



United States Air Force
OFFICIAL BUSINESS

Retiree Activities Office
1SOMSG/CVR
212 Lukasik Street, Suite 150
Hurlburt Field, FL 32544-5269

Phone: 850-884-5443

E-mail: rao@hurlburt.af.mil

Web: www.retirees.af.mil

Proudly serving those who served.

Cont'd from previous page

than 15 minutes. The course is now a growing hotbed for a diverse collective of players, from juniors to seniors, active duty and civilian, men and women, without the congestion one might encounter on other local golf courses. "This is truly a championship level golf course, that can accommodate all levels of play from amateur to advanced. The varying tees allow you to cater the course to your own strengths and even if you're a strong player, you certainly won't be bored on my course." says the new Course General Manager Jason Woodling.

Gator Lakes is a hidden gem on the Hurlburt Field, where the Air Commandos play. It's 18 holes stand proudly with the backdrop of an airstrip that houses some of the greatest aircraft in our American Military. Now open to the public, staff members treat everyone with respect in the truest sense of community, no matter the skill level. In a saturated region of golf courses, Gator Lakes should be your obvious, local pick for not only its affordability, but its merited consideration among the best championship golf courses in the area. For more information visit us online at www.myhurlburt.com.

**LOOKING FOR THE
BEST KEPT SECRET IN
OKALOOSA COUNTY?**

Come play where the Air Commandos play
at Hurlburt Field's Gator Lakes Golf Course.
The hazards bite back!

850-881-2251
HURLBURT FIELD, FL
403 WALKUP WAY, BLDG 91300

myhurlburt.com



WEB ADDRESSES

Air Force Personnel CTR
AFPC.randolph.af.mil

TRICARE
TRICARE.mil

Express Scripts
Express-Scripts.com

Dept. of Veterans Affairs
VA.gov

Defense Finance Service
DFAS.mil

Medicare
Medicare.gov

**Social Security
Administration**
ssa.gov

Retiree Activities Office
hurlburt.af.mil

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Hurlburt Field

Retiree Activities Office Newsletter

Fall 2016



Wheelchair racing participants prepare to race during the 2016 Air Force Trials at Nellis Air Force Base, NV, March 1, 2016. More than 100 service men and women from around the country competed for a spot on the Air Force team for the 2016 Warrior Games at the U.S. Military Academy in West Point, NY in June.
- U.S. Air Force photo by Senior Airman Taylor Curry/Released

The Air Force Wounded Warrior Program

by SHAWN P. SPRAYBERRY, CTR
Communications & Outreach Coordinator, Sr.

The Air Force Wounded Warrior (AFW2) Program, located at Joint Base San Antonio-Randolph Air Force Base, Texas, provides personalized service and support to seriously or very seriously wounded, ill or injured Air Force service men and women. Currently there are over 6,000 active duty Airmen and Veterans enrolled in the program with approximately 100 new personnel enrolled in the program every month.

"Our population is made up of nearly 5,000 Veterans," said Marsha Gonzales, Branch Chief, Warrior Survivor Care Division. "Our primary goal when a member is enrolled is to keep them on active duty, but that is not always possible. In those cases we continue to provide support and advocacy for the Veterans, helping them with the transition to civilian life."

The primary purpose of the program is the provide information and support to those Airmen who are enrolled in the program. This often begins when they meet the Recovery

Care Coordinator (RCC), a non-medical liaison who helps them navigate the medical and legal hurdles they may face. The RCC is the face of AFW2, providing that direct, face-to-face contact with the Wounded Warrior.

"You are not going to build the connections you need to if you just send an email or throw the recovering service member a checklist," said Scott Wilson, non-medical care branch chief. "It requires many conversations, whether it's face-to-face or over the phone and, like any relationship, it takes time to truly understand the care

that the recovering service member needs. We have to do what it takes."

