

# SAILOR**FOR**LIFE

Issue #4  
2026 SPRING/SUMMER

Veterans. Retirees. Families.



## KEEP MORE OF WHAT YOU EARN

Tax Information: Guidance to Navigate IRS Provisions and Requirements

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Supporting Families Caring for Veterans

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# SAILOR FOR LIFE

*Sailor for Life*, the magazine for Navy veterans, retirees, and families (NAVPERS 15886), is published in accordance with Department of the Navy (DON) Publication and Printing Regulations.

**Deputy Chief of Naval Personnel  
Commander, Navy Personnel Command:**  
Rear Adm. Kevin Kennedy

**NPC Public Affairs Officer:**  
Lt. Cmdr. Stuart Phillips

**Editor & Designer:**  
Marianna Filigheddu

**Send correspondence to:**  
Navy Personnel Command  
Sailor for Life  
5720 Integrity Drive  
Millington, TN 38055  
[Mill-S4Life@us.navy.mil](mailto:Mill-S4Life@us.navy.mil)

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**On the front cover:** Sailors, assigned to the Iwo Jima Amphibious Ready Group, signal to an MV-22B Osprey tiltrotor aircraft to land during flight operations on the flight deck of Wasp-class amphibious assault ship USS Iwo Jima (LHD 7). (U.S. Navy photo by MCSN Andrew Eggert)

*Sailor for Life* is a biannual digital-only magazine. Upon release of the publication, retirees and annuitants receive, via myPay, an announcement with the link to the online version.

Retirees and annuitants can update their email address on myPay at <https://mypay.dfas.mil/mypay.aspx>. Once logged in, select the "Personal Setting" tab at the top and click on "Email Address." Review and edit the "Personal Email Address" block if needed, and follow the prompts from there.

Readers can also download the current issue and access the "Sailor for Life Archive" at <https://www.mynavyhr.navy.mil/Media-Center/Publications/Sailor-for-Life/>.

To print a physical copy for yourself, follow these simple steps:

- 1. Select and open the issue:** Click on the link for the issue you wish to print. Most web browsers will open the PDF directly in a new tab, even without a dedicated PDF viewer installed. If the file downloads to your computer instead, locate it in the folder where you saved it (which is often the "Downloads" folder or your Desktop) and open it.
- 2. Locate the print command:** Once the document is displayed on your screen, you can print in one of these two ways:  
**Option 1 - Using the PDF viewer's toolbar:** Look for a printer icon in the toolbar that appears at the top of the document viewer. This is the most direct method.  
**Option 2 - Using the browser or system menu:** If you do not see a printer icon, you can use the standard keyboard shortcut (Ctrl+P on Windows or Cmd+P on a Mac) or go to your browser's main menu (three lines in the top corner) and select "Print."
- 3. Confirm and print the document:** After selecting the print command, a dialog box will appear. Confirm your settings, such as the selected printer and number of copies, and click "Print." You now have a hard copy ready for reading and sharing.

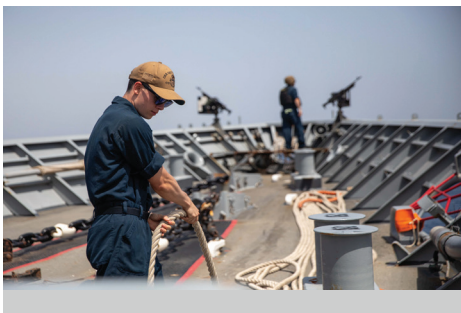
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# FLEET IN PHOTOS



Sailors, assigned to amphibious assault ship USS Essex (LHD 2), parade the colors during a change of command ceremony on the flight deck aboard Essex. (U.S. Navy photo by MC2 Nettie Mae Manfull)



A Sailor handles a mooring line aboard the Ticonderoga-class guided-missile cruiser USS Gettysburg (CG 64). (U.S. Navy photo by MC2 Kaitlin Young)



A Sailor tests a fuel sample aboard the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70). (U.S. Navy photo by MC2 Analice Baker)



A boatswain's mate operates a rigid-hull inflatable boat in the U.S. Central Command area of responsibility. (U.S. Navy photo by MC2 Kaitlin Young)



Aviation Structural Mechanic 3rd Class Ajuwon Tom, assigned to the Saberhawks of Helicopter Maritime Strike Squadron (HSM) 77, replaces sealant for blade tip caps on an MH-60R Seahawk. **(U.S. Navy photo by MC2 Bruce Morgan)**



Sailors fire M4 carbines during a small-arms gun shoot on the flight deck of the Ticonderoga-class guided-missile cruiser USS Gettysburg (CG 64). **(U.S. Navy photo by MC2 Class Kaitlin Young)**



A Navy landing craft, air cushion, assigned to Assault Craft Unit 5, exits the well deck of amphibious transport dock ship USS Somerset (LPD 25) as part of the Quarterly Underway Amphibious Readiness Training 25.2 off the coast of California. **(U.S. Navy photo by MC2 Nettie Mae Manfull)**



Gunner's Mate Seaman Jovan Stevens prepares to fire a shot line aboard the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) while pulling in to Port Klang, Malaysia. **(U.S. Navy photo by MC2 Analice Baker)**



Naval aviators prepare to take off in an EA-18G Growler assigned to the "Gauntlets" of Electronic Attack Squadron (VAQ) 136, during flight operations aboard the Nimitz-Class aircraft carrier USS Carl Vinson (CVN 70). **(U.S. Navy photo by MCSN Kenneth Ostas)**



Wheelchair basketball practice at Joint Base Pearl Harbor-Hickam Fitness Center, Hawaii. Navy Wounded Warrior coordinates the non-medical care of wounded, ill, and injured Sailors, and provides support to their families and caregivers. (U.S. Navy photo by Anna Marie Gonzales)

# VA CAREGIVER SUPPORT PROGRAM

From U.S. Department of Veterans Affairs

The Department of Veteran Affairs (VA) Caregiver Support Program (CSP) offers clinical services to caregivers of eligible veterans enrolled in the VA health care system. The program's mission is to promote the health and well-being of family caregivers who care for our Nation's veterans, through education, resources, and support.

[Find your local caregiver support team](#) located at every [VA facility](#).

**CSP carries out its mission through two programs:**

1. [Program of General Caregiver Support Services \(PGCSS\)](#).

The core of VA's Caregiver Support Program (CSP) provides peer mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources to caregivers of veterans. The veteran must be enrolled in VA health care and be receiving assistance from a caregiver in order for the caregiver to participate.

To enroll, please reach out to the facility [Caregiver Support Team](#) or request a referral from the veteran's provider.

2. [Program of Comprehensive Assistance for Family Caregivers \(PCAFC\)](#).

This program offers enhanced clinical support and services for caregivers of eligible veterans who have a serious injury or illness and require in-person personal care services among other requirements.

Please use this [form](#) to apply.

## Important update impacting the PCAFC

VA has published a final rule, which extends the transition period of legacy participants, legacy applicants, and their family caregivers (the legacy cohort), through Sept. 30, 2028. This means legacy participants, legacy applicants, and their family caregivers will remain eligible for PCAFC and will not experience a decrease in the monthly stipend amount based on a reassessment for the duration of the transition period (certain exceptions apply).

Learn more about the final rule [here](#). If you have questions, contact your local caregiver support team or call the Caregiver Support Line at 855-260-3274. The line is available 8 a.m. to 8 p.m. ET Monday through Friday.

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Phillip Billiot, an outreach specialist with the Wounded Warrior Project, briefs Sailors assigned to Commander, Navy Region Hawaii on the program's mission to support service members throughout their recovery and return to duty or transition. (U.S. Navy photo by MCC Jose Jaen)

Cont'd from previous page

## VA Caregiver support stipend scams

Caregivers and veterans, we recently learned of a potential scam that included an e-mail about VA Caregiver stipend recoupment and another potential scam that included a text asking for personal information to set up an informal meeting.

If you receive a suspicious email, or text from anyone representing the Department of Veterans Affairs, do not respond to the text, do not open the email or click on any attachments or links. VA does not send emails or texts asking for personal information. In addition, VA does not send threatening emails, or emails claiming to take adverse actions on claimants or beneficiaries (jail or lawsuits). If you receive any of these suspicious texts or emails, or are in doubt about any suspicious communication appearing to be from VA, please contact VA directly at 800-827-1000.

## Protect yourself against potential scams with these tips:

- **Do not** provide personal, benefits, medical or financial details online or over the phone. Federal agencies will not contact you unless you make a request.
- **Do not** click on online ads or engage with social media that seem suspicious.
- Enable multi-factor authentication on all accounts.
- **Do not** respond to suspicious texts.
- Work with veteran service providers you already know.

Visit the [Cybercrime Support Network](#) for additional resources to help veterans, service members, and their families combat cybercrime.

## Get help

To learn more, call VA's Caregiver Support Line (CSL) at 855-260-3274 to learn more about the support that is available to you, and for assistance connecting with your local VA Medical Center.



### MYTH FACT

Teslin ID cards are no longer valid for base access and privileges.  
The DOW has not yet set a date for this. These cards are still valid.

### MYTH FACT

Teslin ID cards say "INDEF," so I never need to transition to the USID.  
All retirees should transition to the Next Gen USID, and eventually must.

### MYTH FACT

ID card services are inconvenient and long wait times are inevitable.  
You can make an appointment for a new USID, or renew one, easily online.

