

# Carlisle Barracks Retiree Bulletin

Military Personnel Division, Carlisle Barracks, Carlisle, PA 17013

July 2001

## *FYI from Your RSO*

**The Retiree Appreciation Day at Carlisle Barracks is scheduled for 22 September 2001! Call the ITR Office at 717-245-3309 to make hotel reservations!**

Welcome! The greatest changes are the TRICARE Senior Pharmacy Program (TSRx) and the TRICARE-for-Life (TFL)!! The phone calls and walk-in visits have been numerous and the April 1<sup>st</sup> start date of the TSRx, was a great success! Join us for the special TFL Seminar set for your Appreciation Day! I have added an "Info Sheet" to be used in spreading the word about these new benefits. Make copies to drop off at your pharmacy, doc's office, community center, and churches in case there is someone out there eligible for these benefits but are not aware of them. Word-of-mouth is a strong means of getting the information out! There are many spouses & surviving spouses who never renewed or ever had a Military ID Card! They thought they didn't need one because it was only good for shopping on post & it was too far to travel. They are totally unaware of their new benefits! I've also expanded the Handy Phone list & the Web-site list! Enjoy! Hope to see you on Saturday, 22 September 2001 for **your** Retiree Appreciation Day!

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## Around the Barracks

### Information, Ticketing & Registration (ITR) Office

The ITR Office offers a variety of discount prices on Day/Special Events, Disney, tickets to local and national attractions, hotel accommodations and much more! One example is **Hershey Park** Tickets for Adults (9-54) \$26.50 instead of \$33.95, Child (3-8)-\$18.50 instead of \$18.95. Daytrips offered are to **Washington DC National Zoo & Sightseeing** for only \$25 per person on Sat, 1 Sep 01; Football Game in Baltimore on Sun, 28 Oct 01 **Ravens vs. Jaguars** \$45 & the **Army-Navy Game** on 1 Dec 01 in Phila \$67. Contact the ITR office Mon – Fri, 8:30 a.m. – 5:00 p.m. The phone number is 717-245-3309/4048, by email [itrofc@carlisle.army.mil](mailto:itrofc@carlisle.army.mil), or visit the website at [www.carlisle.mwr.com](http://www.carlisle.mwr.com).



### **Vehicle Registration Highly Encouraged!**

Due to heightened security restraints on military facilities, it is recommended that all military retirees and family members, to include surviving spouses, get their vehicles registered through the Military Police station. If you wish to get your vehicles registered at Carlisle Barracks, you'll need to go to Bldg 400, the MP Station is under the Fire Station. You must have your valid military ID card, state driver's license, state vehicle registration, & proof of insurance. For more information, please call the MP station 717-245-4406.

## Finance Update

**Retirees:** DFAS-CL, P.O. Box 99191, Cleveland, OH 44199-1126.

**TF# 1-800-321-1080 & 1-800-269-5170.**

**TF FAX# 1-800-469-6559.**

**Annuitants:** DFAS-DE, ATTN: DFAS-DE/FRB, 760 E. Irvington Place, Denver, CO 80279-6000.

**TF# 1-800-435-3396. TF FAX#1-800-982-8459.**

### DFAS-Cleveland & DFAS-Denver Contracted Out!

Your Retired pay from DFAS-Cleveland, OH & your Annuity Pay from DFAS-Denver, CO are being contracted out to a civilian firm called "ACS Government Services." The award must now go through a public review and an appeals process. If the contract award is finalized, ACS should take over later this year.

The plan is for the Retirement Pay Center in Cleveland, OH and the Annuity Pay Center in Denver, CO to continue as such for the first year. However, during the second year, the Annuity Pay Center from Denver, CO will be relocated and consolidated to the Retirement Pay Center in Cleveland, OH. We are all hoping that the only difference in service will be that instead of hearing "DFAS-Cleveland" or "DFAS-Denver," you'll hear "ACS Government Services".

