

OFFUTT UPDATE – March 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



MARCH IS HERE?!

I honestly don't know where the first two months of 2020 have gone. We are in March. In school we'd build kites and find a field to fly them. I'm afraid my kites always found, like Charlie Brown, that kite eating tree. But it was always a fun time. I would often wonder what the kite saw up in the air. Growing up near New York State we'd see Maple Trees taped for syrup. But enough reminiscing

WE NEED YOU

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. While the office is open from 0900-1300 we will work with you.

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

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

I hope the quick reference page has been helpful for you. If I've missed someone, please let me know.

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.



*The Retiree Activities Office (RAO) is located in building 49, Room 115. (Across the street from the Gazebo on the Parade Grounds.) **Our mission** is to provide information, services and programs to military retirees of all ranks and services, as well as family members and surviving spouses of retired service members residing in regions of Nebraska, South Dakota and Iowa. We are an all-volunteer office manned from 9:00 a.m. -1:00 p.m. weekdays except for holidays and inclement weather.*

OFFUTT AREA UPDATE

NEW CITATION PROGRAM IMPLEMENTED AT OFFUTT

By Kendra Williams, 55th Wing Public Affairs

Beginning March 1, 2020, the 55th Security Forces Squadron will incorporate the U.S. District Court Violation Notice citation program alongside the traditional points-based Armed Forces traffic ticket, also known as the DD Form 1408.

All drivers, to include both military and non-military personnel, are subject to the DD 1408 and USDCVN citations.

A USDCVN is a federal citation issued for petty offenses and is similar to citations issued by off-base law enforcement agencies in that it assesses a fine which is payable to the U.S. Courts Central Violations Bureau.

Offutt AFB supplement to Air Force Manual 31-116, Air Force Motor Vehicle Traffic Supervision outlines a summary of changes and lists offenses in which USDCVN may be issued and associated fines.

“With implementation of these citations those who choose to act outside the lines of our safety standards may face financial repercussions,” said Col. Alan Dayton, 55th Mission Support Group commander. “This is an additional tool that helps our defenders keep the base safer with the desired outcome being all personnel on our installation use caution and are mindful of those around them.”


DD 1408s will remain the primary method used to enforce traffic laws and good order and discipline. The USDCVN is a secondary option intended for both traffic law enforcement and other situations where a DD 1408 would be either inappropriate or ineffective.

Common situations where a USDCVN may be issued include, but are not limited to, reckless driving, possession of drug paraphernalia, open alcohol containers and driving with a suspended or revoked license.

“USDCVN citations will be issued in a reasonable and deliberate manner,” said Lt. Col. Michael Cheatham, 55th Security Forces Squadron commander. “The purpose of both USDCVNs and DD 1408s is to make the installation safer for Team Offutt.”

USDCVN funds collected from the payment for petty offenses are deposited into the Crime Victims Fund. Frequently Asked Questions regarding payment methods and how to contest a citation can be found on the CVB WEBSITE.

AIR FORCE OFFICE OF SPECIAL INVESTIGATIONS
ANONYMOUS CRIME REPORTING



**SEE SOMETHING WRONG
DO SOMETHING RIGHT**

**Insider Threat, Fraud, Theft,
Drugs, Burglary, Rape, Domestic
Violence, Espionage...**


Happens in our community and workplace. You might have the information that would help solve these cases and keep us safe.

Who is the Air Force Office of Special Investigations?
OSI is a federal law enforcement agency which investigates felony-level crimes such as drug use/possession/distribution, rape, sexual assault, domestic violence, and burglary, among many other things.

What happens when I contact the Tip Line?
Once you submit your tip you will be provided a unique tip number. Please check your tip submission within a day or two to see if further information is needed to resolve the issue. You will never be asked for your name or personal information. Do NOT share your tip number with anyone.

What do I do if I get more information?
If you have more information at a later time, re-contact the Tip Line with your unique tip number to provide an update to your original tip.

How does the online submission process work?
When you submit a tip online, your form is sent using state of the art software. Tips submitted through the web are encrypted, confidential, and immediately transferred directly to OSI. After submitting your tip, you will be provided with your own unique tip number in order to check on the status of your tip or provide more information at a later time.



