



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

In this issue:

- **MOAA Store and J/ROTC certificates**
- **CALMOAA TOPS - NAVNET**
- **CALMOAA January All Hands**
- **Significant dates and MOAA deadlines**
- **Assembly member Ramos Co-Author Request for Uniform Retirement and Survivor Benefit Plan**
- **VA Benefits**
- **National Legislation and MOAA Advocacy in Action**
- **Ready Reference Contact Information**
- **Navy Lodge locations**
- **Veterans Numbers and Websites**

From National MOAA

- **Surviving Spouse Corner: What to Expect in 2022 With the ‘Widows Tax’ Repeal**
- **Senate NDAA Amendment Seeks to Ease Financial Challenges for New Survivors**
- **Take Advantage of These 5 Year-End Tax Tips**

Notes from the President’s Desk

Merry Christmas and Happy Holidays everyone. As we enter the holiday months. I would like to celebrate it with a couple of Christmas songs from my youth. Sometimes it just doesn’t feel like Christmas until we hear such songs like the [Royal Guardsmen sing Snoop’s Christmas](https://youtu.be/9Pxx-RbdUow) <https://youtu.be/9Pxx-RbdUow> ; Peanuts Gang: Christmas Song “[Linus & Lucy](https://youtu.be/00gXEn1ehDg)” <https://youtu.be/00gXEn1ehDg> ; Charlie Brown Christmas https://youtu.be/DMA3_-anjpQ

Merry Christmas everyone 🎄🎄🎄🎄🎄🎄🎄🎄🎄

We leave this year bright full of hopes and happiness. It is sad that we have lost some shipmates, friends, family members. At the same time, we have seen the joy of new life and our future enter the world full of hope and joy. Let us continue to overcome life’s challenges and nurture our future.

Next year we should have a bill number assigned to Uniform Retirement tax exemption which is being introduced by Assembly member James Ramos. In the meantime, we need every veteran, friend, family, associate to write their state Senators, state Assembly member regarding this bill. In addition to writing your representatives please send a letter to Assembly member James Ramos in support of this bill even though you don't live in his district to send him letters of support, so when he's meeting with the governor on other issues, he can tell the governor, “Hey, I got a letter from Miramar Military Officers Association Chapter voicing their support. I know they're not in my assembly district, but hey, that you're the governor. You should be concerned about statewide issues.” His email address is email: James.ramos@asm.ca.gov Send him a short email to James saying I've seen your press release, ***“I want to applaud you for your efforts to exempt military retirement from state income taxes. Anything I can do to help you? In your battle to make this happen, please let me know. Thank you very much”***.

MOAA held a successful Southwest Workshop in San Diego on 20 November 2021. We had some very informative breakout discussions. Upon the conclusion of the workshop CALMOAA held its Annual Meeting (abbreviated). Jeff Breiten CALMOAA Legislation and Kathy Prout CALMOAA Surviving Spouse spoke. The key points that I really need everyone to take on board is everyone is a member, and everyone can assume a leadership position both in CALMOAA



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

and their chapters. The other point is we do not need another Uniform Retirement Tax Exemption. We do not want to water down the bill that Assembly Ramos will be presenting. We need all of our California elected to rally behind his bill!!

Some significant points from the meeting is MOAA has a lot of information for Surviving Spouses of on their website <https://www.moaa.org/content/topic-and-landing-pages/i-am-a-surviving-spouse/>. They have brochures about how to be prepared in the case of a death. Look at the VA website www.va.gov and look under the presumptive conditions <https://benefits.va.gov/BENEFITS/factsheets/serviceconnected/presumption.pdf> and <https://www.va.gov/search/?query=presumptive%20conditions&t=false>. Review your accounts (checking, credit cards, utilities, etc. to ensure that if something happened to one it does not lock out the surviving spouse. Review your Trust and/or Will to ensure it has what you and spouse wants. Protect your loved ones!!

In addition to Advocacy, we also NEED TO ENGAGE OUR Surviving Spouses More than ever. How little did I realize that I never provided my wife a translator or a translation book on how to speak Navy much less the VA. Our spouses and our Surviving Spouse have always been there for us. They bring out the best in all of us!! We can never forget our spouses. In turn we also need to remember as an organization they too are FULL FLEDGE members and they too have a VOICE in CALMOAA and MOAA. Every member can hold office!! Please engage your spouse in your chapters!!! CALMOAA Bylaws are very open, and it does allow anyone to hold a position in CALMOAA!!

Please join “[MOAA Surviving Spouses and Friends](#) (Private Group) – Facebook.” My wife and I are members and it has been very enlightening. Some members of my chapter have also stated how helpful it is even if you are not a surviving spouse. Check out it out.