...I don't have to complete that little form I got from DFAS-Cleveland since my Will says what I want done with my final pay...Right!?

WRONG! DFAS-CL does NOT pay your final month's Retirement pay, also called the Arrears of Pay (AOP), in accordance to your Will. If you do not specifically complete that form with the names(s) of your loved one(s) whom you really want as your beneficiaries, your money may be given to family members you do not really want to see get the money. It's very hard on families with no surviving spouse, but with many children. Each child has to complete a claim form, in order to get an equal payment of what you would have gotten from the first of that month until the day of your death.

## VA NEWS

Questions concerning articles in this section may be referred to your County Veterans Director (in the blue pages under Government Office – County) or your VA Regional Office **1-800-827-1000**.

### Registry Exams for Vets Possibly Exposed to Agent Orange in Korea

The DoD recently released information that Agent Orange was used in Korea from 1968 to 1969. 21,000 gallons of Agent Orange was sprayed from the Civilian Control Line to the southern boundary of the DMZ. Korean troops did the actual spraying. However, it is possible that the approx. 80,000 U.S. service members may have been exposed during this period. If requested, the VA will provide veterans with an Agent Orange Registry (AOR) exam, consultation, and counseling. Participating vets will automatically be added to the mailing list for VA's Agent Orange Review. However, these vets are not entitled to compensation or to priority health care based upon the possible exposure of Agent Orange. **You may ask, "Why Should I request an exam?"** Who would have thought Type II Diabetes would be presumed disease process to Agent Orange?! Maybe in several years, if enough vets get the exams and a large enough percentage have the same presumptive diseases as the Vietnam vets, the VA may change the rules and you WILL be eligible for compensation and priority health care! (VHA Directive 200-027 5 Sep 2000)

### AGENT ORANGE & CHILDHOOD LEUKEMIA

On 19 Apr 2001, VA Secretary Anthony Principi, announced that he will seek Congressional authority to provide benefits for the children of Vietnam vets who contracted a rare, deadly form of leukemia known as Acute myelogenous leukemia (AML). It is one of the most difficult leukemias to treat & is almost always fatal. A report by the Institute of Medicine (IOM) found "limited or suggestive" medical evidence of a link between AML and a parent's service in Vietnam. There were 3 studies – 1-involving vets who served in Vietnam or Cambodia; children of Australia's Vietnam vets, who had a 4-fold greater incidence of the disease; & children of fathers exposed to pesticides & weed-killers like Agent Orange, who had a nearly 3-fold greater incidence. (VA-OPA/Media Relations)

## TRICARE INFO

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**Special Note to All!** With the new TRICARE benefits that include the over age 65, Medicare-Eligible Military Retirees, Spouses & Surviving Spouses, I decided to limit this column to informational phone numbers & addresses. See my "TRICARE for Life" & TRICARE Senior Pharmacy Program (TSRx) Information Paper & Handy Phone Listings! Please spread the word!

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**ARMY ECHOES CORRECTION!** The Army Echoes erroneously indicated on page 11 that the National Mail Order Pharmacy Program is for a 30 day-supply only. If the prescription is non-narcotic in nature – you can get a 90-day supply!

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### Your Local Health Benefits Advisors

Dunham Clinic, Carlisle Barracks	717-245-3924
Naval Br Clinic, Mechanicsburg	717-605-6137
Army Health Clinic, New Cumberland	717-770-4941
Tobyhanna Army Depot, Tobyhanna	570-895-7225
Naval Air Sta, Willow Grove	215-443-6357
C.E. Kelly Suppt Ctr, Oakdale	724-693-2475

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### Pennsylvania's Listing of Sierra Military Health Svcs. Inc., TRICARE Services Centers for Walk-in Assistance!