**ID Card Office Online**

Go to <https://idco.dmdc.osd.mil/idco/>  
Must have CAC or DS Logon access

**ID Card Office Locator & Appointments**

Find a nearby ID Card Office

Make an Appointment

Cancel Existing Appointment

More Info

CONTINUE

**Common Access Card**

Update First Address

Add Joint Duty Station Support

Extend Existing Student Cardholder

More Info

CONTINUE

**Family ID Cards**

Print Replacement ID Card

Request Family Member ID Card

Cancel (SOS) Card Renewal

Mail Family Set

More Info

CONTINUE

**My Profile**

Update Personal Information

Update GSA Information

Update DoD Information (SOS Control Only)

More Info

CONTINUE

**ID card questions?**

**24/7 365**

**SERVING SAILORS VETERANS RETIREES FAMILIES**

(833) 330-MNCC | AskMNCC@us.navy.mil | MyNavy Portal

## From MyNavy Career Center

It is important for Next Generation Uniformed Services ID (USID) cardholders to know these older paper-based forms of ID will eventually be terminated, and will need to be replaced by the new plastic-based USID card.

## Ways to obtain a new ID card:

- Visit the [RAPIDS ID Card Office Locator](#) website to find the closest office and call them to make an appointment.
- Schedule an appointment easily online using the RAPIDS ID Card Office Locator website and select the "Schedule an Appointment" option under the "More Site Info" header for any of the sites presented in the search results.
- Visit the [ID Card Office Online](#) website, select "Continue" under the "Family ID Cards" header and follow the prompts for Online USID Renewal (must have CAC or DS Logon access).

# VA FIDUCIARY PROGRAM

From Veterans Benefits Administration

## Program description

VA's Fiduciary Program was established to protect veterans and other beneficiaries who, due to injury, disease, or age, are unable to manage their financial affairs. VA will only determine an individual to be unable to manage their financial affairs after receipt of medical documentation or if a court of competent jurisdiction has made the determination.

Upon determining a beneficiary is unable to manage their financial affairs, VA will appoint a fiduciary. The fiduciary, normally chosen by the beneficiary, must undergo an investigation of their suitability to serve. This investigation may include a criminal background check, review of credit report, and a personal interview (may be telephonic, virtual, or in-person). Once a complete and thorough investigation has been conducted, the fiduciary is then appointed as a VA-appointed fiduciary. The fiduciary is ultimately responsible to the beneficiary and oversees financial management of the beneficiary's VA benefit payments.

Generally, family members or friends serve as fiduciaries for beneficiaries; however, when friends or family members are not able to serve, VA looks for qualified individuals or organizations to serve as a fiduciary.

## Application process

To become a fiduciary for a family member, friend, or as a professional, you may self-register by submitting a "Potential Fiduciary Application" via the [Access VA website](#). You may access the job-aid that contains step-by-step instructions for the application process by clicking [here](#).

Visit the [References, Resources, and Forms page](#) to access guides, forms, and support tools.

Contact the [VA Fiduciary Intake Center](#) if you have questions or need assistance.

## Fiduciary accounting and fund usage reviews

FAST (Fiduciary Accounting Submission Tool) revolutionizes the way accounting submissions and fund usage reviews are handled. By automating the current process, FAST introduces innovative technology that simplifies and accelerates the entire workflow.

Instead of mailing or faxing documents, FAST offers a fully online, electronic option for submitting required materials—making the process faster, more secure, and more convenient.

The self-registration process is the first step in accessing and navigating FAST. To begin the registration process click [here](#). Please use the below job aid titled "Self-register for FAST" to assist you with the registration process. VA personnel will review and approve your registration within 2 business days. You will be notified of your approval by email.

Please note that if your self-registration application remains incomplete, it will be canceled after 72 hours.

## Definitions

A detailed list of key terms can be accessed [here](#).

Learn more at the [VA Fiduciary Program](#) page.



A Navy veteran observes as the guided-missile destroyer USS Lassen (DDG 82) transits the Delaware River during the Parade of Ships for the Navy and Marine Corps 250 celebration in Philadelphia. (U.S. Navy photo by MC2 Miguel Santiago)

# AUTOMOBILE ALLOWANCE AND ADAPTIVE EQUIPMENT

From U.S. Department of Veterans Affairs

If you have a disability related to your service that prevents you from driving, you may be able to get money to help you buy or change a vehicle. The types covered by VA automobile allowance include cars, vans, motor homes, commercial trucks, and farm machines like tractors.

## Eligibility requirements

You may be eligible for VA automobile allowance or adaptive-equipment benefits if you have a disability that's related to your service and that includes at least one of these conditions:

- You have loss, or permanent loss of use, of one or both feet.
- You have loss, or permanent loss of use, of one or both hands.
- You have permanent decreased vision in both eyes: 20/200 vision or less in your better eye with glasses, or greater than 20/200 vision but with a visual field defect that has reduced your peripheral vision to 20 degrees or less in your better eye.
- You have a severe burn injury.
- You have amyotrophic lateral sclerosis (ALS).
- You have ankylosis in one or both knees or hips (this qualifies you only for an adaptive-equipment grant).

You'll need to show that your disability is service connected under [38 U.S.C. 1151](#).

## Eligibility for a second automobile allowance

You may be eligible for a second automobile allowance if either of these is true:

- You bought a vehicle with VA automobile allowance 30 years ago or more,
- A natural disaster destroyed a vehicle you bought with VA automobile allowance.

If a natural disaster destroyed a vehicle you bought with VA automobile allowance, both of these must be true:

- It's not your fault your vehicle was destroyed.
- Your property insurance didn't already compensate you for the loss of your vehicle.

If you meet the requirements, you can submit another Application for Automobile or Other Conveyance and Adaptive Equipment ([VA Form 21-4502](#)).

## Types of benefits

- A payment to help you buy a specially equipped vehicle (called automobile allowance).
- In some situations, one or more adaptive-equipment grants to change a vehicle so it has features like power steering, brakes, seats, windows, or lift equipment to help you get into and out of the vehicle.

Review [current rates for special allowances](#).

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Retired Logistics Specialist 2nd Class Christopher Garcia receives a silver medal for placing in the team relay race indoor rowing competition during the 2025 Department of Defense (DoD) Warrior Games in Colorado Springs, Colorado. (U.S. Navy photo by MCC Raymond Diaz III)

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### **Timing of your purchase and claim submission**

You'll need to file your claim and get our approval before you buy a vehicle or adaptive equipment.

Also, before you buy a vehicle or adaptive equipment, make sure that the seller agrees to send us the completed claim form and an itemized invoice. We need these documents to process your claim.

### **Automobile allowance**

You'll need to fill out an Application for Automobile or Other Conveyance and Adaptive Equipment ([VA Form 21-4502](#)). Mail it to the address listed on the form. We'll pay the vehicle's seller directly.

You must have a service-connected condition to get a specially equipped vehicle. If you haven't filed a claim for disability compensation yet, you'll need to do that first. Find out how [here](#).

### **Adaptive-equipment grant**

You'll need to fill out an Application for Adaptive Equipment—Motor Vehicle ([VA Form 10-1394](#)). Bring it to the prosthetic representative at your local VA medical center. We may pay you, or we may pay the equipment seller directly.

You must have a service-connected disability to get an adaptive-equipment grant. If you haven't filed a claim for disability compensation yet, you'll need to do that first. Learn more [here](#).

### **Benefit information inquiries**

Call 800-827-1000, Monday through Friday, 8 a.m. to 9 p.m. ET.

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Sydney Stigerts, a member of the 1 Degree of Separation group, performs a comedy skit as part of mental health awareness and training onboard Naval Support Activity (NSA) Naples, Italy. (U.S. Navy photo by MCI Matthew Nass)

# BEHAVIORAL HEALTH INTERDISCIPLINARY PROGRAM

From U.S. Department of Veterans Affairs

VA's Behavioral Health Interdisciplinary Program (BHIP) is the home for mental health services and provides you with a mental health team that works together to help you get the care you need to reach your treatment goals.

Each member of the BHIP team, which can include nurses, doctors, therapists, care coordinators, peer support specialists, and office workers, has special skills and experiences to help you through your mental health recovery journey. Together, this BHIP team is able to provide the mental health care you need and make changes to your care if needed.

## Benefits of BHIP

The BHIP team can provide talk therapy, mental health medications, peer support services, group therapy, and more to help you feel better. They work with you to improve your relationships with family and friends. They help check your vital signs and manage your medications. They also teach you about health.

The BHIP team supports you in the following ways:

- Provides care that meets your needs – the right care, at the right time, every time.
- Works with you to define your treatment goals and help you take action to feel better.
- Offers many kinds of mental health care to find what works best for you.
- Coordinates and anticipates the care you might need in the future.

You are the most important member of the BHIP team. Other team members are there to support you and help you find the best way to get better and feel good. The goal is to help you reach your treatment goals.

## A veteran connected with BHIP

You may be assigned to a BHIP team when it's determined that you would benefit from BHIP's specialized services. You can also reach out to your VA primary care provider, and they can help determine if a BHIP team is the right care option for you.

## Find VA care near you

Use VA's [mental health resource locator](#) to find your nearest veteran mental health facility.

## Get help

VA has resources to address the unique stressors and experiences that veterans may face.

- Dial 877-424-3838 and Press 1, 24/7.
- [Chat online](#).



Service members participate in a Suicide Prevention Awareness Ruck hosted by Navy Support Facility Diego Garcia. (U.S. Navy photo by MCI Samantha Jetzer)

# VA MAKES IT EASIER FOR WOMEN VETERANS TO ACCESS GYNECOLOGY CARE

From U.S. Department of Veterans Affairs

The Department of Veterans Affairs announced that women veterans can now schedule appointments directly with VA gynecology providers without a referral from a primary care provider.

The new, streamlined process eliminates the previous requirement for a PCP referral to access VA gynecology care. Instead, enrolled women veterans can schedule an appointment directly with a VA gynecology specialist if they choose.

