

# LITTLE ROCK AFB

## RETIREE ACTIVITIES OFFICE

### NEWS & INFORMATION

Fall-Winter 2016

*A service for all military retirees and their families  
Brought to you by the Retiree Activities Office.*

The Retiree Activities Office New & Information is an unofficial publication written, edited and published by the Little Rock Retiree Activities Office for the convenience of the Little Rock AFB retired population. The information or comments herein do not necessarily represent the positions or opinions of the DoD, USAF, AMC the 19th AW or any tenant units on Little Rock AFB. While all efforts have been made to assure the accuracy of the information in this publication, no absolute guarantee of accuracy can be given nor should any be assumed.

**The 38th Annual Retiree Appreciation Day is schedule for the 22th of October 2016, in the Walter Community Center, from 09:00 - 14:00 hours. Call 501-987-6095 if you are interested in being a vendor or if you need information.**

**THE BEST WEBSITE FOR ARKANSAS VETERAN RESORCES IS**

<http://www.veterans.arkansas.gov/resources>

The Arkansas Department of Veteran Affairs has information on Military Records, Employment, Benefits, Healthcare, Veteran Support Agencies and more!

HAVE A NEW or ADDRESS CHANGE? Please immediately notify the agencies below to update them with your new info:

**Retirees:** Defense Finance and Accounting Service, US Military Retirement Pay, PO Box 7130, London KY 40742-7130; Phone 1-800-321-1080 or FAX 1-800-469-6559.

**Annuitants:** Defense Finance and Accounting Service, US Military Annuitant Pay, PO Box 7131, London KY 40742-7131; Phone 1-800-321-1080 or FAX 1-800-982-8459.

**Retirees and annuitants** may also update addresses at the Pay Center's Website: [www.dod.mil/dfas/money/retired](http://www.dod.mil/dfas/money/retired).

National Resource Directory - This directory is a Web-based network of care coordinators, providers and support partners with resources for wounded, ill and injured service-members, veterans, their families, families of the fallen and those who support them. Located at <https://www.nrd.gov/>.

Addresses for non-Air Force military retirees are received from the Retired Address

Finder (RAF).

**PUBLISHING THE RETIREE UPDATE NEWSLETTER:** We will publish two issues a year; combining the Fall/Winter and Spring/Summer issues. Go to <http://www.littlerock.af.mil/> and click on the shortcut under “Popular Links” for “Retiree Update” (Bottom right-hand side of the page).

## **RETIREE APPRECIATION DAY INFORMATION**

Date 28 October 2016 9AM - 2PM  
Walter's Community Center, LRAFB

Schedule of events:

0900: Opening Remarks by Col. Chip Brown 19th AW CC  
0930: Booths Open  
1100: Snack Bar Opens  
1400: End of Activities

### **19th MEDICAL GROUP** (Colonel Dawn Brooks, Commander 19th Med Group)

WEBSITE : <http://www.littlerock.af.mil/Units/19th-Medical-Group>

Address: 1090 Arnold Drive, Little Rock AFB, AR 72099

The clinic is open 7:30 a.m. to 4:30 p.m. Monday through Friday, and is closed all federal holidays. The clinic is also closed the 4th Wednesday each month for readiness training. For appointments, call Central Appointments at 987-8811. All eligible beneficiaries can call between 7 a.m. to 4 p.m., Monday through Friday.

At [www.humana-military.com](http://www.humana-military.com), you can review your referral authorizations, claim status, enrollment, and eligibility.

Appointments may be booked by visiting TRICARE online at <http://www.tricareonline.com> or MiCare at <https://app.relayhealth.com>.

After-hours nurse advice line is available by calling 987-8811.

Main clinic hours are Monday - Friday, 0730-1630. We are closed all day on the fourth Wednesday of each month for training.

Stay up-to-date with clinic closings by liking the MDG Facebook page:

<https://www.facebook.com/19MDG>

Pharmacy:

The Main Pharmacy is open	7:30 a.m. to 4:30 p.m. Monday through Friday.
Civilian prescriptions are accepted	7:30 a.m. to 4:00 p.m. Monday through Friday.
The Refill Pharmacy is open	7:30 a.m. to 4:30 p.m. Monday through Friday.
For pharmacy refills, call	501-987-7457.

