



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. Although MOAA and PACMOAA actively lobby legislatures for all US uniformed services members, we are nonpartisan do not participate in political activities.

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MARCH 2020

FROM THE PRESIDENT



It's amazing to see so many beautiful flowers and bushes as your drive around the area even though they are blooming rather early again this year. Along with the flowering trees comes pollen and many of us are experiencing increased allergy issues. Since it still flu season along with concerns per the coronavirus, good hygiene practices esp. washing your hands often is important. Many people don't realize that something as benign as shaking hands with someone or opening a door and then touching your face afterwards is a way many germs spread. We

don't need to over react as much of the media is doing now but practice good habits to protect yourself and your family. Remember that we have many medical personnel in our membership and most of us would be happy to be a resource.

The February dinner meeting was great with 35 for dinner and Earnest Jones, Surviving Spouse, also came for the program after he finished work. That's the largest number of attendees in some time outside of the Christmas Gala. A large reason for that was our 7 guests!! Doug Weller's guest was Lisa Parker and Bruce LaLonde's was Teresa Wilfong. See their picture below and to the left.



Five potential new members attended as guests of Hal Hostetler: CAPT Janet Lomax, USN (Ret) and her husband LCDR Brian Lomax, USN (Ret) and as guests of Sherry Ferki: CAPT Jamie Wise, USN (Ret) and her husband Ron Segestrom, former Naval officer as well as CDR Andrea Parodi, USN (Ret). Both Jamie and Andrea are retired Navy Nurses! CAPT Lomax and her husband

LCDR Brian Lomax below and to the right

It was a pleasure to meet and talk with all of our guests and we hope to see many of them at future meetings! In addition to all the guests mentioned above, it was delightful to meet and talk with our speakers - Lauren Furey and Wisteria Perry. As usual, the dinner was very good as was the fellowship.



Both Lauren and Wisteria have long careers in historical presentation and museum work and tremendous passion for sharing their love of history with presentations for the Mariners Museum. They introduced themselves as Frick and Frack as they travel and speak together frequently throughout Hampton Roads!

CONTINUED PAGE 3

PACMOAA LEADERSHIP



CHAPTER NEWS

MARCH CALENDAR

03 NAVAL RESERVE 15TH BIRTHDAY	17 ST PATRICK'S BIRTHDAY
08 DAYLIGHT SAVINGS TIME BEGINS	18 JOINT RECRUITING EVENT
12 PACMOAA DINNER MEETING	20 VERNAL EQUINOX
15 AMERICAN LEGION BIRTHDAY	29 NAT VIETNAM WAR VETS DAY

MARCH DINNER

Our dinner will be held on **Thursday March 12th** at the Hilton Garden Inn (HGI) Ballroom at 5921 Harbour View Boulevard in Northern Suffolk.

Social hour begins at 5:30 PM, dinner served at 6:30PM.

MENU

Iceberg Tossed Salad with Ranch or Italian Dressing
Chicken Florentine – Spinach, Tomatoes and White Wine Sauce

Garlic Mashed Potatoes Vegetable medley

Chef's Choice Dessert

Coffee and Hot Water for Tea Station Water and Ice Tea

Cost is **\$30.00** (includes tax and gratuity). Please make your reservation no later than **Sunday, March 8th** with Sherry Ferki at 686-4650 or by email at navmed1@cox.net. Come join us for good company, good food and a good time.

A RESERVATION MADE IS A RESERVATION PAID.

MARCH PROGRAM

Our speaker is **Sue Lawver**, MSW, LICSW, LCSW. She is the Suicide Prevention Coordinator for Mental Health & Behavioral Sciences at the Hampton VA Medical Center. She will be accompanied by **CAPT David C. Collins USN (Ret)**, **Executive Director Hampton VA Medical Center**, who will have a short Presentation.

Overview From www.mentalhealth.va.gov/suicide_prevention

Sometimes, life's challenges can feel overwhelming, like there's no way things can get better. When things feel unbearable, or if you're having thoughts of ending your life, **support is available**. VA offers a number of programs and resources for Veterans and their loved ones, friends, and health care providers.

If you are a Veteran in crisis — or you're concerned about one — free, confidential support is available 24/7. Call the Veterans Crisis Line at 1-800-273-8255 and Press 1, send a text message to 838255, or [chat online](#).

Suicide Prevention

Suicide is a national health concern that affects all Americans, whether or not they have served in the military. VA believes that everyone has a role to play in preventing suicide. That's why we are working with community partners across the country — including faith communities, employers, schools, and health care organizations — to prevent suicide among **all** Veterans, including those who may never come to VA for care.

