



RETIREE PERSONNEL

RETIREE ACTIVITIES PROGRAM

NEWS

LOS ANGELES AIR FORCE BASE

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Editor: Virginia Smith, Lt Col, USAF, Ret

July 2011 - May 2012

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61st Air Base Group
Commander

Director Comments

"STILL SERVING IS OUR MOTTO"



Another year, another Director of the Retiree Activities Office. Walter Bailey, after many years of service, has stepped down this year and I was selected after a brutal campaign. It would have been an even tougher selection process if we had more volunteers in the office, so if any readers have a few hours a week to give to the military retirees of the Southern California Area please give us a call at 310 653-5144. One very large benefit is that you will know what is going on at the base and in the Air Force. That is the reason I first volunteered in 1999.

base . This is the first of a proposed three buildings that will be built over time. It is anticipated that this one will be completed by the end of the year and will add over 200 new parking spaces to the base.

Elsewhere in this newsletter you will read about the upcoming 2012 Retiree Expo to be held 2 June 2012. Over 500 attended last year and the Commander Col Simcox would like more of you to come this year. Thus plans are already starting for a really big show. Try and put it on your schedule.

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www.LAAFBForceSupport.com

*Click on Support then on
Retiree Affairs*

At this time Los Angeles AFB is definitely on the upswing. They completed their Compliance Inspection in February and were found satisfactory in all areas and outstanding in many. Congratulations to all involved. For many of you parking has been a problem since the Base consolidated on one side of El Segundo Blvd several years ago. You will be happy to hear that construction has started on a parking structure here on

Our Mission

The Retiree Activities Office (RAO) acts as an interface between the active duty and retired communities. It keeps retirees and their loved ones informed on matters related to their military status. It provides important information and vital services on issues regarding retiree benefits, casualty assistance, TRICARE, entitlements, programs, on-base functions and base facilities and more. The RAO also maintains a list of phone numbers, web sites and e-mail addresses to assist retirees in their military affiliated endeavors.

VOLUNTEERS NEEDED

Our volunteers are dedicated to "Still Serving" and do a great job of providing that service to any and all that contact us for assistance. We need and welcome retired volunteers, all ranks, all services. If you have a few hours a week, come in and help our military community. The duties and hours are flexible.

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As the Director mentions above, it's been a heck of a year here at LAAFB as we've worked hard to support the mission and the people in the face of budget and personnel reductions. One area I will not cut is our support to the greater-Los Angeles-area Military Retiree population. It's a source of pride for me and my team that we continue to serve those who've honorably gone before us. To that end, I'd like to personally invite you and your qualified family members to this year's Retiree Expo, June 2. This year promises to be bigger and better than ever, and we look forward to seeing you there.

Brian Rusler, Lt Col, USAF
61 ABG/CD

Base Agencies—How We Support Our Military Retirees

Casualty Assistance Office (CAO)

The 61st FSS CAO is available to assist AF retirees with updating their beneficiary designation for unpaid retired pay and the Survivor Benefit Plan. The CAO also assists family members of AF retirees who pass away with applying for their survivor benefits and entitlements. The CAO is located within the Airman & Family Readiness Center, Building 272, 1st Floor, Room C1-209, Los Angeles AFB. ting hours are 0800-1600, Mon-Fri.

EXCHANGE

Our prices help you save in many ways! At the Exchange, you can save as much as 24% on brand-name products. We monitor our competitor's prices and will match prices. Our extensive private labels help you save even more. And we offer many coupons, price cuts, sales and clearances. The BX also offers 24-hour "pay at the pump" gasoline service for authorized AAFES customers. And, when you use your Military Star Card, you will receive a discount of 5 cents per gallon of gas! So come by, try out our food court and save!

COMMISSARY

Drop by our Commissary to check out the price and quality of the produce and products offered. You may be pleasantly surprised, and remember, it is tax free. Visit the DECA website at www.commissaries.com to find information on special offers, case-lot sales, coupons, and much more.