### **NEW PRESCRIPTIONS**

All new prescriptions are processed at the main pharmacy. The pharmacy accepts both military and civilian prescriptions for eligible beneficiaries. Patients must utilize the automated queuing system located in the pharmacy lobby to check-in based on prescription type and/or desired pickup time. Prescriptions will not be processed until patients check-in with pharmacy staff. New civilian prescriptions are processed between **0730 – 1600**. Prescriptions entered by military providers are processed anytime between the hours of 0730-1630.

Prescriptions for items on the Little Rock AFB Pharmacy formulary will be honored. Non-formulary items can be evaluated against DoD Formulary requirements. Some non-formulary items can be ordered special. Copies of the formulary are available on the base website at [www.littlerock.af.mil](http://www.littlerock.af.mil) (located under the "Community Interest" section on the right hand side of the homepage). The formulary is also posted on the 19 MDG home page at [www.littlerock.af.mil/units/19thmedicalgroup/index.asp](http://www.littlerock.af.mil/units/19thmedicalgroup/index.asp), then click the 19<sup>th</sup> Medical Group Pharmacy Formulary graphic.

The pharmacy does not accept patient new prescriptions or prescription renewals via telephone. All prescriptions for controlled substances must contain a wet ink signature (stamped or electronically signed prescriptions will not be accepted). Drug information and patient education are provided with all new prescriptions and are available from the refill pharmacy staff upon request.

**TRICARE PHARMACY MEDICATION COPAY INCREASES**

Effective: 1 Feb 16 WHO: All Non-Active Duty Beneficiaries Military Pharmacy Get up to a 90-day supply of most prescription drugs. \$0 copayment

No changes on 1 Feb 16

Get up to a 90-day supply of most prescription drugs.

Generic formulary: \$0 Generic formulary: \$0  
 Brand name formulary: \$16 Brand name formulary: \$20  
 Non-formulary: \$46 (unless you establish medical necessity)

**Network Pharmacy**

Get up to a 30-day supply of most prescription drugs.

Generic formulary: \$8 Generic formulary: \$10  
 Brand name formulary: \$20 Brand name formulary: \$24  
 Non-formulary: \$47 (unless you establish a medical necessity)

If you want a 90-day supply from your network pharmacy, you'll pay the cost for each 30-day supply. For example, a 90-day supply of a generic drug will cost \$30 beginning 1 Feb 16.

\*Some non-formulary drugs are only covered through Home Delivery. Check with Express Scripts before filling prescriptions for non-formulary drugs at a retail network pharmacy.

\*\*For more specific information, please contact Express Scripts at (877) 363-1303 or visit their website:

2016 Costs (Starting 1 Feb 16)

Non-formulary: \$50 (unless you establish medical necessity)

<https://www.express-scripts.com/TRICARE/index.shtml>

**CUSTOMER SERVICE REPRESENTATIVES NUMBERS ARE LISTED BELOW**

Clinical Laboratory	987-7281
Dental	987-6943
Diagnostic Imaging (Radiology)	987-7467
Family Advocacy	987-7377
Family Health	987-3080

Flight Medicine	987-7319
HAWC	987-7288
Mental Health	987-7338
Optometry	987-8702
Pediatrics	987-7245
Pharmacy	987-7446
Physical Therapy	987-7466
Physiological Training	987-7389
Public Health	987-7209
TOPA	987-1285
Women's Health Clinic	987-7245

Referrals – Ensure you have an active referral in hand BEFORE you see a specialty provider! Do you have an annual cardiology appointment? Do you see a specialty physician on a continuing basis? Do you know how many visits you have left on the referral? Do you know when the referral expires?

Referrals are approved for a specific period of time and a specific number of visits. If either expires, the referral is no longer active. It is patient responsibility to track dates and number of visits. The most effective method to track these is through Humana's mobile app.

In your search engine type "MyHumana" and enroll. Access is available 24 hours a day and 7 days a week. There are many features available such as:

- Track your referrals dates and number of visits
- Find a provider, emergency or urgent care facility by zip code
- Beneficiary eligibility and plan information
- Pay premiums with PayByPhone
- Review your claim information

**Optometry Clinic:** Active duty dependents, retirees, and retiree dependents are seen off base by TRICARE network optometrists (active duty dependents are eligible for an exam every year and retirees and their dependents are eligible every two years).

