

OFFUTT UPDATE – January-February 2020

A Publication of the Offutt Air Force Base Retiree Activities Office

E-mail: 55MSG.CVR@US.AF.MIL

Phone: 402-294-4566/402-294-2590



Welcome 2020!

A new decade has arrived with new potential and adventure. I hope your holiday celebrations were pleasant. We are sorry for the delay in the newsletter.

It's not too early to mark your calendars for the
2020 Retiree Appreciation Day
Saturday, October 17, 2020.

The day is a chance to gather information on programs that may assist you in your retirement and answer some questions you may not have had the chance to get answered.

The Retiree Activities Office is here for you and welcome your phone calls, visits and volunteer time.

If you have a spare day to come in and help other retirees, we'd love to have you join us here in the same building as the MPF, room 115. Our e-mail and phone numbers are in our Letterhead.

In an effort to help you access the resources you need we have added a reference page as our last page for you to keep on hand.



On January 15th the #FightinFiftyFifth celebrated its 79th birthday.

Established as the

55th Fighter Group during World War II, the original #Warhawks crossed the Atlantic aboard the HMS Orion bound for England where they would fly P-38s and eventually P-51s over Europe. Their mission was simply, "Pursuit to Defend."

AIRMAN'S STORY, LEGEND, LEGACY 'NEED NO EMBELLISHMENT'

By 55th Wing Public Affairs / Published
January 30, 2020

February is Black History Month, which provides everyone an opportunity to look back at African Americans who have made an impact on our nation's history.

Within the 55th Wing, there are multiple heroes, icons and pioneers scattered throughout the unit's nearly 80-years of service, but there has been only one Lt. Col. Harrison Tull.



Tull was a member of the famed Tuskegee Airmen and spent 27 years in the military serving during World War II, the Korean War, Vietnam War and Cold War.

He started out in a segregated Army Air Corps in 1943 and retired from the Air Force in 1970 as commander of the 55th Electronic Intelligence Operations Squadron at Offutt.

"He was a fine officer, a true gentleman patriot and role model," said retired Lt. Col. Max Moore, who served with Tull at Forbes Air Force Base, Kansas, and at Offutt.

While attending Army Air Corps basic training, Tull was accepted into the Aviation Cadet Program at Tuskegee, Ala. He earned his rated observer wings in 1944, was commissioned as a second lieutenant and became a member of the 477th Bombardment Group in World War II.

Following the war, Tull transferred to the Reserves where he remained for the next seven years. After being recalled to active duty for the Korean War, he served as a navigation instructor, went through B-29 crew training and ultimately served with the 98th Bombardment Wing, flying post Korean War support missions.

In 1956, Tull moved into the electronic warfare career field where he served as an equipment operator, instructor and evaluator with the 55th Strategic Reconnaissance Wing. He continued to serve in electronic reconnaissance for the next 14 years until his retirement.

"His life story, legend and legacy need no embellishment," Moore said. "They stand alone as a true testament."

Following his illustrious military career, Tull taught high school biology and was a junior high counselor at Omaha Public School's Monroe Junior High School until he retired in 1990.

Tull was selected for the 55th Wing Hall of Fame in 1999, the Nebraska Aviation Hall of Fame in 2003 and received the Congressional Gold Medal in 2007, the highest award bestowed by the U.S. legislative branch.

In 2010, the 55th Wing honored Tull by naming a new road after him that connected the 55th Communications Group headquarters building to SAC Boulevard.

IMPORTANT ANNOUNCEMENTS

TAX SEASON IS HERE AGAIN

DFAS.MIL, December 18, 2019

As we enter another tax season, we want to make sure you are aware of all of the options you have for getting your tax documents.

We recommend you take advantage of myPay. A myPay account is your one-stop source for all of your most important retired pay information, including your 1099-R.

In fact, by the time you read this newsletter, retiree 1099-Rs will be available in myPay (December 19, 2019) and annuitant 1099-Rs will be available two days later (December 21, 2019).

If you have requested your 1099-R to be mailed, it will be mailed via U.S. Postal Service no later than January 31, 2020.

