

RETIREE LUNCHEON NOTES –DECEMBER 2024

SICK CALL: Milton Banks, Jane Benedict, Bohdan Cholach, Steven David, Pat Feeley, Nick Grzymkowski, Bob Helmes, Sally Kent, David Pupo, Michael & Josie Rhodes, Otis Robinson, and Richard & Cathy Weyersberg are on our sick call list. Please keep each of them in your prayers. Notify Tim Streb at MilitaryRetireeLuncheon@gmail.com to **add** or **remove** someone from the sick call list (they must agree to be listed).

FINAL SALUTE: (PLEASE LEAVE A MESSAGE OF CONDOLENCE FOR THE FAMILIES OF OUR DECEASED COMRADE

MSG ROBERT J. DOMINIK, U.S. Army (Ret.), Webster, NY passed away on November 30, 2024 at the age of 71. Please go to <https://willardhscott.com/tribute/details/4933/Robert-Dominik/obituary.html#tribute-start> to read his obituary and to leave a message of condolence

LTC ROBERT S. CHAVKIN, U.S. Army (Ret.), Victor, NY passed away on November 22, 2024 at the age of 91. Please go to <https://brightonmc.com/obituaries/robert-s-chavkin/2819/> to read his obituary and to leave a message of condolence

DONNA A. MATHAR, wife of LTC (Ret.) George Mathar, Carthage, NY passed away on November 29, 2024 at the age of 74. Please go to <https://www.dlcalarco.com/obituary/Donna-Mathar> to read her obituary and to leave a message of condolence.

JAMES D. "JAMIE" PENLON, U.S. Army (Ret.), Cincinnati, Ohio/Rochester, NY passed away on December 4, 2024 at the age of 56. Please go to <https://www.faresjradel.com/obituary/james-jamie-d-penlon/> to read his obituary and to leave a message of condolence.

IMPORTANT PHONE NUMBERS & WEBSITES FOR MILITARY RETIREES' FAMILIES AND SURVIVORS CAN BE FOUND ON PAGE 7

IMPORTANT CHANGE TO SOCIAL SECURITY LOGIN

The Social Security Administration (SSA) is requiring users to transition their accounts to Login.gov or ID.me to access their online services: **Users who created their account before September 18, 2021** will need to transition their accounts to Login.gov or ID.me. **Users who created their account on or after September 18, 2021** already have the correct setup and do not need to take action.

Go to <https://blog.ssa.gov/how-to-transition-your-social-security-account-to-login-gov/> for complete details and instructions.

UPCOMING SWITCH TO LOGIN.GOV AND ID.ME FOR VA ONLINE SERVICES

The VA will move to using Login.gov or ID.me sign-in options starting in 2025, eliminating the use of user names and passwords for My HealthVet and DS Logon. Learn how to create new accounts to ensure a smooth transition and continued access to VA online services. Go to <https://news.va.gov/133159/prepare-for-vas-secure-sign-in-changes/> for the full story.

NEW FORT DRUM RETIREE NEWSLETTER

The Winter 2024 edition of the Fort Drum Retiree Newsletter *Mountain Honors* is now available online at <https://mail.google.com/mail/u/0?ui=2&ik=34843ad591&attid=0.1&permmsgid=msg-f:1818078131286749498&th=193b1c6d8540b13a&view=att&zw&disp=inline>

RETIREMENT SERVICES OFFICES

Want to talk to a Retirement Services Officer? Whether you're Regular Army, Army National Guard, or Army Reserve, you have an assigned Retirement Services Officer (RSO). Find yours at the interactive RSO maps at: <https://soldierforlife.army.mil/Retirement/rso?maps=all> on the Army Retirement Services website. See page 12 for a complete list of RSOs and other important information for military retirees (AC, USAR & ARNG).

NEXT MILITARY RETIREE LUNCHEON

The next Military Retiree Luncheon will be on **Thursday, January 16, 2025** at the **Grand Super Buffet**, 1100 Jefferson Road, Rochester (Henrietta), NY 14623. Registration will begin at 11:15, with announcements beginning around 12:15. The price of the luncheon is \$16.00. **Please be sure to email MilitaryRetireeLuncheon@gmail.com to let us know if you will or will not be attending.**

UPCOMING EVENTS

DEC 25th – CHRISTMAS: A Federal Holiday

DEC 25th thru JAN 2nd – HANUKKAH: A Jewish Holiday

DEC 26th – “GEVA THEATRE – FREE TICKETS: Geva Theatre is proud to present a free performance of A Christmas Carol called *Home for the Holidays*” on December 26th at 7PM for active-duty service men and women, Veterans, and their families. GEVA Theatre is located at 75 Woodbury Blvd, Rochester, NY 14609. To reserve your tickets, call the Box Office at 585-232-GEVA (4382).

JAN 1st – NEW YEARS DAY: A Federal Holiday

JAN 20th – MARTIN LUTHER KING’S BIRTHDAY: A Federal Holiday

JAN 11 – JUN 28, 2025 – ARMY RESERVE RETIREMENT SEMINARS: Reserve Seminars: Virtual and in-person seminars are scheduled throughout 2024. They are designed to ensure **Retired Soldiers**, current Soldiers, and their families receive information and referrals on benefits and entitlements. Retired Soldiers awaiting retirement at age 60 are encouraged to attend. Seminars are scheduled throughout the U.S., its territories, and virtually. Go to <https://soldierforlife.army.mil/Retirement/ArmyReserve> for a retirement seminar near you.

JAN 15 – MAR 27, 2025 – JOB HIRING FAIRS: *Hiring Our Heroes Employment Workshops and Job Fairs*, including spousal fairs and net-working functions, around the country, overseas, and virtually (on-line). Go to <https://www.uschamberfoundation.org/events/hiringfairs> to find a location near you. Dates and locations are subject to change, so please refer to the web site often for current information.

JAN 16th – MILITARY RETIREE LUNCHEON: See bottom of page 1 for details.

JAN 26th – LEGION RIDERS MEAT RAFFLE: See flyer on page 9.

FEB 13th – SIGNAL ALUMNI DINNER: All former Soldiers who were assigned to any Signal Unit are invited to the next dinner at Heintzelman's BBQ Pit, 6361 Knickerbacker Road, Ontario, NY 14519. Meet and greet around 6:30 p.m., with dinner to follow. Note: MG (Ret.) Dennis Lutz will be there, so please save the date and pass the word. Please contact Kent Schneider at 585-704-1562 to let him know you will be there (to help him plan the reservations).

