

# HILL AIR FORCE BASE RETIREE ACTIVITIES



## Quarterly Newsletter—Jul-Sep 2010

The Air Force Retiree Services web site is [www.retirees.af.mil](http://www.retirees.af.mil)

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### From the Director .....

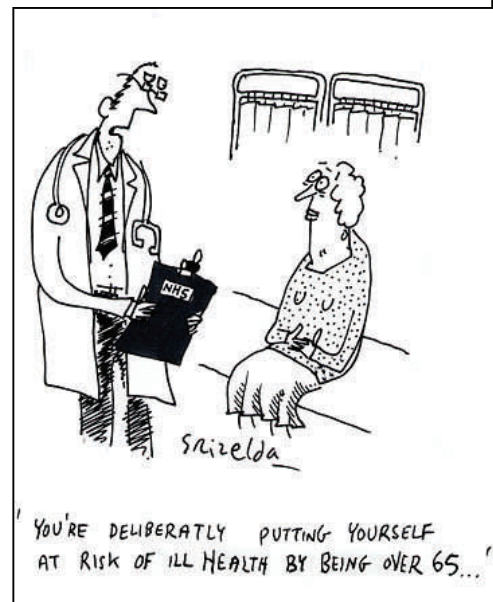
Welcome to our third quarter newsletter and thanks to all of you who have signed on to receive the electronic version. We continue to make changes to the newsletter and hope you find the information relevant and timely. In addition to national news, there is a lot more information regarding the happenings around Hill AFB. We anticipate further additions with each newsletter but need your input to make it more relevant to you. Let us know the things you would like to see in future additions of the newsletter.



Hill AFB Retiree Appreciation Day is set for 27 August 2011 at Club Hill. Detailed information pertaining to the events for that day can be found in this newsletter. Our guest speaker will be Rick Jones, Legislative Analyst, with the National Association for the Uniformed Services (NAUS). I believe his presentation will be insightful and provide up to date information regarding pending legislation affecting the military retiree community currently working its way through the Congress. In addition to Rick Jones there will be a number of informational presentations from Base personnel and Defense Finance Accounting Service (DFAS) counselors will be on hand to resolve any outstanding issues you may have.

Remember many activities on base are augmented by and require volunteers. If you are able, please check out the volunteer opportunities on base and help out. You can contact us at the Retiree Activities Office by phone 801-777-5735 or email [re-tact@hill.af.mil](mailto:re-tact@hill.af.mil) or you can call Collette Greis, Hill AFB Volunteer Coordinator, at 801-586-2697 for a complete list of volunteer opportunities.

*Dan Petrizzo*



Editor  
John Lannefeld  
801 777-5735

Please remember—hand-held cell phone usage on Hill AFB is prohibited while driving.

*Hill Air Force Base*  
**RETIREE  
APPRECIATION  
DAY** *Friday, 27 August 2010*

**9 a.m.–3 p.m. in the Club Hill Ballroom**

**Registration begins at 8:30 a.m. Call to Order is at 9 a.m.**

**Guest Speaker: Rick Jones**

Legislative Analyst, National Association for Uniformed Services

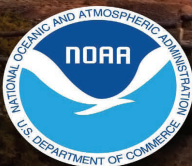
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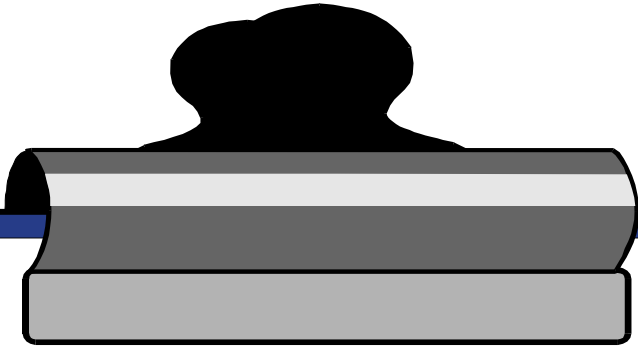
75th ABW Vice Commander, 75th Medical Group, Tricare, Veterans Affairs

**Exhibits:**

Pharmacy, Blood Pressure Screening, AAFES, Commissary, Health Clinic, Veterans Affairs, Tricare Retiree Dental, Air Force Association and others

