



Rensselaer County
 Unified Family Services
 Veterans Service Agency
 1600 Seventh Avenue
 Troy, NY 12180
 Phone: (518) 270-2760
 FAX: (518) 270-2956

Rensselaer County Veterans Newsletter

Volume 9, Issue 1
 Jan./Feb. 2014

KATHLEEN M. JIMINO
 County Executive

Patriot Flight for Veterans

Van Transportation...

- * Don't drive or can't due to a medical procedure?
- * We offer complimentary van transportation to and from the VAMC for *most morning* medical appointments.

For more details call 270-2760.



WOUNDED WARRIORS SNOW-FEST

Help us give our nation's heroes a sporting chance to accomplish new skills. Your support if needed!

An opportunity for Wounded Warriors and their families to rehabilitate through sport.

All expenses are paid by STRIDE

Welcome Ceremony OPEN to the public Friday, March 7, 2014, 6pm at the Hilton Garden Inn, Troy

Tickets \$40 at www.stride.org

Check & donations to:
 STRIDE Adaptive Sports
 476 N. Greenbush Rd., Suite #9
 Rensselaer, NY 12144
 (518) 598-1279

When is your next flight?

Our next flight is May 10, 2014. We hope to have a flight in the Fall of 2014. Depending on funding, we may cover up to 50-60 Veterans. Normally we bring 25-30 Veterans per flight to the Memorials.

How do you decide which Veterans can go?

A Veteran application must be completed and sent to Patriot Flight. Veterans are flown on a "first-come, first-served basis." Priority is currently given WWII Veterans and any Veteran with terminal illnesses.

Any Veteran who has been on any Honor Flight through other hubs is not allowed to go a 2nd time.

When will I know if I have been accepted onto the next Honor Flight?

Generally, phone calls go as soon as possible and written confirmation 6 weeks prior to the flight.

I am a Korean War Veteran (or Vietnam Veteran). Can I go on a Patriot Flight?

We are accepting Korean Veterans on flights. It is Patriot Flight's priority is to take WW II and terminally ill Veteran of WW II, Korea or Viet Nam. We are compiling Korean War Veteran applications and computer databases. They should be mailed to the Delmar address on front side.

Can my son, daughter, grandson, etc. come as a guardian?

While our priority is the safe travel of the veterans, family members are encouraged to apply as guardians. If the Veteran does not have a guardian, Patriot Flight will provide them. Spouses, however, are not permitted to go on the flight and serve as guardians. Patriot Flight determines and has the sole responsibility of the selection of guardians. Also Patriot Flight determines how many guardians will be needed. Decisions are based upon many factors such as the number of disabled veterans signed up and the number of family members requested to be guardians. Medically trained (Doctors, EMT, or Nurses) are secured for a flight. Any military personnel or Veteran may serve as flight/bus leaders on flight day.

Can a spouse of a Veteran go?

No. As stated previously spouses are not permitted to go as per the National Honor Flight Network rules. We may explore methods to bring spouses, other family members or close friends to attend if there is room on the flight. In these situations, the people would be required to pay the guardian fee.

How much does it cost and how much money do I need to bring?

There is no cost for World War II & Korean War Veterans. Included are meals and snacks on the flights. Also a Patriot Flight Shirt, a WW II Memorial War Book. All guardians are required to pay a fee to attend. You may bring your money for souvenirs and gifts.

(Continued on Page 2)

Patriot Flight....Continued from Page 1

I would like to volunteer at events and Flight Day. How can I help?

Our flight committee meets the 1st Tuesday of every month. If interested in joining, please provide us with a name and e-mail to frankd@patriotflight.com or 518-439-9265.

I would like to help fundraise? How can I get involved?

Please contact us via our contact page at www.patriotflight.com.

How can I make a donation to Patriot Flight Inc?

Patriot Flight Inc is a Federal 501c (3) – A Non Profit Corporation, donations are *tax deductible*.

If you would like to attend a meeting or have a presentation for your donation/meeting, contact us at **17 Glendale Ave., Delmar, NY 12054** or call us at **(518) 439-9265**.

Donations should payable to Patriot Flight Inc. and mailed to:

**Joseph DeSorbo
Vice President-Treasurer
447 Partridge Street
Albany, New York 12208**

Honor-A-Deceased Veteran Ceremony

Every second Monday of the month, Rensselaer County honors a deceased veteran in a very moving and respectful ceremony in the County Legislative Chambers.

If you have a loved one who was a veteran from Rensselaer County and would like to have them honored, please contact the Rensselaer County Veterans Service Agency at 270-2760 for an application.

The following criteria applies to the honorees:

- **Must have personal tie to Rensselaer County (born, raised, or resided in);**
- **Must have been discharged under conditions other than dishonorable and discharge must accompany application;**
- **Copy of obituary must accompany application;**
- **May only be honored once;**
- **Submitted applications must be legible and have a family contact (name, address and telephone number);**
- **List of all medals, campaigns, and battles;**
- **Include civilian history (all community services and organizations);**
- **Be as detailed as possible, the entire ceremony is dedicated to this one particular veteran and it is their life story;**
- **Completed applications and supporting info must be turned into:**

Rensselaer County Veterans Service Agency, 1600 Seventh Avenue, Troy, New York 12180

Upcoming Events:



Call us by the 15th of the month and we will list your event.

February 10...Honor-a-Deceased Veteran Ceremony in the Legislative Chambers, 8:15 a.m., **Antonio Cipollari, US Army, Korea**

February 17... President's Day—**Office Closed**

March 10...Honor-a-Deceased Veteran Ceremony in the Legislative Chambers, 8:15 a.m., **Frances I. Adams, US Army, Korea Era**

April 14...Honor-a-Deceased Veteran Ceremony in the Legislative Chambers, 8:15 a.m., **Gordon W. Brown, USAF, Korea Era**



Rensselaer County Veterans Newsletter

Volume 9, Issue 2
March/April 2014

KATHLEEN M. JIMINO
County Executive

Rensselaer County
Unified Family Services
Veterans Service Agency
1600 Seventh Avenue
Troy, NY 12180
Phone: (518) 270-2760
FAX: (518) 270-2956

Van Transportation...

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- * We offer complimentary van transportation to and from the Albany VAMC for *most morning* medical appointments.

Call 270-2760



Veteran Career Network DROP INS WELCOME

- career counseling
- job search
- resume building/creation
- interview preparation
- continuing education
- benefits information
- housing help
- skill & aptitude assessment
- Assistance from human resource

EVERY THURSDAY
10:30-12 NOON
Room 603C

More information call
518-626-5150

Stratton VA Medical Center
113 Holland Avenue
Albany, NY 12208

HORSE SENSE at Victoria Acres Equine Facility, Inc.

Learn everything you have ever wanted to know about horses and have a fun filled day.

To honor this country's "littlest heroes", we offer this program FREE of charge to all children of our local servicemen, servicewomen and veterans. Bring your own lunch and drinks. Barn attire required (boots, jackets, gloves, long pants and extra socks).

