



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, April 01, 2018

Volume 9, Issue 13



This-N-That

By now many of you know that Secretary Shulkin has been replaced with Rear Admiral Ronny Jackson, President Trumps personal physician.

Whether this choice is a good one is to be seen yet, but personally I'd give him a chance as he has a very strong military background, and I'm sure know first hand what is and has been in the VA Healthcare system.

No matter who fills the position of Secretary of the

VA Healthcare System, it is a very big pair of shoes to fill and I would rate the position as second to the President of the United States running the worlds largest healthcare system which is riddled with hundreds if not thousands of problems and issues.

I do hope with Rear Admiral Ronny Jackson taking on the job will have the support needed from Congress, and changes will be forth coming, swift and immediate. At least in most of the high priority areas of concern.

To my knowledge there have been a few "studies" done in regard to PTSD and Service Dogs, and if they provide the needed help and assistance.

Enough with the studies, this has been going on for several years now, and all anyone really need do is just look, watch, pay attention to the Veterans who have service dogs and they would see their answer almost immediately.

I know there are rules and regulations that provide for "medical" care for provided, registered service Dogs. But in my opinion the process is far too strict and needs to be a heck of a lot easier to get a service dog, and not only be able to get a service dog, but ALL costs involved with them from food to

medical care.

I know first hand how Veterans react to service dogs. Even with Veterans I've recommended to just go to a shelter, preferably to a kill shelter first and find a dog, even though it's not a "service dog" pay attention to the reaction they have toward you, not just being happy to see you, but over all reaction to you.

Don't just pick the first one you see, and be open minded about breed and sex. Reaction to you personally is the most important. Then give it 3-4 weeks and not only will you see a difference in yourself, but how your new dog (or puppy) reacts towards you.

Animals are very sensitive toward your actions and reactions and have a "sixth" sense about you when you might be in distress and will be right there for you!

Former Secretary Shulkin had said he would expand Agent Orange related healthcare treatments and benefits "if he could do it", what gets me about that especially him being a doctor who has worked in the healthcare system for quite some time before becoming Secretary of the VA had first

hand experience.

And add to that being Secretary had full power to do as he damn well pleased, and could with the swipe of a pen had done just that.

I still get E-Mails all the time why various health issues have not been added, and my most used comment is that it's all due to BAD science being accepted and true hard core facts are being ignored or disputed all to save a buck and the heck with the Veterans, their health, and families!

Then add to that, and yes again I am going to harp a bit, with 44+ million Veterans, just imagine what we could see happening in the VA and added health issues, provided we could get even just 10% to all speak the same thing at the same time, blocking day to day operations in all 535 members of Congress.

You might think they don't listen, but blocking all their daily operations, and keeping their phone, fax and E-Mails swamped with incoming demands, we' be doing the one thing they don't want to happen, prevent them from doing anything that would block their ability to line their own pockets!

So again I ask all of our readers to please just think about it. Fifteen to Thirty minutes once a week, and you never have to leave home, and doesn't cost you a thing but time only.

On behalf of our Volunteers nationwide and myself, we wish you and your family a very Happy Easter and good health!

Respectfully,

Jim Davis

Founder

Jim.Davis@Veterans-For-Change.org



**Up to 45,000 Tricare Users Could Soon
Be Dropped**

As many as 45,000 Tricare households or beneficiaries could be dis-enrolled from coverage because their payment information was not updated when the agency changed regional contractors early this year. Affected users are retirees who use Tricare Prime and do not pay their annual fee through paycheck allotment and those who use the purchased Tricare Reserve Select, Retired Reserve and young Adult plans. For more details, see this [article](#).



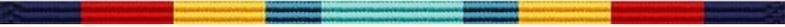
What the Military Gets in \$1.3 Trillion Omnibus Spending Bill

The Navy gets 14 new ships, including a carrier; the Air Force adds 56 F-35s; the Army gets 17 Apache and 11 Lakota helicopters; the Marine Corps receives 24 vertical landing F-35Bs; and the Coast Guard gets a long-needed icebreaker. All the troops get funding for a 2.4 percent [pay raise](#) that took effect at the beginning of the year, with the possibility for more next year. For more details, see this [article](#).



