

ORA THE TRIBUTE

The Bi-Monthly Newsletter of the Hampton Roads Chapter Military Officers Association of America



Serving Chesapeake, Norfolk, and Virginia Beach since 1959

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NEVER STOP SERVING

JAN & FEB Issue 2025

THE TRIBUTE

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



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HRC MOAA Christmas Dinner Dance

The HRC MOAA held its annual Christmas Dinner Dance on Saturday 7 December 2024. There are two more pictures from the event on page 10.



SEE CHAPTER MEMBER EVENTS ON PAGE 10



Hampton Roads Chapter, Military Officers Association of America

















Visit our website at www.hrcmoaa.org, to 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,

Happy New Year to our HRCMOAA membership. I want to thank everyone who attended the Surviving Spouse/Spouse Tea at Princess Anne Country Club on December 4th and the annual Christmas Dinner Dance at Atlantic Shores on December 7th. Both were great events enjoyed by all in attendance.

Details for upcoming luncheons and other events are available on our chapter website (www.hrcmoaa.org). Be sure to check there often for the latest information and updates on future events.

Our January and February luncheons are both being held at Greenbrier Country Club in Chesapeake and then we will return to Atlantic Shores beginning in March. RSVPs are needed sooner for the Greenbrier Country Club luncheons so please note the earlier RSVP dates. For January's luncheon, we need your RSVP by January 14th and for Febru-

ary's luncheon, we need your RSVP by February 11th.

Thank you to everyone who contributed to our annual Toys for Tots drive at the November luncheon, which was also our annual meeting and election. Congratulations to Barb Smith and Larry King who were elected to two-year terms as Directors and to Bert Ortiz who was elected to another two-year term as Vice President. Chris May-field and John Uhrin continue as Directors for the second year of their term. Finally, thank you for your vote of confidence in electing me to serve as chapter president for another two-year term. Unfortunately, Secretary and Treasurer remain vacant as board positions. None of these positions is particularly hard and the entire board pulls together to conduct the business of the chapter and plan chapter events. We are always in need of help to continue the planning and execution of chapter business and events and would welcome some new ideas and contributions on the board. Please consider giving back to the chapter by stepping up to help in whatever capacity possible. Even if you aren't interested in an elected position, the chapter could use your help with one of our committees or in helping with recruiting events throughout the year.

SEE PRESIDENT CONTINUED ON PAGE 4

HRCMOAA DIRECTORY

PRESIDENT: (757) 646-6448 CAPT Loren Heckelman, USN (Ret.)

TREASURER: Vacant

VICE PRESIDENT: (757) 482-1995 CDR Bert Ortiz, USN (Ret.)

SECRETARY: Vacant

PAST PRESIDENT: (757) 237-3611 MG John McLaren, USA (Ret.)

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Col Larry King "Live", USMC (Ret.)

LCDR Christopher Mayfield, USN (Ret.)

Ms. Barbara Smith

CDR John Uhrin, USN (Ret.)

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PROGRAMS: (757) 482-1995 CDR Bert Ortiz, USN (Ret.)

INFO SYSTEMS: (757) 490-5792

Maj Clifton G. Furedy, USAF (Ret.)

TRANSITION LIAISON: (757) 646-6448

CAPT Loren Heckelman, USN (Ret.)

COMMUNITY AFFAIRS: Vacant

LEGISLATIVE AFFAIRS: (757) 754-1667 COL Jack Hilgers, USMC (Ret.)

> MEMBERSHIP: (757) 650-1086 Col Larry King, USMC (Ret.)

ID CARD NOTIFICATION: (757) 375-3973

<u>CAPT Jim Daniels, USN (Ret.)</u>

ACTIVE DUTY LIAISON: Lt Col. Clarissa Blair USMC EDITOR/PUBLICITY: (757) 343-0114 LT Hans P. Juhl Hidle, USN (Ret.)

WEBMASTER: (757) 490-5792

Maj Clifton G. Furedy, USAF (Ret.)

