

Retiree Bulletin

FORT HAMILTON MILITARY COMMUNITY

MAY 2009

RETIREE APPRECIATION DAY ATTRACTS SEVERAL HUNDRED AREA MILITARY RETIREES



Retirees and family members descended on Fort Hamilton September 27 for the Fort's annual Retiree Appreciation Day where they were honored for their service and provided in depth information about benefits, services and opportunities available to them. The day featured several hours of discussion and entertainment at the post theater followed by an information fair at the gym and a buffet lunch at the Fort Hamilton Community Club.



and vowed to ensure Fort Hamilton would continue to provide the best service and facilities possible for them and their families. "My goals as Command Sergeant Major are simple: they are to determine what's broken so we can fix it; to look to improve things that are already working well so we can get better, and to identify new initiatives and services that will make Fort Hamilton the best we can offer you."



Command Sergeant Major (CSM) Sylvia P. Laughlin provided a rousing keynote address in which she thanked all veterans for their service



The USO Singing Troupe and Carl Thomas, who provided a mixture of standards and patriotic songs throughout the morning, entertained the large crowd.



At the gym, retirees gather information on programs and services available to them, from combat-related special compensation and insurance to the post gymnasium offerings that are available free to eligible patrons.

ARTICLE BY FORT HAMILTON PUBLIC AFFAIRS OFFICE



their country. Dozens of service members, families, friends and local community leaders gathered to do their part in extending long overdue respect and gratitude to the many Vietnam veterans in attendance.

HAMILTON RECOGNIZES VIETNAM VETS



Keeping in step with the New York State Senate’s final passage of Senate Bill S. 6472 designating March 29 as Vietnam Veterans’ Day to recognize the sacrifices of Vietnam War Veterans, as well as this year’s Army theme, “The Year of the NCO”, Fort Hamilton, led by its NCOs, honored the unheralded heroes at the post theater March 27, 2009. Nearly 35 years ago, on March 29, 1973, the last 2,500 troops were withdrawn from South Vietnam thus ending U.S. military involvement in the longest war in our nation’s history. Due to the war’s unpopularity, the many men and women who fought, and the 58,195 service members who gave their lives, were never given the proper respect and gratitude they deserved for serving



“NCOs are involved in both sales and production” said guest speaker W. Alexander Pas, entrepreneur and Vietnam veteran. “From a sales standpoint, they must take on the role of leadership and reflect that leadership to the men and women in which they lead. They must prove that they have what it takes to be responsible and earn respect. On the production side, they must produce what they say they are going to produce. NCOs, being the backbone of our military from 1776 to the present, have shown that we have a great military and we should be very proud of our NCOs. “There have been many great NCOs throughout our military history,” he continued. “who have bled, cried and even died, who were not recipients of the Congressional Medal of Honor, even though they were very deserving. Today, our men and women serving throughout the world are

receiving support from major organizations as well as the majority of our country's citizens." Pas, the owner of three businesses, is also a long-time and active member of several veteran organizations. "Some would say I've accomplished many things in my life, but when thinking back, I can proudly say that I owe it all to being an NCO." He encouraged those in attendance to always try to do the right thing. "There is always something to be done. We can always give back to the community. Even during times of homelessness and destitution, I picked myself up and found a new direction and moved forward."



Although you may need to take two steps back, take three steps forward to be ahead in the game." New York State Senator Martin Golden also attended and addressed the crowd. "This should not only be a state holiday but a national holiday to honor those who should have never been forgotten in the first place," he said. "Not many of us would have the strength leave our families, friends or lives to serve this nation, but our veterans bravely sacrificed everything to serve America. They give meaning to our liberty, democracy and our beautiful American flag." "It was an amazing event that brought tears to my eyes, especially when the Command Sergeant Major spoke," said Joe Kiadca, an Army Vietnam vet who served from 1968 - 1969. "It gave me a warm feeling inside to know that sincere appreciation was shown here."



