

### **Veterans-For-Change Newsletter**

A Voice of the Veterans

Week Ending Sunday, October 10, 2021

Volume 12, Issue 41



#### This-N-That

Good morning Jim,

My apologies for the delay in publishing, this wasn't planned by any means.

Remember when we were all kids and were in such a hurry to grow up? Did you ever image what we were in for as we age? I know I sure didn't.

We have added another 99 new weblinks to the website, and the goal is to be able to upload another 200 documents.

We have added two more TAKE ACTION items to the evergrowing list and want to remind everyone, and I know this is getting to the point people are sick and tired of this, but please take action on all the items.

We know they get the E-Mails even if you get a generic template reply it is being added to the list of top items the more, we push.

Please keep in mind, One voice can make all the difference! Will you be that one voice?

And with the ever-on-going covid mess, congress seems to be too busy to address important issues, most are concerned with passing a three trillion-dollar budget and we need to drag their attention back to Veterans and their issues!

I sincerely know it takes time to cover each and everyone. I myself do it every single week.

Numbers on Homeless and Suicides still continue to come in, maybe at a snail's pace, but none look good so we're asking everyone, please educate yourself on signs and symptoms, be aware of others who might be potentially homeless and let them know there are programs out there to help everyone.

Together we can help solve these problems. Get in touch with battle buddies, re-connect, and stay connected.

If you've not visited our website, www.veterans-for-change.org or not visited in a while, please be sure to check often for updates on documents, web links, etc., we are a bit slow, but are moving as fast as we can, yet not over-loading to put more work on our Webmaster when we get to the transition into the new look.

On behalf of our Volunteers nationwide and myself, we wish

you and your family good health!

Respectfully,
Jim Davis
Founder
Jim.Davis@Veterans-For-Change.org



#### **VIEW FROM THE BRIDGE**

Chairman's Remarks

Wow, it's Fall already which is really my favorite time of year. Love it when the trees change color, although down here in Louisiana we do not see much of that.



Unfortunately, this is the second Autumn of Covid which is restraining MVA's<sup>™</sup> efforts to litigate, legislate, and educate on behalf of Veterans.

First of all I want to welcome Quentin Winstine who will be interning with us this Autumn. Quentin has an undergraduate degree in journalism and is currently in a graduate program for Marketing. Quentin will devise a marketing program for Military-Veterans Advocacy® designed to increase fund-raising and promote membership.

On the positive side, we were able to travel to a Orlando for the US Submarine Veterans Inc. convention and then to Reno where I addressed the National Association of State Departments of Veterans Affairs. Our presence was well received in both venues and we provided information on our initiatives and recruited many new members.

On the down side, I picked up a dose of Covid-19 either in Reno or on the way home. I had been vaccinated so this was a break through virus, probably the delta variant. I was treated as an outpatient with the monoconal antibody infusion and required to quarantine for ten days. That time has passed now and believe me, it is nice to move outside again. The doctors told me that my vaccination lessened the impact of the virus and I think that may well be true.

My wife and I chose to get vaccinated last Spring and I think that was a good decision. I do not want to get into an argument about vaccines. It is a personal choice and some people have very good reasons for not taking the jab. As an example, the medical folks have told me that I must now wait 90 days for the booster as I have built up sufficient antibodies.

I did want to address a rumor that was going around a few weeks ago. There is no indication that the VA intends to deny medical services to those who choose not to receive the vaccine. That story came from a prank web site. Should that ever happen, however, I assure you that MVA's™ legal arm would quickly swing into action.

MVA<sup>™</sup> will present a status report to approximately 750 Veterans from The Villages. The event, billed as the Central Florida Veterans Rally, will start at 1:00 PM and end at 3:30 PM on Friday the 22nd of October, 2021 at American Legion Post 347 located at 699 Lady Lake Blvd. Lady Lake, FL. 32159. If you are in the neighborhood please come. Thanks to Brian Moyer for setting this event up.

Now that I am back at work, the VA has agreed to schedule a conference concerning submarine coverage under the Blue Water Navy Act. We hope to schedule that conference shortly. Additionally, acting Under Secretary for Benefits Tom Murphy has agree to a zoom call. We also expect to schedule that call shortly. Hopefully we will be able to streamline the process for Blue Water Navy claims and move forward with other toxic exposure matters.

The current mess in Congress has delayed any possible resolution of the comprehensive toxic exposure bills, the PACT Act in the House, and the COST of War Act in the Senate. The constant partisan recriminations are not only causing problems for pending infrastructure and other legislation, but are boiling over to Veterans legislation as well. Although we still have allies on both sides of the aisle, I predict that little if any toxic exposure legislation will pass this year.

The picture is clearer and more positive in the litigation arena. We have completed briefing on the Guam, American Samoa, Johnston Island, and Thailand Blue Water Navy exposure cases. We are now waiting for the court to set oral argument dates.

The Covid situation will prevent us from holding any regional seminars for the foreseeable future. We will be holding another online event in December or possibly January. The annual meeting is scheduled for November 13 at a time to be determined. Anyone who is interested in running for the board of directors, please send a resume to Robin Barr at Robin.Barr@mvadvocacy.org and copy Mike Kvintus at Mike.Kvintus@mvadvocacy.org by October 15.

Your board continues to work hard for you. We appreciate your

continued support. God bless!

John B. Wells CDR USN (ret) Chairman



### **Turning Pain into Purpose**

Finding a new direction and giving hope to other Veterans, USAF Veteran TaTanisha Randell changes careers and creates affordable housing for Veterans after working on her Personal Health Inventory with a coach.

**Read More** 



**Military Veterans Advocacy** 



Military Veterans Advocacy is offering some free memberships for those who are struggling to get their claims through, are having financial difficulties. Annual dues are \$25.00 per year. Our organization includes

special sections, Blue Water Navy, Veterans of Southeast Asia, Central Pacific Islands, Veterans of Panama Canal Zone, and Okinawa. We have gift members available which can be paid by your fellow brother or sister Veterans. Gift members are kept confidential. Click **HERE** and help a Veteran.