**Drawings throughout the day \* Lunch at “The Club” - \$6.50**





# **2011 Retiree Appreciation Day**

## **Aug. 27th, 9 a.m. - 3 p.m.**

8:30-9 a.m.	Registration
9-9:05 a.m.	Call to Order
9:05-9:10 a.m.	Post Colors and National Anthem - Hill AFB Honor Guard
9:10-9:15 a.m.	Invocation – 75th ABW Chaplain
9:15-9:25 a.m.	Opening Remarks and Introduction of Keynote Speaker - 75th ABW Vice Commander
9:25-10:15 a.m.	Keynote Speaker - Rick Jones, NAUS
10:15-10:25 a.m.	75th Medical Group Pharmacy/Clinic
10:25-10:30 a.m.	Tricare/Tricare for Life
10:30-10:35 a.m.	Tricare Retiree Dental
10:35-10:45 a.m.	Department of Veteran Affairs
10:45-11 a.m.	MyPay- Defense Finance and Accounting Service
11-11:30 a.m.	75th Mission Support Group Airman and Family Readiness Space-A Travel ID Cards Other Base Services: ITT/Outdoor Recreation/Club/Bowling Alley/Golf Course/ Base Theater/ Arts and Crafts/ Fitness Center/ Lodging/ NAF Employment
11:30 a.m.-12: p.m.	Drawing Prizes Awarded
12-13:30 a.m.	Lunch
	Outdoor Recreation Display

***Information tables and medical screenings open from 11:30 a.m. to 3 p.m.***

***DFAS Representatives will be available to resolve any pay issues from 11 a.m. to 3 p.m.***



## What is the NAUS—National Association for Uniformed Service Members?

The **National Association for Uniformed Services** (NAUS) is the service member's voice in government. NAUS is here to fight for the hard-earned benefits of all uniformed services retirees, veterans, current members and their families/ survivors, while preserving a strong national defense.

NAUS represents our members' interests in Washington — not the other way around. With each election, fewer government leaders serving in the Administration and Congress have any military experience. For example, 75% of Congress and 95% of their staffs have none!

These leaders must be educated about the promises made in exchange for 20 or more years of service defending this nation and the unique needs of the military community. Government leaders must understand that **military and veteran entitlements are earned compensation — not needs based —** and must be honored.

This year's keynote speaker is Mr. Rick Jones, Legislative Director for NAUS. Rick served as a medical specialist during the Vietnam War era. Before joining NAUS, Rick held a similar position for AMVETS after serving more than 20 years as a legislative aide on the staffs of several Senators and members of the House of Representatives. His service on Capitol Hill included four years as professional staff on funding issues related to veterans affairs' budget and appropriations

**75<sup>th</sup> Mission Support Group**  
**“Muscle of the Herd...Heart of the Mission”**  
**HERE TO SERVE YOU!**

On an installation as large and as diverse as Hill Air Force Base, it's important to know your customer and how best to support them. That's the role of the 75th Mission Support Group (MSG): to focus on the customer—the 23,000+ airmen, civilians, family members, and contractors who live and work here as well as the 20,000 military retirees and dependents who live in proximity of the Base. That's a huge responsibility by any standard, and it's the Group's three squadrons and 1,100 personnel that make it all happen: Force Support, Logistics, and Security Forces.

As retirees of the United States Armed Forces, the 75th MSG serves you! You are an integral part of Team Hill, not only because of your past contributions to our national security, but also because you use the facilities and services, you participate in base activities, and you volunteer your time to help Team Hill in a variety of ways: we thank you for that!

As you travel around the base, you will inevitably encounter 75th MSG airmen and civilians at the ready. From ID cards, to the fitness center, to the air terminal, to the golf course, at the gate, and everything in between, we intend to make sure your trip to the base is productive and enjoyable.

Keep in mind that we are always looking for volunteers to assist with the mission support group mission. The volunteer coordinator at our Airman and Family Readiness Center, Ms. Colette Geiss (777-4681 or [colette.geiss@hill.af.mil](mailto:colette.geiss@hill.af.mil)) can help you get started in a volunteer position.

Our biggest need for volunteers at the moment is at the Hill Aerospace Museum. Jobs include manning the reception desk and libraries, administration, maintaining and repairing the displays, helping keep the Museum clean, building maintenance, tour guides, and people to assist with school children events. The need is greatest on the weekends, especially Sundays and holidays. Call the Museum at 777-6818 and leave a message stating they would like to be a volunteer, along with your name and a phone number where you can be contacted. The Museum Director, Scott Wirz or another Museum employee will contact you to as soon as possible.

The (75th MDG) Pharmacy on base has openings for volunteers to assist at the Prescription window. Duties include checking IDs, looking up prescriptions in the computer, and handing out filled prescriptions. The contact for Pharmacy volunteers is Darlene Gabaldon at 777-5463.

The Thrift Shop is also looking for volunteers to assist with sorting donations and consignment items, pricing and displaying items for sale, and assisting customers. To volunteer there, stop by the Thrift Shop in person or call Brigitte DiVito at 825-1026.

Finally, our Outdoor Adventure Center uses volunteers for youth programs and trips. Contact Ms. Geiss and she will get your name on the volunteer list.


Thank you again for your past and current service—you add an essential dimension of vitality and character to our community!

**COMBAT SUPPORT, MUSCLE UP!**

*Check out Club Hill celebrates micro brew at the*  
**Buffalo Brewfest**

**Aug. 27 from 2 to 8 p.m.**



 \$10 ticket includes signature sample glass and 10 sample tickets.