#### TRICARE for Life (TFL) and Veterans Affairs (VA) Claims

When a TRICARE for Life beneficiary gets non-service connected care at a VA facility, TRICARE will only pay 20% of the TRICARE-allowable charge and the beneficiary may be responsible for the remaining 80%.

There have been reports of VA facilities informing beneficiaries that if their service connected rating is 60% or greater, they will see them for everything and not bill them. TRICARE pays on any TFL claim only after Medicare and any other health insurance payments.

Although VA facilities are TRICARE-authorized, they are not Medicare-certified—the VA can't bill Medicare. This means TRICARE can only pay up to 20% of the TRICARE-allowable charge. If beneficiaries get medical care for non-related service-connected disability at a VA facility they may be responsible for the other 80%.

## **A FEW NOTES FROM SAFETY**

### **Springtime Chores Done Safely**

It's finally spring and time to take care of all those outdoor chores. Data shows that each year about 400,000 people are treated in hospital emergency rooms for injuries from lawn and garden tools. Each year, about 25,300 people are injured and 75 people are killed on or near riding lawnmowers and garden tractors. One out of every five deaths involves a child. It is estimated that most of the deaths to children occurred when a child was in the path of a moving mower. Other garden equipment can be dangerous even when it is not in use. For example, weed and hedge trimming equipment has sharp blades that can cut if the blades are mishandled.

Please consider the following precautions to prevent injuries from lawn and garden equipment. Dress appropriately for the task. Wear long pants, long-sleeved shirts (to avoid injuries from thrown objects like rocks or sticks), close-fitting clothes and no jewelry (to avoid getting anything caught in moving parts), sturdy shoes with slip-resistant rubber soles, eye protection, heavy gloves (protects hands when changing, sharpening, or cleaning blades), and hearing protection such as ear plugs when using motor-driven equipment.

Before starting up machinery, remove objects from the area in which you are working that can cause injury or damage equipment, such as sticks, glass, metal, wire, and stones.

Make sure that safety devices on the equipment are in place and functioning properly before starting

Never let a child ride or operate a garden tractor or riding mower, even if the child is supervised. Teenagers should only be allowed to operate outdoor power equipment if they possess adequate strength and maturity to do so safely. They also should be supervised by a responsible adult. Keep children indoors and supervised at all times when any outdoor power equipment is being used. Young children move quickly and are attracted to mowers and mowing activity, especially if they have been given rides on mowers before. Never assume children will remain where you last saw them. Be alert and turn off the mower if children enter the mowing area. Use extra care when backing up or when approaching corners, shrubs, and trees. Be sure power tools are turned off and made inoperable if they must be left unattended to prevent use by children.

Unplug electric tools and disconnect spark plug wires on gasoline-powered tools before making adjustments or clearing jams near moving parts. Handle gas carefully. Never fill gasoline tanks while machinery is on or when equipment is still hot. Wipe up spills. Store gas in an approved container away from the house. Finally, never smoke or use any type of flame around gasoline or any gasoline-powered equipment.

Never work with electric power tools in wet or damp conditions. For protection against electrocution, use a ground fault circuit interrupter (GFCI). GFCIs come in several models, including a portable plug-in type. Be sure that extension cords are in good condition, are rated for outdoor use, and are the proper gauge for the electrical current capacity of the tool.

## **LODGING**

### **HOTEL ACCOMMODATIONS ON or NEAR LITTLE ROCK AFB**

## **1. Little Rock AFB Lodging Office**

Phone Number: (501) 987-6753

Address: 1024 Cannon Circle, Bldg 1024

Hours of Ops: Open 24/7

The Razorback Inn is here to support the Little Rock AFB training mission. The staff's main goal is to provide a safe, comfortable and clean living environment for C-130 students, active-duty military members and their families who are being assigned to Little Rock AFB, and retired military personnel who may be traveling through Arkansas.

### **COMMERCIAL LODGING HOTELS**

The following hotels have been inspected by Little Rock AFB Fire Department, Military Public Health and the Razorback Inn to ensure Air Force Standards for safety, health, cleanliness and amenities have been met. Should you experience any areas of concern please contact the lodging front desk at 501-987-6753 to report it. We will address the issue with their management.