The change will better serve over one million women veterans who are enrolled in VA health care.

“This is what it looks like when VA is focused on putting veterans first,” said VA Secretary Doug Collins. “By relentlessly focusing on customer service and convenience, we are building a department that works better for the men and women we are charged with serving.”

## How to access women’s health care services

The VA health care program covers women’s health services. To access these services, first [apply for VA health care](#).

## After you apply

Talk to your primary care provider, who will connect you with any services you may need.

Or, you can connect with your local Women Veterans Program Manager (WVPM) in any of these ways:

- [Use our online tool to search for a WVPM near you.](#)
- Contact your local medical center and ask for the WVPM. [Find a VA medical center near you.](#)
- Reach our Women Veterans Call Center at
- 855-829-6636, Monday through Friday, 8:00 a.m. to 10:00 p.m., and Saturday, 8:00 a.m. to 6:30 p.m. ET.

# MUSEUM AT THE BRIG PRESERVES FARRAGUT NAVAL TRAINING STATION HISTORY

From Farragut State Park

Officials at Farragut State Park are seeking the public’s help to complete a historical roster of the nearly 300,000 Sailors who trained at the Farragut Naval Training Station during World War II.

The Museum at the Brig is asking families to donate scans of troop photos and rosters of Sailors who attended boot camp at the station between 1942 and 1946.

“Each photo and roster combination we receive helps us complete the list of Sailors who trained and served here,” said Liz Palfini, Farragut State Park manager.

The museum aims to preserve the legacy of those who served. For submission details, contact the park at 208-683-2425.



Sailors from Company 5, 10th Battalion, 3rd Regiment, at the U.S. Naval Training Station, Farragut, Idaho, under Cmdr. W.D. Menold. (Photo courtesy of Farragut State Park)

# HEALTH PLANS FOR RETIRED SERVICE MEMBERS AND FAMILIES

From TRICARE

## Your health plan options

Retired service members and their families are eligible for the following options:

- [TRICARE Prime](#).
- [TRICARE Select](#).
- [US Family Health Plan](#) (in specific U.S. locations).
- [TRICARE Prime Demo](#) (in the Atlanta, Georgia, and Tampa, Florida, metropolitan areas).
- [TRICARE For Life](#) (with Medicare Part A and Part B coverage).
- [TRICARE Select Overseas](#).

Additionally, [adult and children who “age out” at 21](#) (or 23 if attending college) may qualify to purchase [TRICARE Young Adult](#).

## Your dental options

You may be eligible for dental coverage through the Federal Employees Dental and Vision Insurance Program. [Learn more about FEDVIP](#).



Lt. Cmdr. Sarah Jenkins, a microbiologist from Naval Medical Research Command (NMRC) presents a research poster showcasing the Navy Infectious Diseases Diagnostic Laboratory's capabilities. (U.S. Navy photo by Tommy Lamkin)

## Medically retired service members

To be placed on the Temporary Disabled Retirement List, you must have:

- A physical condition, injury, or disease that renders you unfit for military service, and
- A disability rating of at least 30%, separate from the one given by the Department of Veterans Affairs.

You'll be reevaluated at least every 18 months for a period of up to five years. At that point, it will be determined if your situation has improved, remained the same, or gotten worse. Depending on the outcome, you can be:

- Retained on the TDRL,
- Separated from service,
- Returned to duty, or
- Placed on Permanent Disability Retirement List.

As long as you're on the TDRL or PDRL, you're eligible for TRICARE benefits for retired service members, as described above. Your eligible family members are also eligible.

If your service disability rating is less than 30% and you're separated from active duty, you may qualify for transitional health care benefits:

- [Transitional Assistance Management Program](#).
- [Continued Health Care Benefit Program](#).

## Reserve members

[Benefits for Retired Reserve members](#) are different depending on the sponsor's age:

- If under age 60, you may qualify to purchase [TRICARE Retired Reserve](#).
- At age 60, you and your family are eligible for the same benefits as all other retired service members.

You may be eligible for dental coverage through [FEDVIP](#).

# TRICARE DENTAL PROGRAM ORTHODONTIC COVERAGE

From TRICARE Communications



Lt. Jordan Tretbar examines a Sailor's teeth during a dental examination aboard Nimitz-class aircraft carrier USS Nimitz (CVN 68). (U.S. Navy photo by MC2 Caylen McCutcheon).

## What you need to know

Do you wonder if the [TRICARE Dental Program](#) covers [orthodontic care](#)? Here's what you need to know about getting straighter teeth through the TRICARE Dental Program.

"The benefits of having straight teeth aren't just about aesthetics," said Douglas Elsesser, dental program analyst, TRICARE Health Plan, at the Defense Health Agency. "Misaligned teeth can cause real oral health problems."

## Who gets orthodontic coverage?

The TDP covers orthodontic treatment for:

- All eligible spouses up to age 23.
- Eligible children up to age 21 (or age 23 if they're full-time students).

Remember to make sure you and your family members' information in the [Defense Enrollment Eligibility Reporting System](#) is up to date. You can only get orthodontic care if your eligibility is reflected in DEERS.

## What's covered?

The TDP covers a variety of orthodontic services. These include:

- Diagnostic casts
- Certain appliances like braces
- Retainers

## Costs

The TDP splits the cost with you. Here's how it works:

- The TRICARE dental contractor, [United Concordia](#), pays 50% of the allowable charge.
- You pay the other 50%.
- The lifetime maximum benefit is \$1,750.

Your costs also depend on whether you use a network or non-network dentist. If you use a network dentist, you pay 50% of the TDP allowance. If you use a non-network dentist, you pay 50% of the allowance plus any amount over what TDP allows.

## Get a pretreatment estimate

Ask your dentist for a pretreatment estimate before you start. This estimate shows:

**Cont'd from previous page**

- What United Concordia covers
- How much is covered
- When you make payments
- When United Concordia makes payments

Your orthodontist submits a treatment plan. Then you and your dentist each get a payment schedule from United Concordia.

**How United Concordia makes payments**

United Concordia bases payments on how long your treatment takes. The payment schedule shows when they send money to your dentist. Keep these in mind:

- You must stay enrolled in TDP each month that United Concordia makes a payment.
- Total payments won't go above the \$1,750 lifetime maximum.

- If you turn 21 (or 23) during treatment, United Concordia calculates payments based on your eligible months.
- United Concordia sends a new schedule if your treatment plan changes.

**Getting care overseas**

You need a Non-Availability and Referral Form to get orthodontic services overseas. Request this form from:

- Your TRICARE Area Office.
- Overseas military dental clinic.
- Designated OCONUS points of contact.

You can get care from any licensed and authorized orthodontist. Visit [United Concordia](#) to find [TRICARE OCONUS Preferred Dentists](#).

If you use a TRICARE OCONUS Preferred Dentist, you only pay your cost-share portion, as described in the [TRICARE Dental Program Handbook](#).

## VA LIMITS APPORTIONMENT OF DISABILITY BENEFITS

**From Veterans Benefits Administration**

In limited situations, VA may pay a portion of a beneficiary's monetary benefits directly to the beneficiary's dependent, called an apportionment. VA has implemented a new ruling that will limit the circumstances in which compensation, pension, and dependency and indemnity compensation (DIC) benefits are apportioned and will stop making need-based apportionments going forward.

This change serves to avoid conflicts with awards granted by state family courts. State family courts are usually more familiar with family circumstances and therefore better suited to make decisions regarding financial matters.

**Understanding apportionments**

An apportionment is when VA pays a portion of monetary benefits directly to dependents, rather than to the veteran or beneficiary. A beneficiary must specifically request an apportionment by submitting an [apportionment claim](#).



Lt. Cmdr. Rachel Bitar, assigned to the Wasp-class amphibious assault ship USS Kearsarge (LHD 3), visits retired service members at the Manchester VA Medical Center. (U.S. Navy photo by MCSA Chase McDaniel)

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Need-based apportionment claims are challenging for many reasons. These usually involve complex issues of family law. Additionally, claims for apportionment require a substantial amount of information, which is typically available to state courts, but not readily accessible by VA. This requires VA beneficiaries and dependents to be contacted multiple times by VA to gather this information and can be a lengthy process.

Because of their proximity, state courts have more expertise and authority in family law and therefore are better equipped to handle apportionment claims. VA apportionment decisions may conflict with the awards of better-situated state family courts which have the authority and expertise to make accurate awards.

### **Limitations on new apportionments**

For these reasons, VA will no longer grant need-based apportionments of compensation, pension, and dependency and indemnity compensation (DIC) awards in most circumstances.

VA will continue to make apportionments where a veteran or surviving spouse is incarcerated and where an incompetent veteran without a fiduciary is institutionalized at government expense. For example, if a veteran is incarcerated at a federal penitentiary on felony charges, or institutionalized at a VA Medical Center, a portion of their benefits can be paid directly to their dependents.

### **Current apportionments**

Dependents who currently receive an apportionment will not be affected by these changes. VA will continue apportionments currently being paid; however, adjustments to current need-based apportionments will not be made.

### **Additional information**

Eligible veterans and surviving spouses who wish to request apportionments under the stated exceptions can do so using VA Form 21-0788, "Information Regarding Apportionment of Beneficiary's Award." forms available at [va.gov/find-forms](https://va.gov/find-forms).



# **IMPROVED AIR TRAVEL FOR THE MILITARY COMMUNITY**

**From U.S. Department of Homeland Security**

Transportation Security Administration is dedicated to assisting our service members, veterans, retirees, and their families. If you need assistance during screening, you or your traveling companion may talk to the TSA officer about the best way to complete the screening process. You may inform the TSA officer of any disability or medical condition verbally, by using the [TSA Notification Card](#) or by providing medical documentation.