 Tickets go on sale Monday, August 2 (must be 18 yrs or older).

Prize drawings throughout the event - GRAND PRIZE - 3 days, 2 nights at the Green Valley Ranch Resort, Las Vegas (includes up to \$300 for airfare and free rental car). Entertainment provided by Codi Jordan Band and Roby Kap of the Kap Brothers Band



## SPACE-A “IT’S A GOOD WAY TO TRAVEL”

### Flight Passenger Terminal

“The mission of the Logistics Readiness Flight Passenger Terminal is to provide quality customer service and up-to-date information to all eligible passengers”.

The RAO has detailed information regarding sign-up procedures, eligibility and flights in and out of Hill Air Force Base. All flight information can be determined by calling Passenger Service at 801 777-3088/3089.

### Lodging

Military life has special privileges! When you travel, you can take advantage of many convenient and inexpensive Space-A Lodging options available around the world from each branch of the military.

Temporary (Space A) lodging on military installations is available not just to active duty members and their families, but also to all retirees and their dependents.

Each branch of the military offers its own special lodging styles and locations. Military.com is an excellent source for further information on Space-A lodging. The phone numbers for Space-A availability for the various branches are as follows:

Air Force 888-235-6343

Army 800-4623-7691

Navy 800-628-9466

For further information on Space-A travel check out the website at [www.military.com](http://www.military.com).

## Need an ID Card????

There has been an upgrade in the identification card system. These enhancements significantly increase the overall security of the system, but wait times are longer. Additionally, retirees and family members seeking to renew or replace a military identification card must provide two types of identification—one of which must include a photo:

- Driver’s license or ID issued by a state
- ID card issued by federal, state or local government agency
- Voter’s registration card
- U.S. Military I.D. card
- U.S. Passport
- Certificate of U.S. citizenship

Also, if your I.D. card has been lost, you must see Security Forces in Bldg 1219 to fill out AF 1168 prior to issuance of an ID card.

### Alternate Locations

75 FSS, Hill AFB (801) 586-5437

419 FW, Hill AFB (801) 777-0023

151 ARW Utah ANG, SLC IAP (801) 245-2331

96 RRC, USAR, SLC (801) 656-3393

AG HQ, ARNG, Draper (801) 432-4337

Dugway Proving Ground, USA (435) 831-2244

NMCRC, USNR, SLC (866) 426-1375

Tooele Army Depot (435) 833-2559

Utah ARNG Armory HQ, Cedar City, (435) 867-6517

RAPIDS Site Locator:

[www.dmdc.osd.mil//rsl/owa/home](http://www.dmdc.osd.mil//rsl/owa/home)

## DD214 NOW AVAILABLE ONLINE

Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents.

The National Personnel Records Center (NPRC) has provided the following website for veterans to gain access to their discharge document (DD form-214) online: <http://vetrecs.archives.gov/>.

This may be particularly helpful when a veteran needs a copy of his DD form -214 for employment purposes. NPRC is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files.



## *The Commissary- It's Worth The Trip!*

**The Hill AFB Commissary will close at 5 p.m. on Sunday, July 25<sup>th</sup> and remained closed through July 27<sup>th</sup> for a major store reset. The store will re-open Wednesday, July 29<sup>th</sup> at 9 a.m.**

**Please shop accordingly. We realize that this may be an inconvenience but the outcome will be worth the trouble.**

The Defense Commissary Agency is in a continual process of changing how product is placed on commissary shelves. New products are added to stores all the time, while some are eliminated, so every few years a commissary simply needs to be reorganized or “reset.” The goal is also to give commissaries worldwide a more customer-friendly product flow and a layout that is as consistent as possible from location to location.

Need to speak to a person, use 801-586-4884. This phone is manned 24/7.

DeCA is a partner with [TRICARE](#) and DoD nutrition and medical professionals from all services in an effort to encourage military consumers to read labels and make healthier food choices to improve health and control weight. To help commissary shoppers make informed decisions while shopping there are 13 “[shelf talker](#)” mini signs that contain simple dietary tips based on the new “Dietary Guidelines for Americans.”

If you have a computer you must go to the DeCA website, [www.commissaries.com](http://www.commissaries.com). Here you can find information for every commissary to include local information and community activities. The website contains a wealth of information and links to food safety, recipes, coupons and more. You can keep up the birthdays, anniversaries and other special dates using the Virtual Commissary. You can turn everyday ingredients into well balanced, delicious meals using Kay-Tested recipes and learn more about making your kitchen work for you from the weekly articles. Lose weight, get in shape and maintain good health with advice- packed [weekly columns](#) and an open question and answer [forum](#) with the DeCA Dietician.

See you at the Commissary!

Karen Ochsner, Store Director

### **COMMISSARY HOURS**

801-777-2300

Hours Daily: 9 a.m.-7 p.m.

