



California Council of Chapters of MOAA (CALMOAA)

January 2022 issue

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Notes from the President's Desk

Happy New Year everyone. As we enter the New Year, we are hit hard on many different fronts both as an organization and on a person level. Our membership continues to dwindle due to age and attrition. I realize that with COVID it is hard to recruit new members and that some chapters are tactile, and others can be both tactile and virtual. Somehow with COVID we need to shift to virtual for the present. We need to continue to check on our shipmates and their families.

If your chapter is at RISK of closing, need assistance from CALMOAA and/or MOAA to stay alive please reach out to your AVP and copy me, 1st VP, Chapter Affairs VP, and Membership VP so that we are aware. Chapters can apply to be satellites to another chapter if they desire. If the chapter decides it is best to close for various reasons, there is a process you need to go through to close your chapter from turning in your charter to properly distributing your chapter funds to another 501 C organization. You cannot distribute the funds to the members.

OUR BILL HAS BEEN Introduced by Assembly member Ramos. He has officially introduced AB 1623 **Personal income taxes: exclusion: uniformed services retirement pay: survivor benefit plan payments**

Link: https://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=202120220AB1623. AB1623 maybe heard [in committee on February 10, 2022](#).

Please use [AB 1623 Fact Sheet](#) for talking points and letter of endorsement. I am proud to receive Lieutenant General Dana Adkins, President and CEO letter of endorsement and San Diego Chamber of Commerce letter of support.

More so than ever we need you to continue working on getting every veteran, friend, family, associate to network and keep in touch with their state Senators, state Assembly members. 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:

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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"*.

Assemblyman Ramos is a member of the following committees: Military and Veterans Affairs; Budget; Budget Subcommittee No.1 on Health and Human Services; Governmental Organization; Jobs, Economic Development, and the Economy; Local Government; Rules; Select Committee on Native American Affairs, Chair; Select Committee on Veteran Employment and Education (amongst others)

Earlier this year it came to my attention that our **Surviving Spouse** are paid three days after our payday. I was not aware of this until I saw a cry out from some of our Surviving Spouses. DFAS was late paying this year. It made me even more aware of the impact this had on them and the need for us to keep an eye out for our family (in this case I am referring to our surviving spouses, aged, shipmates, neighbor, etc.). Some of them are not prepared and we need to keep them in mind.

There is a new Facebook Group called "[DIC Surviving Spouses/DIC Increase Advocacy](#)". This new group is solely to work on the DIC increase bills. The bills will increase DIC by about \$395 a month. This is worth the time and effort in my opinion. If you have questions or want to discuss other bills or issues that are not related to these bills, please ask on the DIC Surviving Spouses and Friends Facebook group or the Military Widows: SBP-DIC Offset Facebook group. Any posts or comments not pertaining to these 2 bills will be deleted. Thank you for complying and for understanding why we are going to be strict about the rules. This is how it worked on the SBP-DIC offset group until we got that law changed. It is how we are going to run this group, so we are effective.

Click go to this Facebook link <https://www.facebook.com/groups/610245403387077> and/or in [MOAA Surviving Spouses and Friends](#) you will see the link to "DIC Surviving Spouses/DIC Increase Advocacy". Where you would ask to join this group. It is a private group. To join you will have to answer all of the questions (from are you receiving DIC, etc.).

The January 2022 page 78 of the MOAA Magazine announced the call for nominations to the MOAA Board. If you are interested please review the new [MOAA Strategic Plan for 2022 – 2026](#) <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/>, and [MOAA Resolutions](#) <https://www.moaa.org/content/about-moaa/moaa-at-a-glance/moaa-resolutions/>.

Links to the Navy Lodge locations and DoD lodging has been added to this newsletter (see the last two pages for the link).