FEB 17th – WASHINGTON’S BIRTHDAY: A Federal Holiday

MAR 1 – NOV 7, 2025 – RETIREE APPRECIATION DAYS (RAD): Retiree Appreciation Day (RAD) is a program that connects the retired community to resources for their benefits and entitlements. Content varies, but many include guest speakers, medical information, and ID card services. A RAD near you can be found at <https://soldierforlife.army.mil/Retirement/retiree-appreciation>. See page 9 for more information.

SECOND SUNDAY OF EACH MONTH – BREAKFAST: 8 a.m. - Noon at American Legion Post 330, 691 Trimmer Road, Spencerport, NY 14559. Go to <https://www.fgpost330.org/site/eventscalendar.php> for more information. (open to the public)

EVERY TUESDAY – FREE VETERANS BREAKFAST: Pittsford, NY American Legion, 8-10 a.m. See flyer on page 10 for details.

EVERY WEDNESDAY – VETERANS SOUP & SANDWICH LUNCH: Avon, NY. Details on page 10

EVERY WEDNESDAY – BUSHCRAFT WORKSHOPS: Open to all Veterans. Learn outdoor skills at the farm. Enjoy brunch around a fire. See flyer on page 10 for details.

EVERY WEDNESDAY – VFW BINGO: Fairport, NY. See flyer on page 11 for details.

EVERY WEDNESDAY – FREE YOGA CLASSES: VOC, Rochester, NY. See flyer on page 11.

FIRST WEDNESDAY OF EACH MONTH – VETERANS & FIRST RESPONDERS FREE

LUNCHEON: 11 a.m.- 1 p.m. at Wayne Masonic Lodge, 1932 Ridge Rd., Ontario, NY 14519. Go to the Facebook page at <https://www.facebook.com/events/202957472912492> for details. See flyer on page 10.

FIRST & THIRD WEDNESDAY OF EACH MONTH – AMERICAN LEGION TRIVIA NIGHT: Canandaigua, NY. See flyer on page 11 for details.

SECOND WEDNESDAY OF EACH MONTH – VETERANS LUNCHEON: 11:30 a.m. at Mertensia Lodge, 1394 Mertensia Road, Farmington, NY 14425. Hosted by AMVETS Post 332. All local veterans are invited. Contact Ed Hemminger, 585-261-4502 or email at edhemminger@gmail.com for more information.

DATES TBA – YOUR FUNCTION: Have your military/veteran-related function listed here. Send complete information to MilitaryRetireeLuncheon@gmail.com no later than the 10th of the month for insertion in the notes. Please include a flyer if available as well as a link to a website or Facebook page.

UPCOMING EVENTS (Continued from page 2)

MORE EVENTS AT <https://www.rocveterans.org/events> Note: Roc Veterans is a collaborative dedicated to serving those who have served our nation. The website connects veterans and their families with **events in the Finger Lakes area**. It includes the counties of Livingston, Monroe, Ontario, Seneca, Wayne, and Yates. **If your group is missing**, send an email with your group's details to rocveterans585@gmail.com

TRICARE REGIONS ARE CHANGING JAN 1, 2025

There will be changes to the TRICARE regions in the U.S. on Jan. 1, 2025. While there will still be two TRICARE regions, six states currently in the East Region (Arkansas, Illinois, Louisiana, Oklahoma, Texas, Wisconsin) will move to the West Region. There are also some zip codes in two states that will be exceptions to the region changes. Read the article at <https://newsroom.tricare.mil/News/TRICARE-News/Article/3983190/reminder-tricare-regions-are-changing-jan-1-2025> to learn more.

FREE REGIONAL TRANSIT SERVICE (RTS) BUS PASSES

The Veterans Outreach Center, Rochester, NY has partnered with to provide bus passes to veterans completely free of charge. The passes can be used on any RTS bus in Monroe, Livingston, Ontario, Orleans, Seneca, Wayne, and Wyoming counties and are good for five years. Go to [RTS — Veterans Outreach Center](#) for detailed instructions and requirements.

FREE AT-HOME COVID-19 TESTS

Every U.S. household can order four (4) **COVID-19 at-home tests** — shipped directly to your home at no cost. Visit [COVIDTests.gov](https://www.covidtests.gov) to place your order.

IMPROVED ACCESS TO MILITARY INSTALLATIONS

The Department of Defense (DOD) has implemented an improved installation access process for veterans and caregivers eligible for medical appointments, shopping at commissaries and exchanges, and taking advantage of certain morale, welfare, and recreation (MWR) services. Veteran and caregiver eligibility will now be electronically verified during the installation access process. Go to <https://www.defense.gov/News/Releases/Release/Article/3965985/dod-improves-installation-access-for-eligible-veterans-and-caregivers/> to learn how this new access process works.

WAR RELATED ILLNESS AND INJURY STUDY CENTER (WRIISC)

The war related illness and injury study center (WRIISC) is a national program dedicated to Veterans' post-deployment health concerns and unique health care needs. Check out the Center's latest newsletter at <https://www.warrelatedillness.va.gov/>

DISASTER ASSISTANCE FOR VETERANS

Check This Out Before Disaster Strikes

Hurricanes, tornadoes, floods and other severe weather have impacted millions of Americans so far this year. As the strong forecasted hurricane season arrives, it's important for Veterans and their families to know that the VA is there to help. Go to https://news.va.gov/132965/disaster-assistance-and-resources-for-veterans/?utm_source=middle&utm_medium=email&utm_campaign=VetResources&utm_id=10JUL2024 to read about some of the resources that are available.

The Veterans Crises Hotline is 998 and press 1; or Text to 838255.

VETERANS ADMINISTRATION BENEFITS & HEALTH CARE

Everything in one convenient, easy-to-remember website: <https://www.va.gov/>

APPLY FOR VA HEALTH CARE AT <https://www.va.gov/health-care/apply/application>

Check out the new Stars and Stripes Flag Store E-Newsletter at <http://eflagstore.com>

NEW ID CARDS FOR RETIREES, ANNUITANTS & DEPENDENTS

DoD Uniformed Services ID Card Reissuance

The Next Generation USID card incorporates an updated design and security features to deter counterfeiting and fraud, and is printed on plastic cardstock. Retirees and their eligible dependents are encouraged to have their paper-based USID card replaced at their convenience. Use the "ID Card Office Locator & Appointments" option on ID Card Office Online at <https://idco.dmdc.osd.mil/idco/> to find ID card sites near you. After selecting the site you want to go to, use the "Schedule an Appointment" button. The "More Site Info" link may provide additional and pertinent site information. You also may want to check to see if that facility provides "walk-in" services. Some sites have appointments booked for several months in advance. In that circumstance, you are encouraged to use alternate searches to find other sites with availability and please keep checking back as they update their calendars. See below about renewing ID cars online.