Tuesday, April 15, 2014, 10:00 am to 4:00 pm.

Participants will learn all about horse safety, grooming, stall and barn upkeep, complete arts and crafts, perform ground working exercises with the horses and participate in fun and games with horses. This event is sponsored by Victoria Acres Equine Facility and the American Red Cross of Northeastern New York.

Registration is required and liability release forms will need to be completed for each participant. Please call 518-813-8805 to register or email us at VictoriaAcresEquineFacility@hotmail.com.

Victoria Acres Equine Facility, Inc.
3771 Western Turnpike
Altamont, NY 12009
(518) 813-8805



A Message from County Executive Jimino:

The Rensselaer County family and the Veterans Community lost a tireless advocate, dedicated public servant, and dear friend when Robert Reiter passed away. Bob spent his professional career doing all he could to assist all veterans and their families. His knowledge and dedication will surely be missed.

While Bob was fighting to recover over the last year Lonnie Warrington and Bruce Pentland from the NYS Division of Veterans Affairs have done a remarkable job meeting the needs of our veteran's community. Their efforts during this trying time are a testament to the services we as a County are so proud to offer and to Bob who always put the needs of our veterans in the forefront.

Sincerely,

Kathy Jimino

Welcome Home
A Program Of Albany Housing Coalition, Inc.

HOMELESS? FACING EVICTION?

The Albany Housing Coalition’s WELCOME HOME program delivers a wide variety of services to homeless veterans and veterans at-risk of homelessness with their partners in Albany, Schenectady and Rensselaer counties. Case managers and veterans, together, create sustainable Housing Plans that may include:

DIRECT CONTACT

Andrew King
 Case Manager
 (518)504-0538
 a.king@ahcvets.org

Daniel Forant
 Case Manager
 (518) 504-0293
 d.forant@ahcvets.org

- Temporary financial assistance
- Employment
- Rental assistance
- Utility-fee payment assistance
- Deposits (security or utility)
- Emergency supplies
- Transportation
- Housing search and placement assistance
- Legal assistance
- Veteran-to-veteran mentoring
- Financial counseling, coaching and budgeting.

**Albany Housing Coalition,
 Inc.**
 278 Clinton Avenue
 Albany, NY 12210
 www.ahcvets.org
 Office: (518) 465-5251

RETURN THE F.A.V.O.R.
VETERAN DISCOUNT PROGRAM

ARE YOU ELIGIBLE?

Eligibility for the Rensselaer County Veterans’ Discount Program is for Veterans or the widows/widowers of Veterans.

Eligibility for a Veterans ID Card is dependent on being an honorably discharged Veteran of the United States Military.

The Veteran or widow/widower **MUST** apply for the card in person.

Receipt of the Veterans FAVOR card is dependent on the Veteran or widow/widower’s filing of an original Discharge (DD-214 / Report of Separation) at the Rensselaer County Clerk’s Office.

WHERE DO I APPLY?

Rensselaer County Clerk’s Office
 105 Third Street
 Troy, NY 12180
 (518) 270-4080

Upcoming Events...



*Call our office to inquiry about listing your event
 on our calendar (518) 270-2760.*

March 20th...Reconnection Workshop @ North Greenbush American Legion from 6:30—8:30 pm (see page 4 for more info)

March 21st...Vietnam Veterans “Welcome Home” at the Stratton VAMC, 3rd Floor Auditorium from 10am-2pm- RSVP by 3/14 to 626-5506

March 22nd...Yoga Class at the American Red Cross @ 33 Everett Rd., Albany from 1pm-2pm, for more info call 518-265-4304

March 27th...Reconnection Workshop @ North Greenbush American Legion from 6:30—8:30 pm (see page 4 for more info)

March 30th... Chicken Parm Dinner \$10 each 1-6pm @ Squadron #1683, Sons of the American Legion, 836 Broadway, Rensselaer

April 3rd...Reconnection Workshop @ North Greenbush American Legion from 6:30—8:30 pm (see page 4 for more info)

April 10th...Reconnection Workshop @ North Greenbush American Legion from 6:30—8:30 pm (see page 4 for more info)

April 14th...Honor-A-Deceased Veteran Ceremony-County Legislative Chambers at 8:15 am, **Gordon W. Brown, USAF, Korea**

April 15th... Horse Sense at Victoria Acres Equine Facility from 10am-4pm for children of current and former military, call 813-8805 for info

Patriot Flight Inc.

When is your next flight?

Our next flight is May 10, 2014 and we plan on 50-60 Veterans. We hope to have another flight in the Fall of 2014. Normally we bring 25-30 Veterans per flight to the Memorials depending on funding.

How do you decide which Veterans can go?

A Veteran application must be completed and sent to Patriot Flight PO Box 190, Delmar, NY 12054 or download an application at PatriotFlight.com or call Rhonda @ (518) 878-2257 or Frank @ (518) 439-9265. Veterans fly on a “first-come, first-served basis” and the priority is given to WWII Veterans and Veterans with terminal illnesses.

When will I know if I have been accepted onto the next Honor Flight?

Generally, phone calls and emails are sent ASAP and follow up confirmation 6 weeks prior to the flight.

I am a Korean War Veteran. Can I go on a Patriot Flight?

We are accepting Korean Veterans on flights. Patriot Flight’s priority is to take WW II and terminally ill Veterans of WW II, Korea or Viet Nam. We are compiling Korean War Veteran computer database and we will never fly with an empty seat. So Korean War Veterans get your applications in.

Can my son, daughter, grandson, etc. come as a guardian?

While our priority is the safe travel of the veterans, family members are encouraged to apply as guardians. If the Veteran does not have a guardian, Patriot Flight will provide qualified guardians. Spouses, however, are not permitted to go on the flight and serve as guardians. Patriot Flight determines and has the sole responsibility of the selection of guardians. Also Patriot Flight determines how many guardians will be needed. Guardian Fees are currently set at \$350. Decisions for qualified guardians are based upon many factors such as the number of disabled veterans signed up, the number of family members requested to be guardians and the medically trained (Doctors, EMT, or Nurses) that are secured for a flight.

Can a spouse of a Veteran go?

No. As stated previously spouses are not permitted to go as per the National Honor Flight Network rules. We are exploring methods and funding to bring spouses, other family members or close friends to attend. In these situations, the people would be required to pay the guardian fee.

How much does it cost and how much money do I need to bring?

There is no cost for World War II & Korean War Veterans. Included are lunch, dinner, snacks on the flights, a Patriot Flight Shirt, a WW II Memorial War Book. You may bring your money for souvenirs and gifts.

I would like to volunteer at events and Flight Day. How can I help?

If interested in helping, we need dedicated people with computer skills and public presentations skills. Please provide us with a name and e-mail to frankd@patriotflight.com or call 518-439-9265.

I would like to help fundraise? How can I get involved?