Before I go, I would like to share this humors YouTube video on [The Career Venn Diagram](#) - Don McMillan (<https://youtu.be/XaiRUqfGa-8>)

Growing up my head was always in the clouds. Here are a couple of YouTube Videos that may be interesting to one and all. The first one an aircraft that my CO of the Constellation (CV-64) flew. He was instrumental in getting the USS Midway (CV-41) Museum to San Diego. The other plane was the first supersonic bomber. I am referring to the [Convair B-58 Hustler Champion of Champions](#) <https://youtu.be/cEKyTxnrXIc>

E Fred Green, Jr.
President CALMOAA

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

January 22 – CALMOAA Annual/All Hands at 1000 AM – Tom Brown will be chairing

Significant dates and MOAA deadlines

January 2022

- Jan 1: Col. Marvin J. Harris Communications Award Program is open for applications (see <https://www.moaa.org/content/chapters-and-councils/moaa-awards/col.-marvin-j.-harris-communications-award-contest/>) The award submission deadline is Feb 1, 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>
 - [Col. Mar](#)
- Jan 12: **Mini-Webinar: The Fundamentals of Building Wealth.** Wed, Jan 12 from 2:00 – 2:30 PM ET. Register: <https://www.moaa.org/content/events/finance/moaa-mini-webinar-the-fundamentals-of-building-wealth/>.
- **Jan 19: Webinar: A Comprehensive Review of Your VA Benefits.** Wed, Jan 19 at 2:00 PM ET. Register: <https://www.moaa.org/content/events/healthcare-and-benefits/a-comprehensive-review-of-your-va-benefits/>
- **Jan 20 and 21: MOAA Virtual Military Executive Transition (MET) seminar.** Thurs, Jan 20 – Fri, Jan 21. Register: [https://www.moaa.org/content/events/transition-and-career/january-2022-military-executive-transition-seminar-\(remote\)/](https://www.moaa.org/content/events/transition-and-career/january-2022-military-executive-transition-seminar-(remote)/)
- **Jan 26: Webinar: Local Government Career for Transitioning Servicemembers, Veterans, and Military Spouses.** Wed, Jan 26 at 2:00 PM ET. Register: <https://www.moaa.org/content/events/transition-and-career/exploring-local-government-career-opportunities-for-transitioning-servicemembers,-veterans,-and-military-spouses/>

February 2022

- Feb 1: Communications Award Submission Deadline
- Feb 28: Community Outreach Grant Application Deadline
- Feb 24: MOAA Advocacy

March 2022

- Mar 1: Scholarship Application Deadline
- Mar 31: MOAA Board Applications must be received by 31 March 2022. Go to www.moaa.org/boardapplication for the application form and detailed instructions.
- MOAA Generating Revenue

April 2022

- **Apr 25 – 28: Advocacy in Action / Council Presidents Seminar**
- Apr 28: MOAA Improving Chapter Health

November 2022

- **Nov _ : CALMOAA Election and installation of the new board**

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.

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State Legislation Advocacy in Action

A short update on AB 1400. See [LA Times](#) link Op-Ed (below). Where the LA Times is alluding the bill will not clear the democratic controlled assembly, which is a little bit of good news. Several democrats have publicly stated they will not support the bill if it comes to the assembly floor for a vote. According to the article Governor Newsom is not supportive of the bill as he has his own plan for universal health care.

Thanks to all for staying involved. Our phone calls may be the little nudge our local assembly members needed to create more opposition of AB 1400.

<https://www.latimes.com/california/story/2022-01-13/skelton-calcare-single-payer-healthcare-legislation>

Jeff

Jeff (CALMOAA Legislative VP) wrote this letter of opposition on AB1400. PLEASE FEEL FREE TO USE THIS AS YOUR TEMPLATE. We need to stop this bill.

Subject: Opposition to AB 1400

I am writing to voice my opposition to AB 1400. AB 1400's costs are unsustainable and there are far too many assumptions, with no hard data or facts detailing the costs, which are estimated to be over 400 billion a year to start, by the bill's sponsor. AB 1400 relies heavily on a Section 1332 Waiver be granted, which by law can only be granted for a 5-year period, with no guarantees of renewal.

I do believe that every American should have access to health care. Problem is that AB 1400 fails to address any specifics about implementation, taxes and fees to sustain AB1400. Assumptions are based upon future ballot measures that are uncertain and most likely to fail. Assumptions that a Section 1332 Waiver will be granted (the waiver can be granted for a 5-year period only), with the reality that it will be aggressively opposed by many who oppose AB 1400 as it is currently written.