ATTENTION RETIRED MILITARY MEMBERS: Beginning in 2026, the old-style ID cards will no longer be accepted, regardless of the printed expiration date. In order to maintain base access, obtain a new ID card. If you are unable to make it to an ID card issuing office, you can also request a new card through the RAPIDS ID Card Office Oline at <https://idco.dmdc.osd.mil/idco/>. NOTE: This policy applies to ID cards of all colors (except for the new white ones). They should all be updated in order to maintain base access.

RENEW ID CARDS ONLINE

USID cards may now be renewed online. See the on-line USID card renewal page at <https://www.cac.mil/Next-Generation-Uniformed-Services-ID-Card/Renewing-Online/> for complete information. This page provides details on how to renew your USID card online. Sponsors may request Uniformed Service ID (USID) Card renewal online, which if approved, are mailed directly to the card recipient; no in person appointments necessary. This page provides details on how to renew your USID card online.

MILITARY ID CARD/DEERS - OFFICES OPEN BY APPOINTMENT ONLY

Rochester: Rochester Reserve Center, 49 Jetview Drive, Rochester, NY 14624. Call **910-598-7773** to schedule an appointment for a new ID card or to update DEERS. Retirees and dependents can also make an appointment to obtain ID cards at the Navy Reserve Support Center (NRSC), 439 Paul Road, Rochester, NY through the Rapids Site Locator at www.dmdc.osd.mil/rsi (reservations at the NRSC cannot be made by phone).

Buffalo & Niagara Falls: You can obtain ID cards at the Connecticut Street Armory in Buffalo, NY by calling 716-888-5764, 5759 or 5787 for an appointment. At Niagara Falls Air Reserve Station call the 914th Air Refueling Wing, at (716) 236-2197; or the 107th Attack Wing, NY Air National Guard, at (716) 236-2435. Go to <http://www.niagara.afrc.af.mil/Portals/142/Documents/ID%20CARDS%20AND%20DEERS%20IMPORTANT%20INFORMATION%20w%20schedule.pdf> for schedules and additional information.

Around the World: Find the nearest ID card office on the Rapids Site Locator at www.dmdc.osd.mil/rsi
IMPORTANT - SEE ARTICLE ABOVE ABOUT UPCOMING CHANGE TO POLICY REGARDING THE NEW ID CARDS.

VETERANS BENEFITS BY STATE & TERRITORY

Go to <https://myarmybenefits.us.army.mil/Benefit-Library/State/Territory-Benefits> to view the benefits available by each U.S. state or territory by clicking on the map or select from the drop down menu. State benefits include tax benefits, education benefits, employment benefits, health insurance benefits, and more. Each fact sheet contains details of the benefits available and eligibility to Soldiers and family members.

VA COMMUNITY ENGAGEMENT & PARTNERSHIP COORDINATOR

Ashley Smith, LCSW, is the coordinator at the Finger Lakes VA (Canandaigua, NY). Her role is an extension of the VAs suicide prevention efforts. She takes a public health perspective to engage with all veterans in the community and their support systems. Ms. Smith works with a wide variety of organizations to provide any assistance they would find helpful to further their suicide prevention efforts. She can provide suicide prevention training, Veterans Crisis Line materials, and gun locks – all free of charge. Contact Ms. Smith at 585-364-9783, or email her at ashley.smith14@va.gov

FIND VA LOCATIONS AND HEALTH CARE SERVICES NEAR YOU

Search for your nearest VA medical center and other health facilities (including approved Urgent Care facilities and pharmacies), benefit offices, cemeteries, community care providers and Vet Centers with the facility locator tool at https://www.va.gov/find-locations?utm_source=Newsletter&utm_medium=email&utm_campaign=VAntage??

FREE ONLINE CAREGIVER SUPPORT

Free 6-week online workshop offers group support for caregivers of Veterans. Full details on this valuable program to help caregivers of disabled veterans is available at

https://signup.buildingbettercaregivers.org/enroll/?utm_source=CSPList&utm_medium=email

CLAIMS PREDATORS WANT TO PREY ON YOUR VA BENEFITS

Have you noticed advertisements from companies offering to help with your VA claims and appeals? Some of these companies are legitimate and are certified by the VA, but others are predators offering claims services and charging hefty fees. You do not have to pay anyone to receive your benefits. The VA urges Veterans to use only VA accredited representatives and to be on the lookout for aggressive claims predators. Go to

<https://news.va.gov/133852/beware-claims-predators-want-to-prey-on-your-benefits/> to learn more.

HOW TO APPLY FOR ARMY RESERVE RETIREMENT PAY

Army Reserve grey area retirees need to know when and how to apply for retired pay. Retired pay is NOT automatic! The forms are not difficult to complete, but including the required supporting documents could be time consuming. Grey area retirees should begin the process at least one year prior to eligibility to receive retired pay, but the sooner the better. Everything you need to know is available at

<https://www.usar.army.mil/Retirement/PayApplication/> Recommend you contact your county Veterans Service Agency if you need assistance in obtaining supporting documents or want someone to review your application. In New York, go to <https://veterans.ny.gov/office-locations> to find an office near you where you can meet with a Veterans Benefits Advisor.

