Volume 56, Issue 4 April 2017 Wilitary Officers Association of America = Huntsville Chapter Huntsvillemoaa.org



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## PRESIDENT'S MESSAGE Col Gerald C. Maxwell, USAFR



Fellow Members -

Read that again. Fellow members – that means we are all together in this organization just like we were in the military – we keep serving. We each have a part in making our Huntsville Chapter of the Military Officers Association (HCMOAA) succeed. Are you doing your part? Volunteer to support any of our activities (Scholarship golf tournament, Tutt Fann Veterans Home BBQ, Retiree Appreciation Day, Christmas gift wrapping and other special events). In addition, we want you to "see and be seen" by wearing a HCMOAA logo shirt. You can also bring your own shirt to get the logo put on it (less expensive). Contact me or another board member and we will work to get one for you. I'm also checking on getting HCMOAA hats. I want you to see and be seen everywhere with your HCMOAA logo. That way you can tell others about our organization!

We also have our Summer Social event (at the Summit) coming up on 17 June – Mexican theme – so save the date. Also, a possible bus trip to just north of Nashville to observe the upcoming total solar eclipse on 21 August (a Monday). Stay tuned for more information!

Be sure to attend our monthly member meetings, the last Wednesday of each month at the Summit. You can have lunch starting at 11 (please RSVP), with the meeting at commencing at 11:30. It lasts just over an hour with always interesting speakers. In April, we have MG Dan Hughes of the Missile Defense Agency attending for our "gold bar" ceremony, and in May a presentation about electrical grid protection. You can check out our website for more information and updates: <u>http://huntsvillemoaa.org</u>.

Gerald Maxwell

Get Involved!

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Note: National MOAA and the Huntsville Chapter are non-partisan organizations



Legislative Corner Lt Col Gerald W. (Jerry) Haynes, USAF-Ret



Take Action

→ http://www.moaa.org/<u>takeaction</u>/

Well, you may have noticed that "Health Care" is big in the news at the moment. DoD health care is also very near the top of the list in the DoD communities as well. I have included two items on that topic in this month's column along with an opportunity for some "action."

## • MOAA Outlines the Future of Military Health Care

As the leading advocate for military personnel, retirees, and veterans and their families, MOAA joined the Association of Military Surgeons of the United States the third full week of March, to share our vision of what the future of health care should look and feel like for beneficiaries.

Understanding the future evolution of military health care is an important undertaking, and MOAA offered the perspective of the Military Health System's most critical stakeholders: beneficiaries. "Beneficiaries in the future will be increasingly consumer-centric, using health technology more," said MOAA President and CEO Lt. Gen. Dana Atkins, USAF (Ret), "and they will be interested in new technologies to support health care in the home or in their workplace; for example, telemedicine and remote-patient monitoring."

The future health care system will be, and must be, built on the present. The recent passing of the FY 2017 defense act provides our military with a comprehensive and modernized health benefit plan, which supports both medical readiness and beneficiary care. The changes scheduled to be implemented represent a large-scale systemic transformation. Atkins noted that, in many respects, these changes were much-needed, and many have been long sought by both MOAA and its partners in The Military Coalition.

From the perspective of the beneficiary, MOAA sees a future system where health care providers collaborate to create a coherent beneficiary experience. Providers will have the flexibility and incentives to innovate and will be rewarded for quality outcomes that reduce costs in the long run. In this system, beneficiaries are actively engaged in their health care decisions and they can easily use their

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#### 2017-2018 GOVERNING BOARD

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MAJ Monte C. Washburn, USA-Ret, 256-301-5457, monte.washburn@heartlandits.com (July 2018)

LTC John C. Franks, USA-Ret, 703-489-2701, john.franks@ingenuityinc.net (July 2016)



## PX / Commissary Col Gerald C. Maxwell, USAFR



#### Main Exchange

April is just around the corner. Tax time doesn't have to be depressing. Your Exchange has TurboTax software on sale to make it less painful. The PX and Commissary normally have their plant sale in early April – watch for it! AAFES sales also include spring activity products like car wash, oil change, and tool sets. Plus, stop by and check out the new spring fashion line at your Exchange! Dresses, sandals, sunglasses, shorts – men, women, children clothes – the PX has you covered.