Next year we will have two new Area Vice Presidents stepping up to the plate.

Area 6 Vice President John Ryan has turned over his duties as Area Vice President to Thomas Bell.

Area 7 Vice President Tom Brown has turned over his duties as Area Vice President to Ed Apostol.

Let us all welcome Thomas Bell and Ed Apostol as our new Area Vice Presidents.

Planning ahead. MOAA will be making a call for nominations to the MOAA Board in January. I believe there will be an opening for 1 Warrant Officer, 1 NOAA Officer, 2 Surviving Spouses, 4 Council / Chapter Leaders. If you are interested please review the new [MOAA Strategic Plan for 2022 – 2026](https://www.moaa.org/uploadedfiles/strategic-plan-2022.pdf) <https://www.moaa.org/uploadedfiles/strategic-plan-2022.pdf>, [MOAA's Bylaws](https://www.moaa.org/content/about-moaa/moaa-at-a-glance/moaa-bylaws/) <https://www.moaa.org/content/about-moaa/moaa-at-a-glance/moaa-bylaws/>, and [MOAA Resolutions](https://www.moaa.org/content/about-moaa/moaa-at-a-glance/moaa-resolutions/) <https://www.moaa.org/content/about-moaa/moaa-at-a-glance/moaa-resolutions/>.

In closing let us look at Senator Daniel Inouye Medal of Honor <https://youtu.be/6jsdoVqkeBg>.

Before I go, I would like to share “**Just 4 Things**” by Colonel Erickson, USA.

*“The learners are those people who were constantly learning and growing. May or may not be successful in any given day, but they are constantly looking for ways to improve, and the **levers** of those individuals who just can't take it and give up and move on. But I don't beat up on those people too much 'cause at some point or another we all are living both camps. How much time you spend in which camp that matters, and I'll tell you if you want to stay in the. The **Learner** grower group. The best way to do it. Is to not focus on your goals, but to focus on your habits. 'cause you tell me what your habits are. I will predict your future. And the thing with habits is that you only need four or you only need 4 categories of habits. What you do within those categories is up to you, but you only need 4. Categories of habits. And if you do something in each one of those categories each day, then I guarantee you long term you will be successful.*”



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

The first category is learning. You need to be a lifetime lifelong learner. You need to have a habit of learning something every day.

The second one is service. You need to have an idea or a habit of serving others. Each day don't have to be big things to just be a random act of kindness, a kind word, whatever.

The third thing is fitness and nutrition health. What are you doing to keep yourself healthy today?

The fourth category is hope and that is you know what you are doing to build on your faith, life or your spirituality and it doesn't have to be religion. It could be whatever it is that you find hope in. Outside of yourself, but if you work in those four categories every day, do something. It doesn't have to be much little stuff and build those habits. You will be successful.

Work on great habits and great things will happen. One team.”

E Fred Green, Jr.
President CALMOAA

MOAA Store and J/ROTC certificates

Earlier this month I sent out this announcement regarding MOAA store and J/ROTC certificates, medals, etc. MOAA is in the process of loading existing inventory into their system. Knowing that some chapters need ROTC and JROTC medals for the end of the fall semester, they have established a temporary (no frills) site to immediately offer existing ROTC and JROTC medals (and ROTC certificates (JROTC certificates are not in stock)) to satisfy those urgent needs. Once the MOAA Store is fully functional, the temporary site will be decommissioned and ROTC/JROTC resources will be purchased through the new store. The temporary ROTC/JROTC medal site is <https://moaarotc.estore.shop/>. ROTC And JROTC certificates can still be downloaded at <https://www.moaa.org/content/chapters-and-councils/chapters-and-councils/council-and-chapter-awards/>. In-stock medals have the old seal (with 7 services), and the supply is limited--**please urge your chapters to be respectful of their fellow volunteers by purchasing only what they need right now**, not for the spring season, and certainly not to stockpile. We are NOT planning to advertise the temporary store any more broadly than this email, but we will provide information to those leaders who inquire. Medal and certificate orders will be fulfilled on a first-come, first-served basis until inventory is depleted. We plan to have new certificates and medals, which will include the addition of the U.S. Space Force on the medallion, when the full store opens.

CALMOAA TOPS - NAVNET

Since Bud moved to the hills of Tennessee, I have been trying to find a TOPS person for CALMOAA. Prior to Bud leaving we approached Tom Hammons (who is a member of Miramar MOAA Chapter and the coordinator of NAVNET). I have decided to add NAVNET (Tom Hammons) as TOPS for CALMOAA.

