

Retiree Update 19 Aug

Greater New Orleans Retiree Council

Meeting Wednesday, 20 August 2014

Base New Orleans, 1030-1130

Main Meeting Room (end of hall)

In honor of the 79th Anniversary of the Social Security Act, Carolyn W. Colvin, Acting Commissioner of Social Security, invites everyone to celebrate the first **National *my* Social Security Week**. From August 17 through 23, 2014, Social Security will host numerous events to highlight the many benefits of a ***my* Social Security** account, a personalized online account people can establish at www.socialsecurity.gov/myaccount beginning in their working years and continuing throughout the time they receive Social Security benefits.

AMVET Rep Mark Ashley visit Base NOLA 27 August

If you would like an appointment with the AMVET Rep on Wed 27 Aug 14. Give me a 2 time spots that work for you. Bring your medical record with you. If you can't make it please call me. BOB at 504-253-4703 office or 504-628-5270 cell.

0730-0830

0830-0930

0930-1030

1030-1130

1130-1230 Lunch

1230-1330

1330-1430

1430-1530

We've put the contacts for almost all your **health questions** in one convenient health index. Add this site to your FAVORITES for a link to take you to VA websites with valuable information.

<http://www.va.gov/health/newsfeatures/2014/August/Veterans-Have-A-Health-Question-Search-Here.asp>

Hurricane season is on us and we sometimes forget to check our emergency supplies. My daughter, in Hawaii, recently went through a hurricane there and when she went to the store to get water and soup to heat up, the shelves were literally empty of food and water. Stock up now!

Helping Women Veterans Find the Help They Need

VA's Women Veterans Call Center has received over 11,000 incoming calls and made nearly 130,000 outbound calls, successfully reaching 76,000 women Veterans. The number is 1-855-VA-WOMEN.

IRS Repeats Warning about Phone Scams

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 bogus threats as described above), then call and report the incident to TIGTA at 1.800.366.4484.
- If you've been targeted by this scam, you should also contact the Federal Trade Commission and use their "FTC Complaint Assistant" at FTC.gov. Please add "IRS Telephone Scam" to the comments of your complaint.

Debunking inaccurate beliefs is vital as we head into summer in North America, the **peak season for lightning strikes**, said John Jensenius, the lightning specialist for the National Oceanic and Atmospheric Administration, or NOAA.

1. Golfers are most at risk of getting hit.

Not true. Among the 261 people killed by lightning between 2006 and 2013, fishermen accounted for more than three times as many fatalities as golfers — and camping and boating each chalked up almost twice as many deaths as golf.

See more of the inaccurate beliefs on the Division 5 Auxiliary newsletter at

<http://uscgauxflotilla5-11.com/Newsletter/FiveFathoms/FiveFathomsSummer2014.pdf>

TRICARE and Military OneSource are co-hosting a webinar to educate TRICARE beneficiaries about **back-to-school health services**. The webinar will take place on Thursday, August 28, 2014 at 1:00PM EST. To sign up, go to <https://www2.gotomeeting.com/register/881316114>. Registration is on a first-come, first-served basis and is limited due to system capacity.

Are You Nearing Your 65th Birthday?

When you turn 65, your current TRICARE medical benefits will end. MEDICARE will become your primary medical coverage and TRICARE For Life (TFL) pays secondary to MEDICARE.

- You MUST enroll in MEDICARE PART B in order to obtain TRICARE For Life coverage.
- If you already have Medicare Part A and wish to sign up for Medicare Part B, please call 1-800-772-1213 (TTY 1-800-325-0778) or contact your local Social Security office <<http://www.ssa.gov/locator/>> .
- You may also enroll in Medicare Part B online at <http://www.ssa.gov/medicare/> or <http://www.medicare.gov>.