We are organizing our Fundraising Coordinator currently. We welcome any organization to perform their own fund raising efforts and we will be glad to assist you with helpers and ideas. We work closely with the Patriot Guard Riders and they are willing to help in a variety of ways.

How can I make a donation to Patriot Flight Inc?

Patriot Flight Inc is a Federal 501c (3) – A Non Profit Corporation, donations are tax deductible. Donations should payable to Patriot Flight Inc. and mailed to:

Joseph DeSorbo, Treasurer

P.O. Box 190

Delmar, NY 12054

Reconnection Workshop:

Reuniting, Rebuilding and Reconnecting Military Families

North Greenbush American Legion in Wynantskill
6:30 to 8:30 pm

A light dinner and babysitting will be provided.

Registration is requested at
www.heroesathomerensco.com click on “Upcoming Events”

You can register for one or more workshops:

Thursday, March 20: Relating to Children
Thursday, March 27: Identifying Depression
Thursday, April 3: Working Through Anger
Thursday, April 10: Exploring Stress and Trauma

WHO SHOULD ATTEND?

Veterans, active-duty military and families are invited to participate in these facilitated workshops which focus on skills building to enhance the likelihood of a positive reintegration following a military deployment. Whether it's training, sea duty or combat; separation and reunification pose unique challenges. With support and knowledge gained through workshops such as these, family members can use this opportunity to enhance their relationship and reconnect during the reintegration process.

WHAT IS THE COST?

There is no cost. The *Northeastern New York Chapter of the American Red Cross, Service to Armed Forces* (www.redcross.org/reconnectionworkshops) offers these workshops at no charge; they are led by actively licensed and specially trained Red Cross mental health professionals. *Heroes at Home*, a peer support program for Veterans and families in Rensselaer County (www.heroesathomerensco.com) is hosting the workshops and providing a light dinner. The North Greenbush American Legion has graciously allowed the use of their space and Girl Scouts of Northeastern New York are providing babysitting services.

PLEASE REGISTER SO WE CAN PLAN ACCORDINGLY





RENSSELAER COUNTY VETERANS NEWSLETTER

Rensselaer County
Unified Family Services
Veterans Service Agency
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Troy, NY 12180
Phone: (518) 270-2760
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Volume 9, Issue 3
May/June 2014

KATHLEEN M. JIMINO
County Executive

Heroes at Home Welcomes New Staff

Sean Baxter, OEF/OIF Veteran

Sean Baxter is a Military Community Liaison at Heroes at Home, serving the Troy/Rensselaer area. Sean grew up in Schodack, NY and enlisted in the New York Army National Guard shortly before September 11th, 2001. During his 10 years in the Army he was deployed to Iraq with Delta Co, 2-108th INF from 2003 to 2005 where he was tasked with route clearance from Taji to Samara, and to Afghanistan with Charlie Co, 2-108th INF from 2007 to 2008 as a police mentor under Task Force Phoenix in the Kandahar Province. For the last three years Sean has been a Branch Manager for Trustco Bank in Albany, New York. Mr. Baxter is a member of the VFW and American Legion.

You can contact Sean at:

sean.baxter@heroesathomerensco.com

John Holmes, OIF Veteran

John Holmes is a Military Community Liaison for Heroes at Home, serving eastern Rensselaer County. John recently retired as a Senior Non-Commissioned Officer from the Army National Guard. He has over 22 years of service, both Army and National Guard. He deployed to the Middle East with the 42nd Infantry Division HQ in 2004, serving first in Kuwait and then in Tikrit, Iraq. Originally from Long Island, John's family roots in Troy go back to the early 1800's. In addition to his military career, he has worked extensively in the construction industry throughout the Capital Region.

You can contact John at:

john.holmes@heroesathomerensco.com

Heroes at Home provides peer support to veterans and their families in Rensselaer County, and works to educate the community about PTSD and issues related to reintegration. Call 279-7861 to volunteer or meet with a mentor or visit www.heroesathomerensco.com for more information.

Van Transportation...

- * Don't drive and need to get to the VA Medical Center or the Troy VA Clinic?
- * We offer complimentary van transportation to and from the VAMC and Clinic for *most morning* medical appointments.

For more details please call 270-2760.



VETERANS CRISIS LINE

1-800-273-8255
PRESS 1

Confidential chat at VeteransCrisisLine.net or text to 838255
TTY service 1-800-799-4889

Confidential support 24 hours a day, 7 days a week, 365 days a year, for veterans and their loved ones.

Veterans Tuition Awards

The Veterans Tuition Awards, managed by the New York State Higher Education Services Corporation (HESC), awards are for full-time study and part-time study for eligible Veterans matriculated at an undergraduate or graduate degree-granting institution or in an approved vocational training program in New York State.

Eligible students are those who are New York State residents discharged under honorable conditions from the U.S. Armed forces and who are one of the following:

- Vietnam Veterans who served in Indochina between February 28, 1961 and May 7, 1975.
- Persian Gulf Veterans who served in the Persian Gulf on or after August 2, 1990.
- Afghanistan Veterans who served in Afghanistan during hostilities on or after September 11, 2001.
- Veterans of the U.S. Armed Forces who served in hostilities that occurred after February 28, 1961 as evidenced by receipt of an Armed Forces Expeditionary Medal, Navy expeditionary Medal or a Marine Corps Expeditionary Medal.

For more information on Veterans Tuition Awards, including eligibility, amounts, duration and how to apply, visit the HESC website at: http://www.hesc.ny.gov/content.nsf/SFC/Veterans_Tuition_Awards

Questions regarding eligible service or how to document service should be directed to the HESC Scholarship Unit at 1-888-697-4372.

All applications must be completed by June 30 of the academic year for which an award is sought.

HEROES AT HOME

OPEN HOUSE AND VETERANS PHOTO SHOW

Please join us at our new Rensselaer office.

WHEN: Thursday, May 22nd from 3 to 7 pm

**WHERE: Heroes at Home drop-in center
First Presbyterian Church
23 Academy Street in Rensselaer**

Get a glimpse of recent conflicts directly from the Veterans who fought in them. Sean Baxter, Heroes at Home Military Community Liaison, and fellow OEF/OIF Veterans will exhibit and discuss photographs taken during their time in service. They will share what these photos mean to them and answer your questions.

Please come show your support and learn about recent conflicts from a different perspective. We will also have information about up-coming events and discuss ways in which we can all support our local heroes.

Please RSVP to sean.baxter@heroesathomerensco.com or call 518.279.7861

Military Medal Presentation for Local Veterans

Each year we host a medal ceremony for our veterans who never received the medals they earned while serving their country. It would be an honor to present these tributes of military service to all of our local veterans.

If you are interested in receiving your medals or the medals of a deceased loved one, please contact our office at 270-2760 and ask us how you can obtain these awards for yourself or your loved one. When the medals arrive, we will present them to you at the next upcoming medal ceremony.