What Makes NAVNET Resources different from other transition assistance firms?

- NAVNET Resources Management are all former senior military leaders who have transitioned to highly successful civilian careers and, therefore, have a clear understanding of both employer needs and job candidate search processes.



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

- NAVNET members have extensive technical and managerial experience across the full spectrum of experience levels from journeyman to executive.

Our Competitive Edge

- Top quality, proven performer candidate pool
- Focused distribution to a specialized candidate pool
- NAVNET Resources staff has decades of military-to-civilian transition training, coaching and mentoring

For Individual NAVNET Members

For Individual NAVNET Members – We maintain a member database that gives each individual access to other NAVNET members in myriad industries and companies. This access provides networking opportunity to information on the current industry needs and trends. This knowledge is valuable in developing individual marketing strategies as the member transitions from their military careers or from one post military employment to another.

In the end I recommend that we add NAVNET website www.navnetresources.com to our website and the explanation as to what NAVNET is (see below). If anyone has and/or know of any openings for NAVNET they can send them to Tom at his NAVNET new email address is tom@navnetresources.com.

I have copied Bud and Tom for any inputs and/or anything that I may have missed.

Website is the same (www.navnetresources.com) and the new email address is tom@navnetresources.com

CALMOAA Quarterly Meetings (Note this is a tentative schedule and it is subject to change)

- January 8 – AVPs and CALMOAA Board of Directors
- January 22 – CALMOAA All Hands

Significant dates and MOAA deadlines

December 2021

- Dec. 30: Monthly chapter leader virtual roundtable: Incorporation, Tax Status, and Liability Insurance (7 p.m. Eastern) | Join [here](#) at the time of the meeting.

January 2022

- Jan 1: Mercer Ad Program Begins
 - If you haven't reached out to Michele Armesto email michele.armesto@mercer.com please do before the deadline and submit your IRS W9 form. You can download the IRS W9 form by going to this link <https://www.irs.gov/pub/irs-pdf/fw9.pdf>

February 2022

- Feb 1: Communications Award Submission Deadline
- Feb 28: Community Outreach Grant Application Deadline:

March 2022

- Mar 1: Scholarship Application Deadline

April 2022

- Apr 25 – 28: Advocacy in Action / Council Presidents Seminar



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

October 2022

- Oct 28 – 29: MOAA Annual Meeting – Kansas City Missouri

Remember CALMOAA is here to help to the best of its ability. Please reach out whenever. Please visit CALMOAA website www.Californiamoaa.com it has a wealth of info about VA and TRICARE benefits, job opportunities and much more.

Assembly Member James Ramos Co-Author Request for Uniform Retirement and Survivor Benefits Plan; exemption from state income tax. Please send this to your Assembly member and/or Senator and ask them to sign on to Co-Author and send this to Assembly Member Ramos copy Jeff, Altie, and I when they do.

I cordially invite you to co-author AB xxxx, which will provide a state tax exemption for retired members of the uniformed services. This bill will also exempt recipients of the Department of Defense's (DoD) Survivor Benefits Program. Since military retirement pay stops upon death of the retiree, the DoD provides a continuous lifetime annuity for their dependents as an inflation-adjusted monthly income.

The United States has eight uniformed services. Six of those services are known as the armed services or armed forces and consist of the Army, Marine Corps, Navy, Air Force, Coast Guard, and Space Force. There are also two uniformed services which are not armed, but provide valuable service to the nation's health and environmental safety: the U.S. National Oceanic and Atmospheric Administration and the U.S. Public Health Service.

My bill recognizes the vital services these uniformed service members contribute to our nation and seeks to extend a state benefit to those who served for twenty years, which is the retirement age for these organizations. This bill provides that the exemption benefit begins at 60 years of age and the exemption sunsets in 2033.

The purpose of the bill is twofold; to honor those who dedicated their life to serving their country, and to retain and attract uniformed service retirees to California for the purposes of strengthening the state's skilled workforce, bringing stability to communities, and contributing to the state and local tax base. Uniformed service retirees invariably pursue a second career, and it behooves California to find ways to keep them in our state.

Currently, a top issue for employers in California is attracting a qualified workforce. Approximately 60,000 high-tech jobs are unfilled. Uniformed Service retirees are highly skilled, often in areas requiring technical and management expertise. These men and women often continue to be valuable assets to our schools, local charities, and non-profit organizations.

Substantial new federal funds are infused into the state and local economies not only from retirement pay, but also from the full taxation of their second careers. These retirees may also qualify for federal veterans' benefits, which further bring new monies into the state.

