

RETIREE OFFICE NEWS – 171st ARW



Retiree Office
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Office Hours:
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“Develop An Attitude Of Gratitude This Year, And Give Thanks For Everything That Happens To You, Knowing That Every Step Forward Is A Step Toward Achieving Something Bigger And Better Than Your Current Situation.”
~ **Brian Tracy**

Retiree Office Email Address: 171retireeoffice@gmail.com

Please use this email address for all correspondences, i.e., email changes, retiree news, luncheons, benefits, etc.

Retiree Lunch: **3rd Tuesday** in January, April, July, and October

When: CY 2020 - **January 21st**, April 21st, July 21st, and October 20th

Where: Golden Corral, 900 Park Manor Blvd, Pittsburgh, PA 15205
(Near Mall at Robinson) (412) 788-1776

Time: 1100 hours, **“Don’t forget to ask for your military or senior discount!!!”**

*Come join the fun and catch up with old friends over a delicious lunch.
Hope to see you all at the Retiree Luncheon!*

DFAS Retiree Newsletter – December 2019:

<https://www.dfas.mil/retiredmilitary/newsevents/newsletter.html>

Air Force Retiree Services: <https://www.retirees.af.mil/>

Please note there is a lot of good information to assist retirees under the “Resources” tab.

Veterans Breakfast Club:

Veterans Breakfast Club Website: <http://veteransbreakfastclub.com/>

Veterans Breakfast Club Newsletter – Fall 2019

<http://vbcpggh.org/wp-content/uploads/2019/08/FINAL-Fall-E-Newsletter-VBC-2019-.pdf>

Retirements:

Congratulations to those who retired from October 2018 through December 2019. Please do not hesitate to contact the Retiree Office, if you need assistance. We are now receiving the list of retirements, again, so this list should catch us up for the last 5 Quarters.

Rank	Last Name	First Name	Retired	Squadron
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OCT 2018

SSG	RANDOLPH	RONALD	22-OCT-18	171 CES
TSG	EICHLER	ROBERT	31-OCT-18	171 MAINT
SSG	HELLER	MATTHEW	31-OCT-18	171 MAINT
CMS	ATWELL	TODD	31-OCT-18	171 MAINT
MSG	WISNIEWSKI	BRIAN	31-OCT-18	171 CES

NOV 2018

TSG	JABLONSKI	DANIEL	4-NOV-18	171 MAINT
MSG	FREDERICK	JOHNATHAN	19-NOV-18	171 COMM
TSG	BALL	JAMES	21-NOV-18	171 ARW
SMS	SHINSKY	RONALD	27-NOV-18	171 MAINT

DEC 2018

CMS	MILLER	RANDY	15-DEC-18	171 ARW
MSG	CRIAG	KIRK	31-DEC-18	171 LRS
MAJ	DUFFY	BRETT	31-DEC-18	147 ARS
MAJ	HAJJAR	MICHAEL	31-DEC-18	171 MSG

JAN 2019

MSG	KREMPASKY	DANIEL	1-JAN-19	171 COMM
TSG	COLLINS	JOSEPH	16-JAN-19	171 MAINT
MSG	FRAZIER	JOHN	28-JAN-19	171 ARW
TSG	HORTON	BRIGITTA	28-JAN-19	171 LGS
SSG	MATOKA	ROBERT	31-JAN-19	171 CES

MAR 2019

MSG	THOMPSON	KEVIN	1-MAR-19	171 LRS
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APR 2019

TSG	BIZUB	MATTHEW	8-APR-19	171 SFS
TSG	LAUSO	JAMES	8-APR-19	171 LRS

Rank	Last Name	First Name	Retired	Squadron
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MAY 2019

SMS	OCONNER	CASEY	1-MAY-19	147 ARS
SMS	OKESON	MARK	1-MAY-19	171 SFS
COL	PATTON	GILBERT	1-MAY-19	171 ARW
LTC	WAGNER	ERIC	4-MAY-19	258 ATCS
TSG	LITTLE	ARMON	14-MAY-19	258 ATCS
MAJ	GABEL	SHAWN	20-MAY-19	146 WEAFLT

JUN 2019

MSG	DZIADIK	TERRY	1-JUN-19	171 COMM
MSG	MENNOR	WILLIAM	8-JUN-19	171 LRS
MSG	GOOD	PHILLIP	30-JUN-19	171 MAINT

JUL 2019

MSG	BLINKEY	JOHN	9-JUL-19	171 AMS
TSG	BROWN	REBECCA	13-JUL-19	171 MEDGP

AUG 2019

MSG	MCNULTY	FRANCIS	2-AUG-19	171 MSG
TSG	JORDAN	CHRISTOPHER	5-AUG-19	171 CES
CAPT	SULLY	ROBERT	12-AUG-19	171 OSG
MSG	BORDONARO	MICHAEL	19-AUG-19	171 COMM
LTC	CLARK	CAROL	22-AUG-19	171 MEDGP