While at your PX pick up the latest Beauty Bar sales brochure. On the back are coupons for \$5 off \$30 (for everyone) and \$20 off \$100 (for using a Military Star Card). Both in store and on line. Also, don't forget to download the Exchange EXTRA app today. Get it on Google play, the Apple app store, or scan the QR (quick response) code in flyers and ads.

The new NAPA auto care center is now OPEN! It is in the same building Firestone was in next to the optical shop and Commissary. The Grand Opening will be in April. The NAPA Auto Care Center offers all the same services that Firestone did and more. The hours are from 7-6 Monday thru Saturday. Closed Sunday.

As always shop early for best selection.

#### **Shopette**

Your Shoppette continues to offer wide selection of local brews! If you have a local favorite, stop in and speak to the Manager on duty about getting your favorite beer stocked.

The Shopette now also carries Taylor Farms sandwiches, wraps and parfaits, as well as Landshire hot to go and deli made sandwiches. Try one for lunch today!

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## Need Addresses

#### None at this time

We have lost track of the above member. If you know their whereabouts, please have them contact Chris Downing at 256-828-9740 to update their addresses.

#### **Concerns**

This month the following people were reported as being ill or recuperating and need our support and prayers:

#### None this month

Persons to contact are:

Army Representative: **COL James D. Treadway** 256-859-1484 jtreadway51@mchsi.com

Navy/USMC Representative: **CW4 Louis J. Kubik** 256-859-3054 <u>lkubik@mediacombb.net</u>

Air Force Representative: Col Edward L. Uher 256-882-6824, biged992K@aol.com

Personal Affairs Officer COL William Stevenson 256-424-1334 Mrbill5779@comcast.net





### **Fox Army Health Center** MAJ Bruce T. Robinson, USA-Ret



## Ticks feast on humans, animals in spring

With the arrival of spring, Tennessee Valley residents should be prepared for the annual onslaught of insect pests, including ticks.

The early 2017 spring has resulted in ticks being more prevalent earlier in the year. These pests can carry diseases which are harmful to both humans and animals. Ticks are prevalent in Madison County and its surrounding areas and are of major concern due to the numerous diseases they can transmit.

Ticks are blood-feeding pests of birds, animals and humans. There are over 850 species of ticks of two distinct types: hard ticks and soft ticks. Soft ticks have tough, leathery, pitted skin with no distinct head. They are less common than hard ticks but may be found in caves and on birds. Hard ticks have a hard, smooth skin and an apparent head. These ticks are found in the forest and on humans and animals. Hard ticks are associated with most tick-borne diseases in the United States. Common hard ticks in the Tennessee Valley are the dog tick, black-legged tick, lone star tick and the brown tick.

Ticks can carry disease germs in their bodies which they transmit to humans and animals when they bite. Ticks stay attached to the host by using a dartlike anchor with backward curving teeth which grip into the skin. They also secrete a cement that hardens and helps hold the tick on the host. The tick slices open the skin with the anchor, inserts the head under the skin and engorge themselves on the blood. Some hard ticks are slow feeders and can take several days to finish a blood meal. They can take up to 100 times their body weight in blood. They concentrate the blood during feeding and return much of the water back to the host. Disease can also be transmitted by body fluids when the ticks are crushed.

Not all ticks carry disease organisms, so getting a tick bite does not mean that disease will follow. However, you should look for signs and symptoms of tick-borne diseases following any tick bite. The common tick-borne diseases include Lyme disease, Rocky Mountain Spotted Fever, and Human Erlichiosis.

Lyme disease is the most common tick-borne disease in the U.S. It has spread rapidly with an increased number of cases in the Southeast where it is usually transmitted by the black-legged tick and the lone star tick. The common symptom of Lyme disease is a "bull's-eye" rash around the site of the bite which appears three days to three weeks following the bite. The rash will have a clear center with a red ring outside that. Other symptoms include fever, chills,

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# Widow's Luncheon

Mrs. Carrie Hightower 256-882-3992

Thanks to all the ladies who attended our March luncheon

This month's luncheon will be on Thursday, 20 April, at Rolo's Cafe, 975 Airport Road, Huntsville. Phone (256) 883-7656. We will meet at 12 noon. Reservations are a must. Everyone will be called. Please come.