- SMHS, Inc., Carlisle Barracks, RT 11 (Turn Right out the Front Gate), **Carlisle, PA** 17013
  - SMHS, Inc., 34 W. Main St., Suite 4, **Palmyra, PA** 17078
  - SMHS, Inc., 11 Parkway Center, Suite 225, 875 Greentree Rd., **Pittsburgh, PA** 15220
  - SMHS, Inc., 2 International Plaza, Scott Office Building 635 (6<sup>th</sup> floor), **Essington, PA** 19013
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### U.S. Army

*The Retirement Services Office in conjunction with the Carlisle Barracks Retiree Council publishes the Carlisle Barracks Retiree Bulletin.*

*Comments should be mailed to Theresa A. Derr, RSO  
MPD, Carlisle Barracks  
315 Lovell Avenue  
Carlisle, PA 17013-5042 or  
call (717) 245-4501 or  
email at [Theresa.derr@carlisle.army.mil](mailto:Theresa.derr@carlisle.army.mil)*

*Request U.S. Navy, U.S. Air Force, U.S. Marine Corps, U.S. Coast Guard, Retired & their Annuitants & those who **specialy** requested the Bulletin, write in with any address changes.*

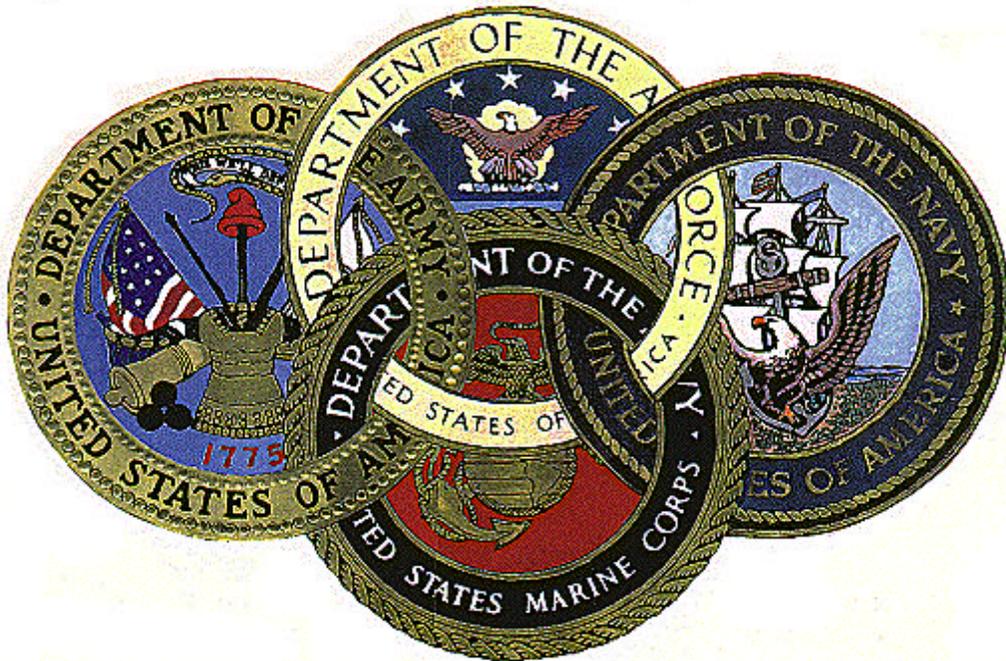
**U.S. Army Retired & Army Annuitants do not have to mail us your address changes! Your address changes come from DFAS-CL & DFAS-DE!**

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**Carlisle Barracks Retiree Bulletin**

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**Join us for Your  
27th Annual Military Retiree  
Appreciation Day!**



**Carlisle Barracks, Carlisle PA 17013  
Retirement Services 717-245-4501/3894**

ATZE-GC (600)

