



# The Salute online



Monthly newsletter of the Portsmouth Area Chapter, an affiliate of the Military Officers Association of America, serving Portsmouth, Chesapeake, Suffolk, Smithfield and Franklin, Virginia, since 1983. Dinner meetings are held the Second Thursday of each month except July and August.

VOLUME XXXVII ISSUE III

[thesalutel@gmail.com](mailto:thesalutel@gmail.com)

[pacmoaa.org](http://pacmoaa.org)

March 2018



## FROM THE PRESIDENT'S DESK

I hope you all are enjoying the beautiful flowers and bushes even though they are blooming rather early. It was great to see Steve Turner at the February dinner meeting and there was a short ceremony with ADM Doran presenting the Virginia "Minuteman Award" to Steve for outstanding leadership he provided VCOC. Steve is a tremendous asset for our chapter as well as VCOC. Shortly after he joined PACMOAA in July 2010, Steve "volunteered" to be our VCOC representative. A few years later, Steve became VCOC Secretary, then 1st Vice President and finally President. Last October, Steve became the Immediate Past President after completing his term in office.



It was truly a pleasure to welcome ADM Doran to the dinner meeting. I met him at the recruitment event in Williamsburg last August and had an in depth discussion with him about chapter issues with some of MOAAs recent cost cutting efforts. As a member of the MOAA Board of directors and soon to be Chairman of the Board of Directors, he is a wonderful resource with a wealth of knowledge in addition to being an advocate for chapters.

ADM Doran began his presentation with an overview of reasons for so many changes in the way MOAA operated over the past few years. GEN Atkins has more of a business background than Past President ADM Ryan. MOAA was heading on a path that was not sustainable with spending greater than income unless significant changes were made. A bottom up review was very necessary as MOAA was in dire straits thus MOAA has been in a transition mode for several years. Unfortunately, communication between MOAA and the membership was not as open as it should have been during this process. After two years of cut backs MOAA is now on a sound financial status. Another issue for MOAA is the need to update the headquarters building as the elevators and air conditioning do not work and part of the ceiling fell in one of the offices. The MOAA staff has been pared down and will be relocated to a temporary building in April while renovations take place, which may impact communications. ADM Doran also



### HAPPY BIRTHDAY

William F Duncan  
Gordan E. Van Hook

(Continued on page 3) PRESIDENT'S DESK

Click Here for  
DIRECTORY

## Chapter Happenings

Mar 08 PACMOAA Dinner      Mar 20 Spring Begins  
Mar 11 Daylight Savings begins      Mar 30 Good Friday  
Mar 17 St Patrick's Day      Apr 01 Easter Sunday

### MARCH MEETING

Our March dinner meeting will be held on Thursday the 8th at Hilton Garden Inn Harbour View. Social hour will begin at 1800 with dinner at 1900. The cost of the meal is \$30.00 including tax and gratuity.

#### DINNER MENU

Spinach Salad with Mushrooms, Hardboiled Eggs, Bacon and  
Vinaigrette Dressing  
Ham Steak with Pineapple Slice  
Smashed Sweet Potatoes without glaze just sweet potatoes and butter  
Broccoli and Dinner Rolls and Butter  
Chef's choice for Desserts  
Ice, Tea, Coffee, Water

Please make your reservation **no later than Sunday 4 March** with Sherry by phone or by email.

**PLEASE REMEMBER THAT A RESERVATION MADE IS A RESERVATION PAID!**

### MARCH SPEAKERS



Juanita Smallwood is the TRICARE marketing and beneficiary education specialist for the Tidewater Military Health System. She is based at Naval Medical Center Portsmouth with the Enhanced Multi-Service Market and is responsible for educating all categories of TRICARE beneficiaries within the Tidewater Military Health System. Juanita has worked as a beneficiary education specialist for the past 11 years. She started at Joint Base Langley-Eustis in 2007 and recently moved to Navy Medicine East in April 2016. As a military dependent, she is dedicated to ensuring our military community understands all aspects of their military health benefits. Juanita Smallwood can be reached by email at [juanita.smallwood.civ@mail.mil](mailto:juanita.smallwood.civ@mail.mil) or by phone at (757) 953-0434. Her office is in Building 3, 14th floor. Read the articles in News From MOAA (pgs. 5-7) and bring your questions!

