



The Granite Slate

The official newsletter published quarterly for the
New Hampshire Chapter of the Military Officers Association of America
P. O. Box 712, Dover, NH 03821



June, 2018

Spring News & Events

Volume 40, No. 2



The MOAA-NH Chapter's Mission

- To promote the aims of the MOAA stated in the By-Laws of that Association
- To further legislative goals and objectives of MOAA
- To encourage and facilitate camaraderie among our membership
- To provide useful services for and to protect the interests of members, their dependents, and survivors
- To encourage participation in community services deemed to be in the Chapter's best interest

New TRICARE Dental and Vision Plans

The MOAA had an exclusive preview of TRICARE's widely anticipated new dental and vision plans. This new insurance option for certain beneficiaries is set to be offered starting Jan. 1, 2019. The newly designed option was included in the 2017 National Defense Authorization Act with the legislated start date of 2019. The later starting time is meant to allow for better planning and communication for this new plan, as it will be offered and administered through the Federal Employees Dental and Vision Insurance Program (FEDVIP). Here's the rundown on who is eligible for what:

All TRICARE retirees and their families are eligible for both the dental insurance and the vision coverage. The FEDVIP dental program of offerings will replace the existing TRICARE Retiree Dental Plan, which is currently provided through Delta Dental. That program will sunset Dec. 31, 2018. Here's what will be offered. The retiree dental plan and the new addition of a vision plan will allow for beneficiaries to make a selection from among several dental and vision carriers with a variety of benefit options. For example, in 2018 the FEDVIP program lists 10 dental carriers and four vision carriers (Delta Dental is included) with comprehensive dental and vision insurance at competitive group rates.

Key facts:

- Eligible beneficiaries must choose their plan during TRICARE's open season, which is scheduled to be Nov. 12 - Dec. 10, 2018.

- There will be no automatic transition for those beneficiaries currently enrolled in the TRICARE Retiree Dental Program. Beneficiaries will be required to enroll for coverage.

- Enrollment and plan changes can only occur during the open season with the exceptions for those beneficiaries with qualifying life events (usually anything that necessitates a change in the DEERS system).

Here's the kind of coverage TRICARE beneficiaries will get with FEDVIP (besides more choices):

- No wait period for most dental services;
- No annual maximum benefit for some dental plans;
- Regional and national dental networks;
- No deductible for some vision plans;
- Three Military Health System experts recommend everyone over the age of 50 get the new vaccine
- No limit on brands for frames or contacts for some vision plans; and
- Discounts on LASIK offered by some vision plans.

Beneficiaries are encouraged to start getting information and pre-enrollment communications through the website set up just for this program. The relative website is available at www.tricare.benefeds.com.

CREDIT: *Retired Military Newsletter, May 2018*

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President's Corner

CAPT F. Warren Coulter, USN (Ret)



Spring has finally arrived and, with it, came the news about a new retiree dental and vision program being rolled out this year. The vision portion is new and will offer four providers while the dental portion offers ten providers (including Delta Dental). The plan goes into effect at the beginning of next year following an enrollment period from November 12 to December 10 of this year.

The key take-away to the new program is that, for those of us retirees who now use the Delta Dental program, our membership will be terminated at year end. That means, in order to continue with Delta Dental (or to use another of the offered providers), we need to enroll again during the enrollment period. There will be articles (as you can see from our lead piece) in future newsletters regarding the plan that will provide more details and reminders of the upcoming enrollment period.

Meanwhile, we can now all look forward to summer warmth and the world-famous Chapter Clambake in August.

Warren Coulter

MEDICAL UPDATE: THE NEW SHINGLES VACCINE

Shingrix, the new shingles vaccine, is a game changer according to health care experts. Shingrix is recommended for adults 50 and older to prevent shingles. Ninety to ninety-nine percent of people over the age of 40 had chickenpox. About one-third will get shingles at some point in their life.

The vaccine introduced in 2006 for people 60 and older was about 70 percent effective. The Military Health System experts recommend everyone over the age of 50 get the new vaccine. Shingles can recur, so even if you have had shingles, the new vaccine is recommended.

