

Retiree Bulletin

FORT HAMILTON MILITARY COMMUNITY

AUGUST 2015



Message from our Garrison Commander

Welcome to Fort Hamilton's 2015 Retiree Appreciation Day! Thank you. These are simple words

of appreciation that go a long way. However, when it comes to expressing our gratitude to our retirees, those words simply aren't enough. It's been an eventful and gratifying time since I assumed command last summer, and one of the many things I'm honored to have experienced is getting to know many of the military retirees here who have proudly served this country with distinction. As a native New Yorker, I knew that coming home would present many opportunities of connecting with family, relatives and old friends, but I was unprepared for the added benefits of being a part of the extraordinary occasions here as Fort Hamilton's commander. Retiree Appreciation Day is indeed one of those special times when I can humbly partake in sharing my appreciation. This year, Fort Hamilton celebrated its 190th birthday. That legacy includes the longstanding partnerships we have cemented with our supportive neighbors beyond our gates where our retirees have lived and worked. The Fort Hamilton community is pleased to continue to extend that support and appreciation. As many of you know, the annual Retiree Appreciation Day Wellness Fair is a component offered in conjunction with a ceremony at the theater and lunch at the Fort Hamilton Community Club -- an event that usually attracts about 350 - 500 retirees and family members and 30-40

agencies a year at the fair. As usual, the retiree counsel, the garrison team and FMWR have worked tirelessly as one team to make this year's fair even better. The post theater doors will open for registration at 8 a.m. with the program starting at 9 a.m. I do hope you are available to attend and I look forward to seeing you again. Fort Hamilton stands ready to support you and your family members.

Army Strong!

Joseph D. Davidson
Colonel, Armor
Fort Hamilton Garrison Commander



COL (R) Judith Lemire Retiree Council Chairman

Greetings! I am honored to again serve as this year's Chairman for the Retiree Council. For those not familiar with the Council, we are organized with the specific purpose of advising

the Garrison Commander on issues which impact on Retirees. While our charter is based on an Army regulation, we welcome both members and issues from all branches of service. Although centered at Fort Hamilton, our geographic community extends well beyond Brooklyn. We have Council members from the greater metropolitan area to include all Boroughs of New York City, Long Island, and New Jersey. In fact, if you are receiving this bulletin, your support comes from Fort Hamilton! We are very fortunate at Fort Hamilton to have an amazing Retirement Services Officer (RSO), Ms. Wanda Mills, who is a retiree herself, continues to serve

us all. Like the Council, the RSO position is established by the Army but supports retirees from all branches, dedicated to getting both pre- and post-retirement services to all. As retirees, we have also been given amazing support from the Fort Hamilton command team, COL Davidson and CSM Fauntleroy. One of the primary responsibilities of the command and the Retiree Council is to get information out to retirees. We do this in a number of ways. This bulletin, of course, is one. The Fort Hamilton retiree webpage, <http://www.hamilton.army.mil/Retirees.aspx> and Facebook page, <https://www.facebook.com/USAGFortHamilton>, provide timely updates on events. And don't forget the ever popular annual Retiree Appreciation Day (RAD), scheduled this year for **24 October 2015**. The RAD never ceases to amaze me. Every year it simply gets better and better. This command performance, supported by the Retiree Council, includes great information, socializing and networking opportunities, as well as a chance to sample some of the super support services available to us on Fort Hamilton, such as MWR, the Exchange, and the Commissary. From great updates from Department of the Army and the Defense Finance community to motivational speakers and a Wellness Fair, this is a great opportunity to receive information updates and to discuss issues with Council members or the RSO. If you have yet to attend, you are in for a treat. We anticipate continued great support from the military community, veteran's organizations, and the Veterans Administration. As retirees, you are all entitled to the great thanks from this nation, as well as some hard-earned benefits. The RAD is a great opportunity to ensure you are aware of all of these! Finally, we would like to invite you to join us! Again, we welcome members from all branches and components

– this helps us better represent the larger community. The formal time obligation is minimal – we only meet four times a year. The greater benefit comes from our informal links to the retiree community, where we can spread the word about support services and collect issues that are on your minds and bring them to the command. If you believe you can be of service to our community through the Council, please contact the RSO or talk to us at the RAD.

