
United States Army Garrison Heidelberg

+ + + + + Retiree Newsletter + + + + +

October 2007

A Publication of the United States Army Garrison Heidelberg Retiree Council

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President's Corner

Retiree Appreciation Day

In the July 2007 *Retiree Newsletter*, we reported that this year's Retiree Appreciation Day will be sponsored by the Installation Management Command-Europe and hosted by the US Army Garrison, Heidelberg on Saturday, 20 October 2007. The Garrison Retirement Services Officer has asked the US Army Garrison Heidelberg Retiree Council to find six volunteers from the retiree community to work on the RAD staff.

The requirements are as follows:

Four volunteers are needed for the registration table at the entrance to the Patrick Henry Village Pavilion. The task is to check the retiree's name against the reservation list. The time period is 0730 to 1130 hours.

Two volunteers are needed to handle the portable microphones in support of retiree questions to speakers during the formal presentations. The task is to pass the microphone to the person desiring to ask a question. The time period is 0730 to 1030 hours.

Any retiree or family member can volunteer for these positions. If you decide to volunteer, please call LTC (R) Larry Applebaum (06224-52741) or send an email to L-M.Applebaum@t-online.de.

Cost of Living Adjustment (COLA) Watch

The Bureau of Labor and Statistics announced the July 2007 consumer price index, which is used to calculate the annual cost of living adjustment for military retired pay and annuities. The CPI dipped below June's value by 0.1%, ending seven straight months of increases. The CPI now stands at 2.3% above the COLA base. The figures for August and September still need to be included in the final determination.

Possible Compromise of TRICARE Data

On 20 July 2007, the defense contractor SAIC announced what it termed a "security failure" in handling TRICARE customer data. The consequence is that uniformed service members, family members and others were at risk of possible compromise. SAIC indicated, "Forensic analysis has not yielded any evidence that any personal information was actually compromised; however, the possibility can not be ruled out."

Many of you have already received a letter from SAIC alerting you that your personal information was included in the possible compromise.

For more information, you can visit a special web site that has been set up by SAIC. The address is: www.saic.com/response/.

Corresponding with Members of Congress

There are many issues that affect retiree benefits and entitlements. If you feel strongly about any of the issues, make the time to write to your senators and representative. Use the following link to access the access the Military Officers Association of America. <http://capwiz.com/moaa/home/>. Using this web page as the start point you can look at the issues and also use prepared emails to ask your members of Congress to co-sponsor or support important legislation. You need not be a member of MOAA to use this web site to contact your senators and representative.

Community Retirement Services Office

Any military retiree or surviving spouse of a military retiree needing retirement services should call the Community Retirement Services Office. SSG (R) George Hall, our community retirement services officer volunteer, is in the office on a full-time basis, Monday through Friday. His telephone number is DSN 370-8236 or from a civilian phone, 06221-57-8236.

The Next Retiree Council Meeting

The next Council meeting will be held at 1200 hours on Saturday, 10 November 2007 at the Goldener Hirsch Restaurant, Schwetzingenstrasse 29, Heidelberg-Kirchheim. All retirees, widowed spouses of retirees, family members and their guests are invited to attend.

The program will include a presentation that focuses on the major points presented by the various guest speakers over the past two years. A handout will be provided.

To help us better plan the meeting and dinner, please call or email your reservations to MSG (R) Robert McCoy, 06205-16421 (Email bob_irmgard@yahoo.com) or to LTC (R) Larry Applebaum 06224-52741 (Email: L-M.Applebaum@t-online.de) by Wednesday, 7 November 2007.

Retiree Council Newsletter via Email

We now have 78 people who receive this newsletter via email. For those of you who have an email address and still receive a paper copy of the newsletter, we can add you to the email distribution list. Send an email to L-M.Applebaum@t-online.de with the subject line "Retiree Council Newsletter via Email" and we will add you to the list.

Nutrition Note

A grain kernel has three edible parts – the bran, the endosperm and the germ. The bran contains fiber, B vitamins and trace minerals. The germ contains antioxidants, vitamin E and additional B vitamins. The endosperm contains protein and carbohydrates. Therefore, it is beneficial to eat whole grain products such as whole grain bread.

Some Interesting Statistics

The risk to becoming dependent on nursing care in Germany is 0.6% before age 60, 3.9% age 60-80, after 80 28.3%. The breakdown of care providers includes 46% relatives, 32% nursing homes, 22% care services. Two hundred thousand persons in Germany are diagnosed with Alzheimer's disease every year. Two thirds of nursing home occupants are considered dement, 34.6 of those over 90 years old are dement. Source: the German Focus Magazine.

Physical Fitness

The all-encompassing term wellness, which we frequently hear and read about, includes two subsets – well-being and physical fitness. When we talk about physical fitness many ideas come to mind. We think about walking, jogging, cycling, the various weight machines one finds in a fitness studio, free weights, etc.

No matter how old we may be, we need to do some type of physical fitness training, assuming that our primary care physician has not said otherwise. Simple exercise is good for our physical condition. It is also good for our mental well-being.

Cycling is an excellent form of physical fitness training. The Heidelberg area, with the exception of the hills east and south of the city, is relatively flat and ideal for cycling. There are many cycling paths through the woods, across the fields and adjacent to many of the federal roads. One can cycle for great distances and spend about 90% of the time on the cycling paths.

Cycling, like Nordic Walking, is an excellent low-impact exercise for retirees who may not have the best ankle, knee and hip joints. If you do cycle or plan to take up the sport be sure to wear a good cycling helmet. This is a very important item of safety equipment.

Commander
US Army Garrison, Heidelberg
Attention: Retirement Services Officer
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