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NEVER STOP SERVING

JUL & AUG Issue 2023

THE TRIBUTE

In honor of those who have sacrificed to keep our country free.



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Speaker for Our Next Luncheon, September 22

Mark your calendars for our September luncheon on September 22, 2023. Our guest speaker will be Captain Brian Feldman, MD MPH, Medical Corps, United States Navy.



Captain Feldman is the Commander of Navy Medicine Readiness and Training Command Portsmouth and the Director of Naval Medical Center Portsmouth.

Experienced in humanitarian assistance and disaster response, Captain Feldman deployed with the USNS COMFORT (T-AH 20) as the Pediatric Department Head in support of Continuing Promise 2011 and subsequently served as the Director of Medical Services from 2011-2015, including extensive mission development for Continuing

Promise 2013 and 2015.

From July 2021-April 2023, he served as the Commander of the Navy and Marine Corps Public Health Center, and inaugural Director of the Defense Centers for Public Health, Portsmouth VA,

 Hampton Roads Chapter, Military Officers Association of America

SEE SEPTEMBER LUNCHEON ON PAGE 5



Visit our website at www.hrcmoaa.org, read the Electronic Newsletter, access Virginia Council of Chapters, MOAA National, Service Departments, Health and Benefit locations, U. S. Senators and Representatives and many others. If you do not have the Members Only "Password" please contact any of our Officers. The HRCMOAA Newsletter is published by the HR Chapter, which is an affiliate of the Military Officers Association of America (MOAA). MOAA and its affiliated chapters are nonpartisan. The advertisements that appear in this publication do not reflect an endorsement by MOAA or this affiliate."

President's Message

Fellow Officers and Spouses,



Our Hampton Roads Chapter had a great showing for the joint brunch with The Portsmouth Area Chapter (PAC) and Peninsula Chapter (VIP). The brunch buffet was held at Roger Brown's Restaurant on Sunday 16 July from 1000 to 1300. It was a great event and I hope you'll put on your agenda to attend this event next summer.

Upcoming are our September luncheon and our November luncheon. For September, we will have Captain Brian Feldman, Commander of Navy Medicine Readiness and Training Command Portsmouth and Director of Naval Medical Center Portsmouth joining us as our guest speaker. November will be our traditional Toys for Tots luncheon and will hopefully feature a U.S. Marine Corps speaker. This is also our ROTC appreciation luncheon where we invite a number of local area cadets and midshipmen to join us. We are also discussing the possibility of adding another luncheon with the President & CEO of the Norfolk Airport Authority as our guest speaker. He has agreed to speak to the chapter and we are working out the logistics of a date and venue. Please review the schedule of events

on the chapter website (www.hrcmoaa.org) for the latest information and updates on future events.

It is my sad duty to report the passing of long-time chapter member Captain William E. (Bill) Lehr, Jr. at his Sandbridge, VA home on Friday, July 7th. Bill was a decorated 30-year Coast Guard veteran who served his country in a variety of capacities ranging from shipboard commands, pollution control projects and combat service in Vietnam. In addition to being a member, Bill served this chapter for many years in various board and volunteer capacities. He will always be remembered as a smart and engaging man who was always willing to help out anytime. A memorial service, attended by several of our chapter members, was held at Sandbridge Community Chapel on July 22. Burial will be at Arlington National Cemetery at a later date.

[SEE PRESIDENT CONTINUED ON PAGE 6](#)

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SURVIVORS



When you lose your spouse, you often face life-style questions that need to be answered. Do I stay in my home? Should I move closer to my children? Should I go back to work? Should I start volunteering?

Like others, when I lost my husband 20 years ago, I needed to address those questions.

My situation was different than some because my mother, who was 94 at the time, had been living with us for 13 years. She wasn't keen on moving, which meant we weren't going anywhere.

When she passed away four years later, I decided to get back to work. But my home wouldn't remain empty for long.

Soon after my mother's death, my older sister retired and wanted to move in with me. She relocated from California to my home in Virginia. She stayed two years and then moved to Colorado, where she had wanted both of us to move initially.

Was that the end of my roommate revolving door? Far from it: Next came my grandson and his best friend for what was supposed to be a six-month stay while one found a job and the other finished school. Instead, one stayed with me for two years and the other for six. I learned living with young boys was much different than raising my three daughters.

Next came my daughter and son-in-law, who wanted to relocate from the Washington, D.C., area after retiring. They have been here for going on five years.