<u>SURVIVING SPOUSE LIAISON:</u> Ms. Barbara Smith & Ms. Carol Tippin

PERSONAL AFFAIRS
Vacant

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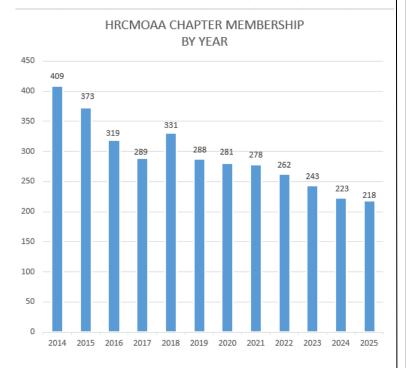


HRC MOAA Membership charts as of 1/1/2025

The board of HRC MOAA is including charts of the membership over the last decade. As you can see, our membership has declined by almost half since 2014.

We need your help in recruiting new members to revitalize the chapter. Have a great idea on how attract more members? We welcome your suggestions.

To see the rest of the membership charts, see pages 6 and 7.



SEE CHAPTER MEMBERSHIP CHARTS CONTINUED ON PAGES 9 & 10

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PRESIDENT CONTINUED FROM PAGE 2

We continue to have small amounts of mail for chapter members returned to us as undeliverable. Please keep us updated on email or postal address changes so we can keep in touch. You can very quickly and easily provide an update by visiting this link and filling 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 address. As a reminder, we do not share our member email addresses with anyone.

In the area of finances, I'm happy to report that despite incurring some losses during the year from the luncheons and dinner dance, the chapter remains solvent and in good standing financially. We had a total balance in all accounts of \$24,002.87 at the end of the calendar year. This is very close to the goal we set several years ago for a balance to maintain at all times in our accounts. Maintaining this balance has required significant belt-tightening in a number of areas so the board is looking at how to sustain our current level of operations going forward in the event we incur cost increases. We've been fortunate that luncheon costs, printing costs and mailing costs have remained relatively constant but we anticipate increases in each of those areas in the near future. We will keep the membership apprised of cost increases and our board discussions about how to address them. We want to be transparent about the possibility of an increase in dues in 2027 and an increase in the price for luncheons if and when the cost to us is increased. In any case, we will do our best to provide plenty of notice beforehand.

Finally, we closed out our annual scholarship fund drive \$227 short of our goal for the year of \$5,000. That means we are fell a little further behind in our five-year goal as well. Please consider a donation to the HRCMOAA Scholarship Fund in your planned giving this year. With the support of everyone in the chapter, we can catch up and achieve our five-year goal once again.

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

Thank you to our new and renewing chapter members.

In order to ensure you know how much we appreciate our new members who have joined and our current members who have renewed their membership, we are starting a new practice of listing those members who have renewed since the last newsletter was published. Since this is our first time doing this, we've included new and renewing members going back several months. If we missed anyone, please let our newsletter editor, Hans Juhl Hidle know at (hansjuhlhidle@gmail.com) and we'll be sure to include you in our next "Thank you" list.

RENEWALS

Mrs. Catherine Colgan Mrs. Jan Cooke Mrs. Joyce Harlan Mrs. Jane Hart Mrs. Rose Hill Mrs. Betty Lehr Mrs. Jacqueline Meurer Mrs. Loudres Miller Mrs. Carol Tippin Mrs. Linda Wheeler Captain Robert A. Allen, USN (Ret) CDR Carroll Bains, USN (Ret) CDR Jeffery Barrett, USN (Ret) LCDR Mark Bowers, USN (Ret) LCDR Jack Branson, USN (Ret) Captain Robert Brotman, USPHS (Ret) CDR Don Buzard, USN (Ret) CDR Santiago Camano, USN (Ret)