Blue Star Award Presented to Veteran

Dr. Lynda Davis, a U.S. Army Veteran and Veteran caregiver, recently accepted the 2018 Blue Star Families — United Health Foundation Blue Star Award in recognition of the Department of Veterans Affairs' (VA's) leadership in supporting military and Veteran caregivers through initiatives such as the Veterans' Family, Caregiver and Survivor Advisory Committee and Choose Home. VA estimates there are more than 5.5 million military and Veteran caregivers. VA is working to improve VA care and benefits case management coordination with caregivers. Additional information for Veteran caregivers is available on the VA Caregiver Support [webpage](#).



Veterans-For-Change Web Site

The Veterans-For-Change website has been under construction since day one back in 2009 and every day since then. The looks pretty much stay the same, but in the background constant improvement and change is being done to make our website the most user friendly “One-Stop-Shop” website to find almost everything you might have tried to find searching the internet.

Almost a hundred people have been involved; collecting web links to documents now houses on the VFC website, collecting thousands of web links for various issues, illnesses and benefits. Creating forums for all eras of service and two forums one just for men and one just for woman where you can go question, comment, share medical and personal concerns, what ever you’d like it to be.

We also have a forum with a licensed Mental Health Worker, again where you can seek help or just ask questions.

We average **2,100** hits per day, and downloads

average **1,200** per day with a total **3,978,578** visitors as of Friday.

If you subscribe you will have full access to the entire website and best of all it's FREE of charge! You just need a valid E-mail address so the system can send you a confirmation E-Mail. Once received, click on the link to be authorized automatically.

www.veterans-for-change.org

- Documents Library with over **16,387** documents on-line (Updated: 02/20/18)
- FAQ's with more than **1,600** FAQ's and answers
- Multiple Forums
 - o Afghanistan Veterans
 - o FMP - Foreign Medial Program
 - o Gulf War & Desert Storm Veterans
 - o Iraq Veterans
 - o Korean Veterans
 - o Men Veterans Forum
 - o Mental Health for Veterans (Counselor Needed)
 - o Political Issues
 - o Suggestion Box
 - o The Mess Hall
 - o VA Hospitals and Medical Centers
 - o Veteran Affairs
 - o Vietnam Veterans

- o Welcome Mat
- o Women Veterans Forum
- o WW II Veterans
- Job Postings
- Memorial Pages (Updated: 01/11/18)
- News (Articles On-Line: **7,242**)
- Polls
- Web Links, more than **3,625**, Added 6 New Links (Updated: 02/19/18)

If you have a submission for the memorial pages,
E-Mail: Jim.Davis@veterans-for-change.org



Why Four Agent Orange Ailments Still Not Covered

VA Secretary David Shulkin told the Senate Veterans Affairs Committee on Wednesday that he made recommendations to White House budget officials last year to add up to four more conditions — bladder cancer, hypothyroidism, Parkinson-like tremors and hypertension (high blood pressure) — to the VA list of 14 illnesses presumed caused by exposure to herbicides known as Agent Orange used during the Vietnam War. Shulkin suggested that he favors expansion of Agent Orange-related health care and disability compensation, but factors like cost, medical science, and politics still stand in the way. Read the full 'Update' [article](#).



OUR DEBT TO THE
HEROIC MEN AND VALIANT
WOMEN IN THE SERVICE
OF OUR COUNTRY CAN
NEVER BE REPAID. THEY
HAVE EARNED OUR
UNDYING GRATITUDE.
AMERICA WILL NEVER
FORGET THEIR SACRIFICES.

PRESIDENT HARRY S TRUMAN



Bill Includes Mental Health Care for Those with 'Bad Paper' Discharges

The \$1.3 trillion spending package that passed the U.S. House of Representatives on Thursday includes a new provision that would give more veterans access to mental health care. Bills had been introduced in both the House and Senate over the past year to provide veterans who have an "other than honorable" discharge access to care they were previously denied. Lawmakers drafted a compromise that made it into the [omnibus spending bill this week](#). For more details, see this [article](#).



