

**Keeping Retiree Information Current.** If you are retired from the Oregon Army or Air National Guard it pays to keep your contact information updated. When you move, change phone numbers or even your e-mail address there are several offices to consider contacting, here are just a few.

Retiree Service Office (RSO).

Call (503) 584-2891, or e-mail at [NGOR.J1.RSO@ng.army.mil](mailto:NGOR.J1.RSO@ng.army.mil) This office provides the Sentinel your current mailing address so you can continue to receive your copy.

Defense Entitlement and Enrollment System (DEERS). You can update your DEERS information at any of 10 locations in Oregon where ID cards are provided. Call (503) 584-2387 to get the current list of where ID cards are issued.

TRICARE. Contact TriWest at 1-888-TRIWEST (874-9378)

Defense Finance and Accounting Service (DFAS) 1-800-982-8459

Submitted by:

Retiree Service Office

Anderson Readiness Center, Room 243