Troy Flag Day Parade

MARCHERS WANTED



June 8, 2014, Annual Troy Flag Day Parade.
Rensselaer County Veterans Service Agency
is looking for veterans to march with us in the parade.
If you are interested, please call our office for details
at (518) 270-2760.

Honor-A-Deceased Veteran Ceremony

Every second Monday of the month, the County honors a deceased veteran in a very moving and respectful ceremony in the County Legislative Chambers. If you have loved one, who was a veteran from Rensselaer County and would like to have them honored, please contact the Rensselaer County Veterans Service Agency at 270-2760 for an application.

The following criteria applies to the honorees:

- Must be from Rensselaer County (born, raised or resided in);
- Must have been Honorably Discharged and discharge must accompany application;
- May only be honored once;
- Submitted application must be legible and have a family contact (name, address and telephone number);
- List of all medals, campaigns, and battles;
- Include civilian history (all community services and organizations);
- Copy of obituary must accompany application;
- Be as detailed as possible, the entire ceremony is dedicated to this veteran and it is their life story.

TRICARE 101

In this (and future) articles, I'm going to attempt to "educate and inform" on the subject of TRICARE. What qualifies me to do this? For the last (almost) ten years, I've been employed in the field of military health care, educating and informing military beneficiaries on their TRICARE Prime benefit. I've been to the TRICARE Fundamentals course, have worked alongside other TRICARE Professionals and maintained my knowledge, skills and abilities through seminars, workshops and by keeping abreast of what's happening relative to our Military Health Care System. I'm not only employed in the field, I'm also using my TRICARE benefit as my sole health care program, so I practice what I preach.

Let's begin by defining TRICARE.....

The Department of Defense's worldwide health care program for *active duty* and *retired* members of the uniformed services and their families.

Important note: TRICARE is NOT a company! TRICARE is *your* benefit, so named because, in the beginning, there were three options. TRICARE Standard, TRICARE Extra and TRICARE Prime. Hence, the name TRICARE! Naturally, the Military Health Care system has grown and expanded. We now have the likes of TRICARE For Life, TRICARE Overseas, TRICARE Reserve Select, the list goes on. Here, in CONUS, there are three contractors who oversee the TRICARE program. Health Net Federal Services (in the North Region), Humana Military (in the South Region) and United Health (in the West Region). Additionally, there are six locations in the country that offer US Family Health Plan, a TRICARE Prime option. My organization, Martins Point, is one of these USFHP companies.

In my next article, we'll examine some of the differences. In the meantime, stay healthy!

Von E. Ahouse, MSGT USAF (Ret)
Health Benefits Specialist
US Family Health Plan
(518) 588-4441
von.ahouse@martinspoint.org

Upcoming Events:



Call us by the 15th of the month and we will list your event.

May 12th... Honor-A-Deceased Veteran Ceremony County Legislative Chambers at 8:30am:

Charles C. Pratt, Jr., USAF, Korea Era & Vietnam Era

May 13th...Veterans Resource Fair @ Stratton VAMC Bld.#67 across from AMC from 10am-2pm

May 22nd... Melrose, Schaghticoke & Valley Falls Memorial Day Parade, step off @ 6:30 pm in Melrose

May 24th... East Greenbush Memorial Day Parade, step off @ 10 am

May 25th... Rensselaer Memorial Day Parade, ceremony @ 1pm - step off @ 2 pm

May 26th... MEMORIAL DAY—OFFICE CLOSED

May 26th... Averill Park Parade, step-off @ 10am

May 26th... 18th Annual Lansingburgh Memorial Day Parade, step off @ 11 am rain or shine

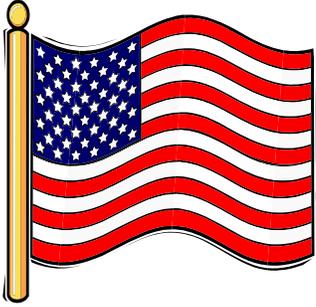
May 26th... North Greenbush Memorial Day Parade, step off @ 1:30 pm

May 26th... Nassau Parade, step-off @ 2pm

June 8th... Troy Flag Day Parade, step-off @ 1pm

June 9th... Honor-A-Deceased Veteran Ceremony , County Legislative Chambers at 8:30am:

Louis G. Schneider, US Army, WWII



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Jul./Aug. 2014

KATHLEEN M. JIMINO
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PETER K. GOEBEL
Director

Lifetime Liberty Pass

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For more details call:
270-2760.



VETERANS CRISIS LINE

1-800-273-8255
PRESS 1

****Confidential chat at
Veterans CrisisLine.net
or text to 838255****
TTY service 1-800-799-4889

Confidential support 24
hours a day, 7 days a week,
365 days a year, for veterans
and their loved ones.

New York State created a new Lifetime Liberty Pass to permit qualified New York State Veterans with disabilities discounted use of state parks, historic sites, and recreational facilities operated by the Office Parks, Recreation and Historic Preservation (State Parks) and the state Department of Environmental Conservation (DEC).

Once issued, the Lifetime Liberty Pass will never have to be renewed! The Lifetime Liberty Pass benefits includes free vehicle entry to state parks and DEC-operated day-use areas, as well as numerous state boat launch sites, historic sites, arboretums and park preserves; free golf at 28 State Park golf courses; free swimming pool entrance at 36 State Park pools, and discounted camping and cabin rentals at all 119 State Park and DEC campgrounds.

To qualify for the pass, the Veteran must be a resident of New York State and provide State Parks with written certification from the United States Veterans Administration or the New York State Division of Veterans Affairs that the applicant is a war Veteran with a *40% or greater service connected disability* as certified by the United States Veterans Administration, or who has at any time been awarded by the Federal government an allowance towards the purchase of an automobile or who is eligible for such an award. Note: New York State Veterans with disabilities who currently hold a valid Access Pass may continue to use their pass for its duration. Prior to expiration, the pass-holder will only need to send in a new picture and a copy of their valid NYS driver's license or non-driver ID.

To apply for the Lifetime Liberty Pass, Veterans should submit a Lifetime Liberty Pass Application (attached) and indicate they are a Veteran using the Veterans Administration/Veterans Affairs certification. They will be issued their own distinctive Lifetime Liberty Pass. For more information, contact 518-474-2324 during normal business hours. Please allow 2-4 weeks for processing of this application. - See more at:

<http://nysparks.com/admission/lifetime-liberty-pass.aspx#>

TRICARE.....The “Big Three” (Standard, Extra and Prime)

Let's begin with the benefit known as TRICARE Standard.

This is the “fee for service” option that exists for Active Duty Military Dependents, Military Retirees and their dependents as well. Most Active Duty dependents opt for TRICARE Prime, so I'll focus this discussion towards the retirees and their dependents. TRICARE Standard DOES NOT require any enrollment. Once you enroll in DEERS, you automatically have TRICARE Standard. Your Retired Military ID card acts as your identification card for this purpose.