This bill will benefit those who have served our country in uniform as well as surviving spouses and dependent minors of military retirees and will also benefit the state and local economies by attracting and retaining skilled workforce participants.

Please join me in co-authoring this measure.



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

VA Benefits

Annual Increase

As the cost of living goes up, VA ensures your benefit rates do too. As of December 1, all compensation benefits rates increased by 6% to match adjustments made to Social Security benefits. If you receive [VA compensation benefits](#), take a look at your new rates.

<https://www.va.gov/disability/compensation-rates/veteran-rates/>

Presumptive Period Extends for Veterans

VA has extended the presumptive period for qualifying chronic disabilities, such as fibromyalgia, in [Gulf War Veterans](#) rated 10% or more resulting from undiagnosed illnesses to December 31, 2026. [Learn more about the extension and qualifying conditions.](#)

Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder (PTSD) is a mental health issue that can develop after witnessing a life-threatening event like combat, a natural disaster, a car accident, or sexual assault. Symptoms may last for several months. The first step to helping those with PTSD is [becoming aware of the symptoms and seeking help.](#)

Four of the most common symptoms are:

- Reliving the event
- Avoiding things that remind you of the event
- Having more negative thoughts and feelings than before the event
- Feeling on edge or using substances to cope

Seeking treatment can help Veterans and their loved ones learn how to manage and understand what they are experiencing. Treatment may help improve overall quality of life and teach useful coping skills.

National Legislation and MOAA Advocacy in Action

NATIONAL LEGISLATIVE HIGHLIGHTS

<https://takeaction.moaa.org/moaa/?0>

MOAA does support the need for universal access for all WWII veterans. The American Legion is asking for support for S.1040 to sure all WWII veterans can access VA healthcare, without being subjected to means testing, created long after their service, that has blocked care for far too many WWII veterans.

MOAA does support H.R. 4880 and S. 2720, the Veterans' Prostate Cancer Treatment and Research Act

House Resolution 333

Disabled Veterans Tax Termination Act

Introduced: January 15, 2021

Sponsored By: Rep. Sanford Bishop Jr., Georgia (D)

This law would amend Title 10, United States Code, to permit concurrent receipt of both military retirement pay and VA compensation for service connected medical issues for those who are VA-rated as 50 percent or less service-connected disabled. The House Resolution would extend eligibility "for concurrent receipt to Chapter 61 disability retirees with less than 20 years of service" and other purposes. This bill is currently under review by the House Armed Services Committee and the House Committees on Veterans Affairs.

Contact info:

2021calmoaa@gmail.com



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

California Senate Bills (Veteran) for 2021 – 2022

https://leginfo.legislature.ca.gov/faces/billSearchClient.xhtml?session_year=20212022&keyword=veteran&house=Senate&author=All&lawCode=All

California Assembly Bills (Veteran) for 2021 – 2022

https://leginfo.legislature.ca.gov/faces/billSearchClient.xhtml?session_year=20212022&keyword=veteran&house=Assembly&author=All&lawCode=All

If you do not know who your California Senator, Assemblyman/ Assemblywoman is please go to this link:

<https://findyourrep.legislature.ca.gov>

Surviving Spouse Corner: What to Expect in 2022 With the ‘Widows Tax’ Repeal

By: Nancy Mullen

We are coming up on the second year of a three-year phase out of what has been known as the "widows tax," which required forfeiture of a dollar of Survivor Benefit Plan (SBP) for every dollar of Dependency and Indemnity Compensation (DIC) received. Please note this is only applicable to those surviving spouses who qualify for both DIC and SBP and are in receipt of the Special Survivor Indemnity Allowance (SSIA).

In Phase 1 (2021), surviving spouse SBP payments were reduced, or offset, by two-thirds of the DIC rather than the full dollar-for-dollar reduction. For many surviving spouses, this resulted in an increase in the amount of SBP paid as the gross amount of their SBP exceeded two-thirds of the DIC. Others have had to wait to see an increase in their benefit.

We are nearing the start of Phase 2 of the elimination of the offset for which the amount offset (or deducted) from the SBP will be reduced to one-third of the DIC payment. To estimate your benefit, subtract one-third of your current base DIC payment from your current gross SBP benefit. The result is approximately what your SBP payment will be in the second phase, plus any COLAs, which is expected to be approximately 5.9%.

Let's look at an easy example: We will assume a COLA of 5.9% for 2022, which puts the projected 2022 base DIC amount at approximately \$1,437.66. One-third of that new DIC amount is \$479.22. This is the amount you will subtract from your gross SBP amount. So, if your gross SBP without offset is \$1,000, then you would subtract \$479.22 from \$1,000 to give you a 2022 SBP payment of \$520.78 (\$1,000-\$479.22). You would also receive the SSIA, which is projected to be approximately \$346.

