



Los Alamitos Area Chapter News

Military Officers Association of America

P.O. Box 665, Los Alamitos, CA 90720

OCTOBER 2026



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

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Surviving Spouse Corner: Legislations to Watch

Federal-From Last Month's Newsletter the following are still on hold:

- **Restore GLP1 Coverage for TRICARE for Life**
- **Improve & Enhance the Work Opportunity Tax Credit Act (HR6231)**
- **GRACE for Military Survivors (HR9489)**

Introduced 6/10/26-The Take Care of America's Veterans Act (TCAVA) is a comprehensive legislative package designed to improve veterans' benefits, healthcare, and support services, consolidating over 60 stalled veterans-related bills into a single act. (HR9237)

Overview:

The **Take Care of America's Veterans Act (H.R. 9237)** was introduced in the U.S. House of Representatives on **June 10, 2026** to amend titles 10 and 38 of the United States Code and other federal laws, aiming to enhance benefits and the administration of the Department of Veterans Affairs (VA)

Key Provisions:

TCAVA consolidates **more than 60 veterans-related bills** into a single legislative package, addressing long-stalled priorities. Major components include:

- **Suicide Prevention:** Expands programs and training for VA providers to better address veteran mental health .
- **Traumatic Brain Injury (TBI) Care:** Improves access to specialized care for veterans with TBI .
- **Combat-Injured Retirees:** Implements the **Major Richard Star Act**, providing relief and enhanced benefits for combat-injured retirees.
- **Family Caregiver Support:** Strengthens assistance for caregivers of wounded veterans .
- **Special Monthly Compensation:** Increases benefits for catastrophically disabled veterans

Financial Impact:

TCAVA is projected to **protect up to \$58 billion in veterans programs and benefits** that could otherwise be diverted to the U.S. Treasury under proposed VA rules. The legislation ensures that these funds remain dedicated to veterans' services rather than being lost due to regulatory changes.

California: Signed by Governor

- **SB892 8/27)-Provides priority class registration for service members and veterans.**
- **SB417-The Veterans And Affordable Housing Bond Act of 2026 6/25 (Now becomes Calif ballot measure -Prop 1**

Can you spot debt relief scams that target the military?

By Bureau of Consumer Protection, Federal Trade Commission

Scammers promise to solve your debt problems to trick you into paying them instead of your actual lender. If a caller offers to help you enroll in a special "military debt forgiveness" program, pause. That's probably a scam. Learn how debt relief scammers might target the military and how to avoid the scam.

Questionable debt relief companies call out of the blue and use official-sounding names and phrases to suggest ties to the military. They might claim to be from a military bank or credit union, like USAA or Navy Federal, or a credit bureau like Equifax, Experian, or Transunion. But if the caller offers to help you reduce or settle your debt — after you pay a fee — that's a sure sign of a scam. It's illegal for a debt relief company to charge you before they help you. Some companies offer to enroll you in "exclusive" military debt relief or veteran debt forgiveness programs, but those programs might not even exist. If you pay upfront, you might lose your money and get nothing in return.

Some scammers pressure you to pay them instead of your real creditors. But missing payments on your real debt can lower your credit score and potentially compromise your personal affairs, inflicting severe emotional and financial distress. You could end up using your hard-earned savings to pay down the increased debt plus late fees and penalties.

Need help managing debt? Start by contacting your lender directly. Ask about your repayment options. To avoid a debt relief scam:

- **Never pay upfront for debt relief.** Only scammers try to collect fees from you before they settle any of your debts.
- **Find help.** Financial counseling resources for Retired Soldiers and eligible family members are available through on-base personal financial managers or counselors on the Office of Financial Readiness website at: <https://finred.usalearning.gov/pfcMap> or on Military OneSource at: <https://www.militaryonesource.mil/benefits/financial-counseling/>, for up to one year after your official retirement date.
- **Do some research.** Check out any organizations you're considering with your state attorney. If you spot a debt relief scam, tell the FTC at: <https://reportfraud.ftc.gov/>.

MOAA--Los Alamitos Area Chapter Luncheon Coupon

October 22nd Luncheon is to be held at the Navy Golf Course, 5560 Orangetown, Valley View, Cypress, CA.

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

Circle One: Classic Hamburger Hot Pastrami Sandwich Chipotle Chicken Sandwich Steak Sandwich Pizza
Chicken Caesar Salad

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

\$ 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 October 17th - Call me if you must!]

*****Remember*****

Chapter Executive Board Meeting: Tuesday, October 6th at 0930 in the Retired Activities Office, NWSSB

LOS 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: Regular Member Officers (Active, Retirees and Former officers) @ \$25.00/Year [] Auxiliary (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 (Surviving spouses 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**

Get your flu shot with TRICARE By TRICARE Communications

FALLS CHURCH, Va. – With the days growing shorter and the kids back at school, flu season is on the way. The flu can spread quickly, especially during the fall and winter months. Getting vaccinated reduces your risk of serious illness. TRICARE covers the flu vaccine for eligible beneficiaries, helping protect you and your family this season.