Get your 1099-R and pay information 24/7 in myPay

The fastest and most secure way to obtain a copy of your 1099-R is through myPay. Retirees and annuitants can log in to myPay, and print a 1099-R from the comfort of their home. Instructions are at: <https://myPay.dfas.mil>

If you're not using myPay, now is a great time to get started. With the refresh this spring, myPay is now simpler, streamlined and more mobile-friendly. That means it's easier to manage your pay account using the web browser on your computer or with a connected device, like your smartphone or tablet.

The advantage of using myPay is that your 1099-R tax statement will be available much sooner in myPay than through postal mail. 1099-Rs generally become available in myPay in late December, while paper copies aren't mailed until later in January. In addition, in myPay you can download or print your current year tax statement, as well as prior year 1099-Rs (up to four prior years for retirees and up to two prior years for annuitants).

While you're in myPay, you can also easily check to make sure we have your correct mailing address and email address.

It's easy to get started with myPay

If you've never used myPay, you can request an initial password on the myPay homepage using the "Forgot or Need a Password" link. The password will be mailed to the address you have on file with DFAS and you will receive it in about 10 business days.

Once you receive your password in the mail, you can return to the myPay homepage and log in with your social security number and the password you received in the mail to create your myPay profile.

We have a downloadable step-by-step Get Started Guide to myPay on our website and a how-to video on the DFAS YouTube channel.

Reactivating your myPay account

We know that some of you only use myPay once a year to get your 1099-R during tax season. Then, when you do try to access your account, you discover that your password is expired, lost or forgotten. If this sounds like something that has happened to you, please update your password now. Waiting to update your password might mean longer wait times and potential delays in receiving your tax documents.

If your myPay account is in an inactive status because your password has expired, you can follow the simple steps below to reactivate your account.

1. Go to mypay.dfas.mil in your web browser on a computer or connected device
2. Click on the "Forgot or Need a Password?" link and enter your Login ID or Social Security Number
3. Choose to send a temporary password to your email or mailing address of record
4. When you receive the temporary password, go back to myPay and log in to reactivate your account.

The self-service options available through myPay simplify the management of your military retirement or annuity and give you access to personalized information about your account.

Additional ways to get your 1099-R

If you are not using myPay, we offer other convenient options to get or replace an IRS Form 1099-R.

1. For retirees, if your mailing address on file with DFAS is current, you can get a copy of your 1099-R through our telephone self-service option. To use telephone self-service:
 - Call 800-321-1080
 - Select option "1" for Self-Serve
 - Select option "1"
 - Enter your Social Security Number when prompted
 - Your 1099-R should be in the mail within 7-10 business days to the address we have on record.

Please note that 1099-R reissues requested through the telephone self-service option cannot be mailed prior to February 10, 2020.

2. If the address you have on file with DFAS is out of date and you are not a myPay user, you (both retirees and annuitants) can get your 1099-R sent to a one-time, temporary mailing address, or to your mailing address on record by submitting your request online. Plus, you can request prior year 1099-Rs. You will receive your 1099-R in the mail in seven to ten business days. Find instructions at: <https://go.usa.gov/xPh7H>

Please note that 1099-R reissues requested through AskDFAS cannot be mailed prior to Feb 10, 2020.

3. If you prefer traditional mail, you can send us a written request by fax or mail, but please make sure you leave time for processing. It can take up to 30 days to process requests received by fax or mail. Find instructions at: <https://go.usa.gov/xPh7M>

Please note that 1099-R reissues requested via written request cannot be mailed prior to February 10, 2020.

4. Members with unique situations can speak directly to one of our customer care representatives. Depending on call volume, you may have to wait on hold while we assist other customers. For more information, check out: <http://go.usa.gov/xPh7f>

Please note that 1099-R reissues requested from our customer care center cannot be mailed prior to February 10, 2020.

Changing your federal tax withholding

If you need to change your withholding, you can do it easily in myPay. Or you can fill out and mail an IRS Form W-4 if you are a military retiree or an IRS Form W-4P if you are an SBP annuitant. Be sure to use the 2019 forms if you are sending the form before January 1, 2020. The forms are available on the IRS website and are also linked from our Forms page.

The Internal Revenue Service (IRS) recently published a new version of Form W-4, Employee's Withholding Certificate, for the 2020 tax year. Implementation of the new form in the military retired pay system is underway, but not yet complete.

Please note: You are not required to file a new Form W-4.