Shingles usually develops as a stripe across one side of the body or face. People may feel pain, itching, or tingling in the area where the rash occurs a few days before the rash actually appears. A few days after the rash appears, it turns into extremely painful fluid-filled blisters. They usually scab over after a week or ten days and then the scabs clear up a couple of weeks after that. The pain may persist for a long while after that.

Some people develop post herpetic neuralgia, or PHN. The older you are when you get shingles, the more likely you will develop PHN and have long-lasting, severe pain — a pain that is not easily treated. This constant pain can significantly affect your quality of life.

(Source: Health.mil) Note: The Shingrix vaccine is covered under TRICARE for persons over 50. (Source: TRICARE)

MOAA-NH Held Second Meeting and Luncheon of 2018 in Plymouth

The Common Man Inn and Spa in Plymouth hosted 93 members and guests for MOAA-NH's second meeting and luncheon of 2018 on April 21, 2018. Ninety-three members and guests made the scenic drive up. This has become a regular stop for the chapter because the staff has always been friendly and cooperative. Once again the meal choices were delicious and received high praise. To top it off, the Common Man gave us a substantial discount on our luncheon bill! It should be noted that the chapter received a generous grant from USAA through MOAA to support this luncheon.



Chapter President, CAPT F. Warren Coulter, USN (Ret) presented Cinda Lea D'Amante with a speaker's gift.

We were very pleased to have Cinda Lea D'Amante, wife of chapter board member, CAPT Ray D'Amante, USAF, as our guest speaker. Cinda currently serves on the Board of Directors of the NH Highland Games & Festival. This has been an annual event in September on Loon Mountain in Lincoln, NH since 1975. The Games have grown to become one of the largest and most diverse commemorations of Scottish art and culture in North

America. Cinda gave a very entertaining talk on the various aspects of the Games. Her presentation was well received by an enthusiastic audience. To lend a bit of Scottish flavor to the luncheon, several members of the chapter were decked out in full highland attire (those who could still fit into their kilts!).

After Cinda's presentation, Chapter President CAPT F. Warren Coulter, USN (Ret) acknowledged chapter webmaster, CDR Michael A. McLean, USN (Ret) in recognition of the New Hampshire Chapter being a Five Star Award winner in MOAA's annual Communications Award for the third year in a row. It was a very pleasant afternoon!

CREDIT: CDR Michael A. McLean, USN (Ret)

**Let's Welcome Our New
2018 Chapter Members!**

CAPT Leroy W Davis II, USNR (Ret)
39 Briar Hill Rd
Hopkinton, NH 03229-2866

LTC Bradley D Nadig, USA (Ret)
33 Snell Rd
Lee, NH 03861-6717

VA Pharmacy Information

The Manchester VA Pharmacy is staffed by dedicated professionals, some of whom are veterans, who look forward to providing veterans with the care they have earned and deserve.

Prescriptions are available for pick-up when the prescriptions are new or when a medication is urgently needed.

What is the Mail-Only Medication Program?

The Medical Center is announcing an enhanced program for prescription delivery called the Outpatient Pharmacy Mail-Only Medication Program, which was activated on June 1, 2018. It will provide deliveries to veterans' homes or post office boxes.

How can vets get their refills?

Prescription refills can be requested 10 to 14 days before they're needed. There are five ways for veterans to request refills:

- Order online at www.myhealth.va.gov
- Call 626-6543 anytime. Have the prescription number ready and follow the prompts.
- Speak to a pharmacy representative by calling 624-4366 and pressing 1, Monday-Friday, from 8 a.m. to 4 p.m
- Mail refill slips as: Attn: (119) VAMC, 718 Smyth Road, Manchester, NH 03104.
- Drop off refill slips in the drop box of the Medical Center's outpatient pharmacy waiting room.

Veterans with other questions about medical care and other services at the Manchester VA can send their questions to Kristin.Pressly@va.gov. The veterans will remain anonymous.

CREDIT: Union Leader

Each year, MOAA-NH presents a chapter MOAA certificate and a perpetual plaque to the outstanding cadet who has demonstrated exceptional potential for military leadership. On 7 April, CW5 Bernard L. Satterfield, USA (Ret) presented Cadet Nathan Douthitt with the award at the Fall Mountain Regional High School JROTC Military Ball in Langdon, NH.