The AFW2 Program is a federally funded, Congressionally-mandated program with an annual operating budget of roughly \$8 million. To learn more about AFW2 you can check out www.woundedwarrior.af.mil or log on to Facebook and go to www.facebook.com/airforcewoundedwarrior. Click "Like" on the page and share with your friends to help us increase education about the program.



www.MyHurlburt.com



DEPARTMENT OF THE AIR FORCE
1ST SPECIAL OPERATIONS WING (AFSOC)
HURLBURT FIELD FLORIDA

JUL 13 2016

MEMORANDUM FOR HURLBURT FIELD AREA RETIREES

FROM: 1 SOW/CC
212 Lukasik Avenue, Suite 315
Hurlburt Field FL 32544-5409

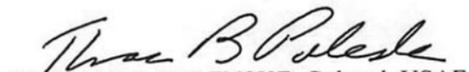
SUBJECT: Armed Forces Appreciation Invitation, 29-30 September 2016

1. As retirees, you have served our Air Force and nation with pride and distinction. You are an important part of Hurlburt Field and our Air Force family. In recognition of your contributions and dedication, the 1st Special Operations Wing is hosting Retiree appreciation days at Hurlburt Field. You are cordially invited and I sincerely hope you can take advantage of these activities.

2. The activities include the following:

- a. Commissary "Case Lot Sale": 29-30 September 2016.
- b. Base Exchange "Sidewalk Sale": 29 & 30 September 2016.
- c. Health & Wellness Center (HAWC): 29 & 30 September 2016, 0900-1500. A dietician will offer tips on achieving a healthier lifestyle at the Hurlburt BX Mall.
- d. The Clinic will be providing free FLU SHOTS and blood pressure checks on 29 & 30 September 2016, 0900-1500 at the Hurlburt BX Mall.
- e. Hurlburt Lanes special: 30 September 2016, 0900-1700. FREE bowling (3 games per ID card holder) and \$1.75 shoe rental.
- f. Golf Course special: 29 & 30 September 2016. FREE green fees – cart required. \$15.
- g. Blood Mobile, 30 September 2016, 0900-1500 at the Base Exchange.
- h. SHINGLES SHOT will be available while supplies last: 29 & 30 September 2016, Hurlburt Clinic Immunization office.

3. The Hurlburt Field RAO is located in the middle of the 1st floor of Bldg 90210 (1 SOW HQs, where MPS and Finance are located). Hours of operation are Monday-Friday, 0900-1200, and can be reached at (850) 884-5443. The RAO has information that will be of interest for retirees and their families.


THOMAS B. PALENSKE, Colonel, USAF
Commander

Any Time...Any Place

Gator Lakes Golf Course where the Hazards Bite Back

By Lia Davis

The symbiotic relationship between the lucid, challenging game of golf and the fast paced ops tempo of Hurlburt Field is natural, necessary even. Gator Lakes has stood as an on-site oasis for decades on the Hurlburt Field landscape, offering players a welcome escape from the demands of military life with 18 holes of championship level play. The links spread across immaculately groomed greens and fairways, challenging water hazards, bunkers, sand traps, and yes, even the occasional passive encounter with the animal that lends its name to the course. The greens are blanketed in rare Paspalum Grass that is uniquely designed for this climate to ensure consistent playing conditions regardless of weather and temperature fluctuations. It is one of only a handful of courses in the region with this particular grass and their immaculate greens are among the best in the area. Gator Lakes holds its own among local golf courses, that's saying something, considering our close proximity to some of the greatest courses in the nation.

Many, like TSgt Joseph Coutain fall in love with the sport immediately, regardless of how little love the course may reciprocate. As Coutain said, "I was just cutting the grass and wrestling geese in the water hazards for the first 12 holes." Then the course threw him a pass, and suddenly his stroke was on point. He heard that perfect note of contact between club and ball, *tink*, that launched the ball through the air and was instantly hooked. Coutain's first game of golf was at Gator Lakes for a

squadron function. To him, it's ground zero of his love affair with the sport, and I know there are many that share a similar story. "No matter where I go, I can always find a golfer. The game gives you the opportunity to create a bond with colleagues outside the professional arena, and the players on this course are always eager to share helpful tips to improve your game." He has been playing ever since that friendly tournament four years ago, and upgraded his original outfit of borrowed equipment, a sombrero, and Nike kicks to an impressive collection of high-end clubs, proper golf cleats and a sharp assortment of polos, performance shorts and ball cap, all available at the Pro Shop on site. TSgt Coutain stands in the company of some of the fiercest Air Commandos, but on the course, he is simply a passionate amateur golfer. And that's what Gator Lakes is all about. It's a place to shed the skin of your professional and personal demands and try your hand at mastering an unflinchingly intricate and precise game.

