



RETIREE NEWSLETTER
Retiree Activities Office (RAO)
Travis AFB, California
FALL 2022

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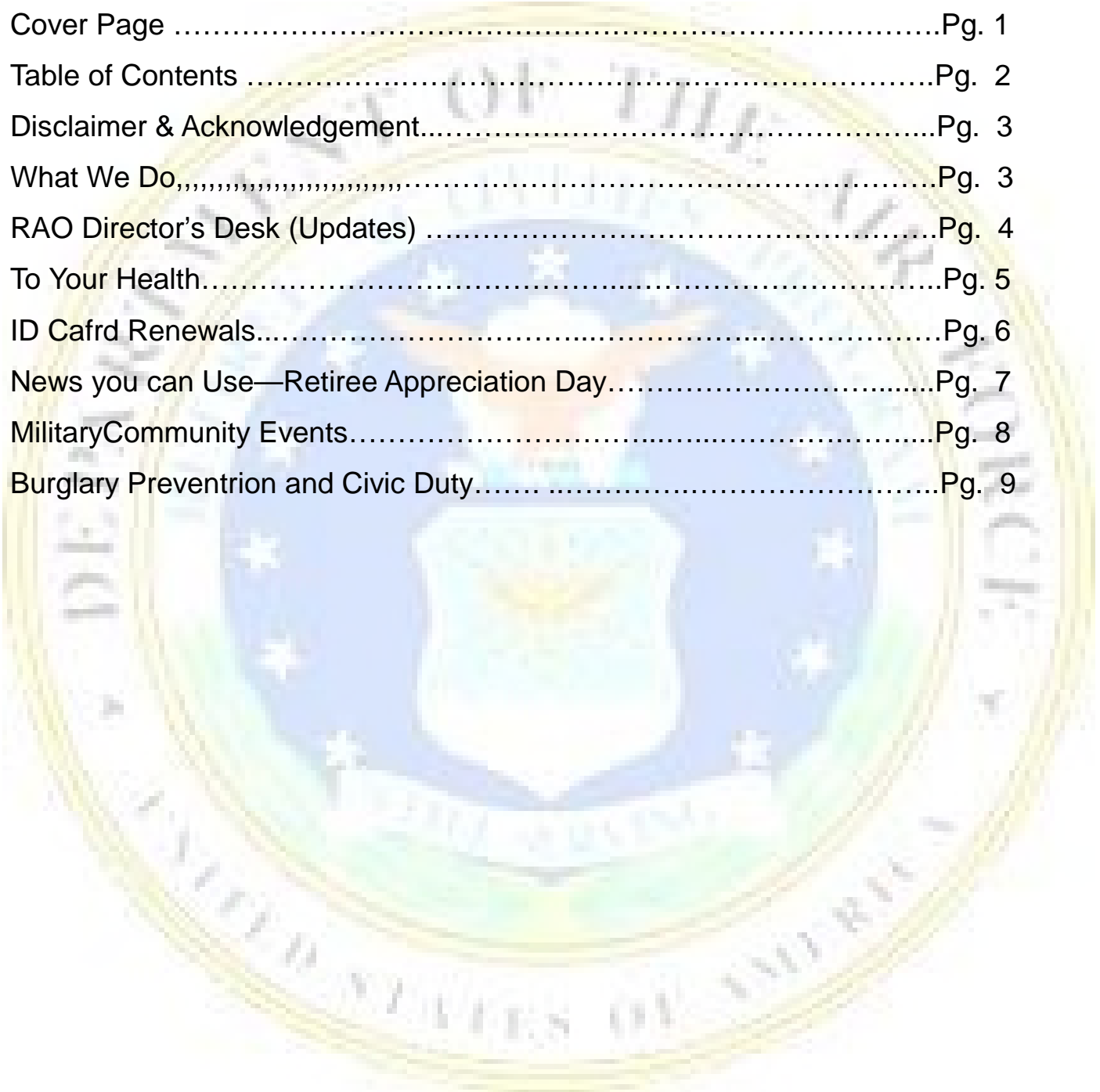
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Disclaimer

The newsletter is an authorized electronic publication for Air Force retirees and surviving spouses, and contents are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, or the Department of the Air Force.

The appearance or mention of commercial products or services is not meant to imply endorsement by the Department of Defense or the Department of the Air Force.