The commissary is your answer to high grocery bills—you save an average of 30% when you shop at the commissary.

**Hill AFB BASE EXCHANGE—AAFES**

Mon.-Sat.: 9 a.m.-8 p.m.

Sun. & Holiday: 10 a.m.-7 p.m.

(801) 825-8584





# Odds 'n Ends

**The Hill Aerospace Museum** is home to 96 aerospace vehicles, 77 of which are on public display. The Museum is open seven days a week, 362 days a year, free of charge. We are closed on Thanksgiving, Christmas, and New Year's Day.

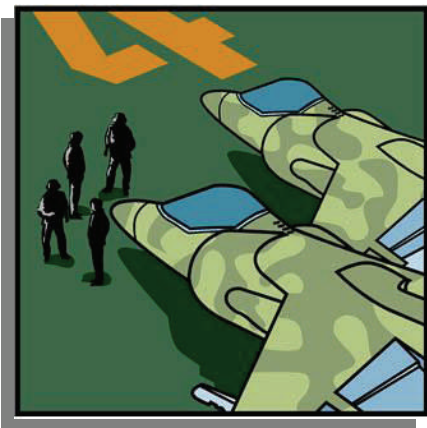
What started out 1986 with a small collection of aircraft and a few displays in an old building has grown to become the second largest field museum in the Air Force system. In 2009 alone, the Museum hosted nearly 180,000 visitors--a 13% increase over our 2008 figures!



Our volunteers are the heart of the Museum, comprising 96% of our staff. Most are retirees with close ties to either the

Air Force, Hill Field, or both. Many serve as tour guides, others help with restoration, and some work in the ACE Learning Center, where they help us develop the next generation of Airmen.

We currently need help in all areas of Museum operations and have a special need for a new Volunteer Coordinator. If you are interested in learning more about volunteer opportunities available at the Museum, please contact Scott Wirz at 777-5706.



Church Services at  
**Protestant Christian** Worship—11 a.m. in the Chapel Annex, Bldg 445  
**Catholic Mass**  
8 & 9:30 a.m. at Club Hill



## Useful Search Engines

**FirstGov**—The official government search engine, this site consolidates 20,000 government Web sites and arranges them by topic, such as Money and Taxes, Healthy People and the U.S. in the World.

**Google search: Uncle Sam**—searches government and military sites.

**Government Guide**—Search AOL's government directory.

**SearchMil.com**—Searches .mil sites.

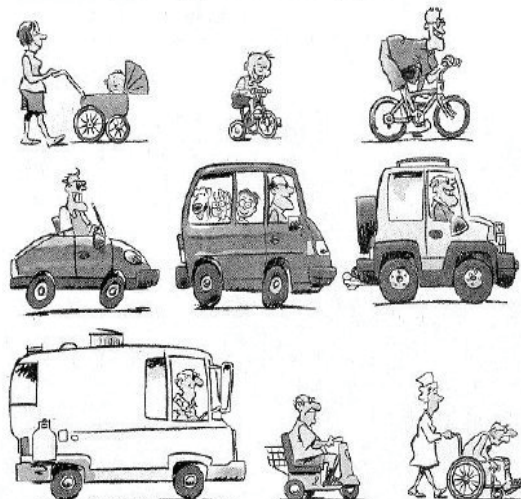
**SearchGov.com**—Searches .gov sites with a caching feature.

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You cannot be mad at somebody who makes you laugh - it's as simple as that.

[Jay Leno](#), *O Magazine*, February 2003

## The Wheels of Life



# News From the Medical Messenger -



## Facility Update

Beginning in May 2010 the clinic will undergo a facelift designed to modernize the interior design, improve the flow and sequence of the main lobby, and to create adequate space to support our operations. During the initial phase the lobby doors nearest to Family Medicine will be closed and patients will be required to enter through the Dental lobby doors. In addition, the Airmen annex will only be accessible through the annex doors not Bldg. 570.

Areas that will be impacted to varying degrees during the construction are Family Medicine check-in, Pharmacy, and the Airmen Annex including Optometry. The project is estimated to be completed in one year and we will continue to update you with the specifics as they occur.

We apologize in advance for any inconvenience, ensuring your safety throughout the project, and providing a world class outpatient facility for our customers is our goal.

## Pharmacy Capsules

**Q.** How can my off base doctor and I get a list of medications the pharmacy carries. Also how many days supply can I get?

**A.** We keep a patient formulary at the pharmacy windows that lists all the medications we carry and other information including our fax number. Ask for one at any window and give it to your off base provider. We fill 90 day supplies on most maintenance medications if your doctor writes the prescription for a 90 day supply.