You may contact Robin Barr at robin.barr@mvadvocacy.org



# COVID-19 'Mask Mouth' Does Not Exist, Dentists Say

Any uptick in dental problems among children cannot be attributed to wearing masks at school, top military medical officials say.

**Read More** 



**How Military Health Care Workers are Coping with the COVID-19 Pandemic** 

For health care providers, experiencing the pandemic inside a hospital has brought a new kind of traumatic experience – one that requires resilience in the face of adversity.

#### **Read More**



# **Teamwork, Adaptability, Service – MTFs Shine During COVID-19 Pandemic**

Although the COVID-19 pandemic resulted in mass fear, grief, and loss for the collective society, for the Military Health System, it also provided an unprecedented opportunity to test – and confirm – its readiness during an ongoing public health emergency.

#### **Read More**



### Care for Veterans with substance use disorders

Substance use disorder, sometimes called "addiction," is common. Most people know someone who has been affected by it at some point in their life. But even though it's common, it's often misunderstood. The most important thing to know is that substance use disorder is a disease that can be treated.



### **Anxiety**

It is natural to worry and feel anxious about various things, like that work presentation, your growing to-do list, or a relationship. Anxiety can help you address the stressors in your life, and for many people, the feeling motivates them and doesn't last long. But when persistent worries start affecting your activities, relationships, sleep, or work day to day, it may be time to do something about it.

#### **Read More**







**Reclaiming Happiness** 

Daniel, a U.S. Navy photographer, captured the aftermath of a devastating tsunami while stationed in Japan. Upon returning home, he experienced anxiety, depression, and PTSD and had trouble sleeping. Read how he was able to get back to enjoying life again with the help of his wife and mental health support from VA.

**Read More** 



## **#VeteranOfTheDay Army Veteran Marlene**Rodriguez

During Hispanic Heritage Month, today's #VeteranOfTheDay is Army Veteran Marlene Rodriguez, who served three tours in Iraq. Marlene Rodriguez grew up in San Bernardino, California. "I wanted to go into the military from a very young age; I'd say like five years old," she recalled during an interview with Wells Fargo. Rodriguez joined the Army in 2003, when she was 23 years old.

We honor your service, Marlene!

**Read More** 



**Traumatic Brain Injury (TBI)** 

The brain controls how you think, how you feel, and how you act. So a TBI can affect your thinking abilities, physical functions, behaviors, and more. The injury can range from mild to severe; it also may increase your risk for mental health conditions such as anxiety and depression and result in sleeping problems.

#### **Read More**



### File a Claim for Your Disability Benefits

Interested in learning more about your VA benefits? Check out the 2021 Federal Benefits Handbook for Veterans,
Dependents and Survivors, which provides an overview of all VA benefits and services. It's a one-stop online resource for eligibility requirements and directly links to representatives you can contact about your benefits and services.

#### **Read More**



**Bernice Marie Uribe Requenez - Woman Veteran of the Week #LOCWVW #NHHM** 

Every single woman who served has a story! Read about Women's Army Corps, Private Bernice Marie Uribe Requenez. She was officially ranked as a private but was given the title of supply sergeant and an armband with sergeant's stripes, though not the matching wage to go with it.

#### **Read More**



### Black blood donors needed to help patients with sickle cell disease

When patients living with sickle cell disease face a sickle cell crisis, blood transfusions can make a lifesaving difference. That's why the American Red Cross has launched an initiative to grow the number of blood donors who are Black to help patients with sickle cell disease, an enduring and often invisible health disparity in the U.S.



#### Know the Warning Signs

It Matters.

### Sometimes, a crisis may involve thoughts of suicide. Learn to recognize these warning signs:

- Hopelessness, feeling like there's no way out
- · Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- · Increasing alcohol or drug abuse
- Withdrawing from family and friends

### The presence of the following signs requires immediate attention:

- Thinking about hurting or killing themselves
- · Looking for ways to kill themselves
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse

Confidential chat at VeteransCrisisLine.net or text to 838255



#### **Women Veterans Rock!**

Women Veterans ROCK On The Hill - The Podcast! is the Award-Winning Podcast for Today's Women Veterans and Military Families. Visit & subscribe today!



### **#VeteranOfTheDay Air Force Veteran**Randolph Camp

Today's #VeteranOfTheDay is Air Force Veteran Randolph Camp, who served in Japan and California and later became a writer. After he graduated high school, Randolph Camp enlisted in the Air Force in 1979 with the hope to travel. He loved reading about sociology and the cultures of different countries around the world, but financially, traveling was not an option.

We honor your service, Randolph!

**Read More** 



#### **VA Benefits for PTSD**

Posttraumatic stress disorder (PTSD) can occur after exposure to extreme stress, such as combat, an assault, or a disaster. If you're living with PTSD caused by military service, you may be entitled to VA disability benefits and compensation. Find out if you qualify and how to apply!



Waves of Honor offers free and discounted tickets for Veterans and military

Offers vary at different SeaWorld locations with discounts up to 50% off or free passes for Veterans and active duty military. Click on each location for more specific information and offers.

#### **Read More**



# COVID-19 Vaccine: Pregnant of Breastfeeding?

Question: Can I get a COVID-19 vaccine if I'm pregnant or have recently been pregnant?



## Afghanistan Response: The power of community

Across the nation, people are helping support the resettlement of Afghanistan refugees and allies by donating goods and services, bringing awareness and advocacy for Special Immigrant Visas (SIVs) and sharing information on how to help.



- United States Intervenes and Files Complaint in False
   Claims Act Suit Against Health Insurer for Submitting
   Unsupported Diagnoses to the Medicare Advantage Program
- 2) Ophthalmologist Pleads Guilty to Seven-Year Healthcare Fraud Scheme and To Defrauding SBA Program Intended to Help Small Businesses During COVID-19 Pandemic
- 3) Louisiana Doctor Indicted for Illegally Dispensing Over One Million Doses of Opioids and for \$5.1 Million Health Care Fraud Scheme
- 4) Orlando Cardiologist Pays \$6.75 Million to Resolve Allegations of Performing Unnecessary Medical Procedures



## Back from the Brink: One Marine's Recovery from Suicidal Thoughts

Retired Marine Sgt. John Peck lost both legs and both arms when he was hit by an improvised explosive device on patrol in Afghanistan in 2010.

