

# Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, May 08, 2016 Volume 7, Issue 19

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# This-N-That

On Jan. 15, 2013, 86 year old WWII Veteran William Dale Varner of Arkansas passed away due to lack of proper medical care. His nurse decided to go to lunch and not even check on Mr. Varner, and when it was finally noticed he was having a hard time getting back into bed and breathing, he passed away minutes later.

The family sought \$250k for wrongful death, and it was finally settled!

However, Rep. Charlie Collins, R-Fayetteville, took issue with the \$250,000 figure, saying that Varner, at age 86, had lived a "pretty full life." Collins wondered whether perfect care at the time would've extended the man's life.

I wonder, had this been Collins and not Mr. Varner what his family would seek for compensation? No amount of money can bring back a loved one, and for his comment, how cruel and rude can politicians get especially when they have no ethics or morals when it comes to their pet projects.

Frankly compensations to families who have lost a loved one who served is just as slow if not worse than Veterans filing claims for PTSD, Cancer etc.

Then we have Braxton Linton who was hired almost immediately after his release from prison, where he served fourteen months for defrauding his employer of \$70,000 through credit-card fraud.

Braxton Linton is prosthetics service chief at the Caribbean Veterans Affairs hospital in San Juan, Puerto Rico. Service chiefs are the top officials in each department in VA hospitals. VA prosthetics offices procure all assistive devices and use government credit cards so often that they are called "prosthetics purchase cards."

So this leads to many questions, but most important what on earth was the VA thinking; do they not investigate and vet any potential employee before hiring, and placing in a position of which that person was tried and convicted of crime(s) in almost the same type of position?

I have no problem hiring someone who has a criminal background, but personally I would never put them in a job position in which they have full access to money as Mr. Linton was placed allowing him the exact same opportunity in which he was convicted previously.

All across the country many little organizations are popping up to build mini and tini homes for homeless Veterans.

Cost range between \$8-10,000.00 for each home and all are fully furnished, most are pretty nice little homes, fully sufficient for a single Veteran and is a huge step closer to help in getting them back into mainstream society.

All are funded by private individuals and some local businesses, and with the massive amounts of land which the VA owns and most is unused, or was bought with growth in mind but that growth either never occurs or happens but still leaves a lot of land vacant.

So why is it that the VA pours billions of dollars into programs, managed by private non-profits and small departments in the VA they can't put all this money to truly good use?

An example would be the West Los Angeles VA Medical Center which was deeded to the VA back in the late 1800's to house Veterans and to this very day is still not being used for it's intended and deeded purpose?

They have several hundred acres of vacant land and have promised repeatedly to make the buildings and land into a "mini village" to house homeless Veterans but nothing has happened in the past eighteen months since it was promised again by Secretary McDonald.

Instead they developed plans to "build" when they could easily map out small plots and most easily order and have delivered at minimum 100 tiny homes if not double or triple that and almost immediately begin to solve the problem with serious signs of improvement.

None of the actions of the VA show signs of delivering what's promised, nor has there been any real serious signs of improvement especially when it comes to dealing with the homeless Veterans.

Cities and states across the country are touting smaller numbers or even as much as ZERO homeless Veterans, but what they and media never tell or show is that yes, maybe they have zero or less, but it's not because they are being housed, it's because they are being chased out.

I know most think that members of Congress don't list, and for the majority of that complaint I would tend to agree. But I would only agree to that statement as those who do contact their reps are a very small number and this small number allowed the member of Congress to simply brush it aside.

If every single Veteran in the country were to call and do the same, even ask family members and friends, drive them crazy with calls, faxes and e-mails, we could see serious action, and change in the healthcare system for Veterans.

But, how do we organize that? I know I've tried for a number of years to do that very thing, but it can't be done with 50 or 60 people it takes thousands.

I am often approached by groups asking us to put out the word they exists and what they do, but for the most part very little come and help.