## Hours of Operation

**Mon.-Fri.: 7 a.m. to 5 p.m.**

**Wednesday: 9 a.m. to 5 p.m.**

Clinic Telephone Tree: 801-728-2600

Appt. Line: 801-728-2600

Pharmacy Refill: 801-775-3630

7321 Balmer St.

Hill AFB, Utah 84056

## Hill AFB Pharmacy Update

The pharmacy waiting area is currently undergoing some construction that has slightly altered our dispensing processes. Look for the signs posted to ensure that you are in the correct line.

Please be patient during this transition, and consider avoiding the typical "peak" pharmacy hours when wait times are the greatest.

Those times are from 11 a.m. to 2 p.m., especially at the beginning of the week.

Remember that to obtain refills, it is mandatory that the request be made via the pharmacy refill line: 801-775-3630 or 1-800-453-2388.

At your next visit to the pharmacy ask for a copy of our most recent formulary to take with you to your off-base appointments. This will help your off-base provider select a medication from those that are available to you on-base at no charge.

Pharmacy Hours:

Monday, Tuesday, Thursday & Friday: 7 a.m. to 5 p.m. ■ Wednesday: 9 a.m. to 5 p.m.





# Tricare for Life



## TRICARE—What's the Difference?

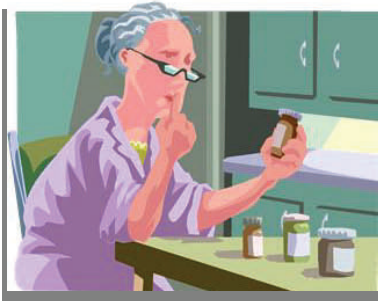
After retiring from active duty, your health care options are TRICARE Prime or TRICARE Standard. TRICARE Prime requires enrollment. No action is required for TRICARE Standard, other than receipt of retired pay and payment of associated fees noted below. TRICARE Prime is similar to a health maintenance organization (HMO). Health care is managed in a military treatment facility (MTF) with an annual enrollment fee of \$230/person or \$460/family. This is considered the most cost effective option but has the least amount of provider choice.

TRICARE Standard acts like a preferred provider organization (PPO) and gives you the greatest flexibility in managing your own care. This does not have an enrollment fee but has annual deductibles of \$150/person or \$300/family, plus 25% cost shares (20% if using network providers). This option allows you to decide which provider you will see and allows for self referral for specialty care. If you have a plan with an employer it will

be your primary carrier and TRICARE Standard will be the secondary.

Remember, the TRICARE Mail Order Pharmacy provides up to a

90-day drug supply for the same cost as 30 days at a local drug store. Call the TMOP Member Choice Center at 1-877-363-1433 to assist with one time registration and prescription transfer, or visit the Express Scripts Web site. Of course, you may choose to have your prescriptions filled at the MTF Pharmacy for no cost.



TFL is available for all dual TRICARE-Medicare-eligible uniformed services retirees, including retired members of the Reserve Component who are in receipt of retired pay, Medicare-eligible family members, Medicare-eligible widows/widowers, certain former spouses, and beneficiaries under age 65 who are also entitled to Medicare

Part A because of a disability or chronic renal disease. Dependent parents and parents-in-law are not eligible for TRICARE benefits-except TRICARE Senior Pharmacy benefits-and they may continue to receive services within a military treatment facility on a space-available basis. In order to eligible for TRICARE Senior Pharmacy benefits, they must be entitled to Medicare Part A, and if they turned age 65 on or after April 1, 2001, be enrolled in Medicare Part B.

## TFL Cost to Beneficiaries

There are no enrollment fees for TFL. Beneficiaries, other than active duty family members, are required to purchase Medicare Part B and MUST pay the appropriate Medicare Part B monthly premiums. Beneficiaries may check with the Social Security Administration online at [www.ssa.gov](http://www.ssa.gov), call toll-free at (800) 772-1213 or visit Medicare online at [www.medicare.gov](http://www.medicare.gov) for more information about enrolling in Medicare Part B and monthly premiums that apply.



"Okay your father managed to get a mouse. Now how do we use it?"



# Tricare Dental Program

## **TRICARE Retiree Dental Program reminder: Check remaining maximums and schedule dental treatment before contract year ends**

*Retirees and their family members are encouraged to attend this year's Hill AFB Military Retiree Appreciation Day on Aug. 27, 2011. A representative for the TRICARE Retiree Dental Program (TRDP) will be present at this event, so be sure to stop by the TRDP table for important program information.*



For enrollees in the TRICARE Retiree Dental Program (TRDP), the annual maximum starts over on Oct. 1, the beginning of each TRDP contract year. This means that for the current contract year (Oct. 1, 2010 through Sept. 30, 2011), the TRDP allows each sponsor and family member who is enrolled in the Enhanced Program a maximum of \$1,200 to apply to all their covered dental services. The current contract year ends soon, so now is a good time for TRDP enrollees to check the online Consumer Toolkit<sup>®</sup> at [www.trdp.org](http://www.trdp.org) for the amount of maximum remaining for each individual.

