



This is Coast Guard Base New Orleans, located at the NASA Michoud Complex where propulsion components are built. A beautiful Base!

# January 2015 COAST GUARD BASE NEW ORLEANS RETIREE NEWSLETTER

Past Issues and Interim  
Updates Posted at:  
[BaseNolaRetiree.org](http://BaseNolaRetiree.org)

## We Need Your E-Mail Address!!

Besides saving the Coast Guard printing and postage costs, between issues you will get a bi-weekly update of items of interest to retirees.

Send your e-mail address to: [D8Retiree@gmail.com](mailto:D8Retiree@gmail.com)

When an **urgent health problem** arises, it is hard to know whether you should try to tough it out or seek medical care. Luckily, TRICARE beneficiaries can call the **Nurse Advice Line (NAL)** to get advice on their health care questions. Not all health problems require a visit with a medical specialist but a Registered Nurse at the NAL can help you make the decision on whether you should seek care at an urgent care center.

The NAL is a new and easy option for beneficiaries to get information on their medical problems quickly and at any time. To access the NAL dial 1-800-TRICARE (874-2273) and select option 1. Get more information about the Nurse Advice Line on the [TRICARE website](http://www.tricare.mil).

CDR Charles Bell, USCG-Ret is the new **Coast Guard Liaison** Contact for the **Cincinnati Area** Chapter of the Military Officers Association of American. This includes, Southern Ohio, South Eastern Indiana and Northern Kentucky. Any Officer who would be interested in that Organization or any Coast Guard Person who resides in the area that may needs assistance can contact him at: 859-240-2943 or email: [charlie74bell@yahoo.com](mailto:charlie74bell@yahoo.com)

More than 4,000 Veterans are already using **VA's Prescription Tracker** available on My HealtheVet every day. Postcards are being sent to enrolled Veteran patients so that they may learn more about the new Prescription Tracking feature. A Veteran enrolled in VA and not enrolled in My HealtheVet website? [www.myhealth.va.gov](http://www.myhealth.va.gov).

If there are articles in this newsletter that you are unable to retrieve because you do not have computer access, write to:

Retiree Desk  
1790 Saturn Blvd.  
New Orleans, LA 70129  
and the article will be printed out and mailed to you. Please indicate the specific articles you need.

Contact Points to remember:  
National CG Retiree website:  
[www.uscg.mil/retiree/default.asp](http://www.uscg.mil/retiree/default.asp)  
The National Retiree Help Desk (NRHD) hotline, phone numbers:  
1-866-664-6245, ext. 5-5381  
or 1-202-475-5381.  
NRHD e-mail address is  
[nrhdesk@gmail.com](mailto:nrhdesk@gmail.com)  
D8 NOLA Help Desk:  
504-201-7587  
D8 St. Louis Help Desk:  
314-269-2407



FEMA created a unique and exciting opportunity for retirees called the **U.S. Coast Guard Retiree to FEMA Reservist Initiative**. If you are semi-retired or fully retired and have a flexible schedule this part time opportunity may be for you.

FEMA has modified their website to include a section dedicated to the recruitment of CG retirees for this exciting program. The section includes CG retiree specific content, information on the application process, forms, and resumes. To learn more visit:

<https://fema.gov/information-employees/us-coast-guard-retiree-fema-reservist-initiative>

Check out your retiree ID card. On the front it says "Expiration Date: INDEF." To me, that is pretty clear. But flip it over to the back. There is another expiration block and mine says expires 30 June 2015. It seems that **when you hit 65**, which I do in July of 2015, **the retiree has to get a new ID card** as they go into Tricare for Life and Medicare. The new ID card for the retiree then becomes INDEF in both blocks but **dependents still have to get new ID cards through age 75**, at point theirs will become INDEF as well.

**Veterans Choice Program:** Many Veterans will now have the option to receive non-VA health care rather than waiting for a VA appointment or traveling to a VA facility. Beginning November 5, 2014, the new Choice Program will begin to cover non-VA care for eligible Veterans enrolled in VA healthcare. Veterans are eligible if any of these situations apply to you:

- \*You have been told by your local VA medical facility that you will need to wait more than 30 days from your preferred date or the date medically determined by your physician
- \*Your current residence is more than 40 miles from the closest VA health care facility
- \*You need to travel by plane or boat to the VA medical facility closest to your home
- \*You face a geographic challenge, such as extensive distances around water or other geologic formations, such as mountains, which presents a significant travel hardship

To set up an appointment with a non-VA provider, call the VA at 866-606-8198 and they will work with you to ensure you are approved for care in your community.

Good news for military retirees: the **2015 Cost of Living Adjustment** for military retirement pay was just announced. There will be a **1.7% Increase** in your retirement pay, starting in January 2015. (This is up from a 1.5% increase last year). This only applies to military retirees who retired under the Final Pay or High-3 retirement plans and have been retired for more than one year. Those who retired under the REDUX retirement plan will receive a 0.7% COLA increase in January.

We are getting older and those we care for are getting older. There is an organization that helps us cope with this reality called **CARING for MILITARY FAMILIES**.

Check it out at:

[elizabethdolefoundation.org](http://elizabethdolefoundation.org)

The **IRS Forms 1099R for the 2014 tax year** will become available online in mid-December 2014. You will be able to access yours on myPay. DFAS will also mail hard copy versions of the 1099R to those of you who have chosen that option. Please keep in mind that hard copy versions of the 1099R are issued later and will take a while to reach you. If you have elected hard copy, you may not receive it until mid-January 2015. **Note that 1099R's are not automatically issued for deceased members.** If you want to receive a 1099R on the behalf of a member who passed away, a certificate of death must be on file, and you must request that a 1099R be issued. If you would like to make this request, or have questions regarding a 1099R for a deceased member, check at: <http://www.dfas.mil/dfas/retiredmilitary/about/aboutus/customer-service.html>



**Commandant of the Coast Guard**  
**Admiral Paul F. Zukunft**



## Retiree Councils and social groups

**Pensacola:** The Coast Guard Friends & Family/Pensacola Coast Guard Retiree Council meets together at 1700 on the second Thursday of each month at the Golden Corral restaurant.