Learn how to get your TRICARE-covered flu vaccine today.

What to know about the vaccine

The flu virus changes rapidly. This means that each year's flu shot only provides protection for that year's strains. The Centers for Disease Control and Prevention recommends an annual flu vaccine for everyone aged 6 months and older (with rare exceptions). There are some populations who are at higher risk for having complications from the flu. It's especially important for people in these groups to get the flu vaccine. This includes:

- People aged 65 and older
- People with certain chronic medical conditions
- Pregnant women
- Children younger than 5 years old (and especially children under 2)

Additionally, if you live with people who are at high risk for flu complications, it's important to get vaccinated.

There are many different flu vaccine products. Consult with your provider to determine which vaccine is best for you.

When is the best time to get vaccinated?

Generally, September and October are the best months to get the flu vaccine. Flu season usually peaks in February and can continue into May. Getting the vaccine too early can limit its effectiveness. But getting the vaccine later in the flu season still has benefits, since the virus is still circulating.

You may be eligible to get vaccinated for other respiratory illnesses, like RSV or COVID-19, at the same time. Your provider can discuss your options for getting those vaccines

Recognizing symptoms

The most common symptoms of the flu includes:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Tiredness

You can spread the flu before symptoms appear, or with no symptoms at all. Getting vaccinated can help protect others around you. If you do get sick, symptoms may be less severe if you've received the vaccine.

Steps to prevent spreading respiratory diseases include:

- Avoiding close contact with people who are sick
- Covering coughs and sneezes
- Washing your hands often
- Avoiding touching your eyes, nose, and mouth

If you're sick, stay home until you've been fever-free for 24 hours and your symptoms are improving.

Talk to your provider if you have questions about vaccines. For more information on TRICARE's vaccine coverage, check out Immunizations.

With Federal EHR, no more 'last-four' check in at VA Medical Centers

By Alan Greilsamer, VA Electronic Health Records Modernization Communications

For veterans, superior care begins the moment they check in at a VA medical facility. For years, they've had to provide their "last-four," or the last four digits of their social security number (SSN) for various services at VA facilities. But now, thanks to the Federal Electronic Health Record (EHR), they only need a quick scan of their Veteran Health Identification Card (VHIC) to check in. First, make sure you're enrolled in VA health care. Then, visit a VA medical center or go online to <https://www.va.gov/health-care/get-health-id-card/>, and request your VHIC.

Improved privacy protections

This update applies across all sites using the Federal EHR and demonstrates how VA continues to prioritize patient data security. Scanning a VHIC not only speeds up check-in, but it also reduces the risk of initially retrieving the wrong patient record, creating a faster, safer and more reliable start for each visit.

Additionally, eliminating the routine use of the last four digits of the SSN strengthens Veteran privacy by reducing exposure of personally identifiable information. This update ensures facilities align with VA's long-standing SSN reduction efforts, guided by Office of Management and Budget Memorandum 07-16, found at <https://department.va.gov/privacy/ssnreduction/>. Veterans can feel more secure than ever when they trust a VA Medical Center with their care.

What veterans need to know

Veterans can prepare for this change by bringing their VHIC to appointments at facilities using the Federal EHR. After scanning their card, they may receive a wristband depending on the type of care they're scheduled to receive.

Veterans who prefer not to use their VHIC can still check in by providing their last name and date of birth.

According to Tracey Julius, a Red Coat Ambassador at the Cincinnati VA Medical Center, Veterans have responded positively to the new check-in process.

“Veterans are relieved to be able to scan their identification card, and once the card is scanned, the veteran’s information appears on the screen,” said Julius.

With their information readily visible, ambassadors can quickly guide veterans to their appointment locations and assist with any additional needs.

Want to know when the Federal EHR comes to your nearest VA facility? See the Federal EHR deployment schedule at <https://digital.va.gov/ehr-modernization/ehr-deployment-schedule/>.



Los Alamitos Chapter, MOAA

HOLIDAY GET TOGETHER

THURSDAY, 10 DECEMBER 2026

SOCIAL HOUR 1100; LUNCH 1200 TO 1430

NAVY GOLF COURSE, 5660 ORANGEWOOD AVENUE,

CYPRESS, CA, 90630

SPOUSES AND GUESTS ARE WELCOME

Cost is \$25.00 per person for a delicious buffet lunch

We need a minimum of 25 attendees to make this event happen. Please RSVP Bill Eveland at bulldogeve@aol.com or call 562-425-3434 no later than 3 December 2026.