### **TSA Cares**

Injured military members, veterans, and wounded warriors may request assistance for airport security screening through TSA Cares.

### **Wounded warriors**

TSA works with the appropriate military branch to verify the status of wounded warriors. Once verified, TSA provides travel information to the departing and arriving U.S. airports to ensure proper assistance at the security checkpoint.

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### Disabled service members and veterans

Disabled service members and veterans can request assistance for their travel. TSA will share their travel information and required assistance with both departing and arriving U.S. airports to ensure they receive the necessary support at the security checkpoint. Veterans not enrolled in TSA PreCheck will go through standard screening lanes.

Learn about the security screening procedures for travelers with [disabilities and medical conditions](#).

### Contact TSA Cares

Please contact TSA Cares at least 72 hours prior to travel with questions about screening policies, procedures, and what to expect at security checkpoints.

- [Request Assistance](#) via online form.
- Call TSA Cares at 855-787-2227.

### Free TSA PreCheck for uniformed service members and DOD civilians

Uniformed service members and DOD civilians receive TSA PreCheck expedited screening as a benefit of their employment and service. TSA PreCheck benefits apply to both official and personal travel when travel reservations include a Known Traveler Number (KTN). [Learn more](#).

# TAX INFORMATION FOR MEMBERS OF THE MILITARY

From Internal Revenue Service

Members of the U.S. Armed Forces have special tax situations and benefits. Understand how that affects you and your taxes.

Get general information about how to file and pay taxes, including many free services by visiting [How to file your taxes: Step by step](#).

Check if you are eligible for [military tax benefits](#).

For more information, visit [tax information for members of the military](#).

### Service members and veterans

- [MilTax](#), a Department of Defense program that generally offers free return preparation and e-filing software for all military members, and some veterans, with no income limit.
- Get [free tax help](#) from volunteers.
- [Armed Forces' Tax Guide, Publication 3](#) (for active and reserve military only).
- [Automatic extensions of your filing deadline](#).
- [Tax breaks for you and your family](#).
- Special application of the [Earned Income Tax Credit \(EITC\)](#).
- Department of Veterans Affairs [education benefits excluded from taxable income](#).
- [Information for veterans](#).
- [Federal income tax withholding after leaving the military](#).

### Combat service

If you serve in one of the combat zones recognized by the IRS, you may be able to [exclude combat income from taxation](#). You may also want to see if [special EITC rules](#) apply that could lead to a larger refund.

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### Disabled veterans

If you're a disabled veteran your disability payment may qualify for certain tax exclusions. You may also be eligible to claim a federal tax refund if you received:

- [A lump sum disability severance payment that was counted as income.](#)
- An increase in disability percentage from the Department of Veterans Affairs.

If you already filed, you may benefit from [amended return filing for combat-injured disabled veterans.](#)

### Military spouses

Many military spouses run businesses or do gig work, and whether it's a side hustle or a major operation, the IRS has tax resources and information to help them keep things running smoothly.

- [Small Business and Self-Employed Tax Center](#)
- [Gig Economy Tax Center](#)
- [Tax Information for Businesses](#)
- Employer Identification Number – businesses need an EIN, even if they don't have employees. An EIN – also known as a Federal Tax Identification Number – identifies a business entity. Businesses can apply at [IRS.gov/ein](https://irs.gov/ein).

# ROTH IN-PLAN CONVERSIONS

### From Thrift Savings Plan

You have the option to convert a portion of money from your [traditional \(pre-tax\) balance to your Roth \(after-tax\) balance](#) in your TSP account. This is called a "Roth in-plan conversion." If you don't have a Roth TSP balance in your TSP account, your first Roth in-plan conversion will create one.

The first questions you should ask yourself when you consider doing a Roth in-plan conversion are about the immediate effects on taxes you would owe:

- How will it affect my taxable income for the year?
- How much income tax will I need to pay on the amount of money I convert?
- Will this conversion raise my federal marginal tax rate?
- Do I have enough money to pay the income tax on the conversion?

Roth in-plan conversions are complex, and we recommend that you consult a tax advisor to plan your conversion strategy. Once you do a Roth in-plan conversion, it cannot be reversed or changed.

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Norman Okada presents Thrift Savings Plan (TSP) material to Sailors during a Fleet and Family Support Center event aboard the USS Ronald Reagan (CVN 76). (U. S. Navy photo by MC2 Eric Stanton)

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## Paying taxes on a Roth in-plan conversion

When you convert pre-tax money from your traditional TSP balance, your Roth in-plan conversion amount becomes part of your taxable income for the year. This means that you'll owe income tax on the conversion amount at your income tax rate. Because the conversion adds to your total income, it could push you into a higher tax bracket.

You must pay the income tax on the conversion amount using personal funds from another source, such as a savings account. You cannot use part of the amount you're converting to pay taxes.

The conversion amount is taxable at the time of conversion. Because there is no withholding on Roth in-plan conversions, you may be required to make estimated tax payments to the IRS. We'll report the total amount of conversions you make during the year to the IRS, to the appropriate state tax agencies if applicable, and to you on IRS Form 1099-R, Distributions From Pensions, Annuities, Retirement or Profit-Sharing Plans, IRAs, Insurance Contracts, etc.

For help with how much and when you need to pay taxes on a conversion, you should consult a tax advisor to avoid IRS underpayment penalties. The TSP cannot provide tax advice.

## Eligibility for Roth in-plan conversions

You're eligible to do a Roth in-plan conversion if you have a [vested traditional balance](#) in your TSP account. You must also be able to meet the minimum amounts explained in this section.



## Who can do a Roth in-plan conversion

Roth in-plan conversions are available to all TSP participants:

- Active participants (current federal civilian employees and uniformed services members)
- Separated and retired participants
- Spouse beneficiary participants

[Non-spouse beneficiaries](#) are not eligible for Roth in-plan conversions.

## Parts of your traditional balance you can convert

Contributions and earnings in your traditional TSP balance are eligible for conversion. When you choose your conversion amount, the money will be taken proportionally from your eligible contribution sources:

- Your own traditional payroll contributions.
- [Agency/Service Matching Contributions](#) (if applicable).
- [Agency/Service Automatic \(1%\) Contributions](#) (if applicable).

You can find your traditional TSP contribution sources and your balance for each source listed in the "My Account" tab when checking your account online and on your account statements. TSP keeps track of contribution sources in your account because some transactions are only available for certain sources. For example, you cannot take a loan or hardship withdrawal from agency/service contributions.

## For uniformed services members with tax-exempt contributions

If your traditional balance includes a nontaxable amount, such as tax-exempt contributions from serving in a combat zone, your conversion amount will include a nontaxable amount in the same proportion as taxable and nontaxable amounts in your traditional balance. For example, if your traditional balance is \$100,000 with a \$10,000 nontaxable amount, then 10% of your traditional balance is nontaxable. If you convert \$10,000 to your Roth TSP balance, \$9,000 of the conversion amount would be from the taxable portion and \$1,000 is from the nontaxable portion.

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### **Minimum conversion amount**

The minimum amount for each Roth in-plan conversion is \$500.

### **Leave-behind amount**

For contribution sources that include your own payroll contributions and agency/service contributions, there must be a minimum of \$500 left in each source after a Roth in-plan conversion. If one of the sources in your traditional balance has \$500 or less, then the conversion amount will be taken only from the other sources in your account.

Rollover contributions don't have a minimum leave-behind amount.

Spouse beneficiary participant accounts aren't subject to a leave-behind amount.

There is no maximum limit to how much you can convert other than the leave-behind amounts that apply to your account.

### **Up to 26 Roth in-plan conversions per calendar year**

You can make up to 26 Roth in-plan conversions per calendar year. If you have more than one TSP account, this limit applies to each account separately. For example, if you have both a civilian TSP account and a uniformed services TSP account, you can make up to 26 conversions in each account.

### **Spousal consent not required**

[Spousal consent](#) is not required to complete a Roth in-plan conversion.

### **Required minimum distributions (RMDs) must be taken before conversion**

If you are [subject to RMDs](#), you must withdraw the RMD amount before you can do a Roth in-plan conversion each year. You cannot satisfy the RMD amount by converting money from your traditional TSP balance to your Roth TSP balance.



Sailors receive financial advice during a financial fair aboard the USS Ronald Reagan (CVN 76). (U.S. Navy photo by MC2 Daniel Providakes)

### **Mutual fund window investments not eligible**

You can only convert money invested in TSP funds, so you cannot directly convert money you've invested in the [mutual fund window](#). If you want to do a Roth in-plan conversion with money in your mutual fund window account, you need to sell shares and then request a transfer back to your TSP funds before doing a Roth in-plan conversion.

### **Deciding whether a Roth in-plan conversion is right for you**

You can do a Roth in-plan conversion at any time while working and in retirement. A tax advisor can help you decide whether a Roth in-plan conversion would be an advantage to you and when the best time would be to do one. For example, many people choose to do conversions during years that they have less income and have a [lower marginal tax rate](#).

There is a lot to consider before doing a Roth in-plan conversion. You should consult a tax advisor to discuss the advantages and disadvantages specific to your situation.

# AVOIDING JOB HUNTING SCAMS

## From Federal Trade Commission

Scammers advertise jobs the same way honest employers do – online (ads, job websites, and social media), in newspapers, and sometimes on TV and radio. They promise you a job, but what they want is your money and your personal information. No legitimate company will ever charge you money to guarantee you a job only if you pay.