Ways to Ensure Your Tip Can be Used:

1. When filling out the anonymous tip form, be sure to put Offutt Air Force Base so the tips are delivered to the appropriate place.
2. Be sure to be as specific as possible in the tip and try to answer the who, what, when, where, and how if possible.
3. Once received, keep your tip number and check the status of the tip because OSI may respond to your tip seeking further information.

HOW TO REPORT AN ANONYMOUS TIP USING YOUR SMART PHONE:

For iPhone:

1. Download the app, **Tip411**, from the App Store
2. Choose **Submit A Tip**
3. Click the link to **select an agency** and then select **Air Force OSI**
4. Fill out form with as much information as possible
5. Click **Submit**

For Android:

1. Download the app, **Air Force OSI Tips**, on the Google Play store
2. Choose **Submit A Tip**
3. Fill out form with as much information as possible
4. Click **Submit**

HOW TO REPORT AN ANONYMOUS TIP ONLINE:

1. Go to the following website: https://www.tip411.com/tips/new?alert_group_id=21111
2. Or go to the AFOSI web page: <http://www.osi.af.mil/>

HOW TO REPORT AN ANONYMOUS TIP VIA TEXT MESSAGE:

1. Text "AFOSI" plus your tip information to 847411 (TIP411)

No federal endorsement of commercial products is intended.

HELP PROTECT OUR SERVICE... WHILE REMAINING ANONYMOUS

TOP COP VISITS OFFUTT DEFENDERS

*By Charles J. Haymond, 55th Wing Public Affairs
Published February 28, 2020*

The 55th Security Forces Squadron was on full display before the Air Force's Top Cop during his one-day tour here Feb. 25, 2020.

Brig. Gen. Roy W. Collins, director of Security Forces, and Chief Master Sgt. Tamala L. Hartz, Security Forces career field manager, came to visit Offutt's defenders, observe their well-being and talk about how they can help their future success.

"Thanks for inviting me and Chief Hartz," Collins said. "We know your wing commander well, and he wanted to allow us to get out and see the team."

The 55th SFS consists of twelve flights, which are all dedicated to supporting the Air Combat Command's largest wing and a diverse community of more than 54,000 military and retirees.

"We have a lot of units, a lot of defenders, 38,000 of us getting after this mission every single day," Collins said. "Your feedback becomes very valuable to us as we talk about the direction our career field is going, what we're doing and what we're getting right."

During the visit, Collins toured various facilities that were flooded in 2019 to determine what ways he can aid the 55th SFS with accomplishing their mission. While viewing these areas he was also able to see and understand the innovative ways the defenders were using to the mission moving forward.

Collins and some of the 55th SFS defenders participated in a resiliency luncheon held in the Strategic Air Command Memorial Chapel annex. The defenders were able to get very candid with Collins and one another.

"We talked about resiliency and it lets us know it is okay not to be okay," said Senior Airman Micayla Heard, 55th SFS response force leader. "What that means is, it is okay to go to mental health, it is okay to reach for help, it is okay to be on duties not to involve firearms and it is okay."

Collins shared a little of what he observed during his visit.

"The cultural environment that we're talking about developing in our defender nation exists already in the 55th SFS," Collins said. "You don't have to look very far to figure out whether or not you have people that are willing to build a cultural environment they are comfortable with and who don't mind coming forward and talking to a friend, someone they work with or their supervisor. This is same environment we want to create in all our defender squadrons."

PARTNER UNIT FEATURE: NAVY OPERATIONAL SUPPORT CENTER

*By Kendra Williams, 55 Wing Public Affairs
Published February 28, 2020*

The Navy Operational Support Center is one of team Offutt's outstanding partner units and home to 11 active-duty sailors who provide training and administrative support for more than 250 Navy Reservists in Nebraska and Western Iowa to ensure they are deployable assets.

The NOSC's mission is to generate mobilization readiness by providing administrative services, training support, medical, and world-class customer service to Reserve personnel in support of surge and operational requirements for the Navy and Marine Corps, and Joint Forces.