#### **Quality Inn Jacksonville AR**

1500 John Harden Dr, Jacksonville, AR 72076 [\(501\) 985-4400](tel:5019854400)

Set next to Routes 67/167, this simple low-rise hotel is 1.3 miles from the Jacksonville Museum of Military History, 3.6 miles from Little Rock Air Force Base and 9.8 miles from Holland Bottoms State Wildlife Management Area. The casual rooms and suites have en suite bathrooms with showers, as well as free WiFi, flat-screen TVs, microwaves, minifridges and coffeemakers. Suites add separate living spaces and some come with whirlpool tubs. A complimentary hot breakfast buffet is provided. There are computers for guests to use, while other amenities include a seasonal outdoor pool and a gym, as well as guest laundry facilities and RV parking.

#### **Best Western Jacksonville**

1600 John Harden Dr, Jacksonville, AR 72076 [\(501\) 982-8181](tel:5019828181)

Off US-67, this laid-back hotel is a mile from Splash Zone water park and 1.4 miles from the Jacksonville Museum of Military History. Unassuming rooms and suites come with free WiFi and 37-inch flat-screen TVs, as well as minifridges, microwaves and coffeemakers. Some rooms have whirlpool tubs and/or balconies. Kids 12 and under stay free with an adult. Hot breakfast and parking are complimentary. Other amenities include a seasonal outdoor pool, an exercise room and a business center.

#### **Super 8 Hotel Jacksonville**

1850 John Harden Dr, Jacksonville, AR 72076 [\(501\) 982-9219](tel:5019829219)

This simple budget hotel is a 6-minute walk from the Gregory Place Shopping Center and a 9-minute drive from the Little Rock Air Force Base. All rooms include en suite bathrooms and cable/satellite TV, plus microwaves, minifridges and coffeemakers. There's free WiFi in every room and kids 17 and under stay free with an adult. Amenities include a complimentary continental breakfast, business and fitness facilities and a heated indoor pool, as well as free large-vehicle parking and a guest laundry.

#### **Best Western Sherwood**

7533 Warden Rd, North Little Rock, AR 72120 [\(501\) 835-7556](tel:5018357556)

This straightforward hotel is 7.2 miles from the Verizon Arena and 8.1 miles from the Clinton Presidential Center. The simple rooms offer complimentary WiFi, desks and flat-screen TVs with premium channels, plus minifridges, microwaves and coffeemakers. Suites add whirlpool tubs or pull-out sofas. Amenities include complimentary breakfast and parking, as well as an outdoor pool, a fitness room and a 24/7 business center. There's also a convenience store.

### **Candlewood Suites North Little Rock**

3950 Vali Ct, North Little Rock, AR 72117 [\(501\) 492-4946](tel:5014924946)

Contemporary suites with kitchenettes, flatscreens & free Wi-Fi, plus a fitness center & a gazebo.