Do I miss my privacy sometimes? Of course. I'm sure my housemates also miss theirs from time to time. But it's been a very good fit.

There are pros and cons to an open-door policy — what has worked for me and my family in recent decades might not be ideal for you. But I believe life has a way of leading us to where we're meant to be — and in this case, it's kept me in my home.

Evidently, that is what I always wanted.

SURVIVORS



Social Media Clicks



Facebook

Military Officers Association of America (MOAA) 3d · 🌐

Rest in peace to WWII veteran and award-winning singer Tony Bennett.



MILITARYTIMES.COM

Tony Bennett, American music icon and WWII veteran, dies at 96

A combat infantryman during WWII, he served as a librarian for the Armed Forces Network aft...

Military Officers Association of America (MOAA) 1d · 🌐

The Defense Department's plan to cut 12,801 medical positions from the DoD, Army, Navy and Air Force was built on inadequate assessments.



MOAA.ORG

Plan to Slash Military Medical Billets Based on Faulty Analysis, Federal Watchdog Says



VA



U.S. Department of Veterans Affairs

With a large portion of the country impacted by wildfire smoke this summer, many Veterans are concerned about becoming ill due to poor air quality.



The good news is if you are otherwise healthy, there are ways for you to breathe easy.

“It takes quite a long time for regular smoke to build up in our system enough to cause adverse events,” explained Dr. Claibe Yarbrough, VA’s national program director for Pulmonary and Critical Care. “Wildfire smoke from a distance is comparable to cigarette smoke. It’s toxic but not so toxic that you’re going to get effects from it very quickly.”

Yarbrough says most wildfire smoke should clear out of a healthy person’s lungs within 24 hours unless you are close enough to have large particulates in the air. Children and people with pre-existing respiratory conditions may experience increased effects

from breathing smoky air.

This includes Veterans who have any lung illness from exposure to burn pits during their military service.

Get checked out if you experience prolonged symptoms

“If you are experiencing prolonged symptoms like excessive coughing or difficulty breathing after exposure to smoky air, that might indicate an underlying condition you ought to get checked out,” Yarbrough adds.

Yarbrough encourages everyone to monitor the air quality in their area by checking sites like [AirNow.gov](https://www.airnow.gov) and take basic precautions to minimize exposure during poor air quality alerts. The best thing you can do during these events is to just stay inside and run the air conditioning, he notes.

“You’ve got filters in your air conditioning that will block out most of the particulates. When you’re driving in your car, make sure you set your air conditioner to recirculate so it’s not pulling in contaminated air from outside the vehicle. And if you have to go outside for prolonged periods, wear an N95 mask.”

For those with pre-existing respiratory conditions, make sure you have an adequate supply of medications nearby and contact your local clinic or health care center if you have any questions or concerns.

If you have a health condition you believe is connected to burn pit exposure during military service, you may be eligible for benefits under the PACT Act. Visit <https://www.va.gov/pact> for more information.

SEPTEMBER LUNCHEON FROM PAGE 1

supporting the global operational Public Health Policy and Management in support of BUMED and the Defense Health Agency to include 10 echelon 5 tenant commands involving the management of Radiation Health Protection Missions, Blood Borne Infection Management, Entomology, Environmental Preventive Medicine, Navy Drug Screening, Industrial Hygiene Laboratories, Environmental Programs, Epidemiological and Health Analysis, Health promotion and wellness policy, programs and execution for the fleet.

Captain Feldman is board certified in General Pediatrics and Pediatric Hematology-Oncology and holds an Associate Professorship of Pediatrics at the Uniformed Services University of the Health Sciences and an Assistant Professorship at Eastern Virginia Medical School.



William Lehr Obituary

Captain William E. (Bill) Lehr, Jr. passed away surrounded by his family at his Sandbridge, VA home on Friday, July 7th. Bill was a decorated 30 year Coast Guard veteran who served his country in a variety of capacities ranging from shipboard commands, pollution control projects and combat service in Vietnam.



Bill was born on August 7, 1931 in Milwaukee, WI to the late William Sr. and Myrtle Lehr. He graduated from the U.S. Coast Guard Academy in 1953. He married his first wife, Dolores Ann Hill immediately after graduation and the couple had three sons—Bill III, Greg and Robert.

His initial assignments included serving on a buoy tender, maintenance of the DEW line system in Alaska, and a leadership role on the USCGC Westwind, an icebreaker operating in the Arctic Ocean. He later attended MIT and received Master of Science degrees in Naval Architecture and Naval Engineering.