Command Sergeant Major Sylvia Laughlin, Fort Hamilton's top NCO, gave a rousing, spirited show of appreciation for the Vietnam veterans' service as she commanded all current NCOs to stand and render a salute to them. "It was truly inspiring and something that should be an everyday thing," said Rudolph Thomas, a Vietnam veteran from 1967-68. "I've been doing veteran services for more than 30 years and it was encouraging to know and see that I still have something to offer."



ARTICLE BY FORT HAMILTON PUBLIC AFFAIRS OFFICE

RETIREE COUNCIL CHAIRMAN



The Fort Hamilton Retiree Council is currently recruiting new members to join its ranks. If you would like to have a voice, the retiree council is a good place to start. The Fort Hamilton Retiree Council members consist of retirees from the

Army, Air Force, Navy, Marines and Coast Guard. The Council meets in the Fort Hamilton Command Conference Room (Bldg 113) at 1530 hrs on the first Tuesday of March, June, September, and December. For additional information on membership, submitting issues, or attending meetings, contact the Fort Hamilton Retirement Services Office at (718) 630-4552 or email hamilton.rso@conus.army.mil.

ROBERT J. PALISAY
1LT USMC (RET)
CHAIRMAN, RETIREE COUNCIL

RETIREMENT SERVICES OFFICE (RSO)



It's that time of the year again and the Fort Hamilton Retiree Appreciation Day (RAD) is almost here. The Fort Hamilton Military Community has scheduled its RAD for Saturday 26 September 2009. Our theme for the 2009 RAD Fair is Health and Fitness. We have invited speakers from Army G-1 Retirement

Services, Defense Finance and Accounting Service, Combat Related Special Compensation, Veterans Affairs Harbor Health Systems, and the US Army Wounded Warrior Program. As always, the health and fitness fair will feature over 40 agencies from the NY area that provide benefits and services to retirees and their families. Each agency will have a table, information packets, and subject matter experts ready to speak with retirees and family members concerning their benefits and services. The Fort Hamilton Community Club (FHCC) will serve a special RAD lunch, starting at noon. You will receive a second RAD bulletin in August 2009. The August bulletin will have more details on the RAD ceremony, invited speakers, and agencies that will attend the Health and Fitness Fair. In addition, I offer my services to you as the only Retirement Services Officer in the NYC Metropolitan area. If you are in need of assistance, such as submission of retirement documents, Survivor Benefit Plan (SBP), reporting deaths, or records updates, please feel free to stop by the Fort Hamilton Retirement Services Office (RSO). My office is located on the first floor of building 114N White Ave in Room 113. Hours of operations are Monday – Friday 0800–1200 hrs and 1300-1630 hrs. I am looking forward to assisting you in any way I can. For additional information, you can call the Retirement Services Office at (718) 630-4552 or e-mail hamilton.rso@conus.army.mil. You can also visit the Fort Hamilton web site at www.hamilton.army.mil. For information on retiree services and updates on your benefits, you can also visit the retiree website at <http://www.armyg1.army.mil/rso/>. Be sure and mark Saturday, 26 September 2009 on your calendar. We look forward to sharing this day with you. As always, it is our pleasure to recognize you for your dedication, contributions, and continued support.

KEITH HARRY
RETIREMENT SERVICE OFFICER (RSO)

RETIREE ASSISTANCE, AMITYVILLE

Did you know there is a Retirement Service Office (RSO) in Amityville? The Amityville office is ran by volunteers under the auspices of the Navy. It is located at the Armed Forces Training Center in Amityville, 600 Albany Ave. Amityville, NY (Suffolk County). Call (631) 842-6620 X24 for assistance or to volunteer.

SOCIETY OF MILITARY WIDOWS

The Society of Military Widows (SMW) was founded in 1968 to serve the interests of women whose husbands died while on active duty or during retirement from the armed forces. SMW is a non-profit organization, whose purpose is to educate concerning the problems and needs of the military widow in today's society. Membership is open to all widows of deceased military personal of all ranks who possess a valid military ID card. The SMW Chapter New York meets at the Fort Hamilton Community Club at least once a month. It provides a friendly caring atmosphere in which to develop a social life with other military widows involved in serving the military community. As a member you will receive the NAUS Uniformed Services Journal that will keep you informed on legislative matters that are of concern. Please call: 718-727-2298 for further information.