## How to avoid a job scam

- **Search online.** Look up the name of the company or the person who's hiring you, plus the words "scam," "review," or "complaint." See if others say they've been scammed by that company or person. No complaints? It doesn't guarantee that a company is honest, but complaints can tip you off to possible problems.
- **Talk to someone you trust.** Describe the offer to them. What do they think? This also helps give you vital time to think about the offer.
- **Don't pay for the promise of a job.** Truthful employers will never ask you to pay to get a job. Anyone who does is a scammer.
- **Never bank on a "cleared" check.** No honest employer will ever send you a check to deposit and then tell you to send on part of the money, or buy gift cards with it. That's a fake check scam.



Navy Reserve Center (NRC) Houston Sailors interact with support organization personnel to connect with employment resources for their civilian careers during a command-sponsored fair. (U.S. Navy photo by Capt. Teresa Ferry)

## Advice on finding a job

To find a job, participate in military job fairs and seek out employers who have a record of hiring veterans.

If you're interested in transitioning to a civilian job in the federal or state government, start with safe and reliable sources:

- [Feds Hires Vets](#) has information about veterans' preferences, the federal hiring process, and job listings. Check out their Veteran Employment Program Offices directory.
- [USAJobs.gov](#) is the federal government's official site with job openings nationwide.
- Search [CareerOneStop](#) to find listings for jobs, information in your state's [job bank](#), and available training programs in every state. You'll also find special programs for [veterans](#), older and younger adults, and [people with disabilities](#).
- Check out your [state's Department of Labor](#) page for job listings, local job offices, county human resource offices, and resources for counseling and referrals.

Contact your [installation's education office](#) about benefits and opportunities, including programs to help transitioning servicemembers begin new careers like [DoD Skillbridge](#).

Get free help with resume writing, interviewing, and finding jobs. Check online job boards, networking sites, your local library, or your school's placement office.

Also, when you're applying for a job, an employer may do a background check. Read [Employer Background Checks and Your Rights](#) to learn more.

## Report job scams to the FTC

If you see a job scam, or lose money to one, report it to the FTC at [ReportFraud.ftc.gov](#). You can also report it to [your state attorney general](#).

Find out more about how to avoid job searching scams at [ftc.gov/scams](#).

# CELEBRATING NAVY RETIREES

From Navy Retired Activities Office, Minneapolis



Cmdr. Mark Rittenhouse from Navy Talent Acquisition Group (NTAG) speaks with Roger Jacobson, Island Secretary/Treasurer for Navy Seabees Veterans of America. (Photo courtesy of RAO, Minneapolis)

## Retiree Appreciation Days offer access, answers and continued connection

Most retirees can name at least one unanswered question they have carried for years, whether it involves health care, benefits, survivor programs or where to turn for reliable help. Retiree Appreciation Days (RADs) exist to close that gap by bringing trusted resources, knowledgeable representatives and fellow retirees together for a focused day of answers, conversation and connection.

That purpose was evident Sept. 27, 2025, when more than 400 retirees and family members gathered at Treasure Island Resort in Minnesota for an eight-hour event that was both informative and engaging.

## A full day built around real questions

In Minnesota, RADs are delivered through a Joint Retiree Appreciation Day (JRAD). The Minneapolis event welcomed retirees and families from all service branches, creating a shared environment where questions, experiences and solutions crossed service lines.

The day featured a full schedule of presentations

from respected speakers, balanced with all-day access to exhibitors and partners. Attendees moved easily between sessions and conversations, with food and refreshments provided throughout the day. The atmosphere felt less like a briefing and more like a gathering, one where learning and connection happened naturally.

Presentations focused on topics retirees consistently ask about, including health care, benefits, fraud awareness, legal planning and community-based services. Most presenters and exhibitors represented local and national Military Service Organizations (MSOs) and Veteran Service Organizations (VSOs), giving retirees and their families direct access to experienced advocates and subject-matter experts. Between sessions, representatives remained available to answer individual questions and provide follow-up guidance tailored to personal situations.

A recurring highlight was a presentation by Patrick Kelly, director of the Minneapolis VA Health Care System and a retired Navy captain, who discussed veterans' health care services and resources available to retirees and their families. His participation reinforced the value of RADs by placing authoritative voices and practical guidance in the same room.

## Building awareness and strengthening partnerships

"This year's attendance more than doubled, which reflects the collective effort of our volunteer leadership team and partners," said Don Goble, Retiree Activities Office Minneapolis director. "Clear communication and sustained outreach helped retirees better understand what the day offered and why it mattered."

RAO Minneapolis is the only remaining Retiree Activities Office in Minnesota, placing a unique responsibility on its volunteers to support retirees and families across the military community. As a result, the JRAD is intentionally inclusive of all service branches.

That communication focus also strengthened collaboration with MSOs and VSOs. Several organizations that were previously unfamiliar with the RAO mission began engaging more directly, improving coordination and expanding the network

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of support available to retirees and their families. "Many retirees are unsure what a Retiree Appreciation Day offers or whether it will be relevant to them," said Michelle Goble, RAO Minneapolis communications director. "Our focus was helping retirees understand that the day is designed to provide answers, access and support for them and their families."

### Connection beyond information

Beyond formal presentations, the JRAD created space for meaningful conversation. Attendees discussed volunteer opportunities, service-based organizations and recruiting, often discovering shared experiences and new ways to stay connected.

In one exchange, Cmdr. Mark Rittenhouse, commanding officer of Navy Talent Acquisition Group Northern Plains, spoke with a Navy Seabee veteran and local chapter leader, discussing his organization's mission and ongoing Navy recruiting efforts. Conversations like these reflect the Sailor for Life concept in practice: connection to service does not end at retirement.

RADs vary by location based on available resources and retiree populations, but their purpose remains consistent. They offer retirees and their families reliable information, knowledgeable guidance and a sense of continued connection to the military community.

As 2026 progresses, retirees and their families are encouraged to watch for RAD opportunities in their local area and experience firsthand what these events are designed to provide.



Michelle Goble, RAO Minneapolis communications director, shares information, services and resources with a JRAD attendee. (Photo courtesy of RAO, Minneapolis)

# REQUESTING CHAPERONES AT MILITARY HOSPITALS AND CLINICS

From TRICARE Communications

When you get care at a [military hospital or clinic](#), your safety, comfort, and privacy are top priorities. The Defense Health Agency recently published its [chaperone policy](#) across all military hospitals and clinics worldwide. You can request a chaperone for any physical exam or medical or dental visit. Your provider may also request a chaperone for these appointments.

"Having chaperones available is a crucial part of patient-centered care," said Dr. Paul Cordts, DHA Deputy Assistant Director, Medical Affairs and Chief Medical Officer. "Chaperones can help protect both patients and health care staff."

### What do chaperones do?

Chaperones (or "standbys") serve as an unbiased third party to any exam or clinical visit between you and your provider. They're a safeguard for both patients and staff. They can help you and your provider feel at ease, especially during sensitive exams.

These chaperones are members of the clinical team who are discreet and protect privacy. They'll immediately report any suspected inappropriate conduct.

You have the right to request a chaperone at any time before or during an appointment or exam. If you request a chaperone when scheduling an appointment, staff can add a note that you've asked for a chaperone. Staff will make a reasonable effort to provide a chaperone of the preferred sex if you or your provider request it. If a chaperone of the preferred sex is requested and not immediately available, you'll be assisted in rescheduling at a time when one is available.

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Cmdr. Vincent Ackerman, left, assigned to Navy Medicine Readiness and Training Command Rota, participated in the Survival, Evasion, Resistance and Escape Phase II reintegration exercise conducted at Naval Station Rota, Spain. (U.S. Navy photo by Lt. Cmdr. Alicia Sacks)

Health care staff must offer you a chaperone before performing a sensitive exam. (Note: There may be exceptions for emergency situations.) You can decline a chaperone, but health care staff may also decline to perform a sensitive exam (e.g., procedures involving genitalia, rectum, or breasts, or forensic health care examinations) in nonemergency situations if there is no chaperone present. To learn more about potentially sensitive exams, you can read the [policy](#).

You can request a chaperone by talking to your provider or other hospital or clinic staff. You don't have to explain why you're making the request.

### Who can serve as a chaperone?

The following staff members may serve as chaperones:

- Physicians and dentists
- Physician assistants, psychologists, and social workers
- Nurses
- Medics and hospital corpsmen
- Technicians and paraprofessionals
- Medical support assistants (MSAs)
- Residents and students with a formal training agreement
- Military hospital or clinic volunteers

Note: Sexual assault response coordinators, victim advocates, or family advocacy personnel may attend health care appointments with you, but they can't serve as a chaperone.

### What are my other patient rights?

You may notice signs or posters in your military hospital or clinic that explain your right to a chaperone. Want to learn more about your rights? Visit [TRICARE Rights and Responsibilities](#).

### How can I get support if I have questions?

Do you have more questions about the chaperone policy? Or, do you have concerns about the care you received at a military hospital or clinic?

[Patient advocates](#) can help. They're representatives who can help with your concerns or questions about services at a military hospital or clinic. They can:

- Listen to your concerns
- Address complaints about health care services you received
- Explain military hospital or clinic policies
- Mediate concerns between you and your provider

Are you looking for a patient advocate near you? Check out [Find a Military Hospital or Clinic](#). Each facility has its patient advocate information listed on its website.

This system-wide chaperone policy is just one part of DHA's broader commitment to protect all patients and maintain the highest standards of professionalism. Visit [DHA Chaperone Policy](#) to learn more about how this policy can help you and your family members feel safe and at ease in military hospitals and clinics.