Judith Lemire, COL, USA (Retired)



**Wanda E. Mills
Retirement Service Officer**

Greetings to the Fort Hamilton Retiree, Survivor Community! This edition marks my fifth year as your Retirement Services Officer, and with great honor, I

continue to be a resource for the Retiree Community. In 2014, the Army Retirement Services Office moved under the Army Soldier for Life Program. The ultimate goal is to have "Soldiers for Life" with pride in their past military service who maintain a strong bond with the Army. Going forward you will see the Retirement Services Offices rebranded as the Soldier for Life-Retirement Services Office (SFL-RSO). I would like to welcome you to my most superb time of the year, it's our opportunity at Fort Hamilton to show appreciation to those military members and their families for your tremendous sacrifices and outstanding service. We proudly open our doors as the only military base in the New York City Metropolitan area.

This year the Fort Hamilton Retiree Council will be hosting its annual Retiree Appreciation Day on **Saturday October 24, 2015**. On behalf of COL Joseph D. Davidson, the Commander of Fort Hamilton, our invitation goes out to all military retirees, spouses, widows and widowers of all branches of the services. The post theater doors will open for registration at 8 a.m. Please feel free to arrive a little early as we will offer light refreshments to get you energized. The program will start at 9 a.m. immediately after the program, at **10:30**, we will have an Information and Health Fair at the post gymnasium. The fair will have representatives from more than 40 local, state, and federal organizations. The fair will be a great opportunity to have your questions answered by subject matter experts concerning their programs and your benefits. This will give you a chance to renew old acquaintances and make new ones. On the day of the event, Fort Hamilton will provide a shuttle bus for your convenience. The shuttle bus will start its route in front of the post theater and will make scheduled stops at other facilities on post such as the Community Club, which will prepare a special lunch menu, the Post Exchange, DEERS ID card section and the Commissary. As always, it is our pleasure to recognize you for your outstanding dedication, contributions, and continued support. If you need assistance with submitting your retirement packets, Survivor Benefit Plan, Report a Death, or records updates please feel free to stop by the Fort Hamilton Retirement Services Office. My office is located on the first floor of building 114N ,White Avenue room 101B. Hours of operation are Monday-Friday from 8:00-12:00 and 1:00-4:30. I look forward to assisting you and hope to see you on **Saturday, 24 October 2015** at our annual

Retiree Appreciation Day event. For additional information you can contact me at (718) 630-4552, Wanda.e.Mills.civ@mail.mil.

Upcoming RADs

- FT Belvoir, VA, 18 Sep
- FT Drum, NY, 23 Sep
- FT Meade, MD, 23 Oct
- FT Hamilton, NY, 24 Oct**



The Fort Hamilton Retiree Council Members consists of Retirees from Army, Air Force, Navy, Marines and Coast Guard. The Retiree Council meets on the first Thursday of March, June, September, and December. For additional information on membership contact the Fort Hamilton Retirement Service Officer at (718) 630-4552.



Fort Hamilton's Retiree Council Members are:

Ms. Wanda E. Mills, **Retirement Services Officer**

COL Judith Lemire, **CHAIR**

SPC Catherine Laporte, **1st VC**

LTC John O'Leary, **2nd VC**
LTC Glennie Millard, **SECY**
ISC Tom Crockett, **Asst SECY**

MEMBERS

COL Albert Arnold
LCDR Aryeh Oberstein
LTC Lee Anderson
LTC Joseph Schroder
LTC Robert Farkas
LTC Michael King
MCPO Wilfredo Cotto
MAJ Jose Hernandez
MAJ Sang Lee
CPT Robert Borowski
CAPT Henry Plimack
1st LT Robert Palisay
CSM Juan Caez
MSG Mercedes Kelly
SFC Ronald Peters
SFC Wilyshia Franklin Clarke
SSG Stephanie Walthair
SSG Christene Trent

Military Personnel DEERS ID The Fort Hamilton's DEERS/ID Card Section located in Building 114N, White Ave, Brooklyn, NY now accepts online appointments. Under this new web-based system, you can view availability, schedule appointments, check statuses, or cancel/change your appointment date and time.