Additional updates regarding the 2020 W-4 form processing will be published in the Latest News area of our website and in our other retiree communications.

DFAS customer service representatives cannot provide tax advice or recommendations on withholding. Please consult a tax professional if you have questions about your taxes.

The IRS offers a Tax Withholding Estimator

The IRS has a new online Tax Withholding Estimator to help you determine how much tax you need to have withheld. The calculator helps taxpayers estimate if the right amount is being withheld from their income to cover their tax liability. The estimator uses a simple, six-step question-and-answer format using information like marital or filing status, income, withholding, adjustments, deductions and credits.

The mobile-friendly estimator replaces the Withholding Calculator:

www.irs.gov/individuals/tax-withholding-estimator

OFFUTT LAW CENTER OFFERS FREE TAX ASSISTANCE

*55th Wing Legal Office / Published
January 24, 2020*



The 2020 tax filing season begins Jan.27, so now is the time to gather all of the required documents. Once you've found them, the Offutt Tax Center is available to help you properly prepare and file your 2019 income tax return.

The service is free for all enlisted ranks, officers O-3 and below, retired members age 65 and older, disabled members with 50% or greater rating and income less than \$80,000, retired National Guard and reserve members age 65 or older, and all members deploying or returning from deployment. Surviving spouses as well as their ID-carrying family members are also be eligible.

Tax assistance will only be provided to National Guard and reserve members in the previously listed ranks who are on active duty orders, or to members who have been released from active duty or ordered to active duty for more than 30 days, issued under mobilization authority.

If filing a joint tax return electronically, both members must be present with a photo ID. Spouses of deployed personnel may file on behalf of their spouse with a Power of Attorney or a signed Form 2848, IRS Power of Attorney and Declaration of Representative. This form is available at the tax center or online at www.irs.gov. Additionally, social security cards must be provided for everyone listed on the return.

The tax center will accept prepared tax forms for electronic filing. However, they will only prepare returns for one rental property and will only assist with small business returns for members with on-base home daycares. Additionally, the center will not prepare returns with a K-1 Form 1065 or a K-1 Form 1120S, Partners Share of Income form.

Members seeking assistance should call 294-3759 to schedule an appointment. Tax Center hours are 9 a.m. - 3 p.m., Monday – Thursday, and 9 a.m. - 1 p.m. on Fridays. The center is located in the basement of the Offutt Law Center and will be open throughout tax season from Jan. 27 - April 15.

To help expedite appointments, customers should visit <https://www.offutt.af.mil/Units/55th-Wing/55th-Wing-Staff-Agencies/55th-Wing-Law-Center/> to print a list of what to bring to their tax appointment and to fill out the Statement of Understanding and 2019 intake sheet.

ON AND AROUND OFFUTT AFB

OFFUTT TICKETS AND TRAVEL

Hours: 9 a.m. – 5 p.m.: Mon, Tue, Thu, Fri, & Sat
Closed: Wed, Sun and Holidays
Phone (402) 294-4049
All Prices are subject to change

Amazing Pizza Machine Food and Fun \$18 90mins.
Unlimited \$27

Bellevue Little Theater Tickets \$18
Tuck Everlasting, the Musical – Mar 13-20
Temporary Insanity – May 1 – 17

BounceU Omaha 3 jump pack \$21, 5 jump Pack \$33
Birthday Parties Weekday Party Pack \$180-\$260
Weekend Party Pack \$220-\$300

CHI Health Center Arena
Creighton Basketball \$21 adult/\$10 Child



BUY TICKETS AT ITT

Sunday • April 5 • 3 PM
CHI Health Center, Omaha
Ticket Prices: \$22 - 115
Available for additional purchase
Magic Pass \$18
(Must have admission ticket also)

Information Tickets & Travel
CALL 294-4049

COCO Keys Gen. Admission – Good for Any Day \$9
Fontenelle Forest Individual Membership \$42,
Dual Membership \$52, Household Membership \$62
Plus one \$20

Lancer Ralston Arena – Hockey \$13 Ad/Ch
Mad Cow Paintball – Equipment Rental -- \$38