"Our main priority is keeping reserve sailors mobilization and deployment-ready," said Chief Petty Officer Joseph Timm, NOSC senior enlisted leader. "My medical personnel have access to all the databases and can monitor and make sure with the Offutt clinic that we are able to support our [Selective Reserves] team."

The selective reservist have to do 40 out of 48 drill periods. In a month they have a drill weekend that counts toward four of their drill periods. They earn one drill period from 7:00 a.m. - 11:00 a.m. and another drill period from 12:00 p.m. - 4:00 p.m., so four drill periods every weekend.

In addition to the 40 drill periods required by Selective Reservists, they also support their active-duty mission or their active duty command for 12-14 days as a minimum every year.

Another major responsibility of NOSC personnel is ensuring Navy veterans in the surrounding area are provided with military honors for funeral ceremonies providing peace and closure for families.

"As long as the family member requests it, we do funerals in the whole state of Nebraska for any person that has ever served in the Navy," said Timm. "We're still going back and putting to rest people who served in the Korean War and Vietnam Era."

The NOSC provided support for over 475 funerals last year, including full military honors for the Blitz twin brothers from Lincoln who were killed aboard the USS Oklahoma at Pearl Harbor.

From 1961 to 2011 the NOSC was located at the Fort Omaha historical district. They relocated here in 2011 to a new 19,000-square-foot facility to better serve their mission.

NEBRASKA ANG HONORS OUTSTANDING AIRMAN OF 2019

*By L. Cunningham, 55th Wing Public Affairs
Published February 28, 2020*

A member of the 170th Group Airfield Management at Offutt Air Force Base, Nebraska, was named 2019 Outstanding Airman of the Year for the Nebraska Air National Guard.

Selection criteria for this award are based to include civilian education, work efforts done over the past calendar year in completing professional military education, accomplishments within work areas or overseas deployments, volunteer activities or involvement within the community.

There were 238 Nebraska Guardsmen considered in the Airmen Category. All nominees for this award were selected by Nebraska ANG senior enlisted leaders. Senior Airman Laura Schwery, airfield management shift lead, from Fort Campbell, Kentucky, was one of nine Airmen, all from within the 170th Group, Nebraska Joint Force Headquarters and the 155th Air Refueling Wing submitted to the state level.

Originally from Atlantic, Iowa, she joined the Air Force in February 2014. She was stationed at Dover Air Force Base, Delaware, where she worked in the Airfield management career field for four years.

Schwery wanted to focus on her degree and be closer to home and family. In April 2018 she joined the Air National Guard and became a member of the 170th Group.

“I decided on Homeland Security,” said Schwery “Because the Air Force Office of Special Investigations was my dream career when I joined the Air Force.”

Currently a full-time student at Embry-Riddle Aeronautical University, Schwery is working on her bachelor’s degree in Homeland Security. Her aspiration is to become a counterterrorism analyst.

“Intelligence has always interested me,” Schwery said. “More so the foreign relations field and the safety of our country.”

As the Nebraska ANG OAY winner, Schwery will now move on to a six-state region competition. Where she will be competing against other Airmen from Kansas, Missouri, Louisiana, Texas and Oklahoma.

“SrA Schwery was an awesome addition to the team, her prior active duty brought a lot of experience,” said Gary Kaufman, 55th Operations Support Squadron, airfield manager. “I’m very proud of her, she will represent the Nebraska ANG and the Governor very well.”

If Schwery wins at the regional level, she will compete against representatives from the seven other regions at the national level.

OFFUTT TEAMS WITH SEABEES AS FLOOD RECOVERY CONTINUES

*Naval Facilities Engineering and Expeditionary Warfare Center
Mobile Utilities Support Equipment Division
Published February 21, 2020*

Three Seabees deployed from Naval Facilities Engineering and Expeditionary Warfare Center Mobile Utilities Support Equipment Division recently completed the installation and inspection of equipment to provide temporary power to the 595th Command and Control aircraft maintenance facility.

In March 2019, a third of the base and its infrastructure was ruined by a flood. One building had been without power since March until the 55th Civil Engineering Squadron rented a 500-kilowatt generator that could only provide power to critical loads in the building but, costly fuel and maintenance cost raised the alarm for a more viable solution. Daily the generator was costing approximately \$850 for a total cost of \$102,000. The command requested MUSE equipment not only be able to supply power to the entire facility and save \$255,000.