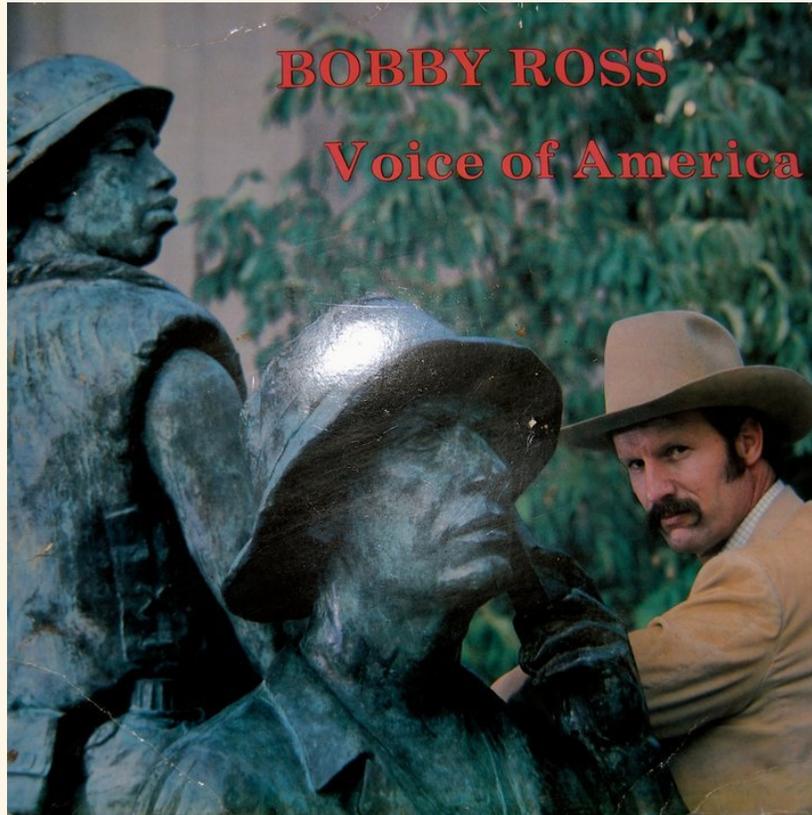
Military Health System Nurse Advice Line Launches in Japan and South Korea

The Military Health System Nurse Advice Line (MHS NAL), a service available to TRICARE beneficiaries living in the U.S. and Europe since 2014, is now available to those living in Japan and South Korea.

Read the full article [here](#).



LT Bobby Ross



March's Featured Song

Back To Blue Jeans

LT Bobby Ross

PATRIOTIC MUSIC

Remember this site is an Internet Adventure. All you need do is click on the pictures and any highlighted word, and you are launched to another world in Cyberspace. *Try it! So much fun!*



VA Reforms Removed from Massive Spending Bill

A deal collapsed Wednesday to include multiple [Department of Veterans Affairs](#) reforms in a spending bill that Congress formulated to prevent a government shutdown. Earlier, the bill was set to contain a measure to overhaul the VA Choice program, which veterans use to access private-sector medical care. A deal reached between key House and Senate lawmakers on VA oversight also included an expansion of benefits for veteran caregivers, as well as a plan to initiate a systematic review of VA infrastructure, with the intention of disposing of aging and underused facilities nationwide. For more details, see this [article](#).





**CalVet Seeks Events for Our 2018
Memorial Day Online Calendar**

In keeping with our mission of serving our California Veterans and their families, CalVet is compiling a list of Memorial Day events taking place throughout our state.

To submit your Memorial Day or other event for consideration on CalVet's calendar, please send the following information to PAO@calvet.ca.gov:

1. Event date
2. Name or type of event
3. Event start and end times
4. Name of sponsoring organization
5. Venue name
6. Venue address
7. Contact person plus phone number, e-mail address or URL link
8. Cost of admission, if any
9. If pre-registration is required, please provide a link and the registration deadline
10. Indicate if this is a northern or southern California event.

To view our CalVet calendar online, go to <https://www.calvet.ca.gov/home/Calendar>.



**CONTACT YOUR
MEMBERS OF CONGRESS!**

To Call your Representative:

202-225-2305

To Call your Senators:

202-224-3841 or 202-224-3553

To call Different Members of Congress:

202-224-3121

TOLL FREE: 866-272-6622

PLEASE... STOP Making Excuses!

www.veterans-for-change.org



**Your Help Needed for Vietnam Veterans
on Vietnam Veterans Day**

You can do me and our veterans a big service with the click of a mouse.

Go to the link provided and send a message to the Whitehouse. Although you may receive a form letter that is good. I know for a fact from a good source these emails are being counted . This could really help the Blue Water Navy veterans who were stripped of their Agent Orange benefits. I will every provide you on what to say, just copy and past.