LET THE GOOD TIMES ROLL IN
NEW ORLEANS
BUY TICKETS
AT ITT

AUDUBON ZOO
BUTTERFLY GARDEN & INSECTARIUM
AUDUBON EXPERIENCE COMBO
AUDUBON AQUARIUM & ZOO COMBO

402-294-4049

Omaha Community Playhouse 2019/2020
The Color Purple – June 20 and 27, 7:30 p.m. \$32
adult/\$20 student

Omaha Urban Air Trampoline Park
Ultimate Attractions \$22, Deluxe Attractions \$17, Basic
Attractions \$11

Orpheum 2019-2020

Lion King May 2 & 9, 2020 \$112/\$90 ages 2+

Rose Theater Individual Tickets \$17 for regular
shows/\$24 Premium Event

SAC Museum Membership 1 yr Family \$50

FSS Text Alerts: Text the keyword TICKETS to 95577
to know about ITT upcoming events, tickets and more!

STRENGTH OF A LINK, A DEFENDER'S WAY

By L. Cunningham, 55th Wing Public Affairs
Published January 31, 2020

A defender, who's 16-year career began fixated on checklists, compliance and career progression eventually discovered he was missing something. With the pressures building up at home and on the job he sought help from his command. He was introduced to the philosophy of the link and has since become a connection focused husband and noncommissioned officer.

During an All Call when 16th Air Force Command Chief Summer Leifer asked if there was a defender in the audience who could tell her what the chain-link meant in her hand represented. Tech. Sgt. Jason Hamm, 55th Security Forces Squadron Armory NCO in charge, stood and explained the definition of the link and what it means to him.

“The chain-link, the person that you're next to, they have strengths you don't know about, they have weaknesses you don't know about, but unless you are linked to them you will never know how to bring that full circle,” said Hamm. “You are only as strong and weak as the link next to you, but as long as we are connected, we'll make a difference.”

Leifer was so impressed by his answer that she presented Hamm with her personal coin engraved with AUDENTES FORTUNA IUUVAT, which is Latin for fortune favors the bold.

“I'm always looking for those people that demonstrate in themselves and bring out in others the bravery to speak truth to power, bold leadership and outstanding leadership, that they lead by example and they are dedicated to higher a purpose,” said Leifer to Hamm. “I can tell that is you, so thank you for what you have done, what you are doing now, and what I know you are going to do in the future, it's a pleasure to serve with you brother.”

In 2008, after having felt the loss of his father the previous year, Hamm arrived at Lackland Air Force Base. The following year brought the loss of his spiritual grandmother and a divorce from his first wife, he said. With his marriage over, being deep in debt, deficiencies at work and all of his life's positive influences gone, he felt lost as a person and Airman.

The multiple stressors in his life led Hamm to thoughts of suicide until 2010 when he met the woman who became his current wife. They married in 2013 and were assigned to Yakota Air Base. Turbulence within the marriage soon transpired due to conflicting cultural differences and temperaments.

For two years, Hamm struggled until the answer found him, when then-Major Michael Cheatham, developer of the link, became his commander and introduced his philosophies and expectations to his new command. Coincidentally, Cheatham later became the commander of Hamm again and the 55th SFS as a lieutenant colonel at Offutt.

Hamm found that there were weaknesses in his faith and his self-esteem as a husband and a man which were impacting him as an Airman. Remembering the link and Cheatham's words of advice, he reached out to his first sergeant and superintendent. He discovered they were strong where he was weak.

"They explained that we will always need improvement in one way or another," Hamm said. "The blessing is knowing that we can improve and the method is that we can all do it together."

This explanation resonated deeply with Hamm and his convictions. So much that the ideals it represents have remained with him. Hamm discovers new things about himself day by day and is amazed by what he finds while looking within himself. He finds pain, disappointment, regret, fear, anxiety and despair, he said.

Yet when he goes beyond those negative emotions he finds love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control, Hamm said. He considers these gems that redefine his life.

Hamm applied his leaders' advice, strengthening his relationship with his wife and improving his understanding of the importance of connecting with people to serve them as their leader.

An important part of Hamm's link is love because of the issues he and his wife faced together while at Yakota AB.

"It is unfortunate that sometimes we really won't know and see how much value people actually bring to our lives, our organizations, etc., until they are no longer with us," said Hamm. "Military spouses sacrifice so much for us as we serve as Airmen throughout the world and sometimes we get lost in the job, the objectives and missions that we forget to see each other."

