



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
Www.rensco.com

KATHLEEN M. JIMINO
County Executive

Sept./Oct. 2015

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, One 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/research/index.html. 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

Rather than try to come up with another article regarding the Military Health Care Program (TRICARE), that may (or may not) be of interest to the readers, I thought I'd try a different approach, and go with a "frequently asked questions" – type column. My contact information will be displayed below, so that you, the reader, may mail, e-mail or call me with any TRICARE-related question (s) that you might have. In order to get the ball rolling though, I'll post some of my more "common questions" that I come across "frequently".

I hear that my TRICARE benefit changes when I turn 65...True?

True! You switch from either TRICARE Standard or TRICARE Prime to TRICARE for Life. TRICARE for Life (or TFL, as it is commonly known), is the TRICARE benefit for those who also have Medicare. You **MUST** have Medicare in order to have TFL. As a matter of fact, you **MUST** enroll into Medicare when you become eligible to **RETAIN** your TRICARE benefit! With TFL, you simply show your Medicare card **AND** military ID card at the time of service. The bill is sent to Medicare who pays it requisite 80%. Medicare then sends the remaining 20% to Wisconsin Physician Services (the TFL administrator), and they pick up the tab! Make sure your providers accept Medicare (most do), and that the illness/injury is covered by both Medicare and TRICARE (most are). Also, you can have TFL **BEFORE** you turn 65, as in the case of a disability. If you're TRICARE eligible **AND HAVE MEDICARE**, you have TFL!

I have Martins Point. Like all TRICARE Prime, I know it's "regional". What happens when I'm "out of area" and need to see a doctor?

You're covered for medical emergencies and emergent (urgent) care, **ANYWHERE IN THE WORLD!** Twist an ankle on vacation? Go to the nearest Urgent Care (or ER) and get it taken care of. Come down with the flu? Same thing. I think you get the idea. What's **NOT** covered out-of-area is routine care. Get that taken care of before leaving. **WORD OF CAUTION!** Not all Urgent Care Centers take all (or any) insurances. In this case, you can either pay out of pocket (make sure to get a receipt and we'll reimburse you), or, go to an emergency room. Traveling **OCONUS**? Foreign countries don't accept American health insurance. Be prepared to pay out of pocket. Get a receipt and we'll reimburse. We do ask, though, that, when possible, use an Urgent Care Facility, as a cost-savings measure. Of course, this is not mandated, simply a request to help "keep medical costs down".

Look for more TRICARE FAQ's in the next edition! Have a question you want answered? Mail, e-mail, call or text it to.....

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(518) 588-4441



2015 CAPITAL REGION HOMELESS VETERAN'S STAND DOWN



**SATURDAY, OCTOBER 3, 2015
8AM-1PM**

At the Colonie Elks, 11 Elks Lane, Latham, NY



**Albany (518)447-7710
Rensselaer (518)270-2760
Schenectady (518)377-2423**

**Columbia (518)828-3610
Saratoga (518)884-4115
Washington (518)746-2470**

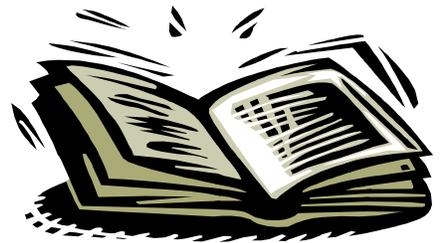


Saturday Only Number (518)785-3557

Our 17th Annual Veterans Day Breakfast will be held on Sunday, November 8th at the *Veterans of Lansingburgh, 777 1st Avenue, N. Troy*. 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 9, 2015**
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.

ARSENAL PARTNERSHIP TOM HARTNETT MEMORIAL GOLF OUTING

MONDAY, SEPTEMBER 21, 2015

**COLONIE GOLF & COUNTRY CLUB
9:00AM SHOTGUN START, SCRAMBLE FORMAT**

PROCEEDS TO BENEFIT:

- **The Michael R. McNulty Center for Veteran Entrepreneurial Activity**
Located at the Watervliet Arsenal
(supporting the growth of veteran start-up companies)
- **The Watervliet City School District's After School Programs**

**For more information, golf registration & sponsorship opportunities
Visit; www.arsenalpartnership.com**

Event Contact: Kathy Caruso (518) 326-5522 or kcaruso@arsenalpartnership.com

A Message From Our County Executive

On November 8th Rensselaer County will celebrate its 17th Annual Veterans Breakfast and Medal Presentation Ceremony. This year's event will be held at the Veterans of Lansingburgh beginning at 8:30 am for breakfast and noon for the Medal Presentation Ceremony.

The ceremony is truly moving as veterans are presented the medals and citations they have earned through their service to our nation. Participating in this ceremony is a truly humbling experience and without question one of the most rewarding aspects of being County Executive.

The breakfast is free to all veterans and their immediate families and I am hopeful that we will once again have a full house as we honor all those who have served in our armed forces! And, especially with Veterans' Day right around the corner, a big Thank You! To all those who've served!

Sincerely,

Kathleen M. Gimino

2015 PATRIOT RUCKMARCH

NO ONE MARCHES ALONE

SATURDAY, SEPTEMBER 19TH - Sullivan-Jones VFW, Poestenkill, NY

March with or without a ruck sack

LONG ROUTE ~ \$40.00 ~ 24.8 miles

Check-in at 7:30 am at Sullivan-Jones VFW, 80 Main St. in Poestenkill

Follow Rte 351 to Rte 2 towards Grafton

Turn around at Graton Fie Hall, 431 Rte 85 in Grafton

Return to Poestenkill. Fee includes Pig Roast at the VFW.

SHORT ROUTE ~ \$25.00 ~ 9.8 miles

Check-in at noon at Sullivan-Jones VFW, 80 Main St. in Poestenkill

Follow Rte 351 to Rte 2; turn around at Rte 351/Rte2 intersection

Return to Poestenkill. Fee includes Pig Roast at the VFW.

PIG ROAST ~ 4 to 6 pm at Sullivan-Jones VFW in Poestenkill ~Welcome the Marches back

\$20 pork, hamburgers and hot dogs, w/ salad and sides, beverage

\$10 vegetarian option, and \$10 for kids under 12

Cash bar and DJ, raffles and children's activities

Music provided by : Charles Sears

Hamburgers and Hot Dogs provided by: Sullivan-Jones VFW

Ruckmarch registration and Pig Roast pre-order at www.heroesathomerensco.com

Upcoming Events:

September 12th...Uncle Sam graveside ceremony @ 10 a.m. at Oakwood Cemetery

September 13th...Uncle Sam Parade in Lansingburgh, step-off at 1pm

September 14th...Honor-a-Deceased Veteran Ceremony in the Legislative Chambers, 8:15 a.m., *Joseph Edward Vigeant II, USN, WWII*

September 19th...2015 Patriot Ruckmarch sponsored by Heroes at Home

September 21st...Arsenal Partnership Tom Hartnett Memorial Golf Outing

October 12th...Columbus Day—OFFICE CLOSED

October 13th...Honor-a-Deceased Veteran Ceremony in the Legislative Chambers, 8:15 a.m.,

Anthony A. Thomas, USCG&USN, WWII & Korea

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