Thank you all and God Bless those who gave so much to protect our freedoms we all enjoy. Please take this one step forward and send to your entire address book. Here is what you can say, more if you wish to.

President Trump,

Please support our US Navy Vietnam Veterans who were stripped of their earned and deserved Agent Orange benefits in 2002. With 75 percent of Congress cosponsoring HR 299 and S 422, it is clear that the support has been shown. Pass these bills ASAP as time is of the essence.

Click [HERE](#) to send your message!

Courtesy:

Susie Belanger

Special Projects Director

Blue Water Navy Association

Deputy Chief of Staff

Military Veterans Advocacy, Inc.

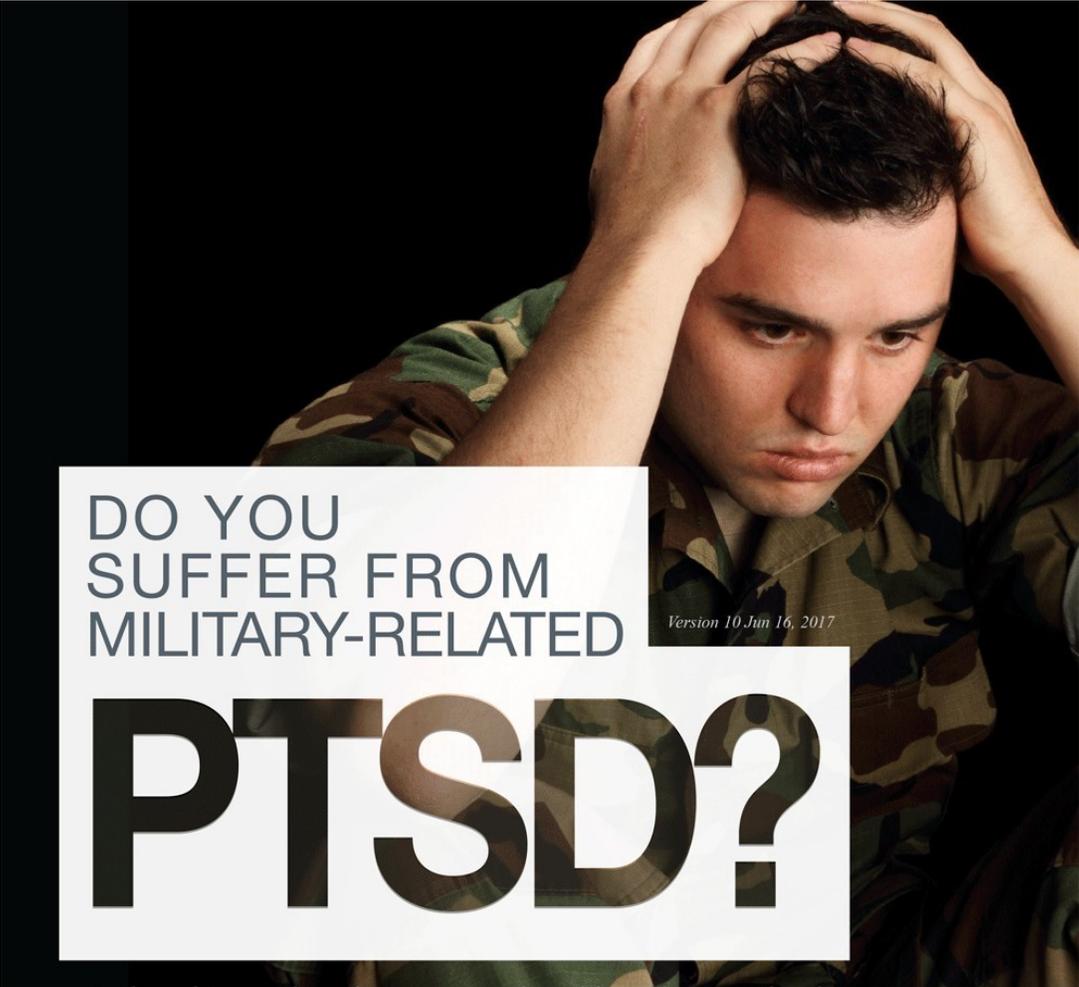


**TRICARE Coverage for Medically
Necessary Nutritional Needs**

March is National Nutrition Month. It's a smart time to focus on choosing healthier foods to fuel your body. But complete nutrition is complex and depends on your individual needs. People with certain disabilities or conditions may require special foods and vitamins beyond the normal healthy diet. Recent changes to the TRICARE benefit include updating the coverage for medically necessary foods and vitamins, and helping people with obesity get care to help manage their weight.