Know the Warning Signs

Sometimes, a crisis may involve thoughts of suicide. Learn to recognize these [warning signs](#):

- Hopelessness; feeling like there's no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug misuse
- Withdrawing from family and friends

The presence of the following signs requires immediate attention:

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying, or suicide
- Self-destructive behavior such as drug misuse, carelessly handling weapons, etc.

If you or the Veteran in your life is feeling depressed, anxious, hopeless, or as if life has no purpose, but is **not** in immediate danger, we encourage you to:

- Visit [VeteransCrisisLine.net](#) to learn about support that is available to you.
- Use our [resource locator](#) to discover the suicide prevention resources in your area, including VA medical centers and Suicide Prevention Coordinators.
- Visit [MakeTheConnection.net](#) to hear from Veterans and their family members who have coped with challenges like yours.

(Continued from page 1) FROM THE PRESIDENT'S DESK

I grew up in Norfolk and retired there and had been to the Mariners' Museum some over the years but really didn't know anything about the history of it. It was very interesting to see a picture of the original site started by the Huntington family on 880 acres in the middle of Newport News. Riverside Hospital is on their land and pays \$1.00/year rent as a non-profit hospital. Apparently a big change in the Mariners' Museum management occurred about 7 years ago and the CEO at that time caused considerable damage to the reputation of the museum in the community. Lauren mentioned that she has seen 5 different CEO's since that time but an Army JAG officer is CEO now and has helped rebuild that reputation as well as opening up the museum to the whole community more. One of the ways that was done was by convincing the board to have a one month trial admittance fee of \$1.00 vs. the usual \$7 - \$16 fee. Before that trial, some months had few visitors but August 2017 with at \$1 admission visit brought in about 32,000 visitors!! That \$1 fee was trialed the next summer for 3 months and then changed to year

round in late 2018. Programming has shifted to more of a community focus looking at the diverse population after several surveys of those attending with the \$1.00 admission fee.

One of the programs mentioned was Maritime Monday year round. There is a story and craft time for 18 month old to 8 year olds every Monday from 1030 - 1130 even on holidays. The increased attendance brought about by the \$1 admission fee and broader variety of programs like the Maritime Monday helped create 19% increase in visitors vs. the trend across the county for all museums which is decreased attendance each year!! A \$10 million dollar donation from the Batten family helped fund the new programs and the Batten Conservation Laboratory Complex was created to house the USS Monitor Center and trying to prevent more damage to the thousands of artifacts stored and exhibited there. The Battle of Hampton Roads , also know to many as the Battle of the Monitor and Merrimac, is being commemorated on 7 March with Historic Bites that evening - this requires a reservation with a \$30.00 cost for members and \$40.00 for the general admission as many local restaurants will be preparing menu items from the 1860's for us to sample!!

A few other interesting facts presented included the museum houses 32,000 historical artifacts ranging from very small to room size with 100,000 books including a 1724 version of History of Pirates!! There is also a photo archive with 1 million photos and negatives. If you look on the museum website, you can also see the variety of online learning material available to include Women and the Seas, African Americans & the Bay and the Birth of the Navy. Wisteria



mentioned she is working on a presentation on Women Pirates which sounds very interesting. As you can see, this was a very entertaining and enjoyable program. Thanks again to Hal for inviting these speakers!!

Wisteria Perry, Sherry & Lauren Furey in picture to the left.

Please remember to keep our service members serving around the country and the world as well as their families and all our veterans in your thoughts and prayers. I hope to see many of you at our upcoming meetings. "Never Stop Serving".

UPCOMING EVENTS FOR SPRING AND SUMMER

29 MARCH: USO LITTLE PATRIOTS TRUNK HOP - Military related groups distribute candy/toys to military children

2 APRIL: VCOC 2ND QUARTER MEETING in Williamsburg

18 APRIL: PACMOAA LUNCHEON at Lake Prince Woods as voted on at NOV Business Meeting.

30 APRIL: ANNUAL CONGRESSIONAL APPRECIATION LUNCHEON at Capitol Hill Club

MAY: JROTC AWARD CEREMONIES - PACMOAA members attend and present MOAA certificate and medal to selected cadet

14 MAY: PACMOAA DINNER MEETING - Jim Zobel from MacArthur Memorial

21 MAY: PACMOAA BOARD MEETING

25 MAY: 136th PORTSMOUTH ANNUAL MEMORIAL DAY PARADE -PACMOAA usually has 2 cars riding in the parade

11 JUNE: ANNUAL PACMOAA DINNER MEETING honoring scholarship recipients

2 JULY: VCOC 3RD QUARTER MEETING in Richmond

JULY: ANNUAL JOINT BRUNCH WITH VIPMOAA & HRCMOAA

AUGUST: PACMOAA BOARD MEETING

BIRTHDAY WISHES

Michael Halley

Paul Lucas

Gordan Van Hook

PACMOAA FUNDRAISING

Mugs with PACMOAA Logo will be for sale at all meetings for \$10.00 each.