MILITARY RETIREE RESOURCES

Military retirees can find valuable service-specific resources at the following websites:

Army - <https://soldierforlife.army.mil/retirement/>

Army (Retirement Planning Guide) -

<https://soldierforlife.army.mil/Documents/2020%20US%20Army%20Retirement%20Planning%20Guide.pdf>

<https://soldierforlife.army.mil/retirement/>

Air Force - <https://www.retirees.af.mil/>

Navy - https://www.public.navy.mil/bupers-npc/support/retired_activities/Pages/default.aspx

Marine Corps - <https://www.hqmc.marines.mil/hrom/Benefits/Retirement-Benefits/>

Coast Guard - <https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Pay-and-Personnel-Center-PPC/>

MILITARY EXPOSURES & YOUR HEALTH

The latest issue of the newsletter *Military Exposures & Your Health* is now online at

<https://www.publichealth.va.gov/exposures/publications/military-exposures/meyh-13/index.asp>

ACCESS TO IMPORTANT INFORMATION

Military Medical Records: Veterans and next-of-kin may request clinical and medical treatment records on line via the National Archives at <https://www.archives.gov/veterans/military-service-records>

Military forms and publications: Go to <https://www.marines.mil/News/Publications> to access military forms

Veterans Benefits: Go to <https://www.ebenefits.va.gov/ebenefits/homepage> to learn about VA benefits, including disability compensation, health care, education benefits, pension benefits, employment benefits, and vocational rehabilitation. The ***Federal Benefits for Veterans, Dependents & Survivors Handbook*** can be found at https://www.va.gov/opa/publications/benefits_book.asp

VETERAN RESOURCES NEWSLETTER

VetResources is a weekly newsletter from the Veterans Benefit Administration. It contains important up-to-date information for Veterans, their families, caregivers, and survivors. Anyone can sign up to receive the newsletters at <https://www.va.gov/VetResources> Copies of the newsletters dating back to 2019 are available at

https://news.va.gov/vetresources/?utm_source=header&utm_medium=email&utm_campaign=VetResources

VETERANS CRISIS HOTLINE = DIAL 988, THEN PRESS 1

RETIREE AND ANNUITANT PAY DATES

The following is the DFAS schedule of retiree and annuitant pay dates for t. This schedule shows the dates when you should expect to see the payment deposited into your account. For more information, go to <https://www.dfas.mil/retiredmilitary/manage/payschedule.html>

*VA education, compensation, pension, and survivor’s benefits are paid on the same dates as retiree payment dates below.

Entitlement Month	*Retiree Payment Dates	Annuitant Payment Dates
November 2024	November 29, 2024	December 2, 2024
December 2024	December 31, 2024	January 2, 2025
January 2025	January 31, 2025	February 3, 2025
February 2025	February 28, 2025	March 3, 2025
March 2025	April 1, 2025	April 1, 2025
April 2025	May 1, 2025	May 1, 2025
May 2025	May 30, 2025	June 2, 2025
June 2025	July 1, 2025	July 1, 2025
July 2025	August 1, 2025	August 1, 2025
August 2025	August 29, 2025	September 2, 2025
September 2025	October 1, 2025	October 1, 2025
October 2025	October 31, 2025	November 3, 2025
November 2025	December 1, 2025	December 1, 2025
December 2025	December 31, 2025	January 2, 2026

RETIREMENT & ANNUITANT PAY: Everything you need to know about retirement pay and annuitant (survivor’s) pay can be found at <https://www.dfas.mil/RetiredMilitary/>

YOUR MYPAY ACCOUNT: If you have never created a *myPay* account, or if you have problems remembering your account login ID or password, customer service is available Mon-Fri, 8 am to 5 pm ET. Call 1-800-321-1080, option 6. Go to [myPay Web Site \(dfas.mil\)](https://www.dfas.mil/RetiredMilitary/Quick-Tools-for-Retirees-SBP-Annuitants-Survivors) for 24-hour service.

NEW - SEPTEMBER 2024 DFAS RETIREE NEWSLETTER: The September issue contains important information for all Military Retirees, Annuitants and Former Spouses. This issue includes information on the new ID cards, early retirement pay for gray area retirees, new information on reporting the death of a military retiree or SBP annuitant, preparing for the new income tax filing year, and much more. Go to <https://www.dfas.mil/RetiredMilitary/newsevents/newsletter/> and click on the link to review the newsletter, as well as for earlier editions going back to December 2023. **IMPORTANT: Points of contact are contained on page 27** of the newsletter.

MANAGING RETIRED OR SBP PAY ACCOUNT - NEW CHANGES TO DFAS: Check out the improvements to DFAS that will help you manage your retired pay or SBP pay at <https://www.dfas.mil/RetiredMilitary/Quick-Tools-for-Retirees-SBP-Annuitants-Survivors>

ARMY ECHOES: - NEW NOV 2024 – JAN 2025 ISSUE

Army Echoes, the official newsletter for Retired Soldiers, Surviving Spouses, and their families. **The latest issue is now available** at <https://soldierforlife.army.mil/Documents/echoes/latest.pdf> Previous editions going back to January 1997 available at <https://soldierforlife.army.mil/Retirement/echoesissues> The current featured items include: Changes to DFAS; state Veterans benefits; state Veteran benefits; enhanced VA claim status tool; what to do if you have a new SBP beneficiary; harmful voice cloning, Retiree Activities Day (RAD) calendar and more.

Army Echoes Blog: The Army publishes an additional 3-5 articles to the Army Echoes Blog each week. These are the same types of articles published in Army Echoes. Read the blog at <https://soldierforlife.army.mil/retirement/blog>;

IMPORTANT PHONE NUMBERS & WEBSITES FOR RETIREEES' FAMILIES AND SURVIVORS

THE SURVIVORS OUTREACH SERVICES OFFICE (SOS): Find your nearest SOS coordinator at <https://www.usar.army.mil/Featured/Family-Programs/Directors/> Use the dropdown lists to find survivor coordinators by state/county or country/region.

TO REPORT THE DEATH OF A MILITARY RETIREE: Call DFAS at 1-800-321-1080. When you call, be prepared to provide the retiree's name, social security number and date of death. It is important to report the death as soon as possible to preclude overpayments. Go to [March2024 Prepare Your Loved Ones \(dfas.mil\)](https://www.dfas.mil/march2024/prepare-your-loved-ones) for more information.

VA: 1-800-827-1000 <http://www.va.gov>

Social Security: 1-800-772-1213 <http://www.ssa.gov>

Update ID cards: 1-800-538-9552; www.dmdc.osd.mil/rsl

Nearest Retirement Services Office: <https://soldierforlife.army.mil/retirement/rso> 99th Readiness Division JB McGuire-Dix-Lakehurst, New Jersey (609) 562-1696/7055/7425/1688 RSO email: Army99RSO@mail.mil services the following states: CT, DE, MA, MD, ME, NH, NJ, NY, PA, RI, VA, VT, 7th MSC (Europe).