The typical day for a Gator Lakes golfer starts at Oasis Café. If you have an early tee time, players grab a renowned, loaded breakfast

Photos by Michael Pettus
Main: TSgt Joseph Coutain
Below: Jason Woodling and Lia Davis



burrito, or for the indulgently inclined, an order of lathered French Toast. Check back at lunch for a tasty daily lunch special and a brew fresh from the tap. Players can pick up last-minute essentials from the pro-shop like gloves or tees, and affordably rent top of the line equipment from the likes of Callaway and Taylor-Made. The shop's friendly staff will fit you for clubs to ensure your equipment is every bit your ally on the course. Before your tee time starts, players can squeeze in a few putts on the free putting greens, or even drive a few balls down the full-length driving range to get their game in check before teeing off.

Gator Lakes is more accessible than ever before as it is now "Open to the Public." Non-ID card holders can simply fill out an affidavit at the front gate Visitors Control Center, complete an on-site background check and gain exclusive Gator Lakes access for six-months, it takes less

Cont'd next page

Directory...

AIRMAN & FAMILY SERVICES

Airman & Family Readiness Center
..... 884-5441
220 Lukasik Avenue, Bldg 90213

CDC Main 884-6664
108 McMillan Street, Bldg 90353

CDC East 881-1260
133 Leilmanis Drive, Bldg 91168

CDC West 884-5154
10 Weaver Street, Bldg 90306

Youth Center
117 McMillan Street, Bldg 90304

School Age Program 884-6355

Pre-Teen 884-6355

Teen Center 884-6355

Family Child Care 884-4300
301 Tully Street, Bldg 90509

DINING/RESTAURANT

Rickenbacker's (AF Clubs) 884-7507
Inside The Soundside, lodging entrance

The Hooch Restaurant & Bar (AF Clubs)
..... 884-7507

The Soundside (AF Clubs) 884-7507
107 Kissam Street, Bldg 90910

Velocity Subs (AF Clubs) 884-7365
443 Cody Avenue, Bldg 90337

Oasis Café (Gator Lakes Golf) 881-5731
403 Walkup Way, Bldg 91300

Spare Time Grill (Bowling) 884-6470
Inside Hurlburt Lanes

The Reef (Military Dining) 884-4970
313 Cody Avenue, Bldg 90326

The Riptide (Military Dining)
..... 881-5127/5128
150 Howie Walters Road, Bldg 91007

FORCE DEVELOPMENT

Civilian Personnel 884-5212/5224
212 Lukasik Avenue, Bldg 90210, Room

Education and Training 884-6724
221 Lukasik Avenue, Bldg 90220

Library 884-6266
443 Cody Avenue, Bldg 90337

Manpower & Personnel 884-6787
212 Lukasik Avenue, Bldg 90210, Room 134

Military Personnel 884-5252
212 Lukasik Avenue, Bldg 90210, Room 134

NAF Employment 884-6464
145 Letourneau Circle, Bldg 90327

MISCELLANEOUS

Lodging (Commando Inn) 884-7115
301 Tully Street, Bldg 90509 (Main)
107 Kissam Street, Bldg 90918 (The Soundside)