These new changes will be effective in January 2022, which you will see reflected on the payment to be received Feb. 1, 2022. If you do not know your gross SBP, you can find that on your annuitant account statements, available in your myPay account. You should also receive an annuity statement in the mail in December 2021.

There are no changes to the post-9/11 active duty survivor child-only SBP option until 2023, and these changes do not impact the retiree child-only SBP option.



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

Senate NDAA Amendment Seeks to Ease Financial Challenges for New Survivors

By: Mark Belinsky

Financial concerns can be a terrible burden on top of an already stressful situation for a newly widowed spouse. When they discover the Defense Finance and Accounting Service (DFAS) may take part or all of a servicemember's last retirement check back, it can be overwhelming.

The Military Retiree Survivor Comfort Act (H.R. 2214 and S.1669) will allow survivors to gradually repay the amount over the next 12 months and have an opportunity to request for debt forgiveness through DoD.

Sens. Rob Portman (R-Ohio) and Elizabeth Warren (D-Mass.) recently submitted the Military Survivor Comfort Act as a Senate Amendment (SA 3882) for consideration in the FY 2022 National Defense Authorization Act (NDAA).

"Too many surviving spouses are financially caught off guard when their servicemember passes," said Lt. Gen. Dana T. Atkins, USAF (Ret), president and CEO of MOAA. "DFAS recoupment of the last paycheck can empty a banking account for a grieving survivor. MOAA strongly supports Senators Portman and Warren's introduction of the Military Survivor Comfort Act that will ease the financial burden with a gradual repayment and option to appeal for debt forgiveness."

In support of our survivor community, The Military Coalition (TMC), a group of organizations including MOAA that represent nearly 5.5 million members of the uniformed services community, sent a letter to Portman and Warren earlier this year in support of the legislation. Senate NDAA amendments will be considered very soon. Because time is short, call (866) 272-MOAA (6622), MOAA's toll-free line to the U.S. Capitol switchboard, to be connected with your senators' offices and ask them to support SA 3882, the Military Retiree Survivor Comfort Act.

Take Advantage of These 5 Year-End Tax Tips

By: Lila Quintiliani

It's not too late to take advantage of these tax strategies for your 2021 tax return, but don't delay: Each one needs to be completed by Dec. 31 of this year.

1. Maximize 401(k)/TSP Contributions

While you can make contributions to an Individual Retirement Account (IRA) and Health Savings Accounts up until April 15, 2022, the window to contribute to employer-sponsored retirement plans closes at the end of the year.

2. Convert Money from a Traditional IRA to a Roth IRA

As mentioned above, you can make contributions to an IRA up until tax day, but if you are converting money from a Traditional IRA to a Roth, you must do it before the year ends.

3. Take Your RMD



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

If you are a retiree who must take a required minimum distribution (RMD) from your account, make sure you take it before Dec. 31.

Last year, the Coronavirus Aid, Relief, and Economic Security (CARES) Act waived RMDs, but they are required this year. Failure to take the required distribution results in a 50% penalty – ouch.

4. Give a Gift

Many people use the strategy of giving annual cash gifts during their lifetime as part of their estate plan. You can make a gift of up to \$15,000 to an unlimited number of individuals each year without either party having to file a gift tax return or pay tax on it. But the gifts must be given by year's end.

5. Charitable Contributions

Ordinarily, filers who choose to take the standard deduction (i.e. don't itemize) cannot deduct charitable contributions. This year, however, a special tax provision allows filers to deduct up to \$600 in cash donations to qualifying charities on their tax returns without having to itemize (\$300 if filing as an individual). Contributions must be made by Dec. 31.



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

Ready Reference Contact Information

Air Force Retiree Services: (800) 531-7502;
www.retirees.af.mil

Arlington National Cemetery: (703) 607-8000;
www.arlingtoncemetery.org

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

Army & Air Force Exchange Service: (214) 312-2011;
www.aafes.com

Army Retired Services: (703) 571-7232;
<https://soldierforlife.army.mil/retirement>

Burial

Burial at Sea Information: (866) 787-0081

- Pre-Need Burial Benefit before you call checklist – [Funeral Director's Before You Call Checklist \(va.gov\)](#)
- Burial Benefits: http://www.cem.va.gov/burial_benefits/
- Burial Allowance: <http://www.benefits.va.gov/BENEFITS/factsheets/burials/Burial.pdf>
- Headstone/Marker/Medallion: <http://www.cem.va.gov/cem/hmm/>
- Burial Flag: http://www.cem.va.gov/cem/burial_benefits/burial_flags.asp