If you have any ideas or suggestions, please write to me. Everyone will be listened to and addressed, and heck, you never know you might hit on the magic solution.

Operation Mail Call is still in need of your help!

We need cards and letters of encouragement for those who are serving on foreign soil. Many are single, have no family, or are not communicating with family and just need a little encouragement, and know that WE THE PEOPLE do care about them, appreciate them, and thank them for the job that 99.5% of Americans can't or won't do.

Operation Mail Call is designed to address that problem and a little more!

Betty Hidalgo who is the director of VFC's Operation Mail Call Program does her level best to bring a little joy to all those on foreign soil by sending them care packages which she is working all the time to fill them with a little bit of home with cards, letters, baked goods, candies, and sometimes little gag gifts, anything she can find to bring a little joy to their daily lives where they are.

We'd appreciate anything you can do to help us bring a little joy to them, maybe even put a smile on their faces even if only for a few moments.

If you have not visited our website in the past few weeks, please check back again! We're adding more and more documents as quickly as we can. The new documents have a "NEW" label on them for about 10 days from upload.

On behalf of the Board of Directors and Volunteers nationwide, we wish you and your family good health!

Respectfully, Jim Davis Founder & CEO <u>Jim.Davis@Veterans-For-Change.org</u>

### A Look at Suicide Prevention

One in five people will experience at least one episode of major depression in their lifetime. If you know anyone showing extensive signs of depression with a possible risk of suicide, remember the acronym ACT — "Ask, Care, and Treat." ACT stands for: Ask someone if they are thinking of suicide; Care enough to listen, offer hope, and not be judgmental; and Treat. Do not leave a suicidal person alone. Get assistance. For more information, call the National Suicide Prevention Lifeline at 1-800-273-TALK and visit the Navy Suicide Prevention Program <u>website</u>. To take an anonymous self assessment, visit the Help Yourself, Help Others <u>website</u>.

### **Respite Care for Family Members**

To give caretakers a well-deserved break, the U.S. Army's Exceptional Family Member Program (EFMP) offers a temporary rest period for those caring for a family member. The rest period is available through the EFMP Respite Care Program, and family members must be medically enrolled in EFMP to be eligible. Maximum rest periods can total up to 40 hours per month. The EFMP manager will assist families with the application process for respite care. A family's eligibility for respite care services is reassessed annually, or if the condition of the exceptional family member changes. At the time services are approved, families receive a list of respite care providers and are encouraged to interview providers to determine who best suits the family's needs. For more information, contact your base EFMP office.

# Suicide Information Collection Bill Introduced

Representative David Jolly has introduced H.R. 4640, the Veteran Suicide Prevention Act. If enacted, this bill would require the Department of Veterans Affairs (VA) to complete a review and report of the deaths by suicide of all veterans under VA care during the five-year period preceding enactment. This review would include the following:

- the total number of veterans who died by suicide;
- a summary that includes age, gender, and race;
- medications that were prescribed to, and found in the systems of, veterans at the time of death, and a summary of diagnoses that led to the prescribing of such medications;
- the number of instances in which each veteran was concurrently on multiple medications prescribed by VA;
- the percentage of veterans who were not taking any medication prescribed by VA;
- the percentage of veterans with combat experience or trauma;
- a listing of VA facilities with markedly high prescription and patient suicide rates;
- a description of VA prescribing policies; and
- recommendations to improve the safety and well-being of veterans under VA care.

The bill would require VA to report to Congress the extent to which veterans who died by suicide were being prescribed medications carrying "black box" warnings. It would also mandate VA to report prescribing policies related to black box medications.

Please write your Representative today to urge co-sponsorship and enactment of this bill. As always, thank you for your advocacy in participating in the Commander's Action Network.

#### Click HERE and send your message

# **OPERATION MAIL CALL**



Operation Mail Call needs your help! We need cards and letters to send to our troops currently serving on foreign soil.

Doesn't have to be anything special, just words of support and thanking them for their service!