DIRECT DEPOSIT

Do you know a retiree or surviving family member who gets their check in the mail? They should give electronic deposit a try! Every month, 730,000 veterans or survivors look for their compensation, pension checks or educational assistance payments in their mailboxes. Nearly all receive them, but theft and mail delays cause problems for some, which can be prevented by direct deposits. I urge those retirees and family members now receiving paper checks to join others whose payments are safely deposited electronically. VA is teaming up with the Treasury Department in a new campaign to protect government beneficiaries against the theft of funds and of their identities. Signing up for Retirement and VA direct deposit is easy – For retirement

contact your local Retirement Service Officer at (718) 630-4552 or e-mail:

Hamilton.rso@conus.army.mil. For VA call toll-free at 800-333-1795 or enrolling online at www.GoDirect.org. Veterans, and family members who receive VA payments, also can sign up by contacting a VA regional benefits office or their financial institution. Direct deposits relieve worry about mail delivery being delayed by severe weather or natural disasters. The deposits also eliminate trips to banks or credit unions to deposit checks, while providing immediate access to money at the same time each month.



SOCIAL SECURITY ADMINISTRATION (SSA)

If you were married or divorced recently and you changed your last name as a result, you will need to notify the Social Security Administration (SSA) about the change. If you do not and you file your tax return with your newly-changed name, the IRS computers will not be able to match the new name with the Social Security Number that they have for you on file, and, consequently, they will not process your return. Informing the SSA of a name change is quite simple. File a Form SS-5 at your local SSA office. The form is available on SSA's Web site at www.socialsecurity.gov, by calling 800-772-1213, or at SSA local offices. It usually takes about two weeks to have the change verified.

REMOVAL OF SSNs FROM DoD ID CARDS

DoD decided that SSNs will no longer be printed on ID cards. These changes are being made by the Department to protect the identity information of cardholders. Changes to ID cards will occur when the cardholders' expired cards are renewed. The removal of SSNs will occur in three phases, all of which will occur upon ID card renewal:

PHASE ONE: Remove Dependent SSNs by end of calendar year 2008

PHASE TWO: Remove printed SSNs from all cards* by end of calendar year 2009

PHASE THREE: Remove SSNs embedded in barcodes, beginning calendar year 2012

***GENEVA CONVENTIONS ID CARDS WILL RETAIN THE LAST FOUR DIGITS OF THE SSN.**

For frequently asked questions and more information regarding the SSN Reduction Plan, visit: www.dmdc.osd.mil/smartcard.

AKO UPDATE



All Active Army, National Guard, DA Civilians and Retired Army can

get a free email account through Army Knowledge On-Line (AKO). All you'll need to do is go online to www.us.army.mil and click on "new user" to register. You must enter your social security number, date of birth and initial pay entry date. If you are already using the "Army Knowledge Online" website, new security procedures will change the way you log in. To prepare for the new security protocol, the AKO system will present each user with a list of 20 questions. The user then provides answers to 15 of those questions. In subsequent logins, AKO will present three of those questions to the user, with multiple-choice answers. Once you're in AKO, be sure to visit AKO for Army Retirees, a gateway to a wealth of information including retiree resources on the Web and sites covering medical benefits, pay and state and regional resources. Be sure to add it to your favorites!