**Read More** 



# Women Veteran Author Book Corner highlights Dianna Marie Good Sky, Author, U.S. Navy Chief (Ret)

The Center for Women Veterans, U.S. Department of Veterans Affairs, Women Veteran Author Book Corner highlights: Dianna Marie Good Sky, Author, U.S. Navy Chief (Ret) and Ojibwe Native. Her book, "Warrior Spirit Rising," is the inspiring true account of Gene Goodsky, as told through the eyes of his oldest daughter, Dianna. In this stunning tale of Native American perseverance, Good Sky unravels the history of her father, her family, and her people, and the near-death experience that would change their lives forever.

**Read More** 



**#VeteranOfTheDay Army Veteran Hernan E.**Jaso

During Hispanic Heritage Month, today's #VeteranOfTheDay is Army Veteran Hernan E. Jaso, who served in the Vietnam War. One of five siblings, Hernan E. Jaso was born in August 1944 in Refugio, Texas, to a close-knit family. His father was a World War II Veteran who served under General George S. Patton, and after the war, he worked as a surveyor of Refugio County for 38 years.

We honor your service, Hernan!

**Read More** 



### Free, online Bystander Intervention Training for Veterans

At VA, we are committed to maintaining a safe, respectful, and welcoming environment in every VA facility. As VA Secretary Denis McDonough said, "Every VA patient, their families and caregivers, as well as sexual assault survivors, staff, visitors and advocates should feel safe in all VA facilities." As part of this commitment, VA has released Bystander Intervention Training for Veterans, available online now. This free training is an opportunity for Veterans to learn ways to contribute to a healthy and safe environment where everyone is treated with dignity and respect.



# Fresh Focus S7 #35: Tips and tricks to starting a garden

Do you ever seek out your family for advice? Although our Fresh Focus dietitians are the specialists on planning your plate the healthy way, getting back to your own family roots can help show you how to begin before you even pick up your plate. What better way to kick off the season of warmer weather with being able to grab some fresh veggies to put on your plate from your very own back yard.

**Read More** 



## **#VeteranOfTheDay Army Veteran Bernice Marie Uribe Requenez**

During Hispanic Heritage Month, today's #VeteranOfTheDay is Army Veteran Bernice Marie Uribe Requenez, who served during the Korean War. Bernice Marie Uribe Requenez was born in May 1931. When she graduated from high school in 1949, she was living in Clovis, California. Requenez wanted to travel the world, so she enlisted in the Women's Army Corps.

We honor your service, Marie!



### America250: Air Force Veteran Sidney Gutierrez

This week's America250 salute is Air Force Veteran Sidney Gutierrez, who served as an F-16 test pilot before becoming the first Hispanic American NASA astronaut. Growing up in Albuquerque, New Mexico, Sidney Gutierrez knew he wanted to go into space. After he graduated from Valley High School in 1969, Gutierrez attended the Air Force Academy and became an active member of the Academy Parachute Team.

#### **Read More**



### **Suicide Prevention Resources for Military and Veterans**

Military & Veterans Crisis Line

1-800-273-8255, Press 1 Text 838255, 24/7

**Vets 4 Warriors** 855-838-8255

**InTransition** 1-800-424-7877

Office of Warrior Care Policy

warriorcare.dodlive.mil/

Military One Source 1-800-342-9647

Tragedy Assistance Program for Survivors [TAPS] 1-800-959-8277



Q&A: TRICARE For Life Expert Discusses
How You Get Coverage

Oct. 1, 2021, marked the 20th anniversary of TRICARE For Life (TFL). Congress created TFL as Medicare-wraparound coverage in 2001 in order to extend TRICARE



coverage to Medicare-eligible military retirees and their family members. Prior to the establishment of TFL, military retirees and their family members lost their TRICARE coverage when they become eligible for Medicare.

#### **Read More**



### Concussion Linked to Depression, Anxiety and PTSD, Studies Show

Veterans with a history of TBI also had a two-to-four times higher prevalence of psychiatric diagnoses compared with those who did not suffer a TBI, with PTSD being the most common.

#### **Read More**



Understanding Non-Suicidal Self-Injury, Support for Military Children

Medical staff who work with adolescents will likely meet patients who intentionally hurt themselves. Non-suicidal self-injury (NSSI) involves deliberate harm to one's own body without the intention to die.

#### **Read More**



### You Are Not Alone – Mental Health Care is Not One-Size-Fits-All

If you or someone you know is struggling with a mental health problem or suicidal thoughts, it's important to know that there is not a one-size-fits-all solution, and finding the best option is key to a successful recovery.

#### **Read More**



### Defense Advisory Committee on Women in the Service (DACOWITS) News [September 2021]

Get the Recruitment & Retention, Employment & Integration, Well Being & Treatment, Servicwomen in the News, Women Veterans, and Upcoming Events DACOWITS news from September 2021.



# Borne the Battle #258: Army and Air Force Veteran Fannie Griffin McClendon, Centenarian

Army and Air Force Veteran Fannie Griffin McClendon is a centenarian and was part of the 6888th Central Postal Directory Battalion. The only all-female, all-black battalion to serve overseas during World War II. Even as a centenarian, McClendon remembered stories from her days in the military like the back of her hand.

**Read More** 



### **#VeteranOfTheDay Army Veteran Juan Carlos Gonzales**

During Hispanic Heritage Month, today's #VeteranOfTheDay is Army Veteran Juan Carlos Gonzales, who served in the Vietnam War. Born June 1947 into a military family in Sonora, Texas, Juan Carlos Gonzales always knew he would serve. His father and uncles served in World War II. During his childhood, he and his friends wore camouflage and had BB guns as they would "patrol" the land.

We honor your service, Juan!



#### Live Whole Health #91: Seated Tai Chi

Tai Chi is a mind-body exercise combining slow-flowing intentional movements with breathing, awareness and visualization. Rooted in the Asian traditions of martial arts, Chinese medicine and philosophy, Tai Chi may have benefits for relaxation, energy, focus, posture, balance, strength, flexibility and mood.

#### **Read More**



## Learn about the Lakota Women Warriors group

The Lakota Women Warriors group is a fusion of their cultural background as strong Native American women and that of their military background.