If you're a school teacher, please contact me at my e-mail address at the top, our troops love to hear from the kids too!

For more information visit: http://veterans-for-change.org/5439-operation-mail-call-2

#### TRICARE Update: State of Emergency in Texas

The governor of Texas has declared a State of Emergency in the following nine counties due to severe flooding: Harris, Fort Bend, Montgomery, Waller, Grimes, Colorado, Austin, Wharton, and Bastrop. Emergency prescription refill procedures are in place from April 18 - May 18, 2016. To get an emergency refill, take your prescription bottle to any TRICARE retail network pharmacy. To find a network pharmacy, call Express Scripts at 1-877-363-1303 or search the <u>network pharmacy locator</u>. If possible, visit the pharmacy where the prescription was filled. If you use a retail chain, you can fill your prescription at another store in that chain. You can request assistance at another pharmacy, but it is at that pharmacy's discretion to help you.

#### Free Tickets to Memorial Day Weekend Concert in NY

Active service members, veterans and their families can get complimentary tickets to a Memorial Day Weekend concert at Carnegie Hall in New York City. The Triumph of Hope: The Military Wives in Concert will take place on Friday, May 27, 2016. Direct from the television show *The Choir*, composer/conductor Paul Mealor leads the Military Wives Choir in a new program of choral music works in honor of Memorial Day, including the world premiere of Mealor's "This Song of Mine." To get complimentary tickets, fill out the <u>online form</u> – once you receive a confirmation, you may pick up your tickets under your name at least 30 minutes before the concert at Carnegie Hall Box Office. A valid ID may also be required.

#### Veterans fought for us; we continue to fight for our veterans!

#### VFC Website Update

If you've not visited our website, maybe you should visit today! Since going on-line on 10/28/12 we have been averaging between 2,100 and 3,000 visitors per day and have had 2,726,869 visitors to date.

Visit today and subscribe, it's 100% **FREE** of charge to all! Just be sure to use a valid E-Mail address so the system can send you an authentication E-Mail. Becoming a subscriber will show you all the various forum's, added libraries, and more.

We have the largest One-Stop-Shop Veterans website available that is user friendly, offers a host of information on many topics, Several forums, Frequently Asked Questions and Answers, a massive Documents Library with more than 12,900 documents, various VA and DoD forms.

# www.veterans-for-change.org

- Documents Library with over 140 different libraries and over 14,482+ documents (Updated 04/29/16)
- FAQ's (1,662 on-line now) (Updated 02/20/16)
- Forums (with Licensed Mental Health Worker Moderator)
- Job Postings and Job Fairs (Check Often)
- Memorial Pages (Updated 01/02/16 added 17)
- News (Updated almost daily, **5,686** articles on-line)
- Polls Added 02/08/16
- Web Links (3,431 Active Links)(Updated 05/05/16 added 2 New Links)

The documents library has many different categories and contains more than 55 million pages of information and forms.

There are forums for all Eras of service and one just for Women Veterans, which is locked to use by women only. Another for Men Veterans which is also locked to men only.

In the documents and forums we provide information pertaining to women and the ability speak freely in the forums to other women about the same issues and problems you face.

The Memorial Pages are open, and if you have a loved one or a buddy you've lost and would like for them to be added to our Memorial Pages, please send a photo, First and Last Name, Rank, Branch of Service, DOB and DOD, and allow us 2-3 days to install on the proper page. (Send to: <u>Jim.Davis@veterans-for-change.org</u>)

You also have the ability to comment and rate all NEWS articles which would be very helpful for us so we know the types of information you'd like to see on our website.

#### In Memory of Ken Osborne

Post 127 lost one such hero just last week as founding member Ken Osborne transferred to Post Everlasting. Ken served our nation honorably in the U.S. Navy, was a legionnaire for over sixty years, a long-time member of the Forty and Eight, and wrote the Post 127 constitution and bylaws. Over the years Ken held all Post 127 offices, and various senior positions in the District, Division, and Department of Texas. Ken, we salute you for your continued legacy of service in the cause of liberty. Fair Winds and Following Seas!