If you have any ideas about how to increase the activities for the surviving spouses, please let Carrie know.

#### *PX* – *continued from page 3*

#### **Commissary**

The Commissary usually has a plant sale in conjunction with the PX in early April – stop by and see what your garden wants! Your commissary already has ferns out front for sale so spruce up your place now.

The commissary has a wide variety of Easter goods around the store with a large lot of Easter items located in the center of the store. All the candy, egg and bunny shaped items you could want!

Be sure and check out the coupon and sale brochures on your right on a table as you enter the commissary. It has current and upcoming short term sale items. Plus, in the meat section, be sure and browse the beef and pork marked down freezer area. Also, don't forget to check out the clearance items section – tucked in the alcove between the deli and ice cream areas – not easy to find but it may be worth the effort. Big savings!

Your commissary is offering you a chance to win tickets to this year's Major League Baseball All-Star Game – to enter by September 1st go to: <u>https://msecurea.mlb.com/bam-forms/mlb-cleanupwin-sweeps/.</u>

Your commissary has exclusive savings for you and they vary each month. Check out the complete list and download coupons or put them on your Rewards Card (downloadable at Google Play and at the App Store) every month at: <u>http://www.commissaries.com/partners.cfm.</u>





Chaplain's Corner CH (LTC) Bert Wiggers, AUS-Ret

## Good Words Are Worth Much and Cost Little

"Pleasant words are a honeycomb, sweet to the soul and healing to the bones." Proverbs 16:24

One day, a young altar boy was serving the priest at a Sunday Mass being held in the country church of his small village. The boy was nervous in his new role at the altar. Therefore, he accidentally dropped the cruet of wine. The village priest immediately struck the boy sharply on the cheek a very gruff voice, the priest shouted so that all could hear him, "Leave the altar and don't come back!" The boy did as the priest said. And the boy later became known the world over as Tito, the Communist leader who ruled Yugoslavia for many years.

One day, in a large city cathedral, a young boy was serving a bishop at a Sunday Mass. He, too, accidentally dropped the cruet of wine. The bishop turned to him, and gently whispered with a warm twinkle in his eyes, "Someday you will be a priest." That boy grew up to be Archbishop Fulton Sheen.

Words have more power than you think. Most of us were taught by our elementary teachers the erroneous phrase, "Sticks and stones can break my bones, but words can never hurt me." Bad words do hurt; the wounds can be deep; they can even cause death. Good words can give new life.

"Death and life are in the power of the tongue, and they that love it shall eat the fruit thereof." Proverbs 18:21



#### WELCOME NEW MEMBERS TO HUNTSVILLE CHAPTER MOAA

LTC Jim D'Arienzo, USA

HCMOAA is reporting time spent on volunteer activities to Redstone Arsenal. Please keep track of your volunteer hours throughout the month and report them to CAPT Rick West, USN (Ret.) at rickw675@att.net or (256) 776-6901.

#### **Scholarships**

The Chapter has instituted an active scholarship program. In conjunction with the Redstone Women's Club, we will issue one or more scholarships each year to a deserving student.

Please consider making a donation to our program. Contact Richard West for details.



#### **Treasurer's Report**

#### CAPT Richard West, USN

#### For the Month of February 2017

Beginning Balance	\$7649.40
Credits	1521.00
Debits	962.32

Ending Balance

\$8208.08





#### Membership Meeting 26 April 2017 11 AM – Summit Club

**Guest Speaker:** 

### MG Daniel P. Hughes, USA Director for Test, Missile Defense Agency

Major General Danial P. Hughes is the Director for Test at the Missile Defense Agency. In this role, he is responsible for planning, programming, budgeting, staffing and managing a comprehensive Ballistic Missile Defense System (BMDS) test program to determine ballistic missile defense capabilities and field an integrated and effective capability to the warfighter. In addition to directing the BMDS test program, MG Hughes ensures the optimal allocation of resources, responsibilities and functions within the Test Functional Area workforce, including test planning, design and execution.

