



**COAST GUARD
BASE
NEW
ORLEANS
RETIREE
NEWSLETTER**

Past Issues and Interim
Updates Posted at:
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**

The World's Biggest Case Lot Sale

Stateside commissaries will be featuring a Commissary Customer Appreciation Case Lot Sale over two or three days between Aug. 14 and Sept. 30. Savings are generally huge. There are too many locations to list in the District (over 100), but you can find them all at <http://www.commissaries.com> and path to case lot sale locations.

The new Veteran Health Identification Card (VHIC)

provides increased security for your personal information - no personally identifiable information is contained on the magnetic stripe or barcode. The VHIC replaces the Veteran Identification Card (VIC) and will be issued only to Veterans who are enrolled in the VA health care system. To update or to confirm your address with VA, call 1-877-222-VETS (8387). If you are not currently enrolled with the VA for your health care, VA encourages you to apply for enrollment by calling 1-877-222-VETS (8387) or online at: <http://www.va.gov/healthbenefits/enroll>

New burial regulations effective 7 JUL will now allow the Department of Veterans Affairs (VA) to **automatically pay** to most eligible surviving spouses more quickly and efficiently, without the need for a written application. This automation enables VA to pay an allowance for a non-service-connected death of \$300, and \$2,000 for a death connected to military service, using information already in the system.

Retiree Appreciation Days are occurring in 20 of our 26 state 8th District. Too many to list, but you can find the state, date and contact phone number at: <http://www.hostmtb.org/RADLIST-2014.html>

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:
<http://www.uscg.mil/retiree/default.asp>

The National Retiree Help Desk (NRHD) hotline, phone numbers:
1-866-664-6245, ext. 5-5381
(enter extension number immediately upon hearing the voice)
or **1-202-475-5381.**

NRHD e-mail address is nrhdesk@gmail.com

D8 NOLA Help Desk:

504-201-7587

D8 St. Louis Help Desk:

314-269-2407

Veterans in Louisiana have formed a nonpartisan, volunteer, self-funded group to get the veterans and supporters' vote out state and nationwide. Utilizing your right to vote and contact your elected officials matter on many issues, but most recently on the following pending legislation: The Congressional Budget Office (CBO) released a report on June 30, 2014, which outlines options to reduce military costs. Among the suggestions were:

- Increase TRICARE Cost Sharing for Retirees (\$20 billion to \$71 billion)
- Eliminate Concurrent Receipt for Disabled Veterans (\$108 billion)

The report's specific recommendations to increase TRICARE costs for retirees include:

- Modifying TRICARE enrollment fees, deductibles and copayments for working-age Military Retirees
- Making working-age retirees ineligible for TRICARE Prime.
- Introducing minimum out-of-pocket requirements under TRICARE for Life

The Navy will provide a free pair of eyeglasses per year to retirees by their submitting form DD-0771 (eyeglass prescription) by fax or e-mail. More information can be found at:

<http://www.med.navy.mil/sites/nostra/order/Pages/Retiree.aspx>



Meet Jack Drew. Jack is one of the last of a great generation of World War II veterans that is fading away into history as each day passes. While our WWII veterans are precious, Jack is even more unique in that he is a Coast Guard veteran of WWII. Being the nation's smallest military service branch, Coast Guard WWII veterans are extremely rare. He wrote a chronology of his interesting career which can be viewed at: www.uscg.mil/history/weborahistory/DrewJackWWIIMemoirs.pdf

2014 editions of Military Handbooks can be downloaded and printed or viewed on line for healthcare, base locations and services, for retirees, and dependents Good information to keep on hand: <http://militaryhandbooks.com>

Got Grandkids?

We work hard, as the Coast Guard, to prevent drowning caused by boat accidents. The last two years have been record low numbers, but drowning is more likely to happen at home. The Children's Nationwide Center for Injury Prevention (CIRP) safety information video reports that during the summer in the U.S., a child drowns every 5 days in a portable pool and more than 1,000 children die in drowning accidents every year. Read more <http://www.tricare.mil/summer062514>

NIA leads the federal government effort conducting and supporting **research on aging** and the health and well-being of older people. The institute's broad scientific program seeks to understand the nature of aging and to extend the healthy, active years of life. For more information on research, aging, and health, go to: <http://www.nia.nih.gov>

Of the 2,000,000 covered by Tricare for medicine, about 400,000 will have to go to mail order or pay full price for certain refills. It is hard to say who will be included in the 400,000, but you can be sure that Tricare will notify each one with the new requirements. Until then, just cross your fingers that it is someone else. To learn more about the program, see: www.express-scripts.com/TRICARE

The Coast Guard Exchange System (CGX) is proud to announce the opening of a new shopping website. All eligible

beneficiaries can now shop CGX online at:

www.shopcgx.com.