TRICARE Standard doesn't cost you anything until you use it! You simply identify yourself as a TRICARE Standard patient at the time of service. You will then begin to incur deductibles and cost shares. \$150.00 deductible for a single, \$300.00 for a family (these figures differ for Active Duty families). Once the deductible is met, the cost shares “kick in”. You'll pay 25% of the TRICARE allowable charges. It is important to note here that physicians CAN (and probably will) balance bill you for an additional 15% above the TRICARE allowable. This is permissible by law.

Let's look at a scenario. You visit the doctor. You've already met the annual deductible. The visit costs \$200.00. The TRICARE allowable for this visit is \$100.00. You would be responsible for \$25.00 (25% of the TRICARE allowable). However, the physician knows he/she can balance bill you, so they do (to try and make up the other \$100.00). Since the law states they can only collect 15% of the TRICARE allowable (\$100.00), you're responsibility is \$15.00. Total cost to you for this visit? \$40.00. The real benefit to TRICARE Standard is freedom of choice when it comes to physician choices. You can see most any doctor you want. The downside? Cost. Remember though, all three plans have a “catastrophic cap”, meaning that you'll never pay more than \$3000.00 (\$1,000.00 for AD Families) out of pocket in any Fiscal Year.

As is always the case, more information can be found on www.TRICARE.mil.

Next time we'll look at the option known as TRICARE Extra.

Von E. Ahouse, MSGT USAF (Ret)
Health Benefits Specialist
US Family Health Plan(518) 588-4441
(518) 371-3751 (Fax)
von.ahouse@martinspoint.org

SARATOGA NATIONAL

CEMETERY HONOR

GUARD ASSOCIATION

WWW.SNCHGA.COM

2014 CAPITAL REGION STAND DOWN

**2014 CAPITAL REGION
HOMELESS VETERAN'S STAND-DOWN**

ARE YOU A VETERAN IN NEED OF HELP??
Saturday, August 23, 2014 (TENTATIVE DATE)
8:00 A.M. - 1:00 P.M.

Colonie BPO Elks # 2192
11 Elks Lane
Latham, NY



**Veteran's
NEW YORK STATE
Resource Fair**

The Albany Stratton VA Medical Center in partnership with The NYS Department of Civil Service will provide information about the Following NYS resources:

- Employment•Education•Benefits•VA Enrollment and Care

Thursday, July 24, 2014 from 10am-2pm at the Stratton VA, Bldg#67 across from AMC

HONORING ALL WHO SERVED

VALLEY CATS
WELCOME HOME!
VETERANS NIGHT

Wednesday, July 16, 2014 7pm First Pitch
Joseph L. Bruno Stadium

Free tickets available on a first-come first-serve basis for Veterans!

**For more information and tickets, please contact: Leah MacDonald , Albany VAMC @
(518) 626-6962**

A Message From Our New County Director

I am pleased to be appointed as the Director of our County Veterans Service Agency. I want to take this opportunity to introduce myself.

I grew up in Rensselaer County and graduated from Averill Park High School. I was commissioned into Air Defense Artillery in 1981 upon graduation from the United States Military Academy at West Point. After completing the Air Defense Artillery Officer Basic Course and Improved HAWK Officer training at Fort Bliss, Texas, and Airborne and Ranger Schools at Fort Benning, Georgia, I was assigned to the Federal Republic of Germany, as an IHAWK Platoon Leader. I was then assigned to the First Armor Division after my branch transfer to Armor, where I served as a Tank Platoon Leader, Battalion S-3 Air and Battalion S-3. I next attended the Armor Officer Advanced Course at Fort Knox, Kentucky. I was then assigned to the 25th Infantry Division (Light), Schofield Barracks, Hawaii, where I served as a Cavalry Squadron Assistant S-3, Squadron S-1, and Company Commander. I next served in the 1st Special Warfare Training Group (Airborne) at the John F. Kennedy Special Warfare Center and School at Fort Bragg, North Carolina and served several assignments in the U.S. Army Civil Affairs and Psychological Operations Command, including operational assignments in Cuba, Croatia, and Bosnia-Herzegovina with JTF-160, and Task Force Eagle. I graduated from the U.S. Army Command and General Staff College at Fort Leavenworth, Kansas in 1999. I served with the First Marine Division, First Division (United Kingdom), and the 82nd Airborne Division during Operation Iraqi Freedom I from March of 2003 until March of 2004. After 27 months of successful Battalion Command, I assumed duty as Chief of Training, Readiness, Operational Exercises, and Support for U.S. Army South. I deployed to Afghanistan for Operation Enduring Freedom in October 2009. After one year in Afghanistan, I returned to Fort Sam Houston, Texas, to become the Chief of Strategic Synchronization and Engagement for U.S. Army North/Fifth Army, before retiring as a Colonel in February 2012. Prior to my appointment as the Director, I worked in the New York State Division of Housing and Community Renewal.

Among my awards are the Legion of Merit, the Bronze Star Medal, the Defense Meritorious Service Medal, the Navy and Marine Corps Presidential Unit Citation, the Joint Meritorious Unit Award, the Meritorious Unit Citation, the Armed Forces Expeditionary Medal, the Afghanistan Campaign Medal (2BSS), and the Iraq Campaign Medal (2BSS). I earned the Combat Action Badge, the Parachutist Badge, the Air Assault Badge, and the Ranger Tab.

I look forward to continuing the invaluable service provided to our veterans and their dependents by the County Veterans Service Agency.

Sincerely,

Peter K. Goebel

Upcoming Events:



Call us at (518) 270-2760 to have your event listed in the newsletter.

July 14th...Honor-a-Deceased Veteran Ceremony in the Legislative Chambers, 8:15 a.m., Stephen T. Bowers, USAF, Vietnam Era

July 16th...Veteran Night at The Joe, free tickets for veterans, first-come first-serve basis, call Leah MacDonald @ 626-6962

July 24th...Veteran's New York State Resource Fair at the Stratton VA Bldg#67 (across from AMC), from 10am-2pm

August 11th...Honor-a-Deceased Veteran Ceremony in the Legislative Chambers, 8:15 a.m., Alan R. Moore, USA, WWII

August 23th...Tentative date for the 2014 Capital Region Veterans Stand Down at the Colonie Elks from 8am-1pm



RENSSELAER COUNTY VETERANS NEWSLETTER

Rensselaer County
Unified Family Services
Veterans Service Agency
1600 Seventh Avenue
Troy, NY 12180
Phone: (518) 270-2760
FAX: (518) 270-2956

Volume 9, Issue 5
Sept./Oct.. 2014

KATHLEEN M. JIMINO
County Executive

PETER K. GOEBEL
Director

Military Medals and Records

Receiving or Replacing Military Medals:

Medals awarded while in active service are issued by the individual military services if requested by veterans or their next of kin. Requests for replacement medals, decorations, and awards should be directed to the branch of military in which the veteran served. However, for Air Force (including Army Air Corps) and Army veterans, the National Personnel Records center (NPRC) verifies awards and forwards requests and verification to appropriate services.

