

UNITED STATES ARMY GARRISON HEIDELBERG

-----*Military Retiree Newsletter*-----

July 2009

A Publication of the United States Army Garrison Heidelberg Retiree Council

We thank you for your service!

Council President: LTC (R) Lawrence Applebaum

*VP Programs: MAJ (R) Bernd Rieger
VP Attendance: MSG (R) Robert McCoy*

*VP Public Relations: SGM (R) Donald Denese
Secretary: MSG (R) Donald Marsh*

President's Corner

Three Essential Documents

It's easy to know when to renew your driver's license or credit card; just look at the expiration date on the card. But what do you do about your estate planning documents? Everyone, regardless of whether you are rich or poor, young or old, should have these three essential documents—and keep them current.

Will / Living Trust. These documents direct your trustee or personal representative on how to distribute your estate. Keep it in a fire proof container and give a copy to your personal representative. Update these documents, as required, every 3-5 years or immediately after a change in beneficiary, an ample change in estate size or a move to a different state or country.

Durable Power of Attorney. This document allows someone of your choice to carry out financial matters for you in the event of your illness or disability. Keep it in a fire proof container and give a copy to the person you appointed. Update the powers of attorney if your relationship with this person changes or if this person predeceases you.

Health care proxy and living will. These documents name an individual to make health care decisions if you become unable to do so. Give copies of the form to your health care providers and the person you choose in the proxy. Update the powers of attorney if your relationship with this person changes or if this person predeceases you.

Get Well Wishes

Retiree Council member SGM (R) Donald Denese is recovering from triple bypass heart surgery.

Former Retiree Council member SGM (R) Roy Ogborn is recovering from gall bladder surgery.

We wish both a speedy recovery.

Health and Wellness – High Blood Pressure

The American Forces Network airs infomercials throughout the day. One infomercial that airs regularly is the “Silent Killer” which refers to high blood pressure. Many retirees, young and old, may have high blood pressure and not even know about. While on active duty, we had annual physicals. After retirement, it is just as important for you and your spouse to have an annual physical. If high blood pressure is discovered, it is very important to follow the advice from your primary health care provider. It is also beneficial to purchase a blood pressure monitor. These monitors are inexpensive and easy to use. If medication is prescribed, you should take it as directed and regularly check your blood pressure or have it checked. If despite taking medication, you notice that your blood pressure is still high, consult with your primary care physician.

Self-Treatment

Often, self-treatment for various problems will provide the desired relief. The general rule is, after three days without improvement, go to your primary care physician.

Dealing with Physical Pain

Everyone experiences physical pain, normally, on an infrequent basis. Pain is our body's way of signaling that something is not 100% right. The most common pain is probably a sore muscle resulting from the stress of overuse.

Occasionally, we have a headache. Most pain is temporary and in some cases fleeting, gone as quickly as it arrived. Persistent pain is something to which we should pay attention. While we try to use self-treatment as often as possible for "routine" problems that are corrected in a few days, decision-time to seek medical care for pain are measured in hours. If it is severe and doesn't subside, don't wait for days to seek care.

USAG Retirement Services Office

Any military retiree or surviving spouse of a military retiree needing retirement services should call the US Army Garrison Heidelberg Retirement Services Office. SSG (R) George Hall, our garrison 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.

Retiree Council Newsletter via Email

We now have 107 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 email distribution list.

The Next Retiree Council Meeting

The next Council meeting will be held at 1630 hours on Saturday, 15 August 2009 at the Wimmer's Land-Wirtschaft, Im Grassenberg 2, 69168 Wiesloch. All retirees, widowed spouses of retirees, family members and their guests are invited to attend.

To help us better plan the meeting and dinner, please call or email your reservations to MSG (R) Robert McCoy, 06205-16421 (Email: **bimccoy@hotmail.com** or to LTC (R) Larry Applebaum 06224-52741 (Email: **L-M.Applebaum@t-online.de**) by Wednesday, 12 August 2009.

Directions to Wimmer's

We assume you can use your road atlas to find Bundesstrasse 39, the federal road that runs past Walldorf and Wiesloch.

Drive along Bundesstrasse 39 and take the Wiesloch Zentrum exit direction to Wiesloch. Then take the first road to the left at Florapark Wagner and drive direction to Zentrum. After the rotary, take the first right (Steingötter-Greif-Strasse). At the next intersection turn right (Johann-Phillip-Bronner-Strasse). Follow this street, cross a small bridge and immediately turn left. After this left turn, there is a sign "Zufahrt zum Wimmer Hof frei." Wimmer's is on the right side of the road.

Commander
US Army Garrison, Heidelberg
Attention: Retirement Services Officer
Unit 29237
APO AE 09102

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