MEMORANDUM FOR MILITARY RETIREES, FAMILY MEMBERS, SURVIVORS AND  
PRE-RETIREE PERSONNEL

SUBJECT: Carlisle Barracks Retiree Appreciation Day Invitation

1. You are cordially invited to attend the 27th Annual Retiree Appreciation Day at Carlisle Barracks Root Hall on **Saturday, 22 September 2001**. The Keynote Speaker, Lieutenant Colonel Edward S. Gryczynski, United States Army Retired, Director, Personal Affairs, The Retired Officers Association, will update you on current retiree issues. Five seminars will be offered on the following topics: **TRICARE(Under Age 65), TRICARE-For-Life(Over Age 65), Social Security, Veterans Affairs, and Legal Affairs**. The ID Card Section in Building 315 will be open from 0800 to 1330. A "Mini-Health Fair" will be conducted from 0800 to 1000. Several post activities and service organizations will be represented from 0800 to 1000. The Commissary will be open until 1700. The Post Exchange will sponsor special sales in your honor and the Root Hall Gift/Book Shop will be open from 0800 to 1330.

2. Please complete the pre-registration form in this bulletin and return it **no later than 18 September 2001**. If you wish to attend the luncheon at the Letort View Community Center, **you must pre-pay**. The cost is **\$12** and is **non-refundable**. **Make checks (NO CASH!) payable to: Letort View Community Center or L.V.C.C.**, and mail to: **Retirement Services Office, MPD, Carlisle Barracks, 315 Lovell Avenue, Carlisle, PA 17013-5042**. Bus transportation will be available.

3. This Retiree Appreciation Day is a gesture of Carlisle Barracks appreciation for your service to our country. Please set this day aside and take the opportunity to stay up to date on retiree issues. If you have any questions, please feel free to call the Retirement Services Office at **717-245-4501/3894**.

Enclosures

THOMAS T. SMITH  
LTC, IN  
Garrison Commander

**RETIREE APPRECIATION DAY AGENDA**

**PLACE:** Bliss and Root Halls, U.S. Army War College

**DATE AND TIME:** Saturday, 22 September 2001 0800-1500

- 0800-0900 Registration (Bliss Hall Foyer)  
Coffee & donuts available, Root Hall Gift/Book Store Open
- 0900-0920 Presentation of Colors (Bliss Hall Auditorium)  
Pledge of Allegiance, Invocation, Welcoming Remarks  
Speaker Introductions
- 900-1000 Keynote Speaker
- 1000-1015 Dunham Clinic Update
- 1015-1030 Break/Proceed to Seminar Session #1
- 1030-1125 **Seminar Session #1**
- 1125 Proceed to Letort View Community Center(LVCC)
- 1130-1300 Luncheon
- 1300-1350 **Seminar Session #2**
- 1350-1400 Proceed to Seminar Session #3
- 1400-1450 **Seminar Session #3**
- 1450-1500 Award of Door Prizes (Bliss Hall Auditorium)

**HOT BUFFET LUNCHEON MENU**

Tossed Salad, Baked Greek Chicken, Salisbury Steak,  
Rice Pilaf, Mixed Garden Vegetables (Broccoli, Cauliflower & Carrots Mix), Fresh Baked Rolls &  
Butter, Assorted Desserts, Water/Coffee/Iced Tea/Tea  
**COST: \$12 (this includes the 15% gratuity & the 5% service charge)**

------(CUT HERE)-----

**(DON'T WORRY, YOU WILL FIND THE WEB-SITES IN YOUR PRE-REGISTRATION PACKET!)**

**PLEASE MAIL to: Retirement Services Office PRIOR TO 18 September 2001**

**CARLISLE BARRACKS RETIREE APPRECIATION DAY PRE-REGISTRATION FORM**

YES, I plan to attend. There will be \_\_\_\_\_ in my party.  
(Number)

Please make \_\_\_\_\_ reservations for lunch at the LVCC--\$\_\_\_\_\_.  
(Number)

I have enclosed my check for \$ \_\_\_\_\_, payable to:  
**Letort View Support Center or "LVCC"**

The TRICARE (Under Age 65) seminar will be presented ONLY ONCE in Bliss Hall at 1030. The TRICARE-For-Life! (Over age 65) seminar will take place in Bliss Hall from 1300 - 1450! SOCIAL SECURITY, LEGAL AFFAIRS & VA seminars will be presented during all three seminar sessions. Please check the seminars you wish to attend, being careful of the Bliss Hall Seminar times and how they affect your other choices.