#### Mentorship for Women Veterans

VA's Center for Women Veterans is partnering with Academy Women's e Mentoring tool to help women veterans reach their full potential. Academy Women is offering all women Veterans, especially those transitioning in their lives or careers, FREE access to online mentorship support from Veteran (and non-Veteran) mentors, through its award-winning, webbased e Mentor Leadership Program. This organization connects organizations seeking hire to veterans with women veterans seeking help with attaining their professional goals. To participate, log onto the <u>website</u> to create a profile and then select a mentor or resources relevant to your professional goals. You can also participate in discussion forums, or visit the Q&A area on the website.



http://veterans-for-change.org/

### May Commissary Remote Location Sales

Summer is coming, and the commissary has several programs that are busier during the summer. One of these programs is their Guard and Reserve Sales, also known as "Remote Location Sales." These sales are where the staff of a bricks and mortar commissary store loads up a truck with commissary products and takes it to a location that is remote from a regular commissary. For a list of locations for these commissary sales this month, see this Paycheck Chronicles post.

# Government Accountability Office (GAO) Reports

Military Readiness: Progress and Challenges in Implementing the Navy's Optimized Fleet Response Plan. <u>http://www.gao.gov/products/GAO-16-466R</u>

Rural Housing Service: Actions Needed to Strengthen Management of the Single Family Mortgage Guarantee Program. <u>http://www.gao.gov/products/GAO-16-193</u>

Information Technology: FEMA Needs to Address Management Weaknesses to Improve Its Systems. <u>http://www.gao.gov/products/GAO-16-306</u>

Retirement Security: Low Defined Contribution Savings May Pose Challenges. http://www.gao.gov/products/GAO-16-408

GAO Appoints Three New Members to Health IT Policy Committee. http://www.gao.gov/press/appointments\_hcac\_2016may.htm

Statutory Copyright Licenses: Stakeholders' Views on a Phaseout of Licenses for Broadcast Programming. http://www.gao.gov/products/GAO-16-496

Aviation Security: TSA Should Ensure Testing Data Are Complete and Fully Used to Improve Screener Training and Operations. <u>http://www.gao.gov/restricted/restricted\_reports</u>

Force Structure: Performance Measures Needed to Better Implement the Recommendations of the National Commission on the Structure of the Air Force. <u>http://www.gao.gov/products/GAO-16-405</u>

Medicaid Program Integrity: Improved Guidance Needed to Better Support Efforts to Screen Managed Care Providers. http://www.gao.gov/products/GAO-16-402

Troubled Asset Relief Program: Capital Purchase Program Largely Has Wound Down. <u>http://www.gao.gov/products/GAO-16-524</u> With U.S. forces still at war and House members up for re-election in November, the House Armed Services Committee rejected almost every idea the Obama administration proposed in its 2017 budget request to dampen military compensation and apply dollars saved to other defense priorities. The committee not only refused to force working-age retirees and family members to pay higher fees and co-pays for health care in 2018, it took the unusual step of making its pared-down packet of higher out-of-pocket costs apply primarily to future generations of service members.

#### VA Launches New Case Management Tool

The Department of Veterans Affairs (VA) recently launched Caseflow Certification, the first of many tools that will begin to improve the processing of benefit claim appeals at VA. Caseflow Certification is a simple web-app that automatically detects if required documentation has been added to an appeal before it moves forward in the process. This simple check will help reduce preventable errors and avoidable delays caused by disjointed, manual processing. For more information, read the <u>VA VAntage Point Blog</u>.

### Changes in Veterans Employment Center (VEC)

Colleagues and Fellow Veterans,

I'm writing to inform you all of some changes that will be happening in the Veterans Employment Center (VEC).