RETIRED SOLDIER CASUALTY ASSISTANCE CHECKLIST: (Fill this out now and keep it in a safe place where your loved ones can find it):

https://soldierforlife.army.mil/Documents/static/Post/Retired_Soldier_Casualty_Assistance_Checklist.pdf

VA BURIALS & MEMORIALS PAGE: VA burial benefits can help service members, military retirees, veterans, and their family members plan and pay for a burial or memorial service, whether in a local cemetery or in a VA national cemetery. Family members can also order memorial items to honor the service of a Veteran. The VA Burial and Memorial Products Quick Start Guide (QSG) provides clear and concise information on VA burial benefits for Veterans, their families, caregivers and survivors; read the guide at <https://www.va.gov/burials-and-memorials-guide.pdf> Go to <https://www.va.gov/burials-memorials/#get> to find out how to apply for burial benefits and how to plan for a burial in advance or at time of need.

MILITARY FUNERAL HONORS: At a family's request, every eligible veteran will receive military funeral honors, to include the presence of a military funeral honors detail that will oversee folding and presenting the U.S. flag and playing "Taps". **Your funeral director is responsible for making the necessary arrangements.** Go to https://iris.custhelp.va.gov/app/answers/detail/a_id/183/~/how-do-i-arrange-for-military-funeral-honors%3F for details. The funeral director who handles the veteran's service will request the honors. You will need to provide the veteran's discharge papers to verify eligibility. If you need a copy, either you or the funeral director must submit an **emergency request** for military records to the National Archives at <https://download.militaryonesource.mil/12038/MOS/Misc%20Files/mos-mfh-nara-form.pdf>

SURVIVORS AND BURIAL BENEFITS KIT

Help Your Loved Ones to be Prepared

The VA offers a *Survivors and Burial Benefits Kit* to assist Veterans and their families with pre-need planning. The kit includes a guide through possible end-of-life and survivors' benefits eligibility and makes it easy to keep your personal information all in one place for you and your loved ones. The Kit gives a description of each burial benefit, instructions on how to apply, and where to go to get assistance.

The Planning Your Legacy: VA Survivors and Burial Benefits Kit covers:

- Pre-need eligibility for National Cemetery burial or memorialization
- Memorial or burial flags
- Government headstones or markers; Medallions
- Presidential Memorial Certificates (PMC)
- Burial benefits and burial automatic payments
- Dependency and Indemnity Compensation (DIC)
- Dependents Educational Assistance Program (DEA)
- Survivor's pension; Special monthly pension benefits
- Home loan guaranty

The VA encourages Veterans and service members to discuss their military service with their dependents, as well as planning their legacy. Families and survivors should know where to locate service medical records, discharge documents, VA disability ratings, and other information. These details will be beneficial to survivors as they prepare to apply for VA benefits. Families and survivors should keep this kit in storage so that it will be available when needed. Download the kit at <https://www.benefits.va.gov/BENEFITS/docs/VASurvivorsKit.pdf>

USEFUL INTERNET LINKS

198th Army Band Facebook Page: <https://www.facebook.com/198thArmyBand/?fref=ts>
391st Regimental Officers Association: <https://www.facebook.com/391st-Regimental-Officer-Association-501827566885313>
98th Division Alumni Facebook Page: <https://www.facebook.com/98th-Division-Alumni-924978704255065>
AAFES Homepage: <https://www.shopmyexchange.com>
Access to Members of Congress: <https://www.congress.gov/members>
Air Force Retiree Newsletter *the Afterburner*: <https://www.retirees.af.mil>
Airman, Official Magazine of the U.S. Air Force: <http://airman.dodlive.mil>
All Hands, the official magazine of the U.S. Navy - http://www.navy.mil/ah_online
American Legion (Monroe County, NY) - <http://www.monroecountyal.org>
Armed Forces Vacation Club: <http://www.afvclub.com>
Army Bands: <https://www.bands.army.mil>
Army Reserve Family Programs: <http://www.arfp.org/skins/ARFP/home.aspx?mode=user>
Cell Phones for Soldiers: <http://www.cellphonesforsoldiers.com>
Commissary Locator: http://www.commissaries.com/store_locator.cfm
Compeer Corps – Veterans Helping Veterans: <https://www.compeerrochester.org/compeercorps>
Dogs on Deployment: <http://dogsondeployment.org>
DFAS: <http://www.dfas.mil>
DRAGONMAN Museum: <https://dragonmans.com/museum-videos>
Exchange (PX) Homepage: <https://www.shopmyexchange.com>
Federal Benefits for Vets, Dependents and Survivors: https://www.va.gov/opa/publications/benefits_book.asp
Federal Job Search: <http://www.fedjobs.com/index.html?id=68kWqxhF>
Fort Drum Home Page: <https://home.army.mil/drum/index.php>
Fort Drum Retirement Services: <https://home.army.mil/drum/index.php/about/Garrison/directorate-human-resources/MPD/retirement-services-office-rso>
Fort Drum Telephone Directory: <https://home.army.mil/drum/contact/phone-directory>
Genesee Valley Chapter, Military Officers Association of America: <http://gvcmooa.org>
Help Base Greater Rochester: <https://www.facebook.com/Hbrochester>
Honor Flight Rochester: <http://honorflightrochester.org>
Identity Theft (Federal Trade Commission): <http://www.ftc.gov/bcp/edu/microsites/idtheft>
Iraq and Afghanistan Veterans of America: <http://www.IAVA.Org>
Job Fairs: <https://www.uschamberfoundation.org/events/hiringfairs>
Military Forms and Publications: <http://www.marines.mil/News/Publications>
Military History Society of Rochester Museum: <https://www.rochestermilitary.com>
Military Lodging: <http://www.dodlodging.net>
Military Officers Association of America (MOAA): <http://www.moaa.org>
Military Retiree Appreciation Days (RAD): <https://soldierforlife.army.mil/retirement>
myPay: <https://mypay.dfas.mil/mypay.aspx>
National Museum of the United States Army: <https://www.thenmusa.org>
National Parks & Federal Recreation Lands Passes: <http://store.usgs.gov/pass/index.html>
National Resource Directory: <https://www.nationalresourcedirectory.gov>
National Suicide Prevention Lifeline: <http://www.suicidepreventionlifeline.org>
New York State Real Property Tax Exemptions: <https://www.tax.ny.gov/pit/property/exemption/index.htm>
Niagara Falls Air Reserve Station: <https://www.niagara.afrc.af.mil>
Niagara Falls Air Reserve Station Retiree Office: <https://www.niagara.afrc.af.mil/Units/Retirees.aspx>
Pets for Vets: <https://www.petsforvets.com>
Project New Hope: <http://projectnewhope.net>
Red Cross (Rochester, NY): <http://www.redcross.org/ny/rochester>
Reserve Officers Association: <http://www.roa.org/site/PageServer>
Rochester NY Veterans: <https://www.facebook.com/groups/1426709074303176>
ROC Veterans: <https://www.rocveterans.org/events>
Scam Detector: <http://scam-detector.com>
Social Security Administration: <http://www.socialsecurity.gov>
Soldiers, the official magazine of the U.S. Army - <http://soldiers.dodlive.mil>
TRICARE: <http://www.tricare.mil>
U.S. Militaria Forum: <http://www.usmilitariaforum.com>
Valor Radio: <http://www.valor-radio.com> and <https://www.facebook.com/ValorRadio>
VA Benefits: <https://www.ebenefits.va.gov/ebenefits/homepage>
VA Vet Centers: <http://www.vetcenter.va.gov>
Veterans Administration (VA): <http://www.va.gov>
Veterans Crisis Line: <https://www.veteranscrisisline.net/get-help/hotline>
Veterans Organizations and Events: <https://www.rocveterans.org/events>
Veterans Outreach Center: <https://veteransoutreachcenter.org>
Veterans Ticket Foundation: <http://www.vettix.org/>
Veteran's Service Records (DD214/SF180): <https://www.archives.gov/veterans/military-service-records>
Virtual Wall Vietnam Veterans Memorial: <http://www.virtualwall.org/index.html>
WNYHeroes: <https://www.wnyheroes.org>