He saw combat in Vietnam where he played an important role in the fight against Viet Cong arms smuggling. He was instrumental in establishing the Brown Water Navy and became Commanding Officer of CG division 13, a squadron of 11 82' patrol boats in the Mekong Delta. He was awarded the Legion of Merit with combat V for his accomplishments.

Upon return from Vietnam, he served as the CO for the CGC Tamaro, a 206' Search and Rescue vessel.

In 1968, he began a series of shore-side assignments in Washington DC. He established the USCG Office of Research and Development, Chief of the Pollution Projects, and served as the Chief of the Environmental and Transportation Division.

His next to final Coast Guard position was Chief of Staff of the 5th CG District in Portsmouth, VA.

This assignment proved his favorite since it brought him to the Tidewater area. It was here that Bill met the love of his life, Betty Ruth Seichrist. They married in 1983. Bill not only got a lovely wife, he gained three additional sons: Rolf, Erik, and Kraig Seichrist. Over the years the couple have been blessed with a brood of grandchildren and great-grandchildren.

Bill worked for McDonnell Douglas in the Hampton area for 13 years after leaving the Coast Guard and "retired" for good in 1996 but he refused to stay idle. He became involved with a number of public service organizations ranging from meals-on-wheels, the VFW, Kiwanis, Military Officers' Association, and several Coast Guard related groups. Reading was another passion. Socially, he enjoyed the beach; parties with friends, family and fellow sailors; music and dancing.

A life well lived, his friends and family wish him "Fair winds and following seas."

There was a memorial service at Sandbridge Community Chapel, 3401 Sandpiper Rd, on July 22. Burial will be at Arlington National Cemetery at a later date.

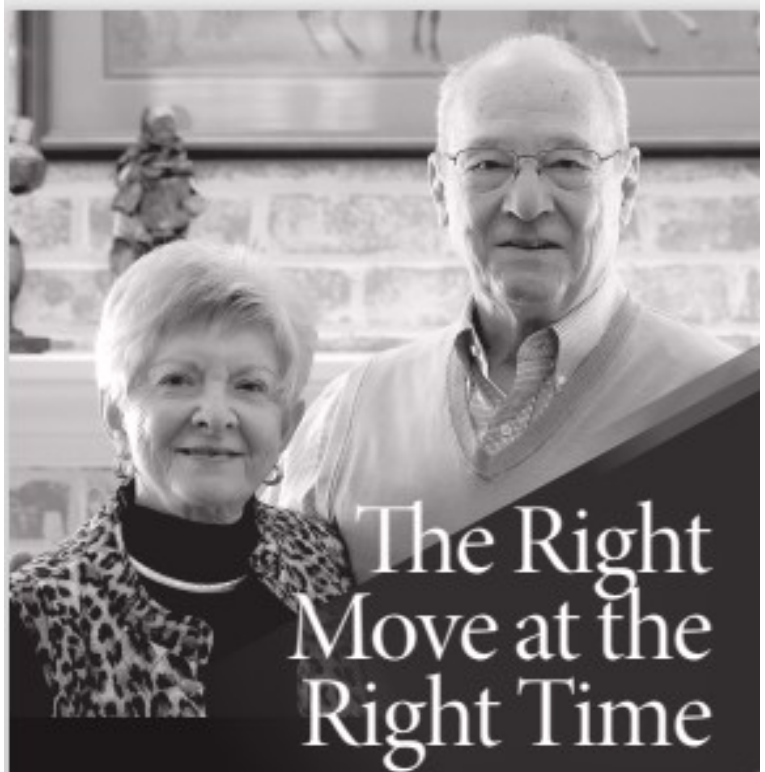


PRESIDENT FROM PAGE 2

We work hard to ensure good and timely communications via the newsletter and chapter website but occasionally we need to send out notices electronically to our chapter members. If you aren't receiving emails from the chapter periodically, then we either don't have an email address for you or the one we have is no longer valid. To ensure we can communicate important or time sensitive information to you, our members, we are asking everyone to visit this link and fill in your name and email address: www.hrcmoaa.org/member. There are spaces for other information if you wish to provide it. The most important part is your name and email. We do not share our member email addresses with anyone.

The next Honor Flight mission will be on November 4, 2023. We are seeking chapter members to help with the send-off of veterans who will be participating in the event. If you are interested in helping the chapter with this event, on any of our committees or as a member of the board, please contact me at Loren.Heckelman@cox.net or via telephone at 757-646-6448.

