



Wichita Chapter News

MILITARY OFFICERS ASSOCIATION OF AMERICA



APRIL 6, 2020

DEAR MOAA MEMBERS,

“Happy and healthy Easter” Hopefully this finds you healthy and doing well with the Shelter in Place Order for Sedgwick County. Who would have thought that a month ago we would have found ourselves in this situation? At least, at this time, Sedgwick County is faring better than some of the counties up north. The big question now, is when will the virus be under control and we can start to return to normal? Time will tell.

As we've already sent out, our meeting for April is cancelled and we will evaluate the possibility of having our May meeting toward the end of April. A lot will depend on when Rolling Hills Country Club will resume operations. In addition, the Kansas National Guard 2020 Joint Conference planned for 16 – 18 April is cancelled and will not be rescheduled for this year. This was one of our big recruiting opportunities for the year. In the meantime, we are dealing with how to maintain a fairly regular lifestyle. I can tell you that in our household I have a long list of honey-dos, we're binge watching TV series and movie sets, and Beth is getting into her gardening routine. If anyone wants tomatoes later this summer, please let me know. ☺ When it comes to shopping, most of us have already found lists of when different stores have senior shopping days and/or hours, but just in case you need a list, we've attached in this newsletter. Another issue several of our members are dealing with is how to work from home. Since our public schools are out for the rest of this school year, many of our members who are teachers are dealing with trying to teach from home. For me, just finding phone numbers and email addresses that work is a challenge. It's hard to get contact when none of those things work. Another challenge to overcome. One thing we intend to continue with even with the schools being out is our nominations for our MOAA scholarships. Our JROTC instructors are continuing to work with their cadets to identify eligible nominees. We will collect the nominations as soon as we can and hold the scholarship board as soon as groups are cleared to meet. Similarly, we will continue with our nominating committee and the forming of a new chapter executive committee for 2020 – 2022. If you are interested in a position on the committee, please let me or one of the other chapter officers know. Finally, a couple of additional comments on situations our chapter is in touch with. Because school is out, there are no JROTC or Leadership Programs scheduled for the rest of the spring or summer. Fall activities probably won't be finalized until summer. Another issue is what support is available from our military treatment facilities. Treatment and support are being left up to the individual facility. The best advice is to call the facility before you go to it. There is an article in the newsletter discussing the situation. If you have anything you need help with in doing this, please let me or one of the other chapter officers know so we can provide assistance.

Thank you and stay healthy.

Sincerely,
Michael R. George, President

Cloth Face Coverings Required at McConnell AFB

In accordance with guidance from the Secretary of Defense, all individuals on McConnell will wear cloth face coverings when they cannot maintain six feet of social distance in public areas or work centers. This directive includes military members, DoD civilians, DoD contractors, family members, and any other individuals on DoD property. Because face masks are difficult to obtain at this point, individuals are encouraged to make face coverings from household materials such as clean T-shirts or other clean cloth materials that can cover the nose and mouth area. The masks cannot display material that is offensive, explicit or inappropriate. You can be expected to lower the covering as your identification is verified by base defenders. Although the coverings are not intended to protect you from COVID-19, they are intended to limit the spread of germs by people who may have the virus and don't display outward symptoms. As such, each time you put the covering on or take it off, or otherwise touch your face, you should wash or sanitize your hands. *(Information is provided by Col. Richard C. Tanner, Commander, 22nd Air Refueling Wing)*

Notes about care at the 22nd Medical Group at McConnell AFB

If you are enrolled with the 22nd Medical Group, and develop flu-like symptoms, you must call the Appointment Line at 316-759-6300 to speak with your primary care team. Symptoms include fever, cough, shortness of breath. Or, if you are concerned you may have been exposed to Covid-19, the Appointment Line clerks will provide guidance on how to seek medical care. The medical group also wants to remind you that prescriptions provided from off-base providers should be sent via the electronic prescribing system. Doing so will reduce waiting times and time being in proximity to other patients at the pharmacy. When "scripts" are received, an automated phone will be sent to you asking if you want the medications to be filled prior to your arrival at the pharmacy. Please note that controlled substance medications must be initiated with paper or fax prescriptions.

Possible changes at MTF pharmacies in response to COVID-19

In response to the current COVID-19 outbreak, military treatment facilities and pharmacies under the Military Health System may need to change or limit access or services available to non-active duty service members, their families, or retired beneficiaries. Military commanders of MTFs will make local determination of which services may be limited, but those decisions will be based on ensuring the health, safety, and security of patients, staff, and beneficiaries.