Other states would argue allowing California access to the Medicare fund, could actually make the Federal Medicare Fund unsustainable for their state's seniors, due to California's senior population. Some estimate the loss of more than 30% of the existing Medicare Fund if the waiver was granted could raise the federal deficit.

Many would agree that AB 1400 would likely result in many Medicare recipients moving out of California, resulting in a loss of revenues from those retirees. I am on Medicare and very happy with my Medicare coverage. I do not want the state to administer my Medicare. Seniors tend to vote their displeasure at the ballot box when elected officials place their Social Security or Medicare in jeopardy. **WORST YET, REQUIRE ADDITIONAL FEES OR TAXES OVER WHAT THE SENIORS HAVE ALREADY PAID** for Social Security and Medicare benefits. This may also have a negative impact on California successfully being granted a Section 1332 Waiver.

We have thousands of Retired State of California Employees who receive fully paid medical as a result of MOUs that were agreed upon by the state and employees' unions. Those retirees now residing outside of California, currently receiving fully paid medical cannot legally be required to pay a fee or a California tax regardless of income, as a resident of another state, such as AZ, NV, TN, or TX to name a few. What will the costs be for the state administered health care system to pay for the health care of thousands of state retirees living out of California.

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If AB 1400 becomes law, California would be required by law, based upon agreed upon MOUs, to continue to pay for the medical benefits of all those State of California Retirees residing another state. Has anyone taken the time to determine what those on-going costs would be? How many more retirees will make the decision to move out of California due to the fact they are happy with their current Medicare and do not want to be placed into a state administered program.

California State Agencies do not have a track record of being user friendly, EDD, DMV, Franchise Tax Board, why would one believe a new Health Care Agency would perform better than my current insurance or Medicare?

I do not want to labor this but there are so many other unanswered questions;

- Can the state legally impose a 1% payroll tax on the federal government or a federal employee working at a federal office in California, who receives health insurance through the FED-VIP Medical Insurance Program?
- Will AB 1400 result in the Veterans Administration closing VA Hospitals and Clinics in California due to the fact that AB 1400 would force our Disabled Veterans residing in California into the single payer health care program managed by the state. Would those disabled veterans who earned free medical services from the VA based on combat injuries or disability ratings now be forced to contribute to a payroll tax or personal income tax based on income? What would the economic impact be if VA hospitals closed, and medical staff transferred out of state. How much of the federal funds that support the VA hospitals and clinics would no longer flow into California?
- How about our senior citizens, many who have contributed to Social Security taxes and Medicare taxes for decades, are they going to be exempt from future taxes or fees or be forced to contribute to a payroll tax or personal tax based on income, even though they already have been taxed for the last 30 years for their Medicare insurance? Can those seniors sue the state if the state imposed a tax or fee above what Medicare allows today?
- Will our active-duty military and their families stationed in California be exempt from any payroll tax or personal tax, due to the fact they receive medical treatment on military installations by military doctors?
- How will public employees who already have paid medical today, due to agreed upon MOUs be treated? Will they be exempt from future payroll taxes or personal taxes based on income or be forced to pay a tax or fee for state run medical insurance, which would violate the MOU they retired under?

Does AB 1400 require a constitutional amendment before implementation?

I could go on, but hopefully you agree, these questions need to be answered before a bill is voted on, not after a bill is passed. Let's work on a bill that provides health care access to all, such as improving Covered California, not create another state agency or pass a vague and ambiguous bill destined for failure at a cost of 400 billion in the first year.

Please vote to oppose AB 1400 and bring a bill forward that is clear, concise and is supported by facts not assumptions.

Respectfully,

A new legislative year has begun. Currently, Reeb Government Relations (RGR) (our lobbyist) is working with legislators and staff to ensure the best standard of living for California Veterans and compiling a list of all the active legislation. The deadline for legislation to be introduced in this calendar year is February 18. January and February are hectic times. They are communicating with staff at the Capitol regarding 2-year bills and new legislation.