Sincerely,
Loren Heckelman
Captain, USN (Ret.)
Never Stop Serving



The Right Move at the Right Time

Bonnie and Wayne Jefferson (USAFA '59) decided on Patriots Colony At Williamsburg

Bonnie enjoys bridge and a Bible study group while Wayne tinkers with golf, a painting class and German club.

Patriots Colony is a Riverside Health System active retirement community whose Independent Living is exclusive to former military officers, federal civil employees and their spouses or widow(ers). Enjoy gourmet dining options, an enriching social and activities calendar while being close to all the culture of this historic area.

"When we moved in, it wasn't five minutes before our new neighbors brought us a bottle of wine. It's a great community."

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Military ID Card Notification Program

This voluntary program is designed to help Chapter members and their dependent's to renew their ID cards in a timely fashion. Once you and your dependents are enrolled, you will be notified of your impending ID card expiration date in sufficient time for renewal prior to the expiration date.

To enroll by mail: make copies of the form below for each dependent and fill out the required information. Mail to Military ID Card Notification Program, HRCMOAA, PO Box 4612, Virginia Beach, VA 23454-0612.

To enroll by email: visit our website, www.hrcmoaa.org and click on About Our Chapter and the ID Card Notification Program link and follow the instructions.

Note: Over age 75 members, who are eligible uniform family members and survivors of deceased personnel are now eligible for Permanent Identification Cards. Apply within 90 days of expiration of current ID card.

CAREER CORNER

Once you transition from active duty, we want you to stay in our community and chapter. Don't wait until the last minute to start networking, learning about transition, and talking with recruiters at career fairs.



Join the HRCMOAA on LinkedIn at: <https://www.linkedin.com/groups/5047678/>



MOAA Career Networking <https://www.linkedin.com/groups/164686/>



Virginia Employment Commission at: <https://https://www.vex.virginia.gov/job-fairs>

Here is a list of local military career fairs and networking opportunities:

Sep 21, 2023.

Corporate Gray | Corporate Gray Virtual Job Fair (11:00am to 2:00pm) <https://www.corporategray.com/jobfairs/473>

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TELEPHONE: _____ E-MAIL _____
(Include area code)

Please notify me of my ID card expiration by: Tel: _____ E-Mail _____ Mail _____

Signature and Date _____



UPCOMING Events

September Luncheon (09/22/2023) - Atlantic Shores—Virginia Beach, VA. Social—1100 hours and Lunch—1200 hours. Speaker CAPT Brian Feldman, USN, Director Naval Medical Center Portsmouth.

Reservations required by 1200 hours Tuesday, 20 September 2023. Call: CDR Bert Ortiz, USN (Ret) 757-560-3671 or e-mail bertortiz@cox.net.

November Luncheon (11/17/2023) - Atlantic Shores—Virginia Beach, VA. Social—1100 hours and Lunch—1200 hours. Speaker TBD.

Reservations required by 1200 hours Tuesday 11 November 2023. Call: CDR Bert Ortiz, USN (Ret) 757-560-3671 or e-mail bertortiz@cox.net.

Other events on the calendar for 2023. Christmas Dinner Dance—12/2/2023, Atlantic Shores.

Chapter Activity

Norfolk Tides Baseball Game, 30 Jun, Harbor Park



Multi Chapter Brunch, 16 Jul, Roger Browns, Portsmouth



New Five-Year Scholarship Fund Campaign Begins for HRCMOAA

The MOAA Scholarship Fund Board gives preference in awarding scholarships and grants to children with HRCMOAA member parents. While not guaranteed to go to the child of a chapter member, those children applying for MOAA scholarships with a parent who is a chapter member will receive favorable consideration and the review board will give preference in awarding scholarships to those children. Regardless of whether the student’s parent is a chapter member or not, students selected for the MOAA scholarships in the chapter’s name will always be from the area represented by our Hampton Roads Chapter.

Below is the current status of our chapter scholarship fund campaign for 2023 and for the five-year campaign that will cover 2023 - 2027:

HRCMOAA Scholarship Drive Status as of May 01 Jul, 2023	<u>GOAL</u>	<u>Amount Contributed</u>	<u>% of Goal</u>	<u>Need by Date</u>	<u>\$ Still Needed</u>
	Total 5-Year Goal: \$25,000	\$1,760.00	7%	12/31/2027	\$23,240.00
	Annual Goal for 2023 (Year 1 of 5): \$5,000	\$1,760.00	35.2%	12/31/2023	\$3,240.00

New Five-Year Campaign began January 1, 2023 and runs through December 31, 2027

How You Can Contribute to the Hampton Roads Chapter Scholarship Fund

The Hampton Roads Chapter has been very successful and fortunate in its previous two five-year scholarship fund campaigns thanks to the generosity of the chapter members and their commitment to helping young men and women attend college through scholarships and grants from MOAA. As a result of the success in the previous two campaigns, the board decided to commission another five-year scholarship fund campaign to run from 2023 through 2027 with an annual goal in each year of \$5,000.00 and an overall five-year goal of \$25,000.00.