VA launched VEC two years ago, and the statistics have continued to grow each month – the VEC has seen over 28M hits during that time. Unfortunately, our profile tool was not being used to the extent we had hoped. As such, we are disabling this feature based on your feedback, low usage rates, and data collected over the past two years. Disabling the profile feature will also eliminate junk mail and phishing attempts. This is all part of our continuous effort to protect Veteran information and improve our technology.

We are currently working on the next feature, moving to a badging feature that will facilitate greater connections between Veterans and the private sector by leveraging industry-recognized job boards.

This afternoon we sent notifications to our Veterans who have profiles on VEC, as well as employers who are verified announcing this change. We will be removing the profiles on 12 May 2016.

VA is committed to supporting our Veterans, Servicemembers, and their families in their transition into the private sector. We apologize for any inconvenience and look forward to launching new and improved capabilities on vets.gov based on Veteran and private sector feedback.

You will still have access to the Military occupational code translator (skills translator), resume builder and the job bank.

V/R

Curtis L. Coy Deputy Under Secretary for Economic Opportunity Veterans Benefits Administration U.S. Department of Veterans Affairs

#### Follow Veterans-For-Change on Twitter



#### Links to other Stories

- 1) <u>\$250K Settlement in Veteran's Death Endorsed by Arkansas Panel</u>
- 2) Caring for a different kind of service dog
- 3) <u>Federal bill would jail those who prey on former soldiers</u>
- 4) Federal Government revoked benefits of 115 Veterans... because they thought they were dead
- 5) Improving the Veteran's Experience through MyVA Communities
- 6) Marines investigating claim about men in Iwo Jima photo
- 7) Medal of Honor recipient Joseph B. Noil honored
- 8) Memorial Day ceremony at The Wall to commemorate eight additions to The Wall
- 9) More great VA moments: Convicted fraudster goes from prison to running purchasing program
- 10) SEAL Team Six founder on women SEALs: 'Somewhere between no and hell no'
- 11) Secretary McDonald discusses progress, promise and challenges on Veterans health policy
- 12) <u>Senators Sanders, Brown, Toomey, Murray, Casey Introduce Bipartisan Bill To Address Shortage Of Beds,</u> <u>Staffing For Severely Disabled Veterans</u>
- 13) <u>Senators want caregiver benefits phased in for older Veterans</u>
- 14) Texas VA OIG Investigation Blown Into Wait List Manipulations
- 15) VA selects new Director of the Center for Women Veterans
- 16) VA settles with Phoenix whistleblower
- 17) Verified abomination: That's the VA
- 18) Veterans Village to provide tiny homes to homeless Veterans
- 19) <u>Vietnam Vets group seeking new members</u>
- 20) Whitesboro woman at odds with Department of Veterans Affairs

You can help Veterans-For-Change by reading the articles posted, and comment at the bottom and rank the article. If you don't have an account, sign-up today, it's **FREE**. Your comments and rankings help us to better determine the type of information you'd like most to see.

Check us out today: www.veterans-for-change.org

#### Keeping Honey Bees Helps Vets

Geezer Ridge Farm in Hedgesville, West Virginia is home to thousands of honey producing bees that are giving veterans a chance to learn about bee-keeping. For many of those veterans the practice is also a form of therapy. Geezer Ridge is one of six apiaries in West Virginia working with the West Virginia Warriors and Veterans to Agriculture program, which serves more than 250 veterans in the state. The program gives veterans the opportunity to take on a new career in agriculture while experiencing life-saving therapy. For more information, read the article on the West Virginia Department of Veterans Assistance website. Follow Geezer Ridge Farm on Facebook and follow the West Virginia Warriors and Veterans to Agriculture Program on Facebook.

#### Union Objections Appear to Have Changed Senate Bill

All of a federal employee union's objections were removed from a Senate bill designed to help the VA discipline bad employees, making it politically easier for the bill to pass, but indicating it may not be doing the very thing it's supposed to.