Acknowledgement

Articles appearing in this newsletter are compiled from Department of Defense, Department of the Air Force, local sources, other installation RAO newsletters, and other U.S. military sources. Information has been edited and reprinted for the benefit of our retiree population.

No commercial gain is derived for this publication. News items are current as of their use in this newsletter. Please advise of any errors, omissions, or suggestions for improving our newsletter.

Your Source of Information

The RAO has a large library of booklets, pamphlets, flyers, brochures and guides offering useful information covering Veteran and Retiree Benefits, Estate Planning, Personal Loss, Consumer Protection, Security of Personal Finances and Credit, and a host of other topics.

Visit our office or email us and let us know what you need. We will provide you with copies of the requested material in office, or if requested, we will email it to you.

You can also access and download many of these guides and documents on our Northern California Facebook group pages through the Travis Air Force Base Retiree Activities Office official Facebook page.

What We Do

Our office is the link between military retirees in our area, Travis active duty units, and DOD, Federal, and State agencies that provide support and assistance to retired military and their families nation-wide.

We provide information and help our retired members, veterans and their families from all Services access the benefits they've earned from their honorable and dedicated service to our Nation and its people.

We are information central for the retired community locally and nation-wide. We provide contact information and referrals for help with retired and SBP annuitant pay issues, TRICARE services, FEDVIP enrollment, ID card renewal appointments, tax assistance, legal assistance, estate planning, and many other issues.

We are not subject matter experts; however, our goal is to get you to the right people that can help you when you need it.



From the Desk of the RAO Director

RAO Fall Closures & Events

CLOSURES

The Travis Retiree Activities Office is closed for Federal Holidays and AMC Family Days. Our Fall closures through 20 December 2022:

- ◆ Columbus Day— Monday, 10 October, 2022
- ◆ Veterans Day — Friday, 11 November 2022
- ◆ Thanksgiving— Thursday, 24 November 2022

EVENTS

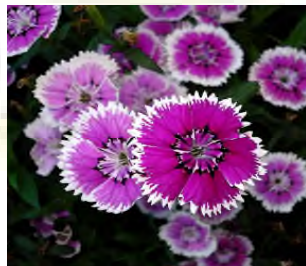
- ◆ San Francisco Fleet Week, 3—11 October 2022
- ◆ Northbay Veterans Stand Down, Wednesday, 12 October 2022—Dixon Fairground.
- ◆ Travis AFB Retiree Appreciation Day and Information Fair, Friday, 28 October, 2022—0800-14:00.
- ◆ Mid-Term Election Day — 8 November 2022
- ◆ FEDVIP Open Season— Monday, 14 November 2022— Monday, 12 December 2022

In Memorium

With great sadness and regret, we inform you of the passing of Chief George Moses, the former Director of the McClellan Park Satellite Retiree Activities Office. Chief Moses served as Director at McClellan for three decades and was instrumental in planning the Annual Gathering of the Chiefs.

Chief Moses passed away Thursday, 25 August 2022. Chief Moses will be missed by the people he helped, the military retiree community, and his volunteer staff.

We extend our condolences to Chief Moses' family. Rest in peace Chief!



To Your Health

TRICARE/FEDVIP Open Season

Open season begins on 14 November and ends 11 December 2022.

During this event, recent military retirees, or those on the retired rolls for awhile, have an opportunity to enroll in a Dental and Vision Insurance plan.

If you need Dental and Vision Insurance, we encourage you to use the tools available at the [benefeds.com](https://www.benefeds.com) website to review services, pricing, and carriers.

Find the tools on the tools tab at the [BENEFEDS.COM](https://www.benefeds.com) website's home page.

If you start your reviews now, you won't have to rush at the last minute in choosing a carrier that offers you the dental and vision services you want and meets your budget.

Beale AFB Health Program Manager Mr. Dale Collins



Mr. Dale Collins, kicked off the third season of the "Keep it Real" video series on 15 September 2022. The series provides

guidance for maintaining health, fitness, nutrition, mobility, and cognitive functions during the senior years.

Dale is an exercise physiologist and the Health Promotion Program Manager for the 9th Medical Group at Beale Air Force Base. "Keep It Real" is a unique research-based education program he designed to meet the health and wellness needs of the military retired community.

The program recognizes limitations in time and access to formal fitness programs and facilities should not prevent anyone from taking advantage of the resources available in their own homes to develop a fitness program that will work for them.

Mr. Collins work was featured in the Wall Street Journal.