Money will go to general funds.

MEMBERSHIP UPDATE

Remember that your membership is important. Some members feel like they should not belong to an organization if they cannot be an active member, attending meetings and/or participating in PACMOAA activities. We would love to have all of you attend each meeting but that is not possible for many members. Without increased membership and engagement of the current membership, we will not be able to continue being effective in legislative advocacy and involvement with community advocacy.

Out of 70 members from last year, one moved out of our area, 30 had renewed as of 22 Feb. We certainly want to increase our membership with new members but also to maintain the current members!! Several members again brought potential new members as guests to the February meeting. We need to continue this practice and follow up with our guests. If you have friends or neighbors that might like to join PACMOAA and are MOAA members, they might be eligible to attend the **Joint Recruiting Event at Patriot's Colony in Williamsburg on 18 March from 1700 - 2000. The reservation deadline is 11 March. Please let me know if you have any one that would like me to forward the invitation to them.**

If you have not done so, please pay your dues as soon as possible!! Please include the renewal form in this newsletter to help us update our records. Remember the effectiveness VCOC has in the state legislature is related to chapter membership! **Adding extra money to your dues check for the PACMOAA scholarship would be very helpful.** Thank you.

PERSONAL AFFAIRS

Please keep our members/families that are having problems in your thoughts and prayers and reach out to them if you can. If possible, please let me know if you, a member of your family, or

another PACMOAA member is ill and would like visitors or for us to remember them in the newsletter. We cannot support members when they need us unless someone notifies us.

Margaret "Peg" Cicirelli is at home with home therapy and progressing well.

Bob Parker is having more mobility issues as is Eleanor. Bob would love to hear from his PACMOAA friends.

SOME OF OUR MEMBERS DO NOT FEEL COMFORTABLE DRIVING AT NIGHT OR DURING THE DAY. SEVERAL PACMOAA MEMBERS HAVE VOLUNTEERED TO BRING MEMBERS TO MEETINGS OR OTHER APPOINTMENTS AS NEEDED. CONTACT SHERRY IF YOU NEED ASSISTANCE, AND WE WILL TRY TO HELP.

Thank you.

Sherry Ferki, Personal Affairs Officer

Home number: 686-4650 Cell: 630-5608

LEGISLATIVE

Why Am I Being Kicked Out of My Military Treatment Facility? From MOAA Newsletter Feb 27, 2020 By: Karen Ruedisueli February 26, 2020

Last week, the Department of Defense released the Section 703 report outlining [proposed rightsizing and restructuring for 50 military treatment facilities](#) (more detailed info on [MOAA website](#)). In a call preceding the release of the report, senior defense officials assured MOAA and other advocacy organizations there would be no immediate changes to MTF services — yet we've heard from numerous MOAA members who have recently been notified they can no longer be seen at their MTFs.

How is this possible?

After reviewing details from our member correspondence and consulting with the Defense Health Agency (DHA), it seems there are a few possible explanations:

Transition to TRICARE for Life

When a beneficiary turns 65 or otherwise becomes eligible for Medicare (due to disability or certain diseases), they must sign up for Medicare Parts A & B to retain TRICARE. Once enrolled in Medicare, they automatically receive TRICARE benefits under TRICARE for Life (TFL).

As a TFL beneficiary, they are no longer eligible for TRICARE Prime and are unenrolled from their MTF. Some MTFs offer TRICARE Plus to TFL beneficiaries. If available, you can enroll in TRICARE Plus at your MTF and it gives you access to MTF primary care on a space available basis with no copays.

If your MTF does not offer TRICARE Plus, you must get your care from civilian providers as a TFL beneficiary. Some of the members who have contacted us about losing access to their MTFs are experiencing this transition to TFL. [RELATED on MOAA website: [MOAA's Resources for TRICARE Over Age 65](#)]

Existing Limits to MTF Capacity

Many MTFs already lack capacity to serve all Prime beneficiaries eligible for MTF care in their area. Priority for access goes to active-duty service members followed by active-duty family members enrolled in Prime. Since retirees and their families have lower priority access for MTF care, many are already receiving care in the TRICARE network and, as MTF capacity fluctuates, retirees are the beneficiaries most likely to be transitioned to civilian care.