Requests for replacement medals should be submitted on Standard Form 180, "Request Pertaining To Military Records," which may be obtained at your local VA office.

When requesting medals, type or clearly print the veteran's full name, include the veteran's branch of service, service number or Social Security number and provide the veteran's exact or approximate dates of military service. The request must contain the signature of the veteran or next of kin if the veteran is deceased. If available, include a copy of the discharge or separation document.

Receiving or Replacing Military Records:

If discharge or separation papers are lost, veterans or the next of kin of deceased veterans may obtain duplicate copies by writing the National Personnel Records Center, Military Personnel Records, 1 Archives Drive, St. Louis, MO 63138-1002. Specify that a duplicate separation document is needed. The veteran's full name should be printed or typed so that it can be read clearly, but the request must also contain the signature of the veteran or the signature of the next of kin, if the veteran is deceased. Include branch of service, service number or Social Security number and exact or approximate dates and years of service. Use Standard Form 180, "Request Pertaining To Military Records"

You may also request a copy of military records via the internet at www.archives.gov. If you choose this method, we strongly suggest that once the records are received by the veteran, that they register a copy with their local Veterans Service Agency.

Van Transportation...

- * Don't drive and need to get to the Albany VA Medical Center ?
- * We offer complimentary van transportation to and from the Albany VAMC for *most morning* medical appointments.

For more details call:
270-2760.



VETERANS CRISIS LINE

1-800-273-8255
PRESS 1

**Confidential chat at
VeteransCrisisLine.net
or text to 838255**
TTY service 1-800-799-4889

Confidential support 24
hours a day, 7 days a week,
365 days a year, for veterans
and their loved ones.

TRICARE.....The “Big Three” (Standard, Extra and Prime)

The “Big Three” (Standard, Extra and Prime)

Next up on the “Military Health Care Trifecta” is a little known option called TRICARE Extra. This is the “Preferred Provider Option” (PPO) of the three. This option is identical to TRICARE Standard, with the one exception being that you are seeing a TRICARE Network Provider for your care and you are saving yourself 5% on your costs share.

<u>Type of Care</u>	<u>TRICARE Standard1</u>	<u>TRICARE Extra1</u>
<u>Outpatient Visits</u>	Active Duty Family Members (ADFM): 20% after the annual deductible is met Retirees, Their Families, and All Others: 25% after the annual deductible is met	ADFM: 15% after the annual deductible is met Retirees, Their Families, and All Others: 20% after the annual deductible is met
<u>Clinical Preventive Services2</u>	ADFM: 20% after the annual deductible is met Retirees, Their Families, and All Others: 25% after the annual deductible is met	ADFM: 15% after the annual deductible is met Retirees, Their Families, and All Others: 20% after the annual deductible is met
<u>Type of Care</u>	<u>TRICARE Standard1</u>	<u>TRICARE Extra1</u>
<u>Durable Medical Equipment, Prosthetics, Orthotics, and Supplies</u>	ADFM: 20% after the annual deductible is met Retirees, Their Families, and All Others: 25% after the annual deductible is met	ADFM: 15% after the annual deductible is met Retirees, Their Families, and All Others: 20% after the annual deductible is met
<u>Hospitalization</u>	ADFM: \$17.65 per day (\$25 minimum charge)2 Retirees, Their Families, and All Others: \$744 per day or 25% of billed charges for institutional services, whichever is less, plus 25% cost-share for separately billed services	ADFM: \$17.65 per day (\$25 minimum charge)2 Retirees, Their Families, and All Others: \$250 per day or 25% of billed charges for institutional services, whichever is less, plus 20% cost-share for separately billed services
<u>Emergency Services</u>	ADFM: 20% after the annual deductible is met Retirees, Their Families, and All Others: 25% after the annual deductible is met	ADFM: 15% after the annual deductible is met Retirees, Their Families, and All Others: 20% after the annual deductible is met
<u>Ambulatory Surgery</u>	ADFM: \$25 Retirees, Their Families, and All Others: 25% after the annual deductible is met	ADFM: \$25 Retirees, Their Families, and All Others: 20% after the annual deductible is met
<u>Outpatient Behavioral Health</u>	ADFM: 20% after the annual deductible is met Retirees, Their Families, and All Others: 25% after the annual deductible is met	ADFM: 15% after the annual deductible is met Retirees, Their Families, and All Others: 20% after the annual deductible is met
<u>Inpatient Behavioral Health</u>	ADFM: \$20 per day (\$25 minimum charge)2 Retirees, Their Families, and All Others: High-volume hospital: 25% of the hospital-specific per diem Low-volume hospital: \$218 per day or 25% of the billed charges, whichever is less	ADFM: \$20 per day (\$25 minimum charge)2 Retirees, Their Families, and All Others: 20% of the total charge, plus 20% cost-share for separately billed services
<u>Inpatient Skilled Nursing3</u>	ADFM: \$17.65 per day (\$25 minimum charge)2 Retirees, Their Families, and All Others: 25% of allowed charges for institutional services, plus 25% cost-share for separately billed services	ADFM: \$17.65 per day (\$25 minimum charge)2 Retirees, Their Families, and All Others: \$250 per day or 20% of billed charges for institutional services, whichever is less, plus 20% cost-share for separately billed services

Von E. Ahouse, MSGT USAF (Ret)
Health Benefits Specialist
US Family Health Plan
(518) 588-4441 (518) 371-3751 (Fax)
von.ahouse@martinspoint.org

I WANT YOU TO JOIN US FOR THE UNCLE SAM PARADE



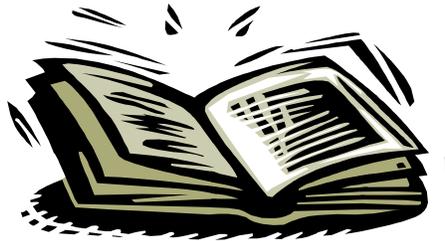
September 13th & 14th Troy will celebrate Samuel Wilson's birthday (9/13/1766). This event includes a graveside ceremony on Saturday at Oakwood Cemetery at 10:00 am. Followed by a brunch at the Veterans of Lansingburgh, tickets can be purchased at the door. On Sunday the festivities begin with a parade at 1p.m., followed by family fun and entertainment in Powers Park.

Our veterans office always participates in the parade. It is our desire to have a large representation of Rensselaer County Veterans. If you would like to join our marching contingent, (line-up at noon) you may contact our office for more details at (518) 270-2760.

Our 16th Annual Veterans Day Breakfast will be held on Sunday, November 9th at the *Veterans of Lansingburgh*. You may place your ad in our program at the following rates:

Full Page.....\$100
 1/2 Page.....\$ 60
 1/4 Page.....\$ 30
 Booster.....\$ 10

Please send your ad layout and payment by October 10, 2014
NO EXCEPTIONS!



We need this lead time in order to get the program "press" ready and would appreciate it if every effort would be made to adhere to this deadline.

