



California Council of Chapters of MOAA (CALMOAA)

July 2022 issue

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Notes from the President’s Desk

There has been a lot going on this month. **MOAA Annual Meeting and LOE Recognition will be held in Kansas City on October 24 – 28, 2022.** With this in mind I have asked Mike Kwan to host this year’s **CALMOAA Annual** in his area. Tentatively our annual meeting will be **November 3, 2022** close to the Seabee Base in Port Hueneme, CA. He is currently researching and identifying possible lodging in the area. At this time, I am looking at 1.5 day meeting. As we get closure, we will keep you up to date as he works out the kinks. In the meantime, I also asked him to see if he could have Assemblymember Jacqui Irwin who represents their district, and she is Chair of the Assembly Committee on Revenue and Taxation. If she's not available, we will try to get Congresswoman Julia Brownley. If this does not work, they are thinking of asking the NBVC skipper to address us.

It is that time again where we need our members to run for office to be the next CALMOAA and filling a board position if you are interested. Remember everyone member (service members and surviving spouses) is eligible to run for office. Description of CALMOAA Officers can be found under Article VIII (please see link <https://www.californiamoaa.com/calmoaa-bylaws/> and click to page 10 of 18). I will establish a nominating chair soon.

We need your support for Bipartisan legislation in the House and Senate (H.R. 3402/S.976) would align Dependency and Indemnity Compensation payments with other federal survivor benefits. Please go to this website and be heard in support of this bill. <https://moaa.quorum.us/campaign/36953/>

Follow up on AB1623 I have created a small committee to review what we did right and what we could have done on AB1623 **Personal income taxes: exclusion: uniformed services retirement pay: survivor benefit plan payments. One of the plus items that has come out of this effort is your engagement with your state Assemblymembers and your Senators.** From this point on everyone needs to keep your relationship with them from this point on. Both as individuals and as an organization. By now you should have received an email from Steve Donlon letting everyone know that a Facebook page has been created to start the socialization process of getting our friends, surviving spouses, and fellow veterans engaged now in support of our efforts. See Facebook group: [EXEMPT UNIFORMED SERVICES RETIRED PAY & SURVIVORS' SBP FROM CA INCOME TAX](https://www.facebook.com/groups/560520875614530), Link: <https://www.facebook.com/groups/560520875614530>.

Up until 6 July 2022 California and Vermont were the only two states that did not exempt uniform services retirement. That has changed in that the State of Vermont has signed a bill into law to provide tax relief to military retirees. California is the only

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state in the union that does not provide any type of exemption for its veterans and surviving spouses. See announcement from the Vermont Governor Phil Scott issued the following statement, following a press conference held by a bipartisan group of elected officials, veterans, and Scott Administration officials in support of eliminating the state income tax on military retirement pay.

“Vermont is one of a just a handful of states remaining that fully tax military retirement pay. For the last five years, I’ve proposed it be fully eliminated in Vermont. I am encouraged by the growing bipartisan support for this cause and appreciate the Democratic, Republican, and independent legislators who are stepping up.

“This initiative is not just about supporting those who put their lives on the line for our country – it is a workforce and economic development tool. Veterans typically retire from the military at an early age with plans for a civilian career ahead of them. They bring with them significant skills learned in the military, which is why we desperately need to attract more of them to our state. Eliminating this tax is a great way to start with a significant return on investment.”

CALMOAA is having a Special Legislative Zoom meeting with the Board of Directors and chapter legislative representatives and leadership on 28 July at 6:00 PM to discuss legislative goals for next year. This includes going back to **legislation to ask for income tax exemption of our Uniform Services and Surviving Spouses will be the primary topic.** The result of this meeting will set the platform for CALMOAA 2023 – 2024 board. In the meantime, keep up your communications lines open with your State Senator, Assemblymember, Senator, and Congressmen/Congresswomen.

There will be a ballot measure on the November ballot which is very bad for California and will not deliver on its promise to end homelessness and is opposed by over 60 Native American Tribes. CALMOAA is in full support of Protecting Tribal Sovereignty along with the VFW, AMVETS, Marine Corps Veterans Association, the Scottish-American Military Society and the Association of the U.S. Army, Northern and Southern Chapters in opposing this measure

Updating Catchment Areas: I have received little response to update your chapter catchment areas. If I have heard from you, I will assume you are satisfied with your current catchment areas and that you do not want it updated/changed.

