



Los Alamitos Area Chapter News

Military Officers Association of America
P.O. Box 665, Los Alamitos, CA 90720

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Los Alamitos Area Chapter Web Presence: <https://www.MOAA.org/chapter/losalamitosarea>

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Surviving Spouse Corner: Should You Have a LinkedIn Account?

By: Dr. Vivianne Wersel

Many of us use Facebook or email to stay connected, but another platform worth considering is LinkedIn. While other social media platforms are more focused on friends and family, LinkedIn is designed for professional connections, volunteering, and advocacy.

Here are some ways using LinkedIn benefit surviving spouses:

- **Stay connected with MOAA and others.** A simple profile lets you follow MOAA updates, connect with other surviving spouses, and stay up to date with military-related organizations. Staying connected matters, especially as a surviving spouse. Our community thrives on shared experiences, reliable information, and mutual support.
- **Share your story and advocacy.** If you're involved in legislation, volunteering, or raising awareness about surviving spouse issues, LinkedIn provides a way to reach policymakers, leaders, and allies who might not see posts elsewhere.
- **Show your ongoing contributions.** Many of us continue to teach, mentor, volunteer, or advocate well beyond our careers. LinkedIn helps highlight those efforts.

You don't need to be tech-savvy to use LinkedIn. Even a basic profile with your name, military connection, and a short sentence about your interests is enough to get started. You don't have to post regularly unless you want to.

Bottom line: If you are still active in volunteering, advocacy, or professional work, a LinkedIn account can be a valuable tool. If you prefer to stay private, that's fine, too, but know that LinkedIn is there if you'd like to amplify your voice and expand your connections.

TRICARE offers home delivery for prescription drugs

By TRICARE Communications

FALLS CHURCH, Va. – TRICARE has an easy way for prescription drugs to come right to your doorstep: TRICARE Pharmacy Home Delivery.

"TRICARE Pharmacy Home Delivery is a convenient and simple way to fill prescriptions," said CDR Teisha A. Robertson, Chief, Pharmacy Benefit Integration Branch, Pharmacy Operations Division, at the Defense Health Agency. "Beneficiaries can take advantage of the convenience and ease of the program, which brings medications right to them."

What's my cost?

You can get up to a 90-day supply of many prescriptions at military pharmacies at no cost. After military pharmacies, TRICARE Pharmacy Home Delivery is often the most affordable choice. Home delivery offers up to a 90-day supply of a drug for lower copayments than a 30-day supply at a TRICARE network pharmacy.

Active duty service members have no costs for many prescriptions at military pharmacies, home delivery, and network pharmacies. As of March 2026, this also applies to their family members with TRICARE Prime Remote. Rules for filling prescriptions for certain maintenance drugs still apply.

For all other beneficiaries, your TRICARE plan, which group you're in (Group A or B), and the pharmacy type determine your costs.

If you use a non-network pharmacy, you'll pay the full price up front and file for reimbursement on your own. The reimbursement amount is subject to higher cost-sharing as well. You'll also pay the full cost of any non-covered drugs. For more cost information, visit Pharmacy Costs. For more information on the costs and coverage for your prescriptions, check out the TRICARE Formulary Search Tool.

How to sign up or switch to home delivery

TRICARE Pharmacy Home Delivery is managed by Express Scripts. There are four ways to register:

1. **Online:** Register online. You'll have access to your account and general information on health and prescription drugs.
2. **Mobile app:** Download the Express Scripts mobile app. If you already have a prescription at another pharmacy, you can transfer it to TRICARE Home Delivery through the app.
3. **Phone:** Call 877-363-1303 (TDD/TTY: 877-540-6261). Have your prescription bottle ready. Express Scripts can also call your provider to request new prescriptions.
4. **Mail:** Download the home delivery order form and mail it to:
 - Express Scripts, Inc.
 - P.O. Box 52150
 - Phoenix, AZ 85072-2150

Include your written prescription and copayment. You can find your copayment using the TRICARE Formulary Search Tool. After you register online or by phone, your provider will need to send your prescriptions to Express Scripts. Ask your provider to write the prescription for the maximum supply allowed—often up to 90 days. The TRICARE Formulary Search Tool has information on each drug's maximum supply.

Your first shipment will usually arrive within two weeks.

Important: Home delivery isn't available in Germany, Norway, or Saudi Arabia. You can't use home delivery if you have other health insurance, unless:

- Your OHI doesn't cover pharmacy benefits.
- Your medication isn't covered by your OHI.
- You met your OHI's benefit cap.

Getting refills

TRICARE Pharmacy Home Delivery has automatic refills, but you'll need to approve refills each time. Here's how it works:

1. **You get a refill notification:** Express Scripts will contact you to approve your refill.
2. **You confirm or decline your refill:** You can do this by signing in to your account or through the Express Scripts mobile app. If you don't do anything, your prescription will no longer be in the automatic refill program. Even if your prescription is no longer in the program, you'll still get reminders until the prescription expires. You

still can order refills using your online account or the mobile app. You can rejoin the automatic refill program any time.

3. **Your refill ships:** After you approve your refill, Express Scripts will fill your prescription. You can track your order online or with the Express Scripts mobile app.

Maintenance drugs

All beneficiaries except active duty service members must refill certain brand-name maintenance drugs with home delivery or at a military pharmacy. If you fill one of these drugs at a network pharmacy, you'll get a letter from Express Scripts reminding you to switch. If you don't switch after two times, you'll have to pay 100% of the drug's cost the next time. This rule doesn't apply if you live outside of the U.S. or U.S. territories.