Honor Guard 884-5330/7583
139 Letourneau Circle, Bldg 90359

Recycling 884-7577
202 Walkup Way, Bldg 91360

1 SOFSS Marketing 884-4252/3820
212 Lukasik Avenue, Bldg 90210, Room 134

RECREATION & FITNESS

Auto Hobby Shop 884-6674
552 Hamby Place, Bldg 90612

Plaque & Trophy Shop 884-5294
552 Hamby Place, Bldg 90612

Base Pool (Aquatic Center) 884-6866
207 Cody Avenue, Bldg 90300

Community Park 884-6939
Located next to CDC Main and CDC West

Dive Shop 881-1576
RV3 off Walkup Way

Family Campground (FAMCamp)

..... 797-0103

Weekend Call-In 884-6939
210 Downs Circle

Fitness Center, Aderholt 884-6884
259 Tully Street, Bldg 90517

Fitness Center, Commando 884-4412
452 Cody Avenue, Bldg 90232

Fitness Center, Riptide 881-5121
150 Howie Walters Road, Bldg 91007

Gator Lakes Golf Course 881-2251

Gator Lakes Pro Shop 881-2251
403 Walkup Way, Bldg 91300

Hurlburt Lanes 884-6941
442 Cody Avenue, Bldg 90231

Information, Tickets and Travel
424 Cody Avenue, Bldg 90229

Leisure Travel 884-5699

Tickets & Tours 884-6795

Marina 884-6939
100 Corlew Road, Bldg 92473

Outdoor Recreation 884-6939
100 Corlew Road, Bldg 92473

Rifle & Pistol Club 884-6939
100 Corlew Drive

Skeet Range 883-3366
6th Ranger Road

The Landing Zone

Community Center 884-5080
443 Cody Avenue, Bldg 90337

HURLBURT FIELD QUICK REFERENCE

Airman's Attic 884-7769

Back Gate 881-2259

Casualty Assistance 884-5280

Chapel Center 884-7795

Clinic 884-7882

Clinic Appointments 881-1020

Commissary (DECA) 881-2138/2150

Credit Union (Eglin Federal) ... 862-0111

DEERS 800-538-9552

Defense Finance Accounting Services
..... 800-321-1080

Dental Clinic 884-7881

Disaster Preparedness 884-7670/4304

Emergency Room (Eglin) 883-8228

Exchange (Main Store) 581-0030

Express (Shoppette) 581-0488

Family Advocacy 881-5061

Firestone 581-0488

Food Court (Mini Mall) 581-6656

Health and Wellness Center 884-4292

Housing 884-5330/7583

Human Resources 884-5233

Inspector General 884-6322

Legal Office 884-7821

Main Gate 884-7803

Mental Health 881-4237

Pass & Registration 884-5233

Pharmacy 881-2133

Post Office 884-7699

Public Affairs 884-7464

Red Cross 884-6107

Retiree Activities Office 884-5443

Safety Office 884-5243

School Liaison Officer 884-5441

Security Forces 884-6423/6185

Sexual Assault Prevention/Response
..... 499-7425

Space "A" Travel 884-7806

Thrift Shop 884-3098

TRICARE 881-5177/3912

Veterans Affairs 800-827-1000

STAY CONNECTED WITH FSS



WEBSITE
myhurlburt.com



FACEBOOK
facebook.com/myhurlburt



INSTAGRAM
instagram.com/1sowfss



NEWSLETTER
myhurlburt.com/emailnewsletter



TWITTER
twitter.com/myhurlburt

X EXCHANGE

ARMY & AIR FORCE EXCHANGE SERVICE

Still Serving

The Hurlburt Field Exchange proudly serves approximately 53,530 retirees and their family members in the Panhandle. To salute their service and to show appreciation, the Exchange will host its annual "Still Serving" weekend with special sales and benefits at the Hurlburt Field BX September 29-30. In addition to the



Still Serving Event, the Retiree Activities Office will hold special activities.

Commissary Corner

Hurlburt Field Commissary's commitment is to provide the best customer service possible to members of our military community, both active and retired. We feature the freshest produce available (delivered daily), hand-cut meats and a full service deli and bakery. We carry an expanded line of organic products in our produce department and have three different selections of beef (Angus, Choice and Select) in our meat department. Our deli department offers Boar's Head meats and cheeses, fresh sandwiches, and rotisserie chicken. Our bakery offers fresh bread,

pastries and cakes for special occasions. We also have a sushi department, with a variety of rolls that are prepared on site daily.