Survivor Benefits—New Service Available on the Web

Defense Finance & Accounting Service officials report that survivors can now use a "fast form" to report the passing of a retiree on the Internet rather than waiting on the phone.

The DFAS Form 9221 for notification of death can be processed quicker than faxed or emailed forms, said officials, and they save paper and postage costs. Officials warn that if a survivor doesn't receive confirmation of receipt from DFAS within 48 hours of submitting the form, they should call 800-321-1080. The form can be submitted online from the privacy of a customer's home, or with the help of a casualty assistance representative. Submitting the form initiates all of the same actions as a DFAS customer care representative would.

The notification-of-death form is only for reporting the death of a military retiree. Annuitant deaths must still be reported to one of the DFAS customer care representatives at 800-321-1080. To access the notification of death fast form, click on the link at www.dfas.mil/retiredmilitary/forms.html or cut and paste the link into your web browser address bar.



Purchase discount tickets for numerous attractions and events in Southern California. Check with us first before taking a trip to Disneyland or Sea World. The Armed Forces Vacation Club offers big savings on travel accommodations around the world. Call us for details or log on to www.afvclub.com. We are located in Building 270, just inside the entrance to the Club. Our hours are Mon—Fri, 0930-1630, closed 1300-1400.

61st Medical Squadron Services For Retirees

SCRIPT CENTER: Looking for a no fuss, no hassle way to pick up your refilled medications? Try the new Script Center, now located in the main BX. Enrollment in the system is quick and easy and refills may be picked up anytime the BX is open.

MAIN PHARMACY: The main Pharmacy will be implementing a new Medication Renewal program. Patients taking certain medications may be able to have a phar-

macist renew the prescription when no more refills are available. Check with the Main Pharmacy for more information on this program.

FT. MACARTHUR: Medication refills may be picked up at the Ft. MacArthur Clinic Mon - Fri during clinic hours.

PRESCRIPTION GLASSES: Retirees may obtain one pair of standard issue eyeglasses once a year from the Optometry Clinic.

IMMUNIZATIONS: The availability of vaccinations for non-enrolled beneficiaries may fluctuate because of supply and/or budget constraints. Before making a special trip, contact the clinic at 310-653-6607 for information on whether a vaccine is available.

FACEBOOK: The 61 MDS is now on Facebook. Join us on line at www.facebook.com/61MDS

Attention: All 61 MDS clinics are closed the 1st

Shingles Vaccine: Shingles (also called herpes zoster, after the virus that causes shingles) can affect anyone who has had chicken pox. The varicella zoster virus causes chicken pox; it remains dormant in the body after the acute chicken pox disease is over. Years after the original infection, this virus sometimes reactivates in the form of shingles. Zostavax, the vaccine that helps prevent shingles, is made from a special live virus that causes shingles. The vaccine is recommended for many adults age 55 and older. Consult your doctor for advice and to answer your questions about the vaccine. Then contact Immunizations Clinic at (310) 653-6607 for information on how to obtain a packet that includes a list of network providers who provide the vaccine and TRICARE claims forms to file for reimbursement.

OLD DOGS AND NEW TRICKS: COMPUTER SKILLS AND SOCIAL MEDIA

You hear about social media everywhere you go—there's no escaping it! And, believe it or not, it's just not for kids anymore. Golden Girl Betty White re-launched her career using Facebook, Jerry Mathers, aka "The Beaver," is tweeting about how to live a longer and healthier life (even with diabetes), and an elderly couple's "Webcam 101" video goes viral on YouTube, making them instant Internet sensations.

So if you are still without e-mail and/or computer skills you can be placed on our mailing list to receive our newsletters. Just give us a call and provide us some necessary information. If you want to receive more frequent information, visit your local library, adult learning center, or local community college to learn how to use email and search web sites for information and enjoyment. Some examples of information that is available on the web for retirees is in the articles below and learn the basics. You wouldn't believe how much time you can save while staying in touch!