There are several ways you can donate to the HRCMOAA scholarship fund. All donations are tax deductible as the MOAA Scholarship Fund is a qualified IRS 501(c)(3) entity.

The first way is for members to submit their donations online by using the following website URL:
<https://charities.moaa.org/>

The second way is to submit a check, made out to the MOAA Scholarship Fund and mail it to:
 MOAA Scholarship Fund
 P.O. Box 1824
 Merrifield, VA 22116-9917

Note on your check that it is for the Hampton Roads Chapter Scholarship Fund. MOAA will continue to send receipts to all contributors.

A third way is to make a Qualified Charitable Distribution. The fund tax identification number is 54-1659039. By contributing from the Required Minimum Distribution (RMD) of a qualified IRA, the taxable IRA income can be reduced by the amount of the contribution. The contribution check must be marked as a charitable contribution. With the recent changes in the tax laws, some of our members have found this method to be beneficial.

You can make qualified charitable distributions (QCDs) of varying amounts to more than one charitable organization each year. IRA owners age 70 ½ or older can give up to \$100,000 a year directly from their IRA to qualified charities. But you can split that amount among multiple charities. Say you want to give a total of \$50,000 through the QCD move. You could give five charities \$10,000 each, for instance, or two charities \$25,000 each. Just tell your custodian which charities you want to support and how much to transfer directly from your IRA.



2023 CONTRIBUTIONS FROM PAGE 9

Not only will the charity benefit from the QCDs, but you will too. The QCD amount is excluded from your taxable income and can also count toward your annual required minimum distribution. It's a win-win-win. For additional details, it would be best to contact your IRA fund manager, personal financial planner or tax accountant for specifics.

You also may contribute directly from bequests, wills, or trusts. You can find suggested language here: <https://www.moaa.org/content/about-moaa/scholarship-fund/scholarship-fund-planned-giving/>
Finally, the chapter treasurer or president will accept cash contributions or checks at any of our chapter events.

2023 Contributions**PLATINUM— \$500 and above****CAPT Roger Blood, USN (Ret.)****GOLD— \$250 to \$499**

CAPT Loren Heckelman, USN (Ret.)

Maj Clifton & Bobbie Furedy, USAF (Ret.)**LCDR Daryl Holland, USN (Ret.)****SILVER— \$100 to \$249**

LtCol Carl W. Carrell, USMC (Ret.)

CAPT Patricia McFadden, USN (Ret.)

BRONZE— Under \$100

CWO4 Jim Fagnant, USCG (Ret.)

LT Stephen A. Hackney, USN (Ret.)

CAPT William B. Seaman, USN (Ret.)

Anonymous Donor



Chapter Membership or Renewal Application
Army • Marine Corps • Navy • Air Force • Space Force • Coast Guard • Public Health Service
National Oceanic and Atmospheric Administration
Join or Renew on-line: www.hrcmoaa.org/join.shtml

Hampton Roads Chapter MOAA
P.O. Box 4612
Virginia Beach, VA 23454-0612

Make checks payable to HRCMOAA

Table with columns: Regular Dues, NEW, Surviving Spouse Dues. Rows: 1 Year, 2 Years, 3 Years.

Regular Member: Active, Reserve, Retired or Former Commissioned or Warrant Officer of the eight Uniformed Services.

Surviving Spouse: Survivor of any deceased individual who would, if living, be eligible for regular membership.

Please print (If renewing, enter only your name and information that has changed)

Form fields for Date, Recruiter, Name, Grade, Service, Component, Status, Dates, Retired Date, Spouse's Name, E-mail address, Mailing Address, Home Phone, Work Phone, Cell Phone, Member of National MOAA, Not a National MOAA member yet?, Enclosed is \$, Signature.

Click on the above form to renew online (or print and mail)

From the Editor



Hans Peter Juhl Hidle, LT USN (Ret.)