Jim, below are links to all currently active pre-written E-Mails to many pieces of legislation. We ask that you go to each one, and send the pre-written E-Mails, and to also call your Reps or Senators and ask for their support on a weekly basis!

Jim you don't need to be Active Duty or a Veteran, in fact we ask all Veteran friends to also help! (Updated 10/12/21)

Please note, we've added 2 new items to the TAKE ACTION list.

- 1. HR 1014 Furnish Hyperbaric Oxygen Therapy (HBOT) to a Veteran who has a Traumatic Brain Injury (TBI) or Post-Traumatic Stress Disorder (PTS)
- 2. HR 109 will establish an advisory committee on the implementation by the DVA of an electronic health record
- 3. Concurrent Receipt Legislation Introduced
- 4. Expand Concurrent Receipt
- 5. FRA and Others asks SecDef Not to Raise TRICARE Fees
- 6. H.R. 333, Disabled Veterans Tax Termination Act
- 7. H.R. 344, Support the Women Veterans TRUST Act
- 8. H.R. 914, the Dental Care for Veterans Act
- 9. Military Retiree Survivor Comfort Act
- 10. Oppose TRICARE fee Increases
- 11. S. 134/H.R. 637, the Veterans Economic Recovery Act of 2021
- 12. S. 437, Take Action for Veterans Exposed to Burn Pits

- 13. S. 89, Ensuring Survivors Benefits during COVID-19 Act of 2021
- 14. STOP TRICARE Fee Increases
- 15. Support Bills to Expand Coverage for ChampVA and TRICARE Young Adults
- 16. Veterans Economic Recovery Act Introduced
- 17. Support Bipartisan Bill to Expanding COVID-19 Vaccine Access for Veterans and Families
- 18. H.R. 855, the Veterans Expedited TSA Screening (VETS) Safe Travel Act
- 19. HR 1355 and S 454. These companion bills will provide health care and benefits to Veterans who were exposed to toxic substances while serving as members of the Armed Forces at Karshi Khanabad Air Base, Uzbekistan.
- 20. Support Repeal of TRICARE Select Enrollment Fee
- 21. HR 1585 & S 565- Provide for the treatment of Vets who participated in the cleanup of Enewetak Atoll as Radiation Exposed
- 22. Please Support S. 344, the Major Richard Star Act
- 23. Support the Military Retiree Survivor Comfort Act
- 24. S. 810 & H.R. 1972, the Fair Care for Vietnam Veterans Act of 2021
- 25. HR 109 Establish an Advisory Committee onImplementation by the DVA of an electronic health record26. HR 2372 and S 952 will Provide for Presumption of ServiceConnection for certain diseases associated with exposure to
- toxins
- 27. Please Ask you Senator to support S.952 the Warfighters Act
- 28. Support Improving VA Homelessness Program
- 29. S. 976, Caring for Survivors Act of 2021
- 30. H.R. 303, the Retired Pay Restoration Act
- 31. H.R. 912, American Indian and Alaska Native Veterans

#### Mental Health Act

- 32. S. 976, the Caring for Survivors Act of 2021
- 33. HR 2269 and S 657 cover herbicide exposure in Thailand
- 34. Bipartisan Bill Introduced to Help Military Survivors
- 35. Legislation asks for Study of Involuntary Discharges for Women
- 36. H.R. 2436, the Veterans Burn Pit Exposure Recognition Act
- 37. H.R. 958—the Protecting Moms Who Served Act
- 38. HR 2127 and S 927, the TEAM bills Veterans Exposed to Toxic Substances
- 39. Ask your Senator to Support S.1520 Military Justice Improvement Act
- 40. Ask your member to support S.810 and H.R. 1972 The Fair Care for Vietnam Veterans Act of 2021
- 41. Ask your member and senator to support HR 2580 and S 1151 to provide for a presumption of service connected disability for certain Veterans who served in Palomares, Spain, and for other purposes
- 42. "Bold New Plan" for Veterans Toxic Exposure (S. 927/H.R. 2127)
- 43. Ask your Senator to Support S.1520 Military Justice Improvement Act
- 44. HR 855, VETS Safe Travel Act
- 45. HR 3368, the Guam, American Samoa, and Johnston Island bill
- 46. H.R. 2521, Delivering Optimally Urgent Labor Access (DOULA) for Veterans Affairs Act of 2021
- 47. H.R. 1273, the Vietnam Veterans Liver Fluke Cancer Study Act
- 48. H.R. 2968, the Military and Veteran Student Loan Relief Act
- 49. H.R. 845, the VA Billing Accountability Act

- 50. Comprehensive Toxic Exposure Bill Introduced in House
- **51**. S. 1031, Legislation Requiring a Study to Look at Disparities in VA Claims
- 52. Action Alert: Tell Congress to Support the COST of War Act and the Honoring our PACT Act!
- 53. HR 303 and S 1147 The Retired Pay Restoration Act
- 54. Ask Your Legislators to Support Concurrent Receipt Reform HR-1282
- 55. HR 1656 TREAT PTSD Act
- **56.** S. 1664, the Post-Traumatic Stress Disorder (PTSD) Processing Claims Improvement
- 57. H.R. 2724 VA Peer Support Enhancement for MST Survivors Act
- 58. Please Support H.R. 3452 Veterans Preventative Health Coverage Fairness Act
- 59. HR 2192, The Camp Lejeune Justice Act of 2021
- 60. HR 5026, The Panama Canal Zone Veterans Act of 2021
- 61. HR 3368, HR 5026, HR 2269, S 657 are all Toxic
- Exposure Bills that need special attention and more pressure to get passed!
- 62. H.R. 4627, Veterans' Culturally Competent Care Act of 2021
- 63. S. 2172, Building Solutions for Veterans Experiencing Homelessness
- 64. H.R. 4571, the SERVICE Act of 2021
- 65. S. 796, Protecting Moms Who Served Act
- 66. H.R. 4732, Protect Individual Unemployability Benefit for All Disabled
- 67. S. 1937, the Delivering Optimally Urgent Labor Access (DOULA) for Veterans Act of 2021
- 68. S. 2283 and H.R. 5073—the Crisis Hotline REACH for Veterans Act
- 69. HR 852 and S 221, United States Israel PTSD

#### Collaborative Research Act

70. Ask Congress to Preserve Arlington National Cemetery 71. HR 4949 and S 692, the Hello Girls Congressional Gold Medal Act of 2021



# VA researchers link PTSD, anxiety fears in women with history of military sexual trauma

A growing body of research is showing that brief psychological treatments designed to combat myths regarding the danger of physical symptoms of anxiety, coupled with repeated exposure to these sensations, can lead to reductions in anxiety sensitivity, according to Ennis. A new VA study finds a strong link between PTSD symptom severity and anxiety sensitivity among female Veterans who have experienced military sexual trauma.