Offutt Air Force Base host the 55th Wing who provides intelligence, surveillance and reconnaissance, electronic attack and nuclear command and control to national leadership and warfighters. The 55th Civil Engineer Squadron provides uninterrupted facilities, utilities, and emergency services across the 55th Wing.

The installed EXWC MUSE equipment allows the U.S. Strategic Command mission to effectively maintain their equipment and avoid exposing their planes to the harsh Nebraska weather. The maintenance facility will now have powered equipment they have not had in over a year and a safer building to work in.

NAVFAC EXWC is a command of more than 1,300 federal employees, contractors and military personnel who provide specialized facilities engineering, technology solutions and life-cycle management of expeditionary equipment to the Navy, Marine Corps, federal agencies and other Department of Defense supported commands.

MUSE is a team of U.S. Navy Seabees that are experts in providing portable diesel engine-driven generators, substations and switchgear to meet utility shortcomings. The targeted customers for MUSE are U.S. Navy activities and the U.S. Marine Corps, but depending upon the situation, MUSE can provide service to other DOD and non-DOD activities.

For more information on MUSE and its operations, email MUSE_recruiters@navy.mil, or call (805) 982-5323.

For more news from NAVFAC EXWC visit <https://www.navfac.navy.mil/> or on Facebook @NAVFACEXWC

ON AND AROUND OFFUTT AFB



BUY ANNUAL MEMBERSHIPS NOW FOR 2020 IN THE WILLOW LAKES GOLF SHOP. Willow Lakes Golf Course is a Championship 18 hole layout designed by the famous Robert Trent Jones Sr. This challenging and picturesque course is located across the street from the Capehart housing area. The facility offers two practice putting greens, an outdoor driving range, club storage, full fleet of golf carts, lockers, club-fitting, golf instruction, and golf club rentals. In addition, the Willow Lakes Golf Shop offers a wide selection of the latest golf merchandise at very reasonable prices. The Grill at Willow Lakes features lunch weekdays as well as breakfast and lunch on weekends.

Come enjoy the Air Force heritage of this course and play for its history, heroes, and tradition.

General Public is Welcome

At Willow Lakes Golf Course we value the support & services that the local communities extend to our military personnel & veterans who work & live at Offutt. To extend our appreciation, we have made the course available for play to the general public with a few restrictions:

- Military & authorized DoD patrons have priority use.
- Tee time must be schedule one day in advance.
- The general public is not authorized for annual memberships.

The Grill at Willow Lakes is open to the public for dining without restrictions.

STAY CONNECTED → **OFFUTT55FSS.COM**

FAMILY • FUN • FOOD • FITNESS • SUPPORT

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

March 14
Offutt Field House 10 AM
\$12 Adults • FREE 11 and under

OffuttShamrockShuffle.eventbrite.com

No federal endorsement of sponsors intended.

Sandhill Crane Viewing at Sunset

MARCH 15

\$10 Active Duty and their dependents
\$20 Retirees and their dependents

Sign up at ODR
402-294-4049

OFFUTT AFB

Car Wash

Automatic Car Wash	Self-Serve Car Wash
Express \$5	\$2/First 4 min
Deluxe \$7	Vacuum \$1/4 min
Super \$6	
The Works \$9	

DISCOUNT PASSES AT AUTO HOBBY
Buy 9 get 10th FREE

(Please see website for changed hours of service)
402-294-4049



SPRING BREAK SPECIAL

ALL YOU CAN BOWL FOR \$5

March 16-20
Peacekeeper Lanes
Monday - Friday
8 a.m. - 2 p.m.
402-294-2514



Sunday Family Special

1 Lane for 2 hours of Bowling
1 Large One Topping Pizza
Shoes for up to 6 People
Unlimited Soft Drinks for up to 6 people
Add an extra lane for \$10

\$44.95

Call 402-294-2514



Join Us!

for a Q&A Panel on Women in Leadership

March 27th, 0900-1100

Weather Wing Auditorium

Celebrate Women's History Month
with a senior female leadership panel
Col. Ostrand, Col. Huser, & CMSgt Thomas

Stay for a social hour with
light refreshments after
the discussion.



