



September 2015
COAST GUARD BASE
NEW ORLEANS
RETIREE
NEWSLETTER

Past Issues and Interim Updates Posted
at:
BaseNolaRetiree.org

Coast Guard Base New Orleans on the NASA Michoud Complex

Your E-Mail Address
Needed!!

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 Department of Defense (DoD) awarded a new TRICARE Pharmacy contract serving approximately 10 million beneficiaries. The contract implemented a new electronic medication reconciliation system. Unfortunately, this change is incompatible with current Coast Guard electronic governance of pharmacy services and means Coast Guard pharmacists no longer have access to the retiree and dependent medication histories. To ensure patient safety, the **Coast Guard cannot fill retiree prescriptions** at Coast Guard clinics.

Same-sex married couples will now be able to share veterans pensions, home loans, medical services. In a statement, VA officials said they are working quickly to provide instructions on extending benefits to all married couples, including same-sex spouses.

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

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

D8 NOLA Help Desk:

504-201-7587

D8 St. Louis Help Desk:

314-269-2407

There is an Air Show here at JBSA Randolph from 31st of Oct to 1 Nov 2015, featuring the Air Force Thunderbirds, US Army Golden Knights, and the Air Force Wings of Blue. Details can be found by visiting the JBSA website: www.jbsa.mil

Starting October 1, 2015, a new law requires all TRICARE beneficiaries, except active duty service members, to get **select brand name maintenance drugs through either TRICARE Pharmacy Home Delivery or from a military pharmacy.** Beneficiaries who keep using a retail pharmacy for these drugs will have to pay the full cost. Maintenance drugs are those you take regularly for a long time, such as drugs to control blood pressure or cholesterol. The law does not apply to drugs you take for a short time, like antibiotics, or generic drugs. Beneficiaries living overseas, or with other prescription drug coverage, are not affected.

=====
Home and Community Based Services are part of the VA Medical Benefits Package. **All** enrolled Veterans are eligible for these services. However, to get the service you must have a clinical need for it, and the service must be available in your location. Services in the VA Standard Benefits Package include:

- Geriatric Evaluation to assess your care needs and to create a care plan
- Adult Day Health Care
- Respite Care
- Skilled Home Health Care

=====
Army regulation for military awards, AR 600-8-22, lays out the procedures that service members, veterans and surviving family members need to follow for **requesting replacement medals of previously awarded decorations.** Replacement medals will be issued on a one-time, no-cost basis to the recipient of the award, or the primary next of kin to a deceased recipient. Subsequent replacement medals or service ribbons for individuals not on active duty may be made at cost price. Coast Guard awards: write Commandant (G-PS-5/TP41, U.S. Coast Guard, Washington, D.C. 20593-7238.

=====
Part of many physician visits include a discussion about symptoms you are experiencing. This discussion is, in fact, very important to the diagnostic process. **Describe how you're feeling** as descriptively as possible, and how it's impacting your life. Remember, that doctors want to hear how you're feeling and not what you think is your diagnosis.

=====
Not **keeping insurance beneficiaries up to date** may result in your benefits going to a former spouse, a deceased parent's estate, and your estate! It could also result in payment delays at a time when your loved one needs the money. For example, if the listed beneficiaries are children from a first marriage, then children from a current marriage might contest the claim if they believe they have more recent documents showing they should be the beneficiaries. No one could be paid until it is determined who legally is entitled to the money.

What If I Name a Minor Child as Beneficiary?
If you name a minor child as your insurance beneficiary, then the proceeds will be paid to the court-appointed guardian of the child's estate. Or, the funds will be paid to the child when he or she reaches the "age of majority," which varies from state to state.

Can I Name a Trust as Beneficiary?
Yes, but designating a Trust as your beneficiary does **not** create a Trust. You must work with a financial or legal professional to set up a Trust before naming one as your insurance beneficiary.

Update Your Beneficiaries Today.
If you've had a recent life event such as a change in marital status, the addition of a child, or the death of a loved one, then now is a good time to review your insurance beneficiary designation for Servicemembers' Group Life Insurance (SGLI), Veterans' Group Life Insurance (VGLI) and VA Insurance policies starting with V, RH, RS, J, K or W. It's the best way to ensure your life insurance benefit is paid to the people you want.

=====
The Dream Foundation launched the **Dreams For Veterans** sub-program. Having learned the importance of acknowledging Veterans, honoring their service and sharing their personal stories, [Dreams for Veterans](http://www.dreamfoundation.org/veterans) effectively tailors the dream experience for Veterans and their families, providing the invaluable opportunity to honor a Veteran's service while engaging, honoring and appreciating their families and communities. Dreams for Veterans recipients are U.S. military Veterans 18 years or older with a life expectancy of 12 months or less, and who lack the means to manifest his or her dream unassisted. Learn more at www.dreamfoundation.org/veterans or calling (888) 4DREAMS/(888) 437-3267.

=====

During reviews of previously denied cases, veterans occasionally run into claims where they were denied for a second time because they were confused with what the VA meant by **new and material evidence**. New evidence is simply that – new! It cannot be information that is already in your VA records. This means it is not evidence you have previously provided to VA, or evidence that we have already legally acquired on your behalf. Material evidence must be relevant and relate to an unestablished fact necessary to prove the claim. It has to have a legitimate influence or bearing on the decision. For instance, if you have a new diagnosis for a condition that you are looking to service connect.

=====



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

Previous VA regulation authorized the presence of seeing-eye dogs on VA property and other animals at the discretion of a VA facility head. The updated regulation will ensure VA practices remain consistent with applicable federal law. It will also assist those entering and working at VA facilities in developing a clear and consistent understanding of the criteria governing facility access for service animals.

Under the updated regulation, service dogs are allowed on VA owned or leased property. Only dogs that are individually trained to do work or perform tasks for the benefit of an individual with a disability are considered service animals. There are no restrictions on the breeds of dogs that may be considered service animals.

=====

The crew of U.S. Coast Guard Cutter HEALY and the Geotraces science team have their portrait taken at the North Pole Sept. 7, 2015. USCGC HEALY reached the pole on Sept. 5, becoming the first U.S. surface vessel to do so unaccompanied. USCGC HEALY is underway in support of Geotraces, an international scientific endeavor to study the geochemistry of the world's oceans.

=====