**Read More** 



**#OperationSong Angel Hurlong** 

This #OperationSong spotlight is on Veteran Angel Hurlong, who sings about her PTSD and night-time anxiety on "Inside Fight." Angel Hurlong joined the Coast Guard in order to follow in the footsteps of her father and grandfathers, who all served in the Navy. Hurlong served as a boarding officer with a search and rescue crew and as a storekeeper at the U.S. Coast Guard Finance Center.

#### **Read More**



### VA grants first diversity, equity, inclusion research awards

VA's Office of Research and Development (ORD) chartered an employee-led work group on diversity, equity and inclusion (DEI) in VA research, in 2020. The group's aims are fourfold: to develop a diverse scientific workforce through training and funding opportunities; to stimulate research focused on minority health and health disparities; to promote a culture of inclusion in the workplace; and to promote equity and diversity in scientific activities. In fiscal year 2021, the DEI program received \$1 million in funding.

#### **Read More**



Why I get my health care at VA: Army Veteran Woodi

Army Veteran Woodi dealt with pain by taking medication for years until she found an alternative: regular yoga at the Salt Lake City VA. The program is only one of many alternative therapies designed to help Veterans improve their quality of life. Woodi and her yoga instructor, Yael, sat down with us to talk about their experiences.

#### **Read More**



### Veterans can receive Pfizer-BioNTech COVID-19 booster

Some Veterans, spouses, and caregivers can receive a Pfizer-BioNTech COVID-19 vaccine booster shots from VA. In line with recommendations from the U.S. Food and Drug Administration (FDA) and Centers for Disease Control (CDC), only people who have already received a full series of the Pfizer-BioNTech vaccine at least six months ago have been authorized to receive a Pfizer booster shot.



#### **SUICIDE WARNING SIGNS**

#### TALK:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain



#### **BEHAVIOR:**

- Increased use of alcohol or drugs
- Looking for a way to end their lives
- Withdrawing from activities
- Isolating from people
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away possessions
- Aggression
- Fatigue

#### MOOD:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement





# Breaking the Silence: 10 Years After "Don't Ask, Don't Tell"

Don't miss this event at the Military Women's Memorial. A special program exploring the "Don't Ask, Don't Tell" policy, the fight to repeal it and how it continues to affect those who serve. Register now!

**Read More** 



**#VeteranOfTheDay Marine Corps Veteran John Reyes** 

During Hispanic Heritage Month, today's #VeteranOfTheDay is Marine Corps Veteran John Reyes, who served in the Vietnam War. John Reyes was born in November 1944 in Houston, Texas. His father was an Army Veteran and a business owner of JR & Sons Delivery, and his mother was a homemaker.

We honor your service, John!

**Read More** 



### Members of the state Veterans Affairs office visit OSU

Oklahoma State University Office of Student Veteran Success provide the means for student Veterans to succeed in their next phase of life. Oklahoma Department of Veterans Affairs (ODVA) visited the OSU department for an informal event, giving students and faculty the chance to talk with the state officers about their concerns, their experiences or their ideas for the future.

**Read More** 



Intimate Partner Violence Assistance Program (IPVAP)

Relationship wellness is very important. If you or your partner are struggling in your relationship contact your local your VA Intimate Partner Violence Assistance Program (IPVAP) for support. #Veterans #DVAM2021 #RelationshipHealthAndSafety

#### **Read More**



### 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



October is #BreastCancerAwareness Month

With one in eight U.S. women developing invasive breast cancer over the course of their lifetime, it is understandable if you are Concerned about your breast cancer risk. VA offers state-of-the-art, coordinated care including screening mammograms, breast ultrasound and MRI, genetic counseling and testing, cancer diagnosis and treatment and more. Schedule an appointment with your VA provider team to get checked today or call or text the Women Veterans Call Center at 1-855-829-6636 for more information.

#### **Read More**



# Former Latina Army sergeant shares her story of choosing pro boxing over Olympic fame

"Don't let people who say negative things such as, 'you're a girl." – Latina, U.S. Army Veteran chooses pro boxing over Olympic fame and here is why?

#### **Read More**



Live Whole Health #90: Acupressure for head and neck relief

Have you ever woken up with a crook in your neck? Is poor posture or stress causing your head to pound? Before you take a pill, consider trying this four-minute acupressure practice for head and neck relief. Acupressure is a massage therapy technique based in ancient traditions and is over 3,000 years old. Massage therapy and acupressure have many physiological and general well-being benefits.

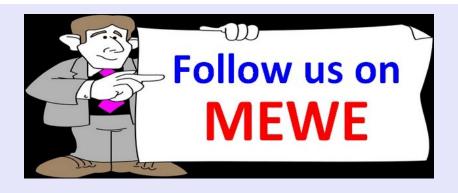
#### **Read More**



# Borne the Battle #257: Army Veteran Vincent Vargas, Actor, Entrepreneur

If you know of Black Rifle Coffee Company, or watch Mayans MC on FX, you may already know this week's Borne the Battle guest – Army Veteran, entrepreneur, actor and overall entertainer Vincent "Rocco" Vargas. It was a windy road that led him to this point in his life. Too many wild parties got him kicked out of college and ended his childhood dream of playing professional baseball. At 20, as a young father who was no longer playing ball or attending school, Vargas felt like a disappointment to his family.





Follow us on MEWE! The support staff at MEWE is responsive, open to suggestions and works very hard to protect your personal information.

We hope you will join us on this new site.