DO YOU HAVE A USEFUL INTERNET LINK TO ADD? Please send useful links, as well as issues encountered with any of these links, to timstreb1@gmail.com



RETIREE APPRECIATION DAYS



LOCATION	DATE	CONTACT
JBSA-Lackland, TX	1 Mar	(210) 671-9204
USAG Fort Stewart, GA	22 Mar	(912) 767-5013
Kingwood, West Virginia	5 Apr	wvrmcrad@gmail.com
Pittsburgh, PA	25-26 Apr	usarmy.usarc.rso@army.mil
Fort Wainwright, AK	26 Apr	(907) 353-2095
Fort Jackson, SC	1-3 May	(803) 751-6715
JBER-Richardson, AK	3 May	(907) 384-3500
JB Lewis-McChord, WA	27 Jun	(253) 966-5884
Presidio of Monterey, CA	19 Jul	(831) 242-4986
Tobyhanna Army Depot, PA	16 Aug	(570) 615-7019
Fort Leonard Wood, MO	12-13 Sep	(573) 596-6637
Fort Sill, OK	18-19 Sep	(580) 442-2645

LOCATION	DATE	CONTACT
Fort Campbell, KY	20 Sep	(270) 798-5280
Fort Gregg-Adams, VA (Fort Lee)	27 Sep	(804) 734-6973/7345
Fort Bliss, TX	9-10 Oct	(915) 568-5204
JB Ellington, Houston, TX	11 Oct	(210) 221-9004/9793
JB Langley-Eustis, VA	18 Oct	(757) 878-3648
Carlisle Barracks, PA	18 Oct	(717) 245-4501
Fort Belvoir, VA	24-25 Oct	(703) 806-4551
Fort Knox, KY	24 Oct	(502) 624-7236/1280
Fort Leavenworth, KS	25 Oct	(913) 684-5583/2425
Fort Novosel, AL (Fort Rucker)	31 Oct	(334) 255-9124/9739
Fort Johnson, LA (Fort Polk)	1 Nov	(337) 531-0363/0402
Ft. Moore, GA (Fort Benning)	7 Nov	(706) 545-1805/4434



Sunday, January 26, 2025
1:00 - 6:00 pm

Dinner catered by Brimont Bistro will be served for an additional \$10 per person (with proof of entry ticket) from 2-6pm while supplies last

Raffle Prizes Include (need not be present to win):

- (15) \$100 Cash Prizes
- (4) Pork Tenderloin Case
- (4) NY Strip Loin
- (4) Beef Tenderloin
- (3) Prime Rib

* Any meat winner can choose \$100 cash or meat

30 TOTAL PRIZES

Main Raffle Items Drawing Starts At 2 pm



Cottrell-Warner American Legion Post 942
818 Ridge Road, Webster, NY 14580

VETERANS AND FIRST RESPONDERS
Free Buffet Luncheon
WE Thank & Honor ALL of You!!
First Wednesday Of Every Month 11am to 1pm!
 Wayne Masonic Lodge, 1932 Ridge Road,
 Ontario New York

MONROE COUNTY VETERANS NATURE-BASED THERAPY

BUSHCRAFT WORKSHOPS

Learn Outdoor Skills at the Farm
 Enjoy Brunch around a fire

Weekly Wednesdays 10A-12P
Starting December 4, 2025
 3247 Rush Mendon Rd, Honeoye Falls, NY 14472

Each week features hands on topics like
 fire building, shelter making and cooking all led
 by wilderness experts and fellow Veterans
RSVP Now!

CONTACT US:
 Elizabeth Brooks, LCSW-R
 Clinical Director
 (P) 585-369-8682
 (E) ElizabethBrooks@monroecounty.gov

AMERICAN LEGION

PITTSFORD AREA ALL MILITARY VETERANS

Join Other Veterans - Any Tuesday 8-10am
 COMPLIMENTARY BREAKFAST - NO RSVP REQUIRED
 POST MEMBERSHIP NOT REQUIRED
 VETERANS - ANY AGE, ANY LENGTH OF SERVICE

Share some camaraderie with fellow veterans and learn about our activities, events and programs.

21 North Main St.
 Lower Level Village Hall
 Pittsford, NY 14534
 585-789-1538

RAYSON-MILLER POST 899 INVITES YOU

Parking Behind Building or in lot at corner of Main St. and Monroe Ave.

Avon American Legion Family Post 294

WEDNESDAY SOUP & SANDWICH LUNCH



Proceeds to benefit Veterans in Need



SERVING 11:30 AM - 1:00 PM

RESUMING SEPTEMBER 4TH

FREE FOR VETERANS

\$5 FOR SUPPORTERS

AVON AMERICAN LEGION

5480 AVON - E. AVON RD



BINGO

WEDNESDAYS

Get ready to shout "BINGO!" and win some amazing prizes at this fun-filled event. Our veteran Bingo callers will guide you through multiple rounds of the classic game, and there will be plenty of opportunities to win big.

WEDNESDAY NIGHTS

DOORS OPEN AT 6:15PM

PERINTON MEMORIAL POST 8495
VETERANS OF FOREIGN WARS
300 MACEDON CENTER ROAD, FAIRPORT



FIRST and THIRD WEDNESDAY OF EVERY MONTH

TRIVIA NIGHT

Enjoy a fun-filled evening of Trivia questions, Food, and Beverages.