Across a direct care system serving about 3.4 million Servicemembers, Retirees and their families, at any given time there are likely a fair number of beneficiaries moving from direct to purchased care or vice versa based on changes to MTF capacity.

Previous MTF Downsizing/Closure Decisions

In some cases, DHA or the services had already made plans to close or downsize particular MTFs for reasons unrelated to Military Health System Reform and the Section 703 report on restructuring the direct care system.

Some of these changes have already occurred or are currently underway. Some beneficiaries being moved to civilian care related to these decisions.

Tell Us About It

MOAA is committed to ensuring beneficiaries have access to high quality care. Have you experienced problems accessing medical care after being transitioned from your MTF to the TRICARE civilian network? If so, please contact us at legis@moaa.org to share your story.

Please share your location, your former MTF name, the type of providers you can't find (for example, primary care, cardiology, dermatology, etc.) and specifics about the problems you've faced (e.g., inaccurate provider directory, providers not taking new patients, providers not accepting TRICARE, long wait times for new patient appointments, etc.)

Due to the volume of correspondence we are receiving on this issue, we may not be able to respond to you directly, but please be assured the feedback you provide is essential to MOAA's advocacy work and it is much appreciated. Thank you in advance for your assistance!

NOTE: No changes to overall DHA policy for local pharmacies at this time, only anticipating stricter enforcement across all MTFs. For example, some NMCP pharmacies were filling some DoD non-formulary (Tier 3) agents from civilian providers, IF the prior authorization and/or

medical necessity criteria were met and documented. Beneficiaries should anticipate that this will be phased out as DHA takes over all DoD pharmacy and healthcare operations.

<https://www.med.navy.mil/sites/nmcp/dept/sitepages/pharmacy/default.aspx> In the middle of the page is the formulary link via Lexicomp, with a link to download the app to a smartphone. Here is the search intro:

Welcome to the Naval Medical Center Portsmouth Outpatient Formulary

TRICARE's mandatory generic drug policy requires that prescriptions be filled with an FDA-approved generic product, if one is available. Prescriptions denoting "Brand medically necessary" or "No generic substitution" will not be filled. Only the Outpatient dosage forms listed are available at NMCP Pharmacies. Links to Medical Necessity and Prior Authorization forms are provided for use only through TRICARE Mail Order and TRICARE Retail Network pharmacies. Specific formulary questions may be directed to (757)953-7294.

Submitted by CAPT Roger Hirsh, USN (Ret) - Pharmacy Dept. Head NMCP for 5 years on AD, then as a civilian in Pharmacy Informatics, i.e. Computer Systems Manager until retired.

SIX LITTLE STORIES WITH LOTS OF MEANING

Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella.

That is faith.

When you throw babies in the air, they laugh because they know you will catch them.

That is trust.

Every night we go to bed without any assurance of being alive the next morning, but we set our alarms to wake up.

That is hope.

We plan big things for tomorrow in spite of zero knowledge of the future.

That is confidence.

We see the world suffering, but still, we get married and have children.

That is love.

On an old man's shirt was written a sentence 'I am not 80 years old; I am sweet 16 with 64 years of experience.'

That is attitude.



New fundraising item - PACMOAA Mug. Dishwasher safe on top rack and microwavable! They will be on sale at the March 12 Dinner Meeting.

THAT'S A WRAP FOR MARCH 2020

PACMOAA MEMBERSHIP FORM 2020

FULL NAME: _____ NICKNAME: _____

GRADE/RANK: _____ SERVICE: _____ BIRTH DATE: _____

STATUS: Active Retired Veteran Surviving Spouse

MAILING ADDRESS: _____

EMAIL ADDRESS: _____

HOME PHONE: _____ CELL PHONE: _____

Civilian Occupation: _____

MOAA Membership No.: _____ (From MOAA card or Military Off. Mailing Label)

Spouse's Name: _____ Spouse's Nickname: _____

Are you willing to serve as board member or on a committee? () Yes () No

PLEASE CIRCLE CORRECT AMOUNT: ANNUAL DUES ENCLOSED IS \$25.00 FOR REGULAR MEMBER OR \$20.00 FOR AUXILIARY MEMBER. Make checks payable to PACMOAA and send mail to:

PACMOAA, PO Box 5353, Portsmouth, VA 23703

DATE: _____ SIGNATURE: _____