SEP 2019

TSG	NEW	RONNIE	7-SEP-19	171 MAINT
TSG	PETERSON	WILLIAM	13-SEP-19	171 MAINT
LTC	PAPAKIE	MICHELLE	24-SEP-19	171 ARW

OCT 2019

LTC	TOWER	JOHN	1-OCT-19	171 MEDGP
MSG	JOHNS	BRENDA	4-OCT-19	171 COMPTROLLER
LTC	DEVORE	JEFFREY	25-OCT-19	146 ARS

DEC 2019

LTC	PEROTT	CHARLES	1-DEC-19	171 MSG
SMS	SPAGEL	EDWARD	5-DEC-19	171 ARW
TSG	CRISTINI	STEVEN	12-DEC-19	171 OSG
COL	OLSZEWSKI	JOSEPH	15-DEC-19	171 ARW
MSG	ACRE	KEITH	31-DEC-19	171 AMS
MSG	HAMILTON	LARRY	31-DEC-19	171 MAINT
MSG	HOWZE	MICHAEL	31-DEC-19	171 ARW
LTC	STATELER	ANGELA	31-DEC-19	171 FSS

171ARW Financial Counselor – “Financial Updates”:

“NEED-TO-KNOW FINANCIAL UPDATES”

There have been major financial updates for 2020, which you need to be aware of to better manage your finances. The most important update is the passing of the Secure Act, which will better enable you to save more money and pay less tax. The following is pertinent information, which can help you have a more secure future and increase your net worth.

- Due to the passing of the Secure Act, the age for required minimum distributions, RMD, has been increased from age 70 ½ to 72. This will reduce your tax liability and enable you to save more money.
- If you have earned income, the Secure Act will now enable you to make IRA contributions past age 70 ½. Prior to the act, contributions had to cease at age 70 ½ regardless if you had earned income or not. This is an exceptional opportunity to lower your taxes and increase the balance of your IRA accounts.
- If you were impacted by Equifax’s breach, you have until 22 JAN to file a claim for 10 years of free credit monitoring and identity theft insurance. To determine if you have been impacted and to file a claim, go to <https://www.equifaxbreachsettlement.com/> At the top of the website click on the icon “What you want to do and scroll down to “Have I been impacted”. If impacted, a claim should be filed. This is a valuable benefit to take advantage of.
- The first day you can file your tax return is 27 JAN and the last day is 15 APR. To prevent tax refund identity theft, it is always advisable to file as soon as possible.
- Military One Source has a software program through H&R Block, which will help you file your taxes for free. The program is easy to use and there is no cost for this service. If help is needed, there are tax consultants standing by.
- Your credit report should be checked at least once every 4 months. You can obtain your credit report for free by going to the website, annualcreditreport.com. The report from the credit bureau, Transunion, is simple to understand. This is a soft inquiry and will not affect your FICO score.

For a more secure financial future, take advantage of the new benefits from the Secure Act and the services being offered at no charge. Best wishes for a HEALTHY AND HAPPY NEW YEAR.

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“Never look down on anyone unless you are picking him/her up”

Retirees Benefits:

Please visit the Military.com web site below, for a list and information on Benefits for Retirees. <https://www.military.com/benefits/retirees>

Sympathies:

We extend 'Our Deepest Sympathy' to the families and relatives of the following retirees who passed away. Please inform our office if you hear of the passing of one of our fellow 171st, 112th, or 258TH members. Click on each name to view the obituary and leave your condolences.

MSgt Robert C. Goddard – 01 Nov 2019 – Age 71 – 171ARW/Avionics
<https://www.chasdavis.com/obituaries.php?search=Goddard#>

Col William L. Atkinson II – 26 Dec 2019 – Age 82 – 147ARS & 171ARW/Maint
<https://www.mcdermottfuneralhome.com/notices/William-AtkinsonII>

MSgt Richard L. Closser – 07 Jan 2020 – Age 83 – 171ARW/Fire Department
<https://www.hummellandjones.com/obituary/richard-closser>

2020 Cost of Living Adjustment (COLA):

Based on the increase in the Consumer Price Index, there will be a 1.6 percent Cost of Living Adjustment (COLA) for most retired pay and Survivor Benefit Plan annuities, and the Special Survivor Indemnity Allowance (SSIA), effective Dec. 1, 2019.

With the COLA applied, the maximum amount of SSIA payable will be \$323.

Retirees will see the change in their Dec. 31, 2019 payment and annuitants in their Jan. 2, 2020 payment. Visit the [military compensation website](#) for detailed information.

Life Changing Events:

Did you know that if you don't update your retired pay account in a timely manner, it could adversely impact your loved ones?

Many issues can arise if DFAS is not notified of life-changing events, especially for your Survivor Benefit Plan (SBP).

Informing DFAS about life-changing events in a timely manner is one way to make sure your dependents are taken care of with the Survivor Benefit Plan. Promptly notifying DFAS ensures the correct premiums are billed and your loved ones will not face challenges in receiving their SBP annuity payments.

Below are examples of common life events and how deadlines impact your SBP coverage:

At retirement, you're single with no children. After retirement, you marry or have a child. Notify us within ONE YEAR, by sending us a DD Form 2656-6 and a copy of the marriage or birth certificate, if you want SBP coverage.