Elder Law Planning

VA benefits are one of the most misunderstood programs for seniors. Wartime veterans and their spouses (even widows) may be entitled to subsidize expenses for home health care, independent living and nursing home, potentially in excess of \$24,000 annually. Little is known about this program and how to appropriately receive benefits. Ideally, elder law planning should start when decisions can be made and options are available. The VA lists attorneys and other professionals who are accredited by the VA who are authorized to assist the veteran and family at this website (many at no cost):

<http://www.va.gov/ogc/apps/accreditation/index.asp>

How to find your shipmates:

<http://www.coastguard.togetherweserved.com/> or
www.community.coastguardchannel.com

TRICARE RETIREE DENTAL PROGRAM CHANGES

The annual maximum has increased from \$1200 to \$1300 per person, per year. The Ortho benefit has increased from \$1500 to \$1750 per person/per lifetime (not age restrictive). The emergency benefit has increased from \$1000 to \$1200 per person/per year. People with type 1 or 2 diabetes are now covered for 3 cleanings per year. In addition to all that, the monthly premiums have decreased! To find rates or other pertinent program information please visit the new TRDP website:

<http://trdp.org/>

A key component of VA Telehealth is **Clinical Video Telehealth**, real-time video consultation that covers over 44 clinical specialties including: TeleIntensive Care, TeleMental Health, TeleCardiology, TeleNeurology, TeleSurgery, Women's Telehealth, TelePrimary Care, TeleSCI Care, TeleAmputation Care, TeleAudiology, TeleSpeech, Remote Nursing Home Consultation, TelePathology and more. Home Telehealth, which provided care for 144,520 Veterans in fiscal year 2013, helps patients with chronic conditions in their homes, providing non-institutional care, chronic care management, acute care management, health promotion and disease prevention. Forty-five percent of these patients live in rural areas and may otherwise have had limited access to VA health care.

There are very few **Coast Guard** specific clothing items and **dedicated sites**, compared to those for the DoD agencies, but browse some of these:

www.cafepress.com/+uscg+t-shirts?cmp=knc-g=us=mil

www.zazzle.com/us+coast+guard+belt+buckles

www.jacksjoint.com/seatales.htm

8th District Retiree Councils

are growing across the region. Members of Councils become part of a communications and support network that is mutually beneficial to the member and Coast Guard.

If you are interested in joining or organizing a Council in your area, please go to our website:

BaseNOLARetiree.org

and in the "Contact" option tell us your name, phone number and where you live, and we will match your response with others in the area who would like to participate.

The National Personnel Records Center has put the DD-214 request form on line to make it easier to get a DD-214.

<http://vetrecs.archives.gov/>

If it needs correction, you need to send your request in writing to:

Commander (PSD-MR)
Personnel Service Center
US Coast Guard Stop 7200
4200 Wilson Bld, Ste 1100
Arlington, VA 20598-7200

Please include your name, rank/rate, SSN/Employee ID, and date of retirement.

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. Operation Neptune, the naval assault phase of Operation Overlord, was the largest single combat operation the Coast Guard has ever taken part in. During the initial days of the liberation of Western Europe, the Coast Guard demonstrated its expertise, versatility and value in the maritime domain in a number of ways including combat operations; ship and small boat handling; loading and discharging cargo at sea and ashore; directing vessel traffic; and search and rescue operations – in most cases under enemy fire.



5 Little Known Facts

About the Coast Guard at D-Day

- 2. Coast Guard-manned landing craft carried troops to the beach.
- 3. The Coast Guard played an important role in capturing a port for the Allies. Omaha Beach, secured. Coast Guard Cmdr. Quentin R. Walsh helped develop artificial harbors and planned the occupation of the French port of Cherbourg.

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



4. Sixty Coast Guard cutters formed Rescue Flotilla One. President Franklin D. Roosevelt suggested that Operation Neptune needed a rescue flotilla. Coast Guard Vice Adm. Russell R. Waesche, who noted that there were dozens of coastal patrol craft that would do the job. Sixty 83-footers were selected and each cutter was transported “piggy-back” on freighters to the U.K. where they were offloaded. The cutters of Rescue Flotilla One saved more than 400 men on D-Day alone and by the time the unit was decommissioned in December 1944 they had saved 1,438 souls.

5. More Coast Guard vessels were lost or damaged that day than at any time in its history. Their burning wrecks served as navigation markers that day. Fifteen Coast Guardsmen died in the invasion on D-Day. Most were crewmen from the landing craft that participated in the Omaha Beach assault. Six of those who were killed in action are buried in the Normandy American Cemetery and Memorial in France.

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