**Mobile:** 0715 breakfast at Dick Russell's, 5360 US 90 on the second Thursday of each month.

**North Texas:** No council yet, but Larry J Weygandt would like to know if there are any other Coasties up his way. Contact him at [ljsailing1@gmail.com](mailto:ljsailing1@gmail.com).

**New Orleans:** Retiree Council meets on the third Wednesday of each month, alternating between Base New Orleans and a social location. Chair is Jerry Davis, [nolatrust@gmail.com](mailto:nolatrust@gmail.com). February at the Base.

**Destin-Fort Walton:** Interested in a council in that area? Contact Ron White at [ronwhite2000@hotmail.com](mailto:ronwhite2000@hotmail.com).

**St. Louis:** With both a Council and a Help Desk, membership is needed. Contact Mike Kelly at [mike1940@centurytel.net](mailto:mike1940@centurytel.net).

What's happening in YOUR area? Let us know!

ALCOAST 188/13 announced the **termination of the USCG POV DECAL** program and amplifies the requirement for 100 percent ID card checks at all CG units. All designated CG issuing units shall plan to cease issuing CG POV decals no later than 01 JAN 2014. The formal termination of the CG POV DECAL Program is 30 SEP 2014. **All CG issued decals should be removed from POV and destroyed by 31 DEC 2014.** Members that access DOD bases requiring decals can apply/obtain a DOD decal from that installation.

The FBI is advising current and former members of the military to review their social media accounts to avoid posts that might attract attention from the group calling itself the Islamic State (ISIS/ISIL) and its supporters. The FBI and DHS notes the Islamic State group already has publicly encouraged attacks against law enforcement and military service members. Based on that, taking the decal off has a good basis.

CGMA is happy to announce that as of January 1st, 2015, the **Supplemental Education Grant increased** from \$250 to **\$350** per calendar year, and it is now open to all degree levels.

All clients in good standing with CGMA may apply for SEG, which includes Coast Guard Active Duty, Civilian Employee, Reservists, **Retirees**, and Auxiliarists. All other rules pertaining to the SEG remain unchanged. Qualified students include eligible CGMA clients and their dependents. Qualifying expenses include: textbooks, enrollment/registration/transfer fees, lab and activity fees, lab books, work books, and study guides. [www.cgmahq.org](http://www.cgmahq.org) for application.

The CDC recommends a three-step approach to fighting flu: Get vaccinated. The shots are not available through a CG clinic, but the VA has arranged for Walgreens to provide the shots for free. (cont)

Take everyday preventive actions to help stop the spread of germs (e.g., cover your cough, wash your hands, stay home if ill)

Take antiviral medications to treat flu illness if your doctor prescribes them. Flu antiviral medications work best for treatment when they are started within 2 days of getting sick.

The Department of Veterans Affairs (VA), under authority from the Veterans Access, Choice, and Accountability Act of 2014 just announced expanded eligibility for Veterans in need of mental health care due to sexual assault or sexual harassment that occurred during their Reserve military duty. This trauma is commonly known as military sexual trauma (MST). Currently, all VA health care for mental and physical health conditions related to MST is provided free of charge. Veterans do not need to have a service-connected disability or seeking disability compensation to be eligible for MST-related counseling and care.

Organizations to be notified in the event of a retiree death:

1. Defense Finance and Accounting Service  
(800) 321-1080
2. Social Security Administration (for death benefits)  
(800) 772-1213
3. Department of Veterans Affairs (if applicable)  
(800) 827-1000
4. Office of Personnel Management (OPM)  
(724) 794-8690
5. Coast Guard Pay and Personnel Center  
1-800-772-8724



**TRICARE will no longer send beneficiaries certificates of creditable coverage** when they lose TRICARE eligibility. These certificates are no longer needed when beneficiaries transition off TRICARE. Beneficiaries will instead receive notice that their TRICARE coverage is ending.

The Patient Protection and Affordable Care Act (ACA) passed by Congress in 2011 changes the law so that insurers cannot deny you coverage based on preexisting conditions. Before this law went into effect, when you switched health plans, you had to prove to your new plan that you had coverage before joining them; otherwise they might not cover you for prior illnesses or injuries you had.

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**The crew of U.S. Coast Guard Cutter Boutwell stands at attention among pallets of seized cocaine during an award ceremony at Naval Base San Diego. During an October 6, 2014, homecoming, Coast Guard Cutter Boutwell offloaded 28,000 pounds of cocaine, with an estimated wholesale value of more than \$423 million, seized by joint and combined forces during 16 different interdictions as part of Operation Martillo. Street value is 3 times that amount, or over \$1.2 Billion!**

Base New Orleans  
Retiree Council  
Room 107  
1790 Saturn Blvd.  
New Orleans, LA 70129

## **NAVY LEAGUE SCHOLARSHIP**

**The Navy League Scholarship Foundation is accepting applications** from high school seniors until March 1, 2015. Children and grandchildren of **current or former members** of the Navy, Marine Corps, **Coast Guard** and Merchant Marines, as well as members of the Naval Sea Cadet Corps are encouraged to apply. The Navy League Foundation awards four-year, \$10,000 scholarships.

To apply for any of the Navy League Foundation's scholarships, visit:

[www.navyleague.org/aboutus/scholarship](http://www.navyleague.org/aboutus/scholarship).

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