MG Hughes most recently served as the Deputy Commanding General for Support, Combined Security Transition Command – Afghanistan in Kabul, Afghanistan. Prior to his deployment, he served as the Army's Program Executive Officer for Command, Control and Communications – Tactical at Aberdeen Proving Ground, Maryland.

Following his commissioning in 1983 as a second lieutenant in the US Army's Field Artillery, MG Hughes served in multiple company grade artillery positions and transitioned into the Army Acquisition Corps after deploying to Operation Desert Storm. MG Hughes' acquisition assignments include serving as the Product Manager for Fire Support, Program manager for the Joint Tactical Radio System – Ground Domain, Senior Mission Commander at the Natick Soldier Systems Center, and Army Director of System of Systems Integration.

MG Hughes has a Bachelor of Arts degree from the University of Texas at Arlington, a Master of Business Administration degree from Oklahoma City University, and a Master of Science degree from the Eisenhower School for National Security and Resource Strategy at the National Defense University.

Menu: Fried catfish, fried chicken, baked beans, potato salad, strawberry cobbler, assorted beverages

Cost: \$15 for Chapter members and their guests - pay at the door - cash or check only

RSVP: CDR Christine Downing, 256-828-9740, csdowning@bellsouth.net, NLT 22 April 2017

#### Legislative – continued from page 2

technology for access when, where, and how they want it. "When we focus on medical care in the future, it always needs to be through the beneficiary's lens," said Atkins. "What matters to the beneficiary is access, quality, continuity, the referral process and the associated fee structure. Other industries are proof that a beneficiary-centric approach works. Culture and leadership have the ability to change."

#### • MOAA Testifies Before Joint Senate and House Veterans Affairs Committees on Health Care

On 22 March, MOAA's Director of Government Relations for Veterans Benefits Lt. Col. Aniela Szymanski, USMCR, testified before a joint session of the Senate and House Veterans' Affairs committees on MOAA's legislative priorities.



Photo credit: Cdr. Rene Campos, USN (Ret)

MOAA asked the committees to act immediately to extend the VA Choice Program, which is scheduled to end 7 August 2017. To date, thousands of veterans have used the VA Choice Program to obtain medical care from community providers when they have been unable to obtain appointments at their local VA medical center or clinic. An end to the Choice Program would result in veterans losing access to critical health care services because the VA will be unable to meet the demands. Senator Jon Tester (D-Mont.) introduced a bill 7 March 2017, to extend the Choice Program, S. 544, which MOAA supports. Please consider adding your support to this bill.

Lt. Col. Szymanski also highlighted MOAA's report, which was created in partnership with United Health Foundation, and is entitled **Health of Those Who Have Served**, (<u>http://assets.americashealthrankings.org/app/uploads/htwhs\_executivesummary\_r1.pdf</u>) In the process, she was able to call Congress' attention to some <u>surprising findings</u>:

- (1) Veterans have 13-percent-higher rates of cancer,
- (2) 62-percent-higher rates of coronary heart disease, and
- (3) 67-percent-higher rates of heart attacks than their civilian counterparts do.

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#### *Fox* – *continued from page 5*

headache and fatigue. Rarely fatal, Lyme disease can cause significant pain and discomfort if allowed to progress.

Rocky Mountain Spotted Fever, despite the name that describes its origin, is now abundant in the Southeast where the main vector is the dog tick. RMSF is the most lethal tick-borne disease in the U.S. Symptoms include fever, chills, muscle aches, bloodshot eyes and headaches with onset about 3-14 days after the tick bite. A spotty rash may occur on the feet and hands in 2-3 days. RMSF can be treated with antibiotics, but can be fatal when left untreated.

Human Erlichiosis was identified in 1986 and has been found predominantly in the Southeast where its vector, the lone star tick, is prevalent. Symptoms appear in 1-21 days (average seven) and resemble RMSF without a rash. Symptoms can be mild to severe and several deaths have been reported.

Prevention is the key to avoid tick bites. Ticks like long grass and brush where they can attach to humans and pets as they walk by. Keep lawns mowed and remove brush and other vegetation near your home. Discourage wild animals from coming on your property as they are often vectors for ticks. If you must be out in forested areas, use a commercial insect repellent effective against ticks. In addition, wear long pants with the legs tucked into socks or boots and a long sleeve shirt tucked in. Light colored clothing will allow you to spot ticks more easily. Check every few hours for ticks if you are in the forest for a long time. After returning remove all clothing and launder immediately, and check your body carefully, paying special attention to hairy or warm, moist parts of the body.