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
- Harlem Globetrotters – Magic Pass Available \$22-\$115
- 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
- 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
- The Diary of Anne Frank – Feb 28-Mar 15
- Naked Mole Rat gets Dressed – Mar 27-Apr 11
- Corduroy Apr 24-May 10
- Premium Event – The Sound of Music Jun 5-21
- 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!

SPRING IS COMING AND WE HAVE THE TOOLS FOR YOU

Equipment Rental provides a wide variety of rental equipment to all base personnel. Rental equipment includes household items, lawn and garden equipment, party supplies including a large inventory of inflatables, various utility trailers, sporting gear, and outdoor recreation equipment. Boats, canoes, campers and outdoor adventure gear are available. Equipment Rental is located in Building 362, with Auto Hobby, Outdoor Rec, and ITT. Available equipment is broken down by category at <https://www.offutt55fss.com/equipment-rental/>

HEALTH PROMOTION OFFICE
Office 478

FREE PROGRAMS
FREE CLASSES
LOCATED IN BUILDING 4208
Directly behind the Linking Bergquist Clinic

OPEN TO:
ALL MILITARY, RETIREES,
DAD CIVILIANS, CONTRACTORS
and DEPENDENTS

SOAR INTO HEALTH 7-WEEK CHALLENGE!
Is that new Year's resolution to get in better shape and live a healthier lifestyle starting to wane? Do give up! The Offutt Health Promotion Office is offering its popular 7-Week Challenge again! The challenge focuses on developing healthy habits for physical activity, nutrition and sleep to improve your energy level, body composition, and overall physical as well as mental health.
The 7-Week Challenge begins, March 4 from 4:45 to 6:30 p.m. with an introductory 'Eating, Exercising and Thriving' class.

Pre-Registration is Required for these FREE programs, classes, and services.

402-294-5977

Classes

- ❖ March 11- 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 Mastering 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 25-4:45-5:45pm (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)
- ❖ April 1-4:45-6:00 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.
- ❖ April 8-4:45-6:30 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.
- ❖ April 15-4:45-6:00 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 22—4:45-5:30 pm Soar into Health 7 week challenge finale.

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

CORONAVIRUS: BE INFORMED AND CALL YOUR PROVIDER IF SYMPTOMS DEVELOP

Talk of the new coronavirus (COVID-19) is everywhere. Here's what you should know and do to keep yourself and your loved ones healthy.

Know the symptoms

COVID-19 is a new virus that causes respiratory illness in humans, usually 2–14 days after exposure. Illnesses have ranged from mild symptoms to severe illness, including fever, cough, and shortness of breath. The virus is thought to spread mainly from close contact with an affected person. It spreads in the air, like flu, through droplets from sneezes and coughs. The droplets can stay suspended in the air for some time and can land on surfaces that are touched by others.

Understand your risk

The Centers for Disease Control and Prevention (CDC) considers COVID-19 to be a serious public health threat, but individual risk is dependent on exposure. For the general American public, who are unlikely to be exposed to this virus at this time, the immediate health risk of COVID-19 is low.

Keep an eye on coronavirus, but remember the flu

Symptoms of fever, cough and shortness of breath also happen to be symptoms of the common cold and flu. This year, at least 29 million flu cases have been reported with 280,000 hospitalizations and 16,000 deaths from flu. Flu activity most commonly peaks between December and February and can last until May.

What's important to remember is that anyone can get

the flu. But you are more likely to become infected if you:

- Have a weakened immune system
- Have frequent, close contact with young children
- Work in a health care setting where you may be exposed to flu germs
- Live or work with someone who has the flu
- Haven't received an annual flu shot

Take precautions to guard against infection

- Get a flu shot
- Keep your hands clean by washing with soap and water for at least 20 seconds or using a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose, and mouth
- Avoid people who are sick
- Stay home and away from others when sick
- Cover your coughs and sneezes with tissues or your arm/sleeve. Dispose of tissues in the trash.
- Keep surfaces clean using disinfecting wipes
- Check the CDC advisories prior to planning travel

Stay home and phone

If you have symptoms of fever, cough, and shortness of breath, please call your local VA medical center and select the option to speak to a nurse before visiting the facility. Tell them about your symptoms and any recent travel.