Read the full article [here](#).





DO YOU
SUFFER FROM
MILITARY-RELATED

Version 10 Jun 16, 2017

PTSD?

**Veterans Crisis Line:
1-800-273-8255 & Press 1
Ntl Call Center for Homeless Vets
1-877-424-3838**



**VETERANS ADVOCATE CALLS FOR
SHULKIN TO BE RETAINED AS VA
SECRETARY**

The head of a national organization that advocates

for service members and veterans is calling on President Donald Trump to retain Dr. David Shulkin as secretary of the Department of Veterans Affairs, despite White House pressures to remove him from the post.

Cdr. John Wells (USN, Ret.), head of the Louisiana-based Military-Veterans Advocacy, Inc., says that criticisms of Shulkin do not overshadow his positive work to improve the VA and provide better service to America's veterans.

In a piece published on www.TheHill.com last night, Wells praised Shulkin's work in his first year as VA secretary, and said his accomplishments have made enemies of those who resist change in the VA.

"Shulkin enacted the common-sense approach to standardize Department of Defense and VA medical records," Wells wrote. "He quickly moved to fire incompetent VA officials. He also authorized mental health services for veterans with other than honorable discharges whose separations were fueled by post-traumatic stress or traumatic brain injuries. Shulkin listens to veterans rather than relying solely on the bureaucracy. I have met with him twice last year and was impressed with his

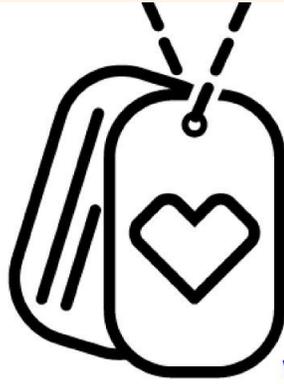
sincerity and his willingness to listen."

Wells also wrote that the dysfunctional culture at the Veterans Administration is long-overdue for the types of changes Shulkin has implemented:

"The Veterans Administration is a large organization with serious culture problems. Bureaucrats who staff this bloated federal colossus work more for themselves than for veterans. Often the relations between the VA and the veterans are downright hostile. Known colloquially as the Department of Veterans Abuse, the VA has lumbered along for decades promoting form over substance while pointedly ignoring the needs of veterans. Shulkin does something that no other secretary has done in recent memory - he listens and learns.

"President Trump promised to drain the swamp. The biggest swamp in Washington is the VA. The President needs to neuter the alligators in the White House and CVA and let Shulkin get back to draining."





**Our values
match yours.**



www.veterans-for-change.org



Women in the Armed Forces: A Century of Service

Women in the Armed Forces: A Century of Service is a free publication that captures the stories and history of women in the military. The publication includes articles about women who have served in each of the U.S. military branches and highlights their ability and willingness to serve. From their days of primarily working in administrative support and nursing duties, women have expanded their roles to commanding troops on the ground, in the air, and on the seas and from the highest offices to serving in military service occupations that were once off limits to females. For 100 years, women have met the call of duty, exceeded expectations, and will continue to serve their country for the next hundred years. Download your free copy of [Women in the Armed Forces: A Century of Service online](#). For more features on women in the military, visit [Women's History Month page](#).



Changes Coming for TRICARE Retiree Dental

The TRICARE Retiree Dental Program is ending Dec. 31, 2018. Anyone with TRDP this year or those people who would have been eligible for the plan will be able to choose a dental plan from among 10 dental carriers in the Federal Employees Dental and Vision Insurance Program (FEDVIP). Beneficiaries can begin reviewing program options now at the Office of Personnel Management [website](#). People will be able to enroll Nov. 12 to Dec. 10, 2018. Coverage begins Jan. 1, 2019. As an added bonus, beneficiaries will also be able to enroll in FEDVIP vision coverage. For more information, visit the FEDVIP [website](#) and sign up for email notifications.