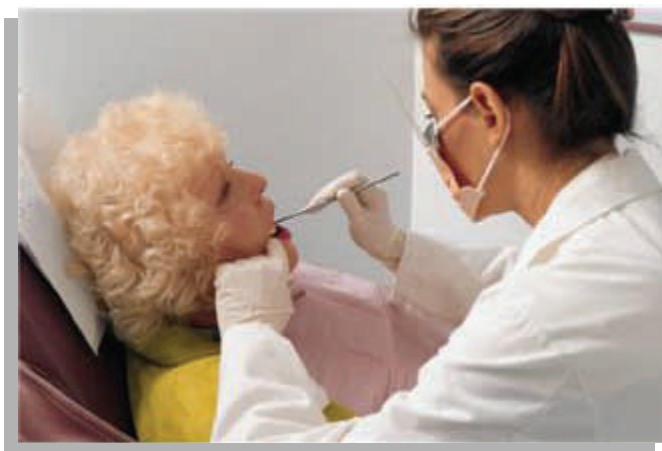
Routine services like exams, cleanings and x-rays do not count toward the \$1,200 maximum. However, eligible enrollees who need more extensive treatment should think about scheduling some of it to be done before the contract year ends in order to make good use of any remaining maximum.

To help determine how much of any remaining maximum amount can be applied to major services such as cast crowns, bridges, dentures or dental implants, Delta Dental recommends that Enhanced Program enrollees take advantage of an available feature of the TRDP called a *predetermination* before undergoing treatment.

Prior to the start of a treatment plan involving any of these types of major services, enrollees can ask their dentist to submit a predetermination request to Delta Dental to find out what services the TRDP will cover and obtain an estimate of how much the program will pay toward these services. After processing the request, both the TRDP enrollee and the dentist will receive a written estimate of the amount Delta Dental will pay for approved services and the amount for which the enrollee will be responsible. (The enrollee will have to figure in any deductible remaining, which can also be verified on the Consumer Toolkit<sup>®</sup>.)

It is important to remember that while a predetermination of services allows enrollees to plan in advance for their portion of the dentist's bill, it is only an estimate of how much an enrollee's dental treatment may cost and is not a recommendation about the necessity of the proposed services or a requirement before major services are performed.

For more information regarding the TRICARE Retiree Dental Program, visit their web site at [www.trdp.org](http://www.trdp.org) or call Delta Dental toll-free at 888-838-8737.





## Health Tip—Low Back Pain Prevention

Dr. N. Christian Busk, Major, USAF, MC

Family Physician, 75th MDG Airmen Clinic

June is Air Force Low Back Pain Prevention Month. Back pain is a common problem, affecting three out of four people at some time in their lives. Symptoms are usually from a muscle strain, or less commonly a bulging disk. Pain can range from a dull, constant ache to sudden sharp pain making movement difficult. It can sometimes be felt in the buttocks or upper legs too. Typical causes can include straining to lift heavy objects, twisting your back, a fall, a sports injury, or a sedentary lifestyle.

Most back pain resolves on its own. Severe pain usually lasts only 2 to 3 days, and the vast majority of people are completely better within 6 to 8 weeks. Over the counter pain relievers and rest can help, though staying in bed for more than a day can stop you from getting better.

The best way to prevent low back pain is simply staying in shape. Exercise and maintain a healthy weight. Include core strength training and stretching in your work-outs. Practice proper lifting technique. Keep a wide base and bend at your knees, not at your waist. Do not twist or bend forward as you lift. Some people who suffer from chronic low back pain find it helpful to sleep on a firm mattress or with a pillow beneath the knees.

The Health and Wellness Center, in conjunction with the Hill Physical Therapy Clinic, periodically offer a “back school” that teaches exercises and lifting techniques to improve back pain and minimize its recurrence.

### Manage Job Stress

*Job stress causes a worker to feel overly taxed both mentally and physically. It affects both workers and employers.*

#### What Causes Job Stress?

- Too much work to do. Conflicting expectations.
- Lack of support from co-workers and bosses.
- Crowded, noisy, unsafe work conditions. Infrequent rest breaks.
- Rapid changes for which workers are not prepared. Job insecurity.

If not dealt with, job stress can lead to health problems.

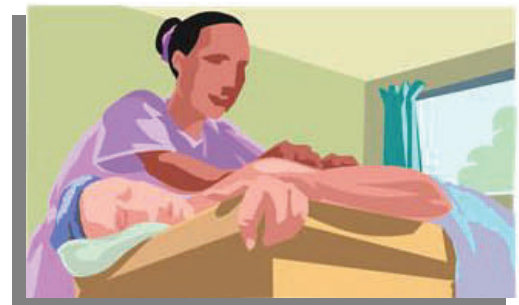
#### Signs & Symptoms of Job Stress

- Hard time concentrating. Headache.
- Sleep problems. Stomach problems.
- Short temper.
- Job dissatisfaction. Low morale.
- Increase in being late for work or not going to work.