In addition to calling first, consider using VA's telehealth and virtual care options. VA's telehealth providers can evaluate your symptoms and provide a diagnosis and comprehensive care, so you do not have to leave your home or office.

Get VA's latest updates on COVID-19:

<https://www.publichealth.va.gov/n-coronavirus/index.asp>

NEW MOBILE APP FOR VETERANS: CHAMPVA PAY APP TELLS YOU WHAT CHAMPVA CAN PAY

Are you a sponsoring Veteran or beneficiary of Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) program? If so, you and your health care provider may need to know if CHAMPVA pays the cost of certain medical treatments, medications or durable medical equipment.

With CHAMPVA Pay, this information will be at your fingertips.

The electronic application (app) is available for your mobile device and personal computer. It helps you work with your health care provider to determine what is reimbursable by the CHAMPVA program, based on medical codes. Codes include medical treatments, medications and durable medical equipment.

Enter code for answer

To download the app, go to the CHAMPVA Pay App. Then, select the appropriate format for your device (Apple or Android) or for your laptop or PC. Next, download the program. The app also is available directly from the Apple and Android app stores.

After downloading the app, enter the CPT (treatment code), ICD-10 (diagnostic code), or National Drug Code (or DME code) in question form into the corresponding search box. You will receive one of three possible responses:

- "Yes, this service is reimbursable."
- "No, this service is not reimbursable."
- "Yes, with conditions." This response will include a request to call a customer service representative to see what those special conditions are.

Technicians will make updates and add new medical codes each quarter. As a result, the app will remain as accurate as possible.

TACKLE THE CHANGES OF AGING

My Healthe Vet

What's 'normal' aging?

It's no secret that age comes with gray hair and wrinkles. But do you know how aging can affect your heart, brain, even your teeth?

Everyone ages differently, but you have a lot of say in how you feel as you grow older. Take steps now to improve your health and delay or lessen these changes.

What to expect

Everyone ages in their own way, but here are some common changes people experience with aging:

- **Bones** become thinner and more brittle with age, especially for women. This increases your risk of broken bones, so you should take steps to **prevent falls**.
- **Bruises** will be more common because your skin becomes thinner and more fragile.
- **Heart disease** becomes more common with age. Your blood vessels lose flexibility, making it **harder for blood to move** through the body. Plaque may also gather in your arteries, blocking healthy blood flow.
- **Brain** nerve cells can shrink or lose connections with other nerve cells, leading to **forgetfulness**. You may also find your reflexes aren't as 'sharp' as they once were.
- **Digestive tract** becomes rigid for some, **leading to problems** such as constipation, stomach pain, and nausea.
- **Teeth** lose enamel and are more vulnerable to cavities. Also, some medications can cause dry mouth, which puts your **teeth and gums** at risk for disease.

Changing shape

With age, your body changes. Older adults often find their metabolism slows down, which can lead to weight gain. Fat may start to appear in different places for some changing their shape. Too much fat can increase your risk of health problems, such as diabetes. Eating healthy and being active can help you avoid weight gain in your 60s.

Shift in vision

Change in vision is also an undeniable sign of aging. Your lenses can become stiff, causing difficulty in shifting sight from far to near, causing a need for reading glasses. Lenses can also become yellow and less transparent with the development of **cataracts**. This may dim your vision or change how you see colors. Finally, eyes can dry out as they produce fewer tears, or spots may appear as **floaters**.¹ Use **Secure Messaging** (*sign in required*) to ask your health care team about a routine **eye exam** or preventive vision test.

Keys to aging well

Practicing healthy habits throughout your life is ideal, but it's never too late. As you get older, take good care of yourself by:

- Being **physically active** regularly. Find out if your VA offers **MOVE!** or the **Gerofit** program
- Eating a healthy diet that is high in **fiber**
- Having regular **health screenings**
- Engaging in **social activities** often with friends and family
- Taking your **prescribed medications** as instructed
- Limiting **alcohol**
- Getting enough **sleep**
- Not using tobacco

Get involved in your health

You can't stop aging, but you can make choices that improve the process. It's important to get involved in your health care, and your My HealtheVet account has all the tools you need to do it. Your online account makes it easy to **refill a VA prescription** or **schedule your next appointment**. You can also **track**, view, and share your health information online with your provider.