Captain Michael Carlson, USN (Ret) LtCol Carl Carrell, USMC (Ret) Captain Kendall Cook, USN (Ret) LCDR Robert Costello, USN (Ret) COL Richard Donahue, USA (Ret) LTC Tim Drake, USA (Ret) MAJ Clifton Furedy, USAF (Ret) LCDR Lewis Friedrichsen, USN (Ret) Captain Jon Haas, USN (Ret) Captain Loren Heckelman, USN (Ret) LT Hans Juhl Hidle, USN (Ret) CDR Bruce Johnson, USN (Ret) CDR Frederick Johnson, USN (Ret) Captain Derek Lavan, USN (Ret) LtCol Bill McEvoy, USMC (Ret) LCDR Thomas Metcalf, USN (Ret) LTC Thomas Metz, USA (Ret) Captain Stephen Nimitz, USN (Ret)

Captain Cynthia Piccirilli, USN (Ret)
CDR Bill Pope, USN (Ret)
CWO4 Alfred Rathbun, USN (Ret)
LT Daniel Tabor, USN
LCDR Brian Wood, USN
LCDR Aaron Zielinski, USN (Fmr)

NEW MEMBERS

Mrs. Mary N. Hawker COL Marissa Tanner Major Michael Leach Captain Steve Husak



January Luncheon

January 24th, 2025: Greenbrier Country Club—1301 Volvo Parkway, Chesapeake, VA 23320. Social—1100 hours and Lunch—1200 hours. Speaker: Mr. Mike Cobb: Director of the Ft. Wool Historic Site. Fort Wool: Star Spangled Banner Rising. Reservations required NLT 1200 hours Tuesday, January 14, 2024. Please RSVP to Barb Smith: 576-1114 (cell) or via e-mail at carmelk123@gmail.com. Remember please, that a reservation made is a reservation paid.

February Luncheon

February 21st, 2025: Greenbrier Country Club—1301 Volvo Parkway, Chesapeake, VA 23320. Social—1100 hours and Lunch—1200 hours. Speaker: TBD Reservations required NLT 1200 hours Tuesday, February 11, 2025. Please RSVP to Barb Smith: 576-1114 (cell) or via e-mail at carmelk123@gmail.com. **Remember please, that a reservation made is a reservation paid.**

March Luncheon

March 21st, 2025: Atlantic Shores—Magnolia Room Atlantic Shore Drive, Virginia Beach, VA 23454. Social—1100 hours and Lunch—1200 hours. Speaker: Virginia Beach Sheriff Rocky Holcomb.. Reservations required NLT 1200 hours Tuesday, March 18, 2024. Please RSVP to Barb Smith: 576-1114 (cell) or via e-mail at carmelk123@gmail.com. Remember please, that a reservation made is a reservation paid.

Chapter Member Events



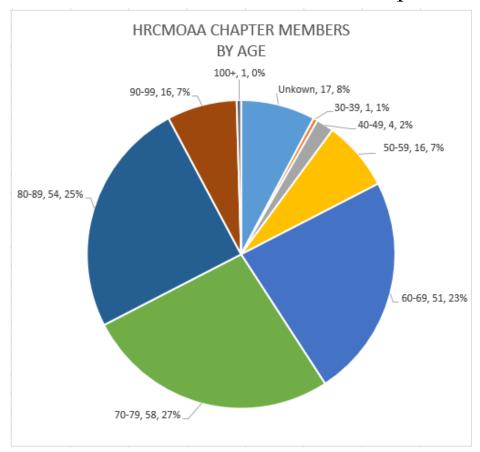
On 6 December 2024, MG (Ret) John McLaren and LtCol Clarissa Blair presented Gold Bars to 2LT Croom and 2LT Prince from the Norfolk State University, Army ROTC program. We welcomed the Army's newest Officers into the leadership for the future.

TAPS

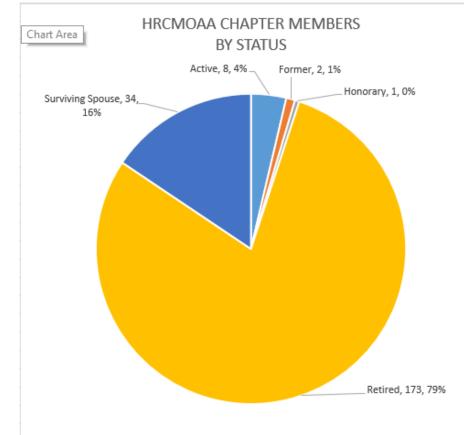
Your Hampton Roads Chapter is saddened by the news of the passing of chapter member CDR Carl Thoren, USN (Ret) and former chapter member CAPT Georges E. Le Blanc, Jr., USN (Ret).