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California has completed its redistricting following the information from the Census report. As populations shift around the State and lines are redrawn, some will see new legislators representing them. It is essential that we notice this and participate in our local and State elections. There will be at least 25 new legislators, out of 120 total, after the November election.

Important dates

- Feb. 18 —Last day for bills to be introduced
- Apr. 7 —Spring Recess begins upon adjournment
- Apr. 18 —Legislature reconvenes from Spring Recess

For more regarding [California 2022 Legislative Bills](https://www.californiamoaa.com/legislation-2/) can be found <https://www.californiamoaa.com/legislation-2/>

Assemblywoman Gonzalez (40th Assembly – San Diego) announced her resigned effective 3 January 2022. Assemblyman Anthony Rendon announced he made the following changes to the Assembly Committees. Chris Holden (41st Assembly, Altadena, Pasadena, Sierrea Madre, Monrovia, LaVerne, San Dimas, Clairmont, Upland) replaced Gonzalez. Assemblyman Eduardo Garcia (56th Assembly Imperial and Riverside Counties – El Centro (including El Centro Naval Air Facility), Calexico, Holtville, Imperial, Brawley, Quechan Tribe of the Fort Yuma Indian Reservation) replaced Assemblyman Chris Holden as the Chair of Utilities and Energy. Assemblywoman Rebecca Bauer-Kahan (16th Assembly covering parts of Contra Costa and Alameda Counties – Orinda, Lafayette, Walnut Creek, Moraga, Alamo, Danville, Moraga, Danville, San Ramon, Dublin, Pleasanton, Livermore,) replaced Assemblyman Eduardo Garcia as the Chair of Utilities and Energy

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>

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





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MOAA Store and J/ROTC certificates

The temporary ROTC/JROTC medal site is <https://moaarotc.estimate.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.

Surviving Spouse

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!!

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.

CALMOAA TOPS - NAVNET

You can find career opportunities at the NAVNET website www.navnetresources.com which will be added to the CALMOAA website. If anyone has and/or know of any openings for NAVNET they can send them to Tom Hammons at tom@navnetresources.com.

Arlington Cemetery Update: New Law Needed to Stop Unfair Eligibility Changes

By: Mark Belinsky

The Senate Armed Services Committee (SASC) report for its version of the FY 2022 National Defense Authorization Act (NDAA) includes language directing DoD to establish an appeals process for TRICARE coverage of Tier 4/non-covered drugs – a change sought by MOAA to reduce beneficiaries’ financial risk and improve their access to effective drug treatments.

MOAA greatly appreciates the SASC’s response; although directive report language is not legally binding, agency officials generally regard it as a congressional mandate and respond accordingly. The SASC language directs the Defense Health Agency (DHA) to establish a

medical necessity and prior authorization process to allow a beneficiary to request coverage of a Tier 4 drug at the same co-pay or cost-share as a non-formulary drug. It requests a briefing to the Senate and House Armed Services Committees on the appeals process no later than Feb. 1, 2022.

The FY 2018 NDAA authorized DoD to exclude from the TRICARE pharmacy program any prescription drug that provides little or no clinical effectiveness over other covered drugs. These drugs are known as Tier 4 (non-covered). Since the establishment of Tier 4, MOAA has advocated for an appeals process on the basis of medical necessity. And because charges for drugs in this tier don’t count against the catastrophic cap, beneficiaries can be exposed to significant costs if their prescription is moved to this tier.

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We also have worked to get a specific drug, Dexilant, reinstated to the TRICARE formulary. Even with the pending appeals process, our efforts on Dexilant will continue given beneficiary feedback and our research on Dexilant coverage policies, which indicate TRICARE is out of step with commercial plans and other government payers.

We will request an implementation update from DHA and will provide more information as soon as it is available. Thank you to the many MOAA members who shared their stories about the impact of Tier 4 – your contributions played a critical role in our advocacy efforts. Continue to share these details on your use of the TRICARE pharmacy program by emailing legis@moaa.org.