ACCESS TO CARE ROUNDTABLE: EXPERTS IDENTIFY IMPROVEMENT OPPORTUNITIES

Rick Fox, Blogs.va.gov, Feb 3, 2020

Access to care is about more than wait times. That was the consensus among participants of the Strategic Access Management Initiative Roundtable.

VHA's Office of Veterans Access to Care met with health care experts, corporations, other health care organizations and academic institutions to discuss the need for national 'access to care' definitions and

standards to be used across the U.S. health care industry.

"Access to care is a very important and complex subject," said Kenneth W. Kizer, M.D., chief health care transformation officer and senior executive vice president for Atlas Research, LLC, and former VHA under secretary for health. "At present, there is no standard approach to or framework for defining and assessing it, making it almost impossible to compare the quality of access across health systems.

"The outcome of this roundtable affirms that access to care should be defined by more than wait times, including especially how patients feel about the timeliness of their care."

Roundtable participants agreed that wait times are one component of assessing access. It also discussed metrics that shift the focus to coordination and continuity of care, quality of care, patients' feeling that they were treated with compassion, and whether their individual needs were met in a timely manner.

The roundtable discussion began with an historical overview of access, including a discussion of the many ways that access to care has been defined and measured. Participants identified patient experiences and how patients feel about the care they received as the emerging way forward in high performing health systems.

"This was a great first step to secure feedback about our approach while learning more about how the private sector tracks and measures access – and that access often means different things to different healthcare organizations," said Susan Kirsh, M.D., VA's acting assistant deputy undersecretary for health for access, VHA's Office of Veterans Access to Care.

Choosing VA

Veterans are choosing VA more than ever, with nearly 60 million appointments completed in fiscal year 2019, 1.7 million more than the prior year.

"It's fair to say that VHA is a leader in assuring timely access to care through a coordinated combination of virtual and in-person care utilizing telehealth and face-to-face visits, including visits with providers from just about anywhere using a connected device," said Kirsh.

"VA has advantages in healthcare delivery over other health care institutions," said Dr. Thomas H. Lee, chief medical officer for Press Ganey, Inc. "VA is in a position to focus on those segments and change the discussion on what access to care truly means."

VA calculates wait time averages from past Veteran appointments – the primary and often sole measure used to evaluate whether VA offers Veterans access to care. Unlike most health care organizations in the private sector, VA makes its wait times available online at <https://accesstocare.va.gov>, as well as information about quality and patient satisfaction. Veterans, their

family members and caregivers can use this information when making decisions about their care.

“Wait times must be understood in a much broader context of services provided to Veterans,” said Dr. Patrick Romano, professor of internal medicine and pediatrics at the University of California, Davis. “There are opportunities for VA and other health care institutions to better align wait times by including virtual visits and other care options.”

BARRETT, GOLDFEIN OUTLINE AIR FORCE PRIORITIES TO SENATE COMMITTEE AND THE “TRADEOFFS” NEEDED TO ACHIEVE THEM

By Charles Pope, Secretary of the Air Force Public Affairs / Published March 03, 2020

The Air Force’s top civilian and military leaders told the Senate Armed Services Committee March 3 that an “aggressive package of strategic trades” is necessary to successfully reshape the service to confront emerging threats from “peer competitors” such as China and Russia.

“This fiscal year ‘21 budget request sets the course for the Air Force we need to accomplish these aims,” Barrett told the committee. “Specifically, the United States Air Force invests in a future force that allows us to connect the joint force, dominate space, generate combat power and conduct logistics under attack.”

The hearing featured Goldfein and Department of the Air Force Secretary Barbara M. Barrett and focused on the department’s recently released \$169 billion budget proposal for fiscal year 2021.

“This budget, building on the last three, offers the most aggressive package of strategic trades we have made as a service in over two decades to achieve complete alignment with the National Defense Strategy and secures our nation’s military superiority over the next decade,” Air Force Chief of Staff Gen. David L. Goldfein told the committee.