MOAA--Los Alamitos Area Chapter Luncheon Coupon

July 23rd Luncheon is to be held at the Navy Golf Course, 5560 Orangewood, West of Valley View, Cypress, CA.

Social: 1130-1200 **Lunch:** 1200-1300 **Program,** if scheduled: 1300-1400

Circle ONE: California Hamburger Fish & Chips Fire Grilled Chicken Sandwich Cobb Salad Chicken Caesar Salad.

(BE SURE TO CIRCLE YOUR SIDE FOR SANDWICHES: Regular FF Fruit Salad Sweet Potato FF Cole Slaw Cottage Cheese)

\$ 25 each! (Check payable to the Los Alamitos Area Chapter.)

LUNCHEON RESERVATIONS.

Name/s _____ Guest/s _____ (spouse is not guest)

Mail Check to: Bill Eveland, 3729 Nipomo Ave., Long Beach, CA, 90808; phone 562-425-3434

[Please have your reservation in by July 16th - Call me if you must!]

*****Remember*****

Chapter Executive Board Meeting: Tuesday, July 7th at 0930 in the Retired Activities Office, NWSSB

Mosaic: Designed for the Life You're Ready to Live

What if you didn't have to choose between the energy of city living and the certainty of lifelong care?

At **Mosaic by Willow Valley Communities**, you don't.

Set in the heart of Lancaster, PA, Mosaic brings together walkable urban living — boutiques, dining, arts, and culture just outside your door — with the confidence of Type A Lifecare, all backed by Willow Valley Communities' more than 40-year legacy and national recognition.

This is a residence designed for those who value both independence and foresight. A place where your days can feel spontaneous and engaging, while your future remains thoughtfully secured.

Mosaic is quickly becoming one of Lancaster's most sought-after addresses. As residences are selected, opportunities to secure preferred views, layouts, and locations are naturally becoming more limited.

If Mosaic speaks to how you envision your next chapter, we invite you to explore what may still be available. Inquire today: mosaiclanaster.com or **888.893.1423**.

Snacking your way to a healthier mouth

By TRICARE Dental Program

FALLS CHURCH, Va. – You may be flossing and brushing regularly, but did you know the snacks you eat also play a significant role in the state of your dental health? Frequent snacking on certain foods can expose your teeth to harmful acids and sugars, leading to cavities and gum disease.

According to Douglas Elsesser, a program analyst with the Dental Program Branch of the TRICARE Health Plan, at the Defense Health Agency, "By making conscious choices about your snacks, you can significantly improve your dental health and reduce your risk for cavities and gum disease."

The worst snack offenders for your teeth

According to the Centers for Disease Control and Prevention, it's best to avoid foods and drinks with sugar as often as possible. Here are some common snack offenders:

- **Processed carbohydrates.** Chips, crackers, cookies, cake, and pastries often break down into sugars in your mouth, feeding plaque-forming bacteria. These starchy foods can also get stuck in the grooves of your back teeth, making them harder to clean.
- **Sugary drinks.** Sodas, fruit juices, and sports drinks are loaded with sugar, and they bathe your teeth in acid and contribute to enamel erosion and cavities. Even diet sodas, while sugar-free, are highly acidic and can erode tooth enamel.
- **Sticky and chewy candies.** Items like fruit snacks, caramels, and dried fruit can cling to your teeth for extended periods, allowing bacterial growth that produces decay-causing acids.

Healthier alternatives for your teeth

- **Crunchy fruits and vegetables.** Fresh, crisp options like apple slices, carrot sticks, and celery stimulate saliva production, which helps wash away food particles and neutralize acids.
- **Dairy products.** Cheese and yogurt are rich in calcium, promoting strong teeth and bones. Cheese also has a natural ability to neutralize acids in the mouth.
- **Nuts and seeds.** Almonds, cashews, sunflower seeds, and pumpkin seeds provide essential vitamins and minerals and stimulate saliva flow, offering a natural defense against cavities.
- **Whole grains.** Air-popped popcorn and whole-wheat pretzels are less likely to stick to teeth than processed alternatives. They also have more fiber.
- **Water and unsweetened beverages.** Water helps rinse away food particles and keeps your mouth hydrated. Drinking tap water, which often contains fluoride, can also significantly reduce your chances of tooth decay.
- **Dark chocolate.** If you crave something sweet, dark chocolate with a high cocoa content (70% or higher) has less sugar than milk chocolate.

The TRICARE Dental Program has you covered

Make sure you don't skip your routine dental visits. As a TDP enrollee, you're covered for two routine dental cleanings in a consecutive 12-month period. Need a TDP network dentist? Use the [Find a Dentist](#) tool to find a network dentist near you.

ALAMITOS AREA CHAPTER MEMBERSHIP FORM

New Member Enrollment []		Renewal []		January 1--December 31, 2026	
MOAA membership number _____ (located on your MOAA Magazine cover)					
Please enroll/ Continue as a Member of the Los Alamitos Area Chapter MOAA: <u>Regular Member Officers</u> (Active, Retirees and Former officers) @ \$25.00/Year [] <u>Auxiliary</u> (Widow or surviving spouse) @ \$20.00/Year []					
Service Affiliation:		Regular []	Reserve []	National Guard []	
Present Status:		Retired []	Active Duty []	Auxiliary []	Former Officer []
Last Name	First Name	MI	Rank	Branch of Service	
Mailing Address	City	State	Zip	Area Code / Phone Number	
Spouse's Name (<u>Surviving spouses</u> indicate your MOAA No.)					
Cell Number: _____			E-Mail Address (for Newsletter) _____		
Mail Form to: Los Alamitos Area Chapter, MOAA, P.O. Box 665, Los Alamitos, CA 907					