Please make your check payable to:

Rensselaer County Veterans Fund,
 1600 Seventh Avenue, Troy, NY 12180

If you have any questions contact our office at 270-2760.

The Veterans' Rights Project invites you to save the date!

VETERANS' LAW DAY

DATE: Saturday, October 18, 2014
TIME: 9 a.m. to 5 p.m.
LOCATION: Albany Law School
 80 New Scotland Avenue
 Albany, NY 12208

If you are a veteran or a current service member with a legal concern, and you would like to meet with a volunteer attorney for a free consultation, please contact [518-445-2365](tel:518-445-2365) or sabarry@albanylaw.edu to reserve an appointment. First come, first served!

The program is open to all veterans and current service members seeking legal assistance, including estate planning, matrimonial/family law, bankruptcy, VA benefits, and more.

This event is made possible through generous community support. Visit www.albanylaw.edu/veterans to view a list of participating partners.

A Message From Our County Executive

I have always felt that I am truly fortunate to have the privilege to serve the residents of Rensselaer County as their County Executive. For me, local government provides a great opportunity to have a positive impact on the lives of our residents taking advantage of the services the County offers to them.

This is never more clear than when I receive a letter or phone call from a veteran or a member of their family complimenting the staff of our Veterans Service Agency for their assistance, compassion, and dedication to helping them navigate the myriad of programs and services they may be entitled to due to their service to our nation. To all those who have visited our Veterans Service Agency, thank you for the opportunity to help, and please, when the opportunity arises, tell others who have served to visit with us to make sure they are receiving all the benefits to which they are entitled.

I wish everyone a healthy and happy fall and thank you again for your service to our nation that has guaranteed the way of life we hold so dear.

Sincerely,

Kathleen M. Jimino

1st ANNUAL PATRIOT RUCKMARCH

Sponsored by Heroes at Home: PFC Joseph Dwyer Peer Support Program

SATURDAY, SEPTEMBER 20TH - RAIN OR SHINE

26.4 miles through the mountains of Rensselaer County, NY (from Poestenkill to Grafton and back)

Do you have what it takes to march in their footsteps? Are you a veteran who wants to honor your brothers and sisters? Come join us!

Male/Female categories:

- **No ruck (water must be carried)**
- **35 Lb ruck**

Awards will be given to the top marchers in each category. We are also looking for volunteers to help along the route.

To register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07e9k9b6p72cb9ae37&oseq&c&ch>

Or

www.facebook.com/groups.patriotruckmarch

Upcoming Events:

September 8th...Honor-a-Deceased Veteran Ceremony in the Legislative Chambers, 8:15 a.m., Thomas Restino, USA, Korean War Era

September 13th...Uncle Sam graveside ceremony @ 10 a.m. at Oakwood Cemetery

September 14th...Uncle Sam Parade in Lansingburgh, step-off at 1pm

September 20th...1st Annual Patriot Ruckmarch sponsored by Heroes at Home

September 20th...Spirit of America 2014 -FREE patriotic live-action show at the Times Union Center, for tickets please call (518) 487-2088

October 13th...Columbus Day—OFFICE CLOSED

October 14th...Honor-a-Deceased Veteran Ceremony in the Legislative Chambers, 8:15 a.m., Michael J. Vellotti, USA, WWII

October 18th...Veterans' Law Day @ Albany Law School, 80 New Scotland Ave., Albany from 9am-5pm, for more info call (518)445-2365

Call us at (518) 270-2760 to have your event listed in the newsletter.



Rensselaer County
 Unified Family Services
 Veterans Service Agency
 1600 Seventh Avenue
 Troy, NY 12180
 Phone: (518) 270-2760
 FAX: (518) 270-2956
 Www.rensco.com

Rensselaer County Veterans Newsletter

Volume 9, Issue 6
 Nov./Dec. 2014

KATHLEEN M. JIMINO
 County Executive

PETER K. GOEBEL
 Director

Veterans Day Events...



JOIN US!!

**In a SALUTE
 to Veterans.**

There are several events happening in Rensselaer County to show our appreciation to our Veterans for their sacrifices to preserve both our nation's and our individual freedoms. Please make every effort to join us in recognizing those who served.

On **Sunday, November 9th**, all veterans and their immediately family members are invited to our an-

nual **free breakfast at the Veterans of Lansingburgh, 777 1st Ave., N. Troy, from 8:30 a.m. until 11:30 a.m.** This is a free breakfast sponsored by the Hon. Kathleen M. Jimino, Rensselaer County Executive and the Rensselaer County Veterans Service Agency. There will be a noontime **Medal Presentation Ceremony** where we will present medals to some of our local veterans.

On Veterans Day, **Tuesday, November 11th**, is the annual **Memory Walk** in Troy sponsored by the

Veterans of Lansingburgh. The walk begins at 9:00 a.m. at the old Troy City Hall near Monument Square Memorial and visits each of Troy's memorials (World War II, Korean and Vietnam). The Veterans of Lansingburgh hosts refreshments at their post following this event.

Also on Veterans Day, **Tuesday, November 11th**, Hoffman's Car Wash will be giving free car washes to all veterans and Jiffy Lube will be offering free oil changes.

Van Transportation...

- * **Don't drive** and need to get to the VA Medical Center?
- * We offer complimentary van transportation to and from the VAMC for **most morning** medical appointments.

For more information please call (518) 270-2760.

**OUR VANS WILL
 BE OFF THE
 ROAD**



**DECEMBER 22nd—
 DECEMBER 26th.**

A Message From Our Director.....

County Executive Kathleen M. Jimino is honored to sponsor our 16th Annual Free Veterans Day Breakfast and Medal Presentation at the Veterans of Lansingburgh, 777 1st Avenue, Troy, on November 9th, from 8:30 am to 11:30 am, with the Medal Presentation at noon.

As we prepare for our annual Veterans Day celebrations let me thank all of our Veterans and their Families for their service and wish us all continued good health. This is a time when we can remember the good which our service has achieved for our great nation. It is also a time when we can be thankful to God for what we have been given. We live in the best country on earth. We have problems, but the United States works to alleviate those problems. It is also a time when we can think of how we can assist our fellow Veterans and our communities as a whole. There are many opportunities to serve and I encourage all Veterans to work for our fellow Veterans and find that way to continue our service and to serve our communities. Please contact your local Post for other ideas how you can continue to serve. Joining them is one way we can remember and honor our fallen comrades and our families and friends.

Another way we can honor our Veterans is through our Rensselaer County Honor-A-Deceased Veteran Ceremonies. If you have a deceased loved one or friend who was a Veteran who was: discharged under conditions other than dishonorable, a resident of Rensselaer County at some point in their lifetime, and has not been honored yet; let us know. If you would like to have them honored in a ceremony, please call Rensselaer County Veterans at (518) 270-2760.

Don't forget your free car wash at Hoffman's Car Wash and your free oil change at Jiffy Lube on Veterans Day. Please take a moment to thank them for offering this special recognition to our Veteran community.