FREE EDUCATION FOR WOUNDED WARRIORS AND SPOUSES

The Computer Technology Industry Association (CompTIA) is an association of all the major computer manufacturers, software developers and companies that install and maintain computer systems for large and small companies all over the country. NAUS is a member of the Washington Chapter of the

CompTIA Educational Foundation that runs a program called "Creating Futures." The Creating Futures program was developed to provide veterans, spouses and survivors with the opportunity to obtain employable skills to achieve rewarding careers. Participants in the Creating Futures program have the opportunity to train towards four IT certifications, which, if you had to pay for, would cost up to \$10,000. In addition, the training is online and accessible via the internet 24/7 and can be accessed throughout the world. The Program is made possible through affiliations with member companies and non-profit partners to help individuals gain the skills for permanent employment. If you are a veteran or spouse and have an interest in the IT field, please check the information on the NAUS website on the Veterans News Page at [Http://www.naus.org](http://www.naus.org). Also to read more about the program check out the Comp TIA Creating Futures website under training and education at:

<http://www.comptia.org/>. NAUS also encourage its members and supporters to please contact members of their families or other veterans that you know and let them know about this great opportunity. Just ask them to say they heard about the program from the Washington CompTIA group. NAUS is trying to track how many people have applied and heard about it from their press release.

DEERS/ID CARDS

The Fort Hamilton's DEERS/ID Card Section is located in Building 114N on White Ave. For information and appointments, call (718) 630-4557. You can also make your DEERS/ID appointment online. It is as easy as:

- (1) Go to the Fort Hamilton Web page (<http://www.hamilton.army.mil/>)
- (2) Click on DEERS/ID appointments
- (3) Enter your desired date and choose your preferred time.

REPLACING DD FORM 214s

For a military discharge (DD Form 214), you can request it online: www.retrecs.archives.gov. You can also fax a request to NPRC at (314) 801-9195 or mail a request to:

National Personnel Records Center
Military Personnel Records
9700 Page Avenue
St. Louis, MO 63132-5100

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

VA/DoD RELEASE BENEFITS PLAN

The Department of Defense and Veterans Affairs Joint Executive Council has recently released a Strategic Plan for fiscal years 2009-2011 outlines its plans to improve the quality, efficiency and effectiveness of the delivery of benefits and services to service members, military retirees, their families and veterans through an enhanced DoD and VA partnership. The strategic plan comprises six parts, which are listed as goals that the Council hopes to achieve. The full plan is explained in a 50-page document on the DOD/VA Program Coordination Program Web Page at: <http://www.tricare.mil/DVPCO/default.cfm>.

MILITARY FUNERAL HONORS



In an effort to improve services for Military Funerals, the Department of Defense has developed a website:

<http://www.militaryfuneralhonors.osd.mil>.

It contains pertinent information for the general public and Funeral Directors about Military Funeral Honors, including step-by-step procedures to request them. The Department of Defense has also established a toll-free line for use by Funeral Directors only. Family members should work with their Funeral Directors if they desire Military Funeral Honors.

To obtain a Funeral Director Information Kit, please call Air Force Mortuary Affairs toll-free at 1-800-531-5803.

HOMELESS VETERANS

According to VA officials, more than 21,000 homeless veterans received rehabilitative care services in VA residential programs last year. More than \$334 million was spent on these specialized programs and nearly \$2 billion on overall health care costs for homeless veterans. The number of homeless veterans declined to a 10-year low in 2008 as a result of the combined efforts of VA, nonprofit and faith-based groups in communities, state programs, other federal agencies and Indian tribal governments. For more information on VA's homeless veterans programs contact the VA at (800) 827-1000.

BOARD TO REVIEW RATINGS FOR FAIRNESS

Service members who have been medically separated since Sept. 11, 2001 now have the opportunity to have their disability ratings reviewed to ensure fairness and accuracy. To be eligible for a review by the new Physical Disability Board of Review (PDBR), a service member must have been medically separated since Sept. 11, 2001 with a combined disability rating of 20 percent or less, and not found eligible for retirement. The differences between this new PDBR review and a Board for Correction of Military (or Naval) Record (BCMR/BCNR) review are in the instructions accompanying Form DD-294.

LEGAL ASSISTANCE

Fort Hamilton Legal Assistance office is located in the Lee House, Building 117, General Lee Avenue, the White House on the left as you enter the 101st Street Gate. Legal services are available to all retirees and their family members with I.D. cards. Help is provided for all personal and civil legal problems. There are four areas of the law for which representation cannot be provided: criminal law, labor law, business law relating to your business, and claims against the Government. Every effort is made to see urgent cases as soon as possible. For an appointment, call (718) 630-4743.