The American Federation of Government Employees (AFGE) sent a letter April 18 asking taxpayer-funded employees to pressure Sen. Johnny Isakson (R-GA) chairman of the Senate Committee on Veterans' Affairs.

"I strongly urge you to oppose the Senate Committee on Veterans Affairs omnibus bill in its current form," president J. David Cox wrote. "No less than the future of the VA health care system is at stake here."

He enumerated four accountability measures that caused him to oppose the bill. Days later, Democrats joined Republicans to announce a final version they planned to introduce. A computer analysis showed all four measures had been walked back, while virtually no other changes were made.

The result was a VA employment reform bill that backtracked on measures dealing with the vast majority of the workforce, leaving mainly restrictions on Senior Executive Service (SES) members, who represent only one in 1,000 VA employees.

"It's the career senior executives who are more responsible than anyone for setting the tone of the workplace and maintaining the culture at the VA, and they're the ones collecting the biggest taxpayer-funded salaries," said Isakson's spokeswoman Lauren Gaydos. The original draft said no employee may complete their initial probationary period unless their manager affirmatively signs off on it. But this was changed so the employee will automatically become permanent unless other action is taken.

The Government Accountability Office recently <u>said</u> one of the best ways to ensure bad employees are booted from government is by not renewing them after the probation period, but the period often ends without managers realizing it.

The union's other three complaints were that employees didn't have enough time to appeal, reprimands wouldn't be removed from their file quickly enough, and performance reviews could be revised after the fact.

Isakson quickly allowed all of these to be changed. For example, the draft bill says letters of reprimand could be removed from an employee's file after five years, but the final version reduces it to three years.

Even the accountability measures for senior executives are burdened with so many caveats they may have little effect. Senior executives stand to have their pensions diminished after resigning to avoid firing only if they are convicted of a felony, have exhausted appeals on the felony, the Office of Personnel Management (OPM) determines the felony was sufficiently related to their work, and the VA secretary chooses to avail themselves of the option.

Even then, the disgraced director can appeal this decision to OPM.

Source: NAUS

#### Senate Reps not supporting S-681

Check to see if your Senator is supporting the BWN bill, and if not, there are buttons for you to send them a message loud and clear!

http://www.bluewaternavyawareness.com/senators-not-supporting-s-681.html



#### Military-Veterans Advocacy

From Military-Veterans Advocacy (please "Like" our Facebook Page: Military-Veterans Advocacy has completed a report on the use of water barges providing Agent Orange contaminated water from the Vietnamese mainland to ships anchored in harbors throughout the Vietnam War. This report has been forwarded to the Honorable Jeff Miller, Chairman of the House Veterans Affairs Committee. Please share your thoughts and send us your stories.

If your Member of Congress or Senator is not co-sponsoring the Blue Water Navy Vietnam Veterans Act (HR 969/S681) print out a copy of this report and send it to them and ask for their support.

#### WATER BARGES

From:



Are you seeking employment? Been looking forever and not found the right job?

Well Veterans-For-Change is working very hard to bring you more information on Job Fairs and Job Postings available across the country.

Click on the link below, and find all the jobs available, Job Fairs coming up, locations, details, etc.

http://veterans-for-change.org/documents-library/category/167-job-fairs-job-postings

If you have a job position open, and are willing to hire a Veteran, please send an E-Mail to: <u>JIM.DAVIS@VETERANS-FOR-CHANGE.ORG</u> there is never any fee involved, this is a 100% free service in order to help thousands of Veterans nationwide to gain full time employment.

#### Check often for Updates!

#### Two New Veterans Health Administration Apps

The Veterans Health Administration (VHA) offices of Women's Health Services and Connected Care recently released two women's health applications (apps) for VA and non-VA care team members – the Preconception Care and Caring4Women Veterans apps. Both apps provide important guidance in caring for and counseling women Veterans and are provided free of charge. To download the apps, find the direct download links for Apple and Android App Stores on the <u>Preconception Care</u> webpage and the <u>Caring4Women Veterans</u> webpage. For more information, read the <u>VA VAntage Point Blog</u>.