Hamm bases his leadership style on L.O.V.E. which stands for Lets Observe and Value Each other. Hamm

focuses on teaching subordinates to value others as human beings and to consciously connect. Life and duty call for the need to be spiritually, mentally, emotionally and physically resilient to handle the demands of our lives and our duties, said Hamm.

"If we can go beyond those barriers and actually connect with another human being and transfer our strengths into areas in which they are weak, we can accomplish a whole lot more on a daily basis," said Hamm. "It will make hardships easier to endure, so link up."

SOAR INTO HEALTH THIS NEW YEAR

*By 55th Wing Public Affairs, 55th Wing Public Affairs /
Published January 03, 2020*

The Health Promotion office here is offering help in meeting New Year's resolutions through a program that focuses on the main components of good health, physical activity, nutrition and sleep.

The "Soar into Health" program began Jan. 8, 2020. Pre-registration is required to participate in all classes and appointments. The event is open to all military, retirees, DOD civilians, contractors and their families. Contact the Health Promotions office at 402-294-5977 to sign up for the 7-week challenge.

There will be a 7-week challenge offered, that provides education, motivation, accountability, and support to participants. The program began with a kick-off event called "Eating, exercising and thriving".

Classes

- ❖ February 12-4:45-6:30 pm Emotional Control!
Unveils an amazing, systematic process for developing control over Emotions and Impulses such as Anger, Sadness & Insecurity. Sure to make a difference in your performance, relationships and overall happiness.
- ❖ February 19-4:45-5:45pm (Meets at the Commissary Front Entrance) Commissary Smart Shopping Tour! A 1 hour interactive tour of the food sections of the Commissary to learn healthy eating options and strategies to navigate the store wisely. (Eating, Exercising & Thriving 1 & 2 Class Recommended Prior)
- ❖ March 4- 4:45-6:30 pm Eating, Exercising & Thriving! Provides Nutrition, Fitness and Behavior Change strategies for successful weight loss and/or maintenance. Introduces the 5 Essential Elements of Wellbeing and 3 Action Steps to live a happy & fulfilled life.
- ❖ March 18-4:45-6:30 pm Mindset Motivation! Helps you find your fuel, ignite your passion, increase your drive, overcome procrastination, develop proactive habits and become a high achiever. Leaves a lasting impression empowering you to make the rest of your life the best of your life.

- ❖ March 25-4:45-6:00 pm Sleep is King! Addresses the magic that happens during sleep and how to improve it, so you can add life to your years and years to your life. Also addresses mitigating fatigue, snoring, caffeine use, shift work and jet leg. Your energy level will thank you for attending.
- ❖ April 1 -- January 29-4:45-6:00 pm Eating, Exercising & Thriving! Part 2
- ❖ April 8-4:45-6:00 pm Stress to Strength! Unmasks a

revolutionary new approach to flipping stress so that you can not only get out from under it, but thrive despite of it. You'll never look at Stress the same way again.

We believe you are worth the time it takes to take care of yourself. We also believe the better you take care of yourself, the better you're able to take care of others.

Mr. Roger Nelson, Director and Mr. Rob DeLair, Staff

MILITARY NEWS

SECRETARY WILKIE STATEMENT ON PRESIDENT TRUMP'S STATE OF THE UNION ADDRESS

*Office of Public and Intergovernmental Affairs,
February 4, 2020, 10:28:00 PM*

VA Secretary Robert Wilkie released the following statement today:

“America’s accomplishments during President Trump’s first three years in office are nothing short of historic, and tonight the president set forth a bold and optimistic vision to build on this progress.

“Whether it’s the expanded health care choices of the MISSION Act, the increased educational options of the Forever GI Bill or the enhanced flexibility of the Appeals Modernization Act, millions of Veterans are benefitting from the landmark reforms VA has implemented under President Trump’s leadership.

“Tonight, President Trump made clear that our future will be filled with many more successes for Veterans and all Americans.”

TRICARE DEDUCTIBLES AND CATASTROPHIC CAPS RESET JAN. 1

TriCare.mil, 12/30/2019

Did you know your TRICARE deductible and catastrophic cap reset every Jan. 1? As always, TRICARE costs depend on who you are as well as your health plan (for example, TRICARE Prime or TRICARE Select). So take a few minutes to re-familiarize yourself with the deductible and catastrophic cap associated with your plan.