Your \$0 Down VA Loan Benefit = Low Rates & NO PMI Ever

The VA Loan Limits have increased again, now worth up to \$453k financing. Now is the time to use this great benefit. Qualified borrowers can buy or refi with as little as \$0 down, and have no PMI payments with great rates and financing up to \$453k. [Use your VA loan benefit today.](#)



10 Things to Know About VA Loan Eligibility

Are you eligible for a VA loan? While it's generally left to the VA to determine eligibility, these **facts** can help you get the loan you earned!





United Airlines Decision Could Strand Military Family Pets on Guam

Military families living on Guam may not have a way to ship some pets off the island after United Airlines announced a plan to suspend its pet shipping program. About 7,000 U.S. troops are stationed at the U.S. territory's two [military bases](#). United Airlines on Tuesday temporarily suspended its PetSafe cargo pet transport program through May 1, airline officials said, after a series of recent pet transport disasters, including animals being delivered to the wrong families and the death of a small dog in a cabin. For more details, see this [article](#).



Veterans Can Use Credentials to Access Services

More than four million Veterans can now use their My **HealthVet** credentials to access services from across the Department of Veterans Affairs (VA) on Vets.gov. This means that Veterans can now log in one time, in one place, to refill a prescription, check their claim and apply for benefits that help them pay for college and training programs. This is the first time that Veterans with a My HealthVet patient portal account can use those credentials to access benefits tools such as checking the status of a claim, an appeal or GI Bill benefit, in addition to a variety of health care tools. For more information, read the VA **Vantage Point Blog**.



Active Duty? Enroll to Continue TRICARE Coverage After Retirement

Retiring from active duty, whether a medical retirement or a regular retirement, is a significant life event. You should know before you retire which TRICARE programs best suit your and your family's needs. Once you retire, you'll only have 90 days from your retirement date to enroll in a TRICARE plan to continue TRICARE coverage.

Read the full article [here](#).



Women Veterans Needed for Study

The Department of Veterans Affairs' Million Veteran Program (MVP) is a national program to better understand how genes affect health and illness, with the goal of improving health care for veterans. Historically, women were underrepresented in biological and medical research. Women's minority status in the veteran population makes it much more difficult for VA researchers to get statistically valid results. By volunteering to participate in VA research, women veterans can make a big difference for other veterans. For more information about MVP, visit the MVP [fact sheet](#), visit the MVP [website](#) or call toll free 866-441-6075.



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



20% of Older Americans Have Diabetes

Diabetes has become a common health condition among older Americans, according to the [National Center for Health Statistics](#). Overall, 8.8 percent of Americans aged 18 or older had been diagnosed with diabetes as of the first half of 2017, up from 5.3 percent two decades ago in 1997. The percentage with diabetes rises steeply with age...

Percent diagnosed with diabetes, January-September 2017

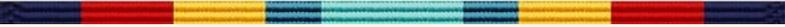
Aged 18 to 44: 2.8%

Aged 45 to 54: 9.6%

Aged 55 to 64: 15.7%

Aged 65-plus: 19.6%

One factor behind the rise of diabetes is growing obesity. The percentage of adults who are obese (defined as having a body mass index of 30 kg/m² or higher) climbed from 19 percent in 1997 to 31 percent in the first half of 2017. But this estimate of obesity is conservative because it is based on self-reported rather than measured heights and weights. When self-reporting, inches are gained and pounds are shed. According to a [2015-16 NCHS survey](#) of measured heights and weights, a stunning 40 percent of American adults are obese.



Links to Other Stories

- 1) [Advocates call for new VA office focusing on transition issues](#)
- 2) [Agent Orange Linked to Increased Risk of MGUS in Some Vietnam Veterans](#)
- 3) [Army Veteran who faces deportation denied US citizenship](#)
- 4) [Big bank-reform bill that passed Senate includes new VA loan refinance rules](#)
- 5) [Do service dogs really help with PTSD? A new study has answers](#)
- 6) [Expand Agent Orange-related health care? Shulkin says he would if he could](#)
- 7) [Plan could add multiple sweeping Veterans reform measures to must-pass omnibus budget bill](#)
- 8) [Ready for a new VA loan? Here are the only 4 ways to restore your entitlement](#)
- 9) [Restored WWII bomber Memphis Belle is moved into Ohio museum](#)
- 10) [VA and U.S. Digital Service Launch New Web Tool to Help Veterans Track their Benefits Appeals](#)
- 11) [VA Reforms Removed from Massive Spending Bill](#)

12) Veterans' role in Trump's military parade remains unclear

You can help VFC by reading articles posted and commenting at the bottom and rate the articles. If you don't have an account, sign up today, it's FREE. Your comments and rankings tell us what type of information you want most.