You divorce and elect former spouse coverage. Your former spouse passes away and you

later re-marry. Notify us within ONE YEAR of your re-marriage, by sending us a DD Form 2656-6 and a copy of your new marriage certificate, if you want SBP coverage for your new spouse.

Find out more about changing SBP coverage:

<https://www.dfas.mil/retiredmilitary/provide/sbp/change>

Consider this for a New Years Resolution – “Drinking Enough Water”

What happens when HUMANS don’t drink enough water?

- Thirst. Irritability. Discomfort.
- Ultimately... you dry up. You can only go a few days without it.
- You need only live through one hurricane or "snowpocalypse" to see what a panic not having water creates.
- So as long as you've got it handy, you should make a point to drink it, and plenty of it. Water is like magic. It can transform you in dozens of ways.
- Like your weight.
- If you drink more water, you drop weight faster. You feel fuller. And all too often, we mistake thirst for hunger. So coming up short of water means we overeat.
- Plus, it may boost your metabolism with every glass...
- A tall cool glass aids digestion.
- Water makes dissolving fats and fiber easier in your body. It helps flush waste products, which supports your kidneys and liver. When you don't drink enough, the colon sucks water out of your stool, so you're more likely to be constipated.
- Water helps fight fatigue. Even mild dehydration can foul your mood, so drinking more can give you a welcome boost.
- If you've got a headache, more water is key. At least 2-4 cups right away.
- Your cartilage is about 85% water. To keep your joints healthy, what do you need? (If you guessed water, good job... you're following along.)
- Students who drink water do better on exams. Gargling with water reduces infections. And more water means a healthier heart.
- Stuffy nose? Back pain? Dry skin? Water, water, WATER.
- The only hitch is most of our water just isn't clean. It's not fresh.
- And for all the health power of drinking enough every day, when your water is chock full of contaminants, it can possibly do you more harm than good.
- Filtering out the contaminants is NEEDED AND really does a number on your body...
 - Like 97.5% of Lead.
 - Almost 98% of Mercury.
 - And over 99% of Chromium

IMPORTANT PHONE NUMBERS AND LINKS:

171st Air Refueling Wing: <http://www.171arw.ang.af.mil/>

911th AW Casualty Assistance Office: (412) 474-8558, Fax: (412) 474-8987

Address: 911th FSS/FSMPS, 2475 Defense Ave, Bldg 316, Rm 112, Coraopolis, PA 15108

Email contact: Melinda J. Arbogast, Melinda.arbogast.1@us.af.mil

Provides assistance to a retiree/spouse/dependent upon the passing of a retired military member or dependent in processing the required documentation and survivor benefits.

Air Force Retiree Services: <http://www.retirees.af.mil/>

AMC Space-A Travel: <http://www.amc.af.mil/amctravel/index.asp>

Department of Veteran Affairs (VA): <http://www.va.gov/> or 1-800-827-1000

Express Scripts – TRICARE Pharmacy: <http://www.express-scripts.com/TRICARE/>

Toll-Free within the U.S.: 1-877-363-1303

Retired and Annuitant Pay information, Report a Retiree's Death, etc:

Defense Finance and Accounting Service (DFAS) – Retired Military & Annuitants

<http://www.dfas.mil/retiredmilitary.html> Customer Service: 800-321-1080, M-F, 8am to 5 pm ET

Ask DFAS online: <https://corpweb1.dfas.mil/askDFAS/askRA.jsp>

Military.com/Benefits: <http://www.military.com/benefits>

Military.com free membership sign-up:

http://www.military.com/Registration/Universal_Registration_Page?ESRC=TAF.bb

National Personnel Records Center, Military Personnel Records: NPRC Customer Service 314-801-0800

myPay: <https://mypay.dfas.mil/mypay.aspx> or 1-888-332-7411 Option 5

PA Veteran Affairs: [http://www.dmva.pa.gov/veteransaffairs/Pages/default.aspx - .Vw-6qj81BJM](http://www.dmva.pa.gov/veteransaffairs/Pages/default.aspx -.Vw-6qj81BJM)

Social Security: <http://www.ssa.gov/agency/contact/> or Call the toll-free number, 800-772-1213. If you are deaf or hard of hearing, call the toll-free "TTY" number, 711

TRICARE for Life (ages 65+): <https://www.tricare4u.com/> 1-866-773-0404 Mon – Fri, 7 a.m. – 10 p.m. CST

TRICARE Select Health Plan (ages 60 to 65): <https://www.tricare.mil/Plans/HealthPlans/TS>

Tricare East Region – Humana Military, 1-800-444-5445, www.tricare-east.com

Tricare West Region – Health Net Federal Services, 1-844-866-9378, www.tricare-west.com

TRICARE Prescription Formulary Search Tool: <https://www.express-scripts.com/static/formularySearch/2.7/#/formularySearch/drugSearch?accessLink=FSTResults>

Thrift Savings Plan (TSP) Retiree Assistance: 1-877-968-3778

U.S. Department of Veterans Affairs: <http://www.vets.gov/>

Veterans Breakfast Club: <http://veteransbreakfastclub.com/publications/>,

Contact Todd DePastino at 412-623-9029 or by email at todd@veteransbreakfastclub.com