#### Ways to Manage Job Stress

- Schedule your time and tasks to be done. Use a calendar, planner, “TO DO” list, etc. Rank order tasks. Break down tasks into steps. Check off items that are done.
- Organize your work space to make it easier to find things. Get rid of items and e-mails you don’t need.
- Ask for help from your boss and co-workers, as needed. Ask you boss for the order in which your job tasks need to be done.
- Take breaks. Get enough sleep.
- Leave work at work. Try not to take work home. If this is not possible, take home as little work as needed.
- Plan for and take vacations that give you a rest from work.
- Relax as much as you can.

Get more information from National Institute for Occupational Safety and Health (NIOSH).



## VA Burial Benefit Update

VA offers the following benefits and services to honor our Nation's deceased Veterans. The website for detailed information is [www.va.gov](http://www.va.gov).

- Headstones and Markers: VA can furnish a monument to mark the grave of an eligible veteran.
- Presidential Memorial Certificate: VA can provide for eligible recipients.
- Burial Flag: VA can provide an American flag to drape an eligible Veteran's casket.
- VA can pay a burial allowance of \$2,000 for Veterans who die of service related causes. For certain other Veterans, VA can pay \$300 for burial and funeral expenses and \$300 for a burial plot.
- Burial in a VA National Cemetery: Most veterans and some dependents can be buried in a VA national cemetery.



## Area Agency on Aging

Did you know there is an Area Agency on Aging in Utah that provides a variety of benefits for seniors? Have you taken advantage of yours? If not, you may visit the AAA Finder at <http://www.aoa.gov>.

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## Social Security News

With consumer prices down over the past year, monthly Social Security and Supplemental Security Income benefits for more than 57 million Americans will not automatically increase in 2012. This will be the first year without an automatic increase since they went into effect in 1975.

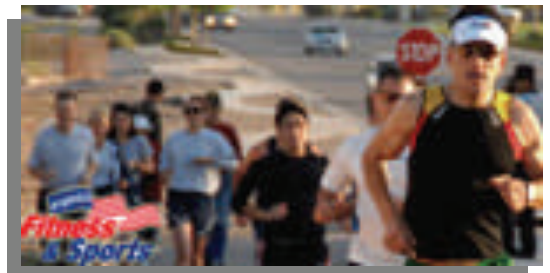
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## When a Retiree Dies

When a retiree dies the survivors should contact the Air Force casualty assistance representative (CAR) at 877-353-6807. The CAR will handle all relevant details and will ensure that all paperwork necessary for requesting Survivor's Benefit Payment (SBP) annuity pay and other forms of payment from the VA and/or Social Security Administration is initiated.

## Fitness Center

**The Warrior Fitness Center** is one of three fitness centers on the base. Facilities found there include: a state of the art weight room, cardiovascular exercise equipment, universal equipment, saunas, steam rooms, racquetball courts, 2 basketball courts, a climbing wall and indoor running and walking track. Call 777-2762 to make reservations for these facilities.



The second center can be found in Bldg. 520, the Hess fitness center. Facilities there include: an [indoor pool](#), a basketball/volleyball court, racquetball courts, a family fitness area, [martial art](#) room and area and an indoor tennis court.

The third center can be found in Bldg. 1277 on the west side of base. The unmanned west side center has a state-of-the-art cardiovascular and universal equipment for your use along with shower facilities.



## **Fitness Assessment and Wellness Profile**

Let the Fitness Center Staff assist you on setting your goals for the New Year. Receive base line measurement on body weight, body fat, blood pressure, heart rate, arm strength, back flexibility and cardiovascular fitness. In addition, a Wellness Profile program will analyze your current health behaviors and provide recommendations to reduce the risk of future disease. Contact the Warrior Fitness Center at 777-2762 to sign up.

## **Fitness Center Orientation**

For those starting a fitness program, orientations will provide participants with the necessary information on a balanced fitness program and instruction on exercise equipment, from 9 to 10 a.m., every Tuesday and Thursday of the month. Contact the Warrior Fitness Center at 777-2762 to sign up.

## **Fitness Center Hours**

Monday—Friday: 4:30 a.m.-11:30 p.m.

Saturday & Sunday: 7 a.m.-8 p.m.

Holiday Hours: 9 a.m.-5 p.m.

(Thanksgiving, 8 a.m.-12 p.m., Christmas, Closed)

Phone: 801-777-2761 or 777-2762

*The secret to good health and aging gracefully is staying fit*

## **Health & Wellness Center**

Want to decrease *your* pain, decrease *your* doctors' visits, and enjoy life more? Davis County Senior Services has teamed up with the Warrior Health and Fitness Center and is promoting Chronic Disease Self-Management Program, called Living Well with Chronic Conditions.

