-7131
(800) 321-1080, (216) 522-5955
(800) 669-8477; www.insurance.va.gov

Burial information: (800) 827-1000; www.cem.va.gov

GI Bill: (888) 442-4551; www.gbill.va.gov

VA: www.va.gov **Regional offices:** (800) 827-1000
(overseas retirees should contact the American Embassy/consulate)

TDD (800) 89-4833

Insurance: A Regional Office and Insurance Center
PO Box 7208 (claims inquiries) -ORPO
Box 7327 (loans) -ORPO
Box 7787 (payments)
Philadelphia PA 19101
(800) 669-8477; www.insurance.va.gov