If you do find a tick, remove it by using a tweezers to grasp the tick's head and pull back slowly and steadily. Avoid pulling the tick out sharply as this may tear off the body parts and leave them imbedded in the skin. If this happens, remove the mouthparts like you would remove a splinter.

After removing the tick, wash the wound site with soap and water and apply an antiseptic. Avoid crushing the tick with your fingers as this will transmit any disease organisms to your hands. Also, wash your hands with soap and water after removing the tick and clean the tweezers with alcohol.

Ticks, unfortunately, are here to stay. But by following these preventive measures, you can make sure that ticks are one thing that won't be "bugging" you this season!

Editor's note: Chérie Miller is the environmental health coordinator at Fox Army Health Center. For more information on ticks and tick-borne diseases, call Preventive Medicine, Fox Army Health Center, at 955-8888, ext. 1441.

## Scholarship Golf Tournament Kick-off Meeting

Come join us for lunch at the Links at Redstone grill on 7 April at 12 noon as we kick-off the planning for another great golf tournament. You can volunteer as much or as little time as you see fit – we have plenty of things that need to get done and can always use the help. You need not know anything about golf. Hope to see you there.



## We just lost an advertiser

His ad was in this spot. We need to replace it with a new advertiser.

Do you work for a company who might be interested in advertising?

Do you run your own business and would like to make that known to Chapter members?

You all have many vendors and businesses that you work with. A hairdresser or barber. A mechanic. A contractor. Favorite restaurant. Car dealer. And on and on ...

Provide their contact information to Bruce Robinson – he will reach out to them for advertising.

YOU are the best source of referrals.

An ad in the Sentinel is an easy source of revenue for the Chapter. Every little ad helps.

## <u>Help the Chapter Recruit</u> <u>New Members</u>

Do you know someone who is eligible to be a Chapter member?

Bring him/her to the next membership meeting as your guest

If they join the Chapter, lunch is on us at the next meeting

You are the Chapter's best recruiters

## Membership Statistics

Total Members: 363 Surviving Spouses: 66

New this month: 1 Deaths this month: 2 Renewals: 19



## Save the Date

The Chapter Summer Social will be held on 17 June at the Summit Club

Theme is "Mexican Fiesta"

In addition to door prizes, there will be awards for best costume

Details will be in the May Sentinel



	Military Offi		, wal Confirm		
New	Renev	wal			
One Year Two Years Three Years		ested in a Chapter act us for pricing (			
First Name	MI	Last Na	me		
Preferred Name	Birthday (mm/d	d/yy) Spouse	's Name	Period(s) of Active Duty i.e. 1965 – 1990	
Grade Bra	nch of Service MC	OAA National Mem	ber #		
Active Retire	ed NG	Former Officer	Reserve	Surviving Spouse	
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Phone Number		E-mail A	E-mail Address		

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## **Improve Your Nutrition Habits this April**

Are you ready to put your best fork forward? Celebrate National Nutrition Month this April by learning and applying strategies for healthy eating.

The <u>Academy of Nutrition and Dietetics</u> celebrates National Nutrition Month each March to teach people of all ages how good nutrition can lead to a healthier lifestyle.

Poor nutrition can lead to a higher risk for lung, stomach, colorectal and other cancers, according to the <u>Centers for</u> <u>Disease Control and Prevention</u>. It also leads to a higher risk of obesity and can lead to malnutrition, which in children can negatively affect overall health, brain development and learning, and school performance.

The Academy offers several tips to help you have better nutrition. You should make sure to eat breakfast every day, and to make half of your plate fruits and vegetables at every meal. Make sure to watch your portion sizes and keep healthy snacks on hand. Finally, get educated on food labels and food safety guidelines so that you will know how to make the best nutrition decisions for yourself and your family.

Visit the Academy's website for fun and educational resources, including tip sheets, videos, and games. You can also find information on health and wellness on the <u>TRICARE</u> website.