### **Fairfield Inn**

4120 Health Care Dr, North Little Rock, AR 72117 [\(501\) 945-9777](tel:5019459777)

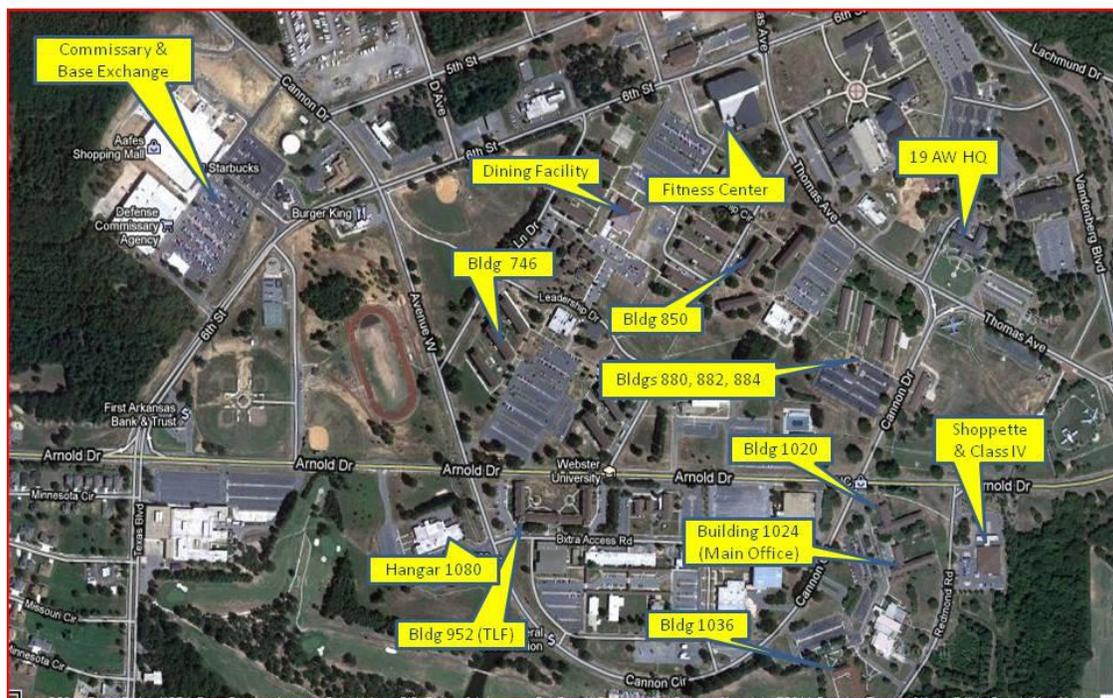
This straightforward lodging is 5.4 miles from the William J Clinton Presidential Library and 5.2 miles from the Arkansas Museum of Discovery. The bright rooms have free WiFi and flat-screen TVs with premium cable channels, plus desks and coffeemakers. Suites add separate living areas with pull-out sofas. Hot breakfast and parking are complimentary. The property offers an indoor pool, a hot tub and a fitness center. Other amenities include a business center, a convenience store and guest laundry facilities (fee).

### **Residence Inn North Little Rock**

4110 Health Care Dr, North Little Rock, AR 72117 [\(501\) 945-7777](tel:5019457777)

This extended-stay hotel off Interstate 40 is 5.3 miles from the William J. Clinton Presidential Center and 5.5 miles from downtown Little Rock. The relaxed rooms, ranging from studios to 2-bedroom suites, come with fully equipped kitchens and free WiFi, as well as pull-out sofas, desks, and flat-screen TVs with premium cable channels. Suites add separate living areas. Hot breakfast, parking and a weekday evening socials with snacks are free. There's a 24/7 convenience store, plus an indoor pool and a hot tub. Other amenities include a sports court, a fitness center, a business center and laundry facilities.

## **LITTLE ROCK AFB LODGING FACILITIES**





**FORCE SUPPORT SERVICES AND ACTIVITIES CAN BE FOUND AT**  
<http://www.rockinattherock.com/>

Armed Forces Vacation Club -- The Armed Forces Vacation Club is a space-available program offering Department of Defense-affiliated people affordable condominium vacations at more than 3,500 resorts worldwide. For more information, visit <http://www.afvclub.com/>.

**Military Personnel Squadron**  
DEERS ID card Rep: 501-987-6831  
Casualty Services: 501-987-3580

**Customer Service**

Military ID and CAC Cards Required documents are mandatory for an ID card and/or Common Access Card (CAC). All documents must be original or notarized copies only. Two forms of identification are required, 1 must be a photo ID. [Please book an appointment](#) to lessen your wait time. Wait time can exceed 2 hours for walk-ins.

**Renewal of ID Cards**

**Renewal of Dependent Cards Spouse and Children (10 to 20 years of age):**

Sponsor (Military or Retired member) or Power of Attorney (General/Special) or DD Form 1172 notarized Two forms of identification, Children (Over 21 years of age)

Sponsor (Military or Retired member) or Power of Attorney

Letter from school Registrar stating full time and anticipated graduation date

Two forms of identification

### **100 % Disabled Veteran ID cards -DD Form 214**

VA Letter stating that the honorably discharge veteran is 100 percent disabled from a service-connected injury or disease; whether evaluation is necessary, and that commissary and exchange are authorized

Marriage License (If getting a Dependent ID card)

## **CASUALTY ASSISTANCE & SURVIVOR BENEFIT PLAN (SBP)**

**INFORMATION Casualty Services: 501-987-3580**

Attention Retirees!! Prepare your loved ones and have the following items readily available for those you love and leave behind:

DD Form 214 (discharge papers)

Retired pay statement

Leave & Earnings statement

VA paperwork, if applicable

Current WILL

Names, phone numbers & policy numbers for any life insurance policies

Having the above information readily available will alleviate any undue stress and make it easier for your loved ones to apply and receive the benefits and entitlements you left behind for them.