**VETERANS-FOR-CHANGE** 

HOMELESS HEROES PROGRAM OF VETERANS-FOR-CHANGE

**AMVETS GROUP** 

**VETERANS SOCIAL GROUP** 

{USAVET} SUPPORTING GOD & ALL WHO SERVED OUR GREAT NATION

AMERICANS FOR SOVEREIGNTY



TREA Sponsors Service Dog for Veteran in Need

We are proud to announce our full sponsorship of a service dog in training from SemperK9 Assistance Dogs! Wiley is a 4month-old yellow lab named in memory of Tuskegee Airman, Colonel James T. Wiley.

Colonel Wiley was the grandson of a freed slave who settled in Pennsylvania after the Civil War. James received a scholarship to the University of Pittsburgh and earned a degree in Physics. Because of the racial climate at the time, he was unable to find a job in his field, so James accepted a job as a chauffeur while he looked for other options. When he heard about a government program to train pilots as the country inched closer to entering World War II, James jumped at the opportunity. His pilot training led him to the Air Base in Tuskegee, Alabama where he worked as an instructor before enlisting in 1942 and joined the 99th Pursuit Squadron of the Army Air Force.

Colonel Wiley continued to honorably serve his country in the newly established Air Force, not retiring from his military career until 1965. His bravery during the war and his continued courage and service back home in America will be honored through our sponsored service dog candidate, "Wiley," who will one day be a rock for the Veteran he is paired with who may suffer from post-traumatic stress, traumatic brain injury, or military sexual trauma. To learn more about his story, visit SemperK9s announcement HERE.



**NASDVA CONVENTION** 

John Wells, Donna Tornoe, and I attended the NASDVA convention in Reno, NV in September. The convention was well attended, being represented by 47 States. MVA™ had a table set up with information on everything we are working on, including applications to join MVA<sup>TM</sup>. In the 4 days we were there, we met many contacts. They were all interested in the direction we are going and the neat thing was they knew of MVA™. Remember, 4 years ago no one had ever heard of us. We have made some big inroads into Congress and the Courts and are well respected. John Wells had a chance to ambush and talk to all the VA people including Under Secretary Tom Murphy. They have now agreed to meet with us in the future so we will get started on setting that up soon. The highlight for us was that John was asked to speak at the convention and at the end there was time for questions. Attending this convention was well worth the trip. These trips are necessary to continue our fight for our Veterans.

Mike Kvintus MVA™ Secretary



**MVA™** Litigation

Briefing is complete on two important cases brought by Military-Veterans Advocacy.® The case on Guam, Johnston Island, and American Samoa has been submitted to the Court and we are waiting for the Court to schedule oral argument. The Court has signaled this will take place as early as December. The suit to cover all Veterans of Thailand is also complete. We are waiting for the Court to indicate they will hear this matter at oral argument. This case also covers airspace above Vietnam and the area seaward of the territorial sea. Currently we do not know if oral argument will be open to the public. If not, we will publish a call in number to allow interested parties to monitor the argument. For more information, or to review the briefs check out the MVA<sup>TM</sup> website under "Projects."

https://www.militaryVeteransadvocacy.org/



DID YOU KNOW?

Is there help available if you have not yet qualified for service connected disability? In many cases, the answer is yes! Veterans who served in time of war may be eligible for a pension. There is often confusion about the difference between compensation and pension. Sometimes the terms are used interchangeably. They should not be! Compensation is a percentage based on a service-connected disease or disability. A pension does not require a service-connected disability! To be eligible for a VA pension, the Veteran must have served during time of war (but not necessarily in a war zone). A minimum of 90 days active service is required. After September 7, 1980, the Veteran must have served 24 months on active duty. To receive a pension you must be disabled, over 65, or receiving social security disability. Family income must be below a limit set by law each year. For more information go to https://www.benefits.va.gov/pension/.



### Office of Inspector General

- 1) Electronic Health Records: DOD Has Made Progress in Implementing a New System, but Challenges Persist
- 2) Health Care Capsule: Racial and Ethnic Health Disparities
- 3) Veterans Justice Outreach Program: Further Actions to Identify and Address Barriers to Participation Would Promote Access to Services



## House Approves Annual COLA for Veterans Programs

The House passed the "Veterans' Compensation Cost-of-Living Adjustment Act" (S.189), sponsored by Sen. John Thune (S.D.) that authorizes cost-of-living increases based on the Consumer Price Index (CPI), for Veterans' disability compensation, additional compensation for dependents of Veterans, clothing allowance for certain disabled Veterans, and dependency and indemnity compensation (DIC) for surviving spouses and their children. This legislation, which was passed by the Senate in July, will now be sent to the president to be signed into law.

The COLA increase for retirees is automatic and does not require legislative action. The amount of the COLA increase for 2022 has not yet been announced.



LGBT Veterans with OTH Discharges Will Get VA Benefits

The Department of Veterans Affairs (VA) has announced that LGBT Veterans with Other-then-Honorable (OTH) discharges because of their sexual preference will be allowed to receive full VA benefits despite their dismissal status. The change comes as the country approaches the 10th anniversary of repeal of the "don't ask, don't tell" (DADT) law which prohibited gays and lesbians from serving openly in the military. The policy was issued under Department of Defense Directive 1304.26 and was in effect from Feb. 28, 1994, until Sept. 20, 2011. Legislation to repeal DADT was enacted in December 2011. The VA insisted the new guidance does not amount to a change in law, which would require an act of Congress. Rather, the VA contends it's merely a clarification of the existing policy because Veterans discharged under Don't Ask Don't Tell are already "generally eligible for benefits under current statute and regulation."



#### AGENT ORANGE SURVIVORS OF GUAM™

Hafa Adai! Comrades! Brothers & Sisters!

You, and your family members are cordially invited to attend the inaugural Central Florida Veterans Rally which will start at 1:00 PM and end at 3:30 PM on Friday the 22nd of October, 2021. It is being hald at American Legion Post 347 located at 699 Lady Lake Blvd. Lady Lake, FL 32159, just outside "The Villages", Florida.

This meeting is for every Veteran from every conflict. Blue Water Navy, Thailand, Guam, Okinawa, Panama Canal, Desert Storm, Afghanistan, and Iraq war Veterans are ALL

encouraged to attend.