Combat Related Special Compensation:
www.donhq.navy.mil/corb/crscb/crscmainpage.htm

DEERS: (800)-538-9552, Fax: (831) 655-8317;
www.tricare.osd.mil/deers

Defense Commissary Agency: www.commissaries.com

DFAS Casualty Assistance Branch: (800) 321-1080 or (216) 522-5955; (For Reporting a Retiree's death, option #1)

Fleet Reserve Association: (703) 683-1400; www.fra.org

Gulf War homepage: www.gulflink.osd.mil

I.D. Cards Benefits and Eligibility: (866) 827-5672;
<http://www.mynavyhr.navy.mil/Support-Services/Pers-Support/ID-Cards/>

Internal Revenue Service: (800) 829-1040; www.irs.gov

Marine Corps Retired Affairs: (800) 336-4649;
www.usmc.mil
(Hover over "Marine Services" then click on "Retired Services")

Medicare: (800) 633-4227. TTY: (877) 486-2048;
www.medicare.gov

Military Officers Assoc. of America: (800) 234-6622;
www.moaa.org

National Burial Services: (800) 697-6940

NPC Navy Reserve Personnel Management (PERS 9): (866) 827-5672;
www.mynavyhr.navy.mil/Career-Management/Reserve-Personnel-Mgmt/

Navy Casualty Assistance: (800) 368-3202

Navy Retired Activities Office: (866) U-ASK-NPC (866-827-5672) MILL RetiredActivities@navy.mil;
www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Retired-Activities/

Navy Uniform Shop: (800) 368-4088; www.navy-nex.com/uniform

Reserve Component SBP: (866) 827-5672 ask for PERS-912

Retiree Dental — Delta Dental: (888) 838-8737;
www.trdp.org

Servicemembers Group Insurance (SGLI): (800) 419-1473;
www.insurance.va.gov



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

Pay/SBP Questions: www.dfas.mil

Pay inquiries and update of pay or SBP records in case of death, divorce, or remarriage:

Retiree:

Defense Finance and Accounting Service

U.S. Military Retirement Pay

8899 E 56th Street

Indianapolis, IN 46249-1200

(800) 321-1080 / Fax: (800) 469-6559.

SBP/RSFPP annuitant:

Defense Finance and Accounting Service

U.S. Military Annuitant Pay

8899 E 56th Street

Indianapolis IN 46249-1300

(800) 321-1080 / (800) 469-6559

Records:

For replacement DD 214s, service records, medical records, award information:

Retired prior to 1995:

www.archives.gov/veterans/militaryservice-records

Retired after 1995:

Navy Personnel Command

PERS-312E

5720 Integrity Drive

Millington, TN 38055-3120

Fax requests to: (901) 874-2664

Gray-area reservists: (866) 827-5672

Navy recreation: www.mwr.navy.mil

Navy Gateway Inns & Suites: <http://dodlodging.net>

ITT: <http://navymwr.org/mwrprgms/itt.html>

Sister service retiree publications:

Air Force Afterburner: www.retirees.af.mil/afterburner

Army Echoes:

<https://soldierforlife.army.mil/retirement/echoes>

Coast Guard Evening Colors:

<http://www.uscg.mil/hq/cg1/psc/ras>

Marine Corps Semper Fidelis:

[www.manpower.usmc.mil/portal/](http://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/SR/RET_ACT/Semper_Fidelis)

[page/portal/M_RA_HOME/MM/SR/RET_ACT/Semper_Fidelis](http://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/SR/RET_ACT/Semper_Fidelis)

VA: www.va.gov

Regional offices: (800) 827-1000 (overseas retirees should contact the American Embassy/consulate), TDD (800) 829-4833

Insurance:

VA Regional Office and Insurance Center

PO Box 7208 (claims inquiries) -ORPO

Box 7327 (loans) -ORPO

Box 7787 (payments)

Philadelphia PA 19101

(800) 669-8477; www.insurance.va.gov

Burial information: (800) 827-1000; www.cem.va.gov

GI Bill: (888) 442-4551; www.gibill.va.gov

TRICARE: www.mytricare.com/mtc

TRICARE East: www.humanamilitary.com/beneficiary

AL, AR, CT, DC, DE, IL, IN, KY, FL, GA, LA, MA, MD, ME, MI, MS, NC, NH, NJ, NY, OH, OK, PA, RI, SC, TN (except 35 Western zips),