HOW TO RECEIVE A POST VEHICLE DECAL

Stop in at the Fort Hamilton Visitor Control Center (VCC) office, located at the 101st Street entrance gate. You need to have with you the following four (4) items: Valid driver's license, insurance card, registration, and military I.D. For additional information on eligibility call (718) 630-4377.

MILITARY FAMILY LIFE CONSULTANT PROGRAM

CYS Military Family Life Consultant (MFLC), Child and Youth Behavioral Consultant Services now available at Ft Hamilton. Military Family Life Consultants provide free, short-term, solution-focused, consulting services to military families and staff. All consultations are confidential and no records are kept. This service helps connect military families to available resources and provides support in challenging times. Topics may include, but are not limited to, deployment/reintegration issues, grief/loss/transition, parenting, communication and stress reduction. In conjunction with CYS, the MFLC can also work in the CDC or Youth Center providing support to staff, families, children and youth. Regular office hours are Weds 1-4pm at Bldg 137C Third Floor or by appointment. Please call 718-757-9408 to schedule an appointment.

VA HELPING WITH MEDICAL COSTS

For veterans struggling financially because of a job loss or decreased income, the Department of Veterans Affairs offers an assortment of programs that can relieve the costs of health care or provide care at no cost. Veterans whose previous income was ruled too high for VA health care may be able to enter the VA system based upon a hardship if their current year's income is projected to fall below federal income thresholds. The fall must be caused by a job loss, separation from service or some other financial setback. Veterans determined eligible because of hardship can avoid co-pays applied to higher-income veterans. Qualifying veterans may be eligible for enrollment and receive health care at no cost. Also eligible for no-cost VA care are most veterans who recently returned from a combat zone. They are entitled to five years of

free VA care. The five-year "clock" begins with their discharge from the military, not their departure from the combat zone. Each VA medical center across the country has an enrollment coordinator available to provide veterans information about these programs. Veterans may also contact VA's Health Benefits Service Center at (877) 222-VETS, or 8387, or visit the VA health eligibility www.va.gov.

ARMED FORCES VACATION CLUB (AFVC)

The Armed Forces Vacation Club (AFVC) is a "Space Available" program that offers Department of Defense affiliated personnel the opportunity to take affordable condominium vacations at resorts around the world for only \$329* per unit per week. The AFVC makes this possible by utilizing "excess" inventory at condominium timeshare resorts. "Excess" inventory consists of condominium units that resort owners do not use, which generally means off-season or short-notice travel. If you enjoy off-season activities in popular locations without the hassle of high-season prices, crowds and lines or if you can travel on 10 days notice or less, the AFVC offers an incredible vacation value.

You are eligible to participate in the Armed Forces Vacation Club if you are an active duty member, retiree, spouse, or dependent of the United States Uniformed Services (Air Force, Army, Coast Guard, Marine Corps, Navy, NOAA, USPHS; and inactive Reserve, Auxiliarist, and National Guard). Dependents must be 21 years of age or older. For additional information call (800) 724-9988 or visit the Armed Forces Vacation Club (AFVC) website at <http://www.afvclub.com>.

FORT HAMILTON NEWSLETTER

Are you interested in receiving information on Fort Hamilton events and happenings? Send an email to cathy.santopietro@conus.army.mil to be added to our weekly mailings. For additional information on upcoming events contact the Fort Hamilton Public Affairs Office at (718) 630-4783. See list of scheduled events on the next page.

DATE	EVENT/ACTIVITY
MAY 8	Spouse Club Basket Auction Fort Hamilton Community Club (FHCC)
MAY 14	Prayer Breakfast FHCC
MAY 10	Military Spouse Appreciation Day Army Community Service
JUNE 2	Fort Hamilton's Birthday
JUNE 2	Retiree Council Meeting
JUNE 14	Army Birthday/Flag Day
JUNE 20	Twilight Tattoo
JULY 3	Independence Day (Holiday)
SEPT 1	Retiree Council Meeting
SEPT 26	Retiree Appreciation Day (RAD)

FORT HAMILTON NOW LEASING!