You can access the appointment scheduler by visiting <http://www.hamilton.army.mil> and click on the DEERS/ID link or directly at <http://rapids-appointments.dmdc.osd.mil>. For information/appointments, call (718) 630-4557.

DEERS/ID SECTION HOURS OF OPERATION:

Monday-Thursday: 0800-1600

Friday: 1000-1600

(Last customer seen at 1530)

***** THIS OFFICE IS NO LONGER OPEN ON SATURDAYS *****

When to Update DEERS: Update DEERS whenever you have a change (this list is not all-inclusive): Change in sponsor's status, [Retiring](#) or [separating](#) from active duty National Guard or Reserve member [activation](#) or [deactivation](#), Change in service status (e.g. enlisted to officer, branch change) . Getting [married](#) or [divorced](#) ,[Having a baby](#) ,[Moving](#) to a new location for any reason, [Becoming eligible for Medicare](#) , [Death of sponsor](#) or family member. If you're enrolled in a TRICARE Prime option or if you've purchased TRICARE Reserve Select, TRICARE Retired Reserve or TRICARE Young Adult, remember to also change your address with your regional contractor.

Retiree ID card expiration date

Retiree identification cards no longer have "INDEF" as an expiration date. The expiration date will now be effective the day before the retiree's 65th birthday. It is a reminder to retirees that they must enroll in Medicare Part A and B to retain their TRICARE for Life eligibility. Retirees and their eligible spouses will continue to have all their benefits as well as be enrolled in DEERS. If the retiree ID card was issued before the change took effect, the retirees do not need to get a new ID. Retirees with cards showing the expiration date will get a replacement card showing indefinite status

once they turn 65, and spouses' cards will read "INDEF" once they turn 75. For more information, contact the DEERS ID Card Section at 718-630-4557.

Gray Area Retirees:

Retirement package (DD 108) must be submitted no later than your 59th birthday. If assistance is needed please contact the RSO office for an appointment. Turning 60 and unsure of your next step as a retiree? If so, briefings will be conducted as requested for gray area retirees reaching 60 years of age. It is recommended that any retiree interested in attending should contact the RSO at (718) 630-4552 about two months prior to their sixtieth birthday. Areas that will be reviewed include, but are not limited to TRICARE, myPay and SBP.

How to request a DD Form 214

To request your DD Form 214:

- visit: <http://www.archives.gov/veterans/military-service-records/>
- mail or fax a completed SF 180:
National Personnel Records Center
Military Personnel Records
9700 Page Avenue
St. Louis, MO 63132-5100
FAX: (314) 801-9195

All requests must be signed and dated by the veteran or next-of-kin.

New Retirement Services Website:

Retirement Services has a new website that was created just for the Retirees'. The site will assist with current events and benefit updates. We encourage you to stay plugged in at your leisure. For more information you can visit: <https://soldierforlife.army.mil>.

Feedback Is there something you would like to see in our next retiree bulletin? Let us know! Contact Wanda.e.mills.civ@mail.mil at 718-630-4552 with your suggestions!