Yours in Patriotism,

Peter

Patriot Flight Inc.

Patriot Flight is a group comprised entirely of volunteers from the local community dedicated to providing our Veterans the chance to personally visit the Memorials built to recognize their sacrifices to our Nation.

Patriot Flight Inc. is the oldest local chapter of the Honor Flight Network, having been established in the Capital District Region in 2007 by Bill Peak, a World War II Veteran himself. Patriot Flight flies World War II and Korean War Veterans from Albany Airport to Washington, D.C., where they are taken to visit the World War II Memorial and Korean War Memorial, and when time permits, the Tomb of the Unknown Soldier in Arlington Cemetery and other memorials such as Iwo Jima, Vietnam, Lincoln, etc. At this time we are exploring other methods of bringing Veterans to the memorials for those who are unable to fly.

Flights for World War II and Korean War Veterans are free of charge. Family members or family friends (*spouses not permitted*) are encouraged to apply as a Guardian to accompany their veteran. Flight approved Guardians are assigned to any Veteran who does not have their own Guardian. All Guardians pay a fee of \$350.00 for the flight. World War II and terminally ill veterans are given priority on flights, and when space permits, additional seats may be extended to Korean War Veterans.

**Patriot Flight Inc.
P.O. Box 190
Delmar, NY 12054
518 -459-2857 Ext. 331**

Burial and Memorial Benefits:

Eligibility...

Veterans discharged from active duty under conditions other than dishonorable and service members who die while on active duty, as well as spouses and dependent children of veterans and active service members, may be eligible for VA burial and memorial benefits. The veteran does not have to pre-decease a spouse or dependent child for them to be eligible.

VA national cemetery directors

verify eligibility for burial in their cemeteries. A copy of the veteran's discharge document that specifies the period (s) of active duty and character of discharge, along with the decedent's death certificate and proof of relationship to the veteran (for eligible family members) are all that are usually needed to determine eligibility.

Benefits include burial in VA National Cemeteries, Headstones and Markers, Presidential Memorial Certificates, burial flags, reimburse-

ment of burial expenses and military funeral honors.

The funeral director and the next of kin make all arrangements for burial. We are, however, always available to assist where needed. Particulars on each of these benefits may be obtained by contacting our office.



Upcoming Events...



Call our office to inquiry about listing your event

November 8th...Veterans of the Stephentown Area's Veterans Day Ceremony at the Veterans Memorial Park on Rt.43 at 11 am

November 9th...Free Veterans Day Breakfast at the Veterans of Lansingburgh, 8:30 am-11:30 am, noontime Medal Presentation

November 10th...Honor-A-Deceased Veteran Ceremony-County Legislative Chambers at 8:15 am, **William J. Collis, USMC, WWII**

November 11th...**VETERANS DAY— OFFICE CLOSED**

November 11th...Veterans Day Memory Walk in Troy, meet at the Old Troy City Hall near Monument Square, 9 a.m. start time

November 11th...Free car wash at Hoffman's Car Wash and free oil change at Jiffy Lube for all veterans at various locations

November 14th ...Grand Opening of the Veterans Miracle Center, 10 Interstate Ave., Colonie, for more info call Jim Pratt @ (518) 486-8398

November 27th & 28th...**HAPPY THANKSGIVING—OFFICE CLOSED**

PFC ROBERT CHARLES FELTER USMC MEMORIAL BRIDGE FUND



Troy Native Private First Class Robert C. Felter was killed in action on December 11th 1965 in the Quang Nam Providence of Vietnam.

In 2014 the Troy City Council voted unanimously to name the Spring Avenue Bridge in his memory.

A committee was formed to raise funds to erect a marker or monument in honor of PFC Felter.

Committee in Honor:
Ken and Shirley Felter - Ken and (Sandy Felter) Gwinn - Pat and Amy Russo
Phyllis Mahar - Gary Galuski - Bob Karius - Jim and Judy Brearton - Eric Morin



PLEASE DETATCH AND MAIL TO THE ADDRESS BELOW

DONATE IN HIS HONOR

PLATINUM \$1000.00
GOLD \$500.00
SILVER \$250.00
BRONZE \$100.00

OR IN MEMORY OF OR IN HONOR OF

OTHER \$50 \$25 \$10 \$5

NAME: _____ ADDRESS: _____

PHONE: _____ EMAIL: _____

Enclosed is my donation for \$ _____ .00 made payable to the PFC Robert C. Felter Memorial Bridge Fund.

Mail checks to PFC Robert C. Felter Memorial Bridge Fund P.O. Box 1423 Troy, NY 12181

Thank You!

TRICARE For Life. The “Holy Grail” of the Military Health Care System!

Since its inception, TRICARE For Life, or TFL, as it's known, has been a wonderful benefit for those TRICARE-eligible beneficiaries who also have Medicare.

Basic Medicare has a monthly premium (for most), and the program is a cost-share based program, whereby Medicare pays 80 percent of the bill and the beneficiary is left with the remaining 20 percent. With TFL, that remaining 20 percent is “usually” picked up by TRICARE Standard. The caveat here is that the procedure/illness/injury must be a Medicare AND TRICARE-covered procedure/illness/injury. Most of the basic health care scenarios fall into this category. In this scenario, your provider's office bills Medicare (who pays their requisite 80 percent), then turns around and submits the remaining 20 percent to TRICARE Standard for payment! In the event that it's a Medicare covered issue but NOT a TRICARE covered issue, Medicare would cover its 80 percent, but you would be responsible for the remaining 20 percent. Likewise, if it's a TRICARE covered issue but NOT a Medicare covered issue, then the TRICARE Standard rules would apply (deductible plus cost share).

This link will take you to the TRICARE For Life handbook, which will explain this benefit in greater detail:

[Http://www.tricare.mil/mybenefit/Download/Forms/TRICARE For Life Handbook 2011 LoRes.pdf](http://www.tricare.mil/mybenefit/Download/Forms/TRICARE%20For%20Life%20Handbook%202011%20LoRes.pdf)

More information on this plan (and all of your TRICARE benefit) can be found on-line at:
www.TRICARE.mil

Or

By calling Health Net Federal Services at: 1-877-874-2273

Von E. Ahouse, MSgt, USAF (Ret)

Health Benefits Specialist

Martins Point Health Care

125 Wolf Road, Suite 204

Albany, NY 12205

(518) 588-4441

von.ahouse@martinspoint.org

www.martinspoint.org

Combat K-9 Dog Walking Group

VETERANS GROUP DOG WALK

**WHERE: UNCLE SAM'S BIKEWAY—MEET AT OAKWOOD CEMETERY
PARKING LOT OFF OF GURLEY AVENUE IN TROY, NY**

WHEN: 1ST AND 3RD THURSDAY OF EACH MONTH AT 5:15PM

(Contact Sean @ 518-279-7861 or sean.baxter@heroesathomerensco.com for more info)

DON'T HAVE A DOG? NO PROBLEM—JOIN US FOR THE WALK