Survey: Servicemembers, Veterans More Likely to Be Scammed Than Civilians

By: Kevin Lilley

Have you ever felt like you're getting a higher-than-average chunk of scam calls, texts, emails, or social media posts? Turns out, you could be right. Servicemembers and veterans are 40% more likely to lose money to scams than their civilian counterparts, according to a survey released last month. They also report receiving more scam attempts across a variety of platforms (robocalls, suspicious texts, and spam emails) and subjects (tech support scams, fake prize notifications, and phishing).

Among some of the key figures from the survey, produced by AARP Research:

- 67% of military/veteran survey respondents reported receiving a tech-support scam offer, compared to 58% of civilians.
- 25% of military/veteran respondents reported falling victim to an IRS imposter scam, compared to just 13% of civilians.

- 36% of military/veteran respondents reported losing money as part of a grandparent imposter scam, compared to 17% of civilians.

It gets worse for those who've spent time in uniform: 1 in 3 servicemembers/veterans who responded to the survey reported losing money in service-connected scams. These include fraudulent promises of VA benefit buyouts, paying to obtain or change personnel records, and donations to fake veteran charities.

The findings echo the results from a similar AARP survey in 2017. The ever-present nature of this threat is one of many reasons MOAA has partnered with dozens of fellow military and veteran service organizations, along with other nonprofits and federal agencies, as part of the military and veteran program of the Partnership to Fight Cybercrime. Visit FightCybercrime.org/milvet-resources/ for guidance on avoiding these scams, and how to report them to your military.

6 Smart Money Moves for the New Year

By: Lila Quintiliani

There's a reason why we make resolutions at New Year's: Studies have shown we are more likely to tackle our goals if they're tied to important temporal milestones. Behavioral economists call this the "fresh start effect," and we can use this to our advantage to motivate ourselves to tackle our financial to-do list in the New Year.

Here are some smart money moves for you to make in January.

- Max out your Thrift Savings Plan or 401(k) contribution: Are you getting a raise? Consider upping your contribution to your employer's retirement plan. The new IRS contribution limit for 2022 is \$20,500, with a \$27,000 limit for those 50 and over.
- Think about opening a Roth IRA: If you're already contributing enough to your workplace

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retirement plan to get the employer match, you might consider opening a Roth IRA account (if you're eligible) to give you future tax planning flexibility.

- Get ready for tax season: Soon W2s, 1099-R, and other tax forms will be arriving in the mail. Set aside a place to gather these documents so you can be prepared when it comes time to file your taxes. It's a good idea to have a list of the documents you'll need and check them off as they arrive so you won't be scrambling to find them at the last minute.
- Reassess insurance policies: Do you have the proper amount of life, home, and auto insurance? When did you last check how much coverage you had? And when did you last shop around to see if you are getting the best possible rates?
- Check your credit report: The holiday shopping season also brings about a rise in identity theft

and fraud. You should check your credit report several times a year, but especially after the holidays. Federal law allows you to get a free credit report every 12 months from each of the three credit bureaus, but Equifax, Experian, and Transunion are offering free weekly online reports through April 2022.

Rebalance your portfolio: Now that you've upped your contribution to your workplace retirement account and possibly opened an IRA, it's time to take a look at your accounts and see what you have been investing in. Maybe you never switched out of the G fund in the Thrift Savings Plan, or perhaps you have been put into a default fund at your job that isn't appropriate for your investing needs. Or maybe your stock and bond allocation has gotten out of whack over the past year – regardless of your situation, take this time to make sure your investments match your financial goals.



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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/crsccb/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/Pay-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

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Servicemembers Group Insurance (SGLI): (800) 419-1473;

www.insurance.va.gov

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

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>

Indianapolis IN 46249-1300

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

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

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)

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;

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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/>

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

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- 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

- 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_SVA.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>

Contact info: 2021calmoaa@gmail.com





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Here is a link identifying Military Bases in California. Note it does not include the Coast Guard, National Guard, NOAA, USPHS. NOAA is usually at Major Sea Ports around the Nation and US Territories. USPHS are co-located with the Coast Guard and reservations (plus).

<http://installationguide.militarytimes.com/>

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	

Contact info: 2021calmoaa@gmail.com





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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
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





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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