HRC MOAA Membership charts as of 1/1/2025



Age Group	Qty
100-109	3
90-99	22
80-89	59
70-79	66
60-69	56
50-59	21
40-49	7
30-39	1
Not listed	23
Total	258



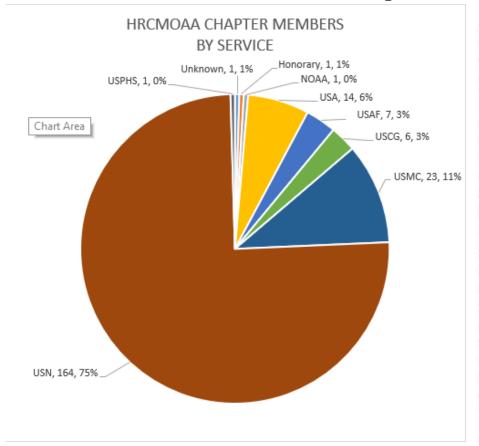
Member Status Totals

Active Duty	12
Surviving Spouse	42
Civilian	0
Former Officer	3
Honorary Member	1
Reserve	0
Retired	200
Other	0
Blank	0
Total Members	258

CHAPTER MEMBERSHIP
CHARTS CONTINUED FROM
PAGE 3



HRC MOAA Membership charts as of 1/1/2025



Air National Guard 0 Army National Guard 0 0 Army of the U.S. MOAA 0 NOAA 1 U.S. Army 16 U.S. Army National Guard 0 U.S. Army Reserve 0 U.S. Air Force 10 U.S. Air Force Reserve 0 U.S. Coast Guard 8 0 U.S. Coast Guard Reserve U.S. Marine Corps 31 U.S. Marine Corps Reserve 0 U.S. Navy 186 U.S. Navy Reserve 0

U.S. Public Health Service

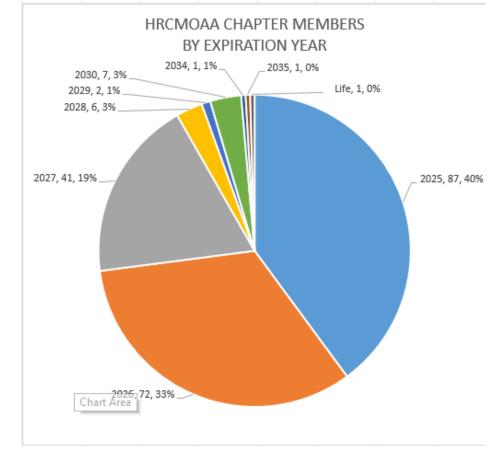
Virginia National Guard

Honorary

Other

Blank

Service Totals



Member Status Totals

Blank	0
Other	0
Retired	200
Reserve	0
Honorary Member	1
Former Officer	3
Civilian	0
Surviving Spouse	42
Active Duty	12

CHAPTER MEMBERSHIP
CHARTS CONTINUED FROM
PAGE 3



2

0

1

0

3

258

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.

PLEASE PRINT LEGIBLY---PLEASE USE A SEPARATE FORM FOR EACH INDIVIDUAL (Cut along dotted line)

(Last, First	t, MI) ID CARD EXPIRE (Day, Month, Year)
	STREET ADDRESS:
	CITY, STATE, ZIP:
TEL	EPHONE: E-MAIL (Include area code)
AL	TERNATE CONTACT: RELATIONSHIP
	STREET ADDRESS:
	CITY, STATE, ZIP:
TELEPH	ONE (include area code): E-MAIL
<u>P</u>	lease notify me of my ID card expiration by: Tel: E-Mail Mail

Signature and Date

Real IDs required by May 2025

Flying within the U.S. will soon require an extra document that's more secure than a state-issued driver's license or ID if you don't want to lug around your passport with you.