<u>BLISS HALL SEMINARS ONLY</u>	<u>SEMINARS OFFERED DURING ALL SESSIONS</u>
TRICARE (under age 65) _____ Sess #1(1030 hrs) in Bliss Hall Auditorium!	_____ LEGAL (Sess #1 or #2 or #3)
TRICARE-For Life! (Over age 65!) _____ Sess #2 & #3 (1300 hrs until 1450 hrs) in Bliss Hall Auditorium!	_____ SOC SEC (Sess #1 or #2 or #3)
THE TRICARE-FOR-LIFE SEMINAR CONTINUES IN BLISS HALL THROUGH SESSION #3!	_____ VA (Sess #1 or #2 or #3)

NAME \_\_\_\_\_ RANK \_\_\_\_\_ SERVICE \_\_\_\_\_

ADDRESS \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HANDY POST PHONE NUMBERS

717-24x-xxxx

**DUNHAM HEALTH CLINIC**

Clinic Information	5-3915
Health Benefits Advisors	5-3918/53924
Immunizations	5-3308
Medical Records	5-3915
Patient Appointments	5-3400/1-888-999-5195
Patient Appointment Cancellation Line	5-3325
Pharmacy	5-4509
Pharmacy (Phone-in Refill)	1-800-248-6337
Space Available Appointments	5-3865

**OTHER POST PHONE NUMBERS**

Army Community Services	5-4357
Army Emergency Relief	5-4357
Art Studios	5-3319
Automotive Center	5-3319
Barber Shop (PX)	249-4958
Barracks Crossing (Art, Frame, Auto)	5-3319
Beauty Shop (PX)	258-3202
Bowling Lanes	5-4109
Catering (Letort View Community Center)	5-3960
Class Six Store	5-2275
Commissary	5-3105
DEERS/ID Cards Section	5-3533
Education Center	5-3943
Financial Counsel	5-3209
Framing Studio & Custom	5-3319
Guest Housing Reservations	5-4245
Golf Course	243-3262
Grandstand Fitness Center	5-3228
ID Cards Section (DEERS)	5-3533
Invitation Ticketing & Registration Ofc	5-3309
Jim Thorpe Fitness Center	5-4375
Laundry & Dry Cleaning (PX)	258-1856
Legal Assistance/Appointments (JAG)	5-4940
Letort View Community Center	5-3991
Military History Institute	5-3972/53611
Optical Shop (PX)	249-5150
Outdoor Recreation Rentals	5-4375
Passports/VISAs	5-3158
Post Exchange	243-2463
<b>Retirement Services Office (Military)</b>	5-4501/3894
<b>Survivor Assistance Office (Military)</b>	5-4501/3894
Theater (Post)	5-4108
Thrift Shop	243-1434
Veterinary Treatment Facility	5-4168
Weekly Bulletin	5-3520