#### Retirees Can Save Big on Co-Pays

Doctor and hospital bills are expensive even when you're covered by TRICARE. Help minimize or even eliminate out-of-pocket expenses with the **TRICARE Insurance Supplement Plan**.

Veteran Crisis Resources		
Veterans Crisis Line	1-800-273-8255 and Press 1	
Military Crisis Line	1-800-273-TALK (8255)	
National Call Center for Homeless Veterans	1-877-4AID-VET (424.3838)	
VA Caregiver Support Line	1-855-260-3274	

Please support Military-Veterans Advocacy through the Combined Federal Campaign.

# Our CFC number is 59905

Amazon Shoppers: you can support Military-Veterans Advocacy by going to "Amazon Smile" for your shopping. The prices are the same but Amazon donates 0.5% of the purchase price to Military-Veterans Adovacy Inc. Bookmark the link <u>http://smile.amazon.com/ch/38-3890520</u> and support us every time you shop.

#### Temporary Cemetery Caretaker @ IGAP

We have a great opportunity for a Veteran if you know someone looking for a job. This position is a one year temporary full time position, 80 hours bi-weekly. It is a good way to get your foot in the door with the Federal Government, sometimes our temporary positions can assist the right individual to obtaining an entry level permanent position down the line.

This vacancy will open on Monday, 5/9/2016 and close on 5/27/2016. It is open to status. Here is the link: <u>https://www.usajobs.gov/GetJob/ViewDetails/438225300</u>

To Contact your Members of Congress		
To Call your Representative:	202-225-2305	
To call your Senator:	202-224-3841 or 202-224-3553	
To call different members of Congress:	202-224-3121	
Toll FREE Number:	866-272-6622	

~ We Proudly Support Our Military Personnel & Families ~

# New Company Approved as TRICARE Network Provider

DermTech, Inc., an emerging diagnostics company focusing on non-invasive gene expression tests for skin cancer and inflammatory diseases, announced it has completed contracts for payment with TRICARE and America's Choice Provider Network.

Additionally, DermTech announced it has received credentialing approval from UnitedHealthcare for participation as a network provider. TRICARE provides coverage to nearly 9.4 million beneficiaries in the military health system. ACPN's multi-specialty network provides access to over 24 million Americans. UnitedHealthcare provides health care access to more than 27.5 million Americans.

Source: NAUS

If you received this Newsletter as a forward or as a Courtesy Copy and would like to continue to receive this FREE weekly newsletter, click on link below:

#### https://gem.godaddy.com/signups/193302/join

Complete all information, and select the appropriate box at the bottom of the form. You will then receive an automated authentication E-Mail, follow the instructions and you will then be added to the weekly distribution list.

Our mailing list is never sold, traded or shared with anyone ever, and is held in the strictest of confidence.

Veterans-For-Change Newsletter is a once weekly publication deadline for submission is 5:00 PM PST on Thursday!

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Our great modern Republic. May those who seek the blessings of its institutions and the protection of its flag remember the obligations they impose.

~Ulysses S. Grant~

Veterans-For-Change, Inc.

Riverside County, CA

Visit our website today www.veterans-for-change.org

Serving those who served!

# Please pass to all your Veteran friends and family!

Distribution	
Express Mail:	144,466
Boston	68,794
Courtesy Copies:	3,500
Dept of VA	11,571
DoD	10,106
Face Book Pages:	3,149
Google	1,571
Los Angeles	116,708
Microsoft	2,749
New York	131,736
Other Social Media:	20,606
San Francisco	64,680
Twitter:	30
U.S. House of Reps & Staff	829
U.S. Senators & Staff	95
University of So. CA	2,343
US Air Force	29,147
US Army	39,311
US Marines	21,002
US Navy	18,346

	19,872,896
Yahoo:	134
Washington DC	133,329
Veterans	19,048,694