"The health and protection of our patients, health care teammates, and the community is essential as we preserve the fighting force," said Col Markus Gmehlin, Defense Health Agency Pharmacy Operations Division (POD) acting chief. "We are taking necessary steps to ensure that our teams who are caring for patients and delivering critical medications do

so in a safe environment. This may mean temporary limitations to military pharmacy services. We are committed to ensuring that you have access to your prescriptions via home delivery and/or retail network pharmacies in the event that military pharmacy services are temporarily disrupted.”

Careful local assessments will determine the status of each individual military pharmacy and may result in temporary measures to adapt to this changing situation. In extreme cases, there may be temporary, partial, or full limitations of military MTF pharmacy services. These will be temporary solutions that will be assessed daily.

In the case of a local outbreak or a confirmed case of COVID-19 at military MTF pharmacy, MTF commanders are authorized to limit pharmacy services as necessary. This may include:

- Alternative pickup options (staggered pickup times, curbside pickup, etc.).
- The temporary transfer of non-enrolled, non-active duty service members (ADSMs) and/or non-active duty family members to home delivery or retail.
- The temporary closure of a military pharmacy.

MTF commanders will make a case-by-case determination based on the severity of the spread of COVID-19 at a specific location. If pharmacy services are limited, they will be assessed and reopened as soon as it is safe for personnel and beneficiaries.

TRICARE beneficiaries have several options available to ensure continued access to needed medications. TRICARE pharmacy home delivery allows beneficiaries to order up to a 90-day supply of most medications safely and conveniently, with delivery to their home addresses in the U.S. or an APO/FPO address. (Please note that quantity limits apply; laws for mailing certain medications such as controlled substances vary state-by-state; home delivery is not available in Germany; and co-pays apply for non-active duty beneficiaries).

To switch to home delivery, the easiest way to transfer your prescription is via the Express Scripts mobile app or [online at the TRICARE website](#).

Beneficiaries who need prescriptions urgently can access up to three, 30-day supplies of medications at retail network pharmacies. Copays will apply. [Copayments](#) are directed by statute and DoD cannot waive them.

Beneficiaries with an active prescription on file at a military pharmacy can ask their retail pharmacist to contact the military pharmacy to make a transfer. In the event the transfer cannot be coordinated, beneficiaries may need to call their prescriber to obtain a prescription that they can take to their pharmacy of choice.

For beneficiaries needing to refill their prescriptions, patrons are reminded that standard refill policies apply. Please wait until only 25% of the prescription remains before submitting a request to refill a prescription.

Beneficiaries with questions or concerns should contact ExpressScripts, where pharmacists are available 24/7 to answer questions, offer counseling and support, and assist with prescription orders. Call ExpressScripts at 877-363-1303.

TRICARE beneficiaries can also call their local MTF pharmacy. [Visit the TRICARE website to find a pharmacy’s phone number](#).

To find a retail network pharmacy, [visit the ExpressScripts website](#).

Designated Special Shopping Hours for Seniors at Area Stores

Some stores have designated different times and days for shoppers. Not all have defined the age of seniors.

- **Dillons** designated 7 a.m. to 8 a.m. Monday through Thursday for seniors 60-plus and people with underlying medical conditions.
- **Walmart** set aside 6 a.m. to 7 a.m. every Tuesday until April 28 for customers 60 and older.
- **Whole Foods Market** will be open from 7 a.m. to 8 a.m. each day for people 60-plus.
- **Target** will reserve the first hour of each Wednesday for shoppers with higher risks. Opening hours differ by location and can be found at [target.com](https://www.target.com).
- **Trader Joe's** will keep an additional line outside for seniors during its first hour of operation from 9 a.m. to 10 a.m.
- **Walgreens** customers 55-plus can shop from 8 a.m. to 9 a.m. on Tuesdays. Caregivers and immediate family can also visit during that time. The drive-through will also be open for household items from 9 a.m. to 9 p.m.
- **Sam's Club** will be open for seniors, people with disabilities and other higher-risk populations from 7 a.m. to 9 a.m. Tuesdays and Thursdays. A "Shop from Your Car" will also be available during those times at designated parking spots.
- **Costco Wholesale** will be open from 8 a.m. to 9 a.m. on Tuesdays and Thursdays for people 60-plus.
- **Aldi** dedicated 8:30 a.m. to 9:30 a.m. on Tuesdays and Thursdays for seniors, expectant mothers and people with underlying health concerns.
- **Dollar General** is designating the first hour of each day to seniors. Store hours differ. Store locations and times can be found at [dollargeneral.com](https://www.dollargeneral.com).

News and Notes: The TROW Luncheon for April has been cancelled. Col. Michael Dillard reports that a cadet at Derby High School has been awarded an ROTC Scholarship to attend Kansas State University. With the suspension of classes for the spring term, all JROTC activities at area schools have been suspended as well.