Beginning in May of next year, all U.S. travelers will be required to have the official document, known as a Real ID, on hand when traveling domestically by air. As an alternative, they may carry their passports with them.

The initiative is a long time coming. It was initially slated for enforcement beginning in May 2023, but the deadline was pushed back due to the COVID-19 pandemic.

What is a Real ID?

It's essentially an enhanced form of identification which, beginning May 7, 2025, will be required to access certain federal facilities, board commercial aircraft, and enter nuclear power plants.

The Real ID Act, passed by Congress in 2005, establishes minimum security standards for state-issued driver's licenses, permits, and ID cards. It's designed to reduce identity fraud, as it also prohibits Transportation Security Administration (TSA) personnel from accepting cards that don't meet the new minimum standards, according to the DHS.

Who needs one?

Any traveler who is 18 years or older who plans to fly domestically or visit certain federal facilities will require a Real ID, or an alternative acceptable form of identification, such as a passport. Beginning May 7, 2025, TSA will only accept Real ID cards with the compliant star marking. A handful of states including Washington, Michigan, Minnesota, New York and Vermont are issuing Enhanced Driver's Licenses (EDL) with a flag marking, which also meet Real ID standards.

Do I have a Real ID?

All Real IDs have a star marking in their top right corner.

If you recently renewed your driver's license, it could be an Enhanced Driver's License, or EDL, which also meets Real ID standards. Check the top right corner of your license for an American flag, indicating it is Real ID-compliant. If it doesn't have the stamp, it is not in compliance with the

act.

How much does it cost?

There is no additional fee for a Real ID, but standard DMV processing fees do apply. Getting an enhanced ID costs \$30.





New Five-Year Scholarship Fund Campaign Update

Below is the current status of our chapter scholarship fund campaign for 2024 and for the five-year campaign that will cover 2023 - 2027:

HRCMOAA	GOAL	Amount Contributed	<u>% of Goal</u>	Need by Date	<u>\$ Still Needed</u>
Scholarship Drive Status as of	Total 5-Year Goal: \$25,000	\$8,377.60	33.5%	12/31/2027	\$16,622.40
December 31, 2024	Annual Goal for 2024 (Year 2 of 5): \$5,000	\$4,772.60	95.5%	12/31/2024	\$277.40

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

2024 Contributions

PLATINUM— \$500 and above			
CAPT Roger Blood, USN (Ret.)	Colonel Merlin Statzer, USMC (Ret.)		
CDR George Coker, USN (Ret.) CDR Roberto Ortiz, USN (Ret.)	CDR Daniel Edwards, USN (Ret.)		
GOLD— \$250 to \$499			

CAPT Loren Heckelman, USN (Ret.)

Major & Mrs. Clifton Furedy, USAF (Ret.)

CAPT Kenneth Marks, USN (Ret.)

LCDR Daryl Holland, USN (Ret.)

CAPT and Mrs. James V Daniels, USN (Ret.)

SILVER— \$100 to \$249

COL Jack Hilgers, USMC (Ret.) CAPT Stephen Nowak, USN (Ret.)

CDR Carl Thoren, USN (Ret.)

LT & Mrs. Hans P. Juhl Hidle, USN (Ret.)

LT Stephen Hackney, USN (Ret.)

BRONZE— Under \$100

CAPT James V. Daniels, USN (Ret.) COL Charles Shaver, USA (Ret.)

LCDR Eddie Seaton, USN (Ret.)

Mrs. Sharron D'Angelo

LtCol William McEvoy, USMC (Ret.)

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.



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.

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.