Information provided courtesy of the Beal AFB Clinic and Beale AFB Retiree Activities Office.

Keep it Real Fitness and Health 2022 Kicks Off

The third season of the "Keep it Real" health and fitness for seniors video series kicked off on Thursday, 15 Sept 2022.

The series is conducted in coordination with the Beale AFB Medical Clinic, Beale AFB and Travis Air Force Base Retiree Activities Offices.

It's goal — help military retirees and their spouses maintain fitness, nutrition, balance, mobility, and cognitive abilities in their senior years so they can handle day-to-day activities and minimize the need for assistive services in their golden years.

Here's the schedule for this season:

- ◆ 20 Oct 2022 — Protein Intake
- ◆ 17 Nov 2022 PM — Gut Health
- ◆ Holiday Break
- ◆ 19 Jan 2023:— Exercise —What you should be doing for your health
- ◆ 16 Feb 2023 — How Recovery Affects your health; Sleep, Stretching, and timing of nutrients
- ◆ 16 Mar 2023 — Exercise can impact your cognitive function and immune system

To Your Health (continued) and Pass & ID

Keep it Real (Continued)

We highly recommend you take advantage of this video series.

The tips and information provided in the series can improve your life and help you function in your senior years.

All sessions are conducted on Zoom at 6:00 PM on Thursdays.

The Travis Retiree Activities Office will send out the links, meeting IDs, and passcodes several days before the scheduled event.

Mr. Collins will make recorded videos available to us after the presentation. The RAO will post the videos to our Facebook page for retirees that want to view them at a later date.

ID Card Renewals—Non-ambulatory Retirees or spouses

Military retirees, sponsored spouses, and surviving spouses may do ID card renewals using the E-ID application on the 60 FSS website.

Our office will assist you if you are visually impaired or non-ambulatory. Retirees or spouses with severe mobility issues should consider granting a trusted family member a limited or durable Power of Attorney and an Agent letter.

If you need our assistance, you will need to bring in two 5 X 7 photos of the person needing a renewed ID card and their current unexpired ID card.

If the ID card is expired, you need to present a Real ID compliant picture ID and a secondary identity document. A current un-

expired U.S. Passport, a Real ID compliant State Driver License, accompanied with a Social Security Card, Certificate Naturalization, or an official copy of a birth certificate with a raised seal are acceptable.

This list isn't all inclusive. You may call us at 707-424-3904/3905 and we can give you a list of acceptable documents over the phone.

Indefinite Retiree ID Cards

Several military retiree and Veterans Service Organizations have articles in their respective publications indicating retiree and spouse ID Cards reflecting indefinite expiration dates need renewal on the new plastic card stock in 2026.

We checked the DOD ID Card webpage; we could find no updates on the page regarding this requirement at this time.

Chief (Ret) Edmonds checked with Travis DEERS/ID Card Section staff-members. The clerk indicated he had nothing in writing regarding this policy.

However, he did say if you had concerns and wanted a replacement card, make an appointment on their website to have your card re-issued on the new stock.

Cards with an indefinite expiration date are issued on a retiree's 65th birthday. Sponsored spouses/surviving spouses are issued cards bearing indefinite renewal and benefits expiration dates on their 75th birthday.

News You Can Use

2022 Retiree Appreciation Day

Travis AFB will host a live Military Retiree Appreciation Day & Info Fair on Friday, 28 October 2022. The event will run from 08:00 AM until 2:00 PM. The event location is the Airmen's Heritage Center and Air Museum at 400 Brennan Circle, Travis Air Force Base, CA 94535.

We have briefers scheduled from the Military Officers Association of America, David Grant Medical Center, Health Net Federal Services (TRICARE West), 60th Aerial Port Squadron (Space A Travel), and Travis Casualty Assistance.

Representatives from several military associations and support group agencies will be available at tables to provide information about their services and products. FEDVIP Dental and Vision Insurance carrier representatives will be on hand to answer questions about their plans and services.

Coffee, water, and pastries will be provided (until supplies are exhausted) at no cost to attendees at registration. No lunch is provided. Please use the Travis Exchange's Food Court and food truck venues.

We will make a schedule of events available as soon as we have it nearly filled up and provide additional information about the event as it becomes available .



Happy Birthday United States Navy

The volunteers in the Retiree Activities Office extend a happy birthday to the United States Navy and the Navy retirees and family members we have the pleasure to serve.