Keeping in step to stay active and healthy during retirement

As you get close to and move into retirement there are many changes that occur in this new phase of your life. Just because you have taken off your boots doesn't mean you can decrease your physical activity. The [Performance Triad](#) encourages us all to achieve 10,000 to 15,000 steps a day, use proper resistance training techniques, and prevent overtraining. Doing something convenient and that you enjoy makes staying active easier. Walking, jogging, cycling, swimming, muscle strengthening and endurance resistance training are some of the ways to be physically active. Staying physically active can:

- Increase energy
- Tone muscles, easing back pain
- Reduce stress, helping you relax and sleep better
- Manage body weight by burning more calories and controlling appetite
- Reduce risk of heart attack and type 2 diabetes
- Manage high blood pressure and diabetes
- Slow osteoporosis bone loss

It is always a good idea to consult a healthcare provider to be sure there is no health problem or physical reason that would limit your exercise plans. The following points are important to keep safe and ensure your activity is effective. If walking or running, choose safe places with several different routes for variety.

Schedule time in your daily routine that will be the most consistent.

- Find a partner or group of people to exercise with you.
- Wear athletic shoes that fit well and will cushion your feet and absorb shock.
- Wear clothes that will keep you dry and comfortable.
- Wear a hat - a warm knit cap in the winter

and a baseball cap in the summer.

- Begin with a warm-up, for 5 to 7 minutes. A focused and tailored warm-up can increase performance and decrease the risk of injury. Gradually increase your activity to a moderate pace for the main routine. Cool down by ending with slower activity for 5 minutes.
- Stretch the major muscle groups (back, chest, hips, legs) after wards. Hold each stretch for 20 seconds.
- Exercise most days of the week, but plan for at least three to five. To prevent injury, do not increase your intensity and your distance or time in the same week. If you exercise less frequently, progress more slowly.
- Drink water before, during, and after you participate in an activity.
- Stay aware of your surroundings.

Wear bright colors or reflective tape after dark so that motorists can see you.

A successful physical activity program that lasts a lifetime takes commitment. As motivation, purchase an activity tracker to count how many steps you take, the distance you go, and how long it takes. Using one of the many activity monitoring devices makes it easy and fun! The goal is at least 10,000 steps a day. An activity tracker might help you go an extra lap around the neighborhood to get to 10,000 steps. They are able to detect body motion, count footsteps, display calories burned, distance walked, and time elapsed. Joining a local group that enjoys a similar activity can also be fun, and a way to make new friends. Sometimes things will interrupt your plans to stay physically active. Don't let a few days off sabotage your dedication to stay fit and maintain good health. Keep from getting discouraged by setting realistic goals. Include simple lifestyle changes that will increase your daily activity, like taking the stairs, parking at the end of the parking lot, or walking the dog twice a day. Even though staying active can be difficult when major life changes take place, keep your goals in mind. Stay strong in your commitment to make retirement a journey

that includes maintaining your health through fitness and injury prevention. Learn more about staying active on the [Army Medicine 'Activity' web page](#).

Army rebrands Retirement Services Offices

Recently, the Army began rebranding its Retirement Services Offices (RSO). The RSO is now the Soldier for Life Retirement Services Office. The rebranding is more than just a name change. It solidifies the Army's mindset that retiring Soldiers, the seventeen percent who stay long enough to earn retired pay, will receive the benefits advice and transition resources they need to become the Army's most experienced advocates in civilian communities. Since its launch in 2012, the Army has continually expanded its Soldier for Life program. Beginning with the concept that being a Soldier is an identity a person never loses; Soldier for Life has expanded into more noticeable areas. Starting last fall, the Army began rebranding the Army Career and Alumni Program (ACAP) as the Soldier for Life Transition Assistance Program. SFL-TAP's focus is now on awarding civilian credentials and certifications for military skills and translating Army skills and terms into terms civilian hiring managers understand and are looking for in the people they hire. The emphasis is on ensuring that each Soldier is prepared for the transition process and can quickly secure civilian employment or schooling.

Rebranding ACAP was the first step in creating Soldier for Life Centers on Army installations. Rebranding the RSO is the second step. To ensure that RSOs are prepared to properly advise retiring and Retired Soldiers, the Army launched two online certification courses for the RSOs in both the active and reserve components and is in the process of launching a third course.

