

Retiree Update 26 October 2015

Guides for managing someone else's money

Millions of Americans are managing money or property for a loved one who is unable to pay bills or make financial decisions. To help financial caregivers, there are newly released, easy-to-understand Managing Someone Else's Money guides. The created guides are tailored to the needs of people in four different fiduciary capacities: agents under a power of attorney, court-appointed guardians, trustees, and government fiduciaries (Social Security representative payees and VA fiduciaries). Download them free at:

<http://www.consumerfinance.gov/managing-someone-elses-money>

Many TRICARE Prime beneficiaries receive their primary care from providers in military hospitals and clinics. Others may be enrolled to network providers receiving civilian care. When Prime **beneficiaries need specialty care services, they must receive a referral** from their primary care manager (PCM).

Getting a referral makes sure your regional or overseas contractor authorizes the care before you make an appointment. TRICARE rules require that if the care you need is available at a military hospital or clinic near you, and there is space available, you will be referred there first. Military hospitals and clinics have 90 minutes to accept urgent referrals and two business days to accept referrals for routine care. If your local military hospital or clinic does not accept the referral within that time, you will be referred to a network provider near you.

Your regional contractor will send a letter with the name and location of your specialty provider. The letter will also tell you what care is authorized, the length of time you are authorized to receive that care, and the type and number of visits you are allowed before you need another referral.

Before making an appointment with the specialty care provider, [call](#) your regional contractor 3-5 days after the PCM enters the referral to check the status. Try to take copies of your medical records, x-rays and lab results with you to see the specialist.

Why do I need a flu shot every year?

Flu viruses can change over time, so every year the flu shot vaccine is updated to protect against the flu viruses most likely to spread that year.

The viruses may change after the flu shot is made. Even if this happens, you will still get some protection from the flu shot.

Where can I get a flu shot?

Veterans enrolled in VA health care can get a flu shot at their nearest VA health care facility. If you are not enrolled in VA health care, find out if you qualify.

More convenient to go to a local Walgreens? Veterans enrolled in VA health care can get a flu shot at Walgreens, and the information will be automatically added to their VA health record

See more at: <http://www.publichealth.va.gov/flu/vaccination/#sthash.728KqiPu.dpuf>

Connect with Resources Easily Take steps to get your life on a better track through tools and information. Quickly connect with professionals and services near you that specialize in helping Veterans.

<http://maketheconnection.net>

On it you can easily find and use a:

- [Resource Locator](#)
- [Take a Self-Assessment](#)
- [Solutions for Self-Help](#)

Did you know **Caregivers are at more risk for mental illness?** Whether you are the caregiver or the one receiving care, make use of the resources at <http://www.caregiver.va.gov/> to protect those you love.

311VET is VBA's new benefits app, and it answers a wide range of questions about Veterans benefits, including what benefits you may be entitled to, how to apply for benefits, how different benefits are defined, and where to go to get more information about VA services. 311VET can provide information about most VA benefits, including pension, education, health, disability, loan, burial and career benefits. 311VET is available for both [iOS devices](#) and [Android devices](#). Again, if you don't do "smart phones," simply **text your question to 311838**.

Team Rubicon is a nonprofit disaster relief organization that combines the skills and experiences of military Veterans with first responders to rapidly deploy emergency response teams. Team Rubicon has responded to more than 100 disasters across the world and much of its growth and ability to serve communities rests on the strong backs of volunteers who donate their time, intelligence, and skills to the mission. Find out more at: <http://www.teamrubiconusa.org>

Recently, there was a story of an Airman who was targeted by an online job scammer and it was shared widely within the Vet community. This story included a **false claim that the Veterans Employment Center™ (VEC) website was breached**. There was no breach of information on the VEC site. The VEC puts the safety and security of Servicemembers, Veterans, and their families first by storing only general profile information, such as email addresses. The VEC does not store resumes, addresses, phone numbers, dates of separation, or any personally identifiable information (PII). VA reports all suspicious activity, suspected corporate fraud, or phishing activities immediately to the Federal Bureau of Investigation (FBI) and immediately referred this case to them once it was discovered a Veteran had been targeted by an online job scammer.

[Coaching Into Care](#) (CIC) has been a **national VA call center** for over four years now. Their mission is to educate, support and empower family members and friends who are seeking care or services for a Veteran. They assist callers in a myriad of ways – from directing them to information on VA [health care](#) and enrollment to helping them know how to respond in a crisis. Most of what they do is help callers talk with their loved one about difficult topics like mental health and making a decision to seek treatment. The mental health talk can be one of the most difficult conversations they will ever have with a loved one. Let Coaching Into Care guide you. Each person and situation is different, but we know of some key steps to having a successful talk. Call us to learn what some of them are and what strategies might work best for you. Use the link or call 800-273-8255.

The Vietnam Veterans Memorial Fund (VVMF) **needs your help** to put a face with each of the 58,307 names listed on The Wall. Pictures collected so far are online on The Wall of Faces where family and friends can leave remembrances, and will be displayed permanently in the future Education Center at The Wall. Each "face" is a story of a life cut short that is to be remembered and honored. VVMF is committed to finding a photo to go with every name on The Wall to further preserve the legacy of those who sacrificed all in Vietnam. See details at:

<http://www.blogs.va.gov/VAntage/23013/faces-never-forgotten-putting-faces-names-wall>

If you are in the northern part of our 8th District, this may be an opportunity. The invitation has been extended to those outside the Cleveland area. See next page

Rear Admiral June Ryan and Mr. Tim Ryan cordially invite you to a

Retiree Social

In honor of the Greater Cleveland Retirees

on Sunday, the eighth of November at two o'clock in the afternoon

at the Ninth District Commander's Quarters

12992 Edgewater Drive Lakewood, OH

Please inform us of any food allergies and/or dietary restrictions.

(216) 902-6000

No hostess gifts are desired or expected. Those who feel a need to bring something are welcome to contribute gift cards, \$20.00 or less, to the CG Chaplain Corps. These department store or grocery store gift cards are given to local Coast Guard families in need to purchase food or clothing.