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



CLICK HERE TO SUBSCRIBE



50th Anniversary of the Vietnam War

A [coordinated nationwide campaign](#) is being led by the Department of Defense and supported by VA as part of the 50th anniversary of the Vietnam War Commemoration Program. The recognition is being carried out through a series of events nationwide at which Vietnam Veterans (and Vietnam-era Veterans) are being presented with an official Vietnam lapel pin by top government and military officials. A national event will take place at the Vietnam Memorial in Washington on March 29. President Donald Trump has [signed a proclamation](#) declaring this date as National Vietnam War Veterans Day. For more information, read the [VA VAntage Point Blog](#) and see [Vietnam Veterans Day page](#).



Blended Retirement Update

The Blended Retirement System opt-in period started Jan. 1 and runs through Dec. 31, 2018. Tools that can help Airmen determine if they qualify to opt-in and whether it is the right choice for their retirement are available on the Air Reserve Personnel Center [website](#). Additional guidance is available from installation Personal Financial Managers/Counselors, free of charge. Reservists can contact their local Airman and Family Readiness Center or sister service equivalent to set up an appointment. Links to other resources are available on the Air Reserve Personnel Center [website](#). For more blended retirement, see this [Military.com section](#) and [Paycheck Chronicles](#) post.





Know the Signs of Brain Injury

National Brain Injury Awareness Month is a time to recognize the millions of Americans living with traumatic brain injury (TBI)-related disabilities. TBI is caused by a bump, blow or jolt to the head, or penetrating head injury that disrupts the normal function of the brain. Physical signs and symptoms of TBI include headache, fuzzy or blurry vision, nausea or vomiting (early on), dizziness, sensitivity to noise or light, balance problems, or feeling tired or having no energy. Some symptoms might appear right away while others might not be noticed for days or months after injury. To learn more about traumatic brain injury, visit the Centers for Disease Control and Prevention [website](#).



U.S. Government Accountability
Office Reports

- 1) DOD Should Fully Incorporate Leading Practices into Its Planning for Effective Implementation
- 2) Action Needed to Increase the Reliability of Construction Cost Estimates
- 3) Actions Needed to Strengthen Performance Management and Planning for Expansion of DHS's Visa Security Program [Reissued with Revisions Mar. 29, 2018]
- 4) Activities Funded by the Patient-Centered Outcomes Research Trust Fund
- 5) HHS Needs Better Information to Comprehensively Evaluate Graduate Medical Education Funding
- 6) Information on Mifeprex Labeling Changes and Ongoing Monitoring Efforts
- 7) TRICARE Surveys Indicate Nonenrolled Beneficiaries' Access to Care Has Generally Improved
- 8) USAID Has Initiated or Completed Most Projects, but a Complete Project Inventory Is Still Needed for Evaluating Its Efforts



TRICARE Preventive Care Webinar

Do you know your TRICARE health care benefits? Join TRICARE on Thursday, March 29, from 1 to 2 p.m. (ET) for the '[Understanding Your TRICARE Preventive Care Benefits](#)' webinar. TRICARE covers preventive services, like screenings, vaccines and physical exams to help you stay as healthy as possible. This webinar will cover recent changes to coverage for clinical preventive services with [TRICARE Select](#), as well as enhancements to existing coverage. Register for the Webinar [online](#). A facilitated Question and Answer (Q&A) will follow the presentation.



Volunteers Needed for Gulf War Illness Study

Researchers at the [New Jersey War Related Illness and Injury Study Center](#) (WRIISC) are actively trying to develop better treatments for Gulf War Veterans with Gulf War Illness (GWI). GWI is a term that refers to a group of unexplained or ill-defined chronic symptoms found in about one third of Veterans deployed to the Persian Gulf during Operations Desert Storm and Desert Shield (1990-1991). Despite much research, the cause of GWI remains unclear and symptoms vary. Research volunteers are needed for several studies. For more information, visit the Veterans Health Administration [website](#), the Department of Veterans Affairs [website](#), or contact the NJ WRIISC at 1-800-248-8005.