Linda Watson is the Manage Care Support Liaison with Humana Military at Portsmouth Naval Hospital. She assists the referral department at NMCP with issues pertaining to authorizations for health care. She will be accompanying Juanita Smallwood at the briefings and at times doing the briefs. Linda started with TRICARE when PGBA managed



(Continued on page 3) GUEST SPEAKER

(Continued from page 2) *GUEST SPEAKER*

health care as CHAMPUS. Linda worked 9 years at the TRICARE Service Center at NMCP and met many wonderful people. She truly enjoys helping people. Linda can be reached at 757-469-5951 or email at [lwatson12@humana.com](mailto:lwatson12@humana.com).[]

## DRIVERS AND RIDERS WANTED

PACMOAA always attempts to coordinate volunteer drivers and members needing transportation to various functions. If you are able to pick up members or need a ride, please contact Sherry Ferki or *The Salute* to meet these requirements. Thanks.

(Continued from page 1) *PRESIDENTS'S DESK*

mentioned that he will take over as Chairman of the Board of Directors in October and wants to focus on membership, councils, and chapters.

This discussion was followed by a short video from MOAA, which reinforced much of what ADM Doran had told us. It also discussed in depth MOAA's Strategic Plan for 2017 -2018 with 6 main areas: advocacy, membership, engagement/communication, chapters, finances, and organizational capacity. This plan is detailed on the website under MOAA Strategic Plan 2017.

Even though I had heard and read several times about the need for MOAA to reduce spending, I don't think it really made sense to me until I heard ADM Doran speak and watched the MOAA video. Ongoing communication among all levels is very important and was stressed throughout. Also mentioned were the MOAA scholarship program ( \$9.2 million to undergraduates each year) and the Chapter Grant Program ( awards up to \$5000 to chapters for community projects).

The importance of membership is one of the 6 major areas in the strategic plan. Many of us have friends or neighbors that are eligible to be MOAA and PACMOAA members and the PACMOAA Board of Directors recently voted to only charge potential new members 1/2 of the usual cost of dinner to encourage the membership to bring a friend to a dinner meeting. The Board will re-evaluate this after 6 months to see how it impacts us financially.

I think everyone enjoyed the fellowship and felt much more knowledgeable about the cur-

rent status of MOAA and why so many changes have occurred. ADM Doran has been very helpful in facilitating better communication between PACMOAA and MOAA and will continue to be a valuable resource for our chapter and all MOAA chapters! I know this winter so far has been very difficult with so many people getting sick but I hope many of you will be able to attend our March dinner/program on TRICARE meeting and especially our **April celebration of PACMOAA's 35th anniversary!** Please keep our troops in your thoughts and prayers and "Never Stop Serving".

## More Chapter News

### MEMBERSHIP RENEWALS STILL SLOW

The subject of dues, as with any expenditure of your money, the question always rises, "what do I get for my money." The answer is insurance. We have served with the understanding we were earning benefits collectable in the future. If you remember the adage, "no one wants to pay the fiddler after the dance" you see where I am heading. MOAA, VCOC and PACMOAA represent you respectively at the national, state and local levels on issues conserving these benefits and correcting injustices; something you cannot do as effectively on an individual basis. We insure our houses, our cars, and other assets. Why not insure our retirements? Legislative advocacy is complex, expensive and takes time. Remember our advocacy affects the military community to include enlisted who served under our command.

Only 1/2 of current membership have paid 2018 dues. During review of the MOAA website membership roster, it was noted that 25 to 30% of

PACMOAA members pay their dues annually and about 25% of those members had forgotten to renew their MOAA membership. Did you know that you can save about 20% if you pay for the next 2 or 3 years now? Annual membership is now called Premium Membership and goes from \$43.00/year to \$79.00 for 2 years and \$105.00 for 3 years. The only way for us to reduce our PACMOAA dues is to utilize economy of scale by increasing membership. We should be able to reduce dues with a **significant increase** in membership. Make this a personal goal.