I am back. We are in the middle of summer as I am hammering away on the keyboard. In the last newsletter, I was complaining it was a bit cooler than normal. Well, the last month certainly has made up for that slow start. We have been spending a lot of time at the pool this summer, as we did last year, and its all good.

The picture remains the same for these two months too. We, the BOSS and I, are blessed by having the grand-daughters close. They live about 30-minutes from us and come to visit at least weekly. Noisy, yes, but we wouldn't want it any other way.

Have tried out the new Pharmacy a couple of times, and so far it works pretty much like advertised especially if you are submitting new prescriptions sent in electronically.

If you want anything in the newsletter, which would make my life easier too, either email me at — hansjuhlhidle@gmail.com — or snail mail at — 2084 Queens Point Dr, Suffolk, VA 23434. I have scanners and other tools to convert your chicken scratch into computer ones and zeros.

Sincerely,

Hans P. Juhl Hidle



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Electronic Newsletter



Transition to Digital Prescriptions

E-prescriptions are safer and quicker to process than hard copy (paper) prescriptions. Naval Medical Center Portsmouth Pharmacy will soon transition to only accepting E-prescriptions.

What this means for you, our patrons:

As of 3 January 2023, hard copy (paper) prescriptions will no longer be accepted at Naval Medical Center Portsmouth or its Branch and TRICARE Prime Pharmacies.

Hard copy (paper) prescriptions for controlled substances will be accepted through 1 February 2023

Please share this information with all of your healthcare providers.

Starting 3 January 2023, all non-controlled prescriptions must be sent electronically from your Doctor's office.

The Doctor's office can E-prescribe to our pharmacy at:

DoD PORTS VA NMC ePhcy (Pharmacy NCPDP/NPI Number is 4845371/1548673205)

We will only accept hard copy (paper) prescriptions for controlled substances until 1 February 2023 at which point, all prescriptions must be submitted electronically.

Before presenting to the Pharmacy to pick up your medications, activate your new or renewed prescription by texting "get in line" to 1-833-217-2199.

Please ask any pharmacy staff member for clarification or additional information.



NEW

Pharmacy Instructions

Naval Medical Center Portsmouth and Clinics



New Prescriptions

Use Q-Anywhere

- Available during your selected pharmacy's work hours.
- Text "get in line" to (833) 217-2199 or scan the QR Code and follow the prompts.
- You will receive a text message when your prescriptions are ready for pickup.
- Once prompted, text "I am here" upon arrival at the pharmacy you selected and listen for your number.

Renew Prescriptions

Contact your provider

If your current prescription has no refills remaining, you must contact your provider for a prescription renewal.

Refill Prescriptions

Call The Refill Line

- (757) 953-6337
- or TOLL-FREE (866) 285-1008

- Hard copy prescriptions for non-controlled substances are no longer accepted at NMCP or its clinic Pharmacies.
- Hard copy prescriptions for controlled substances will no longer be accepted after February 1, 2023.
- After that date, all prescriptions must be submitted electronically by your provider.

For more information please visit the NMCP Pharmacy Website at <https://portsmouth.tricare.mil/Health-Services/Pharmacy> or call (757) 953-0258.



Q-Anywhere



New Prescription Activation by Text

It's easy to activate your new prescriptions at the pharmacy by text using the Q-Anywhere system.

Just follow these 10 steps.

Step 1 – Just text the words “get in line” to **833-217-2199**.

Step 2 – The system will ask for the 10-digit DoD Id number for the patient receiving the medication.

Step 3 – Enter the DoD ID Number - found on the patients ID or in DEERS.

Step 4 – The system will verify who the prescription is for.

Step 5 – Reply “edit” if the information needs to be changed. Reply “done” if it is correct. Or add an additional patients DoD ID if you are activating prescriptions for multiple patients.

Step 6 – The system will ask you to select the pharmacy you would like to pick up your prescription from.

Step 7 – Once you choose you will receive a confirmation and a Q-number for your prescription.

Step 8 – If there is a problem or question regarding your request, a pharmacy representative may reach out to you via phone or via text for clarification.

Step 9 – You will receive a text when your prescription is ready to pick up. Please do not report to the pharmacy until you receive this text.

Simply text “I am here” when you arrive at the pharmacy you chose that day.

If you are returning any day within the following 14 days, you will need to check in at the kiosk and get a Return for Pickup ticket.

Step 10 – The system will send you a message acknowledging your arrival. When it is your turn to be served, your Q-number will then be called to a pharmacy window.

Activate your prescription from anywhere

Pick them up when they are ready

January 6, 2023