Chief Hospital Corpsman Eric Garcia, a biomedical equipment technician (BMET) with Navy and Marine Corps Force Health Protection Command (NMCFHPC) checks the diagnostics of a vital sign monitor during an annual equipment checkup for the Naval Medical Center Portsmouth, Virginia. (U.S. Navy photo by Desmond Martin)

# MILLINGTON MAYOR UNVEILS LONE SAILOR MONUMENT PLAZA RENDERING

From Navy Personnel Command



Millington Mayor Larry Dagen speaks to a public audience during the unveiling of the rendering of the Lone Sailor Monument at VFW Post 7175. (U.S. Navy photo by MC2 Dallas Snider)

Mayor Larry Dagen unveiled a rendering of the planned Lone Sailor Monument Plaza during a public presentation at the Veterans of Foreign Wars (VFW) Post 7175 in Millington, Tennessee, on February 11, 2026.

The city has been spearheading an initiative to demonstrate respect and appreciation for their relationship with Naval Support Activity Mid-South, local service members and veterans.

“Millington has always been a proud military town,” said Nick Sawall, member of the VFW Post 7175. “That partnership reflects what makes this community strong. When local leadership and veterans stand together, we accomplish meaningful things.”



Millington community members present the rendering of the Lone Sailor Monument at VFW Post 7175. (U.S. Navy photo by MC2 Dallas Snider)

The Lone Sailor Monument is a statue to honor, recognize, and celebrate the men and women of the sea services past, present and future. It is a physical reminder to active-duty service members, veterans, and civilians that Sailors serve a grateful nation.

“I would like to give special thanks to our dedicated committee members for bringing this significant monument to our community,” said Dagen. “With our great heritage of the Navy and its tremendous contributions to Millington, this is a great way to say, ‘Fair winds and following seas.’”

There are only 19 Lone Sailor statues around the world, with the original bronze statue in Washington D.C. The Millington monument will be the 20th addition for the Navy Memorial’s Statue City Program and is scheduled for completion by the end of 2026.



Junior Vice Commander Nick Sawall, member of Veterans of Foreign Wars Post 7175, speaks to a public audience during the unveiling of the Lone Sailor Monument Plaza rendering at VFW Post 7175. (U.S. Navy photo by MC2 Dallas Snider)

\*Inclusion does not constitute endorsement by the Department of War or the U.S. Navy.

## FY2026 RETIREE SEMINARS APPRECIATION DAYS EVENTS

### **NAS Jacksonville, FL**

March 21, 2026  
8 a.m.  
NAS Jacksonville Chapel  
Phone: 904-542-5790

### **Tobyhanna Army Depot, PA\***

Aug. 15, 2026  
8:30 a.m.  
Bldg. 2  
Phone: 570-615-7019/7834/2734  
Email: [usarmy.tyad.usamc.mbx.rso@army.mil](mailto:usarmy.tyad.usamc.mbx.rso@army.mil)

### **NRNW Naval Base Everett, WA**

Aug. 20, 2026  
9:00 a.m. - 3:00 p.m.  
Grand Vista Ballroom  
Phone: 360-900-8164 (Carol Morales)

### **NRC Minneapolis, MN**

Sept. 12, 2026  
7:30 a.m.  
Treasure Island Resort and Casino, Welch  
Email: [metrojr@gmail.com](mailto:metrojr@gmail.com)

### **NAS Lemoore, CA**

Sept. 19, 2026  
8 a.m.  
MWR Movie Theater  
Bldg. 822, Hancock Circle  
Phone: 559-998-4038

### **RAO at Selfridge, MI\***

Sept. 19, 2026  
8 a.m.  
Selfridge ANG Base, Joint Dining Facility  
43156 Wagner, Bldg. 164  
Phone: 586-239-5580  
Email: [selfrao@yahoo.com](mailto:selfrao@yahoo.com)

\*Open to all military branches.

## FY2026 NAVY & MARINE CORPS RETIREE COUNCIL

### **Leadership Committee**

**Co-Chair:** Vice Adm. Jeff Trussler, USN  
**Co-Chair:** SMMC Michael Barrett, USMC  
**Chief of Staff:** IS1 Donald Goble Jr., USN  
**Recorder:** YNC Eric Wenzel, USN

### **Compensation Committee**

**Chair:** Capt. Harry Palm Jr., USN  
**Deputy:** MACS Bert Levesque, USN  
PSC Andres Fortolis, USN  
Staff Sgt. Donald Robertson, USMC

### **Health Affairs Committee**

**Chair:** Capt. Joseph Spruill, USN  
**Deputy:** Capt. Leigh Wickes, USN  
Capt. Dennis Bash, USN  
Col. Paul O'Toole, USMC  
Lt. Col. Marc Arnold, USMC  
1st Sgt. Timothy La Sage, USMC  
Master Sgt. Teresa Grandinetti, USMC

### **Overseas/Outreach/Resources Committee**

Cmdr. Christopher Bowen, USN  
YNCM Isiah Curtis, USN  
NCCM Ronald Shroyer, USN  
ISCM Tony McLemore, USN  
Master Sgt. Charles Polleck, USMC  
BUC Dennis Fledderjohn, USN



# 2026 COMMAND REUNIONS

## Notice to our readers

We invite you to submit your event information at [Mill-S4Life@us.navy.mil](mailto:Mill-S4Life@us.navy.mil). Upcoming dates are published on our [MyNavy HR page](#).

We also encourage you to share photos from your reunions. Your pictures showcase the camaraderie that unites our Navy community. For consideration, please follow these guidelines:

- **Email subject:** In the subject line of your email, include the name of the command reunion.
- **Photo quality:** Submit high-resolution photographs. For best results, send the largest file size available directly from your camera or phone.
- **Caption information:** Include the “who, what, where, and when” of your event. Be sure to identify the key people in the photo, briefly describe the activity taking place, note the location (city and state), and provide the date.
- **Here is a sample caption:** Shipmates from the USS Dwight D. Eisenhower (CVN 69) gathered for their annual command reunion dinner in Norfolk, Virginia, on February 3, 2026. The evening was a great opportunity for former crew members to reconnect and share sea stories. Pictured here are (left to right): Petty Officer First Class David Chen (Ret.), Master Chief Petty Officer (Ret.) Maria Flores, and Captain (Ret.) John Davis, enjoying the opening remarks. **(Photo courtesy of RAO, Norfolk)**

Command	Date	Location	POC	Phone	Email/Website
USS Yellowstone AD 27	April 20-23	Savannah, GA	Karen Bowen	352-208-5400	<a href="mailto:usnad27@comcast.net">usnad27@comcast.net</a>
A-6 Intruder Association	April 22-26	Dallas, TX	Bob Champney	214-546-8020	<a href="mailto:bkchampney@gmail.com">bkchampney@gmail.com</a> <a href="http://www.events.aftr-reg.com/e/intruders2026">www.events.aftr-reg.com/e/intruders2026</a>
USS Donner LSD 20	April 27-29	Detroit, MI	Dennis Heumbach	610-775-7539	<a href="mailto:dennisheimb@gmail.com">dennisheimb@gmail.com</a>
Coastal Squadron One Swift Boat Veterans	April 29 - May 4	San Antonio, TX	Bob Barnett	505-340-8715	<a href="mailto:2026.SBSA.reunion@gmail.com">2026.SBSA.reunion@gmail.com</a> <a href="http://www.swiftboats.org">www.swiftboats.org</a>

Command	Date	Location	POC	Phone	Email/Website
USS Ticonderoga CV/CVA/CVS 14, CG 47	May 14-17	Mobile, AL	Jonathan Kettl	540-316-1331	<a href="mailto:president@ticovets.org">president@ticovets.org</a> <a href="http://www.ticovets.org">www.ticovets.org</a>
USS John Young DD 973	June 25-28	Norfolk, VA	Michael Totta	727-505-4222	<a href="mailto:reunion@dd973.org">reunion@dd973.org</a> <a href="http://www.dd973.org">www.dd973.org</a>
USS Wiltsie DD 716	Aug. 23-27	Providence-Warwick, RI	Ted Laurila	360-736-3853	<a href="mailto:dd716ted@comcast.net">dd716ted@comcast.net</a>
National Association of Fleet Tug Sailors	Aug. 30 - Sept. 4	Warwick, RI	Darlene Iskra	703-623-2183	<a href="mailto:dr.dariskra@gmail.com">dr.dariskra@gmail.com</a>
Patrol Squadron 4 VP 4	Sept. 14-18	Nashville, TN	Larry Hames	503-688-9804	<a href="mailto:larry.hames@vp4association.com">larry.hames@vp4association.com</a>
Mine Division 113 Vietnam	Sept. 17-20	Branson, MO	Dick Schreifels	651-455-1876	<a href="mailto:richard_rosemary@msn.com">richard_rosemary@msn.com</a>
USS Robert H. McCard DD 822	Sept. 17-21	Norfolk, VA	Monny Hanna	904-228-1028	<a href="mailto:mhanna58@gmail.com">mhanna58@gmail.com</a> <a href="http://www.ussmccard.com">www.ussmccard.com</a>
USS Monticello LSD 35	Oct. 8-11	Branson, MO	Robert Behm	573-207-4670	<a href="mailto:beamer@ussmonticello.com">beamer@ussmonticello.com</a> <a href="http://www.ussmonticello.com">www.ussmonticello.com</a>
USS Wexford County LST 1168	Oct. 13-16	Charleston, SC	Larry Condra	314-604-5221	<a href="mailto:larrygeec@netscape.net">larrygeec@netscape.net</a>
USS Towers DDG 9	Sept. 22-27	Manitowoc, WI	Raymond Wong	415-601-6285	<a href="mailto:wongrad@att.net">wongrad@att.net</a>
USS Anchorage LSD 36	Sept. 26-30	San Diego, CA	Michael McGrath	619-750-6390	<a href="mailto:michael@lsd36.com">michael@lsd36.com</a>
USS Ranger CVA/CV 61	Sept. 30 - Oct. 3	Nashville, TN	Al Teran	480-980-2004	<a href="mailto:terana54@gmail.com">terana54@gmail.com</a>
USS Sampson DDG 10	Oct. 22-25	Charleston, SC	Doug Stephens	425-293-8406	<a href="mailto:dougstephens65@outlook.com">dougstephens65@outlook.com</a>
USS Bainbridge DLGN/CGN 25	Oct. 25-27	Mobile, AL	Charles Gilbert	412-609-1035	<a href="mailto:ussbainbridgeassociation@gmail.com">ussbainbridgeassociation@gmail.com</a>