New U. S. Army Retired Lapel Buttons are now available

WASHINGTON — The new U. S. Army Retired Lapel Button (depicted below) is now available through the Exchange stores and websites visit: www.shopmyexchange.com . The lapel button costs \$5.80 online and the larger Retired Service Identification Badge, which is worn by Retired Soldiers on the Army Service Uniform, costs \$12.25. To quickly find the new items on the Exchange website, just type “Soldier for Life” into the keyword search box at the top of the site and hit enter. The Army logo in the middle of the new U. S. Army Retired Lapel Button and Retired Service Identification Badge is slightly different than the official Army logo due to manufacturing requirements.



FREE Eye Glasses for Retirees

Retired members of the Uniformed Services are authorized the free issue of one pair, every 12 months, standard military issue, recruit type, brown eyeglasses. No other frames are available and Family members and surviving spouses of Retirees are not entitled to receive the eyeglasses. The eyeglasses are available from the Naval Ophthalmic Support and Training Activity (NOSTRA). To obtain more information on receiving your eye-glasses go to ww.med.navy.mil/sites/nostra/order/Pages/Retiree.aspx and select the “How to Order: You can also contact NOSTRA at 757-887-7611.



WHO IS YOUR DESIGNATED BENEFICIARY FOR YOUR UNPAID RETIRED PAY?

Your retiree Account Statement lists the person or persons you designated to receive your prorated final pay known as Arrears of Pay (AOP). Entitlement to retired pay stops on the date of a retiree’s death. For example, if a retiree dies on the 3rd of the month, 3 days worth of unpaid pay would be payable to your beneficiary. The AOP may include overpaid SBP premiums and returned allotment payments for the final month. Be sure your information is current! The Beneficiary Designation Form (DD Form 2894) allows you to elect one or more beneficiaries, assigning a percentage of the total to each. You can designate anyone to be your beneficiary. You will need to provide the name, address, social security number and relationship of each beneficiary. The form is available online at: www.dfas.mil under ‘Retired Pay’ or ask your RSO at 718-630-4552.

Enroll in the TRICARE Retiree Dental Program Today and Save!

Do you see your dentist at least twice a year for regular check-ups? If so, you have an excellent chance of keeping your teeth and gums healthy for a very long time. But even routine dental care can be costly—sometimes averaging several hundred dollars each year. Fortunately, the TRICARE Retiree Dental Program (TRDP) will keep you smiling at a low cost.

Here are some reasons why the TRDP is such a good value: You get your routine services of two cleanings (or three cleanings with diagnosed Type 1/Type 2 diabetes), two exams and an x-ray annually **with no cost share when seeing a TRDP network dentist** and these services do not count towards your annual maximum or deductible! There is a large network of dentist locations to choose from – and better yet, you save 22% when you use a network dentist. To find one near you, simply use the “Find a Dentist” link at trdp.org. Network dentists accept the “allowed fee” as the maximum fee for covered services, so there are no costs to you beyond your cost share. Each enrollee gets a \$1,300 annual maximum, a \$1,200 annual dental accident maximum and a \$1,750 lifetime orthodontic maximum. The TRDP coordinates benefits with other dental plans, maximizing your overall coverage under both plans.

To enroll in the TRICARE Retiree Dental Program, visit trdp.org and choose the method that works best for you: enrolling online using the Quick Link to the Beneficiary Web Enrollment (BWE) site is quickest, or you can print an application from the TRDP website and mail it to Delta Dental along with your prepayment amount. In addition to using a network dentist to save money, enrollees are also encouraged to utilize the Consumer Toolkit[®] on trdp.org. The Consumer Toolkit allows enrollees to verify program eligibility; review benefit time limitations and exclusions, coverage levels and remaining maximums and deductibles; check on the status of processed claims and claim payments; sign up to receive electronic Explanation of Benefits statements, and more. **The TRDP offers more than just great coverage to help you maintain your smile.** Preventive dental care is the number one way to keep your smile healthy. Delta Dental's [SmileWay[®] Wellness site](http://SmileWay.com) available at trdp.org is your one-stop shop for oral health-related tools, tips and resources for smiles of all ages. Take one or both of the