TX (except the extreme Western area) VT, VA, WI, and WV

TRICARE West: www.tricare-west.com

AK, AZ, CA, CO, HI, ID, IA (except 82 zips near Rock Island), KS, MO (except St. Louis area), MN, MT, ND, NE, NM, NV, OR, DE, SW TX, UT, WA, WY some zips in IA, MO, TN

TRICARE Overseas: (888) 777-8343; www.tricare-overseas.com

TRICARE For Life: (866) 773-0404; www.tricare.mil/tfl

TRICARE mail order pharmacy: (877) 363-1303;

www.tricare.mil/pharmacy

www.express-scripts.com

"USCG Retiree Services" (includes USPHS & NOAA)

<https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Retiree-Services-Program/>



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

Long Blue Line Retiree Bulletin (USCG, USPHS, NOAA) : <https://www.longblueline.org/>

Fact Sheets/Eligibility Requirements:

- Pre-Need Burial Benefit before you call checklist – [Funeral Director's Before You Call Checklist \(va.gov\)](#)
- Burial Benefits: http://www.cem.va.gov/burial_benefits/
- Burial Allowance: <http://www.benefits.va.gov/BENEFITS/factsheets/burials/Burial.pdf>
- Headstone/Marker/Medallion: <http://www.cem.va.gov/cem/hmm/>
- Burial Flag: http://www.cem.va.gov/cem/burial_benefits/burial_flags.asp
- Survivor Pension: http://www.benefits.va.gov/pension/spouse_pen.asp
- Dependent Indemnity Compensation: <https://www.benefits.va.gov/BENEFITS/factsheets/survivors/dic.pdf>
- Aid and Attendance: http://www.benefits.va.gov/pension/aid_attendance_housebound.asp
- Medical Expense Report: <http://vbaw.vba.va.gov/bl/20/cio/20s5/forms/VBA-21P-8416-ARE.pdf>
- Presidential Memorial Certificate: <http://www.cem.va.gov/cem/pmc.asp>
- Accrued Benefits: <https://www.benefits.va.gov/BENEFITS/factsheets/general/Accrued.pdf>
- Military Funeral Honors: [How do I arrange for military funeral honors for a veteran? And what exactly are they? > U.S. DEPARTMENT OF DEFENSE > FAQ](#)

Burial Benefit Forms:

- Burial Allowance: <http://vbaw.vba.va.gov/bl/20/cio/20s5/forms/VBA-21P-530-ARE.pdf>
- Headstone/Marker/Medallion: <http://www.va.gov/vaforms/va/pdf/VA40-1330.pdf>

Mail Headstone/Marker/Medallion form to:

Memorial Programs Service (41B)
Department of Veterans Affairs
5109 Russell Road
Quantico, VA 22134-3903

- Burial Flag: <http://www.vba.va.gov/pubs/forms/VBA-27-2008-ARE.pdf>

If working with Funeral/Mortuary Director, they should procure the flag for the family.

Survivor Benefit Forms:

- Widows DIC/Pension Claim form: <http://vbaw.vba.va.gov/bl/20/cio/20s5/forms/VBA-21P-534EZ-ARE.pdf>
- Income and Asset Statement: <https://vbaw.vba.va.gov/bl/20/cio/20s5/forms/VBA-21P-0969-ARE.pdf>
- Substitution of Claimant (if Veteran had open claim/appeal @ death): <http://vbaw.vba.va.gov/bl/20/cio/20s5/forms/VBA-21P-0847-ARE.pdf>
- Accrued Benefits claim form <http://vbaw.vba.va.gov/bl/20/cio/20s5/forms/VBA-21P-601-ARE.pdf>
- Aid & Attendance/Housebound: <http://www.vba.va.gov/pubs/forms/VBA-21-2680-ARE.pdf>
- Aid & Attendance Nursing Home (if in home and filing A&A): <http://www.vba.va.gov/pubs/forms/VBA-21-0779-ARE.pdf>
- Veterans Life Insurance Withdrawal: <http://www.vba.va.gov/pubs/forms/VBA-29-4125-ARE.pdf>

Mail Life Insurance Withdrawal form to:

Department of Veterans Affairs
Regional Office and Insurance Center
P.O. Box 7208 Philadelphia, PA 19101



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

- Presidential Memorial Certificate: <http://www.va.gov/vaforms/va/pdf/VA40-0247.pdf>

Mail/FAX PMC Form to:
 Presidential Memorial Certificates (41B3)
 National Cemetery Administration
 5109 Russell Road Quantico, VA 22134-3903
 Fax (800) 455-7143

- Third Party Authorization: <https://www.vba.va.gov/pubs/forms/VBA-21-0845-ARE.pdf>