One of my high school classmates shared this. One day at a friend’s house someone said, WTF. Their mother heard it and asked what does WTF mean. Being quick on their feet they immediately turned around and told their mother it means “WOW That’s Fantastic”. After this the mother like it so much that they started using the acronym when they communicated with their friends. **Her texts are so much more fun now**

In the next few days I plan on sending out some information regarding High Gz Repetitive Strain Injury (High-G RSI). This is an issue that affects fast movers (former tactical pilots, NFO’s, RIOs, WSOs, etc) who are now suffering spine problems from years of having flown HPAs (high performance aircraft). In the meantime, please check out the following series of aeromedical articles is available also on the River Rats website:

- * go to <<https://www.river-rats.org>>
- * Click on "MEDICAL"
- * Click on "High-G RSI"
- * Within the "High-G RSI White Paper" paragraph, click on "Literature Bibliography"

Respectfully,

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Elmer Fred Green, Jr., LCDR, USN (Ret)
President of California Council of Chapters Military Officers Association of America (CALMOAA)

Surviving Spouse

Please see Kathy's Surviving Spouse Report in separate attachment.
Please join "MOAA Surviving Spouses and Friends (Private Group) – Facebook." My wife and I are members and it have been very enlightening. Some members of my chapter have also stated how helpful it is even if you are not a surviving spouse and "DIC Surviving Spouses/DIC Increase Advocacy".

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!!

Significant dates and MOAA deadlines

CALMOAA Quarterly Meetings

3rd Quarter CALMOAA All Hands Zoom meeting – Kathy Prout chairing will this ZOOM Meeting on July 21 starting at 7 PM. Please keep an eye out for the agenda and link to the meeting.

4th Quarter CALMOAA Annual Meeting/All Hands – tentatively November 3 – 4, 2022 will be chairing. Keep an eye out for the announcement.

MOAA 2022 Roundtable Schedule

- July 28 – Event Planning
- August 25 – Improving Chapter Health
- September 29 – Branding
- October 27 – Transition Services
- November 17 – Retention
- December 29 – End of Year Review and Discussion

Looking for a recording from a past webinar, roundtable, or another event? Visit our [Council and Chapter Webinars and Video Archive](#) page.

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

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 and National Legislation

[California Senate Bills \(Veteran\) for 2021 – 2022](#)

[California Assembly Bills \(Veteran\) for 2021 – 2022](#)

Everyone should have received an email from Steve Donlon informing them that we have a Facebook group established To support Exemption of Uniformed Services retired pay and Surviving Spouse benefits, we have established a private Facebook group: [EXEMPT UNIFORMED SERVICES RETIRED PAY & SURVIVORS' SBP FROM CA INCOME TAX](#), Link: <https://www.facebook.com/groups/560520875614530>. This FB Group is the first step to develop our “grass roots” advocacy support. This FB Group files section will also be the repository for documents related to the Personal Income Tax Exemption for Uniformed Service retirees and Surviving Spouses’ Benefits.

Membership in this FB Group is open to Uniformed Service retirees and active duty, reserve and National Guard and their spouses, Surviving Spouses, members of the California Legislature, and other supporters as determined by the Administrator.

To grow our grass roots support, invite your chapter members to join. Our goal is to reach out to the ~170,000 California Uniformed Services Retirees and Surviving Spouses. Just as important are active duty and reserves, and their spouses, they are retirees of tomorrow.

You may invite a friend (who is a FB user) directly through our FB Group page. Also please post invitations to join this Facebook group in Facebook Groups in your local area or to which your chapter members belong. Examples include:

Uniformed Services FB Groups: Veterans of Foreign Wars, American Legion etc

Community Service FB Groups: Optimists, Lions, Rotary

Community FB Groups that provide local information: example in Coronado we Have Coronado Happenings, Being Neighborly, Word of Mouth Coronado

Social FB Groups that you or your members belong to

At your next chapter or board meeting consider spending a few minutes to gather the names of other FB Groups.

National Legislation and MOAA Advocacy in Action

NATIONAL LEGISLATIVE HIGHLIGHTS

“MOAA National issues” (website):

<http://www.moaa.org/Content/Take-Action/Top-Issues/Top-Issues.aspx>)

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

The “Responsible Education Mitigating Options and Technical Extensions Act” or the “REMOTE Act” Signed Into Law:

<https://benefits.va.gov/gibill/remoteact.asp> .

VA takes action to become federal model for inclusion, diversity, equity, and access for Veterans and employees:

<https://www.va.gov/OPA/PRESSREL/pressrelease.cfm?id=5752> .