interactive quizzes to see if you are at risk for cavities or gum (periodontal) disease. When you receive your quiz results, you can sign up to receive customized emails based on your risk level. You can also get the most recent news and information about your TRDP benefits delivered directly to your email inbox. To receive email updates, visit trdp.org/retirees to “Stay Informed” with the latest news about the TRDP. Sign up for Delta Dental’s wellness newsletter, *Grin*, and be sure to connect with the TRDP on [Facebook](https://www.facebook.com/trdp.org) and [Twitter](https://twitter.com/trdp.org), too! We all know that reducing paper waste by communicating electronically is good for the environment. But making use of the dynamic communications technologies that are readily available also helps to increase efficiencies and lower the cost of administering the TRDP—and keeps your premiums affordable. Thank you for your service! The TRDP appreciates the opportunity to help you maintain, and improve, your overall health.

Articles for this newsletter do not necessarily reflect the position of the Department of the Army, or Fort Hamilton, NY. We do our best to ensure accuracy. The materials in this new newsletter were provided by a number of sources. The Soldier for Life– Retirement Services Office (SFL-RSO) publishes the Retirement Services Newsletter in accordance with AR 600-8-7.

The SFL-RSO is located in Building 114N, White Avenue, RM 101B, Brooklyn, NY 11252. You can contact the office at 718-630-4552 or www.hamilton.army.mil.

DIRECTORY

Arlington National Cemetery: (877) 907-8585 <http://www.arlingtoncemetery.org>

Armed Forces Retirement Home: (800) 422-9988; <http://www.afrh.gov>

Army & Air Force Exchange Service:
<http://www.aafes.com>

Army Career & Alumni Program: (800) 325-4715; <http://www.acap.army.mil>

Army Emergency Relief: (866) 878-6378;
<http://www.aerhq.org>

Army Homepage: <http://www.army.mil>

Army Knowledge Online: <https://www.us.army.mil>

Army Temporary Lodging Program: (877) 711-8326; <http://www.pal.army.mil>

Reservations: <http://www.ihgarmyhotels.com>

Army Retirement Services: <http://www.soldierforlife.army.mil>

Casualty Assistance Checklist for Retirees: <http://www.armyg1.army.mil/rso/docs/Post/CasualtyAssistanceChecklist.pdf>

Combat-Related Special Compensation: (866) 281-3254 opt.4;

<https://www.hrc.army.mil/TAGD/CRSC>

Commissary: <http://www.commissaries.com>

Concurrent Retirement & Disability Pay: (800) 321-1080,

<http://www.dfas.mil/retiredmilitary/disability/crdp.html>

Death — Report a Retired Soldier's Death: Call HQDA Casualty Operations Center, (800) 626-3317; from overseas, call (502) 613-3317

collect. <https://www.hrc.army.mil/TAGD/Reporting%20A%20Death>

Echoes: <http://soldierforlife.army.mil>

Funeral Honors (Military): Army Coordinator: (502) 613-8218

TRICARE Information <http://www.tricare.mil>

TRICARE North: (877) 874-2273; <https://www.healthnetfederalservices.com>;

CT, DC, DE, IL, IN, KY, MA, MD, ME, MI, NC, NH, NJ, NY, OH, PA, RI, VT, VA, WI,

WV, some ZIPs in IA, MO, TN

TRICARE South: (800) 444-5445; <http://www.humana-military.com/south/bene/beneficiary.asp>;

AL, AR, FL, GA, LA, MS, OK, SC, TN (except 35 TN ZIP

codes near Ft Campbell), and TX (except the extreme SW El Paso area)