**HANDY TOLL-FREE NUMBERS**

Armed Forces Vacation Club (Resort Condos)	1-800-724-9988
ARMY Reserve Retirement Benefits, St. Louis, MO	1-800-318-5298
Bureau of Veterans Affairs, Ft Indiantown Gap	1-800-547-2838
DEERS Update/Information	1-800-538-9552
Social Security	1-800-772-1213
MEDICARE	1-800-633-4227
Retirement Pay Center, Cleveland, OH	1-800-321-1080
Retirement Pay Center, Casualty Line, Cleveland, OH	1-800-269-5170
Survivor Benefits Annuity, Denver, CO	1-800-435-3396
TRICARE Claims Information (Under age 65)	1-800-578-1294
TRICARE Delta-Select Retiree Dental Program	1-888-838-8737
<i>TRICARE For LIFE!</i> (Over age 65)	1-888-363-5433
TRICARE General Information/Assistance	1-877-363-2273
TRICARE National Mail-Order Pharmacy Program	1-800-903-4680
TRICARE "PharmaCare" Info & Pharmacy Listing	1-888-999-5195
TRICARE "PharmaCare" Problems for Pharmacists to Use	1-800-777-1023
<i>TRICARE Senior Pharmacy</i> (Over age 65)	1-877-363-6337
TRICARE Service Center	1-888-999-5195
VA Agent Orange Hotline	1-800-749-8387
VA Insurance Information (NSLI)	1-800-669-8477
VA Insurance Information (VGLI)	1-800-419-1473
VA GI Bill Information	1-888-442-4551
VA Gulf War Vets	1-800-749-8387
VA Regional Office (General Questions)	1-800-827-1000
VA TDD (Telecomm. Device for Deaf)	1-800-829-4833

**ID Card Sections in Pennsylvania - PLEASE CALL FIRST!**

<b>TOWN</b>	<b>SERVICE</b>	<b>PHONE</b>
Allentown	National Guard Armory	610-821-6155
Allentown	US Navy Reserve Center	610-264-8823
Annville	Army National Guard	717-861-8693
Avoca	US Navy Reserve Center	717-457-8430
Carlisle	Carlisle Barracks-US Army	717-245-3533
Connellsville	US Marine Corps Reserve Center	412-628-9181
Coraopolis	Air National Guard	412-474-7485
Ebensburg	US Navy Reserve Center	814-472-5083
Erie	US Navy Reserve Center	814-866-3073
Mechanicsburg	US Navy	717-605-2726/3778
Middletown	Air National Guard	717-948-2248
Norristown	US Army Reserve Center	610-239-1803
Oakdale	US Army	724-693-2475/6
Pittsburgh (IAP)	US Air Force Reserve	412-474-8526
Pittsburgh	US Navy Reserve	412-673-0809
Reading	US Navy Reserve	610-378-0164
Tobyhanna	US Army	570-895-7494
Williamsport	US Navy Reserve	717-323-7991
Willow Grove	US Navy	215-443-6863

## MILITARY RETIREE WEB SITES!

1. Air Force Retiree News [www.afpc.randolph.af.mil/afretire](http://www.afpc.randolph.af.mil/afretire)
2. Arlington National Cemetery [www.arlingtoncemetery.org](http://www.arlingtoncemetery.org)
3. Armed Forces Recreation Centers <http://trol.redstone.army.mil/mwr/afrcs/index.html>
4. Armed Forces Recreation Centers in Europe <http://www.afrceurope.com/home.html>
5. Armed Forces Vacation Club [www.afvclub.com/search.asp](http://www.afvclub.com/search.asp)
6. Army Morale Welfare and Recreation <http://trol.redstone.army.mil/mwr/index.html>
7. Army Outdoor Recreation [www.pathsacrossamerica.com](http://www.pathsacrossamerica.com)
8. Army Retiree News [www.odcsper.army.mil/retire](http://www.odcsper.army.mil/retire)
9. Carlisle Barracks Web Site <http://carlisle-www.army.mil>
10. DeltaSelect Tricare Retiree Dental Program [www.ddpdelta.org](http://www.ddpdelta.org)
11. Federal Web Locator [www.infoctr.edu/fwl](http://www.infoctr.edu/fwl)
12. Medicare [www.medicare.gov](http://www.medicare.gov)
13. National Archives and Records Administration <http://www.nara.gov/nara/>
14. National Mail Order Pharmacy Program Formulary [www.pec.osd.mil/nmop/nmophome.htm](http://www.pec.osd.mil/nmop/nmophome.htm)
15. National Mail Order Pharmacy Program (Merck-Medco) [www.merckmedco.com](http://www.merckmedco.com)
16. National Personnel Records Center [www.nara.gov/regional/mpr.html](http://www.nara.gov/regional/mpr.html)
17. Navy Lodges [www.navy-nex.com](http://www.navy-nex.com)
18. PA Dept of Mil & Veterans Affairs [www.sites.pa.us/PA\\_Exec/Military\\_Affairs/va.index.htm](http://www.sites.pa.us/PA_Exec/Military_Affairs/va.index.htm)
19. Reserve and National Guard Retirement Info [www.2xcitizen.usar.mil/soldierservices/retirement](http://www.2xcitizen.usar.mil/soldierservices/retirement)
20. Retired and Annuity Pay [www.dfas.mil/emss](http://www.dfas.mil/emss)
21. Sierra Military Health Services, Inc. <http://www.sierramilitary.com>
22. Sierra Military Health Services Provider Search [www.sierramilitary.com/provsearch](http://www.sierramilitary.com/provsearch)
23. Social Security [www.ssa.gov](http://www.ssa.gov)
24. Space A Travel Information <http://public.scott.af.mil/hqamc>
25. Tricare Management Activity [www.tricare.osd.mil](http://www.tricare.osd.mil)
26. Tricare for Life [www.tricare.osd.mil](http://www.tricare.osd.mil)
27. Tricare Senior Pharmacy Program [www.tricare.osd.mil/pharmacy/newsenior.htm](http://www.tricare.osd.mil/pharmacy/newsenior.htm)
28. Veterans Administration Information <http://www.va.gov>
29. Veterans Administration National Cemetery <http://www.cem.va.gov>