House Votes to Expand GI Bill Eligibility for National Guard, Reserves: [https://www.military.com/daily-](https://www.military.com/daily-news/2022/01/12/house-votes-expand-gi-bill-eligibility-national-guard-reserves.html)

[news/2022/01/12/house-votes-expand-gi-bill-eligibility-national-guard-reserves.html](https://www.military.com/daily-news/2022/01/12/house-votes-expand-gi-bill-eligibility-national-guard-reserves.html)

Eligibility for Veterans Pension/ Veterans Affairs

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The Veteran Pension program provides monthly payments to wartime Veterans who meet certain age or disability requirements, and who have income and net worth with certain limits. Find out if you're eligible for this benefit see:

<https://www.va.gov/pension/eligibility/>.

MOAA's **Community Outreach Sponsorship** is still available. (this is similar to the USAA program). You can apply for up to \$300 per chapter or \$800 per council to support community service programs and recruiting/branding events. Get details [at this link](#). This program is similar to the USAA program. In addition to the Community Outreach Sponsorship To review the grant for our Chapters Department, along with the Development's Department, use this link:<https://www.moaa.org/content/chapters-and-councils/chapters-and-councils/council-and-chapter-community-involvement/>

For Crisis Relief Grant, please access this link:<https://www.moaa.org/relief-verification>

Veterans Affairs

MOAA Store

The MOAA Store is officially back up and running! There are variety of items that can be found in the store at <https://moaa.estimate.shop/>. From apparel to headwear and much more, there are many items to show your MOAA pride!

Can You Save on TRICARE Meds? Check Out This Price Tracker

By: Karen Ruedisueli

An online tool offered by the administrator of the TRICARE Pharmacy Program allows beneficiaries to compare prices for prescription drugs covered by the TRICARE pharmacy benefit, pointing users toward the best value before they fill their next prescription.

The Price a Medication tool from Express Scripts can be found at the TRICARE Express Scripts website or mobile app; to use it, you must establish an online account. If you have questions about establishing an account, please contact Express Scripts customer service. Once you are logged into your account, navigate to the "Prescriptions" menu and select "Price a Medication." If using the mobile app, click the "... " icon to navigate to the "More" menu and select "Price a Medication."

To complete a search, you will need the medication name and strength, as well as a ZIP code for comparing prices at nearby pharmacies. Search results will include your pharmacy options, drug coverage details, and pricing for a 30- and 90-day supply of your medication. In some instances, particularly for low-cost generic maintenance medications, you may find your local retail pharmacy offers prices lower than TRICARE copays. For generic maintenance medications, some beneficiaries could save money by switching from home delivery to retail. The home delivery requirement only applies to brand name maintenance medications.

MOAA examined pricing for the 10 most-prescribed drugs in the U.S. and found 8 of the 10 had retailers offering prices lower than the TRICARE copay. Annual savings for switching to the lowest-cost retailer ranged from \$27.80 to \$42 and averaged approximately \$35 per year. Retail pharmacy prices can fluctuate from day to day and from one location to the next, but MOAA testing of the tool has found the price charged when filling the prescription at a retail pharmacy to be very close to what was indicated online.

How the Annual Gift Tax Exclusion Can be a Powerful Estate Planning Tool

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By: Lila Quintiliani

“You can’t take it with you.” “It’s better to give than receive.” There are many clichés about generosity, but it turns out your well-being and your financial plan may benefit if you share your wealth with your loved ones now rather than passing it on through your estate. One way you can do so with no adverse tax consequences is through something called the annual gift tax exclusion.

What Is the Annual Exclusion?

The annual exclusion is the amount of money one person may transfer to another each year without incurring a gift tax. In 2022, the amount is \$16,000 per gift – in other words, this year you can give up to \$16,000 to as many people as you want without you or the recipient(s) owing taxes. If you are married, your spouse can give the same amount. A married couple could potentially give a child, grandchild, or friend up to \$32,000 this year and neither the giver nor the recipient would owe taxes on the amount.

Other Ways to Give Tax-Free Gifts

Even though there’s an annual exclusion limit on cash gifts to individuals, there’s no limit on the amount of gifts for qualified medical or educational purposes. The gifts can be made on behalf of any individual, regardless of their relationship to you. The catch is that the amounts must be paid directly to the educational institution or medical provider and can’t be paid to an individual as a “reimbursement” for expenses.

How Can the Exclusion Help You?