Our grocery department features over 18,000 items, including our Club Pack section, located in front of the meat department, which is designed to offer our patrons additional savings by buying in bulk. Additionally, the commissary has recently begun offering Value Brand Items. These national branded items are offered at outstanding savings to compete with private label items sold elsewhere. We currently have approximately 450 items in our Value Brand program, identified by the orange Value sign by the items on the shelf.

The summer case lot sale will be held at the Hurlburt Field commissary on Thursday, September 29 and Friday, September 30, along with Hurlburt Field's Retiree Appreciation days and events. During this sale, we will have many of the more popular items for sale in case quantities at great savings.



RETIREE APPRECIATION EVENT DAYS SEPT 29-30

Commissary Case Lot Sale
September 29-30 • 9am-7pm

Base Exchange Sidewalk Sale
September 29-30 • 9am-7pm

Health and Wellness Center (HAWC)
Hurlburt BX Mall
A Dietician will offer lifestyle tips on how to achieve a healthier lifestyle.
September 29-30 • 9am-3pm

Hurlburt Clinic
Free Flu Shots and
Blood Pressure Check
September 29-30 • 9am-3pm

Hurlburt Mall
Delta Dental, TRICARE,
and FLTCIP reps available
September 29-30 • 9am-3pm

Hurlburt Lanes Special!
Free Bowling and \$1.75 shoe rental.
Friday, September 30 • 9am-5pm

Friends of the Library
Book Sale
September 29-30 • 9am-3pm

Shingles Shots
Hurlburt Clinic Immunizations Office
September 29-30 • 9am-3pm

Golf Course Special
FREE green fees – cart required \$15
Tee times requested 850-881-2251
September 29-30 • 6am-Dusk

Blood Mobile
The Base Exchange
Friday, September 30 • 9am-3pm

Oktoberfest
FREE Event @ The Soundside
Live Band, Bratwurst, Games, Prizes
and Giveaways, German Beer (for sale)
Friday, September 30 • 4-7pm

Air Force Enlisted Village



The Air Force Enlisted Village (AFEV) is a 501c3 nonprofit organization that provides a safe, secure home for surviving spouses of retired enlisted airmen.

AFEV operates Bob Hope Village, an independent living community in Shalimar, Fla. in close proximity to Hurlburt Field and Eglin AFB, and Hawthorn House, an assisted living and memory support residence located on the Bob Hope Village campus.

Residents enjoy worry free living while sharing memories of military life, as well as a multitude of activities and other conveniences. For residents in financial need, AFEV offers a benevolence fund program.

For more information about AFEV, Bob Hope Village or Hawthorn House, please call 850-651-3766, email info@afev.us, or visit www.afev.us.

Legal Services for Retirees

Hurlburt Field's Legal Office provides free legal assistance to Active Duty, Active Reserve, Active Guard, retirees and dependents. The office drafts wills, living wills, health care agency documents, powers-of-attorney and provide notary services during designated walk-in hours.

During non-will legal assistance hours, attorneys can help identify potential issues for civil-law cases and provide a starting point for legal self-help. Military attorneys cannot represent clients in state courts or provide criminal law advice. A private attorney should be contacted for specialized or labor-intensive legal work.

Prior to coming in for a will, clients should complete the will worksheet at <http://aflegalassistance.law.af.mil>.

Select "Legal Worksheets" and fill out the requested information. Once the form is completed, the website provides a ticket number that you can bring during walk-in will hours. The full will-drafting and signing process takes about 90 minutes.

The legal office is located on the second floor of building 90210, 212 Lukasik Ave, Suite 255. The front desk can be reached at 850-884-7821.

Power-of-Attorney and Notary Services: Mon-Fri: 8am-3pm

Wills by Appointment Only: Tues: 9-11am & Wed: 1-3pm

Walk-in Legal Assistance (Non-Will): Mon: 1-3pm

Did you Know?

