

Short recap of a few e-mails sent to members in 2018.
We appreciate your continued support and input.

1. The Nebraska **Game and Parks** Commission offers special permits to veterans age 64 and older, deployed military and disabled veterans at reduced or no cost. The permits are available for veterans and members of the military. <http://outdoornebraska.gov/veteransandmilitarypermits/>
2. Lincoln Veteran's **Memorial Garden** website: Includes information about events, programs and brick dedication. <http://lincoln.ne.gov/city/parks/parksfacilities/publicgardens/veterans/index.htm>
3. Website for Nebraska **military and veterans affairs**: <https://veterans.nebraska.gov/commission-military-and-veteran-affairs>
4. Who to contact for NE Dept of Veterans Affairs: **County Veterans Service Office** Listing: https://veterans.nebraska.gov/sites/veterans.nebraska.gov/files/doc/CVSODirectory_20180112.pdf
5. **Long Term Care Insurance**: Did you know as a military retiree, even if in the Gray area, you can apply for the Federal Long Term Care Insurance Program. Click on <https://www.LTCFEDS.com> to find more information about this program or you can call a Consultant at 1-800-582-3337.
6. **DFAS-SmartDocs**: Check and Update Your Retired Pay Account. Please visit myPay to view your RAS. Find out how: <http://go.usa.gov/xPdyx>
Keeping your beneficiary information and your SBP beneficiary current with DFAS will ensure that your survivors promptly receive their benefits.
December 2018 Retiree Newsletter. It contains information about getting your IRS Form 1099R and how the new tax law might affect you and news. <https://www.dfas.mil/retiredmilitary/newsevents/newsletter.html>
7. **Shingles Vaccine**: See attached TRICARE site for information on how to obtain. <https://tricare.mil/CoveredServices/IsItCovered/ShinglesVaccine>
8. October **Army Echoes**. This publication has articles that apply to both ARNG and ANG retirees. <http://soldierforlife.army.mil/retirement/echoes/latest.pdf>
The Army's newsletter for Retired Soldiers and surviving spouses. It updates the retired community about changes to laws, policies, programs, and benefits that affect them. All Retired Soldiers and surviving spouses with active myPay accounts receive electronically at their email address in myPay.
9. **ID Card** addresses and phone numbers on attached sheet.
10. **Prairie Soldier** - Nov 2018: <https://www.dvidshub.net/publication/issues/44343>
11. **2019 TRICARE** handbooks. <https://tricare.mil/Publications>.
POC is MSG Cecilio T. Roman, 2433 NW 24th St., Lincoln, NE 68524, 402.309.8167 cecilio.t.roman.mil@mail.mil
Tricare West Region number: 1.844.866.9378 www.tricare-west.com www.tricare.mil

12. Nebraska **Honor Plates**: Website references.

Site of LB#45: http://nebraskalegislature.gov/bills/view_bill.php?DocumentID=30919

Info for registration: <https://veterans.nebraska.gov/>

Info on plates: <http://www.clickdmv.ne.gov/>

13. List of Nebraska military related **Legislative Bill** Hearings (2018) which should be updated for 2019 soon:

Open this link and check the status of legislation **being proposed for**

veterans here: <https://veterans.nebraska.gov/legislative-issues>

Search bills and laws: <https://nebraskalegislature.gov/bills/>

Find your Senator https://nebraskalegislature.gov/senators/senator_find.php

14. Retiree **Space A** flight availability: Slide presentation attached.

15. **Applying for Retirement:**

ARNG: It is important to "Gray Area" retirees that filing for your Age 60 (or earlier due to deployments) retirement does not come automatically. Retirement applications should be submitted around 9 months but not less than 90 days prior to your 60th birthday to ensure all is processed correctly. They also provide a benefit brief on such areas of TRICARE choices, Space A Travel, Funeral Honors, dental options and Survivor Benefits Plan (SBP). Contact the NG Retirement NCO: SFC Dennis Hartman 402-309-8162. dennis.j.hartman.mil@mail.mil

ANG: Administered through the Air Reserve Personnel Center (ARPC) located in Denver. The toll-free number is [800-525-0102](tel:800-525-0102) and you will work with the retirements division.

Website: <http://www.arpc.afrc.af.mil/Home.aspx>

16. **TRICARE and Prescription Options** for Retiree's:

Requirements: a. Retired National Guard and Reserve Members (Age 60 or above and receiving retired pay), families, survivors, widows/widowers and certain former spouses.

b. Retired AGR's continue coverage. c. Up-to-date ID card. Input to the DEERS ID system flows into the TRICARE system.

Options for Prescriptions: a. TRICARE approved pharmacy. b. TRICARE mail/home delivery service. c. Military Installations such as OFFUTT or Warren AFB, WY.

d. Family Support Prescription Program (Lincoln): If want military installation cost but, no traveling, you can drop off and pick up prescriptions. Location is East Campus, 2000 N. 33rd St, Lincoln, NE 68503 (old Pershing Armory) 2nd floor. They drop off prescriptions at OFFUTT once a week and pickup usually the next week. For details contact: [\(402\) 309-7332](tel:402-309-7332).

Pharmacy page: [http://www.tricare.mil/Home/CoveredServices/Pharmacy'](http://www.tricare.mil/Home/CoveredServices/Pharmacy)

Pharmacy locations: <http://www.tricare.mil/CoveredServices/Pharmacy/FillPrescriptions>

Mail/Home Delivery: <https://www.express-scripts.com/TRICARE/index.shtml>