A deductible is a fixed amount you pay out of pocket for covered health care services each calendar year before TRICARE pays anything. Enrollment fees aren’t included in your deductible.

Your deductible varies by health plan. If you have TRICARE Select, your deductible depends on your sponsor’s status and rank, and whether they’re in Group A or Group B. There’s no deductible with TRICARE Prime. But you may have to pay a deductible if you see a provider without a referral using the point-of-service option. If you have TRICARE for Life (TFL), you only have to pay an annual deductible

for services not covered by both Medicare and TRICARE. Download the TFL Cost Matrix from the TFL page to see what Medicare and TRICARE pay.

Your deductibles reset to \$0 every Jan. 1. You can find your deductible on the TRICARE Costs and Fees Sheet.

The catastrophic cap is the most you or your family may pay out of pocket for covered TRICARE health care services each calendar year. This protects you because it sets a limit for the amount you’ll pay annually for TRICARE covered medical services. Each year, your TRICARE Prime or TRICARE Select enrollment fees along with all other out-of-pocket expenses count toward your catastrophic cap. Each Jan. 1, this amount resets to \$0.

Once you reach your catastrophic cap, you don’t pay any more of the TRICARE-allowable charge for covered services. This includes enrollment fees for TRICARE Prime and TRICARE Select, costs paid toward annual deductibles, pharmacy copayments, and other cost-shares based on TRICARE-allowable charges. But you’ll have to pay for services that don’t fall under the catastrophic cap protection.

The catastrophic cap doesn’t apply to:

- ❏ Services not covered by TRICARE
- ❏ Any amount that non-participating providers may charge above the TRICARE-allowable charge. Click to close The maximum amount TRICARE pays for each procedure or service. This is tied by law to Medicare’s allowable charges. (up to 15% above the allowable charge)
- ❏ TRICARE Prime point-of-service charges
- ❏ Monthly premiums for TRICARE Reserve Select, TRICARE Retired Reserve, or TRICARE Young Adult

Visit the Cost Terms page to help you better understand your deductible, catastrophic cap, and other TRICARE costs. Then use the TRICARE Compare Cost tool to find your health plan costs, including costs related to TRICARE For Life. For a detailed overview of most costs and fees for TRICARE programs, you can also check out the 2020 TRICARE Costs and Fees Sheet. This is your benefit—take command of your health care by learning about your plan.

7 STRESS RESOURCES VETERANS CAN USE RIGHT NOW -- VA OFFERS A VARIETY OF MENTAL HEALTH RESOURCES FOR VETERANS, FAMILY MEMBERS, AND FRIENDS

US Dept of Veterans Affairs

As a Veteran, you might experience difficult life events or challenges after leaving the military. We're here to help no matter how big or small the problem may be. VA's resources address the unique stressors and experiences that Veterans face — and we're just a click, call, text, or chat away.

Seven mental health resources Veterans can use right now

- 1) Just show up to any VA Medical Center. Did you know that VA offers same day services in Primary Care and Mental Health at 172 VA Medical Centers across the country? VA Secretary Robert Wilkie has made Same-Day 24/7 access to emergency mental health care the top clinical priority for VA staff. "It's important that all Veterans, their family and friends know that help is easily available." Now, all 172 VA Medical Centers (VAMCs) provide Same-Day Mental Health Care services. If a Veteran is in crisis or has need for immediate mental health care, he or she will receive immediate attention from a health care professional. To find VA locations near you, explore the facility locator tool.
- 2) Make the Connection is an online resource designed to connect Veterans, their family members, friends and other supporters with information and solutions to issues affecting their lives. On the website, visitors can watch hundreds of Veterans share their stories of strength and recovery, read about a variety of life events and mental health topics, and locate nearby resources.
- 3) The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring VA responders through a confidential toll-free hotline, online chat, and text messaging service. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year.
- 4) Vet Centers provide community-based counseling for a wide range of social and psychological services, including confidential readjustment counseling, outreach and referral to eligible Veterans, active duty service members, including National Guard and Reserve components and their families. It offers individual, group, marriage and family counseling. And you can get a referral and connection to other VA or community benefits and services at no cost. Vet Center counselors and outreach staff, many of whom are Veterans themselves, are experienced and prepared to

discuss the tragedies of war, loss, grief and transition after trauma.