TRICARE West: (888) 874-9378; <https://www.triwest.com>; AK, AZ, CA, CO,

HI, ID, IA (except 82 Iowa ZIP codes near Rock Island, IL) KS, MO (except the

St. Louis area), MN, MT, ND, NE, NM, NV, OR, SD, SW TX, UT, WA, WY

TRICARE Overseas: (888) 777-8343; <http://www.tricare.mil/overseas/index.cfm>

TRICARE for Life: (866) 773-0404; TDD (866) 773-0405);

<http://www.tricare.mil/tfl/default.cfm>

TRICARE Pharmacy Home Delivery: (877) 363-1303;

<http://www.tricare.mil/mybenefit/home/Prescriptions/FillingPrescriptions/TMOP>

TRICARE Retail Pharmacy: (877) 363-1303; <http://www.express-scripts.com>

TRICARE Retiree Dental Plan: (888) 838-8737; <http://www.TRDP.org>

Recreation Centers <http://www.armymwr.com>

Hale Koa Hotel, Hawaii: (808) 955-9424; (800) 367-6027; <http://halekoa.com>

Eidelweiss Resort, Bavaria: 011-49-8821-9440

<http://www.edelweisslodgeandresort.com>

Shades of Green, Florida: (888) 593-2242; (407) 824-3665

Dragon Hill, Korea: 011-82-2-7918-222 <http://www.dragonhillodge.org/DiscoverSeoul/>

Marine Corps Semper Fi: <https://www.manpower.usmc.mil/> then click Career/Retired Marines, then Semper Fidelis Newsletter

Navy Shift Colors: <http://www.navy.mil/> then click Links/Shift Colors

Fort Hamilton Phone Numbers

AAFES/PX (718) 748-3440

Army Emergency Relief (AER) (718) 630-4462

Barbershop (718) 745-6836

Strike Zone Bowling (718) 630-4440

Chapel (718) 630-4969

Cleaners (718) 836-4530

Commissary (718) 630-4960

Community Club (718) 630-4903

Fort Wadsworth MWR (718) 354-4407

Guest House (718) 630-4892

ID Cards (718) 630-4557

Legal Assistance (718) 630-4743

Library (718) 630-4875

DES Police Front Desk (718) 630-4144

Museum (718) 630-4349

MWR Fitness Center (718) 630-4793

Post Operator (718) 630-4101

Retiree Services (718) 630-4552

Thrift Shop (718) 630-4166

General Colin Powell USO (718) 630-1023

ANNUAL MILITARY RETIREE APPRECIATION DAY



FORT HAMILTON MILITARY COMMUNITY RETIREE COUNCIL

WELLNESS & INFORMATIONAL BOOTHS • GUEST SPEAKERS • CONTINENTAL BREAKFAST AND MORE!

**SATURDAY OCTOBER 24, 2015
9 A.M.**



POST THEATER

Fort Hamilton, Brooklyn, NY

*Live Music * Health & Wellness Fair * Luncheon * Benefit Updates*
RECONNECT WITH THOSE YOU SERVED WITH!

20 YRS+ SERVICE RETIREES! MEDICAL RETIREES! SURVIVING SPOUSES - JOIN US!

For More Information: Call the Retirement Services Office - (718) 630-4552
RSVP online @ www.hamilton.army.mil or visit



USAGFortHamilton

RETIREE APPRECIATION DAY

Wellness Fair

Available Sessions:

- Fitness Tours
- Mini Massages
- Wellbeing Guidance
- Medical & Insurance
- Nutrition Consultations
- And much more

DATE: SAT / 24 OCT. 2015

TIME: 1030hrs.

Fort Hamilton, FMWR Sports & Fitness Center

402 MacArthur Rd. Brooklyn, NY 11252

P: 718.630.4935



Well Being



Awareness



Health Screenings



Fort Hamilton
RETIREE APPRECIATION DAY
ADVANCE RAD REGISTRATION - RSVP FORM

SAVE THE DATE!