Please be assured we are here to assist with the necessary paperwork that he/she will need to complete when the time comes. Come see us for assistance in making sure you have all of your necessary papers together.

Retirees: Please inform your spouse that if you predecease him/her and he/she decides to remarry after your death, his/her ID Card privileges will be terminated. If that marriage ends in death or divorce, he/she will be entitled to get their ID Card reinstated under you, the original sponsor, however, the reinstated privileges will Not Include Medical or TriCare Benefits.

When a Retiree passes the Little Rock AFB Casualty office will assist with the following:

Application for Arrears of Pay, last Retiree Paycheck

Survivor Benefit Plan, if applicable

VA application, if needed

OPM application, if applicable

Contact applicable life insurance agencies, if needed

Other assistance, depending on the situation

Schedule the appointment to get another ID Card

One on one visit with the surviving spouse to complete the above claims paperwork

If the surviving spouse lives outside the local area, we may conduct this process via US Postal Service.

## **ID Card & DEERS Document Requirements**

All retirees and family members who are in need of a new ID card because of mutilation, expiration, or loss need to bring the following documents. These documents allow us to verify in case the ID card computer system shuts down.

a. Retiree: Retirement Orders or DD Form 214

b. Family members:

(1) Retirement Orders or DD Form 214.

(2) Birth Certificate (containing both parents name) or court document signed by a Judge, determining sponsor is parent.

(3) Marriage Certificate or copy (with seal).

(4) Letter from college registrar's office stating that the dependent is a full time student taking 12 semester hours or more and expected date of graduation (for dependents age 21 to 23)

(5) Divorce Decree

(6) Adoption Papers.

(7) Unmarried surviving spouse must present marriage certificate, and birth certificate for surviving children's ID card.

(8) To replace lost ID cards requires a picture ID, i.e. drivers license, etc., plus all above documents.

(9) Former spouses that qualified for ID card must have member's DD Form 214 (Certificate of Release or Discharge from Active Duty) for each period of service in addition to above requirements.

(10) The signature of the military sponsor is required before issuance of family member's ID cards. The application must be notarized if sponsor is not with family members.

## **DFAS Phone Help**

The Defense Finance and Accounting Service in Cleveland has altered its telephone menu options. If you need help with your military retired or annuity pay, choose option 1 after dialing either 1-800-321-1080 or 1-888-332-7411. If inquiring about MyPay, choose option 5.

The General and Mrs. Curtis E. LeMay Foundation is a national organization which provides financial assistance to widows of all retired Air Force personnel. It offers financial help to indigent widows needing assistance -- wherever they are residing -- for as long a period as necessary, even for a lifetime.

Write to The General and Mrs. Curtis E. LeMay Foundation, 17050 Arnold Dr., Riverside CA 92508. Phone toll free 800-729-2999. The website is at [www.lemay-foundation.org/](http://www.lemay-foundation.org/). Send email to [info@afvw.com](mailto:info@afvw.com).

Requesting a DD214 for Loved Ones – You can request a copy of your loved one's DD 214 by accessing: [www.archives.gov/veterans/military-service-records](http://www.archives.gov/veterans/military-service-records)

