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www.mountrainiermoaa.org

July 2020

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Links of Interest

www.mountrainiermoaa.org

www.moaa.org

<http://takeaction.moaa.org/>

www.dva.wa.gov

Contacts of Interest

USO JBLM: 253-982-1100

Veterans Hospital Seattle: 1-800-827-1000

Veterans Assistance American Lake: 253-583-1079

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President's Message

Welcome to July. Getting tedious yet? Cabin fever? The Mt. Rainier calendar for the year is taking a beating but perseverance is the byword. Pay close attention as previously discussed to the calendar in this issue for continuing changes. The board is making every effort to present interesting Zoom meetings as well adjusting to the phase changes in the interest of getting back to some semblance of normalcy with chapter meetings.

You are aware that the Rainier baseball outing this month has been cancelled. In lieu of that, the chapter was invited to attend a potluck picnic at MOWW past Commander Dick Muri's house in Steilacoom which has since been cancelled – that constant called change. The annual August picnic at Heritage Hill, JBLM, is still scheduled as before, we will just need to enforce our own social distancing and are limited to 50 attendees. Look for an email invitation to that event in early August. Since Patriots Landing is still not available for chapter brunch meetings, we have arranged for a September meeting at Bruno's European Restaurant in Lakewood. Look for more on that towards early September. We will still be having the annual Oktoberfest at Bruno's so September will be a warm-up with a speaker and typical business. These are all opportunities to break out of the staycation mold!

Our Zoom meetings have been successful though lightly attended. Remember that spouses are more than welcome to attend. Some have been concerned about security with Zoom meetings. Zoom continues to update their software for that purpose and we have had no compromises to date which is good since our meetings are highly classified.

Jerry Jackson, President



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2019-2020

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BUSINESS/SOCIAL CALENDAR 2020

Note: MOAA Meetings will be held at the Patriot's Landing unless otherwise noted. Social Time starts at 1200, the Buffet at 1230 is \$22.00/person and Program starts 1300.

For all reservations or information contact Jerry Jackson at gerald.jackson1@comcast.net or 253.691.5766, Pat Campion at campionpe@yahoo.com or 253-847-7068.

Remember, when making a reservation, your word is your bond.

January 26, 2020, Tammie Perreault, Northwest Regional Liaison
Defense- State Liaison Office.

February 22, 2020, Washington State Patriotic Day. 1400-1600 at Stadium
High School, Tacoma. Dinner social at the Rein Haus
restaurant to follow.

March 15, 2020, Cancelled

April 19, 2020, Cancelled

May 17, 2020, Zoom: Sean Dennerlein, Pierce County Human Services,
Veterans Assistance Program supervisor. Voting for
Directors.

June 28, 2020, Zoom: Major Shannon Memminger, Seattle Recruiting
Battalion. Installation of Directors.

July 25, 2020, Potluck picnic with MOWW at Dick Muri's house.
Cancelled.

August 23, 2020, Picnic at Heritage Hill, JBLM.

September 20, 2020, Business meeting, Presentation topic and
speaker TBA at Bruno's Restaurant.

October 18, 2020, Oktoberfest at Bruno's Restaurant.

November 8, 2020, USO fundraiser: "Ragtime" at the Lakewood
Playhouse with no-host dinner to follow. **Late notice:**
Ragtime has been cancelled; Event TBA

December 4, 2020, Christmas Gala at the American Lake Conference
Center

SUMMER 2019 FLASHBACK



Bob and Judy Lawrence conducting Trivia at Heritage Hill on August 18, 2019.

Summer of 2020 has been woefully short of outdoor events for the chapter to enjoy. As we work on ways to duplicate previous summers in 2020, enjoy some events of past years as a teaser to bring you safely out to enjoy familiar activities.



Coti and Nicky posing at Heritage Hill



Pat Campion, Cindy Weidenheimer, & Jerry Jackson at the RAM restaurant/USO fundraiser

MORE SUMMER 2019



Ladies in the sun! Jeanie Kotrba and Donna Redemann



What's this all about?



Isn't it fun? Phil and Bev Raschke at Heritage Hill



What a gallery: xxxxx, Cindy, Lonnie, & Jack



Cheryl Toland – What a smile!



And these ladies tip-toed in from somewhere: Jeanie, Judy, Lonnie, Margie, Donna, & Monika

Understanding that we are all a little cautious these days, many of us are exploring opportunities for future travel. This article is from the national website and is intended as food for thought for future activities.

Tips for Traveling With TRICARE



By Cathy Artino

Accidents and illnesses can happen any time, even when you are on vacation. If you are planning on traveling across the U.S. or around the world, TRICARE's resources can help make your trip stress-free.

"First, fill all of your prescriptions and have any necessary routine care before you travel," says Allen Carter, TRICARE beneficiary counseling and assistance coordinator. "TRICARE does not cover routine care when you're outside your area, so you'll end up paying out of pocket for any routine care you receive."

Next, know which TRICARE coverage plan you have, and visit www.tricare.mil before hitting the road. You can select your coverage and learn specific guidelines you need to follow when receiving care away from home. If you have taken all preventive measures but still have to seek medical care while traveling, do not panic. "If your life, limbs, or eyesight are in jeopardy, go to the nearest emergency room, regardless of where you are," Carter says.

For those who are not sure whether their situation warrants a trip to the ER or urgent care, Carter suggests calling the Nurse Advice Line at (800) 874-2273. Registered nurses are on hand 24 hours a day, seven days a week, to answer questions, give advice, and assist beneficiaries with scheduling an appointment with their primary care manager. Carter says you shouldn't stress about receiving care while away from home, but do

some research before you leave. “Bottom line: Before you travel, receive routine care, talk to a beneficiary counseling and assistance coordinator if you have questions, and make sure you download the TRICARE Important Contact Information card. TRICARE counselors are always available to assist you if you have questions regarding any medical issues you have while traveling or to help you prepare for any sort of scenario before you travel.”