More than 750 Veterans from various leadership positions across central Florida have been invited to hear from the Community Veterans Resource Group which is located in The Villages, Florida regarding many Veterans issues including mental health and its stigma when seeking that help.

Furthermore, every member of the Florida Congressional Delegation has been invited to attend with all of the members of the House Veterans Affairs Committee. With that said, we need more volunteers to help with emails and phone calls for all the bills we are working on.

Also Military-Veterans Advocacy, Inc. ® Chairman,
Commander John Wells USN (Retired), will speak about the
various activities we have been involved with on Capitol Hill,
the VA, and the Federal Courts. The media will be on site too!
Hope to see you there!
Stand Up & Fight Back!
Si Yu'os ma'ase'

Brian Moyer

Agent Orange Survivors of Guam<sup>™</sup> - Founder

Military-Veterans Advocacy, Inc. ®



**VFW Testifies Before House** 

VFW National Legislative Director Pat Murray testified before the House Veterans' Affairs Subcommittee on Technology and Modernization regarding pending legislation. Murray testified on important IT funding and transparency-related bills and expressed support for a draft bill to collect demographic data on users of VA benefits. He stated, "Having a better understanding of the Veteran population utilizing VA care and benefits will help better inform how and where to direct resources." The VFW is grateful for the subcommittee's attention to these issues and hopes these bills will quickly advance and become law. Read the testimony.



- 1) FDA Drug Shortages
- 2) Communicating About Medical Device Safety Is Paramount to Public Health
- 3) FDA Finalizes Two Foundational Rules for Companies Seeking to Market New Tobacco Products
- 4) Coronavirus (COVID-19) Update: FDA Authorizes Additional OTC Home Test to Increase Access to Rapid Testing for Consumers
- 5) Bayer Issues Voluntary Recall of Specific Lotrimin® and Tinactin® Spray Products Due to the Presence of Benzene
- 6) Coppertone® Issues Voluntary Nationwide Recall of Specific Lots of Pure & Simple SPF 50 Spray (2021 Launch), Sport Mineral SPF 50 Spray (2021 Launch), and Travel-Size

- Coppertone® Sport Spray SPF 50 (1.6OZ) Aerosols Sunscreen Sprays Due to the Presence of Benzene
- 7) FDA updates on hand sanitizers consumers should not use
- 8) Advancing the Development of Innovative Veterinary Products
- 9) FDA updates on hand sanitizers consumers should not use
- 10) Medtronic Recalls MiniMed Insulin Pumps for Incorrect Insulin Dosing
- 11) A Practical Research Agenda for Treatment Development for Stimulant Use Disorder
- 12) Coronavirus (COVID-19) Update: October 5, 2021
- 13) Beware of Fraudulent Coronavirus Tests, Vaccines and Treatments
- 14) Potential for False Positive Results with Certain Lots of Ellume COVID-19 Home Tests Due to a Manufacturing Issue: FDA Safety Communication
- 15) FDA Revises Hospital and Health System Compounding Guidance to Help Preserve Patient Access to Compounded Drugs
- 16) Outbreak Investigation of Salmonella Typhimurium: BrightFarms Packaged Salad Greens (July 2021)
- 17) Fetal Pharmacology and Therapeutics October 21 22, 2021
- 18) FDA Revises Hospital and Health System Compounding Guidance to Help Preserve Patient Access to Compounded Drugs
- 19) DeRoyal Industries, Inc. Recalls Procedure Packs
  Containing Smiths Medical NORMOFLO Irrigation Warming
  Set Due to the Possibility of Harmful Levels of Aluminum
  Leaching into the Fluid Path of the Warmers
- 20) Imperative Care Inc. Recalls ZOOM 71 Reperfusion Catheter Due to Risk of Breaks During Use
- 21) UPDATE: Safe Use of Surgical Staplers and Staples -

#### Letter to Health Care Providers

- 22) FDA Announces Signing of Domestic Mutual Reliance Agreements with California, Florida, Utah and Wisconsin
- 23) FDA Issues Final Order and Guidance on Surgical Staplers and Staples for Internal Use
- 24) Chocolate and the Chip LLC Issues Allergy Alert on Undeclared Allergens in Bakery Products
- 25) Outbreak Investigation of Salmonella Thompson Seafood (October 2021)
- 26) FDA Approves Innovative Treatment for Pediatric Patients with Congenital Athymia
- 27) Coronavirus (COVID-19) Update: October 8, 2021
- 28) CDER Conversation: Novel Excipient Review Pilot Program
- 29) Do Not Use Needle-Free Devices for Injection of Dermal Fillers FDA Safety Communication



# VA Resumes Overpayment and Medical Copayment Collections

VA is resuming over-payment notifications for new debts and debts that were paused during the COVID-19 pandemic from Apr. 6, 2020, through Sept. 30, 2021. Although debt collections and collections on medical copayments restarted on Oct. 1, 2021, VA will not begin to deduct debts from benefits payments until Jan. 2022. Options to request debt relief due to financial hardship will be included in debt notification letters that will be sent to Veterans. Learn more.



### Veterans Legacy Memorial Adds Webpages for 500,000 Veterans

VA recently expanded their Veterans Legacy Memorial website by adding 93 VA grant-funded state, territorial, and tribal Veterans cemeteries. This expansion includes individual pages for nearly 500,000 Veterans interred at these cemeteries, providing a way to honor and remember their service. Family members and friends may submit photos and stories to be reviewed and potentially added to these pages.

#### **Read More**



#### **VA #FightFlu Initiative**

VA has expanded flu vaccine availability to more than 70,000 in-network community providers. Eligible Veterans can now receive at no cost a standard, high dose, or preservative-free flu shot at their local VA health care facility, in-network community retail pharmacy, or an urgent care location without prior authorization. If you are eligible, you need to present a valid, government-issued ID at a covered location. Learn more about eligibility and location options.