2024 CONTRIBUTIONS FROM PAGE 9





Make checks payable to HRCMOAA Regular Dues



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

NEW

Surviving

Spouse Dues

	F.,	1 Year:	\$20.00 RENEW	AL	1 Year:	\$10.00		
Hampton Roads Chapter MOAA		2 Years:	\$35.00		2 Years:	\$17.00		
P.O. Box 4612		3 Years:	\$45.00 Circle years	& amount	3 Years:	\$23.00		
Virginia Beach, VA 23454-0612	or Warrant	Regular Member: Active, Reserve, Retired or Former Commissioned or Warrant Officer of the eight Uniformed Services.						
Please print (If renewing, enter only your name and information that has changed)			Surviving Spouse: Survivor of any deceased individual who would, i					
Date/ / Recruiter_		living, be el	gible for regular membe	ership.				
Name**,			Date of birth	/	/	_		
Last	First	Middle or Initial		MM D	D YYYY	•		
		(Ex: U						
Status Active - Reserve - Retired - Former - Status Circle one	Surviving Spouse Service Dates	/ to /	Retired Date	/	//			
Spouse's Name								
Last	First	Middle or	Initial					
E-mail address		Sp	Spouse's Date of birth/		/	1-812		
				MM D	D YYYY			
Mailing Address								
Number and Street		City	State		Zip code			
Home Phone	Work Phone	Ce	ll Phone			_		
Member of National MOAA? Yes No	If Yes, MOAA Number**	M	IOAA Life Member	Yes	No			
Not a National MOAA member yet? Check								
Enclosed is \$ in dues payment								
** Surviving spouse enter your Name and MOAA Number, where the spouse enter your Name and MOAA Number, where the spouse enter your Name and MOAA Number, where the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and MOAA Number, which is the spouse enter your Name and	here indicated.	Signa	iture					

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

From the Editor



Hans Peter Juhl Hidle, LT USN (Ret.)

Holiday season is over and a new year has just begun. Sounds like a Top 40 hit from days gone by, check. Got some goals for the year, check and some of them have already been ignored. Pretty much like last year, check.

This year, 2025, is different for so many reasons. Especially all of us who have worn the uniform. It's 80 years since the most brutal and deadliest conflict in human history ended. One estimate, I have seen, sets the number of dead during WWII at around 80-100 million people, or around 30% of the current US population. If you haven't gotten their stories recorded, your time is running out quickly. Additionally, it is also 50 years since the final conclusion of the Vietnam war (not the US participation, which ended in 1973) a conflict that tore our great country apart.

Of course, this shouldn't apply to just those who served. Wouldn't you love the hear the stories behind all the photos you stored in cabinets and old shoeboxes. I

wish I had taken the time to ask mom what the images of her friends on vacation in southern Europe many years before I was in the planning stages. I am trying to preserve some of my memories for my step-children. Build a website with images and stories behind them. It's not that hard, or you could take a couple of classes at TCC. New hobby. Scrapbooks are also useful.



THE TRIBUTE

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JAN / FEB 2025

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MEMBERSHIP ALERT

If the date on your mailing label shows 2025, your membership expires on December 31, 2025. Please complete the membership renewal form on page 11. You may contact COL Larry King, USMC-Ret. at (757) 650-1086, Membership Chair. Rather than recycling your newsletter, please consider sharing your copy with a prospective member.







Notice of Proposed Rulemaking – Amendments to the Program of Comprehensive Assistance for Family Caregivers (PCAFC)

VA values the contributions of caregivers and Veterans in our community. We've recently published a Notice of Proposed Rulemaking in the Federal Register, proposing updates to expand access to the Program of Comprehensive Assistance for Family Caregivers (PCAFC).

Please note that these changes are not yet in effect, and your feedback is important in shaping the final rule.

Key highlights of the proposed changes. Although these changes are not yet in effect, the proposed updates aim to improve the PCAFC and provide more families with the support they need.

The proposed rule would:

- Expand eligibility: A broader definition of serious injury could allow more Veterans and caregivers to qualify for support.
- Add telehealth flexibility: VA seeks to offer telehealth home visits during certain types of emergencies.
- Extend delay in discharges based on reassessments: This proposed rule would delay discharges based on eligibility reassessments for legacy participants, legacy applicants and their family caregivers for an additional 18 months after the effective date of a final rule. The delay in discharges is currently slated to expire in September 2025. VA's suspension of required annual reassessments, including legacy reassessments remains in place at this time.
- Require fewer reassessments: Under the proposed rule, VA would reassess eligibility less frequently, lowering the burden for Veterans and their families.