Gifts while you are alive reduces the size of your estate. Once you’ve exhausted the annual exclusion amount and the tax-free medical/educational gifts, any further gifts you make go against your lifetime estate and gift tax exemption amount. The current federal estate tax exemption is \$12.06 million for individuals, \$24.12 million for a married couple. That sounds like a huge sum, and it’s true that only a small percentage of Americans die with an estate valued this high.

However, the exemption amount is expected to drop to \$5 million (plus an adjustment for inflation) in 2026 when the current tax laws sunset. And there are proposals in Congress to drop it even further. If an estate is valued above the exclusion, much of the estate’s value is taxed at a steep 40% rate.

And even if your estate isn’t large enough to trigger the federal tax, there are 12 states and the District of Columbia that impose their own estate or inheritance tax, and some states like Massachusetts and Oregon have an exemption of only \$1 million. Tax planning is an important aspect of estate planning. It’s best to seek the advice of a tax professional when it comes to creating a comprehensive estate plan.

Procedural Issue Delays Much-Needed Toxic Exposure Benefit Reforms

By: Cory Titus

Despite a strong bipartisan vote in the Senate on June 16, a procedural issue has prevented the House from taking up the Sergeant First Class Heath Robinson Honoring Our Promise to Address Comprehensive Toxics (PACT) Act of 2022.



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The delay could put the bill in jeopardy as competing legislation clogs up a busy legislative calendar. MOAA has worked to keep the comprehensive reform bill on the radar, but lawmakers need to hear from their constituents to ensure the long-sought benefits aren't delayed further. The Senate bill includes a tax-related clause unrelated to specific toxic exposure benefit changes. This provision was not part of the original House bill, and because tax and revenue measures are required to originate in the House, the Senate must pass an amended version to take out the provision.

Sen. Jon Tester (D-Mont.), an ardent supporter of the legislation and the chair of the Senate Committee on Veterans' Affairs, proposed a fix via unanimous consent, but Sen. Pat Toomey (R-Pa.) objected, citing funding concerns unrelated to the underlying procedural issue. This means the chamber must reconsider the updated legislation when senators return from recess the week of July 11. While the 84-14 Senate vote on June 16 showed strong bipartisan support among legislators, and the House passed the original legislation by a 256-174 margin, the risk comes in the timing – the House will be in session for less than a full month between now and the election, and with competing priorities, it's up to advocates like you and others you know to make sure both chambers move on this bill with deliberate speed.

MOAA and the dozens of other advocacy groups supporting this legislation have increased efforts on the Hill to rally support for the measure. Veterans who've waited decades for these earned benefits shouldn't have to wait a day longer – call or write your lawmakers today and encourage them to support the Honoring Our PACT Act.



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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 \(va.gov\)](http://www.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/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

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

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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/

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

delis

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/>

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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/spousepen.asp>
- Dependent Indemnity Compensation: <https://www.benefits.va.gov/BENEFIT/S/factsheets/survivors/dic.pdf>
- Aid and Attendance: http://www.benefits.va.gov/pension/aid_attendance_housebound.asp
- Medical Expense Report: <http://vbaw.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.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.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.va.gov/bl/20/cio/20s5/forms/VBA-21P-534EZ-ARE.pdf>
- Income and Asset Statement: <https://vbaw.va.gov/bl/20/cio/20s5/forms/VBA-21P-0969-ARE.pdf>
- Substitution of Claimant (if Veteran had open claim/appeal @ death): <http://vbaw.va.gov/bl/20/cio/20s5/forms/VBA-21P-0847-ARE.pdf>
- Accrued Benefits claim form <http://vbaw.va.gov/bl/20/cio/20s5/forms/VBA-21P-601-ARE.pdf>
- Aid & Attendance/Housebound: <http://www.va.gov/pubs/forms/VBA-21-2680-ARE.pdf>
- Aid & Attendance Nursing Home (if in home and filing A&A): <http://www.va.gov/pubs/forms/VBA-21-0779-ARE.pdf>
- Veterans Life Insurance Withdrawal: <http://www.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/V_A40-0247.pdf

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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/1015908202705552/?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>

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>

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- 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 | |
| | 1-877-345-8179 (or) | |
| Children of Women Vietnam Veterans (CWVV) | 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 | |
| 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 | |

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| | |
|--|---|
| Life Insurance | 1-800-669-8477 |
| | 1-888-385-0235 |
| | (or) |
| Meds by Mail | 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 |



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Promotional Products Dept.
Vanguard Industries West
(800) 433-1334 ext. 129
aevergin@vanguardmil.com
www.vanguardemblematics.com

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