- Mail any completed forms (unless otherwise noted above) to appropriate office below:

Department of Veterans Affairs
 Pension Intake Center
 PO Box 5365
 Janesville, WI 53547-5365

Toll Free Fax: 844-531-7818

U.S. Senate directory for 117th Congress.
https://www.senate.gov/general/contact_information/senators_cfm.cfm

U.S. Senate: Contacting U.S. Senators

<https://www.senate.gov/senators/senators-contact.htm>

U.S. Senate: Committee on Veterans' Affairs
https://www.senate.gov/general/committee_membership/committee_memberships_SSVA.htm

U.S. Senate: Committee on Armed Services
https://www.senate.gov/general/committee_membership/committee_memberships_SSAS.htm

House Armed Services Committee members
<https://armedservices.house.gov/meet-our-members>

MOAA Surviving Spouses and Friends (Private Group) - Facebook link
https://www.facebook.com/groups/581427115240904/?multi_permaLinks=3829526447097605%2C3825063920877191%2C3824863560897227%2C3821842571199326%2C3815695241814059¬if_id=1609513928974893¬if_t=group_activity&ref=notif

CALMOAA (Private Group) – Facebook
 Link: www.facebook.com/groups/582556558468846/

Military Officers Association of America (MOAA) - Facebook link
<https://www.facebook.com/28446275521/posts/10159082027055522/?d=n>

Navy Lodge locations: To make a reservation, call the Navy Lodge Department of Defense Reservation Center at (800) 628-9466, or go online at: www.navy-lodge.com or www.dodlodging.com

DODLODGING.COM
<https://www.dodlodging.com/html/california.htm>



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

Veterans Numbers and Websites

VETERANS CRISIS LINE - 800-273-8255 AND PRESS 1

- Chat online at <http://www.VeteransCrisisLine.net>
- Send a text message to 838255
- Service members and their families and friends can call and text the Veterans Crisis Line numbers and can chat online at <http://www.MilitaryCrisisLine.net>

TOLL FREE NUMBERS FOR CONTACTING VA BENEFITS: 1-800-827-1000

- Burial
- Death Pension
- Dependency Indemnity Compensation
- Direct Deposit
- Directions to VA Benefits Regional Offices
- Disability Compensation
- Disability Pension
- Education
- Home Loan Guaranty
- Medical Care
- Vocational Rehabilitation and Employment

HEALTH CARE BENEFITS: 1-877-222-8387

RESOURCE	PHONE NUMBER	WEBSITE
Bereavement Counseling	1-202-461-6530	
Children of Women Vietnam Veterans (CWVV)	1-877-345-8179	
	(or) 1-888-820-1756	
Civilian Health and Medical Program (CHAMPVA)	1-800-733-8387	
Debt Management Center (Collection of Non-Medical Debts)	1-800-827-0648	
Department of Veterans Affairs' (VA) National Call Center for Homeless Veterans hotline	1-877-424-3838	
eBenefits (General Questions & Technical Issues)	1-800-983-0937	
Education (GI Bill):	1-888-442-4551	
Federal Recovery Coordination Program	1-877-732-4456	



California Council of Chapters of MOAA (CALMOAA)

December 2021 issue

Foreign Medical Program	1-888-820-1756
Gulf War Veterans Helpline	1-800-749-8387
Homeless veterans	1-877-222-8387
Income Verification and Means Testing	1-800-929-8387
Life Insurance	1-800-669-8477
Meds by Mail	1-888-385-0235 (or) 1-866-229-7389
National Call Center for Homeless Veterans	1-877-424-3838
National Cemetery Scheduling Office	1-800-535-1117
National Personnel Records Center	1-314-801-0800
National Resource Directory	https://www.nrd.gov/
Pension Management Center	1-877-294-6380
Presidential Memorial Certificate Program	1-202-565-4964
Service-Disabled Veteran-Owned or Veteran-Owned Small Business	1-202-303-3260
Special Health Issues	1-800-749-8387
Spina Bifida/Children of Women Vietnam Veterans	1-888-820-1756
Status of Headstones and Markers	1-800-697-6947
Telecommunications Device for the Deaf (TDD)	1-800-829-4833
VA Caregiver Support Line	1-855-260-3274
VA for Vets	1-855-824-8387
VA Inspector General	1-800-488-8244
VA Office of Public and Intergovernmental Affairs	1-202-461-7600
Veteran's ID Theft Hot Line	1-800-333-4636
Veterans' Employment and Training Service (VETS)	1-866-487-2365
Women Veterans	1-202-461-1070
Wounded Warrior Resource Center	1-800-342-9647