OPEN TO THE PUBLIC **50/50 RAFFLE** KITCHEN OPENS AT 5:00

ALL PROCEEDS BEFEFIT
The Legion and Our Veterans

AMERICAN LEGION POST 256

454 NORTH MAIN STREET,
CANANDAIGUA

WIN A ROUND • WIN A PRIZE • \$100 CASH FINAL PRIZE




SALVATORE'S PIZZA
352 Jefferson Rd **HENRIETTA, NY**




FRIDAYS 6-8pm

FREE PIZZA

PATIO PARTY • FIRE UNDER THE FLAGPOLE • FREE PIZZA

- FIRST RESPONDERS
- ACTIVE MILITARY
- POLICE, FIRE, EMT, 911
- GOLD STAR FAMILIES
- ALL VETERANS
- RAIN OR SHINE!



VETERANS OUTREACH CENTER Inc.
Serving Those Who Serve U.S. ★

FLOW YOGA AT VOC

Every Wednesday in the
VOC Fitness Center
447 South Avenue
11 AM - 12 PM

Mat and other materials provided
Limit 10 veterans per class

For more information, contact Jeff Klein: 585.295.7804 | Jeff.Klein@vocroc.org

RETIREMENT SERVICES OFFICERS (RSOs)

Do you have questions about benefits, SBP, Retiree Appreciation Days, or anything else retirement-related? Contact the RSO for your area or go to the Army Retirement Services website <https://soldierforlife.army.mil/Retirement/contact-us>.

INSTALLATION RSOs

(states/territories without Army installations list the RSO serving that area)

<p>ALABAMA • Redstone Arsenal (256) 842-2719 usarmy.rsa.rso@army.mil • Ft. Novosel (Ft. Rucker) (334) 255-9124/9739 usarmy.rucker.rso@mail.mil</p> <p>ALASKA • JB Elmendorf-Richardson (800) 478-7384 (AK only) (907) 384-3500 usaf.jber.rso@us.af.mil • Ft. Wainwright (907) 353-2095 fwars@wainwright.army.mil</p> <p>ARIZONA • Ft. Huachuca (520) 533-1120 usarmy.huachuca.imcom-central.mbx.sfr-rso@army.mil</p> <p>ARKANSAS See Ft. Sill, OK</p> <p>CALIFORNIA • Presidio of Monterey (831) 242-4986 usarmy.pom.rso@mail.mil</p> <p>COLORADO • Ft. Carson (719) 526-2840 usarmy.carson.rso@army.mil</p> <p>CONNECTICUT See West Point, NY</p> <p>DELAWARE See Ft. Meade, MD</p> <p>D.C. See JB Myer-Henderson Hall, VA</p> <p>FLORIDA • Central & West MacDill AFB</p>	<p>(813) 828-0163 army.rso@us.af.mil • Rest of FL, see Ft. Stewart, GA</p> <p>GEORGIA • Ft. Moore (Ft. Benning) (706) 545-1805/4434 usarmy.benning.imcom.mbx.g1hrd-rso@mail.mil • Ft. Eisenhower (Ft. Gordon) (706) 791-2654/4774 usarmy.gordon.rso@mail.mil • Ft. Stewart (912) 767-5013/3326 usarmy.stewart.rso@mail.mil</p> <p>HAWAII • Schofield Barracks (808) 655-1585/1514 armyschofieldrso@mail.mil</p> <p>IDAHO Ft. Carson, CO or JB Lewis-McChord, WA</p> <p>ILLINOIS Ft. Leonard Wood, MO Ft. McCoy, WI, Ft. Knox, KY</p> <p>INDIANA Ft. Knox, KY</p> <p>IOWA Ft. McCoy, WI</p> <p>KANSAS • Ft. Leavenworth (913) 684-5583/2425 usarmy.leavenworth.imcom.mbx.retirements@mail.mil • Ft. Riley (785) 239-3320/3667 usarmy.riley.rso@army.mil</p>	<p>KENTUCKY • Ft. Campbell (270) 798-5280/3310 CampbellRSO@army.mil • Ft. Knox (502) 624-7236/1280 usarmy.knox.rso@army.mil</p> <p>LOUISIANA • Ft. Johnson (Ft. Polk) (337) 531-0363/0402 usarmy.polk.rso@army.mil</p> <p>MAINE See Ft. Drum, NY</p> <p>MARYLAND • Aberdeen Proving Grnd (410) 306-2322/2345 apgrso@army.mil • Ft. Meade (301) 677-9603 armysomeade@mail.mil</p> <p>MASSACHUSETTS See West Point, NY</p> <p>MICHIGAN • UP: See Ft. McCoy, WI • Lower Mich. Selfridge ANGB (586) 239-5580</p> <p>MINNESOTA See Ft. McCoy, WI</p> <p>MISSISSIPPI See Ft. Novosel, AL</p> <p>MISSOURI • Ft. Leonard Wood (573) 596-6637 usarmy.leonardwood.id-training.mbx.usag-flw-dhr-rso@army.mil</p> <p>MONTANA See JB Lewis-McChord, WA</p>	<p>NEBRASKA See Ft. Riley, KS</p> <p>NEVADA See Pres. of Monterey, CA</p> <p>NEW HAMPSHIRE See Ft. Drum, NY</p> <p>NEW JERSEY • JB McGuire-Dix-Lakehurst (609) 562-2666 usarmy.dix.rso@mail.mil</p> <p>NEW MEXICO See Ft. Bliss, TX</p> <p>NEW YORK • Ft. Drum (315) 772-6434/6339 usarmy.drums.rso@army.mil • Ft. Hamilton (718) 630-4552/4930 usarmy.hamilton.imcom.mbx.rso-org-box@mail.mil • Watervliet Arsenal See Ft. Drum, NY • West Point (845) 938-4217/2355 usarmy.westpoint.id-training.mbx.westpoint-rso@army.mil</p> <p>NO. CAROLINA • Ft. Liberty (Ft. Bragg) (910) 396-5304 usarmy.liberty.usag.mbx.dhr-rso@army.mil</p> <p>NO. DAKOTA See Ft. Riley, KS</p> <p>OHIO See Ft. Knox, KY</p>	<p>OKLAHOMA • Ft. Sill (580) 442-2645/6131 usarmy.sill.id-training.mbx.ft-sill-retirement-services@army.mil</p> <p>OREGON See JB Lewis-McChord, WA</p> <p>PENNSYLVANIA • Carlisle Barracks (717) 245-4501/3894 usarmy.carlisle.rso@mail.mil • Tobyhanna Army Depot (570) 615-7019/2734 army.tobyhanna.rso@mail.mil</p> <p>RHODE ISLAND See West Point, NY</p> <p>SO. CAROLINA • Ft. Jackson (803) 751-5523 army.rso.jackson@mail.mil</p> <p>SO. DAKOTA See Ft. Riley, KS</p> <p>TENNESSEE See Ft. Campbell, KY</p> <p>TEXAS • Ft. Bliss (915) 568-5204/569-6233 usarmy.bliss.imcom-central.mbx.rso@mail.mil • Ft. Cavazos (Ft. Hood) (254) 287-8761/5210 army.hoodrso@army.mil • JB San Antonio (210) 221-9004/9793 usaf.jbsa.502-abw.mbx.502-fss-fsh-retirement-serviceof@army.mil</p>	<p>UTAH See Ft. Carson, CO</p> <p>VERMONT See Ft. Drum, NY</p> <p>VIRGINIA • Ft. Belvoir (703) 806-4551 usarmy.belvoir.imcom.mbx.rso@mail.mil • JB Langley-Eustis (757) 878-3648 usaf.jble.733-msg.mbx.ft-eustis-rso@army.mil • Ft. Gregg-Adams (Ft. Lee) (804) 734-6555/6973 usarmy.lee.imcom.mbx.lee-ima-rso@army.mil • JB Myer-Henderson Hall (703) 696-5948/3689 usarmy.jbmhh.rso@mail.mil</p> <p>WASHINGTON • Ft. Jackson (803) 751-5523 army.rso.jackson@mail.mil</p> <p>WEST VIRGINIA See Ft. Knox, KY</p> <p>WISCONSIN • Ft. McCoy (502) 898-3716 usarmy.mccoy.id-readiness.mbx.dhr-rso@army.mil</p> <p>WYOMING See Ft. Carson, CO</p> <p>PUERTO RICO • Ft. Buchanan (787) 707-2061/3546 usarmy.buchanan.imcom-atlantic.mbx.retirement-service-office@mail.mil</p>
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OVERSEAS RSOs