#### 27 Birthdays in April Happy Birthday!



LtCol David Dunlap, USA LTC Albert Reumann, USA COL Faison Gibson, USA MAJ Raymond Weinberg, USA CW4 Joseph Costello, USA LTC Samuel Scruggs, USA LCDR Don Vaden, USN LTC Stephen Torok, USA Mrs Pattie Chatfield Mrs Josephine Walsh LTG George Stotser, USA COL Herbert Dixon, USA LTC Fred Maksimowski Jr, USA Mrs Lillian Kawano

COL Michael Peterman, USA COL Henry Oldham, USA COL Henry Brown, USA LTC Kenneth Worsham, USA COL Robert Pastorelli, USA Mrs Lucy Mize LTC Richard Allen, USA CPT Stephen Cecil, USMC 1LT William Redmond, USAR Lt Col Edward Gniadek, USAF MAJ Gordon Brown, USA COL Gary Jerauld, USA Mrs Terry Cave



**IAPS** Our deepest sympathy to the families of our departed friends

COL Brion Chabot, USA COL Richard Dean, USA

#### MEMORIALS

If you would like to send a memorial contribution to the Huntsville Chapter MOAA, please send the following information along with your check to: Memorials, HCMOAA, P.O. Box 1301, Huntsville, AL 35807

In memory of:

By:



## Chapter Trip

## "Darkness is approaching ..."

On Monday, 21 August, a total eclipse of the sun will cross the entire country, coast-to-coast, for the first time since 1918. Weather permitting, the entire continent will have the opportunity to view the eclipse as the moon passes in front of the sun, casting a shadow on Earth's surface.

The total solar eclipse begins near Lincoln City, Oregon, at 10:15 a.m. PDT. Totality ends at 2:48 p.m. EDT near Charleston, South Carolina. At 1:27 p.m. CDT, the centerline of the eclipse will pass 20 miles north of Nashville.

The Chapter is planning a bus trip to view this once in a lifetime event. Details are still being worked, but the trip will depart and return from Redstone Arsenal, include a stop for lunch in Nashville, and about 45 minutes in the viewing area. Cost will be between \$30 and \$40, not including lunch.

If interested in participating, please contact: Lt Col Charles T. Clements, USAF-Ret, 256-450-3610, <u>charles.clements@mda.mil</u> prior to 21 April so we can get a good headcount.



## **Brief History of the IRS**

The Internal Revenue Service (IRS) is the revenue service of the United States federal government. The government agency is a bureau of the Department of the Treasury, and is under the immediate direction of the Commissioner of Internal Revenue, who is appointed for a five-year term by the President of the United States. The IRS is responsible for collecting taxes and administering the Internal Revenue Code, the federal statutory tax law of the U.S. Its duty to maximize tax revenue entails providing tax assistance to taxpayers, as well as pursuing and resolving instances of erroneous or fraudulent tax filings. The IRS has also overseen various benefits programs, and enforces portions of the Affordable Care Act.

The IRS originated with the Commissioner of Internal Revenue, a federal office created in 1862 to assess the nation's first income tax, which was to raise funds for the American Civil War. The temporary measure provided over a fifth of the Union's war expenses and was allowed to expire a decade later. In 1913, the Sixteenth Amendment to the U.S. Constitution was ratified authorizing Congress to impose a tax on income, and the Bureau of Internal Revenue was established. In the 1950s, the agency was renamed the Internal Revenue Service and significantly reorganized. The Tax Reform Act of 1986 modernized the IRS and restructured it along a private sector model.

In the 2015 fiscal year, the IRS processed almost 240 million returns and collected approximately \$3.3 trillion in revenue, spending 35¢ for every \$100 it collected.

#### Legislative – continued from page 9

MOAA urged Congress to invest in medical research and to pay particular attention to deployment illnesses and exposures to environmental toxins or hazardous substances. Other issues raised by MOAA during the testimony included:

- Ensuring VA health care for women veterans addresses their gender-specific needs
- Passing H.R. 92, the CHAMPVA Children's Care Protection Act, introduced by Rep. Julia Brownley (D-Calif.) and Sen. Jon Tester (D-Mont.), a bill extending CHAMPVA eligibility to adult children of survivors up to age 26
- Extending VA caregiver services to catastrophically disabled veterans of conflicts before Sept. 11, 2001
- Improving the VA benefits system by eliminating inefficiencies but keeping VA's uniquely pro-claimant system in place
- Modernizing the Post-9/11 GI Bill to match the demands of the current job market.