Cut and paste or type the link below into your browser. It will take you directly to National MOAA's "Take Action" tab. There you can learn about current legislative issues and voice your opinions about their efforts.

<http://www.moaa.org/takeaction>

Is travelling on your bucket list?

Maybe this list will help . . .



2018 MOAA Travel Program:

- America's Historic Mid-Atlantic (13-20 July)
- Discover Scotland (14-21 Aug)
- Charming French Canada (14-21 Sept)
- Spain's Classics & Portugal (24 Oct - 6 Nov)

2019 MOAA Travel Program: *(Additional information on the available 2019 and 2020 trips will be posted on our website in the near future.)*

- Iceland's Magical Northern Lights, March 21, 2019 Seven days (\$3,499 with air)
- Magnificent Cities of Central and Eastern Europe, 14 days, August 4, (\$4,699)
- Canyon Country, early October 2019, contract pending
- Alaska Discovery, Land and Cruise, July 2019 13 days, (Estimated cost \$5,399) Contract pending
- Magical Christmas Markets, Austria and Germany. Early December 2019, seven days, (Estimated cost \$2,600), contract pending
- London and Paris, eight days, May 2019, (Estimated cost \$3,800), contract pending

2020 MOAA Travel Program:

- ***The travel event of the decade! Book Early!*** Includes the Passion Play in Oberammergau, Germany
 - Exploring the Alpine Countries, 13 days, (\$6,999)
 - Alpine Explorer with Glacier Express, 12 days (\$6,899)
 - Austrian Delight, 10 days, (\$4,999)
 - Discover Switzerland, Austria and Bavaria, 10 days (\$4,999)
 - Classic Danube River Cruise, 10 days, 7 to 16 June, (\$6,499)
 - Classic Danube River Cruise, 10 days, Aug 30 to Sept 10 (\$6,499)
- NOTE: The prices above include air out of Logan.***
- Imperial Cities, 11 days (\$4,199 without air), air contract pending
 - Germany's Cultural Cities and the Romantic Roads, 13 days (\$4,999 without air), air contract pending

Look for our "Trip of the Month" email blasts sent out every two months.

Log into our website "moaa-nh.org" and click on "Group Travel." For reservations or additional information, contact Tony Burdo, 603-391-7106 or email: tonyajb@gmail.com.



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15th Year



www.moaa-nh.org



WHY MOAA?

National MOAA Announces the 2017 Communications Award Winners

For the third consecutive year, MOAA-NH Chapter's website (www.moaa-nh.org) received a 5-Star Award in the Col. Marvin J. Harris Communications Award Contest.

National MOAA seeks to identify councils and chapters that do an outstanding job communicating with their members and community. MOAA affiliates competed in two categories of competition: print and e-newsletters and websites. A panel of judges scored the submissions based on a set of subjective criteria, looking at both design and content. In the websites category, affiliates that communicated with their members via email networks and social media channels received extra credit.

MOAA-NH was one of 85 councils and chapters that received five-star awards for their exemplary communication efforts. Congratulations to our chapter webmaster, CDR Michael McLean, USN (Ret).

**Now and Always
We'll be There.**



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June 2018

Taps



New Hampshire:

CAPT Baret V. Ajemian, USN (Ret) [Hampton]
CDR Albert H. Barth, USN (Ret) [New London]
Mrs. Ruth L. Hollis [New London]
Mrs. Evelyn H. Beasley [Barrington]
COL Robert A. Freund, USA (Ret) [Whitefield]
CDR Richard G. Graham, USN (Ret) [Concord]
MG John H. Jacobsmeyer, Jr., USAF (Ret) [Northwood]
Mrs. Christine M. Ojendyk [Manchester]
Mrs. Irene M. Messier [Manchester]
LT John C. Mongan, USN (Ret) [Manchester]
CPT Harrison R. Morse, Jr., USAR (Ret) [Waterville Valley]
Mrs. Barbara V. Robbins [Portsmouth]
Mrs. Sally J. Vaughn [Portsmouth]
LTC Kenneth R. Swift, USA (Ret) [Keene]
LCDR Bert R. Whittemore, USNR (Ret) [Pembroke]

Pennsylvania:

COL Raymond E. Wilton, USAR (Ret) [Fountainville]