Military Families, Single Service Members, Retirees, DoD Civilians & Federal Agency Employees Welcome!



AMENITIES INCLUDE:

- Utilities Included
- 24 Hour Maintenance
- Fully Equipped Modern Kitchens
- Great Views of Verrazano Bridge
- 3 Bedroom Homes
- Washer/Dryer Hookups
- Central Heat/Air

To apply visit our Management Office at: 137 Poly Place, 1B n Brooklyn, NY or call 718.630.4697 or visit Balfour Beatty Communities at www.fthamiltonhomes.com.

SPECIAL SURVIVOR INDEMNITY ALLOWANCE (SSIA)

The new 2008 National Defense Authorization Act (110-181) states that survivors of members who died on active duty are eligible for this benefit. DFAS Cleveland will automatically pay SSIA to surviving spouses whose Survivor Benefit Plan (SBP) accounts show a Dependency and Indemnity Compensation (DIC) offset beginning October 2008. Please contact DFAS-CL at (800) 321-1080 or contact your RSO for more information or to update your bank account information.

COST OF LIVING ALLOWANCE FOR CY 2009 (COLA)

At 5.8%, the COLA received in Retiree, Social Security, and VA paychecks was the largest received since 1982. The COLA is computed monthly by the US Department of Labor and represents the increase in consumer prices during FY 2008. From 1 Oct 2008 to 31 Jan 2009, the Consumer Price Index (CPI) has decreased by -4.5%. If inflation is negative for the entire fiscal year, retirees would see no COLA. The law, however, doesn't allow for a negative COLA for military retired pay, SBP, Social Security, etc. Please contact your RSO for more information.

**UNITED STATES CONGRESS HOUSE
ARMED SERVICES COMMITTEE MEMBERS**

NEW JERSEY:

Robert E. Andrews (D), 1st District
(202) 225-6501

Frank A. LoBiondo (R), 2nd District
(202) 225-6572

NEW YORK:

John M. McHugh (R), 23rd District
(202) 225-4611

Kirsten Gillibrand (D), 20th District, assumed office as junior US Senator from New York 26 January 2009.

SPORTS & FITNESS CALENDAR



CARDIO KICK BOXING

Tuesdays at noon. This 30 minute workout is great to add to any workout. Learn to kick & punch your body into the shape you'll love and leave others wishing!



POWER POSE (YOGA)

Wednesdays at noon. Improve your life - get connected - listen to your body - know when you've had enough to eat and what your body needs... don't think - know! Improve your life with yoga poses that strengthen you inside out & stretch your stress away at the same time. Stay well, stay fit, & save money.



TAI CHI

Wed 0930 and Fri 1030. Health, Meditation and Martial Arts all wrapped up into one great class. Tai Chi reduces pain, stress, anxiety, promotes balance, control, flexibility, opens internal circulation, cardiovascular fitness, and aids healthy respiratory function.

STRETCH AND ABS

Thursdays at 0630; This 30 minute workout can be added to the beginning or end of any workout session. Stretch the stiffness away and strengthen your core which also helps your spine.

JAZZERCISE

This class is great for all genders, for those that have had injuries, and or just getting back into the fitness groove. Aerobically Dance your worries away.

ALL CLASSES ABOVE:

NO FEE TO SERVICE MEMBERS OR CIVILIANS WITH VALID GOVERNMENT ID.



TAE KWON DO

Available Now! Check out this instructor in Cardio Kickboxing, Ray Coba 5th Dan Black Belt, is available to Instruct just let us know what day and time you would like a class offered. He's also interested in starting a Martial Arts Club on POST!

OPEN RACQUETBALL CHALLENGE

Every Tuesday & Thursday 5-7pm
Volunteer Instructor Available, Want to learn or Improve your swing? Sign Up Now!