PACMOAA dues are as follows:

Regular members \$25.00/year

Surviving Spouse members \$20.00/year

You can pay your dues at the next PACMOAA meeting or mail it to:

PACMOAA, P.O. Box 5353, Portsmouth, VA 23703.

Your dues money enables PACMOAA to pay for the newsletter, website, VCOC dues, name-tags, printing, postage, guest speakers and entertainment like the Tidewater Concert Band that performs at our Christmas gala. Many members take the opportunity to send a little extra money with their dues to help with scholarships.

Please pay your dues as soon as possible so we can continue to provide these services. Please include the renewal form if any changes have occurred to help us up-date our records. If you are not sure if you have renewed yet, check with Dolly Cherrington or Hans Sachse, their contact information is on page 2. Remember the effectiveness VCOC has in the state legislature relates to chapter membership! Thank you for your continued support of MOAA and PACMOAA.

Sherry Ferki, President

### **PACMOAA SCHOLARSHIP UPDATE**

*By Sherry Ferki*

Since 2001, PACMOAA has awarded 30 scholarships, 26 of which were paid. One to three scholarships are awarded each year,

ranging from \$1000 to \$2000. The scholarships paid over the first two semesters in school are contingent upon continued enrollment in ROTC. The money may be used for tuition, room and board, or other school related expenses. Unlike the MOAA scholarships, recipients do not have to come from a military family. PACMOAA already has enough money for 1 scholarship of \$1500, but has only collected about \$400.00 so far this year. We would like to award 2 scholarships, if enough donations are received. Announcement of this scholarship went out to over 30 local high schools in addition to 13 JROTC units. Scholarship Committee Co-chair CDR Scott Dickinson, revised the application so that it can be filled out electronically. Scott also set up an electronic scoring sheet for the PACMOAA Scholarship Committee members to facilitate a better review of applications. His assistance is greatly appreciated!

Most members usually donate an extra 10 to 30 dollars towards the scholarship with their membership renewal and the remainder comes from our 50/50 drawings and small donations at each dinner. Many thanks go out to Charles E Kuehn for his beautiful bird houses donated in support of these drawings. All donations are greatly appreciated and most helpful! Please consider a donation to help these students in their quest for a career in the military. Thank you for your generous donations over the years, which have made our program so successful!

## **NEWS FROM MOAA**

Last month 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 com-



munication 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. Active duty military families are only eligible for 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;
- 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 website:

[www.TRICARE.benefeds.com](http://www.TRICARE.benefeds.com) will be up and running Feb. 1.

MOAA is working with the Office of Personnel Management, which oversees the administration of the federal employees benefit programs, to provide input on communication and feedback on the website, anticipate challenges, and brainstorm solutions for this newly available program for TRICARE beneficiaries.

## SURVIVING SPOUSE CORNER

By Sharon DeVaney, Surviving Spouse Advisory Committee member

How do you fill the void in your life after you lose your spouse? Here are some ideas to help you become the outgoing person you once were.

- If you don't have to relocate, it could be possible to rely on your family and friends for a while. Your family members have suffered a loss as well. Try to brighten their days. You could meet for lunch or bring a salad or dessert to share a meal.
- If you have grandchildren who have school programs or sporting events, you can attend and be there for them. Perhaps, their school needs volunteers or mentors.
- Maybe your church sponsors a grief support group. Listening to speakers and sharing with others might help you process your loss.
- Calling another widow or widower and inviting them to a MOAA meeting will help both of you keep that connection to military life. Offer to help. **You could represent surviving spouses if that position is not filled.**