AIR FORCE RETIREE WEBSITE

Did you know that the Air Force has a Web site just for its retiree community that is full of news and information, plus it is easy to access and navigate. The Air Force Retiree Services site is located at www.retirees.af.mil. This public Web site offers the retiree family in-depth information on the Survivor Benefit Plan, plus a list of Air Force retiree activities offices worldwide and various other resources. There are also sections dedicated to the Afterburner and Air Force Retiree News Service. Visitors can access the sections by using the top navigation bar on the home page. The home page also features the latest Air Force headline news and video clips. There is even a special icon for quick access to Combat-Related Special Compensation Information page. Subscribing to the electronic version of the Afterburner and the AFRNS is now much easier; just click on the word "Subscribe" found on the top navigation bar. Find "Afterburner/AFRNS" near the top of the second column and enter your email address. From there you will be asked to submit your preference for receiving the newsletter and other publications. This is a great paperless option to use for staying in touch and find out what is happening in the DoD and other agencies.

SPACE "A" TRAVEL INFORMATION ON THE WEB

If you are looking for Space "A" information, you may want to try Facebook. Select passenger terminals across Air Mobility Command are establishing pages on Facebook to provide passengers with more predictability when it comes to space-available and space-required passengers. Nine passenger terminals in the space-available travel program recently started posting which flights are available and how many seats there are for flights up to 72 hours in advance on their Facebook pages.

Interested travelers can find their local passenger terminal's page on Facebook by entering the base's name followed by "passenger terminal," for example: "Andrews passenger terminal." Each page will have a picture of the installation's passenger terminal as their profile to help followers "like" the correct page. AMC reminds traveler's that even with the launch of these new Facebook pages, all flights are subject to change without notice.

For a complete list of AMC passenger terminals that have a Facebook page, visit the Space-A website at www.AMC.af.Mil/amcTravel.

AIR FORCE LODGING RESERVATIONS GO ONLINE

The Defense Lodging System (DLS) now features online reservations and the capability for customers to leave online feedback about their stay at one of the Air Force Lodging facilities. DLS provides an additional channel to enhance customer service and increase room occupancy with online reservations, where they can immediately capture and track customer feedback to improve any weak areas. To access DLS or learn more about Air Force Lodging, visit the website at www.dodlodging.net.

ARE YOUR LEGAL AFFAIRS IN ORDER?

Insuring that one's legal affairs are in order is an important part of the entire retirement package. At a minimum you and your spouse, if married, should have a Will, an Advance Health Care Directive and perhaps a durable general power of attorney. And this is just the start. One of the recurring issues seen in a legal office is the situation where just one of the spouses has handled all of the financial matters and the surviving spouse suddenly finds himself or herself without any idea of the family financial situation. Take the time to gather legal and financial documents, including information on your assets and outstanding debt and organize in a binder or other method. If you have a safe deposit box, information on the bank and the key should be located with these documents. Advance directives should not be kept in a safe deposit box if the key is not accessible during a health crisis. Contact the base legal office if you need additional information.

Retirees and Surviving Spouses

Your email is important to us.

To receive information between newsletters, send an email with your name, rank/spouses rank, branch of service, phone number and address to

RAO.LAAFB@gmail.com.

61 ABG/CVR

ATTN: Retiree Activities Office
483 North Aviation Boulevard
Los Angeles Air Force Base
El Segundo, CA 90245-2808

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U.S. AIR FORCE

RETIREE EXPO

Saturday 2 June 2012 from 8:00 A.M. until 12:00 Noon

Gordon Conference Center

200 N. Douglas Street, Los Angeles AFB, CA 90245

Exhibitors

DFAS

SSA

Veterans Affairs

IRS

61 MDS

Promotional Gifts by: The Exchange, Commissary, TriWest, Spouse Club

The Commissary will sponsor a BBQ at 1200 noon and a Case Lot Sale