**DoD Report: Military Suicide Increasing** 

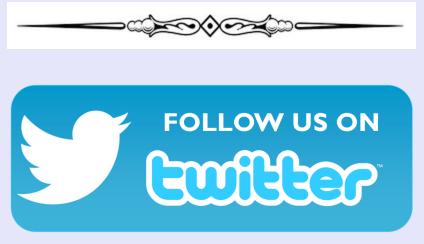
The Department of Defense (DoD) recently released its annual suicide report with data from 2020. The report shows that military suicides increased from 2015 to 2020. The active-duty suicide rate increased 15 percent (504 to 580).

Among the services, the Army showed both the highest suicide events and the highest rate. The rates by branch of service is as follows:

- Army: 175 deaths at 36.4-per-100,000 soldiers.
- Navy: 66 deaths at 19.3-per-100,000 sailors.
- Marine Corps: 62 deaths at 33.9-per-100,000 Marines.
- Air/Space Force: 81 deaths at 24.3-per-1,000 airmen/guardians.

The Reserves saw an increase from 18.2 to 21.4-per-100,000 between 2019 and 2020, undoing the notable drop seen in the previous year, when the rate came down from 22.9 in 2018.

The FRA supports improvements of the VA and DoD suicide prevention programs that reduce the rate of suicide among Veterans and active-duty service members.



CLICK HERE TO FOLLOW US ON TWITTER!



### TRICARE Scheduled 2022 Pharmacy Co-pay Increases



Delayed TRICARE pharmacy copay increases opposed by the FRA and mandated by Congress as part of the FY2017 National Defense Authorization Act (NDAA) will take

effect Jan. 1, 2022. The FY2017 NDAA mandates pharmacy and therapy increases every two years until 2027. The FRA is working to repeal these arbitrary increases. The Defense Health Agency notes that the military pharmacy (MTF) is still the lowest cost option for military beneficiaries; as always, there is no cost for covered generic and brand-name drugs at these pharmacies. The changes are as follows:

Pharmacy Home Delivery (up to 90-day supply)

- Generic formulary drugs co-pays increase from \$10 to \$12.
- Brand-name formulary drugs increase from \$29 to \$34.
- Non-formulary drugs increase from \$60 to \$68.

Retail network pharmacies (up to 30-day supply)

- Generic formulary drugs increase from \$13 to \$14.
- Brand-name formulary drugs increase from \$33 to \$38.
- Non-formulary drugs increase from \$60 to \$68.

Non-network pharmacies (up to 30-day supply)

• Generic formulary drugs and brand-name formulary drugs will

increase from \$33 to \$38, or the co-pay will be 20 percent of the total cost of the drug, whichever is greater, after meeting the annual deductible.

• Non-formulary drugs will increase from \$60 to \$68, or the copay will be 20 percent of the total cost of the drug, whichever is greater, after meeting the annual deductible.

Previous increases in pharmacy co-pays occurred in 2018 and 2020. These changes in co-pays take effect Jan. 1, 2022.



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.



CLICK HERE TO SUBSCRIBE TO THE VFC NEWSLETTER!





The Defense POW/MIA Accounting Agency announced six burial updates and four new identifications for service members who have been missing and unaccounted-for from World War II and Korea. Returning home for burial with full military honors are:

Army Air Forces Sgt. Francis W. Wiemerslage, 20, of River Grove, Illinois, was assigned to the 549th Bombardment Squadron, 385th Bombardment Group, 8th Air Force, serving in Germany. He was the ball turret gunner on a B-17G Flying Fortress bomber that was shot down during a mission over Dresden on March 2, 1945. Two of the nine crew members survived the incident, while the rest, including Wiermerslage, were killed. He will be buried in his hometown on Oct. 23, 2021. Read about Wiemerslage.

Army Air Forces 1st Lt. Jack K. Wood, 24, of Wichita Falls, Texas, was assigned to 344th Bombardment Squadron, 98th Bombardment Group, 9th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which Wood was serving as a navigator crashed as a result of enemy anti-aircraft fire. Following the war, his remains could not be identified. He will be buried Oct. 23, 2021, in Madill, Oklahoma. Read about Wood.

Navy Machinist's Mate 1st Class Harold F. Carney, 23, of New Diggings, Wisconsin, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Carney. He will be buried on Nov. 6, 2021, in Benton, Wisconsin. Read about Carney.

Navy Seaman 2nd Class Charles L. Saunders, 18, of Winnie, Texas, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Saunders. He will be buried on Dec. 7, 2021, in his hometown. Read about Saunders.

Navy Fireman 1st Class Denis H. Hiskett, 20, of Nebraska City, Nebraska, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Hiskett. He will be buried on Dec. 11, 2021, in Mission Hills, California. Read about Hiskett.

**Army Air Forces 1st Lt. Gabriel J. Eggud**, 25, of New York, was assigned to 110th Reconnaissance Squadron, 71st Reconnaissance Group. He was piloting a P-39 Airacobra fighter over Wewak, New Guinea, on July 6, 1944, when a released bomb exploded and destroyed his aircraft. Following

the war, Eggud's remains were declared non-recoverable. He will be buried at Arlington National Cemetery, Arlington, Virginia, on a date yet to be determined. Read about Eggud.

Army Pvt. Robert J. Herynk, 27, was assigned to Company K, 3rd Battalion, 126th Infantry Regiment, 32nd Infantry Division. His unit participated in a coordinated attack against Japanese defenses on Nov. 26, 1942. Early casualty reports listed Herynk as killed in action. Interment services are pending. Read about Herynk.

**Army Cpl. Marvin D. Actkinson**, 18, was assigned to Company B, 1st Battalion, 32nd Infantry Regiment, 7th Infantry Division. He was reported missing in action Dec. 2, 1950, after a fighting withdrawal near the Chosin Reservoir, North Korea. Following the battle, his remains could not be recovered. Interment services are pending. Read about Actkinson.

Navy Seaman 2nd Class Joseph M. Robertson, 18, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Robertson. Interment services are pending. Read about Robertson.

Navy Seaman 1st Class Billy Turner, 20, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Turner. Interment services are pending. Read about





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!



Please do not reply to this E-Mail, this is an unattended E-Mail address, please send all correspondence to:

Jim.Davis@Veterans-for-change.org

Web Version Preferences Forward Unsubscribe

Powered by GoDaddy Email Marketing ®