24 October 2015 ♦ 0900 – 1500 hrs

(Pre-Briefing Registration Coffee opens – 0800 hrs ♦ Briefing begins – 0900 hrs)

Colonel Joseph D. Davidson, USAG Fort Hamilton, Commander's Briefing ♦
Fort Hamilton Retiree Council Greetings ♦ USO Entertainment ♦ Wellness Fair
Pre-Briefing Continental Breakfast hosted by Fort Hamilton Retiree Council

WHATS NEW?

Headquarters Retirement Services - Soldier For Life ♦ DFAS ♦ TRICARE ♦ Delta Dental ♦
Department of Veterans Affairs ♦ FMWR Luncheon in the Fort Hamilton Community Club
with LIVE Band ♦

Reconnect with those you have served with!

2015 SPEAKERS & PRESENTERS

Mr. Lyn Johnson, served U.S. Marine Corps, Department of Veterans Affairs
Mr. Mark Overberg, Deputy Chief, Army Retirement Services, Soldierforlife

*RAD Luncheon- \$15.00 per person. For your convenience, please present cash or AMEX/VISA/MC upon arrival to FHCC.

RSVP - Fort Hamilton Retiree Appreciation Day – Saturday, 24 October 2015 - 0800hrs - 1500hrs

RETURN RSVP FORM: Please complete, and mail. Return or postmark, no later than **15 October 2015** to:
USAG Fort Hamilton, Retirement Service Office, Attn: Ms. Wanda Mills, RSO Officer,
Bldg. 114, Room 101B, Brooklyn, N. Y. 11252

Receiving Retired Pay Not Yet Receiving Retired Pay (Gray Area)

First Name: _____ **Last Name:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Home Phone: (____) _____ **Cell Phone:** (____) _____

Email: _____@_____.

Do you have a Facebook Page or Twitter?

www.Facebook.com/ _____ **www.Twitter.com/** _____

Please "X" all RAD activities that you will attend:

- Post Theater Commander's Briefing
- Wellness Fair
- RAD Luncheon presented by FMWR. (Please do not mail payment)
- I will bring a dependent GUEST (who holds a valid military ID Card)

Guest First Name _____ **Guest Last Name:** _____

www.Hamilton.Army.Mil ♦ www.facebook.com/USAGFortHamilton

UPCOMING EVENTS:

September: (National Hispanic Heritage Month)

11th- 9/11 commemoration Ceremony

12th- Run for the Fallen

18th- POW/MIA recognition ceremony

October: (National Disability Employment Awareness Month)

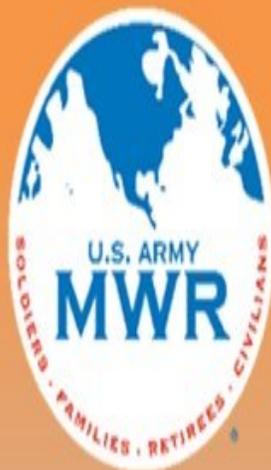
24th- Fort Hamilton Retiree Appreciation Day

November: (American Indian/Alaskan Native Heritage Month)

6th- Veteran's Day recognition ceremony

December:

12th- Children's Christmas party



Community Activity Center Events

USAG Fort Hamilton Brooklyn, NY

For more information # **718-630-4916**

E-mail to RSVP: Bilqis.Z.Benu.civ@mail.mil

POC: Bilqis Benu, Recreation Specialist

POC: Imani-joi Chambers, Recreation Assistant

Location: 124 Wainwright Dr. (Lane 8 Bowling Center)

Check in: Lane 8 Bowling Center Lobby

Eligibility: Military Service Members, Retiree's & DOD Civilians & their Guests *ID Card Holders only

**MILITARY PERSONNEL SERVICES
114 WHITE AVENUE
US ARMY GARRISON FORT HAMILTON
BROOKLYN, NY 11252**