Updated 14 July 2001

## ***"TRICARE for LIFE" & the TRICARE Senior Pharmacy Program (TSRx) for Medicare-eligible Military Retirees, Spouses, & Surviving Spouses***

There are new health benefits for MEDICARE-eligible military retirees (including Reserves & National Guard), spouses and their surviving spouses.

**TRICARE Senior Pharmacy Program (TSRx)** began on **1 April 2001**. For more info on the **TSRx**, call **1-877-363-6337**. There are two programs available for you to get prescriptions filled!

1. ***The National Mail-Order Pharmacy Program*** costs for your long-term maintenance prescriptions is **\$3 co-pay for Generics or \$9 co-pay for Brand Name prescriptions**. A 90-day supply of non-narcotic medications and up to 30-day supply of narcotic medications may be filled. For more information on the **Mail-Order Pharmacy Program** call **1-800-903-4680** or check **[www.pec.ha.osd.mil/nmop/nmophome.htm](http://www.pec.ha.osd.mil/nmop/nmophome.htm)**.

2. ***"PharmaCare", a Local Network Retail Pharmacy Plan***, for short-term prescriptions. You pay the same **\$3 co-pay for Generics or \$9 co-pay for Brand name prescriptions for up to a 30-day supply**. For more information and the list of your local participating pharmacies call **1-888-999-5195 press 3** or check **[www.sierramilitary.com/provsearch/pdmain.asp](http://www.sierramilitary.com/provsearch/pdmain.asp)**.

**"TRICARE For LIFE"** started **1 October 2001!** It is a **FREE Supplement to MEDICARE**. TRICARE will pay all co-payments and deductibles. You must be enrolled and paying for Part B of Medicare. You can go to any doctor so long as the doctor accepts Medicare patients. The doctor will bill Medicare & Medicare will bill TRICARE for any unpaid portions. For most current information on **"TRICARE for LIFE"**, check out **[www.tricare.osd.mil](http://www.tricare.osd.mil)** or call **1-888-999-5195**.

If you are a spouse or a surviving spouse of a military retiree and your military ID Card is expired or you do not have one, you must get an ID Card! **Please call the Carlisle Barracks ID Card Section at 717-245-3533**. If you have an ID card but have not heard about these benefits, please call **1-800-538-9552**. Call your Retirement Services at **717-245-4501** if you have questions. Carlisle Barracks Retirement Services Office, updated 25 October 2001