<p>HQ IMCOM Europe 0611-143-544-1530 Usarmysembachid-europembx.retirement-svcs@army.mil</p> <p>Germany Ansbach 09641-705871814 usarmy.ansbach.id-europe.list.dhr-retirement-services@army.mil</p> <p>Baumholder 0611-143-541-1021 usarmy.isobaumholder@mail.mil</p>	<p>Bavaria 09641-70-526-4430 usarmy.rso.bavaria@mail.mil</p> <p>Grafenwoehr 09641-83-8709 usarmy.bavaria.ret-svcs@mail.mil</p> <p>Rheinland-Pfalz 0611-143-541-1021 usarmy.rheinland-pfalz.id-europe.mbx.garrison-retiree-svcs@army.mil</p>	<p>Stuttgart 09641-70-596-2010 usarmy.rso.stuttgart@mail.mil</p> <p>Wiesbaden 0611-143-548-1614 usarmy.wiesbaden.id-europe.list.retirement-services-office@army.mil</p> <p>Belgium 011-32-65-32-6293 usarmy.rsobenelux@mail.mil</p>	<p>England See HQ IMCOM Europe</p> <p>Middle-East See HQ IMCOM Europe</p> <p>Netherlands 011-31-45-534-0260 usarmy.rsobenelux@mail.mil</p> <p>Italy/So. Europe/Africa Vicenza 011-39-0444-71-4831 usarmy.usag-italy.id-europe.list.retiree-services@army.mil</p>	<p>Japan Camp Zama 011-81-46-407-3940 usarmy.zamarso@mail.mil</p> <p>Okinawa 06117-52-5560 usarmy.torii.usag.mbx.okinawa-transitions@mail.mil</p> <p>Korea Yongsan 010-2916-0578 usarmy.humphreys.id-pacific.mbx.mpd-rso@army.mil</p>	<p>Camp Humphreys 010-2916-0578 usarmy.humphreys.id-pacific.mbx.mpd-rso@army.mil</p>
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ARMY RESERVE RSOs

<p>63rd Readiness Division Moffett Field-Mountain View, CA (650) 526-9513/9512 RSO email: usarmy.usarc.63-rd.mbx.63-rso@army.mil States: AR, AZ, CA, NM, NV, TX, OK</p> <p>9th Mission Support Command Honolulu, HI 808-438-1600 x3553 RSO email: usarmy.shafter.9-msn-sup-cmd.list.retirement-services-office@army.mil Area: HI, AK, Guam, America Samoa, Japan, Korea, Saipan</p> <p>81st Readiness Division Ft. Jackson, SC (803) 751-9546/9661 RSO email: usarmy.usarc.81-rd.mbx.dhr-psd-rso@army.mil</p>	<p>States: LA, MS, NC, PR, SC, FL, KY, TN, GA, AL, 1st MSC</p> <p>88th Readiness Division Ft. McCoy, WI Office: (608) 388-7448 RSO email: usarmy.usarc.88-rd.mbx.retirement-services-1@army.mil States: IA, ID, IL, IN, CO, KS, MI, MN, MO, MT, ND, NE, OH, OR, SD, UT, WA, WI, WY</p> <p>99th Readiness Division JB McGuire-Dix-Lakehurst, NJ (609) 562-1696/7055/7425/1688 RSO email: Army99RSO@army.mil States: CT, DE, MA, MD, ME, NH, NJ, NY, PA, RI, VA, VT, 7th MSC (Europe)</p>
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ARMY NATIONAL GUARD RSOs

To contact an Army National Guard RSO, visit the MyArmyBenefits Resource Locator at <https://soldierforlife.army.mil/Retirement/rso>
Click on the state you're interested in for the National Guard points of contact there.

HRC GRAY AREA RETIREMENTS (GAR) BRANCH

Servicing Retired USAR and ARNG Soldiers by processing retirement pay applications, and family members with RCSBP claims. Phone (888) 276-9472 or (502) 613-8950. Retirement application (and RCSBP claim forms) are available on the HRC-GAR page at: <https://www.hrc.army.mil/content/Gray%20Area%20Retirements%20Branch> or email request for retirement application packet to: usarmy.knox.hrc.mbx.tagd-ask-hrc@army.mil.