## • Take Action: Help Repeal Sequestration

Sequestration continues to negatively impact the funds desperately needed by DoD to modernize our ever aging services' equipment. If you are ready to "take action" on this issue, please go to: <a href="http://capwiz.com/moaa/issues/alert/?alertid=74607626">http://capwiz.com/moaa/issues/alert/?alertid=74607626</a> and take advantage of the ability to contact your elected representatives urging them to replace sequestration with an alternative debt reduction plan, lest another, even more devastating round of defense cuts will be required in FY18.<sup>[[]]</sup>

# **Redstone Auto Care Now Open**

# Building 3240 Goss Road 256-937-1220



## Surviving Spouse Corner: Military Health Care Update

When service members and dependents turn 65 and they enroll in Medicare, they also will become eligible for TRICARE for Life (TFL). No fees are associated with TFL, however, beneficiaries must pay the Medicare Part B premiums to stay enrolled in TFL. TFL works as the secondary payer to Medicare; Medicare pays 80 percent of covered services, and TFL pays the remaining 20 percent. TFL also pays the Medicare deductible. Generally, beneficiaries should not have any out-of-pocket costs for Medicare and TRICARE-covered services.

Under provisions of the FY 2017 National Defense Authorization Act (NDAA), TRICARE benefit plans for service members and dependents under age 65 will be streamlined from three plan types to two. TRICARE Select is the new preferred provider option; it will replace TRICARE Standard. The new TRICARE Select will have an Extra-like network of TRICARE providers who will have agreed to accept a pre-negotiated rate of payment. The other option is TRICARE Prime. It will be modernized so the majority of referrals to specialists from primary care managers will no longer be required to through a pre-authorization process.

TRICARE also has new preventive care coverage, including the <u>Cologuard</u> colorectal cancer screening exam and BRCA1 or BRCA2 gene testing for breast cancer. For children and families, TRICARE's benefit coverage will be consistent with the American Academy of Pediatrics' standards of care of well-children over age 6. Beneficiaries using TRICARE Standard no longer will pay cost shares for well-child screening and preventive visits. Learn more about the new preventive care coverage on <u>MOAA's website</u>.

Regarding pharmacy changes, TRICARE Pharmacy contractor, Express Scripts, announced CVS pharmacies no longer would process prescriptions as of Dec. 1, 2016. Instead, Walgreens pharmacies returned to the TRICARE network. Beneficiaries who had been using CVS should have been notified how they could transfer their prescriptions to a nearby network pharmacy. You can find your closest TRICARE network pharmacy using the Express Scripts website.

The FY 2017 NDAA also included a provision that would allow dependents of retired members to purchase hearing aids at-cost. MOAA is working closely with DoD's TRICARE department on the details of this benefit and likely will have updates in a few months.

## Huntsville Shred Day



22 April 2017 from 8:30 AM until Noon

CONSIDENTIAL

Redstone Federal Credit Union 220 Wynn Drive, Huntsville

Document Destruction & Secure Destruction will provide free document shredding

Tennessee Valley Electronics will provide free electronics recycling

## HCMOAA Scholarship Fund

Our Chapter is currently classified as a 501(c)(19) tax-exempt taxdeductible organization under IRS code. Although this covers most of the Chapter's needs, a significant number of major donor and sponsor organizations are "off limits" due to their requirement for the non-profit organization to be 501(c)(3). These donors include most professional sport teams, large chains (including Dick's, Bass Pro, Cabela's, Target, Kroger, etc.) and even the Amazon Smile program. In our continuing effort to improve the Chapter's Fund, we are exploring 501(c)(3)status for the "Scholarship Fund". To assist in this application, the Chapter is looking for help from one of our current/former JAG members. If you are willing to help us in this worthwhile effort or know of a lawyer who would be able to help us – please contact the Scholarship Fund Chairman, CAPT Rick West, USN (Ret.) at rickw675@att.net or (256) 776-6901. Thanks!