After the U.S. Army, the U.S. Navy is the second oldest U.S. military service. The U.S. Navy was born 13 October 1775. The Navy will hit the ripe old age of 247 on 13 October 2022.

It is only fitting on this occasion to wish our brothers and sisters in the Navy good winds and fair sails. Anchors Away!

Military Community Events & News

Commissary Events



Store hours

Columbus Day—10 October 2022: 09:00-17:00

Veterans Day— 11 November: 09:00-1700

Thanksgiving Day—24 November — Closed

Sidewalk Sale—29 September—2 October.

Information provided courtesy of the Defense Commissary Agency's website.

For information about the Travis AFB Commissary please visit:

[Travis AFB | Commissaries](#)

North Bay Stand Down

The Annual North Bay Stand Down for Solano County is scheduled for Wednesday, October 12, 2022.

This one day event will be held at the Dixon Fairgrounds located at 655 South First Street in Dixon CA.

The event will start at 7:00 AM and will end at 5:00 PM

unless supplies run out.

The event provides assistance to homeless and at risk veterans needing access to supporting social services.

No spouses or children are admitted to the event.

Some of its major goals are providing medical, dental, recovery, benefits, legal assistance and court services to veterans that need it.

If you are a personal acquaintance of a veteran that could use these services, please refer them to the Solano County Veterans Service Office for more information.

If you want to volunteer your help during the event, please visit the North Bay Stand Down website at: [Volunteer Registration - North Bay Stand Down \(nbstanddown.org\)](#) .

The site stipulates the requirements for serving as a volunteer.

**Information from this article was gleaned from the North Bay Stand Down website.*

Locating benefits, services and contacts online

New computer and internet connected tablet users often have a challenge locating specific information online.

You don't need to write down, memorize, or type in long complicated Uniform Reference Library (URL) codes to get to the web page you're looking for.

DOD and Branch of Service web addresses can be lengthy and aggravating.

The easiest way to navigate to your topic is to use a Boolean search.

Type the topic in the browser's (Chrome, Firefox, Safari, etc.) search bar enclosed in quotation marks (example: "TRICARE cost shares and deductibles") and press the enter key on your keyboard.

Your browser will list every topic that contains that verbiage. Ninety-eight percent of the time the information you're looking for will be found within the first five links.

Click on the link after reading the description. Chances are, you will find your information.

Happy hunting!

Burglary Prevention & Civic Duty

Burglar Proofing Your Home



Burglar proofing your home!

Are you going on a vacation soon?

What steps can you take to secure your property while you're away?

Keep posts about vacation plans and dates off social media. That includes online pictures of activities you engage in while on vacation.

Burglars love to troll social media accounts to locate vacated properties. It makes their vocation easier and less risky.

Put mail deliveries on hold through the Post Office and cancel newspaper deliveries.

Over-stuffed mailboxes and a week's edition of the local newspaper in the driveway telegraphs you're not home.

Invest in Smart Switches for your home lighting and sound systems. These switches randomly turn on and off your home's lights, audio, and video equipment. You can buy

these at your local AAFES Exchange and local electronics stores. Using the switches gives the illusion someone is home.

Another thing to consider is buying and installing a security camera system for your home. Position the cameras to get good video coverage of accessible areas of your home.

Prune back bushes and shrubs that block a view of your windows. Place wooden or metal dowels on the inside track of your windows. Make sure all windows and doors are secured before you head out.

Don't let your neighbors know you're going on vacation unless you know they are trustworthy. Loose lips sink ships.

Will this prevent all burglaries? Probably not if the thief is motivated enough. The goal is to keep honest people honest and make it difficult for a thief to break into your home.

The more time it takes them to break-in, the greater the risk they will be discovered, caught, and prosecuted. Most of them are lazy and

will head off to easier pickings.

VOTE!

The General Election is a little over a month away; it falls on Tuesday, November 8, 2022.

We, more than others, have earned the right and privilege to vote.

Many deployed or served in combat or hostile fire zones defending our country, family, and friends.

With that right comes the responsibility to exercise an informed vote. Most of us have received an Official Voter Guide.

We encourage everyone to review the candidate statements and the content of ballot initiatives.

Review local newspapers and other publications' articles about the people running for office to determine if their goals and vision for the country, state, and local community mesh with what you would like to see. Then exercise your vote.

See you at the polls!