Fleet Readiness Center Southwest (FRCSW) hosted over 70 American heroes. Veterans from the Korean and Vietnam wars were accompanied by three 103-year-old World War II veterans for a tour of industrial facilities and a luncheon provided by Fleet Readiness Center (FRC) employees. (U.S. Navy photo by Michael Furlano)

# NAVY RETIRED ACTIVITIES OFFICE LOCATOR

## Navy and Joint RAOs

### CONUS

#### Arizona

Retired Activities Office  
Navy Reserve Center  
14160 W. Marauder St.  
Luke AFB, Glendale, AZ 85309  
9 a.m. - 1 p.m. (Mon-Fri)  
602-337-5766  
POC: Stella Reyes  
[stella.l.reyes.ctr@us.navy.mil](mailto:stella.l.reyes.ctr@us.navy.mil)

#### California

Retired Activities Office  
Naval Air Weapons Station  
Code 75H000D  
1 Administration Circle  
China Lake, CA 93555  
9 a.m. - 3 p.m. (Mon-Fri)  
760-939-0978  
POC: Eva Bian  
[retiredactivities@mchsi.com](mailto:retiredactivities@mchsi.com)

Retired Activities Office\*  
Fleet and Family Support Center  
966 Franklin Ave., Bldg. 930  
Naval Air Station  
Lemoore, CA 93246  
8 a.m. - 2 p.m. (Thu)  
559-998-4038  
POC: Curtis Miller  
[curtis.m.miller3.naf@us.navy.mil](mailto:curtis.m.miller3.naf@us.navy.mil)

Retired Activities Office  
Fleet and Family Support Center  
1000 23rd Ave., Bldg. 1169, Code N93V  
Port Hueneme, CA 93043  
7:30 a.m. - 4 p.m. (Mon-Fri)  
805-982-1023  
POC: Corey Kendrick  
[corey.n.kendrick.naf@us.navy.mil](mailto:corey.n.kendrick.naf@us.navy.mil)

Retired Activities Office  
Fleet and Family Support Center  
Naval Station San Diego  
3006 Corbina Alley, Suite 1  
San Diego, CA 92136  
8:30 - 11:30 a.m. (Mon/Tue/Thu/Fri)  
619-556-7412  
POC: Annanias Rose  
[annanias.rose.civ@us.navy.mil](mailto:annanias.rose.civ@us.navy.mil)

Retired Activities Office  
Naval Weapons Station Seal Beach  
800 Seal Beach Blvd., Bldg. 10, Room 1  
Seal Beach, CA 90740  
9 a.m. - 3 p.m. (Mon-Thu)  
9 a.m. - 12 p.m. (Fri)  
562-626-7152  
POC: Tom Mckerr  
[thomas.j.mckerr.vol@us.navy.mil](mailto:thomas.j.mckerr.vol@us.navy.mil)  
[RAO-NWSSB@navy.mil](mailto:RAO-NWSSB@navy.mil)

### Connecticut / Rhode Island

Retired Activities Office  
Naval Sub Base, New London  
Bldg. 83, P.O. Box 93  
Groton, CT 06349  
9 a.m. - 3 p.m. (Mon-Fri)  
860-694-3284  
POC: Phil Derose  
[derosepa@yahoo.com](mailto:derosepa@yahoo.com)

### Florida

Retired Activities Office  
Naval Air Station, Jacksonville  
Box 136  
Yorktown Av., Bldg. 13  
Jacksonville, FL 32212  
10 a.m. - 2 p.m. (Tue-Fri)  
904-542-5790  
POC: Karen Tracy  
[karen.e.tracy.vol@us.navy.mil](mailto:karen.e.tracy.vol@us.navy.mil)

Retired Activities Office  
Fleet and Family Support Center  
Naval Air Station Pensacola  
151 Ellyson Ave., Bldg. 625  
Pensacola, FL 32508  
9 a.m. - 1 p.m. (Mon-Fri)  
850-452-5622  
POC: Marsha Williamson  
[marsha.f.williamson1@navy.mil](mailto:marsha.f.williamson1@navy.mil)

### Hawaii

Retired Activities Office  
Military and Family Support Center  
4827 Bougainville Drive, Room 226  
Honolulu, HI 96818  
By appointment (leave a voice message or email)  
808-474-0032  
POC: Fran Salas  
[mfschawaii@navy.mil](mailto:mfschawaii@navy.mil)

### Maine (Portsmouth Shipyard)

Retired Activities Office  
62 Pegasus St.  
Brunswick, ME 04011  
9 a.m. - 12 p.m. (Mon-Fri)  
207-406-4103  
POC: Paul Loveless  
[navytraomevt@gmail.com](mailto:navytraomevt@gmail.com)

### Maryland

Retired Activities Office\*  
Fleet and Family Support Center  
NSA Annapolis  
168 Bennion Rd.  
Annapolis, MD 21402  
410-293-2641  
POC: Maryland Lewis  
[marilyn.a.lewis2.civ@us.navy.mil](mailto:marilyn.a.lewis2.civ@us.navy.mil)

### Michigan (Joint RAO)

Retiree Affairs Office  
44200 Jefferson, Bldg. 780, Room 17 (S604)  
Selfridge, ANGB  
Mount Clemens, MI 48045  
9 a.m. - 3 p.m. (Tue-Fri)  
586-307-5580  
POC: Mike Schmansky  
[selfrao@yahoo.com](mailto:selfrao@yahoo.com)

### Minnesota

Retired Activities Office\*  
Navy and Marine Corps Reserve Center  
5905 34th Avenue South, Room 107  
Minneapolis, MN 55450  
10 a.m. - 2 p.m. (Thu)  
612-713-4664  
[raominneapolis@gmail.com](mailto:raominneapolis@gmail.com)  
[www.raominneapolis.com](http://www.raominneapolis.com)

### New Hampshire

Retired Activities Office\*  
Portsmouth Naval Shipyard  
Code 866, Bldg. 22  
Portsmouth, NH 03804  
10 a.m. - 2 p.m. (Mon)  
207-438-1868  
POC: Craig Brown  
[c.craigbrown@comcast.net](mailto:c.craigbrown@comcast.net)

### Virginia

Retired Activities Regional Office\*  
Fleet and Family Support Center  
7928 14<sup>th</sup> St., Suite 102  
Norfolk, VA 23505  
10 a.m. - 2 p.m. (Friday, Mon-Thu appt. only)  
757-445-4380  
POC: Rafael Rosario  
[navretactnorva@gmail.com](mailto:navretactnorva@gmail.com)

Retired Activities Office  
JEB Little Creek-Fort Story  
Fleet and Family Support Center  
1450 D Street  
Virginia Beach, VA 23521  
10 a.m. - 2 p.m. (Mon-Fri)  
757-462-8663  
POC: Luther Williams  
[lutherwilliams@verizon.net](mailto:lutherwilliams@verizon.net)

### Washington

Retired Activities Office\*  
Fleet and Family Support Center  
Naval Station Everett  
13910 45<sup>th</sup> Ave. NE, Room 818  
Marysville, WA 98271  
425-304-3775/3721  
10 a.m. - 1 p.m. (Mon-Fri)  
POC: Noel Torres  
[noe.torres1@navy.mil](mailto:noe.torres1@navy.mil)

## CONT'D

Retired Activities Office\*  
Fleet and Family Support Center  
Naval Air Station Whidbey Island  
Oak Harbor, WA 98278  
9 a.m. - 2 p.m. (Mon-Tue-Thu)  
9 a.m. - 1 p.m. (Wed)  
360-257-6432  
POC: Gerald Myers  
[raowhidbeyisland@gmail.com](mailto:raowhidbeyisland@gmail.com)

### Wisconsin

Retired Activities Office\*  
Navy & Marine Corps Reserve Center  
2401 South Lincoln Memorial Dr.  
Milwaukee, WI 532017

### OCONUS

#### Rota, Spain

Retired Activities Office  
NS Rota Community Support  
Bldg. 3293  
PSC 819, Box 57  
FPO AE 09645-5500  
1 - 4:30 p.m. (Tue/Thu)  
011-34-956-82-3232  
POC: Patricia Rios  
[NAVSTA\\_ROT\\_AO@us.navy.mil](mailto:NAVSTA_ROT_AO@us.navy.mil)

#### Independent Retired Coordination Offices (IRCOs)\*\*\*

#### Florida

VA Lakemont Campsu, Room 125  
2500 Lakemont Ave.  
Orlando, FL 32803  
407-646-4110/4111/4114  
POC: Donald Stiegman  
[rao.orlando@gmail.com](mailto:rao.orlando@gmail.com)

#### Italy

Via De Amicis, 16  
07024 La Maddalena (OT), Italy  
POC: Cinzia Panzani  
[panzanic@hotmail.com](mailto:panzanic@hotmail.com)

#### Subic Bay (The Philippines Region)

Subic Bay-Olongapo  
34 National Highway  
Barrio Barretto 2200  
Olongapo City  
PSC 517, Box RS  
FPO/AP 96517-1000  
9 a.m. - 3 p.m. (Mon-Fri)  
011-63-47-222-2314  
POC: Jack Walter  
[dir@raosubic.com](mailto:dir@raosubic.com)

\*Office needs volunteers.