TRICARE for Life (TFL) beneficiaries should always see *Medicare participating providers to maximize their benefit*. In the past when a TRICARE for Life beneficiary received care from a physician who opted out of Medicare, TRICARE would become the primary payer for the claim, normally paying 75 percent of allowed charges, (the TRICARE Standard rate).

When you see a provider who doesn't take Medicare and requires you to sign a private contract, you give up Medicare payment for services that otherwise would be covered by Medicare. TRICARE processes the claim as a **second payer** as long as the service is a benefit under TRICARE, and the provider is TRICARE-authorized.

TRICARE pays what it would normally pay if Medicare processed the claim (20 percent of the TRICARE allowable charge). You are responsible for the remainder of the bill.

To ensure health care claims are properly paid by both Medicare and TRICARE, beneficiaries should make sure they see a Medicare participating provider. For a list of Medicare participating providers, beneficiaries may call 1-800-MEDICARE (1-800-633-4227) or visit www.medicare.gov/Physician/. To discuss this or any other health benefits information, please stop by the 1st Special Operations Medical Group (1 SOMDG) TRICARE office or call at 850-881-5177.

Stay Connected with the 1 SOMDG Thru Social Media!

1ST SPECIAL OPERATIONS MEDICAL GROUP FACEBOOK: <https://www.facebook.com/1SOMDG>

1ST SPECIAL OPERATIONS MEDICAL GROUP TWITTER: <https://twitter.com/1SOMDG>

Also, check out our new text message program: Text the key word **1SOMDG** to **99000**

Influenza: The Quick Facts

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a **flu vaccine** each year.

Signs and symptoms include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue.

Certain people are at greater risk for serious complications if they get the flu. This includes elderly people, young children, pregnant women and people with certain health conditions, such as asthma, diabetes, or heart disease.

For our senior population, the **seasonal flu** can be very serious, even deadly. Ninety percent of flu-related hospitalizations and more than half of flu-related hospitalizations occur in people age 65 and older. Because of this, the aforementioned population is considered "High Risk."

In order to ensure you have the best protection available against this rapid changing virus, the 1 SOMDG provides influenza immunization to all our beneficiaries. Please do not hesitate to contact us if you start having flu-like symptoms.

Follow these basic steps during this upcoming flu season to mitigate any chance of catching "the flu"

- Get your flu shot
- Practice good hygiene.
- Monitor for any signs and symptoms of infection

If you have any questions please contact your local Public Health office 850-881-1528



Are you covered for long term care?

Long term care is often used as an umbrella phrase to refer to all kinds of assistance to the aging, the elderly, or the disabled, whether that care is given in a patient's home or in a nursing home. This is an understandable, and common, mistake.

Long term care includes a wide range of support services for patients with a degenerative condition, prolonged illness or cognitive disorder. Also known as "custodial care," long term care primarily involves assistance with daily living (walking, personal hygiene, dressing, etc.) or supervision of someone who is cognitively impaired.

Despite popular belief, TRICARE **DOES NOT** cover long term care. TRICARE does cover other services you may need such as:

- Skilled nursing care
- Durable medical equipment
- Home health care
- Hospice care

What are my options for long term care?

You may qualify to purchase long term care insurance through commercial insurance programs or through the Federal Long Term Care Insurance Program (FLTCIP). Eligible beneficiaries include active duty and National Guard members activated for more than 30 days, retired uniformed service members, and members of the Selected Reserve.



Eligibility and enrollment requirements are complex. Not everyone who applies for this insurance will be approved. For complete details, please visit the <http://www.opm.gov/healthcare-insurance/long-term-care>.

The FLTCIP provides long term care insurance to help pay for costs of care when enrollees need help with activities they perform every day, or have a severe cognitive impairment, such as Alzheimer's disease.

Most Federal and U.S. Postal Service employees and annuitants, active and retired members of the uniformed services, and their qualified relatives are eligible to apply for insurance coverage under the FLTCIP. Certain medical conditions, or combinations of conditions, will prevent some people from being approved for coverage. You must apply to find out if you enroll.