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# **Huntsville Chapter Objectives**

- Promote the aims of the national MOAA organization
- Further the legislative and other objectives of MOAA through grassroots activity
- Foster fraternal relationships among retired, active and former officers of the uniformed services
- Maintain liaison and a positive relationship with the Redstone Arsenal Garrison and other military commands in the Northern Alabama area
- Provide a social venue for members to meet periodically and enjoy fellowship with people of similar interests and backgrounds
- Promote and assist worthy community activities
- Provide useful services and information for members and their dependents and survivors
- Provide representation to the Alabama Council of Chapters of MOAA
- Provide representation to the Northern Alabama Veterans and Fraternal Organizations Coalition
- Protect the rights and interests of service retirees and active duty military members in matters of state legislation through the Alabama Council of Chapters

# **Benefits of Membership**

We are the largest of the 13 chapters in Alabama and have about 450 members. We have been recognized by National MOAA for the last four years with Level of Excellence awards. We provide grassroots support for issues that affect us, and are active in both the Redstone Arsenal and Madison County communities. Why should you join our chapter? This is what we do, and what's in it for you:

- Partnership with Redstone Arsenal agencies Fox Army Health Clinic, Army Community Service, MWR, PX/Commissary, Military Retiree Council
- Membership in the North Alabama Veterans and Fraternal Organizations Coalition (NAVFOC) – plugged in to the larger Veterans associations "big picture"
- Recognizing leadership JROTC/ROTC awards and "gold bar" ceremonies
- Recognizing potential Scholarship Awards program with the Redstone Community Women's Club
- Community service/relations annual Tut Fann Veterans Home BBQ, Memorial Day wreath laying ceremony, Veterans Day parade and events, Retiree Appreciation Day
- Camaraderie Monthly meetings & breakfasts, parties, golf tournament
- Information Monthly newsletter, web site, Personal Affairs, guest speakers
- Legislative action grassroots activities, support for National MOAA agenda
- Venue for getting involved

Please visit our award-winning chapter website at <u>http://huntsvillemoaa.org</u> where you can find out more about chapter activities.

## Medication Take Back Day – April 29th

An opportunity to properly dispose of any unwanted, unused or expired prescription or over the counter medications at the following locations:

Jaycee Building, 2180 Airport Road, Huntsville Madison Police Department, 100 Hughes Road, Madison CVS Pharmacy, 5859 Highway 53, Harvest CVS Pharmacy, 12275 Highway 231, Meridianville CVS Pharmacy, 2210 Winchester Road, Huntsville

## **Important Dates in April**

1 April – April Fool's Day

- 3 April Pony Express established (1860)
- 4 April NATO established (1949)
- 4 April Dr. Martin Luther King assassinated (1968)
- 6 April US enters World War I (1917)
- 6-9 April Masters Golf Tournament Augusta National

#### 8 April – Monthly Breakfast – Royal Rose Diner

- 9 April Palm Sunday
- 9 April Civil War ends (1865)
- 10 April Bataan Death March (1942)
- 11 April "Houston, we have a problem" Apollo 13 (1970)
- 12 April Civil War begins (1861)
- 13 April Thomas Jefferson's birthday (1743)
- 13 April Monthly Board Meeting Java Café
- 14 April Good Friday
- 14 April Abraham Lincoln shot (1865)
- 15 April Titanic sank (1912)
- 16 April Easter Sunday
- 17 April Bay of Pigs invasion (1961)
- 18 April Doolittle Raid on Tokyo (1042)
- 18 April Paul Revere's ride (1775)
- 18 April San Francisco earthquake (1906)
- 19 April Oklahoma City bombing (1995)
- 23 April William Shakespeare born (1564)
- 24 April Volunteer Luncheon Summit Club
- 26 April Chernobyl nuclear disaster (1986)

#### 26 April – Monthly Member Meeting - Summit Club – MG Dan Hughes – "Gold Bar" ceremony

- 26-28 April Quad A Summit Nashville
- 28 April Mutiny on the *Bounty* (1789)
- 28-30 April Panoply Big Spring Park