\*\*No Navy volunteers.

\*\*\*Not sponsored by the U.S. Navy.

## VETERANS ORGANIZATIONS

### Looking for a VA?

Find any VA facility at [VA.gov/Find-Locations](https://www.va.gov/Find-Locations) by entering your desired location.

### Additional resources:

**Disabled American Veterans (DAV)**  
<https://www.dav.org/>

**Fleet Reserve Association (FRA)**  
<https://www.fra.org/fra/web/>

**Navy Wounded Warrior**  
<https://www.navywoundedwarrior.com/>

**Navy Safe Harbor Foundation**  
<https://safeharborfoundation.org/>

**Navy Gold Star**  
<https://www.navygoldstar.com/>

**Navy League of the United States**  
<https://www.navyleague.org/>

**Navy Ombudsman Program**  
<https://ffr.cnrc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Ombudsman-Program/>

**Naval History and Heritage Command**  
<https://www.history.navy.mil/>

**Veterans of Foreign Wars**  
<https://www.vfw.org/>

**American Gold Star Mothers, Inc.**  
<https://www.americangoldstarmothers.org/>

**National Veterans Legal Services Program**  
<https://www.nvlsp.org/>

**Catholic War Veterans & Auxiliary of the U.S.A.**  
<https://thecwv.org/>

**Jewish War Veterans of the U.S.A.**  
<https://www.jwv.org/>

**Non Commissioned Officers Association (NCOA)**  
<https://www.ncoausa.org/>

**TREA: The Enlisted Association**  
<https://www.trea.org/>

**Military Officers Association of America (MOAA)**  
<https://www.moaa.org/>

**National Organization of Veterans' Advocates, Inc.**  
<https://www.vetadvocates.org/cpages/home>

**Navy Nurse Corps Association (NNCA)**  
<https://nnca.org/>

**Tragedy Assistance Program for Survivors (TAPS)**  
<https://www.taps.org/>

**Wounded Warrior Project (WWP)**  
<https://www.woundedwarriorproject.org/>

**The American Legion**  
<https://www.legion.org/>

**American Veterans (AMVETS)**  
<https://www.amvets.org/>

**Reserve Organization of America (ROA)**  
<https://www.roa.org/>

**Blinded Veterans Association (BVA)**  
<https://bva.org/>

**Paralyzed Veterans of America (PVA)**  
<https://pva.org/>

**Swords to Plowshares**  
<https://www.swords-to-plowshares.org/>

**Korean War Veterans Association**  
<https://kwva.us/>

**Vietnam Veterans of America**  
<https://vva.org/>

**Iraq and Afghanistan Veterans of America (IAVA)**  
<https://iava.org/>

**Blue Star Mothers of America, Inc.**  
<https://www.bluestarmothers.org/>

**Gold Star Wives of America, Inc.**  
<https://www.goldstarwives.org/>

\*Inclusion does not constitute endorsement by the Department of War or the U.S. Navy.



Engineman 1st Class Giovanna Macias, assigned to amphibious dock landing ship USS Harpers Ferry (LSD 49), embraces her daughter on the pier at Naval Base San Diego after a seven-month deployment. (U.S. Navy photo by MC2 Evan Diaz)

# RESOURCES

**Air Force Retiree Services:**

210-565-2126

[www.retirees.af.mil](http://www.retirees.af.mil)**Marine Corps Services:**

800-627-4637

[www.marines.mil/Marines/](http://www.marines.mil/Marines/)**Soldier for Life:**

888-721-2769

[www.soldierforlife.army.mil](http://www.soldierforlife.army.mil)**Arlington Cemetery:**

877-907-8585

[www.arlingtoncemetery.org](http://www.arlingtoncemetery.org)**Armed Forces Retirement Home (AFRH):**

800-422-9988

[www.afrh.gov](http://www.afrh.gov)**Army and Air Force Exchange Service (AAFES):**

800-527-2345

[www.aafes.com](http://www.aafes.com)**Burial at Sea Information:**

866-787-0081

[www.mynavyhr.navy.mil/Support-Services/Casualty/Mortuary-Services/Burial-at-Sea/](http://www.mynavyhr.navy.mil/Support-Services/Casualty/Mortuary-Services/Burial-at-Sea/)**Combat Related Special Compensation (CRSC):**<https://www.va.gov/resources/combat-related-special-compensation-crsc/>**Defense Enrollment Eligibility Reporting System (DEERS):**

800-538-9552

[www.tricare.mil/deers](http://www.tricare.mil/deers)**Defense Commissary Agency:**[www.commissaries.com](http://www.commissaries.com)**Fleet Reserve Association:**

703-683-1400

<https://www.fra.org/fra/web/>**GulfLINK:**<https://www.gulflink.osd.mil/>**Military ID Card Eligibility and Benefits:**

800-538-9552

**Internal Revenue Service (IRS):**

800-829-1040

[www.irs.gov](http://www.irs.gov)**Medicare:**

800-633-4227

[www.medicare.gov](http://www.medicare.gov)**Navy Reserve Personnel Management (PERS-9):**

866-827-5672

**Navy Casualty Assistance:**

800-368-3202

After duty hours: 901-634-9279

**Navy Retired Activities:**

866-827-5672

[MILL\\_RetiredActivities@navy.mil](mailto:MILL_RetiredActivities@navy.mil)**Navy Uniform Shop:**

877-810-9030

[www.navy-nex.com/uniform](http://www.navy-nex.com/uniform)**Reserve Component Survivor Benefit Plan (RCSBP):**

PERS-912: 800-321-1080

**Retiree Dental Program – Delta Dental:**

855-410-3255

[www.trdp.org](http://www.trdp.org)**Servicemembers' Group Life Insurance (SGLI):**

800-419-1473

[www.insurance.va.gov](http://www.insurance.va.gov)**Social Security Administration (SSA):**

800-772-1213

[www.ssa.gov](http://www.ssa.gov)**Veterans Affairs (VA):**[www.va.gov](http://www.va.gov)**Benefits hotline:**

800-827-1000

**Overseas retirees should contact a U.S. embassy/consulate:**

918-781-7550

**VA Life Insurance:**

800-669-8477

**National Cemetery Administration:**

Burial information: 800-535-1117  
[www.cem.va.gov](http://www.cem.va.gov)

**GI Bill:**

888-442-4551  
[www.gibill.va.gov](http://www.gibill.va.gov)

**Defense Finance and Accounting Service (DFAS):**

Pay inquiries or SBP records in case of death, divorce or remarriage.  
[www.dfas.mil](http://www.dfas.mil)

For retirees:

Defense Finance and Accounting Service  
U.S. Military Retired Pay  
8899 E 56th Street  
Indianapolis, IN 46249  
Customer service: 800-323-7411 opt. 4, then 2

For annuitants, beneficiaries and survivors:

Defense Finance and Accounting Service  
U.S. Military Annuitant Pay  
8899 E 56th Street  
Indianapolis IN 46249  
Customer service: 800-321-1080 opt. 4, then 2

For reporting deaths:

Casualty Assistance Branch  
Defense Finance and Accounting Service  
U.S. Military Retired Pay  
8899 E 56th Street  
Indianapolis, IN 46249  
Customer service: 800-321-1080

**TRICARE:**

East Region:

Humana Military  
800-444-5445  
<https://www.tricare.mil/east>

West Region:

TriWest Healthcare Alliance  
888-TRIWEST (874-9378)  
<https://www.tricare.mil/west>

Overseas:

International SOS Government Services, Inc.  
215-942-8226  
[www.tricare-overseas.com](http://www.tricare-overseas.com)

**TRICARE For Life:**

866-773-0404  
<https://www.tricare.mil/tfl>

**TRICARE Pharmacy Program – Express Scripts, Inc.**

877-363-1303  
[www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy)  
[www.express-scripts.com](http://www.express-scripts.com)

**Navy Morale, Welfare, and Recreation (MWR):**

[www.navymwr.org/](http://www.navymwr.org/)

**Department of Defense Lodging:**

[www.dodlodging.net](http://www.dodlodging.net)

**Veterans' Service Records:**

For replacement copy of DD-214, service/medical records, award information.

Retired prior to 1995:

[www.archives.gov/veterans/military-service-records](http://www.archives.gov/veterans/military-service-records)

Retired after 1995:

Navy Personnel Command PERS-312E  
5720 Integrity Drive  
Millington, TN 38055  
833-330-6622

**Sister service retiree publications:**

Air Force Afterburner:

[www.retirees.af.mil/library/afterburner/](http://www.retirees.af.mil/library/afterburner/)

Army Echoes:

<https://soldierforlife.army.mil/Army-Retirement/Post-Retirement/Army-Echoes-Newsletter>

Coast Guard Evening Colors:

[www.yumpu.com/en/document/view/10365896/evening-colors-us-coast-guard](http://www.yumpu.com/en/document/view/10365896/evening-colors-us-coast-guard)

Marine Corps Semper Fidelis:

[www.mcleaguelibrary.org/semper-fi-magazine/](http://www.mcleaguelibrary.org/semper-fi-magazine/)

# **STAY CONNECTED WITH YOUR NAVY COMMUNITY**

As a Sailor for Life, your Navy chapter does not end when you go ashore for the last time. The Navy community remains connected through programs, resources and support networks designed for Sailors, veterans and their families.

Stay informed, get involved and continue the mission of serving the fleet and each other.



## **Veterans and Family Programs**

Programs for transitioning Sailors, veterans and their families.



Scan the QR code to learn more and stay engaged with the Navy community.





Recruits assigned to the state flags unit wait to perform during pass-in-review onboard Navy Recruit Training Command (RTC) in Great Lakes, Illinois. (U.S. Navy photo by MC2 Stuart Posada)