This class is a workshop given 2 to 2 1/2 hours, once a week, for 6 weeks, in community settings. People with different chronic health problems all attend together. Workshops are facilitated by two trained leaders; one or both are non-health professionals with a chronic disease themselves.

### **Subjects covered include:**

- Techniques for frustration, fatigue, pain & isolation
- Appropriate exercise to maintain & improve strength
- Appropriate use of medications & proper nutrition
- Communicating effectively with family, friends & health professionals
- How to evaluate new treatments

### **Who Should Come?**

Anyone with an ongoing condition such as asthma, arthritis, chronic joint pain, fibromyalgia, cancer, diabetes, kidney disease, high blood pressure, high cholesterol, heart failure, COPD or emphysema, depression, chronic pain or others.



The workshop is held in the Warrior Health and Wellness Center, 7250 11th Street, Bldg. 533, HAFB. For more information call Jessica at 801-451-3335.

# www.dfas & MyPay

The Defense and Accounting Service (DFAS) website is your tool for accessing any of your pay issues or concerns MyPay users have greater control over their pay accounts and can make changes to vital information in a secure environment.



Some of the options within MyPay include:

- Download, save and print pay account information from military retired or annuitant account statements, or military/federal employee leave and earning statements.
- Download, save and print annual tax statements such as W-2's and 1099R's.
- Verify and update postal and email addresses.
- Verify and update bank account information for direct deposits.
- Start, change or stop financial allotments.
- Make changes to federal or state tax withholding amounts.
- Change user names and passwords to keep accounts secure.

To date, more than 2.6 million MyPay users have accessed their 2009 tax statements online, avoiding delays and possible security risks of regular mail delivery.

Last December, DFAS implemented a MyPay security enhancement requiring users to establish, new login credentials, including personalized login ID's and passwords. The agency has posted step-by-step instructions in both text and video on the MyPay

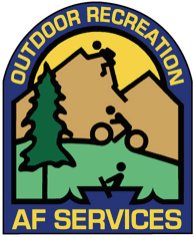
home page to help customers set up new information.

If you need assistance accessing DFAS online, visit the Retired Activities Office at Hill and one of the volunteers will be pleased to help.





## Fun Activities for you and your family



### Outdoor Recreation—Golf—Bowling—Hobby Shop

Wasatch Range is an outdoor adventure paradise. There are more skiing, snowboarding, snowmobiling, hunting, fishing, climbing, hiking, kayaking, etc. opportunities than can be experienced in one lifetime. Outdoor Recreation at Hill AFB is here to help you get the most out of your adventure. Hill AFB is located at the "crossroads of the west" between the beautiful Wasatch Mountain Range and the Great Salt Lake; let the 75th Force Support Outdoor Recreation help you experience it!

Head up to the High Uinta Mountains and stay in the **Carter Creek Cabins**--moose, elk, bobcats, and black bear abound.

Pack a picnic and spend a sunny afternoon with your family at **Centennial Park**. Reserve it today!

Rustic and western, the **Log Cabin** is a cozy place to celebrate any shindig.

Board your horse, of course, at the **Riding Stables**.

Skaters, rip it from dawn 'til dusk at the **Skate Park**.

Blaze away at the **Rod & Gun Club** where we house four trap and skeet ranges.

If you think a 3-D Field Course with a variety of shooting situations is tantalizing, then you'll want to check out the **Archery Range**.



Hubbard Memorial Golf Course is located on the east side of the runway. It is an 18-hole championship golf course complete with driving range, practice chipping and putting greens. The Club House offers a full line pro shop, bar, men's and ladies locker rooms. The course was designed by Stanley W. Hadden with design inputs provided by Lee Stotern. Construction of the first nine holes were completed in 1961, the second nine were completed the following year. The golf course is 7,317 yards long from the championship tees. The course has bent grass greens and Kentucky Blue Grass tees, fairways and roughs. The course record is 60, set in 2007.



All eligible players are entitled to reserve tee times. Weekday times are taken two days prior, except Monday & Tuesday times are taken the Friday before, at 9 a.m.. Weekend and Holiday times are given out on a drawing or lottery system. Slips are filled out and must be in the box Thursday morning by 8 a.m. prior to the weekend. Call anytime after 12 p.m. to find out your time, or to make a time outside of the drawing.

**9 Holes: \$10**  **18 Holes: \$20.00**  **Guest: 9 Holes, \$12/\$24**  **Golf Cart \$6/\$12**

For Tee Times call 801-777-3272



Hill Bowling Center is one of the most modernly equipped Air Force bowling centers, featuring AMF synthetic lanes with automated bumpers, Qubica Conqueror scoring system, youth/handicap ball ramps, full service pro shop and snack bar. Come on in and check us out!

Hours: Monday-Thursday, 10:30 a.m.-9 p.m.  Friday, 10:30 a.m.-Midnight  
Saturday, 9 a.m.-Midnight  Sunday, 12-9 p.m.