- 5) Coaching Into Care provides guidance to Veterans' family members and friends on encouraging a Veteran they care about to reach out for mental health support. Free, confidential assistance is available by calling 1-888-823-7458, 8 a.m. – 8 p.m. ET, Monday through Friday, or by emailing CoachingIntoCare@va.gov.
- 6) The Veteran Training online self-help portal provides tools for overcoming everyday challenges. The portal has tools to help Veterans work on problem-solving skills, manage anger, develop parenting skills, and more. All tools are free. Its use is entirely anonymous, and they are based on mental health practices that have proven successful with Veterans and their families.
- 7) AboutFace features stories of Veterans who have experienced PTSD, their family members, and VA clinicians. There, you can learn about PTSD, explore treatment options, and get advice from others who have been there.

Learn more: For more information about VA's mental health resources and behavioral health services, please visit VA's Mental Health Services website at MentalHealth.va.gov, or the Vet Center website (for combat Veterans) at www.vetcenter.va.gov. For a more detailed view of VA mental health service offerings, explore the VA Office of Mental Health and Suicide Prevention Guidebook.

To find VA locations near you, explore the facility locator tool at VA.gov.

WHY PRESIDENTS' DAY?

US MINT.GOV

The history of Presidents' Day can be traced back to the late 1700s. People began celebrating George Washington's Birthday (February 22) while he was still president. About a hundred years later, his birthday became a federal holiday. After Abraham Lincoln's death in 1865, many people also celebrated Lincoln's birthday (February 12), though it never became a federal holiday.

Both Washington and Lincoln left enduring legacies. Washington helped to hold the country together during the Revolutionary War, and Lincoln held it together during the Civil War. But all of our presidents have worked hard to serve our country.



IMPORTANT RESOURCES





INTERNET ADDRESSES

The official website of Offutt Air Force Base :
<https://Offutt.af.mil>



The official website of the 55th Force Support Squadron
<https://www.offutt55fss.com>

The Offutt Air Force Base social media accounts:


Facebook

-  Offutt Air Force Base
-  55th Wing Commander
-  55th Wing Command Chief
-  AFMS - Offutt - 55th Medical Group

Twitter

-  @Offutt_AFB
-  @Offutt_Weather

Instagram

-  @offuttafb

Flickr

-  /photos/Offutt_afb

E-Edition of the Air Pulse, our base newspaper
<https://www.omaha.com/sarpy/airpulse/e-edition/>

The official website of our Ehrling Berquist Clinic
<https://www.airforcemedicine.af.mil/MTF/Offutt/>

USAF Connect App

Search for “USAF Connect” in your device’s app store to find this resource.

The Air Force’s official app not only has news, AFIs, safety and emergency information, a PT test score calculator, and other functions applicable to your entire Air Force career. It also connects you to an Offutt focused side of the app where you can find relevant information to all of Team Offutt at any time right from your phone. We can customize this side to fit our needs, so the more we use it the more it will be refined.

IMPORTANT PHONE NUMBERS

Aero Club.....	(402) 294-3385
Arts & Crafts.....	(402) 294-3837
Auto Hobby Shop	(402) 294-5564
Main Base Exchange	(402) 291-9100
Casualty Affairs & Survivor Benefit Plan	(402) 294-3204
Base Chapel	(402) 294-6244
Clinic Appointments.....	(402) 232-2273
Military Health System Nurse Advice Line	(800) 874-2273 (option 1)
Commissary	(402) 294-6783
DFAS (Retired)	(888)332-7411 (option 4, then option 2)
Golf Course.....	(402) 294-3530
Field House	(402) 294-5413
Legal Assistance.....	(402) 294-3733
Main Pharmacy Information.....	(402) 232-2273 ext 23
Main Pharmacy Refill.....	(402) 294-4758 OR (800) 654-1870
Military Personnel Flight.....	(402) 294-5019
Outdoor Recreation and Equipment Rental	(402) 294-4049
Satellite Pharmacy.....	(402) 294-3228
Tickets & Travel.....	(402) 294-4049
Warhawk Community Center.....	(402) 294-9558