Clarify eligibility: New criteria would expand and clarify the basis on which a Veteran may be determined in need of personal care services for six continuous months.

How you can get involved

The 60-day public comment period begins tomorrow, offering you the opportunity to share your thoughts and experiences. We encourage Veterans, caregivers and everyone involved in their care to review the proposed changes and provide feedback.

Your input is crucial. Every comment will be carefully reviewed to inform the final rulemaking. Remember, these are only proposed changes, and your voice can help shape the final rule. Get more <u>information about PCAFC</u> and check out our <u>Frequently Asked Questions document</u> for more information about the proposed rule. "We are listening closely to Veterans, caregivers, Veterans Service Organizations and other stakeholders as we consider changes to PCAFC, including changes to eligibility. Your feedback is essential in refining these updates and improving the Program of Comprehensive Assistance for Family Caregivers," said Dr. Colleen Richardson, executive director of the Caregiver Support Program.

About the Caregiver Support Program (CSP)

The Caregiver Support Program (CSP) enhances the health and well-being of caregivers of Veterans through education, resources and services. Every VA facility has a CSP team that offers vital information to keep caregivers informed and supported. Visit <u>CSP's website</u> or contact your local <u>CSP team</u> to learn more.





VA's Claim Status Tool allows Veterans to view the status of their VA claims online using their VA.gov login. This tool displays which claims are in process and identifies any actions Veterans need to take. It also gives Veterans the ability to review recent claim activity.

Claim Status Tool enhancements

VA recently enhanced the Claim Status Tool to improve your digital, self-service experience. The tool now shows a breakdown of the eight-step disability claims process, making it easier to understand where your claim currently is. The steps include:

- Step 1: Claim received
 - o VA receives your claim in its system.
 - o Step 2: Initial review
 - o VA reviews your claim for basic information (e.g., name, Social Security Number).
 - o Step 3: Evidence gathering
 - o VA reviews your claim to ensure it contains all necessary information. VA may ask for more evidence at this step of the claims process. Additional evidence could include a claim-related medical exam or medical records from a VA or non-VA provider.
 - o Step 4: Evidence review
 - o VA reviews all collected evidence for a claim.
 - o Step 5: Rating
 - o VA decides your claim and determines the disability rating.
 - o Step 6: Preparing decision letter
 - o VA prepares the decision letter. Though this letter cannot by viewed in VA.gov until Step 8, it will identify if you are eligible for additional benefits. This letter will include details such as disability ratings, amount of monthly payments and when payments begin.
 - o Step 7: Final review
 - o A senior reviewer from VA will conduct a final review of the claim and decision letter.
 - o Step 8: Decision letter available

You can view and download your decision letter for the claim on the Status page of the Claim Status Tool.

More about the Claim Status Tool

The Claim Status Tool contains three main tabs:

- Status: The Status tab tells you what actions you can take to support your claim and lists requests for third parties.
- Files: The Files tab displays information requests to you, a button for uploading files and a list of supporting documents you have submitted to VA.
- Overview: The Overview tab provides you with a description of the claims process, spotlights each step, and explains the process may return to a previous step if more information is needed.

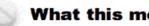
You no longer have to contact a call center or regional office for claims information. The claim status tool allows you to access important claim information when you need it. This tool is another step forward in VBA's ongoing mission to support Veterans and their families. To learn more about using the claim status tool, please visit the Claims Status page (http://www.va.gov/claim-or-appeal-status/)



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:



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.



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



MILITARY HEALTH SYSTEM MHS GENESIS

You can now request prescription **REFILLS** online

Through the MHS GENESIS Patient Portal



To access the MHS GENESIS Patient Portal, visit

patientportal.mhsgenesis.health.mil
or scan this QR code.
(CAC or DS Logon Required)

Log in to your account and look for the Rx Refills tab.