- Volunteering to help at your church or for a community function will bring you as much reward as you will give to others. Every group needs new faces and willing hands.
- Try something you haven't done before. I became a docent at our Fine Arts Center. I loved touring visitors of all ages. For many children, this was their only exposure to art. Also, other docents became my new friends.
- Use your work-related skills. I volunteered to teach a life story writing class at the non-profit in my community. That brought a group of strangers together who became new friends as they shared their amazing life stories.
- Discover a new talent. I moved this summer and joined the drama club at the senior center. I hoped to find people who wanted to attend plays. Instead, I learned the club was producing the Fall Follies. All of a sudden, I had bit parts in three skits and the opening and closing numbers. We closed with a Salute to Veterans, which moved the audience to come to their feet!
- Spread cheer by visiting residents in a nursing home. A friend in Florida makes bouquets from her garden and brings them to residents.
- Consider getting a dog. It will need to be fed, walked, and loved. I guarantee that you will be visiting with other dog owners on your daily walks.

***Local editor would like to add the following:***

Last year we lost PACMOAA member Bettye Hussey due to relocation. This is relevant here as Bettye was our Surviving Spouse Liaison. She was a most dedicated member of PACMOAA. She was our subject matter expert on all the requirements suddenly thrust upon new widows and some widowers and kept abreast of issues affecting Surviving Spouses. This service is best performed by someone who has walked that walk. We are searching for a replacement.

There are some requirements: You must be a Chapter and national MOAA member. You must have email, Word and Excel capability.

Not to worry! The Salute can assist you with these items. You will need some knowledge about MOAA services. The MOAA Member Service Center can provide background and training.

**The following article was forwarded by MOAA.**

*Article by Amy Bushatz originally appeared on [Military.com](http://Military.com), the premier resource for the military and veteran community.*

Do you take a daily drug for diabetes or high cholesterol? Your medication now could cost less or be free thanks to a new TRICARE pilot program.

The Medication Adherence Pilot Program ordered by Congress in 2016, started Feb.1 and will run until 2023.

Under the program, Lantus Pens, brand-name insulin shot used to manage diabetes, will be available for reduced cost. Rosuvastatin, the generic version of the cholesterol management drug Crestor, will be free.

About 136,000 beneficiaries will be included in the pilot, officials said. About 16,000 orders for Lantus Pens are placed monthly through TRICARE at retail and mail order pharmacies, while about 40,000 orders of Rosuvastatin are filled, they said.

**The change hits even as prices for all other medications go up. That includes, for the first time ever, a new, out-of-pocket fee for generic drugs received through the system's mail-order pharmacy.**

In the past, those medications had been free.

Starting Feb.1, they carry a \$7 fee for a 90-day supply. That means Rosuvastatin is now the only medication available by mail or at a retail pharmacy that carries no out-of-pocket cost.

Drugs received at a military treatment facility continue to be free.

Before the pilot program, Lantus Pens cost \$28 for a 30-day supply at an in-network retail pharmacy, and \$24 for a 90-day supply through mail-order. Under the program, the

drug will cost \$11 for a 30-day supply at a retail pharmacy and \$7 for the 90-day supply received by mail.

Rosuvastatin, which had cost \$11 for a 30-day supply at an in-network retail pharmacy or \$7 for a 90-day supply by mail order, will instead be free from both sources.

The pilot program is designed to test whether patients are more likely to follow their medication treatment plans when the required drugs are reduced in price or free, officials said.

More information from Military.com:

[Outpatient Prescription Drug Charges Comparison](#)

## 35,000 BENEFICIARIES OVERCHARGED

A misunderstanding by [Tricare's](#) pharmacy contractor caused about 35,000 beneficiaries to be overcharged for medications early in January, officials told Military.com on Friday.

"Express Scripts misinterpreted a plan design rule in Defense Health Agency manuals, which resulted in some beneficiaries paying a deductible on prescriptions filled at an in-network pharmacy when they should not have been," Jennifer Luddy, a spokesperson for Express Scripts, said in a statement. "About 35,000 beneficiaries were impacted."

The error occurred on Jan. 1 and Jan. 2, officials said. It was "identified and resolved" on Jan. 2, Luddy said.