Chaplain's Corner

Friendships and Social Distancing



One thing that has been especially challenging these past few months has been keeping up with friendships, at least for me. Talking to friends directly has become extremely difficult if not impossible due to this new way of living we've had to become familiar with. While I'm more familiar with social distancing, and wearing face masks if distancing isn't possible, I still haven't found it easy.

One relationship that hasn't had to suffer from social distancing is the one we have with God. He is always as near as any of us will let him be, and never becomes more distant whenever we decide we want to become closer. He is willing to give us insight on any of our life situations as long as we are willing to listen to what He has to say about them. He speaks directly to our hearts in a way we can understand every time we are willing to listen to Him.

I remember when I was a kid, I didn't really understand how anyone could know what I was thinking when I didn't say it out loud. Over the years I've realized that, not only could God read my mind, he actually knew what was in my heart even better than I did. When my life became filled with overwhelming joy He was always there to share it with to make it even more joyful. When my life circumstances have become overwhelmingly sad and empty, He has always been there to talk to when I haven't had the words for explaining it to a human friend.

Even though our other friends still have to keep their distance, God is as near as any of us are willing to allow Him.

The Mt. Rainier Chapter

As much as anything else, “Never Stop Serving” is a mindset which affects our beliefs and actions. It is something that we may or may not have been born with, but it is something that was surely molded into us during our time in service. As members of the Mt. Rainier Chapter, our excellent performance as a chapter reflects the beliefs that our members have about the important place that service still takes in our lives.



Gail Porter

Connect During COVID-19 Using the MOAA UPS Benefit

By: Amber Monks

If you are looking for a new way to connect with friends and family from a distance, look no further than UPS – and the discounted shipping rates available to MOAA PREMIUM and LIFE members.

The discount, one of several exclusive member deals, is available through MOAA's Perks Marketplace.

"We had no difficulty linking our existing UPS account with the MOAA discount," MOAA Board Member Rear Adm. Clare Helminiak said. "We were able to ship eight boxes from Texas to Nebraska for just over \$100 with the MOAA discount. The cost at the U.S. Postal Service would have been three times that, given that some of the boxes were large. We will definitely use the MOAA discount with UPS frequently."

Perks Marketplace acts as a separate site and purchase point, offering deals for rental cars, theme parks, hotels, movie theaters, and more. Here are some answers to frequently asked questions about the benefit, and instructions on how to access it:

Q. What is the UPS shipping benefit for MOAA members?

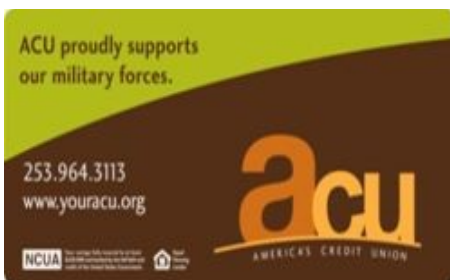
A. The UPS benefit will allow MOAA PREMIUM and LIFE Members to receive a flat 50% off express shipping and a flat 30% off for ground shipping. These are just two examples of nearly a dozen UPS discounts.

Q. How do I access the benefit?

A. MOAA members will have to first sign into the MOAA website, then create a log in to Perks Marketplace (get details here), click the UPS logo, then create an account on the UPS website.

Q. Once I'm on the UPS website, what do I do?

A. Once set up, members may use the "Quick Start" menu to begin taking action to ship a package. In order to learn how to navigate to the site, please take a moment to watch our step-by-step video on the process.



What You Should Know About the Veterans Benefits Banking Program

By: Shane Ostrom

The VA and the Association of Military Banks of America (AMBA) have partnered to create the Veterans Benefits Banking Program (VBBP), which may help veterans with credit or legal issues – and limited access to banking institutions – find financial help.

Each financial firm participating in this program is committed to assisting veterans and their families find banking solutions that fit their needs and qualifications. Veterans face increasing challenges from a variety of predatory financial companies. For example, scams, frauds, and corrupt business practices from sketchy financial firms often target military members and veterans. It is critical that veterans receiving VA compensation have access to the regulated, safe, and reliable financial services provided by the firms in this program.

The financial firms in this program offer support, education, and banking solutions leading to greater financial independence, knowledge, and recovery in difficult times. In addition, the enhanced services provided by this program will assist VA beneficiaries in managing their veteran compensation to reduce the number of fraud cases reported to the VA.

All veterans who receive compensation from the VA are eligible to participate with VBBP financial institutions, but the program is designed especially for those who receive financial benefits but do not have a current financial firm to help them manage their money, such as veterans who receive pre-paid cards or checks in the mail. It provides these veterans with an opportunity to open a bank account with a partner firm and receive funds electronically. Veterans must work with a financial institution to determine their eligibility. They can learn more about which firm fits their needs and how to apply for an account (all firms have an application process) at www.veteransbenefitsbanking.org. You can also see a list of participating firms if you prefer to visit in person.



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AROWS

The Ladies of AROWS (Associated Retired Officers Wives), an auxiliary of the Mt. Rainier Chapter of MOAA, has members from every branch of the service. They meet monthly from 11:00 to 13:00 hours on the 3rd Thursday every month at Patriot's Landing. Reservations are required.

Contact Carolyn Guppy
(253) 581-2662 for any questions.



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