## **Frequently Called Telephone Numbers for Little Rock AFB**

AAFES Main Store 988-2337

Air Force Aid Society 987-2667

Airman & Family Readiness Center 987-2667

Airman's Attic 988-1191

Airmen Against Drunk Driving  
987-2233

American Red Cross Hero Care Center 1-877-272-7337  
Ark. Department of Veterans Affairs 370-3820  
Ark. State Veterans Cemetery 683-2259  
Arkansas Federal Credit Union 982-1000  
Auto Hobby Shop 987-6803  
Base Operator 987-1110  
Billeting Front Desk (Razorback Inn) 987-6753  
Bowling Center 987-3338  
Burger King 988-4412  
BX – Alterations 988-9235  
BX – Barber Shop 988-1160  
BX – Base Lake Shoppette 988-4841  
BX – Beauty Salon 988-1900  
BX – Clothing Sales 987-3250  
BX – General Nutrition Center 988-0561  
BX – Laundry & Cleaners 983-1616  
BX – Optical shop 988-2761  
BX – Shoppette/Class Six 988-2301  
Career Assistance Advisor 987-5905  
Casualty Assistance SBP Counselor 987-3580  
Chaplain (After hours call cmd post for on-call chaplain) 987-6014 987-1900  
Child Development Center Infant Center 987-6130 987-6070  
Civilian Personnel/ NAF Jobs 987-3212/6440  
Clinic – Appointments (Outside local area) 987-8811 1-800-557-6815  
Clinic – Dental 987-7304/7331  
Clinic – Immunizations 987-2927  
Clinic – Lab 987-7438  
Clinic – Optometry 987-8702  
Clinic –Pharmacy Refill Call-in (Outside local area) 987-7446/7457 1-877-329-5762  
Combat Airlifter (Base Newspaper) 987-5855  
Command Post (24 hours) 987-1900  
Commissary 987-3203 Customer Service  
Finance 987-8294 Customer Service – ID Cards & DEERS 987-6831  
Customer Service – Military Pay 987-8294  
Deer Run Golf Course 987-6825  
Equal (Employment) Opportunity 987-8629  
First Arkansas Bank and Trust 982-4511  
First-Term Airman’s Center 987-1415  
Fitness Center 987-7716  
Fraud/Waste/Abuse Hotline 987-3006  
Hangar 1080 987-5555  
Health & Wellness Center 987-7288  
HERK (Base status updates) Line 987-4375  
Honor Guard 987-6317  
Housing – LRAFB Family Housing 983-9044  
Housing – Maintenance (24 hrs) 983-9050  
Housing – Referral Office 987-6429

Inspector General 987-3596  
Legal Office 987-7886  
Library 987-6979  
OSI Hotline 987-6116  
Outdoor Recreation/Family Camp Info 987-3365  
Popeye's Chicken 988-1374  
Post Office 987-3695  
Public Affairs 987-3601  
Recycling Center 987-6611  
Saddle Club Stables 987-3365  
Security Forces – Emergency/Fire 987-6600/911  
Security Forces – Desk Sergeant 987-3221  
Security Forces – Pass & ID 987-6338  
Security Forces – Visitors Center 987-3425  
Separations & Retirements 987-7179  
Sexual Assault Hotline 987-7272  
Space-A Info Recording 987-3684  
Space-A Travel 987-3342  
Suicide Prevention Hotline 1-800-273-8255  
Thomas Community Activities Center 987-6720  
Thrift Shop 988-1191 Tickets & Tours 987-5105  
Traffic Management Office 987-3582  
Transient Barracks CQ 987-6753  
TRICARE Dental 1-888-838-8737  
TRICARE For Life 1-866-773-0404  
TRICARE Standard & Prime 1-800-444-5445  
Veterinary Clinic 987-7249  
Wally's Java 987-4133  
Wood Skills and Frame Shop 987-6504

## LETTER FROM THE DIRECTOR

Fellow Retirees,

Allow me to introduce myself. I am Colonial Henry F. Ward USA retired. I am the new Retiree Activities Office Director at Little Rock Air Force Base. I have volunteered at the Retiree Activities office and the refill department at the pharmacy since 2008.

I want to apologize for the lack of communications from this office since I took this position. This has been due to a lack of access to the computer system on base. Which is been resolved at this time.

In the near future you will be able to access the Retiree Activities Office webpage on the Little Rock Air Force Base home page and get all the information needed about office closings, up-coming events, and all sorts of nice things to know.

You need to know that this office is the only source of official information for retirees. Any information you may receive from outside sources may or may not be valid information. It should be considered as rumor and innuendo. If you have any questions or concerns, do not hesitate to contact us at 501-987-6095. You can also Email me at [Henry.ward.2@us.af.mil](mailto:Henry.ward.2@us.af.mil) This office looks forward to serving you and assisting you with your problems.

// SIGNED//

Henry Ward, Col (Ret), USA  
Retiree Activities Office Director