Personal Trainers available just for you:

Lisa Edwards: 646-244-1120

Alex Hillian: 347-603-5603

RETIREE APPRECIATION DAY AND 5TH ANNUAL FITNESS EXPO 26TH SEPTEMBER 9

Join us for a wonderful Day of Appreciation in the theatre followed by the Fit Expo in the Sports and Fitness Center 402 MacArthur Rd.



Yoga - 1800 every Tuesday

Pilates - 1800 every Thursday

SPIN CLASS with Doris Hackett

Wednesday 22nd at 6:00pm

Saturday 25th at 11:00am

Indoor Cycling is a great workout no matter your fitness level. No complicated moves to learn, burn 600-1000 calories in a 45 min. workout! Simply hop on a bike and let your instructor guide you through an incredible ride in a group setting with energizing music.

No fee to Service Members

Civilians - \$5

We want to hear from you, please let us know what your sports & fitness needs are... FMWR is here for you!

CONTACTS:

Director, Mr. Walden 718-630-4727

E-mail: Charles.Walden@us.army.mil

Sports Specialist, Mr. Byrd 718-630-4793

E-mail: Charles.Anthony.Byrd@us.army.mil

Fitness Program Specialist, Ms. Bilqis Benu

718-630-4935 bilqis.benu@us.army.mil

FREE OPTIONS FOR HEALTHIER LIVING

YOGA FOR VETS is free for all veterans with proof of service. Family members, VA employees and veterans' health care practitioners are welcome to attend.

Thursday, 6:45 – 8:15 pm
Integral Yoga Institute (IYI)
227 West 13th Between 7th & 8th Ave.
Anu Bhagwati 347-401-2258
www.yogaforvetsnyc.org

YOGA CLASSES FOR VETERANS: The Queens Veterans' Center, in collaboration with the New York Sports Club, announced a collaboration to help veterans readjust to civilian life. Because of the proven benefits of yoga in helping to reduce stress, the New York Sports Club in Glendale, at 80-00 Cooper Avenue in Queens will offer free weekly yoga classes for veterans to complement the services provided by the Vet Center.

THE MEDITATION CENTRE AND GALLERY

306 Fifth Ave, 2nd Floor
Between 31st and 32nd Sts
Phone: 212-564-4335
Directions: Subway N, R, W, 6 to 28th St
Price: Free
When:
Mondays – Fridays, 6pm–6:30pm



MILITARY RETIREE APPRECIATION DAY



SATURDAY, 26 SEPTEMBER 2009

FORT HAMILTON THEATER, BUILDING 403

**RETIREES AND FAMILY MEMBERS FROM ALL BRANCHES
ARE INVITED TO ATTEND!**

For more info, call Fort Hamilton's RSO at:

(718) 630-4552 or 4930



RACHAP/RHAPP

Military retirees from active duty, Guard, and Reserve units who have hearing loss and/or tinnitus are eligible to participate in this program. Dependents of military retirees are ineligible to participate in this program throughout the US. Retirees can obtain hearing aids at significant savings by using our program. Two hearing aids can usually be purchased for less than \$2,000. Exact costs are variable and subject to change at any time without notice. Contact your nearest audiology clinic for further details. Note: Your closest clinic could be located hundreds of miles away from your home. The costs to travel for this program need to be considered versus the availability of an audiologist in your local community to assist you with repairs, warranty repairs, re-programming, etc. Not every medical facility is able to provide this program. Care of active duty members takes precedent at all MTFs. It is recommended that you contact the appropriate facility before incurring significant travel expenses. Facilities may discontinue this program for any reason without notice to us. Retirees can use any facility which will accept them; you don't need to return to your service affiliation to participate in this program.

THIS PROGRAM IS NOT A TRICARE BENEFIT.

Participating Military Installations servicing the NYC area:

CT-Groton
1-888-NAVY-MED

DC-Walter Reed AMC (No Wait List)
202-782-6643

VA-Ft Belvoir
703-806-3202



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