

Retiree Appreciation Day informs retiree community

Spc. Jennifer Hoerner, Army War College Public Affairs

Retiree Appreciation Day focuses on clinic services, insurance, benefits



Representatives from across the post and Carlisle community offered information to the guests at Carlisle Barracks' 35th Annual Retiree Appreciation Day Sept. 12. Photos by Spc. Jennifer Hoerner.

Carlisle Barracks' 35th annual Retiree Appreciation Day was full of information, friends and fun for our local military retiree community Sept. 12.

After registration and a "get to know you" session, Maj. Gen. Robert Williams, U.S. Army War College commandant, welcomed everyone to the day's events and stressed the importance of everyone in the room.

"We all stand on your shoulders," he said. "I have the honor of wearing this uniform because of everything you all did before us. All of us today, the servicemen and women in Iraq and Afghanistan, are standing on your shoulders, building on your legacy."

Keynote speaker retired Navy Cmdr. Katherine O'Neill Tracy, director of Benefits Information for the Military Officers Association of America, detailed changes in TriCare, including recent changes, changes in the works and goals from the future.

She also discussed insurance information regarding premiums, cost shares and co-pays when using TriCare and a third party insurance company.

Tracy went into detail on the effects of remarriage to surviving spouses.

"Surviving spouses remain eligible for all benefits except space-available travel," she said. "But, upon remarriage, you would lose all military benefits, including TriCare. If that marriage ends because of death or divorce, your military benefits would be reinstated."

Maj. Christopher Lindner, deputy commander of allied services at Dunham U.S. Army Health Clinic, also provided information about medical services.

He told the audience that Dunham is increasing their services every day. In the last year, three new providers have been hired to increase the appointments available to each patient.

On Sept. 23, Dunham will be opening a prescription refill site at the Post Exchange, Lindner said. It will be open Monday through Friday from 10 a.m. to 2 p.m. All called-in refill items will be available at the new location except narcotic and refrigerated items.

He added that at this time, hand-carried refill requests will not be able to be filled.



Maj. Christopher Lindner, deputy director of allied services at Dunham U.S. Army Health Clinic, talked to the audience about services available at the clinic, an upcoming project and the availability of flu shots to the community.

Regarding the H1N1 (Swine Flu) vaccinations, Lindner said, "H1N1 vaccinations are not currently available at Dunham. However, we have been certified to administer those medicines if we receive them."

The clinic is offering regular, yearly flu shots, and a record number of retirees made their way to the clinic after the presentations to receive them.

Lindner offered several tips for not getting and spreading the flu:

- Wash your hands often, and use hand sanitizer
- If you aren't feeling well, stay home
- Try to avoid touching your face. The eyes, nose and mouth are direct ways for viruses to enter your bloodstream

Over all, the day was deemed a success by the Carlisle Barracks leadership and retirees alike.

"It was a great day," said Lt. Col. Janet Holliday, garrison commander. "We had a record number of ID cards, Department of Defense decals and flu shots given."

Dunham Clinic is offering flu shots for retirees, servicemembers, families and faculty on several dates. [Click here to see the schedule.](#)

U.S. Army War College Archives - News Article - 17 September 2009