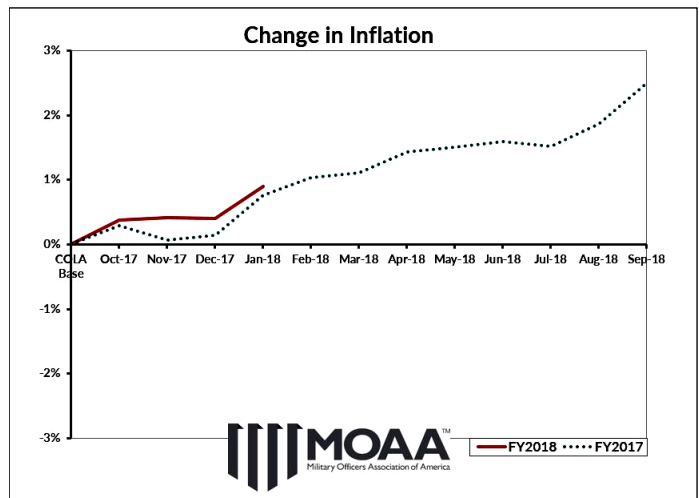
**Any Tricare beneficiary who used an in-network retail pharmacy on those dates, including Tricare for Life users and military retirees, may have been affected by the error.**

Beneficiaries who were overcharged on the specified dates do not need to take any action and will be reimbursed by Express Scripts for the overcharge, Luddy said in her statement.

"We have been working with beneficiaries and pharmacies to either re-submit the claims, or

to provide a refund of the deductible amount that was paid by the beneficiary," she said. "There is no action required of beneficiaries at this time; if they paid a deductible on an in-network claim when they should not have, they will receive a refund from us."

The January 2018 Consumer Price Index is 241.919, which is 0.9 percent above the FY 2018 COLA baseline.



The CPI for February, 2018 is scheduled to be released on March 13<sup>th</sup>, 2018.

## ANNOUNCING APRIL'S 35<sup>TH</sup> ANNIVRSARY DINNER

PACMOAA has been advocating for 35 years. We will be putting together a very special event with a power point show, display table, and dinner. I am hoping that our local charter members will be able to attend. Please mark this date on your calendar: **12 APRIL 2018**. Come celebrate with us.

If you would like to assist in making this a special event please contact Sherry Ferki or ***The Salute***. Congratulations on being a member of the most influential small chapter in Virginia!



## CONTINUATION OF PHS HISTORY

Before I continue with my report on the origin and history of the Public Health Service (PHS), I must deal with some ERRATA from last month. The first federally owned Marine hospital was most likely built by the State of Virginia in 1778, not 1787. The construction date was from a single unofficial source. Not being able to resolve the issue on my own, I called the Division of Historic Properties. Senior Archivist Quatro Hubbard was helpful, but due to the early change in ownership from the state to the federal government, hard data on construction may be difficult to find. Considering the data I provided, he strongly suspected a typo in my source, more common in unofficial sources. Quatro recommend I use documented sources he cited, if I wished to pursue the issue. My wife recommended I report a moot 1778 before I develop OCD.



I switched my pursuits to the three demolition dates. The original structure from the PHS is pictured to the left. Early references to the structure noted

that additional construction was done with no time reference. The picture below is from the National Library of Medicine (established by the PHS) and is probably in the public domain. This appears to be the final configura-



tion of the hospital.



The picture above is of the Imperial Tobacco Company warehouse in Berkley dated 1927. It is the property of the Norfolk Public Library Sargeant Memorial Collection and is copyrighted. I show this photo as documentation noted the Imperial Club (Marine Hospital) appears in the background. It verifies that the Marine Hospital survived the horrific fire that laid waste one third of Berkley in 1922. The address of the warehouse is listed as 508 Water Street. Water Street no longer exists. I am now searching for an old map that includes Water Street in Berkley. If anyone knows why unofficial demolition dates of 1952 and 1993 exist locally (both in conjunction with Berkley Bridge construction), please contact *The Salute*. It would take a load of research off me. I need to get back to important issues

## JUST A SHORT PARTING STORY

A little boy opened the big family bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages. "Mama, look what I found," the boy called out. "What have you got there, dear?" With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear !

## THAT'S A WRAP FOR MARCH