But the budget, while modernizing the force and the two legs of the nuclear triad among other upgrades, also calls for retiring a collection of older planes to free up funding for critical new equipment. The list includes 13 KC-135 Stratotankers and 16 KC-10 Extenders; 24 C-130H Hercules, 17 B-1 Lancers and 24 RQ-4 Global Hawk Block 20/30 aircraft, among others.

That decision, both Goldfein and Barrett said, reflected the hard, but necessary, choices.

In broad terms, Barrett told the committee that the Air Force’s plans and practices are rooted in four overarching concepts.

The first is “connect the joint force,” which is shorthand for an ambitious effort to collect, analyze and transmit vast amounts of data from air, land, sea, space and cyber to all services and commanders in a way that overwhelms adversaries. The effort, known as Joint All Domain Command and Control, or JADC2, is designed to “more seamlessly integrate as a joint team” in a battle network that links all sensors to all shooters.

The second priority is to “dominate space,” which essentially means ensure the successful launch and sustainment of the newly created Space Force. “The Department of the Air Force supports a lean and agile Space Force that ensures superiority in space, provides deterrence and, if deterrence fails, combat power.”

The third element is ensuring the ability to “generate combat power” with an emphasis on modernizing the aging land and airborne legs of the nuclear arsenal; continuing to increase the number of squadrons to 386; continuing to improve readiness and working to bring new weapons systems such as the B-21 long range strike bomber into reality on schedule and on budget.

“This budget moves us forward to recapitalize our two legs of the triad and the critical nuclear command and control that ties it all together,” Goldfein said, adding in response to a question from Reed, that the goal is add 72 fighter aircraft a year to add capability while driving down the fleet’s average age.

Finally, the Air Force budget and policy decision are aimed at ensuring a more nimble, “expeditionary” force that is able to “conduct logistics under attack to sustain high-tempo operations as long as needed.”

While the hearing was largely cordial and straightforward, senators indicated unease with some of the choices in the budget, especially those to retire aircraft.

“We are concerned that your current budget is inadequate to allow you to reach the requirement of 386 squadrons,” committee Chairman Sen. James Inhofe, R-Okla., said in his opening statement. Inhofe’s statement was read by Sen. Roger Wicker, R-Miss., because Inhofe was unable to attend.

“There’s a concern that this year’s budget takes a risk on divesting aircraft we need today in the hope of buying modern capability in the future,” Inhofe’s statement said.

The committee’s ranking Democrat, Sen. Jack Reed of Rhode Island, raised a similar concern asking for more detail on the tradeoffs and the real-world impact of the resulting balance of forces.

“In preparing this budget request, the Air Force faced difficult decisions in regard to modernizing and keeping the technological advantage over near peer competitors and the need to support ongoing operations,” he said.

Like other Democrats on the panel, Reed also asked how the Air Force will “mitigate” funds intended for “modernization efforts” that were diverted to build a wall on the border with Mexico.

Other questions focused on the problems facing the KC-46 tanker, how the pollutant known as PFAS will be cleaned up at Air Force installations and acquisition practices for the Space Force, basing of F-35s, and the progress of a novel battle network known as the Advanced Battle Management System.

Sen. Martha McSally, R-Ariz, a retired Air Force colonel and A-10 pilot pressed both Goldfein and Barrett on the Air Force analysis for retiring A-10s. “It’s premature to plan to retire even one A-10 let alone 44. What is your plan going forward?” she asked. Goldfein acknowledged that some planes will be retired but that “nearly \$1 billion” is allocated in the budget to upgrade remaining A-10s.

“I’ll tell you straight up, you saved the A-10. Nobody else can make that claim,” Goldfein told McSally. “We are putting nearly \$1 billion to upgrades ... The investment we’re making is a good investment. We have to look at the cost of retaining the entire fleet.”

Questions from lawmakers ranged from classification standards, threats from Russia and China, the plan and schedule for resolving problems connected with the new KC-46 tanker, and more parochial questions about local bases and the schedule for replacing propeller blades on MC-130H. The hearing Tuesday was the first step in a lengthy process that will yield legislation providing a blueprint written by Congress of the spending, security and policy priorities for the entire United States military.

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.

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