**“We Proudly Support our
Military Personnel & Families”**



**VA to Review Use of Canines in
Research**

The U.S. Department of Veterans Affairs (VA) announced the Office of Research and Development (ORD) of the Veterans Health Administration (VHA) has extended its commitment to reduce future research on canines by initiating a rapid, in-depth internal review of existing canine research projects. An external group will review these recommendations and provide VA with guiding principles for future canine research to assure benefits to Veterans. Of the thousands of VA research projects, fewer than 15 currently involve canines. VA is now reviewing existing studies using canines to determine whether the use of canines in these studies should be phased out early.



- 1) [Allergy Alert Issued in Select Northern California Whole Foods Market Stores for Undeclared Egg in Some Cookies](#)
- 2) [Blue Ridge Beef Voluntarily Recalls BRB Complete Raw Pet Food Lot#GA0131 Because of Possible Contamination](#)
- 3) [Darwin's Natural Pet Products Issues Voluntary](#)

Recalls for Darwin's Brand Dog Foods Due To Contamination Salmonella And Shiga Toxin-Producing Escherichia Coli O128

4) eBars Issues Allergy Alert on Undeclared Allergens

5) Eclipse Kratom by Tamarack: Recall - Possible Salmonella Contamination

6) First Source Issues Allergy Alert on Undeclared Peanuts in Wegmans 9 Oz Yogurt Raisin

7) Health Nut Factory Recalls Organic Coconut Smiles Because Of Possible Health Risk

8) King Arthur Flour Company, Inc. Voluntarily Recalls Organic Coconut Flour (16 Oz.) Because of Possible Health Risk

9) Kwik Trip, Inc. Issues Allergen Alert for Undeclared Fish or Shellfish on Premium Egg Salad Sandwich on Oat Multigrain Bread

10) Mrs. Gerry's Kitchen Issues Allergen Alert on Undeclared Seafood in Salad

11) Poppies International, Inc. Recalls Delizza Belgian Custard Cream Mini Eclairs 30 Count, Due to Potential Health Risks

12) Tamarack Inc. Recalls Eclipse Kratom Because of Possible Salmonella Contamination

13) Target Corporation Issues a Voluntary Recall For a Variety of Frozen Products Sold at a Single Store on Oahu



Soldier's Best Friend: Connecting Veterans with Dogs

Soldier's Best Friend is an Arizona based nonprofit that connects Veterans suffering from combat injuries, such as post-traumatic stress disorder (PTSD) or traumatic brain injury (TBI) with therapeutic companion dogs. The group will work with any Veteran that has been diagnosed with PTSD or TBI living in Arizona, or who is willing to relocate as training is available for Veterans offered in Phoenix, Tucson, Flagstaff, Prescott and Sierra Vista. This training usually takes about six to nine months to complete. For more information, visit the Soldier's Best Friend [website](#) and read the VA [VAntage Point Blog](#).





Online Course Helps Those to Cope with Grief

Grief does not only happen from the loss of a loved one. Grief can come from the loss of 'life as you knew it,' whether that's a job, relationship, or future plans. A free course is [online](#), sponsored by USAA, that helps you recognize and honor what you have lost, and help empower you to move forward. Additionally, you will learn coping skills to adjust and manage your new normal. You can also get assistance with grief by calling VA's Caregiver Support Line at 1-855-260-3274. The line assists those in need of immediate assistance or those who have questions about what services you may be eligible for. For more mental health and wellness resources, visit [Mental Health and Wellness section](#).



American Women in WWI

Women have played important roles in all of America's wars. However, World War I marked the first time women directly participated in the war effort on a wide scale. Their contributions helped win the war, and also helped them make major strides towards equality. The World War I Centennial Commission Education Department has published extensive lessons and resources to help you you to teach/learn about the contributions of American women in the war. Check them out on the WWI Centennial Commission [website](#).



If you received this newsletter as a courtesy or a forward from a friend or relative, you can sign up to receive in your E-mail every week.



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CAN MAKE
ALL THE DIFFERENCE!



Veterans-For-Change, Inc.

Riverside County, CA

Visit our website today

www.Veterans-For-Change.org

Serving those who served!

**Please pass on to all your Veteran Friends and
Family!**



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unattended E-Mail address, please send all
correspondence to:

Jim.Davis@veterans-for-change.org

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